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North Plainfield's Hometown Newspaper

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THE MENTORS OF NORTH PLAINFIELD HIGH SCHOOL

Submitted by Senior Mentor Katrina Bavosa

The mentors of North Plainfield High School went on a trip in December. As we loaded our bags onto the bus and ventured off onto what was a very much anticipated journey, we had no idea that we would be coming back with more than we had left with.

Our time on the mentor trip has taught us lessons that we will carry with us not just during our time with the mentor program, but throughout our entire lives. We built trust, learned how to better communicate, and above all we left with a better understanding of each other. That in itself makes this trip one of the most memorable experiences of our high school years. This trip has connected all of us in a way sharing a classroom never could.

We learned how to be leaders, never mind how hesitant we initially might have been to speak our minds. We were given the opportunity for serious reflection and contemplation, reminders that we will soon be leaving the familiar halls of North Plainfield High School and traveling down our own paths. Although the bonfire has long since died and the smell of camp fades from our clothes, the memories we have made and the lessons we have learned on this trip will be kept alive in each of us for years to come. We leave knowing that we now have twenty-six more people to confide in.

Ultimately, along the journey of life, this trip is yet another reminder of the important aspects we all overlook so often - time together should be cherished and leadership spawns from understanding the human endeavor.



(above) Ka-ron Dock, Aurelia Polly, Emily McGrath, Raja Ahmed, James Gardiner, Emely Velastigui, Ross St. Cerny, Katrina Bavosa.



(left) JP Donatelli



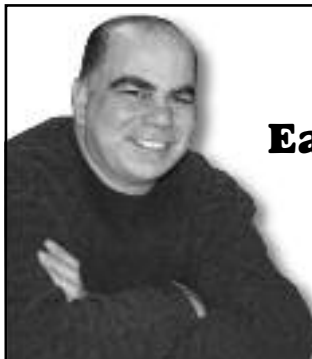
(above l-r) Ka-ron Dock, Aurelia Polly, Emily McGrath, Amy Mendez, Raja Ahmed, Jenely Amaya, James Gardiner, Emely Velastigui, Ross St. Cerny, JP Dontatelli, Katrina Bavosa, Joselynnne Castellanos, Yanqing Liang

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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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PROMOTE YOUR 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 editor@rennamedia.com or call 908-418-5586

100TH ANNIVERSARY OF THE FIRST KNOWN SALE OF COOKIES BY GIRL SCOUTS

Girl Scouts Heart of New Jersey announced in January the celebration of the 100th season of Girl Scouts selling cookies. A century ago, girls started participating in what would evolve into the largest entrepreneurial training program for girls in the world: the Girl Scout Cookie Program®, through which girls learn the essential skills they need to become effective leaders, manage finances, and gain self-sufficiency and confidence in handling money. To commemorate this banner year for the organization, the highly-anticipated Girl Scout S'mores™ cookies are now available, joining classics like Thin Mints and Trefoils/Shortbreads.

Girl Scout Cookies not only help Girl Scouts earn money for fun, educational activities and community projects, but also play a huge role in transforming girls into G.I.R.L.s (Go-getters, Innovators, Risk-takers, Leaders)™ as they learn essential life skills that will stay with them forever. Continue to enhance the girls journey, when you see Girl Scout selling in your town, support their efforts.

The celebration of 100 years of Girl Scouts selling cookies will kick into high gear during National Girl Scout Cookie Weekend 2017. From January to April, Girl Scouts in your town may be hosting events and cookie booths for cookie

enthusiasts to get their hands on the iconic treats and join in the fun. To find cookie varieties available locally or learn more about the history of Girl Scout cookies and the Girl Scout Cookie Program, visit www.girlscoutcookies.org. To join or volunteer, visit www.gshnj.org/join and www.gshnj.org/volunteer.



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NPCCR TO MEET MAR 2

The next meeting of the North Plainfield Citizens for Community Rights (NPCCR) will be Thursday, March 2nd, at 7:00 p.m. at the North Plainfield Community Center located at 614 Greenbrook Rd.

