

Union County budget

The Union County Freeholders have introduced the new county budget, Page B1.



Many careers

Photographer, instructor Nancy Ori takes time out for exhibition, Page B4.

See how we've changed

Worrall Newspapers has changed its editorial structure for the better, Page 7.

Mountainside Echo

VOL. 37 NO. 12—THURSDAY, FEBRUARY 2, 1995—6+

MOUNTAINSIDE, N.J., Home of Arthur Brahm

TWO SECTIONS — 50 CENTS

Borough Highlights

Mountainside PTA

The Mountainside PTA will host its fifth annual pancake breakfast Saturday from 8:30 to 11 a.m. Portions will be priced at \$3.50 and \$5; tickets may be obtained from the PTA at Deerfield School. Call 233-8251 for details.

Board of Education

The Board of Education will meet Tuesday at 8 p.m. in the Deerfield School library. They will meet again Feb. 28.

Open house

St. James School will continue observing Catholic Schools Week with a final open house on Feb. 5, from 1 p.m. to 3 p.m.

The open house is held so the public can tour the facilities, and for registration of children for pre-K through eighth grade for the 1995-96 academic year.

The school has also planned its pre-K schedule. Parents may choose a two-, three- or five-day morning or afternoon session for their 3 or 4-year-olds. Call (201) 376-5194 for details.

Gala tickets on sale

The long-awaited tickets to the Gala Ball, which kicks off Mountainside's centennial celebration on April 29, will be put on sale at Borough Hall at 10 a.m. on Feb. 15.

The invitations were mailed yesterday; seating will be limited to the first 300 paying applicants. The tickets cost \$75 each and will be sold at Borough Hall.

No applications will be accepted before Feb. 15. Any mail received prior to the 15th will not be acknowledged and mail received on the 15th will not be opened until 4 p.m. Call (908) 232-2400 for additional information.

Deerfield registration

Registration for Deerfield School's 1995-96 kindergarten classes will begin Feb. 13. Appointments for registration and screening will start at 8:45 a.m.

Parents should call 232-8828 to receive the forms that must be completed and returned at registration. Children being registered should be 5 years old by Oct. 1. A birth certificate and proof of residency are required.

Before registering, children will be screened by Deerfield's guidance counselor, kindergarten teachers, a speech therapist and an occupational therapist. Registration ends on Feb. 16.

Toddler Time

The Mountainside Public Library began its Toddler Time series yesterday. Children ages 2-3 are welcome to this story-time and introduction to the library, held each Wednesday at 10:30 a.m. The program is scheduled to continue until Feb. 15.

CSH swimmers

Children's Specialized Hospital will begin its eight-week recreational swim program for children ages 5-12 with physical disabilities. To be held Thursdays from 6 to 7 p.m., the sessions will begin Feb. 9. Contact Andy Chasanoff at CSH for details.

It's June in winter



Albert J. Rose, a Mountainside chiropractor for 27 years, shakes hands with his new associate, Julie M. Shell, who meets the staff. Shell, a graduate of New York Chiropractic College, joined his practice last month, saying she is 'looking forward to being a part of the Chiropractic Center Family.' The practice is located at 615 Sherwood Parkway.

Board orders review of health classes

At their meeting Jan. 24, the Board of Education established a committee to review the district's health curriculum.

This committee will meet at least one half-day annually to review all new or proposed changes in curriculum or materials. Their recommenda-

tion would go to the Board of Education for approval before any change in curriculum or purchase of materials is made.

Woodacres Farm provided happy childhood memories

With the help of the Mountainside Historic Preservation Society, the Echo continues its recounting of the borough's memorable past. Using historic documents, antique photographs and residents' personal recollections — this week, Ella Chattin Wright's — the Echo presents another chapter in Mountainside's 100-year-old history.

As a 4-year-old, moving into Woodacres Farm in 1917 was very exciting. It didn't bother me that although the house was wired for electricity, the lines had not yet come up New Providence Road. The lamps and kerosene stove had to do for a year or so, although we did have a telephone and indoor plumbing.

There were many buildings to explore, a barn with a hay mow, a chicken and brooder house, a pump house, a carriage shed in which we had a buggy, a surrey with fringe on top and some farm equipment.

Most unusual was a huge wooden water tower and tank that very often sprang leaks. My brothers could climb up to repair it, but I was never allowed up there, so it remained a place of mystery.

However, there was a lovely brook in back of the barn which I could wade in and fall into, and alongside it in a small pasture was a log cabin playhouse to enjoy. Also there were many old fruit trees that were great for climbing as well as for fruit.

There was a large pasture behind the buildings which was perfect for sled riding in the winter, and romping with my animal friends in the summer.

My father loved pets, so we had an abundance of them and they were my toys and my friends. Dad commuted to New York every day so he was a "gentleman farmer" on weekends with a horse to ride, fancy pigeons and collie dogs to raise, and a small vegetable garden to tend.

We did get a pet cow and calf, and

when the Depression hit in the late '20s, and he lost his position in the city, he did try to help out in the dairy business that mother and my older brother Laurie had started around 1924.

However the dairy never was a huge success. The farm only consisted of about 20 or so acres, most woodlands, so all the feed and modern equipment for handling the milk had to be bought.

Joe was at Springfield College, and when he graduated, went on his way. Mac was in Westfield High School and then on to the University of Pennsylvania. Marjorie was in grade school and then high school and music school, so the family scattered after a few years.

When we first moved to Mountainside, New Providence Road was a one lane dirt road, always full of ruts and was either dusty, muddy or covered with snow, so transportation to town — even with a horse — was difficult.

All our activities were in Westfield, except for Bliwise General Store and the Mountainside Union Chapel and the public grade school. By the time I was involved with Westfield Junior High School and other activities, the Union County Park came into being and that road was paved and Silver Lake was changed to Surprise Lake.

Silver Lake was our summer retreat. On many hot days my brothers would hitch up a horse and take a wagon full of family and friends for a dip in the beautiful fresh water lake. Sometimes we would even rent a boat and go out for a row on the lake.

My impression of the farm is one of a homestead, as I don't recall living anywhere else. It was a happy place for me as I loved the outdoors, especially riding horseback, and I enjoyed being able to have pets, such as a pony, horses, puppies and kittens. I am thankful that a member of the family — Peggy Chattin Brahm — still lives there today and cherishes it as I did.

Superintendents debate deregionalization on TV

In a televised debate of the proposed dissolution of the Regional High School District, Regional Superintendent Donald Merachnik incorrectly cited legislation in discussing the costs that would be assumed by constituent school boards if dissolution were to occur.

Representatives of three boards of education squared off on a TV-3 talk show last Thursday evening to discuss the facts surrounding the possible dissolution of the regional school district.

Merachnik and Regional Board of Education member Joan Toth argued in favor of maintaining the district; Springfield Board of Education Superintendent Gary Friedland and Berkeley Heights Board of Education member James Kurtland dissented, favoring dissolution.

As he did in a *Mountainside Echo* "Be Our Guest" column last week, Merachnik said that according to state legislation enacted last summer, Springfield would have to compensate Mountainside and Garwood for their past investment into Jonathan Dayton High School, if the township assumed control over the school.

The legislation applies to the distribution of school buildings, real estate, equipment and other property following the withdrawal of a school board from a regional, when that board creates its own K-12 district.

That law, Chapter 96, Senate No. 434, was written regarding a school district in Camden County. It stems from a New Jersey Superior Court ruling in Winslow Board of Education vs. Reveen Board of Education.

The law enables "the Winslow Township school district located in Camden County to withdraw its high school and middle school students from the Lower Camden County Regional High School... and pay the regional district an agreed sum for the properties."

The law, in its present wording, would not apply to the dissolution of the Union County district. The dissolution of the district would set a precedent in New Jersey; there is no existing legislation that would regulate the policies of former member communities.

Another point of disagreement between the two sides involved taxes in constituent districts.

According to Merachnik, who cited the Towers Perrin study commissioned by the county, the Township of Springfield would face a tax increase of nearly 2 percent if the regional district were disbanded.

Friedland, using information in the Deloitte & Touche study that was ordered by most of the constituent districts, said Springfield would see its property taxes cut by 1.5 percent.

Activists to hold protest of awaited deer shooting

Animal rights activists have planned another demonstration on Route 22 West on Sunday to protest the anticipated sharpshooting of deer in the Watchung Reservation.

The protest is scheduled to begin at 12:30 p.m. where the highway intersects with New Providence Road.

The gathering is expected to be peaceful and contained; one organizer said she expects approximately 30 people, all of whom will cause "no trouble."

Lt. James Debbie of the Mountainside Police Department said he too expects an orderly gathering.

"It should be a nice and quiet demonstration, just like it was last year," he said, adding that the borough government viewed it informally.

"We've issued no official permit," he said. "I don't know if we've ever gone through with an official permit."

Late last month, the state Division of Fish, Game and Wildlife granted Union County permission to hold the sharpshooting in the Watchung Reservation.

Although the approval came with the stipulation that the county plan a long-term plan for handling the deer population, it sets a precedent in deer

management policy. Never before in New Jersey has an organized operation been mounted to thin a deer population.

There was a hunt in January 1994; 110 shooters, who were selected in a lottery system, killed nearly 90 deer — 67 of which were female.

For this herd-thinning effort, the county recruited volunteer law enforcement officers, who either live or work in Union County, to perform the shootings. It was believed by members of the county's Deer Management Subcommittee that the public would favorably perceive the task if police officers, not private citizens were the shooters.

The county plans to dispatch 10 riflemen to the reservation. Nine additional officers will be recruited as alternates, and none of the lawmen will take part in the shooting before passing a proficiency test.

Rather than sending the shooters into the woods to hunt the animals, the county plans to use food as bait to lure deer into specific areas, where the officers will be stationed.

The new plan was scheduled to begin upon issuance of the permit and would continue until the end of March.

One family member still resides in the Chattin House, shown here, circa 1917. Before the Chattin family moved in, the building, located at 295 New Providence Road, was known as the Woodacres Farm. The Chattins tried to build a thriving dairy farm, but the Great Depression and the small size of the farm were obstacles that could not be overcome.

INSIDE THE Mountainside Echo

Editorial	6
Op-Ed	7
Senior Lifestyles	11
Obituaries	12
Sports	14
County news	B1
Entertainment/Restaurants	B4
Classified	B8
Real estate	B10
Automotive	B12

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police blotter

Police arrest two in theft from car

In disclosing information on criminal activity in Mountainside of recent weeks, Chief of Police William Alder reported there were no life-threatening incidents, no robberies and no residential burglaries.

There were several thefts reported to police, he said, most of which pertained to items stolen from automobiles parked in lots along Route 22.

Arrests were made on Jan. 18, when Mountainside police responded to a report of a suspicious vehicle circling the parking lot of A.K. Stamping on the corner of Globe Avenue and Route 22.

According to Alder, Cpl. Alan Attanasio and Patrolman Thomas Murphy observed a maroon station wagon with one occupant parked in the lot. Upon approaching the car, the two officers noticed a black leather jacket, an Audiovox car stereo, a cassette case and a pair of jumper cables in the rear of the car.

According to police, the passenger of the station wagon — a man identified as David Quinones — told the officers that the driver — identified as Miguel Perez — was walking around the area in search of a job.

Minutes later, the officers learned a

Cedar Grove woman had reported the passenger side window of her car — parked near the Toppan Graphic Arts Center on Route 22 — had been broken and that a stereo, leather jacket, cassette case and jumper cables had been taken.

When Perez returned to the vehicle, both men were arrested and charged with theft, receiving stolen property and possession of burglary tools, Alder said.

Both were arraigned at the county courthouse and released on bail.

Alder said police could not attribute similar thefts reported along Route 22 to the duo, but he did say "it's been awful quiet" since their arrest.

"Thieves sell these items at 10 percent of their value," he added. "And they'll keep visiting" if they think Mountainside is an easy target.

Other police blotter entries included:

- On Jan. 4, a Newark resident reported the theft of a Pioneer car stereo from her vehicle as it was parked at the Putnam Co. building on Route 22 East.

- The woman told police she discovered the driver-side window had

been smashed when she returned to the car at 3:30 p.m.

- On Jan. 5, an Elizabeth resident reported the theft of tools from his locker at Public Storage, located at 1062 Route 22 West.

The man told police that the lock was intact, but the door of the shed was damaged. He estimated the value of the stolen goods at \$2,000.

- On Jan. 6, a Motorola cellular telephone was reported stolen from a 1994 Chrysler parked at 200 Central Ave. The victim estimated the value of the phone at \$300.

- On Jan. 16, a Virginia woman reported the theft of a Sony stereo from her 1988 Volkswagen. The victim told police she returned to her car — parked at the Diamondhead Construction building at 200 Sheffield St. — and discovered the front passenger-side window had been smashed. She estimated the value of the car stereo at \$200.

- On Jan. 17, a Clark resident reported the theft of tools from his van, parked at the Toppan Graphic Arts Center. The man told police he found the side door of his 1985 Chevrolet had been pried open, and several power tools were missing.



Mountainside Police Officer Kenneth Capobianco apprehended a suspected car thief at this public telephone in front of Meineke Discount Mufflers on Route 22 on Thanksgiving morning. The suspect, with two others, were observed by police in a car swerving across lanes on the highway. After a chase, the trio abandoned the car and fled on foot. The two others were caught near Echo Lake Park. For their efforts, Capobianco, Officer Richard Latargia and Sgt. Richard Osieja were each awarded a Certificate of Recognition by Chief William Alder last month.

Chief of Police honors 4 of Mountainside's finest

Four Mountainside police officers were honored by Chief William Alder last month for meritorious acts performed between September and December 1994.

Both Sgt. Richard Osieja and Patrolman Richard Latargia received commendations for their actions on the night of Dec. 12.

While patrolling in search of drunk drivers, Osieja stopped a vehicle on Route 22 at 11:30. While speaking to the driver, Osieja felt he was trying to conceal his right hand; Osieja then asked the driver to step to the rear of the vehicle.

The driver said he was unable to find his insurance card, and asked if he might look in his glove compartment. By then, Latargia had arrived as back up, and accompanied the suspect to observe his movements.

