

Our endorsements

The editors recommend candidates in borough, county and state elections. See Pages 6 and 7.

At the county

Find out why freeholder candidates think you should vote for them, in their own words, Page B2.

Pleasant dreams?

Is the Paper Mill's production of 'Dreamgirls' a must see? Read Bea Smith's review, Page B4.

Mountainside Echo

"Your Best Source For Community Information"

A WORRALL COMMUNITY NEWSPAPER

MOUNTAINSIDE, N.J., VOL.37 NO.51—THURSDAY, NOVEMBER 2, 1995

TWO SECTIONS — 50 CENTS

Borough Highlights

Infosource: 686-9898

Time & temperature — 1000
Lottery results — 1900
Local scores — 7400
Sports schedules — 7401
Joke of the Day — 3218

These selections appear on a 24-hour voice information service provided by Worrall Community Newspapers. For more selections, see Page B2.

New lights needed

The Christmas tree needs new lights for its Dec. 2 lighting.

Due to the tree's growth, additional decorative lights are needed to cover its branches. The Tree Committee plans to replace the present lights with miniature bulbs, which are expected to be less expensive than the bulbs used in past years.

To donate money for the new lights, send a check, payable to Lewis Strohmeier, to 390 Creek Bed Rd.

Time capsule display

The contents of the 75th Anniversary Time Capsule, opened at the Heritage Days Fair in September, will be on display at the Hetfield House Dec. 3 from 2-4 p.m.

Board meeting

The Union County Regional High School Board of Education will meet Wednesday at 7:30 p.m. in the library of Governor Livingston Regional High School.

The board is expected to hold its annual meeting to review programs and activities provided by Chapter I funds.

GLRHIS is located on Watchung Boulevard in Berkeley Heights.

Newcomers schedule

The Mountainside Newcomers Club is a social and charitable nonprofit organization designed to introduce new residents, and current residents who've recently had a change in lifestyle, such as a new baby, to the community.

Upcoming events for members include: the Mommy & Me Halloween Party on Tuesday; Preschool Playgroup/Open House on Nov. 9; a Holiday Sweat Shirt design class Wednesday; and the Holiday Luncheon fund-raiser on Nov. 29.

For membership information, call Pat Colwell at 233-8414.

Scout food drive

Mountainside Cub Scout Pack 177 will have its annual food drive Nov. 19.

Residents who receive donation bags should fill them with nonperishable items and place them on their doorsteps by 9 a.m. Scouts will collect the bags between 9 a.m. and 1 p.m. and return them to the Community Presbyterian Church.

Volunteers will sort, repack and distribute the food to needy families in time for Thanksgiving.

Residents who care to participate but have not received bags may drop off donations to the church between 9 a.m. and 1 p.m. Residents with filled bags that have not been picked up by 1 p.m. can call the church office at 232-9490.

Hundreds lobby state's board of review

Residents of district split according to property taxes

By Jay Hochberg
Associate Editor

During the board of review hearing convened by the state Department of Education Monday night, hundreds of residents of the Regional High School District's member towns verbally waged class warfare.

The hearing had been intended only as a forum in which the residents would lobby the board on whether it should allow a public referendum to decide the Regional High School District's fate, but most of the dozens of speakers addressed deregionalization itself, referring to the disparity in tax levies among the six towns.

In the audience, there was no confusion about who supported each side of the argument; those in favor of the referendum wore fluorescent pink badges inscribed with the slogan "Let us vote." Residents opposed to the vote wore stickers with "Deregionalization" printed in a circle halved by a slash.

The board of review is expected to announce its decision by Wednesday. If the referendum is granted, the voters may have the chance to settle the deregionalization question by February.

Approximately 600 residents from the constituent municipalities filled the gymnasium of Union County College's Cranford campus. Those from Berkeley Heights, Kenilworth, Mountainside and Springfield asked the board of review to grant the referendum; residents of Clark and Garwood spoke against it.

Other speakers included elected officials from governing bodies and boards of education, and schools superintendents. Among the first to speak was Garwood Mayor Michael Crincoli, who told the board of review deregionalization would be "devastating" to his borough.

"Garwood has been a loyal partner in the regional district for 60 years," he added. "Garwood would lose the money it had invested from the beginning" if the district were dissolved. "We invested with the understanding we would always be a part of it," he continued. "It would be unfair, unlawful and unconstitutional to change the rules now."

Although the speakers took turns at the microphone in an order predetermined by Union County Superintendent of Schools Leonard Fitts, Crincoli's remarks seemed to have sparked a running debate as other Garwood representatives argued against the ideas presented by Kenilworth speakers.

Kenilworth Mayor Joseph Rego followed Crincoli, telling the board he

"What more basic right is there than the right to vote?"

— Richard Kress, member
Mountainside Board of Education

thought allowing the vote would be the only way to settle the deregionalization question fairly.

"Everyone should have the right to choose," he also said. "The democratic way may be the only way possible" to keep the towns together.

Later, Kenilworth Superintendent of Schools Lloyd Leschuk outlined his school district's plans for reopening David Brearley High School.

Referring to the school, which was closed in 1993 by the Regional High School Board of Education to cut costs, as the "newest and most modern school" with air conditioning and access for the handicapped, he said it would be reopened as a middle school and high school. By moving middle-school students to Brearley, Kenilworth's Harding School would house grades K-6.

Leschuk listed other assets inside the school building, including its library and science facilities, saying the high school also could accommodate students from Garwood, which could enter into a send/receive relationship with Kenilworth.

Supporting that idea, Kenilworth Board of Education President Kathleen Cohen told the board of the borough's invitation to Garwood to rejoin Kenilworth in Brearley.

"I can recall a family-type sense of community between Kenilworth and Garwood," she added. "Both communities experienced a deep sense of loss" upon the closing of Brearley.

An hour later, a Garwood woman, referring to the need for a large student body, responded to Kenilworth and Mountainside representatives, saying "do you want us, or do you need us?"

Those who spoke in favor of allowing the referendum referred to inequities in the high school district's funding scheme.

Mountainside Mayor Robert Vigilanti recited the tax dollars paid by each town to the district per pupil. Emphasizing his borough's \$20,500 per-student burden, he said Mountainside taxpayers could send their children to college for the cost of attending the high schools.

Referring to the growing trend statewide of regionalizing small school districts to save money, Vigilanti told the board of review mem-



Photo By Jay Hochberg

Mayor Robert Vigilanti testifies before the state Department of Education's board of review Monday night, reminding board members of the \$20,500 borough residents pay for each pupil educated in the high schools. The board convened to hear residents of the Regional High School District discuss the merits of allowing a public referendum to settle the fate of the high school district. The board's decision is expected by Wednesday.

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ELECTION RESULTS We'll have the results of Tuesday's election as soon as they're posted. Call after 9:30 p.m.

School board to vote on 4 policy changes

At its next meeting, scheduled for Tuesday, the Board of Education will vote on adopting four policy changes.

Emergency and disaster preparedness

The chief school administrator shall direct development of plans for evacuation of buildings in case of fire, and for the safeguarding of human life and property in case of civil or other emergencies. In addition, the administrator shall notify the board president or vice president, board secretary and the proper local authorities of any civil or other emergency if the emergency so warrants. The administrator also shall oversee development of a districtwide program for emergencies. The program shall provide for:

- Cooperation with local government agencies in developing and carrying out a community disaster plan;
- As much protection as possible for children at school and on their way to and from school;
- Necessary training and instruction for pupil and staff so that the school emergency plan may be carried out with the greatest possible speed and safety.

Fire drills shall be held at least twice each month for all pupils. The chief school administrator may order a modification of the fire drills so that they may take the form of indoor drills or of rapid dismissals with outdoor clothing when low temperatures prevail.

A written statement of procedures and instructions for fire drills shall be formulated by the chief school administrator and disseminated to all staff. Instruction in fire prevention shall be given and emphasized in appropriate courses in the curriculum of the school.

