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WORRALL COMMUNITY NEWSPAPERS

THURSDAY, DECEMBER 9, 1999 - SECTION B

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What was and what if

I had the privilege to shake hands with Otto Schwartz, and to listen to the inspiring words of Thomas Mahoney on Saturday.

Mahoney along with Herman Zuckerman are the two surviving Pearl Harbor veterans living in Union Township. Schwartz was a POW tortured by the Japanese during the war.

Left Out

By Frank Capece

These men, along with other veterans, partook in a ceremony unveiling a plaque honoring those who took part in the battle on Dec. 7, 1941. As the rain ended and the sun peaked out in the morning, the ceremony began.

Under the auspices of the township government and the local Filipino community, a wonderful tribute called Pearl Harbor Square stands on the corner of Stuyvesant and Elmwood avenues in Union.

The speeches by the grandfathers who are members of the Pearl Harbor Survivors Association, showed the memories and pain of 58 years ago are still fresh.

"We relate them everyday of our lives and our comrades will never be forgotten," said Lee Goldfarb of the veterans' group.

Calling it "my story," Mahoney related his memories on a U.S. seaplane that day. He also was present on a battleship in Tokyo Bay four years later in the surrender.

In recent works by historians, the conclusion is that a different result to the war could have easily turned out. In a series of essays by military historians entitled "What If?" compiled by Robert Cowley, they speculate how close we came to a longer war, which we could have even lost.

Author Theodore Cook speculates that but for five magical minutes and great courage, the U.S. could have lost the Battle of Midway. Cowley speculates that the next Japanese target was to actually invade Pearl Harbor.

In his new book, "In Our Own Words," U.S. Sen. Robert Tortelli invites the speech never given by Dwight Eisenhower, apologizing for the failed D-Day invasion. The common theme is that the combination of luck and the incredible courage of these teenage soldiers saved us from results that could have been radically different.

To the group of 100 who honored and listened to the veterans on Saturday, there was no argument that the veterans were the greatest generation, a term as coined by Tom Brokaw. Each speech spoke of their pledge never to forget their comrades.

See PEARL, Page B2

Inmate health care hits county for extra half-million

By Mark Hryna
Regional Editor

Increases in the average daily inmate population and the number of inmates with the AIDS virus, along with a catastrophic medical situation for one prisoner at the county jail, will cost the county an unexpected half million dollars in health care services.

The county must add \$450,000 to the \$3.5-million contract with Correctional Health Services of Verona "to provide necessary health care services at the Union County Jail and Juvenile Detention Center." The county is in the midst of negotiating the second year of a two-year contract with Correctional Health Services, which contributed \$5,000 to the Union County Democratic Committee in September.

The firm's contract with the county began in October 1998.

Prior to that, services were managed by the county's Runnells Specialized Hospital in Berkeley Heights since June 1995.

Runnells Hospital, however, was never intended as a permanent situation, Freeholder Vice Chairman Dan Sullivan said, only as an interim solution until a suitable vendor was found. Services were provided by Elizabeth General Medical Center before Runnells took over but, Sullivan said, costs were rising and medical center was losing interest in offering the services.

Costs for the final year at Runnells Hospital were \$2.8 million and an anticipated \$3.2 million for 1999.

Runnells is a government-sponsored hospital where prices are cheaper, according to Frank Guzzo, director of the Department of Human Services. There are more than 300 state inmates at the county jail ready to be transferred to state facilities that the state

cannot take, he said. In addition, more patients have been diagnosed with AIDS and there have been many births by inmates while incarcerated and other unforeseen costs.

The average daily population at the jail is 1,475, 100 more than the 1,375 estimated in the original contract.

The county pays a per-diem, per inmate charge of \$3.02 for every inmate above 1,375. The per diem charge per inmate is a standard piece in contract services, according to James Coleman, director of the Division of Correctional Services, although the price may vary based on census and costs.

An analysis was conducted based on the two-year population at the jail, County Manager Michael Lapolla said, which was used as the basis for the contract.

See INCREASES, Page B2

Lapolla considers Congress Seventh District will be national political battleground

By Mark Hryna
Regional Editor

Union County Manager Michael Lapolla of Westfield is considering a run for the 7th Congressional District, a seat that will be among the most heavily-targeted in the nation by both the Republican and Democratic parties.

The seat will be open in November since U.S. Rep. Bob Franks of Berkeley Heights, a Republican who has served the district since 1993, is running for Frank Lautenberg's U.S. Senate. Republicans have controlled the district since 1950 with the exception of three terms from 1975 to 1981.

Although she has not had extensive

discussions with Lapolla about the congressional position, Union County Democratic Chairwoman Charlotte DeFilippo said the county manager is in an "exploratory mode" and is interested in looking at it.

"Who is probably not as important at this point in time as what the race is shaping up as," DeFilippo said. "I believe nationwide eyes will be looking on the seat in Union County; both sides will make it a priority to win the seat."

The 7th District includes most of Union County and parts of Essex, Middlesex and Somerset counties.

With an open seat and a close margin in the 1998 race, State and Essex

County Democratic Chairman Thomas Giblin said the party "will be putting extra resources" into the race and "put it on our radar screen."

Lapolla, a Democrat, was first assistant prosecutor prior to becoming county manager in June 1997. He was the youngest person ever elected to the Union County Board of Freeholders when he gained a seat in 1983 and served two terms, including a year as chairman in 1988. Lapolla was director of U.S. Sen. Bill Bradley's New Jersey office and was an assistant counsel to Gov. Jim Florio for a short time in 1990.

Democrats already on board for the

See 7TH, Page B2

He's checking it twice



Photo By Jeff Grant

Will Allen, 3, of Westfield waits his turn to tell Santa how good he has been during Union County's tree lighting and holiday festivities at the Watchung Stables on Friday.

Public hearing on raises tonight

By Mark Hryna
Regional Editor

The Board of Freeholders is scheduled to vote on a proposed \$875 salary increase following a public hearing on the ordinance at tonight's meeting, scheduled to begin 7 p.m.

The ordinance also includes salary increases, roughly 3.5 percent across the board, for county department heads. The \$875 hike for freeholders is approximately a 3.5-percent increase over their 1998 salary and is effective Jan. 1 of this year.

At least one freeholder will not be voting for salary hikes: outgoing freeholder Donald Goncalves.

"The current salaries are fairly reasonable. I supported increases in the past but I don't think it's warranted to continue to increase it on a yearly basis no matter how you want to rationalize it; whether the economy is good or not."

"I'm not going to fault other freeholders who vote for it, that's their prerogative," said Goncalves. "Freeholders do a good job and get compensated fairly." Freeholders are considered part-time positions.

When asked whether being a lame duck freeholder affected his decision, Goncalves said, "Historically, I've always shown an aversion to increasing freeholders' salaries."

See RAISES, Page B2

Sheriff targets parents who owe child support

Keeping a promise he has maintained throughout his tenure as Union County Sheriff Ralph Freehlich sent arrest teams out during the early morning hours to target fugitives who have ignored their "parental responsibility" and are wanted for arraignments on child support. The fugitives targeted have managed to elude previous attempts at apprehension.

Three arrest teams of sheriff's officers under the direction of Capt. Barry Migliore, supervisor of the Family Investigation Unit fanned out across Union County at 4 a.m. Nov. 16. The teams targeted 37 fugitives who had willfully disregarded support orders issued by the courts.

According to Migliore, 23 of the targeted fugitives were apprehended with a total arrearage of \$293,203. Three of those arrested were the subject of criminal warrants while the remaining 14 fugitives are still at large. Sheriff's officers will appear when least expected to execute these warrants.

The names of the fugitives have been withheld to protect the identities of the children. One individual arrested in Elizabeth is the subject of

three support orders and was \$44,250 in arrears.

Freehlich has always maintained that non-support is an offense against both the child and society. "The child suffers from the failure of the offending parent to provide support. Society suffers because it must support the child from tax revenues."

UCUA annual meeting

The Union County Utilities Authority will host its annual public meeting regarding the Union County Resource Recovery Facility in Rahway, to be conducted by Ogden Martin Systems of Union Inc., as the solid waste facility permits. The special meeting will be Wednesday at 6:30 p.m. at the UCUA, 1499 Routes 1&9 North, Rahway.

In accordance with the Solid Waste Facility Permit, the open meeting is to provide local officials and the general public with an annual forum to allow public input and exchange of ideas relating to the Union County Resource Recovery Facility, commonly referred to as the county incinerator.

