

Welcome to the ECHO LEADER

How to reach us: The Echo Leader is published every Thursday by Worrall Community Newspapers...

Voice mail: Our main phone number, 908-686-7700 is equipped with a voice mail system to better serve our customers...

To subscribe: The Echo Leader is mailed to the homes of subscribers for delivery every Thursday. One-year subscriptions in Union County are available for \$26.00...

Missing newspaper: If your Echo Leader did not get delivered please call 908-686-7700 and ask for circulation.

Back issues: To purchase back issues of the Echo Leader please call 908-686-7700 and ask for circulation.

News items: News releases of general interest must be in our office by Friday at noon to be considered for publication the following week.

Story reprints: For permission to reprint any item printed in the newspaper you must call Tom Canavan at 908-686-7700.

Letters to the editor: The Echo Leader provides an open forum for opinions and welcomes letters to the editor. Letters should be typed double spaced, must be signed, and should be accompanied by an address and daytime phone number for verification.

e-mail: The Echo Leader accepts opinion pieces by e-mail. Our address is Editorial@localsource.com.

To place a display ad: Display advertising for placement in the general news section of the Echo Leader must be in our office by Monday at 5 p.m. for publication that week.

To place a classified ad: The Echo Leader has a large, well read classified advertising section. Advertisements must be in our office by Tuesday at 3 p.m. for publication that week.

Facsimile transmission: The Echo Leader is equipped to accept your ads, releases, etc. by Fax. Our Fax lines are open 24 hours a day.

Web site: Visit our Web Site on the Internet called LocalSource online at http://www.localsource.com.

Postmaster please note: The ECHO LEADER (USPS 512-720) is published weekly by Worrall Community Newspapers, Inc., 1291 Stuyvesant Avenue, Union, N.J. 07083.

Off-site construction planned

(Continued from Page 1) expect to get, rather than guessing more and ending up getting less. A total cost to the average taxpayer has not been determined as of yet, and probably will not be until the district gets the state aid figures sometime in November.

Residents debate reason for fee

(Continued from Page 1) Mayor Robert Vigilanti. "When we go out for a bond anticipation note we welcome basically five or six points. It would be to your advantage, I think financially."

"If this passed, is it mandatory that we have to hook up?" asked Hertan. Post said that determination is made by the Board of Health. Under their regulations, he said they require residents living within 200 feet of the pipeline to hookup.

Construction blamed for rats

(Continued from Page 1) drought, the rats have "migrated to wherever they can find food or water." "If they find a dog dish or a cat's water dish out in the yard, they'll go to that," said Sheola. "If they find a bird feeder, they can use that. Anything that may have food or water or any substance they need to survive, they're going to migrate to it."

PEOPLE IN THE NEWS

Attanasio completes special auto training Foundation for Safety and Education and the New Jersey Division of Highway Traffic Safety.

COMMUNITY CALENDAR

- The Community Calendar is prepared by the Echo Leader to inform residents of various community activities and government meetings.
• The Sunday Planetarium Show at Trailside Nature & Science Center, 452 New Providence Road in Mountainside, takes place at 2 and 3:30 p.m.

For Andie, balance comes easy

Springfield 12-year-old earns medals in gymnastics
By Joshua Zaitz Staff Writer
Andie Sablosky is one of those people who lets her actions speak louder than her words.



Andie Sablosky of Springfield flips into action with a backflip on the balance beam at a state gymnastics competition at Perfect Balance Gym in May's Landing.

gymnasts and three different levels — A, B and C. Gymnasts need to receive a qualifying score to move from one level to another and to qualify for the states.
JOGA has approximately 175 Level A gymnasts and at the last state meet there were only 125 Level A gymnasts who qualified to participate.

Residents speak out against Stop & Shop

By Joshua Zaitz Staff Writer
If it was up to Springfield, Millburn and Short Hills residents to decide on whether or not to approve the pending Stop & Shop site plan, the application would be denied.
"I have followed the conversation here and in the past and I'm wondering about the argument about the Supreme Court and about that and about that and about that and it seems to me completely besides the point," said Dr. Peter Reimann, a Short Hills Area resident.

Pool applications are still available

The Springfield Recreation Department announces that the 2002 Municipal Pool applications are available at the Recreation Department, 30 Church Mall. The pool is open to all Springfield residents.

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OBITUARIES

Carmella Santaniello
Carmella K. Santaniello, 95, of Mount Laurel died June 16 in Overlook Hospital, Summit.