The chief school administrator is authorized by the board to close the schools, open them late or dismiss them early in hazardous weather or in other extraordinary circumstances which might endanger the health or safety of pupils or school employees.

Each year, parents/guardians, pupils and staff members shall be informed in advance of how they shall be notified in event of emergency closings. Parents/guardians shall be required to make alternative arrangements for their children in case no one is home to receive a child after an unscheduled early closing.

School day

The length of the school day and the length of periods of instruction at various levels shall be recommended by the chief school administrator and set by the board, and shall be in keeping with requirements of the state Board of Education.

The particular opening and closing hours for levels and/or schools shall also be subject to board approval. These opening and closing times shall be as uniform as possible at comparable levels throughout the district.

The chief school administrator shall recommend for board approval the length of class periods and the frequency of instruction in individual subjects. School administrators shall not dismiss school for any part of the school day without the approval of the chief school administrator.

School Calendar

The Board of Education recognizes that the preparation of a calendar for the instructional program of the schools is necessary for orderly educational planning and for the efficient operation of the district.

The board shall determine annually the days when the schools shall be in session for instructional purposes. Such school calendar shall consist of no fewer than the 180 days of instruction required by law.

The chief school administrator shall prepare the school calendar for board consideration in consultation with teacher and administrator association representatives and the county superintendent. The board reserves the right to alter the school calendar when feasible and advisable in the best interests of the children of the district. The ultimate decision rests with the board.

Articulation

The Mountainside Board of Education wishes its pupils to progress from elementary through secondary levels in an orderly, continuous program. The chief school administrator shall develop programs whereby teachers of the various levels of the district's schools cooperate to achieve smooth transitions from level to level: whereby pupils in the district's schools receive instruction in the same subjects and at the same levels as pupils in other districts who will be attending the same high schools; and whereby the transition for district pupils from our elementary schools to the high school is accomplished without unnecessary difficulty for any pupil.

Further, the chief school administrator will make every effort to develop a similar relationship with nursery schools from which district kindergarten pupils come.



Members of the state Department of Education's board of review hear the testimony of residents of the Regional High School District's six constituent municipalities regarding the merits of a public referendum on deregionalization. The board of review convened for a hearing at the Cranford campus of Union County College Monday night. A decision on granting the referendum is expected by Wednesday. From left: Beth Gates, director of Local Government Services of the state Department of Consumer Affairs; Robert Sopko, coordinating county superintendent of schools of central New Jersey; Union County Superintendent of Schools Leonard Fitts; Bob Woodruff, vice president of the state Board of Education; Lou Goetting, director of Local Government Budgets for the state Department of the Treasury. Not shown is Jeffrey Osowski, assistant commissioner of the state Department of Education.

Charities selected to receive donation

In June, Nancy Hirsh, master teacher of the religious school of Congregation Beth Hatikvah in Chatham, gave the children a summer assignment — to save money for charity.

When school resumed this fall, all the children who contributed held a council to decide which organizations should receive the money.

The older students suggested and debated various possibilities and then

presented a list of choices to the entire group for their votes.

When the votes were tallied, the Seeing Eye and the Simon Wiesenthal Foundation emerged as the beneficiaries.

In the process, the children had learned through direct experience about the meaning of tzedakah and, incidentally, the workings of democracy.

Tzedakah, a Hebrew word often translated as righteousness, includes the concept of charity and the doing of good deeds in general.

The Simon Wiesenthal Foundation, a non-profit center for Holocaust education and research, was of particular interest to the older children, who are studying that period of their history as part of the curriculum this year.

The students often witness the results of the Seeing Eye's work firsthand through the example of Beth Hatikvah member Annabelle Baruch of Summit and her guide dog, Berrie.

Beth Hatikvah, a reconstructionist synagogue located at 158 Southern Boulevard in Chatham, offers religious school classes for children from kindergarten age through Bnai Mitzvah.



Annabelle Baruch and Berrie, her Seeing Eye Dog, visit with Beth Hatikvah children Daniel Lobovsky, Zachary Merves, Davic Silberman, Maxim Lobovsky, Eliza Merves, and Madeline Gyory.

Trailside offers nature workshops for preschoolers

Parents and caregivers can get "back to nature" when they sign up for the programs for preschoolers and older children offered at Trailside Nature and Science Center in Mountainside.

Fall workshops currently being offered will continue through November.

"Baby Makes 3," for four-year-olds and their younger siblings, accompanied by an adult, offers threesomes an opportunity to become acquainted with their natural surroundings and the Watchung Reservation through activities and hikes.

This program is offered on alternate Tuesdays from 10:30-11:30 a.m. and spaces are still available for all November programs. Fee: \$7 per class.

"Two of Us" offers one-on-one interaction between preschoolers and adults. Nature-related information is offered in an easy-to-understand and fun format. Activities include short hikes, crafts, games and storytelling.

Sessions are offered either Tuesdays from 12:45-1:45 p.m. or Wednesdays from 9:30-10:30 a.m., or 11 a.m.-12 p.m. Fee: \$3.50 per person.

"Small Fry Days" meets on Thursdays from 9:30-10:45 a.m. or 1-2:15 p.m. or on Fridays from 9:30-10:45 a.m.

Small Fry Days is a drop-off program designed to heighten awareness and appreciation of the natural world through exploration, hikes, crafts and games. Fee: \$7 per class.

Future program topics for all pre-first grade programs include turkeys,

snails, berries, woodchucks and bears.

"Afterschool Explorations" for first and second graders is held on Thursdays from 3:30-4:45 p.m. and gives students a chance to explore plants, wildlife habitats and hiking trails. Fee: \$7 per class.

Upcoming programs for this age group include hawk watching, animal homes, papermaking and many other topics.

"Afterschool Skywatchers" explores the stars, planets and our solar system during workshops in the planetarium. Skywatchers is offered to first and second graders on alternate Wednesdays from 3:30-4:45 p.m.

Upcoming topics include aliens, Saturn, and a behind the scenes tour of

Trailside's Planetarium. Fee: \$7 per class.

For third and fifth-graders, "Trailside Explorers" immerses students in habitat exploration and more. Explorers is offered on alternate Thursdays from 3:30-4:45 p.m.

Topics to be explored include deer, Lenape lore and geology. The fee for this program is \$7 per class.

Pre-registration is required for all programs and class size is limited.

For space availability or for more information, call Trailside at 789-3670.

Trailside is located on New Providence Road in Mountainside and is a facility of Union County Division of Parks and Recreation.

Borough residents help for Clean Community Day

On a gray, drizzly Oct. 14, 80 brave residents gathered in the Mountainside to clean up their community.

Girl Scout troops 135, 424, and Cub Scout Pack 177 as well as many adults, did an outstanding job in picking up almost 600 pounds of litter in areas such as the Fitness Trail, the library, Community Pool, Deerfield School, Route 22, and Glen and Vasar roads.

It was also appreciated that the

Mountainside Department of Public Works picked up the special litter bags around the community and source separated all the recyclables.

Every year, the Borough of Mountainside receives a grant from the state for the Clean Communities program. This year, it received \$6,830. The money was been used for educational programs at Deerfield School, street cleaning, receptacles for the centennial activities and Clean Communities Day.

Mountainside PTA sponsors fish fry

Argyles of Kearny once again will be cooking up fish and chips at the Deerfield School cafeteria Tuesday. Chicken nuggets will also be available (by advance ticket only) and dessert and a drink are included in the price of \$7.50.

Take-out service will be available from 5-5:30 p.m. For those choosing to dine in, table service will be provided by the Girl Scouts from 5:30-7 p.m.

Peter Klebaur will make a guest appearance, performing on his bagpipes. A cash raffle will also be held at this popular fund-raiser.

Contact Merrill Sanders at 789-8878 for tickets.

