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WORRALL COMMUNITY NEWSPAPERS

THURSDAY, JUNE 29, 2000 - SECTION B

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On both sides

Honestly, before last week I had never been in a so-called adult bookstore. I never entered my radar screen. But on both sides of Route 22 in Hillside and Union, less than a half-mile apart, two such establishments exist. Based on the number of cars parked at the two places, it appears business is pretty good.

Even as a lark, I couldn't enter the store on the corner of Spring Street and Route 22 without my friend Pasquale, who actually came just to keep an eye on me.

Left Out

By Frank Capece

The signs on the entrance were a jolt of reality, including telling me I was on video tape, that this was not a massage parlor and that peep shows were 25 cents.

The choking, musty smell and the covers of the exploitative movies and repugnant apparatus quickly took any humor out of this trip. It was time to leave and I had already paid a personal cost.

Crossing the other side of Route 22, you pass the Union store. The lot was filled with cars including a Mercedes, a Cherokee and other late models and gave me a perfect reason to end the adventure.

There was also in me a need for a bath and some Tums. —But I also thought about costs and protected rights, while cruising above the speed limit away from the Union store. More than a decade ago, our State Appellate Division said that entertainment like these stores are a form of protected speech just like political and ideological speech.

Protected rights can be costly. This Thursday, the world's most hated baseball player, John Rocker, arrives in New York and may even take the number 7 subway. Rocker had insulted a whole lot of people, including my favorite player, Ozzie Guillen.

The strapped New York Police Department, which has trouble protecting joggers in Central Park, still must spend resources and taxpayer dollars to protect Rocker on the subway and at Shea Stadium. Closer to home, Morristown will be forced to host a demonstration by a white supremacist group called the Nationalist Movement. Last week, United States District Judge John W. Bissell ruled that the Mississippi-based group could not be charged for insurance or the cost of police to protect the demonstrators.

With some bitter irony, the leader of the hate group proclaimed, "There is no pay in patriotism and there is no fee in freedom." As we celebrate another Fourth of July it struck me that great words can be created by repugnant people.

A local editorial writer in Morristown raised Bissell's defense of the Constitution and added a personal wish that "a thunderstorm might be a nice thing to happen" on the day of the parade.

But the marketplace of ideas and different views by its very nature needs to be expensive. The price for free speech can be costly in terms of dollars or more probably just in terms of a sick feeling — depending on what side you are on.

A resident of Cranford, Frank Capece is an attorney.

Union County economy on the way back

Alliance's Millennium Report indicates 'massive reversal'

By Mark Hrywna
Regional Editor

Union County is on the rebound. That's the message portrayed in the Union County Alliance's Millennium Report, a follow-up to its 1994 baseline assessment of the county's economy. The picture is getting brighter as improvements were cited in several areas, including growth in employment and personal income, as well as property valuation, during a presentation of the report at the alliance's annual breakfast Tuesday.

James Hughes, dean of the Edward J. Bloustein School of Planning and Policy at Rutgers University, was the principal investigator for the 1994 study as well as the latest report. "A strong, positive conclusion was not guaranteed," when he was first approached by Alliance Chairman Dell Raudolunas and President Henry Ross about doing the follow-up study. "All economic indicators shifted

course," Hughes said, since the Alliance's initial report in 1994.

"Union County adapted to the new economic reality, and was finally on the rebound after a long period of relative and absolute decline," of the report's executive summary states.

Engineering a "mission impossible," said Hughes, the Alliance helped create "a massive reversal of economic fortunes."

"Union County is finally becoming a partner in New Jersey's transmittable economy," the dean said. It is a "conclusion that was not readily apparent not long ago."

While Union County still lagged behind during the 1990s, by mid-decade, the county's economy "had stemmed its free fall and had begun to rebound."

"There weren't a lot of reasons to celebrate," after the Alliance's first study, Ross said. "Whenever you looked there was cause for concern

and no strategic plan of what we wanted Union County to look like' in the future.

Union County was in a "period of protracted economic decline," Hughes said. It no longer had a position as one of the most affluent counties in the state and it lost its premiere manufacturing base. The county was almost "sliding into an economic abyss," he said.

Union County experienced major turnarounds in all economic indicators:

- Employment decrease turned into job growth. The county had the sixth-largest economy in New Jersey in 1997, with more than 3,200 jobs a year being created after 1995. Between 1995 and 1997, all but two towns within the county experienced job growth.

- Total personal income growth. Per-capita income increased nearly 9 percent more than New Jersey as a

whole. Once second in the state, Union County's per-capita income surpassed that of the state as a whole between 1995 and 1997. Total personal income reached \$17.6 billion in 1997.

- Equalized valuation. Real property wealth surpassed \$32 billion by 1999, an all-time high. The tax base for collection of property taxes, equalized valuation is an important indicator of economic and fiscal strength.

An aging infrastructure and housing stock, and a lack of developable land are still three priorities that "are ripe for public policy action by the Alliance," said Hughes.

County leaders cited the Jersey Gardens Mall in Elizabeth, described as an "American success story" and the "poster child for the county's economic initiatives," as a key to economic development. Once a landfill, the mall is now the retail-shopping mecca on the East Coast.

The new millennium, State Senate President Donald DiFrancesco, R-Scotch Plains, said, brings new challenges that must be met to continue competing in the global economy, including technological innovation, education and workforce development and analysis of economic performance.

Program planning from a transportation standpoint can lead to better quality of life not only for economic development, he said, but also traffic congestion. DiFrancesco announced that \$5 million from the Transportation Trust Fund, which is expected to gain legislative approval this week, will go toward the Newark-Elizabeth Rail Link project, a vital economic development tool within the corridor.

The Alliance, comprised of Union County leaders throughout various industries and sectors, recognized honorary co-chairmen, DiFrancesco and State Sen. Raymond Lesniak, D-Elizabeth, at the breakfast meeting for their efforts in working for the Alliance.

County to mull options following court decision

By Mark Hrywna
Regional Editor

The state Supreme Court's ruling that the Environmental Investment Charge is unconstitutional has Union County officials contemplating how to pay off a portion of the debt on the Union County incinerator.

Last week's 4-3 ruling by the high court gives lawmakers 90 days to devise an alternative plan to present counties from defaulting on bonds.

The EIC cannot be imposed in New Jersey because it was never authorized by the Legislature. It is illegal for county garbage agencies to pass their debts to municipalities that no longer use its facilities.

The approximately \$18 EIC was paid to the UCUA on every ton of garbage collected in Union County. The charge was included in the \$50 tipping fee for towns that signed contracts with the UCUA, but also imposed the fee on municipalities that sent their trash elsewhere.

Freeholder Chairman Daniel Sullivan expects the board to meet in closed session with Union County Utilities Authority Attorney Jonathan Williams during the freeholders' agenda meeting July 13. "There were some contingencies since we knew the EIC was being discussed."

"Maybe it'll wake up the Legislature to really address" the debt incurred by counties, he said, of the high court's decision. The state could move legislation to create language in the statute, since it was fairly ambiguous.

"It's a good time to address it with the state now that it's flush with cash." The amount of debt still left and the portions not to be covered by the EIC were not immediately available. Officials from the UCUA did not return phone calls by press time.

Union County is not in as bad a shape as other counties, Sullivan said, such as Essex or Warren. Ogden Martin, which operated the incinerator, leased the facility in 1997 and will pay the UCUA \$175 million over the length of the 25-year lease. The firm also assumed costs of operating the incinerator.

The UCUA is using the funds from Ogden Martin to retire a good portion of the debt. A \$38-million settlement reached in March 1999 with the Bergen County Utilities Authority reduced the county's debt on the incinerator to \$33 million — the amount which the county guaranteed in the original UCUA financing many years ago.

Guidance counselor of the year



Phyllis Garelick, center, a guidance counselor at Elizabeth High School, was named Union County Guidance Counselor of the Year at a ceremony at Kean University last month. The award was presented by Dorothy Grobelym, left, president of the New Jersey School Counselors Association. Jane Kelly, right, chairwoman of counseling at Elizabeth High School, introduced Garelick, who was selected by school counselors in Union County because of her dedication and commitment to her students and the profession.

Design contracts awarded to begin bridge repairs

By Mark Hrywna
Regional Editor

The Board of Chosen Freeholders awarded more than \$1.5 million to bridge design contracts last week to start repairs for many of the structurally deficient bridges within the county.

The freeholders authorized more than \$12 million in applications with the Department of Transportation for improvements under the 1999 State Wide Transportation and Local Bridge Fund. Voters last year approved a public question to bond money for bridge repairs.

Approximately half of the state funds are expected this year and the other half next year.

Although the physical bridge repair will not be conducted at each site simultaneously, with designs in hand, county officials hope to reduce any waiting period by having designs ready once grant dollars come in.

The design phase is expected to take approximately 11 to 14 months, said County Engineer Bruce Connor, and if that schedule goes well, construction should begin two to three months later. Some of the bridge fund money will go to construction prior to that with a portion of the \$6 million drawn later this year. The process of getting the state funds is in the pipeline now.

Contracts were awarded last week to the following firms for design at various locations:

- Greenman-Pederson Inc. of Lebanon, \$264,315, Liberty Avenue

bridge over the Elizabeth River in Hillside;

- Goodkind & O'Dea Inc. of Rutherford, \$250,958, Valley Road bridge over the Rahway River in Clark.

- Buchart Horn Inc. of Marlton, \$176,942, Goodman Crossing bridge over the Robinson's Branch of the Rahway River in Clark and Scotch Plains;

- Keller and Kirkpatrick Inc. of Parsippany, \$191,877, Jefferson Avenue bridge over the Robinson's Branch of the Rahway River in Rahway;

- Maser Consulting of Matawan, \$89,549, Grandview Avenue Culvert over Stream 10-25 in Westfield;

- Schoor DePalma of Manalapan, \$230,355, Eastman Street bridge over the Rahway River in Cranford;

- JCA Associates of Clark, \$97,060, Cooper Road bridge over the Robinson's Branch of the Rahway River in Scotch Plains; \$96,340, Division Avenue bridge over the Salt Brook in New Providence;

- Kupper Associates of Piscataway, \$120,092, Raritan Road bridge over the Clark Reservoir in Clark.

Many of the bridges are included among the county's list of more than 20 structurally deficient bridges.

Many of the bridges in Phase One of the local bridge fund have been in the design phase since last summer. Included in Phase One of the fund are the Snyder Avenue bridge over the Passaic River, Berkeley Heights; Springfield Avenue over the Rahway

River, Cranford; Jefferson Avenue in Rahway over the Robinson's Branch; Union Avenue in Scotch Plains over the Green Brook, and Union Avenue in Union over the Elizabeth River.

Phase Two of the bond act has identified Valley Road in Clark over the Rahway River; Goodman's Crossing over the Robinson's Branch, Clark; Eastman Street, Cranford; Liberty Avenue, Hillside; Dividing Street, New Providence.

In other business, Paulaus, Sokolowski & Sartor Inc. of Warren was awarded a \$210,291 contract for construction inspection services for

the Milton Avenue bridge in Rahway.

Transportation Trust Fund. Freeholders passed a resolution last week not supporting the Transportation Trust Fund Renewal Act currently in the Legislature. Freeholder Linda Stender said the legislation, in its current form, does not give a fair share to transportation projects Union County has been working on. The county, she said, is typically at the bottom when it comes to receiving state funds.

Of the \$1.2 billion in the trust fund, Stender said Union County, the fifth largest in the state, expects to receive 1 percent. At least another \$7 million

is needed "just to keep us rolling and achieving our goals."

"It's not just about economic development but the environment too," Stender said, as more money to improve mass transit can reduce pollution.

The resolution urges legislators to take a "second look" at the allocation. Approximately \$5 million from the fund is expected to go toward the Newark-Elizabeth Rail Link project.

The legislation, sponsored by Senate President Donald DiFrancesco, R-Scotch Plains, is expected to be acted upon this week, before the Legislature goes on summer break.

Volunteer training at rape crisis

The annual volunteer training for the Union County Rape Crisis Center will begin Sept. 26. The center is looking for caring and supportive individuals who can assist rape survivors during daytime, evening and weekend shifts.

"The number of survivors coming forward has increased tremendously," said Freeholder Linda Stender, liaison to the Commission on the Status of Women. "In addition to the need to respond with support and information to survivors on the 24-hour hotline, there is also a need to provide emotional support and accompaniment at the hospital, police department, Prosecutor's Office and at court."

Specialized training to become a rape crisis advocate, which is mandated throughout the state, will be from Sept. 26 through Nov. 16. Training addresses the different types of sexual assault, the trauma experienced by sexual assault survivors and family members and related issues.

In addition to serving as a rape crisis advocate, volunteers may also become involved in making educational presentations to schools or to groups in the community on sexual assault topics.

The Union County Rape Crisis Center, at 300 North Ave. East in Westfield, a program in the Department of Human Services, Division of Planning is a comprehensive center working with survivors of all areas of sexual assault.

"Adult males, females, teen-agers or children and their families are offered services whether the sexual assault/abuse took place recently or years ago," said Freeholder Deborah Scanlon.

Along with the hotline, crisis intervention, individual and group therapy are provided free by qualified professionals.

Dates for the volunteer training are as follows: Sept. 26 and 28; Oct. 3, 5, 10, 12, 17, 19, 24, 29, 31; Nov. 2, 9, 14, 16.

Training is from 6:30 to 10 p.m. Attendance is required at all training sessions.

Interested individuals should call as soon as possible for an appointment, as it takes time to interview potential volunteers.

For more information call (908) 233-RAPE (7273) between 10 a.m. and 4 p.m., Monday through Friday.

COUNTY NEWS

Bioku, Simmons receive vo-tech scholarships

Joseph A. Bioku, Electro Mechanical Technology, and Zachary M. Simmons, Electrical Technology, were awarded the first SPT Electrical Supply Company Vo-Tech Achievement Award. Both received a \$200 scholarship in acknowledgment of their outstanding accomplishments.

The awards' night ceremony took place in Baxel Hall on the Union County Vo-Tech campus grounds. The SPT Scholarship will be presented on an annual basis.

Keith Benovogio, SPT Project Group Manager, also participated in the award presentation, which emphasized SPT's commitment to supporting educational and career opportunities in vocational trade occupations.

Magnet teacher attends seminar at museum

A United States History instructor at the Union County Magnet High School, Jim Stefankiewicz, was one of 24 teachers from throughout New Jersey selected to attend a two-day seminar on May 15-16 at the United States Holocaust Memorial Museum in Washington, D.C.

The seminar, made possible by a grant from the New Jersey-based Johnson & Johnson Corporation, was designed to train teachers with less than five years experience on how to incorporate the museum and the Holocaust into various curricula taught in the New Jersey public schools.

The participating teachers used the museum's Permanent Exhibition as their primary classroom where they were given an in-depth history of the Holocaust. Museum staff and scholars explored the content, methodologies and rationales for teaching this complex history.

"It was honored to be chosen to attend this workshop and be given the opportunity to learn from the museum and my peers."

Blood drives scheduled

The Blood Center of New Jersey is appealing to community members to

donate a pint of blood for someone in need.

- The Blood Center will conduct the following blood drives:
• Friday, 3 to 7 p.m., Union Hospital, 1000 Gallatin Hill Road, Union.
• July 10, 4 to 8 p.m., Muhlenberg Regional Medical Center, Park Avenue and Randolph Road, Plainfield.
• July 11, 3 to 7 p.m., Gran Centurios, 440 Madison Hill Road, Clark.
• July 14, 3 to 7 p.m., Union Hospital, 1000 Gallatin Hill Road, Union.

For more information or to register call: (800) BLOOD-NJ. The American Red Cross Trans-County Chapter sponsors the following blood drives:

- Saturday, 10 a.m. to 2:30 p.m., Roselle Borough Hall, 210 Chestnut St., 10 a.m. to 1:30 p.m., Grace Lutheran Church, 3222 Vauxhall Road, Union.
• For information or to register call the Greater UCPA Chapter at (908) 553-2500 or 756-6414.

Donors must be 18 years of age. Seventeen-year-olds may donate with parental permission. There is no upper age limit for donors provided they meet health requirements. Donors should know their Social Security number and bring a signed or picture form of identification.

Magnet school helps save world's rainforests

Students from the Union County Magnet High School were able to raise enough funds to "purchase" five acres that will extend and protect the Choco-Andean Rainforest Corridor Project in northwest Ecuador. Because of the contributions, the Magnet High will have its name added to the list of benefactors which is displayed at the Maquipucuna Reserve in Ecuador.

Rainforest Concern, a non-profit organization based in London, England, was the recipient of the magnet school's contribution. It is dedicated to securing the endangered lush green vegetation, wild-life and plant life of the Maquipucuna Reserve.

According to Geoffrey Zoeller Jr., principal of the Magnet High School, the rainforests are perhaps the world's most important natural resources. They provide the planet with oxygen, medicines and irreplaceable wildlife. They are crucial to the Earth's survival.

Those wishing to contribute to this cause can do so by sending donations to Rainforest Concern, 27 Landsdowne Crescent, London W11 2NS. One acre of land can be protected for \$40. Magnet High School students who led the way during the rainforest campaign were: Katheryn Angeles and Betsy Gauthier of Roselle; Mark Butler and Sara Carballe of Roselle Park; Daniel Butchko of Winfield Park; Kevin Reyes of Elizabeth; Nikki Carpenter of Rahway; Craig Montoum of Cranford; David Levine of Springfield; James Nelson of Westfield; Ewa Solarz of Union; Jeff Tangowski of Hillside; Judy Wicker-Bryce of Scotch Plains, and Ray Chow of Summit.

Golf outing raises funds

Union County Clerk Joanne Rajopri recently donated \$5,800 to the Community FoodBank of New Jersey. The donation represents a portion of the proceeds raised at the eighth annual Joanne Rajopri Golf Outing earlier this month. The contribution also represents a portion of the \$11,600 the clerk's event raised for the organization in the past two years.

