

In 'gotcha journalism,' be ready to air laundry

Left Out

By Frank Capece

Who have the misfortune of having relatives in the public limelight? The old expression of picking your friends, not your relatives, no longer cuts it in the land of 'gotcha journalism.' You have a relative in the public eye? Well get ready to have your laundry publicly aired.

Family members of candidates great and small quickly see the two-edged sword of relative fame. For every Bill

Clinton or Roger Clinton who try, thankfully with little success, to cash in on famous family, most relatives would like to be left alone to pursue their own life agendas. They accept being asked, "Are you related to that guy?" having to defend him or worse, "How come you didn't turn out as well?"

My favorite is the teenage son of a former mayor of Berkeley Heights who said to a harassing caller, "Look, I just got home, no I don't know where my father is, I'm hungry, and these are the facts, as I know them."

When does the *New York Times* print the name of an obscure, alleged Luchese Capitan, who it deceased. Why should a young adult's driving problems be the subject of a news story? Neither of them sought the public eye. The public really doesn't have an unfettered right to know.

Statistically, it's a good bet that some people in public life are going to have a relative who messes up. At that point, the official is forced to reply that he loves his relative, and he stands by him in his moment of need. Maybe he wants to say, "Look, the relative is a jerk, I had nothing to do with it, so leave us both alone. An unlikely, but much more refreshing response."

But at least future candidates are forewarned. Before running, take time at the next holiday get-together to warn your relatives to straighten up and fly right.

They are about to become public fare, whether they want to or not.

Frank Capece, an attorney, is a resident of Cranford. This is Capece's first in a series of columns.

Board approves bond plan

(Continued from Page B1)

least \$35 million of the UCUA's bonds.

Other projects to be funded by the ordinance include:

- \$2 million for Project Pocket Parks. This is a matching grant program that gives Union County's towns up to \$250,000 each for park renovations.
- Westfield and Fairview have already applied for and will receive \$100,000 each to buy land for parks, while Clark will get a large grant of \$140,000 to renovate the Robinson

Branch Reservoir. Most of the towns in Union County applied for smaller grants.

- Most of the money for the grant program — \$1,904,200 — will come from bonds.
- \$200,000 for intersection improvements on Route 22 at New Providence and Bonnie Burns Roads. All of this money will come from a State Department of Transportation grant.
- \$3,250,000 for the county to purchase land along the Elizabeth River for parks and recreational use. A total of \$3,095,200 of this will come from bonds.
- A total of \$2,376,000 for the Elizabeth River Canal Control Program in Hillsdale. A total of \$577,000 of this will come from bonds. Hillsdale will appropriate another \$900,000 and the Army Corps of Engineers will pay for the rest with a grant.

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Notebook

(Continued from Page B1)

should be "there" somewhat to prospective jurors, those who are not called but are required to be present, don't have to endure a painful process of the mind and don't find themselves walking out of the courthouse thinking that the day was a complete waste of time.

Perhaps the court system can be structured so that by 9:30 a.m., a schedule of cases for the day is finalized and jurors are empaneled right away. This way, if four cases are expected to be heard that morning and four jurors are empaneled, the remainder of potential jurors can be told to leave and be back a certain time during the afternoon for the next selection of jurors. I'm sure, since everyone in the room is from Union County, that potential jurors would be disappointed if they are appointed for the home for a few hours, where they would spend time being more productive than they are in the waiting room doing nothing.

If that case is expected for the entire day and four jurors are empaneled by 9:30 a.m., the remainder of potential jurors could go home for the day or, like I would do, go back to work.

I would also suggest that the television in the jury waiting room be fixed. Even the guests on the "Jerry Springer" show would be better to listen to than the sound of people snoring.

Cole honored

Ernest Cole, executive director of the Central Valley League of Union County, was honored at the "Elders' Awards Program" June 29 at Mountain House, Valley Forge Station.

Cole has been with the Central Valley League since 1990, where he is responsible for the operation of all of its facilities and programs, including The Vincent Coleita Vocational Center, CPL Early Childhood Center, Early Intervention Program, The Jurdic Academy, CPL Transportation Services, and CPL Family Support Services.


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ARTS & ENTERTAINMENT

Community theater award nominations are announced

By Jacquie McCarthy, Associate Editor

The 1998 New Jersey Community Theater Awards were announced on Saturday at Playhouse 22 in East Brunswick.

