

Win a turkey for Thanksgiving. See Page 9

Mountainside Echo

County Leader Newspapers

MOUNTAINSIDE, N.J., THURSDAY, NOVEMBER 13, 1986—3*

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OBSERVANCE—Deerfield School held a special Veteran's Day observance Tuesday morning at the school's flagpole. Representatives of the United States Army, Air Force, Navy, and Marines attended the event, which included the raising of the flag, a musical selection, flower ceremony and a moment of silence. Pictured in a reenactment of the ceremony are, standing, from left, eighth graders Rachel Haine and Nanette Bruschi, Principal James Johnson and Edwin Sjonell. Seated are kindergartener Brian Sharkey and eighth grader Doreen Lucyk.

Council OKs fund use

By PAUL PEYTON
 The Borough Council has given its approval to three proposals which will be submitted to the Union County Community Development Revenue Sharing Committee for the 1987 fiscal year.
 According to a memorandum from Carol Hertweck-Lowy, representing Planners Diversified of Summit, the proposals are for a senior citizen coordinator, reading materials for the blind and sight-impaired, and barrier-free improvements for the handicapped at the historic Hetfield House.
 The salary and fringe benefits of the senior citizen coordinator, as stated in the memorandum which was distributed at Tuesday's council work session, will be funded partially by the federal government so that the borough can continue to benefit from the services of this position. They would be required to provide 50 percent of the projected cost with the balance to be paid by the government.
 The projected salary of this position is \$7,760 not including fringe benefits totaling \$1,552. The borough and the government would each pay \$4,656 of the \$10,312 total. In addition, \$1,000 of federal funding would be obtained for operating costs.
 The coordinator, as the memorandum states, would continue to provide services for the

elderly including recreation activities, counseling and social worker assistance.
 The second proposal in the memorandum involves the purchase of reading materials to help the community's visually handicapped residents. These materials would include cassettes, literature prepared in Braille and large print reading material. The estimated cost is \$2,000.
 The third and final proposal would include the purchase of barrier-free improvements to the Hetfield House which will be used for public meetings and possibly as a museum. The facility is in need of barrier-free restroom facilities in addition to an access ramp for the handicapped.
 The projections for the Hetfield improvements total \$13,000. This includes \$4,000 for the ramp and \$9,000 for the restroom upgrading.
 The planning consultant said the total cost of all three projects would be \$20,656 from which Mountainside would pay \$4,656 toward the coordinator position. She said the three proposals could be federally assisted because senior citizens are considered to be in the low to middle income population.
 According to borough administrator James Johnson, an application with the proposals must be submitted to Union County officials by Nov. 20 if funding is requested.

The council agreed with Mayor Bruce Geiger's suggestion that the Planning Board's recommendations regarding the storage and parking of recreational and commercial vehicles and boats be sent to the Building and Grounds and Police committees for further review. The committees' reports will be discussed at the December council work session.
 In discussing the status of the Hetfield House project, borough attorney John Post said a letter had been sent to Ron Welsh, the project's contractor, which gave him 30 days from Oct. 1 to complete the work.
 "We have principally extended that deadline. I don't say that critically but I don't think the council understands that's been done," said Post.
 He recommended that the council retain Welsh for the completion of the project.
 "The least expensive and most expeditious way to getting the work done is to have Mr. Welsh complete it," said Post.
 The council agreed to give Welsh an additional three weeks to complete the construction. However, under the request of council President Robert Vigilanti, if the three week deadline is not met the borough will seek other options to complete the work.

Squad seeks larger quarters

By PAUL PEYTON
 In an effort to solve the space limitations confronting the Mountainside Rescue Squad, borough officials met Oct. 30 with members of the squad's Renovations Committee to discuss either building an extension onto the present building or relocating the squad to a borough-owned structure in the vicinity of the borough's library and Route 22.
 According to Council President Robert Vigilanti, the main topic was whether the squad's present building could continue to be operational. He said the goal of officials would be, if it is decided that the present facility is unsuitable, to develop a plan that would "still be conducive to the need of the squad and the site area."
 He said that if squad operations are relocated, the recreation commission would be able to move into the present building. In addition, meetings could also be held in the structure by local organizations.
 In the past, Vigilanti had said that the court clerk could be moved into

the office presently occupied by the recreation commission and that the present office of the clerk could be returned to its former function as a second conference room.
 Councilman Ron Romak, council liaison to the squad, said the present structure was built in 1960 for one ambulance. He said the requirement for two vehicles has created a situation where the ambulances come in close contact with each other.
 Romak said that the major objective of the council would be to maintain the high level of respect generated by the squad throughout the borough.
 "We consider them to be a very professional organization and we want to help them serve the community better," said Romak.
 Charles Carson, chairman of the renovations committee, said the building does not provide adequate space for the squad's sleeping quarters, kitchen facilities, storage and meeting areas. He said the building's multi-purpose room

serves as a training room and meeting area for on-duty crew members.
 Vigilanti emphasized that the borough council will not go ahead with any plan unless full agreement from squad members is received.
 "The council is not by any means trying to force the squad into anything," he said.
 The councilman said that preliminary plans would be drawn up by a contractor for review by the governing body and the rescue squad. He said such a project, which remains tentative at this time, would not be initiated for at least two years.

Mayor urges Mt. Laurel steps

In a report issued to Mountainside residents, Mayor Bruce Geiger says he has attempted "to cut through all of the many complexities and details" involved in the Mt. Laurel decision involving low to middle income housing.
 Geiger, in reviewing the law, says that municipal zoning, which does not include a provision for low to middle income housing violates the New Jersey Constitution. He says that if this occurs the court may grant a builder permission to build regardless of a community's zoning law. The builder would also be given a greater density of housing to meet with the lower benefits of low to moderate income housing.
 The mayor points out that if a municipality provides for the required quota of housing units in their master plan and zoning or-

dinances and gets approval from the Affordable Housing Council, they can avoid the builders' remedy.
 The master plan and zoning ordinances of Mountainside, Geiger says, have yet to be tested by state officials. The borough has hired a professional planner to evaluate options on how the borough should best deal with the state mandate.
 He says the Planning Board has the authority to draft both the Land Use Ordinance and the borough's master plan for development. He says that both should contain similar information but may vary "only with good reason."
 Geiger says that the land use ordinance will be presented to the council which must decide on whether they want to seek its approval by the Affordable Housing Council. The ordinance must contain

provisions on the low to middle income housing if council wants state approval.
 Geiger says his recommendation for the borough would be to have the governing body "negotiate the best deal with the Affordable Housing Council using the best experts to be sure that the character of Mountainside is maintained."
 Geiger says his recommendation would result in the "construction of medium density, multi-family housing units with the market priced units subsidizing the low and moderate units." In addition, senior citizen housing would also be constructed which would require a minimum amount of support from borough taxpayers.
 "Geiger says he would expect that many seniors would sell their homes to live in multi-family dwellings

Test results on agenda

The Union County Regional High School District Board of Education will discuss the results of the High School Proficiency Test and the district's TASK test at its meeting in Berkeley Heights on Tuesday.
 All residents of the six communities that encompass the regional district, parents of students attending the four regional high schools and the teaching staff are invited to attend the board meeting. It will be held at the Governor Livingston Regional High School in Berkeley Heights.
 In addition, budgetary recommendations for the testing program for the 1987-88 school year, as well as a discussion of remediation programs and workshops for the skill development will be addressed.

In addition to Governor Livingston, the regional district includes David Brearley Regional High School in Kenilworth, Jonathan Dayton Regional High School in Springfield and Arthur L. Johnson Regional High School in Clark. It also serves the communities of Mountainside and Garwood.
 The board of education released the scores for the HSPT at its July 1 meeting. The test became a high school graduation requirement this year, replacing the easier Minimum Basic Skills test.
 The percentage of students passing at Jonathan Dayton, which includes Mountainside, were: 91.9 percent, reading; 83.7 percent, mathematics; and 82 percent, mathematics.



COLLEGE NIGHT—More than 70 colleges and universities were represented during Regional College Night held Nov. 5 at David Brearley Regional High School, Kenilworth. Admission representatives spoke to parents and students. From left: Carmine Venes of Mountainside with daughters Lauren and Chris, students at Jonathan Dayton Regional High

School, listen to a discussion between pupil personnel director Frank Kenny, Alice Heaps, assistant director of admissions at Lycoming College; Joseph Grande of Mountainside; and Springfield resident and Dayton student, Laine Levine.

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Youngster 'a good egg'

A Mountainside resident is one of five finalists in the Jersey Fresh Egg Cooking Contest.

Greg Weiss, a seventh-grade student at Deerfield School, entered the contest with his recipe for nacho dip. Greg and his parents have been invited to the Nassau Inn, Princeton, for the finals. The top prize for the contest will be \$400.

Recipes were judged on nutritional quality, ease of preparation, and suitability of

today's fast-paced lifestyles. All recipes had to include at least one egg per serving.

The youngster says he has already made plans for the winning prize.

"I'd put half in the bank for college, and buy myself something with the other half," says Greg.

The youngest contestant ever to reach the finals says he entered the contest after learning about it from his home economics teacher Carol Tagliente.

Breakfast meeting planned

The monthly bagel breakfast business meeting of the Elin-Unger Post 273, Jewish War Veterans of the United States will be held Dec. 14 at 9:30 a.m. in Temple Sha'arey Shalom, 78 S. Springfield Ave., Springfield.

The guest speaker for the morning's program will be Ann P. Conti, surrogate of Union County, who will speak on "Wills and Probate Procedures."

In addition, the Elin Unger Post 273 (JWV) will honor the Essex-Ureke Lodge 158 Knights of Pythias for their commitments as an im-

portant service organization serving these local communities.

The Jewish War Veterans continually stresses the importance of veterans who served in any of the armed forces to align themselves with a prestigious veterans' group such as the JWV, which is the oldest active veterans' group chartered by Congress.

Additional information can be obtained by contacting Senior Vice Commander Joe Todres at 379-9188 or Commander Murray Nathanson at 376-0837.

Senior arts and crafts held

An arts and crafts program for the Springfield senior citizens began earlier this month, conducted by Theresa Herkalo, coordinator.

The following members attended and made plaques with burlap and dried flowers:

Alma Zeller, Mildred Dauser, Arthur Dauser, Jean Grazynski, Mary Almedia, Aili Herman, Florence Karge, Helen Alpaugh, Rose Miller, Mildred Guenther, Wilma Schenack, Ada Osmuski, Helen Skuya, Betty, Kitty Searles, Anita Ward.

The next session will be Monday.

Rose Miller will teach seniors how to make Santa Claus faces out of Clorox bottles and cellophane.

Donations sought

Mobile Meals of Westfield, a non-profit organization which serves Mountainside seeks donations to help defray an increase in operating expenses.

Donations, which may be done as a memorial gift or to commemorate a special occasion, should be sent to: Mobile Meals, 170 Elm St., Westfield, 07090.



CONGRATULATIONS—John Benigno, a senior at Jonathan Dayton Regional High School, accepts an award from school principal Anne Romano for being a winner of the National Council of Teachers of English achievement awards in writing. Benigno is one of only 23 seniors statewide to be cited by the N.C.T.E.

Program on color at school

The Parents Association of The Vail-Deane School on Woodacres Drive in Mountainside will present "Color for All Seasons" at the school Nov. 18 at 8 p.m.

The program will be conducted by image and color consultant Eleanor K. Nelson of Westfield. Eleanor is the executive director with Beauty for All Seasons of Idaho Falls, Idaho, and she is a fashion advisor with XIA, a division of Tanner Industries.

"In my presentations," she explains, "I demonstrate and explain the concept of color analysis what it can mean to any and every individual who wants to make the best use of color in his or her dressing or grooming." She continues "Anyone can light up your life with color."

The program will be presented in Vail-Deane's multi-purpose room. For more information call Dorothy Daman at 232-7028.

Parade termed 'success'

The Halloween parade at the Florence M. Gaudineer School, sponsored by the Springfield Fire Department, was called a success by Local 57 of the Firemen's Mutual Benevolent Association.

With more than 120 children taking part in the festivities, numerous ribbons and trophies were awarded for costumes. Diana Loya was the first-place winner for the funniest costume, while Andy Khalili took top honors for the scariest outfit. David Kessler received a first-place trophy for the most original costume.

Computer learning at school

At Deerfield School in Mountainside, students are learning about the world of computers as part of a new pilot program set up for seventh graders.

In the program, which is under the direction of David Fogle, students are taught 45 minutes a day for 23 consecutive days on Apple word processors. The program is a follow-up to the sixth grade typing course and is combined with creative writing.

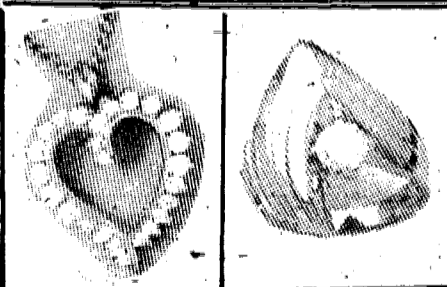
Student Heather Anderson says the program makes mistakes much easier to handle.

"It makes correction so much easier and faster than writing a composition by hand. I can delete in seconds," says Heather.

Fogle explained that students were encouraged to use the computer room during off hours to type their term papers.

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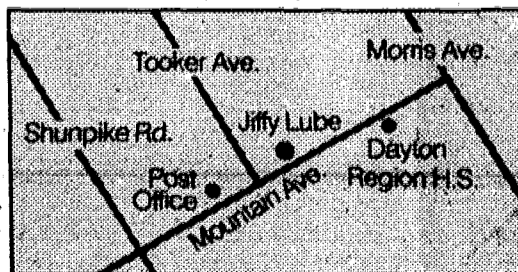
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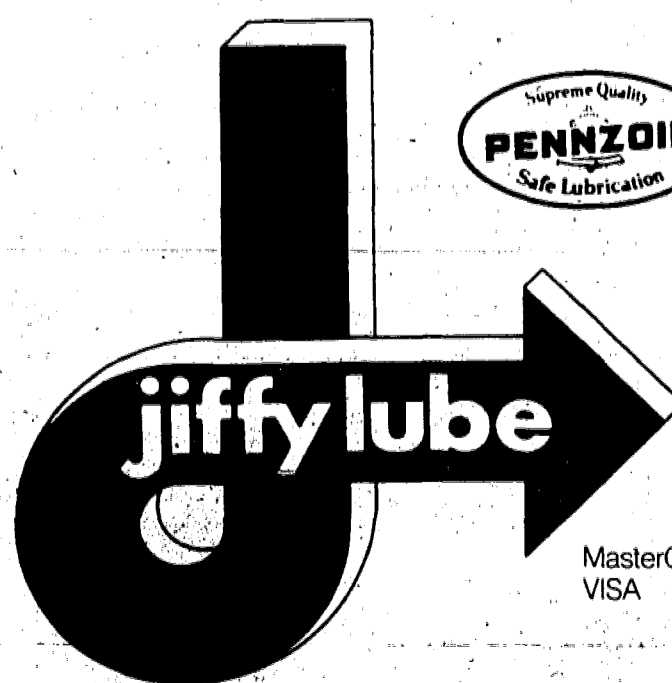
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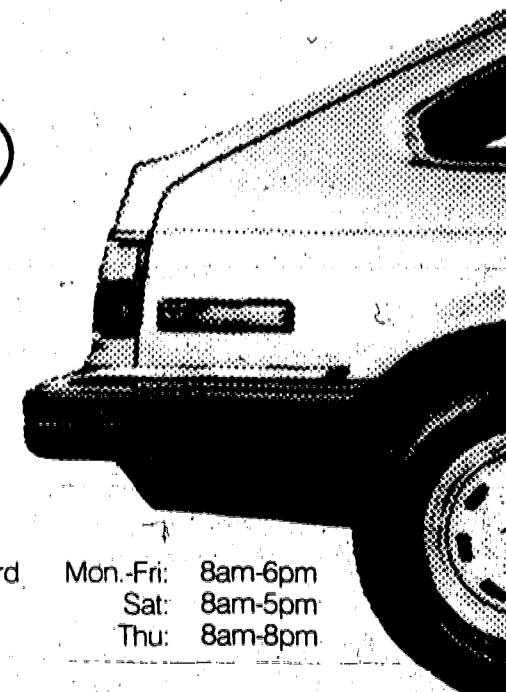
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Springfield hires two officers

By MARK YABLONSKY
Addressing both a shortage in the township police force and a sense of patriotism, the Springfield Township Committee on Tuesday unanimously approved the hiring of two probationary police officers and a proclamation designating the week of Nov. 24 as National Family Week.