'Beast' helps cops track drug evidence

They call it "The Beast," which stands for Bar-coded Evidence Analysis Statistics and Tracking, but it's really a totally new computerized plan to keep better tabs on drug evidence and property throughout Union County.

Union County Prosecutor Thomas Manahan announced last week that all 21 municipal police departments, the Union County Sheriff's Office and the Union County Police Department are now on line with the error-free evidence handling system.

"All 1,850 police officers working in Union County now can identify and deliver evidence to their departments and to our forensic drug laboratory using this system that tracks each item during the recovery, recording, transporting and courtroom use of the evidence," Manahan said.

All the police agencies in the county benefited from a release of \$100,000 in forfeiture funds by the prosecutor in 1999 to fund a large part of the tracking system, including a software package and the accompanying hardware.

This has allowed each agency to participate in a standardized method of keeping track of evidence and property within their respective agencies, according to lab director Robert Luce.

"Each system is a fully operating police property room package that also helps each department to improve their own modernized system," he said, adding the software was developed by the Porger Lee Corp. of Lake Zurich.

The system was first developed in Illinois and worked in conjunction with the Northern Illinois Police Crime Lab in Highland Park, Illinois and surrounding police departments.

Why is it so different? In the past, law enforcement officers returning from a crime scene, generated paper reports about the evidence they collected. Items requiring

analysis were identified and further paper reports had to be done to request examinations. This double work process has been eliminated as now the officers only have to enter the information regarding their collected evidence or property once into computers.

Chief Charles Monica, president of the county's police chiefs association, said the printout bar code labels for each piece of evidence allowed for the proper identification of each article collected. Further, extensive laboratory submission reports can be printed from the computer using the initial information captured by the submitting officers.

"We're talking about a failsafe system and hours of paperwork time with less cost," he said. And at the lab, which processed more than 5,000 drug, saliva, blood and other types of evidence cases in 1999, there is a great improvement in efficiency.

"It used to take at least 45 minutes, or longer in many instances, for the officer delivering his evidence to the crime lab and for a lab technician to log in all the evidence," said Luce.

Tom Smith, president of the Porter Lee Company, said instead of checking off every item the evidence is pre-marked and there is no more double handling.

Paper reports were also being used to track the evidence, not only upon arrival at the lab, but as it moved through the lab as well, a practice also subject to errors and duplication, and the chair of custody drugistry. The system is now much faster, more efficient and more reliable than the paper-based method used previously.

Each department received almost \$5,000 worth of software and hardware when they came on line, with the city of Rahway being the first municipality to go on line as a test site in August 1998.

Board of Directors elected at United Way

United Way of Union County elected new members to its Board of Directors and discussed its 1999-2000 campaign during its annual meeting last month.

According to Henry Kita, president of United Way of Union County, the non-profit organization's greatest strength is its ability to work together with other organizations to develop solutions for human service issues in communities.

"The challenges faced by families are so complex and different that funders and providers must find ways to collaborate and work together," said Kita. "This requires United Way of Union County to be much more than a fund-raising organization. United Way is a coalition builder — bringing together human service groups, governments, labor and businesses so we can better address critical issues.

These partnerships and other government grants also help us leverage dollars to create more positive outcomes in our communities."

Kita welcomed new delegates to United Way of Union County's Board: Linda Hawkins-Todman, Plainfield; Robert S. Dorkin, Summit, and Charles Gillon, North Plainfield.

Two additional trustees at-large were elected: Gregory R. Haworth, an attorney at Duane Morris, and Gall Driscoll, public affairs manager at Merck & Company, Inc.

Kita also gave special recognition to the Officers of the Board for their tireless efforts during the past year.

Kita applauded the hard work of Donald J. Lusardi, vice president of strategic planning; Larry J. Lockhart, vice president of campaign; Geoffrey S. Persley, vice president of government affairs; Edward Zarnock, vice

president of labor; Ann Baran, vice president of marketing; Florence L. Peterson, secretary to the board, and Alben A. Blattel, treasurer.

"United Way of Union County has been investing in a Caring Community since 1969. Like other local United Ways throughout the county, United Way of Union County is independently operated and must generate all of its financial resources through the collaborative effort of its staff, volunteers and community leaders. Its primary goal is to increase the organized capacity of people to care for one another by supporting a network of human-care services in our area.

The community-wide fund-raising campaign is focused on lending assistance to the hungry and homeless, children-at-risk, people with disabilities, and the elderly.

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THE TOWNSHIP OF UNION Y2K 4th of July CELEBRATION 10:00am - 1:00pm FREE: Kiddie Rides, Pony Rides, Balloons, and Much More! 7:30 Municipal Band under the direction of John Bunnell Dusk - FIREWORKS Tuesday July 4th - Biertuempfel Park (Winslow Ave. & Vauxhall Rd.) Refreshments will be Available Rain Date July 5th fireworks program only on July 5th

Summer Counts at Union County College! Earn extra credits towards your degree. Choose from 3-15 week sessions. Attend class at convenient locations. You can even learn at home with Telecourses and Online courses. Register Now! Classes start May 15, May 30 and July 10! Union County College Classes in Business, Computers, Liberal Arts, Science and more. Call (908) 709-7518 and register today!

The Theater Project at Union County College \$2 OFF with this ad GRAVITY by Jane Anderson SOME FALL SO THAT OTHERS MAY ASCEND TO THE STARS Directed by Mark Sipina July 6 thru 23 Thursdays thru Saturdays at 8:00 p.m. Sunday, July 16 and 23 at 3:00 p.m. UCC Cranford Campus, 1033 Springfield Avenue

ARTS & ENTERTAINMENT



Sandra Toll and Kim Manion rehearse for 'Defying Gravity,' a fictionalized account of Christa McAuliffe's decision to join the crew of the space shuttle Challenger.

UCC reaches for the skies in drama on Christa McAuliffe

The Theater Project at Union County College will present "Defying Gravity," an implausible play by Jane Anderson. A fictionalized account of the teacher-astronaut Christa McAuliffe, Anderson's drama will run from July 6 to 23 in the Roy Smith Theater at Union County College, 1033 Springfield Ave. in Cranford. Tickets may be reserved by calling The Theater Project box office at (908) 659-5189.

Christa McAuliffe was a true hero to millions around the world who saw in themselves the New Hampshire teacher selected to join the Challenger space mission. "Defying Gravity" is an exciting and inventive interplay of the very down-to-earth concerns of a family, and also a vision of space travel as an extension of our need to discover and find meaning in life — and a direct extension of the dreams of artists and scientists of centuries past.

The director of "Defying Gravity," Mark Spina, makes the audience part of the action by seating spectators right on stage with the actors. Spina has been the artistic director of The Theater Project for the past six years and has served the New Jersey theater community as well at 12 Miles West Company and other venues. He brings energy and insight into every play he directs, and he seeks to make each production meaningful and involving for his audience.

Spina says that "Defying Gravity" attracted me because it makes a statement about how a few, brave individuals can inspire many others to greatness."

The play draws on talented performers whose credentials include off-Broadway and New Jersey professional theater companies. Featured will be Brian Kennedy, Kim Manion, Christopher McCabe, Deborah Pires, Daannah Talley, Sandra Toll, and Gary Wood. In addition to Spina as director, the production team includes producer Gary Glor, set designer Julia Hahn, costume Marion Brady, lighting designer Lewis Perimutter, sound designer Michael Magnifico, and stage manager Yumi Matsura.

In its six-year history, The Theater Project productions have received notably enthusiastic reviews. "Simply terrific," said the *Westfield Leader* this spring. "Creative and efficient staging has become a trademark of the Theater Project," said *Worral Community Newspapers* of last year's production of "The Little Playwright." New Jersey newspapers also recognized the strong roles afforded women by awarding Best Featured Actress accolades two years in a row to Theater Project performers — in 1997 to Gail Lou for "The Actor's Nightmare" and in 1998 to Lisa Alford for "The Waiting Room." Also in 1997, The Theater Project was honored at the Samuel French Theater Festival for its production of "For Tiger Lilies Out of Season."

This production of "Defying Gravity" is made possible by the UCC Foundation, a 2000 HEART Grant — History Education Act Reaching Thousands — from the Union County Board of Chosen Freeholders, and by the generosity of Joseph Cecala.

Freeholders announce summer concert line-up

The Union County Board of Chosen Freeholders has announced the line-up of star entertainers and popular performers for the 2000 Summer Arts Festival concert series.

"Beginning June 28, and continuing each Wednesday through Aug. 30, Union County music lovers are invited to the natural amphitheater area of Echo Lake Park for top-notch, free entertainment," said Freeholder Chairman Daniel P. Sullivan. "Performance begin at 7:30 p.m., but many concert patrons take advantage of the warm summer weather in a beautiful park setting by arriving early for a picnic."

A full service snack bar is available in Echo Lake Park at the concert site for people who prefer to purchase dinner or a snack.

This year's outdoor summer concert series includes:

- July 5: Blues Night with Rob Paparozzi and the Hudson River Rats.
- July 12: Reggae Celebration featuring Verdicit, sponsored by Elizabethtown Gas Company.
- July 19: The Brooklyn Bridge, featuring Johnny Maestro, plus opening act "The New Hearts," sponsored by Summit Bank.
- July 26: Popular Hits performed by New Power Soul.
- Aug. 2: Oldies Night featuring the original lead singer of the Shirelles, Shirley Alton Reeves, plus opening act "Win's Johnny," sponsored by the Union County Education Authority.
- Aug. 9: Country Music Night featuring Mustang Sally.

- Aug. 16: An Evening of Motown featuring the Sensational Soul Cruisers.
- Aug. 23: Big Band Night, featuring The Brass Tacks Big Band Orchestra, sponsored by Schering-Plough Corp.
- Aug. 30: The Party Dolls, sponsored by First Union Bank.

"In addition to the corporations that have chosen to sponsor specific concerts, several other local businesses have financially supported the series through various levels of donations," said Freeholder Deborah S. Scanlon, liaison to the Parks and Recreation Advisory Board. "Corporate contributors include C.B. Bard Inc., Infimum USA L.P., East Central District Elix, National Service Committee, Felice;

Gonon Heating Corp.; Industrial Rubber Company; Loizeaux Builders Supply Company; Oakite Products Inc.; The Palmco Company; and Red Devil Foundation.

Echo Lake Park is located off Route 22, between Springfield Avenue in Mountaintop, and Mountain Avenue in Westfield. Concert patrons should bring a blanket or lawn chair to sit on. In case of rain, call (908) 352-8410 for information after 3 p.m.

The Union County Summer Arts Festival is presented by the Union County Board of Chosen Freeholders and the Department of Parks and Recreation. For more information about the concert series or other Parks and Recreation programs, call (908) 527-4900.

Paper Mill Playhouse staffer is raising voices

By Bea Smith
Staff Writer

Beautiful voices echoing the music of Sigmund Romberg gloriously filled the Paper Mill Playhouse in Millburn during the theater's May 16 symposium in a program called "The Music of Sigmund Romberg." Among the beautiful voices were those of the members of the newly formed Paper Mill Community Chorus, earnestly led by Vicki Carter, resident associate conductor, who resides in Maplewood.

Carter and her chorale were lauded following the symposium by hosts Robert Johanson and Albert Evans and a delighted audience that thrilled to the voices of the group.

"Music has always been a major part of my life," Carter exclaimed during a recent chat. "And I love the joy of sharing that with others, and the Chorus has allowed me to do just that. In the past several years, the Summer Conservatory at the Paper Mill used an adult chorus for a concert. That was when the Paper Mill used local adults for singing, and I had, here in Maplewood, put together a chorus of adults for a couple of years. There were about 30 people here in Maplewood in the chorus."

Carter explained that "for the Paper Mill Conservatory, we had 80 adults. I



Vicki Carter

found out that there are a lot of adults in this area who love to sing, and while there are plenty of outlets for chow music and classical music, there did not seem to be a place where adults could go to sing their music."

The conductor sighed. "So," she said, "I mentioned that to Susie Spidel, our director of education, and at the time I had mentioned it, I had had a meeting with Robert Johanson, our artistic director. I told Susie that Robert wanted to have a chorus of adults for the Romberg Symposium.

"Actually, all of these things kind of came together. We all got together and decided we would try to see if the idea might fly," Carter laughed. "And with about 60 people, it certainly did."

The Community Chorus is composed of adults — "people who enjoy singing. They're not professional singers. We're going to start again in September and have the group meet for the entire season," said Carter. "We held our rehearsals in the Congregational Church in Short Hills, and I believe that there are will continue rehearsing there. The members are from 20 to 60 years old. We would like to be able to include some older singers eventually so that we can have an intergenerational group."

"A lot of the people in the group may have studied music in their college years but chose different careers," she said. "Some were music teachers in school. A lot are very active in the community theater circuit, and they just love to sing."

Singing can also be therapeutic, Carter indicated. "There have been a lot of studies regarding the positive effect of singing. So, I think they have a lot of good, healthy benefits. What we try to do is create musical opportunities — either here at the Paper Mill or in other places."

"Our plans now, because we love music so much, are to continue the Chorus through next season," she said determinedly. "And I'm really looking forward to its continuing."

Born in Topolo, Miss., Carter studied at the University of Southern Mississippi, where she majored in piano. "Before I moved to Maplewood," she recalled, "I lived in New York City and worked in the theater there. I was a conductor and I conducted the Broadway show 'Eubie,' too many years ago," Carter laughed. "After that, my husband, Ron, and I decided to have a child and move out to Maplewood."

The Carters have a daughter, Logan, 19, "who is a video production major at the Art Institute of Philadelphia."

She explained that "when we moved to Maplewood 10 years ago, I had been able to work at the Paper Mill Playhouse. I've conducted, and I've also been associate conductor on musical shows and musical director. I conducted 'Big River,' and I conducted some of the performances of 'Man of La Mancha' and 'No, No, Nanette.'"

"Our plans now, because we love music so much, are to continue the Chorus through next season," she said determinedly. "And I'm really looking forward to its continuing."

As William Shakespeare wrote in "The Tempest" — "If music be the food of love — play on!"

Fiction can cross the line into revisionist history

On the Arts

By Jon Pleaut

There is a fine line between creative interpretation and revisionism in the arts. Sometimes taking another look is useful to awareness and learning, and other times it is closer to dishonesty and propaganda than the facts are distorted.

In the outstanding Tony Award-winning Broadway play "Copenhagen," there is a slight of the historical record by an omission which has largely gone unmentioned upon. The play examines the ethics of nuclear physics behind the Atom bomb before and during World War II, through the contact of two involved Nobel Prize-winning physicists from Denmark and Nazi Germany. Author Michael Frayne is careful to explore many shades and nuances of opinion, but omits Harry Truman's rationale for dropping the bomb: that it shortened the war and saved many American lives in what was a bitter island-to-island battle in the Pacific. Since the charac-

ters did not reference his sources in "Hamlet's" Nonsense. Why not do it on an acknowledgments page? By not making reference to her creative sources, Sontag is close to dishonest with us.

Two books written about Summit in the 1990s distort history by omitting the work of public activist groups in the attainment of a more equitable town for all during the latter half of the 20th century, in housing, recreational and civil rights. Rent strikes, protests, monitoring and other forms of turbulence by local citizens, including those prominent and dissident, are left out in favor of a more mainstream and politically acceptable, but untrue, recounting of events. People who wrote these books or those who supplied them with information knew better, but they apparently wanted to put a more pleasant, harmonious face on it.

In the prize-winning novels "American Pastoral," "I Married a Communist," and "The Human Stain," Phillip Roth tries to set the record straight about recent decades of American societal and cultural strife. Whether he has taken license depends on your point of view, I guess, since Roth's books are always so personal to his own experience. This American writer is close to being our Tolstoy, in my opinion, because he integrates our larger history with our private destinies. The fact that the fiction he creates is so close to our reality, without being a strict historical account of it, is part of his great accomplishment over the last decade and a departure from his previous more artistic work.

Jon Pleaut is a resident of Summit.

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Grilling tips ensure moist, flavorful chicken

When it comes to great grilling, kosher chicken is the dish of choice for many at home barbecue chefs.

- To make the most of your barbecue, here are some grilling tips from the culinary experts at Empire Kosher Poultry:
- Use medium heat on the grill and cook the chicken about four inches from the flame.
- Start with quality chicken cutlets, such as Empire kosher chicken cutlets for the best flavor.
- Baste the chicken lightly with oil

- to prevent it from sticking to the grill.
- Grill cutlets for three to four minutes per side to ensure a moist, flavorful dish.
- Use tongs to turn the chicken to prevent the loss of juices.

For your next barbecue, try this tasty recipe from Maria and Lois Cohen of New Jersey. The recipe was submitted as part of Empire's 60th anniversary celebration.

Cohen's Margarita Chicken
6 Empire Kosher boneless, skinless

- chicken breasts
- 1 tsp. chili powder
- 1/2 tsp. cayenne pepper
- 1/2 cup flour
- 1 cup extra chunky mild salsa
- 1/2 cup tequila
- 1 large green pepper, diced
- 1 large onion, diced
- juice of 1/2 lime
- 1 tsp. margarine
- 1 tsp oil

Combine the flour, chili powder,

and cayenne and dredge the chicken in the flour mixture. Grill chicken until it's just brown on both sides and set aside.

Combine oil, pepper and onion in a pan and saute on the grill until soft. Add salsa, tequila, and lime juice. Heat until hot. Place the chicken on top of the sauce, cover and cook about 15 minutes or until cutlets are just cooked, but still tender. Serve over rice, Serves 4.

For additional grilling recipes, go to www.empirekosher.com.

