

# Echo LEADER

Serving Springfield and Mountainside

SPRINGFIELD N.J., VOL. 75 NO. 05

THURSDAY, SEPTEMBER 25, 2003

TWO SECTIONS

## Program heightens research

By Joan M. Devlin  
Staff Writer

Two educators, each one a specialist in her own way, gave a presentation on starting library research at younger ages to both parents and teachers at the Tuesday Mountainside Board of Education meeting.

Curriculum Coordinator Supervisor Angela Cosimano spoke about this year's new coordination idea, when all the teachers work with the media specialists — librarians, giving assignments to the children, where they learn to do research at the library.

"What we are doing is to incorporate," Cosimano said. "For example, in a science class, the teacher may be doing a unit on plants, but she will send her children to the media center on technical terms, to learn how to look it up on the computer, thus incorporating the lesson together."

She said the other teacher would come in and provide that lesson. "We will be doing the same thing with the curriculum in science tech." She then introduced Media Specialist Sheila Silagyi, the head librarian, who was very excited about the cooperative program.

Silagyi said, "This teaches children how to do research. We are trying to get them used to research, using the Internet."

"The support I get here is special. We have a great foundation and I really want to see these programs take off in the right direction." Silagyi produced a drawing of a large triangle, with the students in the center. "Gone are the days when any subject matter is taught in isolation. We need to implement our programs together."

"This past summer, I worked closely with the media specialist in Berkeley Heights at the high school. We developed a joint curriculum for libraries so that our children will not be left behind," she said.

The word to describe the program is collaboration, according to both Cosimano and Silagyi, and both felt only benefits could come to the children who are learning more than subject matter.

## Candidates agree on railroad opposition

By Brian Pedersen  
Managing Editor

Ask any of the candidates for the Township Committee in Springfield and they'll tell you the same thing: reactivation of the Rahway Valley Railroad spells trouble for the township.

This is an issue that appears to be uniting politicians regardless of party, as each of the five mayors from the affected towns have joined forces to show their opposition to the railroad by taking legal action.

Committeeman Roy Hirschfeld, a Democratic candidate for Township Committee, is seeking his fourth term, having served on the committee since 1994. His running mate on the Democratic ticket is former Board of Education member Kenneth Faigenbaum.

Hirschfeld said the Township Committee has always been against the reactivation of the railroad. He feels there is a lot of misunderstanding regarding the issue of the township's agreement with the Union County Board of Chosen Freeholders for an easement to allow the construction of a new firehouse adjacent to the rail line on Mountain Avenue.

"It's continual lies," said Hirschfeld. "They told us it wouldn't run through Springfield," he said, referring to the freeholders. "It's only a potential for disaster."

A Washington, D.C.-based attorney has been hired and the committee is looking at ways to fight the reactivation from a legal, health and safety standpoint. Hirschfeld said the freeholders never guaranteed that toxic materials could not be carried on the freight cars.

As part of the committee, Hirschfeld said that since he has helped the community "slay the giants" by preventing large chains from being built on the township's streets — such as a proposed Stop & Shop supermarket on Millburn

## Isabel sweeps through town



Photo By Joe Serrantino

Although it missed New Jersey for the most part, many towns, including Springfield, still felt the fierce winds and heavy rains left in Hurricane Isabel's wake on Sept. 18. Here, David Katz cleans up the debris left on the front lawn of his S. Springfield Avenue home.

By Rick Klittich  
and Tonann Antonelli

While the Township of Springfield has joined four other towns in filing a state court litigation to stop the Rahway Valley Railway from being reactivated, officials also filed an amended complaint Tuesday, citing faults in the process and procedures taken by the county.

"We believe that things were not done properly in raising funds," said Township Attorney Bruce Bergen said. "We're looking first towards the Local Land and Buildings Law, which, under a state statute, essentially helps us find out what the county did not need to publicly bid the reactivation project."

"Basically, we say this isn't part of the contract," says Bergen, "and, therefore, they need to address the public."

According to Bergen, Springfield has refused to meet with the Union

County freeholders because such a meeting is "premature" at this time.

In a lawsuit, it's called "discovery," said Bergen. "We need to know just how things have been done by the county."

Another complaint being filed by the township is in regards to the Extraordinary Unspecifiable Services Contract that the county has with Morristown and Erie Railway Inc. which states that the county did not need to publicly bid the reactivation project.

"Basically, we say this isn't part of the contract," says Bergen, "and, therefore, they need to address the public."

According to Bergen, Roselle Park and Summit will join Springfield later

this week in the amended complaints.

The Rahway Valley Railroad, which crosses both Mountain and Meisel avenues, has been around for about 100 years, but has been inactive for more than 10 years.

Springfield initially passed a resolution in 1994 to oppose its reactivation, and, more recently, passed two resolutions against it in July and December.

The township has also sent a letter to Gov. James McGreevey on Tuesday, asking for his support in the matter.

The railroad, owned by the state and leased to Union County, will be operated by Morristown and Erie Railway.

"We're attacking the agreement,

## Alleged spy has local ties 1990 Dayton grad detained

By Rick Klittich  
Staff Writer

With reports that Springfield resident Jimmy Yee has become the first U.S. soldier detained as a suspect in the war on terror, the community seems to be in both shock and disbelief.

While Yee's parents' house sports the same sign it did from the day the announcement of Yee's detention was made, asking the media to leave them alone, neighbors seemed willing to speak.

"He was a nice kid," said neighbor Jerry Quaglietta. "Hopefully, things will turn out well."

"I don't judge, though. It's not my job to judge, but I do know that I wouldn't want to go through what his family is going through."

Yee, 35, is being held at a military base in Charleston, S.C., after being detained by federal authorities in Jacksonville, Fla. on Sept. 10, according to several media reports.

Reportedly, the 1990 graduate of Jonathan Dayton Regional High School in Springfield was returning from his job as a counselor for sus-

pected terrorists at the U.S. naval base in Guantanamo Bay, Cuba, when he was found allegedly carrying classified documents containing cell diagrams and other information pertaining to the detainees.

Yee's parents still reside in their split-level home on Bryant Avenue in Springfield. Members of Holy Cross Church just a couple miles away, the family seems to be getting support from neighbors.

"They're a good family," said Lena Apicella, who lives just a couple of houses from the Yees.

"I saw Jimmy around, and my daughters knew him. The family always says hello to me and they're very nice. I used to see Jimmy walking and he would always say 'Hi.'

"As a child, he always played with my kids," said Quaglietta. "They went to school together and were always in harmony here in the neighborhood."

One Bryant Avenue resident, who declined to be identified, felt that the Yee's arrest was bad for the neighborhood.

"It's terrible," she said.

which Bergen mentioned at least four necessary construction projects.

The next step will come Friday, when the five towns will meet in court in a case management conference with the county and M&E. Handling the case is Assignment Judge Edward Beglin Jr., who has been an assignment judge in Union for close to 20 years.

Bergen also talked of filing a complaint at the federal level.

"We're attacking this on three levels," he said, "those being the state court, government and federal agency."

A conference involving attorneys and a Superior Court judge tomorrow may determine if, and when a hearing

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## Springfield files amended complaint citing rail funds

between the county and M&E," said Bergen.

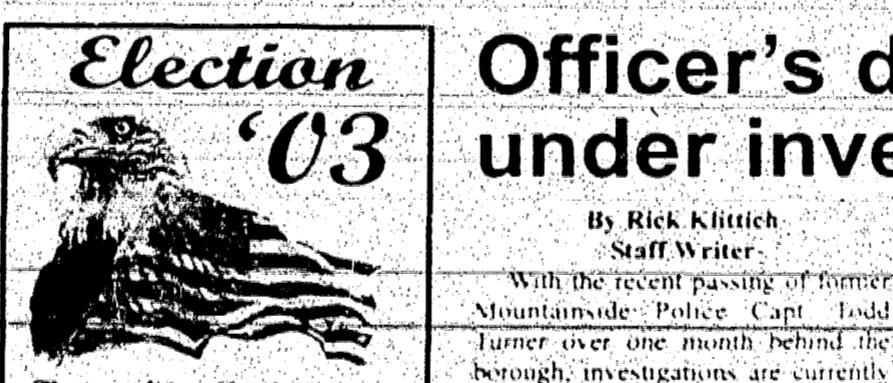
According to Bergen, safety is the primary issue.

"To my understanding," Bergen said, "safety precautions being taken in Roselle Park are completely inadequate."

One example, Bergen explained, would be the use of an employee coming out to wave a flag in order to warn of the railroad's crossing.

"It only takes one train to kill a little kid," he said.

"It makes no economic sense, either, and the dollars aren't there to support it," Bergen explained, noting that the \$7.5 million coming from state funding would not include bridge installation and repair.



since age 1, said the township is not one that has a problem with truck traffic; so he said he doesn't see the reactivation behind the reactivation.

If the line is reactivated, he said traffic will be a nightmare on the roadways where the tracks cross, such as Route 22 in Union and in Springfield on busy Meisel Avenue as well as Mountain Avenue.

"What scares me most," said Rajoppi, "is the Fire Department. What will their response time be?"

He said the chances of an emergency at the same time of a freight train crossing is unlikely, but possible. One of the reasons the Fire Department wanted to move from its location in back of the Municipal Building is the constant need to back the fire trucks into the bays, which can sometimes block traffic, he said. If the trucks still need to be backed up into the new building, it could be an additional traffic delay, he added.

As a senior manager for Jiffy Lube, Rajoppi said his professional career involves following up with others to see that projects get done, something he said he would continue to do as a member of the committee, even though as a Republican, he would be among the minority.

Joining Rajoppi in a quest for a committee seat is fellow Republican Poltrack.

As a resident of Springfield for 16 years, Poltrack said he could think of no benefits, economic or otherwise, to reactivating the railroad.

He said he hasn't seen any reports of businesses that need it, nor did he think the township would receive any money from the reactivation.

## Officer's death in car crash still under investigation by police

By Rick Klittich  
Staff Writer

With the recent passing of former Mountainside Police Capt. Todd Turner over one month behind the wheel, investigations are currently moving along to determine what actions will be taken.

"We're waiting for a reconstruction of the accident," said Capt. Richard Osieja. "We're also waiting on the analysis of computers in the car, which can tell us certain things, such as whether or not the car was accelerating or decelerating."

The 42-year-old Turner, 42, was driving east on Wyoming Drive while off-duty when he was hit by 60-year-old Ivan Andrick, driving a Ford north on Cherry Hill Road. Based on the circumstances, location, and initial observations, Andrick allegedly did not stop at a stop sign.

