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ISSUE 64 • OCTOBER 2017

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FARMERS MARKET FESTIVAL ENDS SEASON WITH CONCERT

The North Plainfield Farmers Market Festival was held on September 16th. This year featured live local music, crafts for children and local vendors and organizations.



Photos from this and other events can be found online at rennamedia.com and on the The Pride of North Plainfield page on facebook.com Feel free to “Like”, “Tag” and “Share”



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The PRIDE of North Plainfield

The Pride • Page 2 • October 2017

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:

Renna Media, LLC
Publisher: Joe Renna
202 Walnut Ave. Cranford, NJ 07016
Phone: 908-447-1295
Fax: 908-709-9209
Email: joerenna@rennamedia.com

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 info@rennamedia.com or call 908-418-5586

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NORTH PLAINFIELD BUSINESS ASSOCIATION

The North Plainfield Business Association met on Tuesday, September 26th, 2017 at Best Friends Pet Care in town. The guest speaker was Micheal Kerwin, the President of the Somerset County Business Partnership. He discussed how the Partnership helps local businesses.

The next North Plainfield Business Association meeting will be sponsored and hosted by Johanna's Creations at the Vermule Mansion 614 Green Brook Road on Tuesday

October 31st.

Please visit the facebook page for updates at: www.facebook.com/NPBBusinessAssociation.

NPBA membership remains free, so tell your friends. There are elevated membership levels of \$100 - \$300 annually that include benefits and sponsorship opportunities. Anyone interested in the NPBA can speak to Pete Eddy 908-256-1273, Danny Dominguez 908-447-2468, or Bruce Heyman 908-755-4700.



(above l-r) Jackie Mitchell, Four Square Staging; Michael Kerwin, President Somerset County Business Partnership (SCBP); Johanna Salvemini, Johanna's Creations; Carlos Baloco, In The Cut Barbershop; Stephen Flood, Scomage; and John Ao, Kiddie Academy.



(above) Domanick Salvemini, Best Friends Pet Care, Dog Trainer with Shilo.



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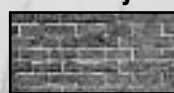
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NORTH PLAINFIELD POLICE DEPT REACHES OUT FOR ASSISTANCE WITH DOMESTIC VIOLENCE

The North Plainfield Police Department seeks volunteers to join their Domestic Violence Response Team (DVRT) through its partnership with Safe+Sound Somerset, a private non-profit organization in Somerset County that provides support and advocacy to victims of domestic violence.

DVRT volunteers are specially trained members of the community who assist victims of domestic violence at local police stations. They work collaboratively with law enforcement to supply information and resources to victims in the aftermath of very stressful and traumatic events. They help victims with safety planning and navigating the Temporary Restraining Order process. By providing empathy and information, volunteers help to empower victims to make informed decisions for themselves and their families.

Volunteers must be at least 18 years of age and have a valid driver's license as well as access to reliable transportation. In addition, volunteers must participate in an interview process, submit

to background checks and successfully complete Safe+Sound Somerset's mandatory 40 hour training. Prior knowledge of domestic violence is not required.

Be an agent of change in our community. Contact Rochelle Ostenfeld, rostenfeld@safe-sound.org,

908-359-0003 x 201 at Safe+Sound Somerset for more information about how you can become a Domestic Violence Response Team volunteer and help to stop the cycle of violence!

About Safe+Sound Somerset – Founded in 1978, Safe+Sound Somerset is the only non-profit organization in Somerset County exclusively dedicated to serving those whose lives have been impacted by domestic abuse. Services include counseling for adults and children, emergency shelter, transitional housing and legal advocacy.

If you or someone you know needs help, please call or text our 24 hour, confidential hotline at 866-685-1122. For more information, visit www.safe-sound.org



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THE 15 BEST BOOKS FOR BUSINESS PROFESSIONALS

Are you in need of innovation, inspiration, or organizational tactics for taking your business to the next level? Then look no further than your local Somerset County book providers - your Library and your neighborhood Barnes & Noble.