Our guest speaker will be from the New Jersey Department of the Treasury Division of Taxation. One of the programs to be discussed will be the "Senior Tax Freeze". If you know anyone from another New Jersey Community that is 65 years or older, please bring them to this meeting. This program may be beneficial to them as well as to you.

NPCCR posts the current police reports and council meetings on our site. You can view them by going to www.npccr.org.

...HIGHLIGHTS OF LAST NIGHT'S NORTH PLAINFIELD BUSINESS ASSOCIATION MEETING....

Peter Eddy received a Lifetime Achievement Award for 20 years of service and leadership at the January meeting of the North Plainfield Business Association held on Tuesday the 28th. The monthly networking meeting was sponsored by Unity Bank, Kiddie Academy, and Avis/Budget Car Rental. Over twenty five people were in attendance including three new members. Next meeting is Tuesday February

28th at 7pm at the International Sports Club on Somerset Street.

Anyone interested in the NPBA can reach out to: Pete Eddy 908-256-1273, Danny Dominguez 908-447-2468, or Bruce Heyman 908-755-4700.

You can also find the North Plainfield Business Association on Facebook at: www.facebook.com/NPBusinessAssociation



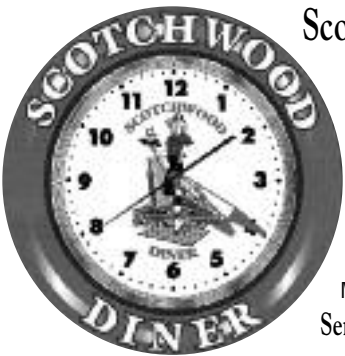
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LOCAL AUTHOR JAMIE M. MILLER PENS SECOND CHILDREN'S BOOK

"The Boy and His Wandering Wallaby" is the follow-up children's book to 2015's "The Boy in the Yellow Raincoat", by author Jamie M. Miller. This is the second book in the series.

The first book in the series, titled, "The Boy in the Yellow Raincoat," tells the story of a little boy who has a strong dislike for rain. It is because of his Sensory Processing Disorder, a condition commonly associated with autism in which the senses are not correctly perceived in the brain and can cause an 'overload' as well as aversions to sounds, textures, lights, smells, etc. In the story, the boy is frightened of the rain's sounds, how it feels and the way it stings his skin. Within the comfort of his yellow raincoat and the love and story-telling from his mother, the boy learns to understand the positive purpose for rain and overcomes his fear by learning a new approach when handling what displeases him about the rain.

Much like "The Boy in the Yellow Raincoat," "The Boy and His Wandering Wallaby" touches on characteristics of Autism and Sensory Processing Disorder and the attachment children can have with a specific object that they use for comfort, such as a stuffed animal. In the story, the boy and his wallaby share many adventures until one day, the boy wakes up to find his wallaby missing. He panics, but his mother once again comforts her son and promises to find the beloved toy while he is in school. At the end of the day, the boy returns home and waiting is his wallaby!

The picture books are aimed for ages Pre-K through First grade. Both stories were written with the intention of bringing awareness to

understand Sensory Processing Disorders, autism and other disabilities. Miller's own son and inspiration for the books are based from his own struggles with his disorders and explaining why he was 'different' to his peers. She hopes the books will open a line of communication between a child and the person reading the stories to them and promote anti-bullying, especially to those with adversities. The boy remains nameless to act as a relatable character so that readers can envision themselves as the star to place themselves in the situation.

