

Wonderful WESTFIELD

By Bill Van Sant
Associate Editor

Visitors traveling through Union County might well find a sign bearing that sentiment at any of the entrances into the Town of Westfield and, according to Jean Massard, a Realtor with more than a decade's experience in town, it couldn't be more apt.

What prompts Massard to select this one word - "Welcoming" - to describe the town? "Because I think no matter where you come from, no matter what faith, background, you can find a welcome here and an openness," she said. "You know, we have people that live here for a while who come from all over the country, all over the world. Being a bedroom community of New York, and with the many large corporations in the area, there are many executives who get transferred to the area, live in Westfield, get transferred back out, and choose to come back here to Westfield."

Massard knows whereof she speaks: as the branch manager and vice president of Burgdorff ERA Realty at 600 North Ave. West, she's had her finger on the pulse of this exciting, 6.3-square-mile community of 30,000 for quite some time, dating back even before her tenure in real estate.

"I grew up in Westfield and it's only just become better as the years have gone on," she said. "I've lived here the majority of my life and it is a very well-kept secret, because we have so much to offer as far as cultural activities." Massard enthused. "There's the Westfield Symphony, the Arts Association, fabulous schools, there's everything for the family."

Among the town's amenities, according to Massard, are "tremendously active sports - soccer, swimming, everything for all ages, there are all kinds of things."

In that vein: "Settled in 1720 as the west fields of Elizabeth," the town is rich in history, the arts, commerce, athletics, and civic activities.

In addition to the Symphony and the Arts Association, the town is also home to the Westfield Young Artists Cooperative Theater and the Westfield Community Players, one of the state's oldest continually producing community theaters; active musical groups such as the Westfield Glee Club, the Musical Club of Westfield and the New Jersey Choral Arts Society; and the New Jersey Workshop for the Arts, to name only a few of the cultural and artistic entities available in Westfield for performers and audience members alike.

However, residents of neighboring communities find not only their artistic yearnings satisfied within the town's borders. Westfield boasts a thriving retail district, featuring everything from such "mall" stores as Sam Goody and The Gap to local, privately owned establishments doing business in town for decades.

Comments Massard, "We have wonderful shopping downtown." For prospective homeowners, though, Massard says the town has so much to offer - to just about any demographic. Which is why the Realtor is hard-pressed to typify the buyers she encounters.

"We have a very broad spectrum of buyers," she commented. "We have first-time buyers; we have single people; we have couples with no children, with children; we have all ages."

And not only are people moving into Westfield - when the time comes to change homes, many residents stay right in town. Massard points to empty-nesters downsizing once their children have moved out, and upwardly-mobile families upgrading into larger homes, all within the community. "We have people who choose it because they have a family, we have people who choose it because they want to be close to the schools, we have people who choose it because they want to be close to the shopping."

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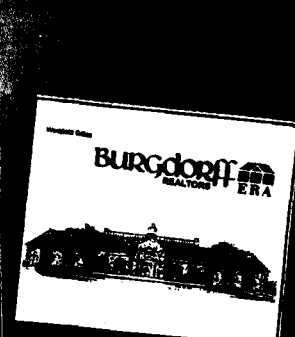


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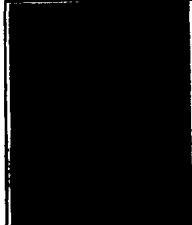
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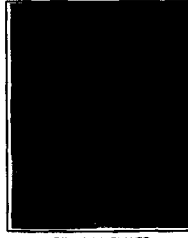
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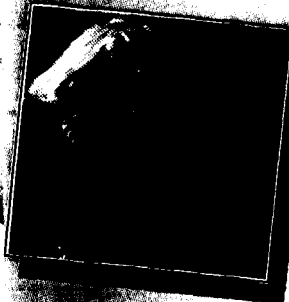
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she continued. "Being in the business for 31 years, we have seen an excellent market for almost all of that time."

The wealth of amenities the community offers helps Massard move properties within the community. It's the civic planning of the community that Massard points to as a major selling point, especially for families. "Westfield is laid out like the spokes of a wheel, the main streets," she said, "so most of our children are able to walk to their local schools, and ride their bikes in the parks." The schools of which Massard speaks are as much a selling point for the town as the endless amenities: the September 2000 edition of New Jersey Monthly magazine ranked Westfield High School number 15 out of the states top 75 public high schools. For those looking not to visit Westfield, but to live there, there is no end to the choices available in terms of houses.

Community dating back more than 200 years, lovers of just about any era are sure to come away with at least a home or two in mind. "There's a myriad of home styles," Massard notes. "There's not a lot of new construction, there's a little bit, but not a lot. There's the occasional spot building, but no tracts." With neighborhoods ranging from the elegant homes of Wychwood to the smaller houses closer to the Clark border, one can find anything from spacious older homes to Cape Cods and ranches built in this century. "You see everything from gingerbread Victorians; houses from the 1930s, the 1940s; and occasionally, we get something from the 1700s," Massard said. "Most of Westfield was developed after the Civil War."

Strolling through the downtown, it's easy to see the charm of which Massard speaks. Although converted to a multi-screen cinema, the old-fashioned marquee of the Rialto still conveys the charm of small-town America. Right across the street is Baron's Drug Store, among the area's few remaining non-chain pharmacies. And a few doors down, Sealton's has been keeping area residents well-dressed for decades. Then there are the larger stores, local branches of national chains, which have been a boom to the town's economy. And it's not just in the heart of the downtown one can find retail emporiums. Travel down Central Avenue toward Clark and the street is lined with shops, as is the case heading toward Fanwood along South Avenue. Visitors to the town will find varied shopping, dining, the arts and a community steeped in history and tradition. Homebuyers will find an excellent school system, a wealth of worship opportunities of all faiths, boundless recreation programs, plus all of those wonderful things - the shopping, dining and arts - that bring visitors to Westfield daily. Massard reflected that working in Westfield enables her to sell more than just houses. "When we sell here," she said, "we sell the community and the ambiance."

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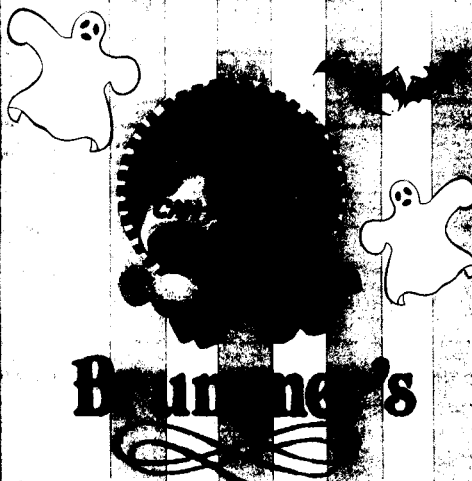
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ARTS & ENTERTAINMENT

Mystic Vision Players takes a tuneful trip down memory lane

When former Linden resident Anthony Greco Jr. came up with the idea of putting together a "rock 'n soul" review, it was because he was always amazed at the wonderful voices he'd hear each time his sister and her friends got together.

"They'd sit around, and out of nowhere, would spend the night singing and harmonizing and sound just fantastic," Greco said. With influences from his parents and their singing experiences, he thought a show that featured singers would be a wonderful showcase and great entertainment. "Many people love the sounds of the '50s and '60s and they love reliving those times!"