Representatives from Recognition of Excellence in Community Theater, or R.E.C.T., the organization which administers the awards, announced the names of New Jersey community theater productions competing in the categories of Lighting Design, Musical Direction, Choreography, Sound Design, Costume, Stage Management, Set Design, Properties, Direction, Production, Original Production, and Performance.

On the glittery stage of Playhouse 22, said set for their recent, selected R.E.C.T. Chairperson Andrew Girdler, not welcomed the audience and thanked all present for their support of the new organization, replacing the defunct A.C.T. Awards, with the genre reminding not to lose sight of the most important reason for doing theater — the sheer enjoyment of it.

Girdler remarked upon the speculation which had taken place throughout the year regarding what the new awards would be named, stating that he never intended the awards to bear the name of the organization "if for no other reason than the satir-

cal comments." Instead, Girdler announced that the awards would honor a specific individual, much like the renowned Tony Award. R.E.C.T. will honor William Perry Morgan, founder of the R.E.C.T. Awards, the first community theater awards organization in New Jersey, with Sept. 13, 1998 marking the 30th anniversary of the 1968 Perry Awards.

R.E.C.T. Nominations Committee Chairperson Joseph Schreck was the next to address the audience.

"It was a tough year," said Schreck, who stated that the nominations committee reviewed a total of 114 productions. Productions are scored in each category, with the top six scores becoming nominees.

Nominations were announced by Theatre Relations Chairperson Amy Raposo. Nominations Committee member Chris Fitzgerald Schreck and Girdler.

Nominees from theater companies in Union and Essex counties are as follows:

• Direction of a Musical — Peter Clark, "She Loves Me," Cranford Dramatic Club

• Direction of a Play — Bill Van Sant, "A Shynna Mardel," Carnival Productions, Rahway

• Ensemble Performance in a Play

Female — Sheila Harding, "Angels in America," Open Space Theatre Company, Plainfield

• Ensemble Performance in a Play Male — Chris Cuffari, "Breaking Logs," The Royal Theatre of South Orange, Dix-Holmes, "Play On," Stony Hill Players, Summit

• Featured Performance in a Musical Female — Kelly Mott, "Dinn Yankees," Mystic Voice Players, Linden

• Featured Performance in a Musical Male — Bobby Schick, "She Loves Me," Cranford Dramatic Club

• Featured Performance in a Play Female — Susanna Brown, "The Runner Stumbles," The Round Theatre of South Orange

• Featured Performance in a Play Male — Joe Nardo, "Signals in America," Open Space Theatre Company

• Lead Performance in a Musical Female — Ellen Cusick, "Blood Brothers," Open Space Theatre Company, Leah McCaulley, "She Loves Me," Cranford Dramatic Club

• Lead Performance in a Musical Male — Ron Gloff, "Blood Brothers," Open Space Theatre Company, Richard Sirella, "She Loves Me," Cranford Dramatic Club

• Lead Performance in a Play Female — Ella Ackerman, "Angels in America," Open Space Theatre Com-

pany, Tracey Randielli, "A Shynna Mardel," Carnival Productions, Rahway

• Lead Performance in a Play Male — Anthony East, "Play On," Stony Hill Players, Bj Maber, "California Suite," Westfield Community Players, Westfield

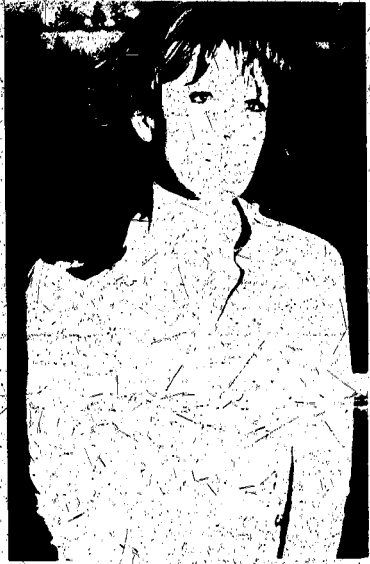
• Production of a Play — Wendy Cummings and John Marino, "A Shynna Mardel," Carnival Productions

• Set Design — B. McKeehan, "California Suite," Westfield Community Players

• Sound Design — Wendy Cummings and John Marino, "A Shynna Mardel," Carnival Productions

• Stage Management — Brian Gardner, "The Runner Stumbles," The Round Theatre of South Orange

Winners will be announced in Sept. 13 at the Berkeley Carter Hotel in Asbury Park, hosted by R.E.C.T. Nomination Committee members Maria Endick and Ellen Turner and Girdler. Tickets are \$25 and include cocktail hour and balcony reception. Musical supper, tannet will be provided by Larry and The Pit Bulls, who also performed at the 1997 A.C.T. Award ceremony. Reservations may be made by calling (732) 698-0217.