On October 17 from 6-8:30 p.m. at the Barnes & Noble located at 319 US-202 in Bridgewater, SCLSNJ Librarians Manny Miracle and Cathy DeBerry will be discussing the 15 best (and newest) books for business professionals.

"Books written by titans in their industry provide valuable insights about succeeding in the face of daunting challenges," said Manny Miracle, adult services librarian at SCLSNJ's Mary Jacobs Memorial Library branch. "Quality information offers professionals a competitive advantage by sparking new ideas and providing cutting edge practices that benefit both client and provider."

A list of the newest business reads from 2016 and 2017, curated by SCLSNJ's business librarians:

1. "Payoff: The Hidden Logic That Shapes Our Motivations (TED Books)" by Dan Ariely
2. "Hug Your Haters: How to Embrace Complaints and Keep Your Customers" by

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3. "Barking Up the Wrong Tree: The Surprising Science Behind Why Everything You Know About Success Is (Mostly) Wrong" by Eric Barker (also available as an eResource)
4. "Pivot: The Only Move That Matters Is Your Next One" by Jenny Blake (also available as an eResource)
5. "Grit: The Power of Passion and Perseverance" by Angela Duckworth (also available as an eResource)
6. "Tools of Titans: The Tactics, Routines, and Habits of Billionaires, Icons, and World-Class Performers" by Timothy Ferriss (also available as an eResource)
7. "Originals: How Non-Conformists Move the World" by Adam Grant and Sheryl Sandberg
8. "All in: 101 Real Life Business Lessons for Emerging Entrepreneurs" by Bill Green
9. "The Entrepreneur's Playbook: More Than 100 Proven Strategies, Tips, and Techniques to Build a Radically Successful Business" by Leonard C. Green and Paul B. Brown
10. "The Lost Art of Closing: Winning the Ten Commitments That Drives Sales" by Anthony Iannarino
11. "Sprint: How to Solve Big Problems and Test New Ideas in Just Five Days" by Jake Knapp, John Zeratsky, and Braden Kowitz
12. "Boss Bitch: A Simple 12-Step Plan to Take Charge of Your Career" by Nicole Lapin
13. "Everybody Lies: Big Data, New Data, and What the Internet Can Tell Us About Who We Really Are" by Seth Stephens-Davidowitz (also available as an eResource)
14. "Fortune Makers: The Leaders Creating China's Great Global Companies" by Michael Useem, Harbir Singh, Neng Liang, and Peter Cappelli
15. "Captivate: The Science of Succeeding With People" by Vanessa Van Edwards

"The Somerset County Library System of New Jersey continues to serve as a strong partner and resource in the community and to Barnes & Noble, Bridgewater. We are excited to welcome them!" said Nicolle Oppenheimer, Barnes & Noble Community Business Development

Manager.

There will be time to network, so bring plenty of business cards. To register to attend this event, call 908-526-7425 or email crm2140@bn.com.

ABOUT CATHERINE DEBERRY

As a librarian for 15 years, Somerset County Library System of New Jersey's Catherine DeBerry has stepped into the role of being one of the "go to" business authorities in the library system. DeBerry is now branching out and fostering programming for another important community group - Somerset County adults with special needs. For more information, visit SCLSNJ.org.

ABOUT MANNY MIRACLE

Manny Miracle has worked in nonprofit, for profit and government agencies, always with a focus on creating partnerships to the benefit of all parties involved. A librarian for just three years, Miracle is increasingly interested in outreach opportunities that underscore the value of the library to every member of the community. Miracle believes that information has the power to grow businesses and enrich lives. Miracle obtained her MLS at Clarion University of P.A. and earned her B.A. in Journalism and Mass Media from Rutgers University of New Brunswick, N.J.

ABOUT SOMERSET COUNTY LIBRARY SYSTEM OF NEW JERSEY

Somerset County Library System of New Jersey (SCLSNJ) partners with you to connect, to explore, to share and to discover. Together we enrich lives, expand knowledge and strengthen communities. SCLSNJ branches can be found in Bridgewater, Bound Brook, Hillsborough, Manville, North Plainfield, Peapack & Gladstone, Rocky Hill at Mary Jacobs Memorial Library, Somerville, Warren Township, and Watchung. Additionally, there are two SCLSNJ reading stations in Branchburg and Washington Valley. Visit SCLSNJ.org.