So, although he now lives in Nashville, he made good use of the phone, the Internet and e-mail and has put together a "rock 'n soul" review that is reminiscent of the old Paramount rock and roll shows.

The name, "American Rapture," was something his mother, Rita Greco of Linden, came up with considering the show features songs that were made popular by American artists. The "family affair" will debut this evening when the Mystic Vision Players of Linden, the theater company co-founded by the Greco family, graces the stage of the Linden High School auditorium.

The cast includes Master of Ceremonies Frank Takacs and vocal director Kly Garner, who is the current director of the Celebration Singers and the Celebration Children's

Choir based in Cranford. The remainder of the singers include Lina Ann Burt, Kevin M. Brady Jr., Nuno Devoussa, Dotti Friis, Carmelyn Mannaro, Christopher Smith, Leitia Townes, Shermie Tyler, Lauffie Zuccarelli, Justin Bellerio, Heather Crawford, Judy Farnello, Great Ginch, Dan Rivard, Patrick Starega, Amy Trotter, Michael Monaco, Kristen Withenington, Paul Burt, and Tony and Rita Greco. "These are talented people from Union, Middlesex, and Somerset counties," Tony Greco said of his castmates.

The all-important band is comprised of John Britze, Dennis Cilup, Michael Lamparello, Roger Bryson, Patrick Barber, Johnny Somars, and Tony Greco. "I've imported only the best," Greco says. "I wanted this show to include people who have a passion for music." True to his word, several of the musicians have traveled with Greco from Nashville for the performance.

"American Rapture" runs tonight, Friday and Saturday at the Linden High School auditorium. Show time is at 8 p.m. and tickets are all reserved at \$1. Mystic Vision Players, a non-profit organization, will use proceeds, in part, to fund assembly programs for school children. Call (908) 925-9068 or (908) 925-8689 for tickets or directions.

"This is one show you won't want to miss," adds Greco. "You'll be singing and dancing in the aisles."



'All Sides Too' by James Surls creates the illusion of a living creature from inanimate objects. It is among the works on exhibit in 'As If Alive: Animate Sculpture' at the New Jersey Center for Visual Arts in Summit through Oct. 29.

Sculpture exhibit 'comes to life'

For the viewer who doesn't allow himself to be buried under curatorial arispeak, "As If Alive: Animate Sculpture" can offer some mighty fine moments.

Sara Lynn Henry's essay in the show's catalog puts its point across in its very first paragraph: to think of all things, both animate and inanimate, as having their own "indwelling spirit or force." The point is good and valid but hardly needs mentioning. Spirit and force are — or ought to be — present in all art.

Although the artists make deft use of a variety of materials, only Sandra Hirshkowitz brings a specific object into her work. The pair of steel calipers in "For Good Measure," hanging inside a mahogany box and clamped lightly around a cast silver nipple, provide the kind of distant chill a person might experience while visiting a museum of medical oddities. Hirshkowitz' piece pulls the viewer in two directions; although it has no functional purpose, it also seems to have a very specific one. The paradox gives the work its power.

James Surls makes a strong impression with two very different works, "Nut Walking" and "All Sides Too." "Nut Walking," in oak and steel, is a whimsical piece with 15 steel "arms," capped by oak, seemingly rotating in all directions, much like

In the Galleries

By Joe Lugoro
Staff Writer

an amusement ride gone haywire. "Nut" is the most effective work in the show in terms of communicating physical motion — its rounded, rolling form and turning arms suggest a variety of influences, from amusement rides to whirligigs to tumbleweeds. Experienced from any angle, it moves simultaneously toward the viewer and away from the viewer.

"All Sides Too" demonstrates Surls' carving skills. The narrow eyes of an animal — presumably a wild animal — peer out from a blackened chunk of wood, from which an antler shape then grows. The eyes, along with the tips of the antler, are a natural wood color, contrasting sharply with the blackened surface. The pointed base of the antler is somewhat reminiscent of a raised bear's head, with knobby areas of the base suggesting a few non-human animal noses. An amalgam of animal parts and a push-pull between day and night, the piece is a quirky but threatening image of being out alone in nature.

Grace Wapner's "Chrysalis (Eva)" from 1993 offers a textured and elongated Giacometti-type figure with wings. Mounted to the wall, the figure has wings somewhat like chemical drums and feet like snakes. Much like Hirshkowitz' caliper piece and Surls' "Nut Walking," Wapner pulls the viewer two ways at once; the feet, approximately six inches long, point to the right, inhibiting the sense of ascendancy implied by the billowing wings and raised head.

Wapner's "Travelers. Artists, Lovers and Thieves" succeeds because of Wapner's sensitive, almost draftsman-like touch. One of the tallest pieces in the exhibition, the work is capped by a primitively shaped hand or foot, with nine thin "legs" growing out from under it. Although it stands completely upright, Wapner's energized but magnificently gentle touch with the legs gives the very distinct impression that the work is in the state of walking — or more appropriately, of creeping along in a liquid, like a specimen in a petri dish.

"As If Alive: Animate Sculpture" is on view at the New Jersey Center for Visual Arts at 68 Elm St., Summit, through Oct. 29. For information, see the "Art Shows" listing in the Stepping Out calendar on Page B14.



Patrick Starega of Winfield, center, leads a girl group all his own in rehearsals for Mystic Vision Players' "American Rapture," the "rock and soul revue" opening this evening at Linden High School.

County ice rink open for the season

The Warnanco Ice Skating Center in Roselle, a facility of Union County, will open for the 2000-01 season Oct. 6, according to an announcement issued by the Union County Board of Chosen Freeholders.

"It's hard to believe that the summer is over and that winter sports are beginning," said Freeholder Chairman Daniel P. Sullivan. "Our Parks and Recreation staff has been working hard to get the Skating Center ready for the opening. I'm sure skaters will be pleased with what they see."

Admission to the general sessions is \$5 for adults, \$4 for children 17 years old and younger, and \$4.25 for senior citizens 62 years old and older with proper identification. Discount cards for Union County residents who plan to skate on a regular basis are also on sale. For those who are interested, semi-private and private les-

sons are available, as are hockey clinics. The county also offers skating lessons for individuals with disabilities. Skate rental, a pro shop and a refreshment stand are other Warnanco features.

Skating sessions will be as follows:
Tuesdays, 12:30 to 2:30 p.m.
Wednesdays, 10:00 a.m. to noon;
12:30 to 2:30 p.m. Open Hockey, see below.

Thursdays, 12:30 to 2:30 p.m.
Fridays, 10:00 a.m. to noon; 3:30 to 5:30 p.m.; 6 to 8 p.m. Family Session, see below; 8:30 to 10:30 p.m.

Saturdays, 10:30 a.m. to 12:30 p.m.; 1 to 3 p.m.; 8:30 to 10:30 p.m.; 11 p.m. to 1 a.m. Open Hockey, see below.

Sundays, noon to 3 p.m.; 3:30 to 5:30 p.m.; 8:30 to 10:30 p.m.

Schedules sometimes change on holidays. Call the Skating Center for more information.

Participants in Open Hockey must be 18 years old or older with proper identification. Helmets with a cage or shield are required. Admission is \$7. Ten-visit discount cards are available. Reservations for the first 30 players and four goalies for Saturday night will be accepted by phone starting at 4 p.m. on that Saturday. Reservations will be held until 10:45 p.m. No reservations are necessary Wednesdays. Open Hockey will not be held Dec. 27 and March 31, 2001.