Urban suburban crime rates

Municipality	1996	Diff.	1997	Diff.	1998	Diff.
Fanwood	22.2	+18.0	26.2	-7.0	13.9	-37.0
Clark	18.9	-3.2	18.3	-10.0	16.4	-13.0
Roselle Park	29.1	-9.2	26.7	-2.6	26.0	-11.0
Garwood	25.5	+14.5	29.2	-2.4	28.5	+12.0
Summit	30.2	+6.3	32.1	-6.5	30.0	-0.6
Average	36.9	+2.0	37.6	-8.8	34.3	-7.0
Roselle	42.4	+1.0	42.8	-9.0	38.8	-8.5
Rahway	42.1	-7.1	39.1	-14.0	40.7	-3.0
Union County	48.9	+0.6	49.2	-6.9	45.8	-6.4
Hillsdale	66.2	+1.0	66.9	-15.0	57.0	-14.0
Linden	55.6	+3.5	57.5	+6.3	57.6	+4.0

Source: Uniform Crime Report 1997, 1998

Crime rate is the number of incidents reported per 1,000 residents. Municipalities classified as 'urban/suburban' by the Uniform Crime Report are 'near an urban center but not as extremely developed and more residential areas.' The columns labeled 'Diff.' indicate the percent change from 1996 to 1997 and from 1997 to 1998. The column on the far right indicates the percent change from 1996 to 1998. The average represents the average figures for Union County's 'urban/suburban' municipalities while the Union County row is the county's overall rate. Next week: Figures for 'urban center' municipalities in Union County.

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Increases in population, AIDS cases hike costs

(Continued from Page B1)

An aggregate fund of \$400,000 was set aside for off-site medication visits and severe medical cases. An extended hospital stay for one inmate that was unanticipated has ballooned, thus exceeding money set aside, according to Guzzo.

The aggregate fund for HIV medication, which is expensive, needs another \$112,000 to \$115,000 to complete the contract, Guzzo said. The original set-aside amount for AIDS medication was \$175,000.

The county gets no reimbursement or Medicaid, said Lapolla. Unlike a health plan which might pay 80 percent of hospitalizations costs for a private citizen, the county pays the entire amount.

Inmates pay a \$5 co-payment when they receive treatment. The inmate who is hospitalized jumped off his top bunk and fractured his spine. He is a murder suspect who has not been sentenced yet. He took a plea bargain but is a co-defendant in a case which the Prosecutor's Office needs him to testify to get other suspects to trial, according to officials.

Under the Eighth Amendment of the Constitution, Coleman said, the county must provide adequate medical care for prisoners. Had the inmate fallen from a bunk at home, taxpayers would still pay for the health care only in a different form, said Coleman in response to a freeholder's question.

"It's a good contract with services so far," Coleman said. He gave the contract a B, based on services, when asked by Freeholder Chairman Nicholas Scaturro to grade the contract. He gave the contract itself, however, a C. "They've been very responsive to areas" and have had good communication but there are some areas of concern.

"It doesn't seem like there's all that much benefit to the county," said Scaturro. "Some things we want to see changed," said Guzzo. The county expects to receive a cost proposal based on the increased census. The higher the estimated census, the higher the contract will be.

"You don't want to project too high because then there is too much upfront cost," Guzzo said. County officials expect to see more realistic numbers for the new contract and be "more on target" with the 2000 census.

Staffing levels are below what were agreed to in terms of medical personnel going into county facilities, according to Guzzo. Reimbursements were not tied to staffing levels, he said, something that will be examined during the next negotiations.

"The issue is not that the company didn't want to keep adequate staffing levels," Guzzo said. The jail is a closed environment and it is hard to retain medical personnel. Staff levels peak and drop at any given time, he said, but there was no thought to short-staffing by company.

The county conducts extensive background checks on a vendor's employees, according to Coleman, which resulted in three people quitting once they found out. Scaturro suggested penalizing the vendor for providing people who fail background checks.

"This makes us realize what 'what Rannels was doing for us,'" Freeholder Lewis Mingo said.

"In the next negotiations, I'm sure you'll learn a lot from this process and the loopholes in it. Getting people to work in jail not the easiest thing to do."

Freeholder salaries

County	Freeholders	Chairmen
Essex	\$28,884	\$29,882
Hudson	\$28,800	\$31,800
Bergen	\$27,283	\$27,283
Union	\$25,875	\$27,875
Passaic	\$25,300	\$26,300
Ocean	\$25,041	\$26,041
Morris	\$25,000	\$26,000
Monmouth	\$25,000	\$26,000
Union	\$25,000	\$27,000
Salem	\$21,718	\$22,718
Average	\$21,472	\$22,558
Burlington	\$21,105	\$22,105
Middlesex	\$20,875	\$21,875
Atlantic	\$20,000	\$21,500
Somerset	\$19,178	\$20,178
Sussex	\$19,125	\$19,825
Mercer	\$18,564	\$19,564
Cape May	\$17,973	\$18,973
Warren	\$17,000	\$18,000
Gloucester	\$16,909	\$17,909
Camden	\$16,500	\$17,500
Hunterdon	\$16,000	\$17,000
Cumberland	\$15,000	\$16,000

*Proposed for 1999
Source: 1999 New Jersey Legislative Manual
The only counties that pay vice chairmen more than freeholders are Hudson, \$30,800, and Union, \$26,000.

7th District drawing a crowd

(Continued from Page B1)

7th District race are Maryanne Connelly of Fanwood, Jeff Golkin of Warren and J. Brooke Hem of New Providence. Larry Lerner of Somerset County, who lost to Franks in 1995, has expressed interest in running again, said DeFilippo.

Connelly, who lost to Franks in 1997, called Lapolla's candidacy "an interesting possibility."

"Since we live in a Democracy, everyone is free to run."

With Republicans holding just a 220-215 advantage in the 435-member House of Representatives, Connelly said, "I intend to be the candidate that wins back the House."

Union County Republican Chairman Frank McDermott agreed the 7th

District will be a battleground, not only because Democrats will target the seat because it has no incumbent, but there will be a primary battle for his party's nomination.

The GOP will choose between 21st District Assemblyman Joel Weingarten of Millburn, former Franks legislative aid Thomas Ken Jr. and former Woodbridge council president Ken Gardner. In addition, McDermott said Michael Ferguson, who lost to Frank Pallone, D-Monmouth, for the 6th District seat in 1998 has expressed some interest in the 7th District.

Democratic candidates in the 7th District who have not been funded have done significantly better each year, DeFilippo said. If there is no incumbent, which is worth hun-

dreds of thousands of dollars to nurture a candidacy, it opens a whole new field for a Democrat to win the district, she said.

There will be "extraordinary interest" in the 7th District because party power in the House is so close and, because of all the districts in the state, the 7th District is the most visible to run. Democrats currently hold seven of the state's 13 Congressional seats. "It's an ever-changing district," DeFilippo said, and "the demographics in terms of those living here have changed dramatically" since the demographics that draw the district are a decade old.

The chairwoman said the Union County Democratic line organization will award line to one of the candi-



Michael Lapolla dates sometime in February, which is no different than any other year.

Raises won't be an issue

(Continued from Page B1)

ties. "He will complete his only term as freeholder at the end of this month after being replaced on the Democratic party line in the spring by Angel Estrada.

Gonzales said last year's increase of \$1,500 was initially a higher proposal which was reduced to meet a better "comfort level" with him.

"I don't think it will be much of an issue," said Freeholder Deborah Scanton when asked if she had any concerns about approving a raise prior to her re-election year.

Freeholders kept the increases "substantially down from previous years, not because of election concerns but because of economy concerns. We thought we'd act responsibly."

Last year freeholders approved a \$1,500 increase which was preceded by a \$1,000 increase in 1997.

The average freeholder salary in New Jersey is \$21,472 while the median salary is \$20,675, in Middlesex County. The average chairman's salary is \$22,558.

Fifteen of the 21 freeholder boards in New Jersey pay their chairmen \$1,000 more than freeholders. Bergen County is the only board which pays all its members the same salary. The freeholder chairman in Hudson County is paid approximately \$3,000 more than freeholders; Essex, \$900 more;

Union, \$2,000; Atlantic, \$1,500; and Sussex, \$500.