Turner, who was taken to the University Hospital-Trauma-Center, was in a coma from Aug. 15, the day of the accident, until his death at 5:05 p.m. Aug. 22.

## District seeks public input for school superintendent search

By Rick Klittich  
Staff Writer

As part of an upcoming search for a new superintendent of schools in Springfield, a public input session was held Sept. 15 at Jonathan Dayton High School in order to discuss the issues involving current Superintendent Walter Mahler.

Carole Larsen, a senior field service representative from the New Jersey School Boards Association, provided about 15 attendees with input regarding the search procedure, including the calendar for the actual search, along with the roles played by

the board, staff and public in the process.

"I think the interest in this position is high," said Larsen, who has projected a starting date for the new superintendent to be Feb. 3. "Springfield has an excellent reputation and I see no reason to have any doubt that there will be an interesting pool of applicants."

The search calendar calls for a deadline for the receipt of completed applications by Oct. 3. Larsen will then deliver the weighted pool, divided into what she considers to be "A," "B," and "C" groups, with the "A"

group being her top choice, to the board in a closed session.

The board will select certain candidates and begin interviewing on Oct. 27, according to the calendar.

"We've already had about 50 inquiries," said Larsen. "The district sent a letter out to all school districts in the state, we posted the opening on various educational web sites, and we put an ad in the *Star-Ledger*, as well."

Mahler, who served three years of his five-year contract, announced his resignation mid-July.

See MAHLER, Page 2



## There's honey to bee had

There will be three weeks' worth of honey harvested by the time of the Harvest Festival at Reeves-Reed Arboretum on Oct. 4.

Beekeeper Diana Shearer, owner of her colony of Russian honeybees, is a winter. She suspects that a curious visitor opened the hive and the cold, wet weather exposed the bees to high temperatures. Normally during the winter, bees consume the honey they have produced during the warmer months. The honey gives them strength to survive, which keeps the temperature at 90 degrees.

It was a tough year for bees. Shearer could not get replacements until Sept. 18, when she installed 2,000 new bees in the arboretum's bald redmaple. The bees developed problems in the wildlife habitat and in the arboretum's formal gardens. She now hopes that once 2,000 are admitted, the bees will return.



An abundance of bees and butterflies may be seen in the wildlife habitat during the Reeves-Reed Arboretum's Harvest Festival from 10:30 a.m. to 4 p.m. Oct. 4.

## HEALTH

### Summit YMCA conducts blood drive

The Summit YMCA's "Maple Street" hosts a community blood drive from 10 a.m. to 3 p.m. Sunday.

New Jersey Blood Services and the American Red Cross will conduct the blood drive. The drive is open to the public and everyone is encouraged to donate. Blood is in constant demand for treatment of accident cases, cancer victims, hemophiliacs and for use during surgeries.

Donating blood is safe and between the ages of 17 and 60 you can donate every 80 days. Remember one hour of a donor's time can mean a lifetime for someone in need of a blood transfusion.

Donors will need to know their Social Security number and have ID. For information call the Summit Area Chapter Red Cross at 908-273-2076.

### Program shows how 'Cancer-Vive'

With "Cancer-Vive," cancer patients learn how to live a healthier, longer and more fulfilling life with the changing circumstances of their disease.

For more information contact the

### Shapedown' shows kids how to stay fit

Parents concerned about childhood obesity can take part in the Shapedown Program.

Parents can register their children for the Shapedown Program at the YMCA.

Shapedown is the largest and most comprehensive program of its kind in the country.

Participants will be taught how to eat healthy, exercise and maintain a healthy weight.

Space for the program is limited.

For more information call 908-273-2076.

# COMMUNITY FORUM

**EDITORIALS**

## Where's the loyalty?

While we can't fault Springfield's current Superintendent of Schools Walter Mahler for wanting to leave the district to pursue a "greater opportunity," as he puts it, his departure next month will no doubt leave a negative picture in the minds of many who see a superintendent leaving amidst the start of a massive school construction and renovation project.

But more disturbing than this is the statistic revealed by Carol Larsen, a representative of the New Jersey School Boards Association. In her presentation at the public input session for the search for a new superintendent, she said the state's average length of time that a superintendent stays in a district is 2.7 years. How is it possible for a superintendent to build a sense of loyalty and a positive working relationship in less than three years? In Mahler's case, he will only be with the district for a little more than two years.

It takes just three years for a teacher to gain tenure and even then, three years is a short time to stay within a district. For a superintendent, with new students coming, new Board of Education members getting elected, and new teachers getting hired each year, how does one develop a rapport when he or she will most likely be gone in less than three years? It takes time to develop relationships and forge bonds and get people to see how a superintendent can be a leader.

Having a superintendent stay less than three years gives the impression to the community that a superintendent is simply chasing the money train and not showing a sense of loyalty to the district, even if this may not be the case.

While it's fine that Mahler has made his decision to leave and it's wrong for anyone to speculate as to the reasons for his departure, the 2.7 year statistic raises questions about the person who will be taking his place. What will happen if the next superintendent is only in the district for less than three years? It's hard for superintendents to show they care for the district if they are there for a less amount of time than the students they are supposed to be overseeing.

Like any relationship, building a positive one takes time.

## Passion plays a part

As with anything in life, having passion for what one does for a living can often mean more than earning a paycheck.

A case in point is the enthusiasm displayed by Governor Livingston High School's new interim principal, Frank Calabria. He replaces Principal Benjamin Jones, who had retired after a lengthy career at the high school and was well-known for his school spirit.

Calabria brings with him that same sense of joy and dedication. Popularized by just fewer than 1,000 students, Governor Livingston has not only accepted Calabria with open arms, but the new principal has praised the entire makeup of the school as a whole, calling it the best high school in New Jersey.

Just as he has high expectations of students and staff, they have the same for him, and so far, both sides have shown mutual admiration, coming together to prepare for future successes at the school.

All of this couldn't be possible without Calabria showing a little passion and enthusiasm for his new role. We wish the entire school and its new leader a prosperous first year together.

## Time of atonement

With the start of autumn, the second major cycle of festivals in the Jewish year, called the High Holidays, is celebrated. This cycle consists of Rosh Hashana — also known as the Day of Remembering and observed for two days beginning sundown on Friday — and Yom Kippur — also known as the Day of Atonement which occurs on Oct. 6 this year. These festivals are a celebration of the new year and a straining for atonement of our misdeeds of the past year. The days between these two festivals have become a part of a cycle, now referred to as Days of Awe or the High Holidays.

This entire cycle is a time for members of the community to examine the ways in which they have failed others, themselves and God in the past year, and through this introspection, express remorse and attempt restitution. However, as we explore our past misdeeds in an attempt to remake ourselves and our future, we shouldn't view this as an easy way to absolve sins. We must answer for our prior actions every day in word and deed and with heartfelt honesty; otherwise, we are just going through the motions and nothing is achieved. Atonement must be a lifetime commitment.

The High Holidays are not just a time of remembrance and atonement, but a celebration of things to come and the beginning of a new year, a new way of living. Only by coming together as a community and forging one another and ourselves can we set our sights on a better tomorrow, a better way of living before the eyes of God.



**NEW NEIGHBORS** — Whether it's a steaming cup of freshly made coffee or a sweet ice cream sundae, Springfield residents can find it in the same spot. On Aug. 29, the new Dunkin' Donuts/Baskin Robbins restaurant at 633 Morris Turnpike opened its doors to the community with the help of, from left, Tony Machigliano, store owner, Sammy Abdellmuss and Norman Linder.

—By Barbara Kokalis

## Dean begins presidential race for N.J.'s dollars

### County Seat

By Mark Hrywna  
Regional Editor

Approximately 100 supporters gathered at a home in the Sleepy Hollow neighborhood of Plainsfield for a 100th-hour reception for Howard Dean, the former governor of Vermont seeking the Democratic nomination for president. Dean spent much of Sunday in the Garden State, first meeting with Gov. James McGreevey on the campaign trail, then speaking at a fund-raiser for Congressman Frank Pallone, D-Long Branch, whose district includes Plainsfield.

With 10 candidates still vying for the Democratic nomination, it's anybody's guess who the presidential nominees will be. While candidates were vying for the Iowa and New Hampshire primaries, this Garden State is always a wild card, for candidates to target contestants for their campaign war chests.

Dean crossed over the state on Sunday for fund-raisers in Princeton and Upper Saddle River between his visits with McGreevey and Pallone. McGreevey has not endorsed any candidate yet, but Pallone is one of the third-Democratic in Congress to take sides in the race so far.

Speaking for approximately 15 minutes late Sunday afternoon, Dean harped on President Bush's deficit spending and deficits for the wealth while focusing on small business and health care for his agenda. He's positioning himself as the "Democrat

Speaker" and, regrettably, the Freeholder brand after winning election to the Assembly in 2001, was

Mark Hrywna can be reached at [mhrywna@thelocalsource.com](mailto:mhrywna@thelocalsource.com).

### LETTERS TO THE EDITOR

#### Common sense should be no-brainer

To the Editor:

I last week, I attended the wake and funeral of my cousin Ralph who tragically died at the age of 57. Ralph was a retired deputy warden of a prison and then put himself through law school whereby he earned his degree, passed the bar, became a lawyer and opened a practice. Ralph was happily married for 45 years and he and his wife raised three beautiful children and enjoyed countless hours with their grandchildren.

As tragic and as senseless as his death is and was, I became enraged at the lack of common sense and common courtesy that some people displayed while paying their respects to Ralph and his family. While the priest was in attendance at the funeral home bestowing a blessing upon Ralph and offering some words of comfort to the family on three separate occasions, cell phones rang. During the funeral Mass the following day, cell phones rang throughout the service. What could be so important in our lives or in their lives that the cell phone has to be on during such an extremely emotional and sensitive time?

I've often heard the adage, "If you ask them, they will do it." Is there any anticipated revenues?" There will be enough as the operator will chip in and find a way to complete it, with some additional state monies." Chip in is nice on the golf course.

In this anyway to run a railroad? Is this anyway to run a county? Let's spend our tax dollars and get New York City garbage plus \$2 a year. Such a deal, Mr. Wright!

Please sign one of the petitions being circulated through the county or log onto [www.kewlworthnj.com/index.asp](http://www.kewlworthnj.com/index.asp), click "Coalition to Stop the Train" and click "Fill out the Petition Form."