Tasty lamb brochettes can be as easy as '1-2-3'

While the outdoor barbecue has always had a special appeal, it takes a special recipe to keep it fired up all year round. Renowned food expert Rozanne Gold has developed that recipe with her Cooking 1-2-3 approach that uses three ingredients in every dish. In this case it's succulent lamb that's marinated in a bath of olive oil and grated onions and then grilled or broiled to perfection.

Because there are just three elements in this recipe, each ingredient plays a critical role, making its quality, versatility and flavor extremely important. Olive oil is a natural for Cooking 1-2-3 because its varied strengths and flavors, add new dimension to each

dish you prepare. The versatility, great taste and health attributes of olive oil also make it an ideal ingredient to incorporate into everyday cooking.

Melt-In Your Mouth Lamb Brochettes

Marinating chunks of lamb in a bath of grated onions and olive oil yields a meltingly tender texture and heady flavor. This is especially great when grilled on the barbecue.

- Ingredients**
- 3 large red onions, 6 ounces each
- 1/2 cup olive oil
- 2-1/2 pounds lamb from the leg or shoulder, cut into 32 2-inch chunks

Preparation
Peel onions: Grate one onion on large holes of box grater. Put onion puree in a fine-mesh strainer mixed with 1/2 teaspoon salt. Press with spoon to extract as much juice as possible. Mix 1/4 cup onion puree with olive oil and pour over lamb. Add freshly ground black pepper and marinate for 1 to 1-1/2 hours, turning often.

Prepare barbecue, or preheat broiler for indoor cooking.

Cut remaining onions into squares or wedges. Using long metal skewers, alternately thread pieces of onion and lamb, using 4 pieces of lamb for each

skewer. Spoon a little of the marinade over skewers and place on barbecue or on baking sheet and cook until desired doneness, 3 to 4 minutes on each side. Sprinkle with salt and serve immediately with crust of olive oil, if desired.

Makes 8 skewers.

Can't get enough of Olive Oil 1-2-3? Ask for a free brochure featuring additional recipes by calling the Olive Oil toll-free hotline at (800) 232-6548. Also be sure to look for Rozanne Gold's latest book, "Entertaining 1-2-3," published by Little, Brown and Co.

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HAVE A HAPPY AND SAFE 4th OF JULY



MARCH OF TIME '00

Fireworks, festivities abound in celebration of the 4th

Clark Cranford

Celebrate the first Independence Day of the new century in hometown style. Mayor Robert Ellenor, Director of Recreation Richard Donofrio and Fireworks Coordinator Howard Flisser have announced an array of festivities for Clark's celebration on July 2.

A dozen free rides will be available for people of all ages, toddlers to senior citizens, from 2 to 8 p.m. at the Brewer Municipal Complex grounds.

For the first time ever, Clark local food merchants will be offering "A Taste of the Town" food booths from 2 to 9 p.m., also at the Brewer Municipal Complex grounds.

At 9 p.m. attention will switch to Nolan Field at Arthur L. Johnson High School for a spectacular fireworks display.

An anticipated 8,000 to 10,000 people are expected to attend the Independence Day celebration. Rain date is July 3. Local merchants interested in participating in "A Taste of the Town" should contact Flisser at (732) 340-1006. Food booths are available for \$175.

The Jaycees will conduct their annual Firecracker Run beginning with a one-mile Fun Run at 9 a.m. and a four-mile run at 9:30 a.m. at Nomahegan Park. Registration is open until race time.

There will be a Bike Decoration contest at Nomahegan Park starting at 2 p.m. Age groups are as follows: 7 years old and younger; 8 to 10 years old; and 11 to 15 years old. First-, second- and third-place ribbons will be awarded for best decorations. Trophies for overall winners will be for Most Patriotic, Biggest Decoration and Most creative.

David Brasley High School field, Kenilworth.

The event is sponsored by the Pride of Kenilworth Committee.

Prior to fireworks, a street fair will be from 11 a.m. to 6 p.m. on Kenilworth Boulevard.

The rain date is July 9. For information, call 686-8020.

Springfield

An evening full of activities begins at 4 p.m. with numerous rides, games and food vendors at Meisel Field on Meisel Avenue. The event has become known as the annual Take Pride in Springfield. The Springfield Kiwanis Club will sponsor a fundraiser, with some proceeds going to the local school system.

Fireworks are scheduled to begin at dusk — approximately 9 or 9:30 p.m.

Admission is \$5 for adults and \$3 for children under 12. Admission includes unlimited access to all rides and games, along with a complimentary hamburger and soft drink. Meisel Avenue will be closed but handicapped parking will be provided near the field.

For information call the Union County Chamber of Commerce at (908) 552-9000.

means time to set up for the evening's fireworks display.

Novartis Pharmaceuticals Corporation and Novartis Corporation will sponsor the evening's events, highlighted by the Orchestra of St. Peter by the Sea in concert and the fireworks extravaganza. From 7:15 to 9:15 p.m. guests can enjoy the sounds of the renowned orchestra as it performs a spirited program of patriotic favorites. Then sit back and watch the fireworks as they explode over Memorial Field.

Ashland Road in the area of Memorial Field will be closed to traffic at 6 p.m. for safety reasons. Plan to arrive early to avoid traffic congestion around the field.

If the weather is questionable, call the Fourth of July Hotline at 277-2300 for the latest information. In case of inclement weather, the concert will be at 7:15 p.m. in the Summit Middle School auditorium and the fireworks display will be on the next clear night.

The festivities will begin at 8 a.m. with canoe races scheduled at the Cranford Canoe Club. Pre-registration for the canoe races will be at the Municipal Building starting Monday until June 30 from 9 a.m. to 4 p.m., and evenings from 7:30 to 8:30 p.m.

Post-registration will be immediately before the races at 7:30 a.m. on July Fourth at the Canoe Club. The races will include the following categories: 13 years old and under; 14 to 20 years old; 21 years and older; parent and child; mother and father; marathon for those 17 years old and younger; and marathon for those 17 years and older. Trophies will be awarded for first, second and third place in each category.

Mountainside

Fireworks will begin at 9 p.m. at the fields at Our Lady of Lourdes Catholic Church on Central Avenue, behind Deerfield School.

Members of the Mountainside PAL will be distributing free ice cream cones.

Rain date is July 5.

The following events are sponsored by the Recreation and Parks Department. Games for all ages — egg toss, wheelbarrow race, and a parent and child backwards race — will begin at 2:30 p.m.

Ribbons will be awarded for first, second and third place for each game. All children will receive participation ribbons.

There will be food and craft vendors in the park, offering zepoles, pretzels, pork and beef barbecue foods, Italian sausages, pizza, assorted soups and Italian ice. In addition there will be face painting and balloon art from 2 to 10 p.m.

The fireworks will begin at 9 p.m. Limited parking will be available at Union County College. Residents are urged to walk if possible. Rain date, for fireworks only, will be July 5.

For more information call the Recreation and Parks Department at (908) 709-7238.

Roselle Park

Roselle Park Mayor Joseph DeLoro and Council will sponsor a fireworks celebration extravaganza for this Fourth of July. There will be a live band performing from 6 to 8:30 p.m. for everyone's entertainment, and for the children there will be pony-rides and a Moon-Bounce game from 6:15 to 8:15 p.m.

Refreshments will be available throughout the evening. To conclude the celebration, a fireworks display will begin at 9:15 p.m. and will last for approximately a half-hour.

The festivities will be held at the Green Acres Complex, West Webster Avenue on the Fourth of July, with the rain date the following day — same time and place.

For more information, call Karen Intile at 245-0666.

Union

The Township of Union Recreation Department will sponsor its annual Independence Day Celebration July 4 at Bergenmuffin Park, Winslow Avenue and Vauxhall Road.

A day program will be held from 10 a.m. to 1 p.m. with kiddie rides, pony rides and helium balloons.

A band concert will begin at 7:30 p.m. The music will be performed by the Township Municipal Band under the direction of John Bunnell.

Following the concert, there will be a fireworks display.

In the event of rain, the 4th of July celebration will be held July 5. The day program will be cancelled.

Taquitos add spice for holiday cookouts

Mexican food is *muy caliente* these days and, thanks to tasty new frozen varieties, easier to serve than ever before.

Spicing up an increasing number of family meals and parties are more ready-to-heat-and-serve "wrapidos" — fresh flour tortillas with flavorful beef, chicken, pork and cheese fillings — authentic tamales — a tradition in many Hispanic homes — and crunchy Mexican taquitos — little tacos.

Grilling taquitos is becoming a popular change of pace from the usual hamburgers, hot dogs and chicken. Taquitos can be ready in minutes as an appetizer or as part of the main meal. Serve them at your next barbecue or tailgate party with a Mexican guacamole dip or salsa sauce for dipping.

Here are some more tips on grilling taquitos from the makers of Delimex Mexican food:

- Always pre-heat the barbecue before cooking taquitos. Set all of the burners of a gas grill on high, or light your charcoal and close the lid. Heat for 10 to 15 minutes or until the thermometer registers 500 to 550 degrees F.
- Frozen taquitos can be grilled directly from the package. Place taquitos in the center of the cooking grate. Grill five to six minutes, turning during grilling time.
- To avoid tearing the outside of the taquitos and losing moisture or fillings, use tongs or a spatula rather than a fork for turning and handling.

For more information, call (800) 3-TAMALE.

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The 3 boys re-opened the business in 1946 and in 1951 added a new car showroom and automotive service facility. An auto body and paint shop (the largest in Union) was added in 1952. The Samuels boys became the largest Sludebaker-Packard Sales & Service Showroom on the Eastern seaboard. When Sludebaker ceased production in 1964, the boys continued their service, body shop business and used car operation and opened the present BUY WISE AUTO PARTS.

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Massage therapists invite clients to 'get stoned' with treatment

By Jack Williams
Copley News Service

To appreciate hot-rock massage, consider yourself toast, ready to soak up some butter.

But once the warm oil is slathered on your body, creating a buffer for the heated stones that will follow, it's your tension and tightness that do the melting.

Why the rocks? The better to seal in the liberating heat, about 125 to 135 degrees worth, and open the therapist's pathways to the muscles.

As licensed massage therapist and hot-rock instructor Charlotte Stover explains it, "Because of the way the heat allows you to get into the muscle, one stroke with hot rock is equal to six strokes of deep-tissue massage."

A subjective observation, to be sure, but there's no denying heat makes the body more pliable. Think of having a massage in a sauna, for example. Or in a Jacuzzi.

The basalt lava rocks, chosen for their density, are far from heating. More like miniature, sodden healing pads.

Long the province of the pampered

at luxurious resorts and spas, where it is trademarked as LaStone Therapy, hot-rock massage is reaching more people today through a growing roster of specially trained therapists.

Sometimes, the treatment is called Earth Energy Massage or Japanese Hot Rock Therapy.

"Any indigenous culture has done hot rock therapy in one form or another," Stover said. "Top spas have been doing it worldwide."

But not until the mid-1990s, when Mary Hamagan of the Desert Institute of Healing Arts in Tucson, Ariz., began certifying instructors in LaStone Therapy, did it begin to spread.

Now certified instructors, such as Doreen Palmiere of Encinitas, Calif., are liable to dare clients to "get stoned."

Palmiere said, "I like to say a hot-rock massage is not just a massage. It's an experience."

An hour-and-a-half experience that generally costs anywhere from \$85 to \$185.

In terms of reaching muscle fibers and tissues from the toes to the head, no stone is left unturned.

"If a client has a special need, I'll work on that," said Palmiere.

As the wife of a massage therapist, Marlies Angermier of Oceanside, Calif., is no stranger to various kinds of massage. Never though, has she experienced anything quite as relaxing as hot-rock, she said.

"The after-effect blew my mind. It was total relaxation. I slept soundly until 7 the next morning, which is unusual for me."

Throughout the massage, stones are placed at various acupressure points, or energy meridians, throughout the body.

Stover, who works at Transition Salon and Day Spa in Escondido, finishes her sessions with what she calls "fire and ice."

Said Stover, "I pick out a big hot rock and a frozen marble rock. I chase the frozen marble with the hot rock up both sides of the body."

The finishing touch of frozen marble rock is especially therapeutic for aches, recreational or otherwise.

"The hot rocks bring more liquid and blood to the area," Stover explained. "Then you want to bring

the blood vessels back down with the ice."

Some therapists called it vascular gymnastics, a means of triggering the circulatory system to enhance healing.

Stover has some strict post-massage protocol for her clients: "Stop any activity for one or two days at least and triple the fluid intake to rehydrate the body."

"If you do something strenuous after a hot-rock massage, part of the results I just accomplished will be thrown out the window."

"You have to allow the muscles to acclimate and give the tissues a chance to heal. The heat doesn't stop penetrating when you walk away. We don't even know how deep it's going. Or how much good it's doing."

Licensed massage therapists can learn the hot-rock method from Stover and at the Mueller College of Holistic Studies in San Diego's University Heights neighborhood.

"It's therapist-friendly," Stover said. "As I perform the massage, my hands are getting a massage, too, because the heat of the rocks penetrates the bones and knuckles."

Muhlenberg shop is open

The Auxiliary at Muhlenberg Regional Medical Center officially opened the Nearby New Shop in May. The shop will accept donated items in nearly new condition and sell them at a reduced price.

Located on the lower level of the Crescent Avenue Presbyterian Church, 716 Watching Ave. in Plainfield, the shop will be open every Thursday and Friday from 10 a.m. to

3 p.m. and Saturday from 11 a.m. to 4 p.m. It replaces the church's International Gift Shop, which previously occupied the space.

All proceeds from the Nearby New Shop will benefit projects and services at Muhlenberg Regional Medical Center. For more information about the Nearby New Shop, call the Muhlenberg Auxiliary office at (908) 668-2573.

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Katherine S. Park
Certified Beautician & Cosmetic Professional

Katherine Park has been in the beauty industry more than 16 years, in both Brazil and the United States. She is a licensed and certified beautician, advanced aesthetician, electrologist, micropigmentation technician, and permanent make-up consultant and instructor.

She has been given demonstrations of permanent make-up at the International Beauty Show since 1992 and conducts private seminars and classes worldwide. She also demonstrated permanent make-up at the American Hair Loss Association especially for alopecia patients.

In 1992, she opened Kathy's Beauty Center in Great Neck and later Roslyn Heights, NY. She has been working with Dr. Vida T. Vida Skin and Plastic Surgery Center since 1994. She is an official P.M.U. instructor at Tinny Beauty School in NY. Currently, she opened a new office in Tenally, NJ, and also working with Dr. T.K. Sharma (Plastic Surgeon).

Katherine offers her clients a high level of professional skill blended with keen aesthetic intuition. She demands the strictest standards of safety on her work and training of students in usage of specialized equipment, disposable probes and natural pigments. She implements the same medical sterilization standards and procedures as physicians, and pays special attention to each client's unique features and specific needs.

Katherine is one of the leading practitioners in the field of permanent make-up, which is a relatively new and unique technique of self-enhancement and skin reconstruction. Many of her clients are physically impaired men and women for whom permanent make-up represents a major step toward renewed self-esteem and happier lives. She receives many of her referrals from ophthalmologic surgeons, allergists, dermatologists, plastic surgeons and oncologists.

Presently, Katherine is a member of the American Electrolysis Association and the Society of Permanent Cosmetic Professionals. She was a former director of Micropigmentation and Cosmetics Inc. in NJ. Her professional background is a blend of work in color analysis, image consulting, make-up, aesthetic and electrolysis, all of which play a significant role in a creative way she looks at the permanent make-up and skin reconstruction.

She offers variety of custom-designed training programs for advanced aestheticians in various subjects such as Micro-Dermabrasion, Cellulite Treatment, and Permanent Hair Removal with Hair Tronic System.

To schedule an appointment with Katherine Park call (201) 871-7818.

Experts compare, debate approaches to weight-lifting

By Jack Williams
Copley News Service

There was a time when "one set or two" was an invitation to the tennis court, not the weight room. Now it's the kind of question you might bounce off your personal trainer, hoping, among other things, to get more biceps for your back. Is one set of 8-to-12 repetitions just as productive as two? How about three? Strength in numbers right?

The fact is, there is no one-regimen-fit-all answer. Especially when you consider variables such as intensity, form, amount of weight, rest between sets and workouts per week. And if you really want to make it complicated, there's always the old debate of free weights versus machines. With that in mind, consider a graphic in the "To Your Health" feature in the May 1 edition of the *San Diego Union-Tribune*. Several readers did — and followed up with inquiries.

The graphic referred to a University of Florida study comparing 42 experienced volunteers — one on a

three-set program, the other on one-set. Both groups lifted three times a week. The study, published in January in the *American College of Sports Medicine Journal*, concluded that the three-set group showed a negligible 2-percent improvement over their one-set counterparts.

OK, single sets work — at least in this 13-week study that measured the results of nine exercises on machines. But the more-is-better advocates are armed with ammunition of their own — especially when they look at well-trained competitive athletes.

"Everyone wants a quick fix, but you have to look at the long haul," said William Kraemer, director of the human performance laboratory at Ball State University in Muncie, Ind.

In studying football players as opposed to recreational lifters, Kraemer found that three sets in a high-intensity training program produced much greater gains over 14 weeks when compared to one-set training. Kraemer also found in stud-

ies on trained athletes that, after four to six months one-set exercises tend to plateau, whereas those performing multiple sets continue to gain strength.

Optimally, Kraemer concludes, you should change your program — including the numbers of sets and reps — every two to four weeks. That's called periodization, a regimen common among athletes in training, rare among the rest of us.

In many cases, the consensus is that if you're only doing one set, you better fatigue the muscle. Do that by lifting a heavier weight, preferably to failure, or adding as many as 30 repetitions.

Bernie Miller, a San Diego-based personal trainer who champions 15-minute workouts, is a one-set devotee. His philosophy: light weights, 15 to 30 reps, addressing 10 major muscle groups.

"I've been preaching this for 15 years," he said. "It all comes down to time. You start doing multiple sets and you develop a mental block to

exercise. You may not have enough time to complete the routine and you wind up developing some body parts at the expense of others.