No one under 17 will be admitted without an adult during Family Sessions.

The Warnanco Ice Skating Center is located off Thompson Avenue in Warnanco Park, Roselle. The park may be entered from St. Georges Avenue, Thompson Avenue and Third Avenue. For information, call (908) 298-7850 for a recorded message.

Showcase will spotlight local kids

Calling all poets, actors, singers, dancers and instrumentalists between the ages of 11 and 18 years old!

Finally, an opportunity to take our morning shower show tunes and living room concerts to the road! The Union County Coalition for the Prevention of Substance Abuse along with many other supporting agencies are giving youth a chance to become a star at the Red Ribbon Relay and Drug Awareness Day Showcase of Talent. The showcase is scheduled for Saturday, with a rain date of Sunday, from 9 a.m. to 5 p.m. at Nomahagan Park in Cranford.

The "Showcase of Talent" is open to youth, ages 11 to 18 years old, and may highlight song, dance, ensemble acts, poetry, and monologues that convey an anti-violence or drug and alcohol prevention message. Each "Showcase

of Talent Star" will be allowed five minutes on stage for their act and will receive a gift for his or her achievement.

Too often, the efforts of talented inner city and suburban youth are overshadowed by the publicity surrounding youth violence and drug abuse. This event applauds youth by highlighting their talents and giving them their "moment in the spotlight." Red Ribbon Relay and Drug Awareness Day is a commemoration and celebration of the Life of DEA Agent Enrique Camerana, who lost his life in the fight against drugs. This day will be filled with games, entertainment, food and of course, Union County's "shining stars."

For more information or to register for the Showcase of Talent, call NCADD at (908) 233-8810 or TTY (908) 233-8892.

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Healthy Livin'

Despite Pyramid education, studies show poor eating habits

By Allison Ashton
Copley News Service
Empty Calories

Public health education campaigns promoting the Food Pyramid have taught us all that fats, oils and sugar are OK in moderation. In fact, these foods occupy the very top of the pyramid. But a new study in the American Journal of Clinical Nutrition shows most of us still don't get it. In fact, we've made virtually no progress since the 1970s.

After analyzing the dietary habits of 15,611 Americans, researchers found that energy-dense, nutrient-poor foods still make up 27 percent of our caloric consumption, with alcohol adding another 4 percent of empty calories. Those numbers are similar to previous data from 1976-1980, which means empty calories still crowd out nutrient-rich food choices.

Among people who consumed the highest levels of EDNPs, more than half of their carbohydrates and more than 4 percent of their fat intake came from nutrient-deficient foods. High consumption of EDNPs was linked to higher levels of homocysteine and lower levels of good HDL cholesterol.

Women who consumed lots of empty calories fared worse nutritionally than men with same eating habits. Among heavy EDNP eaters, women had significantly lower levels of calcium, folate and protein. In fact, women were the highest consumers of EDNPs and white women were the biggest junk-food junkies of all.

Benefits of Aggression

Aggression isn't all bad, and it may even bolster your immune system. A new study from Penn State and the University of Nebraska finds that moderately aggressive men have stronger immunity against infection than nonaggressive types.

"Our study suggests that differences in people's aggressive behavior influences how their immune systems are prepared to deal with infections, viruses and bacteria," says Alan Booth, professor of sociology and human development at Penn State.

Men who have been in occasional brawls or been in trouble with the law as adults or youths have immune systems that rapidly and vigorously respond to pathogens from disease or injury. Booth says there may be an evolutionary advantage to this. Aggressiveness helped early man

more effectively obtain food, protect his young, battle predators and fight with other men for scarce resources and territory. However, this behavior carries a significant risk of injury and disease, and a heightened immune response helped tough guys survive.

But testosterone wasn't responsible for aggressive men's strong systems, says Booth. "While testosterone was associated with aggressive behavior, it was not the hormone that accounted for the higher immune cells found among aggressive men."

Active Cure

Last year, Duke University Medical Center researchers discovered that four months of regular exercise for 30 minutes three times a week helped older patients overcome major depression as effectively as those who took an antidepressant. In a six-month follow-up study, patients who kept up their exercise routine were much less likely to suffer a relapse than those who didn't exercise. Just 8 percent of exercisers had depression return, compared to 38 percent of the drug-only group and 31 percent of those who exercised and took medication.

"The important conclusion is that the effectiveness of

exercise seems to persist over time and that patients who respond well to exercise and maintain their exercise have a much smaller risk of relapsing," says lead researcher and Duke psychologist James Blumenthal.

The more patients exercise, the less likely they were to have symptoms return.

"For each 50-minute increment, there was an accompanying 50-percent reduction in relapse risk," says Blumenthal. "Findings from these studies indicate that a modest exercise program is an effective and robust treatment for patients with major depression. And if these motivated patients continue with their exercise, they have a better chance of not seeing their depression return."

There was one surprise in the study: Patients who took medication and exercised didn't fare as well as those who only worked out.

"We had assumed that exercise and medication together would have an additive effect, but this turned out not to be the case," says Blumenthal. However, he adds that some patients assigned to the exercise-and-medication group were disappointed, and this may have made them less enthusiastic about their treatment.

PEOPLE IN THE NEWS



Dr. Veronica Thomas

Thomas in 'Who's Who'

Dr. Veronica Thomas, coordinator of the Overlook Hospital Crisis Intervention Program, was chosen recently for inclusion in the millennium edition of "Who's Who of American Women."

Dr. Thomas has been with the Overlook Crisis Intervention Program for 13 years. The Crisis Intervention Program, located in the hospital emergency department, provides emergency mental health services 24 hours a day, seven days a week. The program provides evaluation counseling and determines if patients require hospitalization or outpatient treatment. Conditions commonly treated on an emergency basis include

depression, suicide, panic disorder and psychosis.

Dr. Thomas presents emergency mental health training lectures for physicians, residents, nurses, paramedics and rescue squads. She has published journal articles on the topic of crisis intervention in psychology literature.

"Dr. Thomas is an accomplished counselor who deserves the recognition bestowed upon her through inclusion in this prestigious publication," said James Espinosa M.D., chief of the emergency department at Atlantic Health System's Overlook Hospital.

This award is based on a series of accomplishments. Dr. Thomas earned a magna cum laude B.A. and an Ed.D. in counseling psychology from Rutgers University. She was elected to the Phi Beta Kappa Honor Society, and to the Kappa Delta Pi Honor Society in Education. In 1990, Dr. Thomas was recognized by the Union County Mental Health Association for "Special Contribution to Persons Who are Mentally Ill," and received a citation from Assemblyman Neil M. Cohen.

Dr. Thomas is a member of the American Psychological Association and the New Jersey Psychological Association. She maintains membership in both the Health Psychology and Psychology of Religion Divisions of APA. On July 14, Dr. Thomas was granted a post-doctoral license for the practice of psychology by the New Jersey Board of Psychological Examiners.



Dr. David Sirota

Sirota is named V.P.

David Sirota D.O. has been appointed vice president of Medical Affairs and director of Medical Education of Union Hospital.

As vice president of Medical Affairs, Dr. Sirota participates in program development, strategic planning and quality improvement initiatives for the hospital. As director of Medical Education, he oversees the hospital's residency and internship program, and serves as medical staff liaison to hospital administration on medical education issues.