William J. Callahan  
Summit

#### Is this any way to run a railroad?

To the Editor:

Mr. William R. Wright's contention, published in the Echo Leader on Sept. 18, that NJMIV's have stirred the reactivation rail controversy and that the teamsters have influenced this issue is hogwash. The rail line is not in my backyard but the freeholder's hands are in my pocket. New Jersey taxpayers should not be saddled with this boondoggle.

In May 2002, the Union County Board of Freeholders entered into an agreement with Morris-Twp & Erie Railway Inc. to reactivate a rail line through the county. The following October, Freeholder Nicholas Scutari wrote to county residents, "the clearing of these lines is strictly for the health and public safety reasons, not for reactivation. There is no intention of restoring any rail service along these lines in your community. This is merely a maintenance procedure." Hogwash!

In July, a spokesperson for the freeholders, Mr. Sebastian D'Elia, was asked

**DO YOU THINK GOVERNMENT IS GETTING TOO POWERFUL AND CITIZENS ARE LOSING THEIR ABILITY TO CONTROL THE DECISIONS MADE BY OUR ELECTED OFFICIALS?**

HERE'S A CHANCE for all readers to share their answer to questions presented in this column. We will publish responses a week later. Send comments or suggest another question to WHAT? and WHY? P.O. Box 3109, Union, N.J. 07083 or e-mail to [editorial@thelocalsource.com](mailto:editorial@thelocalsource.com). Please include your town name.

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## Women's fall support groups help to pave the way to recovery

The Women's Resource Center will offer a variety of support groups this fall that will be held at their new location at 57 New England Ave., next to Christ Church, in Summit.

Since group size is limited to 10 women, early registration is essential.

To register, or for information, call the center at 908-273-7253 or visit their Web site at [www.womenresource.org](http://www.womenresource.org). Partial scholarships are available on request.

• Surviving Ménopause will help women with the psychologic and physical changes as a result of hormonal shifts.

• Hormonal instability is familiar to all women as they have already been through adolescence. Then, women had the support of peers whereas menopause sneaks up just as other changes are occurring. Children are now "adults," a spouse may retire or the family may be in the process of downsizing. The pods are not alone.

• Grief is an expression of love and a normal human reaction to a significant loss. Frequently, children are not able to express their grief verbally, but it surfaces in their behavior, academics, physical and emotional well-being. Even children who seem to have adjusted well to their parents' separation/divorce often struggle inside with the churning, conflicting emotion of grief.

• The Wednesday Breast Cancer Support Group has begun and meets from noon to 1 p.m. An ongoing group for women at any stage of diagnosis and treatment facilitated by Ann Berkley, Ph.D., RN, addresses coping strategies.

• The Wednesday Breast Cancer Support Group has begun and meets from 7:15 to 8 p.m. This is an ongoing evening group for women at any stage of treatment or recovery from breast cancer. Co-facilitated by Cynthia Weaver, Ed.S., and Lois Bonnell, Ph.D., this group formerly met at the Connection for Women & Families in Summit.

• The Thursday Breast Cancer Support Group meets from 10:30 to 11:45 a.m. This is an ongoing support group for women newly diagnosed and in treatment that is co-facilitated by Suzanne Koether, LCSW, and Ellen Pierson, Ps.D. This group provides a supportive environment in which women can begin to heal.

• The Thursday Breast Cancer Support Group meets from 10:30 to 11:45 a.m. This is an ongoing support group for women newly diagnosed and in treatment that is co-facilitated by Suzanne Koether, LCSW, and Ellen Pierson, Ps.D. This group provides a supportive environment in which women can begin to heal.

• The Friday Breast Cancer Support Group meets from 7 to 8 p.m. This is a structured 10-week group for women at any stage of their treatment providing a safe and supportive environment for women to share resources and ways of coping.

• Open discussion, facilitated by Lenore Lerner, LCSW, ACWS, as well as journaling, meditation and art as therapy presentations are offered.

Participants will need copies of Faber & Mazlish's "How to Talk So Kids Will Listen" and "Liberated Parents Liberated Children" which are available at the Center.

The group will meet for six Tuesdays from 9:30 to 11 a.m. beginning Oct. 28 and will be led by Leigh Rosoff, MA, the fee is \$90 for members and \$105 for nonmembers and baby-sitting will be available.

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• The Saturday Breast Cancer Support Group meets at 1 p.m. This group is an ongoing support group for women who are dealing with recurrent breast cancer and meets on three Wednesdays of the month.

• Group focus is on facing change while

the opportunity to learn skills for communicating more effectively with their offspring.

Topics include helping children deal with feelings, including cooperation, alternatives to punishment, encouraging autonomy, using praise and developing a realistic self-image.

Participants will need copies of Faber & Mazlish's "How to Talk So Kids Will Listen" and "Liberated Parents Liberated Children" which are available at the Center.

The group will be held for seven Thursdays from 6:30 to 8 p.m. beginning Oct. 9. The fee is \$105 for members and \$135 for nonmembers and baby-sitting will be available for younger children.

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• Group focus is on facing change while

finding meaning and value in a challenging time. It is co-facilitated by Emily Hyans, MA and Jackie Bonnaffons, MA, LPC.

• Family Focus is a round-table discussion group that meets the last Wednesday of the month at 7:30 p.m.

The group, facilitated by Marc Hill MSN, and Bob Farina, LCSW, invites individuals and family friends dealing with cancer to explore the effect of cancer on their lives.

New this year are two Young Women's Groups Pathways, in collaboration with the Young Survival Coalition, is presenting a support group specifically for women under age 40 that will address the special topics for young women relating to breast cancer diagnosis at an early age.

• The Thursdays evening group meets from 7 to 8:45 p.m. starting tonight and will be facilitated by Amy Barnes, LCSW. This Tuesday daytime group for women unable to attend evening sessions, meets at noon.

• A Young Women's Group will have a daytime group and an evening group. The daytime group will be ongoing and will meet weekly at noon every Tuesday and will be facilitated by Kay English, LCSW, FLS.

The evening group is an eight-week group for up to 10 participants and will start at 7 p.m. tonight and will be facilitated by Anne E. Harris, LCSW. This is a support group specifically for women younger than age 40 that addresses "tips" for young women relating to breast cancer diagnosis of an early age.

• The Thursday Breast Cancer Support Group meets from 10:30 to 11:45 a.m. This is an ongoing support group for women newly diagnosed and in treatment that is co-facilitated by Suzanne Koether, LCSW, and Ellen Pierson, Ps.D. This group provides a supportive environment in which women can begin to heal.

• The Friday Breast Cancer Support Group meets from 7 to 8 p.m. This is a structured 10-week group for women at any stage of their treatment providing a safe and supportive environment for women to share resources and ways of coping.

• The Saturday Breast Cancer Support Group meets at 1 p.m. This group is an ongoing support group for women who are dealing with recurrent breast cancer

## Center programs help families build self-esteem, relationships

The Women's Resource Center, now located at 57 New England Ave, has a variety of fall programs for families.

To register or for information call 908-273-7253. Unless otherwise noted, all programs will be conducted at their new location. Visit the Web site at [www.womencenter.org](http://www.womencenter.org) for information.

Two versions of "Taking the Bull by the Horns" will be offered this fall.

Being bullied can very discouraging for children and they are unwilling to turn to adults for help because they fear that will only make the situation worse. This workshop is said to empower children in grades 2-5 to handle a bully by standing up for himself or herself, confronting the bully in the appropriate manner and keeping themselves balanced while under attack.

The fee for grades 2-3 will be \$77; for 4-5 and the one for grades 4-5 will be Oct. 24 or Oct. 25. All workshops are scheduled from 4-6 p.m. Partial scholarships are available on request.

The Women's Resource Center will offer a variety of Parenting Skills programs this fall. Partial scholarships are available on request.

"Whom between?" for parents with children from ages 3-12, will be held from 4-6 p.m. on Oct. 26. Mary Ann Lamantia, founder and president of Simple Parenting in Chatham, will lead the program and the fee is \$15 for Center members and \$20 for nonmembers.

As the pressure on children to grow up sooner increases, they are often unprepared both emotionally and psychologically. Review this important developmental stage, and discuss parenting techniques that can reduce this stress and prepare the family for the more challenging years ahead.

"How to Talk So Kids Will Listen and So Kids Will Take It" is a six-week support group beginning from 9:30 to 11 a.m. Oct. 28. Leigh Rossoli, MA, parent coach of the Women's Resource Center and a Summit resident, will lead the group.

The fee is \$90 for center members and \$105 for nonmembers. This workshop for parents of children in nursery school through fifth grade uses discussion, video and role play to give parents the opportunity to learn skills for communicating respectively.

Topics include helping children deal with feelings and getting cooperation, alternatives to punishment, encouraging autonomy, using praise and developing a realistic self-image. Participants will need copies of Faber and Mazlish's "How to Talk So Kids

Will Listen" and "Liberated Parents' Liberated Children."

Wednesday, and the fee is \$20. The workshop uses positive thinking to help girls feel better, be happier in relationships and bounce back faster when the going gets tough. Marie-Claude Ergenier, Ph.D., will offer girls pointers on how to have a positive outlook and use optimism to beat negative thoughts and self-talk.

LUGH Roselli, MA, parent coach of the Women's Resource Center and Summit resident, will lead the program co-sponsored with Interweave and the tee is \$35 for center members and \$50 for nonmembers. The workshop, based on Dan Gileman's new book "Destructive Emotions: How Can We Overcome Them?" will explore how compassion influences the emotional functioning system and provide practical ideas for developing a greater capacity for compassion in children. Parenting today requires a variety of skills, including understanding how emotional intelligence plays a role in raising well-rounded children.

The fee for grades 2-3 will be \$77; for 4-5 and the one for grades 4-5 will be Oct. 24 or Oct. 25. All workshops are scheduled from 4-6 p.m. Partial scholarships are available on request.

This program is for boys and girls in grades 5-12 and will feature an "open mike" for aspiring poets after Rasheed's performance.

"Girls Who Write" has been revised and will be held from 4-6 p.m. Oct. 10 and Oct. 14, from 4 to 5 p.m. and the fee is \$20 per session.

Chris Holle, RN, MS, CS, and Barbara Kennard, LCSW, and in private practice in Madison, will lead this workshop for girls from ages 9 to 12 that offers them an opportunity to look at the way beauty is portrayed in the media and celebrate an alternative to the inner beauty of teens and preteens in a suburban community much like any other, whose sexual activity had serious consequences for the entire town. This is what every parent needs to know and it may take many to surprise.

The discussion will be facilitated by Sandy Smith, MA, CADAC and student assistance coordinator for the New Jersey State Council on the Arts, Department of State, through a grant administered by the Union County.