Grace Titus
Grace Titus, 88, of Springfield died June 21 in Overlook Hospital, Summit.

Julius V. Slavinsky
Julius V. Slavinsky, 87, of Mount Laurel died June 16 in Overlook Hospital, Summit.

Anthony Bartone
Anthony "Jazz" Bartone, 86, of Brick, formerly of Springfield, died June 22 in the Medical Center of Ocean County in Brick.

Mary A. Mengert
Mary A. Mengert, 85, of Mount Laurel died June 16 in Overlook Hospital, Summit.

Meyer Biddelman
Meyer Biddelman, 87, of Springfield died June 23 in Rahway Hospital.

Clara E. Peterson
Clara E. Peterson, 86, a lifelong resident of Summit, died June 17 in Overlook Hospital, Summit.

Robert A. DeVilbiss
Robert A. DeVilbiss, 89, of Blairtown, formerly of Summit, died June 12 at home.

Josephine E. Waag
Josephine Emery Waag of Plorham Park, formerly of Summit, died June 11 at home.

Heights, formerly of Summit, died June 20 at home.

Catherine J. Wallis
Catherine J. Wallis, 90, of Berkeley Heights, formerly of Summit, died June 20 at home.

Surviving are a son, Robert James; a daughter, Elizabeth Skidmore; two grandchildren, and two great-grandchildren.

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SPORTS

Editor: JR Parachini
Can be reached in
Maplewood at 973-763-0700

Gymnast excels



Springfield resident Jim Cottage competed at the 2002 West Point Gymnastics Open and took third in the parallel bar competition.

Summit and GL are represented

Schroeder, Legiec in mix

By Jeff Wolfrum
Staff Writer
Honors will be bestowed on local players and coaches in today's 24th annual North-South All-Star Football Game.

North-South Football

Stansen was a First Team-All County and All-Watching Conference selection at defensive end last season. The 6-2, 265-pounder was also chosen Third Team.

Dayton Tennis Camp gave youngsters elite instruction

Small turnout netted positive experience

By Jeff Wolfrum
Staff Writer
SPRINGFIELD — Despite having a small turnout, the Dayton High School Tennis Camp was a success.

Fastpitch tourney set for July 26-28

The Greater Union County ASA Softball Umpires Association will be hosting its third annual Girls U-12 and U-14 Fastpitch Tournament July 26-28 at Union Township fields.

Snapple Bowl will be at Kean July 18

The ninth Snapple Bowl All-Star football game between Union and Middlesex county seniors is scheduled for July 18 at 7:30 p.m. at Kean University in Union.

Summit Police Athletic League Golf Outing scheduled for Sept. 23

The 7th annual Summit Police Athletic League Golf Outing is Sept. 23 at Fox Hollow Golf Club in Branchburg. More information may be obtained by calling Hank Gibson at 908-273-2212.

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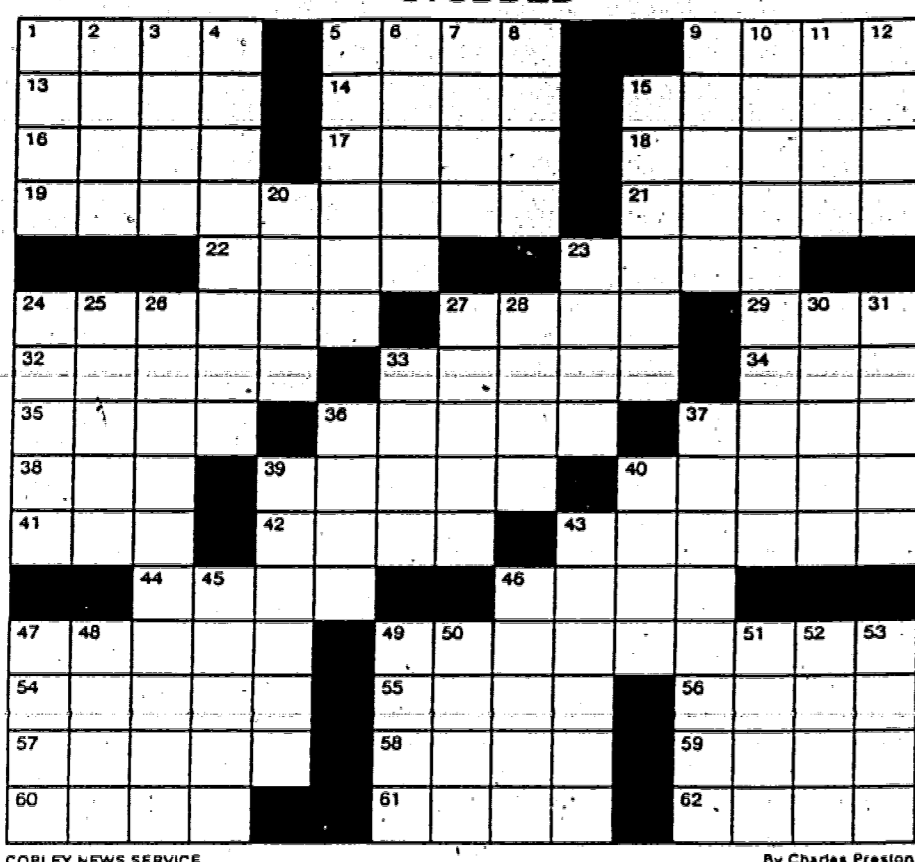
The 7th annual Summit Police Athletic League Golf Outing is Sept. 23 at Fox Hollow Golf Club in Branchburg. More information may be obtained by calling Hank Gibson at 908-273-2212.