Before joining Union Hospital, Dr. Sirota served as the physician educator for Clara Maass Medical Center in Belleville, also an affiliate of the Saint

Barnabas Health Care System. Previously, he was the medical director for Occupational Health Services and Outpatient Department with Holy Name Hospital in Teaneck. He was also a staff physician for Multi-Care Health Center in Clark, First Care Medical Group Ambulatory Medical Center in Verona and Saddle Brook Hospital, where he also acted as the director of Medical Education. Board-certified in family medicine, Dr. Sirota held a private practice in Clifton for 16 years.

Dr. Sirota received his medical degree from the Kirksville College of Osteopathic Medicine in Kirksville, Mo. Shortly after, he served in the United States Army Medical Corps as a battalion surgeon for the 1st Air Cavalry Division during the Vietnam War.

Dr. Sirota has held numerous academic and professional appointments throughout his medical career. He is an adjunct assistant clinical professor of family medicine with the New York College of Osteopathic Medicine.

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Healthy Living

Working with weights can increase efficiency of workouts

By Lisa Cloat
Copley News Service

Weight training may be just what you need to lose those pounds you've been struggling with.

While weight training does increase strength — although not bodybuilder-type physiques — it also works to reduce body fat by increasing muscle mass, thus turning your body into a calorie-burning machine.

Through a simple weight-training routine, not only does your body begin to burn more fat and look lean and toned, but also much of your muscle strength can be maintained and even strengthened, according to studies.

Before embarking on any exercise routine — whether it's at home or at a health club — you must consult your doctor, says Kerney Smith, a personal trainer at Landmark Racquet and Health Club.

"You need to let them know what kind of exercise program you're going to start," Smith said.

This way, the doctor can look to see if there will be complications with any medications you may be on, such as those that control blood pressure, cholesterol, heart rate or asthma. Also, Smith said, the doctor can determine if you have any range of motion problems that may flare up or cause difficulties when exercising.

Smart dumbbell use

If you are just beginning a weight-training program, the first thing you need to do is buy dumbbells. The type of dumbbells to purchase depends on what you want to achieve, Smith said, but he recommends either checking with a personal trainer or asking the sales consultant at a reputable sporting goods store for assistance.

"Typically, the amount of weight to use is a personal thing," he said. But he recommends checking out dumbbells in the 5- to 12-pound range. Women may start with less and men may want a little heavier weight, he said.

According to "Smart Guide to Dumbbells," an article in the March edition of Better Homes and Gardens magazine, Steven Fleck, chairman of the sport science department at Colorado College in Colorado Springs, maintains that the amount of weight you lift isn't as important as how you lift.

According to Smith, people should exercise three times a week using a whole-body resistance-training program. Smith says it's important to concentrate on each major muscle group. This advice is in line with the American College of Sports Medicine, which describes major muscle groups as the chest, back, lower back, shoulders, triceps, biceps, quadriceps, ham-strings, calves and abdominals.

Before beginning any routine, a 5- to 10-minute warm-up is necessary to get the blood flowing to the muscles. This could be a light aerobic activity such as a brisk walk that allows all the muscle groups to warm up. This should be followed by a full body stretch, concentrating on each body part for about 30 seconds without bouncing.

"No bouncing is very important," Smith said. "A lot of people don't know that you can actually injure the muscle by bouncing."

Muscle groups

Smith suggests beginning with the larger of the major muscle groups, such as the legs, back and chest, and then move onto the other groups.

- There are general rights and wrongs when using dumbbells:
- Never lock joints. This puts undue stress on those areas.
- Always keep the spine in neutral alignment. Always keep your posture, even if you're bending over; your back has to stay flat.
- When doing squats or lunges, keep the knee behind the line of your toes so that your knee doesn't extend out over the toe line.

Some specific exercise advice, offered by Fleck and Gary Hunter, exercise physiologist at the University of Alabama, in the Better Homes and Gardens article suggests exercising in front of a full-length mirror.

Smith advises checking with a personal trainer for an exercise program. If you come across a program in a magazine, he said to make sure it's endorsed by someone who is a certified personal trainer or has a master's degree in exercise science or a related field.

Tips from the pro

Here's a look at some exercises for some of the various muscle groups:

- **Biceps**
Your hand should fall naturally to your sides with palms forward, a weight in each hand. Keep elbows close to your body while bringing the weight up to your chest, squeezing the biceps muscles. Lower weight and repeat 12 to 15 times.

- **Triceps**
Using the kickback method, place your right knee on a chair and lean over, resting your right hand on the chair for balance. Keep your left leg slightly bent. Holding a dumbbell in your left hand, place left elbow close to your side with dumbbell in your left hand, place left elbow close to your side with dumbbell pointed toward the floor. Keeping elbow in place, extend arm backward until it's almost straight. Do not lock your elbow. Lower your forearm down, keeping your elbow at your hip. Repeat on each side.

- **Back**
Take the same stance with the chair as above, making sure to keep your back flat and hanging left hand parallel to your knee. Bring left hand to your hip, squeezing the shoulder blade. Slowly return to starting position. Repeat on each side.

- **Shoulders**
Stand with feet shoulder-width apart, a slight bend in both knees. Hold a dumbbell in each hand with palms facing the front of your thighs. Lift one or both arms straight in front of you until your arms are level with your shoulders.

Hold for a second or two, and then return to your side. Repeat on each arm.

- **Chest**
The fly exercise requires you to lie on your back with knees bent and a pillow under your back and shoulders. Extend both arms straight up with palms facing in. Slowly lower arms to the side, keeping elbows slightly bent until elbows are below the shoulders. Bring arms back up to starting position. Continue through repetitions.

- **More exercise tips**

- **Legs**
To do a squat, stand with your feet about shoulder-width apart, letting your arms fall naturally to your sides with a dumbbell in each hand. Keeping your back flat, lower yourself as if you were going to sit in a chair, and then return to original position. Make sure knees are not blocking the view of your toes — shift your weight back if they are. Repeat.

- **Cooling down**
Now that you've completed your routine, Smith said you're not quite done. It's necessary to cool down. Again, perform 10 minutes of light aerobic activity and conduct a full-body stretch.

- **The next time you go to exercise**, which should be within 48 hours for a regular routine, Smith said you may feel sore, especially beginners.

- **"You're going to feel sore when you start out regardless of what you do,"** Smith said. "As long as it's not inhibiting, you can start up again."

- **He advises increasing the weight of the dumbbell when the last repetition completed is no longer challenging to your body.**

- **"If you find it's not challenging anymore, it's time to up your weight,"** he said. "If you can't get at least 12 repetitions, then the weight is too heavy. If you can do 15 with no problem, then it's too light. It's a personal call."

Exercise is like 'anti-aging pill' for senior citizens

By Jack Williams
Copley News Service

When the California Senior Games visited San Diego, Calif., last month, spectators saw athletes who've somehow managed to age a lot slower than they move.

Spectators also got the chance to witness as much smiling as sweating and straining and heard more cheering than creaking and complaining.

To most of these competitors, ranging in age from 50 to 90-plus years old, living younger longer starts in the head. By refusing to believe that the pace of aging is as fixed as the date on a tombstone, they've exercised their right to feel young.

And about two-thirds of them, it

turns out, have done so despite the need for prescription medications.

"The reality of it is they have about the same percentage of chronic disease as the general public," said Dr. Mike Magee, senior medical adviser for Pfizer, a sponsor of the National Senior Games Association.

"The difference is that they've seen a doctor early enough to prevent organ damage and control their disease rather than let it control them."