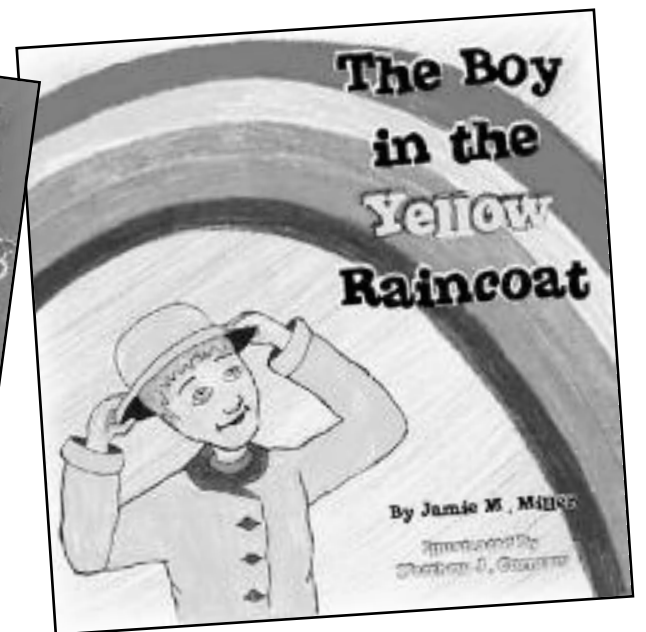
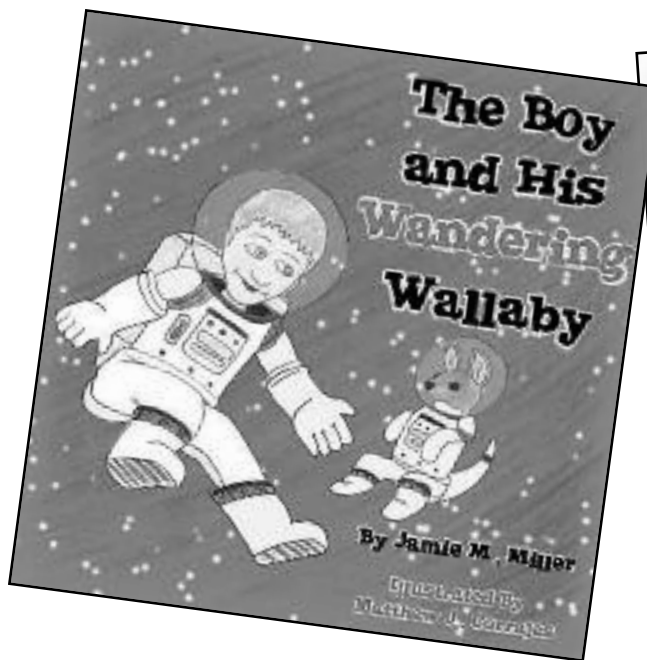
For both projects, Miller collaborated with illustrator and friend, Matthew J. Corrales to bring the books to life. Corrales was up for the challenge. With his artistic talent, he recreated the characters and scenes, bringing the stories to life with vivid artwork designed to capture the attention of young children and to promote

question asking.

Miller will be hosting several readings of "The Boy and his Wandering Wallaby" throughout 2017 at local libraries, elementary and pre-schools and other events. She will kick off the "Read across America Campaign" at John P. Faber Elementary School in Dunellen at the end of February and will post future events on her Facebook page, The Boy Series. When she isn't writing, Miller is an employee of Bill Vince's V.I.P. Honda in North Plainfield.

"The Boy and His Wandering Wallaby" was published in November, 2016 and along with "The Boy in the Yellow Raincoat," both are available online in print and electronic versions through Barnes and Noble

(<http://www.barnesandnoble.com>), Amazon (<http://www.amazon.com>) and Lulu Publishing (<http://www.lulu.com>)



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NORTH PLAINFIELD LIBRARY PROGRAMS

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FEBRUARY 2017

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.

NOTE:

SCLSNJ's Bridgewater Library branch will be open 9 a.m. - 5 p.m.; SCLSNJ's Hillsborough and Warren Township Library branches will be open 9:30 a.m. - 5 p.m. on February 20 for Presidents' Day; all other SCLSNJ library branches will be closed.