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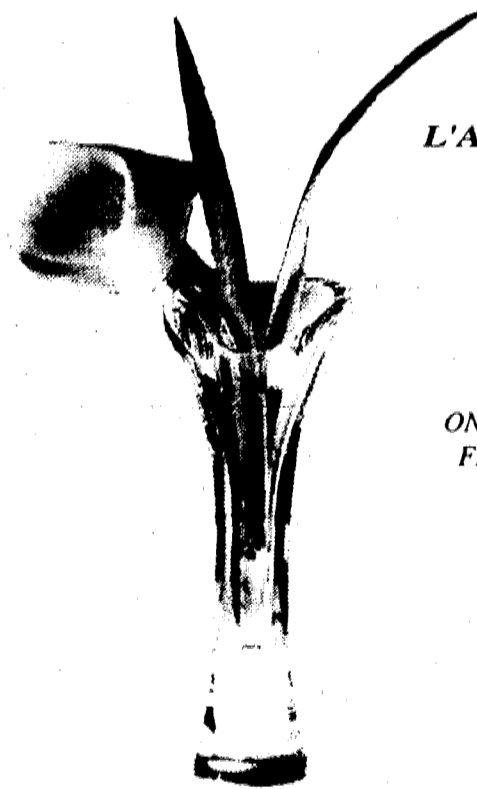
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Three new trustees at Oak Knoll school

Three new members have joined the board of trustees at Oak Knoll School of the Holy Child, in Summit. They are Robin Ventura of Murray Hill, Anne Schaumburg of Short Hills and Mary Claire Ryan, SHCJ, of New York City. Ventura is executive director of the Union County Bar Association. A graduate of Rutgers College and Seton Hall University School of Law, Ventura was admitted to the bar in 1978. The mother of three Oak Knoll children, she has previously served as the Mothers' Auxiliary fund-raiser coordinator and has been on numerous committees.

Schaumburg is a managing director of CS First Boston in New York City. A graduate of the College of Staten Island, she has extensive experience in investment banking and human resources recruiting. Schaumburg is the mother of an Oak Knoll student.

Sister Mary Claire, currently director of the Connelly Center for Education in New York City, has previously served and continues to serve on the boards of other Holy Child schools, including Rye School of the Holy Child, Old Westbury School and the Connelly School in Anaheim, Calif. She is a graduate of College Misericordia and the Weston School of Theology.

Church to celebrate World Community Day

The public is invited to attend World Community Day celebration, which will be celebrated by Church Women United of Summit, at 10:30 a.m., tomorrow, at Calvary Episcopal Church at Woodland and DeForest avenues.

Established in 1943 by Albert Palmer, former president of the Chicago Council of Church Women, World Community Day focuses on responsible corporate action for justice and peace. World Community Day is celebrated every year on the first Friday of November.

"Preserving the Fruits of God's Labor," the theme for this year's World Community Day, is a celebration of children. The service embraces the broadest definitions of family in an effort to enable mothers, stepmothers, daughters, grandmothers, aunts and all who are friends of children, to grow in mutuality.

Cynthia Huling Hummel, director of Christian education at Christ Church in Summit, will be the speaker. She grew up in New Providence, graduated from New Providence High

School in 1972, and graduated from Rutgers College, in the first class of women, in 1976 with a bachelor degree in education.

Hummel met and married her husband, Jon, while serving as a Peace Corps volunteer in Jamaica, West Indies, where she started a school for mentally retarded children. They have been married 18 years and have two children: Emily, age 13, and Billy, age 11.

Hummel is in her fifth year of study at New Brunswick Theological Seminary and will graduate in June with a master's in divinity. She has also worked as a chaplain at Robert Wood Johnson Hospital in New Brunswick. She was director of education at Watchung Avenue Presbyterian and served as the student minister at United Presbyterian.

Members of the Summit unit of Church Women United will take part in the service. Sarah Moden-Alliston is chairwoman of World Community Day. A fellowship hour will follow the service and light refreshments will be served.

Turn yourself about



Lincoln School kindergartners and their families enjoyed the annual Pizza Party held Sept. 29 at the school. The children ate enough pizza to fuel them for the games that followed. A spirited 'Simon Says' followed a challenging relay-type race, but the real show-stopper was the hokey-pokey done by parents and children alike. Hard to say who enjoyed it more! Above, Katie Strong and a dad laugh during the hokey-pokey.

Attention all social clubs

This newspaper encourages congregations, temples, social and civic organizations to inform the editors about scheduled events and activities. Releases should be typed, double-

spaced, and include a phone number where a representative may be reached during the day. Send information to: Lifestyle Editor, P.O. Box 3109, Union, N.J. 07083.

Newcomers plan

Newcomers Club of Summit, Berkeley Heights, New Providence will hold coffees for prospective members on Nov. 14 at 10 a.m. and Nov. 21 at 8 p.m.

The club provides many opportunities for socializing. November activities include a Moms and Tots outing to Wonderecamp on Nov. 29. Dining out is a relaxing way to become acquainted with the club. Enjoy Fiorino Ristorante with the Ladies' Luncheon. Thai-Thai Cuisine on Ladies' Night Out, or fish and chips with the International Group.

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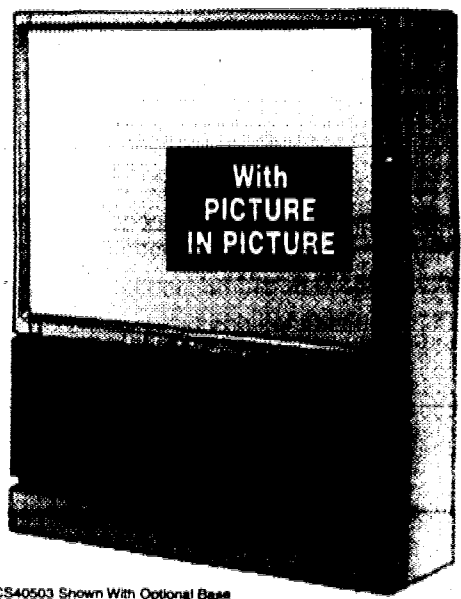


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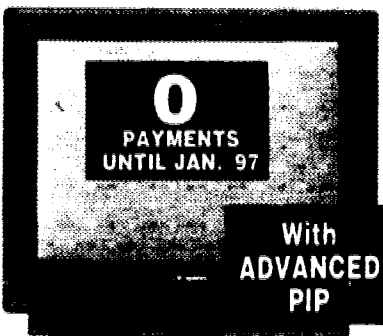


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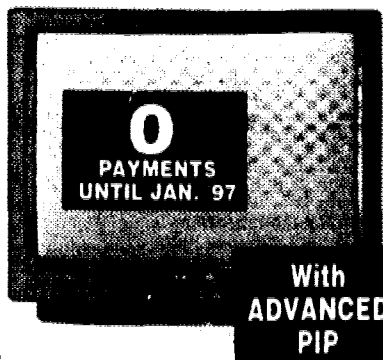
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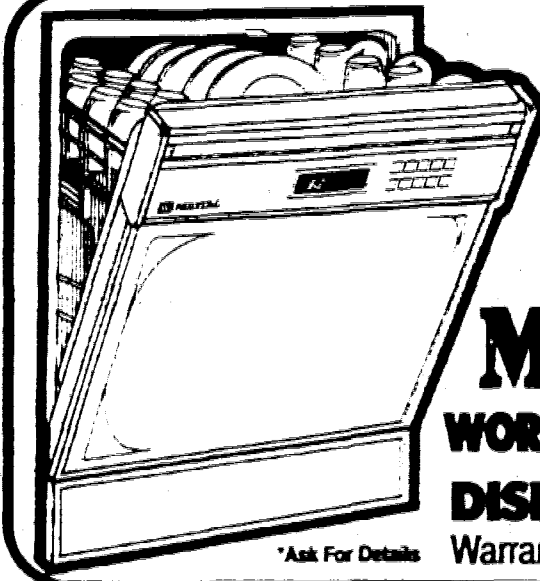
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OPINION PAGE

Schon, Hart

As the Borough of Mountainside enters its second century, its government must remain in the hands of experienced managers who follow a logical plan. Republican Councilmen Werner Schon and David Hart are the candidates who meet those qualifications, and should be returned to the Borough Council.

