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TWO SECTION

Yee resigns from Army

By Rick Klittich
Staff Writer

After being cleared of espionage charges and being imprisoned for 76 days, Muslim chaplain and former Springfield resident Capt. James Yee officially resigned from the Army Monday.

Yee, who ministered to prisoners at Guantanamo Bay naval station, where the military is holding suspected Muslim terrorists, was taken into custody after the military linked him to a possible espionage ring at the Cuba naval station.

"Those unfounded allegations — which were linked to the media — irreparably injured my personal and professional reputation and destroyed my prospects for a career in the United States Army," wrote Yee in his resignation letter.

The Army had arrested him nearly a year ago when he was carrying what authorities thought to be classified documents.

Criminal charges that included mishandling classified material, failing to obey an order and making a false official statement were dropped in March, but Yee was still found guilty of the non-criminal charges of adultery and downloading pornogra-

phy. He received a reprimand that was thrown out by an Army general one month later.

Yee's father, Joseph Yee, said he spoke with his son this past weekend prior to Monday's decision.

"Basically, I voiced my opinion. The way things were going, he didn't owe them anything," said Joseph Yee of his son's service to the military. "They owed him."

Still, officials never apologized or allowed Yee to retrieve his belongings from Guantanamo Bay, he said.

"They took seven or eight months out of his life, put him in limbo, and then decide not to pursue anything and leave him hanging," said Joseph Yee.

According to Joseph, his son went back to Fort Lewis in his home state of Washington with a gag order was put on him.

"They put a muzzle on him," said Joseph Yee.

Currently, Yee is with his wife in Washington.

He is looking to get earn master's degree in international relations and, according to his father, felt that after the way he was treated and being Muslim, he could not do anything more for the military.

"It's a shame," said Joseph Yee,

"because he liked being a Muslim chaplain. They ruined his career and reputation. He's got to move on."

Joseph said that he got angrier each day his son was being held on the charges, and that in his eyes, there was no justice.

He added that he and his son are still trying to spur an investigation, as they have been pushing senators and congressmen to help with the process.

The case has been scrutinized for, calling into question military justice, and the lesser charges Yee was found guilty of was seen by many, including his parents, as a way for the military to account for their mistakes in arresting him in the first place.

Yee, a former wrestling standout at Jonathan Dayton Regional High School in Springfield, will remain in Washington with his wife and young child, and, according to his father, has no immediate plans to visit Springfield.

On Friday at 11 a.m., Joseph Yee is helping to run a press conference at Silk Road, 30 Motts Road, a restaurant in Manhattan's Chinatown.

Sponsored by the Justice for James Yee ADHOC Committee, Joseph Yee invites all supporters of his son and media outlets to attend the event.

D.C. memorial makes nearby stop



Shirley and Dick Howell of Springfield and Vincent Jones of Belleville take pictures of their cousin's name as it appears on 'The Vietnam Wall Experience,' a traveling replica of the Vietnam War Memorial which was unveiled in Livingston on Friday.

Photo By Barbara Kokkalis

Springfield cop charged with misconduct after shooting

By Rick Klittich
Staff Writer

After nearly two to three weeks of ongoing investigations, Springfield Police Officer Christopher LaFragola has been charged with second-degree official misconduct, as the 18-year veteran of the department is accused of falsely reporting being shot in the line of duty.

LaFragola, who radioed into headquarters that he had been shot while checking out a suspicious vehicle parked alongside an industrial section of Springfield off Route 22 east, faces the loss of his job and up to seven years in state prison.

Union County Prosecutor Theodore Romankow determined that the two bullets

which lodged into the LaFragola's safety vest were actually shot by the officer, as his story was found to be inconsistent with videotape surveillance footage from a nearby establishment.

LaFragola's story centered around the escape of at least one passenger in a gold Ford Taurus, a car that the officer actually borrowed from a lot where he works off-duty security, authorities said.

LaFragola proceeded to make skid marks with the car to portray a getaway at the spot of the incident, then returned the car.

The recently divorced LaFragola is currently staying in a residential psychiatric facility and will most likely face arraignment and

departmental charges upon the completion of the already filed criminal charges.

Springfield Police Chief William Chisolm said that while it is hard to speculate exactly what will become of LaFragola's career in law enforcement, it can be expected that charges will be filed from within the department.

According to Union County Executive Assistant Prosecutor Robert O'Leary, investigations are continuing and detectives have taken statements and reviewed forensic evidence to determine any additional and necessary information.

The prosecutor believes LaFragola was attempting to injure himself in hopes of gaining disability benefits for himself or death ben-

efits for his children. Though certain that the officer shot himself, Romankow said he cannot determine without question whether or not the officer meant to kill himself.

Either way, financial gain looks like the major motive, according to Romankow.

Had LaFragola died while on duty, his children would have received three-and-a-half times his \$76,000 base salary in state death benefits and an additional \$267,494 in federal death benefits, according to the New Jersey State Policemen's Benevolent Association. The officer's children would have also received free health coverage, a free education at any state college, or an equivalent stipend that could be used out of state, along with pen-

sion payments until they were young adults.

Had the incident resulted in disability, LaFragola would have received two-thirds of his salary, tax free.

Last year, LaFragola earned almost \$103,000, after overtime and other benefits.

Though currently on sick leave, Chisolm said, the officer faces suspension.

The incident has led to the correction of an issue concerning the effectiveness of bullet-proof vests worn by Springfield's officers.

The particular vests have been found to deteriorate from moisture and heat, and the Township Committee recently approved funding for the purchase of 43 new vests, costing approximately \$612 each.

Boro woman among first under 'knife'

By Joan M. Devlin
Staff Writer

Mary Ellen Arnold of Mountainside recently became a very special lady.

She was the first patient in this area, and only the fifth patient overall, to be treated at Overlook Hospital with the amazing new Cyberknife, a technological advancement in cancer treatment.

"I am feeling great and will go back to work tomorrow," said Arnold in an interview from her home the day after her surgery. She is a school teacher in the Elizabeth district, and is working on summer planning at one of the schools.

"I know that I have stage four cancer, and it spread to the brain from the lungs," said Arnold. This new technology has given her hope.

The hospital's new \$5-million Cyberknife is an incision-free option for tumor patients, using the latest technology to precisely outline malignant or benign tumors and obliterate them with a super targeted beam of radiation.

What's great about this new technology is that there are no incisions, no screws in the skull, no blood, no pain and even no anesthesia. Therefore, it provides new hope for patients with tumors previously diagnosed as inoperable, and for those who have received the maximum allowable radiation exposure through other treatments.

Overlook Hospital in Summit is the first in the New York metropolitan area, and the only hospital north of Baltimore and east of Pittsburgh, to offer the Cyberknife Stereotactic Radiosurgery — the full name of the treatment.

"I started with whole head radiation back in December; it took 10 days," Arnold said. "All my hair then fell out, and I expected this. After that, I had chemotherapy, and I still take a special pill called Iressa which they give to lung cancer patients only."

She said after that, she felt pretty good, but she started having leg pain and found out she had a blood clot. Her oncologist, Dr. Dennis Lowenthal, then took an MRI, which showed a new spot on the brain.

"Before they decided to do any-



Overlook Hospital's new \$5-million Cyberknife is an incision-free surgery option for patients who have cancerous tumors. Only a handful of patients in the area have tried this new technological breakthrough in treatment.

thing, I had a filter put in to block the clot. The next step was to radiology, where I learned about the new Cyberknife.

The Cyberknife treatment has also been cleared with the Food and Drug Administration. It is the only device cleared to treat lesions on the spine, and can also be used to treat other hard to reach tumors in the lungs, pancreas, and all areas of the head and neck.

It surpasses the use of older devices like the GammaKnife, which requires a head frame, and could only reach tumors between the ear and top of the skull. The average Cyberknife treatment is about one to five sessions, of 45 to 90 minutes each.

Arnold's treatment took two hours and she admits she was scared.

"I brought Xanax and they said I could take that. Also I brought my favorite CD of James Taylor. I listened to that while it was being done," she said.

The patient is in the radiation room alone, while the operation is being performed through a screen where she is being closely monitored.

With a robotic arm and radiation, the Cyberknife can send a precise beam of high dose radiation in a single treatment without damaging surround-

ing tissue and organs. It is the same technology used to guide missiles to precise targets, and works similarly to a car's global positioning system.

If the patient moves, the machine automatically detects and compensates for that change, ensuring the radiation is accurately targeted to the tumor location throughout the treatment.

"There was absolutely no pain; no discomfort of any kind," said Arnold.

"This Cyberknife is such a magnificent piece of equipment, it is exciting to work with it. Everything went smoothly with Mrs. Arnold and she was an excellent patient," Dr. Louis Schwartz, head of the new program at Overlook, said.

"It will take about six weeks before we know if the tumor is totally gone; that is when we will do an MRI scan; now she is in remission," he added. He was assisted by Dr. Richard Hodosh as part of the team.

He said they are currently doing brain and spine operations with the Cyberknife, and soon will be able to expand to thoracic surgery when the staff is totally trained for this.

Confirming her version of the procedure, Schwartz said he and his team were just behind a screen using the

robotic arm and monitoring her carefully on the computer on closed circuit television. "We can pinpoint beams, aiming from 100 different angles. It is truly amazing," said the surgeon.

He said the new procedure was covered by insurance; they even had a special person who works with the insurance company to get advance approval.

"I am so excited about the procedure, and as time goes on, we will be using it throughout the entire body," said Schwartz.

As for Arnold, she goes back to being the teacher technology coordinator and keeping busy.

"I work with both other teachers and the children, and have been a teacher for 35 years in the Elizabeth school system. Actually, I only have missed 35 days since the start of this illness, and I am not even thinking of giving it up," she said.

"Without my husband, Jeff, I would not have made it. He has been absolutely wonderful, supporting me and going every step of the way," she said.

"The hospital staff was just wonderful as well. I am in very good hands, and optimistic about the future," said Arnold.

Towns tighten up security after threat

By Rick Klittich
Staff Writer

In a post-Sept. 11 world, residents around the country are kept up-to-date about information regarding not only terrorism, but ways to live a safer life through staying alert.

Earlier this week, the U.S. Department of Homeland Security raised its terror alert level to orange, or "high," which is one mark away from severe, in which case government and public buildings would be closed.

While the shifting of the terror alert status is nothing new to most Americans, these most recent threats target areas within miles of Springfield and Mountainside, prompting questions of just how safe area residents feel.

"I think you have to keep going on with your life," said an eight-year Springfield resident, who declined to be identified.

"You may never feel safe again, so you have to keep living your life. That's what it comes down to, unfortunately."

On the list of potential targets is Newark's Prudential building, which is one of several key financial buildings that have been the talk of attacks due to the effect of obvious disruption and confusion within the business world.

Police departments, fire departments, Emergency Management and Emergency Medical Services have all been trained, prepared, and briefed as to what precautions can be taken in a time when terror alert levels are high, and meetings held this week further readied all municipal departments in the case of danger.

"You have to live life or you've given into the terrorist threats," said Springfield Mayor Clara Harelik, who was also briefed in order to prepare for any township emergency. "At the same time, you need to be more aware and alert."

The conflicting idea of living one's life while absorbing terrorist threats to buildings just miles from home seems to be the consensus, but some residents are hopeful that eventually, peace and comfort can be restored to the full extent.

"It doesn't matter how close, really," said a 20-year resident of Springfield about the close proximity of the

terrorism threats. "I feel like we're in the middle of everything, anyway," he said, explaining that being so close to New Jersey automatically places certain New Jersey municipalities at greater risk. "It'll take some time to feel safe again."

The threats extend into the five northern New Jersey counties of Union, Bergen, Hudson, Passaic and Essex, putting both Springfield and Mountainside in the midst of the alert.

Harelik said that any resident who notices any suspicious activity should report what they observe, not ignore it.

"Better safe than sorry," said Harelik, noting that it's become common for residents to ignore such things as car alarms.

Harelik said that it never hurts to take precautions and make sure all is right if anything at all is thought to be out of the ordinary.

Mountainside Police Capt. Richard Oseija said that all officers have been alerted to be vigilant and keep an "eye out for indicators" that have been handed down to the department from federal law enforcement.

Oseija described the indicators as law enforcement sensitive, although not too uncommon, including traffic issues.

"It's very important for citizens to be observant," Oseija said, explaining that they are the eyes and ears for the department. "Every tip is followed up on."

Oseija noted that with Route 22 being a connecting corridor to port facilities in Newark and Elizabeth, among other places, there is plenty to be looked out for within the borough.

Springfield Police Chief William Chisolm said that in the hour-long meeting in which departments were briefed Monday, town employees were made aware of certain items, though Chisolm declined to get into specifics.

A spokeswoman from New Jersey Transit said the agency is also on alert.

"In light of the recent terror alerts, the New Jersey Transit Police Department has stepped up patrols of trains, stations, facilities and our infrastructure," said Janet Hines.

Staff Writer Toniann Antonelli contributed to this report.

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COMMUNITY CALENDAR

The Community Calendar is prepared by the Echo Leader to inform residents of various community activities and government meetings. To mail a schedule, send it to Echo Leader, Attn: managing editor, P.O. Box 3109, Union, 07083.

Tuesday

- The "Teacher Expo -- Expanding Teaching Horizons," a free informative expo for professional educators, will be conducted at the Holiday Inn, Route 22 east, Springfield. Exhibits will be open from 10 a.m. to 4 p.m. and feature a variety of topics of interest to teachers from grades K-12. Reservations or pre-registration are not required to attend the expo.
- A U.S. Army's workshop on student abilities in the military will be conducted from 3:30 to 4:30 p.m. Register in advance for the workshop. For information, call Eagle Productions LLC at 201-670-7781.
- Storytime and Crafts, featuring the summer theme, "Discover New Trails...Read!" will continue at Mountaintop Free Public Library, Constitution Plaza, from 2 to 2:45 p.m. for children in grades one through four. Signups are required.
- For information, call 908-233-0115.

Sunday

- The Sisterhood of Temple Sha'arey Shalom, 78 S. Springfield Ave., Springfield, will conduct its annual rummage sale in the temple's social hall from 10 a.m. to 2 p.m. Items for sale include housewares, clothing, furniture, toys and more. Additionally, 9 will be "Brown Bag Day." A brown grocery bag can be filled up with assorted items for \$4. The public is invited to attend.
- Information can be obtained by calling the temple office, 973-379-5387 or from the temple Web site, www.sharey.org.

Monday

- This summer's Springfield Farmers' Market will continue at the Jonathan Dayton High School parking lot from noon to 6 p.m. every Monday through Friday. Stands will feature fresh produce, fresh cut flowers and baked goods, among other treats.
- For information, call Town Hall at 973-912-2201.
- The Sisterhood of Temple Sha'arey Shalom, 78 S. Springfield Ave., Springfield, will conduct its annual rummage sale in the temple's social hall from 10 a.m. to noon. Items for sale include housewares, clothing, furniture, toys and more. Today will be "Brown Bag Day." A brown grocery bag can be filled up with assorted items for \$4. The public is invited to attend.
- Information can be obtained by calling the temple office, 973-379-5387 or from the temple Web site, www.sharey.org.
- Holy Cross Vacation Bible Camp, 639 Mountain Ave., Springfield, will be conducted through Aug. 13 from 9:30 a.m. to noon each day. This year's program is SonGames 2004.
- Call 973-379-4525 to register.

Tuesday

- The Mountaintop Borough Council will conduct a work session at Borough Hall, 1385 Route 22 east, at 8 p.m.
- At Tripsic Nature & Science Center, 452 New Providence Road, Mountaintop, participants can join a park naturalist from 7 to 8 p.m. to search for red and white mulberries and see which mammals and birds are attracted to this treat.
- Call ahead at 908-789-3670 for availability.

Schwerdt named new fire chief

By Rick Kilrich
Staff Writer

Upon the retirement of former Springfield Fire Chief William Gras earlier this week, former Deputy Chief Donald Schwerdt became head of the department, after being sworn in at last week's Township Committee meeting.

Schwerdt, who replaced Gras effective Sunday, drew a large crowd to Town Hall to signify the importance of the position change.

"I'm glad to see they have the confidence in me to get the job done," said Schwerdt after being sworn in, commenting on the support he's received from both the town and Fire Department.

"He's been a fine deputy and he'll make a fine chief," said Mayor Clara Harelik after the meeting. "I think he has good ideas for the future of the department and I think he'll work to improve upon what is already in place."

Schwerdt began in the Springfield Fire Department as a volunteer in May 1975. After making the decision to become a career firefighter and joining the staff in December 1977, it took Schwerdt close to 13 years to be promoted to captain.

After just a couple years of proving himself at that level, Schwerdt was named deputy chief in September 1992. Since then, his commitment and dedication to Springfield have paved the way for his eventual promotion to fire chief.

"This is an accomplishment of some goals I've set for myself at an early age," said Schwerdt, explaining that upon entrance into the department, he had decided that he would like to eventually become and retire as fire chief. Harelik mentioned the credentials that helped boost Schwerdt to the head of the department, including a 2002 Unit Citation in which he coordinated the extraction of two victims trapped in a truck, along with three CPR saves, one while he was off duty.

Gras, who had served in Springfield for 30 years and announced his retirement at least a couple of months ago, ended his time with the township at the close of July, enjoying vacation time as the next phase of his life begins.

"I'm losing a close friend in the fire service," said Schwerdt of Gras. "He's been an excellent leader and role model."

Gras began, like Schwerdt, as a volunteer back in 1971. Although Gras became a career firefighter one year before Schwerdt started as a volunteer, the two became close and worked together for well over two decades, spanning a time of changes, controversy, success and improvement within the department.

"I've enjoyed the time I've spent with him," said Harelik of Gras. "I've seen the department evolve in many ways," added Harelik, specifically pointing out the construction of the new headquarters.

As for Schwerdt, Harelik boasted at the meeting that his credentials are very fitting for the position he has taken.

"I hope for smooth sailing in the years to come with him as chief," said Harelik.

Schwerdt, who said that while he had set plans for his career in being chief, does not have any sort of plans for retirement. Rather, the newly appointed chief is looking forward to impacting the department in any way he can.

"I'm looking forward to providing more services to the community and residents," he said, adding that he understands that the department's focus is to provide the most service at the most reasonable cost.

At the meeting, Police Officer Erik Knudsen was also officially sworn in to the Police Department, though he had worked for about a week already as a Springfield officer. Knudsen is the fourth officer sworn into the department this year and puts the department's total at 43.

Harelik noted how rare it is for two departments to be swearing in new members, and that she considered the meeting to be a momentous occasion because of the additions.



Schwerdt

Swim coach set to dive into Japan

Milkosky signs with Tokyo-area school

By Amy S. Bobrowski
Staff Writer

Christine Milkosky said swimming is taking her all the way to Japan.

Milkosky, a 22-year-old swim coach at the Mountaintop Community Pool, will depart Tuesday for Chofu-Shi, Japan, where she will teach swim classes and coach swim teams for The American School in Japan, right outside Tokyo.

"I've never been out of the country before," she said. "I couldn't pass up this opportunity."

Milkosky's contract with the school, whose 1,000 students are mostly the children of American diplomats located in Japan, runs from September to June with options of staying on for additional years. The school requires complete English fluency.

Milkosky's relieved.

"I don't know a word of Japanese, yet," she said.

Milkosky will teach elementary physical education swim classes and Red Cross lifeguarding classes. After school she'll coach elementary, middle and high school swim teams.

Besides the opportunity to live in another country, the school is providing Milkosky with a fully furnished apartment close to the school and will pay for half her utility costs throughout the duration of her stay.

"They're giving me a lot more than any coaching position I received in the U.S.," said Milkosky. "She'll also receive full health benefits, something that's unusual for a coaching position. Additionally, the school is paying for a round-trip flight from here to Japan."

Milkosky is going to make the most of her time in Japan.

"I told them that I want to experience the French Revolution," digitalized film has an ethereal quality.

Rather than build sets to approximate the bygone Paris of the 18th century, the director of "Claire's Knee" and "My Night at Maud's" commissioned a series of painted backdrops into which the characters are superimposed. The effect, which makes the period feel less reconstructed than witnessed, becomes something of a moving pop-up book or magic-lantern show.