SCHEDULE ANNOUNCEMENT:

In 2017, SCLSNJ's Bridgewater, Hillsborough, and Warren Twp. Library branches will be open Sundays, 1-5 p.m. throughout the year except for the following: January 1, April 16, May 14, May 28, June 18, September 3.

FAMILY PROGRAMS

Black History Month Art Display

February 4, 2-4 p.m.

DIY Valentine's Day Cards:

February 14, 9:30 a.m. - 4 p.m.

CHILDREN, TWEEN, & TEEN PROGRAMS

Rhyme & Play Storytime

February 1, 8, & 15, 10-11 a.m.
(2-4 years old)

Dungeons & Dragons

February 1, 8, 15, & 22, 3:30-6:15 p.m.
(tweens & teens)

The Blind Pig

February 2, 6:30-8 p.m.
Secret Speakeasy (teens & adults)

The Saturday Special

February 4, 9:30 a.m. - 4 p.m.
Drop In Craft (all ages)

Teen Game Day

February 6, 13, & 27, 3:30-5 p.m.
(grades 6-12)

Moving Kiddos

February 7 & 14, 10-10:30 a.m.
(6 months - 2 years old)

Tween Volunteers

February 7, 3:30-4:30 p.m.
(grades 4-6)

Teen Cooking You Pick the Meal!

February 7 & 14, 3:30-5 p.m.
(tweens & teens)

Mississippi Freedom Summer: Race, Religion, & Resistance

February 11, 2-3 p.m.
(teens & adults)

Lego Club

February 23, 3:30-4:30 p.m.
(grades K-5)

ADULT PROGRAMS

Citizenship Class

February 2, 9, 16, & 23, 6-8:30 p.m.

The Blind Pig: Secret Speakeasy

February 2, 6:30-8 p.m.
(teens & adults)

Adult Basic Education Series

February 4, 11, 18, & 25, 10 a.m. - 1 p.m.

English Language Learners Series

February 4, 11, 18, & 25, 10 a.m. - 1 p.m.

English Conversation Group

February 6, 13, & 27, 7-8:30 p.m.

Book Discussion

"The Age of Innocence" by Edith Wharton on
February 9, 1-2 p.m. & February 16, 7:15-8:30 p.m.

Mississippi Freedom Summer

February 11, 2-3 p.m.

Race, Religion, & Resistance (teens & adults)

Morning Knitting & Crochet Meetup

February 14 & 28, 10 a.m. - 12 p.m.

Health Screenings: Blood Pressure & Diabetes

February 14, 1-3 p.m.

Vegan Cooking: Soul Food

February 23, 6:30-8:30 p.m.

How to be a Better Investor

February 23, 7-8 p.m.

Building a Better Credit Report

February 28, 7-8:30 p.m.

For more information about these and other programs, visit SCLSNJ.org.



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LIBRARY SYSTEM ANNOUNCES PROGRAMS CELEBRATING BLACK HISTORY

Somerset County Library System of New Jersey's 10 library branches will explore history and culture for Black History Month.

"As an important center for education and discovery, our Library System encourages learning through different avenues, such as music, literature, and art," said Carolann DeMatos, SCLSNJ director of marketing and public relations. "From the end of January through the beginning of March, our libraries are offering a wide variety of wonderful programs focused on Black History. We will have a poster exhibit celebrating the opening of the Smithsonian Institution's National Museum of African American History and Culture on display at our Manville Library branch for the month of February; there will be additional art on display throughout the Library System. There will be curated book displays to make the materials more easily available. You can even stream jazz music for free any time using your library card with Naxos Jazz. There are just so many opportunities to explore this rich history and culture with your library."

SCLSNJ Black History Programs at North Plainfield Memorial Library branch, located at 6 Rockview Avenue in North Plainfield. Registration for these programs is required. For more information about all programs at local branches or to register, visit SCLSNJ.org or contact your local library branch.

Mississippi Freedom Summer: Race, Religion & Resistance

February 11, 2-3 p.m. In the summer of 1964, Brooks Smith, a North Plainfield resident and retired Presbyterian minister, volunteered in Mississippi with the Student Non-Violent Coordinating Committee (SNCC). He will discuss his experiences and the importance the event played in civil rights history. This program is appropriate for teens and adults.