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WARRENBROOK SENIOR CENTER OCTOBER EVENTS

"Music for Wellness" by John Fitzpatrick October 6, 10, 18 & 26 - 10:30 am.

Everyone becomes a member of the band and makes music together. Join us for a revitalizing hour of music as John plays the guitar and invites attendees to play hand percussion instruments. Attendees will sing along to prepare for our Christmas Concert of December 6th. Future rehearsal dates – November 3, 17, 21, & 27 and December 1st. This program is made possible, in part, by funds from the New Jersey State Council on the Arts/Department of State and administered by the Somerset County Cultural & Heritage Commission through the State/County Partnership Local Arts Program Grant

"Passport to Penguins" by Vanessa Darras, Naturalist, Somerset County Park Commission, Environmental Education Center, October 11 – 10:30 am.

Travel to the bottom of the globe on an adventure of learning. During this hour presentation you will learn about our black and white, waddle-y friends, penguins; information about the many different types of penguins, where they live, what they eat, and much more will be discussed and presented.

"Nutrition and Osteoporosis" by Dr. Nikki Conte, N.D., The Naturopath, LLC, October 16 – 10:30 am.

Have you ever thought about ways to strengthen your muscular skeletal system in order to help prevent bone fractures and/or muscle weakness? Is there a way to decrease or help alleviate the pain and inflammation that is associated with all

types of arthritides? Did you know there are key nutrients and vitamins that we need in order to better absorb and shore up our bones? Hear Dr. Conte, share her clinical expertise on arthritis, osteopenia and osteoporosis.

Behind the Scenes: Macy's Day Parade Balloons by Dennis Chiarelli, Expert Balloonist, October 23 – 10:30 am.

Dennis will discuss all the important steps in creating a Macy's Day Parade balloon float from the creation of a color sketch to its trip down Broadway.

FREE Four-Week Food Tradition Workshop "Preserve and Create Family Food Traditions – Lunch & Learn Opportunity" by Vanessa Young, Thirsty Radish,

October 23 & 30 – 11:45 am Lunch / 1 pm Program. Spend time with food lovers as we explore, identify and preserve meaningful traditions. Learn ways to find cultural recipes, document food memories and explore ways to create the traditions of tomorrow. The series will include: food cultures in the United States, role of food in our society, importance of cultural food traditions across generations, tips for preserving and sharing recipes, documenting our food histories and how to engage family members, particularly children and grandchildren, in carrying on our traditions and enjoying the family food experience.

Future dates – November 6 & 13th.
Advanced reservations are required by October 18th

"Secret Travels: Small Objects with a Life of Their Own" by Jim DelGuidice, The Judgson Lecture Series

October 24 – 10:30 am.

Jim plays "junk detective," rummaging through the mundane things we all use but can't get rid of. Join us for this interactive program about collectibles.

FREE Hearing Screenings with the Atlantic Health Systems, Overlook Medical Center's Mobile Health Van, October 25 – 10:30 am.

Call (908) 743-9440

to schedule your 8-minute appointment.

"ABCs of Candy"

by Meg Wastie, Curator of Education, Museum of Early Trades & Crafts,
October 30 – 10:30 am.

The program highlights familiar-candies: one for each letter of the alphabet.

"Medicare 2018"

by Laurie Roome, Community Educator, Somerset County Office on Aging & Disability Services,
October 31 – 10:30 am.

Learn about important updates for all Medicare beneficiaries. The program will offer an overview of Medicare, explore how to get the most out of your healthcare dollars, discover the best options for you and cost savings programs you may be eligible for. This presentation will benefit anyone who wants to learn more about Medicare, make a change to their own plan or help a loved one make decisions about Medicare.