It is the responsibility of a freeholder chairman to set the agenda for weekly meetings and run the meetings. Freeholder Vice Chairman Dan Sullivan of Elizabeth will succeed Chairman Nicholas Scaturro of Linden once the board reorganizes in 2000. Freeholder Alexander Mirabolla of Roselle Park will be the next vice chairman.

Vice chairmen in Union and Hudson counties are the only ones who are paid more than regular freeholders. The chairman and vice chairman in Hudson County are the only freeholders in the state to earn more than \$30,000 a year.

Toys for tots

This year marks Autoland's 14th consecutive fund-raising drive for the U.S. Marine Corps Reserve "Toys for Tots" campaign. Between now and Christmas, Autoland on Route 22, along with Mack Camera on Morris Avenue, both in Springfield, will be collection centers for new, unwrapped toys or donations.

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Pearl Harbor Square a great service to us and vets

(Continued from Page B1)

The recycling of the veterans' course through a series of books including 'Breakaway's' follow up. "The Greatest Generation Speaks," are inspiring. Maybe in a generation fascinated by celebrity, the real stars are the people we see across the table at holidays, namely our parents and grandparents. At a time when there are so few

World War II veterans left, it is critical that their stories and their experiences become chronicled and that they are remembered for their contributions.

A point of personal privilege here. I have been fortunate to shake hands with presidents and sports heroes, but, shaking hands with Otto Schwartz was pretty darn special for me.

At the end of his remarks, McDermott thanked the group and said "You don't know what an honor it was for us to have you here today." It is akin to the words of a Midway survivor, "My fallen comrades in arms who sleep in darkness."

The group walked over to the square for pictures. The blind and

handicapped Schwartz remained in his seat with his gracious wife.

Over the holidays, take a few minutes to stop in Union at Pearl Harbor Square. The Bayanlian Club of Union and township government have done the veterans and the rest of us a great service.

A resident of Cranford, Frank Capece is an attorney.

The Arc of Union County sponsors 'Holiday Homes Tour'

In order for the public to experience the joy of the holidays found in its residential homes, The Arc of Union County will host a "Holiday Homes Tour" on Saturday from 1 to 4 p.m.

Buses will leave at 1 p.m. from two locations: The Arc of Union County Office, 1225 South Ave., Plainfield; and The Arc of Roselle Day Programs site, 215 1st Ave., Roselle.

Tickets, which include transportation and light refreshments, are \$15 per person or \$25 for two tickets.

The event is sponsored by The Arc of Union County's Residential Auxiliary, a volunteer group dedicated to assuring safe and comfortable home environments for individuals with developmental disabilities. Baked goods for the event have been donated by Union County Vocational-Technical Schools.

The holiday group home tour promises those who visit an opportu-

ity to make new friends, share the joy of the season and support a worthy cause," said Deborah Pomianek, associate executive director of The Arc of Union County.

On each of the two tours there will be an opportunity to visit five Arc homes located in the Union County communities of Plainfield, Fanwood, South Plains, Clark and Roselle.

For more information about The Arc's "Holiday Homes Tour" call Crystal Young at (908) 754-5549. All checks should be made payable to: The Arc of Union County Inc. at 1225 South Avenue, Plainfield, 07062, Attn: Crystal Young.

The Arc, which is celebrating its 50th anniversary, supports individuals with developmental disabilities and

their families through a number of quality services including supported employment and work opportunities, residential services, child care programs, recreation and summer camp, respite services, special needs day care programs and adult medical day care services.

For more information on The Arc call (908) 754-7826.

Business women have auction, dinner tonight

The Union County Chapter of the New Jersey Association of Women Business Owners has its 15th annual holiday auction at 6 p.m. tonight at L'Affaire Restaurant, Mountainside. The NJAWBO is a nonprofit organization whose mission is to provide tools for women business owners to compete in any marketplace, enabling them to operate a financially successful business.

The cost for the auction and dinner is \$28 for NJAWBO members. Non-members and guests are welcome to attend. A broad range of products and services donated from members and other area merchants will be available for the

auction. Last year's auction featured several gift baskets with items from liquor to baby items, floral arrangements, gift certificates for massages and many other products.

"The funds we collected were split between the NJAWBO Scholarship Fund and one of the local charities we support," said Marcy Metz, president of the Union County Chapter of NJAWBO. "This year some of our proceeds will benefit the American Heart Association of Union County."

Any person or organization wishing to make a donation for the auction can call Pat Mason at (908) 272-7414.

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ARTS & ENTERTAINMENT

Musicians find orchestra to be age-defying

By Bill Van Sant
Associate Editor

Musicians have long been regarded as "the universal language," so much so that film director Steven Spielberg used a simple, five-note phrase for intergalactic communications in "Close Encounters of the Third Kind."

However, when music teacher Lorraine Marks of Cranford raises her conductor's baton this Sunday at Cranford High School, her aim is not to span the cosmos but to bridge another divide, one much closer to home: the generation gap.

Marks is the director and founder of the New Jersey Intergenerational Orchestra, an organization which has accomplished much in its five years of existence. In addition to a list of prestigious appearances — at the United Nations and Lincoln Center Plaza, on the steps of the U.S. Capitol — the orchestra has been featured in such magazines as Family Circle, New Jersey Monthly and Symphony, is the topic of a book in progress by New York author Linda Winston, and will be featured on CBS Evening News later this month in a special report by Dan Rather.

Marks herself has received accolades for her work, including "Outstanding Woman of the Year in the Arts" from the Somerset County Commission on the Status of Women, and a Pride Award for People Who Made a Difference in the Arts from New Jersey Monthly.

However, for Marks, the real reward is seeing a 7-year-old sit next to an 88-year-old and make beautiful music together as equals — oblivious to the decades separating them, seeing only the music which unites them, and drawing inspiration from each other.

It was Marks' own experience as a young musician under the tutelage of someone much older that inspired her to bridge the gap.

"I thought about bringing my young students who needed some inspiration together with some older adults," she said. "One of the inspirations for that was my own music teacher, who was well into his 70s when I was studying with him, and he invited me to sit next to him and his peers, who were well into their 70s, to play string quartets. I was only 15 years old, so I felt this was a really great opportunity and every week I used to rehearse with them. They were kind of stringing me along, in a way, I really couldn't play that well; I was just kind of mimicking them, but eventually I took more lessons and I eventually went into the field of music from this experience of sitting down next to the older adults who were encouraging me.

"So when I was trying to find a way to inspire my students, I thought about



Composer Mario Lombardo of Cranford, right, leads violinist Lorraine Marks, founder and conductor of the New Jersey Intergenerational Orchestra, in rehearsals of his composition, "Elegy," which he wrote for NJIO with Marks in mind. The piece, for solo viola and string orchestra, will receive its world premiere at Sunday's concert.

this experience that I had when I was younger."

From then, Marks began pounding pavement, seeking support for her dream. That commodity came in the form of Cranford's Superintendent of Schools, Emanuele Reina.

"With this idea, which was only in my head at the time, I was able to gather up enough support that I was able to obtain a space for the first rehearsal," Marks recalled. "I put into all the newspapers a general open call for musicians that would like to be in an orchestra, and I said it was '5 to 85.' That night I stood at the door, I had about 30 folders ready and about 40 chairs set up. And by 7 o'clock, droves of people came in. Seventy people showed up, at the first rehearsal."

While those initial musicians were mostly from Cranford, the orchestra now boasts a roster of approximately 140 people from 31 communities in five counties and New York City. And with that growth, the momentum has been at times dizzying, at times exhilarating, and has become part of a trend.

"You know, this concept of 'intergenerational' is part of a whole movement now in the United States," Marks said. "There're courses of study being created at the University of Pittsburgh on intergenerational study in the area of social work." "At the vanguard of the movement, NJIO participated in the Generations United convention in Washington, D.C. of May of this year, an engagement which opened the door to further exposure and growth.

"We had three concerts in Washington: one on the Capitol steps, one at this convention's reception and

one at the actual convention itself. And I met very interesting people there."

Among those people was Winston, who made several attempts to contact Marks — including sending letters and copies of her books.

"Finally I agreed to meet with her," Marks said. "I'd been so distracted by the music. There're so many wonderful people out there, making calls to me. I can't focus on all of them. But she happened to be very persistent and started coming to rehearsals and interviewing people. She's a really brilliant woman. She herself is a social anthropologist and is looking at the orchestra not just as 'the music.' It's more the relationships of the people together and the orchestra's relationship to the community and to the audience."