Patty Loveless

Loveless wins hearts at Paper Mill concert

By Ben Smith

Country music fans were treated to a feast of entertainment on the evening of Aug. 7 when the Paper Mill Playhouse in Millburn assigned one of the best country music stars in the country to its stage — Patty Loveless. Blonde, pretty and slim, dressed in a heavy, colored, wide-sleeved, tight black pants and high-heeled patent leather black boots, she — award-winning singer doused herself in sorrow and love and melodies of love, moments in an array of songs that reached into the hearts of the audience and blasted them away.

With a 1997 Country Music Association Favorite Vocalist of the Year award and the Academy of Country Music's Top Female Vocalist award in her possession, the Kentucky born Loveless, accompanied by two marvelous backup singers, three guitarists, mandolin player, two violin players, a keyboard player and a drummer, opened up her feelings in such songs as "How Can I Help You Say Goodbye?" "I Don't Need Your Rockin' Chair," "Long Stretch of Loneliness," "I'm Don't Seem to Miss Me" and her touching "You

Don't Even Know Who I Am," "It's a privilege to be here," y'all," she said to the audience. And the audience, the majority of whom are Loveless fans and who know every note of her music, responded with thunderous applause.

"Country music," she said, "has always been about being real, real life and real situations that happen out there... it is always about how you feel. Being honest, as much as how it sounds, is what makes it country."

The audience sat quietly as Loveless offered such songs as "If My Heart Had Windows" and "Vodoo." All I Think About? They whistled and yelled when she sang "We Ain't Ever Apologizing Now." Loveless has a quiet confidence stage presence, and she knows for music — every detail of it — which she demonstrated with every note of her band.

"You need to let people read you through your music," she has said. "Certainly, the people at the Paper Mill Playhouse read her, under a spot her, laughed and cried with her, and offered their tribute to her at a standing room concert, each brief act touched every member of the audience."

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VAN GOGH'S EAR CAFE
An eclectic dining experience
By Jacquie McCarthy, Associate Editor
If you are looking for a casual, yet unusual dining experience, Van Gogh's Ear Cafe in Union offers this new. Located in the heart of bustling Union Center, the coffeehouse offers an oasis for the weary, for everyone from the shopper making the rounds of the Center's many stores to the work-wary individual looking for an alternative to the traditional "Happy Hour."

My dinner companion and I stepped into the cafe on Sunday evening after taking in a movie matinee. Before even looking at the menu, I ordered a fluffy, warming raspberry soppington and my companion a cup of O.C. coffee. While relaxing at our table, which, true to the cafe's name, was in which the cafe is decorated, was a varnished table section of red oak, we listened to our appetizer and "chairs."

The appetizer, Art Bar's Feast, was a plate of Middle Eastern dips and spreads, served with toasted pita. The spreads, which were served with warm hummus, warabi, a tangy white bean dip, and baba ghanoush, a tasty mixture of eggplant and sesame seed paste. We also sampled some carrot omelet, simply delicious with just the right amount of carrot to make thick — and not overly spicy.

My entree was Pan de Siciliano, pasta with sautéed zucchini and eggplant, melted mozzarella cheese and a creamy tomato sauce, which was truly tasty. My companion chose the Oh-Chicken Salad Sandwich, one of the vegetarian alternative dishes offered at the cafe. A zorro bread salad served on a thin pit bread, my companion said the salad was delicious.

In addition to the comparative coffee and specialty teas, which was served at Sunnyside Solstice and guaranteed to beat the heat. Other items, recommendations are: libbani, a Middle Eastern grain and roasted vegetables and Van Gogh's Extraordinary. Quiche.