"I make it quick and easy to do so you can stay consistent throughout your life."

The proponents of the SuperSlow method of weight training, sets and reps are secondary to technique and safety.

The SuperSlow method of 10 seconds in the lifting phase and four to 10 seconds in the lowering phase received favorable results in six-week studies at South Shore YMCA in Quincy, Mass.

In a 1993 study comparing novices, the slow group experienced 50-percent greater strength gains than a group following a program of two

seconds of lifting, one second pausing and four seconds lowering the weight. The gains were attributed to less momentum in execution and more consistent application of muscle force through each repetition.

A subsequent study replicated the result, again among novices. A similar result was found among advanced exercisers.

But as Miller says, it all comes down to not how you do it, but how long you do it, but if you do it.

"After one year of doing nothing, you'll lose one pound of lean muscle — that's 50 fewer calories your body's burning every 24 hours," he said.

For more information on Miller's "15-Minute Total Body Workout," visit his website at www.fittec.com

Bill Van Sant, Editor

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Mineral intake increases rewards of working out

Whether you're an experienced athlete, a weekend warrior or a "couch potato" who's eager to get up and get moving, one thing has never been more true: You are what you eat.

If you're not eating right, exercise will be a lot less effective than it could be. Additionally, most of us aren't even aware there are some vitamins and minerals that are essential for an optimal capacity to exercise.

For example, fewer than one in 10 Americans know that magnesium deficiency is associated with a reduced capacity to exercise. And we typically don't eat a sufficient quantity of the foods that contain an abundant supply of magnesium — such as whole grains and soybeans. Health care professionals know that multivitamins alone usually fall short in magnesium content.

Think about your car, and how it runs better when you use the right fuel. Your body operates in the same way — and the right nutritional supplements can help you "burn" the

food you eat more effectively.

Whatever your level of fitness, magnesium is an important mineral to keep in mind. The average American gets barely 75 percent of the recommended daily allowance of magnesium, yet look how important it is to your body.

- Magnesium is required to convert blood sugar — stored as glycogen in your liver — into energy.

- Proper metabolism of calcium and vitamin C depends on proper levels of magnesium.

- Magnesium makes your exercising muscles stronger by increasing your endurance to prolonged exercise.

The advantages of maintaining proper magnesium levels are clear. If you're an advanced athlete, magnesium will help keep your "power plant" running at its best efficiency. A weekend athlete will be able to more quickly recover from the intense exertion of a race or tournament competition. The exercise beginner will find it

easier to keep on track with a new workout.

Even if you're not an athlete, proper magnesium levels are important. Heart disease, high blood pressure and diabetes can affect magnesium levels, yet screening for magnesium deficiency is not a regular part of most physical exams.

One solution to avoiding magne-

sium deficiency is to take daily magnesium supplements. But not all supplements are the same. You want to find a supplement, such as Sio-Mag, which contains magnesium chloride, a form of magnesium that is readily absorbed and used by the body. Other forms are magnesium carbonate and magnesium oxide, which are not assimilated as easily.

Sio-Mag is a delayed-release magnesium chloride tablet that is coated to reduce gastrointestinal upset. Two tablets, once a day, are enough for most people at risk of magnesium deficiency.

For further information about the importance of magnesium supplements as part of a healthy fitness regimen, call toll-free (877) 475-6624.

Brochures list varied options


"Understanding the issues associated with aging and knowing what health-care options are available are critical in today's families," says Peggy Degnan, administrator of Ashbrook Nursing and Rehabilitation Center, a 120-bed long-term care facility located in Scotch Plains.

The Saint Barnabas Nursing and Rehabilitation Centers, affiliates of the Saint Barnabas Health Care System, have compiled a set of six brochures to help people make important

decisions about health care as loved ones grow older. The set explores a wide range of pertinent topics and includes the following titles:

- "Assisted Living: Today's Option for Independent Seniors"

To request a free brochure or brochures, write to "Educational Brochures," Public Relations, 695 Chestnut St., Union, NJ 07083, or call (800) 222-9147.



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Your spine serves a vital function in many ways. The spine and nervous system attached to it, in fact, have a direct effect on many of the functions of your body. It's important to keep the spine in proper balance.

The spine is connected to a foundation made up of your pelvis and legs. If this foundation is well-balanced and working normally, it helps to keep your spine in balance, otherwise it can cause pain and discomfort.

For example, if a house's foundation is crooked or unsteady, it will distort the walls. You'll see cracks in the plaster. Doors won't fit properly. Windows may not open. You can repair the cracked plaster and trim the doors and windows to fit again. But how long will these "conven-ups" last?

Your body also needs a good foundation. If your spine is out of balance, seek the treatment you need to put it right again.

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A firm, fit physique for summer is easier with simple steps

The return of summer sundresses and leg baring shorts raises the inevitable need to become "fit" and take steps toward a leaner, firmer body. The experts from Jergens, who understand the importance of taking time to care for yourself each day, have partnered with An Clyde, celebrity fitness trainer and owner of Art of Fitness in New York City, to provide women with the following expert fitness and skin care advice. Ready, set ... here it all!

• **A Firm Physique.** In the world of fitness, firmness is characterized by a lean appearance. However, water retention may cause you to look or feel bloated. Surprisingly, to rid the

body of excess water, you will need to drink more of it! Increasing your water intake to at least eight glasses daily will help flush impurities from your system. You can also avoid water retention by lifting weights, training aerobically or anaerobically, or by eating low-sodium foods.

• **Firming Wonders.** If your skin is not as firm as you'd like, try using a moisturizer that improves skin's texture such as the new Jergens Skin Firming Moisturizer. The hydrating formula is clinically proven to visibly improve skin firmness and texture in just eight weeks. It combines seaweed extract — a natural "firming" ingredient typically found in luxurious spa treatments — with acrylates and wheat protein to create a flexible support network within the lotion, making skin feel firmer and smoother.

• **Heart Rate Smarts.** It's very important to monitor your heart rate during exercise. Both aerobic and anaerobic training raise your heart rate to help burn calories, shedding

excess weight and water. However, you should not exceed your target heart rate by more than 5 to 10 beats per minute, as this will ultimately burn muscle and protein, which are needed to maintain firmness. A good rule of thumb to help stay within your target heart rate: If you're out of breath — slow down!

• **No Excuses.** You don't have to live a sedentary lifestyle just because you don't belong to a gym. It's easy to firm up using natural body resistance and a piece of sturdy household furniture.

Exercises: For triceps, lower your body repeatedly while grasping the edge of a bench or chair situated behind you; for outer thighs, grasp a bedpost or doorknob, bend knees, and repeatedly lift one leg up along the side of your body.

• **Fit Foods.** Insulin, a key regulator of the body's metabolism, directs whether or not foods such as proteins and carbohydrates, once broken down, will be burned by the body for

energy or stored as fat. To help maintain a lean physique, it is important to eat a diet high in proteins and complex carbohydrates, which minimally affect your insulin level. These foods

such as chicken, fish and egg whites — proteins — and rice, potatoes and beans — complex carbohydrates — are more likely to be used as energy than stored as fat.

Successful fitness regimen can be found in 5-step program

Are you one of the millions of Americans who made a promise to themselves this year to lose weight and start exercising? For most people the biggest hurdles are getting started and staying motivated. Here are five easy steps to help you start a fitness program that will last a lifetime.

Get connected
Starting an exercise program can be intimidating, so it is recommended to start with walking and deep water exercise. Both workouts are easy to learn and great for all ages and fitness levels. Aquajogging with a flotation belt in deep water provides a great workout that conditions the heart, strengthens muscles and increases flexibility without any impact on bones and joints.

Break big goals into bite-size pieces. For example, say that you want to participate in a 5K — 3.1 miles — walk. Map out a 5-K route, and begin walking a section without stopping. Progressively increase the distance you are walking — even if it takes several weeks. Continue to add more distance to your walking route. Soon you will find yourself accomplishing your goal and striding past the finish line.

Get connected
Accountability and encouragement make the journey both fun and successful! Hook up with a friend, join a class, start a walking group or consider getting some encouragement from one of the fitness interest groups available on the web, such as www.connectingconnectors.com.

Fit for life
It's hard to change everything at once, so don't fall into the "all-or-nothing" mentality. Momentum is built on a series of short-term successes. You're in this for a lifetime, so start with one goal and you'll be amazed what you can build.

Check in daily
Keeping a journal is a powerful tool that can help you recommit daily to your new lifestyle. Use your journal to track progress on your fitness and eating goals and honestly record your thoughts and feelings.

Resources
Tawni Gomez is the author of "No More Excuses" — Paper Chase Press, 2000 — and founder of Connecting Connectors, an online support group which networks more than 20,000 fitness enthusiasts worldwide.

AquaJogger manufacturers a complete line of water fitness equipment including the new AquaJogger SHAPE flotation belt designed exclusively for women. For more product information and workout resources, contact AquaJogger at (800) 922-9544 or visit www.aquajogger.com.

Bill Van Sant, Editor
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By: Silvia Esquivel, 2K4 Fitness Director

Silvia has a BA of Science from the College of New Jersey Health and Physical Education. She is Corporate Fitness Certified and Personal Trainer Certified. She is an Aerobic Instructor and an Elite Cross Country Runner

The 2K4 gym features biomechanically based fitness and sport care, utilizing the latest Elliptical Fitness Cross Training and a SwimEx. A SwimEx Aquatic System variable flow pool. The 2K4Health has the most advanced computer technology. Now, you can e-mail the office, friends or family members while you're working out! Massage loungers will soothe you in the waiting room with unlimited internet access that's also available in the gym and exam rooms.

AQUA FIT
Healthcare professionals now realize what people have known for ages: water makes you feel good. Why take an expensive pill with all the side effects when a dip in a pool can do the trick? Water is a natural analgesic. It cleanses and revitalizes. It also offers a most unique medium in which to exercise. Energy expenditure in water is different than on land because the buoyancy reduces your body weight, therefore reducing the impact on your joints. As an added bonus, sweat instantly evaporates! Not only does water exercise improve cardio-respiratory function and physical work capacity, but also a pool provides a rich environment for simultaneous rehabilitation of multiple injuries. It is a fun and exciting means of fitness for all, juniors and seniors alike. One can regulate gravity effect in water by increasing or decreasing submersion. No energy is wasted fighting gravity. Your muscles are stretched at their optimum length for optimum function, because of the warmth.

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Life expectancy is at its all time high! Seniors represent the fastest growing segment of the population. Longer life should go along with longer functioning. This is the motto of the 2K4 seniorfit program. The combination of Ergonomics, Aquatics, Aerobics indoor and outdoor and biomechanical equipment are the foundation to this program.

COMPUTER FIT
Do you work on a computer for two or more hours a day? If your answer is yes you are at risk of developing a Repetitive Strain Injury (RSI). These are a group of injuries that damage the muscles, tendons and nerves, caused by overuse or misuse. Although RSI's are not limited to computer-related jobs, our growing dependency on technology mainly the personal computer, has somewhat fanned the flames on the ever rising need for ergonomic workstations. Whether you are working from home or just surfing the net (keeping in mind that anyone from the ages of 7 to 77 can develop RSI), ergonomics is basically, the science of "fitting the task to the man." The preventive solution can be as simple as using a keyboard ergonomically designed to promote proper hand positioning and sitting on a fully adjustable chair that provides complete comfort while encouraging position changes. Fortunately, most ergonomic solutions are very cost-efficient, obviously non-invasive with zero morbidity, and can be used in the home as well as the office. Ergonomics is not just flunky or expensive chairs and keyboards, but rather a preventive measure that includes proper work pacing and regular stretching and fitness. At the 2k4Health center, you can enjoy a "hands on" experience with the fully functional ergonomic workstations utilized by our staff.

STEPDOWN PHYSICAL THERAPY
For many, "managed care" means restricted care, especially when it comes to physical therapy: three sessions maximum then go see your Personal Care Physician, pay another \$10 co-pay, and beg him or her for more. At 2K4Health, we take Physical Therapy (PT) very seriously and we have saved patients from a lot of unnecessary surgeries with proper expert PT. One would think that Managed Care Organizations would welcome the cost savings. Unfortunately they still irrationally ration PT. The 2k4 Formula has an answer for this too: We tell our patients, especially those with chronic conditions that need quasi-indefinite maintenance therapy, "When your HMO says NO 2k4Health says YES." They can enroll with us on the basis of a flat monthly rate that is usually 20 -30% cheaper than the added co-pays they would have had to pay otherwise for that month. We call this program Enhanced Fitness or Step-down PT. We believe that it is an inexpensive and efficient formula for aging patients with chronic conditions who readily fall through the cracks of "managed care".



Trailside will kick off series with storytelling

Popular folklorist and musician Sandy Lewis will delight audiences at Trailside Nature and Science Center with his songs and stories July 12 at 1:30 p.m.

The kick-off of the center's summer Wednesday Matinee series will feature storytelling and singing for school-age children and will incorporate the use of guitar, tin whistle, bones, jaw harp, percussion, lumberjack and juggling. Audience participation is encouraged.

"The first midweek matinee of the summer at Trailside will be an educational as well as entertaining program," said Freeholder Deborah Scanlon, liaison to the Union County Parks and Recreation Advisory Board. "The first performer of the summer brings a unique blend of songs and stories about natural history, the environment and American folklore."

Sandy Lewis has been performing throughout New Jersey and the Delaware River Valley since 1982. His storytelling performances at festivals, museums, schools, libraries and private celebrations have included appearances at the Philadelphia Folk Festival, Sesame Place, the Franklin Institute, and the Please Touch Museum.

The July 12 show is for children 4 years old and older only; no younger siblings will be admitted. Tickets are \$4 per person and may be purchased at the box on the day of the show.

For more information about this or other programs in the summer Wednesday Matinee series, call (908) 789-3670.

Trailside Nature and Science Center is located at 452 New Providence Road, Mountaintop, and is a service of the Union County Board of Chosen Freeholders.

Freeholders invite area residents to 'connect'

The Union County Board of Chosen Freeholders has announced the Union County Calendar of Events, "Cultural Connections," is available on the county's website.

"The Cultural Connections calendar is an instant link to the county's broad range of arts, musical, educational and historical programs," said Freeholder Mary Ruotolo, liaison to the Cultural and Heritage Advisory Board. "It not only highlights our talented county organizations and individuals, but also makes it easy to plan ahead so you don't miss any special events."

Union County is rich in culture, history and arts activities. The calendar reflects this representation with a wide variety of events from concerts to lectures, from children's programs to theatrical performances and dance.

The Union County Museum and Historical Sites schedule contains regular operating hours and special program information. Also available on the web page is the Cultural Connections Information Form, which can be printed out, completed and mailed in by any individual or group that wishes to include events in the calendar.

To access the Union County website, simply type in www.unioncountynj.org. When the homepage is downloaded, notice the department listing on the left side of the page. Click on "County Manager," then "Economic Development," and finally "Division of Cultural and Heritage Affairs," where options will be found to access the Museum listings. Current Calendar of the Information Form.

For more information on the Calendar of Events or other services of the Division of Cultural and Heritage Affairs, call (908) 558-2550; send e-mail to scen@unioncountynj.org; or write to the Union County Division of Cultural and Heritage Affairs, 633 Pearl St., Elizabeth, 07202.

To place a classified ad call 1-800-564-8911 by 3 p.m. Tuesday.

Bill Van Sant, Editor

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Hudson River Rats provide blues in the night

Union County music lovers are invited to an evening of the blues featuring Rob Paparozzi and The Hudson River Rats Wednesday at 7:30 p.m. in Echo Lake Park in Westfield/Mountaintop.

"With so many credits in their musical careers, Rob Paparozzi and The Hudson River Rats are sure to present a fabulous show here at the Union County stage," said Freeholder Chairman Daniel P. Sullivan. "We are pleased to offer such quality entertainment free of charge."

Rob Paparozzi has been performing throughout the New York-New Jersey metropolitan area since 1967 and his accomplishments are close to innumerable. He has performed as lead singer and harmonica player for various bands including The Psychotic Blues Band, Blues Farm, Goofer Dust, Mario's R & B All-Stars and currently with The Hudson River Rats. His bands have appeared in concert with B.B. King, Bruce Springsteen, Deodato, and Sly and the Family Stone, as well as having performed back-up for Poehle Snow and Etta James.

The Hudson River Rats' credits include hosting a Blues Jam Series at Under Acme, along with backing up prominent musicians including Carole King, Willie DeVille, and Cyndi Lauper. They have also recorded with Roberta Flack, Cyndie Lauper, Boy George and Culture Club, and Bobby McFerrin.

All of the Summer Arts Festival concerts are held on Wednesdays

2000 Summer Concert Series

- July 5: Blues Night, Rob Paparozzi and The Hudson River Rats
- July 12: Reggae Celebration with Verdict
- July 19: The Brooklyn Bridge, featuring Johnny Maestro, plus The New Hearts
- July 26: Popular Hits with New Power Soul
- Aug. 2: Oldies Night with Shirley Alston Reeves, plus Who's Johnny
- Aug. 9: Country Music Night with Mustang Sally
- Aug. 16: An Evening of Motown with the Sensational Soul Cruisers
- Aug. 30: The Party Dolls

beginning at 7:30 p.m. at the Springfield Avenue end of Echo Lake Park. Lawn chairs, blankets and picnic baskets are encouraged. There will also be a refreshment stand available at the site at approximately 6:30 p.m.

In case of rain, all concerts in the series will be held at Cranford High School, West End Place off Springfield Avenue in Cranford. For up-to-date concert and/or rain information, call the Department of Parks and Recreation 24-hour hotline at (908) 352-8410 after 3 p.m. on the day of the concert.

For other concert information, or to find out about recreational activities, call the Union County Department of Parks and Recreation at (908) 527-4900.