William Wrisley, 29, of Morris Plains and 21-year-old Christopher Lafrogola of Union, upon the advice of police chief William Chisholm, received the probationary posts after completing all department requirements and testing.

The addition of the two officers now brings the department to full strength for the first time since early summer, when former lieutenant Thomas Kennedy announced his retirement.

In noting that the "status of the family has changed dramatically in the history of this nation, but remains a basic moral and economic element of society," the five-member governing body officially designated Thanksgiving Week as National Family Week in Springfield, "emphasizing the fundamental role of the family in

promoting and sustaining the strength and vitality of the social and moral fabric of our town, state and nation."

The proclamation carried the endorsement of the New Jersey State Federation of Women's Clubs and the General Federation of Women's Clubs.

In other business, the committee authorized Township Engineer Harold Reed to advertise for bids on three projects, including the installation of barrier-free access ramps for the handicapped at both the municipal building and the former Raymond Chisholm School. Although the township does not fall under mandatory state guidelines for barrier-free installations in both buildings because of their age, the municipality is doing so anyway "as part of a continuing effort" to provide access for the handicapped, Committeeman Jeffrey Katz explained.

In other matters, Francis Crosett of Tooker Avenue again complained to the governing body about the Schaible Oil Company near his home. Already dissatisfied with what he claims have been safety and fire violations because of alleged

overcrowding of unused trucks on company property, Crosett expressed fears that Schaible's desire to enlarge its use of the property could be "dangerous."

The oil company has already gone to court to dispute a denial by the Board of Adjustment to enlarge the property's use. The Fire Department, in the meantime, has initiated preliminary investigations of possible fire violations, and has asked Schaible to provide information on what is stored in the property and how it is stored.

"I can go to bed tonight with 25 trucks less than 10 feet from my house, and everything's all right," yelled Crosett. "I do know that I

want some kind of recognition here. This thing is dangerous.

"If he wins in court, you can say goodbye to Tooker Avenue," he added, claiming that company drivers leave trucks idling near his house while going to a nearby convenience store for coffee. "I don't know why you're so lenient or so easy. The smell of oil will knock you over."

"I agree with his feelings on Schaible Oil," added Patrick McKee of Clinton Avenue. "They're in a runaway expansion mode and it's constantly continuing. Francis's concerns are shared by other people."

Brownlie joins CPA company

Keith L. Brownlie, of Springfield, has been admitted to the partnership of Arthur Young & Company, an international firm of Certified Public Accountants.

Brownlie joined the audit department of the Newark office of Arthur Young in July 1974. He was promoted to manager in 1979 and principal in 1983. He transferred to the Princeton office in July 1985. Brownlie is the director of the entrepreneurial services group for the Princeton and Newark offices of Arthur Young.

A lifelong resident of Springfield, Brownlie graduated from Lehigh University in 1974 with a bachelor's degree in business and economics. He is a certified public accountant of the State of New Jersey.

Brownlie is a member of the New Jersey Society of Certified Public Accountants where he is chairman of the Committee for Cooperation with Educational Institutions. He is also a member of the American Institute of Certified Public Accountants.

Keith and his wife, Irene, have two children.

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Becky Seal menu

The following is the schedule of lunches to be served over the next two weeks at the Becky Seal Nutrition Center at the former Raymond Chisholm School building.

Lunches are served Monday through Friday between noon and 12:30 p.m. to any senior citizen 62 or over, regardless of financial status. The cost is \$1.25 per person, \$2 for guests.

Reservations must be made two days in advance by calling 376-5814 between 11 a.m. and 1 p.m. Monday through Friday.

All lunches are served with bread and butter and milk.

MONDAY—Boneless barbecued pork rib, cauliflower with cheese sauce, baked potato (1/2 each), applesauce, tomato soup, bread, margarine and milk.

TUESDAY—Chicken A la King and cranberry sauce, peas and carrots, rice, sliced peaches, chicken noodle soup, dinner roll, margarine and milk.

WEDNESDAY—Stuffed cabbage,

lettuce with egg wedge and French Dressing, mashed potatoes, fresh fruit, beef noodle soup, bread, margarine and milk.

NOV. 20—Meatloaf with gravy, sliced carrots, whole corn, pound cake, grapefruit juice, bread, margarine and milk.

NOV. 21—Fish fillet with cheese, broccoli stalks, scalloped potatoes, lemon pudding, clam chowder, hamburger bun, margarine and milk.

NOV. 24—Veal cutlet parmigiana, green beans, spaghetti and sauce, ice cream, pineapple juice, Italian Bread, margarine and milk.

NOV. 25—Roast turkey with gravy, cauliflower, carrots and broccoli, herbed stuffing, pumpkin pie, apple cider, dinner roll, margarine and milk.

NOV. 26—Country ham with mustard, green cabbage, boiled potatoes, purple plums, pea soup, bread, margarine and milk.

NOV. 27—Holiday
NOV. 28—Holiday

Juveniles arrested in chase

An early morning high speed car chase that started at the Springfield/Mountainside border resulted in the apprehension last week of two Essex County juveniles by Springfield and Mountainside police.

In the early morning of Nov. 4, Mountainside Patrolman Richard Weigele observed two youths in the area of JMK Motors. Upon further investigation, Weigele alerted the Springfield force and began pursuing a vehicle heading east on Route 22 with "no headlights on."

The Mountainside police officer was joined in the chase by Springfield Patrolmen Jeffrey Vreeland and Steven Stockl, who followed the vehicle, which later exited at Frelinghuysen Avenue, Newark, before turning back onto the highway's westbound lane. The

vehicle, which turned out to be stolen, finally came to a stop in Union where it crashed onto a side street.

A 16-year-old juvenile was charged with criminal mischief, receiving stolen property, reckless driving and conspiracy. A 17-year-old Newark resident said to be the driver's accomplice, in the meantime, was apprehended by Springfield patrolmen Peter Fico and Judd Levenson at Echo Plaza, across the highway from the automobile business, and charged with similar offenses.

Both juveniles were later sent to the Union County Detention Center in Elizabeth.

Stress workshop

Our Lady of Lourdes Parish, Mountainside, will present a workshop on the topic of stress and how it can be combated creatively on Nov. 18 and 19 at 8 p.m. in the school auditorium.

School lunches

REGIONAL HIGH SCHOOLS.
MONDAY, chicken nuggets, dinner roll, batter dipped fish sub on roll, cheese wedge, boiled ham and cheese sandwich, potatoes, vegetable, fruit, large salad platter with bread and butter, homemade soup, desserts, milk; **TUESDAY**, pancakes with syrup, sausage patty,

hash brown potatoes, fruit, juice, tacos with shredded lettuce, steamed rice, peanut butter and jelly sandwich, large salad platter, homemade soup, desserts, milk; **WEDNESDAY**, hamburger on bun, potatoes, vegetable, fruit, pizza bagel, cold submarine sandwich with lettuce, large salad platter,

homemade soup, desserts, milk; **THURSDAY**, macaroni with meat sauce, bread and butter, tossed salad with dressing, fresh fruit, frankfurter on roll, potatoes, vegetable, fresh fruit, tuna in Pita with lettuce, large salad platter, homemade soup, desserts, milk.



Photo by Joe Long

SENIORS IN DISGUISE—These Springfield senior citizens assembled for a recent Halloween costume party at the Sarah Bailey Civic Center. Lielo Becker topped a list of prize winners by capturing the Funniest Costume award.

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Editorial

Viewpoints

Let voters know

Board of Education members will begin the difficult task of discussing the 1987-88 school budget before the public at two special meetings later this month. During the past two years, borough residents have voiced their disapproval of school budgets by rejecting them at the polls.

This past April borough voters rejected the proposed \$2,895,580 budget by a slim margin of 31 votes. The budget was later approved by the borough council after review. The approval hiked local taxes by 5.2 percent. The previous year, the budget proposal was rejected at the polls, but later trimmed by more than \$50,000 and approved by the council.

Board members must work extra hard this year to insure that the public is given the full opportunity for input on this budget before the proposal goes to the voters. If the public is given a better understanding of where the money is going, a budget defeat might be avoided. In the last school election, 948 votes were cast for BOE candidates, but only 807 were cast on the budget.

Parents in the borough have expressed a concern that their tax dollars reach the classroom and are not used solely for salaries and administrative costs.

In approving or rejecting a school budget voters should note that the state, not the local board, has mandated the starting salary for teachers at \$18,500. In addition, maintenance costs continue to rise and should be taken into account.

In the past, reductions in rejected budgets have been taken from the following areas: expenses incurred by board members, the office of the superintendent, secretary substitutes and custodian salaries and overtime. Other areas cut included heating costs, instructional equipment for school's computer course and the employee insurance account.

If the cuts can be made after the budget is rejected at the polls, why not take the time to make the cuts prior to formulating the budget?

Municipal meetings

Borough Meetings
At Borough Hall
Borough Council, work session, second Tuesday, 8 p.m.; Public Meeting, third Tuesday, 8 p.m.
Board of Adjustment, second Monday, 8 p.m.
Planning Board, second Thursday, 8 p.m.
Recreation Committee, third Tuesday, 8 p.m.
Local Assistance Board, dates to be announced, 8 p.m.
Board of Health, second Monday, 7 p.m.
Municipal Court, every Wednesday, 7 p.m.

Shade Tree Commission, meetings as needed, 8 p.m.
Historic Preservation, meetings as needed, 8 p.m.
Construction Board of Appeals, meetings as needed, 8 p.m.

Board of Education
Board of Education Office
Agenda meeting, first Tuesday, 8 p.m.
Public meeting, second Tuesday, 8 p.m.

Library Board, third Monday (except August), 8 p.m. at the library.



HALLOWEEN ISN'T JUST FOR KIDS......as evidenced by Little Cowboy, Rocky, owned by Michelle Volpe of Headley Terrace, Union, and Shotzie, playing peek-a-boo in a pumpkin at the home of his family, Mr. and Mrs. Daniel P. Bertolo of Thoreau Terrace, Union. If you have a favorite photo which you would like to submit for this

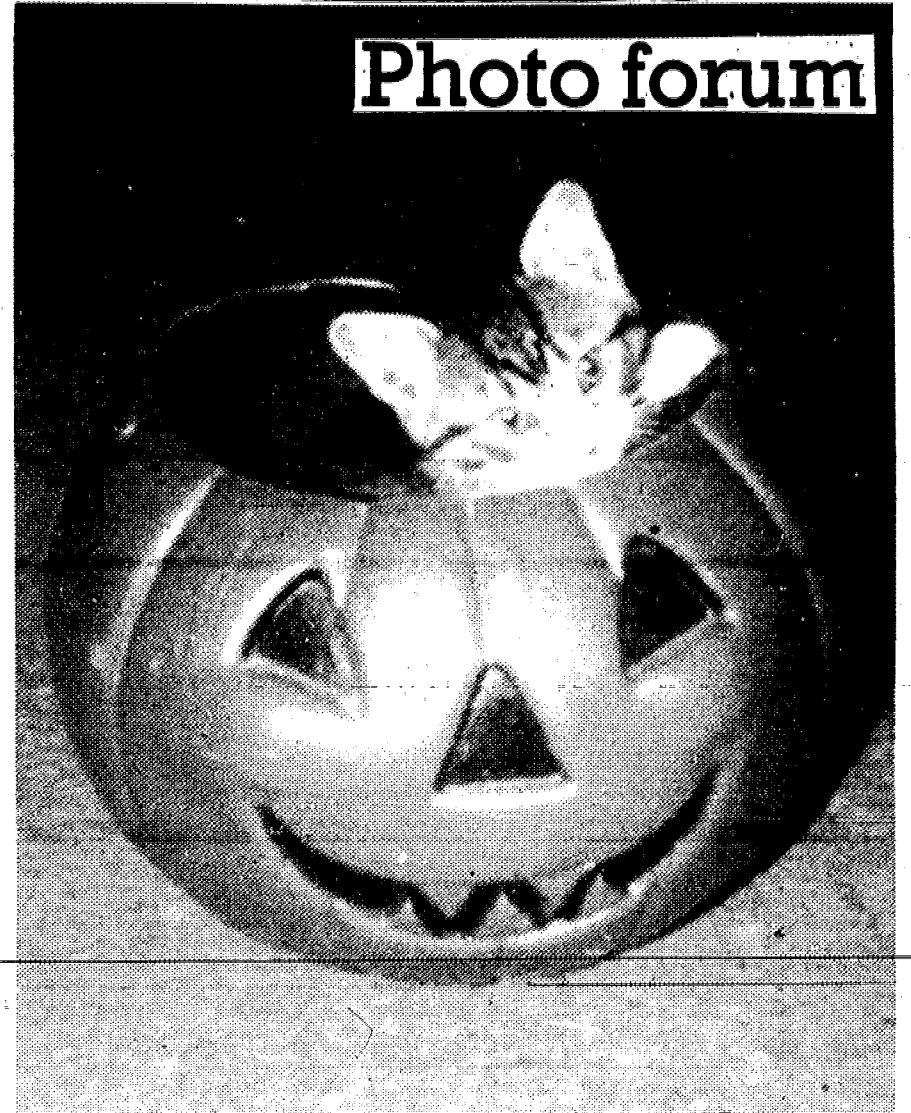


Photo forum

page, send it to 'Photo forum,' at this newspaper, P.O. Box 3109, Union 07083, with complete identification of the subject. The newspaper is not responsible for the photograph. Anyone who wishes to have a picture returned may pick it up the day after publication.

Focus on natural resources

Swamps aren't just for 'filling in'

By HELENE C. FENSKE
Swamps are important to me. They have been for over 25 years — since I worked to help save the Great Swamp in northern New Jersey from becoming a New York metropolitan jetport.

You can understand, therefore, how I reacted when I heard the answer a seventh-grader — not in New Jersey — gave to a question on why swamps are important to us. The answer was "Swamps are important to man because they are easy to fill in and build on."

What bothered me most was that the student was reflecting old ideas — he was not aware of what we have learned from filling in swamps and marshes. Those experiences taught us that swamps and marshes are not the unproductive wastelands we once thought, but areas — called wetlands — which serve us well. We now know that they are important buffers against flood damage, they

help purify polluted waters, they provide habitat for wildlife, and coastal wetlands serve as nurseries for shellfish and marine life that are part of our food chain.

There are wetlands that are marginal, and perhaps should be filled in, but most are critical areas that should be preserved and protected. What's important is that we know and understand the value of wetlands and other natural resources so that we use them wisely and protect them for the future.

To help develop such knowledge about our environment is the major reason why the Department of Environmental Protection sponsors a number of environmental education programs which are available to schools and teachers to use in their classrooms.

DEP offers teachers three outstanding educational programs and a variety of supplemental educational tools. The three

nationally-developed curriculum guides are Class Project, Project Learning Tree and Project Wild.

Through Class Project students acquire knowledge about environmental concepts, studying energy use, environmental issues, forest/watershed management, hazardous substances, wetlands, and wildlife. They learn to observe, collect data, make value judgments and solve problems, and acquire skills that as adults will help them to take thoughtful actions to protect and enhance the natural environment.

Project Learning Tree uses the forest as a "window" into the natural world, helping young people gain an awareness and knowledge of the world around them, as well as their place in it. And Project WILD helps develop skills, awareness and knowledge to help students make informed decisions and take responsible actions concerning wildlife and the environment.

All these programs, as well as several awareness and activity packages on such subjects as geology, forest management and water conservation, are voluntary programs available to teachers to expand on and develop into their own teaching styles. They are designed to supplement a teacher's regular classroom program.

DEP works closely with the educators in developing these materials and provides workshops for the teachers to familiarize them with the subject matter.

What's DEP's purpose? It's to help expand our children's learning beyond their classroom walls and to make our future decision makers more aware of the world they live in today so they are better prepared for tomorrow's world.

Fenske is assistant commissioner for Natural Resources, N.J. Department of Environmental Protection.

To health

Help offered for food abusers

By STEFANI SHEPPA
Stefani Sheppa is a social worker at the University of Medicine and Dentistry of New Jersey - Community Mental Health Center at Piscataway. She directs a woman's support group for eating disorders.

Food is connected with many significant events in our lives. It can be an expression of love, friendship and an important feature of holiday and other celebrations. Food and our emotions are strongly connected. When food becomes a means of coping with anger, depression and feelings of inadequacy and loneliness, the pattern of food abuse becomes addictive and dangerous. In our affluent society, more and more women from adolescence to middle age are being caught in the food abuse cycle.