While the suspect entered his car, Latargia saw firearms on the floor behind the passenger seat. He immediately arrested the suspect, handcuffing him.

Latargia secured the weapons, while Osieja searched the suspect, finding a .380-caliber pistol in his front pocket.

The suspect was charged with unlawful possession of three dangerous weapons and with various motor vehicle violations. "Both Sgt. Osieja and Officer Latargia's quick thinking helped to remove three guns from the streets, and are hereby commended for their actions," Alder said in acknowledgement of the deeds.

The two officers were also recognized for their actions during an incident on Nov. 29. At 11 a.m., Latargia turned on his overhead lights and siren to stop a vehicle on Route 22.

The pursued vehicle made a U-turn at Lawrence Avenue, and headed east in the westbound lane of the highway.

For safety considerations, Latargia stopped chasing the car, and informed headquarters of the suspect's new route of escape.

At New Providence Road, the suspect changed to the proper eastbound lanes. While heading on Route 22 East, the suspect was involved in an accident with another vehicle near Mountain Avenue.

When Latargia approached the accident, he saw the suspect turn onto Central Avenue. The car was then observed abandoned on Beech Avenue near Alexis Restaurant.

With the assistance of private citizen Michael Sabarese, who followed the suspect from Beech Avenue to Poplar Avenue, Union County Police Officer Robert Strazenbach and Osieja were able to arrest the suspect.

The suspect, who was on probation for possession of drugs, was charged with eluding officers.

"Both Sgt. Osieja and Officer Latargia showed continued persistence in the apprehension of the suspect," Alder said, in recognition of their efforts.

Osieja, with Cpt. James Doherty, again was distinguished, this time for an incident in September.

On Sept. 2 at 3 p.m., Doherty spotted a vehicle, which had just been reported stolen, on Route 22 at New Providence Road.

Doherty used his patrol car to block the stolen car's path of escape. The driver and passenger of the car attempted to flee on foot, but Doherty apprehended the passenger and informed headquarters of the driver's direction.

A short time later, Osieja commanded a vehicle and driver — Mountainside resident Karl Kohl — and circled the area, apprehending the suspect.

Both suspects were charged with possession of stolen property, theft of movable property and eluding officers.

"With the quick thinking of Cpl. Doherty and the ingenuity of Sgt. Osieja," Alder said, "both subjects were apprehended, with a quick return of the stolen vehicle to the property owner."

Osieja, with patrolmen Kenneth Capobianco and Latargia, were cited for their conduct in an incident in the early morning of Thanksgiving Day.

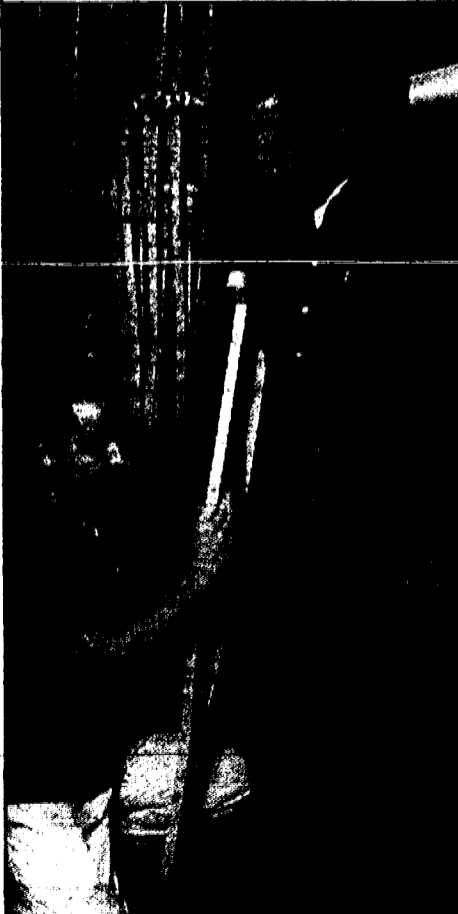
While on patrol at about 1 a.m. on Nov. 24, Latargia followed a swerving vehicle west on Route 22. As Latargia followed the car, it sped into a U-turn, appearing to evade him.

The officer continued to close in on the vehicle as it headed first up Mountain Avenue, then onto the Parkway, and then back onto Route 22.

Nursery school begins sign-ups

The Community Presbyterian Nursery School will begin its 1995-96 academic year registration for new students on Feb. 6. Registration for returning students and siblings of current and former students began on Jan. 30. The school is for children who will be 3 or 4 years old on Oct. 1. For more information, call the nursery school's office at 232-9490.

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Appreciating children



Photo courtesy of Linda Condrillo

Deerfield students Tass Perrin, Jordan Deomblege and Philip Vitale display the Deerfield Pride Pencils they were given as part of Children's Appreciation Week last month. The Mountainside PTA treated students to ice pops and sugar cookies, and posters featuring students' baby pictures were hung in the cafeteria. The kids had fun trying to match their classmates with the pictures.

Editorial Department restructures

Worrall Community Newspapers has undergone a restructuring of its Editorial Department to meet the needs of the company's growth during the last two years and to serve better the readers of its 22 weekly newspapers in Essex and Union counties.

According to Raymond Worrall, a vice president of Worrall Community Newspapers Inc., and executive editor of the company, the plan adds a new layer of management to direct a growing Editorial Department.

Tom Canavan, who had served since January 1991 as the editor in chief of the company's 12 Union County newspapers, now will serve as editor in chief of the company's 22 newspapers in both counties.

Canavan is no stranger to the Essex region. He is a resident of Verona and a native of Irvington, where he had lived for 29 years.

Canavan began with Worrall Newspapers in March 1987 in the company's Essex region, serving first as managing editor of its *Irvington Herald*, before a brief stint as managing editor of its *Nutley Journal* and *Belleville Post*. Canavan was promoted in 1988 to regional editor of the Maplewood office, where he also served for three years as the managing editor of the company's *News-Record of Maplewood and South Orange*.

Since assuming the role of editor in chief of Worrall Newspapers' Union County region, Canavan was instrumental in the birth of two weekly newspapers — the *Elizabeth Gazette*, which began in March 1994, and the *Summit Observer*, which debuted in that city in October 1994.

Canavan, 34, is a graduate of Montclair State College, where he earned a bachelor of arts degree in English with a journalism minor. He also holds an associate's degree in business administration from the County

College of Morris. In 1991, he received a first place award from the Working Press Association of New Jersey for a two-part series he had written while editor of the *News-Record* about Margaret Kelly Michaels. Michaels, a former preschool teacher in Maplewood, was convicted of sexual abuse against some of those in her care and served more than five years in prison before an appellate court overturned that decision in 1994.

"I look forward to adding our Essex County newspapers to my duties," Canavan said. "While the make-up of Essex and Union counties is somewhat different, they are both similar in that they are ripe for news and feature stories, and are a strong base for good community journalism."

The additional layer of management is the creation of two regional editors who will serve immediately behind the editor in chief. One regional editor will be responsible for the day to day management of the Essex County region, while the second regional editor will be responsible for similar duties in Union County.

Worrall Newspapers' Essex region will be run by Anthony Puglisi, who had served as managing editor of the company's *News-Record* and ran the Maplewood office since December 1993. Puglisi has been with Worrall Newspapers since September 1991, when he began as a reporter with the *West Orange Chronicle*. Puglisi was promoted to managing editor of the *Chronicle* before advancing to his position at the *News-Record*.

Puglisi is a graduate of Boston University, where he earned a bachelor of science degree in journalism and a bachelor of arts degree in urban studies.

Worrall Newspapers' Union County region will be run by Chris Gatto,

who had served as managing editor of the company's *Union Leader* since September 1991.

A graduate of Seton Hall University, Gatto began his career with Worrall Newspapers in 1989. He started as a news reporter in the company's Bloomfield office before becoming managing editor of the *Nutley Journal* and *Belleville Post* in 1990.

In September 1991, Gatto moved to the company's Union office, where he assumed the role of managing editor of the *Union Leader*. Gatto was recognized in 1994 by the New Jersey Press Association with a second place award for a series of articles about a land transaction involving Union's former mayor, Anthony Russo.

Prior to joining Worrall Newspapers, Gatto was employed in the state of New Jersey's Office of Business Tourism Development in the city of Newark.

"I'm excited and optimistic about this reorganization plan because we are adapting to an Editorial Department that has seen a great deal of growth during the last two years," Worrall said.

Worrall Newspapers publishes 12 weekly newspapers in Union County, including the *Union Leader*, *Springfield Leader*, *Mountainside Echo*, *Kenilworth Leader*, *Roselle Park Leader*, *Linden Leader*, *Roselle Spectator*, *Rahway Progress*, *Clark Eagle*, *Hillside Leader*, *Elizabeth Gazette* and *Summit Observer*.

Resident wins trip to Disney World

"This is really the first time I've ever won anything," said Springfield's Laura Holland.

She and her 6-year-old son, Andrew Nadel, won a trip for four to Walt Disney World, courtesy of WonderCamp Entertainment Company.

Holland entered the WonderCamp Wonderful Summer Sweepstakes and was recently notified of her prize.

"Andrew was so excited, he ran outside to show his friends the letter," Holland said. "This is Andrew's first trip to Disney World."

They will visit the Magic Kingdom with Holland's sister's family, Scott, Miriam, Evan and Casey Joling.

Holland and her son, Andrew, visit Wondercamp several times a month. "It is very convenient because it's only five minutes from our apart-

ment," she said. "I have left him in the WonderCare program for up to three hours at a time. He loves it."

"His favorite part is the Karaoke," she added. "He loves singing 'Take Me Out to the Ball Game.'"

"Since WonderCamp is such a magical place for families, we thought a trip to one of the nation's most magical kingdoms — Disney World — would be the perfect prize for the WonderCamp Wonderful Summer Sweepstakes," said Barton Satsky, president of WonderCamp. "At WonderCamp we want to encourage families to have fun all year long, and this contest is one more way we can deliver quality entertainment."

Designed for children ages 1 to 10 and their families, WonderCamp is an indoor entertainment and activities

center boasting more than 200 activities and shows a week. Children and their families can sing-along with the Karaoke in the club house, make soft puppets and rock pets in the camp crafts cabin, learn how to juggle by using scarves, and experience 3-D storytelling at the field stage.

WonderCamp, located at 800 Morris Turnpike in Short Hills, is open Sunday, Tuesday, Wednesday and Thursday from 10 a.m. to 6:30 p.m., and on Friday and Saturday from 10 a.m. to 9 p.m. Admission is \$3.95 a person per day for unlimited play. It is closed Mondays, except for school recess days.

Help wanted at Trailside Science Center

The Trailside Nature and Science Center is in need of volunteers, the Union County Board of Chosen Freeholders disclosed this week.

The center is trying to fill positions for the following programs:

- After School Skywatchers, the astronomy workshop held in Trailside's planetarium on alternate Wednesdays and Thursdays for first- and second-graders.

- Astronomy Sunday, the annual event on Feb. 26 that features guest speakers, demonstrations, vendors and assorted children's events. Volunteers are needed for making crafts, painting the kids' faces and selling refreshments.

Super Science Discovery Days, held March 1-18. This annual event encourages preschool through second-grade children to explore vari-

ous sciences.

The center also needs volunteers to help set up and clean up stations between events. Training will be provided.

The county requested that all volunteers be inclined to work with children, be reliable and have a desire to learn.

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REPORTER'S NOTEBOOK

Wilderness offers lessons in human nature

By Mark Devaney
Staff Writer

This month men with guns will enter the Watchung Reservation and kill deer.

I like writing simple sentences like that. Men with guns will kill deer in the Reservation. Ready, aim, fire.

But, although my sentences are simple, the action they describe is complex. Arriving at the decision to kill deer was not done easily, yet that won't make the killing easy for many people to accept.

It has been argued that men will be killing the deer in order to save the forest, for the insatiable hunger of the deer is killing the forest.

While your head's spinning, try to focus on this logic: the deer need the forest, the deer are killing the forest, which will kill the deer; thus, kill the deer to save the deer.

It reminds me of the clandestine order that was passed in reaction to the Tet Offensive in 1968 during the Vietnam War, which basically instructed ground troops to burn villages in order to save villages.

That's the sort of reasoning men cling to when they cling to guns.

While the military edict that eventually led to the My Lai Massacre ought to be remembered and condemned, the current plan to exterminate 50 deer within our county park must be looked at differently.

Yes, peaceful creatures will come to a most brutal end, and animal rights activists will surely be in the right when they say the deer do not deserve to die for a problem that we humans have in fact created.

But if you believe that history is a large determiner of the future, and I do, then the current minor "removal" of deer is but part of what has taken place throughout history the moment man set foot in the wilderness.

Man, the smartest of mammals, has been the least able to live within nature. In fact, he was, is and always will be overwhelmed by nature. But rather than accept the magnificent power nature possesses, man, like

some envious child, has always wanted to usurp his creator's power, and in time, slowly, then quickly, nature has been conquered and reshaped in man's image. I suppose we ought to call nature something else.

No doubt about it, it is our savage stumblings into nature that have caused its decline. A few well-intentioned humans protest the wholesale destruction of nature, which merely includes the murder of deer, but the parcels of lands we call parks bear only the slightest resemblance to the teeming forests that once flourished here.

We call them "preserves" and "reservations" because our society senses that we have wasted something irreplaceable and because unconsciously we suffer from a guilt complex over what our ancestors did, and what we do even today.

Indeed, we kill a little bit of the natural world every day simply by the way we live. Our cars, our garbage, our diet. Our existence depends on an ambiguous premise — no matter how much we profess an admiration for things natural, together we are incapable of protecting those same admired things from the inexorable force of what we call civilization.

To bring it back to the deer dilemma. The deer were here first, so were the deer's natural predators, but we could not live with wolves, bears, panthers, cougars and the like, so they had to go. And now that the deer have no one to kill them, and we have continually crowded them into smaller and smaller plots of land, we have set into motion their own slow suicide. Because of us, the deer are eating themselves to death and they're taking what remains of the forest with them.

So now men with guns will go in and put them out of their misery. In a sense, the sharpshooters are on a mercy mission. And it's all being done so that we can hang onto the altered vestiges of what once was a pristine forest.