Ultimately, though, most have found that the best medicine is exercise.

"It's the closest thing to an anti-aging pill there is," says Dr. Alex Leif of the Harvard Medical School of Gerontology.

Dr. Magee may agree. But in a survey of about 2,000 seniors whose sports range from table tennis and shuffleboard to sprints and marathons, he found a good share on medication for hypertension, arthritis and diabetes.

While the medication is not without side effects, the senior athletes surveyed tended to have strong relationships with their physicians, ensuring the proper dosages and formulas.

"The vast majority have no restrictions on their ability to compete," Dr. Magee said.

More than 1,000 athletes were expected at various San Diego venues Sept. 15 to 24 in the state games, a qualifier for the 2001 Senior Olymp-


ics in New Orleans.

The majority are 50 to 75 years old, ages when strategy can be more crucial than speed or strength. But while muscle fiber decreases as we age, the rate at which seniors gain strength through weight training equals that of young people.

"This population is a lot more aware of the body, what it can do and how to treat it," Dr. Magee said.

"When you're old enough to have made all the mistakes, you gain a better sense of your body, what it can or cannot do."


About a third of senior athletes practice their sport eight hours per week.



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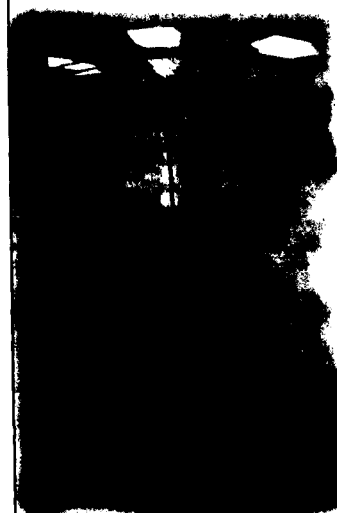
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Craft fairs seek customers, vendors for upcoming events

Several craft fairs and boutiques have been planned for this fall, and organizers are currently spreading their respective words.

While some fairs are ready to roll, others are still seeking vendors to stock the shelves.

Children's Hospital

Craftspersons are wanted to sell their works at Children's Specialized Hospital's Annual Fall Craft Sale Nov. 2. The sale will be held from 9:30 a.m. to 4:30 p.m. at Children's Specialized Hospital on New Providence Road in Mountainside.

Further information and vendor pre-registration for space can be obtained by contacting Karen Kenderline at (908) 233-3720, ext. 5393. The deadline for registration is Oct. 30.

Children's Specialized Hospital is the largest comprehensive, pediatric rehabilitation system in the United States. Children's Specialized Hospital provides a wide array of medical, developmental, educational and rehabilitative services for infants, children, adolescents and young adults without regard to financial circumstances.

Trailside Nature Center

The Union County Board of Chosen Freeholders has announced that Trailside Nature and Science Center in Mountainside is looking for crafters and artisans to sell quality crafts and gifts at its 17th annual Holiday Nature Boutique Dec. 3 from 11 a.m. to 4 p.m.

"The Holiday Craft Boutique at Trailside is a very popular event each year for people looking to buy unique presents for relatives and friends," said Freeholder Deborah Scanlon, liaison to the Union County Parks and Recreation Advisory Board. "Now is the time for artisans and craft vendors to reserve space for their wares at this holiday gift showcase."

Items to be sold must be handmade from natural materials to be based on a natural history theme. Crafts being sought include hand-woven baskets, stencil work, unique children's toys, stained glass, original nature stationery or photography, and arrangements of live greens or dried plant material. Decorative items and holiday gifts with wildlife, gardening or nature themes are also appropriate.

Registration is \$15 to 25 per space, which are available on a first come, first served basis. The annual Holiday Nature Boutique draws a loyal crowd. Admission to the event is free. Also featured will be the opportunity to win unique, handmade items provided by the crafters.

Artisans interested in reserving space should call Susan Day at (908) 789-3670 or send color photographs of craft items with a self-stamped addressed envelope to: Trailside Nature and Science Center, 452 New Providence Road, Mountainside, NJ 07092.

Trailside Nature and Science Center is a service of the Union County Board of Freeholders.

Westfield Craft Market

The 17th annual Fall Westfield Craft Market will be held at the Westfield Armory, 500 Rahway Ave., Westfield, Oct. 27, 28 and 29, and Nov. 3, 4 and 5.

Each weekend, 130 different artists will show a diverse array of fine art and contemporary crafts including woodworking, pottery, gold and silver jewelry, blown glass, and much more. Show hours are Fridays from 5 to 9 p.m., Saturdays from 10 a.m. to 6 p.m., and Sundays from 10 a.m. to 5 p.m. A weekend pass is \$6, and a two-weekend pass is \$10; children younger than 10 years old are admitted free. Parking is free.

Parents are asked not to bring strollers for smaller children.

Crafts 'Round the Year

On Friday, from 8 a.m. to 4 p.m., and Saturday, from 8 a.m. to 2 p.m., "Crafts 'Round the Year," a craft fair, will benefit the homeless and poor of Union County. The event will be held at the Berkeley Heights Community Center, 29 Park Ave., Berkeley Heights.

The popular event returns again this year, with a large assortment of hand-crafted items spotlighting Halloween, Thanksgiving, Christmas and other seasonal merchandise.

All proceeds go to St. Joseph Social Service Center in Elizabeth. For more information, call (908) 665-0809 or (908) 464-7531.

November show will feature NJ's quilters

Vibrant colors of hundreds of quilts created by New Jersey's foremost quilters will be on display when the Garden State Quilters Guild sponsors its millennium show at Livingston's Newark Academy Nov. 4 and 5.

During the two days, members will be available to demonstrate both hand- and machine-quilting techniques. Guild members offer a quilt to be raffled that features the violet, the New Jersey State Flower, created by 2,000 watercolor fabric pieces. Proceeds will go to help charitable causes and tickets will be available. The winner need not be present.

Also featured is a Small Quilt Fund Raiser where participants are able to place bids on a variety of quilts throughout the show until Nov. 5 when the highest bidders win the quilts. Shoppers will be able to purchase items from vendors and the guild's boutique.

- Exhibitors from Union County are:
- Janet Brunet of Summit
 - Judy Enright of New Providence
 - Grace Guerber of Fanwood
 - Janet Hopkins of Cranford
 - Helen Jenys of Springfield
 - Ann Kircher of Plainfield

- Elaine Ledebuhr of New Providence
 - Debbie Lee of Clark
 - Joan Migron of Springfield
 - Kathy Tatlow of Summit
 - Helene Hand-Dyed Fabrics of Millburn
 - Sue's Fabric World of Pawling, N.Y.
 - Aardwark and Co. of Morris Plains
 - Azi Kohn of Millford
- "A New Beginning Quilt Show 2000" is conveniently located at the Newark Academy at 91 South Orange Ave. in Livingston, across from the Livingston Mall. The facility is handicapped accessible. Food and beverages will be available. The show hours are Nov. 4 from 10 a.m. to 5 p.m. and Nov. 5 10 a.m. to 3 p.m. Admission is \$6.