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By Charles Preston

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See ANSWERS on Page B13

What's Going On

What's Going On is a paid directory of events for non-profit organizations. It is prepared and costs just \$20.00 for 2 weeks for Essex County or Union County. Your notice must be in our Maplewood office (463 Valley Street) by 4:00 PM on Monday for publication the following Thursday. Advertisement may also be placed at 170 Scollard Road, Orange, 266 Liberty St., Bloomfield or 1291 Suyvesant Ave., Union. For more information call 973-763-9411.

NJ Ballet School accepting registrants

New Jersey School of Ballet is now accepting registration for its six-week summer course. Classes begin July 8 through August 16. Classes are held at three locations: Livingston, Somerville and Morris-town, all easily reached from all areas of north and central New Jersey. New Jersey School of Ballet offers more than 100 classes including ballet, jazz, tap, pointe and variations for all levels of students, male and female, 4 through teen and adult. Free trial and placement classes are available for new students at all locations. Registrations for less than six weeks are accepted.

REUNIONS

The following reunions have been registered with Reunions Unlimited. Union High School Classes of 1972 and '73, Aug. 16. Summit High School Class of 1982, 20th reunion, Aug. 24. Union High School Class of 1977, 25th reunion, Nov. 30. Union High School Class of 1983, 20th reunion, 2003. Union High School Class of 1993, 10th reunion, 2003. Westfield High School Class of 1992, 10th reunion, May 4. For information, call Reunions Unlimited Inc. at 732-617-1000. Abraham Clark High School, Roselle, Class of 1950 is searching for classmates in preparation for its 52nd reunion. For information, call 954-360-0666 or send e-mail to joanjerr@aol.com.

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The Cook's Nook

As grilling season begins, helpful tips heat up summer entertaining

By Cerise A. Valenzuela Copley News Service Grilling season has officially begun. Pick your vice: filet mignon, rib eye, porterhouse, lamb chop, pork ribs, fish, chicken, skewered fruits and vegetables. The options are endless. Now set a goal to revive your grilling skills with foolproof technique and adventurous recipes. You're in luck. We sought advice from the experts: Fleming's Prime Steakhouse & Wine Bar chef Tom Capler, Steven Raichlen, author of "The Barbecue Bible" and Chris Schlesinger and John Willoughby, authors of "Let the Flames Begin."



A perfectly barbecued steak fillet is the most popular dish at Fleming's Steak House in Manhattan Beach, Calif.

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Healthy Living

Lightning safety tips are offered by St. Barnabas Burn Center

Each year, hundreds of people are injured and an average 100 people die after being struck by lightning; a situation that could often be prevented if individuals engages in safe behavior during thunderstorms.

As part of its mission to educate the public about burn prevention and fire safety, the Education Department of The Burn Center at St. Barnabas Medical Center has compiled factual information on lightning safety.

Lightning facts
Approximately 75 percent of lightning strikes occur in the summer months, usually between 2 and 6 p.m. Those most likely to be hurt are engaged in activities involving open fields and recreation and swimming areas. Males are struck by lightning four times more often than females.

Lightning safety
It is important to remember that no place outside is completely safe so always

check with a reliable forecast such as the National Weather Service when planning activities.