While I may sound nihilistic, let me express that I am perfectly aware of the ambiguity that has controlled our history and that I consider my own opinion to be ambiguous.

I don't think the forest can be saved, but I don't think that we should not try to save it. I need only to walk a wooded trail to understand why what's in the woods must be protected at all costs.

Consider Surprise Lake. Here are some recollections I wrote this summer.

"You must tread softly along a water trail if you want to really see nature. In the silence that preceded me, the animals of the lake sensed safety and perched themselves on land or on fallen trees in the lake."

"I forgot to keep my eyes peeled and my step light and for the first hundred feet or so I failed to see anything save the ringlets upon the water's surface created by creatures diving into the lake to avoid my approach."

"But eventually I got back in touch with the rhythm of the trail and soon, instead of seeing signs of death around Surprise Lake, I was rewarded with signs of life."

"Butterflies, dragonflies, bees, yellow jackets. Indeed bugs were the least fearful of me; perhaps because of the lake's condition, insects understand that the lake is truly theirs."

"Yet bugs are by no means the sole inhabitants. Ducks, Canada geese, frogs, and especially turtles, all could be seen. The sight of three-foot-long turtles on a log was memorable. But even that was topped by a 4-foot-long snake I spied sunning itself on a downed tree."

"I was tempted to step on the tree to see the creature move and it seemed to be daring me to make it move. I suppose there is something to the story about serpents, temptation and gardens."

"Then I thought: Making such animals move is exactly what we humans have always done. In the end I

decided to spare the snake from creeping away; instead, I slithered.

"It was then that the sounds of cars speeding on Route 78 suddenly filled my head reminding me that noise pollution is one ill that's definitely been overlooked in this matter. But then again that's only because other forms are so obvious."

"Arizona Iced Tea caps, Budweiser and Coors cans, Wendy's paper cups, Styrofoam cups and plastic lids, shards of broken glass, discarded clothing, a Frisbee, misplaced wooden planks, and for some reason, ribbons and bows, the kind found decorating Christmas gifts. I spotted the brightly colored cloth snagged in brambles along a tiny brook trickling down from the road above."

"I figured all that tattered cloth was from a present torn open and forgotten, just like the lake it was about to spill into, gutted and abandoned. And that led to my most dramatic revelation."

"What does a person think when he tosses garbage into nature? The answer came to me as if from nature itself. The litterer doesn't think anything because the litterer is incapable of thought."

Surprise Lake, despite its deplorable state, is still a place where lessons can be learned. It taught me that the more carelessly we push into nature, the more quickly nature will pull away from us, just like the wary creatures that plunged into Surprise Lake at the sound of my clumsy steps.

Am I saying that little jaunts like mine into the woods are worth more than a deer's life? No. I could not kill a deer any more than I could any other creature that has done me no harm, but I am part of the tribe of creatures that has and always will kill deer.

And that's exactly what's going to happen this month in a splendidly civilized fashion. One more time:

Men will enter the Watchung Reservation with guns and kill deer.



Photo By Mark Devaney

Surprise Lake may be suffering from a slow death, but its inhabitants can still teach all of us lessons about life. When the sharpshooters enter the Watchung Reservation to thin the deer population this winter, human nature will be bluntly revealed to those who live in the wilderness.

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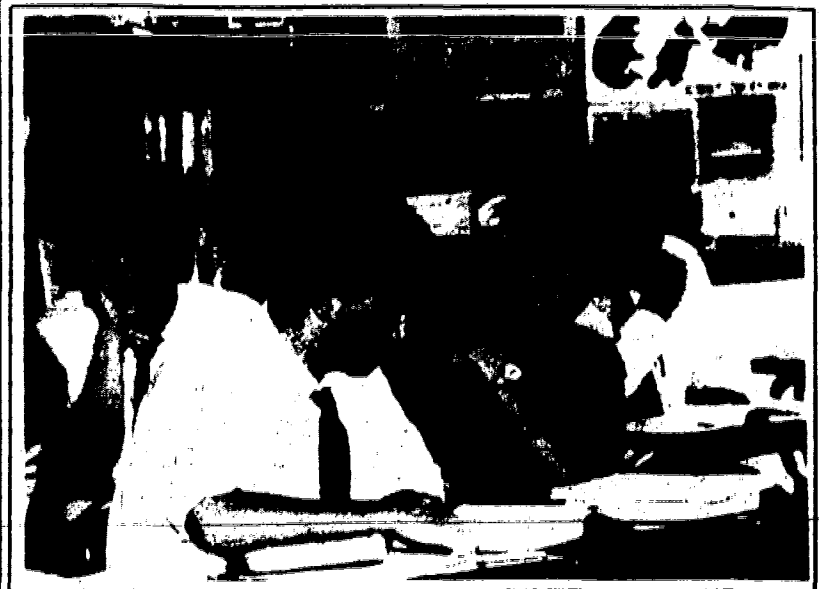
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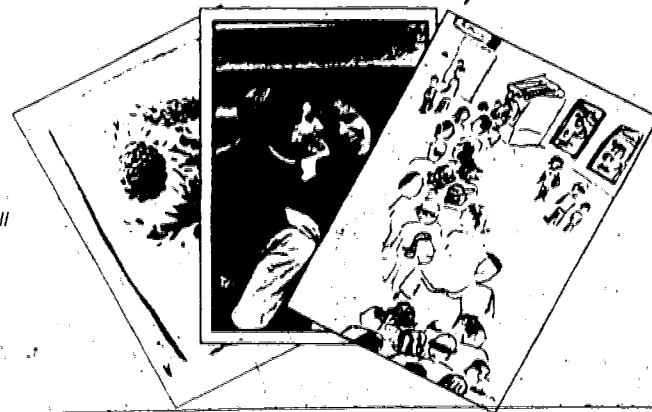
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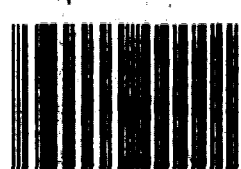


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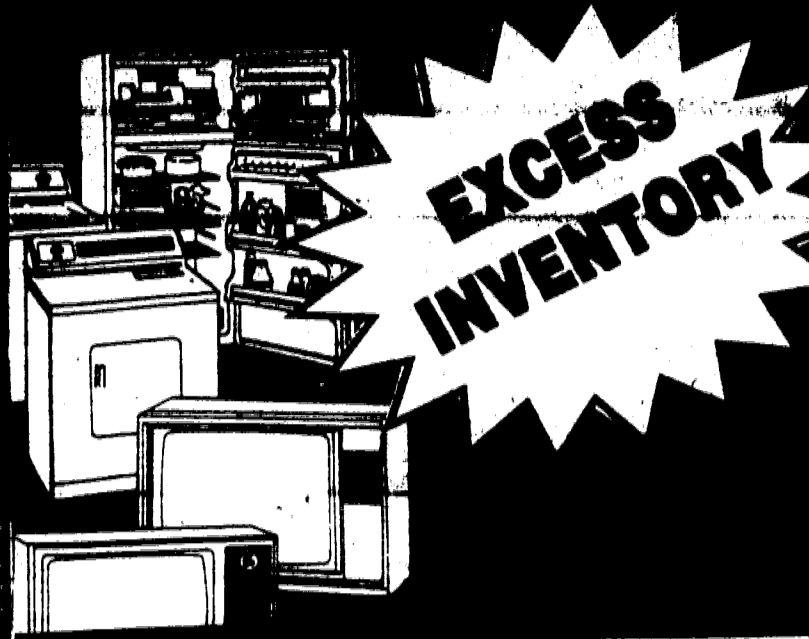
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OPINION PAGE

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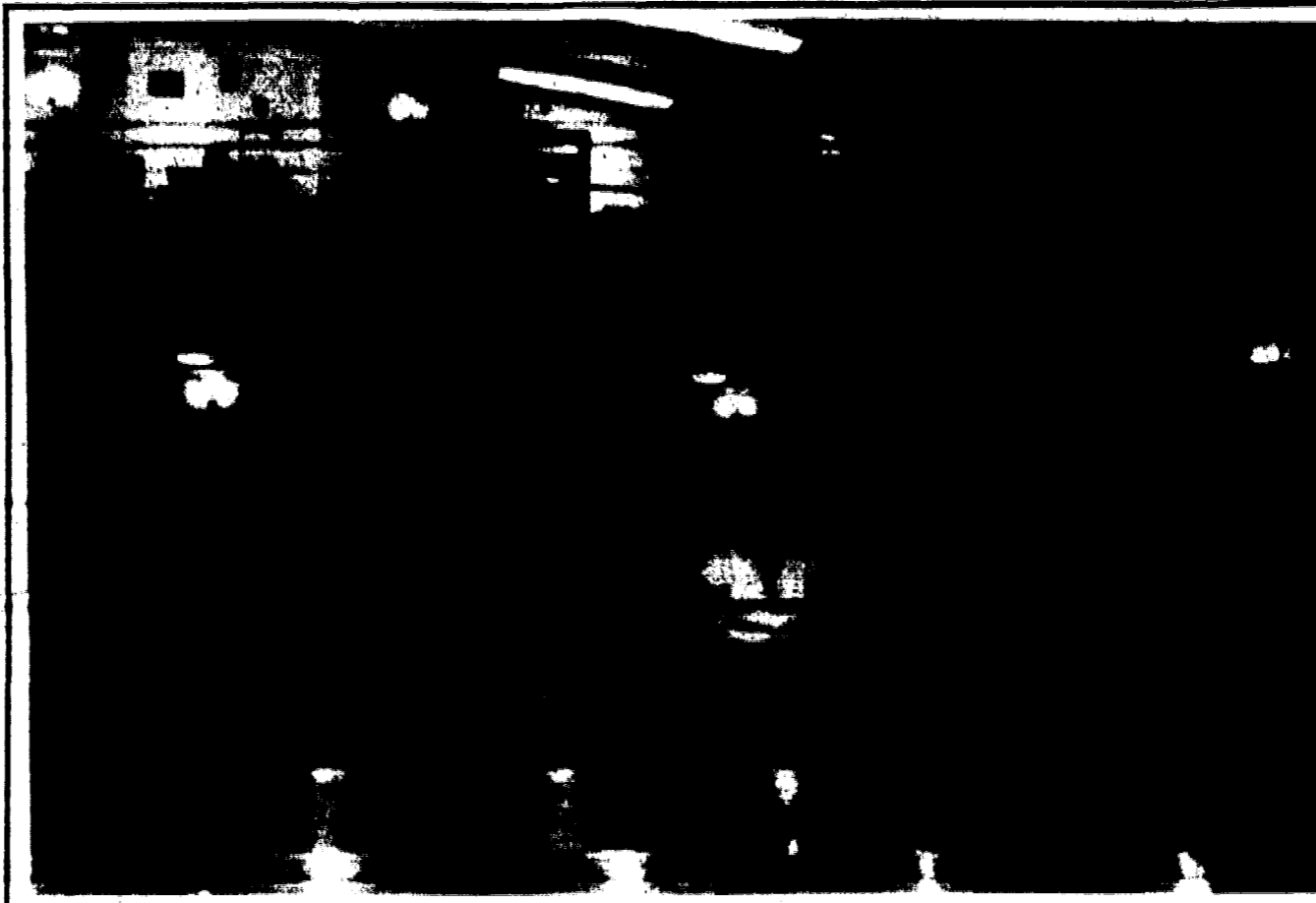
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"I believe in the First Amendment to the United States Constitution, which guarantees the freedom of speech and press. A free press is one of this country's major strengths, and the right to protect the source of information is fundamental to a newsman in meeting his full responsibilities to the public he serves."

—Ronald Reagan



PLENTY OF SEATS UP FRONT — Springfield residents prepare to leave the auditorium of Jonathan Dayton Regional High School following adjournment of the Planning Board meeting Monday night. Attendance at the Planning Board meetings, where the township's blueprint for affordable housing construction is shaped, has dropped drastically since December. In early December more than 300 residents attended a meeting in the Municipal Building, prompting fire department officials to cancel the meeting and evacuate the building.

New neighbor NIMBY

As the township of Springfield approaches its deadline for submitting an affordable housing plan to the state for approval, the Not-In-My-Back-Yard attitude still finds its way into the debate.

It would be impressive if that sentiment could be channeled into one municipal policy, turning Springfield into a collective back yard, but that can't happen. In the meantime, some civic solidarity is in order to enable neighbors to live as equals. It isn't only good fences that make good neighbors, it is the ability to work together in times of adversity to overcome a common problem.

For the past two Mondays, the Planning Board has convened in the auditorium of Jonathan Dayton Regional High School; these meetings were considered work sessions, in which the members would discuss options and alternatives in accommodating the township's future residents.

The public was invited to attend, but to ensure orderly discourse among the board members, was not allowed to speak. That's understandable, but what is hard to grasp is the low attendance.

Where were the hundreds of Springfield residents who piled into the Municipal Building in December to voice their protests?

Did they stay home, deterred by the gag rule in effect during these two meetings, or was it to see Traci Lords on "Melrose Place"?

These meetings were not supposed to be the final hearings on any point of the township's strategy, but as the cliché goes, money talks, etc., etc.

The monetary ventriloquism act was performed by John Johnson, attorney for real estate developer Frank Racioppi. Commenting on his client's eagerness to break ground, Johnson told the Planning Board, "That's what we're in this business for: to build."

Again, fair enough. We applaud fair play in the free market, and award Johnson bonus points for not seizing the opportunity to quote Calvin Coolidge.

Racioppi will pay Springfield \$340,000 for the right to build 81 townhouses on the Park Place site. Springfield will take that money and give it to the city of Linden to assume responsibility for 17 affordable housing units at \$20,000 each.

This contingency has not been a secret among those deciding Springfield's plan of action. Racioppi offered this deal weeks ago, and in a Dec. 14 letter obtained by this newspaper, Linden Mayor John Gregorio expressed his city's willingness to take part in the transaction with Springfield and Racioppi.

Even better than the outward appearance of the Racioppi plan is its educational value. With Racioppi in mind, Springfield's residents can be better prepared to open the Trojan Horse of this battle.

It was revealed that Mykola Bojczuk, the owner of the Bojczuk Stone property, had purchased a 69-foot-wide stretch of land — for further access to Route 22 and Springfield Avenue — approximately two years ago.