A visit to Van Gogh's Ear Cafe is not complete without sampling one of their terrific Sissy Night pastas. We shared Apple Crumb Biscuits, (only delicious dish served warm with whipped cream and lemon and raspberry sauce) it was an enjoyable end to the meal.

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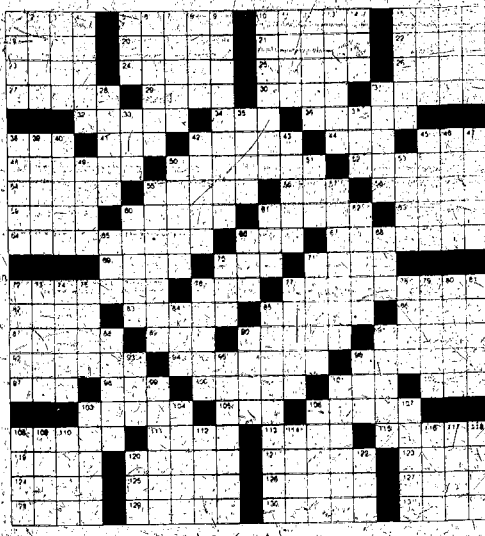
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118 Fisherman's sock
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(See ANSWERS on Page B11)

What's Going On?

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SUNDAY

EVENT: Flea Market and Craft Show
PLACE: West Orange Park, Park Ave. West Orange...

SUNDAY

EVENT: Flea Market and Collectible Show
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SUNDAY

EVENT: Flea Market and Collectible Show
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HOROSCOPE

Cancer June 22-July 22

With a positive approach to the week, you will come to realize who really matters in your life. Maybe you should think about bonding the plans a little so you can gain some financial backing on crucial ideas. Events should go your way as home this week.

Leo July 23-Aug. 23

Promote a positive influence by leading through example this week. And realize that you can manage stress on yourself through others. Let us up yourself some by highlighting your workload. Learn how to delegate time-consuming tasks to free up a lot of time.

Virgo Aug. 24-Sept. 22

Changes are on the way in your life. With the positive flow of these changes, you'll feel stronger than you have in a long time. And you'll find new ways to grow on a personal level. Don't allow power struggles to deter your success.

Libra Sept. 23-Oct. 23

With the right preparation, you will be able to overcome any adversity. By Friday, problems at work will seem to have been solved. So you'll have the weekend to tackle situations and chores at home. Devote yourself to that before taking a break.

Aries March 21-April 20

It's time to show your leadership qualities. Times are on your side, so you will be able to perform all the tasks that are necessary for you to be successful. Your success will be achieved after. But be sure to put all your energies into becoming an important part of the team.

Taurus April 21-May 21

Start enjoying the fruits of your ability to verbalize and communicate with others, and they'll start looking at situations from your point of view. It's a time to take steps to end that old relationship that's been plaguing you. It's the only way you can get forward.

Gemini May 22-June 21

Your scholarly means that you can walk before talking. When you express your confidence in others, you'll gain their support. Be sure to devote time to your loved ones, and you'll find it will be very important to see who is having a tough time.

Scorpio Oct. 24-Nov. 22

Don't become obsessed with trying to do everything at work. Let go of some of your tedious day-to-day affairs. This is a good week to start because you'll be able to communicate your needs and wants effectively. Don't let issues and tasks slide at home.

Sagittarius Nov. 23-Dec. 21

Be confident in your ability to communicate. Maintain confidence in professional matters by initiating discussions on topics of common interests. Work toward eliminating negative feelings concerning love and relationships. Learn new ways to express your love.

Capricorn Dec. 22-Jan. 20

Think of innovative ways to relieve your stress. Start with exercise, or maybe meditation appears more so.

Aquarius Jan. 21-Feb. 18

Take a step backward a broader look at things, and you'll end up finding reasons for some of your recent emotional outbursts. Whatever you do, don't bottle up your feelings. Reading or writing may help ease heart feelings from the past that keep creeping in.

Pisces Feb. 19-March 20

Friday won't come too soon. But no matter what, continue to believe in yourself, and your romantic energy will prevail. Give those feelings of despair that have been plaguing you. Work harder and you'll find your energy level will rise.

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The Great ESCAPE TO THE POCONOS

Pike County, a nice place to live.