Admission is free. For information, call 973-376-4930.



Christine Milkosky, right, offers some swim instruction to 7-year-old Erin Dooley at Mountaintop Community Pool. Milkosky recently accepted a position at The American School in Japan.

Decision allows police to seize crime property

By Rick Kilrich
Staff Writer

An appellate court overturned a Superior Court decision on July 21, reinstating the right for municipal police departments to forfeit property that was used in a crime or was somehow the profit of the crime.

In 2002, the Superior Court decided that law enforcement officials should not have the right to confiscate or seize property or money connected to a crime. After an almost immediate appeal that looked to uphold the previous standard of past years, in which police departments benefited from the seizure of property, a conclusion has finally been reached.

"It's in addition to the budget," said Mountaintop Police Chief James Debbie, who emphasized the importance of being able to have an outside source of funding, even if it cannot be counted on or expected. "In selling or auctioning, we have the chance to update enforcement equipment."

Debbie explained that anything owned by a suspect that was used in the process of a crime could be seized. For example, a car being driven to a house that is going to be burglarized can be seized and either auctioned off or used as an undercover vehicle.

Each municipality's Police Committee decides on the use of anything forfeited. The decision of whether or not forfeiture is appropriate comes directly from the Municipal Prosecutor's Office, and in turn, the prosecutor gets a cut of whatever will be seized.

Debbie, who is part of the Police Committee as police chief and borough administrator of Mountaintop, remembered that about eight years ago, around \$280,000 was seized due to tax evasion and drug crimes. The Police Department ended up with around \$160,000 of the money after cuts were taken by parties involved in the process, such as the prosecutor, who receives the biggest portion before the money goes to law enforcement.

The money is kept in a forfeiture fund that is overlooked by the municipality's chief financial officer, police chief, and other town officials. A past case of a law enforcement official from a New Jersey municipality who stole money and eventually committed suicide spurred communities to keep a close watch on civil asset forfeiture.

"In the past, we've used it for handguns, and now, we get to use it for vests," said Springfield Chief of Police William Chisolm, giving examples of how his department has benefited from seizure.

Recently, an emergency purchase of new bullet proof vests got a backing of thousands of dollars from Springfield's civil asset forfeiture fund, helping to pay for the costly, but necessary, purchase.

While Chisolm, like Debbie, finds that the extra funding is a great help in improving law enforcement, he said that it is usually unclear just when the money or property can be turned over.

About four months ago, Chisolm said that \$400,000 was seized by police, but the department hasn't seen a penny of it yet. In fact, Chisolm said that money seized last summer is still on hold, as well.

Even if the funds are being held because of the appeals court's recent decision that overturned the Supreme Court case, Debbie said the process is usually going to take up to two years.

Had the Supreme Court decision not been overturned, anything seized would go toward the municipality's fund, as opposed to law enforcement officials. Cars, for example, would be immediately auctioned and go to a general fund that undertakes a different process altogether.

In any case, police chiefs in many municipalities appear to welcome and appreciate funding that comes from outside of the budget.

"With technology changing the way it is," said Debbie, "seizure of property and money just helps us try to keep up with, at least, the curve."

Funds benefit home

The Mountaintop Historic Preservation Committee is raising money through the installation of a commemorative walkway at the Heffield House in order to update the written history of Mountaintop.

Available for \$100, your brick will include two to three lines.

For more information, call 908-232-2400, ext. 590. The next rededication is scheduled for October.

Man arrested for driving with suspended license

Mountaintop

Frankie Wilson, 49, of Jersey City was arrested at 3:48 p.m. Friday at Borough Hall on Route 22 east for driving with a suspended license. He was stopped on Route 22 near the Springfield border for motor vehicle equipment violations and he was found to have outstanding warrants.

Albert Brooks, 26, of Pittsburgh was arrested at Borough Hall for contempt of court in Mountaintop on July 28 at 3:16 p.m.

Brooks was picked up from Hunterdon County Jail on an outstanding warrant out of Mountaintop.

Samar Battle, 21, of East Orange, was arrested at Borough Hall at 5:09 p.m. on July 29. Battle was stopped on Route 22 west at Pembroke Road for having an obstructed front window, with "fuzzy dice."

A check of the vehicle's license plate showed that it was not on file. The vehicle did have valid insurance. The driver was found to have two warrants out of East Orange in the amount of \$156.

Dorothy Kelly, 31, of Jersey City was arrested on Route 22 west at the Lawrence Avenue U-turn for possession of drug paraphernalia, specifically, a crack pipe, on Monday at 3:23 a.m.

Police arrested Andrew Jackson, 42, of North Plainfield for possession of heroin and marijuana and drug paraphernalia. Jackson was stopped at Route 22 west at the Lawrence Avenue U-turn and arrested at 3:23 a.m. on Monday.

On Monday at 1 p.m., police arrested Alfred Smith, 43, of Plainfield for obstruction of justice. He was stopped for a cracked windshield on

Bill extends repayment schedule

By Rick Kilrich
Staff Writer

A bill currently being considered in the Legislature would extend the amount of time Springfield has to make state-mandated payments to the Garwood and Mountaintop school districts to 10 years, in contrast to the original five-year plan.

Under the bill, Springfield taxpayers would see a decrease in the annual school tax of \$20.18, for a home assessed at \$100,000, should payments stretch out 10 years. Currently, payments have begun and the impact of payments on a five-year schedule would result in an increase of more than \$40 for school taxes.

While Springfield school Business Administrator Matthew Clarke and Superintendent Michael Davino were unaware of the proposal, which had been considered in the past but was never acted on until recently, both felt that the news would be positive, and would support the bill to the full extent.

Mountaintop school Business Administrator Paul Vizzuso said that while he had heard talk of the possibility of such a proposal, he was unaware that it had become concrete and was up for consideration.

Goggi said that because the proposal came after the Mountaintop Board of Education's last meeting, it has not been discussed. The next board meeting is in September, and Goggi said discussion regarding the bill will take place at that time.

State Sens. Nicholas Scutari, D-Linden, and Raymond Lesniak, D-Elizabeth, sponsored the bill to extend the repayment schedule. Scutari, who is vice chairman of the Senate Education Committee, hopes the committee will be signing the bill in the fall and it can be signed as soon as possible after that.

French Revolution provides backdrop for period film

The Springfield Free Public Library, 66 Mountain Ave., concludes its summer International Film Festival on Aug. 19 with "Lady and the Duke" at noon and 7 p.m.

As adapted from the memoirs of the real-life Grace Dalrymple Elliott's "Journal of My Life During the French Revolution," digitalized film has an ethereal quality.

Rather than build sets to approximate the bygone Paris of the 18th century, the director of "Claire's Knee" and "My Night at Maud's" commissioned a series of painted backdrops into which the characters are superimposed. The effect, which makes the period feel less reconstructed than witnessed, becomes something of a moving pop-up book or magic-lantern show.

Admission is free. For information, call 973-376-4930.

Man arrested for driving with suspended license

Mountaintop

Frankie Wilson, 49, of Jersey City was arrested at 3:48 p.m. Friday at Borough Hall on Route 22 east for driving with a suspended license. He was stopped on Route 22 near the Springfield border for motor vehicle equipment violations and he was found to have outstanding warrants.

Albert Brooks, 26, of Pittsburgh was arrested at Borough Hall for contempt of court in Mountaintop on July 28 at 3:16 p.m.

Brooks was picked up from Hunterdon County Jail on an outstanding warrant out of Mountaintop.

Samar Battle, 21, of East Orange, was arrested at Borough Hall at 5:09 p.m. on July 29. Battle was stopped on Route 22 west at Pembroke Road for having an obstructed front window, with "fuzzy dice."

A check of the vehicle's license plate showed that it was not on file. The vehicle did have valid insurance. The driver was found to have two warrants out of East Orange in the amount of \$156.

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COMMUNITY FORUM

EDITORIALS

A necessary outlet

Although Mountainside is considered a relatively small town, the borough has a strong youth population with sports and recreation programs at the forefront of its activities. While this is important, what appears to be lacking is a program that gets children interested in the fine arts.

Providing children with programs in the fine arts — whether it be acting, singing, dancing, theater production or the opportunity to play music — gives children the chance to explore their creative side. It gives them confidence, self-esteem, and the power to reach out to others in a way that can transform and enrich their lives. Arts programs have the power to touch young people's lives and change them for the better, either through broadening their career paths or by offering them a fun, viable alternative to traditional educational or recreational activities.

This is why it's so important that Peggy Valenti, a former Mountainside teacher, has taken the initiative to spearhead a program aimed at providing youth with the opportunities to take part in the fine arts.

She has already made arrangements to run the program out of the community room at Borough Hall and is in the process of getting students interested in registering for the program, which begins after the school year starts in September.

While Deerfield School does provide musicals and theater productions from time to time, this is not enough. The youth of Mountainside need a more expansive and comprehensive program that addresses diverse interests, one that fills the void for fine arts programs that exist in the district. If anything, this program can only enhance what the district already offers and serve as an added bonus to those who take part and to those who get the benefit of watching the students perform.

This program can only be beneficial for the entire community as the students who take part in it can also give performances to people at libraries, Children's Specialized Hospital, nursing homes, people from senior groups and other places that could benefit from the youthful exuberance and joyful entertainment that the fine arts can provide.

Give help

Most people have lots of clutter in their closets. Often, people don't realize how the clothing they no longer or rarely use can benefit others.

As the back-to-school season draws near, we're continuously flooded with images from television, newspapers, and magazines to buy new clothes. For many parents and students, back-to-school shopping is a yearly ritual that has become as commonplace as any annual event. It's something many don't even think too much about.

But unfortunately, there are many families who live on tight budgets and cannot afford to buy new clothes at the start of the new school year. In the rush to buy new fashions, it's easy for many of us to forget those who have trouble just getting by on meager incomes.

Thankfully, a local drive has addressed this need and is helping to fill the gap that exists for struggling families in need of back-to-school clothing. Members of Springfield Emanuel United Methodist Church and St. James the Apostle Church have come together to start a drive to collect barely new and used clothing that will be distributed to people in need.

Called "Angel's Closet," the drive aims to collect back-to-school clothing for children in need who cannot afford to purchase new apparel, accessories, or shoes at retail prices. The volunteers are also looking for baby clothes and outerwear in excellent condition, as well as clothing in regular to plus sizes that's in good condition.

Donations can be brought to the church on selected days and evenings through Aug. 19. Volunteers are also needed to help sort clothes before and during the sale. Even just an hour or two can make a big difference. For information, call 973-376-1695.

Wearing decent clothing in good condition is something many of us take for granted. We don't often think about those who do not have that option, and we owe it to ourselves the next time we look into our closets and see all of the items we have that could make someone else's life a little brighter.



Photo By Barbara Kukkalis

THIS GARDEN JUST KEEPS GROWING — Springfield resident Salvatore Zotti shows off some of his tomato plants, which cover a significant portion of his property. Zotti also has tons of bushes and plants throughout his ever-expanding garden.

Needful activities to fill the Dog Days of Summer

Here is a very special offer from the Dog Days of Summer Academy for all you parents out there who didn't sign your kids up for any summer programs because you thought it would be important for them to experience the lazy, carefree days you remember so fondly as a child and are now petrified that something regrettable will happen if you hear the phrase "I'm bored" just one more time.

Leave it to the next generation to give the formerly endearing term "endless summer" a similar new meaning. Not to worry, we'll make things right — and for only \$895 per student!

While there are thousands of summer programs that focus on athletics, academics and the arts, the academy staff understands that it's you, the parent, who is paying the bills around here and should therefore reap the lion's share of the benefits derived from the skills we instill upon your children. That's why our program focuses on teaching your kids skills to make your life easier — not theirs. Sounds selfish? It is!

Sample courses include:
- DDA-012 Short Order Cooking (Ages 4 to 12)
Learn to wake up on the weekends quietly without disturbing your par-

ents, enjoy the satisfaction of making your own breakfast, master the art of cooking crepes, eggs benedict, corn beef hash and, for those of you too short to reach the stove top, cereal.

(Prerequisite: DDA-213 Dishwashing)

DDA-362 The Telephone and You (Ages 4 to 16)
Did you know the telephone is one of mankind's most valuable tools? Harness its true power by learning how to write messages down and deliver them in less than 48 hours. Understand the importance of hanging up telephone extensions so others may contact you or members of your immediate family.

DDA-815 Speaking to Adults (for beginners) (Ages 4 to 16)
In this introductory class, we will discuss the art of conversation between children and adults beginning that leads to more in-depth conversations covered in DDA-816 Speaking

Now What?

By John Hartnett

At the end of six weeks, when an adult relative or friend of your parents spots you on the street and says "hello," you'll be amazed to hear yourself say "hello" back in a clear, articulate voice!

DDA-101 Conflict Resolution for Siblings (Ages 18 months to 18)
Did you know that screaming, bickering and knock-down, drag-out fights between siblings are the No. 1 reason parents leave for vacations in the dead of night, often without telling their children where they're going or when they'll return?

This course provides a variety of techniques for restoring order in the house. You'll learn how to argue in silence using "The Mime Way," soundproof your tree house, file a restraining order and, for extreme cases, learn how parents can doctor birth certificates to enhance your eligibility for the Merchant Marines.

DDA-901 How to Prolong the Life Expectancy of Baseball Hats (Ages 6 to 18)
In this simple, three-minute class, we will explore why baseball hats that are consistently worn indoors in spite of parental requests to remove them disappear at a much greater rate than

those baseball hats that are worn only when outside the home.

(Prerequisite: DDA-599 Introduction to the Knee and Its Role in the Classification of Short Pants)
DDA-472 Eating Meals at Home (Ages 4-16)
This course is built on an exciting role-playing game in which you play the parent and the instructors play your children. Points are awarded to the children's team whenever a "child" succeeds in ordering "off the menu," has to be called to the table more than twice, fails to wash hands before sitting down, refuses to eat healthier items, is able to persuade you to dish out dessert in spite of not finishing dinner, uses fingers in lieu of utensils and chews with their mouth open.

"Parents" are awarded points if they are able to remain in the dining room without sneaking out to go on vacation.

Dog Days Academy classes begin next week. Your satisfaction is 100 percent guaranteed or we'll refund the entire amount or keep your children until they're 18. Your choice.

John Hartnett can be reached at johnhartnett@earlybirdpublishing.com.

Grant supports ongoing 'Baby Bundles' program

The Area Baby Center was awarded a grant from the Summit Area Public Foundation to support its ongoing "Baby Bundles" program.

The Area Baby Center is a non-profit organization located in Summit that provides diapers, wipes, toiletries and gently used items to disadvantaged families in the local community.

The ABC is currently, assisting 60 families. Clients are referred to the ABC through local social service programs. Families assisted by the ABC receive a "Baby Bundle" as a welcoming gift upon becoming a client of the ABC.

The Bundle contains baby bath wash, baby lotion and baby shampoo, diaper rash cream, a bib, baby one piece t-shirts, receiving blankets, toys, and other small items which are gift packaged in a laundry basket. The Summit Area Public Foundation grant will enable the ABC to continue to offer these bundles to new clients for the coming year.

John Hartnett can be reached at johnhartnett@earlybirdpublishing.com.

LETTERS TO THE EDITOR

Ask politicians for examples of tax cuts

I just received my Springfield property tax bill for the coming year on Aug. 1. The amount has skyrocketed from that of last year, and I have heard that this bill has gone "right through the roof!"

We are now in the political campaigning season in preparation for the Nov. 2 general election. The candidates for the presidency have taken the most interest, but there are other candidates running for positions on the federal, state, county, and municipal levels.

My ear is waiting to hear at least one of the present or future office holders detail a plan as to just how he or she will cut expenditures or lower taxes. In Colonial times, during the 1770s, Benjamin Franklin coined the axiom, "a penny saved is a penny earned." Our modern office seekers seem to have forgotten that old adage. How about asking candidates to implement that phrase again in 2004? There are plenty of accounts in the municipal, school, county, state, and federal budgets that could be reduced or eliminated without lowering quality-of-life standards.

Telephone or write to the candidates and ask them for some examples where budget cuts could be made.

Hazel Hardgrove
Springfield

Railroad will not benefit Union County

Frank Capece's "Shared assets" column on July 15 demonstrates the danger in presuming that railroads exist to help Union County.

Because of the effort necessary to load rail cars, sort cars into trains headed toward the same destination, and break down trains for delivery, rail freight lines generally look toward long-distance hauling to turn a profit. Among port warehouse operators, there is at least one mode of thought that shipping freight by rail for distances under 1,000 miles is just not practical.

For \$2 a year, Union County has given the Morristown & Erie eventual access between Staten Island and long distance rail lines along the Erie-Lackawanna and the Lehigh Valley. With a little help from New Jersey Transit, reopening the Lackawanna Cutoff between Andover and Scranton will open the Erie-Lackawanna to freight yards at Scranton, the garbage dump at Taylor, Pennsylvania, and major rail lines at Binghamton, New York. The big money would be in becoming a major conduit for marine cargo and garbage from Staten Island.

Shortline railroads will not take trucks off local roads, because the Port Authority is anticipating the quadrupling of containers passing through port facilities from 2.2 million to 8.8 million containers per year. Port Authority projections anticipate that there will be both more trucks on the road and more

Our policy on letters and columns

The Echo Leader welcomes submissions from its readers. Letters to the editor or opinion pieces on any subject will be considered for publication on the opinion pages.

This opportunity also is open to all residents, officials and employees of the both Springfield and Mountainside and County of Union.

The Echo Leader reserves the right to edit all submissions for length, content and style. Writers must include their name, address and daytime telephone number for verification.

Letters must be no more than 500 words long; longer pieces must be arranged in advance with the editor. The Echo Leader accepts letters to the editor and guest columns via e-mail. The address is editorial@thelocalsource.com. Letters and essays also may be sent via U.S. mail to 1291 Stuyvesant Ave., by 9 a.m. Mondays. For publication, all letters and guest columns must be received by the editor. Letters received via e-mail must be on topics of interest, preferably in response to content that appeared in the newspaper. Advertising will not be accepted by e-mail.

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Collection continues for U.S. troops in Iraq

Christine Truhe, Julie Stymacks, and other Summit residents are continuing the "Summit Supports Our Troops" initiative.

They've asked people to "pass the word on" via flyers, emails, and word-of-mouth.

At the July 4 celebration in Summit, the group hosted a table and members wandered through the crowd handing out flyers to describe their goals and the specific steps people can take to provide their support to the troops in a tangible way.

The immediate goal is to gather 400 boxes for the troops at the front filled with items by Sept. 30.

The first collection was at the Summit Street Fair on Saturday, where they had a truck in the Bank Street parking lot.

Additional collection occasions will be announced.

Truhe has established a relationship with the Commander of the U.S. Army, BSTB Brigade Special Troops Battalion out of Ft. Benning, Georgia to support the unit.

This unit is returning to Iraq in November after having been there for the first part of the war.

They expect to be there up to 18 months this time around. Truhe, in coordination with the Army 3rd Infantry Division and Stymacks, whose son Bryan is also returning to Iraq, have developed a list of the items needed at the front.

"The military supplies only the basics. There are no prescriptions. The heat, sand and wind wear out everything. Imagine it," said Truhe. "The items we will send them will give them some comfort and in a tangible way they will know they are in our thoughts each day."

As a result of coordinating directly with the military, we expect to be able to avoid shipping charges, Truhe said.

The commanding officers are in the process of arranging for the personnel at Ft. Dix to accept the packages, which will then be placed in shipping containers to be sent directly

to Iraq with Army supplies.

"There is an abundance of good will among us, many wonderful services that can be offered," said Truhe.

Anyone from the public can help by filling a shoe box or similar size box with various items and supplies.

These include entertainment items such as books, magazines, sports equipment, and cards; clothing such as socks, underwear, and T-shirts; non-perishable food and drinks, toiletries, sunglasses, communication items such as pens, paper, and envelopes, and miscellaneous items such as batteries, portable showers, and laundry soap.

Anyone may make a financial contribution by contacting Christine Truhe at 908-273-1142.