From there, the ball got rolling on Winston's current work-in-progress, focusing on NJIO and its approach to spanning the generations, due to be published in 2001.

"The mission of the orchestra, what we always say, is to bridge the generations, but it's also to reach out to the community. At my concert, you can bring your kids and if they make a little noise, it's OK, because I might even just give them some instruments to play on anyway during one of the pieces that's appropriate for that. The programs are there for the community."

"This orchestra is so all-encompassing in terms of its range — it's all ages — that I have to make sure that I touch all aspects of the community."

Like so many before her, Marks calls music "the universal language." "That's why this orchestra works

so well because you can sit down next to an older musician, being a younger person, and there's a level of communication there, even if you're not speaking. But yet, somehow, the talking comes out from that, it evolves from the music. You have that in common, that bond."

Marks sees today's society as being fragmented and compartmentalized, especially with the rise in self-contained senior housing, leaving little opportunity for young and old to unite. However, when her musicians gather, they aren't separate groups of seniors, baby boomers and kids.

They're an orchestra.

NJIO will present its winter concert Sunday at 3 p.m. at Cranford High School on West End Place. Admission is free, but audience members are encouraged to bring donations of non-perishable food for Cranford Family Care. For information, call (908) 709-0084 or visit the website at www.bobbyvin.com/orches.html.

5 ★★★★★ TRYOUTS FOR New Jersey Stars 14-U

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Paper Mill, NJ Ballet join for annual holiday event

Continuing a 29-year tradition, the Paper Mill Playhouse in Millburn will present the New Jersey Ballet production of Tchaikovsky's "Nutcracker" Dec. 17 through Dec. 27.

The premiere "Nutcracker" in New Jersey by the state's leading dance company will feature a cast of 100 with sets by Paper Mill's award-winning resident scenic designer, Michael Anara.

The production tells the classic story of young Clara and her Christmas adventures in a magical world of mice, clowns, snow flakes and sugar plum fairies, soldiers and angels and a handsome prince. The score will be under the direction of Gary S. Fagin.

Founded in 1958, the New Jersey Ballet's performances of contemporary and classical ballets have made the company an integral part of New Jersey's cultural life. Under the direction of Carolyn Clark, the company has performed in New Jersey, around the country and abroad. New Jersey Ballet's "Nutcracker" is made possible in part by the New Jersey State Council on the Arts/Department of State, and by corporate, foundation and individual contributions.

Among the performers from Union and Essex counties are Danielle Bonnesen, Elise Hubert, George Kavatsiuk, Maria Kavatsiuk and Courtney Nichols, all of Berkeley Heights; Andrew Notarile and Erin Traynor, both of Cranford; Ashley Taverser of Elizabeth; Megan Gostachuk and Jennifer Gonzalez, both of Hillsdale; Liz Conner and Jeannette Punte, both of New Providence; Erika Samsky of Scotch Plains; Katie Milk, Nicole Milano and Natasha Scott, all of Springfield; Liz Cleveland, Sarah Marzita, Martha Miller, Alex Navia, Diane Patrick, Katie Patrick, Ally Sacks and Katrina Samaniego, all of Summit; Noel Blowis, Elise DeBovoise, Kristin Fiducia, Natalie Gochintov and Rachel Silber, all of Union; and Jessica Flynn, Rachel Maran, Julienne Niemiera and Elissa Niemiera, all of Westfield.

Performances are Dec. 17 at 8 p.m.; Dec. 18, 20 to 23 at 7 p.m.; Dec. 19 and 26 at 6 p.m. Matinees are 1 p.m. on Dec. 19, 24, 26 and 27, and Dec. 18 and 23 at 3 o'clock. There will be no performance Dec. 25. Ticketing range in price from \$18 to \$36. A limited number of box seats are available for \$38. Visa MasterCard and Discover are accepted and group rates are available. For information and reservations, call (973) 376-4343. For groups of 20 or more, call (973) 379-3636, ext. 2438.

Paper Mill Playhouse, located on Brookside Drive in Millburn, is easily accessible by car from both New York — 30 minutes from midtown — and New Jersey via the Garden State Parkway, New Jersey Turnpike and I-78. From New York City, take the PATH train to Hoboken, change to NJ Transit train to Millburn. The theater is a short walk from the train. NJ Transit's Midtown Direct offers nonstop service from Manhattan to Millburn on selected days and times, convenient for weekday matinees and Saturday or Sunday performances. For more information, call the box office at (973) 376-4343. Paper Mill Playhouse is barrier-free and completely accessible to people with disabilities. For "Nutcracker," Paper Mill offers audio-described performances for the visually impaired, and an in-theater listening system is available as well. For more information, visit the websites at www.papermill.org or www.newjerseyballet.org.

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CITY CENTER THEATRE

Marty Elkins will close 'Jazz '99' series at Rahway Arts Guild

The Arts Guild of Rahway concludes the "Jazz '99" music series with a performance by signer Marty Elkins & The Savoy All Stars Friday at 8 p.m. The Arts Guild is located at 1670 Irving St. in Rahway at the corner of Somerville Avenue. Seating is limited and reservations are recommended. All seats are \$10; senior citizens and students pay only \$8.

"Count Marty Elkins in that class of singer who's on the scene always singing and sustaining the vocal tradition that places melody above all else. But where Elkins leaves the pack is her treatment of standards, done with equal parts humor and street smarts. She's a staunch traditionalist who polishes songs, then wears 'em proudly," wrote Jeff Levinson of Hot House.

New York jazz scene for 15 years. Elkins has performed extensively throughout the New York area as well as New Orleans, Japan, Las Vegas and Atlantic City. Working with such notables as Dave McKenna, Joe Lovano, Larry Goldings, Spanky Davis and Joe Puma, among others.

Her authentic jazz sound and swinging time feel are just two of the qualities that set Elkins apart. She is a "musician's singer," whether accompanying herself on piano, or fronting a quartet or big band.

In a genre truly innovated by masters such as Ella Fitzgerald, Billie Holiday and Sarah Vaughan, Marty Elkins pays homage to their inspiration. Her well chosen repertoire, rich tone, smooth phrasing and all-around musicianship would be reason enough to become a fan, but it's her really spirited performances that keep her

many loyal fans coming back, time after time.

The Savoy All Stars, accompany Elkins in this 10th and final "Jazz '99" concert at The Arts Guild of Rahway, includes Richard Vitale on trumpet. Vitale has accompanied Frank Sinatra as a jazz soloist, and sat in the jazz chairs of The Buddy Rich Big Band, Count Basie Orchestra and Duke Ellington Orchestra.

Greg Staff adds guitar to the group. His recent work with singing legend Ruth Brown prompted a Boston Guide critic to exclaim, "Greg Staff plays as deftly as Miss Brown sings."

Mark Taylor on drums and Adam Scone on keyboard round out The All Stars, lending their distinct talents to

the swinging sound with the bounce and distinctive warmth and phrasing of lead singer Elkins. If jazz standards

are your favorite, Marty Elkins & The Savoy All Stars will provide a fine concert in the swinging jazz tradition.

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SLEEPY HOLLOW (148) R Fr 9.00 7.15, 9.30; Sat & Sun 12.00 9.00, 9.30, 7.15; Mon-Thu 7.00, 9.00.

THE WORLD IS NOT ENOUGH (204) PG-13 Fr 8.45, 9.15; Sat & Sun 1.30, 4.15, 6.45, 8.15; Mon-Thu 6.45, 9.00.

END OF DAYS (202) R Fr 7.00, 9.30; Sat & Sun 1.30, 4.15, 7.00, 9.30; Mon-Thu 6.45, 8.45.

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Community Dining Guide

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Alexis Steakhouse
Staff Writer

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By Toniann Antonelli
Staff Writer

If you have an appetite and a craving for the biggest juiciest steaks around, Alexis Steak House and Tavern on Route 22 in Mountainside is just the place you're looking for.

Home of the 24-ounce Delmonico and New York sirloin steaks, Alexis offers high-quality meals at very reasonable prices. The friendly service and atmosphere are also very pleasing from the attentive servers to the bright, cheery dining rooms.

Upon entering the dining room, my dining companion and I felt instantly at ease. Several well-spaced tables adorned with red-checkered tablecloths offer plenty of elbow room within the large dining room, which is located several feet away from the bustling bar area. A second dining room, generally reserved for smokers is slightly more intimate, yet offers the same bright, roomy atmosphere.