Popular vacation spot offers plentiful relocation options

By Bill Van Sant, Staff Writer

"It's a nice place to visit, but I wouldn't want to live there." How many times has this been said by vacationers since time immemorial? However, those trekking to Pike County in Pennsylvania seem to be saying just the opposite.

"Pike County attracts a high percentage of first-time visitors who ultimately return to live," said Bob Patton of the Pinehill Bed & Breakfast. "Historically, new homeowners have been seasonal residents. Increasingly, however, the area is a year-round home for those deciding to make their visit permanent."

"Statistics show Pike to be the fastest-growing county in Pennsylvania," he continued, "even with one-third of its total acreage being federal or state government-owned."

"While the region of Pennsylvania has long been a favorite among travelers, what is attracting such large numbers of new homeowners?"

"Residents are attracted by an enticing combination — the quality of life is high and the cost of housing low," said Patton.

"Indeed, in both history and local amenities, the area's quality of life is quite rich. Pike County was separated from Wayne County in 1814, and named for Zebulon Montgomery Pike, discoverer of Pike's Peak."

Consisting of 350,000 acres, this includes 40,000 acres owned by the National Park Service and 100,000 owned by the Commonwealth of Pennsylvania for State Parks and Game Lands.

In Milford, the county seat, several historical sites such as Grey Towers and the Columns Museum offer a glimpse of the region's rich past.

"Other sites of interest are scattered about the county, providing insight into the more fascinating residents of Pike County, like Zane Grey, the Western novelist whose home on the Lackawaxen River is now a museum," said Jan Sutton, the administrative director of the Pike County

Chamber of Commerce. "Also to be found are old houses from the 1800s, walls built from local stone, and buildings which carry the original owners' names and which have been gloriously restored."

The region is known among lovers of the outdoors for such things as eagle watching in January and February along the Delaware River in Lackawaxen; canoeing, rafting and camping; and State Game Lands for nature enjoyment and seasonal hunting. Opportunities for trail hiking are plentiful in areas such as the Delaware Water Gap National Recreation Area; George Childs Park in Dingmans Ferry with its beautiful year-round waterfalls; Lake Wallenpaupack, which also features boating and water activities; and the Pocono Environmental Education Center with its Nature Weekends. Robbling Bridge, the predecessor to the Brooklyn Bridge, can be visited in Lackawaxen.

According to Sutton: "Antiques and collectibles, along with finer crafts and craftsmen, can be found throughout the county, and wonderful restaurants, hotels, resorts, and bed-and-breakfasts to take your leisure."

In addition to the natural beauty and man-made sites to be found in Pike County, new residents find daily life made more attractive by a competitive real estate tax rate, escalating resale values on homes, and three progressive school districts serving the region.

For those wishing to relocate permanently to Pike County, thoughts of career change need not enter the picture as access to the New York metropolitan area is readily available.

"Pike County is within a six-hour drive of one-third of the nation's population," said Sutton. "Interstate 84 crosses east to west through the county, providing access to New York State and New England and connections to Interstates 80 and 61. Both New York State and New Jersey are moments away from the county seat, and computer bus service to New York's Port Authority and train service to Hoboken make commuting to the metropolitan area a viable option."

In addition, local development accommodates the tastes of every potential home buyer.

"A property choice for every preference is available here," said Patton. "Live near the water or in the mountain wilderness; live amidst fields and pastures or in a quaint village. Pick a home style to match its surroundings — a cedar contemporary or a rough-hewn log house; a rambling farmhouse or a colorful Victorian."

"Pike County representatives suggest visiting the region for a vacation or weekend getaway, both of which offer the chance to drink in the local atmosphere and relocation potential."

For more information on this travel and recreation opportunities in Pike County, contact Sutton at the Pike County Chamber of Commerce, 108 E. Hartford St., P.O. Box 883, Milford, PA 18337, or call her at (717) 296-8700.

"If you've enjoyed your visit to Pike County, consider coming back to stay," said Patton. "It's a nice place to visit, and a nicer place to live."



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MVP tells Biblical tale with 20th century flair

"Amazing" is the perfect word to describe "Mystic: Vision Players" opening of their seventh season, as the cast of "Joseph and the Amazing Technicolor Dreamcoat" was scheduled for Thursday, Friday and Saturday at Linden High School.