"Standing Up For Yourself: Self-Defense for Girls" from ages 9-12 will be held from 4-6 p.m. Oct. 21.

The fee is \$20 per session.

Barbara Kennard, LCSW, and in private practice in Madison, will lead this workshop for girls from ages 9 to 12 who like to write for fun and self-expression.

Participants can experiment with different forms such as journaling, poems or prose, such as narrative, poems of praise, or descriptive speech, necessary and only a favorite writing tool, and a notebook are required.

"Self-Defense and Sexual Harassment Prevention for Teens" will be held from 4 to 7 p.m. Oct. 14, the fee is \$28 and pizza is included.

Ruth Goldsmith, MSW, Certified Chairtae Instructor will lead this workshop for girls from ages 9 to 12 who like to write for fun and self-expression.

Jennifer Johnson, MSW, LSW, will help identify common challenges.

**RECREATION**

### Learn how to country line dance this fall

The Summit YMCA is offering a country line dance this fall, open to the community. The class is geared toward all levels and ages. Bring a friend and enjoy a social gathering after class.

The class is free for YMCA members and \$15 for non-members. No registration is required. Country line dancing meets from 11:30 a.m. to 12:30 p.m. Fridays.

The Summit YMCA is located at 67 Maple St. For information, call 908-273-2533, or visit the Web site at [www.summitymca.org](http://www.summitymca.org).

### Fall registration at YMCA

Fall program registration at the Summit YMCA, 67 Maple St., is under way.

For information, visit the Summit Y on the Web site at [www.summitymca.org](http://www.summitymca.org) or call 908-273-3330 for a program guide.

Topics include helping children deal with feelings and getting cooperation, alternatives to punishment, encouraging autonomy, using praise and developing a realistic self-image. Participants will need copies of Faber and Mazlish's "How to Talk So Kids

Will Listen" and "Liberated Parents' Liberated Children."

The 10-week fall session runs through Nov. 16.

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Two new enrichment classes will be held on Saturday mornings adding to the Y Family experience. "Mad Science" teaches kids entering grades 1 through 3, science through experiments, and "Oozy Goopy Fun" has 2½ to 3-year-olds and their parents making messy concoctions with a variety of goopy materials.

For information, visit the Summit Y on the Web site at [www.summitymca.org](http://www.summitymca.org) or call 908-273-3330 for a program guide.

**Gym, swim classes for home-schooled families**

The Summit YMCA, 67 Maple St., will be offering a new swim and swim class for home-schooled families from Summit and the surrounding towns. The session runs through Nov. 16.

For information, visit the Summit Y on the Web site at [www.summitymca.org](http://www.summitymca.org) or call 908-273-3330 for a program guide.

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**CARPENTRY**

**CHIMNEY SERVICE**

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**PAUL'S CLEAN-UP**

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

## THIS IS H.S. FOOTBALL

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Sports Editor

Union has opened with two consecutive shutouts. Summit beat the only team it lost to in the regular season last year and it's controls 2-0 for the first time since 1997.

Elizabeth received a forfeit win over Kearny just like Plainfield will this weekend.

This week's games are spread out because of the Jewish holidays. Rush Hashanah, which begins at sundown tomorrow.

The biggest game in Union County this weekend is saved for last as Union will host Elizabeth Saturday night at 7 p.m. at Cooke Memorial Field in a battle of 2-0 Watching Conference squads.

Elizabeth has beaten Union the last three years with Union's last victory in the series coming in Union in '99 by a 14-8 score.

After gaining some momentum, we turned the ball over and just couldn't stop them," Union coach Marc Cristofari said of his team's 10-3 loss at Elizabeth last year as both teams were also 2-0.

The Minutemen opened with a 12-6 win at Hillsborough, while Union has shutout Plainfield, 2-0 and Lexington 14-0 at home.

"It will be a matter of us going in with reckless abandon," Cristofari said. "We were favored against Lexington and won. This week, we will be a dog kind of like that."

North 2, Group 2 contenders Summit and Cranford continue to impress. Summit came back to beat visiting Mount Olive, 35-21, while Cranford beat Westfield, 21-14, topping the Blue Devils for the first time since 1996.

## WEEK TWO GAMES

Thursday, Sept. 25 (2)

R. Park at B. Brook, 7 p.m.  
GL: Immaculata, 7 p.m.

Cranford at M. Knoblauch, 2 p.m.  
Mendham at Summit, 2 p.m.

Shabazz at Linden, 3 p.m.

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Hillsdale at N. Plainfield, 7 p.m.

Manville at Brearley, 7 p.m.

Saturday, Sept. 27 (1)

Elizabeth at Union, 7 p.m.

Plainfield wins over Kearny.

Johnston, Rahway, Roselle, and New Providence are off.

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Elizabeth 16; over Kearny.

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Plainfield 34, East Side 0.

Cranford 21, Westfield 12.

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Last week: 9-0.

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## SPORTS

### Dayton girls' tennis team is doing best to improve

#### Bulldogs working hard to move up in lineup

By Jeff Woflum  
Staff Writer

"Amanda has played second doubles in the early going," Prisco said. "Depending on who's playing at second singles, the other will be playing on the second doubles team."

Players that might also see some time in the lineup include Sarah Sufer and Marissa Luke.

"Marissa will be the first girl I'll put in the lineup when someone is absent," Prisco said. "She has been competitive in some of the matches she has played. That tells me that she can be right there with a little bit of work."

With so many new faces in the lineup, Prisco thinks it might take a good season to get the feel of how good their opposition is and what they need to do toward that.

"Dayton opened its season on Sept. 12 with a 3-2 loss to Mount Mary."

The Bulldogs then dropped another 3-2 decision at home to Roselle Park on Sept. 16.

"We lost both matches by close 3-2 scores," Prisco said. "If we improve five or 10 percent more, we can beat them."

Dayton is scheduled to play at New Providence Tuesday.

"If we can play well, I feel we can be a .500 team," Prisco said. "I'm usually pretty close on my predictions because I judge who we have coming back and the talent that we're going to face."

Prisco places importance on double faults and missed volleys.

"If you double fault in a critical match and you're at the net when a ball is hit right at you and you miss three of them, that could make the difference," Prisco said. "It's the small things that make the difference."

Prisco feels his team has been playing competitive tennis and getting better after each match.

"As a coach, that's all you can ask for," Prisco said.

"They have the ability to be better than a .500 team because the potential is there."

"They just have to bring it out."

### Roadrunners post season's first win

The Springfield Roadrunners 8-and-under soccer team posted its first win of the season Sunday by beating the West Morris Force 1-0.

Drew Farbstein netted the game's only goal, while Springfield keepers Tyler Citrin and William Francis made several outstanding saves to combine for the shutout.

Also playing well for the Roadrunners were Reese Petersen on defense, DeYoung, Ben Roth, Bonner Sack, Peter Karavatos, Vinny Nagy, Michael Bernstein, Ryan Fitzpatrick, Tomm Walsh and Kyle Ostfeld.

Springfield is scheduled to play at Kinnelon this Sunday at 1 p.m.

Tornados improve to 2-1

The Springfield Tornados 10-and-under squad defeated the West Morris 5-1 Sunday to improve to 2-1.

Andrew Homish scored two goals and forwards Michael Disko, Peter Yablonsky and John Balboni each had an assist.

Also playing well for the Tornados were Nicki Pearl, Matt Lynch, Evan Krupp, Christian Schimpf, Max Kotler and Brandon Miss.

Springfield is scheduled to host the Hanover Meteoroids this Sunday at 1 p.m. at Dayton High School.

Stingers tie Wanakena

The Springfield Stingers 10-and-under squad maintained a 3-3 tie against Wanakena Sunday.

Nico Izzi scored twice and Ross Konesky once for the Stingers. Jake Rudolph excelled in goal.

Also playing well for Springfield were Brian DiTore, Sergio Annunziata, Tyler Schaefer, Ryan Cutino, Zach Corey, Aaron Sauerhoff, Kevin Bido and Bailey Rudolph.

Springfield is scheduled to play at Pequannock this Sunday.

Summers tie the Summit

The Springfield Emeralds 8-and-under team played to a 1-1 tie with the Summit Shamrocks Sunday.

Forrest Amanda Greenberg scored the lone Emerald goal, with mid-fielder Katie Condon earning an assist.

Playing aggressive on offense were Dierdre McEvoy, Cara Bibbo, Jaclyn Nadone, Caitlin Curtis, Rachel Lalette and Meaghan Finnegan. Exceling on defense were Jessica Condon, Sabrina Bibbo and Casey Sheehey. Jessica Condon and Bibbo shared the goalkeeping duties.

Springfield's next match is Oct. 5 at 1 p.m. in Pompton Lakes.

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## COUNTY NEWS

## Chainsaw training

The Union County Board of Chosen Freeholders and the Union County Shade Tree Advisory Board will sponsor a chainsaw safety training program for workers involved in cutting trees, on Tuesdays from 8:30 a.m. to 3 p.m. at Trailside Nature and Science Center Auditorium, 482 New Providence Road, Mountainside, from 8:30 a.m. to 3 p.m.

## Instructors for the program will be Gary Lavello and Steve Chisholm, New Jersey certified tree experts. The training session will assist participants in addressing risk management and loss prevention issues.

Training is designed for all municipal workers involved in caring for or working in and around trees in parks and along roadsides, including public works, parks departments, golf courses, and emergency personnel, who may be called upon in storms to assist in tree-related situations.

Participants should bring a hard hat, eye and ear protection for the outdoor afternoon session of the program. Those who attend the workshop will be eligible to receive Community Forestry Credits. A continental breakfast and lunch will be served.

For registration information, call Barbara Knapp in the Union County Division of Public Works at 908-781-3653.

## WPC media forum

Four of New Jersey's top media experts on politics will be the special guest speakers at the Union County Women's Political Caucus meeting Monday at 7:15 p.m. in Summit Tax Hall, 512 Springfield Ave., Summit, beginning with a short reception.

The meeting topic, "Off the Record: How do women get elected to political office?" will be examined by Michael Aron, senior political correspondent for New Jersey Network Television; Nick Acciolla, editor and publisher of Politix; David Kinney, reporter for *The Star-Ledger*; and Steve Kornacki, reporter for politics.

The state has the authority to no longer allow admission into the county's facility. However, Beyer said it has not come to that yet.

"If we stop allowing for admission, eventually that would mean that those kids who are there to leave, then there would be no new kids coming in," said Beyer.

Beyer said this step is a dramatic move and would result in repercussions throughout the entire state.