Rob Paparozzi will sing and play blues harp with the Hudson River Rats in a free outdoor concert at Echo Lake Park Wednesday at 7:30 p.m. The concert is sponsored by the Union County Board of Chosen Freeholders.

ANTIQUER

The Caldwell Antiques Center

By Wendy Cinquanta
Antiques Correspondent

Tucked in an attractive storefront in downtown Caldwell, you will find the Caldwell Antiques Center. The comfortable, friendly atmosphere is reminiscent of a favorite aunt's sitting room. But don't be fooled... there are many surprise treasures to be discovered in this cozy setting.

There are several different dealers, each one as attractively displayed as the next, and each one complementing each other. Very often in antique shops housing multiple dealers, there is an air of dissaray, but at this establishment, everything works together to create an overall sense of style.

One of the interesting things here is that the owner, Kathy Ruck, has made sure that her shop has a unity about it that sets it apart from the rest.

You will find old favorites and classic pieces here, but there is more to be savored. One of the first things to catch my eye was an attractive example of a cast iron tank. Nearby, several different varieties of toy soldiers — some in metal with moving parts, some in plastic and on horseback — were displayed. There are linens, neatly arranged in a wooden cabinet, across the way is a fun collection of salt and pepper shakers, some of which were quite interesting. Notable among them was the pair modeled after two Esso gas pumps.

The rear corner of the store holds an entire collection of clocks, most of them wall clocks; and all of them beautiful. The dealer, Charlie Boehm, not only deals in clocks, but also restores them. Simply standing and listening to the symphonic tones of the many pendulums is a pleasure. Any of these fascinating timepieces would be a welcome addition to the home.

Do not be at all surprised to find yourself whiling away an afternoon here; with so many fine wares tucked so nicely into this small shop, it is easy to lose track of time. And when you take some of those treasures you've discovered home with you, be sure to display them with as much care and respect for their uniqueness as Kathy Ruck does.

It makes all the difference in the world. The Caldwell Antiques Center is located at 344 Bloomfield Ave. in downtown Caldwell, just off Route 280. For information, call (973) 618-1288.

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NJ Center for Visual Arts honors architect Michael Graves

The New Jersey Center for Visual Arts in Summit has announced that Michael Graves, internationally renowned architect, received the 2000 Ann G. Stein Memorial "Arts Person of the Year Award."

The award ceremony took place June 8 in the NICVA Fred L. Palmer Gallery. Award recipient Michael Graves is principal and president of Michael Graves and Associates, located in Princeton and New York City. He has designed more than 200 projects around the world including Europe, Asia and the Middle East. In New Jersey, he is well known for his design of the Newark Museum, Delaware River Port Authority Office Building, the U.S. Federal Courthouse renovation in Trenton and the Environment Education Center at

Liberty State Park in Jersey City. Graves has received more than 100 awards and citations for his work. The New Jersey Governor's Walt Whitman Award for Creative Achievement, the American Academy in Rome, the National Medal of the Arts from the National Endowment and the American Academy of Arts and Letters are only a few examples. Graves is also the Schirmer Professor of Architecture at Princeton University where he has taught since 1962. Paul Golubberger, former architecture critic for the *New York Times* states, "Graves... is truly the most original voice American architecture has produced in some time."

At the award ceremony, Graves was introduced by NICVA Executive Director Joan Duffy Good, NICVA

Board of Trustees President Bob Dillon and former NICVA Board of Trustees member Paul Steig gave overviews of the award recipient's work. Steig noted that beyond his much-acclaimed achievements as a great architect, Graves also has an important impact as a teacher. Throughout the years, his influenced and motivated countless students in the field of architecture and design.

Accepting the award, Graves invited questions about his work and established an immediate rapport with his audience. By lazing his answers with a lively sense of humor and numerous anecdotes from his life, he added great personal warmth and grace to the event.

The Ann G. Stein Award is conferred annually upon a person who, in the previous year or series of years, has done the most to further the role of arts locally, regionally and in the state.



Joining honoree Michael Graves, second from left, are from left, Joan Duffy Good, NICVA Executive Director; Shirley Aldekman-Kay, former NJCVA president; and Angelo Del Rossi, executive producer of the Paper Mill Playhouse.



Summit Mayor Walter Long, right, congratulates architect Michael Graves on receiving the Ann G. Stein Memorial Award for Arts Person of the Year at the New Jersey Center for Visual Arts.

According to a NICVA representative, "NICVA is proud to honor Michael Graves as the 2000 recipient because of his major innovations and contributions in the field of architecture and the arts, his inspirational teaching and the significant artistic merit of his work."

Former recipients include Governor Thomas Kean in 1994; Angelo Del Rossi, executive producer of the Paper Mill Playhouse, in 1995; sculptor George Segal in 1996; painter Faith Ringgold in 1997; Lawrence P. Goldman, the first president and CEO of the New Jersey Performing Arts Center, in 1998, and Kathleen Gaffney, co-founder of Artsgenesis Inc., in 1999.

An original piece of sculpture is commissioned each year from

renowned artist Dorothy Gillespie to be given to the Arts Person of the Year. Made of metal, the colorfully painted abstract work exudes sensations of movement, rhythm and nuance that create an exchange of infinite possibilities.

Founded in 1933 by a dedicated group of local artists, NICVA has evolved into a major regional art center.

It has a full-scale art school staffed by an award-winning faculty. There are two interior galleries and an outdoor exhibition space/sculpture garden. The Art Center's exhibitions were included in the *New York Times* list of "One of the Best" exhibits of the 1999 season. NICVA is the largest art center in the state. It is specifically dedicated to promoting contemporary

art. Programs include Artists with Disabilities, docent tours, lectures, demonstrations, art trips, workshops and other activities. The non-profit New Jersey Center for Visual Arts is wheelchair-accessible and is funded in part by the New Jersey State Council on the Arts/Department of State, a Partner Agency of the National Endowment of the Arts.

Young performers are honored by NJPAC

Forty-three of the state's most gifted performing arts students have been selected to attend The Summer Youth Performance Workshop at the New Jersey Performing Arts Center. The 43 students, representing 32 different hometowns from Lakewood to Garfield, were selected from 87 applicants.

The five-week program, for students 11 to 18 years old, runs from today to Aug. 3. The program offers artistically gifted students a unique opportunity to study vocal music, theater and modern dance taught by leading professionals in each field. Jeff Diesterle, professional musician and instrumental music teacher in the Bloomfield schools, is the Workshop Director. Returning for a second season are New Jersey artists, Count Stovall, acting, and Raegan Wood-Sanders, modern dance. New instructors this summer are New York professionals Albert Elias, vocal music, and Terrance Kennedy, vocal music.

The workshop offers its students disciplined instruction in two performing arts genres in a "major" and a "minor" class. Upon completion of the workshop, each student will perform in his or her major discipline in a showcase performance at NJPAC's Victoria Theater Aug. 2 at 6 p.m. Students selected to participate in the NJPAC Youth Performance Workshop, listed by their major discipline, municipality and school, are:

- Dancer: Bianca Wideman and Rachel Anderson, East Orange; Whitney Houston Academy; Kathryn Maykishi, North Caldwell; West Essex Junior High School; Caitlin Mehner, Summit; Summit High School; Nicole Nole, Irvington; The Chad Science Academy; LaToya Cromwell, Summit; Summit Middle School; and Sade Ballon, West Orange; Roosevelt Middle School.
- Theater: Kwame Micah and Shontelle Bridges, Newark; Arts High School; Bryce Sherry and Roseanne Palatucci, Woodland; Westfield High School; Kathryn Singer, Elizabeth; Kent Place School; Calhryn Stanley, Irvington; Union Avenue Middle School; Edward Williams, Hillside; Montclair Kimberly Academy; Rachel Citron, Montclair; Montclair Kimberly Academy; Brenda Dosantos, Union; Burnet Middle School; and Marissa Edwards, East Orange; Immaculate Conception.
- Vocal: Victoria Fozdal, Scotch Plains; Terrill Middle School; Greg Trimmer, Mountainside; Governor Livingston High School; Regina Jackson, Orange; St. James Preparatory School; Rotimi Akintho, Maplewood; South Orange Middle School; Christine Danielson, Linden; St. Elizabeth School; and Elisa Evans of St. Leo's School; Ashley Carpenter of St. Phillip's Academy; Brandon Wright

of Hamlet Tubman School, and Najala Clarke of George Washington Carver, all Newark residents.

The NJPAC Arts Education Department is made possible by the generous support of Allen and Joan Bilinder and the Bilinder Family Foundation, Bell Atlantic, First Union National Bank, The Lucent Technologies Foundation, Albert W. and Katherine E. Merck, NJPAC Arts Education Endowment Fund, The Prudential Foundation, Schering-Plough Foundation, The Smart Family Foundation/Freedman and Stone, and the Victoria Foundation.

Additional support has been provided by the Amelior Foundation, The Branbury Company Inc., Children's Benefit Fund/Foy's R Us, Geraldine R. Dodge Foundation, Healthcare Foundation, Andrew W. Mellon Foundation, Mr. and Mrs. Eugene Mercy Jr., Mid-Atlantic Arts Foundation, New England Foundation for the Arts, PepsiCo Foundation, the Star-Ledger, Target Stores, Turrell Fund, The United Way of Essex and West Hudson and funds from the National Endowment for the Arts.

NJPAC honors outstanding youth musicians

Ten of New Jersey's most talented young musicians have won the New Jersey Performing Arts Center Jeffrey Carolo Music Scholarship to attend the New Jersey Center for Visual Arts.

The winners, listed by instrument, municipality and school are:

- Piano: Christopher Reynolds, East Orange; Washington Academy of Music; Gabriel Cano, Newark; Sis. Michael Catholic; Joanne Velarde, Union; Kawameeh Middle School; and Pauline Tarde, Belleville; Good Shepherd School.
 - Harp: Tahlia Smith and Tyesha Dwight, East Orange; Cicely Tyson School.
 - Violin: Erin Rivers, Newark University High School; Monique Woodland, Maplewood, Columbia High School; and Idamar Jorge, Belleville; Saint Peter's School.
 - Cello: Natalie Majette, Newark; Mt. Vernon School.
- The scholarship recipients, ranging in age from 7 to 16 years old, will attend NCSA starting in September when they will take lessons twice a week and have the opportunity to study music theory, history and participate in ensembles. After their year of study, the young musicians will perform at NJPAC June 6, 2001.
- In its fourth year, the Jeffrey Carolo Music Scholarship is made possible by the Amelior Foundation through a fund established at the behest of Nicholas and Judith Carolo in honor of their late son, Jeffrey, a gifted musician. The scholarship provides musically

talented students the opportunity to receive comprehensive training in a string instrument or piano.

Founded in 1968, the Newark Community School of the Arts provides training in music, dance, theater and visual arts for children and adults of all ages from nine New Jersey counties. On average, the school has served more than 1,000 students annually. Instruction is given by an outstanding artist faculty from many countries. The school has developed leading artists, including Savion Glover, Keisha Fulliam and Derek Lee Ragin.

The NJPAC Arts Education Department is made possible by the generous support of Allen and Joan Bilinder and the Bilinder Family Foundation, Bell Atlantic, First Union National Bank, The Lucent Technologies Foundation, Albert W. and Katherine E. Merck, NJPAC Arts Education Endowment Fund, The Prudential Foundation, Schering-Plough Foundation, The Smart Family Foundation/Freedman and Stone, and the Victoria Foundation.

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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, Worrall Community Newspapers, P.O. Box 3109, Union, 07083.

Stepping Out

VARIETY

THE BACK PORCH in Rahway will present Open Mike Night every Tuesday at 9 p.m.

The Back Porch is located at 1505 Main St. in Rahway. For information, call (732) 381-6455.

CROSSROADS in Garwood presents a series of jazz, blues and comedy concerts.

Crossroads is located at 78 North Ave. in Garwood. For information, call (908) 232-8656.

EAT TO THE BEAT Coffeehouse in Rahway will feature appearances by musical artists during the summer. Eat to the Beat Coffeehouse is located at 485 Irving St. in Rahway at the corner of East Chestnut Street. For information, or to sign up for Open Mike Night, call (732) 391-0505.

FLYNN'S IRISH PUB and Steakhouse in Rahway will present entertainment at various times throughout the summer months.

Flynn's Irish Pub is located at 1482 Main St. in Rahway. For information, call (732) 381-4700.

HILLOP CAFE AND GRILL in Summit presents "From Broadway to the Silver Screen" every Sunday at 6 p.m., presided by an all-you-can-eat dinner from 5 to 6 p.m. Cost is \$29.95 and reservations are required. The Hillop Cafe and Grill is located at 447 Springfield Ave., Summit. For information, call (908) 277-0220.

TAVERN IN THE PARK in Roselle Park will present Teddy Halek in "An Evening of Frank Sinatra" Saturday at 9 p.m. Tavern in the Park is located at 147 W. Westfield Ave., Roselle Park. For information, call (908) 241-7400.

VAN GOUGH'S EAR CAFE in Union will present a series of musical events in the coming weeks. Tuesday nights are "Acoustic Tuesday," with open mike from 8 to 9 p.m. for folk singers, poets and comedians, followed by a featured folk performer. Jazz and blues are featured Sundays at 8 p.m. Cover charge is \$3 for all Sunday concerts.

Van Gough's Ear is located at 1017 Stuyvesant Ave. in Union City. For information, call (908) 810-1844.

THE WAITING ROOM in Rahway will present musical entertainment during the summer.

The Waiting Room is located at 1431 Irving St. in Rahway at the corner of Lewis Street. For information, call (732) 815-1042.

UNION RECREATION Department will sponsor weekly ceramics classes for children between the ages of 7 and 12 at the Recreation Building, 120 Commerce Ave., Union, from 3:30 to 5:30 p.m. For information, call 964-4328.

SINGLES

INTERFAITH SINGLES, for single adults older than 45 years old, 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.

THEATER

PAPER MILL PLAYHOUSE in Millburn will conclude its 1999-2000 season with an all-new production of Stephen Schwartz's "Pippin," playing through July 23.

Evening performances are Wednesdays through Saturdays at 8 p.m., and Sundays at 7:30 p.m. Matinees are Thursdays at 2 p.m. Tickets are \$36 to \$80. Audio-described performances are July 6 at 2 p.m., July 8 at 2:30 p.m. and July 9 at 7:30 p.m. Sign-interpreted performances are July 9 at 7:30 p.m. and July 14 at 8 p.m. Single night is July 20 at 8 p.m.; gay and lesbian night is July 12 at 8 p.m.

The Paper Mill Playhouse is located on Brookside Drive in Millburn. For information and reservations, call (973) 376-4343; for groups of 20 or more, call (973) 376-2636; ext. 2436. Information is available online at www.papermill.org.

THE THEATER PROJECT at Union County College will present "Dalying Gravelly," a play by Jane Anderson dealing with Christa McAuliffe's decision to join the crew of the space shuttle Challenger, July 8 through 23 in the Roy W. Smith Theater on the Cranford campus, 1033 Springfield Ave.

Shows are Thursdays, Fridays and Saturdays at 8 p.m., with matinee performances at 3 p.m., July 16 and 23. Tickets are \$12 for general admission, \$7 for students and senior citizens. For information, call (908) 659-5189.

Choral Art Society welcomes singers

The Choral Art Society of New Jersey Inc. welcomes new members to its fall rehearsals at the Presbyterian Church in Westfield at the corner of Mountain Avenue and East Broad Street. The group meets each Tuesday at 8 p.m. under the direction of James S. Little and accompanist Mary Beth McFall. Little is the organist and choirmaster at Calvary Episcopal Church in Sumner, where he directs three choirs and the Calvary Concert Series. He is a graduate of Trenton State College and Westminster Choir College. He is also director of MadJazz, a Union County capella group, and the Prep Choir of the Somerset Hills Children's Chorus.

For more information, call (908) 232-2455.

WESTFIELD YOUNG ARTISTS' COOPERATIVE will offer professional classes in the performing arts. Beginning, 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) 233-2200.

UNION MUSIC SCHOOL will offer classes to students in grades Pre-K through 12, now through July 30. Tuition is \$300 per child, with discounts for families. Classes include painting, musical theater, comedy, music lessons, ceramics, dance, jazz, drama, creative writing, band and orchestra. For information, write to Union Music School, P.O. Box 3566, Union, NJ 07083; call (908) 551-6467; fax to (908) 687-7332; or send e-mail to terry385@juno.com.

CONCERTS

DEBBIE REYNOLDS will appear in a 75-minute concert at the Paper Mill Playhouse, Brookside Drive in Millburn, July 11 at 8 p.m. Tickets are \$45. For information, call (973) 376-4343.

GLEN CAMPBELL will appear in a one-night-only concert at the Paper Mill Playhouse, Brookside Drive in Millburn, July 25 at 8 p.m. Tickets are \$45 and \$55, with Special Gold Circle seats available for \$75. For information, call (973) 376-4343.

DISCUSSION

LIFE COACH JAMI NOVAK will lead a new women's discussion group — "Take Time for Yourself" based on the book of the same name by Cheryl Richardson — sponsored by Barnes and Noble of Springfield. The group will subsequently meet July 20 and Aug. 17, all at 7:30 p.m. Barnes and Noble is located at 840 Route 22 West, Springfield. For information, call (973) 376-8544.

KIDS

KIDS KINGDOM will be sponsored by the Union County Board of Supervisors in Warnanco Park, border of Roselle and Elizabeth on St. Georges Avenue, July 9 from noon to 5 p.m. Admission is free, as are many of the activities. There are nominal fees for certain activities, and food vendors will be on site. The "Kids Kingdom" will visit the Watching Reservation Aug. 13. For information, call (908) 436-2900.

mit. For information, call (908) 273-8665.

CHILDREN'S SPECIALIZED HOSPITAL in Mountainside will exhibit the artwork to Elaine Schnoor, Lydia R. Wilson and Rita Keiper throughout the months of June and July. CHS is located on New Providence Road in Mountainside. For information, call (908) 561-6185.