Food abuse, specifically the eating disorders of anorexia nervosa, bulimia and compulsive overeating, are the result of a cultural mixed

message. Our society places a great deal of importance on being thin and fit, yet we are surrounded by gourmet restaurants, bakeries, and ice cream parlors. Cookbooks containing the ultimate in recipes for delicious desserts, breads, and other mouthwatering delicacies top the best seller lists. Surrounded by all this temptation, we are reminded that to be fashionable and attractive we must be able to zip up a pair of pencil slim designer jeans.

Anorexia nervosa is characterized by an intense fear of becoming fat. Anorexics will not eat enough to maintain even normal body weight, and will see themselves as being fat even when they look underweight and emaciated. While drastically reducing their food intake, they may also resort to vomiting, the use of laxatives and diuretics and strenuous exercise. Anorexics can lose at least 25 percent of their

original body weight due to their intense drive to be trim. Such a weight loss causes everyone around the anorexic to focus on her obsession with her body image. This eating disorder can be fatal.

Binge eating is done to numb or avoid painful emotions. The more painful the feelings, the more intense the binge. Food is selected for rapid eating and is gobbled down in private. Many bulimics maintain normal weight, hiding their food abuse pattern from others. Eventually, binge-purge eating takes its toll by damaging the heart and kidneys. Skin will wrinkle prematurely and tooth enamel will erode from frequent vomiting. A severe binge can result in death due to a ruptured stomach or esophagus.

Like bulimics, compulsive overeaters use food as a tranquilizer. They eat rapidly without tasting or enjoying food, and they eat even when they are not hungry. Obesity has serious physical consequences including cancer, diabetes, kidney trouble and back and foot problems.

Eating disorders are self-destructive, addictive cycles that are tough to break alone. Many food

abusers are constantly on a diet, but dieting can't work until the individual's emotional problems are faced and dealt with. People who have turned to food for years as a means of coping with the stresses of daily living find themselves caught in a cycle that seems impossible to break. With individual psychotherapy and support group treatment, the cycle can be broken.

In a support group a food abuser discovers that she is not alone. The participation of others who have successfully overcome an eating disorder offers hope and inspiration. Food abusers can learn to control their weight and enjoy eating in a sensible and healthy manner.

In therapy, a food abuser can gradually learn to face those emotions that have been pushed away for so long. This process is a difficult and painful one that can be greatly aided by a supportive therapist and group.

For information about educational and support groups for women with eating disorders contact the University of Medicine and Dentistry of New Jersey—Community Mental Health Center at Piscataway, Dunellen Office, 752-5110.

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Letters to the editor must be received no later than noon on the Monday preceding the date of the issue in which they are to appear. They should be typed, with double spacing between lines (not in all capital letters, please).

All letters must include a written signature, a complete address and a phone number where the writer may be reached during daytime hours (for verification purposes only).

This newspaper reserves the right to edit or reject any letter and to publish only one letter from any one person within any four-week period.

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CPAs offer tax law tips

The following information was prepared by the New Jersey Society of Certified Public Accountants.

Now that the President has signed the Tax Reform Act of 1986, you're probably wondering how it will affect you. The New Jersey Society of Certified Public Accountants has released the following year-end tax planning tips, in light of changes brought about by the new law:

Sales Tax Deduction: Under the new tax reform law, sales tax will no longer be an itemized deduction. By purchasing home appliances or other expensive items now, you can fully deduct the sales tax on your 1986 return.

Mortgage Interest: Interest payments on second mortgages will remain fully deductible under the new law. If you were considering borrowing money through a home equity loan, those interest payments will also remain fully deductible. Some restrictions apply, however, so contact your CPA to fill you in on the details. CPAs say owning a home is still one of the best ways to trim your tax bill.

Miscellaneous Deductions: Consider these miscellaneous deductions for this year's income tax return: pay union or professional dues, pay for subscriptions to investment or business

publications, or consult with your financial planner. Expenses like these add up and can be used effectively to save money.

Charitable Contribution: Contributions to charitable groups will continue to be fully deductible, but only if you itemize. Remember, you don't have to give money to get a deduction — you can also take advantage of this tax break by donating furniture or clothing.

Medical Deductions: It's easy to put off a trip to the dentist, but now is a good time to go. Currently, medical expenses that exceed 5 percent of your adjusted gross income are fully deductible. New year, you'll need in excess of 7.5 percent to qualify for this deduction. By taking care of your health now, you can also take advantage of a good tax deduction.

Small Business Owners: If you own a small business, buying items like new phones or computers by Dec. 31 may help qualify for a substantial tax savings because a portion of that cost is deductible.

Tax Strategy: To determine your best year-end tax strategy, compare projections for your 1986 and 1987 income and expenses. If you have more income this year, defer any additional income and take as many deductions as possible.

Deferring Income: Investing in either government securities or a certificate of deposit that will mature next year is a good way to defer income into 1987. Your deferral for the investment will be worth more this year under the higher tax brackets. You will also postpone taxation on the interest for a year and pay less under the lower brackets in 1987.

Retirement Planning: Beginning next year, many people will lose the deduction for contributions to IRAs. If you don't already have an IRA, open one; if you have one, make a contribution. Consider joining a company-sponsored retirement plan like a 401(k), if you're eligible, because next year contributions to these will also be affected by the new law.

IRA Withdrawals: Taking an early withdrawal on your IRA can cost more than you think. Under the tax reform act, there remains a 10 percent penalty for withdrawals taken before age 59 1/2. Also, any amount borrowed is subject to income tax at the same rate as other income. Look for more economical ways to borrow money and remember, retirement money should be earmarked for retirement.

Selling Your Home: If you are thinking about selling your home in

the near future, the new tax law won't affect you. You can still defer the profits from the sale if you buy another home within two years that costs at least as much as the one you sold. If you are 55 or older, you only have to pay taxes on gains that exceed \$125,000. Anything over that will be taxes as ordinary income.

Channeling Income to Children: If you've been shifting income into trusts for your children, be aware of a possible tax increase. Accounts for children under age 14 will be taxed at the parent's rate, even if the accounts existed before the tax reform act. Children over age 14 are excluded from the tax increase. To take advantage of this opportunity before it's too late, contribute to your child's account by Dec. 31.

These tips provide general information for you to consider when developing your year-end tax strategy. For more detailed information and professional assistance, contact your accountant.

As a public service, members of the CPA society are also available to discuss tax planning strategies with community and professional organizations. To schedule a speaker for your group, contact the NJSCPA Speakers Bureau at 994-4888.

Conflicts and confusions

PCP: Angel death

Q. Recent newspaper stories have stated that except for cocaine, drug use is on the decline in Union County. I have heard more and more people talking about PCP, however. What is PCP, how does it affect you, and what is the truth about it in this area?

A. PCP (Phencyclidine) is a central nervous system depressant. Originally the drug was used as a general anesthetic. Doctors began to see many unwanted side effects from the patient when they were coming out of the PCP induced sleep. Patients were hallucinating, disoriented, angry and had other unwanted reactions. About 15 years ago, PCP hit the streets, particularly in the San Francisco area. The street name at that time was "Angel Dust." A better name would have been "Angel Death." PCP is a drug that even in moderate, close care causes seizures, convulsions, high blood pressure and creates a disorientation of the brain that could cause long term damage. The so-called "high" that someone gets from smoking PCP is really a toxic reaction to a very dangerous drug that is no longer used by doctors. PCP is currently on the upswing in the area. It even has a new set of names, "Crazy Eddie" or "Omens." Hospitals are beginning to admit a number of patients with severe physical and emotional problems that are PCP induced.

Q. With the recent drug-related deaths of Len Bias and Don Rogers, you'd think that sports "superstars" would wise up and kick their habits. Yet another baseball player, LaMarr Hoyt of the San Diego Padres, was recently busted for drug possession. What is wrong with these guys?

A. Basically, there is nothing more wrong with the individuals you mention than with other people who attempt to challenge their mind and body with a traumatizing chemical.

Athletes sometimes tend to believe because they are in good physical condition they can handle drugs better than the average person. Certainly Bias and Rogers

proved that such thinking is erroneous. Actually many athletes have never been allowed the opportunity to deal with their feelings. They have been pampered and spoiled; adored on one hand and abused, exploited and protected on the other. Drug abuse is an equal opportunity disease. It invites us all.

Q. Why can some people drink all night and not get drunk while others have one drink and are falling all over the place?

A. Good question. Basically, alcohol like any other drug has to be absorbed, distributed, broken down and excreted in its journey through the body. Every person brings his or her own set of variables to a drug. One's age, weight, sex, physical condition and emotional state all contribute to how a person reacts to a drug. We are also discovering that some people are born with a brain tolerance to alcohol. That is the reason some people are falling all over the place on one drink and other people can drink all night. The body and mind also can acquire a certain amount of tolerance to a drug if one ingests the drug on a regular basis.

Interestingly, the fact that a person can handle more alcohol than someone else does not mean he or she is not an alcoholic. Most alcoholics in the late stage of the disease drink to be normal. If they don't drink they feel worse, with symptoms such as sleeplessness, shaking, stomach problems and mood swings.

Q. Please settle an argument, a friend says that chewing tobacco is worse than smoking cigarettes or cigars. Which is the leading cancer cause and what kinds of cancer does each cause?

A. The question really says, which will kill you faster? A cigarette smoker is a greater risk for cancer of the lungs, a tobacco chewer is more prone to cancer of the mouth. The health consideration is that tobacco is a drug that will increase the risk of cancer and its effect will shorten the life span of many users of tobacco.

State we're in

Volunteering isn't always worth it

By DAVID J. MOORE

Most people at all levels of government in this state we're in are volunteers. By that I mean that for every salaried official, you find any number of volunteers, like members of planning boards, environmental commissions, school boards and the like, to say nothing of sewer, water and other kinds of authorities.

It's true in our 567 municipalities as well as our 21 counties, and in Trenton too.

Our whole system depends on our willingness to serve each other, often making tough decisions with profound effects on everyday life and finances. I happen to serve on a number of these bodies, from municipal to state levels. I do it because I want to be of service. I'm asked to serve because I have a certain level of expertise in matters environmental. And there are plenty of other folks like me.

Sometimes it just doesn't seem worth it. I'm referring to a recent court decision in Monmouth County, which discourages and even frightens me. It seems that a Superior Court judge ruled to bar the chairwoman of the Middletown

Township Planning Board from considering a development application because he found her interest in preserving open spaces to be "disabling."

You see, the lady also happens to be president of the Monmouth Conservation Foundation. So in effect, Judge Patrick McGann Jr., and the Appellate Division after him, are saying that members of planning boards, or by extension, other public officials, dare not have strong opinions, lest their public stances "show the strength of...personal commitment."

The question before the planning board was whether to permit development of a locally prized bit of open space. Developers sued, challenging the lady's objectivity, and that's how the frightening ruling came about.

Hers was only one of 11 votes on the board, I cannot help but wonder who screened the other 10 to find out whether any or all of them might be just as deeply committed to developing open space, either because they are directly involved

or else only sensed extra bucks for all as a neighborhood spin-off.

Why do we need planning boards at all? If that kind of decision stands up, I guess we won't! Who will serve on a planning board if developers take members to court because their views are environmental instead of developmental? Who will be able to qualify for membership unless they don't care about anything?

This kind of thing has happened before. I can remember a case brought by a developer who sought an order from the court to bar certain citizens from participating in public hearings because they represented a citizens' group opposed to his kind of development. The developer lost that one, but for ordinary folks to have to defend themselves in court in order to participate in government sort of discourages democracy!

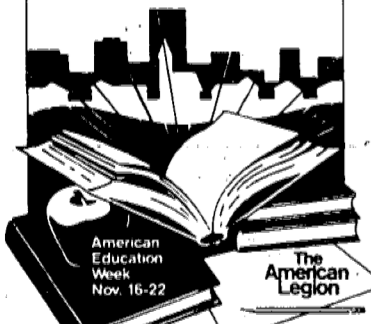
Real estate and development interests make lots of money from the land in this state. There are precious few who are involved with government who don't have something to gain financially from

the development process. And now it looks like a judge wants to pluck from the system those who have a public-interest point of view.

It's just one more example of the fact that citizens don't control the way land is used in this state. And that's one of the reasons why, in lots of towns, folks look around in amazement at their surroundings, wondering how it got to be wall-to-wall development when neither they, their neighbors nor their elected representatives wanted it that way.

That old course in high school, "Problems of Democracy," badly need updating because democracy has got a lot of problems!

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Psychiatrist foresees nuclear threat

By MARIE DUTTER
The dining room, filled with members of the Society of Psychologists in Private Practice, was hushed, following the talk given by Dr. Bertram S. Brown, president and chief executive officer of Hahnemann University in Philadelphia.

The psychologists, who practice in Essex and Union counties, had gathered for the group's dinner meeting in Montclair recently in anticipation that Brown would address a very current concern of the world today - terrorism. But instead of the previously announced topic of terrorism and its effect on its victims, Brown chose to speak on the threat of terrorism fueled by nuclear power.

Brown brought international expertise to his subject. His credentials include service as a special assistant to the President from July 1961 through October 1963; deputy director, National Institute of Mental Health, 1967-1970; director of the National Institute of Mental Health, 1970-1978; assistant surgeon general, United States Public Health Service, 1978-1980; and senior psychiatrist and consultant at The Rand Corporation in California.

For over 25 years he has served as special consultant to the White House on mental health issues, and traveled to 17 foreign countries on special "foreign mission assignments."

Brown's firm assertion - that the

world "will see a major nuclear disaster before the 1980s are over" - sounded like a rational conclusion drawn by a rational man, and not a rash statement by a "panic button" pusher.

Brown spoke of his work at the Rand Corporation "think-tank," in 1980, "at which a group of specialists broke up into groups to discuss government-response, and the terrorist mindset. I was in the group on the future of terrorism, where I had the bold, bad luck to accurately predict the forthcoming assassination attempt of the Pope. The analysis at that time had to do with the two structures most vulnerable to those interested in instability, which were the multinational corporations and the church."

Brown noted that while special assistant to the White House during President John F. Kennedy's term, as "house shrink," he had the opportunity to confront "all the kooks, troubles, weird letters, everything you can imagine."

"The question I would like to deal with psychologically is whether there is a basic difference, a basic inflection point from a psychiatric or psychological point of view, to use of fist, knife, gun, bomb, chemical, biological agent, and nuclear power. Is there something different in the motivation and psychological structures on these different levels? After careful reflection, my answer is a crisp 'no.' There is no essential difference.

"The second question is whether there is any incompatibility between a person scientifically and technologically skilled, and psychologically able to carry out a dreadful act of nuclear terror?"

"The point I want to make is that, while statistically rare, such a combination of scientific competence and motivation is a distinct possibility and, I think, will increase."

Brown said: "Terrorism is really theater - the media is concerned. Terrorism will move from guns and bombs to chemical and biological and nuclear means. Terrorists will cross the lines - it's like an addiction, from small planes to jumbo jets - it has to get bigger and bigger."

Brown noted: "We have not yet seen any signs of terrorism in the United States. Why? No one knows the answer, but there are speculations."

Speculations include the democratic process in America - "We can get our voices heard. America is spread across the world - we have plenty of targets abroad," said Brown.

Brown said: "In the United States, you don't need a nuclear bomb to get media attention - just tamper with a pill bottle in a drug store. The new form of warfare is terrorism."

As to why the acts of terrorism

thus far have been committed by youthful fanatics as "overt use of violence to swing government opinion," and not by engineers and scientists, Brown said: "... While statistically rare, such a combination of scientific competence and motivation is a distinct possibility and, I think, will increase.

"Finally, to ask the question, whether the current driving force of religious fundamentalism, that is, theological motivation, makes it more or less likely that the psychological fusion of motivation and technical competence will occur. My answer is that the very nature of life and death of man, its great meaning, the power of the afterworld, heaven, nirvana and paradise, all make it a more likely possibility that the combination that I mention - of scientific and technical competence and adequate motivation - will combine.

"After all, be it fascism, communism, or capitalism, all political systems want a world to run, whereas those motivated by theology do not care whether or not there is a real world, it's the afterworld that counts. Add to this mix state-sponsorship - more important, a religious fundamentalist state inspiration - and I've concluded we will see a major nuclear disaster before the 1980s are over."

Brown told the assembled psychologists that "credible threat, rather than actual explosion is what is feared - panic - the emptying of our cities. There is a paradox here: The threat causes super powers to cooperate. The rogue states are of concern."

The psychiatrist concluded his remarks to the somber audience, and said: "You are now part of the solution, because you know about it."

Beth Israel marks 85th year anniversary

On Oct. 22, Newark Beth Israel Medical Center celebrated its 85th anniversary. To commemorate the day, The Beth turned back the calendar to its founding year, 1901. Employees dressed in costumes of the era, and the cafeteria rolled back its prices, making roast beef the most expensive meal on the menu at 8 cents a serving!