"There is no housing facility for the kids of Union County, it would have to be dispersed through the state, which will put a strain on the other detention centers," said Beyer. "To not have a place for them to go in Union would certainly be challenging to the entire juvenile system."

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**Volunteers wanted at Rape Crisis Center**

Training supportive and committed individuals are asked to step forward to volunteer to assist rape survivors during day, evening and weekend visits at the Union County Rape Crisis Center.

Training will prepare advocates to respond with information and support on the 24-hour hotline, provide emotional support and accompaniment at the hospital, police department, Prosecutor's Office and/or court.

The 40 hours of specialized training to become a rape crisis advocate, which is mandated by the state, will be scheduled once a week from Tuesday to Nov. 20. Training addresses ways to assist survivors of the different types of sexual assault, the trauma experienced by sexual assault survivors, their family members and related issues.

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**Debtors are long gone**

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## ACROSS

1 1969 Hitchcock thriller  
6 Larger than 24 across  
10 Where tools are kept  
14 Battle of 1836  
15 In the thick of it  
16 Busy place  
17 Snow "The Ice Storm"  
19 School on the Thames  
20 Wind dir.  
21 Hyperion poet  
22 Escritor and roll-top  
23 ... in the road  
See 6 across  
25 Clean power  
28 Pastry  
30 "MA'S" Hactor Alda  
31 Flag-waving occasions  
33 Moose cousin  
36 Former Polynesian ruler  
39 Gold  
40 Used a blue pencil  
41 "Atlas Shrugged" author  
42 Log cabins  
44 Over... tickled pink  
45 lizard  
47 Mr. Holland's  
49 Permeate  
50 007 portrayer Moore  
52 "Hypothemia"  
band  
55 Flaps  
56 Mongol tyrant  
58 Syngman of Korea  
59 Tennis bad boy  
Nastase  
60 Grab  
61 Dumbo's wings  
62 Tires  
63 Inputs

## DOWN

1 Precedes in and out  
2 Corrida cheers  
3 Lay asphalt

## K RATIONS



See ANSWERS on Page B13

## NEWS CLIPS

## Sunday is 'Harvest' time at Trailside Center

History lives at Trailside Nature and Science Center in Mountainside for the 22nd annual Harvest Festival on Sunday.

The Union County Board of Chosen Freeholders and the Department of Parks and Recreation present this celebration of Colonial and Native-American life, held rain or shine from 11 a.m. to 5 p.m.

Walking through the festival grounds will give everyone a chance to see history come to life. Visitors will observe a Lenape Indian hunting camp, from the 1700s, what it meant to be a hunter and trader, and demonstrations of basketry, canoe building, wool dyers and bobbin lace making. After a demonstration, visitors can try tin piercing and quilting.

The festival also features the storytelling of Native American Kenneth Little Hawk and After-American storyteller Debbie Kirkland; and the music of Kali Gullather, the barbershop music of the Roxbury Valley Jesters, and the Andrew Robin Dixies.

The "Harvest" Festival is a chance for the whole family to see the things they have read about Colonial and Native American life, not just as photos in a book.

## REUNIONS

• Linden High School, Edison Vocational and Technical High School, and Thomas Jefferson High School, Elizabeth, Classes of 1968 will conduct a joint 35-year reunion Oct. 4 at the Wyndham Newark Airport Hotel. Tickets are \$60 per person. For information, send name and address to P.O. Box 9330, Elizabeth, 07202, call 10-438-1371, or send e-mail to [Rhenyjz@aol.com](mailto:Rhenyjz@aol.com).

• Jonathan Dayton Regional High School, Springfield, Class of 1953 will conduct its 50-year reunion Oct. 10 to 12 at the Marriott Hotel in Somerset. For information, call Joan (Robertson) Amberg at 908-233-0668 or Barbara (Harris) Greve at 908-722-6118.

• Jonathan Dayton Regional High School, Springfield, Class of 1948 will conduct its 55-year reunion Oct. 12 from 2 to 7 p.m. at the Gran Conciurions in Clark. For information, call Trudy Lorenz Piccarilli at 908-447-5958 or 908-754-5976. Dorothea Constantino Campanelli at 732-785-2754 or Irene Oltarzuki Wietry at 732-381-4955.

• Arthur L. Johnson Regional High School, Clark, Class of 1978 will conduct its 25-year reunion Oct. 17 to 19.

• David Brewster, Rosedale High School, Kenilworth, Class of 1983 will conduct a 20-year reunion Oct. 29 at Cafe Reptilian Kenilworth. For information, send e-mail to [SUS\\_Condo@yahoo.com](mailto:SUS_Condo@yahoo.com) or visit the class Web site at [www.gwes.yolasite.com/ALCAsOF78/](http://www.gwes.yolasite.com/ALCAsOF78/).

• Union High School, Class of 1953 will conduct its 50-year reunion June 4 to 6, 2004. For information, write to Class of '54 Reunion Committee, 250 Gibbet Ave., Union 07083.

• Linden High School, Class of 1959 will conduct a 45-year reunion June 18, 2004 at the Sheraton Woodbridge. For information, call Craig Mirawski at 732-551-7631.

• Governor Livingston Regional High School Class of 1978 will conduct a two-day 25-year reunion Nov. 2 and 3 at the Marlboro Hotel. For information, call Claire Fricker, Rinsky at 973-692-0614 or send e-mail to her at [grhs78@aol.com](mailto:grhs78@aol.com), or call Shona Stolar Young at 908-272-3777.

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**NEWS CLIPS****Film internships offered**

The Educational Advisory Board of the New Jersey Motion Picture and Television Commission is offering internship to students enrolled in film, television, and communications degree programs.

These internships are now available for the fall 2003 semester and are open to students presently enrolled in New Jersey colleges and universities. Interns are unpaid, and college credits must be arranged through a student's faculty advisor.

During the semester internship in the office of the New Jersey Motion Picture and Television Commission, students become involved with the pre-production and production coordination of motion pictures, television programs, and commercials. They assist in the scouting of film locations and the preparation of research material for presentation to production companies. Students are also afforded the opportunity to visit the sets of feature films and television being made in the state.

Interested students may request further information by calling the New Jersey Motion Picture and Television Commission at 973-648-6279.

**Poets sought for contest**

The International Library of Poetry has announced that \$55,000 in prizes will be awarded this year in the International Open Poetry Contest.

Poets from the Union County area, particularly beginners, are welcome to try to win their share of more than \$25,000.

The deadline for the contest is Sept. 30. The contest is open to everyone and entry is free.

"Any poet, whether previously published or not, can be a winner," stated contest director Christina Johnson.

"When people learn about our free poetry contest, they suddenly realize that their own poetic works of art can win cash prizes, as well as national recognition."

To enter, send one original poem, any subject or style to: The International Library of Poetry, Suite 1991, 1 Poetry Plaza, Owings Mills, MD 21117. The poem should be 20 lines or less, and the poet's name and address should appear on the top of the page. Entries must be postmarked or sent via the Internet by Sept. 30, 2003. You may also enter online at www.poetry.com.

The International Library of Poetry, founded in 1982, is the largest poetry organization in the world.

**Disclaimers create responsibility-free arenas****The Art of Laughter**

By Helen Argers  
A&E Correspondent

dresser takes off his comb and scissors, starts cutting away, enthusiastically assuring you he knows just what to do with your hair to make you look like a television star. Snip, snip, he's snapping away, even got your head down in the sink, ready to pour some kind of liquid all over your head when he whispers, "In very rare instances there are side effects such as my snapping you bald and your cutting a variety of delightful horrors."

Being bombarded with them made me think of what would happen if this use of disclaimers became even more widespread. You meet a great guy or gal. This potential mate tells you all about himself? he's a doctor, lawyer, Indian chief. And then, just as you've agreed to go out with him, he whispers, "There's a small chance I might turn into a axe murderer."

He disclaimed, didn't he? So whatever happens to you now is your fault.

You go to a barber or hairdresser throughout the establishment, blown-up portraits of beautiful people show how you will look. The hair

dresser takes off his comb and scissors, starts cutting away, enthusiastically assuring you he knows just what to do with your hair to make you look like a television star. Snip, snip, he's snapping away, even got your head down in the sink, ready to pour some kind of liquid all over your head when he whispers, "In very rare instances there are side effects such as my snapping you bald and your cutting a variety of delightful horrors."

Walking into a supermarket and stock your cart to the top, then as you approach the cashier, say pleasantries. "There is a possible chance that the money I am giving you may have a taste or swelling of your cashier fingers or spine in front of your eyes." Would she take the money? You disclaimed, didn't you? Told her it would only happen to a select few.

"Would you stay?" Run for the doors? Buy another ticket from that group? Yet that seems to be the propaganda being sold to us along with the products. In short, we can be advertised every five minutes on television and not only declare themselves not responsible for the side effects, but actually expect you to buy the stuff at your own risk, rather than do it the other way. What kind of sheep do they think we are?

Laddies, about this column: You will absolutely laugh, chuckle, sigh or nod in agreement when you read it. How great it is when comes the disclaimer, if you are one of the rare people who can develop a headache or, in even rarer instances, you might get the shakes of night, disclaiming, "But heck, I wanted you dead." And in that case, you can always tear up this newspaper and use it to stop you. You can't lose either way.

Helen Argers is an award-winning novelist and playwright.

the axe. In fact, I, too, am susceptible to such a reaction, so if you see me rolling on the floor, please realize we are in the minority and continue to enjoy the rest of the music. The first violinist is trained to take over."

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How come this new policy is only relevant to us poor purchasers, not to sellers?

How about if you went into a theater with signs outside proclaiming this play concert jazz round-up the absolute best? You sit down, waiting to enjoy. Then, suddenly, the conductor turns around and announces in an offhand manner, "Certain people might be allergic to the high-frequency notes we are going to emit tonight and might go into an epileptic fit or

die disclaimed, didn't he?" You're halfway across the street, when a small sign pops up and says, "The asphalt on this street is certain to hold you up, except in rare instances when you might sink into it and get tarred, if not feathered." Another disclaimer.

Are you angry yet? Especially if you're in the "rare instances" or "small percentages" category? But instead, why don't we learn from

the axe. In fact, I, too, am susceptible to such a reaction, so if you see me rolling on the floor, please realize we are in the minority and continue to enjoy the rest of the music. The first violinist is trained to take over."

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"Would you stay?" Run for the doors? Buy another ticket from that group? Yet that seems to be the propaganda being sold to us along with the products. In short, we can be advertised every five minutes on television and not only declare themselves not responsible for the side effects, but actually expect you to buy the stuff at your own risk, rather than do it the other way. What kind of sheep do they think we are?