Thunder indicates one is already within the range of where the next ground flash may occur. Lightning can travel as far as 10 miles so strikes can occur "out of the clear blue sky." It is, therefore, very important to seek adequate shelter immediately. Experts recommend that individuals wait 30 minutes after the last flash of lightning or sound of thunder before resuming outdoor activities.

The Lightning Safety Group of the American Meteorological Society and others recommend the following:

- Choose a safe location during a thunderstorm:
 - Large, enclosed structures are safer than smaller or open structures.
 - Once inside, stay away from any conducting path to the outside: corded telephones, headsets, lighting and electric sockets, fireplaces or plumbing.

Do not bathe, shower or wash dishes. Unplug and stay away from electrical appliances, computers, power tools and television sets.

Stay clear of windows and doors.

Fully enclosed metal vehicles are quite safe.

Avoid being in or near:

- Areas that are higher than the surrounding landscape.
- Wide-open areas, including sports fields and beaches.
- Isolated trees. Never use a tree as shelter from the rain.
- Open shelter or vehicles: porches, unprotected gazebos, rain or picnic shelters, baseball dugouts, a telephone booth, convertibles, golf carts, etc.
- Tall, isolated structures such as communications towers, flagpoles or light poles.
- Beaches, metal or wood.

Prevention Links assists people in coping with traumatic life events

For all Americans, Sept. 11 changed the world. People were sure in the national safety and the freedoms that they have all enjoyed. Citizens are still trying to bring things back to normal. Unfortunately for many, their lives will never be the same. The period between six to 12 months following a trauma can be even more devastating of an adjustment time.

As prevention specialists, attention turns to assisting people in identifying methods of coping with this trauma. "Many of our fellow Americans will turn to drug and alco-

hol use to cope with their loss, pain, and the aftermath of tragedy," said Diane Litterer, executive director of Prevention Links.

"For many, their reaction will be delayed six months, nine months, or even a year after the tragedy. We hope instead they will use healthy ways to cope including talking about their feelings to someone they trust, giving themselves time to heal, finding a local support group, engaging in activities such as volunteering, or seeking professional

help if needed. We are here to assist individual with resource information and referrals and to provide programs throughout the Union County community that educate others about the effects of substance abuse."

At this time when many are focused on the immediate crisis, Prevention Links and other preventionists are maintaining their focus on helping empower youth and adults with life skills to cope with today as well as future challenges. Now, more than ever, prevention efforts are key to

keeping the community healthy and drug free. Prevention can link America and strengthen communities for the years ahead.

Prevention Links is a nonprofit organization which takes a leadership role in the prevention of alcohol, tobacco, drug abuse and related issues.

For more information about the agency or programs that it offers, call 732-381-4100, TTY: 732-381-4192, or check the web site at www.preventionlinks.org.

T-shirt sale aims to aid local girl with rare disease

Advanced Physical Therapy Associates has begun a T-shirt sale to raise money for research and increase the public's awareness of Fibrodysplasia Ossificans Progressiva, a rare genetic disorder.

FOP symptoms typically appear in children between the ages of 2 and 5. Muscle tissue begins to swell and becomes painful. The body responds to this perceived injury by forming bone. Over time, these children essentially form a second skeleton and cannot move. This is why it was once known as "Stoneman's disease."

A young Westfield girl, Whitney Weldon, was recently diagnosed with FOP. Her family found the Weldon FOP Research Fund at the University of Pennsylvania Medical Center in Philadelphia. FOP is considered an "orphan disease" because it affects fewer than 200,000 Americans. Money for orphan disease research is scarce, as it affects very few people. This prompted Weldon's parents to establish the Weldon FOP Research Fund.

Advanced Physical Therapy Associates is supporting FOP by selling T-shirts with their logo for \$10, size large only. All profits will go to the Weldon FOP Research Fund to help find a cure. The public is invited to stop in at 210 North Ave. East, Cranford, to support this worthy cause.

Editorial deadlines
Following are deadlines for news: Church, club and social - Thursday noon.
Entertainment - Friday noon.
Sports - Monday noon.
Letters to the Editor - Monday 9 a.m.
General - Monday 5 p.m.