All diners at Alexis begin with a complimentary bowl of pickles, cherry peppers and fresh cut health salad, which is light and cool and resembles sole slaw.

Diners are then invited to try on of the restaurant's tasty appetizers such as gooey mozzarella sticks, golden chicken fingers and tangy buffalo wings. My companion and I sampled the onion flower, which consisted of a large onion, fanned out to resemble a flower, then battered-dipped and fried to sweet crispy perfection. It was served with a dipping sauce that was so tasty, I would have gladly poured it over everything I ate. I also feasted on a bowl of hearty french onion soup. The crock of sweet fresh onions came covered in bubbling mozzarella and Swiss cheese.

For the main course, I selected Alexis' famous 24-ounce Delmonico steak, which was accompanied by hot baked potato. The unbelievable large, juicy piece of meat was seasoned with a special blend of mild spices and then grilled to perfection. Too far into beef nirvana to think about my cholesterol level, I attempted to eat as much of the steak as possible -- no easy task. But given the generous portions served at Alexis, I still had enough food to take home.

My dining companion decided to try Alexis' thick meaty ribs, smothered in a tasty barbecue sauce.

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Have Dinner At Our Place & Enjoy

Stepping Out is a weekly calendar designed to guide our readers to the many arts and entertainment events in the Union County area. The calendar is open to all groups and organizations in the Union County area. To place your free listing, send information to Arts and Entertainment Editor Bill Van Sant, *Worral* Community Newspapers, P.O. Box 3109, Union, NJ 07083.

ART SHOWS

ART AT OVERLOOK will be on exhibit at Overlook Hospital, featuring the artwork of New Jersey photographer Dwight Hiscano through January 2000. The hospital is located at 99 Beauvoir Ave. For information, call (908) 525-2004.

SUMMIT FRAME & ART will exhibit paintings by American artists dating from the mid 19th to early 20th centuries.

The gallery is located at 465 Springfield Ave. in Summit. For information, call (908) 273-8665.

TEEN ANGST, LOVE, HATE & OTHER THINGS, the work of Neal Kim, will be on exhibit at Tommasulo Art Gallery at Union County College through Dec. 16. Gallery hours are Mondays through

SUMMIT FRAME & ART will exhibit the oil paintings of Harold Drake Tanner through Dec. 13.

The gallery is located at 465 Springfield Ave. in Summit. Gallery hours are 9:30 a.m. to 5:30 p.m. Mondays to Saturdays, with hours until 7 p.m. Thursdays. For information, call (908) 273-8665.

THE HUMAN PRESENCE, an exhibit by The New Art Group, will be on display at The Gallery at the Arts Guild of Rahway through Dec. 30.

Gallery hours are Wednesdays, Fridays and Saturdays from 1 to 4 p.m., Thursdays from 1 to 3 and 5 to 7 p.m., and by appointment. The Arts Guild is located at 1670 Irving St. in Rahway. For information, call (732) 381-7511.

AUDITIONS

CARNIVAL PRODUCTIONS will conduct auditions for "Bus Stop" by William Inge Sunday and Tuesday at El Bodegon Restaurant, 169 W. Main St., Rahway. Being sought are three women and five men, 20s to 50s. For information, call Wendy Cinquanta at

Stepping Out

Beginners, Intermediate and Advanced Acting classes will concentrate on improvisation, character development and scene study. Also offered are four levels of tap and three levels of musical theater, which focuses on song selection and interpretation, ensemble work, voice, and musical theater movement and dance. Private lessons in voice and/or acting are available.

The Westfield High School is located at 728 Westfield Ave., Westfield. For information, call (908) 233-3200.

THE WESTFIELD "Y" will conduct classes in cardio box and kick, art appreciation, and bellydancing beginning in January. The "Y" is located at 220 Clark St. in Westfield. For information, call (908) 233-2700.

COMEDY

CASUAL TIMES restaurant features comedians on Saturdays, at 8:30 p.m. and 11 p.m.

The restaurant is located at 1085 Central Ave., Clark. For information, call (908) 388-6511.

High School, West End Place in Cranford. For information, call (908) 709-0084, visit the website at www.bobdevlin.com/orches.html, or send e-mail to njorch@aol.com.

THE MADRIGAL SINGERS will be presented in concert in "Sing Alleluia, A Child is Born" Sunday at 4 p.m. at the First United Methodist Church of Westfield, 1 E. Broad St. in Westfield. A free-will donation will be taken. For information, call (908) 233-1570.

SUMMIT CHORALE will present a "Messiah Sing" Tuesday at 8 p.m., at the Central Presbyterian Church, 70 Maple St. in Summit. Admission is free; scores to "Messiah" are available for a \$2 refundable deposit. For information, call (973) 762-8486.

THE ENCORE PIANO TRIO will be presented in concert as part of the First Congregational Church of Westfield's Mid-Day Musicales Series Wednesday at noon. Admission is free. The church is located at 125 Elmer St. in Westfield.

THE VIENNA BOYS CHOIR will be presented in concert at the Union County Arts Center in Rahway Dec. 17 at 8 p.m. Tickets are \$19 and \$25. UCAC is located at 1601 Irving St., Rahway. For information, call (732) 499-8226.

CHRIST CHURCH MUSIC SERIES of Summit will present a Christmas Concert Dec. 19 at 4 p.m. at Christ Church, 561 Springfield Ave. in Summit. Admission is free. For information, call (908) 273-5548.

THE METROPOLITAN GREEK CHORALE of New York and New Jersey will perform Byzantine music during the Candlelight Christmas Concert at Holy Trinity Greek Orthodox Church Dec. 19 at 4 p.m. Tickets are \$40, with special patron tickets available for \$100. The church is located at 250 Gallows Hill Road in Westfield. For information, call (908) 789-2549 or (908) 233-8533.

DANCE

SUMMIT FOLK DANCERS will meet Friday at The Connection, formerly the Summit YWCA, to learn dances of other countries. No partners are needed. For information, call (973) 467-8278.

FESTIVALS

A **HOLIDAY FESTIVAL** will be sponsored Saturday by the City of Elizabeth from 10 a.m. to 5 p.m. Events include storytelling, children's theater, photos with Santa Claus, historic tours, winter wonder crafts and songs, and services such as holiday safety tips. For information, call (908) 355-9600.

GOLF

GOLF CLINIC for children ages 10 to 13 will take place at the Baltusrol Golf Club in Springfield from 10 to 11 a.m. The clinic will raise funds for programs run by The Children's Aid Society. For information, call Freeman Miller at (212) 614-4216.

JAZZ

JAZZ '99 concert series continues at the Arts Guild of Rahway with Marty Elkins and the Savoy All-Stars Friday at 8 p.m. All seats are \$10, with \$8 tickets for senior citizens and students. Reservations are suggested. The Arts Guild is located at 1670 Irving St., Rahway. For information, call (732) 381-7511.

KIDS

TRAILSIDE NATURE AND SCIENCE CENTER, 452 New Providence Road in Mountainside, will sponsor workshops for families this fall.

"Two of Us," ages 3 and 4 years old with an adult, hikes and outdoor activities; Tuesdays in December from 10:30 to 11:30 a.m. and 1:30 to 2:30 p.m.; \$4 per class.

For information and a complete brochure, call (908) 789-3670. Trailside Nature and Science Center

THEATER

PAPER MILL PLAYHOUSE in Millburn continues the 1999-2000 season with "Rags," the musical tale of the immigrant experience at the turn of the century, with music by Charles Strouse, lyrics by Stephen Schwartz, and book by Joseph Stein. The production runs through Dec. 12. Originally produced on Broadway in 1966, "Rags" is an inspiring musical about the joys and heartaches experienced by immigrants to America fleeing oppression in their homeland.

Paper Mill Playhouse is barrier-free and completely accessible to people with disabilities. Paper Mill offers audio-described performances for the visually impaired, as well as sign-interpreted and open-captioned performances for the hearing impaired. Braille and large-print programs, as well as infra-red listening system are available.

Performances are Wednesday through Saturday evenings at 8 p.m., Sunday at 7:30 p.m., with matinees Thursday at 2 p.m., Saturday at 2:30 p.m., and Sunday at 2 p.m. Tickets range from \$35-\$60 and \$10 student tickets may be available 15 minutes prior to curtain. The playhouse is located on Brookside Drive in Millburn. For information, call (973) 376-4343.