Schon, a past council president and a 12-year member of the governing body, has accumulated the experience needed in government to continue the orderly management of affairs without greatly expanding the budget.

Hart, a veteran educator and former member of the Union County Regional High School Board of Education, brings to the Borough Council the experience the governing body will need to navigate its way through the litigious and financial maze that will be created if the high school district is dissolved.

Mayor Robert Viglianti is running unopposed for another term, and while there is no reason for this newspaper to endorse his candidacy, his leadership must be recounted when discussing the councilmen's accomplishments.

- Viglianti, Schon and Hart were instrumental in the borough's acquisition of outside funds to finance the improvement of the downtown district. The new gaslamp-type street-lights, newly planted trees, curbing and brick-paver sidewalks have cost the borough no money.

- In addition, their leadership was crucial in securing the grants Mountainside used to pay for the fantastic improvements made to the community pool and tennis court area.

- When turning left from New Providence Road onto Route 22, without first waiting 10 minutes in traffic, remember Viglianti and the Borough Council.

- Both councilmen participated in the complicated planning involving the construction of the municipal building complex, which now is under way.

Regarding the major issues facing the borough in coming years, one cannot ignore the possible dissolution of the regional high school district — something the Democrats somehow had not mentioned in their survey of borough residents.

Deregionalization would have a bigger impact on the taxes borough residents pay than would any change in the levy the Borough Council likely will make. It is absolutely necessary for the Borough of Mountainside to keep experienced leaders in place with such an uncertain era looming.

Someday Mountainside will elect a Democrat to its governing body — if for no other reason than to obey the law of averages — but that doesn't mean the local Democratic Club has a right to have its candidates rubber-stamped by the voters. Being elected by one's neighbors is a privilege. The political process involves more than launching campaigns each fall to snipe at the opposition because it supposedly hasn't met your standards of community service.

Politicking, as a necessary precursor to governing, means making a year-round effort to build a platform according to an established philosophy as it relates to the needs of the residents. This year, the Democratic Club failed to accomplish that.

If there ever was a year in which its members could have immersed themselves in the essence of Mountainside — its people, history, concerns and challenges, it was this year. In 1995, the borough celebrated its centennial by holding a variety of events that united Mountainside residents not only at the actual celebrations, but also during the planning stages.

The process was non-partisan and apolitical, and no one who wanted to volunteer was excluded from the party, but somehow Mountainside Democrats sensed a political slant and took no part in it.

We've noticed a pattern has developed: The Mountainside Democratic Club remains dormant when compelling issues of municipal interest need to be addressed. Whether it was the Borough Council's public hearing on the 1995 budget; the prolonged scrambling to settle the Sony Theaters question; the years-long fight toward deregionalization; the months-long centennial celebration; or any other point that affords the community plenty of time to react, the Democrats offered no leadership.

The Republicans call it "silly season," but there's nothing frivolous about it.

Their call to establish open government is a legitimate one. However no electorate should reward any candidate by choosing him on any other basis than his qualifications. When the borough chooses politicians who are not qualified, it will find itself with a governing body like Springfield's — and take our word for it: You don't want that.

Bagger, Augustine

With the pending return of powers from Washington to the states, the next session of the New Jersey General Assembly will be unlike any other in decades. In order to ensure those duties will be relegated wisely, it is crucial to elect assemblymen who eagerly await the new responsibilities because they believe devolvement of government bureaucracy is right. Republican Assemblymen Richard Bagger and Alan Augustine are the two candidates prepared to meet that challenge on behalf of District 22.

Richard Bagger's leadership on behalf of his constituents can be seen in the "Bagger bill." Actually, there are many pieces of legislation with that name, but the one most commonly cited in Mountainside and Clark is the bill that allows the possibility of a public referendum to settle the fate of the Union County Regional High School District.

That particular "Bagger bill" pre-empted potential hearings, debates and litigation that would have taken years and have cost hundreds of thousands of tax dollars. That bill is reason enough to return Bagger to the Assembly, but it is not his only accomplishment: 37 bills he has sponsored in the Assembly have become law. There isn't sufficient space to list them all here, but among the most notable are:

- A-1822 authorized regional school districts to allocate costs based on any combination of equalized valuations and pupil enrollments — a scheme badly needed in the high school district, but rejected by the voters in April.

- A-316 established the right of a municipality to act as an interested party in the decommissioning of a dam or reservoir, and also requires a public hearing be held with 30 days advance notice given. Clark residents remember this as the law that saved the Clark Reservoir and pro-

vided the funds that made it a protected open space.

- A-1203 permits boards of education to charge parents for costs of busing children who do not live far from their school. In Mountainside, the school board absorbs the cost of "courtesy busing" 230 students, and one day may reconsider that policy to provide cuts in the local school tax-levy.

- A-1898 allows petroleum companies to offer rebates in certain gasoline purchases. With the proliferation of credit cards issued by banks in conjunction with oil companies, thousands of consumers now are able to receive rebates on gas purchases.

Assemblyman Alan Augustine also has had his successes — especially in health-care matters. Among the bills he's sponsored that have been signed into law or still are pending are:

- A-450 toughens state laws against insurance fraud, which in the health-care industry costs taxpayers \$6 billion annually.

- A-460, "The Wheelchair Lemon Law," provides legal recourse to purchasers of defective motorized wheelchairs.

- Augustine also is a strong supporter of the state mandate/state pay initiative on the ballot Tuesday.

- Regarding aid to local municipalities, Augustine helped appropriate \$80,000 for repairs to Central Avenue in Mountainside.

The two incumbents have become well known for their voting records. While not everyone will agree with their every position, there's no denying Bagger and Augustine are committed to economic and social policies that reduce government's impact on peoples' daily lives and business.

The ballot questions

New Jersey voters have four ballot questions to answer when they cast their votes Tuesday. Varying from environmental concerns to matters of government funding and representation, the four initiatives give the public the opportunity to amend the state Constitution. The following are our recommendations:

Question No. 1: Vote 'no'

- Public Question No. 1 calls for Trenton to amend the state Constitution to create a permanent New Jersey Redistricting Commission to establish congressional districts.

Voters should reject Public Question No. 1.

The demographic trends in New Jersey do not indicate severe changes either in population size or location. The creation of such a commission likely will result in manipulation — or "gerrymandering" — of the shape of congressional districts to accommodate a political majority.

This already has happened at the state government level, when Legislative District 21 was redrawn in 1991 by Democrats in an effort to unseat Republican legislators.

Question No. 2: Vote 'yes'

- Public Question No. 2 calls for Trenton to amend the state Constitution to allocate a larger percentage of the existing state tax on motor fuels toward the Transportation Trust Fund to finance a state transportation system. The current dedication is 2.5 cents per gallon; if passed, the dedication will grow to 9 cents per gallon during a four-year period. In addition, the dedication of the motor fuels tax revenues would be made permanent and would provide a stable source of funding for the Transportation Trust Fund. Approval of the question would not result in an increase in the state motor fuels tax.

Voters should approve Question No. 2.

Question No. 3: Vote 'yes'

- Public Question No. 3 calls for Trenton to amend the state Constitution to prevent the legislative and executive branches of state government from imposing programs on counties, municipalities and boards of education without also paying for them. Definitions of mandated programs would be decided by a "Council on Local Mandates." The rulings of the council would not be subject to interpretation by the courts.

Rajoppi for clerk

Nothing would make more sense than to have someone with experience operate the office of the Union County Clerk. It is difficult to dispute that fact.

Of the three candidates seeking election to the clerk's post, there is only one who has the qualifications necessary to do the job right. That person is Joanne Rajoppi.

Rajoppi, a Democrat, has proven to be effective as county register of deeds. Most recently, a computer system now in use in her office was patented and is for sale to other counties across the country that may benefit from it.

The fact that Rajoppi has 12 years of experience heading the register's office makes her qualified for the clerk's post, but her qualifications do not end there. Staff members of the register's office, under Rajoppi's guidance, in the recent past have been assisting the clerk's office with election data. Register workers have used their computer system to accomplish this task.