For various cultural, health, convenience, and/or safety reasons, participants should adhere to the following rules:

- No pork, chocolate, fruit (unless sealed), or alcohol — including hand sanitizer.
- Limit the amount of sugar.
- Wrap everything possible in ziploc bags to protect packages in case of spillage.
- All items should be in travel size or individual servings.
- Avoid items that need to be reconstituted with water.
- Do not send political, war related, or any potentially demoralizing news material.
- Do not send pictures of a sexual nature or nudity.

Please bring items to a collection site in one of the following ways:

1. Place any combination of these items in shoe box size boxes and seal tightly.
2. Provide quantities of one item in ziploc bags, closed boxes, or original containers.

For information on how to become involved with The Mayor's Committee "Summit Supports Our Troops" e-mail Christine Truhe at drtruhe@truhe.com or call 908-273-1142.



Park Naturalist Joe Fluck watches as Rachel Wolfe of Short Hills and Andrew Lamanna of Westfield try their luck at fishing at Lake Surprise during a workshop offered at Trailside Nature & Science Center in Mountainside.

Trailside offers fishing fun

Trailside Nature & Science Center, 152 New Providence Road in Mountainside will offer a half-day fishing workshop titled "Catch of the Day" for children entering the fifth and sixth grade during the week of Aug. 16-20 from 9 a.m. to noon.

Children will learn to identify New Jersey's fresh water fish, take part in casting games, learn to bait a hook, create a lure of their own, and more. To culminate the week's activities, the camp will visit Pequest Hatchery in Oxford to see how trout are raised and then try to catch some by fishing in the Pequest River.

Also at Trailside on Tuesday, a program on "Nighttime Munchies" will be available from 7 to 8 p.m. Participants can join a park naturalist to search for red and white mulberries and discover which mammals and birds are attracted to this treat.

Trailside is a facility of the Union County Department of Parks & Recreation. Call Trailside at 908-789-3670 for information on "Catch of the Day" or other summer camp openings at Trailside.

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Bertram Rossner

Bertram Rossner, 81, of Summit died July 27 at home. Born in Manhattan, Mr. Rossner moved to Summit in 1959. He was an engineer and owned George Equipment Co., Newark, for 10 years before retiring in 1984. Mr. Rossner was a graduate of the Naval Academy in Annapolis, Md., earning the rank of ensign. He also received a bachelor's degree in mechanical engineering from New York University, New York City, prior to entering the Naval Academy. Mr. Rossner was a captain in the Navy during World War II. Surviving are his wife of 50 years, Dorothy; a son, Andrew; a daughter, Janet Cooper, and two grandchildren.

Harry Boryeskne

Harry F. Boryeskne, 64, of Key Largo, Fla., formerly of Summit, died July 22 at home. Born in Summit, Mr. Boryeskne moved to Key Largo three years ago. He was a dock master at Rowell's Marina in Key Largo. Before that, Mr. Boryeskne was a bartender for 27 years at Quigley's, West Orange, and a crew member on the Lady Poo III out of the Brielle Yacht Club and The Hop-A-Long out of the Burlew Marina in Manasquan. He also worked at St. Barnabas Medical Center, Livingston. Surviving are three sons, Tracy, Kevin and Keith; a daughter, Shannon Drylie; his mother, Pauline S. Boryeskne; a brother, Edward, and a sister, Anne Werner.

Vera Wagner

Vera S. Wagner, 94, of Summit

OBITUARIES

died July 27 in the Plaza Regency Nursing Home, Park Ridge.

Born in Newark, Mrs. Wagner lived in Chatham for 42 years before moving to Summit 16 years ago. She was a well-known local painter, who displayed her work at the Library of the Chatham, Chatham, for many years. Mrs. Wagner received a bachelor's degree from the New York School of Fine and Applied Arts, New York City. She was a member of the Chatham Fish and Game Association, the Women's Club of Chatham and the Opera at Flatham Park, where she served as a governor. Surviving are two daughters, Faith Lyman and Marsha Groner; four grandchildren and two great-grandchildren.

Arthur Gilbert

Arthur C. Gilbert, 94, of Mount- side died July 28 in the King James Center, Chatham. Born in Newark, Mr. Gilbert lived in Irvington and Rio Rancho, N.M., before moving to Mountainside three years ago. He was a supervisor for Public Service Electric & Gas Co., Irvington, where he worked for 42 years before retiring in 1971. Surviving are a daughter, Suzanne Murawsky, and a grandchild.

Mildred Perko

Mildred Perko, 105, of Mount- side died July 28 in the Mountainside home of her son, Charles Jr.

Born in Hungary on Oct. 24, 1898, Mrs. Perko lived in New York City before moving to Mountainside 25 years ago. She worked with her late husband, Charles Sr., in establishing a

park store business in Elizabeth and later in New York City many years ago. Also surviving are two daughters, Mildred Romano and Dorothy; seven grandchildren and 12 great-grandchildren.

Rose Marie Marano

Rose Marie Marano, 87, of Spring- field died July 24 in Overlook Hospi- tal, Summit.

Born in New York City, Mrs. Marano lived in Springfield for many years. She was an administrative assistant with the former Harold Motor Co., South Orange, for six years. Mrs. Marano was a graduate of the Katharine Gibbs Schools, New York. Surviving are two daughters, Arlene Hawks and Carol; a sister, Rita Christiano; four grandchildren and four great-grandchildren.

Mary Wooster

Mary Wooster, 94, of Mount- side, formerly of Elizabeth, died July 24 at home.

Born in New York City, Mrs. Wooster lived in Elizabeth, New York and Montclair before moving to Mountainside. She worked in the jewelry department of Macy's department store, New York City, for several years many years ago. Mrs. Wooster was a 1931 graduate of Goucher College, Towson, Md. She was president of the Montclair Garden Club in the 1960s. Mrs. Wooster was the author of a booklet called "What's in a Name," a guide to botanical names of plants. Surviving are three sons, John T. Jr., Richard W. and Thomas S.; two brothers, three grandchildren and two great-grandchildren.

RELIGION

Lighthouse Kids' offers Vacation Bible Camp

The long and hazy days of summer can become a little boring by the end of August.

Organizers of "Lighthouse Kids," invite all children, who will be age 4 through grade six to Vacation Bible Camp from Aug. 23-26. The camp is co-sponsored by the Springfield Emanuel United Methodist and Springfield Presbyterian churches. Camp will begin at 9:30 a.m. in Springfield Emanuel Church with music led by jazz musician "Dan the Man."

He is known professionally as Dar Christ, and he plays at venues in the tri-state area as well as Sunday mornings at the Emanuel Church. Themed crafts, recreation and Bible drama will keep participants' busy until camp ends at 12:30 p.m.

For information and registration brochures, call 973-376-1695 or 973-379-4320.

Summer services continue at Shalom

Summer services at Temple

Sha'arey Shalom, 78 S. Springfield Ave. in Springfield continue through Aug. 27.

During this period, Friday night Sabbath services will start at 8 p.m. and will be led by lay members of the congregation.

Conducting services on Friday, will be Marc and Pam Bain of Spring- field; Aug. 13, Jonathan, Linda Krauslar and family, residents of Maplewood; Aug. 20, Bill and Sandy Weiss of Summit; and Aug. 27, Shab- bat morning minyan members.

Temple Sha'arey Shalom summer services are held in a casual atmos- phere and offer opportunities for fami- lies unaffiliated with a temple or syna- gogue to meet temple members, learn of the customs and traditions of the congregation, celebrate the Sabbath, and learn and see first hand what Sha'arey Shalom has to offer.

The congregation has a growing religious and Hebrew school and a very popular nursery school program. Throughout the year, there is an ongo- ing adult education program and a very active social action program. Additionally, in the recently renovated facilities, the social hall provides the perfect spot to celebrate all social and

life cycle events. Sabbath services are held Friday evening and Saturday morning during the non-summer months.

The public is invited to all Friday and Saturday Sabbath services. Informa- tion on membership can be obtained by calling the temple office at 973-379-5387.

Religious school accepts registration

The Summit Jewish Community Center Religious School, 67 Kent Place Blvd., is welcoming new stu- dents to join in the enthusiasm and excitement of a Jewish experience.

Current non-member families of first-year students entering grades K-2 may enroll their children in school without joining the synagogue during the first year.

The Summit Jewish Community Center, a conservative synagogue, has been a fixture in the community for more than 75 years.

For fall registration materials and information, contact Stacey David at rels@summitjcc.org or call 908-273-8130.

WORSHIP CALENDAR

BAPTIST

EVANGEL BAPTIST CHURCH — "SERVING CHRIST IN THE 21st CENTURY," 242 Shumpke Rd., Springfield, Rev. Frederick Mackey, Sr. Pastor. Sundays: 9:30 AM Bible School for all ages • Nursery through Seniors: Spanish Sunday School 9:30 am and 5:30 pm, 10:30 AM Worship Service and Nursery care: 5:30-7:00 PM AWANA Club Program for Children ages 4-11, 6:00 PM Evening Service & Nursery care. Wednesdays: 7:15 PM Prayer, Praise and Bible Study. Junior/Senior High Ministry. Active Youth Ministry, wide-Range Music Program, ample Parking. Child Life provided with assistance. All are invited and welcomed to participate in worship with us. For further information contact church office (973) 379-4351. Mondays - 7:00 pm - ENGLISH AS A SECOND LANGUAGE.

JEWISH-CONSERVATIVE

TEMPLE BETH AHM 60 Temple Drive, Springfield, 973-376-0539. Mark Mallich, Rabbi. Richard Nadel, Cantor. Marilyn Garten, President. Beth Ahm is an egalitarian, Conservative temple, with programming for all ages. Weekly services Mon-Fri, 7:00 AM Sun- days, 7:45 PM Shabbat (Friday) 9:00 PM & 8:30 PM Shabbat day 9:30 AM & sunset; Sundays, 8:30 AM Festival & Holiday programs 9:00 AM. Family and children services are conducted regularly. Our Religious School (third- seventh grade) meets on Sunday and Tuesday. There are formal classes for both High School and pre-Religious School aged children. The synagogue also sponsors a Pre-School Women's League, Men's Club, youth groups for sixth through twelfth graders, and a busy Adult Education program. For more information, please contact our office during office hours.

JEWISH-ORTHODOX CONGREGATION

ISRAEL OF SPRINGFIELD 339 Mountain Avenue, Springfield, 973-457-9666. Chaim Marcus, Rabbi; Alan J. Yuter, Rabbi Emeritus; Solomon Greenfield, President. Congregation Israel is a Modern Orthodox synagogue. There are two daily weekday morning Minyan at 8:15 a.m. and 7:00 a.m. Daily weekday Mincha/Maariv services are also held. Call the shul office for times. There are two Shabbat morning services at 7:30 a.m. and 9:00 a.m. as well as Junior Congregation at 9:30 a.m. The Nursery School conducts classes for children aged 2 1/2 to 4. A summer camp is also available to children of this age. Adult classes are held three nights a week with two weekly Teen classes. We have an active

BAPTIST

Senior Set and very active Jr. NCSV and Sr. NCSV chapters for pre-teens. Our Sisterhood, Adult Education and Youth groups provide a wide array of communal programming. For further information call the synagogue office at 973-467-9666.

JEWISH - REFORM

TEMPLE SHA'AREY SHALOM 78 S. Springfield Avenue, Springfield, (973) 379-5387. Joshua Goldstein, Rabbi; Amy Danz, Cantor; Education Director; Nina Greenman, Pre-School Director; Mindy Schreff, Family Life Educator; Claire Daffner, President. Temple Sha'arey Shalom is a Reform congregation affiliated with the Union of American Hebrew Congregations (UAHC). Shabbat worship, enhanced by volunteer choir, begins on Friday evenings at 8:00 PM, with monthly Family Services at 7:30 PM. Saturday morning Torah study class begins at 9:15 AM followed by worship at 10:30 AM. Religious school classes meet on Saturday mornings for grades K-5; on Tuesday and Thursday afternoons for 4-7; and Tuesday evenings for post barmitz mitzav students. Pre-school classes are available for children ages 2 1/2 through 4. The Temple has the support of an active Sisterhood, Youth Group, Renaissance Group and Youth Group. A wide range of programs include Adult Education, Social Action, Interfaith Outreach, Singles and Seniors. For more information, call the Temple office, (973) 379-5387.

LUTHERAN

HOLY CROSS LUTHERAN CHURCH 639 Mountain Avenue, Springfield, 07081, 973-379-4525. Fax 973-379-8887. Remo Maden, Pastor. Our Sunday Worship Service takes place at 10 a.m. For information about our midweek children, teen, and adult programs, contact the Church Office Monday through Thursday, 8:30-4:00 p.m.

REDBEMER LUTHERAN CHURCH AND SCHOOL

229 Compherhate Pl., Westfield, Rev. Paul E. Krauch, Pastor. (908) 232-5131. Beginning Sunday, July 6, Summer Worship Times are as follows: Sunday Worship Services, 9:30 and 10:00 a.m. Sunday morning Nursery is available. Wednesday Evening Worship Service, 7:30 p.m. Holy Communion is celebrated at all worship services. The church and all rooms are handicapped accessible.

METHODIST

SPRINGFIELD EMANUEL UNITED METHODIST CHURCH, is a faith community united by God's love for people of all ages and background. Join us each Sunday at

BAPTIST

10:30 am be renewed as you experience God's presence through contemporary and traditional music, scripture, prayer and Holy Communion. Families worship together prior to children leaving for age appropriate Sunday School which begins midway through the hour. Meaningful intergenerational outreach (mission), fellowship activities and Bible study groups are open to all. Call 973-376-1695 for information. We are located near Morris and Mountain Avenue at 40 Church Mall. The church and parking lot are at the far end of the street. God is making all things new at Emanuel!

THE UNITED METHODIST CHURCH OF SUMMIT

is located in the heart of town on the corner of Kent Place Boulevard and DeForest Avenue. Church School and Bible Study is held at 9:30 a.m. Sunday morning Worship is at 10:30 a.m.; the emphasis of which is to always have a "good week" because of Paul's reminder to us in his letter to the Romans "that ALL things work together for good for those who love God and are called according to his purpose". The sermons are uplifting, Biblically sound and guaranteed to keep you awake. The music and weekly children's message are memorable. All are welcome to hear the Good News of God's love and salvation through Jesus Christ. Our church also offers nursery care, after worship refreshments and fellowship, and many lively programs for everyone. Come worship with us and find out how you too can have a "good week". Call the church office or Pastor Gina or Rick Hendrickson, Senior Co-Pastor for more information at 908-277-1700.

ROMAN CATHOLIC

THE CHURCH OF OUR LADY OF LOURDES, 300 Central Avenue, Mountainside, 908-232-1162. Celebrate the Lord's Day: Antiphonal Mass 9:00pm, Sunday at 7:30am, 9:30am, 11:30am, Weekdays: Monday-Friday 7:00am & 8:00am, Saturday 8:00am, Sacrament of Reconciliation, Saturday at 1pm. Perpetual Adoration Chapel for personal prayer and devotion. www.ourlourdes.org, office@ourlourdes.org.

THE PARISH COMMUNITY OF ST. JAMES

45 South Springfield Avenue, Springfield, New Jersey 07081-973-376-3044. SUNDAY EUCHARIST: Sat. 5:30 p.m. Sun. 7:30, 9:00, 10:30 a.m., 12 Noon. Reconciliation: Sat. 1:00-2:00 p.m., Weekday Masses: 7:00 & 8:00 a.m.

UNITARIAN- UNIVERSALIST

UNITARIAN CHURCH IN SUMMIT, 4 Waldron Avenue, Summit, NJ 07901, 908-273-3245. www.ucsunnj.org. Rev. Vanessa Rush Southern, Minister Susan R. Freudenthal, Dir. Religious Educ. Mitchell Vines, Music and Choir Director. Sunday Services and religious education classes at 10:00 AM. Adult Education and other programs.

PRISBYTERIAN

FIRST PRESBYTERIAN CHURCH 210 Morris Ave. at Church Mall, Springfield, 973-379-4320. Sunday School Classes for ages 3yrs - Senior High 9:00 a.m. in our Parish House, Sunday morning worship service 10:15 a.m. Children's Church is held during the worship

Create a tranquil garden



Reeves-Reed Arboretum offers a class on creating a water garden in an attractive food container on Saturday from 9:30 to 11 a.m. Participants will learn how to care for a water garden. All materials are included in the class fee. For information, call 908-273-8787.

Workshop explores aspects of God's love

Lisa Athan, M.A., will be presenting a workshop titled "God is Love — Be In Love, Being Love, with God" on Friday from 7:30 to 9 p.m. at the Springfield Emanuel United Methodist Church, 40 Church Mall in Springfield.

According to Athan, "The Bible tells us 'God is Love.' The Beatles sang 'All You Need is Love.' Movies present us with the thought that 'Love is a Many Splendored Thing.' With all we've got going-on, and all the stuff we have and do, the mystics tell us 'Love is all there is.'"

In this workshop, participants will explore: "Loving Ourselves" — How to affirm ourselves—and our worldly circumstances, "Loving Others" — Giving and receiving love from other loving people, and "Loving God" — Understanding and embracing a wonderful source of unlimited love.

As participants explore these connections and relationships, they can

SAGE receives grant for support group

SAGE, a major community resource for eldercare, recently received a grant of \$9,464 from the Grotta Fund For Senior Care of the Jewish Community Foundation of Metro West New Jersey in support of The Gathering.

The Gathering is a support group for individuals with recent diagnosis of the early stages of Alzheimer's disease or dementia. The group is the first of its kind in the Union County area and draws participants from referrals by regional doctors, hospitals, social workers and geriatric case managers. For information, call SAGE's Shopping Service at 908-273-5550.

Opportunities for personal growth through worship, Christian Education, Choir, ongoing church activities, and Fellowship. Holy Communion is held the 1st Sunday of every month. The Ladies Evening Group-3rd Wednesday of each month at 7:30 p.m.; Kaffee Klatch-1st and 3rd Tuesday of each month at 9:30 a.m.; Men's Fellowship-2nd Sunday of each month at 8:30 a.m.; Choir—every Thursday at 8:00 p.m. in the Chapel. We also host various Outside group meetings: Springfield Garden Club, Children's Community Choir, Learning Disabled Group, and Allston. For information about any of our programs or services, call Gertie at the Church Office: 973-379-4320. Mon. through Fri., 9:00 a.m.-12 noon; 1:00pm-4:00pm

For more information, call the Temple office, (973) 379-5387.