HOLIDAY MAGIC SHOW will be presented by Kean University's Children's Hour Sunday at 2 p.m. in the Wilkins Theater. The performance is suitable for children in preschool through grade 5. Tickets are \$6. The university is located on Morris Avenue in Union. For information, call (908) 527-2337.

RAMONA QUIMBY will be presented by Kean University's Children's Theater on School Time series Wednesday Dec. 17 at 10 a.m. in the Wilkins Theater. The performances are suitable for children in preschool through grade 5. Tickets are \$6. The university is located on Morris Avenue in Union. For information, call (908) 527-2337.

MUSEUMS

OSBORN CANNONBALL HOUSE in South Plains will sponsor a Colonial Christmas Open House Sunday from 2 to 4 p.m. at the museum, 1840 Fort St. in South Plains. Admission is free.

THE MILLER-CORY HOUSE MUSEUM in Westfield will present a demonstration on Swedish Christmas customs Sunday from 2 to 5 p.m. Admission is \$2 for adults, \$50 for children. The museum is located at 614 Mountain Ave. in Westfield. For information, call (908) 232-1776.

SINGLES

INTERFAITH SINGLES will meet every Sunday from 9 to 10:30 a.m. — for discussion and continental breakfast at the First Baptist Church, 170 Elm St. in Westfield. Donation is \$2. For information, call (908) 889-5269 or (908) 889-4751.

KISMET SINGLES will sponsor several events in the coming weeks. "Today: 'Cajun Happenin'" at the Crossroads in Garwood, 7:30 p.m. For information, call (908) 232-8872 or visit the website at www.thatskismet.com.

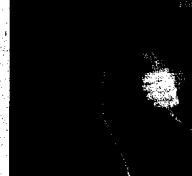
TELEVISION

STATE OF THE ARTS will present "Jersey Jazz" featuring two New Jersey-based jazz performers Dec. 25 at 11:30 p.m. and Dec. 26 at 6 p.m.

VAN GOGH'S EAR CAFE in Union will present a series of jazz concerts every Sunday at 8 p.m. throughout the fall. Cover charge is \$3 for all concerts.

Sunday — Dan Crisco
Dec. 19 — Ginny Johnston
Dec. 26 — Pam Purvis and Bob Ackerman

Van Gogh's Ear is located at 1017 Shuysentown Ave. in Union Center. For information, call 810-1844.



SANTA AND THE WICKED WAZOO will be presented by the Cranford Repertory Theatre Saturday at 9:30 a.m. and 1:30 p.m. at St. Joseph the Carpenter School, 140 E. Third Ave. in Roselle. For information, call (908) 276-5053.



THE BRIDGES OF NEW JERSEY, the photographs of Hillside resident Jay Ghering Smith, will be on exhibit at the Donald B. Palmer Museum of the Springfield Public Library through Jan. 6. For information, call (973) 376-4930.

Thursdays and Saturdays from 1 to 4 p.m., and Tuesdays through Thursdays from 6 to 9 p.m. Union County College is located at 1033 Springfield Ave. in Cranford. For information, call (908) 708-7155.

CHRISTMAS MINIATURES, an exhibit of mixed media, will be on display at the Swain Galleries through Dec. 31. Gallery hours are Tuesdays through Fridays from 9:30 a.m. to 5:30 p.m., Saturdays from 9:30 a.m. to 4 p.m., and Sundays through Dec. 19 from noon to 4 p.m. Swain Galleries is located at 703 Watchung Ave. in Plainfield. For information, call (908) 756-1707.

THE BRIDGES OF NEW JERSEY, works by photographer Jay Gehring Smith, will be on exhibit Friday through Jan. 6, 2000 at the Donald B. Palmer Museum at the Springfield Public Library.

Gallery hours are Monday, Wednesday and Thursday from 10 a.m. to 8:30 p.m.; and Tuesday, Friday and Saturday from 10 a.m. to 4:30 p.m. The library is located at 66 Mountain Ave. in Springfield. For information, call (973) 376-4930.

3 ARTISTS, 3 STORIES will be on exhibit through Jan. 16, 2000 at the New Jersey Center for Visual Arts in Summit. On exhibit will be the works of Nancy Cohen, Kay Walkingstick and Bea Washington.

NJCVA is located at 68 Elm St. in Summit. Hours are Monday to Friday from 10 a.m. to 4 p.m. For information, call (908) 273-9121.

(732) 388-0647, or send e-mail to carnivalpr@aol.com.

CRANFORD DRAMATIC CLUB will conduct auditions for "Lend Me a Tenor" by Ken Ludwig Sunday from 1 to 5 p.m. and Dec. 16 from 7 to 10 p.m. at the playhouse, 78 Winans Ave. in Cranford. Being sought are four men, late 20s to 60s, and four women, mid-20s to 60s. For information, call (973) 376-1216.

CRANFORD REPERTORY THEATRE will conduct auditions for "Fiddler on the Roof" Jan. 5 and 6.

BOOKS

AUTHOR PETER GENOVESE will appear at the Town Book Store in Westfield today from 6 to 8 p.m. to sign copies of his book, "The Great American Road Trip: U.S. 1, Maine to Florida." The Town Book Store is located at 255 E. Broad St. in Westfield. For information, call (908) 233-3535.

AUTHORS MICHAEL IMMERSO and Mary Singer will appear at the Town Book Store in Westfield Saturday to sign copies of their books, "Newark's Little Italy" and "Mother Fiesse Hunt Cakes," respectively. The Town Book Store is located at 255 E. Broad St. in Westfield. For information, call (908) 233-3535.

CLASSES

WESTFIELD YOUNG ARTISTS' COOPERATIVE will offer professional classes in the performing arts.

CONCERTS

THE CHORAL ART SOCIETY of New Jersey Inc. will present its annual "Messiah Community Sing" Friday at 8 p.m. at the First Baptist Church of Westfield. Tickets are \$10. The church is located at 170 Elm St. in Westfield. For information, call (908) 232-2455.

THE SCHWABEISCHER SANGERBUND will present its 12th annual Christmas concert Saturday at 7 p.m. at the Westfield Presbyterian Church, Mountain Avenue and East Broad Street. Tickets are \$12 in advance, \$14 at the door. For information, call (908) 353-0650.

WESTFIELD GLEE CLUB will present its winter concert Saturday at 8 p.m. at Roosevelt Intermediate School, 301 Clark St., and Sunday at 4 p.m. at the First Congregational Church, 125 Elmer St., both in Westfield. Tickets are \$12 for adults, \$10 for students and senior citizens. For information, call (908) 232-0673.

THE PIPES OF CHRISTMAS will be presented by the Clan Currie Society at Calvary Episcopal Church in Summit Saturday at 8 p.m. Tickets are \$10 for general admission, \$5 for students and senior citizens. The church is located at 31 Woodland Ave., Summit. For information, call the society at (908) 273-3509.

NEW JERSEY INTERGENERATIONAL ORCHESTRA will be presented in concert Sunday at 3 p.m. at Cranford

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Health Care When You Need It Most

Tips are offered for avoiding holiday season depression

The holidays should be a time of joy, good cheer and high hopes for the new year: shopping for gifts, decorating the Christmas tree, lighting the menorah, and preparing for get-togethers with family and friends are usually anticipated events that accompany the season.

But many people, especially older adults, experience the holiday "blues" during this special time of the year.

"Older adults can have an especially difficult time with the holidays for many reasons," says Peggy Degnan, administrator of Ashbrook Nursing and Rehabilitation Center, one of eight northern New Jersey affiliates of the Saint Barnabas Health Care System Nursing and Rehabilitation Centers and Assisted Living Residences. Other affiliates in northern New Jersey are the Assisted Living Residences at Clara Matus Continuing Care Center at Kearny, Clara Matus Continuing Care Center at Belleville and Kearny, Clara Matus Continuing Care Center at Newark, Ashbrook Nursing and Rehabilitation Center in Green Brook, Llanfair House Nursing and Rehabilitation Center in Wayne, and West Hudson Extended Care Facility in Kearny.

The recent loss of an important person or the memory of a traumatic event, such as a serious illness, can dampen holiday spirits. The inability to perform everyday tasks and holiday traditions, such as preparing a large holiday meal, can make the upcoming events difficult to handle and may cause the person to focus on what they used to do. Others may feel isolated or forgotten as the season reminds them of more enjoyable past celebrations. For others, just getting together with family members can be stressful or depressing.