A musical through and through with no spoken dialogue, "Joseph" tells the Old Testament story of the young prophet from Caran, favored by his father, who gives Joseph the "dreamcoat" in question. The young man loses favor with his many brothers who conspire to sell Joseph as a slave and give him up for dead. His gift for dream interpretation saves him, and Joseph makes a new life for himself in Egypt.

Never before has this ancient story been so entertaining. Directed and choreographed by the multi-talented Barbara-Jude Gieco, with vocal direction by Linda Ann Butt, MVP's "Joseph" was a "singularly flawless production, with outstanding performances from each member of the cast."

Musical numbers put an unusual spin on the storytelling process, incorporating modern rhythms and melodies. "Joseph's Dream" was a "West Side Story" esque Sharke vs. Jets dance routine featuring Joseph's "Brothers." "One More Angel in Heaven" once again featured Joseph's brothers, this time employing a Country/Western motif to tell Joseph's father the fate of his favorite son. "Song of the

Theater View

By Jocacine McCortney
Associate Editor

King," performed by the Pharaoh and Ensemble, was reminiscent of a king indeed — but not one heard of in Egypt in Joseph's day, unless Elvis Aron Presley enlisted in the Pharaoh's army. "These Canaan Days" and "Benjamin's Calypso" again featured the Brothers, howlingly funny, as flamboyant Frenchmen regaling their harsh treatment of their brother, and dancing in ruffled shirts in protest of Joseph's jailing of their youngest brother.

Another example of great choreography was "Poppah" featuring Gieco as lady Mrs. Poppah. With dancing reminiscent of her mother's, all of the seductive lull in her songs, "Darth Yankes," Gieco found it herself. Also, "The God, Oh Joseph" at the end of Act One, was truly a treat, featuring Joseph's "Father" — Butler, Baker, Guards, Ensemble and Children.

Michelle Heuser complimented a great performance as the Narrator with an excellent singing voice. Matt Price, who gave a laudable performance as Marrylin, "Sum In Linden Summer Playhouse's "Lil' Abner" has you filled in as "The Baker, showing his terrific range as an actor in this small part."

Linden Firefighter Kevin Michael Brady Jr. who was effective in the lead role of Young Joe Hardy in "Darth Yankes." This season, he has definitely come into his own this year in the lead role of Joseph. Brady's smile is so bright it needs no spotlight, and he moved gracefully and stylishly from scene to scene. From song to song, Brady's voice was a pleasure to hear.

High praise goes to the costumers for authentic-looking Arab wear and glittery glamorous garb, not to mention the glorious "dreamcoat" itself. Props were witty and appropriate, especially the roll-away livestock. Compliments go to our Instrumental Music Director, Michael Jedwabnik and the orchestra for a rousing performance.

Linden Mayor John T. Gregorio spoke to the audience prior to Saturday's performance, praising the fiscal raising efforts of Linden Cultural and Heritage Committee which resulted in over \$25,000 for renovations to the Linden High School theater, including repair of the air conditioning system, and acknowledging the efforts of committee member Rita Greco and Mystic Vision Players. The end of the evening brought a well-earned standing ovation for Brady and crew, and a true community theater phenomenon — a second curtain call, all of which proves that hard work and talent really can make dreams come true.

'Requiem' leaves impression of things to come

An Mozart's "Requiem" ended at NJ Performing Arts Center in Newark Saturday night, so ended the Amadeus Festival and, very nearly, the NJSO's first season at its new home. There was enthusiasm of some of accomplishment and confidence that the future may bring real cheer.

In programming two more early Mozart symphonies, the Koechel number average of four symphonies performed at the festival comes out to just 187. Obasi Carolyn Pollak won warm applause for her winning solo in the slow movement of K. 181. But the potential of the NJSO under conductor Jiri Zdenek Macal really showed in the opening Allegro of K. 182. Here we heard a lively interplay of independent instrument groups. Mozart's acceleration and musical pile-up bravely rendered. The excitement and clarity of purpose was unfortunately not sustained as Macal seemed to spend inordinate energy trying to tell the violin sections what he needed from them, leaving the rest of the orchestra to bleed it out which they

Music Notes

By Steven and Nathalie Yafet
Correspondents

did too well, right down to breathing at the same time.