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Bill Van Sant, Editor
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HEALTH & FITNESS

Former hotel offers 'comforts of assisted living'

The former Elizabeth Carteret Hotel, a 1927 landmark in midtown Elizabeth with a spectacular rooftop view, will offer the comforts of assisted living with fees significantly lower than its suburban counterparts. "I think the people that we're going to be attracting are not being served," said developer Howard N. Wallick, who expects to draw occupants from Elizabeth and its surrounding area. Carteret Senior Living will be a gracious residence providing an opportunity for moderate-income elderly to choose the option of assisted living. Carteret is unique, as it will offer assisted living at prices considerably more reasonable than other providers.

In an assisted living community such as Carteret, individuals can maintain their independence, privacy and dignity. Making the selection of an assisted living community is important. The Carteret residence will address the specific needs and demands of the culturally diverse populations within the greater Elizabeth area. Services such as dining, worship and recreation will be provided with sensitivity to the beliefs, values and practices of the residents. The community will offer cost-effective quality services with a welcoming, homelike atmosphere, an exciting program of activities, and fresh appealing food in a setting that supports the needs of each resident through personalized care.

Carteret Senior Living in Elizabeth is the choice for an assisted living community. It is close to convenient shopping, public transportation and places of worship. Standard fees include three meals a day, wellness monitoring, scheduled transportation to doctors' offices, 24-hour professional staffing, personal laundry and light housekeeping and utilities and basic cable television. Advanced support also can be arranged on-site. Within the residence, "Enrichment Place" is a designated section of the assisted living community planned specifically to enhance memory and provide comfort for individuals experiencing Alzheimer's disease and other forms of dementia.

Carteret will be opening in the summer of 2002. Preview tours are available now. The marketing and sales office can be contacted at 908-352-9200 to obtain additional information.

Expanded yoga center offers open houses

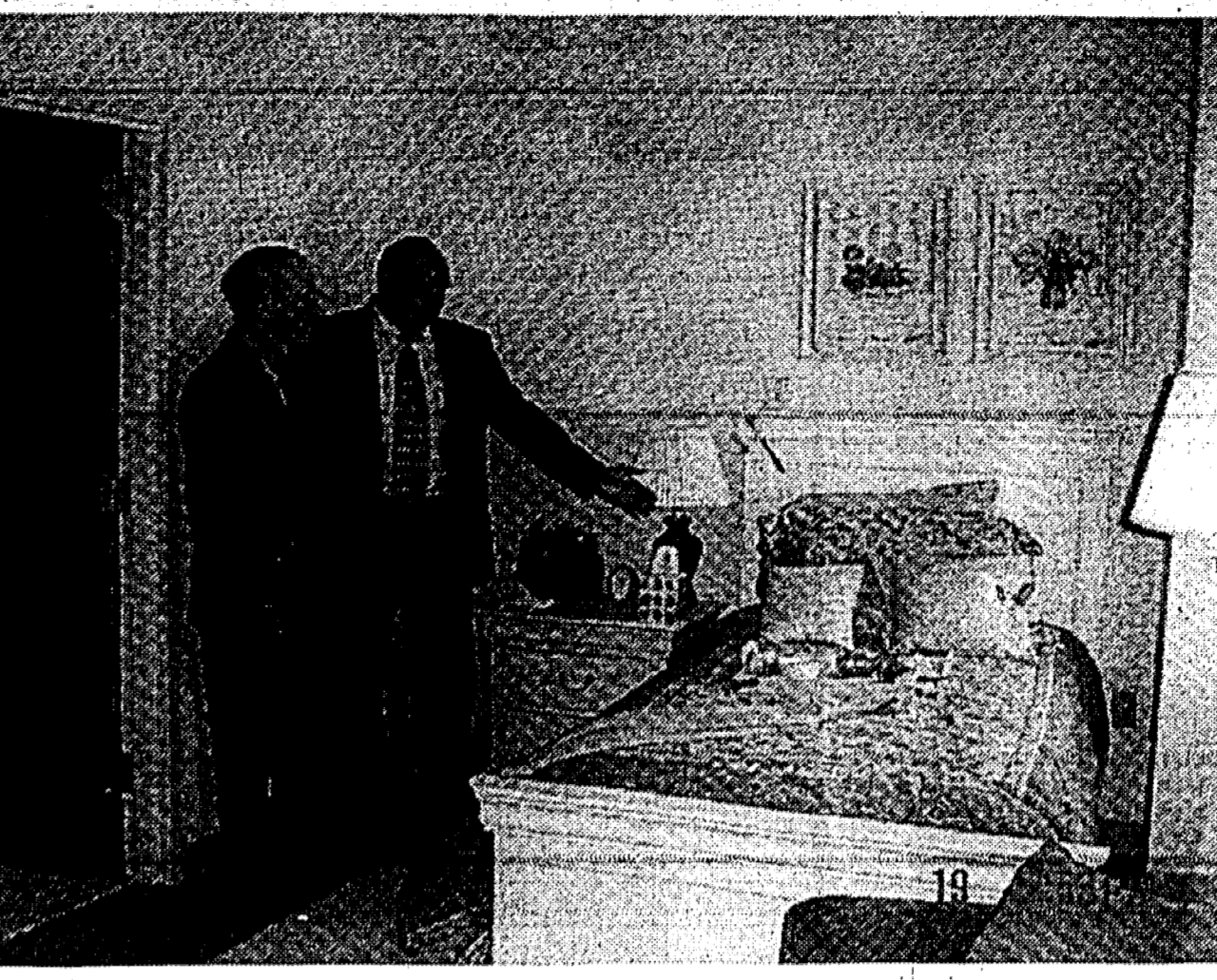
The newly renovated, 2,500-square-foot studio of Nicole's Yoga Center, located at 94 North Ave. in Garwood, will start the summer session the week of July 15 with new Restorative Yoga classes.