Whatever the reason, there are strategies that older adults can employ to fight holiday depression. Health-care professionals of the Saint Barnabas Health Care System's Nursing and Rehabilitation Centers and Assisted Living Residences offer the following suggestions to help ease the stress of the holiday season:

- **Keep your expectations reasonable.** The holidays do not have the power to magically turn sadness into joy. Don't be disappointed if the holidays are not

like they used to be. Life brings changes. Each holiday season is different and can be enjoyed in its own way.

- **Take some time for yourself.** Allow yourself some time during the holidays to do things that you enjoy, such as taking a walk or listening to music. Give others the same space as well. Having time alone allows you to think about your feelings.

- **Don't overdo it.** Avoid overeating and excessive alcohol consumption when feeling depressed. Drinking too much alcohol will make you more depressed.

- **Make plans.** If you expect to be home alone during the holidays, consider doing volunteer work at a local hospital or shelter, or make plans with a friend who will also be spending the time alone. Helping others will make you feel better about yourself.

The Saint Barnabas Health Care System has nine nursing and rehabilitation centers and three assisted living residences located throughout New Jersey. To learn more about any of the facilities, call (800) 222-9147 or visit the website at www.saintbarnabas.com.

Ashbrook Nursing and Rehabilitation Center, a 120-bed long-term care facility located at 1610 Raritan Road in Scotch Plains, is an affiliate of the Saint Barnabas Health Care System.

Tips for the Caregiver

Avoiding Holiday Stress

Preparing for the normal demands of the holiday season can be even more stressful when the care of an elderly family member or friend is involved. Here are some useful "tips" for caregivers during the holidays and every day of the year.

- **Recognized your own importance.** Before you can properly care for someone else, you need to take care of your own physical and emotional needs.

Eat a nutritious diet and get an adequate amount of sleep. Most importantly, do not neglect your own health as you get wrapped up in the holiday season.

- **Ask others for help.** Don't be afraid to ask family members or friends to lend a hand, especially during the holidays. Ask them to come spend time at home with your loved one or take him or her out for the day. This break will give you a chance to go shopping, attend a holiday party or just spend time alone.

- **Seek professional guidance.** Caregivers support groups provide an opportunity to discuss your concerns and frustrations with others experiencing the same emotions. Community calendars or health sections of your local newspaper may list when and where caregiver support groups meet.
- **Recognize that daily routines change, especially during the holidays.** During the holidays, when things become more hectic, allow yourself more time to accomplish daily tasks. Worrying about getting everything done can be as stressful as actually doing it. And remember, the holidays will end and a normal routine will resume.

If caring for an elderly family member or friend becomes too difficult during the holidays or at any time of year, seek guidance from experts. The health-care professionals of the Saint Barnabas Health Care System's Nursing and Rehabilitation Centers and Assisted Living Residences are available to discuss alternative care plans, including respite care, that may be more suitable for you and your loved one.

For more information about alternative care plans and respite care offered by the Saint Barnabas Nursing and Rehabilitation Centers and Assisted Living Residences, write to: Public Relations, Saint Barnabas Nursing and Rehabilitation Centers, 695 Chestnut St., Union, NJ 07083.

Healthy strategies give edge to diabetes sufferers

There is a lot to learn with diabetes and can do to stay healthy. Keeping one's blood sugar and blood pressure under control are good ways to help prevent or delay serious health problems associated with diabetes.

Working with a health care team such as the Diabetes Self Management Center at Rahway Hospital can help establish a plan that suits your lifestyle. The best way to start is by following these steps advocated by the American Diabetes Association:

- **Keep your blood pressure in control** and lower your blood fats if they are too high.
- **Don't smoke.**
- **Take care of your eyes, heart and feet.**

Head to Toe
Eyes: Diabetes can lead to vision loss or even blindness. If you catch problems early, you can save your sight. However, you may not have any symptoms, so it is important to have an eye exam each year.

Heart: People with diabetes are twice as likely to develop high blood pressure. If untreated, high blood pressure can lead to heart disease and stroke. It can also cause eye and kidney problems.

Feet: Diabetes can harm the blood vessels and nerves in your feet. When it does, you may not feel a cut or blister, which can lead to infection and possibly loss of a limb.

The Diabetes Self Management Center at Rahway Hospital is certified by the American Diabetes Association.

The center offers individualized counseling sessions, group series classes and a free support group to address stress and psychosocial adjustments; nutrition, exercise and activity; medications; management options for improving glucose control; foot, skin and dental care; behavior-change strategies, goal setting, risk factor reduction and problem solving for the best management of diabetes.

For more information about the Diabetes Self Management Center at Rahway Hospital, call (732) 499-6175.

Women urged to kick the habit

Planned Parenthood of Greater Northern New Jersey endorses two good reasons for women to quit smoking.

1. Cigarette smoking is a preventable cause of death in the United States. Lung cancer still surpasses breast cancer as a chief cause of cancer deaths among women.

2. Exposure to tobacco smoke poses grave risks to babies and developing fetuses. Smoking is the most preventable cause of low birth weight, which, heavily contributes to birth defects and infant mortality.

PPGNNJ urges women to talk to their health care practitioner if they want to quit smoking but don't know how to begin.

PPGNNJ can help women throughout their reproductive years. For information, call the Plainfield Center at (908) 756-3736.

Ruinells sponsors support group for Alzheimer's disease

The next Caregiver/Alzheimer Support Group of Ruinella Specialized Hospital of Union County will meet from 1 to 2 p.m. Dec. 16 in the Family Conference Room of the facility, located at 40 Watchung Way in Berkeley Heights.


This professional support, education and information group for caregivers and family members, conducted the third Thursday of each month. It is open to the community, free of charge, and facilitated by Kathleen Balasco, a Ruinella Specialized Hospital licensed social worker.

The support group shares information on the disease, research updates, practical care techniques and a list of community resources. An important part of the meeting is the time devoted to discussing the frustrations individuals feel in caring for those stricken with Alzheimer's disease.

Ruinella Specialized Hospital of Union County sponsors the meetings in conjunction with the Northern New Jersey Chapter of the Alzheimer's Association, an organization committed to easing the burden and finding a cure for Alzheimer's, the nation's fourth-leading fatal disease among adults, afflicting some four million Americans.

For additional information on this wheelchair-accessible program, call (908) 771-5815.

CHIROPRACTIC FOR BETTER HEALTH



DR. DONALD ANTONELLI
CHIROPRACTOR

HEADACHES AREN'T "NORMAL"

Just about everybody gets a headache once in awhile, so why should you be unless you're suffering from one? If you've been celebrating with friends and eat or imbibe too much, it certainly would not be unusual to wake up with a headache the next day. But this kind of headaches usually goes away as soon as you're eating and drinking sensibly again, and getting enough sleep. But what about the other kinds of headaches?

In the interest of better health, from the office of:
Dr. Donald Antonelli
Chiropractor
Antonelli Family Chiropractic Center
2575 Morris Ave., Union
908-481-7373

Some illnesses such as flu, include headaches among the symptoms. But if you're in reasonably good health, you have a right to wonder why you suffer from headaches. A resort to aspirin and other medication may dull the pain for awhile, but if the headache persists you should seek treatment. Among the causes of persistent headache are problems with the cervical vertebrae, the spinal bones in your neck. If they are out of alignment, this could cause headaches until you get the treatment you need.