The "Requiem" was, of course, occasion for much more orchestral excitement. The effect of muted brass peering out from beneath the strings and chorus was marvellous even as it felt like Beethoven's scoring instead of Mozart's. Initially, urged on by Maestro Macal, the orchestra overpowered the chorus. Unfortunately, a good balance was achieved. The soloist, however, accomplished neither balance nor blend. Soprano Margolis' Cahn's brittle, fast vibrato and Glenn Sieben's overly bright, somewhat strident tone clashed with Jennifer Roderer's covered, slightly muzzled

soprano. By contrast, John Check sang with a relaxed, full-throated bass-baritone which was wonderful to hear. His solo in the "Tuba Mirum" and perfectly executed solo and passage work in the "Benedictus" were particularly impressive.

"Light the Verdi 'Requiem' with its slow, stepping solos, Mozart's 'Requiem' is first and foremost a choral piece with added solo lines and quartets. The Pro Arte Chorus began tentatively as they struggled to rise above the orchestra. For example, the magnificent, ominous "Dies Irae" (other than conjuring up the image of an "awesome" last judgment) simply put David Egaley's "whisper" that they followed themselves on the Record with an achingly sweet pattern, not evoking mystery for us and that situation. A fiery, passionate "Confiteats" meditates' still school large piece affecting conclusion — "Miserere" rest grant ammen. (2) Lord, and let perpetual light shine upon them. Steven and Nathalie Yafet reside in Hillside.

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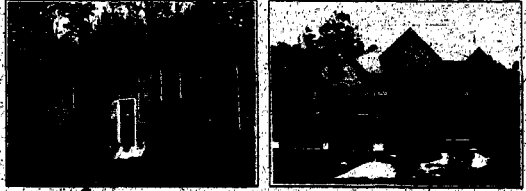
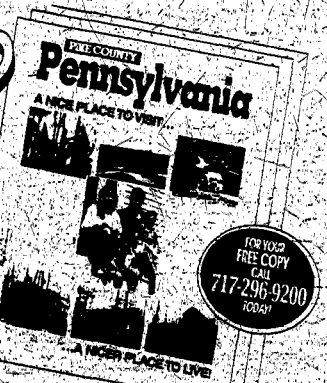
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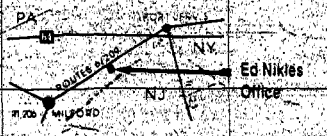
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Symptoms of depression include persistent "sadness," mood, loss of interest in ordinary activities, sleep disturbances and feelings of helplessness, hopelessness or guilt. Effective treatments for depression include medication, psychotherapy and some alternative treatments.

According to the National Institute of Mental Health, studies show that

cancer patients with clinical depression have greater distress, more impaired functioning and less ability to follow through in cancer treatment. Early diagnosis and treatment of depression can minimize the impact of these factors and reduce additional suffering.

To learn more about depression, write: Depression, Dept. C, Rockville, Md. 20857 or call (800) 421-4211.

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Join the fight to ban second-hand smoke hazards

Environmental Tobacco Smoke, passive smoke, sidestream smoke, second-hand smoke... call it what you will, it's still a mixture of poisons that can threaten the health of anyone, especially young children. Second-hand smoke is a combination of the smoke exhaled by a smoker and the smoke that comes off the end of the burning cigarette or pipe. It is a mixture of over 4,000 substances, more than 40 of which are known to cause cancer in humans or animals, and many of which are strong irritants. It has been classified by the U.S. Environmental Protection Agency as a known cause of lung cancer in humans. A Group A Carcinogen! It should come as no surprise, then, that second-hand smoke kills some 53,000 Americans every year, including 10,000 in NJ according to American Heart Association estimates.

While anyone exposed to tobacco smoke is at greater risk of illness, children are particularly vulnerable. Those who are exposed to ETS have a greater risk of lower respiratory tract infections, such as pneumonia and bronchitis, as well as reduced lung function and symptoms of respiratory ailments. The coughing and excessive phlegm known to ETS caused by irritation of fluid in the middle ear, the most common cause of hospitalization of children for an operation and even more at risk are asthmatic children. EPA estimates that between 200,000 and 4,000,000 asthmatic children have their condition worsened by exposure to second-hand smoke.