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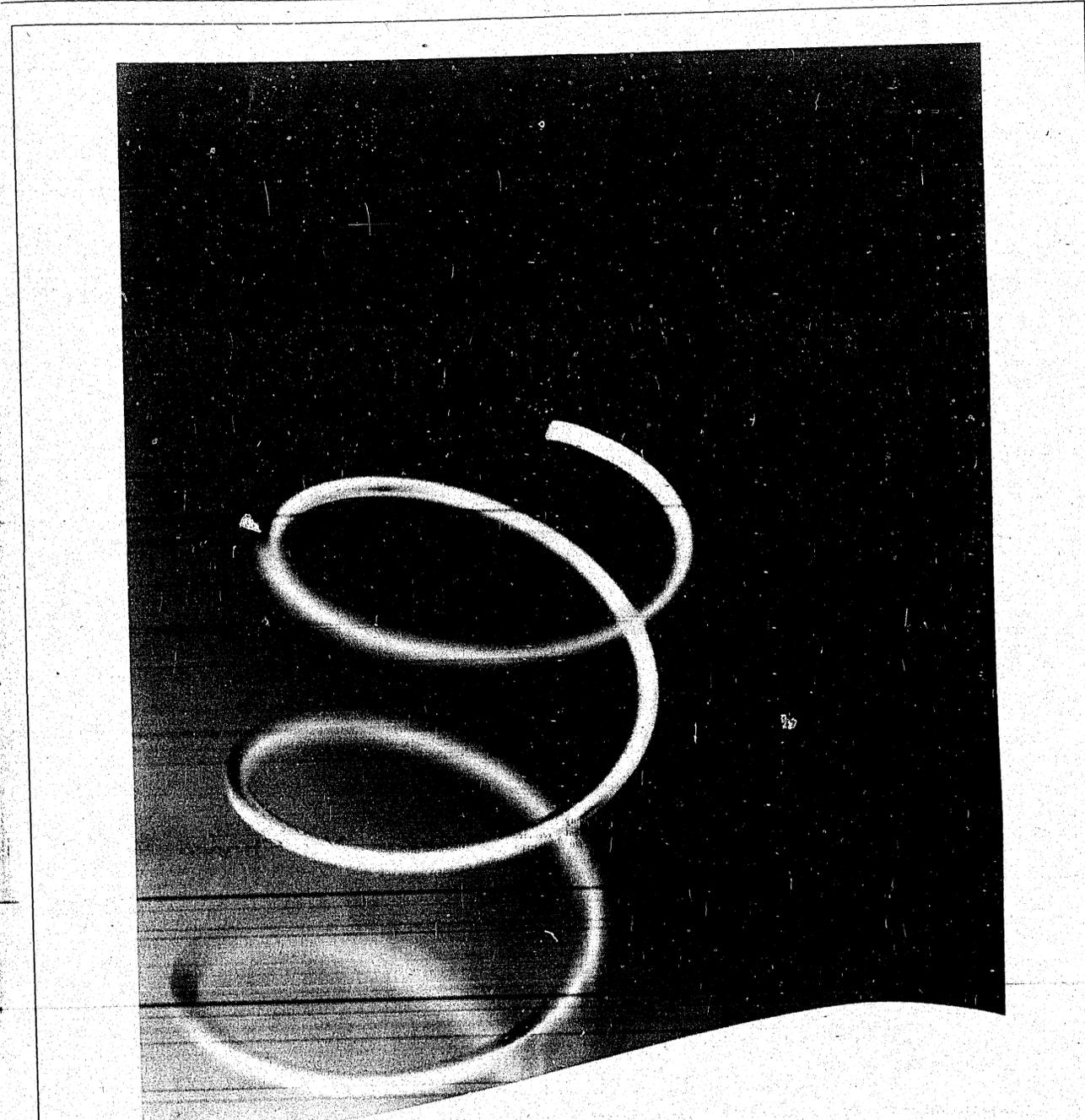
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At Penn Federal, You Choose How You Check! FREEDOM CHECKING Totally FREE, Hassle Free, Fee Free! INTEREST CHECKING 1.50% APY* In YOUR Best Interest! SENIOR CHECKING 1.50% APY* Totally FREE...with Interest! For Those 55+! Plus, We Reward You With Bonus CD Rates! 2 YEAR CD 3.50% with Penn Checking 3 YEAR CD 4.00% APY* with Penn Checking 4 YEAR CD 4.50% APY* with Penn Checking *Annual Percentage Yield (APY) rate is 1.50% APY on your new interest on Senior Checking account through 12/31/04. Minimum balance to earn APY is \$1,000. Fees may reduce earnings. **Freedom and Bonus Checking labels order of 25 is subject to change without notice, but the rate on interest on Senior Checking label pay fee. ***APY is subject to change without notice, but the rate on interest when you open your account is guaranteed for 90 days. These rates include a 0.25% bonus for customers with a Penn Checking Account and a limited service Checking Check-off. Available ATM/Debit Card, or Online Banking with Bill Pay. This bonus rate cannot be combined with any other rate. Penn Federal Savings Bank account. All offers apply to Union branch only and are subject to change at any time.



At Overlook Hospital, a tiny coil of wire makes a big difference to patients with brain aneurysms.

An aneurysm is a bulge in a brain artery that can cause death or lifelong disability. Until now, the only way to treat a brain aneurysm makes it possible to treat many aneurysms by using a tiny coil of wire.

Using computer-aided X-ray scanners, the physician first threads a tiny catheter and then a series of coils — smaller than a human hair — into the aneurysm. A small electrical current is passed down the catheter, causing the coils to detach and remain in the aneurysm. Blood clots on the tight mesh created by the entwined coils, effectively sealing off the aneurysm. The procedure requires just one small incision, and involves less recovery time and fewer complications than the traditional surgical approach.

Ask your doctor about this lifesaving new technology, or, for a referral to one of our specialists, call 1-800-AHS-9580 or visit www.AtlanticHealth.org.



One to grow on



Representatives of the fourth-grade class at St. James the Apostle School in Springfield were recently invited to Williams Nursery to learn about planting and taking care of trees. They returned to show their class what they had learned. Planting a red bud tree on school property are Sean Tesoro and Caleb Starzynski.

Clothing donations sought

Boxes of clothing might be called "clutter" by some, but to members of Springfield Emmanuel United Methodist Church and St. James the Apostle Church in Springfield, the piles have a heavenly appeal. "We are excited about the energy surfacing around this new ministry. Donors continue to express how grateful they are that their barely used or new clothing is going to someone truly in need," said the Rev. Elaine Wing, pastor at Emmanuel. Angel's Closet is a special clothing sale geared to providing back-to-school clothing for children and teens whose parents cannot afford to purchase new apparel, accessories or shoes at retail prices. Baby clothes and outerwear in excellent condition can be contributed. Sharp casual clothing and shoes for adults in regular to plus sizes will be accepted. Donations can be brought to the church on selected days and evenings through Aug. 19. Call 973-376-1695 for information.

Welcome to our balloon toss



Kate Stewart and Nicole Kelly gingerly toss their water balloon at the Newcomers Club annual end of the year family picnic at the Loop Playground in Watchung. The Newcomers Club of Summit, Berkeley Heights and New Providence is a not-for-profit social group that promotes community cohesiveness through social activities.

Commission performs stream assessment

Springfield Environmental Commission members participated in training for biological assessment of local streams on July 22 at the Sarah Bay Community Center. The training was conducted by Peter Chabongsal, AmeriCorps Watershed Ambassador, for the Union County Watershed Education Program. The commission is being asked to assess the condition of local waterways several times a year. The training focused on determining the number of macroinvertebrates in a stream. First, using waders, two volunteers will gather samples of these tiny creatures in a fine meshed net. Then the number of various types is counted stream-side. Because some of these macroinvertebrates are sensitive to pollution while others thrive in polluted water, a determination can be made of the state of the stream. Some macroinvertebrates which are not found in polluted waters are mayflies, stoneflies, gilled snails and water pennies. Less sensitive to pollution are crayfish, scuds, clams and mussels, caddisflies, and dragon flies. Tolerant of pollution are aquatic worms, leeches, and black and midge flies, and lunged snails. The volunteers were shown samples of each of the creatures they would be counting. Following the lecture, the group went to a tributary of the Rahway River near Wabeno Avenue. There Peter Chabongsal and Faith Brancato donned waders and ventured into the stream. Using a net on two poles, they are located an area where there were riffles and strained the bottom. At stream-side, the group counted the creatures that were found, while preserving them in water so they could be returned to their habitat.



The Springfield Environmental Commission recently performed a stream assessment at a local stream. Counting the catch from the stream are, from left, Faith Brancato, Sylvia Zisman, William Fidurski, and Peter Chabongsal.

Old trees removed from site

Did you know there is a Revolutionary cemetery located at 39 Mountain Ave. in Springfield? The Church and Cannon Chapter of the Daughters of the American Revolution are the owners of this small piece of Springfield history. And, due to the help of the Bartlett Tree Experts of Denver, the cemetery is much more visible. Jason Bond and his crew removed dead trees and trimmed branches to make the site more inviting for history buffs. The chapter has thanked the Bartlett Tree Experts for its help. As the township approaches the 225th anniversary of the Battle of Springfield, the last battle fought on New Jersey soil during the American Revolution, the members of the Church and Cannon Chapter have invited everyone to pay a visit and get in the spirit of the celebration. The township of Springfield has made big plans for the June 23, 2005 anniversary. The chapter also wishes to thank Mary Frances Napier for her devotion to the upkeep of the cemetery. Napier passes by daily to check on the cemetery and do some gardening. Also, the Public Works Department of the township and the Springfield Garden Club also are thanked for their help during the years.

SENIOR NEWS

Senior van offers transportation services
The Mountaineer senior van provides transportation on Tuesdays and Thursdays for borough seniors ages 60 and older for trips to doctors, dentists, shopping, hair-dresser, etc. The van goes to Summit on Tuesdays between 9 a.m. and 2 p.m., and Westfield on Thursdays between 9 a.m. and 2 p.m. To make a reservation, call 908-232-2400 ext. 5, weekday mornings.

SAGE capital campaign continues
SAGE, a major community resource for eldercare services, closed its \$7 million "New Horizons Capital Campaign" this June. Thanks to the support of foundations, corporations, individuals and businesses within the community, SAGE is looking forward to moving its headquarters from a Victorian home to a new state-of-the-art facility on Broad Street in Summit early next year. To learn more about SAGE, call 908-273-5550.

Old Guard speaker delves into outer space
Summit Old Guard member Alfred Mac Rae will speak to members about "Space, Rockets, and Satellites" at the Tuesday meeting at 10 a.m. in the New Providence Municipal Center, 360 Elkwood Ave. Mac Rae will discuss the history, applications and a view of future activities in space. He is the retired director of Satellite Communications at Bell Labs. Mac Rae will talk about his personal involvement with space including his current status as a consultant NASA and the history of 100 plus years in space. He will also cover the commercial aspects of satellites and space travel. Mac Rae joined Bell Labs in 1960 after obtaining his Ph.D. in physics. He went on to head the satellite communications department where he was involved designing, manufacturing and development of commercial satellite services. Mac Rae resides in Berkeley Heights with his wife, Peggy. All retired members are invited to attend the meetings of the Summit Area Old Guard on Tuesday mornings at 10 a.m.

Water Garden class offered at arboretum

In the dog days of August, Reeves-Rood Arboretum offers 100 percent probability of water. One upcoming Adult Education program at the arboretum will celebrate water in August. A Water Garden class on Saturday, from 9:30 to 11 a.m., teaches gardeners how to plan, plant and maintain an outdoor container filled with water plants and paradise fish. John Colando, horticultural consultant for Metropolitan Plant Exchange in West Orange will also discuss how to take care of the water garden over the winter. The hardy water garden needs no pump nor electricity. The paradise fish, also hardy, has the added benefit of eating mosquito larvae. The 24" container, plants and fish are all included in the \$94 session fee. The forecast for September in Adult Education classes is dryer, with the exception of Wednesday mornings, when a series of watercolor classes is expected. Adult Education Director Nancy Wright predicted that demand would be high for three September programs: a weekend-long illustration class focusing on butterflies; a bus trip to estates gardens in Southampton, NY; and a garden outing to Duke Farms in Hillsborough. She advised those interested to register early.

EDUCATION

Grant provides schools with SMART growth

A grant from the Summit Education Foundation will enable the Summit public schools to provide a full-time coordinator for the SMART - Summit Mentoring Around Respect and Teamwork - mentoring program, which was piloted this school year. Celine Benet, who has taught in the Summit public schools for five years, worked this year as part-time elementary school world language teacher and part-time coordinator of SMART. She also serves as a liaison between the schools and the district's Spanish speaking families. The \$24,000 grant from the SEF will now allow Benet to serve as a full-time SMART coordinator. "We have been working this past year to develop the SMART program and to establish its presence in the community," said Carolyn Deacon, superintendent of schools, who is overseeing the mentoring program. Community interests interested in serving as mentors can reach Benet by

New extended day program available

In addition to the programming offered by the Youth Center, Recreation Department and others; the Board of Education has partnered with the Boys and Girls Club of Union County to offer an extended day program for a fee to Summit Middle School students. Those who want more information or would like to enroll in "Project - Learn" can call Principal Ted Stanik at 908-273-1190 or Russ Triolo, director of the Boys and Girls Club at 908-687-7976.

Course teaches skills in pet first aid

Pet First Aid, from the American Red Cross and the Humane Society of the United States, is an illustrated first aid reference for dog and cat lovers. This 128-page book provides quick access to detailed instructions for 50 injuries and illnesses, plus practical pet health tips. Pet First Aid presents: • Symptoms and care for common ailments and emergencies. • Instructions for creating a pet first aid kit. • Tips on maintaining your pet's health and well-being. Class will be offered Aug. 13, from 6 to 9:30 p.m. The fee is \$35. Pre-registration is required. For information, call 908-232-7090.

Interactive class offers facts on state bird

Three or 4-year-olds, accompanied by an adult, can discover facts about the life cycle, habits, and habitat of the goldfinch, New Jersey's state bird in the 2 of Us program offered by Trailside Nature & Science Center on Aug. 20 from 9:30 to 10:30 a.m. or 11:30 a.m. to 12:30 p.m. The fee for this interactive class is \$8 per child and adult for Union County residents, and \$10 per child and adult for non-county residents. Trailside is located at 452 New Providence Road in Mountainside and is a facility of the Union County

Night hike takes place at Trailside

There will be an evening of enchantment when Trailside Nature & Science Center, 152 New Providence Road in Mountainside starts a new adult program series beginning Saturday, Aug. 14, from 7 to 8 p.m. with a night hike through the evening woods, followed by a poetry reading by Jeffrey Gray, associate professor of English literature at Seton Hall University and editor of the Greenwood Encyclopedia of American Poetry, in a candle-lit gazebo. Pre-registration is required for this program. The fee is \$15 a person for Union County residents and \$20 a person for non-county residents. For information or details about other programs in this new series, call 908-789-3670.

Rummage sale offered

The Sisterhood of Temple Shalom, Springfield, will conduct its annual rummage sale at 78 So. Springfield Ave. in the temple's social hall on Sunday from 10 a.m. to 2 p.m. and Monday from 10 a.m. to noon. Sisterhood co-presidents Robin Miller and Ilene Rottenberg and event co-chairpersons Marcia Gincel and Kim Krupp announce that this year's rummage sale will be the largest ever. Items for sale include housewares, clothing, furniture, toys, and more. Additionally, Monday will be "Brown Bag Day." A brown grocery bag can be filled up with assorted items for \$4. The public is invited to attend. For information, call 973-379-5387 or visit www.sharey.org.

Discounts for area attractions

Save money on tickets to several popular theme parks this summer. Purchase discount tickets at the Mountainside Recreation Office at substantial savings. Payment must be made by check or money order only, and should be payable to NJRPA. Attractions include: Hershey Park, gate price \$37.95 ages 9-54; \$21.95 ages 3-8. Discount price \$28, ages 9-54; \$20 ages 3-8. Great - Adventure, gate price \$45.99, theme park; \$29.99 Waterpark-adult only. Discount price \$29.00 theme park, \$26.00 Waterpark - adult only. Dorney Park, gate price \$35.75, adult; \$16.00 junior. Discount price \$26.00 adult; \$14.00 hr./r. Waterworld at Mountain Creek, gate price \$27.99, children \$17.99. Discount price, \$18.00 adult, children not available.

Multi-sport camp set for week of Aug. 30

Experience more than 15 sports in one week. A multi-sport camp for children from ages 7 to 14 will be held in Mountainside from Aug. 30 to Sept. 3 at the Borough Hall field. The camp is operated by the US Sports Institute. A variety of sports from badminton to volleyball will be played. Cricket, flag football, lacrosse, and pillo polo are on the schedule as well as baseball, basketball, field hockey, soccer, softball and tennis. Registration may be done only at www.USsportsinstitute.com.

Exercise room helps seniors stay fit

The Senior Fitness Room at Borough Hall in Mountainside is air-conditioned and offers opportunities for seniors to stay fit while staying cool this summer. Free Senior Fitness Room orientation tours are scheduled for Aug. 17 at 2:30 p.m. For information, call 908-232-0015.

Out-of-state trips set

The Mountainside Recreation Department offers out-of-state trips. A seven-day New England Cruise on board the Princess Grand - Sept. 12-19: the ship departs and returns from New York City, and includes stops in Halifax, St. John's, Bar Harbor, Boston and Newport. Rates range from \$1,025 to \$1,650/person based on accommodations. At press time, some cabins were still available. Sugar Creek, Ohio - Oct. 24-27: highlights include a tour of Amish farmlands, the David Warther Carvings workshop, J.E. Reeves home, the Artisans Mercantile, Yoder's Amish Home, Coblenz Chocolates, Broad-run Cheese House and Swiss Heritage Winery. Rates are \$525/person (double occupancy). Call 908-232-0015.

Square dancers meet

The Harmony Dancers, a local square dance group that meets in

Free Summer Arts Festival at Echo Lake

The 2004 Union County Summer Arts Festival comes back to Echo Lake Park in Mountainside with free concerts Wednesday evenings at 7:30 p.m. Bring your blanket or lawn chair and picnic basket for an evening of music beneath the stars. The refreshment stand and restrooms are both open. The concerts are held near the Mill Lane section of the park. On Wednesday, The Ed Palermo Big Bands with Rob Paparozzi will perform; Aug. 18 - Jo Bonanno & the Godsons of Soul and Aug. 25 - The Party Dolls. For rain site information on days of inclement weather, call the Parks & Recreation hotline at 908-352-8410 after 3 p.m. on the day of the concert. For information, call Town Hall at 973-912-2201.

Fair allows crafters to share their wares

Crafters are encouraged to sell their wares at the Church Mall Street Fair in Springfield scheduled for Sept. 11. The community event will feature live bands, barbecued foods, old fashioned carnival games for children, displays and literature highlighting community resources, and a time of remembrance for the tragic events of Sept. 11, 2001. Crafter tables can be reserved for \$10 each by calling Springfield Emmanuel United Methodist Church. Church Mall is located near the intersection of Morris and Mountain Avenues in Springfield.

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Events

Standards will feature fresh produce, fresh cut flowers and baked goods, among other treats. The popular weekly sale of fresh goods is a yearly summertime event that attracts residents from Springfield and the surrounding communities. For information, call Town Hall at 973-912-2201.

Recreation

Call the Recreation Office, at 908-232-0015 for information.

Summertime square dancing

Summertime is not just for outdoor activities. Square dancing is still a popular activity for many in the comfort of air conditioned halls. Square dances will be conducted at the Springfield YMCA on Aug. 14 and Sept. 11. For information, call 973-379-3901.

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State Sen. Thomas Kean Jr., left, and Assemblyman Jon Brammick, right, R-Union, will join Springfield Township Committee Republican candidates Gary Russkoff and Frances Corcione for a fund-raising event on Sept. 27 at the Springfield Knights of Columbus.

Republican Township Committee candidates conduct fund-raiser

Frances Corcione and Gary Russkoff, Republican candidates for the Springfield Township Committee, will host a fund-raising event on Sept. 27 at the Springfield Knights of Columbus from 6 to 9 p.m. State Sen. Tom Kean Jr. and Assemblyman Jon Brammick will join the candidates at this event.

Museum accepts applications for artists who wish to exhibit

The Donald B. Palmer Museum of Springfield Free Public Library, 66 Mountain Ave., is currently accepting applications for artists who wish to exhibit their work in 2004-05. Applicants are asked to submit a current resume, 10 slides representative of the work and a stamped self-addressed envelope no later than Sept. 7.

Wilson marries Schnurpfeil on June 25

Tara Wilson, daughter of Glen and Carol Wilson of Jefferson, formerly of Springfield, was married to Elizabeth Schnurpfeil, son of Albert and Curtis Schnurpfeil of Natural Bridge, Va., on June 25. The maid of honor was Kelly Wilson, sister of the bride.

Public Notice

OFFICE OF THE SECRETARY OF THE BOARD OF ADJUSTMENT TOWNSHIP OF SPRINGFIELD. Please take notice that the following decision was made at the regular meeting of the Board of Adjustment held on Tuesday, July 20, 2004.

AT THE LIBRARY

Storytime and Crafts At Mountainside Free Public Library, Constitution Plaza, Storytime and Crafts, featuring the summer theme, "Discover New Trails...Read!" will continue today from 2 to 2:45 p.m. for children in grades one through four.

Summer reading program continues This year's summer reading program, "Discover New Trails," will continue at the Springfield Free Public Library, 66 Mountain Ave. Children through grade five will receive a variety of freebies as they sign up on a first-come, first-serve basis while supplies last.