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WEEKEND JOURNEY THROUGH THE PAST

2017 Event Overview...

The Somerset County Cultural & Heritage Commission, in collaboration with twenty-nine local historical organizations and tourism partners, has designated the weekend of October 14 & 15, 2017 "Weekend Journey through the Past." During this two-day period, twenty-nine (29) of the County's significant historic sites will be open from 10:00 AM to 5:00 PM on Saturday and 12:00 PM to 4:00 PM on Sunday. This year's event features two newly participating historic sites: The Griggstown Bridgetender's House in Princeton and the Van Liew-Suydam House in Franklin Twp.

Participating historic sites have been grouped into three convenient tours by location: Northern, Central, and Southern Somerset County. A scenic route plan with driving direction has been prepared for each of the three tours (see link below). Admission to all sites is free.

For those who enjoy a challenge, a fun and educational detective investigation activity, What in the World is That? created for kids & the entire family, will test your powers of deduction to solve 29 mysteries complementing the various special exhibits, programs, and tours planned at each historic site (link available late September). This featured activity encourages a multi-generational outing for parents and grandparents alike, sharing stories and experiences about "the old days" with their children and grandchildren as they enjoy traveling from one historic site to the next. One unique item from the past will be displayed and identified, along with its description, at each of the 29 participating historic sites during this year's weekend event.

This annual event is a perfect opportunity for a family outing. A visit to the County's historic sites offers a unique educational experience for all ages, as well as a chance to visit some of Somerset County's most picturesque and unspoiled areas.

Many of the sites have significant Revolutionary War histories which have contributed to the area's designation as the "Crossroads of the American Revolution State Heritage Area". Local historians will be on hand to share their knowledge and stories about Somerset County's history.

Come and enjoy learning more about the area's history. More information about this event, including a list of all 29 participating historic sites throughout Somerset County, a guide book, and map, can be found on the Somerset County website at www.co.somerset.nj.us.



FREE FOUR-WEEK FOOD TRADITION WORKSHOP

Warrenbrook Senior Center's upcoming "Preserve and Create Family Food Traditions," is a 4-week, Lunch and Learn Series. Any senior, in any town or county, is invited to attend this free series. LUNCH (11:45 am) and LEARN (1:00 pm). Advanced reservations are required by Wednesday, October 18th. Call 908-753-9440 for more information or to reserve your spot. Warrenbrook Senior Center is located at 500 Warrenville Road, Warren.

October 23, 30, November 6 & 13 – Preserve and Create Family Food Traditions, Vanessa Young, Thirsty Radish, 11:45 am. Spend time

with food lovers as we explore, identify and preserve meaningful traditions. Learn ways to find cultural recipes and document food memories. Explore ways to create the traditions of tomorrow. The series will include: food cultures in the United States, role of food in our society, importance of cultural food traditions across generations, tips for preserving and sharing recipes, documenting our food histories and how to engage family members, particularly children and grandchildren, in carrying on our traditions and enjoying the family food experience.

Preserve & Create FAMILY FOOD Traditions



Suggested lunch donation of \$2.50
(Choice of four entrees)
Program Portion: FREE

Spend time with **food lovers** as we explore, identify and preserve meaningful traditions.

The series will include:

- Food culture in the United States
- Role of food in our society
- Importance of cultural food traditions across generations
- Tips for preserving and sharing recipes
- Documenting food histories
- Engage children, grandchildren, etc. to preserve family food traditions



SOMERSET COUNTY
OFFICE ON AGING &
DISABILITY SERVICES

Sponsored by the Somerset County Board of Chosen Freeholders

4 Week Series, Lunch & Learn Opportunity

When:
Mondays
Oct. 23 thru Nov. 13
Lunch at 11:45 am
Program at 1:00 pm

Where:
Warrenbrook
Senior Center
500 Warrenville Road,
Warren

Presenter: Vanessa Young,
Thirsty Radish



Vanessa Young is a published poet, former nonprofit arts director, and instructor among many other roles. In her life, food and experience have always been center stage. From butchers to bakers, her family is a long line of self-taught and professional cooks. Here she shares recipes and ideas for a sensual life.