The county's proposed merger of the clerk's office and that of the register makes it clear that Rajoppi is the best candidate. There is no one who has better knowledge of the operation of the register's office than Rajoppi, so she would be best able to ensure a smooth transition if a merger were to occur.

Return Froehlich

During his tenure as Union County sheriff, Ralph Froehlich always has been known as a "cop's cop" who is loved by all, except those who live their lives on the wrong side of the law.

Froehlich, known even by his political opponents as a genuinely "nice guy," has gained notoriety statewide for his diligence in addressing matters relating to children and the family.

Under Froehlich, the Sheriff's Office has taken the initiative in areas of crime prevention, community service and assistance to other law enforcement agencies. It has produced community service videos such as "Be Smart, Play It Safe," "Get Away and Get a Grown Up," and "Teens and Guns, An American Tragedy." It also has published books for senior citizens, domestic violence victims and youth.

His office also has been recognized by the National Association of Counties and received awards for its court security plan, intern program and fingerprints on file. That recognition speaks highly of the sheriff himself.

It is our belief that it is not yet time for a new sheriff in town — in the county that is — because that job is occupied, and it is occupied by someone who is most assuredly qualified. That person is Ralph Froehlich.

Mountainside Echo

Published Weekly Since 1958

Published By
Worrall Community Newspapers, Inc.
1291 Stuyvesant Avenue
Union, N.J. 07083
(908) 686-7700

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Keep freeholders a bipartisan board

Union County has been moving forward in many areas, and Republicans can take a lot of credit for those accomplishments considering they have controlled the board for the past three years.

The GOP, which has a 5 to 4 advantage on the Board of Chosen Freeholders, can take credit for much of that success. But in reality, a bipartisan board has been responsible for those actions.

It is important that the board remain bipartisan to allow for differing philosophies. The notion of bipartisanship is in jeopardy this year considering the fact that the three seats up for election are held by Democrats.

Often, but not always, when one party has overwhelming control of a governing body, its members are overcome with a feeling of arrogance. Union County freeholders have demonstrated they are susceptible to such behavior.

With this in mind, we believe voters would be best served by casting ballots for two of the three Democrats and one Republican seeking election to the board.

While all three Democrats have the potential to serve the people admirably, our choices for the board are Walter McNeil, a Plainfield resident who ran unsuccessfully for a post in 1994, and incumbent Daniel Sullivan.

McNeil, like Sullivan, would bring to the board a representative of one of the county's largest cities. Sullivan, a resident of Elizabeth, has the ability, and now the experience — having been appointed to the board in January —

to serve city residents. McNeil would provide Plainfield with the representation it has been lacking.

McNeil has ideas that would be beneficial to inner-city business owners, such as wanting to increase efforts for low-interest loans to business people who have proven they are committed to success while not necessarily being financially secure enough to prove it.

Nick Giuditta, a Republican from Cranford, also would serve county residents well. Giuditta's squeaky clean image caught our eye. We believe he would stand up and speak if freeholders, including fellow Republicans, were to attempt to make backroom deals.

Giuditta, an attorney and former prosecutor in Somerset County, would serve the board well when it comes to matters of law enforcement. Because of his background, which includes working with an assortment of municipal police departments statewide, he could provide insight in selecting a new Union County prosecutor.

The candidate's youthful appearance and lack of experience as an elected official should not discourage voters because he does have a knowledge beyond his years. He truly would be an asset to the board.

We urge voters to cast ballots for McNeil, Sullivan and Giuditta for freeholder.

Letters and columns

Worrall Community Newspapers welcomes submissions from its readers, including all officials and employees of the Township of Springfield, the Borough of Mountainside and the County of Union. Either letters to the editor or opinion pieces on any subject will be considered for publication on the opinion pages.

For publication, all letters and essays must be received before 9 a.m. Monday at 1291 Stuyvesant Ave. Union, NJ 07083.

Where to vote:

The polls for election '95 will be open Tuesday from 7 a.m. to 8 p.m. across New Jersey.

In the Township of Springfield

- Residents of districts 1 and 4 may vote at the Presbyterian Parish House on Church Mall.
- Residents of districts 2 and 3 may vote at the Fire Department headquarters.
- Residents of districts 5 and 6 may vote at Caldwell School.
- Residents of districts 7 and 8 may vote at Gaudineer School.
- Residents of districts 9 and 10 may vote at Chisholm School.
- Residents of districts 11 and 12 may vote at Sandmeier School.
- Residents of districts 13 and 14 may vote at Walton School.

In the Borough of Mountainside

- Residents of districts 1 and 6 may vote in Borough Hall.
- Residents of districts 3, 4 and 5 may vote in Presbyterian Church.
- Residents of districts 2, 7, 8 and 9 may vote in Deerfield School's multi-purpose room.

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letters to the editor

Overcrowding: a case in point

To the Editor:

Oct. 27 was School Picture Day at Franklin School. As happens every year, the photographer was at the school all day taking pictures. This year, though, there wasn't room for him at Franklin.

In previous years, the photography session took place in the cafeteria. Now — with Franklin's increased enrollment — general music, band and orchestra, as well as lunch, keep the cafeteria filled all day, every day. Were the annual school pictures canceled?

No. Grace Kingsbury, the Franklin principal, moved out of her office for the day so the pictures could be shot there.

This is just one small example of overcrowding at one elementary school. But it begs the bigger question: Why are Bob Wolfenbarger and Don Anderson (and their groups, Grassroots and the Summit Taxpayers Association) taking issue with the Franklin expansion when it is so obviously needed?

The lack of space at Franklin is a problem that has been recognized, discussed, dissected and debated since 1991. A townwide advisory committee studied every possibility, and in April of 1995, recommended expansion as the most economically feasible and educationally sound solution. The Board of Education approved the plan; the Board of School Estimate approved the plan; the Common Council approved the bond ordinance to fund the plan. They took the city to court. Superior Court Judge Beglin ruled unequivocally in favor of the city.

Bob Wolfenbarger and Don Anderson have just filed an appeal. Thousands of taxpayer dollars and untold hours of the school and city administration went into the defense of the first suit. But Bob Wolfenbarger and Don Anderson didn't agree with the decision of the presiding judge of Union County

Superior Court — one of the most respected judges in the state. Now how many more taxpayer dollars will have to be wasted on this frivolous appeal? How many more hours are members of the school administration, school board and Common Council being forced to spend on this appeal? Hours and dollars that could be spent addressing real problems.

I wish Bob Wolfenbarger and Don Anderson, along with the Summit Taxpayers Association, would use their time and resources wisely to seek real, long-lasting tax relief for our citizens and equitable funding for the public schools of New Jersey. Instead, by their frivolous actions for — in my opinion — personal reasons, they are causing hard-earned taxpayer dollars to be wasted.

Chris Conway
Summit

Be a First Night Summit booster

To the Editor:

The place to be this New Year's Eve will once again be at First Night Summit, your nonalcoholic celebration of the arts. So mark your calendar now!

If you attended last year's First Night, you had the opportunity to see more than 80 performances at 15 different downtown locations, all within easy walking distance. This year we will offer an even wider range of artists selected to appeal to all ages and interests. The price of admission is \$10, unchanged from last year. And the advance sales period when the price is only \$7 will be Dec. 1 until Dec. 27, making First Night badges a super idea for your holiday stocking stuffers.

But this community celebration of the arts will only be successful with your help. First, please plan on attending First Night Summit and enjoying the events ranging from jazz to classical, from country western to Karaoke. There will be a

Battle of the Bands for the young adult audience. There are storytellers, comedians and magicians for children of all ages, and a long list of other performers. Programs listing artists, events, and scheduled activities can be obtained when badges are purchased.


Second, whether or not you can attend on New Year's Eve, please consider making a tax-deductible contribution right now to help First Night Summit offer the best entertainment possible while keeping admission prices low.