Children's programs The Springfield Free Public Library, 66 Mountain Ave., continues August children's programming for babies, toddlers and young children, as follows: • The Mother Goose Group promotes the enjoyment of language through nursery rhymes, simple stories, songs, and activities for toddlers ages 1 1/2 to 3 years old and their parent or caregiver.

Tolkien fantasy sweeps viewers under its spell The Springfield Free Public Library continues its Young Adult Movie Days on Wednesday at 2 p.m. In this popular film, a young hobbit, Frodo Baggins, inherits a magic ring from his elderly cousin Bilbo.

'Time of Favor' Springfield Free Public Library, 66 Mountain Ave., continues its summer International Film Festival today with "Time of Favor" at noon and 7 p.m. Words have consequences, whether intended or not.

Tale of intertwining love lives highlights series The Springfield Free Public Library, 66 Mountain Ave., continues its Lunchtime Video Series, "Box Office Hits," on Tuesday at noon with a romantic comedy, written and directed by Richard — "Four Weddings and a Funeral" — Curtis about the love lives of several intertwining people in the weeks before Christmas.

Explorers search for lost continent The Springfield Free Public Library, 66 Mountain Ave., continues its Youth Services Summer Film Festival Adult Movie Days on Tuesday at 10:30 a.m. In this film, explorer, Milo James Tatch, is on a mission to locate the Shepherd's Journal, an ancient book containing information about a lost continent.

Festival continues with female friendship tale The Springfield Free Public Library, 66 Mountain Ave., continues its summer International Film Festival on Aug. 12 with "Take Care of My Cat" at noon and 7 p.m. Is there friendship after high school? Five young women of differing backgrounds seek out their futures in the smoggy industrialized city of Incheon, South Korea.

Lizard Guys close reading program Interested in learning about snakes, frogs, lizards and the like? Children 5 years of age and older and their parents are invited to celebrate the end of the summer reading program with a visit by the Lizard Guys at the Springfield Free Public Library, 66 Mountain Ave. on Aug. 30 from 7 to 8 p.m.

Public Notice NOTICE OF BID. Notice is hereby given that sealed bids will be received by the Borough Clerk of the Borough of Mountainside for the following:

Public Notice NOTICE OF HEARING. BOARD OF ADJUSTMENT OF THE TOWNSHIP OF SPRINGFIELD. Adjustment of the Township of Springfield, New Jersey, to the zoning ordinance of the Township of Springfield, New Jersey, to read as follows:

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

Summit Seals tryouts Sept. 7-9 at Hurst Pool

The Summit Area YMCA will hold tryouts for the Summit Seals swimming team on Sept. 7-9 at its six-lane Hurst Pool located at 67 Maple Street in Summit.

On Sept. 7, tryouts for swimmers 8-and-under will be conducted 5:30 p.m., with tryouts following at 7:30 for the 13-18 age group.

On Sept. 8, tryouts for ages 9-10 will be held at 5:30 p.m., with tryouts for ages 11-12 at 7:30. On Sept. 9, makeups for all age groups will be held at 6:30 p.m.

Head coach Hank Buntin and his assistant coaches will conduct a pre-tryout tune-up clinic the week of Aug. 30-Sept. 3 at the Summit Area YMCA Hurst Pool.

Participants will also have an objective evaluation of their skills prior to the official tryouts. The cost of the clinic is \$35 and registration can be made at the front desk of the Summit Area YMCA.

Buntin's coaching career spans more than 40 years. He is designated a Master Coach by the National YMCA and he is the recipient of the 2002 YMCA National Coach of the Year award.

Under his direction, swimmers develop their physical skills and strengthen valves which can be utilized in all aspects of their lives, not just in the pool.

The Summit Area YMCA also has a developmental team for those who may not make the Seals team, but might, with extra coaching, be capable at a later date.

The developmental team will compete in smaller meets to gain experience for later major competitions. The YMCA also has an outstanding progressive lesson program for developing swimmers of all ages.

More information about the Summit Seals and their tryouts may be obtained by calling Buntin at 908-273-3330, extension 150 or aquatic director Cindee Young at extension 156.

The Seals' website is www.summitseals.org and is also an excellent source of information about all aspects of the team.

The Summit Area Amateur Softball Association will sponsor the Sixth Annual Dick Archer Memorial One-Pitch Softball Tournament Aug. 14 at Wannaco Park, on the border of Elizabeth and Roselle.



Springfield swimming team standout Brooke Lantier, 9, executes the backstroke during warmups prior to a meet against South Orange July 22 at the Springfield Community Pool. Lantier went on to place first in the ages 9-10 girls backstroke vs. South Orange, helping lead Springfield to a 232-205 triumph.

Springfield swimmers give S. Orange one final splash

The Springfield swimming team's season is now complete after members of the squad competed in the North Jersey Summer Swim League's divisional meet at the Springfield Pool July 26 and the league meet at the Madison Pool last Thursday.

Springfield's final two regular season meets were resulted in a 217-217 tie against South Orange on July 20, followed by a 232-205 Springfield win on July 22.

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Youth football alive, well in Springfield

Youth football is alive and well in Springfield as the Minutemen embark on their 31st year of mentoring sportsmanship and the fundamentals of football to the youngsters of the community.

The Minutemen teams will begin practicing on Aug. 16th in preparation for their home-opener against Hanover Park, a tough opponent, on Sept. 12th. The remainder of the schedule includes Summit, Westfield, Perth Amboy, Irvington, Cranford, Chatham and newly-joined New Providence.

Many former Minutemen players are continuing to participate in Kenilworth in a co-op program. The Kenilworth Bears program is a very successful one. It has a proven winning program that teaches the game to the players and stresses discipline.

Flag football is offered for those in grades 1-3, tackle and tackle football for those in grades 4-8. Non-residents are welcome.

Summit resident Benn is honored

When he graduated from Lehigh University in 1986, Rennie Benn held claim to or was tied for seven records on the gridiron and will go down as one of the most prolific pass receivers in Lehigh football history.

"This is a great honor," Benn said. "When I think about the great tradition at Lehigh University, especially on the football field, it's great to be considered with the greatest to have ever played at this wonderful university."

Benn established Lehigh records in receptions for a career (237), career receiving yards (3,662), career touchdown receptions (44) and touchdown receptions in a game (5). Benn also tied the mark for points in a game (30), pass receptions in one game (14) and touchdown receptions in a single season (15).

Benn was named to the ECAC Division I-AA Second Team in 1985, following a season in which he hauled in 73 catches for 1,087 yards, which placed him eighth in Division I-AA. He was a First Team choice in 1984 when he caught 77 balls for 1,149 yards and 10 touchdowns, good for fifth in the nation.

Benn, who played for legendary coach John Whitehead, discussed his time on the gridiron with his coach, the great John Whitehead, who not only taught us about football, but also taught us lessons and values for life," Benn said. "I still use those values he instilled in our team today in my work and family life."

Benn earned his degree from Lehigh in finance and is employed by Prudential Financial, where he serves as the Director of Financial Reporting. Benn has been involved with numerous youth sports as a coach and has also volunteered his time to the local YMCA.

Benn, who starred in football at Millburn High School, currently resides in Summit with his wife Jennifer and two children, Hannah and William.

SAT dates are set for 2004-2005 academic year

The New Jersey State Intercollegiate Association just announced the Scholastic Aptitude Test schedule for the 2004-2005 school year. Test dates for 2004 include Oct. 9, Nov. 6 and Dec. 5 and for 2005 include Jan. 22, March 12, May 7 and June 4. The above dates may present conflicts for student-athletes. They can make arrangements to take these tests on a date not in conflict with their sport. Girls' tennis singles and doubles competition is, for example, scheduled for Oct. 9.

Training program for volleyball officials offered this month

The Central Jersey Volleyball Officials Association, Inc. invites interested individuals to attend a training clinic called the 2004 Fall Season Training Clinic, which will be held at East Brunswick High School in East Brunswick. The clinic will be held Aug. 10, 12, 17, 19, 25 and 26 from 6-9:30 p.m. each day. Registration information may be obtained by calling Peter Bagnato at this number: 732-776-5899.

Applications are available to referee soccer

Applications are now being accepted for candidates wishing to become high school soccer referees in the School and College Officials Association (SCOA) for the 2004 season. Candidates must be physically fit and a minimum of 18 years of age to referee. Send a self-addressed stamped envelope to: David Klein, 37 Bryant Ave., Bloomfield, NJ 07003-5401.

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STUDENT UPDATE

Geraghty to attend FDU this fall
 Mountainside resident Kimberly Geraghty will attend Fairleigh Dickinson University's College at Florham this fall. She is the daughter of John Geraghty.
 Geraghty is a graduate of Governor Livingston High School.

Zabludovsky achieves dean's list at Rutgers
 Shira Zabludovsky of Springfield made the dean's list at Rutgers University for the spring and fall semesters. She has a major in political science and a minor in Jewish studies.
 Shira is the daughter of Shraga and Linda Kiesel-Zabludovsky of Springfield.

Wolkoff makes dean's list freshman year
 Joshua Wolkoff of Springfield made dean's list for his freshman year at Rutgers University for the spring semester.
 Wolkoff has a major in political science.

FDU graduates
 Fairleigh Dickinson University's Metropolitan Campus, located in Teaneck, has announced the names of its graduates as of May on undergraduate and graduate levels.

Mountainside
 Ty Xi, master of business administration, master of business administration for executives.
 Patricia Blitzer, master of arts, educational leader.
 Springfield
 Cristina Kneel, master of public administration, public administration.
 Michele Downey, master of arts in teaching.
 Yelena Zelotarsky, master of arts, science.

Bio sciences major earns dean's list
 Todd Bernstein of Springfield was among the students enrolled at Rutgers University who earned recognition by achieving dean's list for the spring semester.
 To qualify for dean's list, students must achieve a grade point average of 3.5 or higher on a scale of 4.0 during the semester.
 Bernstein is a freshman majoring in biological sciences.

Springfield residents earn degrees from MSU
 Approximately 1,589 Montclair State University students completed their bachelor's or master's degree requirements in May.
 They included the following Springfield residents:
 Dawn Marie Dautser, bachelor of

Spanish Tavern polls patrons on Presidential election
 Each patron going to the Spanish Tavern on Route 22 East in Mountainside will be asked his/her opinion on the outcome of the November Presidential election and will be given a chance to receive one of the 50 lobster dinner certificates drawn among respondents every week. The initiative began on June 1 and continues through November.
 The weekly results of the poll will be publicly displayed outside the restaurant.
 To participate in the poll and in the lobster promotion, people can visit the restaurant. The winners of the 50 weekly lobster certificates will be chosen in a random drawing by the Spanish Tavern from all eligible entries received that week.
 Each winner will receive a certificate for a lobster dinner at the Spanish Tavern, to be redeemed prior to the assigned expiration date. For details, call 908-232-2171.

Grushevsky achieves headmaster's list
 Anna Grushevsky of Springfield was among the Morristown-Beard School students to have been listed on the school's headmaster's list for the 2003-2004 spring semester.
 Morristown-Beard School has two honor rolls for academic achievement. To make the headmaster's list, a student must have a minimum GPA of 3.90 with no grade below B-.

Schering-Plough awards students
 Forty-five students in New Jersey were recognized for their outstanding scholastic achievement and awarded the annual Schering-Plough Student Research Award for the 2003-2004 school year.
 The recipients were honored at their respective school's final assembly or graduation ceremony for the school year.
 Students received a congratulatory letter and a certificate, as well as a U.S. savings bond.
 The Schering-Plough Research Award program was established 15 years ago to recognize prominent science students of local communities where Schering-Plough offices are located.
 Schools in these communities are asked to select outstanding science students as the recipients of the award. The purpose of the program is to reward these students and to encourage them to continue to excel in the study of science.
 "Schering-Plough has a record of recognizing scholastic success in New Jersey," said Joe Starkey, executive director of Public Affairs for Schering-Plough.
 "These individuals have the potential to be the next generation of leaders in the state in terms of science and research. Each recipient should be very proud of his or her accomplishments during this past school year."
 The 45 winners include, from Springfield, Brett Michael Biebelberg, of Thelma L. Sandmeier Elementary School; Steven Luksenberg, Jonathan Dayton High School; Lisa Mlynarski, Florence M. Gaudner Middle School; Zachary Pallas, James Caldwell Elementary School; and Eric Stevenson, from Saint-James the Apostle School.

FDU graduates
 Fairleigh Dickinson University's Metropolitan Campus, located in Teaneck, has announced the names of its graduates as of May on undergraduate and graduate levels.

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Public sale of tickets for the 87th annual PGA Tournament to be held at Baltusrol Golf Club from Aug. 8-14, 2005, went on sale July 20. Those who were on hand for the press conference included Pat Paoletta, Springfield Chamber of Commerce co-chairman, Springfield Mayor Clara Harelk, and Springfield Chamber Co-Chairman Scott Seidel.

Chapter courses strengthen lifesaving skills

Westfield/Mountainside Chapter of the American Red Cross continues to offer their health and safety course schedule for the summer. Unless otherwise noted, all programs take place in the chapter house at 321 Elm St., Westfield. For information, call 908-232-7090.

Infant/Child CPR
 This course teaches how to recognize and care for breathing and cardiac emergencies in infants and children. The fee is \$45; dates: Tuesday, Aug. 24 5:30 pm - 10:30 pm and Saturday, Sept. 18 from 9 a.m. - 3:00 p.m.

Adult CPR
 This course teaches how to recognize and care for breathing and cardiac emergencies in adults for ages 8 and older. The course includes AED training in automated external defibrillation. The fee is \$45. The course is offered Monday from 6:10-10:30 p.m. Community First Aid & Safety

First Aid Basics
 This course teaches participants how to check a conscious and unconscious victim, how to recognize and care for life-threatening bleeding, sudden illness and injuries. The fee is \$35. The date is Saturday, Aug. 21 from 9 a.m. - 1 p.m.

CPR for the Professional Rescuer
 This course is designed for personnel with the duty to respond to emergencies. It covers caring for and recognizing breathing and cardiac emergencies, adult CPR, infant CPR, child CPR, two rescuer CPR, AED and use of a resuscitation mask and bag valve mask. Pocket mask and book included. The fee is \$70.
 Dates include Monday, Aug. 16 and Tuesday, Aug. 17 from 6:10-10:30 p.m.; Sunday, Sept. 12 from 9 a.m. - 5:30 p.m.

CPR for the Professional Rescuer Review & Recertification
 This course is for individuals who hold current certification but need to renew.

PGA offers business initiative

Public sale of tickets for the 87th annual PGA Tournament to be held at Baltusrol Golf Club from Aug. 8-14, 2005, went on sale July 20. Those who were on hand for the press conference included Pat Paoletta, Springfield Chamber of Commerce co-chairman, Springfield Mayor Clara Harelk, and Springfield Chamber Co-Chairman Scott Seidel.
 The Springfield Chamber of Commerce plans to promote local business during the upcoming PGA event at Baltusrol. The chamber will be seeking volunteers from the business community to assist in assembling an information booklet with maps, shopping guides, transit information, historical data, and information on restaurants and local businesses.
 The PGA Tournament Chamber volunteers will take charge of the information booths on the course to provide assistance to the spectators seeking local information.
 To find out more, call the chamber at 973-912-2300.



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WORRALL COMMUNITY NEWSPAPERS

THURSDAY, AUGUST 5, 2004 - SECTION B

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Simplicity

Maybe we should put out a yellow alert on the rash of simplicity that seems to be engulfing some local officials and the press. Simple solutions to tough problems have taken on a life the past few weeks.
 In Linden the focus on the elimination of two positions in the Fire Department brought the quote of the union head: "Our objection is they are cutting emergency services."

Left Out

Cutting emergency services, now that's got to be serious. After all, City Council Chambers were filled with firefighters saying this was bad.
 The Spectator Leader editorialized, "Perhaps officials should look elsewhere if more cuts must be made to reduce salaries. We suggest that officials start at the top and consider a reduction in some of the perks afforded city officials such as vehicles paid with tax dollars."
 Think how simple it is. Cut a few cars and fire safety is saved. Of course, the analysis misses that the two positions haven't been filed in a year and year and half, respectively. The savings of about a quarter million dollars comes by eliminating two positions and eliminating the potential of more supervisors existing than inspectors in that fire section.
 Currently, Linden has one firefighter for 311 residents as opposed to a 1-to-500 ratio in other paid departments in the county.
 In Cranford, under the railroad bridge they had a sign "rough road ahead." It should have been placed in the township meeting room.
 Facing the wrath of a citizen over taxes, Commissioner Daniel Aschenbach proclaimed he won't cut public safety. Mind you, it had nothing to do with the discussion, but it sounded so nice. Later in a response on the Cranford Crossing project, Commissioner Scott Mease proclaimed that either the town raises taxes or we get others, "it's as simple as that."
 Well it isn't that simple. Thankfully many have come to see what escapes Mease: the great ratable chase in New Jersey is coming to an end. The use of tax gimmicks has not turned out well.
 Richard Rosan, president of the Urban Land Institute, was quoted last Sunday that when people seek a community, "they seek employment and enlightenment. They went to work and live in places that are vibrant and safe, not just tolerable."
 The township has been taking a hit on the delay in progress on the Cranford Crossing project. The Cranford Eagle editorialized, "In five years, Cranford has not laid a single brick for Cranford Crossing." Missing of course is that even Cranford commissioners must live in the real world.
 In the real world, environmental concerns, litigation estimated on this project to be more than \$600,000, and the fact that these commissioners inherited a lousy project all resulted in delay.
 The Cranford commissioners with their endless drivel at meetings are guilty of pomposity and falsely raising expectations.
 For example, Commissioner Ann Darby inmediately lectured after the defeat to get her person in a new \$80,000-a-year job as economic development director, that her "preferred approach is to deal with matters in a professional manner." Presumably those who don't agree with her don't meet her preferred standard.
 Still, even the unappealing Cranford group are getting a bum rap on Cranford Crossing. They inherited a lousy situation and are making due. That's pretty simple.

A resident of Cranford, Frank Capece is an attorney.

GOP, Dems spar over county's mailings

Legislation would require greater disclosure
 By Mark Hrywna
 Regional Editor
 Are freeholders just trying to inform the public or are they pitching themselves for November's election?
 Republicans are complaining that the Democratic-controlled Board of Chosen Freeholders is simply marketing incumbents using tax dollars but county officials contend that they are simply trying to inform constituents.
 Republican legislators from Union County's 21st District — state Sen. Thomas Kean Jr. and Assemblymen John Bramnick and Dr. Eric Munoz — said they plan to introduce state legislation that will "explicitly define political communications to remove any uncertainty and also requires that any spending on such communications, within 90 days of an election," be reported to the New Jersey Election Law Enforcement Commission.
 Union County Manager George Devanney said the county does, and always will, comply with state laws regarding mailings to inform the public. Though there is nothing that requires the county to indicate that the literature is taxpayer-funded, "it's usually pretty clear," Devanney said.
 "There are ways to provide information without violating ELEC laws," Morin said.
 The Political Communications Reporting Act of 2004, known as S-1697 in the Senate and A-3040 in the Assembly, would explicitly define "political communications to remove any uncertainty" and also require that spending on such communications, within three months of an election, be reported to the public through the state Election Law Enforcement Commission.
 "Our initiative is about fairness and accountability," Kean said in a prepared statement released last week. "Is it appropriate to use taxpayers dollars to promote political campaigns? Better reporting procedures would allow residents to distinguish between informational pieces and campaign brochures."
 Tina Renna, a frequent critic of the county's administration and wife of Freeholder candidate Joseph Renna, estimates the county has spent some \$625,000 on various mailings the last few years, including multi-page color brochures about the Open Space, Recreation and Historic Preservation Trust Fund and the STAR center, a senior newsletter, and another about the acquisition of the Union County Arts Center.
 Most of the funds are spent on postage for postcards about a sports safety forum and a paratransit service for veterans that have gone out from the freeholder board for the past two years.
 Joseph Renna, a former county employee, has been in litigation with the county over his employment but denies that has anything to do with his enclivities.
 Tina Renna is critical of the mailing on open space because Freeholder Alexander Mirabella, chairman of the open space committee at the time, was up for re-election and prominently featured in the piece. This year's open space chairman is Daniel Sullivan.
 The brochure cost \$55,000 to produce and mail and was designed by Media Squared, a company owned by the same people who own Message & Media, a New Brunswick-based political consulting firm that runs the Democrats' campaign. The firm also has received contracts to produce cable television commercials promoting Runnell's Specialized Hospital of Union County.
 Generally, freeholders who have an interest in a certain topic or who sit on different committees are the ones featured in any particular mailing, Devanney said. "You're always going to have one-third of the board up for re-election. We try to do it without paying attention to who's up for re-election."
 This year, Sullivan is seeking re-election and is running with Adrian Mapp and Bette Jean Kowalski. The remaining one year of former Freeholder Nicholas Scutari's term, now held by John Wohlrab, also is up in November. Democrats appointed Wohlrab to that seat in the spring.
 See COUNTY, Page B2



Matthew Tomaso, left, works with his archaeology students from Montclair State University at the Deserted Village in the Watchung Reservation. This summer's project has revealed the foundation of the home of David Felt.