TERRA — AN EXPLORATION: "Geology and Bioluminescence. Real and Imagined," recent photography by Ross Wagner, will be on exhibit through Friday at the Jacob Trapp Gallery of Summit's Unitarian Church Community House, 4 Walden Ave.

Gallery hours are Mondays to Fridays, 10 a.m. to 3 p.m., and Sundays, 9 a.m. to 4 p.m. For information, call (908) 522-0020 or (908) 522-1120.

FRUITS, FLORALS AND FLOURISHES, featuring the work of 12 New Jersey artists, will be on exhibit through Friday at the Swain Galleries, 703 Watchung Ave. at Seventh Street in Plainfield.

Gallery hours are Tuesdays through Fridays from 9:30 a.m. to 5:30 p.m., and Saturdays from 9:30 a.m. to 4 p.m. For information, call (908) 756-1707.

TWO BROTHERS AND A SISTER will feature the work of Dr. K. Johnson, Eugene Johnson and Maureen Lassiter, all of Elizabeth, in an exhibit through July 19 at the Les Matamul Art Gallery in Union Public Library.

Gallery hours are regular library hours: Mondays through Thursdays from 10 a.m. to 9 p.m., and Fridays and Saturdays from 9 a.m. to 6 p.m. The library will be closed Saturdays during the summer. The library is located at 1980 Morris Ave. in Union.

THE SKULSKI ART GALLERY at the Polish Cultural Foundation in Clark will exhibit the works of two Polish artists, Janna Mizeracka and Jacek K. Ziemiński Friday through July 28. An opening reception will take place Friday from 8 to 11 p.m.

Gallery hours are Tuesdays to Fridays from 5 to 9 p.m., and Saturdays from 10 a.m. to 2 p.m. The foundation is located at 177 Broadway in Clark. For information, call (732) 382-7197.

AUDITIONS

NEWARK BOYS CHORUS SCHOOL, a fully accredited fourth through eighth-grade academicochoral school, will conduct auditions for September 2000 enrollment. There are 16 openings for fourth grade, limited space in fifth grade. There are no resident requirements. For information, call (973) 621-8900.

CLASSES

NEW JERSEY WORKSHOP FOR THE ARTS will sponsor "Fun With Music" classes Wednesdays from July 5 to 26 in three afternoon sessions — 1:30 to 2 p.m., 2:15 to 2:45 p.m., and 3:30 to 4 p.m. Other divisions are The Music Studio, Kids 'n' Art, Tots 'n' Art, Westfield Summer Workshop, Drawing Workshop, Future Artists Series, The Fencing Club, The Alphabet Workshop, and the Westfield Art Gallery. For information, call (908) 789-9698.

ART SHOWS

SUMMIT FRAME & ART will exhibit American paintings from the mid-19th century and 20th century. Gallery hours are Mondays to Saturdays from 9:30 a.m. to 5:30 p.m., and Thursdays until 7 p.m. The gallery is located at 465 Springfield Ave. in Sum-



NEVER SAID I WAS MOTHER NATURE! by artist Evelyn Simpson, is among the works on exhibit in the Member's Gallery at the New Jersey Center for Visual Arts in Summit through July 7. For information, call (908) 273-9121.

NJPAC brings arts residents into schools

New Jersey public and private schools interested in expanding their arts curriculum through professional residencies are being offered the opportunity by the New Jersey Performing Arts Center.

Residency Program applications are currently being made available to public and private schools throughout the state. Implementation of NJPAC residency programs also assists schools in meeting the state's Performing Arts Core Curriculum Content and Workplace Readiness Standards.

NJPAC's Arts Academy, now in its sixth year, is a 10-week school-based artist-in-residence program which brings theater and dance instruction directly to classrooms. Professional artists, who are selected and assigned by NJPAC, guide students through the fundamentals of dance and theater during classes conducted in the schools twice per week during the 10-week program.

The theater residency is offered October through December for middle and high school students. The Arts Academy dance residency is designed for third through sixth-grade students and extends from February to May.

NJPAC offers pre-school and kindergarten children, between the ages of 3 and 5 years old, the Early Learning Through the Arts Program presented in conjunction with the Wolf Trap Institute. Over the course of seven weeks, pre-schoolers are provided with a foundation for future learning as teaching artists specializing in creative drama, puppetry, music, storytelling, dance and movement use their specialties to teach basic academic and life skills twice each week.

The NJPAC Early Learning Through the Arts Program also includes a comprehensive teacher training component, which enables classroom teachers to continue a basic instructional philosophy and activities after the residency has concluded.

NJPAC residency programs also include selected features such as: attendance at NJPAC performances; Parent/Teacher/Child Workshops; curriculum materials; program assessment/evaluation; orientation for school or site administrators; pre-residency planning meetings; Professional Development Workshops for classroom teachers and administrators; and teaching artist training.

Application booklets are currently available from NJPAC's Arts Education Department. Booklets and more information may be obtained by calling 353-8009. The application is available online at www.njpac.org/education/residency.

NJPAC's Arts Education Department is made possible by the generous support of Allen and Joan Bidder and the Bidder Family Foundation, Bell Atlantic, First Union National Bank, Lucent Technologies Foundation, Albert W. and Katherine E. Merck, NJPAC Arts Education Endowment Fund, The Prudential Foundation, Schering-Plough Foundation, Smart Family Foundation/Freedman & Stone, and Victoria Foundation.

Additional support has been provided by Amellor Foundation, The Bunbury Company Inc., Children's Benefit Fund/Toys 'R Us, Geraldine R. Dodge Foundation, Healthcare Foundation of New Jersey, Hoffmann-LaRoche Foundation, Hyde and Watson Foundation, Andrew W. Mellon Foundation, Mr. and Mrs. Eugene Mercy Jr., Mid-Atlantic Arts Foundation, New England Foundation for the Arts, PepsiCo Foundation, The Star-Ledger, Target Stores, Turrell Fund, and United Way of Essex and West Hudson. This program has been made possible in part through a grant from the New Jersey State Council on the Arts/Department of State, and funds from the National Endowment for the Arts.



HABITAT #4, by artist Shary Skoloff, is among the works on exhibit in the Member's Gallery at the New Jersey Center for Visual Arts in Summit through July 7. For information, call (908) 273-9121.

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What's Going On?

FLEA MARKET

SUNDAY
July 2nd, 2000
EVENT: FLEA MARKET, OUTDOORS/
INDOOR if it rains!
PLACE: Belleville High School, 100
Pascade Ave. (off Jordanboro Street),
Belleville, NJ
TIME: 9:00am-5:00pm
PRICE: Over 100 quality dealers selling
a variety of unique merchandise!
ORGANIZATION: Journalism

SUNDAY

July 29th, 2000
EVENT: FLEA MARKET & PANCAKE
BREAKFAST
PLACE: The Church of St. Catherine of
Siena, School Parking Lot, North Broad &
King Streets, Elizabeth/Hillside, NJ
TIME: 8:30am-3:30pm
PRICE: \$15 per space, \$25 two spaces,
\$5 table rental, (cash additional space
\$10). Pancake breakfast: \$4 per adult,
\$3.50 children 12 and under. For further
information, call 908-351-1515 between
9:00am-4:30pm.
ORGANIZATION: Church of St. Catherine
of Siena Rectory

RUMMAGE SALE

**THURSDAY MORNINGS IN JULY &
TUESDAY EVENING**
JULY 11, 18, 25th, 2000
EVENT: 67th Annual Turnover Sale
PLACE: Morrow Memorial Church, 600
Ridgewood Road, Maplewood
TIME: Thursday mornings,
9:30am-12:30pm; Tuesday evenings,
7:30pm-9:30pm
PRICE: Free admission. Bargains in
clothing, linens, housewares, luggage,
books, toys, jewelry, etc. For more infor-
mation please call 973-763-7676 or
973-763-4747.
ORGANIZATION: United Methodist Wom-
en. All proceeds to benefit charitable
projects.

What's Going On is a paid placement of events for non-
profit organizations. To be considered and listed call 800-303-
3033. For a complete listing of events for the month of July,
call 800-303-3033. Your best source for the most up-to-date
information is the "What's Going On" section in the newspaper.
The deadline for the "What's Going On" section is 10 days before
the event. For more information, call 800-303-3033. For more
information, call 800-303-3033.

HANDYMAN

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ACROSS
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9 Contemples
14 "The Sweetest
Taboo" singer
15 Wheel support
16 Karenina and
Pavlova
17 First
20 Search for
21 Scarce supply
22 Delayed
23 One-time link
24 Zoo
27 Upright
30 Survey chart
34 Hit the deck
36 Fishy tales?
38 Flamenco
39 Names names
43 Item of kabuki
-apparel
44 Garbo role
45 Tuckered out
46 Nursemaid
48 Blows a gasket
51 Caledonian loch
52 Paced the field
54 Anti-Prohibitionist
56 Sharp insight
59 Foot parts
63 Brief outline
65 Type of wind
66 Little of chatter
67 Lease - the
-Marne
68 Perfume ingredient
69 Maiden
70 Hobbed

DOWN
18 Hawaiian tree
19 Clear the clutter
24 Dinner bird
25 West Indian island
26 Washed the gate
28 Sorrelite
29 102 to Caesar
31 Master of unsavory
film roles
32 Loton ingredients
33 Watches
35 Ordinal ending
37 Biko or York? abbr.
40 Fortify
41 Period of note
42 Brandy one?
49 Woman graduate
49 Ring-wear fabrics
50 Small and taste
53 Sound of reproach
56 "All in - copper"
-sky coverage
57 Ship
58 Piggy
61 Fractions abbr.
62 Katu
63 TV Guide listing
64 Greek peak

See ANSWERS on Page B15

Alumni are sought for directory

The Scotch Plains High School Alumni Directory is near completion - but organizers are still willing to hear from several slugs!

The new directory will be the most up-to-date and complete reference ever compiled on the Scotch Plains High School alumni and will feature detailed personal and professional information on graduates from all class years - making it easier than ever to find old friends as well as to network professionally.

To ensure proper and accurate directory listing, contact the directory editor, Bernard C. Harris Publishing Company, to provide details such as current name, address, phone number and professional information.

All Scotch Plains High School graduates are welcome to call in their information at (800) 654-4548. They may also fax information to (800) 860-9085 or send an e-mail to gsupdate@beharrispub.com. For regular mail, forward information to the Scotch Plains High School Alumni Directory Project, c/o Bernard C. Harris Publishing Company Inc., Graduate Connection, 6300 Center Drive, Norfolk, VA 23502.

REUNIONS

- Union High School Class of 1940 reunion is scheduled for July 13. Luncheon will be served at noon at the Galloping Hill Inn, Five Points in Union. For information, contact Evelyn Steudle Borshay at (407) 847-8119 or send e-mail to pearbush@worldnet.att.net.
- Summit High School Class of 1990 will conduct its 10th reunion July 29. For information, contact Reunions Unlimited Inc. at (732) 617-1000.
- Union High School Class of 1980 reunion is scheduled for Aug. 19. For information, contact Reunions Unlimited Inc. at (732) 617-1000.
- Linden High School Classes of 1950 to 1959 will conduct a '50s Reunion Picnic Aug. 26 at Memorial Park on South Wood Avenue, Linden. From 1 p.m. to dusk. For information, call Gail Hudak at (908) 862-4272.
- Rosalie Park High School Class of 1940 reunion luncheon is scheduled from noon to 4 p.m. Sept. 15 at the Westwood, Garwood. For reservations, call George or Doris Miller at (908) 294-2144 or e-mail JHMUN@ol.com.
- Members of Alpha Phi Delta of Upsala College interested in an early October 2000 reunion luncheon are asked to contact Irene DiBesse McHugh at (732) 892-3569 or Bess Meyer Ter at (609) 296-9335.
- Summit High School Class of 1980 will conduct its 20th reunion Oct. 7. For information, contact Reunions Unlimited Inc. at (732) 617-1000.

- Cranford High School Class of 1975 will conduct its 25th reunion Oct. 7. For information, contact Reunions Unlimited Inc. at (732) 617-1000.
- Linden High School Class of 1950 will conduct its 50th reunion Oct. 7 at the Pines. For information, contact Doris Mazur Cayan at (733) 381-6384 or Michael Piteggi at (908) 862-2491.
- Cranford High School Class of 1974 will conduct its 26th reunion Oct. 14. For information, contact Reunions Unlimited Inc. at (732) 617-1000.
- Baitin High School, Elizabeth, Class of 1951 will conduct its 45th reunion Oct. 22 at 1 p.m. at the Woodbridge Hilton. For information, or to advise of classmates' whereabouts, contact Reunion Committee, 32 Kathryn St., Clark NJ 07066.
- Linden High School Class of 1980 will conduct its 20th reunion Nov. 11. For information, contact Reunions Unlimited Inc. at (732) 617-1000.
- Union High School Class of 1970 will conduct its 30th reunion Nov. 24. For information, contact Reunions Unlimited Inc. at (732) 617-1000.

Keiper, a recipient of many awards, has exhibited at the New Jersey Center for Visual Arts, at Drew University, with the New Jersey Watercolor Society, at LeVer House in New York City, and at an invitational show at the Metropolitan Museum of Arts and Sciences.

The exhibition is open to the public from 8:30 a.m. to 8:30 p.m. daily, at Children's Specialized Hospital, 150 New Providence Road, Mountaintop. Visitors are requested to enter the hospital through the Ambulance Entry.

The artists' works are offered for sale. A portion of the sale proceeds will benefit the hospital.

Children's Specialized Hospital, New Jersey's first comprehensive rehabilitation hospital dedicated exclusively to children, is an affiliate member of the Robert Wood Johnson Health System. CSH treats children and adolescents, from birth through 21 years old, through a network of services for young people with and without disabilities including outpatient services, acute rehabilitation and long-term care through its sites in Mountaintop, Fanwood, Torres River, Elizabeth, Newark and Union, as well as outreach programs in many communities.

HOROSCOPE

For July 3 to July 9
Aries (March 21-April 19): Domestic issues take center stage. You may find yourself going back to redo certain tasks that fall short of your requirements. Practice patience!
Taurus (April 20-May 20): Exercise mental restraint and discipline and avoid getting into an argument with a Gemini or Virgo. Speak softly, but deliver an important message.
Gemini (May 21-June 21): When it rains, it pours financially this week. Even a moneymaking idea pays off, make sure you're in the right place at the right time to cash in.
Cancer (June 22-July 22): Your actions will have a powerful effect on those around you at this time. Set a positive example, but be careful not to overstep your bounds.
Leo (July 23-Aug. 22): The thoughts and ideas in your head tend to border on brilliance. Follow a hunch that is likely to pan out as truth and make you a star.
Virgo (Aug. 23-Sept. 22): Take time to look up an old friend who has something important or valuable to impart. Celebrate reaching a goal for which you have fought hard.
Libra (Sept. 23-Oct. 23): Choose professional tasks that are challenging yet attainable. If you're going to go mountain climbing, be sure to carry the correct gear.
Scorpio (Oct. 24-Nov. 21): Debate is your strong suit this week. Investigate or research a school of thought or unique philosophy that you'll be asked to defend.
Sagittarius (Nov. 22-Dec. 21): This could be a very creative juncture for you. Venture out, and don't be afraid to explore interests that are much different from the norm.
Capricorn (Dec. 22-Jan. 19): Make note of the fact that your loved ones or comrades admire and respect your integrity. Don't do anything foolish that might betray their trust.
Aquarius (Jan. 20-Feb. 18): Your mental well-being is directly connected to your physical energy and stamina this week. Take it slow, and maintain a steady pace.
Pisces (Feb. 19-March 20): Pay attention to social contacts made during this period. Someone is likely to play a major role. You're on the verge of a romantic breakthrough. Be happy!

Public Notice
NOTICE TO ABSENT DEFENDANTS (N.J.S. 23:15)
JOSE CHAVEZ, his heirs, devisees, and personal representatives, and his, their or any of their successors in right, title and interest.

SEVELYN CHAVEZ, her heirs, devisees, and personal representatives, and his, their or any of their successors in right, title and interest.

REQUIRED: HEREBY SUMMONED AND COMPELLED TO APPEAR AND ANSWER TO GOLDREBER & ACKERMAN, ESQs., plaintiff attorneys, whose address is 1139 Spruce Drive, Mountaineer, New Jersey 07092-0024, telephone number 1-800-233-8500, an Answer to the Complaint filed in a civil action in which SAVINGS TRUST COMPANY AS TRUSTEE is plaintiff and JOSE CHAVEZ, et al. are defendants, pending in the Superior Court of New Jersey, Chancery Division, Union County, and being docketed No. F-8756-00 within thirty (30) days after you fall to do so, judgment by default may be rendered against you and the relief demanded in the Complaint and Amendment to the Complaint, made by your filer, may be granted. If you fail to file your Answer and proof of service in compliance with the Court's order, the Court of New Jersey, Higher Judicial Department, CN 971, Trenton, New Jersey 08628, together with your check in the sum of \$105.00 representing the filing fee in accordance with the rules of court practice and procedure.

This action has been instituted for the purpose of (1) foreclosing a Mortgage dated December 22, 1997 made by Jose Chavez, as mortgagor, to National City Mortgage Co. (a Commercial Mortgage Company), as mortgagee, recorded on January 27, 1998 in Book 0514 of Mortgage Liens for Union County, Page 0145 which Mortgage was assigned on to THE FURNACE TRUST COMPANY AS TRUSTEE by

Public Notice
Assignment of Mortgage recorded on July 8, 1998 in Book 480-140 of Assignments of Mortgage for Union County, Page 252.
I, JOSE CHAVEZ, do hereby certify that I am the owner of the premises described in the above assignment of mortgage and I am the owner of the premises described in the above assignment of mortgage. I am the owner of the premises described in the above assignment of mortgage and I am the owner of the premises described in the above assignment of mortgage. I am the owner of the premises described in the above assignment of mortgage and I am the owner of the premises described in the above assignment of mortgage.