And third, please volunteer to help at one of the sites during part of the evening. First Night Summit needs 300 volunteers who are willing to give approximately two hours of their time on New Year's Eve to make this community celebration a success.

Steve and Marianne Lynner
First Night Summit Planning Committee, Finance
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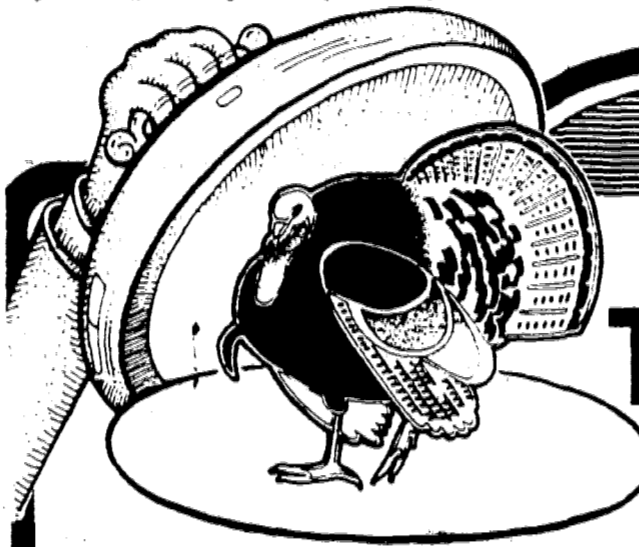
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candidates corner

Rajoppi looks to serve at a critical juncture

On Tuesday, Nov. 7, a new Union County clerk will be elected: This is a critical election because the new clerk will not only administer the Office of Clerk but will, most likely, administer my office, the Office of County Register of Deeds. Clearly, this election centers on who is the most qualified to serve.

I serve as the Union County register of deeds and have been elected by you to this position three times in the past 12 years. I administer, protect and preserve the integrity and security of the title to your home and property throughout the county. I earned a master's degree in public administration and I run an \$8 million-a-year department. I'm a businesswoman.

I've also served as New Jersey's assistant secretary of state, Union County freeholder director and mayor of Springfield. My two children and I are lifelong residents of Union County and we live in Union.

Earlier this year, state legislation was introduced calling for a merger of the register's office and the clerk's office. Let's look at the issue closely: On Jan. 1, the Union County clerk's office lost most of its staff and many of its functions when it was transferred to the state judiciary. The result: An office with fewer than 10 employees and revenue less than \$250,000.

My office, on the other hand, is a \$8 million revenue-producer, with a staff of 25 and a volume of 100,000 documents yearly. My opponents would be hard-pressed to find a recording office of comparable size as efficient as we are or one which has pioneered new paths in generating revenue through software royalties — a first in the state. One of the primary functions of the



Joanne Rajoppi

new clerk will be this important function of property recording.

My service as New Jersey assistant secretary of state has made me familiar and knowledgeable about election law, a primary function of the clerk's office. As your county clerk, I'll bring my experience and professionalism to ensure a smooth transition in the merger of these two offices.

My record as a seven-time national award winner for innovative, cost-cutting programs in the register's office along with my leadership positions heading the Statewide Association for Clerks and Registers will provide you with the know-how to get the job done.

Lastly, I know of no other candidate for public office other than myself who is willing to take a significant cut in salary to perform a job.

I ask for support and vote on Nov. 7 so I can continue to provide you with professionalism, business-like service and cost-savings programs as your county clerk. Please vote Row A on Nov. 7.

Griffith running in protest of bossism

Editor's note: This page contains statements submitted by the three candidates running for county clerk in Tuesday's election. Joanne Rajoppi is a Democrat, Bob Griffith an Independent, and Paul O'Keefe a Republican. Voters may choose one.

My name is Bob Griffith. I need your help. This is how I, an Independent candidate for county clerk, have been greeting the voters of Union County for the past four weeks. My political opponents are so worried about my aggressive style of campaigning that they are pulling down my signs, giving me parking tickets, and even having me arrested.

State Sen. Raymond Lesniak and Elizabeth Mayor Chris Bollwage con-

sider me the enemy because I dared to run against their handpicked candidate for county clerk, Joanne Rajoppi. My response to the senator and the mayor is simply that a party that does not allow the committee people to pick their own candidates is no longer Democratic. I run in strong protest to the bossism in the Union County Democratic Party.

I am the former president of the Elizabeth City Council on which I served for 18 years. I also chaired the Elizabeth Insurance Commission for 13 years and was a member of the Alcoholic Beverage Control Board and the Planning Board, as well as being picked by former Elizabeth Mayor Tom Dunn to serve on the mayor's Economic Advisory Council. I was

undefeated in five council elections in Elizabeth, often winning by large pluralities.

I am president of the O'Donnell Agency, which was founded in Elizabeth in 1880. I am married to the former Mary Byrne Griffith, and have six children. Some of my activities in Elizabeth include chairman of the Cancer Drive and the March of Dimes, coach of St. Genevieve's grammar school basketball team and a baseball coach in the Elmora Little League.

I have operated a good size insurance business for 35 years, meeting a hefty payroll each week which I believe is a good indication of my administrative ability. I also ran the Elizabeth City Council as its president. The City of Elizabeth has over 110,000 people and a municipal budget of over \$100,000,000. I graduated from college with a bachelor of arts degree in business and have taken numerous business courses at Rutgers University.

I was born in Elizabeth 58 years ago and I intend to die here. It is not permissible for Lesniak or Bollwage to destroy the City of Elizabeth or the Union County Democratic Party. They have just begun to see this Irish man fight, and there are more joining this noble effort every day. So well known is my candidacy that voters in Elizabeth and other cities are now calling me by my often-advertised lever position on the ballot, C-4.



Bob Griffith

O'Keefe plans to follow in footsteps of Halpin

The Union County clerk's office is a constitutional office that by law has to be nonpolitical and administrative in nature. The office represents the federal, state and county governments in a variety of legal transactions.

The county clerk for 29 years was Walter Halpin, who earned a reputation for fairness, impartiality and excellence. It is that tradition that I will keep in dealing with the people of Union County.

I served as deputy county clerk and my government experience includes two terms (eight years) as the directly elected mayor of Plainfield and two terms on the Union County Freeholder Board.

The background that has served me the best in the clerk's office has been my business experience. The management principles of cost containment, increased customer service and employee satisfaction have been important to the efficiency of the office. When comparing the responsibilities of the office to the private



Paul O'Keefe

industry, I recommended that the Freeholder Board reduce the salary of the county clerk to bring it into line with other county department heads.

If elected I pledge to serve all the citizens of the county in a fair, open-minded and efficient basis. I also pledge to serve the entire term of office that I am elected to.

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Carol Cohen will implement a problem solving, economical approach which is desperately needed in county government.

Carol Cohen

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- ✓ Support for Sheriff Froehlich's domestic violence task force.
- ✓ A strong program to end the surge of juvenile crime.
- ✓ Reassess public works personnel to emphasize county bridge safety.
- ✓ Total re-evaluation of the Vo-Tech system to make it an effective source of jobs.
- ✓ End to abuse of the Utilities Authority including their \$500,000 public relations bill.

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candidates corner

An accomplished officer, Nevargic aims for sheriff

Editor's note: This page contains statements submitted by the two candidates seeking the sheriff's post in Tuesday's election. Ralph Froehlich is a Democrat and Pete Nevargic is a Republican.

I can be most accurately described as a cop and a man dedicated to his family and friends.

A little more than 31 years ago, I made the decision to be a police officer. After serving my country in the Submarine Fleet during the height of the Cold War, I joined the Newark police force in 1964.

I decided that I wanted a career that would have a positive impact on people's lives. Now, 31 years later, I'm proud that I have dedicated my life to fighting crime and protecting the people of Newark.

As a resident of Clark Township for the past 27 years, I am challenging incumbent Ralph Froehlich for the position of Union County sheriff in the Nov. 7 election.