Laddies, about this column: You will absolutely laugh, chuckle, sigh or nod in agreement when you read it. How great it is when comes the disclaimer, if you are one of the rare people who can develop a headache or, in even rarer instances, you might get the shakes of night, disclaiming, "But heck, I wanted you dead." And in that case, you can always tear up this newspaper and use it to stop you. You can't lose either way.

How come this new policy is only relevant to us poor purchasers, not to sellers?

How about if you went into a theater with signs outside proclaiming this play concert jazz round-up the absolute best? You sit down, waiting to enjoy. Then, suddenly, the conductor turns around and announces in an offhand manner, "Certain people might be allergic to the high-frequency notes we are going to emit tonight and might go into an epileptic fit or die disclaimed, didn't he?"

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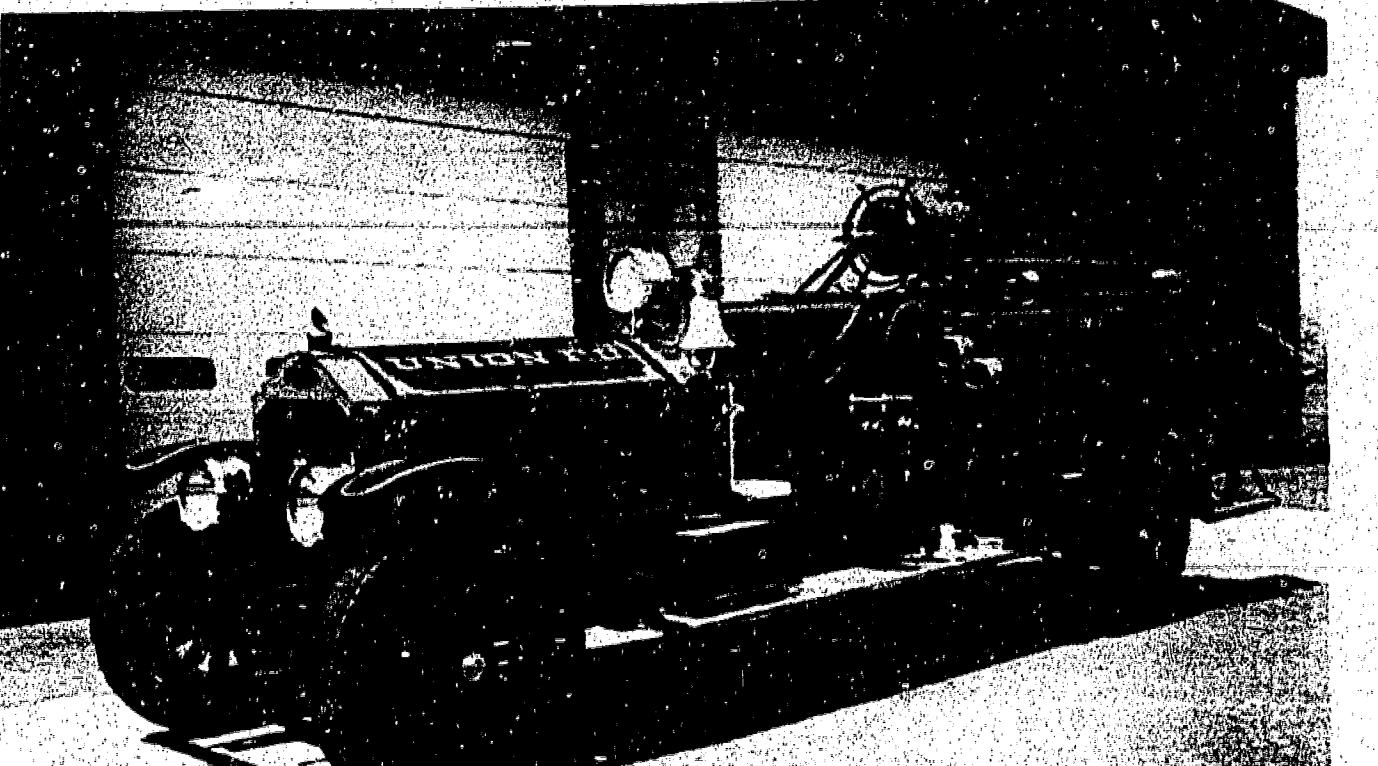
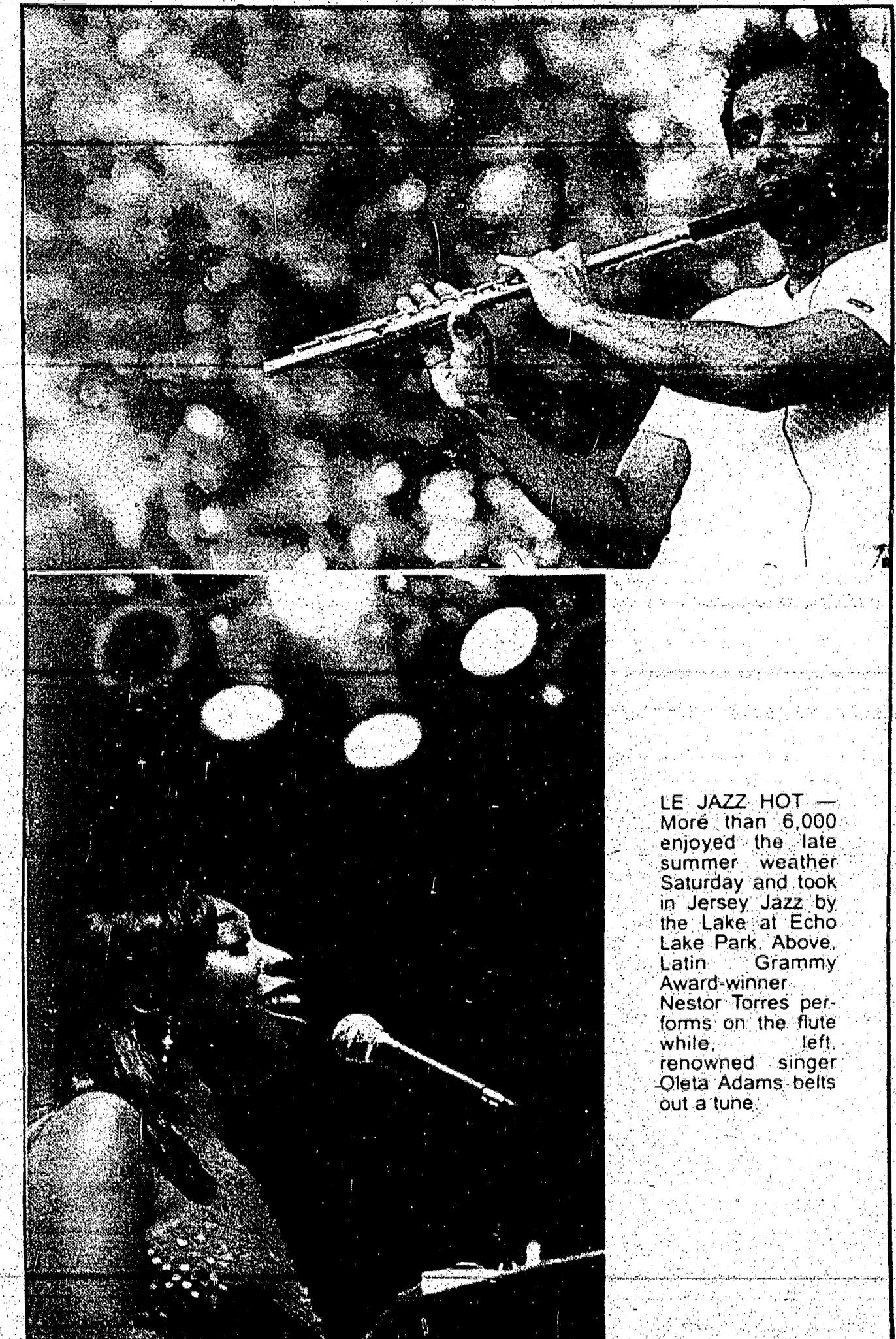
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This 1928 American LaFrance Pumper, previously owned and used by the Union Fire Department, is now fully restored and will be part of the Liberty Hall Fire Museum's permanent collection. The new addition to the historic site in Union is currently in development and is expected to open in early 2004.

## Liberty Hall plans to open new museum

**LE JAZZ HOT** — More than 6,000 enjoyed the late summer weather Saturday and took in Jersey Jazz by the Lake at Echo Lake Park. Above, Latin Grammy Award-winner Nestor Torres performs on the flute while, left, renowned singer Oleta Adams belts out a tune.

The Liberty Hall Foundation, governing board of Liberty Hall Museum in Union, has unanimously decided to proceed with development of a Fire Museum on Liberty Hall's 23-acre Union, will highlight the exhibit.

Liberty Hall Museum in Union, is a national historic site that in late 1700s was the home of New Jersey's first governor, William Livingston and then served as home to seven generations of his family until 1995.

Groundbreaking for the new museum, the first of its type in Union County, is scheduled for sometime in early 2004. Liberty Hall's late president, Stewart B. Kean, was an avid collector of firefighting memorabilia and a man intensely dedicated to public service and historical preservation. The museum in his honor will

bring this museum to fruition. The Liberty Hall Foundation will be asking the public to contribute to this worthwhile project. Gift-giving opportunities will allow contributors to make dedications to specific individuals or to honor all the men and women in public service who dedicate their lives to making the public safe. According to a Liberty Hall representative, "As we have always known, but have fully come to understand since the events of 9-11, these are the true heroes of our society and the Liberty Hall Foundation is proud to be able to offer a way to acknowledge them."

For more information about the Liberty Hall Firehouse museum and giving opportunities, contact Schardien, Liberty Hall's director of finances and facilities, will be submitting the plans to the township of Union's Building Department for their approval.

## Group exhibit continues at Clark's Skulski Gallery

The Skulski Art Gallery of the Polish Cultural Foundation in Clark has opened its fall season with a presentation of works "In Tune With Nature," a group show through Oct. 4.

The show features sculpture by Lubomir Tomaszewski, Iwona Brzko, Julie Ambrose, and Renata Komisarzak; paintings by Maria Fuchs, Aleksandra K. Nowak, and Artur Skowron; drawings and prints by Janusz Skowron; photography by Iva Rubinstein and Janek Haubstrand; tapestries by Josephine Tomaszewski.

"In Tune With Nature" was initiated in 1994 by Lubomir Tomaszewski,

a Polish sculptor living in the United States. Since then the group has been developing dynamically. Exhibiting along nearly all of the U.S. coastlines, they crossed the Atlantic and showed their work in France, Germany and Poland.