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EARLY INTERVENTION AND SPECIAL EDUCATION PROGRAMS

Project CHILD FIND is a free referral service and public awareness campaign to assist in the identification of unserved/underserved youth with a delay or disability from birth through twenty-one years of age. In addition, Project CHILD FIND develops and distributes information to the public about early intervention services and special education programs throughout New Jersey. Homeless and migrant families are encouraged to apply for early intervention services and special education programs.

PROJECT CHILD FIND'S

COMPREHENSIVE EFFORTS INCLUDE:

1. Assisting families of infants and toddlers, from age birth through two, concerned about their child's development by directing all requests regarding early intervention to the family's local Special Child Health Case Management Unit. If you need the number for your Special Child health case management Unit, call: Project Child Find 1-800-322-8174
2. Assisting families of preschoolers, from age three through five, concerned about their child's development by directing requests to their local school district.
3. Helping families access community services through referral.
4. Promoting community and public awareness of all children with disabilities by providing information.
5. Assisting local school district boards of education to identify unserved children from age three through twenty-one who are in need of special education and related services.

Information through Project CHILD FIND may be obtained by calling the toll-free number, 1-800-322-8174, which is in service 7 days a week, 24-hours a day.

You can also visit them online at <http://www.nj.gov/education/specialed/childfind>. All calls received are confidential. Project CHILD FIND was established by the New Jersey Department of Education through I.D.E.A., Part B funds from the U.S. Department of Education



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18 TEENS PARTAKE IN YOUTH FACILITATOR TRAINING FOR GRIEF SUPPORT

On Saturday, September 9th, Imagine held its sixth youth facilitator training. 18 amazing young people, ages 14 to 18, attended the full day training which sensitizes teen participants to the issue of childhood grief and prepares the youth to assist with the facilitation of peer-support groups for children who are coping with the death of a parent or a sibling. Through the development of listening and facilitating skills, these teens are now prepared to be loving listeners, group facilitators and advocates for grieving children in their community.

"We are so grateful for the participation of these youth. The teens bring wisdom, youthful energy and a wonderful presence and skill set to our volunteer program and grief support groups, facilitating groups right along with the adult volunteer facilitators," said Connie Palmer,

Imagine Clinical Training Director. "We've been working with teen facilitators since 2012 and they have added a profound and powerful aspect to our programs."

Imagine provides free year-round peer support groups for children age 3-18 who have had a parent or sibling die, with concurrent groups for parents and guardians. Free support groups are also available for young adults 18 and up who have had a friend, sibling or parent die. Imagine also provides in-home support and support groups for children and teens who have a family member living with a life-altering physical illness. For more information about Imagine, come for a tour offered three times a month.

Tour dates can be found by visiting their website at www.imagenenj.org or contact info@imagenenj.org or 908-264-3100.



Imagine is so grateful for our dedicated youth and adult volunteers who provide the opportunity for grieving children and their parents to get the support they need.

(above) Giulia Gocci of Mountainside, Julia Zucosky of Scotch Plains, Kelly Greiner of Chatham, Dani Jayinski of Scotch Plains, Sara Miller of Westfield, Amanda Carrico of Mountainside, Jessica Friebeley of Scotch Plains, Colette Franciscus of Scotch Plains, Brett Simons of Short Hills, Justin Zucker of Westfield, Abby Riordon of Westfield, Sara Joseph of Kenilworth, Kai Chiang of Mountainside, Will Sherry of Westfield, Tunji Ooadewole of North Plainfield, Jeremy Dranikoff of Short Hills, Ben Krauss of Scotch Plains and Kimberly Cruz of Union.

IMAGINE OFFERS SUPPORT GROUPS FOR CAREGIVERS

Imagine is offering support groups for adult caregivers under 60 who are living with a family member's chronic or terminal illness. The groups are safe spaces in which people can express their feelings and gain support from fellow caregivers. The criteria for participation includes caring for any person with a diagnosis of physical illness, injury or disease that significantly changes one's day to day life. Caregivers must be 60 years old or younger. The groups will meet twice a month on Wednesdays from 6:30 - 8:00 p.m. at Imagine's location at 244 Sheffield Street in Mountainside, NJ.