Vegan Cooking: Soul Food

February 23, 6:30-8:30 p.m. Celebrate Afro-Vegan cooking with a recipe by renowned vegan soul food cookbook author Bryan Terry. Presented by Alana Danois. This program is appropriate for adults.

APPLICATIONS DUE FOR DELEEUEW SCHOLARSHIP

High school seniors wishing to apply for the Adele DeLeeuw Scholarship should obtain applications now from their school guidance office. The scholarships range from \$1,000 to \$5,000. Deadline for submission of applications is March 8, 2017.

Previous DeLeeuw scholarship recipients already in college are also eligible to apply. They must submit complete official transcripts of college grades with a new application.

This is the twenty-second year the scholarships have been offered. To date, the Adele DeLeeuw Scholarship Fund, which is a fund of the Plainfield Foundation, has awarded over one million dollars. The awards are made in accordance with the terms of a bequest from Ms. DeLeeuw, author of 75 books, journalist and arts activist.

The Plainfield Rotary Scholarship Foundation, headed by Michael R. Townley, acts as selector for the scholarships. Area Rotary Clubs assist in the selection process. Only students attending high schools in Plainfield, North Plainfield, South Plainfield, Warren, Watchung, Scotch Plains, Fanwood and Edison are eligible. Location of high school, not student's residence, is the qualifying factor. The student must also be accepted to an accredited college or university.

Applicants must plan to major in one of the following areas of study: art, poetry, writing, journalism or engineering. They must demonstrate the scholastic aptitude and interest to pursue study in one of these specified areas. They must also prove financial need.

Interested students should consult their guidance counselors to obtain the necessary application information or go to the Plainfield/North Plainfield Rotary Club website at www.rotarypnp.org/cs-adele-deleeuw-scholarship.php. Questions may be directed to Johanna Salvemini, Scholarship Administrator, at (908) 755-8098.

NPBS SENIORS RECEIVE OVER \$1 MILLION IN MERIT-BASED SCHOLARSHIPS

During the Class of 2020 Orientation in February, 2016, the North Plainfield High School College & Career Team committed to focusing our efforts on increasing Instant Decision Day scholarship offerings to those students, to \$1 million.

The Counseling Department coordinates these yearly sessions and prepares students by reviewing their applications, transcripts, college essays and interviewing skills. During the interview process, college admission representatives may make an offer of acceptance "on the spot." Some students may also be awarded merit-based scholarships during the sessions. The instant decision days offer our students wonderful opportunities as they begin their college journey by exposing them to various colleges & universities, preparing them for the interview process, and establishing a connection with their high school preparation and college &

career plans.

We are pleased to share that 100 members of the Class of 2017 have been offered college admission through our College Instant Decisions Days. Students were awarded over \$1 million in merit-based scholarships during these sessions, which resulted in the Team meeting its goal three years earlier than planned.

Colleges/Universities that conducted Instant-Decision Days at North Plainfield High School include the College of St. Elizabeth, NJIT, Rowan University, Rider University, Caldwell University, Kean University, Fairleigh Dickinson University, New Jersey City University, Bloomfield College, Delaware State University, Seton Hall University, Centenary University, Cabrini University, and St. Peter's University.

We are so proud of the talent, work ethic, dedication and preparation of our extra ordinary North Plainfield students.

GREEN BROOK TOWNSHIP PUBLIC SCHOOLS INTEGRATED PRESCHOOL PROGRAM

The Green Brook Township Public Schools Integrated Preschool Program will be holding an Informational Night for parents with children ages 3 to 5 who would like to know more about this program. This event will take place on

Wednesday, Feb 8 from 6:00-7:00 p.m. in the I.E.F. Elementary School Media Center.

Registration information for the 2017-18 school year will be posted on the Green Brook Township Public Schools website at www.gbtps.org on February 15.