Digging in the dirt

Archaeology project searches for clues about Felville
 By Mark Hrywna
 and Anna Kreyma
 Three people, on their knees, huddle around a hole in the ground. Did someone lose a contact lens? Not quite.
 Students from the Montclair State University Historical Archaeology Field School spend five weeks during the summer, sifting through dirt and mud, searching for any signs or artifacts that might piece together the history of Felville.
 The village, built by entrepreneur David Felt in the mid-19th century, is located on a bluff along the north bank of the Blue Brook in the Berkeley Heights section of the Watchung Reservation, Union County's largest park. Today, the core of the community, now known as the Deserted Village, consists of 10 cottages, three of which are occupied, and a combined church and store, all built in 1845 and 1846.
 During this summer's program, students have uncovered a house foundation, said to be the home of Felt, an austere Unitarian from New England. The field school, now in its eighth year, is coordinated by Matthew Tomaso, acting director of the Center for Archaeological Studies at Montclair State University.
 Tomaso speculates that the foundation disproves some accounts that Felt lived in a mansion.
 "This discovery changes the aspect of the village dramatically," he said. "This foundation shows that Felt's house was at least the same in size as other houses, if not smaller."
 The 15 to 20 students who accompanied Tomaso in the dig mentioned that every house in the village was constructed in units of 12, meaning that the foundation when looked at is seen to have 12 blocks connected to one another.
 The mission of the Felville archaeology project is as Tomaso said, "to unravel the narratives of the daily lives of individuals and families. To find the meaning of historical events of community-wide significance, the details of the built and natural landscapes as well as the relationships between changes in the village, national and register trends."
 The Deserted Village is a "great place to teach field school," Tomaso said. The village has a fascinating history and a wide variety of things that can be done, he added.
 Though tedious and time consuming, the sifting is a very important part of the excavation project. Students discover many small items that might not normally get noticed, keeping an eye out for any type of metal, ceramic or plastic.
 Each layer of excavated dirt also must be labeled carefully, to accurately indicate where and when any items or artifacts were found.
 Among the items that have been found are a 1786 New Jersey token, minted in New Jersey during a shortage of federal currency, Tomaso said.
 The findings help determine the likelihood of historical accounts, such as whether Felt built a mansion or a typical Felville home. Items can help create "little stories that give texture to the everyday life" in Felville, Tomaso said. Artifacts can indicate what types of things people could buy and "give a sense of the quality of life."
 Perhaps the best place for archaeologists is a privy, or an outhouse. In addition to determining what type of diet people might have had, archaeologists usually find other items — pottery, bottles and pipes — since privies often were used generally as dumps.
 Along the Blue Brook and south of the residential core, sits a four-story brick factory, known as "the mill," which provided Felville's industrial base and harnessed power from the brook. The mill and a few satellite structures were torn down in the early 20th century.
 Tomaso described Felville as "typical Victorian society," with children in the school at the front of the village, women and clergy in the middle at the church, and men working at the mill toward the opposite end.
 There also seemed "to be a pecking order," through class segregation: first the church, followed by Felt's residence, the middle class and finally the lower class at the western end of the village.
 The county purchased the property in the 1920s, adding it to the 2,000-acre reservation. The Deserted Village was listed on State and National Registers of Historic Places in 1980.

Raritan Valley towns work to improve rail

**By Anna Kreyma
 Staff Writer**
 In an effort to reduce traffic and maximize convenience, Union County is seeking \$150,000 in state Smart Growth funds for planning and coordinating improvements along the Raritan Valley rail line, while the eight towns along the corridor seek funds for their own individual projects.
 The county wants to use the grant to design a Route 28 and Raritan Valley Rail Corridor Vision Plan.
 County officials suggest re-using Brownfield sites for such things as pedestrian walkways, but mainly for any revitalization projects.
 The plan proposed by the county includes a recommendation for walkers and bikers. It outlines a guideline called "Context Sensitive Design," which pushes for the calming of traffic by installing bike lanes on Route 28.
 The county wants to serve as a guide to the townships in helping them coordinate the planning.
 "The county has a regional vision in helping townships, so that they do not have to reinvent the wheel," Freeholder Chairman Angel Estrada said. "We want towns to plan and develop in a coordinated way and not just go off on their own."
 Cranford, Union, Fanwood, Plainfield, Scotch Plains, Westfield, Garwood, Roselle and Roselle Park have already made a pitch to the state Department of Community Affairs for blueprinting the growth of the rail way. Each township is focusing on different aspects of transportation but all having to do with commuter safety and comfort.
 Townships want to expand commuter parking to minimize the number of cars on the road and address safety issues.
 Cranford has already received a \$200,000 Smart Growth grant and is in the process of reviewing and planning for the future.
 "A very large percent of our town commutes by rail to work," he said. "Our residents need to know that when they buy a house in the town that they will find a spot in the commuter parking lot and not be late for work because of it."
 Prunty added that before actual development can occur, the guidelines need to be analyzed because "you can't just put a parking lot anywhere, you need to find the proper spot and it needs to be close to stores in order to encourage people to become commuters."
 "This is not a plan for a project but a blueprint for development," she said.
 Cranford will also be generating "shuttle surveys" for the purpose of finding out what commuters like, dislike and consider changing about shuttle transportation.

Kerry holding slight edge in New Jersey

**By Mark Hrywna
 Regional Editor**
 As Democrats officially nominated their presidential ticket last week and Republicans await to do the same later this month, recent polls in New Jersey indicate a closer race than four years ago.
 Democrats convened in Boston last week to officially nominate John Kerry for president and John Edwards for vice president. Republicans are scheduled to meet in New York City at the end of the month to nominate incumbents George W. Bush and Dick Cheney for president and vice president, respectively.
 "I don't see Edwards helping Kerry in New Jersey," Union County Republican Chairman Philip Morin said of the selection for vice president. "The real numbers to look at are those numbers after Labor Day. Right now, it makes for something to talk about."
 Assemblyman Neil Cohen, a former county chairman and the current Democratic chairman in Roselle, expects Kerry to carry the Garden State by at least a similar margin to that of Al Gore in 2000, about 17 points.
 "Edwards is a good candidate for New Jersey, a moderate state. He's bright, articulate," Cohen said, adding that he will help in New Jersey, but more importantly in other battleground states, like the Carolinas, Michigan, Ohio, Florida and Georgia.
 "As it pertains to New Jersey, I don't think that Edwards brings any particular benefit," William Palabucci, the state GOP's finance chairman, said of the selection for vice president. Democrats like to say it's an easy state, but Kerry does not seem to be able to put it away. He added, "It's kind of a mystery."
 A Research 2000 poll released this week, and conducted July 26-28, had John Kerry with a 10-point lead over George W. Bush in New Jersey. The survey shows Kerry at 50 percent, Bush at 40 percent, and Independent Ralph Nader with 2 percent.
 Four years ago, Al Gore easily won Union County in the presidential race, carrying 13 towns and garnering 82,822 votes, or about 62 percent. Bush carried five towns and finished with 50,728 votes, 38 percent.

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COUNTY NEWS

Kids Kingdom to visit Watching Reservation The Union County Board of Children and Youth Services...

Senior Farmers' Markets The Union County Division on Aging in the Department of Human Services...

Senior outreach The Union County Division on Aging in the Department of Human Services...

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County criticized for use of literature Devaney said overall figures on how much the literature costs the county were not available as they are done through various departments...

Trailside summer camp programs Trailside Nature & Science Center, 452 New Providence Road, Mountainside, offers summer camp programs...

Senior outreach The Union County Division on Aging in the Department of Human Services...

County criticized for use of literature

Devaney said overall figures on how much the literature costs the county were not available as they are done through various departments...

ARTS & ENTERTAINMENT

Actor returns to his roots to direct 'Garden State' motion picture

By Jeff Cummins Associate Editor The genesis for the movie 'Garden State' has always been on Zach Braff's mind...

70s, 'Garden State' is set in that decade, with a cast of diverse, eclectic characters. Braff's character, Andrew Largeman, goes through life medicated on lithium...

Northwestern University's film school, while writing and directing his own short films, including 'Lionel on a Sun Day'...

'Betty' gives a special staging

With the support of the Springfield Lions Club, The Geraldine R. Dodge Foundation and The Union County College Foundation, The Theater Project at the Cranford-based college will offer an open-captioned performance...



Megan Muckelmann, Bev Sheehan and Carol Todd react to Ken Schachtman's choice of dinner attire in 'Betty's Summer Vacation'...



Mrs. Slezmagraff (Bev Sheehan) cautions her daughter Trudy (Megan Muckelmann) not to play with knives in Betty's Summer Vacation.

HOLLYWOOD TANS You don't have to go to Hollywood... to get a Hollywood Tan! Mega Salons 2710 Morris Ave., Union 908-810-1967

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Shakespeare's trappings of ultimate power come alive in 'Richard II'

From Aug. 10-29, The Shakespeare Theater of New Jersey will present 'Richard II', the third Main Stage production of its 2004 season.



Andrew Weems in The Shakespeare Theater of New Jersey's 2003 production of 'King John' will play in this year's production of Richard II...

As an actor, Mullins has performed in more than 20 Shakespeare Theater of New Jersey productions, and has appeared at major theaters across the nation.

The artistic staff Creating the world of Richard II are costume designer Hugh Hanson, sound designer David Maddox...

Tickets and general information Preview performances of the play are at 7:30 p.m. on Aug. 10 and at 8 p.m. on Aug. 11 and 12...

Beginning Aug. 13 and continuing through Aug. 29, regular performances are Tuesdays at 7:30 p.m.; Wednesdays through Saturdays at 8 p.m.

A limited number of tickets are available for opening night on Aug. 14 at 7 p.m. Opening night tickets are \$61 to \$65...

Through its distinguished productions and education programs, the company strives to illuminate the universal and lasting relevance of the classics for contemporary audiences.

Triumph Brewing Company is The Shakespeare Theater of New Jersey's official beer provider. Crystal Rock Water is the company's official water provider.

Union Center National Bank 2003 Morris Ave., Union 908-688-9500 Cranwood Electric Supply 49 South Ave., Garwood 908-789-1102 Windsor Diner/Restaurant 1030 Raritan Rd., Clark 732-382-7755

Andrew Weems in The Shakespeare Theater of New Jersey's 2003 production of 'King John' will play in this year's production of Richard II...

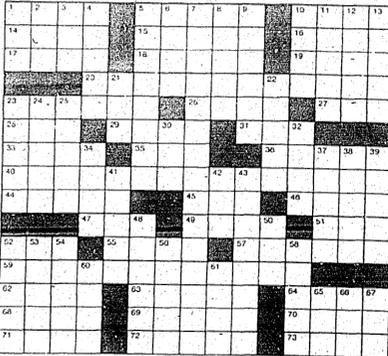
Also, the cast includes Cynthia Mace as the Duchess of York; LeRoy McClain as Sir John Bushy and Gardner's Servicingman; Matthew Montelongo as Thomas Mowbray and Stable Groom...

Through its distinguished productions and education programs, the company strives to illuminate the universal and lasting relevance of the classics for contemporary audiences.

ACROSS

- 1 Porridge
5 West Coast capital
10 Rocker Arit
14 Ocean-borne
15 Upper crust
16 Annual
17 Himalayan mystery creature
18 Errorless
19 Beige
20 Dolt
23 Stemmed
26 Orchard unit
27 Lassi's man
28 Porter relative
29 Lamb, to readers
31 Smasheroo B'Way letters
33 Partner, in a way
35 Electees
36 Entered the liditaro
40 Common-interest group
44 Battery pole
45 Scale syllables
46 Taking umbrage
47 Comment from a keen
49 Delinate
51 Ex of André
52 Bag and baggage
55 "La Douce"
57 Put in stacks
59 Beau Bridges television movie
62 Tax
63 Some way's antonym
64 Account
68 Yeats' land
69 Suzette or myrtle leader
70 Icy feat?
71 Freshen up
72 Brought in
73 See 47 Across

PLUMAGE



DOWN

- 1 Writer/comic Elaine
2 Application
3 Clique
4 Port of Israel
5 Harlem
6 Charmed, with upon
7 Hardly hefty
8 Firmament
9 Gallic yards
10 Maintain
11 Transferable image
12 Central palios
13 Hillock
21 Nashville-to-D.C. vector
22 Quotable ex-Yankee
23 Dipping dance
24 Hesperun
25 Rocket starter
30 Part of USIA
32 Cookie grain
34 Norse literary classic
37 Attack, dentally
38 Eldritch
39 Recoil from
41 Letter line
42 Falstaffian
43 Gave wide berth to
46 King of cull
50 "Take ___ She's Mine"
52 Behind
53 Bay of Biscay feeder
54 Like much pulp fiction
56 Native New Zealander
58 Examination
60 Cabinet Janet
61 Pie in the sky
65 Hewer
66 Dentifrice option
67 European peak

SEE ANSWERS ON PAGE B10

What's Going On?

FLEA MARKET

SATURDAY August 7th, 2004
EVENT: Flea Market
PLACE: 140-144 Bloomfield Ave., Montclair, NJ
TIME: 9am-4pm
PRICE: VENDORS WANTED For more information call 973-673-7975 or 973-745-5914 or 973-678-9339
ORGANIZATION: Bright Hope Baptist Church

FLEA MARKET

SUNDAY, 2004 August 8th, 2004
EVENT: FLEA MARKET & COLLECTIBLE SHOW OUTDOORS
PLACE: Hoffman LaRoche, Nutley Georgia Pacific Lot on Kingsland Ave
TIME: 9AM-5PM
DETAILS: New merchandise, craft, collectibles and a garage/sale section! For info 201-997-9535
ORGANIZATION: Sponsor by: Hoffman LaRoche Employees Activity Association

RUMMAGE SALE

SUNDAY & MONDAY August 8th & 9th, 2004
EVENT: Annual Giant Rummage Sale
PLACE: Temple SHAREEY SHALOY 75 South Springfield Avenue, Springfield, NJ
TIME: Sunday 10am-2pm; Monday 10am-12noon
PRICE: Free Admission. Something for everyone. \$3 Brown Bag Day Monday, August 9th. Bargains galore, clothing, linens, housewares, toys, etc. ORGANIZATION: Sisterhood Temple Shareeay Shalomy

SATURDAY August 7th, 2004
EVENT: OUTDOOR FLEA MARKET
PLACE: Frank Vincent Manna, Kearny, New Jersey (Grassy Side) Passaic Ave., & Bergen Ave (by Burger King)
TIME: 9AM-5PM
DETAILS: New merchandise, collectibles, crafts and a garage/sale section! For info 201-997-9535
ORGANIZATION: Sponsor by: Kearny Recreation

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What's Going On is a p.a. directory of events for non profit organizations. It is prepaid and costs just \$20.00 (for 2 weeks) for Essex County and Union County and just \$30.00 for both Counties. Your notice must be in our Maplewood Office (463 Valley Street) by 4:00 P.M. on Monday for publication the following Thursday. Advertisement may also be placed at our other offices: 265 Liberty St., Bloomfield or 1291 Stuyvesant Ave., Union. For more information call 800-564-8911

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HOROSCOPES

Aug. 9-Aug. 15
ARIES (March 21-April 19): Avoid a speculative venture or gaming opportunity. At this time you do not have all the facts to make an informed or profitable decision.

VIRGO (Aug. 23-Sept. 22): A subconscious can be a valuable asset. While napping or daydreaming, take time to map the course that will take you to your ideal destiny.

PISCES (Feb. 19-March 20): Put extra time, energy and focus into completing an important project. Your success depends on finishing on time or before the deadline.

TAURUS (April 20-May 20): Take time to organize your domestic chores. Assign family members special tasks where they can easily contribute and excel.

LIBRA (Sept. 23-Oct. 23): Friends can be overheating and bothersome in their attempts to sway your judgment. Do not agree to anything you are uncomfortable with.

SCORPIO (Oct. 24-Nov. 21): Stay on top of career or business matters. Hesitate or slow down and you will find an aggressive competitor has gained the upper hand.

GEMINI (May 21-June 21): You can quickly become overwhelmed with a large amount of paperwork or information crossing your path. Focus and absorb.

SAGITTARIUS (Nov. 22-Dec. 21): Keep an open mind, but avoid being overly optimistic. Think before you commit to an act or plan for solving a gnawing dilemma.

Capricorn (Dec. 22-Jan. 19): Do not make the mistake of holding on to things. Change is very necessary. Release and create new opportunities.

CANCER (June 22-July 22): Pay special attention to your finances. Make a budget and vow to stick to it and you will soon see your fiscal affairs headed in the right direction.

AQUARIUS (Jan. 20-Feb. 18): Avoid a confrontation with a partner or loved one. Depend on the friendship you're sure of to get you through a challenging dilemma.

LEO (July 23-Aug. 22): Stop doing your abilities and work on building your self-confidence. Stay focused and believe that you can succeed at whatever you choose.

Callbacks set for 'After Midnight'

Mystic Vision Players will have callbacks for the New Jersey premiere of "After Midnight," late-night TV from the other side of the camera, today at 7 p.m. at St. Georges Parish, 417 McCandless St., Linden.

BETTY'S SUMMER VACATION

BY CHRISTOPHER DURANG AUGUST 5-22
THE THEATER PROJECT/UNION COUNTY COLLEGE 1033 SPRINGFIELD AVENUE, CRANFORD, NJ
Tickets: \$18 & \$10
Reservations Recommended: 908-659-5189
\$5 OFF any \$18 ticket with this ad

This show is an original comedy with a little music written by Tony Greco and is directed by Jill Leonard. Show dates are scheduled for Oct. 6, 7, & 9 with two shows scheduled for Oct. 9.

For directions or more information, call 908-925-9069. Your abilities can earn extra income. Advertise them with a classified ad by call 1-800-564-8911.

CONGRATULATIONS

Table listing winners of the 'Win a Free Fruit Tray or Ice Cream Cake Contest' with names and addresses.

Wishing You A Summertime of Fun From Your Friends At WORRALL COMMUNITY NEWSPAPERS

Singer combines vocals and nutrition to enter the writing genre

By Bea Smith Staff Writer
Modeste Manna Ehrhardt of South Orange, whose whole life has revolved around her operatic career, never dreamed that she would combine her golden soprano voice with the value of nutrition. Nutrition became so much a part of her life during her later years that she even wrote a book, combining the two.

voice was discovered then and they thought it was a phenomenal voice. The splendor of operatic music enriched my life. I was fortunate to receive such a phenomenal gift. Of course, this was long before I became interested in nutrition.
Before long, the young woman earned scholarships with Grete Stueckgold of the Metropolitan Opera and learned from and sang with maestro William Spada and Elizabeth Peyster. She eventually graduated from the Brooklyn Conservatory of Music and Chaplain College in New York.

time, I had been involved in my own singing, and I wasn't into nutrition."
She mentioned that while she was writing her column for the Worrall Newspapers "in the 1970s and 1980s, I also was singing my operas at the same time."
About 10 years ago, Ehrhardt recalled, "my son, Ernest, who has a doctoral degree in integrative medicine — nutrition and herbs combined with health — had a business in Union for 10 years. It was a small health food store at 1015 Stuyvesant Ave., and I managed the business. That gave me the ability to learn about nutrition. And in writing this book, I had conferred with my son constantly.