Exhibit at Polish Foundation weaves art, history

The Skulski Art Gallery of the Polish Cultural Foundation in Clark will present tapestries by the Polish artist Nina Kedzierska through Nov. 10. Kedzierska is a tapestry artist famous and highly esteemed not only in Poland, but also in the world. She was born and raised in Odanak, a city saturated with the atmosphere of art and history. As early as grammar school, she was spending a great deal

of time taking art lessons in the studio of an eminent local painter Ignacy Klukowski, a follower of the Parisian school of impressionism. Her further education proceeded in the equally selected circle of the so-called "Sopot School," where she was influenced by the works of Prof. Jacek Zulawski.

An critic Adam Pawlak said of her work, "They are not flashy fireworks of the manual skill or the popular postmodernist current. The main qualities of the tissues presented by her, first of all: poetic beauty, charm and the realistic object. Nina Kedzierska's creative work has got its roots in Epicure's hedonistic philosophy, it favors your own psyche's comfort and your life in beautiful surroundings. The poem presented by the artist is not a concrete reflection of the outside reality but the effect of her subjective seeing, her vision of our world. She transforms the inspirations coming from the outside world onto the surface composition of her tapestry and makes it such a way to express a formal order, aesthetic harmony and her own expression. Nina Kedzierska manages to limit showing her emotions while consenting to decorativeness and clear simplicity."

New Jersey Theater Group updates 2000-01 events

The New Jersey Theater Group, the alliance of the state's professional theaters, announces publication of their free, statewide 2000-01 theater calendar, listing theater events from Teaneck to Cape May.

The fall season across the state is bursting with excitement as the stars of Broadway come to New Jersey. The state's 21 professional theaters and 10 affiliate theaters across the state are offering something for everyone.

include Tony Award-winning actress Chita Rivera as Reno Sweeney in "Anything Goes" at Paper Mill Playhouse through Oct. 15, Robert Cuccioli of "Jekyll and Hyde" fame in both "Antony and Cleopatra" at the New Jersey Shakespeare Festival and "Victor/Victoria" at Paper Mill Playhouse, and the incomparable Lily Tomlin in "The Search for Signs of Intelligent Life in the Universe" at McCarter Theater.

New Jersey stages will also feature world premieres of the new Athol Fugard play at McCarter Theater and the new musical "The Spitfire Grill" at George Street Playhouse. New Jersey is solidifying its reputation as the first-class region for developing and premiering new works. This year's season is no exception with 10 world premieres, one American premiere, two East Coast premieres and nine New Jersey premieres scheduled throughout the state.

To receive a free schedule of events, for more information on the

Theater E-news, call (973) 593-0189 or e-mail njtg@nj.com.

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CDC's 'Godspell' captivates its audience from start to finish

The Cranford Dramatic Club's performance of "Godspell" is an excellent way to spend a Friday or Saturday night. The cast, directed by Janice Lynn Shuhan, performs a wonderful show, which manages to captivate the audience for the entire performance.

On the Boards

By John Ceiock
Staff Writer

"Godspell" is based on the life of Jesus Christ and his relationships with John the Baptist and Judas according to the Gospel of St. Matthew, with a book conceived by John-Michael Tebelak and score by Oscar-winner Stephen Schwartz.

John Schweska's performance as Jesus is first rate. A true triple-threat actor — talented in singing, dancing and acting — Schweska compels the audience with his flawless performance. In addition, he moves seamlessly from comedic to dramatic acting, making his rendition of Jesus a highlight of the show.

Rick Brown captivates the audience with his rendition of John the Baptist/Judas. He played the difficult role of betrayer with ease and showed the audience his skills during the dramatic closing moments of the production. Brown, a staff member at Montclair State University, is a veteran performer who displayed his theatrical talents during the entire production.

Schweska and Brown were supported by a top-notch cast which performed the show well. Several mem-

bers of the ensemble stand out as stars in their own right. A newcomer to CDC stage, Tiffany Wilson portrayed the role of Tiffany with both ease and confidence. Wilson showed the audience her top-notch acting, singing and dancing abilities throughout the entire show. Her performance of the song "Turn Back, O Man" mesmerized the audience with her flawless dancing. While new to local theater, Wilson shows the audience that she has the ability to effortlessly perform on stage and no doubt she will be heard from in the future.

While only a student at Cranford High School, Matthew Nazzaro proved to be a first-rate member of the "Godspell" cast. A veteran of several CDC and Cranford High School productions, Nazzaro performed the role of Matthew with such ability, you would think that he was more experienced than he was. He captivated the audience with his ability to move from serious to comedic mode with ease and his rendition of the song,

"All Good Gifts" was a highlight of the show. Nazzaro showed during "Godspell" that he is a shining star at the CDC and that he has a brilliant future ahead of him, should he decide to pursue future theatrical roles.

Ginger Burd, a 20-year member of the CDC, enthralled the audience with her performance as Ginger. She led the cast in the performance of the popular "Day by Day" with ease and showed her tremendous acting abilities during the entire show. Her talents include showing ease with both drama and comedy. Of the two, comedy is her stronger suit and she showed her talents in this area during the entire performance. Her acting ability is matched by her singing and dancing flair. Burd showcased her experience during the entire show and she is an actress to watch for in the years to come as well.

These talented cast members were joined by fellow cast members F. J. DeRobertis, Matthew Beams, Melissa Loderusdt, Molly Frient, Sandy Howard, Ed Witel, George Shuhan, Charles DeRisco, Jennifer Sara Eisenberg, Matteo Guasconi, Kevin Kestler, Christy Koller, Marie Losavio and Hallie Waters — all of whom deserve a pat on the back for their flawless performances.

The entire cast of "Godspell" should be congratulated for their hard



The cast of "Godspell" joins in spreading the good news of a good performance at Cranford Dramatic Club.

work and exemplary performances. Their work captivated the audience during the entire production and showed the CDC's ability to produce

top-notch entertainment. "Godspell" runs Friday and Saturday nights at 8 through Oct. 28. The Cranford Dramatic Club is

located at 78 Winans Ave. in Cranford. For information on tickets, see the "Theater" listing in the Stepping Out calendar on Page B14.

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Umberto's Clam Bar & Continental Restaurant

By Bill Van Sant
Associate Editor

Hungry diners with a taste for elegance will find all they imagined — and more — tucked away on a quiet side street in Kenilworth.

Umberto's Clam Bar and Continental Restaurant combines the comfortable charm of home cooking with the sophistication and ambience of fine dining. The cozy dining room — with only about a dozen tables — seems more like a tea room than a fancy restaurant, but don't be deceived.

My dining companion and I were treated to a veritable smorgasbord, our table filled with samplings from the entire menu.

Beginning with the house Merlot, which was light and fruity with berry, rather than woody, notes, we were treated to the bruschetta. This dish is usually served hot with melted mozzarella; however, at Umberto's, you'll receive the appetizer cold with fresh-tasting tomatoes, onions, celery and garlic mixed in rich olive oil and piled onto crispy bread.

Next came a plethora of tastes as the table was covered with more appetizer samples: broccoli di rapa; fresh seafood salad with scungilli, calamari, shrimp and scallops in Umberto's special dressing; grilled Portobello mushrooms in an exquisitely rich gravy of garlic and olive oil; stuffed artichokes; clams oreganata and castro; stuffed mushrooms; and eggplant rollatini. To isolate any one dish would be redundant and would take more space than is allowed here. It is sufficient to say each offering was more delicious than the last.

The entrees began with fusilli, followed by lobster and lamb, the latter of which surprised us in an Italian restaurant. Marvel soon replaced surprise, thanks to the tender and succulent lamb. The lobster ravioli was absolutely delicious, with tender lobster meat in a delicately thin pasta shell.