It's time for a change for the better. I'm running for Union County sheriff because I want to make the department a viable law-enforcement agency. There is no place in Union County government for patronage positions and the reciprocation of personal favors. I am committed to bringing fiscal responsibility to a department that each year spends more and does less with our tax dollars.

I've been talking to people during the past several months and have been shocked to discover how unsafe they feel right here at home. I think it's shameful that seniors do not feel safe in cemeteries when they visit loved ones who have passed on. What has the sheriff been focusing on for the past 18 years if not the safety of the public? Perhaps he has been busy reprinting brochures from 10 and 15 years ago and calling them new ideas. He certainly has been anything but innovative in the recent past.

While a newcomer to the political arena and not a career politician,



Pete Nevargic

I have spent a lifetime unknowingly preparing for the position of Union County sheriff. I know police work, have proven myself as a top-notch administrator in New Jersey's largest city and know Union County.

A graduate of the Newark Police Department Academy, I amassed a long list of accomplishments and honors. One of New Jersey's most highly decorated police officers, I have received the Class A Medal of Honor for Bravery Under Fire, which is the Police Department's highest commendation. In addition, I have received three medals of merit for bravery, six medals of excellence and 24 command citations.

In 1968, I was selected by the Federal Bureau of Investigation to be trained in its academy in Quantico in a new program for special weapons and tactics.

My ability did not go unnoticed. During the 1970s, I was promoted to detective sergeant and became field supervisor for the Narcotics Bureau. During my tenure, the bureau was responsible for over 1,000 drug arrests. I was personally involved with almost 200 of the arrests.

Froehlich looks 'to serve the people'

The incumbency of Ralph Froehlich as Union County sheriff is best characterized by two words, success and progress. I am a career law enforcement officer with 38 years service and the recipient of many awards including the valor award for saving three children in 1963.

My office has been successful in achieving our operational mandates. In this past term, the sheriff's office provided a court security system to the courts that has become the model for all other agencies in the state. Statements are easy but figures support these assertions. During these past three years over one million visitors and employees have passed through the courthouse complex. One thousand five hundred weapons have been confiscated. Sheriff's officers have successfully completed over 90,000 prisoner escorts without an escape.

The sheriff's Fugitive Unit is averaging 1,400 arrests yearly while the Domestic Violence Unit has served 1,300 restraining orders each year. The sheriff's Business Office produced \$663,000 in revenue in 1994 while the Search and Rescue Unit is



Ralph Froehlich

responsible for the detection of a significant volume of narcotics and has received \$119,000 in confiscated funds from the Drug Enforcement Agency in recognition of their efforts in 1994.

My fiscal policy demonstrates conservative financial management. The demands placed upon the Sheriff's Office have grown significantly due to the warfare in crime, criminal and civil litigation, increase in domestic violence and proliferation of new state mandates. Nevertheless I, along with my undersheriffs, have managed these new responsibilities while keeping within the budget and experiencing no staff increases than other county agencies.

Success describes achievement of expectations. Progress indicates growth and innovation. The Sheriff's Office has taken the initiative in areas of crime prevention, community service and assistance to other law enforcement agencies. During the past three years, we have produced three community service videos, "Be Smart, Play It Safe," "Get Away and Get a Crown Up," and "Teens and Guns, An American Tragedy." We

also have published three books for senior citizens, domestic violence victims and young children.

My office has been recognized by the National Association of Counties and received awards for our court security plan, intern program, and fingerprints on file. We are the only Sheriff's Office in the state to implement Mobile Domestic Violence Response Units with other agencies. Presently, we have joint ventures with the cities of Elizabeth and Plainfield.

In 1993, we implemented the Sheriff's Labor Assistance Program, or SLAP.

I promise the citizens of Union County that my continued tenure as sheriff will be marked by new innovations and a direct accountability to the public. I am your sheriff, I have always made myself available to you and will continue to do so in recognition of my primary mandate, "To Serve the People!"

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A safe and fun First Night



Photo contributed by Kris Sinnenberg

First Night Summit, a nonalcoholic celebration of the arts on New Year's Eve, is in the security planning phase. Shown here from left, Joe Steiner, Summit Downtown Inc. liaison, and co-chairs Michael and Maureen Kelly, discuss security needs with, not shown, city officials and representatives of the Police and Fire departments. Already more than 50 entertainments have been selected, fund-raising letters have been mailed, a parade has been planned, the program is being prepared and many more logistics are being addressed. On First Night, the Community Meeting Room at the new City Hall will be one of the sites used for musical acts. Although most events take place indoors at 17 downtown buildings, pedestrian routes, vehicular parking, traffic, street closings, the parade route, and fireworks area were discussed. More than 7,000 people are expected to attend this community festival. For more information, call 522-1722.

Hospital educates about vaccine

Many people are not aware that this year pneumonia will strike approximately 3.5 million people, and that pneumococcal pneumonia will take 40,000 lives. Nor do they know that there is an effective preventive measure against pneumococcal pneumonia: a vaccine. Overlook Hospital is offering an ongoing educational program on pneumococcal pneumonia so people can learn more about pneumonia and how to protect themselves.

Overlook is one of many health-care institutions joining forces to fight the disease through "Pneumonia Phockouts," a national pneumococcal pneumonia education and immunization program.

"Of those at high risk for pneumococcal pneumonia, only 14 percent receive the vaccine," said Joyce Jukofsky, community outreach coordinator at Overlook Hospital. "One of the reasons so few people are immunized is a lack of public awareness. Overlook is offering this educational program to meet this critical health care need in our community."

Once the No. 1 cause of death in the United States, pneumonia was brought under control in 1936 by the

development of antibiotics. But despite medical advances in its treatment, pneumonia — combined with the flu — is now the sixth leading cause of death in the United States.

Pneumococcal pneumonia is an acute infection of the lungs caused by a bacterium called streptococcus pneumoniae that works its way into the lungs.

The disease is treated with antibiotics. Although many people recover, a significant number do not.

Pneumococcal pneumonia can strike anyone at any age, but it is a very serious threat to people over 65. Of the 40,000 deaths each year from pneumococcal pneumonia, 85 percent are in the 65 and older age group. One study reports that the death rate from pneumococcal pneumonia is 2.5 times higher for people age 65 to 74 than for the general population. Over 75, the death rate is 10 times higher.

Also at increased risk of pneumococcal pneumonia are those with chronic conditions, such as heart, kidney, diabetes or lung disease; nursing home residents; and those with a weakened immune system.

Although it is the only vaccine

available for any type of pneumonia, the pneumococcal vaccine has been greatly underutilized.

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Bob Griffith

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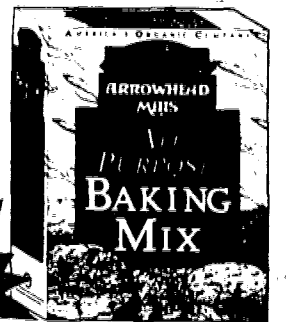
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Carob Vanilla Original
33.8 oz.
Sug. Ret. 2.69

Familia Unsweetened Fruit & Nut Cereal
32 oz. Sug. Ret. 7.59
No Sugar Familia For Babies
8.8 oz. Sug. Ret. 3.79

Cafix Caffeine Free Coffee Substitute
3.5 oz. Jar Sug. Ret. 4.49
7 oz. Tin Sug. Ret. 6.59

Savings



Martinelli's Sparkling Cider



5.4 oz.
Sug. Ret. 2.29

DeBole's Jerusalem Artichoke Gourmet Pasta

Garlic & Parsley Angel Hair
8 oz. Sug. Ret. 1.69

Artichoke Spaghetti
8 oz. Sug. Ret. 1.59

Chosen "America's Best Natural Gourmet Pastas By Chef's In America"