JOSE CHAVEZ, his heirs, devisees, and personal representatives, and his, their or any of their successors in right, title and interest, do hereby certify that I am the owner of the premises described in the above assignment of mortgage and I am the owner of the premises described in the above assignment of mortgage. I am the owner of the premises described in the above assignment of mortgage and I am the owner of the premises described in the above assignment of mortgage.

SEVELYN CHAVEZ, her heirs, devisees, and personal representatives, and his, their or any of their successors in right, title and interest, do hereby certify that I am the owner of the premises described in the above assignment of mortgage and I am the owner of the premises described in the above assignment of mortgage. I am the owner of the premises described in the above assignment of mortgage and I am the owner of the premises described in the above assignment of mortgage.

ANY INFORMATION OBTAINED WILL BE FURNISHED TO THE FURNACE TRUST COMPANY AS TRUSTEE BY SUPERIOR COURT OF NEW JERSEY

THIS IS AN ATTEMPT TO LOCATE YOU AND YOUR DEFENDANT. ANY INFORMATION OBTAINED WILL BE FURNISHED TO THE FURNACE TRUST COMPANY AS TRUSTEE BY SUPERIOR COURT OF NEW JERSEY

UP331 WCN JUN 29 2000 (874.50)

Children's Hospital exhibits work of 3 New Jersey artists

Children's Specialized Hospital is hosting an exhibition of the works of three New Jersey artists in the months of June and July.

Photographer Elaine Schnoor of Boonton represents a variety of subject matter in her work. She relies on intuition with a lot of her photographic pieces. "This is why I can't say, 'OK, today I'm going to take pictures only of people, or only of flowers, or water,'" notes Schnoor. She says she wants the overall experience to entertain her and keep her working. Schnoor's undergraduate background is in photography, printmaking and textiles. These three disciplines are best represented in her photographic collages. Schnoor says that she loves to layer images because visually, these pieces represent her actual process.

A self-taught mixed media painter, Lydia R. Watson of Plainfield focuses on creating positive artwork from the perspective of her African-American experience. According to Watson, she works and expresses art in mixed media that are not only fun, but that are recycled in the process. Textural effects are obtained through the use of wooden materials.

Watson's works have been featured in numerous group exhibitions including the Atrium Gallery in Morrisown and the African-American Festival in Holmdel. She has also been awarded a HEART Grant by the Union County Board of Chosen Freeholders and a Mini-Grant by the Plainfield Cultural and Heritage Commission.

Rita Keiper of Convent Station creates small watercolors that capture fragments of nature. She interprets these in larger and more abstract visions. Of Keiper's work, Nacie Sainy of the *Daily Record* wrote, "The progression from lovely, lyrical scenes to cool experimental abstractions reflects her constant searching and growth."

4th of July Celebration!

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Horse Liniment Eases Arthritis Pain

OCALA, FL. - An ingredient derived from hot peppers that decreases inflammation in a horse's legs is now formulated as safe and effective for human use. The ingredient has been formulated into a product called ARTH-Rx and comes in a strength designed for humans. Researchers are excited and say the formula can relieve arthritis pain for millions.

Developed by the Phillips Gulf Corporation, ARTH-Rx is a breakthrough in the treatment of painful disorders ranging from minor aches and pains to more serious conditions such as arthritis, bursitis, rheumatism, tendonitis, backache and more.

Although the mechanism by which ARTH-Rx works to relieve pain is not totally understood, the scientists suggest that pain is relieved because ARTH-Rx intercepts the messenger substance that sends pain signals to the brain.

ARTH-Rx is available in a convenient roll-on applicator without a prescription. According to a spokesman for the company, the product has been formulated into a strength designed for humans. Researchers are excited and say the formula can relieve arthritis pain for millions.

ARTH-Rx is available at:
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8008 B'WAY
208 BROAD ST.
913-743-098 • Woodstock, GA
1290 Liberty Ave.
913-226-1400

RITA
PRINACCI
208 BROAD ST.
245-1596 • Mount Pleasant, SC
1399 Main St.
913-274-3300 • East County

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UNION COUNTY
Union Leader • Echo Leader
Clark Eagle • The Leader
Spectator Leader • Gazette Leader
Railway Express • Summit Observer

ESSEX COUNTY
News-Record of Maplewood & South Orange
West Orange Chronicle • East Orange Record
Orange Trailblazer • The Ridge Paper
Nutley Journal • Belleville Post
Livingston Herald • Vailsburg Leader
The Independent Press of Bloomfield

DEADLINES

Business Directory 4 PM Thursday
Display - Space reservation 5 PM Friday
Ad Copy 12 noon Monday
In-column 3 PM Tuesday

ADJUSTMENTS

Adjustments: We make every effort to avoid mistakes in your classified advertisement. Please check your ad each time it appears, should an error occur please notify the classified department within seven days of publication. Worrall Community Newspapers, Inc. shall not be liable for errors or omissions in cost of actual space occupied by item in which error or omissions occurred. We can not be held liable for errors, for any cause, to insert an ad. Worrall Community Newspapers, Inc. reserves the right to reject, revise or reclassify any advertisement at any time.

CLASSIFIED SPECIALS GARAGE SALES

25 words \$21.00 or \$28.00 combo
Garage Sale signs, price stickers, balloons,
helpful hints, inventory sheet and Rain
Insurance.

ECONOMY CLASS

20 words \$7.00 or \$11.00 combo items for
sale under \$100.00 One item per ad price
must appear.

AUTOS FOR SALE

20 words - 10 weeks \$31.00 or \$44.00
combo no copy changes.

DREAM MACHINES

Photo of your car plus 20 words
4 weeks - \$40.00
Call now 1-800-564-8911

HELP WANTED

A-1 OPPORTUNITY
Cabinet Making/ Woodworking
See our Ad Union Instructions
in Business & Service Directory
Carpenter's Ad #21, Kenilworth

ACCOUNTANT/BOOKKEEPER, 30 hours per
week. Computer skills a plus. Salary commensurate
with skills and experience. Fax resume to:
973-736-3501

ADMINISTRATOR NEEDED for busy doctor's
office for scheduling, insurance work, patient
relations. Detail oriented, energetic and
friendly. Word processing a must. Fax re-
sumes: 973-761-1540

AD SALES, salary, benefits and 10% commis-
sion. Seeking partners, NJ's largest weekly. Send
letter, resume to: Advertiser, R/P.O. Box
8500, Newark, NJ 07104 no calls

ADVERTISING DIRECTOR, The Maryland-
Delaware-C.D. Press Association seeks an
energetic advertising sales director to lead its
one-credit one-half day ad service. Great
opportunity for an aggressive pro looking for the
challenge of leading the association's ad de-
partment and using a successful, year old
quality sales operation to a higher level. Minimum
five years experience in newspaper ad-
vertising or regional print media boards. Degree
preferred. This motivated go getter will seek to
acquire and advertise and will seek those ads
in newspapers throughout the MDDC
region and beyond. Excellent compensation
(salary and commission) and benefits. The
MDDC PA represents nearly 150 newspapers,
including all the dailies and nearly all the
non-dailies in three jurisdictions. Send resume
and salary history by June 23rd, to Ad Director
Sue, MDDC PA, 2181 Dickens Highway,
Suite 100, Crofton, MD 21114, Fax:
410-721-4557, email: mdpress@aol.com,
EOE

CAREGIVERS NEEDED part time mornings
afternoons, or full time for the elderly. Flexible
hours. Very medical companionship, home
care, and elderly related errands. Salary \$7.50
hour. No certification required. Free training
provided. PC required. Call Trian for free
908-860-6683, ext. 4409

CARPENTER, experienced with tools and
imagination. Seasonal work. Excellent salary.
Own driver. Flexible hours and care required.
Home Instead Senior Care, 908-653-2020

CASHIER/TELEPHONE ORDER taker for famo-
us fast restaurant. Downtown business dis-
trict. Downtown Newark, 973-625-0410

COMPUTER ENGRAYER, Small family owned
business in Hillside seeks reliable qualified person
to assist in engraving equipment.
Experience on Daytran and New Herms
machines a plus. Willing to train. Call for
appointment, 973-316-7200

ATTENTION: WORK from home. No more
breakfast on the run! Leave at 8am. Part time
\$1001-\$1500 monthly. \$2500+ monthly part time
\$3000-\$7000+ monthly full time
414-280-9800, free information.
www.home-business-systems.com

ATTENTION: WORK from home. Earn \$450
\$800-\$1500 monthly part time. \$2000-\$4500
monthly full time. Call 800-555-3208

HELP WANTED

ATTENTION: \$2750 POSSIBLE working from
home. Process catalogues from home! No
experience necessary. Start immediately! Start
earning in full or part week. No gimmicks! Call
now 800-245-0449

ATTENTION: MOTHERS and others: Work
from home \$1500/month part time. \$5000
month full time. Free information, full training.
888-811-7511

ATTENTION: WORK from home. Need descri-
bers for Symmetry's all natural nutritional and
herbal products. Visit website
www.symmetryonline.com to become a distri-
butor for \$135.00 by purchasing a line of prod-
ucts. Earn an extra \$500-\$800/month part time. A
Symmetry distributor can own a complete
store \$9.95/month. Call 973-272-0309

AVION PRODUCTS. Declare your independ-
ence! Control your own income. Set your own
hours. Sell your own schedule. As an Avion
representative you call the shot. Let's talk.
888-942-4053

BE YOUR OWN BOSS. Stay at home an earn up
to \$1000 a day. No experience or selling
required. Not MLM. 1-800-771-0391. Call
40000

BOOKKEEPER - MUST KNOW QuickBooks. 20
to 30 hours per week. flexible. Fax resume to
questions to 973-763-2155. Attention: Jerry,
SCARFAR OPPORTUNITIES. Medical equip-
ment. earn up to \$450/ year. Great income
potential. No experience necessary. Full train-
ing provided. PC required. Call Trian for free
908-860-6683, ext. 4409

CAREGIVERS NEEDED part time mornings
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\$1001-\$1500 monthly. \$2500+ monthly part time
\$3000-\$7000+ monthly full time
414-280-9800, free information.
www.home-business-systems.com

ADVERTISE

WE'RE GROWING

F/T-P/T sales associate positions available in
our Springfield Store - will train. Salary up to
15.00 per hour based on experience. M-F 9-5
Phone 973-379-7888.

COMFORT MEDICAL
240 MORRIS AVE., SPRINGFIELD

TELEMARKETERS:

- Work Evenings • Earn Extra money
- Friendly Environment • Bonuses

We are currently looking for energetic people to
work evenings at our union office.
6:00-9:00 p.m. Monday - Friday
to market our 19 local publications.
(Flexible schedules available 3 to 5 nights per week)

For More Info Call George at
(908) 686-7700 Ext. 346

ADVERTISING SALES

Worrall Community Newspapers is looking
for experienced and aggressive salespeople
for outside and inside sales. Earning
potential commensurate with experience.
Call for appointment (908) 686-7700

Worrall Community Newspapers, Inc.

announcing
24 HOUR
CLASSIFIED AD LINE
CALL
908-686-9898
ENTER SELECTION # 8100
Place your advertisement and your Visa or Mastercard ready
to answer the questions you are asked in a clear voice.

HELP WANTED

MEDICAL ASSISTANT wanted for busy orthopedic
practice. On-call in Union and Newark. Call
973-622-2020.

EXPERIENCED PART TIME shoe sales person
for family shoe store in Hillburn. Must be
experienced in selling men's, women's and
children's shoes. 973-376-0781.

EXPERIENCED FULL TIME shoe sales person
for family shoe store in Hillburn. Must be
experienced in selling men's, women's and
children's shoes. 973-376-0781.

FREE SATELLITE system. Free call 500 sys-
tem. Free installation, or ask about DirecTV
specials. Call for details. Local networks avail-
able. 1-800-328-7838 Code # 0111.

GOVERNMENT POSTAL jobs. Up to \$18.35
hour. Full benefits. No experience necessary.
Required: Free application and information.
1-888-726-9083 ext. 1700 7am-7pm CST.

GOVERNMENT POSTAL jobs. Up to \$18.35
hour. Full benefits. No experience necessary.
Required: Free application and information.
1-888-726-9083 ext. 1700 7am-7pm CST.

HOMEWORERS NEEDED 6836 weekly pro-
cessing work. Easy to manage needed.
Call 1-888-320-0260 extension 3020, 24 hours.

LOOKING FOR A NEWSPAPER JOB? For a \$20
refundable deposit, the NJ Press Association
will post your 40-word surmated resume on
www.njps.com and publish it monthly, reaching
19 dailies and over 160 weeklies. Editorial,
Advertising, Circulation, Photography salaries
needed. Contact Luz Hagan at 908-408-9000,
fax 908-408-9000, luzhagan@njps.com

LOSE WEIGHT while earning extra cash
around your schedule. International Company
seeking full time or part time help. Call Today!
Ask us how! 1-877-907-8781.

MEDICAL BILLER, Great income potential!
Earn up to \$45 per hour. Full training provided.
Home computer required. Call Trian for free!
888-660-6693, ext. 4313

MEDICAL DATA Entry. New computer with
billing software. Growing national company.
Home computer required. Fax resume, website
email. To qualify? Call 1-800-291-4863 ext.
407.

MEDICAL RECEPTIONIST, Full time. Excellent
benefits. Top rated Orthopedic Hospital in West
Orange, Monday, Wednesday, Friday,
9:00am-12:00pm and 3:00pm to 7:00pm. Tues-
day 9:00am to 7:00pm. Salary \$9.00pm to
13.00pm. 973-686-3673.

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973-622-2020.

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EXPERIENCED FULL TIME shoe sales person
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FREE SATELLITE system. Free call 500 sys-
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fax 908-408-9000, luzhagan@njps.com

LOSE WEIGHT while earning extra cash
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Orange, Monday, Wednesday, Friday,
9:00am-12:00pm and 3:00pm to 7:00pm. Tues-
day 9:00am to 7:00pm. Salary \$9.00pm to
13.00pm. 973-686-3673.

HELP WANTED

PART TIME Front Desk. Friday 9:30-10:30 am
Saturday 9:00am-1:00pm. Good work figures
pleasant working environment. Some computer ex-
perience helpful but not to train. Must be
flexible. Call Marlene at 908-688-9522.

PART TIME DRIVER for customer for elderly
Springfield county. Need 4 door car. Accom-
pany shopping errands, doctor visits. Easy,
pleasant work. References required.
973-376-4256.

PART TIME receptionist, doctor's office in
Union Center. Light duties. 3 days per week.
Tuesday, Wednesday, Friday, 12:30-7:00pm
Call 908-686-2111.

POSTAL JOBS \$48,323 year. Now hiring. No
experience, paid training, great benefits. Call 7
days 800-429-3660, ext. 43226

POST OFFICE CARRIERS \$14,049 per
benefit. For exam, application information,
218-661-2444, extension NJ130 9am-11pm 7
days. www.cpojob.org

PRE-K TEACHER, full time, 8:30am-3:00pm.
Our Lady of Sorrows School, 973-762-5169.

PUT YOUR computer to work! \$26-\$145
hour. Bonuses and training.
www.aadn11.com, 800-299-6822

RECEPTIONIST, UNION county seeks
person to answer phones and do general
office work. Full time, good pay, benefits. 908-488-9000.

RECEPTIONIST, FULL TIME. Corneal medical
office, Union Springfield area. Computer
literacy. Willing to train the right person.
Benefits. Fax resume to: 973-376-3337 or submit
resume to: 86 Maplewood Ct. WOrral Newspapers,
P.O. Box 158, Bloomfield, NJ 07040. An
Anglo.

A free press is the strength behind democracy.

At Worrall Community Newspapers, reporters learn what
it takes to become good reporters. Why? Because
reporting for one or more of our weekly newspapers
means becoming involved in the communities we serve.
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police blotters, from community events to the Board of
Education, reporters are the eyes and ears of all of our
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Worrall Newspapers, which publishes 18 newspapers serving 26 towns, has
openings for reporters in its Essex and Union County regions. If you think you
have what it takes to be a reporter, send resume and clips to Worrall, P.O.
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Invoice list an international water technology company is seeking to fill positions in its Aqua Cool Bottled Water Distributors
locations throughout NJ. Duties include delivery of bottled water to established and new accounts in Bergen, Essex, Hudson, Union,
NJ and the NYC tri-state area. Knowledge of these areas is a plus. This is a full time position for a highly organized person with an
outstanding customer attitude. Applicants should have a clean Class B CDL license with an air-brake endorsement, but not
with night certificate. Candidate preferred to 5'00" (personal performance varies).

We offer a base salary, commissions, bonuses, an excellent benefit package including health/dental insurance and 401 (k)
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Discount Fully Insured and Licensed Free
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Damage Work, Waterproofing No Job Too
Small 908-964-8428

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BOB'S PAINTING. Exterior, Interior,
Full Service. Free Estimates. Reasonable
Rates. See References. Please Call
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Repainting, Stain, Rust, Waterproofing, Ven-
etian Blinds, Drywall, Siding, etc. Free
Estimates. Call 908-688-7766

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INTERIOR AND EXTERIOR
Fully Insured
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Maplewood
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No small job or repair refused
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Specializing in Roof Tear Offs
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ROOFING CONTRACTOR
Certified in 1 ply rubber roofing
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Fully Insured - Free Estimates
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YOUR AD could appear here for as little as
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thorough classified department would be happy
to help you. Call 1-800-564-8911.

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CLARK BUILDERS, INC.
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Serving Union & Middlesex Counties
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Fully Insured - Free Estimates
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to help you. Call 1-800-564-8911.