We finished off our meal, in traditional Italian style, with our salads, followed by dessert.

And what a dessert! We feasted on cannoli and Umberto's famous tiramisu, which, the chef shared, was made with 11 liqueurs.

Adjoining the dining room is a tap room where one can enjoy a mug of beer, a game of pool and just about anything on the menu from a bucket of steamers to some of the fancier fare.

After a meal at Umberto's, the only one has room for is scheduling another visit to this fine restaurant. You'll certainly be back — and you'll probably want to share this secret with your friends!

Umberto's is located on North 21st Street, just off the Boulevard, in Kenilworth. Hours are 11:30 a.m. to 10 p.m. Mondays through Thursdays, 4 p.m. to 11 p.m. Fridays and Saturdays, and 3 p.m. to 10 p.m. Sundays. Major credit cards are accepted. For information, call (908) 831-9070.

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Have Dinner At Our Place & Enjoy

NJ Ballet salutes classical favorites

By Bea Smith
Staff Writer

More often than not, aficionados of the ballet are treated to invaluable performances and rare interpretations at extremely affordable prices right here in Union County.

The New Jersey Ballet, staged by artistic director Carolyn Clark, invariably has more to offer than many New York productions and their impossible ticket prices.

In celebration of the National Arts and Humanities Month, Clark took time out Saturday evening at the Wilkins Theater at Kean University in Union, where their joint exceptional presentation of "An Evening Classical Favorites" was to be unveiled, to offer some words on the importance of arts and culture and the humanities here in New Jersey. It is understandable why the New Jersey State Council on the Arts designated New Jersey Ballet a "major arts institution in recognition of artistic excellence, substantial programming and broad public service."

Saturday night's "Classical Favorites" in three acts were highlighted by the extremely versatile, beautiful gem of a ballerina, Rosemary Sabovich-Bleich, whose every movement is a joy to watch, and the fact that there were many new faces, including a junior class, in the company.

In "La Vivandiere," choreographed by Arthur Saint-Leon, who created the piece, dated from 1844 and the Romantic period, for Fanny Cerito and himself to display spirit, precision and gaiety. It was staged by Leonid Kozlov, with music by Ceare Pugini and sparkling costumes by A. Christian Giannini. Eva Korotaeva-Jouravleva, the very pretty principal dancer, ever-smiling, looked as if she were enjoying herself as she danced with gracious movement, thrilled to be dancing. Also featured were newcomer Akop Akopian, who served as a fine partner in jumps and turns, enhanced by Christina Theryoung, and other newcomers, Michelle de Fremery, Marnie Shapiro and Gabriella Noa.

The remarkable Sabovich-Bleich, who has been with the New Jersey Ballet for 19 years, seems to get better and better with each performance. In "Sylvia," a pas de deux choreographed by George Balanchine, who paid homage to the genius of Leo Delibes, the father of modern ballet-music, Sabovich-Bleich, who dances with the marvelously skillful Konstantin Doumev, can do every style of dancing well. She can make very difficult steps appear easy. Accolades come very easily for her, because no matter what role she plays, she is always outstanding. She has the most unusual talent, and when Sabovich-



Era Korotaeva-Jouravleva and Tuvshin Bold bring the beauty of dance to life with the New Jersey Ballet.

Bleich dances with Doumev, there is a chemistry between the two that turn their dancing together into highly intense excitement for both performers and audience.

"Glinka Pas De Trois," created in 1955 for Andre Eglevsky, Melissa Hayden and Patricia Wilde of the New York City Ballet, and choreographed by Balanchine with music by Michael Glinka and costumes by Paul H. McRae, featured marvelous allegro dancing displayed by two newcomers, Michelle de Fremery and Yenni Petrov of Bulgaria, with veteran dancer, Christina Theryoung. They were all very proficient.

"Raymonda," a pas de deux, an excerpt from the third act festival scene of the full-length ballet, which celebrates the marriage of Raymond and Count Di Brienne, was choreographed by Marius Petipa, with music by Alexander Glazounov, and was staged and performed by Valentina Kozlova, a newcomer, a fine classical dancer, tall and strong and beautiful. Andrei Jouravlev, who serves as her partner, is an extremely powerful dancer with great turns and leaps. He has very fine partnering skills.

The third and final act brought forth an outstanding Grand Pas Classique, "Paquita," which was created in Paris

in 1846, choreographed by Marius Petipa, with music by Ludwig Minkus and costumes by Paul H. McRae. Here, one is treated to difficult dancing that combines the classical ballet with a Spanish flair in a story about a Spanish gypsy girl who saves a young Frenchman from treachery and then marries him. There is beautiful dancing by Tuvshin Bold and his partner, Saule Rakhmedova, new to this ballet company and demonstrating great skill. One cannot fail to note the beauty of her physical appearance.

The soloists, Julia Vorobyeva, Theryoung, Korotaeva-Jouravleva, de Fremery, Marnie Shapiro and Gabriella Noa, are enhanced and complemented by eight junior dancers, all of whom looked longingly at the bouquet of flowers presented to the principal dancer.

In fact, all of the principal dancers throughout the evening were presented with a bouquet of flowers, brought out on stage by McRae, and they all offered a rose to their partners.

And the audience, in its appreciation and enjoyment, offered a mental bouquet of flowers to Clark and the entire New Jersey Ballet Co.

Bravo! Brava!



A scene from a new comedy drama, "Elephant Sighs," which opened last weekend at the Forum Theater, Metuchen, and will run through Nov. 5, shows three men playing cards and discussing life. From left are Richard Herd, Michael Mahoney and Brian Fitzpatrick.

Forum play inspires laughs, empathy

On the Boards

By Bea Smith
Staff Writer

There is a philosophical, dramatic side to a new thought-provoking comedy about people needing people by Ed Simpson, "Elephant Sighs," which is having its east coast premiere at the Forum Theater in Metuchen, just blocks from Rahway and Linden.

The powerful play, which opened the Forum's 18th season Oct. 14, will run through Nov. 5, and anyone who cares anything about another human being is encouraged to take time out to befriend five rather pathetic characters.

The fine actors, portraying these people, practically fall into character the moment they step on stage and are indistinguishable as someone a theatergoer knows or has met in the past.

It all takes place in one act in what the playwright describes as a "ram-shackle small-town meeting room, not unlike a local Elks Club," where four members and a newcomer meet. A new resident in town, a sensitive lawyer, named Joel Birby, who claims he was invited by the recently deceased Walt, arrives in what looks like a makeshift, unfinished garage. The reason he is there, he says, is because he is looking for new clients in his new hometown. The four men — all friends, all so very different, and all who look as if they'd seen better days — arrive separately and make their effusive entrances, practically frightening the lawyer to pieces.

The first member to arrive is Dink, a sympathetic man who hugs a lot, and who is married to a woman with Alzheimer's disease and perhaps other illnesses. Next, there is Perry,

the ex-minister turned warmed-over insurance salesman, then, his best friend, Nick, an unsuccessful "handyman," bitter, an ex-con with a short fuse; and last, but not least, Leo, a philosophical man, who seems to have all the answers to the world's problems, but cannot solve his own stomach problems because of his taco craze.

Joel, who makes an effort to understand this motley crew, and when he realizes that he really has nothing in common with these men, makes an attempt to escape — only to find that, due to his shortcomings, he is truly one with them all.