If you or someone you know could benefit

from joining Imagine's Coping With Illness program, please contact

Mandi Zucker, MSW, CT at 908-264-3100 or email mandi@imagenenj.org.

Imagine provides free year-round peer grief support for more than 250 children and adults from 48 NJ towns every two weeks and every year provides training, education, and on-site support to over 2500 teachers, parents, students, employees, social workers, counselors and members of community organizations.

For more information contact us at info@imagenenj.org or visit Imagine's website at www.imagenenj.org.

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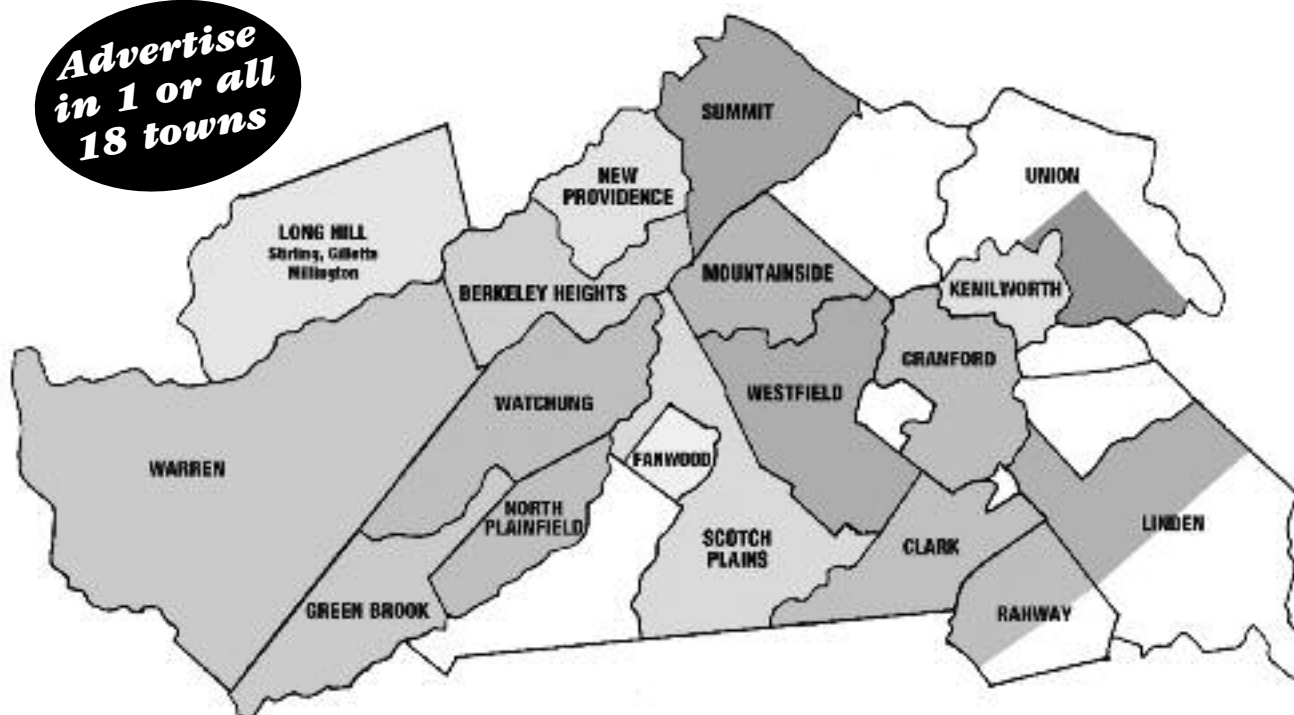


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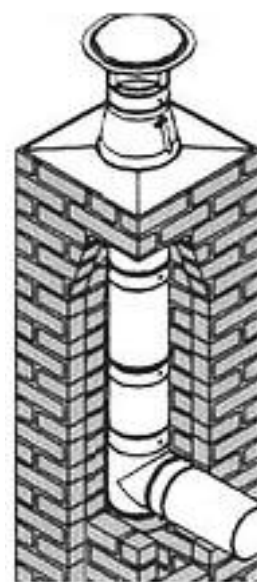
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