If you have any questions,

please contact Derek Ressa, Director of Student Services, at

dressa@gbtps.org or 732-968-1171 extension 1300



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Jennifer Jacobus, Esq.

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And since homebuyers are tax conscious too, you will boost your property value by getting your taxes reduced before you hit the market.

Any homeowner may appeal, with or without an attorney. All appeals must be filed by April 1st.

To help you understand the process and possibly put you on the path to considerable tax savings, Jennifer Jacobus, Esq. will outline all you need to know to consider if a tax appeal is right for you. The Seminar is Free and Open to the Public February 28th, 7:30 pm, at the Y—220 Clark St. in Westfield. Sponsored as a public service by Scott Gleason, RE/MAX Properties Unlimited.

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Zumba Gold with Angie

Zumba Gold takes the Latin-dance inspired workout of Zumba and makes it accessible for people age 60 plus, beginners or others needing modifications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

Monday Morning 10:45 am – 11:30 am

**\$40 for the 8-week program, new session will begin February 13th. Registration required,

Ballroom Dancing

Wednesday, 1:00 pm – 3:00 pm.

Meet new people and make some friends while exercising! Besides being fun, dancing has many health benefits. Dance can have an incredible impact on overall flexibility, strength, endurance and emotional well-being. Join Bice, who has won several dance competitions, as she plays a variety of Ballroom Dance music.

iPad Instruction Lessons with Alberto

February 1, 8, 15 & 22

11:00 am – 12:00 pm

(1-4 weeks, your choice). Now that you have an iPad, what do you do? Learn how to use its many features by personalizing the number of lessons you want (1-4 weeks). Call (908) 753-9440 to reserve space and determine the number of classes you wish to sign up for. Call early as class size is limited.

You must bring your own iPad.

Tone and Flexibility Exercise Class with Sabina

February 1, 8, 15 & 22

10:45 am.

Enjoy an energizing class suitable for beginner and intermediate levels. Exercising with Sabina will boost your energy level, reduce stress, and help tone your body by using resistance bands, exercise balls and dance moves. Exercises can be done standing up or sitting.

Bingo

February 2, 9, 16 & 22

10:30 am.

Bingo is more than just an exciting activity. Researchers have found that playing Bingo has multiple health benefits. It promotes socialization, strengthens eye-hand coordination, and takes concentration-which improves listening and short term memory skills.

“Harriet Beecher Stowe: Uncle Tom’s Cabin and the Dominion of Conscience” portrayed and presented by Kim Hanley, American Historical Theatre

February 6

11:00 am.

In 1852 Harriet Beecher Stowe published her novel Uncle Tom’s Cabin, or Life Among the Lowly. The depiction of life for African Americans under slavery with emotionally charged stories of Uncle Tom, Eliza, and Little Eva helped move the conscience of the country to the great and imperative cause of Abolitionism.

(NEW) Ronnie’s Bridge Group with Lessons Available

February 7, 14, 21 & 28

1:00 pm – 3:00 pm.

Bridge is a mentally challenging card game that offers intellectual and social stimulation. Playing bridge regularly stimulates your brain and helps keep your memory active and your brain alert. Join Ronnie and her group as they play bridge on a weekly basis. New members and beginners welcome.

“In Case of Emergency: Emergency Preparedness for Older Adults and their Families” by Laurie Roome, Community Educator, Somerset County Office on Aging & Disability Services

February 13

10:30 am.

When an emergency or disaster happens, being prepared can be the difference between life and death. This is even truer if you are vulnerable due to chronic disease or impairment. This is essential information for older adults and their caregivers.

“Heart Healthy Soups” by Jessica Guarnieri, Registered Dietitian, ShopRite/Wakefern

February 14

10:30 am.

Join Jessica for this tasty, heart healthy nutrition program. She will be giving heart healthy recommendations and will show you how to make tasty soup dishes that are low in sodium, cholesterol and fat.