A penny candy store was fashioned in the main lobby and the Max Danzic Auditorium was turned into an old-time movie theater featuring silent comedy classics and freshly popped corn. The main event of the day was the official birthday party, which included enough birthday cake to serve all 2,400 Beth employees!

According to Lester Bornstein, president, NBIMC, the celebration gave Beth employees the chance to look at the common bonds that tie together the past, present and future of the medical center. Technology, the people and hospital environment have all changed dramatically in the past 85 years, one constant remains, a deep concern for the well-being of all those who come to The Beth seeking care," says Bornstein.

The Beth was created in 1901, when the Daughters of Israel Hospital Association and the Hebrew Hospital Dispensary Association joined forces to create a 21-bed facility located at High and West Kinney streets in Newark. Because the demands for service were so great, a larger facility was built on the same location and opened to the public in 1908. By 1922 Newark Beth Israel Hospital had expanded to 110-beds, but was functioning as a 150-bed hospital.

The decision was made to construct the state's most modern hospital. Ground was broken on Lyons Avenue, Newark and, in 1928, a 350-bed, 12-story hospital was dedicated.

Today, NBIMC is a 545-bed, non-profit medical center that is both a teaching hospital and a major referral center for Northern New Jersey. The medical staff at NBIMC is known for its pioneering achievements in health care including: the development of the nation's first hospital-based blood bank, the implantation of the first American-made nuclear pacemaker, New Jersey's first kidney and heart transplants, and pioneering use of the argon laser for cardiac surgery.

The medical center is affiliated with the University of Medicine and Dentistry of New Jersey, and provides primary and tertiary care to its neighboring community and to the suburban areas of the surrounding counties, including Union County.

NBIMC is a major referral center for cardiac surgery, cardiology, oncology, renal, pediatrics, neonatology and pulmonary medicine. The heart transplantation and poison control programs are unique to NBIMC, and provide services to the entire state.

"The Beth's motto, 'Technology with Compassion,' embodies both our deep concern for our patients and for one another," says Bornstein. "When our successors look back on the medical center from the perspective of the next century, I am confident that they will learn the spirit of The Beth from us, as we have learned it from our predecessors."

Benefit race

The American Legion, Department of New Jersey and the Telephone Pioneers of America will sponsor special races to raise funds to improve facilities for the veterans at Lyons V.A. Hospital Nov. 16 at Lyons V.A. Hospital.

The event will consist of a 10-kilometer race and a half-marathon as well as a special 10-kilometer military squad race. All races will start and finish on the grounds of the hospital, with the routes following paved and rolling hills in the residential areas and countryside of Somerset County.

Merchandise and trophies will be awarded to the top three men and women in each race with medals to the first three men and women in the 10-kilometer and half-marathon in each age group. Plaques will be awarded to the top three teams in the military squad run.

Applications and information are available from the American Legion Veterans Run, 29 Autumn Ave., Clark, 07066 or by calling 381-5299 or 647-4045.

Correction

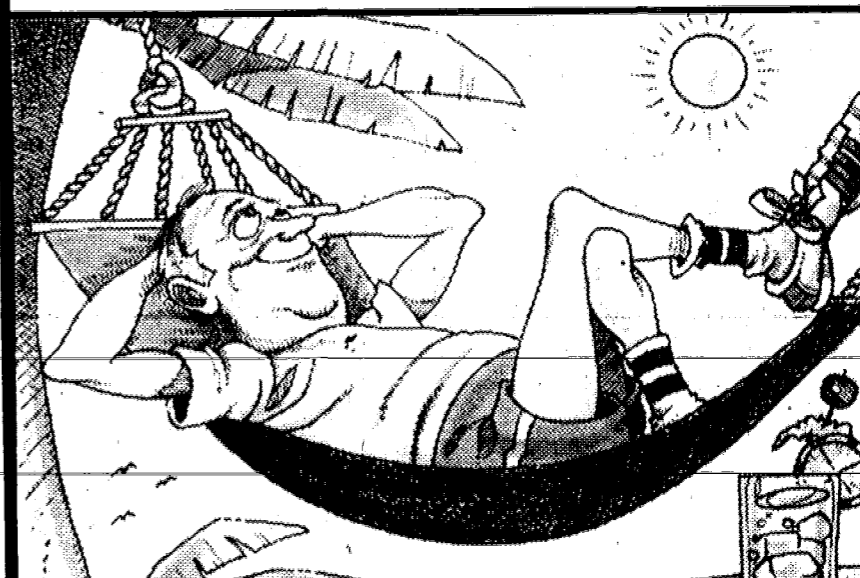
In last week's paper, in an article entitled "Kearns gives 2 alcoholism workshops," Riley Regan was incorrectly referred to as president. He is the director of the New Jersey Division of Alcoholism. We regret any confusion which resulted from this error.

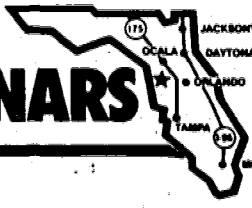
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605 CHESTNUT ST. UNION (NEXT TO POST OFFICE) 686-5757
OPEN 9 A.M.-8 P.M. MON.-FRI. 9 A.M.-1 P.M. SAT.

ANOTHER REALTY CORNER SALE

This adorable Ranch at 31 Cambridge Terrace, Springfield was listed and sold by Anne Sylvester's REALTY CORNER. Florence Rosenberg, Realtor Associate, listed this home for Mr. and Mrs. Gerhard J. Bader. Freddy Sylvester Demsey, President and General Manager of Anne Sylvester's REALTY CORNER arranged the sale to the Gow Family.
We would be pleased to assist you with any real estate transaction. We provide friendly, personal service and we'll be happy to give you a professional market analysis of your home.
anne sylvester's REALTY CORNER
CALL 376-2300 TODAY!

THINKING ABOUT RETIREMENT?


FLORIDA RETIREMENT SEMINARS

Springfield, New Jersey
Holiday Inn
304 Rt. 22 West
Springfield, New Jersey
Tuesday, November 13, 1986
Afternoon Seminar-2:30 p.m.
Evening Seminar-7:00 p.m.
Parsippany, New Jersey
Holiday Inn
707 Rt. 46 West (Jct. 1&0 & 46)
Parsippany, New Jersey
Wednesday, November 19, 1986
Afternoon Seminar-2:30 p.m.
Evening Seminar-7:00 p.m.
Somerset, New Jersey
Holiday Inn
195 Davidson Avenue
Somerset, New Jersey
Thursday, November 20, 1986
Afternoon Seminar-2:30 p.m.
Evening Seminar-7:00 p.m.
We're coming to your neighborhood to tell you all about Beverly Hills, Florida's Retirement Hometown. We'll be there to answer all your questions about this perfect place to live. And we'll tell you why 8,600 retirees already call it home!
Beverly Hills offers well-designed family homes. (Not trailer homes!) Plus, swimming, tennis, golf and 3,500 acres of beautiful woodlands. Here, the water and air are clean, the streets are safe and the taxes are low. Find out more by attending the upcoming seminar!
It's a beautiful day in
Beverly Hills
2 & 3 bedroom single family homes from the \$40's - including homesite.
An offering statement filed with the New Jersey Real Estate Commission neither approves the offering nor in any way passes upon the merits and value of the property. Obtain the New Jersey Public Report and Brokers Release from the Registered New Jersey Broker and read before signing anything. NJA
NJA # G0996027 FL
Yes, I want more information about:
 Beverly Hills Homes
 3 Days/2 Nights Inspection Trip
Name _____
Address _____
City _____ State _____ Zip _____
Phone _____
Mail to: Beverly Hills Homes
P.O. Box One
Beverly Hills, FLA 32665
Toll-Free in U.S.A. 800-874-0617
When in Florida 800-842-0079
SFL181920

Would You Leave Them to Chance?

NOT ON YOUR LIFE.
Having coverage on your home and not on your life may result in leaving your family out in the cold to fend for themselves. If you can't be there, we can help.
Protect your home and your family's future today.
Call now or return the coupon below. Families belong safe in their homes—not out in the cold.
Kakol Insurance Agency, Inc.
2013 Morris Ave.
Union, New Jersey 07083
686-2133

Aetna Life Insurance Company
Aetna Life Insurance and Annuity Company
The Aetna Casualty and Surety Company
The Standard Fire Insurance Company
 YES. I WOULD LIKE MY FAMILY TO REMAIN SECURE.
Please call me to discuss Aetna's Total Asset Protection Plan—complete homeowners and life insurance coverage.
Name _____ Birthdate _____
Street Address _____
City _____ State _____ Zip _____
Phone _____ Smoker _____ Y _____ N _____

Introducing

Quality • Elegance • Style
A unique bath Showroom featuring quality Kohler fixtures in the latest colors and styles. Beautiful whirlpools, one-piece toilets, bidets, vanities, decorator faucets, medicine cabinets, accessories and much more! Why live with an ordinary bathroom? Discover luxuries that add lasting value to your home.
THE BATH CONNECTION
183 Millburn Avenue, Millburn, New Jersey
(201) 467-7888
Hours: Mon-Fri 9-30-5:30, Thurs. 'til 8, Sat. 10-3
Next to Lord & Taylor in the Horizon Bank building

News Briefs

Our Lady of Lourdes Home and School Association, Mountainside, will hold its annual Christmas Boutique Nov. 15 at 6 p.m. to 8 p.m. and Nov. 16 from 8 a.m. to 2 p.m. in the school's auditorium.

Holiday treats and handcrafted items will be available for purchase. In addition, coffee will be served both days and bagels will be included on Nov. 16.

Additional information may be obtained by calling 233-1777. All proceeds from the event will go to benefit the school.

Steven Robert Williams, M.D., of Brooklyn, has been appointed a staff pediatrician at Children's Specialized Hospital.

The 34-year-old physician comes to the hospital from Maimonides Medical Center in Brooklyn where he was chief resident in pediatrics. Earlier, he was a resident in psychiatry at Brookdale Medical Center in Brooklyn.

The new staff pediatrician earned his M.D. from Universidad Central del Este San Pedro de Macoris in the

Dominican Republic in 1982. He earned a B.A. in psychology from the University of Hawaii in 1977.

He is licensed in New York, Pennsylvania and Hawaii, in addition to New Jersey.

The NJ-TV-36 "Relationships" show will examine parenting stages when the program airs on Wednesdays at 6:30 p.m. and Fridays at 7 p.m. this month.

"Relationships" is produced by the Family Service Association of Summit in cooperation with Communities-on-Cable, Inc.

In the current program, four mothers discuss their concerns as parents and as individuals. Guest panelists include Kris Bean of New Providence, Maureen Meixner of Springfield, Barbara Rancke of Summit and Cassandra Romas of Short Hills. Their children range in age from toddlers on up.

Further information can be obtained by calling 273-1414.

Caldwell PTA sponsors expo

The Parent-Teachers Association at the James Caldwell School, Springfield, will sponsor a "Feeling Good About Yourself Expo" Nov. 22, from noon to 5 p.m. Educational exhibits, a magic show, arts and crafts, games and refreshments will be offered in the school auditorium. The expo is geared for school-aged children, kindergarten to sixth grade and their parents. Children should be accompanied by adults.

James Caldwell School PTA president.

Participating from the township of Springfield are the fire, police and first aid departments, as well as Brownies and Cub Scouts. The Environmental Resource Center of Springfield will have some recycling tips.

The Visiting Nurses Association of Elizabeth and Dan the Safety Van from the AAA Automobile Club will also be on hand.

Joe Fischer, a professional magician who deals with the topic of drug abuse, is scheduled to perform at 4 p.m.

"We'd like to get some serious messages across to our youth while they spend the day enjoying themselves," says Marie Florio.

Find out how much your house is worth in today's market. Call us today!



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540 North Ave.
353-4200

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Windsor Picture Gallery
Fine Art Custom Framing
4 New Providence Road • Mountainside 233-3350

20% OFF ALL CUSTOM FRAMING
Including Labor WP16
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Open Sundays 12 p.m. - 5 p.m. Stop by for cider and cookies. We Specialize in Needle Work.

- Large Selection of Original Oils
- Pastels and Watercolors
- Original Oil Paintings from France
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- Full Custom Framing Services
- Over 1200 Frames in Stock
- Custom Matting
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- 100% Conservation Framing

We invite you to come in and meet our professional staff who are here to assist you in custom framing interior design, coordinated home decorating and fine art collecting. Personal, individual attention is given to each of our customers. Drop by for a visit.

Mon.-Fri. 10 a.m.-7 p.m.
Thurs. 10 a.m.-9 p.m.
Sat. 9 a.m.-5 p.m.
Sun. 12 noon-5 p.m.

AN & COMPANY
Route 22 to New Providence Rd.
Eastbound side



REMEMBERING OUR HEROES—This quintet was part of Springfield's Veterans of Foreign Wars Battle Hill Post 7683's memorial service in front of the township municipal building Tuesday during Veterans Day. From left, are Mountainside residents Michael Shapiro and Steven Dorlen,

students at Jonathan Dayton Regional High School; Martin Friedman, the Rev. Jeffrey Curtis of the First Presbyterian Church, and Edward Cardinal, who stands next to the wreath.

Summit YM starts new session today

Early winter term classes at the Summit YMCA begin today at 79 Maple St. and at the Wilson Center Gym.

The new session includes a program of activities for children from 18 months to 4 years.

Computers for Kids, a course designed for youngsters using current educational software, is divided into sections based on age

and grade. Also for kids are "Birthday Parties," a special feature for children from 5 to 8, with planned activities and supervision.

Teens have a wide variety of programs from which to choose. Career Counseling and the Health Career Opportunity Project, which pairs students with professionals from the Overlook Hospital staff; Youth in Business, Spectrum, the

program hosted by teens and aired on TV-36; and the Creative Arts Project, featuring art appreciation, dance and theater.

Adults can take exercise classes, from beginner to advanced levels of fitness; T'ai Chi Chuan, a stimulating ancient Chinese exercise regimen, and Yoga.

Special fitness classes for those

with special needs include Aerobics for 60 plus, Weight Training for Women Over 50, Weight Training by Invitation, Backcare and Water Exercise Together, a therapeutic program of warm water exercise for people with arthritis.

Expecting and new moms will find Pre-Natal Fitness, Post-Partum Fitness with Infant, Baby's First Year and Advanced Post-Partum Fitness, a more strenuous workout incorporating aerobic exercise. Nursery care at a modest fee is also available in the mornings for children of class participants.

Dance sessions feature classical ballet for teens and adults, jazz dance for teens and adults, for both beginner and intermediate students, Tapaerobics and Routines, a jazz routines class in conjunction with jazz dance. Children can learn tap and ballet, beginning at three years of age with pre-school dance and move up to Dance-Combo, tapaerobics, aerobics for kids and jazz dancing.

Expanded parenting classes are a new feature at the YWCA. The infant care class is geared to expectant parents.

Adult classes "for a better you" offer a wide choice of programs, from Building Self-Esteem, a singles workshop, Self-Leadership, Dealing with Holiday Blues, Color Analysis Workshop, French, quilting, the job search, Learn to Read, for non-reading adults, to English as a second language.

There also are swim classes beginning at age 1 and right through to adult learn to swim.

More information can be obtained at the YW at 273-4242.



IN A SHELL—Caldwell School teacher Susan Barasch has been instructing her third grade class on the subject of reptiles and amphibians, in conjunction with the class science lesson. Shown are Denise Amiano, left, Barasch, and Jenine Colello. The turtles shown have been on loan from the Morris Museum.

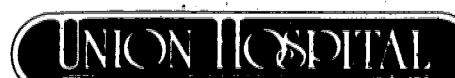
You May Think It's Just A Phase, But You Could Be Dead Wrong.

Local Teen Suicide Victim

A sixteen-year-old area high school youth was found dead at his family's home early Sunday morning, apparently the victim of a self-inflicted gunshot wound. The incident occurred late Saturday night or Sunday morning, according to a police report which officially listed the death as a suicide. According to friends, the victim had been experiencing difficulties both home and at school. A former star out in football and track.

If your teenager has changed dramatically or seems out of control, he or she could be suffering from depression. Don't let teenage depression destroy your child's future.

Call the Crisis Intervention Program at Union Hospital. We can help you keep your brightest hopes alive.



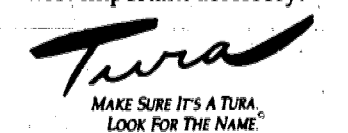
(Formerly Memorial General Hospital)
Crisis Intervention Program
1000 Galloping Hill Road
Union, NJ 07083
(201) 687-6777

Managed by Psychiatric Institute of America, part of the NME Specialty-Hospital Group.