Residents of the neighborhoods surrounding that area are circulating leaflets to complain to each other about the possibility of the Stone property being used for at least 300 new housing units, with perhaps 60 reserved to meet the affordable housing requirements.

Any driver familiar with the area can attest to the steel nerves and cunning needed to negotiate one's way through the existing traffic in the area. The volume of automobile traffic to be added to the neighborhood, with the 81 units to be built on the Park Place site and the likelihood of 300 new Stone property units, would cause a New York cabbie to tear up his license.

Although the Planning Board flatly stated on Jan. 23 that Becker Road will not be opened to accommodate additional traffic, these same pamphleteers said the township government's guarantees are unreliable and that the street will be used.

These fears are partly rooted in the office-space market. According to Becker Road-area residents, the current glut in office square-footage renders the Racioppi deal suspect. Because that site was zoned for office buildings, its use as housing isn't a marvel of innovative business dealing, but is a quick fix to solve several problems simultaneously.

As evidenced by the Racioppi deal, money talks, but this Bojczuk arrangement need not be a similar fait accompli.

If these same concerned citizens come to the next Planning Board meeting, their complaints, if voiced loudly enough, just might preempt the expected Bojczuk proposal to open Becker Road.

That next meeting is scheduled for Wednesday at 7 p.m. in the Dayton auditorium.

See you there, neighbor.

First and last comments about the OJ trial

I wish I didn't have to do this to you, but I must since everyone else under the sun has said something about the O.J. Simpson case. But I promise you one thing, this is the last of it you'll see in this column.

Had it not been for that dramatic, eye-catching pokey car chase last June, this extravaganza might not have happened at all. It was like a coming attraction of what to expect as the case developed.

The case had all the trappings of melodrama, twists and turns and best of all, a super-duper, all-American football hero, who rang up records like a super-market checkout clerk rings up merchandise. O.J. Simpson was everywhere. When he hung up his football, you could see him jumping over counters racing to catch a plane; you would see him in the broadcast booth providing the game's color action. Simpson seemed to embody everything we think is macho stuff. He lived the life of a celebrity. He wore it on his sleeve and in everything he did. But it came crashing down.

Whether Simpson is guilty or innocent is up to the jury to decide. If he's guilty, he might do a couple of years jail time after years and years of appeals. If he's found innocent, it won't do him any good anyhow. He won't do jail time, but his life will be totally

As I See It

By Norman Rauscher

ruined. No more jumping over counters as an advertising endorser, since there will be many who think he is guilty and wouldn't give him the time of day, much less a lucrative contract. He'll be broke and even if he wrote a book on the case, who would read it after a half year of watching, reading and hearing a constant drum beat of the case until we're up to here with the O.J. Simpson case and couldn't care less what the defendant has to say and has said over and over and over again during the endless trial?

The case has been labeled the "Trial of the Century." Sounds dramatic, but is it? The Lindbergh case did pretty well for itself. And if there had been television and radio back when Macbeth murdered Duncan, king of Scotland, and swiped his kingdom to boot, that could have been the trial of the 11th century. The same goes for Lizzy Borden in the 1890s when she was accused of murdering her parents in Fall River, Mass. In fact, the evi-

dence was said to be so great that a very famous small poem made its way around the nation: "Lizzy Borden took an ax and gave her mother 40 whacks; and when she saw what she had done, gave her father 41." Lizzy, however, got off scot free and lived happily ever after in Fall River.

Why the Simpson case has aroused the populace is understandable. Since many of us have prurient interests in a case like this and since the main characters in the cast are famous, the chemistry is just right for the Simpson trial to bring out the morbid curiosity of many of us.

What is so annoying, and will continue to be annoying is the media's idea that every word, every nuance, every innuendo, every rumor, every so-called fact, needs to be repeated over and over. There will probably be word for word tapes available of the testimony for those who are really wrapped up in the case. The media will plaster the story on radio and television morning, noon and night. It will come to a point where we will collectively shout, "Enough!"

What is difficult to understand is the fact that the woods are on fire. Over 5,000 people lost their lives in an earthquake in Kobe last week; 20 Israelis were blown up by terrorist bombs; nations are shaking swords;

Russia is on the march, and Mexico is on the brink of financial ruin. But our mindset is tuned to O.J. Simpson and his late wife, Nicole. Two people out of hundreds of millions who have captured the vicarious imagination of the soap opera gang. Of course, this trial is nothing more than a soap opera dressed up with real people. Even the attorneys trying the case are actors who swagger around the courtroom as peacocks plume their feathers.

One thing the O.J. Simpson case will prove is the fact that we love shallowness, glitziness, sham and tinsel.

It would not surprise me to see hawkers in the courtroom shouting, "Get your program here; ya can't tell the players without a program." Maybe we'll even see someone selling hot dogs and popcorn.

Oh, well. So long as the Simpson case continues, many people will be glued to the telly; and maybe the crime rate will drop, since you can't watch the proceedings and push people off subway platforms at the same time.

Norman Rauscher, a former newspaper publisher in Summit, is an active member of the Summit community.

Read the reports and see the difference

As a concerned taxpayer and parent, I was astonished when I sat down to read the Towers Perrin study commissioned by the Union County Regional Board of Education, as compared to the Deloitte and Touche study commissioned by five of the local districts.

Do the taxpayers of this district realize that we paid \$65,000 for a study that had less than 25 written pages and that the basis of this study was to critique the Deloitte and Touche study, a study done by one of the big six accounting firms in the nation?

Do the taxpayers of this district realize that this study was submitted to the county superintendent two weeks prior to the regional board adopting the study? That should be all the surprises one should find when reading the study, but take my word for it, there are many more.

In addition to the charge of critiquing the Deloitte and Touche study, Towers Perrin had been charged with recommending changes that could be made to the educational pattern of the regional district and assess the feasibility and merits to alternate configurations. After reading the entire report, I found that there were no recommendations on how changes could be made in the educational pat-

Be Our Guest

By Janet Glynos

tern, and that the report also felt the changes that could be made to the configuration — a pre-K to 12, or a seven-to-12 regional district — were not feasible.

As you read the report, you would see that the Towers Perrin study is recommending three things. The possibility of another school closing, a change in the funding formula, and leaving the regional district intact, with the continued move toward cost containment. So, if dissolution does not happen, the taxpayers of this district could see a simply cosmetic change to the tax levy of the regional district, since a change in the funding formula will be just that.

While calming the political fervor, the inequities of the contributions of some of the towns of this district have been making, a change in the funding formula will do nothing to lower the overall tax levy in the most expensive school district in the state.

A change will do nothing to lower

the overall state per-student cost in the regional district. All a change in the funding formula will do is make three towns see a tax decrease and three towns see a large tax increase, a cosmetic change. A town like Clark could see an increase of a high of 26 percent of \$305, to a low increase of 10.4 percent or \$119. The differences in percentages are based on what formula the regional district chooses to use from the following: full enrollment as the basis for contributions, a 50-50: half property and half enrollment basis, or a 60-40 or 40-60 basis.

A town like Garwood could see an increase of a high of 58.4 percent or \$453, to a low of 23.36 percent or \$179. Do the taxpayers of these two towns realize that the dissolution could be more feasible for them? If Clark chose to run its own pre-K to 12 school district, they would see an increase on the high side of 3.8 percent and if Garwood attended Clark on a send-receive basis, Clark would only see an increase of 0.9 percent. If Garwood chose to attend Clark on a nine-to-12 send-receive basis, Garwood would only see an increase on the high end of 11 percent. And if they choose to attend Kenilworth on a seven-to-12 send-receive basis, they would see a 27 percent increase. Do the taxpayers of these two towns

understand what could happen? Do they understand they could see a large increase even if the regional district stays as is. If that wasn't enough, the study also recommends the regional district revisit the possibility of consolidating their building. So if dissolution does not happen, one of the remaining three towns with a school has to consider the possibility of losing their school. A town like Clark could see not only a large increase from a funding formula change, it could also find their school closed. If one were to look at a large business that began to shut its plants and rob from Peter to pay Paul, we would say that business is no longer successful and has not managed its money or planned for its future. And perhaps it no longer can manage on its own.

You can voice your opinion on the funding formula change during the next regional Board of Education meeting on Feb. 7 at 7:30 p.m. in Berkeley Heights. At that meeting, the board will discuss whether it wants to change the formula. You can voice your opinion on dissolution when the referendum vote comes to be. Our voices must be heard.

Janet Glynos is president of the Concerned Parents of Kenilworth.

letter to the editor

Celebrate our town's centennial

To the Editor:

In 1995 Mountainside celebrates its 100th anniversary as a borough. There will be many events in which I encourage the residents of Mountainside to participate: The Gala Ball, on April 29; the parade and picnic, on June 3; the second annual golf outing, on June 12, and the three-day Heritage Day Fair beginning Sept. 14.

I have the privilege and honor of being a native-born and life-long resident of Mountainside. Believe it or not, I was a participant in Mountainside's 50th anniversary in 1945. As a Cub Scout, I participated in ceremonies held in Echo Lake Park.

I particularly remember the Fire Department's demonstration on containing

fires. How fortunate we are to have the Volunteer Fire Department, Rescue Squad and our exceptional school system and all the wonderful organizations that make Mountainside the special community it is.

Volunteerism and concern for the borough started from day one — Oct. 22, 1895 — and still exists today.

As part of the centennial celebration, the Mountainside Echo will continue to publish material, provided by the Mountainside Historic Preservation Committee, that details the history of the borough. We hope you will enjoy this journey down memory lane.

Let's all be a part of the celebration. Happy birthday Mountainside!

Arthur Brahm, Chairman

Mountainside Historic Preservation Committee

'Gang That Couldn't Shoot Straight' comes to town

The ongoing saga over Bruce Bergen and the potential conflict he is involved in with the incorrect information on the certification has now become a major script for a new Keystone Cops movie being produced in Springfield.

Many believe that the script is really about "The Gang That Couldn't Shoot Straight." As each week goes by and each township meeting passes, the five members of the Township Committee: Mayor Emeritus Bruce Bergen, Acting Mayor Marcia Forman, Deputy Mayor Herb Sloe, Committee members Hirschfeld and Clarke, continue to dig themselves deeper and deeper.

When I attended the Jan. 24 Township Committee meeting, it marked my fourth request for public information which was first requested from Mr. Bergen on Jan. 10.

Even though he had stated he would supply the information, he did not, ignoring several requests. I had questioned several items on the bill he submitted for the month of December. Only after Mr. Bergen was ordered by the committee did I receive answers to my several-weeks-old questions.

With one item, Bergen charged taxpayers \$85 for one hour of his service, however, couldn't explain to me or the Township Committee what it was for.

Dismayed, I again asked Mr. Bergen to take a second or two and think because he had a full two weeks to find out. He replied, "I don't know what is was for I can't find any notes on it." Committee member Clarke lowered his head, Committee member Hirschfeld closed his eyes, and Committee member Holmes did a double-take.

Would anyone believe that when I asked Marcia Forman if she would ask Mr. Bergen to refund the township for a charge he couldn't identify, she said, "If he listed it, he must have done the work." Is this the blind leading the blind?

My second request for public information, that he refused to give, was for another hefty item on his bill that had no details attached to it. Mr.

Bergen admitted on the record that it was for research on the so-called Bergen Ordinance.

Is it not a conflict of interest to not only be involved in a lawsuit against the township, but also advise the township on the suit, and then bill the township for that research and advice?

Should Mr. Bergen have put himself on both sides of the issue, when his Democratic Party brought a lawsuit against the township?

I wonder if he has violated the Local Government Ethics Law? This will be up to the N.J. Local Finance Board and other legal agencies that will review his actions.

The script continues, however, at this point it is unclear which movie is being produced. Is it "The Gang That Couldn't Shoot Straight" or some Keystone Cops farce?

I asked Mr. Bergen if his legal clock was ticking at \$85 per hour from 7:30 to 11 p.m. when he attended the Planning Board meeting on affordable housing on Jan. 23. He said "yes."

I asked Forman by whose direction was Mr. Bergen sent to that meeting to represent the township? Would anyone believe there was dead silence from every member of the committee as they all looked at each other waiting for someone to answer?

When I couldn't get an answer, I asked Mr. Bergen if he knew who directed him to spend more than \$300 of taxpayer money to sit at a meeting. He looked at the committee, who looked back at him hoping he knew who sent him.

That is truly unimaginable. The chairman of The Gang That Couldn't Shoot Straight, Marcia Forman announced at 7 p.m. that the committee was going into closed session to discuss litigation before the meeting.

When I noticed the attorney for the pending lawsuit was there and Mr. Bergen was not, I began to believe the rumors that were all over town.

I asked if the closed session had

anything to do with any personnel matters, and Marcia answered "no." As we all sat outside, I informed the reporter for the *Springfield Leader* and several others that the committee was about to fire the attorney who was hired to defend Springfield against the Bergen lawsuit. At 7:20 p.m. Bergen walked up the stairs and made no effort to attend the meeting. Instead he just hung around at the top of the stairs, so I asked him if he, as township attorney, was going to the meeting, and he responded "no."

How did Mr. Bergen know not to attend that meeting unless he knew what was about to take place? Why would the township attorney come to a meeting 20 minutes late and not see if he was needed inside?

The rumors around town were that the attorney was to be fired and a new one hired. In fact, word had it that Marcia and Herb interviewed the new attorney that very day in his office.

Did Mr. Bergen know all this? Did he play a part in the firing or hiring of the new attorney? Later, during the public portion of the meeting, a resolution was introduced to fire one attorney to defend Springfield and to hire another — just as the script called for. I asked each member of the committee to answer when they knew the decision was made to fire one attorney and hire another. Marcia, Herb, JoAnn, Roy and Greg all stated it was not until the executive session, minutes before the Township Committee meeting.

When I asked Marcia and Herb how they could make that claim after they both interviewed the new lawyer that very day, all Marcia wanted to know was how I found out she and Herb interviewed the lawyer that very day. What they didn't know was that everyone in the world knew it.

I asked the committee members why the attorney was fired. Everyone looked at everyone else and again I asked the same question. Within seconds, Marcia became tongue-tied.