Enrico's All Natural Spaghetti Sauce

With Salt
No Salt
With Mushrooms
With Mushrooms & Peppers



26 oz.
Sug. Ret. 2.79

Garden of Eatin' Salsa Reds

Red Corn Tortilla Chips



10 oz.
Sug. Ret. 2.99

Garden of Eatin' Chili & Lime Totopos Chips



10 oz.
Sug. Ret. 2.79

Enrico's Salsa Picante

Salted
Mild
Hot



26 oz.
Sug. Ret. 3.49

Good Health Healthy Snacks



Fat Free Butterscotch Popcorn
4 oz. Sug. Ret. 2.39

Low Fat Caramel Circus Popcorn
4 oz. Sug. Ret. 2.49

70% Less Fat Half Naked Popcorn
4 oz. Sug. Ret. 2.49


Health Valley Fat Free Crisp Rice Bars

Orange Date
Apple Cinnamon
Raisin



6 oz.
Sug. Ret. 2.09

R.W. Knudsen Organic Apple Juice



1 Gallon
Sug. Ret. 10.99

R.W. Knudsen Very Veggie Juice

Original Spicy
Low Sodium



32 oz.
Sug. Ret. 2.99

R.W. Knudsen Fruit Juice Spritzers

Grape
Tangerine
Lemon-Lime



6 1/2 oz.
Sug. Ret. 5.99

Health Valley Organic Fat Free Ready-To-Heat Soups

Assorted Flavors



15 oz.
Sug. Ret. 1.99

NEW! Stonyfield Farm Low Fat Yummy Dessert Yogurt

Dessert in a cup... only 1% fat

Black Forest
Lemon Chiffon
Mocha Fudge
6 oz. Sug. Ret. 99c

Coach Farm Plain Goat's Milk Yogurt



4 oz. Sug. Ret. 1.19

Horizon Organic Nonfat Yogurt

Vanilla Plain


From Farms NOT using rBGH

24 oz.
Sug. Ret. 2.59

Lightlife Gimme Lean!

Meatless & Fat Free
Instead of Ground Meat


Sausage Style
Beef Style



14 oz.
Sug. Ret. 3.99

Northern Soy Tofu Lin

Marinated & Baked Tofu



10.5 oz.
Sug. Ret. 2.89

Soya Kaas Fat Free Cheese Alternative

Mild American Cheddar Style
Mozzarella
Jalapeno
Monterey Jack



12 oz.
Sug. Ret. 5.19

REFRIGERATED Stow Mills Organic Extra Firm Tofu



14.5 oz.
Sug. Ret. 1.69

FROZEN Amy's Kitchen Ready-To-Heat Vegetarian Entrees




Macaroni & Soy Cheese
9 oz. Sug. Ret. 2.59




Vegetable Lasagna with Tofu
9.5 oz. Sug. Ret. 3.99

FROZEN Jaclyn's Organic Fat-Free Pizza



24 oz.
Sug. Ret. 6.99

FROZEN Food For Life 100% Flourless Sprouted Grain Organic Ezekiel 4:9 Bread




24 oz. Sug. Ret. 3.19

Ezekiel 4:9 Bread
24 oz. Sug. Ret. 3.09

Ken & Roberts Veggie Pockets

Assorted Flavors



5 oz. Sug. Ret. 1.89

FROZEN Northern Soy Garden Tortellini


10 oz. Sug. Ret. 3.69

Rosa Ravioli
10 oz. Sug. Ret. 2.89

Verde Ravioli
10 oz. Sug. Ret. 2.89



Amy's Organic Beans & Rice Burrito



6 oz.
Sug. Ret. 1.99



Catch the Savings



Zand
Insure Herbal
Echinacea & Goldenseal
Combination

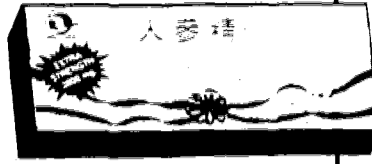
100 Tab.
Sug. Ret. 14.99



Prince of Peace
Panax
Ginseng
Extractum

10 10cc
Sug. Ret. 7.99

Extra Strength
2,000 mg.



Nature's Gate
Herbal
Conditioner
& Shampoo

2 18 oz.
10.25 Value

Bonus Pack



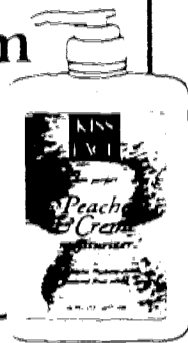
Zand
Echinacea
Extract

2 oz.
Sug. Ret. 11.95



Kiss My Face
Peaches & Cream
Moisturizer with
Alpha Hydroxy Acids
Natural Fruit Acids

16 oz. Sug. Ret. 9.95



Bragg
Liquid Aminos
Concentrate
"Nutrition You Need, Taste You Love"

16 oz.
Sug. Ret. 3.95

32 oz.
Sug. Ret. 6.45



SUPPLEMENTS AND HEALTH & BEAUTY CARE

Twin Lab
Super
E-Complex
400 I.U.

50 Cap.
Sug. Ret. 7.75



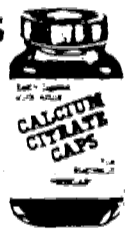
Twin Lab
Tri-Boron

100 Cap.
Sug. Ret. 6.95



Twin Lab
Calcium
Citrate
Caps

150 Cap.
Sug. Ret. 13.95



Twin Lab
Ultra
COQ-10
100mg.

50 Cap.
Sug. Ret. 36.95



Twin Lab
No Iron
Daily One
Cap

180 Cap.
Sug. Ret. 37.50



Nature's Way
Dandelion
Root

100 Cap.
Sug. Ret. 7.95

Nature's Way
Dong
Quai
Caps

100 Cap.
Sug. Ret. 11.49



Nature's Way
Organic
Echinacea
Root

100 Cap.
Sug. Ret. 13.49



Schiff
Soft Gel
Beta Carotene

180 Cap. Sug. Ret. 15.99



Schiff
Odorless Garlic
Capsules

100 Cap. Sug. Ret. 9.25



Rainbow
Light
Ultra-Gram "C"

90 Tab.
Sug. Ret. 16.95



Nature's Way
Ginkgold

90 Tab.
Sug. Ret. 29.95



Nature's Way
Ginger
Root

100 Cap.
Sug. Ret. 7.49

Schiff **Buy 1/Get 1 Free**
Sustained Release
Vitamin C-1,500mg.

100 Tab.
Sug. Ret. 15.50



Schiff
Vegetarian Multiple
Vitamins & Minerals

120 Tab.
Sug. Ret. 11.25

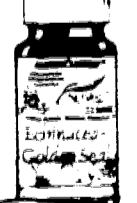


Rainbow Light
Women's
Nutritional
System

60 Tab.
Sug. Ret. 13.95

Nature's Herbs
Echinacea-Golden
Seal Combination

100 Cap.
Sug. Ret. 13.99



Green Foods
Green Magma
Barley Grass Powder

2.8 oz.
Sug. Ret. 14.39



Boericke & Tafel
Alpha CF
Colds &
Flu

40 Tab.
Sug. Ret. 6.95



Born Again
Wild Yam
Cream
with
Vitamin E

2 oz.
Sug. Ret. 15.95



NatureWorks
Silica
Gel

17 oz.
Sug. Ret. 29.95



Nature's
Way
Thisilyn

100 Cap.
Sug. Ret. 29.95



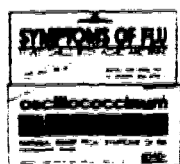
Natrol
Pycnogenol

30 Cap.
Sug. Ret. 26.00



Boiron
Oscillococcinum

6 Dose Sug. Ret. 11.19



Natrol
No Iron
My Favorite
Multiple

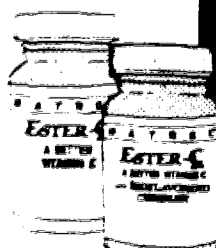
120 Tab. Sug. Ret. 18.95



Natrol
Ester C
Ester-C 500 mg.
Ester-C 500 mg.
with Bioflavonoid Complex

225 Tab.
Sug. Ret. 21.99

50 Cap. Sug. Ret. 9.50



Volvic
NATURAL
Spring
Water **1.49**

50 oz.
Sug. Ret. 1.99