COME TO A SPECTACULAR FASHION EVENT

Try on the new Tura frames (As seen in Vogue and Sports Illustrated!). Enamelled, engraved and faceted looks could be yours. Meet the Tura fashion consultant and learn how to create exciting looks with Tura frames—this year's most important accessory!



DATE: SATURDAY
NOVEMBER 22, 1986
TIME: 10 A.M.-2 P.M.

TEST-RITE OPTICAL CO., INC.

1219 LIBERTY AVE.
HILLSIDE
(201) 354-8300



TOP CUSTODIAN—Board of Education Secretary Leonard DiGiovanni, left, presents Joseph Camp with the first Custodial Work Award in recognition for custodial excellence during the month of September. Buildings and Grounds coordinator Joseph Zappulla, right, looks on.

Red Cross appoints chairwoman

The Westfield-Mountainside Chapter of the American Red Cross recently announced the appointment of Maria T. Beronet as chapter chairwoman.

Beronet is employed as a clinical dietitian at Children's Specialized Hospital in Mountainside. A graduate of Marywood College with a B.S. degree in foods, nutrition and

education, Beronet completed a dietetic internship at Eastman Kodak Co., Rochester, N. Y. She is a member of the American Dietetic Association and the Community Dietetics Committee of New Jersey Dietetic Association and of Health Services Committee of the American Red Cross.

"Her background in the health

field, her enthusiasm and commitment to the American Red Cross make her an ideal leader of our Board of Directors," said Gail Cassidy, executive director. "We look forward to an exciting year."

Beronet is seeking chairmen to fill the vacancies on the Health Services committee and the Public Relations committee.

"Because the American Red Cross is such a vital organization, I would encourage anyone interested in serving as a volunteer to contact the office at 321 Elm St.," stated Beronet.

Luster named to UCC board

Richard O. Luster of Mountainside has been elected to a three-year term on the Board of Governors of Union County College.

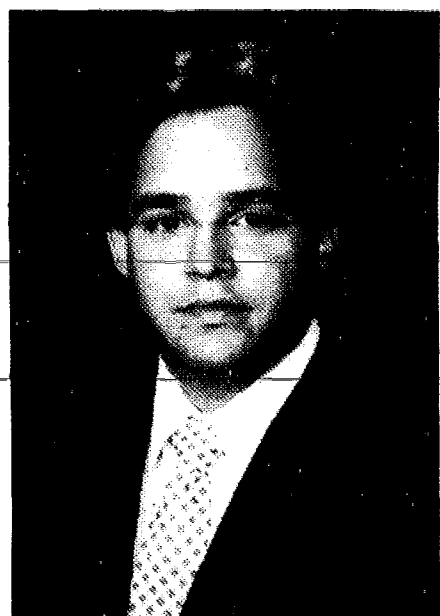
Luster, president of Richard O. Luster and Associates Inc., Warren, has been named to the buildings and grounds committee.

The governance of Union County College is shared by a 12-member board of trustees and a 26-member board of governors. UCC is Union

County's public community college, serving about 8,600 students in 67 program options in the areas of liberal arts, biology, business, engineering, human services, nursing, criminal justice, physical science and the business, health and engineering technologies at campuses in Cranford, Elizabeth, Plainfield and Scotch Plains.

Luster joined the firm of Richard O. Luster and Associates in 1956, and has been president since 1960. He holds licenses in New Jersey, New York and Pennsylvania as a professional engineer, a land surveyor and a professional planner. A graduate of Lehigh University, Pa., he also holds a master of science degree in civil engineering from the New Jersey Institute of Technology, Newark.

Luster is a member of the American Society of Civil Engineers, the New Jersey Society of Professional Engineers, the American Congress of Surveying and Mapping, the National Council of Consulting Engineers, the American Arbitration Association, and Utility and Transportation Contractors of New Jersey. He was a lieutenant in the U.S. Naval Reserve from 1952 to 1956, serving in the civil engineer corps.



RICHARD LUSTER

PROPOSAL FOR THE CLEANING, TELEVISION INSPECTION, AND REPAIR OF THE GARDEN OVAL TRUNK SANITARY SEWER IN THE TOWNSHIP OF SPRINGFIELD.

Notice is hereby given that sealed bids will be received by the Bids Committee of the Township of Springfield for the cleaning, television inspection, and repair of the Garden Oval trunk sanitary sewer in the Township of Springfield, New Jersey. Bids will be opened and read in public at the Municipal Building, Planning Board Room, 100 Mountain Avenue, Springfield, New Jersey on November 24, 1986 at 10:30 A.M. prevailing time.

Bids must be accompanied by a certified check or Bid Bond in an amount equal to ten (10%) percent of the amount bid. Bids shall be accompanied by a Surety Company Certificate stating that said Surety Company will provide the bidder with the required bond and shall be enclosed in a sealed envelope bearing the name of the bidder on the outside and shall be delivered at the place and on the hour named above.

Specifications may be seen and procured at the office of Harold Reed, Township Engineer, Municipal Building, 100 Mountain Avenue, Springfield, New Jersey. Prospective bidders are reminded that they will be required to file an affirmative action plan with the State Treasurer as required by Statute P.L. 1975, c. 127 and as stated in the Supplementary Specifications.

The Township Committee reserves the right to reject any or all bids and to waive minor variations, if, in the interest of the Township it is deemed advisable to do so.

By order of the Township Committee of the Township of Springfield, New Jersey.
Helen E. Maguire
Township Clerk
02327 Springfield Leader, Nov. 13 & 20, 1986
(Fee: \$31.00)

NOTICE OF SETTLEMENT

NOTICE IS HEREBY GIVEN that the final account of the subscriber, Neil R. Gallagher, Administrator and Administrator With the Will Annexed of the Last Will and Testament of JEAN WILKS, a/k/a JEAN KALISH WILKS, deceased, will be audited and stated by ANN P. CONTI, Surrogate, and reported for settlement to the Superior Court of New Jersey, Law Division, Probate Part, Union County, on Friday, Jan. 9th, next, at 1:30 P.M., at the Union County Court House, Elizabeth, New Jersey.

NEIL R. GALLAGHER,
Administrator and Administrator C.T.A.
DATED: November 6, 1986
Carlton W. Hansen, Jr. Esq.
64 Meyersville Road
Chatham, N.J. 07928
02318 Mountainside Echo, Nov. 13, 1986
(Fee: \$7.50)

TOWNSHIP OF SPRINGFIELD

TAKE NOTICE, that the regular meeting of the Rent Levying Board will be held on Thursday, November 20, 1986 at 8:00 p.m. in the Municipal Building, due to the Thanksgiving Holiday.

HELENE E. MAGUIRE
Township Clerk
02342 Springfield Leader, November 13, 1986
(Fee: \$4.50)

PROPOSAL FOR BARRIER-FREE ALTERATIONS TO THE CHISHOLM BUILDING IN THE TOWNSHIP OF SPRINGFIELD.

Notice is hereby given that sealed bids will be received by the Bids Committee of the Township of Springfield for barrier-free alterations to the Chisholm Building in the Township of Springfield, New Jersey. Bids will be opened and read in public at the Municipal Building, Planning Board Room, 100 Mountain Avenue, Springfield, New Jersey on November 24, 1986 at 10:30 A.M. prevailing time.

Bids must be accompanied by a certified check or Bid Bond in an amount equal to ten (10%) percent of the amount bid. Bids shall be accompanied by a Surety Company Certificate stating that said Surety Company will provide the bidder with the required bond and shall be enclosed in a sealed envelope bearing the name of the bidder on the outside and shall be delivered at the place and on the hour named above.

Specifications may be seen and procured at the office of Harold Reed, Township Engineer, Municipal Building, 100 Mountain Avenue, Springfield, New Jersey. Prospective bidders are reminded that they will be required to file an affirmative action plan with the State Treasurer as required by Statute P.L. 1975, c. 127 and as stated in the Supplementary Specifications.

The Township Committee reserves the right to reject any or all bids and to waive minor variations, if, in the interest of the Township it is deemed advisable to do so.

By order of the Township Committee of the Township of Springfield, New Jersey.
Helen E. Maguire
Township Clerk
02325 Springfield Leader, Nov. 13 & 20, 1986
(Fee: \$30.00)

PUBLIC NOTICE

Public notice is hereby given that I, Corinne Eckmann, Collector of Taxes of the Township of Springfield in the County of Union, will sell at public sale on MONDAY, THE 17TH DAY OF NOVEMBER, 1986 at the Collector's Office, Municipal Building, 100 Mountain Avenue, Springfield, New Jersey, at 9:30 A.M., or at such other time and place to which said sale may then be adjourned.

of the said Collector's Office, each and all of the several lots and parcels of land assessed to the respective persons whose names are set opposite each respective parcel as the owner thereof for the total amount of municipal liens chargeable against said lands respectively, as computed to the 17th day of November, 1986, all described and particularly set out in a list of the lands subject to sale, bound in book form and now a permanent record in my said office, all as required under the provisions of Article 4, Chapter 5, Title 54 of the Revised Statutes of New Jersey, 1927, entitled "Sale of Real Property to Enforce Liens," Section 54:5-19 to 54:5-111, and amendments thereto.

TAKE FURTHER NOTICE, that said lands will be sold at 18% interest or less to make the amount of municipal liens chargeable against redemption at the lowest rate of interest. The payment for the sale shall be made before the conclusion of the sale by cash, certified check or money order, or the property shall be resold. Properties for which there are not other purchasers shall be struck off and sold to the Township of Springfield in accordance with said act of the Legislature. Interest on subsequent liens shall be allowed as provided by law.

At any time before the sale, said Collector will receive payment of the amount due on any property with interest and costs incurred, by cash, certified check or money order.

The land and premises to be sold are described as follows:
DATED: October 23, 1986

This Tax Sale Includes Liens from 1984 and 1985

BLCK	LOT	OWNER	TOTAL SALE AMOUNT
97.01	1 C09D	East Coast Condo Tech, Inc.	979.06
20	13	Phillip E. Wertz	1,263.20
127	48	Daniela Maria Marlanino	1,064.93
168	6	Florencia Klarfeld	626.18

02343 Springfield Leader, November 13, 1986
(Fee: \$26.25)

PROPOSAL FOR THE CONSTRUCTION OF A BARRIER-FREE RAMP AT THE MUNICIPAL BUILDING IN THE TOWNSHIP OF SPRINGFIELD.

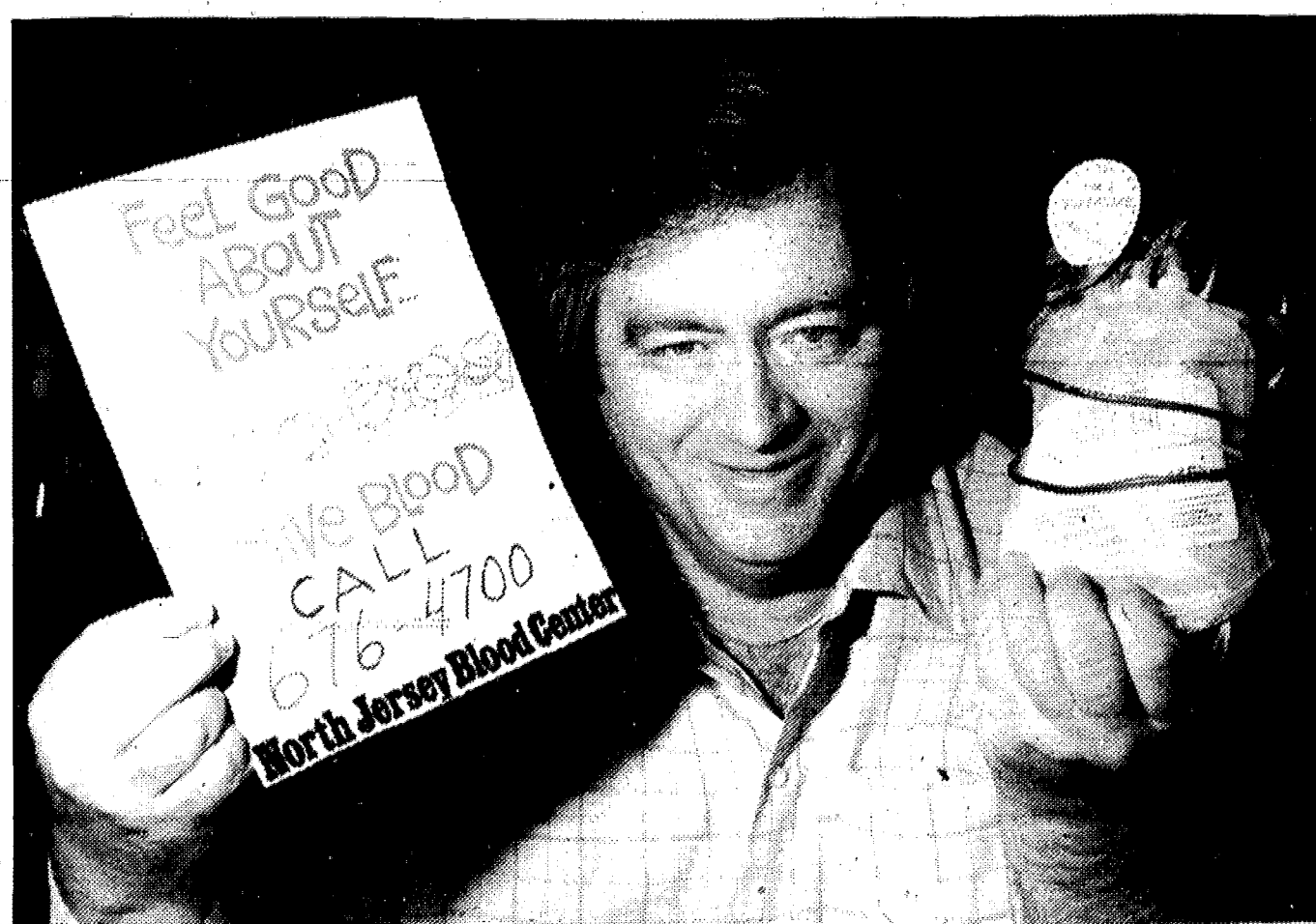
Notice is hereby given that sealed bids will be received by the Bids Committee of the Township of Springfield for the construction of a barrier-free ramp at the Municipal Building in the Township of Springfield, New Jersey. Bids will be opened and read in public at the Municipal Building, Planning Board Room, 100 Mountain Avenue, Springfield, New Jersey on November 24, 1986 at 10:30 A.M. prevailing time.

Bids must be accompanied by a certified check or Bid Bond in an amount equal to ten (10%) percent of the amount bid. Bids shall be accompanied by a Surety Company Certificate stating that said Surety Company will provide the bidder with the required bond and shall be enclosed in a sealed envelope bearing the name of the bidder on the outside and shall be delivered at the place and on the hour named above.

Specifications may be seen and procured at the office of Harold Reed, Township Engineer, Municipal Building, 100 Mountain Avenue, Springfield, New Jersey. Prospective bidders are reminded that they will be required to file an affirmative action plan with the State Treasurer as required by Statute P.L. 1975, c. 127 and as stated in the Supplementary Specifications.

The Township Committee reserves the right to reject any or all bids and to waive minor variations, if, in the interest of the Township it is deemed advisable to do so.

By order of the Township Committee of the Township of Springfield, New Jersey.
Helen E. Maguire
Township Clerk
02326 Springfield Leader, Nov. 13 & 20, 1986
(Fee: \$30.00)



BLOOD DONOR—Springfield resident Carl Johnson took part in an employee blood drive sponsored by the Foster Wheeler Corp., of Livingston. The North Jersey Blood Center is seeking blood donors, who will receive credits which cover any possible blood needs for themselves or their families. For more information on becoming a blood donor, please call the North Jersey Blood Center at 676-4700.

Intervention program for children

The Early Intervention Program, which serves children to 3-year-old, is located at a barrier-free facility at 373 Clermont Terrace, Union. In addition to a classroom, there is an extensive, well-equipped therapy room and an outdoor playground for use in nice weather.

The philosophy of the program is to provide stimulation for physical, cognitive, social, and language development to high-risk infants, developmentally delayed and/or physically handicapped infants. Emphasis is on developing the whole child, utilizing a trans-disciplinary team approach, including: parent, teacher, physical, occupational, and speech therapists, social worker, nurse, and physicians.

The class is led by a certified

teacher with the help of her assistant and operates Monday through Thursday from 9 to 11 a.m. A team of therapists work together with the teacher to provide individual physical, occupational, and speech therapy. A pediatric neurologist and psychiatrist are available to evaluate and coordinate the needs of each child.