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5 COUNTY Rubbish removal. Detached
garage completely removed for \$999. Also
other types of debris removed. Very reasonable
100% Financing. Insured. 1-800-800-7951 or
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Entire Home Cleaned Out
Attics, Basements, Garages
Same Day Service
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Call 1-800-283-1349, or 973-731-9031.

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Free Estimates. Fully Insured. No job too small
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ESTABLISHED 1922
TREE & STUMP REMOVAL
PRUNING
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463 Valley Street
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Rear of News-Record Building
Monday, Tuesday, Wednesday
and Friday 9AM-5PM
Thursday and other times
by appointment
973-762-0303

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French Drains and Sump Pumps installed
inside and out. Walls Thoresen's Leader
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All Work Guaranteed!
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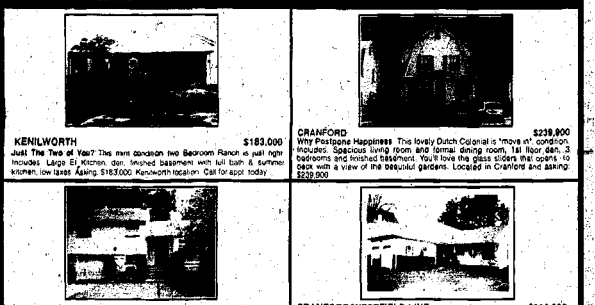
ROSELLE PARK
This attractive, traditional colonial offers exterior construction features rarely
found in homes at this price range! Boxcave overhangs, hipped roof. Third
floor loft dormers. Bay windows on left and right second floor.
Sunroom. 2 car detached garage. \$200,000

CRANFORD
Well-maintained Split-Level! Near Schools, Pool, Recreation, Convenient for
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\$297,000.

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KENILWORTH \$183,000
Just off the Hill! The most desirable two bedroom Ranch w/ just ing
includes: Large E/I kitchen, den, finished basement with full bath & sunroom.
Kitchen: low base! Asking: \$183,000. Kenilworth location. Call for appt. today!

CRANFORD \$239,900
Why Postpone Happiness? The lovely Dutch Colonial in "move-in" condition
includes: Spacious living room, 800 formal dining room, 1st floor den, 3
bedrooms and finished basement. You'll love the glass sliders that opens to
deck with a view of the beautiful gardens. Located in Cranford and asking
\$239,900.

CRANFORD/WESTFIELD LINE \$339,000
Easy, Creative Way of Living. Three bedroom two bath RANCH with two
car attached garage. Features: Formal dining room, Spacious country
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Cranford/Westfield line. See and Make Offer on this 1985 home. \$339,000.


CRANFORD \$249,000
You Asked For It. A seven room 1 1/2 bath split level with central air
situated on a very large property for only \$249,000. Walking distance to
Orange Ave. Pool. Call Today. It Won't Last!

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CONGRATULATIONS!!
Susan Picciuto, Broker/Owner of Century 21 Picciuto Realty is
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Mountainside, Garwood, Scotch Plains, Fanwood, Kenilworth, Roselle
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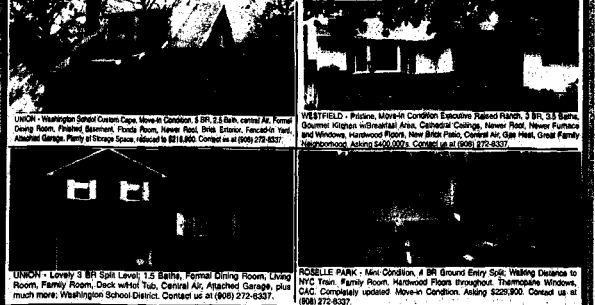
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REAL ESTATE

RE/MAX United opens new office in Cranford

"It all happened so fast," said Geri McManus, the new manager of RE/MAX United's new office in the Manager Building at 108 North Union Ave. "I'd been thinking about reopening a RE/MAX office because this environment empowers its agents to give clients better service. So I went to Cranford, the broker-owner of RE/MAX United in Union, and asked him to consider opening in Cranford. Within a few days, he called me to say he had a location, and within three weeks, we were open," she said.

McManus had been with a RE/MAX office in Scotch Plains until it closed a few years ago. As Couto said, he knew that he had a winner when McManus walked into his office. With more than 20 years of real estate experience, she has been a broker for 18 years. She's earned the NJAR Million Dollar Sales Club every year since 1985, the last nine times at the Silver Level. And while she's always been focused on Cranford as the center of her activity, she goes farther than most agents to meet her clients' needs: she's been known to sell in Somerset, Morris, Middlesex and even Hunterdon County.

"Joining RE/MAX is the best business decision I ever made," Couto said. "The support staff is great. We have the latest technology with our own web site, www.remaxnj.com, and our own relocation network with hundreds of referrals annually. We have mortgage instructions for our clients, and we're attracting some top caliber agents. You have to be a full-time professional to come to RE/MAX. Our clients can count on the fact that this is an organization for top producers."

Couto has found an excellent spot for his new branch, a suite of offices facing the municipal parking lot behind the firehouse. "We have plenty of parking for local people, and we're within walking distance to the train station for commuters coming from the city," he said. "I feel we're in an ideal situation to give an important opportunity to some of the key Realtors in this area to better service their customers with the right tools that we provide. And in the process, they can expect to earn an even better income simply by using the RE/MAX system."

Couto founded United Realty in Union and Newark's Ironbound section in 1994 and joined the RE/MAX United three years ago. In 1998, when the company grew from eight to 30 agents, he earned the RE/MAX of New Jersey Broker-Owner of the Year award.

In February of last year, he opened in Kearny, and within 10 months, that office had become No. 2 in sales in that township and No. 6 in the Hudson County multiple listing service. "Companywide, we closed approximately 500 transactions last year, and I paid over \$2,300,000 in commissions to our agents," he said. "Our average agents are earning six figures incomes, and even the lowest paid agent is earning \$85,000. This is because the RE/MAX system gives agents the ability to control their business destinies, to be more productive or to spend more time with their families."

The Cranford office opened with McManus as manager and Sue Gallagher as a sales agent. At least four more agents are expected to join the office on July 1, and McManus is interviewing others, with a goal to hire at least eight agents within six

months. Anyone who is interested should contact her at (908) 276-7440. "In Cranford, we have the perfect location in a very professionally decorated office," Couto said. "I expect this office to be the strongest RE/MAX office to have opened in the area, giving Realtors who serve Cranford, Westfield, Clark, Kenilworth, Mountainside, Scotch Plains and Fanwood a superb spot to conduct business."

In the meantime, Couto said all his offices are continuing to attract more agents. "In recent weeks, we've added Wellington Olivera, Freddy Cunha, Miguel Azcoona, Stan Grabrowski, Gene Vecchiene and several others to our roster," he said.

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AUTOMOTIVE

L-Series turns skeptics into believers

By Mark Maynard
Copley News Service

Count me among the skeptics of the Saturn L-Series. This outer-orbiting division of General Motors started off strong in 1990 with the original Saturn coupe, sedans and wagons, which have now been renamed the S-Series. It was an American company building cars for Americans, and a past general manager told me it is division would never consider rebadging and selling it as a Saturn. Times change, attitudes evolve.

Saturn changed how cars are bought and sold with its no-haggle, no-hassle sales and service and a money-back guarantee if not satisfied. The cars found a dedicated core of buyers and all drifted along nicely for a few years, until the rest of the compact segment caught up with Saturn quality and features. Saturn, meanwhile, didn't keep up with the industry.

When it came time to trade in and move up, there was nothing to move up to, and the cars were little changed from the years before. I wasn't until the 1999 model year that the cars were noticeably changed by quieting the engines and adding soundproofing for a quieter interior. Saturn also played a trump card last October when it surprised the industry with its three-door coupe. It was the first of its kind and a fascinating innovation that resulted in a jump start of sales.

Company executives and dealers are hoping for more sales activity with its new L-Series and are eagerly anticipating a compact sport-ute planned for 2002. The L-Series is a substantial move up from the S-Series, but it's not a Camry nor an Accord in ride quality or craftsmanship. The L has fairly plain styling, but it is dutiful in how it performs daily chores.

It should be well among the current Saturn owners who want something different, if it can be heard among the cries for attention from all the other midsize models in this category. The LS sedan and LW wagon are built from the Opel Vectra, a popular GM model in Europe. Only the base infrastructure of the car is carried over from the Vectra. Saturn insists. All else has been well Saturnized.

Some of the appealing European elements have survived, such as a normally-curved dashboard that is not as imposing as the widely copied cab-forward design, a fast-looking silhouette, and a steeply raked windshield that usually adds a distracting reflection in the lower portion of the windshield.

The L-Series cars have plain styling, but their European roots provide good visibility for the driver and doors that open wide for access and a solid, quality-assuring thunk when closed.

The SW1 test wagon came with the new 2.2-liter four-cylinder, the standard engine, and had an as tested price of \$19,565, including \$440 for destination, floor mats and an upgraded stereo. A comparable S-Series wagon will cost less than \$17,000.

The LS2 and LW2 models come with a 182-horsepower 3-liter V-6 that is built in England. This is the first six-cylinder offered in a Saturn, and another much-needed

enhancement in the midsize class. It's not that the four-cylinder is underpowered. Actually, it has the punch of a small six-cylinder, but a V-6 is expected in this class, especially to compete in the mid-west and east.

The four-cylinder is part of a global effort of GM engineers to create an engine that eventually will be used worldwide for the company.

It is a sophisticated double-overhead-camshaft design with four valves per cylinder and twin balance shafts to counter the effect of vibration. It is rated at 137 hp with 147 foot-pounds of torque.

You can load a pair of parents and a couple kids and notice little depreciation in power. Performance is perky, but I would have wished for a Power mode to the electronic transmission to give a sharper response to acceleration and shift points. The four-cylinder could use it for passing or entering the freeway.

Saturn saves the base four-cylinder wagon will do 0 to 40 in 9.8 seconds with standard four-speed automatic. The LS and LS1 sedan come with a 5-speed manual transmission and will do 0 to 60 in 9.5 seconds.

Fuel mileage is a thrifty 24 mpg around town and 31 on the highway or 23/32 with the automatic transmission. Mid-range for the six cylinder is 20/26 with the standard automatic; 0 to 60 acceleration is 8.2 seconds. However, the cruising radius for both models is held back slightly by the 13.1-gallon gas tank.

Credit the Opel roots for good stopping power. The power-assisted front disc and rear-drum system will bring a fully loaded wagon to a stop from 60 mph in 160 feet without ABS or 140.3 with ABS. Compare that to 172 feet for the S-Series without ABS and 147 feet with it.

The interior is well-packaged for maximum space, though there is nothing innovative about its wagonness, as was done in the Subaru Legacy Outback or the Saab 9-5, which has similar styling lines. Both of these cars have a multitude of wagon add-ons for pets and people to accommodate busy and sporting lifestyles.

The wagon's utility comes with a split folding seat back and 29.4 cubic feet of storage or 71.3 cubic feet with the seats folded. The cargo floor has tie-downs, a pair of storage compartments on either side of the spare tire and a cargo net.

There is 39.3 inches of head room in the front seats and 39.6 in back. Leg room is 42.3 inches in front, which is as good as it gets in most passenger cars.

In back there's remarkable leg room at 37 inches, but passengers would have appreciated the raised theater-style seating used in other GM cars to give a better view.

The driver's area is efficient with a height-adjustable seat and an easy reach to the door-panel map pocket, the deep, locking glove box and AM-FM-CD stereo and eight speakers. The uplevel LW2 adds lumbar adjustment to the driver's seat.

Mark Maynard is automotive editor at the San Diego Union-Tribune. Contact him at mark.maynard@uniontrib.com.

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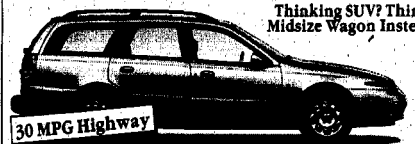


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\$153 PER MO. 24 MOS
 LEASE FOR

VIN #XMA44243, 4 cyl., 5 spd., a/c, p/s/b, 16" alloy wheels, MSRP: \$18,835. \$1999 down pymt. + \$153 1st mo. pymt. + \$490 bank fee = \$2642 due at lease signing.



NEW 2000 VW GOLF GL
NO SECURITY DEPOSIT
\$177 PER MO. 24 MOS
 LEASE FOR

VIN #WV331110, 4 cyl., 5 spd., p/s/b, air, on/in str./cruise, MSRP: \$15,775. \$1999 down pymt. + \$177 1st mo. pymt. + \$490 bank fee = \$2664 due at lease signing.



2000 VW JETTA GLS
NO SECURITY DEPOSIT
\$197 PER MO. 24 MOS
 LEASE FOR

VIN #WJZ63333, 4 cyl., auto, a/c, p/s/b, windows/locks, luxury pkg alloy wheels, sunroof, CD changer, 5,500 demo mi. Orig. MSRP: \$20,575. \$1999 down pymt. + \$197 1st mo. pymt. + \$745 bank fee = \$2741 due at lease signing.



NEW 2000 VW PASSAT GLS
NO SECURITY DEPOSIT
\$248 PER MO. 24 MOS
 LEASE FOR

VIN #WJZ4046, 4 cyl., 5 spd., a/c, p/s/b, windows/locks, luxury pkg, sunroof, leather seat, MSRP: \$23,570. \$2000 down pymt. + \$248 1st mo. pymt. + \$490 bank fee = \$2738 due at lease signing.

DCH

Drivers wanted.



2195 MILLBURN AVENUE, MAPLEWOOD, NJ 973-762-8500

Prices incl all costs to be paid by a consumer, except for licensing, reg & taxes. Prices include all rebates & incentives. 24/39 mo. closed end lease incls 10,000 mi. yr. (18,000 on Jetta) w/ 20c mi. Total pymts/purch opt/total cost: Beetle=\$3672/\$14,126.25/\$6209; Golf=\$5903/\$8991.35/\$3937; Jetta=\$7483/\$12,756.50/\$10,505; Passat=\$9672/\$13,876.80/\$12,162. Lessee responsible for maintenance, excess wear & tear. Subject to primary lender approval. Not responsible for typos, errors or omissions. All financing in lieu of factory rebates, on select models. All rebates to dealer, where applicable. This ad supersedes all other offers. Subject to prior sale.

WE'VE GOT YOUR NUMBERS!



NEW 2000 PROTEGE LX

\$162.80 PER MO. 48 MOS
 LEASE FOR

VIN #Y0212185, 4 cyl., 5 spd., a/c, p/s/b, cass, p/sunroof, keyless entry, comfort pkg. MSRP: \$15,990. \$1999 down pymt + \$162.80 1st mo. pymt. + \$475 bank fee = \$2636.80 due at lease signing.



NEW 2000 MAZDA 626 LX

VIN #Y5105334, 4cyl., auto, a/c, p/s/b/windows/locks, MSRP: \$18,725. \$1999 down pymt + \$176 1st mo. pymt. + \$475 bank fee = \$2650 due at lease signing.



NEW 2000 MAZDA MPV DX

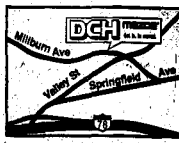
VIN #Y0145490, 6 cyl., auto, int/rear a/c, p/s/b, roof rack, DX, pwr pkg, MSRP: \$22,745. \$1999 down pymt + \$228 1st mo. pymt. + \$745 bank fee = \$2972 due at lease signing.

\$176 PER MO. 48 MOS
 LEASE FOR

\$228 PER MO. 48 MOS
 LEASE FOR

ASK ABOUT OUR PROGRESSIVE PAYMENT PLAN
 Here's How It Works: For a limited time, when you buy or lease a new Mazda, Mazda pays half your payments for the first six months! They'll even pay 25% for the NEXT six months. Now that's a break! Ask Us for the Details!

DCH  Get in. Be moved.
 2195 MILLBURN AVENUE, MAPLEWOOD, NJ
 973-762-8500



Prices incl all costs to be paid by a consumer, except for licensing, reg & taxes. Prices include all rebates & incentives. *48 mo. closed end lease incls 12,000 mi. yr. w/ 15c mi. Total pymts/purch opt: MPV=\$8992/\$13,192.10; Protege=\$7814.40/\$8715.80/\$10,384.40; 626=\$8448/\$8679/\$11,018. Lessee responsible for maintenance, excess wear & tear. Subject to primary lender approval. Not responsible for typos, errors or omissions. All financing in lieu of factory rebates, on select models. All rebates to dealer, where applicable. This ad supersedes all other offers. Subject to prior sale.

NEW 2001 AUDI TT CONVERTIBLE



Many Colors To Choose From GET READY FOR SUMMER!



NEW 2000 AUDI A6 4.2

\$540 PER MO. 36 MOS
 LEASE FOR

VIN #YV000527, 6 cyl., auto, a/c, p/s/b/windows/locks, 17" whit. warm weather pkg, Xenon headlights, 1st/rear heated seats, tri/die air bag, 6 disc CD changer, MSRP: \$53,050. \$2000 down pymt + \$540 1st mo. pymt. + \$650 mt sec dep + \$490 bank fee = \$3560 due at inception + taxes, licensing & registration.

DCH 



2195 MILLBURN AVENUE, MAPLEWOOD, NJ 973-762-8500

Prices incl all costs to be paid by a consumer, except for licensing, reg & taxes. Prices include all rebates & incentives. Not responsible for typos, errors or omissions. All financing in lieu of factory rebates, on select models. All rebates to dealer, where applicable. *39 mo. lease incl 10,000 mi. yr. w/ 20c mi. excl. total pymts/purch/total cost: \$21,840/\$29,100/\$30,238.50. Lessee responsible for maintenance, excess wear & tear. Subject to primary lender approval. Not responsible for typos, errors or omissions. All financing in lieu of factory rebates, on select models. All rebates to dealer, where applicable. This ad supersedes all other offers. Subject to prior sale.