It is a strange, atypical group. It is not an artistic group in the strict sense of the word—it is open, some join in while the others leave. The show features different artists, sometimes two or more, still on other occasions, non-attested guests are invited.

The group is characterized not only by its openness but also by its diversity. Its members represent a variety of artistic expression: painting, sculpture, drawing and graphic art, tapestry, and photography. They enter other domains as well and the shows they organize often include improvised music and dance. Accordingly, one could claim theirs is truly Renaissance-like pursuit of the synthesis of arts.

The Polish Cultural Foundation is located at 177 Broadway, Clark. The gallery is open to the public Tuesdays to Fridays, 5-9 p.m., and Saturdays, 10 a.m. to 3 p.m. For information, call 732-332-7397.

## Lutvak honors musical heritage in cabaret act

### Life is a Cabaret

By Bill VanSant  
Associate Editor

If Michael Feinstein, Barry Manilow and Craig Carnelia defied the laws of genetics and had a child, his name would be Steven Lutvak.

Lutvak played at The Manor last Thursday to a sparse crowd of 22, thanks to the Hurricane That Almost Was, and delivered a thoroughly entertaining and rich show.

Lutvak's easy rapport with the audience carried over to his performance of the material, all original songs for which he provided the music, lyrics or both. Although I'm an enormous fan of the Great American Songbook, it was such a refreshing change of pace to know more of the material prior to hearing Lutvak perform it.

Lutvak has already made a name of himself east of the Hudson, playing such famed rooms as Joe's Pub, Alice's Place, and the Old Room at the Algonquin, earning multiple MAC and Backstage Bistro awards along with the evocative harmonics in his song accompaniment.

Another homage was "Mrs. Whirley," written about his childhood piano teacher. I don't know what Mrs. Whirley would think, but I loved Lutvak's use of blue notes as well as his very funny lyrics.

While "Inside My Body is a Dancer" wasn't my favorite song of the night, the poignant chord progressions and intervals made for an emotionally involving number.

On his riotous encore, "The Dinner Party," Lutvak's talent with words called to mind the great Tom Lehrer, with such pithy lyrics as, "The recipe was brisk throughout the lobster bisque," OK, Tom Lehrer by way of Noo Coward or Cole Porter.

Executive Chef Joellen Voss proved his mastery in the kitchen. From our appetizers of baked oysters escargot and cream of cauliflower soup, through our main courses of Alaskan baked salmon, to our desserts of cardamom ice cream and chocolate dumplings, every bite was a delight. One warning though, you'd better be a fan of rich food I am, and the whole meal was superb!

And it also made a fitting prelude to the richness of Steven Lutvak's songs and performance!

Appearing next in The Manor's Cabaret Soiree series is Marlene VerPlanck on Oct. 9. For information, call 973-731-2360.

— Steven Lutvak



Steven Lutvak

And so is Steven Lutvak. With talent like his, the arts of intelligent songwriting and rich performance are far from dead!

Prior to the performance in Le-Dome, my companion and I enjoyed dinner in the Terrace Lounge, the first half of the Cabaret Soiree package.

As always, Executive Chef Joellen Voss proved his mastery in the kitchen. From our appetizers of baked oysters escargot and cream of cauliflower soup, through our main courses of Alaskan baked salmon, to our desserts of cardamom ice cream and chocolate dumplings, every bite was a delight. One warning though, you'd better be a fan of rich food I am, and the whole meal was superb!

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# Healthy Living

## New device aids chiropractics

People under chiropractic care often wonder, "Why do I have to keep coming back if I'm pain-free?" or "How do I know I'm getting the proper amount of adjustments?"

Thanks to a breakthrough in technology, these questions no longer arise for patients in chiropractic offices that are equipped with a new tool known as the Insight Millennium Subluxation Station. These patients can now see for themselves, that their care progresses, that they're getting the proper number of adjustments, and will also be able to better understand why pain-free does not always equate to "problem solved." This advance, which offers major advantages for patients and chiropractors alike, provides patients with tangible, objective visual evidence of the problems they sought help for and how their treatment is progressing.

**The Insight Millennium was developed so that patients can see ... why continued treatment is necessary.**

Station scans for, detects and provides clear, color-coded scans of the patient's spinal misalignments, subluxations, and clearly demonstrates their effects on the patient. These are indicators that, because they are located in muscles, nerves and soft tissue, they cannot be seen on X-ray.

The nervous system, which is the master control center of the entire body, is used to experience pain. It is critical that we assess as much of it as we can. The Insight Millennium was developed so that

## Meditation is key to unlocking stress

By Susan Sacks  
CMT, NCTMB

How would you like a no-cost way to boost your energy, relax your mind and release your tight muscles?

Scientific studies have shown that meditation can lower blood pressure, improve immune function and insomnia, reduce chronic pain and is helpful in curtailing anxiety and depression.

Meditation is the practice of gently freeing oneself from the worries and demands of work and family. Learning how to switch off daily stressors without judgment and come back to your breath. After 10 or 20 minutes get off of your focus and just go with yourself comfortably for two or three minutes. Then open your eyes slowly, move your fingers and hands, wiggle your toes and stretch.

The Siegler Center for Integrative Medicine combines the technology and expertise of conventional medicine with the healing powers and wisdom of complementary therapies. Integrative Medicine is based on a partnership in which both conventional and alternative modalities are used to stimulate the body's natural healing potential. An integrative approach looks beyond symptoms for disease-causing factors and the whole individual in order to achieve health.

The benefits of meditation come from daily practice. It doesn't have to be impersonal. Ideally, 20 minutes each day can help calm one's nervous system and soothe one's mind. However, even 10 minutes can have a powerful effect.

**A basic beginning:**

Find a quiet, private place. Sit comfortably with your head erect, as if suspended from above. Back

straight and eyes closed. Simply focus on your breath, feeling each inhalation and exhalation. Each inhalation is bringing in energy and each exhalation is releasing any tension. Keep focusing your attention on your breath.

As thoughts come in — which

they will — simply observe them

without judgment and come back to your breath.

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## HEALTH

### KidsPeace intends to assist with fostering

Now is your chance to make a difference in a child's life by calling KidsPeace New Jersey and saving your heart, head, and voice to a child in need.

There is no better time to step forward. Unfortunately, there are hundreds of children in the area in need of loving, caring families.

The Hospice concept begins when comfort, not cure, is the main concern. This is available to terminally ill patients who are no longer under treatment for cure of their disease and are in the final stages of their lives.

Hospice of New Jersey believes death is a natural process of life which should be accompanied by dignity and meaning. To accomplish this purpose, the staff provides a supportive and understanding network of caring people to aid patients, regardless of age, and their families making that journey.

Hospice focuses on quality of life when length of life cannot be extended. The primary goal of Hospice of New Jersey is to provide the patient and family with supportive and loving care while allowing the patient to remain at home.

In addition to free training, foster parents receive monthly financial assistance for the living and medical expenses of each foster child in their care.

Prospective parents can call KidsPeace New Jersey, 609-248-8000, ext. 837-0102, and find out if they qualify to become foster parents. If qualified, KidsPeace New

Jersey will schedule each person for an orientation.

### Hospice of N.J. offers care with compassion

Hospice of New Jersey, based in Bloomfield and Toms River, provides compassionate and specialized care for the terminally ill.

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**OUR PHILOSOPHY**

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## CHIROPRACTIC FOR BETTER HEALTH

DR. DONALD ANTONELLI CHIROPRACTOR

### A SPINE OUT OF BALANCE

If you're feeling out of sorts with a nagging ache in your back, you may be out of balance. Your spine serves a vital function in many ways. The spine and nervous system attach to it in many ways; have a direct effect on the function of the entire 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 your foundation is not 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 unstable 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 turn the doors and windows to fit again. But how long will these corrections 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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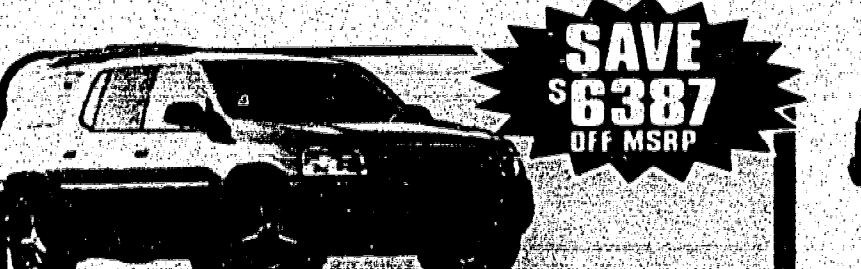
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# FORD WORLD ROSELLE PARK NEW JERSEY FORD BUYERS GET MORE!



**THE POWER OF  
3 DEALERSHIPS  
IN 1!**

This is the Power of 3 all the way! Bigger selection, Over 1000 New Fords, Lincolns & Mercurys. The Big-Dealer DEEP DISCOUNTS you want. And a choice of three convenient locations right here in New Jersey for Fords, Lincolns & Mercury Sales and Service.



**TEST DRIVE THE  
ALL NEW  
2004 F-150**

20 TO CHOOSE FROM IN STOCK!

**GIVE US A SHOT AT  
GETTING YOU FINANCED!!**

There is credit available to most working people with a stable residence. Severe credit problems like bankruptcy, divorce, late payment history, even a repossession problem can be handled. We've got lenders standing by with the cash. We've got the finance team with the experience it takes to write this business.

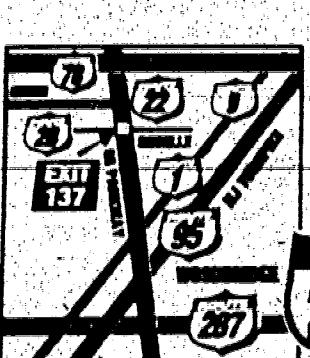
**START THE  
PROCESS,  
CALL NOW!**

**1-908-245-6100 ASK  
FOR JOE C.**



**SHOP US FROM YOUR COMPUTER**

[www.fordworldnj.com](http://www.fordworldnj.com)



**FORD WORLD**

**NEWTON**  
**206**  
**973-383-2800**

**ROSELLE PARK**  
**28**  
**908 245-6100**  
**158 E. WESTFIELD AVE.**  
**ROSELLE PARK, NJ**

**PHILLIPSBURG**  
**22**  
**1-800-398-3673**  
**RTE. 22, PHILLIPSBURG, NJ**

Prices include all costs to the consumer except for tax & MV fees. To receive \$1500 FMCC bonus cash, must finance through GMAC. All rebates go to dealer. Photos are for illustration purposes only. This ad is a coupon and must be presented at time of purchase.