Parents are important members of the team, and parents of the infants are encouraged to attend the program. Specific times are scheduled for direct parent-child-teacher, or therapist, training sessions. During these times, parents are shown how to position, handle, play, and teach their

children, so that carry-over may be incorporated into the child's home life. A home program is given to parents with Individual Plans (I.S.P.'s) listing the teacher's and therapist's specific yearly goals and behavioral objectives. In addition, parents share their experiences and concerns with each other on a weekly basis in group meetings led by a social worker.

The early Intervention Program is funded through State and local grants; there is no charge to the parent. Referrals are being accepted for the fall program now.

Further information can be obtained by contacting Ethel Moore, social worker, at 354-5800.

Counselor visits

Molly Mudd, an admissions counselor of Widener University in Chester, Pa., has scheduled visits with guidance counselors and interested students at David Brearley Regional High School in Kenilworth and Jonathan Dayton Regional High School in Springfield, on Nov. 25.

Academic honor

Thomas Flexner of Springfield, a freshman at N.J. Institute of Technology, Newark, has been designated an institute scholar. A statistics and actuarial science major, he is a graduate of Jonathan Dayton Regional High School in Springfield.

DON'T MISS A WEEK OF LOCAL NEWS CALL 686-7700 FOR HOME DELIVERY



WE WANT YOU—The Rev. Raymond Waldron, left, and Helen Stickle of Union are helping to anchor the Springfield Community Blood Drive at St. James Church, South Springfield Avenue, Sunday. Many local community groups will participate in the drive, which will be held from 8 a.m. to 2 p.m. More information can be obtained by calling 676-4700.

Attention Kenilworth Residents!

If you are not receiving The Kenilworth Leader regularly, and would like to, please fill out and mail the coupon below to:

The Kenilworth Leader
P.O. Box 3109
Union, N.J.
07083

Don't miss a single issue!

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Please start my free subscription to the Kenilworth Leader
COUPON MUST BE SIGNED AND DATED TO BE VALID!

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ADDRESS _____

TOWN, STATE, ZIP _____

PHONE NO. _____

SIGNATURE _____

DATE _____

Smokeout 'star' search

The "Quest for Stars" is the theme for the Union County Unit, American Cancer Society's 10th anniversary of the Great American Smokeout scheduled for Nov. 20.

"We want former smokers who quit cigarettes during the past 10 years to become "stars" during

this nationwide event, simply because anyone who succeeds in giving up smoking is a real star to the society," says Ronald H. Posyton, chairman of the Smokeout.

The "stars" will be spotted by WJDM (1530) Radio Station. These people will be identified by

stickers, tab buttons, and pin buttons with a frog on it saying, "Kiss Me I Don't Smoke." Each star will receive a prize.

On the day of the Smokeout there will be a float traveling throughout Union County with WJDM searching for "stars." The float will stop at the Elizabeth Train Station from 7 to 9:30 a.m., where WJDM will broadcast live. From 10:30 to

noon the float will visit Union County College in Cranford for a balloon launch. After that the float will go to Merck & Company in Rahway, and then finish up on Elizabeth Avenue in Elizabeth from 3 to 4 p.m.

Those interested in becoming a star, or giving up tobacco on Nov. 20 may call the American Cancer Society at 354-7373 to get free "Kiss Me I Don't Smoke" buttons

Moms to have powwows

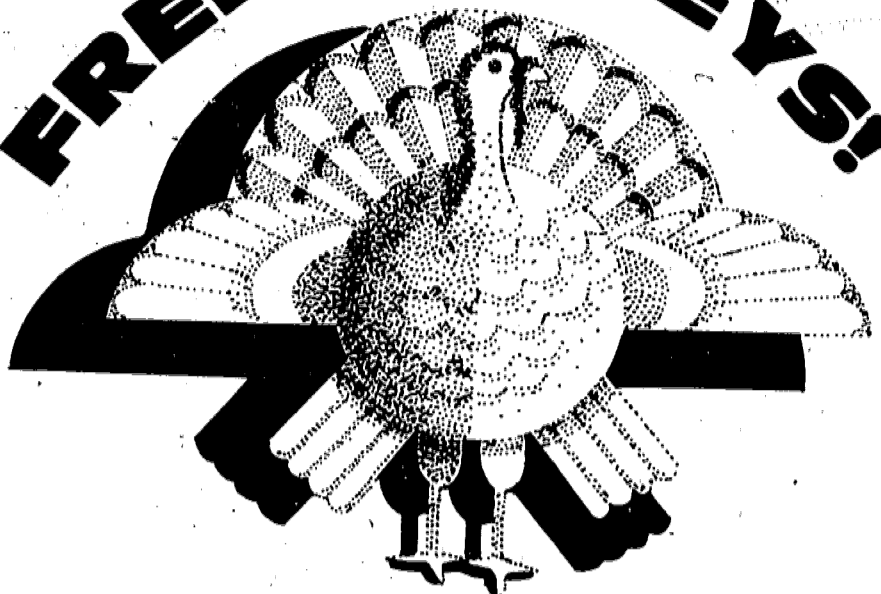
Overlook Hospital's Mothers' Exchange, led by a nurse educator, brings eight to 10 mothers and their infants together to discuss sleep schedules, growth and development, toys, plus other topics. A dietician discusses childhood and mothers' nutrition. The group also learns cardiopulmonary resuscitation and obstructed airway techniques for

infants and toddlers.

There will be five afternoon classes, held from 1:30-3:30 p.m. The next series begins Nov. 19, 26, Dec. 3, 10 and 17. Being partners in parenting is discussed.

For further information, call the Overlook Department of Health Education at 522-2963.

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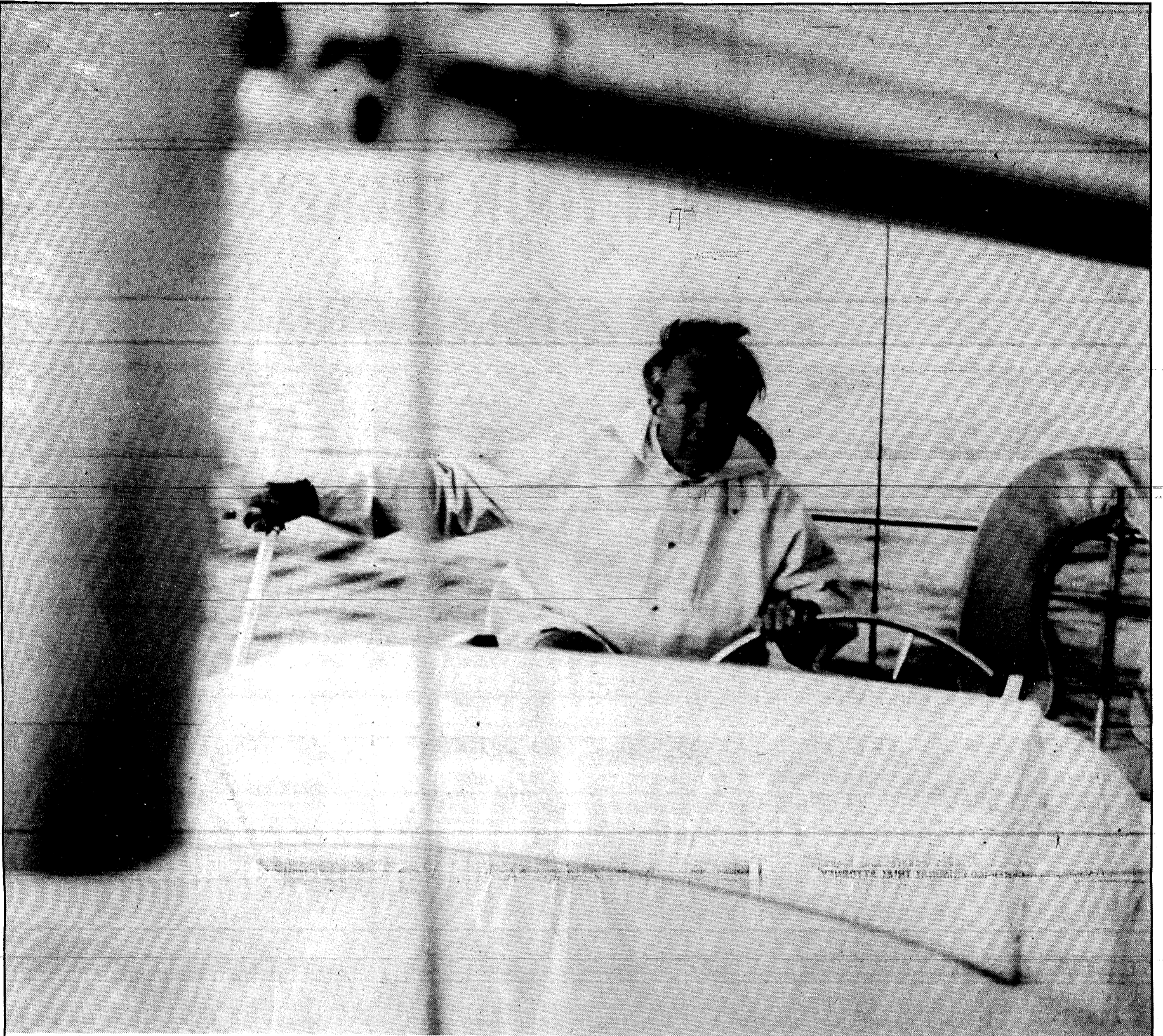
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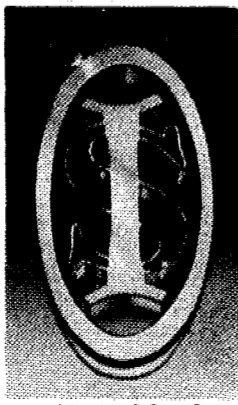


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County gets home care

Union County has been selected as one of 10 counties in the state to participate in the Personal Attendant Demonstration Program, according to Ann Baran, director of the Union County Department of Human Services.

The model program, funded by the N.J. Department of Human Services, provides personal attendant services by individuals trained and experienced in home health care to assist the disabled in handling daily living tasks, such as bathing, dressing, transferring to a wheelchair, transportation and other needs.

The program will be directly administered by the Union County Office on Handicapped and is available to Union County residents, ages 18 to 65 who are physically disabled and who know what their needs are, and can direct the attendant in providing those needs.

"Preference will be given to those who are employed, preparing for employment or living independently in the community," says Colleen Fraser, coordinator of the Union County Office on Handicapped. "They are the ones most in need of the program."

Persons eligible for the program under Social Service Block Grant guidelines will receive the services at no cost. Those with annual incomes exceeding \$20,000 will be asked to contribute to the cost using a sliding fee scale.

Clients selected for the program will receive 10 to 40 hours of service per week based on their circumstances, which will be assessed

and planned by the client and a registered nurse or social worker.

Attendants will come from various service agencies, with the client having the option to choose his or her own attendant, who will receive training and approval.

"This program is an excellent opportunity to allow the disabled residents of our county the chance to lead a more independent lifestyle," says James J. Fulcomer, Union County Freeholder and liaison to the Advisory Board on Handicapped. "I hope after the initial two-year demonstration period, this program will become permanent."

For further information, contact Bob Colicchio, program coordinator, Union County Office on Handicapped at 527-4840, Monday through Friday, 9 a.m. to 4 p.m.

CPR class offered

The Center for Health Education Inc., an affiliate of Muhlenberg Regional Medical Center Inc., Plainfield will offer the course, Heart Saver, which teaches adult cardiopulmonary resuscitation and obstructed airway techniques will be offered Nov. 18 from 7 p.m. to 10:30 p.m.

The class will be held in the Muhlenberg Regional Medical Center School of Nursing. The fee is \$17.

Persons interested in reserving space should contact Doug Schantz, CPR education coordinator at 668-2402 during business hours.



HEROES—Eight firefighters and police officers were honored Nov. 7 by The 200 Club of Union County at the club's annual valor award luncheon. From left: Thomas Ernst, Springfield Fire Department; Peter DeRose, Roselle Police Department; Robert J. Knapp, deputy chief, Roselle Park

Fire Department; Edward Pieniack, Edward Gabriel, captain, and Charls Bass, all of the Hillside Fire Department; George Orak, Linden Fire Department; and Richard J. Connallon, Roselle Police Department.

LEGALLY SPEAKING

by **JOEL I. RACHMIEL ATTORNEY AT LAW**
Former Ass't. Union County Prosecutor (1973-1979)

A State law requires a municipality to provide the **MEANS FOR THE DEFENSE** of a police officer who is named in any action or legal proceeding arising as the result of the performance of his duties. However, the officer does not have the absolute right to counsel of his own choice at public expense. The town may give the officer the option of accepting an attorney assigned by the city or retaining an attorney who agrees to accept a fee schedule set by the municipality. But if a policeman is convicted of a crime committed while he is on duty, the town would have no obligation to reimburse him for the cost of his defense as such unlawful conduct would be beyond the scope of his official duties.



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Holiday events set

(Continued from page 12)

can be obtained by calling 964-7928.
THE PUBLIC is invited to special revival services at the Springfield Church of the Nazarene, 36 Evergreen Ave., with the Rev. Ken Kern as evangelist, it was announced. Services will begin at 7 each evening Wednesday through Nov. 22. There will be two services Nov. 23 at 10:45 a.m. and at 6 p.m.

Kern is pastor of the Lakeland Church of the Nazarene in Denville. A Bible-centered preacher, Mr. Kern has worked with children, youth and adults in evangelism and discipleship. Special music in each service will be provided by musicians from the Lakeland Church of the Nazarene. More information can be obtained by calling 379-7222.

SYLVIA AND MILTON ZISMAN of Springfield and Rhea Seagull, all of the Suburban Jewish School, Summit, participated with about 400 other delegates from around the world in the first conference creating the International Federation of Secular Humanistic Judaism in suburban Detroit from Oct. 24 to 26.

A CHILDREN'S CHRISTMAS workshop will be conducted by Connecticut Farms Presbyterian Church, Stuyvesant Avenue, Union, Nov. 22 from 1 to 3 p.m.—About a dozen project tables will be arranged for children from preschool through sixth grade to make Christmas gifts for family and friends. The cost will be \$2 a child. Children under six years of age must be accompanied by an adult, it was announced. "Parents are to sign a permission slip for their child as they arrive." It has been requested that each child bring a photo of himself or herself to be used in one of the crafts. The child also should bring a large paper bag with his or her name on it. Parents can return at 3 p.m. to accompany their children to a show that will be presented in Fellowship Hall. Additional information can be obtained by calling Kathy Beach at 964-6997.

THIS YEAR'S Community Thanksgiving Eve service of Roselle-Roselle Park will be held in the Second Baptist Church, at the corner of Second and Locust streets, Nov. 26 beginning at 8 o'clock. The service is sponsored by the Interfaith Council of Roselle-Roselle Park and "has become an important part of our holiday tradition. At a time when we are particularly aware of God's bounty to us, we also focus on specific ways in which we can help others not so fortunate. Our offering will be in the form of food and canned goods which can be distributed to the needy in our communities. This year the offering will be sent to the Heard Food Store, to be used for this purpose." The speaker for the service will be the Rev. Reginald Jackson, pastor of St. Matthew's AME Church of Orange.

RABBI SAMUEL B. ROSENBERG, spiritual leader of the Elmora Hebrew Center of Elizabeth, has announced that the center's Institute for Jewish Learning is registering for the educational classes which will begin on Monday. Additional information can be obtained by calling 353-1740.

THE UNITED METHODIST Church of Linden will sponsor its annual church fair Nov. 22 in Aldersgate Hall, 321 N. Wood Ave., Linden. The theme of the fair is "Christmases Remembered." It will start at 10 a.m. and will feature Christmas items, handmade items, homemade baked goods, plants, new items and white elephant. Food will be served all day and dinner will be served from 4:30 to 6:30 p.m. An auction will be held in the church gym at 7 p.m. The public is invited.

THE REV. ALFONSE A. Arminio, pastor of St. John the Apostle Church, Valley Road, Clark-Linden, has announced that a 50's dance will be held Nov. 22 at 8 p.m. in the school auditorium. Music will be provided by Johnny the D.J. Refreshments will be available for purchase. Reservations can be made by calling 486-6363 or 486-3408.