Book pampers the voice and does so with right nutrition

Classical music, combined with health, has dominated the life of Modeste Manna Ehrhardt, a lifelong resident of South Orange. Nutrition and good health, she feels, have contributed to the power of her operatic voice that successfully has projected the greatest arias and operas in New York and New Jersey for decades. She also feels that by combining both, longevity is evident. Her personal account is unveiled in a book called "Singing and Nutrition — Your Voice, That Precious Gift," published last year by 1st Books.

On The Shelf

By Bea Smith Staff Writer
As a nutritional advisor, Ehrhardt has documented the remedies of preventive medicine to inspire every singer who is blessed with an operatic voice. In her brief book, the former leading soprano of the New York Opera Theater, who graduated from the Brooklyn Conservatory of Music and Chaplain College in New York, mentions interviews with such opera super stars as Jerome Hines, Robert Merrill and Placido Domingo.

She says she wasn't as aware of the value of nutrition and exercise when she was a child. But she never dwelled too far from her healthy attitude until 1984, when she began to take both opera and nutrition much more seriously.

Ehrhardt explained that she first became interested in health and nutrition while working in the Union health food store of her son, Ernest Ehrhardt. She mentioned the importance of "maintaining a healthy lifestyle" to young ages.

In simple writing, Ehrhardt, now in her 70s, highlights some of the most famous opera stars who thrilled audiences for so short a period of time and died early in life — mostly because of poor nutrition and overeating. She points out that Enrico Caruso died at 48, Mario Lanza at 38, and also mentions other notables with splendid musical voices who died at relatively young ages.

keep the voice healthy as an inspiration for the serious singer in both the opera world and other musical fields.
There even is a chapter in the book on how to relieve anxiety, on how to breathe, on taking special vitamins and on "eating healthy."

Ehrhardt includes short biographies of the great opera stars and other lesser known singers. She gives brief lessons on some of the famous opera and famous performances. And through all of this, she never lets a reader forget "that precious gift, your voice" and how to treat it properly.

"Singing and Nutrition" is easy to read, easy to follow and above all, inspirational. And one thing's for sure, Modeste Manna Ehrhardt continues to be an inspirational writer, opera singer, a poet, and above all, a true nutritionist.

Bea Smith is a staff writer.

Hear Jersey Voices in one act

The Chatham Community Players will host its 10th annual Jersey Voices One-Act Festival with four performances through Aug. 7.

youngest playwright, 19-year-old Lukaski. "Once again, we are fortunate to have a wonderfully talented group of directors and actors, who are working to ensure each piece is presented with integrity, passion and honesty."

Since 1995, Jersey Voices has provided a venue for New Jersey playwrights to showcase their work. This year's selection committee received 90 scripts from more than 30 playwrights across the state.

"Neatfoot Oil" by Tom Tunnington is a story of about a father, son, baseball and time. Joann Scanlon directed.

"We've been at this for 10 years, and every year we're simply blown away by the quality of the scripts we receive and by the talent level of the directors and actors that this festival attracts," said Bob Lukaski, artistic director of Jersey Voices.

"Her Smile" by Frank Bramonte examines reconciliation, conflict, love, pain and time. Maybelle Cowan directs.

While three of this year's plays were penned by playwrights whose works have been featured in Jersey Voices before — including the festival's founder, Cliff Odle — the other three were written by Jersey Voices newcomers, including the festival's

"The Delicate Art of Customer Service" by Cliff Odle brings new meaning to the phrase, "It's a dirty job, but someone's got to do it." Mark Pielan directs.

Each year, we are privileged to have the opportunity to bring new stories to life, and with that privilege

of the Chatham Playhouse is home to the Chatham Community Players. CCP has been entertaining residents of Morris County and the surrounding area since 1922. The organization's mission is to produce high-quality theater for a diverse audience, while elevating its standard of excellence and providing a creative outlet with educational opportunities and outreach programs. For more information, including details of CCP's upcoming 2004-2005 season, visit www.chathamplayers.org.

'Sojourn' displayed at cultural center in Union Township

Sahdir's Sojourn is an exhibit that informs the public as well as friends and family about my growth as an artist. The show is composed of seven original abstract expressionist paintings, six original illustrations and an abstract expressionist sculpture.

The exhibit will open Aug. 6 and will run for two weeks. The display will include music, refreshments and a reception.

The highlight of the show is the seven paintings and sculptures that are a self-portrait of the artist at certain stages of his life.

will be held at Union County Center in Union from 7-10 p.m. There will be plenty of seats available for the evening.

Jeff Cummins, Editor
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Organizations submitting releases to the entertainment section can mail copy to: 463 Valley Street, P.O. Box 158, Maplewood, NJ 07040

FDA Approved WEIGHT LOSS SURGERY

Dr. Andrei, Bariatric Surgeon on the Medical Staff at Saint Barnabas Medical Center Invites You to a Free Informational Seminar For Adjustable, Non-Invasive Weight Loss Surgery

If you are 100 lbs. overweight you are at risk of developing diabetes, heart, lung and joint problems.

Members of Dr. Andrei's medical team will share their own pre and post-operative experiences and their subsequent weight loss.

Dr. Andrei is affiliated with the Weight Loss Program at Saint Barnabas Ambulatory Care Center which offers a comprehensive medical/surgical program

When: Saturday, August 14th, 2004 10:00 am - 12:00 pm

Where: Saint Barnabas Ambulatory Care Center 200 South Orange Avenue, Conference Rooms A/B Livingston, NJ 07039

Please call toll-free (877) 917-0000, to reserve a space or for information about the program. www.obesityseminar.com

www.localsource.com

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Forest Hill Properties Apartments...http://www.springstreet.com/propid/389126
Grand Sanitation...http://www.grandsanitation.com
Holy Cross Church...http://www.holycrossnj.com
Hospital Center at Orange...http://www.cathedralhealthcare.org
JRS Realty...http://www.century21jrs.com
LaSalle Travel Service...http://www.lasalletravel.com
Mountainside Hospital...http://www.AlliantHealth.org
Nulley Pet Center...http://www.nulleypet.com
Pet Watchers...http://www.petwatchersnj.com
Reis Institute...http://www.reis-institute.com
Skincare Products...www.marlykay.com/chandrac
South Orange Chiropractic...http://www.sochiro.com
Summit Area Jaycees...http://www.angelfire.com/hy/summitjce
Suburban Essex Chamber of Commerce...http://www.compunite.com/vsecc
Summit Volunteer First Aid Squad...http://www.summitvems.org
Synergy Federal Savings Bank...http://www.synergyfederal.com
Trinitas Hospital...http://www.trinitashospital.com
Turning Point...http://www.turningpointnj.com
Union Center National Bank...http://www.ucnb.com
Unitarian Universalist Church...http://www.firstuu.essex.nj.usa.org
United Way of Bloomfield...http://www.unitedwaybloomfield.org

To be listed call 908-686-7700

Mr. WELCOME TO Ristorante & Pizzeria

Lunch/Dinner/Take-Out Menu
Cappuccino • Espresso • Italian Desserts
Free Delivery
1030 Stuyvesant Ave., Union
Hours: Sunday thru Thursday, 11 am to 11 pm
Friday and Saturday, 11 am to Midnight
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PIT CHARCOAL
BBQ Chicken, Ribs, Steak, Fish, Sandwiches, Soups, Desserts
Catering For All Occasions
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908-688-8897
1366 Burnet Ave.
908-687-0313
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MANGOS GRILL

Peruvian & Italian Cuisine
SPECIALS EVERYDAY!
We invite you to try our:
Lobster Fajitas, Zuppa Di Pasta, Brooklyn Ricotta Chicken Sausy, Steak & Lobster
Monday - Friday 11am-10pm
Open 7 Days
1349 Fulton St., Rahway
(1/2 block from The Train Station)
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Fax: 732-340-9710

Famous Dave's

1443 Route 22 Mountainside
Mon.-Thur. - 11:00 - 11:00
Fri.-Sat. - 11:00 - 12:00
Sun. - 11:00 - 10:00
Take out available
908-232-5619

SALSA'S MEXICAN GRILL

Intimate Atmosphere
Authentic Daily Specials
Hours:
Lunch Tues-Fri 11:30 am - 2:30 pm
Dinner Tues-Thur 6:00 pm - 9:00 pm
Fri & Sat 6:00 pm - 10:00 pm
Sunday 5:00 pm - 9:00 pm
On and Off Premises Catering
908-497-1771
13 Eastman St. • Cranford
www.salsas-mexican-grill.com

Fall in love with Valentino's!

Maybe it's the name, but Valentino's Pizza and Restaurant will have you falling in love — with the decor, with the atmosphere and, most especially, the food.
Located on East Westfield Avenue in Roselle Park, Valentino's sets itself apart from the traditional and well-loved "pizza joint" in many ways. The decor, which features movie posters and memorabilia and an array of pop culture lunch boxes, is highlighted by the sleek art deco chairs and the comfortably cool air. The bright atmosphere also adds immeasurably to the environment.

But, like any restaurant, it's the food that really matters. I visited Valentino's this past weekend with a friend and our combined total of three kids. While the youngsters chowed down on delicious pizza, the grownups sampled other portions of the menu. Our appetizers of chicken wings and calamari in marinara were the perfect beginnings to a wonderful meal. The chicken was cooked in a crispy batter and was complemented beautifully by the tangy blue cheese dipping sauce. The calamari was firm without being tough or chewy, and the marinara in which it was swimming was robust and fresh-tasting.

For our main courses, I opted for the veal allo Valentino, a delicious creation of veal topped with ricotta and mozzarella cheeses and the chef's incredible sauce. The veal was very tender, and the tang of the sauce was perfectly complemented by the richness of the cheeses and the delicate flavor of the meat. My friend chose the homemade lasagna, which I sampled and found to be wonderful, a perfect balance of pasta, cheeses and sauce.

For our desserts, we all had soft-serve ice cream, which made a tasty and refreshing end to a delightfully filling meal.
Not only are the food and service impeccable, but Valentino's is very family-friendly, as well. Before we even ordered our meals, the children — and the adults! — were busy trying to see how many movies and TV shows were represented by the lunch boxes and posters. In addition, the wedge-shaped pizza plates made the meal more like a party for the kids, and the video games in the rear gave them something to do while their dads finished their dinners. For diners with food allergies, it's important to note that Valentino's uses no peanut oil in its cooking. Also, the off-street parking lot behind the building is well lit.

Valentino's offers several specials: a large pizza for \$6.99 plus tax on Mondays, Tuesdays and Wednesdays; a "buy one, get one free" deal on pasta dishes on Sundays and Mondays; and a daily lunch special of two slices and a medium soda for \$2.99 plus tax. Take-out and delivery are available.

From the food to the atmosphere, Valentino's is a love affair just waiting to happen!

Valentino's, which is open seven days a week, is located at 201 E. Westfield Ave., Roselle Park. For information, call 908-245-7555.

Valentino's

Best Pizza In Town
• Pizza • Stromboli • Calzone
• Salads • Appetizers • A Baker's Hat Subs • Philadelphia Cheese Steak Sandwiches • From the Grill • Cold Subs • Entrees • Pasta
Open 7 Days
201 East Westfield Ave., Roselle Park
Opposite Ford World 908-245-7555

Rio Cafe

20% OFF Early Bird Special on food only Mon.-Fri. 11-5:30
Catering on or off premises OPEN FOR LUNCH & DINNER
MON. - SAT. 10-10
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289 Monroe St. 732-674-9302
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MAJOR CREDIT CARDS ACCEPTED

To Appear In The Community Dining Guide

Please Call Anne Santos 908-686-7700 Ext. 337

Santillo's

My Wife Said If Your Neighbor Elizabeth Don't Come Home Without A Santillo Pizza Tony Mastapeter
639 S. Broad Street, Elizabeth 908-354-1887
Call Ahead - We Deliver 5 days Wed. - Sun. 11am - 10:30pm

A Great Place To Grab A Bite

908-686-2233
Our Hot Dogs Made Us Famous
Appetizers • Salads • Daily Specials
Side Orders • Here's the Bee!
Burgers • Classic Sandwiches
Hot & Oh so Delicious Sandwiches
Kids Menu • Beverages • Desserts
Catering
Vauxhall Rd., Millburn Mall, Union

Stepping Out is a weekly calendar designed to guide our readers to the many arts and entertainment events in the Union County area. The calendar is open to all groups and organizations in the Union County area. To place your free listing, send information to: Worrall Community Newspapers, 463 Valley St., P.O. Box 158, Maplewood, 07040. Faxes may be sent to 973-763-2557.

Stepping Out

and Noble, 240 Route 22 West, Springfield, for information, call 973-376-8544.

CLOAK AND DAGGER READING GROUP will meet the second Wednesday of the month at 7:30 p.m. at Barnes and Noble, 1180 Rantian Road, Clark. For information, call 973-376-8544.

AFRICAN-AMERICAN INTERESTS meets the second Thursday of the month at 8 p.m. at Barnes and Noble, 240 Route 22 West, Springfield. For information, call 973-376-8544.

MYSTERY READING GROUP meets the second Thursday of the month at 7:30 p.m. at Barnes and Noble, 1180 Rantian Road, Clark. For information, call 973-376-8544.

STAFF RECOMMENDATION BOOK GROUP, a monthly reading group featuring staff members' favorite books, meets the second Thursday of the month at 7:30 p.m. at Barnes and Noble, 240 Route 22 West, Springfield. For information, call 973-376-8544.

JEWISH BOOK LOVERS meets the third Monday of the month at Barnes and Noble, 240 Route 22 West, Springfield. For information, call 973-376-8544.

PAGE TURNERS DISCUSSION GROUP will meet the third Tuesday of every month at 7:30 p.m. at Barnes and Noble, 240 Route 22 West, Springfield. For information, call 973-376-8544.

BOOKS WE LIKE, a reading group featuring staff recommendations, will meet the third Wednesday of the month at 7:30 p.m. at Barnes and Noble, 1180 Rantian Road, Clark. For information, call 973-376-8544.

SHAKESPEARE OUT LOUD Reading Group meets the third Friday of the month at 7:30 p.m. at Barnes and Noble, 1180 Rantian Road, Clark. For information, call 973-376-8544.

WOMEN'S READING GROUP meets the third Wednesday of the month at 7:30 p.m. at Barnes and Noble, 1180 Rantian Road, Clark. For information, call 973-376-8544.

WRITERS WORKSHOP meets every Thursday at 7:30 p.m. at Barnes and Noble, 240 Route 22 West, Springfield. For information, call 973-376-8544.

KNIT KNAK KNITTING GROUP will meet Wednesday at 7:30 p.m. at Barnes and Noble, 240 Route 22 West, Springfield. For information, call 973-376-8544.

JMK, JASON-MICHAEL KARIPIK, will present his impressionistic seascapes and florals and abstracted portraiture at an opening reception at the Union Cultural Center, 1027 Sylvan Avenue, Union, from 7 to 10 p.m. Aug. 27. Ten percent of the proceeds will go to Children's Specialized Hospital in Mountainside and 5 percent to the cultural center. For information on being added to the guest list, call 908-686-4822. Invited guests will be expected to RSVP by Aug. 16 and are allowed to bring a maximum of two guests.

CRAFTS

CRAFTERS ARE SOUGHT FOR Sept. 25 to reserve a table at the Roselle Ethnic Fair and Festival. The borough's annual, all-day celebration of cultural diversity attracts several thousand guests each year and this year's event will be its largest to date with more live music, entertainment and food than ever before. Tables for vendors who want to offer new handcrafted merchandise are \$50. Reservations are required by Sept. 18. The fair will be from 10 a.m. to 6 p.m. Sept. 25 at Chestnut Street between First and Third avenues in downtown Roselle. The rain date is Oct. 2. For more information, call Jo-Anne Drake at Roselle Borough Hall at 908-259-3029.

COMEDY

THE WATCHING ARTS CENTER presents Comedy Night on the third Saturday of each month. The Comedy Night series at the Watching Arts Center has managed to build a following in its suburban location by drawing from a mix of New York City comedy club stand-ups. Each show features new faces and fresh material. Host Phil Hochman will present master of ceremonies John McMinagone, a headliner and a feature performer. Ticket prices include light

DANCE

Y-SQUARES, a local square dance club, meets Tuesdays at 7:30 p.m. at Frank K. Hehly School, Rantian Road, Clark. The fee for each lesson is \$4. For information, call 908-298-1851, 732-381-2535 or 908-241-9492.

FILM

FAMILY FLIX will be sponsored by the Union County Board of Chosen Freeholders at Echo Lake Park in Mountainside. Aug. 17: "The Wizard of Oz." Films begin at 9 p.m. Admission and parking are free. Echo Lake Park is located in Mountainside between Mountain and Springfield avenues. For information, call 908-352-8410.

ELIZABETH PUBLIC LIBRARY, 11 S. Broad St., will sponsor a series of free film classics at the Main Branch. All films begin at 10 a.m. For information, call 908-354-6060.

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"We received positive feedback when we introduced this program last

DISCUSSION

JOURNAL WRITING GROUP, led by professional life coach Jani Novak, meets the fourth Thursday of each month at Barnes and Noble, 1180 Rantian Road, Clark. For information, call 973-376-8544.

WRITERS' WORKSHOP will meet every other Monday at Barnes and Noble, 240 Route 22 West, Springfield. For information, call 973-376-8544.

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CONCERTS

"MUSIC OF MIDTOWN" CONCERT SERIES will be sponsored by the Elizabeth Development Co. through Sept. 2.

Today, music from the '50s and '60s with the Willie Lynch Irish-American Show Band; with DJ Win Bialou Aug. 12: Piena, Salsala, Merengue and more with "Trio Cristal and La Creacion; with DJ Rob of Colorblind Productions

Aug. 19: Jazz with TK Blue and Bradford Hayes; with DJ Mike Aug. 26: Latin jazz and the music of Santana with Yarden's Ensemble and Nerd's Evil Vans Band; with DJ Rob of Colorblind Productions

Sept. 2: Back-to-school with Salsa and more with Bonanno; with DJ Rob of Colorblind Productions

Concerts are Thursdays from 4:30 to 7 p.m. at the Midtown Train Station, West Grand Street, Elizabeth.

SANCTUARY CONCERTS in Berkeley Heights will present musical acts in the coming weeks.

Concerts are presented at Union Village Methodist Church, 1130 Mountain Ave., Berkeley Heights. For information, call 973-376-4946 or visit www.sanctuaryconcerts.org.

UNION COUNTY'S FREE SUMMER-ARTS FESTIVAL concert series continues on Wednesday with a performance by the Ed Palermo Big Band, accompanied by Rob Paparozzi. The Union County Board of Chosen Freeholders invites the public to attend this outdoor concert, which is a tribute to legendary blues musicians Paul Butterfield and Mike Bloomfield. The music begins at 7:30 p.m. in Echo Lake Park, on the border of Mountainside and Westfield.

All Summer Arts Festival concerts are held on Wednesdays at 7:30 p.m. at the Springfield Avenue end of Echo Lake Park in Mountainside. Lawn chairs, blankets and picnic baskets are encouraged. A refreshment stand will be available at approximately 6:30 p.m. In case of rain, concerts in the series move to Cranford High School, on West End Place off Springfield Avenue in Cranford.

For up-to-date concert and rain information call the Department of Parks and Recreation at 908-352-8410 after 3 p.m. on the day of the concert.

The other free concerts in the Summer Arts Festival series include: "August 18 — Jo Bonanno & the Godsons of Soul plus Captain Hawker & the All Stars. Sponsored by Verizon; August 25 — The Party Dolls. Sponsored by ConocoPhillips — Bayway Refinery. For other concert information, or to find out about recreational activities, call the Union County Department of Parks and Recreation at (908) 327-4900.