Warrenbrook Book Club (New Members Welcome!)

Featured Book: “The Great Gatsby,”

February 14

1:30-3:00 pm.

The Great Gatsby, F. Scott Fitzgerald’s third book, stands as the supreme achievement of his career. This exemplary novel of the Jazz Age has been acclaimed by generations of readers. The story of the fabulously wealthy Jay Gatsby and his love for the beautiful Daisy Buchanan, of lavish parties on Long Island at a time when The New York Times noted “gin was the national drink and sex the national obsession,” it is an exquisitely crafted tale of America in the 1920’s. The Great Gatsby is one of the great classics of twentieth-century literature.

“Slips & Falls Prevention” by Michael Evangelist, MS, PT, JAG Physical Therapy

February 28

10:30 am.

This presentation will educate the attendees on common types of injuries resulting from slips and falls, poor balance, and improper footwear. In addition, it will reinforce the importance of creating a safe home environment, thus reducing the potential of a fall.

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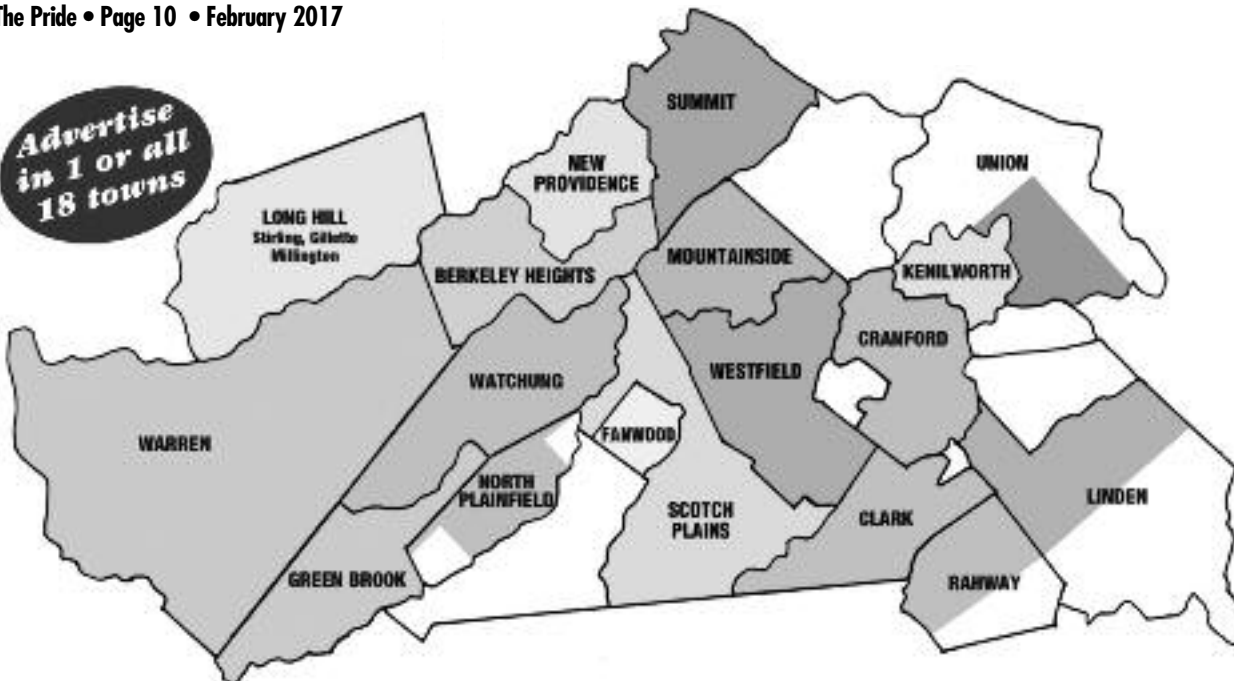
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Kids 7-10.....\$5.99	Kids 7-10.....\$6.99
Kids 3-6.....\$3.99	Kids 3-6.....\$5.99
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