A JOINT MEETING will be held Nov. 23 by the Union Lodge and Hillside in Congregation Beth Shalom, Vauxhall Road and Plane Street, Union, at 7:30 p.m. Following a brief business meeting, the Rev. Nancy Forsberg, pastor of the First Congregational Church of Union, will speak. Rev. Nancy was the lodge's "Citizen of the Year" several years ago "attracting one of the largest crowds we have ever had at a Union Lodge meeting" and was a featured speaker when the lodge honored Rabbi Meyer Korbman. Jack Kaplan, president, will preside at the annual event and has invited wives, relatives and friends to attend. Refreshments will be served. Further information can be obtained by calling 686-7903.

THE SULTANAS of El Zagel Caravan No.7, International Order of the Alhambra, held its monthly meeting and installation of officers recently. The installing officer was Michael Baumann, grand commander. Officers for 1986 to 1988 are Patricia Monaghan, president; Mary Baumann, vice president; Carol Cruise, recording secretary; Ann Zwick, corresponding secretary; Eleanor Sickels, financial secretary; Geraldine Charko, treasurer; Julia Kuska, Queen of the Oasis, and trustees, Helen Schaefer and Regina Kennedy, and Nelva Mech, publicity. A Christmas party for the members will be held Dec. 6 at the Nights of Columbus Hall, Jeanette Avenue, Union.

Obituaries

Eric K. Mell, 29, of Union died Nov. 2 Sunday in his home.

Born in Summit, Mr. Mell lived most of his life in Union. He moved to Chicago about five years ago to take a position as customer service engineer with the Concurrent Computer Corp. before moving back to Union six months ago. Mr. Mell was graduated from Union High School in 1976 and from the DeVrey Technical Institute in Woodbridge in 1979.

His friends in the Sunday Night Mixed League at Four Seasons Bowling in Union held a brief ceremony on Sunday night.

Surviving are his parents, William and June Mell; two brothers, Brian W. and Darrell V., and his grandfather, Fred L. Ruppert.

Ralph Goldberger, 80, founder of the family-owned firm Garden State Brickface & Stucco Co., died Nov. 1 at his home in Linden.

Born in Hungary, Mr. Goldberger emigrated to the United States at the age of 14, and in 1930 began a retail poultry business. As the company grew, he set up a processing plant in Delaware. In 1952, Mr. Goldberger founded Garden State Brickface & Stucco Co., pioneering the introduction of brickface, an Old World technique, to the Linden area.

Based in Roselle, a short distance from the original office, the firm has become one of the largest exterior remodeling companies in the United States. It has six production facilities and more than 500 employees and operates throughout the Northeast. In the 1930s, Mr. Goldberger was one of the founders of the Minutemen, an anti-Nazi organization. He also was active all of his life in fund-raising for various charities, including the United Jewish Appeal and Israel Bonds.

Surviving are his wife, Lorraine; his sisters, Irene Klein and Harriet Weiss; a daughter, Gladys Moore; two sons, Richard and Larry Goldberger, eight grandchildren and two great-grandchildren.

Jack Bomberg, 75, of Union, a commercial and fine art artist, died Nov. 3 in St. Barnabas Medical Center, Livingston.

Born in Poland, he lived in Holland and Newark before moving to Union 30 years ago. He had been an artist in Newark for the past 50 years. Mr. Bomberg was a graduate of the Newark School of Fine and Industrial Arts. He was a member of the B'nai B'rith of Union and the Art Students League of New York. Mr. Bomberg served in the Army during World War II.

Surviving are his wife, Frieda; a son, Neil; a sister, Pearl Price; a brother, Samuel, and a grandchild.

Mario S. Marino, 71, of Roselle Park died Nov. 4 in Union Hospital.

Born in Newark, he moved to Roselle Park four years ago. He had been a tailor with the D'Angelis Clothing Co. in East Newark for 40 years and retired 15 years ago. Mr. Marino served in Army during World War II. He was a member of the American Legion North Ward Memorial Post 488, Newark and the Royal Nuts Inc., Newark.

Surviving are his wife, Christine; a son, Carmine; three brothers, Joseph, Angelo and Fred, and two sisters, Rae Casale and Mildred Berardi.

Ann C. Murphy of Wyoming, Pa., formerly of Linden, died Oct. 29 in Wilkes-Barre General Hospital in Pennsylvania.

Born in Wilkes-Barre, Mrs. Murphy lived in Linden for many years before moving to Emmaus, Pa., in 1978. She moved to Wyoming in 1983. She was a communicant of St. Elizabeth's Church, Linden.

Surviving are her husband, Joseph; two sons, Kevin and Joseph; a sister, Lucy Wojcikowski; three brothers, Chester, Thomas and Edward, and four grandchildren.

Winifred Stoetzel, 93, of Union died Nov. 5 in the Meridian Nursing Home, Westfield.

Born in Chicago, she moved to Union in 1932.

Surviving are two daughters, Ruth F. Gehander and Gloria S. Kolbe, four grandchildren and six great-grandchildren.

Lillian Zagorin, 65, of Union died Nov. 4 in Beth Israel Medical Center, Newark.

Born in West Brownsville, Pa., she lived in The Bronx and Newark before moving to Union 25 years ago. Mrs. Zagorin was the financial secretary for the Sisterhood of Temple Israel and a member of the B'nai B'rith, both of Union.

Surviving are her husband, Henry; a daughter, Mindy; a son, Jeffrey; two brothers, Martin and Morris Katz, and a grandchild.

Mary Alice Sullivan, 88, of Roselle Park died Nov. 3 in St. Elizabeth's Hospital, Elizabeth.

Born in Elizabeth, she lived in Roselle Park for 32 years. She was a bookkeeper for the Ripley-Hopping Lumber Co., Newark, for 30 years before retiring in 1971.

Surviving is a sister, Helen Reinhart.

Karl W. Steckman, 77, of Union died Nov. 6 in Union Hospital.

Born in Newark, he lived in Maplewood before moving to Union 52 years ago. Mr. Steckman was an owner of Steckman's Diner in Newark. He retired 15 years ago.

Mr. Steckman is survived by his wife, Bertha; a brother, Pannier, and a sister, Helen Specht.

C. Dunham Rathbone, 84, of Seminole, Fla., formerly of Roselle, died Oct. 29.

Born in Jersey City, Mr. Rathbone lived in Roselle before moving to Florida in 1972. He was a sales representative for Koppers Corp., Roselle. Mr. Rathbone was a member of the First Presbyterian Church, Roselle. He was a member of the Washington Lodge F&AM, Eatontown, and the Royal Arch Masson Hiram, Chapter 1, Red Bank.

Surviving are his wife, Evelyn Jolane Rathbone, and a sister, Louise Smith.

Sylvia Glass of Union and Hollywood, Fla., died Nov. 2 in Morristown Memorial Hospital.

Born in Newark, she lived in Union for 35 years and also maintained a home in Hollywood for the last five years. Mrs. Glass was a member of the B'nai B'rith Women and the Deborah, both of Union.

Surviving are her husband, Bernard; two sons, Howard and Dr. Gilbert; a brother, Leonard Geller; her mother, Helen Geller, and a grandchild.

Frances Carney, 78, of Brick Township, formerly of Union, died Nov. 3 in Brick Hospital.

Born in Jersey City, Mrs. Carney lived most of her life in Union before moving to Brick Township seven years ago. She was a secretary for the Domino Sugar Co., New York, 30 years. Mrs. Carney was a member of St. Paul's United Methodist Church.

Charles W. Stillwell, 76, of Roselle Park died Nov. 5 in St. Elizabeth Hospital, Elizabeth.

Born in Newark, he lived in Nutley before moving to Roselle Park 30 years ago. He was a truck driver for the United Oil Co. in Hillside for 42 years, retiring 10 years ago.

Surviving are his wife, Sophie; four daughters, Eleanora Cheung, Patricia Kasner, Rose Marie Lehman and Betty Lou Bender; two sons, Richard, and Charles Edward, 14 grandchildren and 10 great-grandchildren.

More obits on page 14

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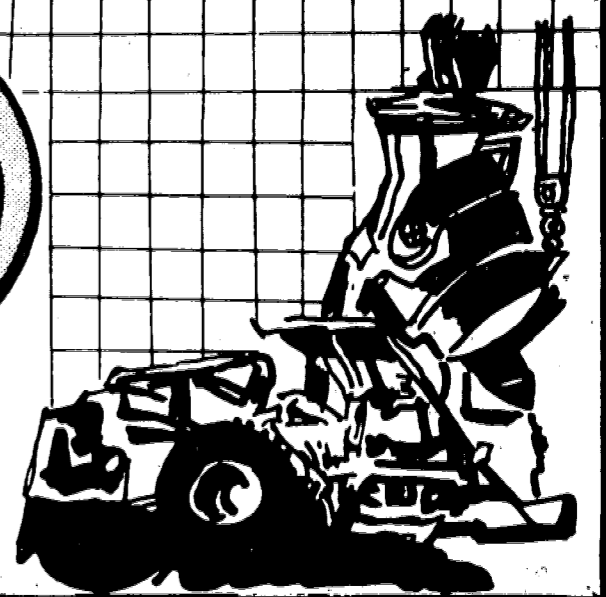
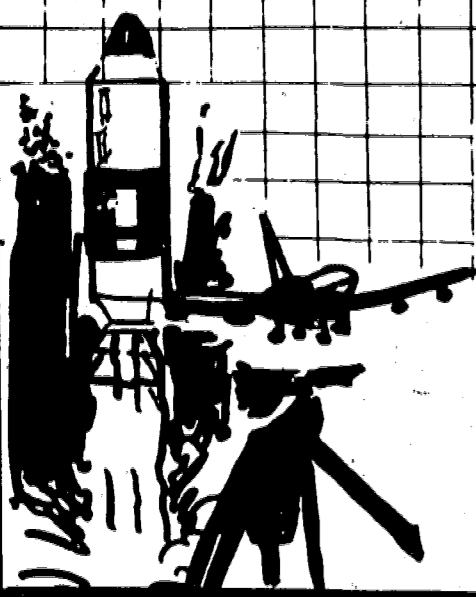
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BUSINESS OF THE WEEK



USED TO SUCCESS—Ernest Andersen, right, and his son Ernie stand by one of his specially selected, mint condition, used cars. The owner and founder of Andy's Auto Sales in Union, Andersen has been buying, repairing and selling cars since 1952.

A car salesman 'used' to success

Choosing the right car is a process laden with indecision, frustration and financial considerations. In fact, getting the right car seems, at times, to depend more on good luck than good judgment.

If you're in the market for a used car, you might as well double the trouble we just discussed.

So, before you subject yourself to this painful ordeal, we suggest you put a lot of careful thought into the dealer you want to go to. Because the right dealer, like a doctor, can sometimes ease the pain of car buying.

Such a man is Ernest Andersen of Andy's Auto Sale in Union. Andy's is a rather unique type of used car lot, because they deal in a very limited selection of used models and all their vehicles are prepped to mint condition.

Located at 2486 Vaux Hall Rd., Andersen says he got started in his field of work at the ripe age of 15, or thereabouts. It was around that age that Andersen became interested in the workings of cars and had people bring cars to him from used car lots to be fixed up and repaired.

Before long, Andersen had found a career. "I was buying them and reselling them," Andersen says. "Many were of really poor quality and needed a lot of work. Remember, in those days, putting \$100 into a car was like putting \$1,000 into one today."

Before going into business on his own, Andersen worked as auto mechanic in a variety of area repair shops and garages. In 1952, he earned his license as a dealer.

"It was like a home operation," Andersen says.

"Then, I had just a few cars. At first, I had four or five cars, and later 10 or 12."

But how can he manage with such a limited quantity? Andersen says it's because of the shape those few cars are in.

"We sell exceptionally well-kept used cars. Our work on them covers everything from the engine to the transmission to the driveline. We also have an extensive coverage policy after purchase that covers all major repair up to four months. After that, there's a \$50 deductible."

Andersen adds—his selection, which—currently numbers about 30, is bought from traders and buyers from all over the country.

His price ranges between \$100 to \$16,000.

One thing he enjoys is watching a potential customer go over a car with a fine-tooth comb and finding nothing wrong.

"There's nothing to find. The interior and exterior are always in excellent condition."

Even though offering a fine product and providing good service is important, Andersen says customer relations is the key to the success of his business.

"I think being fair to the customer's most important," Andersen says. "That, and picking the right merchandise for them."

Certainly, the philosophy seems to have paid off. Andersen notes his really relies very little on advertising and gets most of his business through "word of mouth."

"I'd say 99 percent of my business is repeat sales," Andersen says.

For a used car salesman, that's something to turn over.

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Dayton nipped, 3-0

By MARK YABLONSKY

The action on the gridiron took place under low-hanging, rain-filled clouds, and by game's end, fog was beginning to enshroud the immediate area in and around Meisel Field. By game's end, to be sure, the meteorological conditions seemed symbolic of everything that has gone wrong for a team that began the year with so much hope.

Despite outgaining Parsippany-Troy Hills in total yardage by a 218-121 margin, and despite two ideal scoring opportunities in the final quarter of play, the Jonathan Dayton Regional football team went down to an irking 3-0 defeat to a team that now has the same record as the Bulldogs: 3-4.

Although injury-riddled Dayton saw its sagging defense rejuvenated with the return of inside linebacker Jeff Stoffer, who had gone down with a badly sprained ankle against Immaculata two weeks earlier, the ability by Parsippany Hills to capitalize on a turnover proved to be the difference in a game between two clubs trying to attain an overall winning record.

After recovering a fumble by tailback Robert Fusco at the Dayton 49-yard line in the second quarter, the Vikings drove 29 yards in seven plays to the 20, before settling for a 37-yard field goal by Nick Roccaforte for the game's only points.

That was it. In statistical terms, only halfback Charles Mound enjoyed any offensive success against the Bulldog defense, by rushing for 71 yards on just nine carries. Quarterback Carmen Trezza, who had thrown for long scores in the opening drives of his club's two prior contests, attempted only two passes and completed none, for a goose egg in passing yardage.

Despite its commanding edge in total yardage, however, Dayton had a goose egg in the only category that mattered — the final score.

Despite 86 yards from Fusco and 75 yards in passing from quarterback Tony Policare III, the combination of a soggy field and a Parsippany-Troy Hills defense that came up big when it had to, proved too much for the Bulldogs, who will play their final home game of 1986 on Saturday against Manville, before clashing with the powerful Brearley Bears on Thanksgiving Morning in Kerfworth.

After seeing a Viking punt roll dead at the Dayton 49 only 28 seconds before the end of the third quarter, the Bulldogs launched an 11-play drive that very nearly won the game for them. With Fusco getting the pigskin for all but one of the plays, Dayton ran all the way to the Parsippany Hills four-yard line, before running out of gas.

After a five-yard gain by the 5'8, 180-pound senior put Dayton at the Viking 11 for a first down, the white-shirted defense finally stiffened, permitting the Bulldogs to reach only the four for a crucial fourth-and-two situation. Although a game-tying, short-range field goal attempt by Fusco seemed logical, Dayton coach Tony Policare opted to have his star tailback carry the ball for a first down — or more — instead. It didn't work. With only 6:40 left to play, Dayton had squandered a chance to either win or force a tie.

After stifling Parsippany Hills and forcing another punt, the Bulldogs got one last chance for one. Starting from the Viking 45, Fusco carried the ball three straight times for a first down at the 35, before his club called for time with just 2:48 showing on the clock. After a Fusco carry and two Policare pass attempts produced no yardage, the son of the Bulldog skipper connected on a fourth down pass to flanker Bart Barre for new life at the 23. But the new life soon slipped away.

Two straight incomplete pass attempts and one Parsippany Hills sack later, Policare faced another fourth down situation, this time needing 23 yards for another first down. But with 1:12 left, the junior signal-caller's long loft down the right sideline was picked off by defensive back Gary Giardina. For Policare, who completed five of 14 passes on a wet field, and his teammates, it was over.

Vergura FG caps Bears' rally

By MARK YABLONSKY

If the fortunes of fate continue to smile on the Brearley Regional football team and Bob Taylor's grizzlies go on to win the Group 1, Section 1 playoffs, they'll remember Sunday's dramatic comeback against the Manville Mustangs as the game that made it all possible. And if they don't even make it to state playoff competition, they'll still recall the 16-15 thriller as a great moment in Brearley history.

After trailing by a 15-0 score with less than half of the third quarter remaining, the Bears rallied to win, 16-15, on the strength of a 23-yard field goal by Mike Vergura with just :47 left on the clock. As a result, the Bears, now 5-1-1 and owners of a two-game winning streak, are in sole possession of their own destiny when they host the Arthur L. Johnson Regional Crusaders at 1 p.m. on Saturday. All they have to do is win, and it's on to defend last season's Group 1, Section 1 title.