Bergen looked over to Sloe hoping he would jump in. Herb said, the original counsel "didn't do what we asked

him to do," and he promptly ended the conversation.

In my mind, that raised a number of questions. What didn't the attorney do that he was directed to do? Did the attorney do something the committee did not like, or gave them options they didn't want to hear? Time will tell what the real reason was.

During the public portion, I asked if the committee was looking into either the letter sent by former Committee member Katz on Dec. 3 or my letter dated Jan. 3. Both letters dealt with many items that Mr. Bergen did not have on his certification, which was required and upheld by a court of law.

First Marcia didn't remember the letters and when her memory clicked in, she went on record as saying so what, Bruce forgot about that auction sale, so did I.

Does anyone believe for a second that someone could forget an auction sale where many expensive gifts were solicited and auctioned to raise money for Roy's and Greg's campaigns?

Is it possible that then-Chairman of the Democratic Party Bergen "forgot" thousands of dollars and "forgot" to mention them on his certification, or to file them on the election reports as required by state law?

I strongly suggest that Marcia read the ordinance and she will find out that Mr. Bergen is perhaps holding a position that he shouldn't. I also suggest that Marcia, Roy, Greg and Herb read N.J.S.A. 19:4.A-3, Section D.

The reason I mentioned Herb is because when he ran, another auction was held and there is no record of that on any filed papers. In case anyone can't remember the list of gifts during both years, call Ruth Schwartz for the list. She had it before she gave it out to several people who perhaps made copies of it and kept them.

Sooner or later, the Township Committee will either be ordered or advised that it must address the contents of the ordinance. If Bergen knowingly omitted facts from his certification he should not have raised his hand on Jan. 1 to accept the position of township attorney.

The ordinance clearly states that if he violated it, he must be removed and can't hold the position for five years. I find it reprehensible that any single member of the Township Committee can sit by knowing that there is the slightest possibility that an ordinance is being violated.

Must a citizen of Springfield file yet another lawsuit to have this ordinance enforced? Bergen and his group have already cost the taxpayers almost \$10,000 in legal fees as a result of the suit brought by the Democratic Party of Springfield.

After all is said and done, who is really paying the price for all this madness? Sadly, Springfield is paying the price. Bergen is collecting his fees every month, the former attorney has his in his pocket, the new attorney will get his, and for now the Township Committee members who are fueling all this will still receive their pay checks.

Springfield's problems are not being dealt with simply because you have the blind leading the blind on the Township Committee, and there is no leadership.

Harry Pappas is a former member of the Springfield Township Committee.

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The Presidential Search Committee of the Board of Trustees will hold a public meeting on Friday, February 3, 1995 at 3:00 p.m. in the Wilkins Theatre. The agenda will be a forum during which members of the College community may give input to the composition of the College-wide Search Committee and the qualities desired in the new Kean College President.

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letters to the editor

Speed limits would ensure safety

To the Editor:
 The Parks and Recreation Advisory Board hosted the people who run the stables of the Watchung Reservation, and one comment that struck me was a suggestion to put safety reflectors on horses that cross the roads, to ensure drivers will see them.

I addressed them concerning the speed limits surrounding the reservation, as most are much higher than the limits of most county roads.

Chuck Sigmund, who is a Parks and Recreation member, stated that the deer subcommittee was addressing this issue and would make recommendations and take action where needed.

I then questioned members on both sides of the hunting issue. All stated that the speed limits were never addressed, or that it was not an issue to be concerned about.

I feel they should be addressed. As fast cars cannot slow down in time to avoid hitting a deer. Neither can they then avoid hitting a horse or a person.

P.S. With all this controversy about Springfield Mayor Marcia Forman twisting the arms of others to get her way, I wonder if she ever would have gotten her way if good ol' Harry Pappas was still around.

Vincent Lehotsky
 Linden

Earthquake relief

To the Editor:
 I think it would be a good and noble gesture on the part of former President Ronald Reagan to return some or most of the \$2 million he received from speaking engagements in Japan.

Considering the present situation in Kobe, such a move would put Reagan in very good stead.

I'm not telling anybody how to give or spend his money, just expressing my personal view.

George Ginsberg
 Springfield

Medical research pays

To the Editor:
 February is traditionally thought of as a time for hearts and flowers. It is also a special time for the millions of Americans who have been touched by cardiovascular disease. February is "American Heart Month."

Medical scientists have made tremendous progress in fighting cardiovascular diseases. Nevertheless, recent statistics show that in New Jersey, more than 29,000 people died in 1992 from CVD, and nearly 2 million individuals suffer from it.

The national averages show that close to 59 million Americans are afflicted with some form of heart disease, and every 34 seconds, one American dies from complications arising from CVD. This represents more than 925,000 deaths, more than 42 percent of all deaths annually. In fact, CVD ranked as the No. 1 killer in the United States in every year but one, 1918, since 1900.

The economic cost alone of CVD to the United States this year is estimated at \$138 billion. This includes physician and nursing services, hospital and nursing home services, the cost of medication, and lost productivity due to disability.

This year's theme, "Life: It's What We're Fighting For," focuses on the importance of medical research. Without it, deaths from heart disease and stroke would not have declined by 24.5 percent during the last 10 years.

It is difficult for most people to recognize that the everyday treatments used by physicians were initially research projects. Indeed, even the researchers themselves are unable to envisage the far reaching and global benefit which may result from some of their efforts.

The AHA is the largest funder of cardiovascular research in the United States, next to the federal government. Projected expenditures for 1995 indicate that the AHA will spend \$100 million to support 3,000 medical research projects nationwide. In New Jersey, the AHA will spend more than \$1 million to fund 43 research projects.

Much more needs to be done, however, and continued funding is crucial for life-saving research.

Ultimately, medical research doesn't cost. It pays.
 Dr. Trevor Atherley, President
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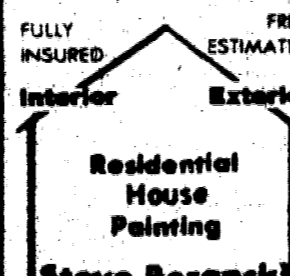



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Retracing Summit's church history

By Norman Rauscher
Correspondent

Someone once said that Summit had more churches per capita than Brooklyn, a New York City county known as "the Borough of Churches," since it had more per capita than any other geographical location in the United States.

The statement could be true.

By the time Gen. George Washington was beginning his first term as president in 1788, clusters of religious meeting houses had been constructed on isolated bits of land.

Central Church had its beginning during the Civil War, and the Catholic Church started as a mission in 1863 and became a separate parish in 1874. The Methodist-Episcopal Church was formed in 1867, and Oakes Memorial Methodist Church was founded in 1914.

However, more were to follow.

In 1875 14 Baptists, meeting in West Summit's Union Chapel, held services with the Rev. A.B. Woodsworth. Later they purchased the chapel for \$1,000 and on March 17, 1875, the first Baptist Church was organized. The first baptismal pool was built at the rear of the church in a small ravine. In 1888 a new church was built at the corner of Springfield and New England avenues. Except for a few additions and minor alterations, the building still stands at the same location.

The beginning of a synagogue dates back to about 1870. It was not until the 1940 Day of Atonement, however, that action was approved to

hold future High Holy Days at various public halls, including a room at 34 Maple St., approximately where United Counties Trust now stands. In 1929, the Unity Club became the Jewish Community Center. The congregation ultimately built a synagogue at the corner of Kent Place Boulevard and Morris Avenue. Rabbi A. Levy was the first to occupy the pulpit there.

In the mid-1950s, Temple Sinai was founded on Summit Avenue across from Ridge Road in an old house which was refurbished to accommodate the new congregation.

The First Lutheran Church was organized here in 1897 as the Swedish Evangelical Lutheran Church. The church, which was built in 1898, required major renovation as a result of a fire in 1930. The church moved from Summit in the late 1950s and relocated to Murray Hill where it changed its name to Faith Lutheran Church. The old First Lutheran Church, adjacent to Overlook Hospital, is now occupied by Mt. Olive Church.

St. John's Evangelical Lutheran Church was organized in 1908. A permanent building was erected in 1910 at the corner of Beechwood Road and DeForest Avenue. The church moved to brand new and larger quarters in the 1960s across from the Summit Hotel. The old church was razed, but the parsonage was saved and is presently used by the Summit Bank.

The First Christian Science Society began here in November, 1904, over the First National Bank, now the

home of Roots Men's Shop. Incorporated in 1907 as First Church of Christ, Scientist, activities were transferred to a house at Springfield Avenue and Ruthven Place, where the present church was built in 1938.

The Community Church, affiliated with the American Unitarian Association, was organized in 1906. The present building at the corner of Springfield Avenue and Waldron Avenue was dedicated in October 1913.

Fountain Baptist Church was organized in 1898 under the leadership of Violet Johnson. In 1902, the cornerstone of the old church on Chestnut Street was laid and the building was completed in 1917. About five years ago, the congregation built a new structure on Glenside Avenue to accommodate a growing congregation. Part of the Chestnut Street land was sold to the city of Summit to make room for the new City Hall, now under construction.

The Wallace Chapel A.M.E. Zion Church was formed in June 1923. From the old Lincoln YMCA, services were transferred in 1928 to a house at the corner of Broad and Orchard streets.

The Pilgrim Baptist Church was organized in 1929 and in 1941 purchased 37 Glenwood Place, which was razed in the 1970s to make room for the Glenwood Place housing project. The congregation built a new facility on Morris Avenue, across from the Summit Recreation Building, formerly the Edison Recreation Center.

news clips

Black women and business

Issues confronting black women in the business world will be the topic of a discussion held on Tuesday at 7 p.m. at the Resource Center for Women, located in Summit. Esther Silver-Parker, vice president of Public Relations, Eastern Region, from AT&T will lead this exploration of the gender and racial issues facing black women as they move increasingly into the business world.

Such issues include confronting stereotypes, feeling that one must work harder than everyone else in order to prove oneself, managing the stress that comes from juggling many roles, and being comfortable with power. Participants will have a chance to share their experiences, successes, and strategies.

The fee for this session is \$10; \$5 for Center members. The registration deadline is Feb. 2. Those interested in more information should call the office at (908) 273-7253. The Resource Center for Women, located in Calvary Episcopal Church on the corner of Woodland and DeForest avenues in downtown Summit, is a nonprofit, nondenominational organization offering programs and services to all area women.

Taking STEPS

Systematic Training for Effective Parenting is a practical approach to

helping parents relate more effectively to their children, based on concepts of mutual respect, encouragement, and natural and logical consequences.

An eight-week STEP course for mothers of children ages 2-8 will teach the STEP concepts described above with a particular focus on the concerns of single parents. Led by Kate McAteer, an experienced STEP facilitator and single parent, the program will be held on Thursdays beginning today, from 7:30 to 9:30 p.m. at the Resource Center for Women, located in Summit. This program is partially funded by the Junior League of Summit.

The fee for this series is \$50 for nonmembers, \$40 for members, plus \$12 for STEP Manual.

Partial scholarships are available for the series, by request. Because registration is limited, interested women should call the Resource Center at (908) 273-7253 as soon as possible.

Overcoming death

The death of a mother has a profound effect on a woman's sense of identity. "Motherless Daughters: The Legacy of Loss" will be the topic of an informal discussion tonight at 7:30 p.m. at the Resource Center for Women in Summit.

Mosse Burns, a therapist who specializes in family relationships, will lead the discussion using Hope Edelman's "Motherless Daughters" and Martha Robbins' "Mid-life Women and the Death of a Mother" as references. The evening will provide an opportunity to explore those aspects that are unique to early mother loss, as well as the commonality of experience and its effects, whatever the age of the daughter.

The fee for this series is \$10 for nonmembers, \$5 for members. Interested women should call the Resource Center at (908) 273-7253.

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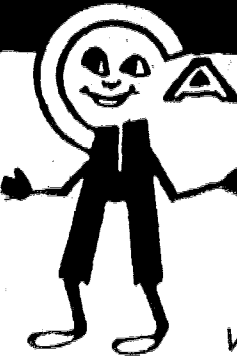
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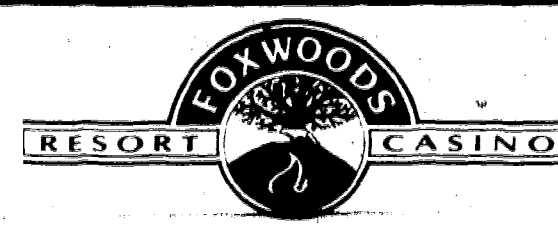
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1 Pet. 4:11



The Bible clearly teaches that the Disciples (followers) of Christ were called Christians (ONLY) first at Antioch (Acts 11:26). Peter said that if anyone suffers as a Christian (JUST), Christians let him not be ashamed, but let him glorify God in this name (SIMPLY) Christian (1 Pet. 4:16).

My friends, consider carefully:

THE TEACHINGS OF JESUS CHRIST does NOT make anyone a Baptist, Catholic, Lutheran, Methodist, Mormon, Presbyterian, etc. Many people are being deceived, in confusion, division and delusion. Therefore, we are urging people to GO BACK to the "New Testament Teachings of Christ." For example, please examine Jesus' parable illustration: Jesus said that the SEED is the Word of God (Lk. 8:11) and when sowed in good heart, will produce (Gen. 1:11-12) Christians only. And THE ONLY CHRISTIANS — nothing more (Acts 26:28).

We are committed to speaking the TRUTH (Jn. 8:32) in LOVE. YOU TOO CAN BE JUST A CHRISTIAN and serve God without belonging to any denomination, bound by no denominational laws or obligations. If such freedom appeals to you, please contact us.

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Kondracki Joins Summit Bank

Summit Bank announced that Robert Kondracki has joined the bank as vice president and manager of financial reporting. He is responsible for administering the preparation of financial statements for The Summit Bancorporation, Summit Bank's parent company, and its subsidiaries, as well as other regulatory and management reports.

Kondracki was earlier associated with Constellation Bank, N.A. in New Brunswick as assistant controller and with First Fidelity Bank, N.A. in Newark as a financial accounting officer.

Raised in Linden, he is a graduate of Linden High School. Kondracki received a bachelor's degree in accounting from Kean College in Union. He is a certified public accountant with the state of New Jersey.