Open houses are scheduled on the following days: today from 12:30 to 5 p.m.; July 8 from 4 to 6:30 p.m.; July 13 from 1 to 4 p.m., and July 15 from 4 to 6:30 p.m. Free yoga introductory classes are offered July 17 and 18 at 8:30 p.m. or by appointment.

The Restorative Yoga class consists of floor exercises only. A series of movements on the floor are performed with great attention without pain. This class will utilize Asanas — posture — to develop balance, limberness and strength. Benefits are proper alignment; increasing circulation and flexibility; reduce stiffness in joints such as hand, wrist, knee and ankle; reduce muscle spasm, and improve elimination, menstrual problems, etc. Special props are utilized to stabilize the spine and open the body to meet the outlines of Asanas. That class is recommended for people having limited possibilities and stiffness in joints; post-surgery and cancer patients, pregnant ladies, etc.

Nicole Mode founded the Nicole's Yoga Center in 1988. She is dedicated to maintaining the purity of the art of yoga and the studio is teaching yoga exclusively. The center is open all year and offers 24 yoga classes per week, with daily morning, afternoon and evening programs designed for every level of ability, physical condition, age, etc. Nicole's Yoga is more than just a form of exercise — it is an holistic experience that benefits the body, mind and spirit. Yoga is a personal journey, and everyone has the possibility to unfold the body, mind and spirit toward the freedom to be oneself.

All Mode's yoga classes end with meditation and visualization. The next level of instruction is the expert level of meditation and visualization. This is a special level of instruction that is designed to help you reach a higher level of mental state.



Developer Howard N. Wallick and Director of Marketing Jorga L. Cruz tour one of the model apartments at Carteret Senior Living in Elizabeth.

GET TO KNOW OUR STAFF

Betty Maloney, CMM, CPC, joined ADVANCED Physical Therapy Associates in 1991 taking the position of office manager for founders, David and Nancy Van Brunt. Betty has been instrumental in many projects through the years. She assisted David Van Brunt in the establishment of a statewide Physical Therapy Provider Network (PTPN) and was the first president of the PTPN Office Managers' Association. Other projects included implementation of ADVANCED Physical Therapy Associates' first computerized billing system and providing key oversight of the new building construction. The new building was the start of an expanded vision of a practice that would provide 5 star quality and integrity in every aspect of service.



Betty was certified as a procedural coder (CPC) by the national American Academy of Procedural Coders in 1994 after an extensive course and examination. In 1997, she received her certification as a certified medical manager (CMM) through Professional Association of Healthcare Office Management. She is one of only 61 CMMs in the state of New Jersey. To obtain certification, a specific level of education and experience must be achieved before being able to sit for a rigorous written examination. Certification attests to professional abilities and dedication.

Betty is a member of the National PAHCOM association and its local Plainfield Tri-County Area Chapter in which she has held many positions including president. In 2001, she was nominated for the National PAHCOM Office Manager of the Year. She is also a member of the National American Academy of Procedural Coders.

Betty is one of four members of ADVANCED Physical Therapy Associates' Management Team that includes Executive Director, David Van Brunt, Clinical Director, Timothy O'Kay, and Clinical Partner, Linda Bemot. Managers Like Betty are responsible for our reputation as the first private practice in the state.

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