Offers end 1 day after publication.

**✓ 0 DOWN PAYMENT  
✓ 0 PAYMENTS 'TIL 2004  
✓ 0% APR FINANCING  
FOR 72 MOS**

See dealer for details.

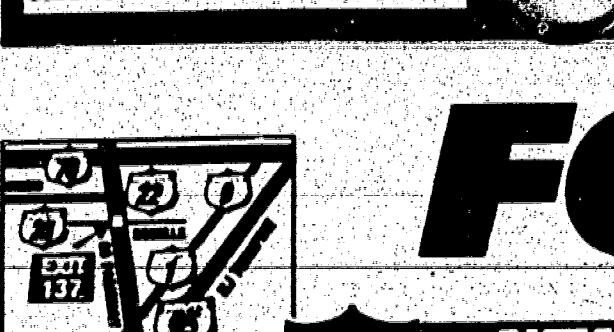
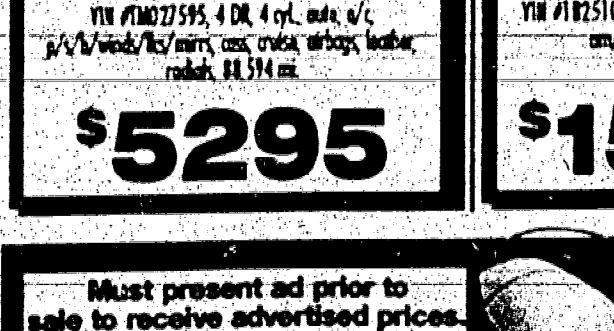
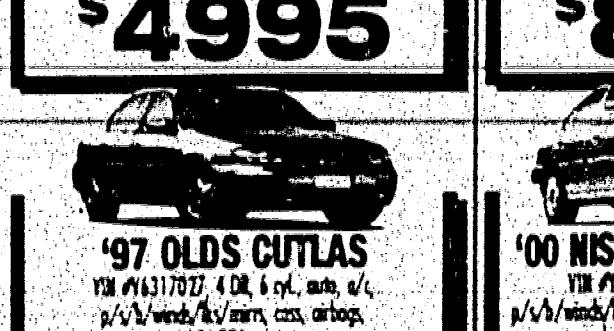
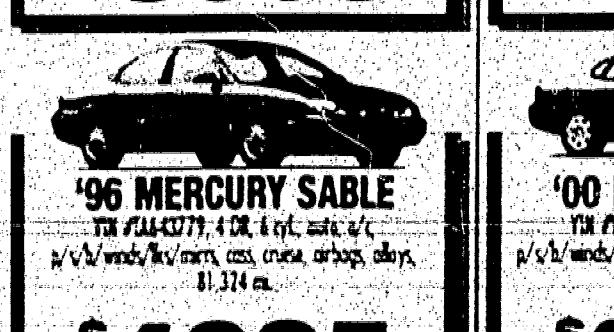
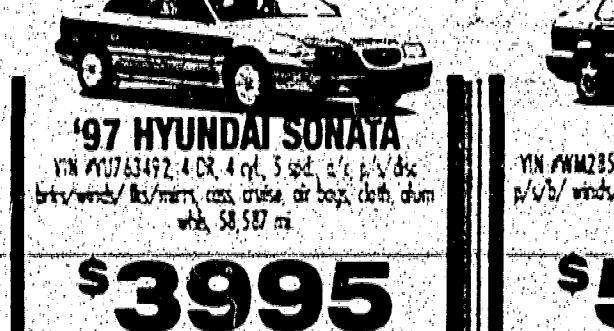
# FORD WORLD-ROSELLE PARK HAS A USED CAR FOR EVERY BUDGET! OVER 200 LATE MODEL CARS & TRUCKS STARTING AT \$3,995

**THE POWER OF  
3 DEALERSHIPS IN 1!**

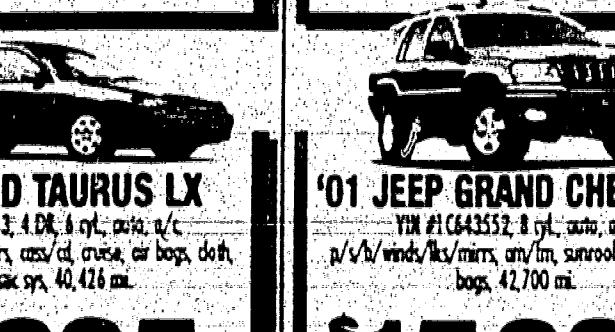
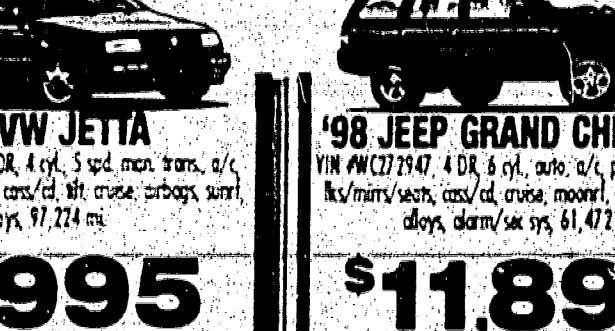
This is the power of three! All three Roselle Park locations are one of three Ford World dealerships in New Jersey. We're bigger, better, more convenient. Our Roselle Park location has a growing stock of over 1,000 pre-owned cars, trucks, SUVs and minivans. Plus big dealer discounts!

**PRE-WHOLESALE  
BEFORE THEY GO  
SALE**

**VALUE LINE CARS  
FAMILY QUALITY  
CARS**



**SUV'S**



**4-DOOR  
SEDANS**



**PICK-UP  
TRUCKS**



Must present ad prior to sale to receive advertised prices.

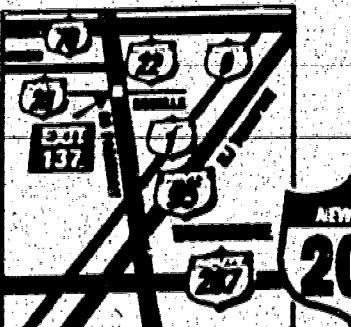
**SHOP US FROM YOUR COMPUTER**

[www.fordworldnj.com](http://www.fordworldnj.com)

XYZ PLANS Welcomed  
We welcome all credit unions.

**XYZ PLANS  
Welcomed**  
We welcome all credit unions.

**Blue Oval Certified**  
**SALES HOURS:**  
MON-FRIDAY 9AM-5PM  
FRIDAY 9AM-7PM  
SATURDAY 9AM-7PM  
**PARTS & SERVICE HOURS:**  
MON-FRI 7AM-6PM  
SATURDAY 8AM-1PM



**FORD WORLD**

**NEWTON**  
**206**  
**973-383-2800**

**ROSELLE PARK**  
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**22**  
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**RTE. 22, PHILLIPSBURG, NJ**

**Blue Oval Certified**  
**SALES HOURS:**  
MON-THURS 9AM-9PM  
FRIDAY 9AM-7PM  
SATURDAY 9AM-7PM  
**PARTS & SERVICE HOURS:**  
MON-FRI 7AM-6PM  
SATURDAY 8AM-1PM

Prices include all costs to the consumer except for licensing, registration & taxes. \*Pre-wholesale vehicles sold as is. Offers cannot be combined for multiple discounts. All cars sold cosmetically as is. This ad is a coupon & must be presented at time of sale. Offers expire 1 day after publication.

# WIGDER CHEVROLET

# HAPPY NEW YEAR!

2004 CHEVROLETS ARE ARRIVING!  
JOIN THE CELEBRATION!



### New 2004 Chevrolet CAVALIER 2 DR



SAVE \$ OVER 5200 OFF MSRP

**\$9930**

buy  
for

### New 2004 Chevrolet SILVERADO 1500 PICKUP 2 DR



SAVE \$ OVER 5650 OFF MSRP

**\$15,930**

buy  
for

### New 2004 Chevrolet TRAILBLAZER LS 4X4 4 DR



SAVE \$ OVER 6700 OFF MSRP

**\$24,930**

buy  
for

GM SUPPLIER  
PRICING TO THE  
PUBLIC ON  
ALL LEFTOVER  
2003'S

50%  
OFF  
ON ALL  
OPTIONS ON  
2004 MODELS

WITH  
0%  
APR  
FINANCING  
ON ALL 2003  
CHEVROLETS  
FOR 60 MONTHS  
EXCEPT CORVETTES (36 MOS.)

### New 2004 Chevrolet MALIBU LS 4 DR ALL NEW



SAVE \$2700 OFF MSRP

**\$18,330**

### New 2004 Chevrolet IMPALA 4 DR



SAVE \$ OVER 4350 OFF MSRP

**\$17,930**

buy  
for

### New 2004 Chevrolet TAHOE LS 4X4 4 DR



SAVE \$ OVER 7900 OFF MSRP

**\$32,230**

buy  
for

## SPECIAL RED TAG PRICING ON ALL PRE-OWNED!

**2000 CHRYSLER TOWN & COUNTRY LX AWD 5 DR**  
  
\$15,530

**2001 CHEVROLET MONTE CARLO SS 2 DR**  
  
\$17,530

**2000 PONTIAC TRANS AM FIREBIRD 2 DR**  
  
\$18,530

**2000 CHEVROLET CAVALIER 4 DR**  
  
\$7430

**2000 CHEVROLET TRACKER 4X4 4 DR**  
  
\$9730

**2000 CHEVROLET SILVERADO 4X4 2 DR**  
  
\$11,930

**2000 CHEVROLET IMPALA 4 DR**  
  
\$11,530

**2001 NISSAN ALTIMA GXE 4 DR**  
  
\$9530

**2000 TOYOTA CAMRY LE 4 DR**  
  
\$12,930

**2000 MERCEDES BENZ E430 4 DR**  
  
\$31,530

**2000 HONDA CIVIC EX 2 DR**  
  
\$12,930

**2001 CHEVROLET S10 CREW CAB LS 4X4 4 DR**  
  
\$15,530

**2003 CHEVROLET BLAZER EXTREME 2 DR**  
  
\$16,930

**2003 CHEVROLET TAHOE LT 4X4 4 DR**  
  
\$28,730

**1999 CHEVROLET CORVETTE COUPE**  
  
\$30,530

**RELIABLE SERVICE ALWAYS** **ROUTE 10 WEST LIVINGSTON, NJ**



**888-700-9879**

SE HABLA ESPANOL