Kondracki is a member of the New Jersey Society of Certified Public Accountants and the American Institute of Certified Public Accountants.

He and his wife, Theresa, are residents of Linden and have two children.

The Summit Bancorporation, head-



Robert Kondracki

quartered in Chatham, is a single bank-holding company established in 1974. On Dec. 31, 1994, SUMMIT had total assets of \$5.5 billion. SUMMIT's common stock is traded on the NASDAQ National Market System under the symbol "SUBN."

SUMMIT's commercial bank subsidiary is Summit Bank, which was chartered in 1891 and is headquartered in Summit. The bank operates 91 banking offices in 11 New Jersey counties.

Graveyard shift



Photo Courtesy of Carolyn Mulligan

Cub Scouts Brian Mulligan and Danny Densen of Franklin School's Den 9 are cleaning the area known as 'The Elephant's Graveyard' on Oak Ridge Avenue. Caring for the environment is part of the Cub Scout curriculum for the kids in Pack 260 of the Watchung Council.

Burley-Waltzinger is VP of bank's Trust Division

Summit Bank announced that Marjorie Burley-Waltzinger has joined the bank as a vice president with its trust division, located in Summit at 50 Beechwood Ave. She is responsible for administering large and complex agency relationships, including custodial, investment management and investment advisory services, as well as coordinating business functions for corporate and large family-agency relationships with Summit's commercial and corporate banking departments.

Waltzinger was previously asso-

ciated as an officer with J.P. Morgan in New York as the private banking custody manager.

Raised in Summit, she is a graduate of Summit High School. Waltzinger received a bachelor of arts degree in communications from Villanova University in Villanova, Pa. She and her husband, Bill, are residents of New Providence.

The Summit Bancorporation, headquartered in Chatham, N.J., is a single bank holding company established in 1974. On Dec. 31, 1994, SUMMIT had total assets of \$5.5 billion.

obituaries

Arturo C. Lucero

Arturo C. Lucero, 52, of Summit died Jan. 25 in Overlook Hospital, Summit.

Born in Ecuador, Mr. Lucero lived in Florida and Sayreville before moving to Summit 10 years ago. He was a computer programmer at Ciba Pharmaceutical, Summit, for one year. Earlier, Mr. Lucero worked in the same capacity for Computer People in Florida and then the Crum & Forster

Insurance Co., Morristown. He was a 1964 graduate of Catholic University, Quito, Ecuador, with a degree in computer programming. Mr. Lucero also graduated from Union County College, Cranford, and the Chubb Institute.

Surviving are his wife, Teresa; a son, Alex; four daughters, Norma, Laura, Leslie and Christina; three brothers, Gonzalo, Miguel and Gustavo, and a sister, Famy.

CELEBRATING CATHOLIC SCHOOLS... JANUARY 29, 1995/FEBRUARY 3, 1995



The theme and logo, "Catholic Schools: Schools You Can Believe In," is one we believe will maintain its excitement and appeal for years to come. It reflects the vision of this positioning statement:

Catholic schools, believing each student is a child of God, challenge each to achieve academic excellence, to embrace the gospel message and to make a difference in the world.

The bright colors in the logo are designed to be both eye-catching and meaningful. Each represents an element of nature: blue for water and sky, green for plant life, orange for fire and yellow for sun.

The figure represents all those touched by Catholic Schools: students, teachers and parents. The figure is neither male nor female, nor of any particular race or nationality. The book the figure holds aloft represents the academic excellence of Catholic schools (and areas well beyond the Bible). And the numbers behind the figure represent the dawn of a new day.

All in all, it's a visual approach that emphasizes the positive, forward-looking view of Catholic schools. The theme, "Catholic Schools: Schools You Can Believe In," has an intentional dual meaning. On the one hand, you can practice your Christian beliefs in Catholic Schools. The two crosses within "Catholic Schools: Schools You Can Believe In," reinforce the Christian foundation of Catholic schools.

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1:00-2:00 PM
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Pre-Kindergarten PM-Only
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January 31 - Kindergarten & Gr 1-8
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Springfield native lands in Normandy, returns home a hero

By Jeffrey C. Turblitt
Staff Writer

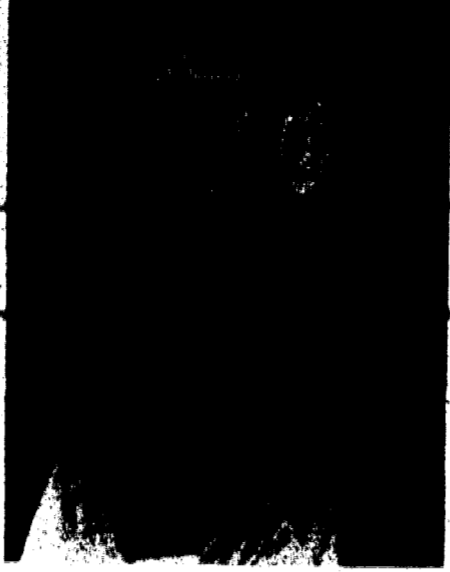
The journey from North Africa to Sicily to Normandy and back to Union has been a long one for Harry Michaelson, a war veteran who recently donated a painting and other artifacts from his vast experiences in World War II to Union Township.

Michaelson, born in Springfield and now an Elizabeth resident after a long stint living in Union, was honored last week by Union Mayor Greg Muller and the Township Committee for his service to his country and his community. Michaelson donated a painting commemorating the landing at Normandy, which Michaelson received as part of the 50th anniversary festivities held last summer.

Michaelson was invited to return to Normandy to take part in the ceremonies, but he declined the offer. "Once was enough," he explained.

Michaelson recalled the landing as "pure hell," but he noted that his division was one of the best prepared. "We were prepared to live in the open and walk off and fight. We weren't barracks soldiers," said Michaelson, who also had a hand defeating Field Marshall Irwin Rommel and the vaunted Afrika Corps in North Africa before taking on the Desert Fox again in France.

Union Mayor Greg Muller had high praise for Michaelson. "Harry is a real nice guy. He truly suffered some catastrophic experiences, and yet he is a kind man. He has quietly contributed



Harry Michaelson

to the community over the years and he has never sought any glory."

Michaelson, who has spoken with ROTC officers and area social studies classes about his experiences, said students don't realize the scope of a full armored division. It has 14,000 combat soldiers and it stretches out 75 miles, he said. Michaelson also said the students weren't aware that the fighting in Africa and Sicily preceded the Normandy Invasion.

Michaelson said one of his memorable experiences was meeting and speaking with Gen. George S. Patton on two occasions. He said Patton, who openly criticized the Russian/American alliance during the war, was a soldier, not a politician, and he was misconstrued by the press because of it.

Known as "Old Blood and Guts," Patton was one of the most fabled commanders in American history. He was also the subject of the movie with George C. Scott playing the title role.

Michaelson, the owner of detailed notebooks and other materials marking his time overseas, said the movie was actually a bit thin in describing what it was really like to serve under Patton.

"He was a military man. He demanded perfection. He was there to do a job and was going to get it done. He was a tremendous individual," Michaelson said.

But Michaelson notes that he paid a price for playing a role in history and earning his \$21 a month Army salary. Michaelson, the owner of two Purple Hearts, three battle stars, a

presidential citation, a Silver Star and other awards, was badly burned on one occasion.

According to army records, on July 30, 1944, Michaelson's unit was attacked by a German armored column near the town of St. Denis la Gast in Normandy, France. During the attack, Michaelson was manning a .30-caliber machine gun when an explosion and resulting fire of a German vehicle injured and burned him.

After the incident, Michaelson was put on medical discharge. He then worked in the shipping business for a number of years before finally retiring.

The scope of the miles and the difficulty in what he has faced is not lost on Michaelson. As he packed up his scrapbooks, he said, "It's been a long, hard road."

Approaching age 65? Prepare for the benefits of Medicare

The number of people heading into retirement has continued to grow. Today, about one in eight Americans is age 65 or older, compared with one in 25 at the turn of the century. If you're about to celebrate your 65th birthday, you may have some decisions to make about whether to continue working or to sign up for Social Security and begin collecting benefits. Even if you decide to continue working and don't collect retirement benefits, you should sign up for Medicare. And, you'll need to decide if you want Medicare Medical Insurance.

If you're already receiving benefits under the Social Security program or Railroad Retirement, about three months before your 65th birthday you will receive a Medicare enrollment package in the mail. It will tell you that you're automatically enrolled for both Hospital Insurance (Part A) and Medical Insurance (Part B). If you want both, simply sign the Medicare card and keep it with you.

Part A is free. However, Part B costs money and you have a choice about buying this coverage. If you decide you don't want Part B coverage, you must return the card in the envelope provided, and you will receive a new card showing that you have Hospital Insurance only.

Some people delay signing up for part B because they don't want to pay

the monthly premium. If you or your spouse continue to work and the employer's group health plan satisfies your health care needs, this decision may be appropriate. For other individuals, this choice could be expensive because the premium increases if they delay enrollment.

Under Medicare, the two parts of the program pay for different services:

Part A (Hospital Insurance) helps pay for inpatient care in a hospital or skilled-nursing home and for home health and hospice care. If you are working, Part A can supplement your employer's health plan.

Part B (Medical Insurance) helps pay for doctors' services, outpatient hospital care, and a number of other medical services and supplies.

Although most people do not pay a monthly premium for Part A coverage, enrollees do pay deductible and coinsurance amounts. In 1995, for the first 60 days of a hospital stay the deductible is \$716; for days 61-90, you will pay \$179 per day.

Part B enrollees pay a monthly premium plus the deductible and coinsurance amounts. The premium amounts are set each year by law. For 1995, the monthly premium for Part B is \$46.10.

A seven-month "initial enrollment period" for Part B coverage begins

three months before your 65th birthday. If you enroll during those first three months of your enrollment period, your medical insurance protection will start with the first month you are eligible. If you enroll during the last four months, your protection will start one to three months after you enroll. If you don't enroll during this initial enrollment period, each year you are given another chance to sign up during a general enrollment period. Once you're enrolled for Part A, you will receive a copy of the Medicare Handbook, which explains in detail what the Medicare program includes. Information about changes in premiums, deductibles, and coinsurance costs is mailed to Social Security beneficiaries.

If you do not sign up for Part B when you are first eligible because you are covered by a group health plan based on your current employment or that of your spouse, you may be eligible for a seven-month "special enrollment period" for Part B coverage. It will begin with the month you or your spouse stop working or are no longer covered by the plan, whichever comes first. You will not pay a premium surcharge for delayed enrollment.

If neither you nor your spouse is currently working and covered by a group health plan, you need to be aware of what to expect if you don't sign up for Part B as soon as you are eligible for coverage. Your private insurance company may convert your coverage to a Medicare supplement policy because it expects you to sign up for Part B. As a result, you may be without full health care coverage until you can sign up for Part B during a "general enrollment period," and you will pay a higher monthly premium for this delayed enrollment.

If you're not covered by a group health plan based on current employment and you don't enroll for Part B when you're first eligible, you won't be able to enroll until a general enrollment period. And, your premium may be increased. The general enrollment period begins each year on Jan. 1 and continues through March 31. Coverage does not begin until the following July. The monthly premium increases 10 percent for each 12-month period you were eligible for Part B and didn't enroll.

If you are age 65 or older and have not applied for Part A because you did not work long enough to qualify, contact Social Security if you are interested in buying Medicare coverage. In 1995, the monthly premium for Part A coverage is \$261. However, if you or your spouse have at least 30 quarters of employment in jobs covered by Social Security but not enough quarters to qualify for premium-free Part A coverage, the monthly fee for Part A in 1995 is \$183. You must also apply for Part B. As is true for Part B coverage, you can only apply for Part A during specified enrollment periods.

If you are under age 65 and have a disability or permanent kidney failure, special rules apply to your eligibility for Medicare. Contact your local Social Security office for more information.

If you have low income and very limited assets, your state may pay

some or all of your Medicare expenses, including buying Part A coverage. Federal law established two programs — Qualified Medicare Beneficiary (QMB) and Specified Low-Income Medicare Beneficiary (SLMB) — to help those with income near or below the national poverty level. If you qualify for the QMB program, your state may pay your Medicare premiums, deductibles, and coinsurance. If you qualify for the SLMB program, your state may pay only your Medicare Part B monthly premiums.

Only your state can decide if you're eligible for help under either program. If you think you qualify, contact your

state or local medical assistance (Medicaid) agency, social services office, or welfare office. Call the toll-free number, 1-800-638-6833, for the telephone number of your medical assistance office.

If you think you qualify but you have not filed for Medicare Part A, contact Social Security to find out if you need to file an application. Further information about filing for Medicare is available from your local Social Security office or from Social Security's toll-free number, 1-800-772-1213, between the hours of 7 a.m. and 7 p.m. on business days.

The preceding article was submitted by the Social Security Administration office in Elizabeth.

Museum offers gift ideas

Those looking for unique Valentine's Day gifts will find the perfect selection in the Crafters' Corner of the Donald B. Palmer Museum of the Springfield Free Public Library. Sponsored by the Friends of the Donald B. Palmer Museum, the Crafters' Corner features fine handcrafted works including pottery, handwoven

baskets, refrigerator magnets, dolls, jewelry, handpainted stationery and other fine gift items. The moderately priced unique gift items are on display in the Palmer Museum.

The museum is located in the Springfield Free Public Library, 66 Mountain Ave., Springfield.

Seniors, local AARP to meet in February

The next regular meeting of the Senior Citizen Club of Mountainside will be held Feb. 10 at noon at the Presbyterian Church, located at Deer Path and Meeting House Lane.

The scheduled guest for this meeting is the "Angel Lady," Eileen Freeman, who will address the group on angels used in a St. Valentine's Day theme.

The following scheduled meeting will feature Springfield resident Dan Kalem.

Kalem, who has addressed the group on previous occasions, will speak on changes in the Medicare system.

Bus chairperson Rose Siejk has announced that she will be running a trip to the Evergreen Dinner Theatre in Mountain Lakes on March 21, to see "The Will Rogers Follies."

On April 25 the group will travel to Strasburg, Pa., for the Sight and Sound Splendor of Easter.

On May 10 the seniors have planned a mystery bus trip.