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The Independent Press of Bloomfield

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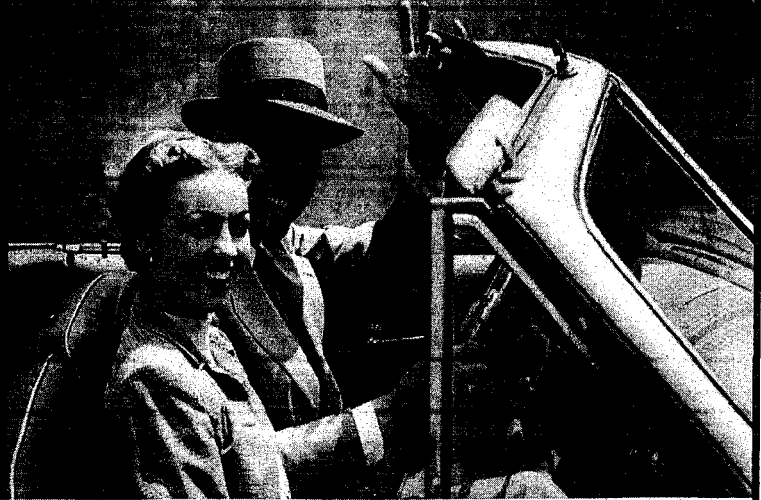
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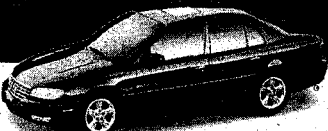


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\$549* OR \$42,229

PER MO. LEASE PURCHASE PRICE

• DUAL AIRBAGS • ABS • MSRP \$45,148. 4-dr, 8-cyl, auto, p/s/b, air, V/cls, r/del/wpr, tilt, wprs, BSM, p/wl/AM/FM/CD, tilt, cruise, bkts, cons, BSW, rds, alloys. SIK #00001. VIN YU140170. 7 mo. Lease req. \$550 incl. sec. dep., \$549 1st mo. in adv., plus \$2,000 cash down. Total due at lease signing \$3,999. Total of pymts. \$19,764. Total cost \$22,314. Buy back at lease end \$24,831. 36 mos./12,000 mi. per yr. 20 cents per mi. coverage.

Oldsmobile

2000 OLDSMOBILE INTRIGUE GX

\$239* OR \$21,808

PER MO. LEASE PURCHASE PRICE



2.9%
APR Financing
Available 36 Mos.

• DUAL AIRBAGS • ABS • MSRP \$23,445. 4-dr, 6-cyl, auto, p/s/b, air, V/cls, r/del, int. wprs, BSM, p/wl/AM/FM/CD, tilt, cruise, bkts, cons, BSW, rds, alloys. SIK #001010. VIN YF116362. 39 mi. Lease req. \$0 incl. sec. dep., \$239 1st mo. in adv., plus \$2,000 cash down. Total due at lease signing \$2,239. Total of pymts. \$8,604. Total cost \$10,604. Buy back at lease end \$13,598. 36 mos./12,000 mi. per yr. 20 cents per mi. coverage.

2000 OLDSMOBILE ALERO GL

\$244* OR \$18,642

PER MO. LEASE PURCHASE PRICE

2.9%
APR Financing
Available 36 Mos.

• DUAL AIRBAGS • ABS • MSRP \$20,250. 4-dr, 6-cyl, auto, p/s/b, air, V/cls, r/del, int. wprs, BSM, p/wl/AM/FM/CD, tilt, cruise, bkts, cons, BSW, rds, alloys. SIK #000035. VIN 4C39286. 14 mi. Lease req. \$0 incl. sec. dep., \$244 1st mo. in adv., plus \$1,000 cash down. Total due at lease signing \$1,244. Total of pymts. \$8,784. Total cost \$9,784. Buy back at lease end \$11,508. 36 mos./12,000 mi. per yr. 20 cents per mi. coverage.

Pontiac

1999 PONTIAC SUNFIRE GT

\$16,516

PURCHASE PRICE



• DUAL AIRBAGS • ABS • MSRP \$19,071. 2-dr, 4-cyl, auto, p/s/b, air, V/cls, r/del/wpr, int. wprs, BSM, p/wl/AM/FM, tilt, cruise, bkts, cons, consd, BSW, alloys. SIK #99H99. VIN X7566955. INCLUDES \$1,250 AFR. REBATE.

1999 PONTIAC BONNEVILLE SE

\$21,112

PURCHASE PRICE

• DUAL AIRBAGS • ABS • MSRP \$26,310. 3-dr, hardtop, 6-cyl, auto, p/s/b, air, V/cls, r/del, int. wprs, BSM, p/wl/AM/FM, tilt, cruise, bkts, cons, BSW, rds, alloys. SIK #99H55. VIN X822559. 11 mo. INCLUDES \$2,500 AFR. REBATE.

PRE-OWNED CARS

1988 PONTIAC BONNEVILLE
4-dr, 6-cyl, auto, p/s/b, air, V/cls, r/del, int. wprs, BSM, p/wl, AM/FM, tilt, cruise, bkts, BSW, rds, alloys. SIK #9C083. VIN JW201682. 82,910 mi.

\$3,466

1995 SATURN SL1
• DUAL AIRBAGS • ABS. 4-dr, 4-cyl, auto, p/s/b, air, V/cls, r/del, int. wprs, BSM, p/wl, AM/FM, tilt, cruise, bkts, cons, moonroof, BSW, rds, alloys. SIK #9C105. VIN S2210809. 51,653 mi.

\$5,863

1996 NISSAN SENTRA GXE
• DUAL AIRBAGS • ABS. 4-dr, 4-cyl, auto, p/s/b, air, V/cls, r/del, int. wprs, BSM, p/wl, AM/FM, tilt, cruise, bkts, cons, rds, alloy. SIK #9C093. VIN T1017766. 41,591 mi.

\$6,852

1997 TOYOTA COROLLA
• ABS. 4-dr, 4-cyl, auto, p/s/b, air, V/cls, r/del, int. wprs, BSM, AM/FM, tilt, cruise, bkts, cons, BSW, rds, alloys. SIK #9C085. VIN VC180227.

\$9,574

1996 TOYOTA RAV4 4X4
• DUAL AIRBAGS • ABS. 4-dr, 4-cyl, 5-spd man, p/s/b, air, V/cls, r/del/wpr, int. wprs, BSM, p/wl, AM/FM, tilt, cruise, bkts, cons, BSW, rds, alloys. SIK #9C082. VIN T0088087. 22,226 mi.

\$13,747

1996 OLDSMOBILE INTRIGUE GX4
• DUAL AIRBAGS • ABS. 4-dr, 6-cyl, auto, p/s/b, air, V/cls, r/del/wpr, int. wprs, BSM, p/wl/AM/FM/CD, tilt, cruise, bkts, cons, BSW, rds, alloys. SIK #9C093. VIN T2702427. 43,601 mi.

\$15,555

1995 PONTIAC GRAND AM SE
• DUAL AIRBAGS • ABS • LANDAU ROOF. 4-dr, 4-cyl, auto, p/s/b, air, V/cls, r/del, int. wprs, BSM, p/wl, AM/FM, tilt, cruise, bkts, cons, BSW, rds, alloys. SIK #9L072. VIN SC795668. 73,852 mi.

\$4,926

1993 MERCURY MY7
2-dr, 8-cyl, auto, p/s/b, air, V/cls, r/del, int. wprs, BSM, p/wl/AM/FM, tilt, cruise, bkts, cons, moonroof, BSW, rds, alloys. SIK #9C188. VIN PH657662. 71,476 mi.

\$6,350

1996 TOYOTA COROLLA GX
• DUAL AIRBAGS • ABS. 4-dr, 4-cyl, auto, p/s/b, air, V/cls, r/del, int. wprs, BSM, p/wl, AM/FM, tilt, cruise, bkts, cons, BSW, rds, alloys. SIK #9C091. VIN TC171282. 43,519 mi.

\$9,167

1995 NISSAN MAXIMA GXE
• DUAL AIRBAGS • ABS. 4-dr, 6-cyl, auto, p/s/b, air, V/cls, r/del, int. wprs, BSM, p/wl/AM/FM/CD, tilt, cruise, bkts, cons, sunroof, BSW, rds, alloys. SIK #9C096. VIN T030983. 65,411 mi.

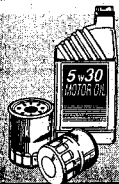
\$12,937

1997 BUICK REGAL GS
• DUAL AIRBAGS. 4-dr, 6-cyl turbo, auto, p/s/b, air, V/cls, r/del/wpr, int. wprs, BSM, p/wl/AM/FM/CD, tilt, cruise, bkts, cons, BSW, rds, alloys. SIK #9C120. VIN V1423130. 31,388 mi.

\$15,085

1995 CADILLAC ELDORADO BROUGHAM
• LANDAU ROOF • DUAL AIRBAGS • ABS. 4-dr, 8-cyl, auto, p/s/b, air, V/cls, r/del, int. wprs, BSM, p/wl/AM/FM, tilt, cruise, bkts, cons, BSW, rds, alloys. SIK #9C074. VIN R7038710. 61,583 mi.

\$15,800



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