Whether it is Simpson's theories on life gone down the drain, all in one act — it would lose its continuity if it were broken into two acts — or the exceptional actors portraying his characters on the Forum stage — "Elephant Sighs" should attract every human being who has empathy and still can laugh at the hopeless bonding in life.

The actors are led by Richard Herd, as Leo, recently seen in the hit television series, "Seinfeld," and who has appeared on numerous television programs. Herd, who looks and sounds like Karl Malden, gives a truly

realistic, powerful performance. David Wells, who has appeared in more than 30 movies, is excellent as Perry, a weak character, former minister, who has been humiliated before God in church and among his congregation. Brian Fitzpatrick, as the frightening, foul-mouthed Nick, and who frightened the audience from the moment he appeared on stage, has appeared in many television shows, including "All My Children." Patrick Tull, known to American and British stage and screen audiences, is wonderfully lovable as Dink. Michael Mahoney, who has perfected the role of the confused lawyer, who finds his destination as a member of the club.

Peter J. Loewy, producing artistic director of the Forum, sensitively and knowledgeably directed the play and the players with a philosophical, yet tender hand. He is to be congratulated.

There's a reason for the title, "Elephant Sighs," and it's worth the price of admission to the Forum to discover what it means to one and all of the five characters — and to the audience itself.

Bill Van Sant,
Editor

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Organizations submitting releases to the entertainment section can mail copy to 1291 Stuyvesant Ave., P.O. Box 3109, Union, New Jersey, 07083.

County's 'Four Centuries' guidebook is now available in a Spanish version

A free guidebook about Union County history is now available in a Spanish language edition.

The guidebook is a year-round reference, but it is also ready for the annual Union County heritage festival, "Four Centuries in a Weekend," which will be held Oct. 28 from 10 a.m. to 5 p.m. and Oct. 29 from noon to 5 p.m.

"The Spanish guidebooks are part of Union County's goal to reach out to all of our communities," said Freeholder Angel Estrada. "The books have brief description of 22 house museums and historic sites as well as illustrated maps."

"This is a fantastic opportunity to view how this area played a role in our nation's history," said Freeholder Chairman Daniel P. Sullivan. "Prominent 18th-century American leaders, including George Washington and Alexander Hamilton, were visitors to some of these sites."

The 22 historic locations are grouped into five thematic categories. Visitors may pick any or all of the separate theme expeditions and visit examples of those historic periods at their own pace.

"The five historic themes describe major changes that took place from colonial times until the early 1920s in Union County," said Freeholder Mary P. Ruotolo, liaison to the Cultural and Heritage Programs Advisory Board. "Everyone can select a cluster of sites to visit or choose from all of them."

Choices include: The grand homes of the Early Antebellum; the settings for the dangerous Revolutionary Front Line years; modest examples of hard Farm Life; the successful undertakings of Commerce and Industry; and the grandeur and comfort of the Victorian Resorts and Suburbs.

The stories of the theme clusters tell four centuries of Union County history. Because buildings changed to meet new needs and styles, some sites appear in more than one cluster.

"Four Centuries in a Weekend" is made possible by the Union County Board of Chosen Freeholders and grants from the New Jersey Historical Commission and the New Jersey Council for the Humanities, a state partner of the National Endowment for the Humanities. Driving directions are provided courtesy of the

AAA New Jersey Automobile Club.

Showcased in the book are the Littell-Lord Farmstead and The Deserted Village of Felville-Glenside Park in Berkeley Heights; the Dr. William Plantation in Clark; the Crane-Phillips House in Cranford; the Belcher-Ogden Mansion and Boxwood Hall in Elizabeth; Evergreen Cemetery and the Woodruff House/Eaton Store Museum in Hillside; the Deacon Andrew Herftfield House in Mountaintide; the Salt Box Museum in New Providence; the Drake House Museum in Plainfield; Merchants and Drivers Tavern in Rahway; the Abraham Clark House in Roselle; the Cannon Ball House in Springfield; the Carter House, the Reeves-Reed Arboretum and Twin Maples in Summit; the Caldwell Parsnorge and Liberty Hall in Union Township; and the Miller-Cory House Museum in Westfield.

For a free guidebook, contact the Division of Cultural and Heritage Affairs weekdays at (908) 558-2550 from 8:30 a.m. to 4:30 p.m. Relay users call (800) 852-7899. E-mail may be sent to scoen@unioncountynj.org.

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REAL ESTATE TRANSACTIONS

Real estate transactions are recorded in the office of the county clerk. Worrall Newspapers publishes an abbreviated version of all transactions recorded in the 12 Union County municipalities

Elizabeth Marleen J. Foti sold property at 20 2nd St., to Lisa A. Foti for \$125,000 on April 20.

Glady's Leger sold property at 645 Westfield Ave., to Marie G. Leger for \$250,000 on April 20.

Tak Investors and Const. Inc. sold property at 418 Fulton St., to Maria Perez for \$155,000 on April 20.

White Plains Road to World-wide Pacific LLC for \$50,000 on April 28.

Christina Price sold property at 116 Catherine St., to Rodney and Stephanie C. Price for \$75,000 on April 28.

Hillside Hilario and Lucy Correa sold property at 63 Madring Terrace to Jorge Dasilva for \$165,000 on April 14.

Victor and Marinho O. Matos sold property at 23 Blackburn Road to Serafim F. and G. Aguiar for \$170,000 on April 20.

NJ Affordable Homes Corp. sold property at 277 Conklin Ave., to Raymond and Elizabeth Sheriff for \$179,900 on April 21.

Eastern Mtg. Services Inc., sold property at 208 Silver Ave., to Alcides and Maria Belchior for \$69,900 on April 28.

Kenilworth Marc L. and Pamela J. Reed sold property at 122 Park Drive to Stanley E. and Marleen J. Miklas for \$230,000 on April 20.

Francisco and Maria I. Costa sold property at 32 Husa St., to Nidia A. Alvarado for \$190,000 on April 14.

Thomas E and Patricia Kirkup Jr. sold property at 1100 Stockton Road to Vincent R. and Luisa Santiago for \$115,000 on April 17.

Rose M. Wong sold property at 603 Maple Ave., to Verna Thomas for \$113,300 on April 19.

Millie Wincinski sold property at 211 W 11th St., to Miroslaw and Halina Maciejewski for \$195,000 on April 25.

Ramon and Sandra Fuentes sold property at 651 Meacham Ave., to Jerry S. and Cheryl R. Jones for \$155,000 on April 27.

Fairway Road to Roberta O. Nogueira for \$163,000 on April 28.

Scott and Laurie L. Maier sold property at 1450 Dunn Parkway to Carl A. and Dorothy E. McMackin for \$319,000 on April 27.

Richard and Grazyna Tomaszewski sold property at 1802 Franklin St., to Mark R. Wance for \$245,000 on April 17.

Virginia M. Clanton sold property at 1132 Charlotte Place to James Barwick for \$141,000 on April 24.

Joy Tamara sold property at 253 Orchard St., to Michael Baez for \$155,000 on April 25.

Donald and Joan T. Dennison sold property at 578 Linden Ave., to Francisco and Odessa G. Jardim for \$125,000 on April 27.

Bank Of New York sold property at 225 W. 3rd Ave., to Sharice Pitts for \$62,000 on April 12.

Federal Housing Commissioner sold property at 637 Salem Ave., to Marie M. Dorvil for \$91,000 on April 13.