Registration for these events will be held at the meeting next week.

The Westfield-area chapter of the American Association of Retired Persons will be held on Feb. 6 at 1 p.m. in St. Paul's Episcopal Church, located at 414 E. Broad St.

The guest speaker will be James E. DeMartino, an attorney who will discuss Living Trusts and related subjects.

These meetings are held monthly from September through June on the first Monday of the month, excepting legal holidays. Guests are always welcome.



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Hair Vita 60s	Reg. \$2.99	\$199	Celebrity Tabs 60s	Reg. \$4.99	\$2999
Selenium 100 mcg 100s	Reg. \$2.99	\$179	Oxtriva FDA Antioxidant 60s	Reg. \$4.99	\$379

Toms Cinnamon Toothpaste w/Fluoride 6 oz	(or Spearmint) 3 oz. Reg. \$4.69	\$359
Natrol Ester C 500 w/Bioflav. 60s	Reg. \$3.50	\$639
Natrol Citrimax Plus 90s	Reg. \$19.95	\$1379
Kal DietMax or Fat Control 60 tabs	Reg. \$14.99	\$969
HFS Borage Oil 240 30s	Reg. \$13.95	\$929
Hobe Slim Tea Original 24s	Reg. \$7.49	\$489
Nway Valerian Root Caps 100s	Reg. \$7.49	\$489
TwinLab Gainer Fuel 2500 8 lb.	Reg. \$43.95	\$2949
TwinLab Gainer Fuel 1000 8 lb.	Reg. \$32.95	\$2199
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OUR LUCKY DAY - Friday, Jan. 13, was a lucky day for Deerfield Middle School students. The Mountainside PTA sponsored an evening of games, dancing and pizza for sixth-, seventh- and eighth-graders to enjoy.



Photo courtesy of Linda Condrllo

Blood supply is dangerously low

The blood supply for the New York metropolitan area is reaching a dangerously low level. Those who are eligible to donate blood are urged to call the New York Blood Center at 1-800-933-2566 for information about locations to give blood today, or to make an appointment to donate blood during the next few weeks while the shortage is expected to continue. A continued shortage will curtail the center's ability to provide blood for the needs of all the patients in the 260 hospitals served by the New York Blood Center. The New York Blood Center is asking the public for an immediate increase in blood donations.

The major cause for the sudden drop in the blood supply was a large post-holiday season increase in surgeries and other procedures that often

require blood transfusion. In addition, the flu has caused many regular blood donors to temporarily stop donating. The blood shortage has hit the New York region at the worst possible time of the year because alternative sources of blood that are usually available from other blood centers are not available right now due to blood shortages throughout the country.

The New York Blood Center maintains the largest community blood supply in the country, providing nearly 10 percent of the nation's blood, which it collects and distributes throughout the New York/New Jersey metro area including the five boroughs of New York City, Long Island, northern and central New Jersey and the Hudson Valley region of upstate New York.

Trailside to host Astronomy Sunday this month

According to the Union County Board of Chosen Freeholders, Trailside Nature & Science Center will host its annual Astronomy Sunday on Feb. 26 from 1-5 p.m. The Center, located in Mountainside, will provide a stellar lineup of scheduled events and ongoing astronomy activities. Scheduled events will include Planetarium shows, a keynote speaker, model rocket launches, and children's activities.

At 2 p.m., Lonny Buis of Raritan Valley Community College Planetarium, will present a program titled "3-D Animation Magic" and will show visitors how astronomical subjects are animated in 3-D for use in planetariums and even movies. Buis will demonstrate and show a video of animations he created.

K-2nd, Astronomy Sunday will offer planet workshops where each child will create an astronomy project to take home. Astronomy discovery stations will allow children in the 3rd-5th grades to make projects between 1:30-4:30 and do hands-on activities relating to astronomy.

In addition to scheduled events, ongoing activities will include space face-painting for kids and sunspot viewing, weather permitting. Light refreshments will be sold and admission to the event is a recommended donation of \$1/person. Planetarium shows, however, are \$2.75 per person and are for ages 6 and up.

Call (908) 789-3670 for more information. Trailside Nature & Science Center is a facility of Union County Division of Parks and Recreation.

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PUBLIC NOTICE

RESOLUTION APPROVING APPLICATION 3-948, A SITE PLAN WITH VARIANCES FOR BLOCK 147, LOT 17.1, 719-721 MOUNTAIN AVENUE BY THE TOWNSHIP OF SPRINGFIELD PLANNING BOARD, COUNTY OF UNION, STATE OF NEW JERSEY

WHEREAS, the Dianna Corporation made application for minor subdivision approval with variances for Block 147, Lot 17.1, known as 719-721 Mountain Avenue, Springfield, New Jersey;

WHEREAS, the Applicant amended their Application and submitted revised plans on November 21, 1994 seeking a site plan for the above-stated property and three variances;

1. For Impervious lot coverage;
2. Side yard requirements; and
3. Buffer requirements between the Neighborhood Commercial Zone and the S-75 Residential Zone.

WHEREAS, the Applicant's entire property is split between the S-75 Residential Zone and the Neighborhood Commercial Zone;

WHEREAS, the Applicant received site plan, a minor subdivision and certain variance approval in 1992 bisecting the property along with zone line with conditions of a ten-foot buffer between the residential property and a board-on-board fence along the zone line. The approval allowed for the construction of two homes on the S-75 Zone of the subdivision;

WHEREAS, the Applicant's Application today seeks approval for development of a Neighborhood Commercial Zone;

WHEREAS, revised plans were submitted by Donald R. Guarriello on November 21, 1994;

WHEREAS, Mr. Guarriello was sworn in and testified as follows:

1. The Applicants request a variance for the requirement of a ten-foot buffer between the Neighborhood Commercial Zone and the S-75 Zone. The ten-foot buffer would be placed on the S-75 Zone as opposed to the Neighborhood Commercial Zone. The Neighborhood Commercial Zone would have a five-foot buffer between the lot line and parking lot. If a ten-foot buffer were to be placed on the Neighborhood Commercial Zone side, the proposed site plan would lose two parking spaces.
2. The Applicant site plan shows two buildings. Each building is to be 4,200 square feet. One building is existing with a basement and will be renovated to 2,000 square feet. The other building will be newly built.
3. The existing building has a basement. The basement would be blocked off and not used except for 400 square feet to be used for utilities. The 400 square feet would require two additional parking spaces that have been provided for on the plan. A total of 44 parking spaces are set forth on the site plan.
4. The Applicant seeks a variance for 1.8% of impervious lot coverage. The additional lot coverage will have no effect on drainage.
5. The Applicant seeks a variance from the side yard requirements of 0 and 12 feet. The site plan proposes two buildings, each sitting on one side lot line. In order to comply with the lot line, they would have to seek a subdivision of the property or eliminate parking;
6. The loading zone as proposed in the site plan would be re-configured to conform with the size requirement of the ordinance at 10 feet x 25 feet;

WHEREAS, Mr. Cotandrea, the owner of Dianna Corporation was sworn in and testified as follows:

1. The residential lots are not being developed at this time;
2. All site improvements will be put in when the first building is renovated and backed for sale;
3. The 10 foot buffer planting on the S-75 Zone would also be put in and bonded at the time the first building is renovated;
4. The residential lot in the S-75 Zone will be cleared up and maintained;
5. Additional fencing will be erected along the entire property;
6. The request for free-standing signs are withdrawn;

WHEREAS, the hearing was opened to the public and public comment was heard and considered by the Planning Board;

NOW THEREFORE BE IT RESOLVED BY THE TOWNSHIP OF SPRINGFIELD PLANNING BOARD that the site plan Application based upon revised drawings dated November 21, 1994, 3-948 for Block 147, Lot 17.1, 719-721, Mountain Avenue, is hereby approved upon the following conditions:

1. A variance for impervious lot coverage is granted as this will have no effect upon drainage.
2. A variance for side yard requirements is granted as the variance is preferable to a subdivision of the property and the loss of parking spaces.
3. A variance for the 10-foot buffer between the Neighborhood Commercial Zone and the S-75 Zone is granted as the buffer will be placed in the S-75 Zone with no loss of parking;
4. The loading zone shall be re-configured to be in conformance with the ordinance at 10 feet x 25 feet;
5. The basement on the existing dwelling will be blocked off in conformance with all building and fire code requirements, except for 400 square feet to be used for utilities only. The remainder of the basement should not be used for any purposes;
6. The residential property in the S-75 Zone shall be cleared up and maintained;
7. All site improvements on the Neighborhood Commercial Zone and drainage on the residential lots in the S-75 Zone shall be installed upon the renovation of the first building or construction of the new building, whichever comes first, and shall be bonded in total prior to any construction;

PUBLIC NOTICE

8. The plantings in the S-75 Zone shall be bonded and installed upon any construction in the Neighborhood Commercial Zone;
9. Fencing over the entire property shall be erected as follows:
 - A. Fence along the west side to be board-on-board;
 - B. Fence along the southwest portion to be repaired or replaced with a board-on-board fence;
 - C. Fence along the lot line between the zones will be board-on-board; and
 - D. Snow fence shall be erected along the northeast portion of the property, said fence to be maintained by the Applicant.
10. Utilities cross-easements between the Neighborhood Commercial lot and the two lots in the S-75 Zone shall be placed on the map for filing and should not run to the Municipality;
11. Each occupant in the proposed building must file a recycling plan with the Township Recycling Coordinator for review and approval;
12. No free-standing signs are allowed and all signs shall be presented to the DRC and shall be presented for the entire units for each building;
13. Each Applicant of the proposed building will be restricted to the Neighborhood Commercial Zone hours of operation;
14. The Applicant shall comply with all federal, State and local laws, rules and regulations, obtain other required governmental approvals in the implementation of this site plan;
15. The Neighborhood Commercial Zone is memorialized pursuant to the Zoning Map of the Township as the first 200 feet (depth) of the property.

W. T. Halpin
Chairman, Township of Springfield Planning Board
As the Secretary of the Township of Springfield Planning Board, I certify that the above is a true copy of a Resolution adopted by the Township of Springfield Planning Board on this 4th day of January, 1995.

Robert C. Kirkpatrick
Secretary, Township of Springfield Planning Board
U4325 Springfield Leader, (Fee: \$72.75)
February 2, 1995

PUBLIC NOTICE

RESOLUTION APPROVING APPLICATION 2-94 FOR A MINOR SUBDIVISION WITH VARIANCES AT 46 DENHAM ROAD, BLOCK 11.02, LOT 15.02, THE TOWNSHIP OF SPRINGFIELD PLANNING BOARD, COUNTY OF UNION AND STATE OF NEW JERSEY

WHEREAS, the Applicant, HELEN JOHNSON, the owner of the premises known as Block 11.02, Lot 15.02, known as 46 Denham Road, Springfield, New Jersey;

WHEREAS, the Applicant seeks a minor subdivision of the above stated lot into two lots with a variance for lot width;

WHEREAS, the lot widths of the subdivided lots would be 52 feet on the new lot and 53 feet for the existing lot and dwelling, all other dimensional requirements of the lots for the S-60 zone would be met;

WHEREAS, the requirement in the S-60 zone for lot width is 60 feet;

WHEREAS, the created lot is under contract to be purchased by Nicholas Parisi;

WHEREAS, Mr. Parisi testified:

1. That the contract for the purchase of the new lot is conditioned upon Planning Board approval;
2. The proposed dwelling to be constructed would not exceed 2,400 square feet;
3. Many existing lots in the neighborhood are under 60 feet in lot width;
4. Whereas, the garage would be placed in front of the home, and not along the side yard.

WHEREAS, the Applicant, HELEN JOHNSON, testified:

1. The present property is 23,118 square feet, which is in excess of three times the required square footage of lot area for a residential building in the S-60 zone;
2. No other variances are required for the minor subdivision;
3. The purpose of the sale of the subdivided lot would be used to pay for medical bills, and repairs for the existing dwelling;

WHEREAS, the hearing was opened up to the public for public comment, and public comment was taken and considered by the Planning Board; specifically, concerns voiced by Arthur Blaser of 36 Denham Road, Millville, Debra Blaser, and Mr. Frank Letic of Denham Road, that the side yard would be too small and create a danger to surrounding property even though same complies with ordinance.

BY THE TOWNSHIP OF SPRINGFIELD PLANNING BOARD that the above Application for a Minor Subdivision Approval With Variances for Lot Width for Block 11.02, Lot 15.02, known as 46 Denham Road be granted, with a 52 foot frontage and a 53 foot frontage, as the present lot is oversized and a subdivision would conform to the lots size they surround the property. Additionally, the creation of the new lot and proposed building presented before the Planning Board would conform to the side yard requirement of 8 feet, conditioned as follows:

JAY L. KLOUD, ESQ.
100 Morris Avenue
Springfield, New Jersey 07081
U4326 Springfield Leader, (Fee: \$14.25)
February 2, 1995

SHERIFF'S SALE

SHERIFF'S NUMBER CH 751582
DIVISION: CHANCERY COUNTY: UNION
DOCKET NO. F-12345
PLAINTIFF: MIDCOAST MORTGAGE CORPORATION
DEFENDANT: MICHAEL D. HARRISON, ET ALS.

WRIT OF EXECUTION DATE: APRIL 29, 1994

SALE DATE: WEDNESDAY THE 8TH DAY OF FEBRUARY A.D. 1995

By virtue of the above-stated writ of execution to me directed I shall expose for sale by public vendue, in the FREEHOLDERS MEETING ROOM, 6th FLOOR, in the Administration Building in the City of Elizabeth, N.J., on WEDNESDAY, at two o'clock in the afternoon of said day.

The property to be sold is located in the Township of Springfield, County of Union and State of New Jersey.

The property is commonly known as: 91 Ruby Street, Springfield, New Jersey.
Tax Block 124, Lot 18.
Dimensions (Approximately): 88 feet wide by 100 feet long
Nearest Cross Street: Situate on the southwesterly side of Ruby Street at its intersection with the southeasterly line of Siles Street.