For the entire first half on Sunday, however, it seemed certain that Brearley would not be in the winning column at game's end, and thus have a chance to meet the 6-2 post-season prerequisite at cutoff time next week. For a 2-5 team, Manville seemed to be in command against a club that absolutely had to have a win just to stay alive. When the final statistics were registered, in fact, the Bears had outgained the Mustangs in total yardage by a slim 196-195 margin.

Behind the arm of quarterback Pat Brennan, who completed nine of 15 passes for 95 yards on the day, and fullback Dave Barnosky, who ran for 51 yards on 12 carries, Manville jumped to its 15-0 lead in the first 12 minutes of play. Taking advantage of linebacker Mike McCoy's slip in the mud, receiver Chris Gosk took a pass from Brennan and scooted into the end zone to complete a 15-yard scoring play. A two-point conversion run by Brian Fregeolle made it an 8-0 game. Later in the period, running back George Snook capped an eight-play, 67-yard drive by charging 15 yards

for another TD and that 15-point lead. Things at this point did not look good. At halftime, the outlook didn't seem a whole lot brighter.

So what turned it around for the Bears?

"Things were just really going their way," acknowledged Taylor, who said that his team's comeback will prove to be an inspirational landmark to his players long after their gridiron careers are over. "We had some mistakes offensively and didn't sustain the ball. They played mistake-free the first half."

"And then in the second half we got our kids together. We really didn't make any adjustments. We felt as though if we were to play it physical and run right at them, things would start to turn our way. In the second half we played a little better and started to make it turn our way, and we pulled it out."

Yes they did. Due in part to Mike Chalenski, that is, who had another of his typical hard-working, bull-rushing performances. Picking up 96 yards in 16 carries, the 6'4, 225-pound junior began making the Mustang defense pay for each tackle, and Brearley started to control the ball longer. After driving downfield before being forced to turn the pigskin back to Manville, however, the offense watched one of its own turn the first table.

Although being confined to defense and special teams because of a slight, "nagging" injury, Joe Capizzano took a Manville punt and returned it 37 yards for a touchdown with roughly four minutes left to play in the third quarter. The score remained 15-6 when a two-point conversion attempt failed.

With hope still very much alive, Brearley scored again when reserve fullback Jeff Norris capped a fourth-quarter, nine-play drive by galloping 25 yards for another score, which became 15-13 when Vergura added the extra point. Norris, who ran for 67 yards in just eight carries, stepped in for Capizzano, who is expected to be back in the starting backfield against Clark on Saturday.

With time beginning to run down, the Bears needed one more break to complete their comeback. They got it when cornerback Ken Kinney intercepted a Brennan pass and

returned it eight yards to the Brearley 40-yard line. Now was the time to either sink or swim.

Moving steadily, the Bears launched a nine-play drive that took them all the way to the Manville one-yard line, aided greatly by a clutch 18-yard gain from Norris, who was deemed the "key" player by Taylor. With less than a minute left to play, Brearley took a five-yard loss on a delay-of-game penalty after experiencing "a bit of a mix-up," in the words of the coach.

Now it was Vergura's turn. Why did Taylor elect to take the penalty and turn things over to Vergura

when a touchdown would have been even better?

"The extra point is something we practice 20 times a day," replied the Bear mastermind. "We felt very confident that Vergura could ice it for us."

The 5'11, 190-pounder, who has now made nine of 10 extra points, came through. His teammates must do likewise one more time against Clark. It's that simple.

"If we win, we're in," said Taylor. "I would say there's no doubt about it. It's awful important to us." See you at Ward Field on Saturday.



Photo By Bland Eng

HERE GOES—Colleen Delaney of the Jonathan Dayton Regional Girls Soccer team practices up on her skills in a recent practice. Delaney scored 19 goals to lead the 7-9 club.

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Teen was born to run

In 1979, 9-year-old Scott L. Black of Springfield distinguished himself as the youngest finisher in the New York City Marathon. His 4:28:00 was almost a 17-minute improvement over his first marathon run at Jersey Shore the previous fall. Scott looked forward to doing even better at New York in 1980, but had to be content with breaking four hours at the Marine Corps Marathon in Washington, D.C., when the minimum age to participate in the New York City Marathon was raised to 16. Now, after a second appearance at Marine Corps, two finishes at Philadelphia and single marathons in Detroit and Columbus, Ohio, Scott was able to run in New York.

Amidst the controversy of whether or not young runners should participate in marathons, Scott Black

continues to persevere. He is resolute in his long term goal of completing at least one marathon annually from childhood onward. In response to charges that marathoning can be both physiologically and psychologically dangerous to young people, Scott sports a record of no serious injuries in over more than nine consecutive years of long distance running.

Although Scott competes for Staten Island's Stapleton Athletic Club, he practices almost entirely by himself. He also makes up his own training schedules after consulting with coaches and other experienced runners. During most of the year, his normal pattern is to run three times a week for a total of 29 miles. For the months when Scott is specifically preparing for his annual marathon, he adds an additional day

or two bringing his weekly distance to between 40-50 miles. In addition to running, Scott is an "A" student at the Solomon Schecter Day School, Cranford, and is an active member of orthodox Congregation Israel in Springfield.

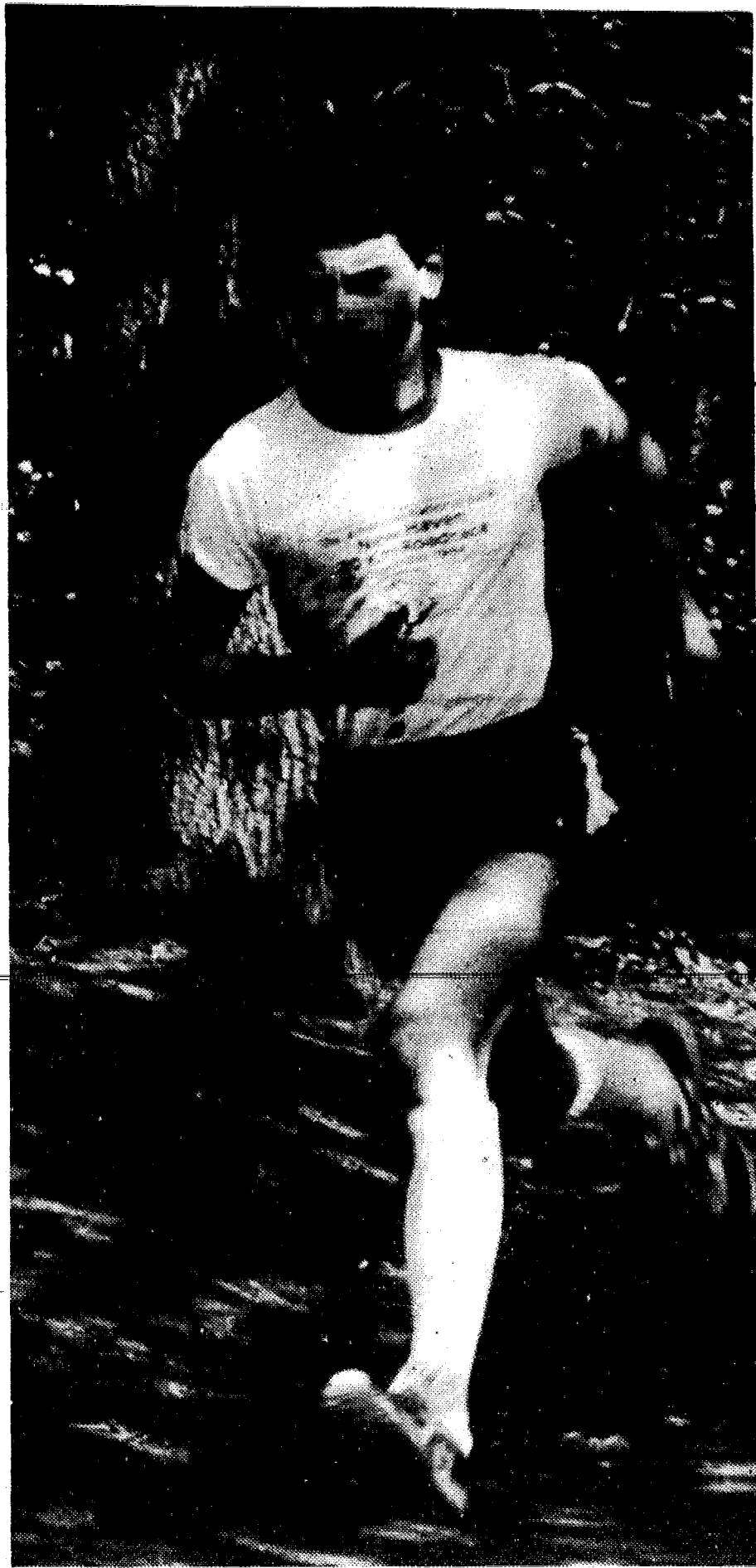
Scott's father, Martin, a sub-five-hour marathoner, is somewhat puzzled by the extent of his son's success. "It's obviously not genetics," he jokingly suggests. From the time Scott began running, his brother, Eric, 12, fantasized that one day maybe in the late teens, Scott would break the three-hour marathon barrier. When Scott ran a 3:10:11 at Philadelphia as a 13-year-old, they realized it might occur sooner than expected. Sure enough Scott ran a 2:53:49 the next year at Philly, his best mark to date. Scott ranks this accomplishment as one of his two proudest running moments along with the completion of his first marathon at the age of 8.

Scott lists marathons, half-marathons and 20 kilometer races as his favorites. Although he is respectable at shorter distances, winning his age group and finishing fifth overall in a local Cranford 6 miler in early June, it is really at the longer distances that he excels.

The spring of 1986 was Scott's most successful season so far, although he is frequently matched against runners up to 19 years of age. At awards ceremonies the competition frequently towers above Scott, who is just a few inches over five feet. In an effort to improve his road racing performances, Scott took up free weights in the summer of 1985. Now he squeezes "lifting" in among his other activities which includes collecting tapes by fellow New Jersey resident, Bruce Springsteen. Says Scott, "When you think about it, I guess we were both born to run."

Among the highlights of Scott's 1986 spring season were personal bests in Central Park's Mike Hannan 20-miler (2:10:35) and the Brooklyn Half-Marathon (1:21:01) winning him third-place trophies in the 19 and under category on each occasion. Scott also took first place in Monmouth County's E. Murray Todd Half-Marathon in the 19 and under division.

Scott currently holds one official American age group road racing record and has earned national ranking in his age group at three separate distances.



MARATHON MAN
SCOTT L. BLACK

Athletes and nutrition

Youngsters across the country are trying out for their school's athletic teams. Good nutrition is vital for these aspiring Olympians, yet many of these youngsters are misled by widespread nutritional myths which currently abound.

To help correct some of these misconceptions, dietitians at ARA Services which serves more than 450,000 students every day in 180 school districts across the country, including Union present the following facts.

Extra Protein Builds Big Muscles

While it is true that protein plays an important role in the formation of muscle tissue, it is not true that the consumption of large quantities of protein-containing foods will build bigger or better muscles. Actually, eating too much protein can result in an increase in body fat, because of protein's high fat content.

Before-Competition Sweats

A popular myth maintains that honey, soft drinks and other sweets will improve performance if taken immediately before competition. Actually eating these high-carbohydrate foods before competition results in a rise in insulin which causes a drop in blood sugar within hours after consumption — a condition which can make an athlete feel weak.

Exercise and Water Don't Mix

Many athletes deliberately avoid water during competition in the belief that it will bring about an

upset stomach or hurt their performance. In fact, drinking water is extremely important during physical exercise to avoid possible dehydration and heat exhaustion. An athlete should drink about one-half cup of water for every 10-15 minutes of exercise time to help replace bodily fluids which are lost.

Mega-Vitamins Improve Performance

This myth is based on the assumption that more of a good thing is always better. However, a well-balanced diet contains all the vitamins and minerals needed. Extra quantities of vitamins are either flushed from the body in the urine or stored in body fat which can result in possible harmful toxicity.

Basic Guidelines

These are just four of many nutritional myths which may lure young athletes away from sound nutrition practices. In brief, athletes should follow a well-balanced daily diet which includes two servings from the meat group, four servings from the fruit and vegetable group, four servings from the milk group and four servings from the grain group. Approximately 10 to 15 percent of calories should be consumed in the form of protein, 30 percent from fat, and the remaining 50-60 percent from carbohydrates.

In general, athletes have higher daily caloric needs than the rest of the population because of their high energy output.

THE UNMERCIFUL MAN
There was a certain employer who wanted to settle accounts with his foreman. As he began to settle accounts, one was brought to him who owed a large amount of money. Since he was not able to pay, his employer commanded that he be fired and put into jail until all payments were made. The foreman therefore fell down before him saying, "Please have patience with me and I will pay you all I owe." Then the employer was moved with compassion, released him and forgave him the debt.
That foreman went out and found one of his laborers who owed him a small amount of money. He laid hands on him and took him by the throat saying, "Pay me what you owe!" When the laborer fell down at his feet and begged him saying, "Have patience with me and I will pay you all", he would not listen but fired him and threw him in jail until he should pay his debt. So when his other laborers saw what had been done they were very grieved and came and told their employer all that had transpired. The employer then called the foreman and said to him, "You wicked man, I forgave you all your debt because you begged me. Should you not also have the compassion on your fellowman just as I had pity on you? His employer became very angry, fired him and put him in jail until he payed all due to him.
Proverb of the week 21:13-Whoever shuts his ears to the cry of the poor will also cry himself and not be heard.
Jesus himself has explained in the scriptures, one way to the Kingdom of God, you must have a forgiving heart. You must remember our Heavenly Father will do to you whatever is in your heart. We must make room in our heart to forgive our brother his trespasses.
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DARK, COLD AND WET—The dreary weather didn't stop these fans from attending the Eastern Marching

It's playoff time!

By STEVEN LIEBMAN

The football season is slowly coming to an end and the football playoffs will soon begin.

In contention for the 1986 playoffs are Union High School, Linden High School, Abraham Clark High School, Roselle Park High School and David Brearley Regional High School.

The playoff system works as follows: The State of New Jersey is divided into four sections: North Jersey Section 1, North Jersey Section 2, Central Jersey and South Jersey. All of the schools mentioned above are part of North Jersey Section 2.

New Jersey also divides the schools into "groups." This is determined by the student enrollment of each school. The smaller schools are Group 1 and the larger schools are Group 4.

The four teams with the best records in each group play against each other in a semi-final and final match to determine the winner of their section.

As of Nov. 4 the playoff picture in North Section 2 looks as follows: In Group 1 New Providence leads with a 5-0-1 record followed by Roselle Park, 5-1, Cedar Grove, 5-1, Brearley, 4-1-1, and Mountain Lakes, 4-2.

In Group 2 Hackettstown and Jefferson Township lead with 7-0 records followed by Caldwell, 6-0, Dover, 5-1, Hillside, Roselle, Verona, Warren Hills Regional and Whippany with 4-2 records.

In Group 3 Linden leads with a 7-0 record followed by Hanover Park, 5-1, Randolph, 5-1, Summit, 5-1, West Morris, Central, 5-1 and Scotch Plains, 5-2.

In Group 4 Roxbury leads with a 6-0 record followed by Barringer, 5-1, Elizabeth, 5-1, Union, 5-1, and Montclair 4-2.

Band Association competition Nov. 9 in Linden.

Bears take gym event

David Brearley High School finished first in team competition in the Union County Gymnastics Tournament held Nov. 8.

Brearley finished with a score of 100.85 points. Linden High School finished third with 97.45 and Union High School came in fifth with 93.35. Roselle Catholic High School and Jonathan Dayton Regional High School also competed.

In the all-around competition Gabriella Linarducci of Linden came in first with a score of 35.35. Adrianna Chessa of Brearley finished sixth with 34.20.

In vaulting Linarducci placed third with a 9.30. Chessa and Danielle Knieriemen of Brearley tied at 9.0. In the uneven bars Linarducci came in first with 9.15. Chessa finished sixth with 8.15.

In the balance beam Knieriemen finished third with 8.6. Chessa and Dalya Rubanenko of Dayton tied for fifth with 8.25.

In the floor exercise Linarducci finished third with 9.0 and Chessa finished with a 8.65.

Union runners 10th in state

Union High School finished 10th with 286 points in the North Jersey 2 Group 4 Boys Cross Country State Tournament Nov. 8 at Warinanco Park.

In the Group 1 category Roselle Park High School finished third with 77 points. David Brearley High School finished eighth with 190 points. Brian Koalok of Roselle Park finished with a time of 18:49.

In the girls' state tournament, Union High School finished seventh in Group 4 play with 181 points. Jonathan Dayton Regional High School finished seventh in Group 2 competition.

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