Passive smoking may also cause thousands of non-asthmatics to develop the condition each year. There has also been a link between ETS and Sudden Infant Death Syndrome in babies whose mothers smoked during and after pregnancy. Adolescents are at risk from the ill-effects of ETS exposure. Passive smoking can lead to irritation of the eyes, nose and throat, inflammation of the lungs, causing coughing, wheezing and chest discomfort and reduced lung function.

To protect yourself and your family from the dangers of second-hand smoke, start by creating a smoke-free environment where you live by asking family or friends to smoke outside only. Be sure that any caregivers for your children, including babysitters, have a smoke-free policy. If your child's day care facility has no written policy, work with teachers and administrators to create one that works to protect children. If your workplace is not yet smoke-free, work with management and labor organizations to establish a strong policy. Employers may enjoy benefits of lower cleaning costs, lowered health insurance premiums, increased productivity and improvement in employee morale. Finally, when dining out, take advantage of the establishments that have gone completely smoke-free for the health and comfort of their patrons and employees. Encourage your favorite restaurants to do the same.

For additional information on tobacco issues, call The American Stop Smoking Intervention Study at (800) 352-5694.

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Real Estate

TRANSACTIONS

Clark
 Richard C. Plata sold property at 80 Lincoln Blvd., to Jerry Scavio for \$115,000 on March 30.

Elizabeth
 Joseph G. Gullis and Fernando P. Gullis sold property at 628 Green St., to James W. McElroy for \$116,200 on Feb. 23.

Kearney
 R. and B. G. Gullis sold property at 1138 Rye St., to Cynthia Churchillo for \$88,000 on Feb. 27.

Easton
 Edward Frank sold property at 846 Garden St., to National Real Estate Investors for \$115,000 on Feb. 25.

Joseph P. and Marie F. Mendis sold property at 1042-1044 Seid Ave., to Robert Slade for \$140,000 on Feb. 23.

Hillside
 Antonio S. and Maria P. Meluso sold property at 409 Currier Place in Jersey Atlantic for \$175,000 on March 6.

Mandel and Audrey sold property at 1219 Broadway in Atlantic Piers for \$147,000 on March 7.

Kentworth
 Joseph P. and Marie F. Mendis sold property at 1042-1044 Seid Ave., to Robert Slade for \$140,000 on Feb. 23.

Linden
 Miss Sherry sold property at 808 Myrtlewood Road in Linden for \$170,000 on March 5.

Peet and Margerita sold property at 1315 Prospect Drive in Lech - W. Hajdamoski for \$139,000 on March 5.

Paul P. and Mary Jane sold property at 60 Fernwood Terrace in Benedict Dampor for \$178,000 on March 5.

Heinrich sold property at 935 Washington Ave., to EJ Mack for \$84,000 on March 6.

John and Maria Valente sold property at 618 Beechwood Road in Leah-Berptic Mastroianni for \$208,000 on March 6.

Anna Yelencova sold property at 600 Inwood Road in Marguerita Honki for \$113,000 on March 5.

William Parich and Otto sold property at 520 Maple Ave., to Cynthia A. Moccia for \$190,000 on March 11.

Roselle
 Ronald J. Knox sold property at 1023 Maurice Ave., to Dragutin Matic for \$179,000 on March 9.

William J. and Mary N. Tuckey sold property at 1174 Maple Terrace in Marie J. Jencke for \$115,000 on March 9.

Daniel Panning sold property at 571 Donald Ave., to Robert J. Caputo for \$111,000 on March 9.

Roselle Park
 UVM Investments Corp. sold property at 1169 Harrison Ave. in Augusta for \$110,250 on Feb. 23.

Roselle Park
 Roselle and Melissa S. Roselle sold property at 43 Woodland Drive in East N. Prather for \$135,000 on Feb. 23.

Walter sold property at 1000 Park Ave. in Roselle for \$169,500 on Feb. 23.

Roselle Park
 Roselle and Melissa S. Roselle sold property at 43 Woodland Drive in East N. Prather for \$135,000 on Feb. 23.

Roselle Park
 Roselle and Melissa S. Roselle sold property at 43 Woodland Drive in East N. Prather for \$135,000 on Feb. 23.

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 SOUTH ORANGE...
 UNION COUNTY...
 UNUSUAL...
 APARTMENT TO RENT...
 KENILWORTH...
 LOCAL CANOY RENT...
 MEDICARE SALES OPPORTUNITY...

ADVERTISE

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