JUDGMENT AMOUNT: ONE HUNDRED FIFTY ONE THOUSAND NINE HUNDRED NINETY SIX DOLLARS AND SIXTEEN CENTS (\$51,996.16)

ATTORNEY: JOSEPH C. PETRIELLO
10 GALES DRIVE
WAYNE, NJ 07470

SHERIFF: RALPH HILICH
FULL LEGAL DESCRIPTION IS FILED AT THE UNION COUNTY SHERIFF'S OFFICE.

ONE HUNDRED SIXTY ONE THOUSAND SIX HUNDRED THIRTY NINE DOLLARS AND TWENTY SIX CENTS TOTAL JUDGMENT AMOUNT (\$164,839.26)

U3782 Springfield Leader, Jan. 12, 19, Jan. 26, Feb. 2, 1995 (Fee: \$75.00)

TOWNSHIP OF SPRINGFIELD PLANNING BOARD SPECIAL MEETING

PLEASE TAKE NOTICE that a SPECIAL MEETING of the Planning Board of the Township of Springfield has been scheduled for Wednesday February 8, 1995 at 7:00 P.M. for the purpose of conducting a Public Hearing on the Housing Element of the Master Plan and to amend the Master Plan of the Township of Springfield to adopt a new Housing Element and Fair Share Plan. The hearing will be held in the auditorium of Jonathan Dayton Regional High School at Mountain Avenue Springfield, New Jersey on Wednesday February 8, 1995 at 7:00 P.M. and you may appear in person by agent or Attorney to present objections or comments. Copies of the plan will be available for inspection at the Township Clerk's office and the Engineer's office located at 100 Mountain Avenue and the Springfield Library.

Robert C. Kirkpatrick
Planning Board Secretary
U4318 Springfield Leader, (Fee: \$10.25)
February 2, 1995

SPRINGFIELD BOARD OF EDUCATION NOTICE TO BIDDERS

Sealed proposals will be received by the Board of Education of the Township of Springfield, County of Union, New Jersey until 10:00 A.M. on Monday, February 22, 1995 in the office of the Secretary, Florence M. Gaudin, School Board Offices, South Springfield Avenue, Springfield, New Jersey for the following:

54 PASSENGER BUS

Instructions to Bidders, Form of Proposal and Specifications may be examined at the office of the Secretary, Florence M. Gaudin, School Board Offices, South Springfield Avenue, Springfield, New Jersey and a copy thereof may be obtained by each bidder.

Bids shall be made only on the form provided with all blanks filled in and signed by the bidder. Bids shall be enclosed in sealed envelopes giving the name of the bidder and the type of materials of services bid on. Specified bids must be accompanied by a certified check or bid bond equal to 10% of the bid total.

No bidder may withdraw his bid for a period of thirty (30) days after the date set for the opening thereof.

The Board of Education reserves the right to reject any or all bids submitted and to waive any minor informality or irregularity in any bid, and shall, further make awards in any way it deems advisable to the best interests of the School District.

Bidders are required to comply with the rules and regulations of Chapter 127 P.L. 1975 concerning Affirmative Action and must furnish Notice of Compliance with same with their bid. Bidders are required to comply with the rules and regulations of The Americans With Disabilities Act of 1990 (ADA) concerning unlawful discrimination in employment.

All successful vendors must submit within seven days of the notice of intent to award or the signing of the contract, one of the following:

1. A photo copy of their Federal Letter of Affirmative Action Plan Approval.

Dated: 1-4-95
U4453 Springfield Leader, (Fee: \$35.00)
February 2, 1995

Connections
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SLEEPLESS IN SPRINGFIELD
Sam's looking for Annie. Does the magic exist? White male, self employed, 38, 5'8, 155 lbs, who loves sports, cooking & the beach. Looking for an Annie that's attractive, sweet & kind hearted, with a zest for life and sharing it with the right guy.

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Chiropractors

Dr. John Krickalis
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Professional office providing non-invasive, conservative care. Free consultation and examination worth \$150 in services.
Call for details 908-964-3331.
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SPORTS

In the playoffs again

Dayton girls' basketball team qualifies

Although the Dayton Regional High School girls' basketball team lost both of its games last week, the Bulldogs still managed to qualify for a spot in the North Jersey, Section 2, Group 2 playoffs.

Dayton took a 7-6 record into Tuesday night's Mountain Valley Conference-Mountain Division contest at Johnson Regional. Even a Dayton loss and a 7-7 record after Tuesday's Jan. 31 cutoff date would still be good enough for the Bulldogs to qualify.

All boys' and girls' teams needed to be .500 or better after Tuesday's contests to qualify for their respective tournaments.

This year's state tournaments are scheduled to commence Monday, Feb. 27.

Last year Dayton lost in the sectional quarterfinals to Morris Hills 55-33 in Rockaway. Morris Hills is again one of the best teams in the section this year and last week was ranked No. 15 in the state with a 12-0 record.

Dayton fell on hard times last week, first losing at home to Governor Livingston 60-39 on Jan. 24. Dayton led 13-12 after the first quarter, but then gave up 17 points in the second period to fall behind 29-21 at the half.

Senior point guard Michelle Saunders scored 21 points and senior forward Linda Rapczynski added 11.

After beating Hillside 61-48 at home back on Jan. 3, the Bulldogs lost a 10-point decision to the Comets on Friday, falling 66-56 in Hillside.

Saunders outscored Hillside sophomore standout Sherryta Freeman for the second time this year — this time 30-28 after 32-14 the first time — but Dayton once again fell behind in the second quarter after taking a 13-12 lead after the first eight minutes. Hillside scored 24 points in the second quarter to take a 36-26 lead it never relinquished.

Rapczynski and Jen Penn added eight points apiece for Dayton.

The Bulldogs are scheduled to play at Newark Central tomorrow afternoon at 4:00.

Boys' drop two

Dayton's boys' team dropped two games last week, losing at Governor Livingston 60-26 Jan. 24 and then at home to Hillside 64-41 Friday.

Roberto Tarantino scored 10 points to lead Dayton against Hillside. The Bulldogs began the week with a 3-10 record and Tuesday looked to beat Johnson Regional for the second time.

Dayton is scheduled to host Newark Central tomorrow at 7.

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This year's Union County Tournament seeding meeting, for both the boys' and girls' tournaments, will take place Wednesday morning (Feb. 8) at 10 at the Stagehouse Inn in Scotch Plains.



NATIONAL CHAMPION — Cory Cooperman of Springfield, 11, won the 70-pound Junior Division championship at the 40th Annual Tulsa Nationals, billed as "The Toughest Tournament in the World." The youth wrestling competition was held Jan. 20 and 21 at the Fairgrounds Pavillion in Tulsa, Okla. Cooperman, a 6th grade student at Gaudineer School, defeated all five of his opponents and two of them by pin. He concluded the 1994 season with an astonishing record of 110 wins and three losses.

Winning is always sweet

Dayton wrestlers snap skid with impressive victory

The Dayton Regional High School wrestling team bounced back from a three-match losing streak by beating non-conference foe West Orange 40-28 last Saturday in Springfield.

The Bulldogs took a 6-5 record into last night's home match against Governor Livingston. Dayton hosts Johnson Regional this Saturday at 1 p.m.

The Bulldogs face Bound Brook in Bound Brook Wednesday (Feb. 8) at 7 p.m.

The 20th annual Union County Tournament will take place at the Dunn Sports Center in Elizabeth on

Friday night, Feb. 10 and Saturday afternoon Feb. 11.

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Freshman Joe Porter got things going for Dayton Regional when he pinned P.J. Cassidy in 1:23 at 102.

After junior Earl Glasco was decedioned 13-9 at 108 by Jared Thompson, Dayton came back to get 12 more points by winning the next two bouts by pin.

Sophomore Zubair Patel pinned Josh Goldfarb in 2:23 at 114 and junior Andy Dein pinned Anthony D'Amore in 3:42 at 121 to give Dayton an 18-3 lead.

Ernesto Alealde gave West Orange four points when he defeated Dayton sophomore Eric Handler 12-2 at 128.

Senior Pat Moelk recorded Dayton's fourth fall when he pinned Jim Wilkinson in just 28 seconds at 136. That victory gave Dayton a 24-7 lead.

West Orange then proceeded to sneak past Dayton at 25-24 by winning the next three bouts by pin. Brian Lieberman stopped sophomore Vinnie DeCicco in 5:25 at 144, Abed Randy halted senior Mario Pesantez in 3:44 at 152 and Bill Rawley downed senior Brian Harms in 4:57 at 162.

Dayton clinched the triumph by winning the next three matches. Senior Ed Rakler defeated Chris Greely 12-3 to give the Bulldogs back the lead for good at 28-25.

Freshman Joe Rizzo recorded Dayton's fifth fall when he pinned Matt Miller in 4:18 at 187. Senior Chris Reino posted Dayton's sixth and final fall when he pinned Keith Georgio in just 36 seconds at 217.

West Orange's Dan O'Dea decedioned Dayton's Scott Reino 7-4 in the heavyweight bout.

The Mountaineers fell to 4-8 with the loss.

Dayton's Bruder wins county high jump title

Dayton Regional High School standout athlete Jodi Bruder won the high jump event at last week's Union County Girls' Indoor Track Championships held Wednesday (Jan. 25) at the Dunn Center in Elizabeth.

Bruder won her event with a jump of five feet even (5-0). Westfield won the team title with 58 points. Dayton finished tied for ninth with Hillside with 10 points. Fourteen schools competed.

Springfield Hawks, Bulls triumph

The Hawks and the Bulls were victorious in Springfield Youth Small Fry Basketball League action last Friday.

Here's a look at how each team won:

Hawks 30, Nets 14: Kevin Dash scored a team-high 12 points for the Hawks. Teammates Josh Wolkoff, Don Volkert, David Bertschy and Conner Hamilton scored four points each and Michael Mardenfeld two points.

Ashley Steiner and Anthony DeNicolò spearheaded a great defensive effort to help the Hawks with their first game of the year.

Matthew Colandrea scored all 14 points for the Nets. Teammates Teddy Young, Jeff Schultz, Jordan Gerber, Jermaine Johnson, Eric Buthmann and Bruce Book played well.

Bulls 22, Rockets 19: The Bulls, playing excellent give-and-go offense behind the ball-handling of Corey Gaul and Frankie Miceli, won the battle of undefeated teams. Teddy Chelis played solid defense to help the Bulls take a 22-8 lead heading into the fourth quarter.

The Rockets were led by the scoring of Sean Frank, Dylan Velleux and Daniel Scott. With the help of Justin Harris, Stephen King, Jessica Filippis, Larry Fish and Keith Dworkin, the Rockets scored the last 11 points of the game.

Mountainside baseball registration

Mountainside Youth Baseball will hold its final registration for the 1995 season this Saturday from 9-11 a.m. at Deerfield School. Youngsters who will be age 7-14 as of Aug. 1, 1995 are eligible to participate.

T-Ball clinics on Saturday mornings will be held for youngsters age 7. The American League will consist of age 8 and 9, Major League of age 10, 11 and 12 and Pony League of age 13 and 14.

Registration fees are \$50 person (\$40 for each additional child in the family). T-Ball is \$30 each.

First-year participants are asked to bring a copy of his/her birth certificate to the registration. Participants who have not yet returned baseball pants from last season are asked to do so when registering.

Candidates who are not able to attend registration may call 908-273-4373 before Saturday. Anyone who signs up after Saturday will be placed on a waiting list and allowed to play only if space exists on a team.

Jewish baseball players invited

Jewish baseball players, ages 15-16, are invited to participate in the Maccabi Youth Games regional competition in Los Angeles this August.

A team from New Jersey is being organized by Herb Waldman of West Orange and Rich Riley of Randolph.

Those interested in learning more about the team or attending tryouts may call Waldman at 201-731-6953 or Riley at 201-895-3002.

Sports Extra is about nutrition

Every athlete wants to be at the top of their game at all times.

Some days however, your body just won't perform the way you would like: one day you're full of energy, the next you're sluggish and tired.

The most likely explanation for

such erratic performance can often be linked to improper nutrition.

Sports Extra, a multi-disciplinary primary care sports medicine program, has developed a unique and comprehensive nutrition program for athletes who want to improve their nutri-

tional knowledge and habits in order to achieve maximum performance.

The program is designed for athletes committed to a serious exercise program who wish to either lose, gain, or maintain their weight and ultimately perform to their optimal ability.

The program is being run by a multi-disciplinary team of medical professionals including James Lamprakas, D.O., a primary care sports medicine physician and a sports medicine nutrition specialist; Leslie Killeen, M.S., R.D., C.D.E. Union Hospital's Chief Clinical Dietitian and a certified nutritionist; Juliette Grause, a registered dietitian with a concentration in sports nutrition and Jennifer Davis, an exercise physiologist.

"Sports Extra's program focuses on each individual and their specific needs for attaining better nutritional habits," Dr. Lamprakas said. "When an athlete first comes to the program, we calculate their body fat, review their diet history and evaluate their present exercise program.

"We then take this information and develop a proper diet and training program geared toward that athlete's sport. The athlete will then be monitored for weight loss, nutritional

improvement and performance outcome."

Other topics scheduled to be discussed and which participants will be counseled on include: steroid use/abuse; associated medical problems such as diabetes, asthma, hypothyroidism and hypertension; and sports drinks.

Sports Extra is a complete sports medicine program, designed to handle all aspects of an athlete's fitness, nutrition and ongoing medical treatment.

The center is professionally staffed by physicians, physical therapists, radiologists and a nutrition counselor. Services available at Sports Extra include: evaluation and diagnosis, treatment and rehabilitation, education and prevention programs, pre-participation physicals, sporting event medical coverage, coaches' certification courses, speakers' bureau and much more.

More information may be obtained by calling Sports Extra at 908-815-XTRA (9872).

Sports Extra, an affiliate of the Saint Barnabus Health Care System, is located at Multi-Care Health Center, 100 Commerce Place, Clark.



Photo By Joe Long

HERE YOU GO — Dayton Regional High School senior Linda Rapczynski, with ball and being double-teamed, looks to dish off to Michelle Saunders during girls' basketball game against Governor Livingston last week.

Johnson at Dayton Sat.

Saturday in Springfield at 1 p.m. will be the battle of the regional high schools when Dayton hosts Johnson in a Mountain Valley Conference wrestling match.

Dayton began the week with a 6-5 record.

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