THEATER

HEART Grant program in past years has been exciting," said Freeholder Chairman Angel G. Estrada. "The recipients are a wonderful mix of creative people — poets and writers, historians, painters, photographers, musicians and dancers — plus arts, history, and other cultural organizations and civic groups." The services provided by these artists, scholars and organizations directly benefit the residents of our county," said Freeholder Mary P. Ruotolo, liaison to the Cultural and Heritage Programs Advisory Board. "These cultural assets are a vital part of community life, economic development and cultural tourism in Union County."

To request HEART Grant information, contact the Union County Division of Cultural and Heritage Affairs, 633 Pearl St., Elizabeth, 07202; call 908-558-2550. Relay users dial 711; or send inquiries via e-mail to culturalinfo@ucnj.org.

THEATER

THE THEATER PROJECT at Union County College will present Betty's Summer Vacation through Aug. 22 in the Roy Smith Theater at Union County College, 1033 Springfield Ave., Cranford. Audiences are invited to meet the actors after each performance. Tickets are \$18 for Fridays, Saturdays and Sundays, \$10 for students. Thursday performances are \$10. Senior Sunday, on Sunday, offers senior tickets for \$10. For reservations, call The Theater Project box office at 908-659-5189.

RECOGNITION OF EXCELLENCE IN COMMUNITY THEATER has announced its new name, corporate structure, and board members. Now operating under the name of New Jersey Association of Community Theater, or NJ ACT, its board will consist of nine community theater professionals.

RECT has been in existence since 1997 and predecessor, NJ ACT, originating in 1994. Previous NJ ACT, the Avy Association, founded by Perry Morgan, reviewed and awarded community theater productions since the late 1970s.

For more information, contact Amy Levine at alevine2@aol.com or Chris Fitzgerald at daytime phone number of 973-761-6000, evening at 908-272-1469. Tickets will be \$55 with dinner included. To purchase tickets, a check in that amount should be sent to NJ ACT, P.O. Box 511, Clifton, 07012. Included with the check should be the name, address and theater affiliation of the sender.

For more information, contact Chris Fitzgerald at 973-761-6000 or Joe Schreck at 973-472-9445.

THE BACK PORCH in Rahway will present Open Mic Night every Thursday night, a disc jockey every Friday night and solo artists and bands on Saturdays. Happy Hour is 4 to 7 p.m. Mondays to Fridays, with \$1 drafts and \$3 Long Island iced teas. Mondays are Mexican Mondays with \$2 shot specials, \$2 Coronas, \$2 margaritas and \$1 tacos. Wednesdays are Ladies Nights and karaoke.

The Back Porch is located at 1505 Main St., Rahway. For information, call 732-381-6544.

CROSSROADS, 78 North Ave., Garwood, presents a series of jazz, blues and comedy concerts, as well as football-themed nights. Every Sunday. Live comedy, funk and poetry; "Live at Instant Coffee," 8 p.m. Every Monday: Open Mic Night, Happy Hour all night.

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RADIO

TRI-COUNTY RADIO ASSOCIATION will meet at 8 p.m. the first and third Mondays of the month at the 770 Grove Presbyterian Church on Rantian Road in Scotch Plains. For information, call 908-241-5758.

SINGLES

DINNERMATES and Entrepreneur Group invites business and professional singles to dinner at a local restaurant, wine and mingling is at 8 p.m. dinner is at 9 p.m. Two age groups are available. For information on dates, locations, call 732-822-9796 or visit www.dinnermates.com.

INTERFAITH SINGLES, for single adults over the age of 45 years old, will meet every Sunday from 9 to 10:30 a.m. for discussion and continental breakfast at First Baptist Church, 170 Elm St., Westfield. Donation is \$2. For information, call 908-889-5265 or 908-689-4751.

SOCIAL SINGLES DANCING, for 45-year-olds and older, meets every Tuesday at 7 p.m. at the Yankee Buffet Grand Ballroom, 2660 Morris Ave. Union. Admission is \$7. For information, call 908-688-8816.

THE HARVEST QUILTERS OF CENTRAL NEW JERSEY

will meet the first Monday of each month at Cozy Corner Creations quilt shop, Park Avenue, Scotch Plains.

INTERNET

THE INTERNET LOUNGE, 256 South Ave., Fanwood, hosts an Open Mic/Karaoke Night. Join the group for a cup of gourmet coffee and a wide variety of organic foods and participate in an original poetry reading, a stand-up comedy routine or a musical number. There's no cover charge. Call 908-490-1234 or visit its Web site: www.theinternetlounge.com.

KIDS

SUMMER CAMPS at Trailside Nature and Science Center, 452 New Providence Road, Mountainside, will offer outdoors, hands-on experiences for third-through sixth-graders. Aug. 5-6, 1 to 4 p.m.: What's the Difference. Registrants are advised to call ahead for space and availability. For more information, call 908-769-3670. The fee for each week-long, half-day camp is \$112 for Union County residents and \$140 for out-of-county residents. Additional fees are added to camps that involve a van trip.

CRAFT TIME for children ages 5 to 10 years old will take place every Monday at 11 a.m. at Barnes and Noble in Springfield, 240 Route 22 West, Springfield. For information, call 973-376-8544.

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Make a game out of your fears and turn a bad thing into a good

Following the pattern of "Spider-Man 2," this is a sequel to a similar column written on the principle that I had a few leftover ideas from a first one on this topic and thought: Why waste them? Anyway, anything good enough for a first run will probably make it for a second run. And it's easier than coming up with an entirely new topic. So, here it is.

The Art of Laughter

By Helen Argers

Oh, another benefit of having a sequel column is you can get away with repeating some of the first column and no one can object. You can always say that — hey, maybe nobody read the first one. If all began when I was watching fireworks and wondered why we enjoy watching things being blown up. And that led me to wonder what other frightening, even dangerous, things can be made into enjoyable performances.

A near car crash was turned into a performance of roller coasters. Fear of spiders was turned into love of Spider-Man when they surgically removed all but two of his eight

legs so he wouldn't gross us out and even cheer for that insect-guy. Dracula was made sensual when movies had a young blonde woman, rather than running away when asked by a guy with fangs if he may drain her of all her blood, she looks at the heavily-lidded, tall, dark stranger and decides donating a pint or two might be some kinks.

Then there are sharks. Just the sight of one is enough to scare the average bather, yet "Jaws" had people flocking to see the great white make a great meal out of a New England summer resort, a new form of entertaining water sports.

The entertainment industry profiteers also sold us on the fun of living with ghosts in a plethora of haunted

house movies. They always feature brave investigators who usually are paid a sizable sum to spend the night in eerie mansions and always come out stark raving mad. Pleasant enjoyment like that. The only reason we do rethink frightening experiences is because they are thrilling without consequences. And the fears are sanitized. The spinnemeisters give fearsome objects a compassionate twist. Monster Shrek has a heart and love interest, removing your intestines and delving into your body cavities until you understand to shake hands with the formaldehyde hands. Except we're wrong again. HBO has come to their rescue with an entire series on a family of morticians called "Six Feet Under." And Patricia Cornwell has turned her female coroner into a crime-busting romantic heroine that's a constant best seller.

Forget careers that turn you off. How about personalities that terrify. Say you knew a person who would come into your home and criticize everything in there — from your fur-

niture, your paintings, your personal photos and make you throw away your most favorite mementos and replace them with sterile, hotel-room choices. You'd throw them out? Right?

What if you were a young lady standing before her closet and suddenly a woman you didn't know and her male friend invaded your closet and threw out your first prem dress, the comfortable jeans you've taken years to break in, and the gown you wore when your husband proposed, and then started dressing you to their taste? Or a bunch of queer eyes got their eyes on your husband's closet and turned him into a scarf-wearing fancy guy. In all these cases of invaders, would you call the police? Run and hide? No, because these frightening people are entertainers on makeover shows. There are entire channels that feature this kind of personal put-down and "I know better than you do what you like" types. So, forget them.

I just realized everything in movies and television is frightening. Especially the talk show hosts and anchor persons — but that's another column. How many movies are concerned with crime — women being abducted, men held for ransom? It must be deliberate. It is. That's the answer. They get us so accustomed to being frightened that we're no longer frightened. If we calmly accept a grown man in a red suit climbing our walls without a single scream, we're callous, babe. Yes, the solution is that fearsome entertainment is good for us.

Making a game, a show, a drama out of your fears helps you handle the daily annoyances with aplomb. You hope. And with that theory, just think of the therapeutic good these columns have been for you. Why not reread this one again, and the first one in the series — if you can get it out of the recycle trash. And once again enjoy the thrills.

Helen Argers is an award-winning playwright and novelist.

Art work accepted for Merck-county display

The Union County Board of Chosen Freeholders announced that art work is being accepted for "Celebrating Excellence: The Merck 2004 Juried Union County Art Show." All artists living or working in Union County are eligible to submit slides of art work to be considered for this exhibit.

Each artist may submit up to three slides. Maximum size of artworks is 36 inches x 36 inches framed. All media will be considered, including photography; however, sculpture or craft work cannot be accepted this year. The deadline for submission of slides is Friday. There is an entry fee of \$10 to submit up to three slides.

"We are pleased that the Arts Guild has carried on the tradition begun by Merck with our Division of Cultural and Heritage Affairs," said Freeholder Mary P. Ruotolo, liaison to the Cultural and Heritage Programs Advisory Board. "The Board of Chosen Freeholders is always pleased to help provide opportunities for serious artists to exhibit their work in Union County."

The jurors for this year's exhibit are: Sally Walker, owner of the Walker-Kombluth Art Gallery in Fair Lawn; Neal Korn, artist and art-educator; and Rocio Aranda-Alvarado, curator of the Jersey City Museum.

Three cash awards will be presented: 1st place: \$300; 2nd place: \$200; and 3rd place: \$100.

Senior Lifestyles

Historic signing



Trinitas Hospital, its school of nursing, the College of St. Elizabeth and Union County College entered into an agreement that will offset the cost of education for nurses seeking a bachelor of science degree in nursing. The program will cover 100 percent of the cost of tuition for nurses employed at Trinitas, and 50 percent of costs for nurses who graduated from Trinitas School of Nursing and work outside Trinitas. From left are Bernadette Countryman of Trinitas; Gary Moran of Trinitas; Sister Francis Rahey of College of St. Elizabeth; Mary Elizabeth Kolan of Trinitas School of Nursing; Ellen Ehrlich of College of St. Elizabeth and Thomas Brown of Union County College.

Planning can make most meals healthy

Following a nutritious eating pattern can be a challenge to most of us. How many of us made resolutions for healthy eating at the beginning of 2004 but fell short only a few months later?

Rutgers Cooperative Extension of Union County provides educational programs and outreach to county residents in the areas of nutrition, food safety and health. And as unlikely as it may seem, it is possible to eat healthy while maintaining control of your food budget. The Food Guide Pyramid is a good place to start in following a healthy eating pattern. Co-written by Dr. Karen Enise of RCE along with Tina Vaz and Francesca Genereali who are serving as (UMDNJ) dietitians in 2004, the following are some practical nutrition and food-shopping tips that can help older adults to eat a healthy, and eat cheap.

- Consume a variety of foods. Try new foods, new seasonings and new ways of preparing foods. Buy generic brands that are comparable in quality to brand names since most of them are less costly. Consider generic brands for purchases such as cereal, breads, cheeses and oils.
- Consume at least five servings of fruits and vegetables daily. This is to get the adequate intakes of vitamins, minerals, and roughage. Buy fruits and vegetables that are in season and darker in color. The darker the color, the more nutrients the vegetable contains.
- Consume at least two servings of proteins from meat and meat alternatives daily. Meat includes beef, pork, chicken and fish. When purchasing meat, bone-in chicken or meat is the cheapest. Meat alternatives such as chickpeas, beans and lentils are high in protein and much less expensive. Try peanut butter on bread or cheese and crackers as a snack idea. Using sunflower seeds and inexpensive nuts is another way of adding cheap protein to the diet.
- Consume at least six servings of grain products daily. Build your meals around the staples such as rice, pasta, noodles or bread. Look for day-old bread from the bakery, which is usually half the price. Buy several loaves and freeze them for later use. Potatoes are inexpensive and an alternative to grains. When cooked in their skins, they are an excellent source of essential vitamins and low in fat.
- Consume at least three servings from the milk group daily. Dry milk is much more economical than milk in the carton. Non-fat powdered milk can be used to supplement milk in both drinking and cooking. Dairy proteins and eggs are the cheapest animal protein and can help reduce spending.
- Drink plenty of fluids. At least six to eight glasses of fluid a day are recommended to prevent dehydration and constipation. Eliminate soda from the shopping list since it has empty calories. Drinking water is much healthier and more cost efficient.
- Limit foods with the most processing, such as ready-made and prepackaged foods. The most amounts of nutrients for your money will come from buying fresh and minimally processed foods.
- Use coupons to help save money on food items. Check newspapers, magazines, store flyers and even product Web sites to get a deal on items. Be sure to use the card memberships that most large-chain grocery stores offer to get the extra savings.
- Do not food shop at convenience stores. The extra convenience means extra cost and a small selection of fresh, nutritious foods.

Need information on Home Health and Nursing Home Care?

Visit www.medicare.gov (select Home Health Compare or Nursing Home Compare) or call 1.800.MEDICARE (1.800.633.4277)

Non-medical home care is available

Senior citizens contact us wanting to know: "Exactly what is non-medical home care?"

I'd like to take this opportunity to tell you about the services we provide for senior citizens through Seniors at Home LLC.

First come interesting statistics. According to the Bureau of the Census, Department of Commerce Economics and Statistics Administration, the number of people older than the age of 65 will double between now and the year 2030. By the year 2015, one in five will be older than the age of 65. Due to problems such as diminishing eyesight, hearing loss, arthritis, lung disease, heart disease, diabetes and Alzheimer's disease, activities become increasingly difficult by age 65, nearly 17 percent of senior citizens need some form of support with the everyday activities of living by 85, nearly half of all seniors will need help. The kind of care needed most is not medical but supportive. The don't need of want a nursing home. Eight out of 10 elderly people say they prefer to age in place and live out their lives in their own homes.

We offer the kinds of care that most seniors need. We provide meal preparation, light housekeeping, medication reminders, range of motion exercises, shopping, errands, incidental transportation, reading, companionship, sorting mail, check writing, laundry, and arranging appointments. With our assistance, senior citizens enjoy the comfort of their own home for as long as possible. Our excellent caregivers are all carefully screened, bonded and insured. All are covered by workers' compensation. We employ only the most dependable, compassionate and caring staff.

Our client's satisfaction is guaranteed. One of our senior staff members will meet with you and your family, explain our services and do a personal profile of the care recipient, which includes and assessment of their lifestyle, medical conditions, and the kind of assistance that will keep them independent and at home. We will be happy to answer any of your questions or concerns. For additional information, call 866-703-CARE.

Richard J. Blecker is the instructor of Seniors at Home LLC.

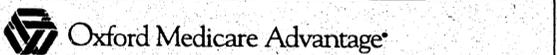
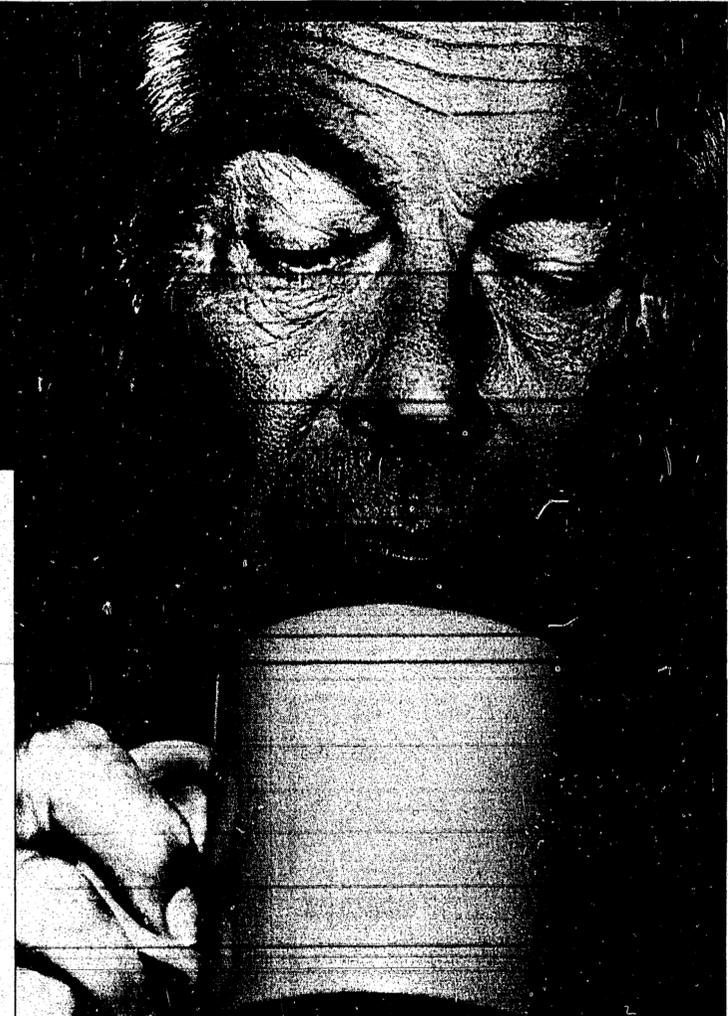
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The catch is, there is no catch. And to prove it, we're inviting you to join us for a free breakfast seminar where you'll get answers to your Medicare questions. You'll learn about important benefits that are part of every Oxford Medicare Advantage* plan, such as vision, hearing, and dental. And you won't pay a penny more than what you're already paying for traditional Medicare. To reserve your seat, or to find out more, call 1-800-814-0765 (TDD: 1-800-201-4874) between 9:00 AM and 5:30 PM.

UPCOMING SEMINARS

Essex - Newark	Essex - Bloomfield	Union - Elizabeth	Union - Linden
August 12, 9:00 AM Andros Diner 6 Wilson Ave. Cross St./Ferry St.	August 25, 9:00 AM IHOP 1129 Broad St. Cross St./Watchung Ave.	August 18, 9:00 AM Olympia Diner (Bi-Lingual) 460 Maple Ave. Cross St./US 1 South	August 26, 9:00 AM US1 Diner 321 East Edgar Rd. Cross St./Woodlawn Ave.



A sales representative will be present to provide information and applications. Oxford Health Plans (NJ), Inc., is a licensed HMO operating under a Medicare+Choice contract. ©2004 Oxford Health Plans. MS-04-1150

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266 Liberty Street, Bloomfield

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Spectator Leader • Gazette Leader
Railway Progress • Summit Observer

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Orange Transcript • The Glen Ridge Paper
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CLASSIFIED RATES
20 words or less.....\$20.00 per insertion
Additional 10 words.....\$6.00 per insertion
Display Rates.....\$25.50 per column inch
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Ad appears in all 18 newspapers
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DEADLINES

In-column 3 PM Tuesday
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Ad Copy 12 noon Monday
Business Directory 4 PM Thursday

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Adjustments: We make every effort to avoid mistakes in your classified advertisement. Please check your ad the first day it runs! We should not be responsible beyond the first insertion. Should an error occur please notify the classified department. Worrall Community Newspapers, Inc. shall not be liable for errors or omissions in case of actual space occupied by item in which error or omissions occurred. We can not be held liable for failure, for any cause, to insert an ad. Worrall Community Newspapers, Inc. reserves the right to reject, revise or reclassify any advertisement at any time.

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GARAGE SALES
30 words \$31.00 or \$45.00 combo
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20 words \$8.00 or \$12.00 combo items for sale under \$200.00 One item per ad price must appear.

AUTOS FOR SALE
20 words - 10 weeks \$39.00 or \$59.00 combo no copy changes

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DINING ROOM: Cherry set with 1 piece hutch, table chairs, new in boxes list \$2200, sell \$925. Can deliver. 732-259-6650.

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HOMEOWNERS WANTED! Kayak Pools looking for Demo homesites to display new maintenance free Kayak pools. Save thousands of \$\$ Unique opportunity! 100% financing available. 1-800-510-5624.

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The Summit Board of Recreation is looking for an experienced Cheerleading Coach and Assistant Coach to guide our youth cheerleading program. The program starts in early September. The Coach/Assistant coach will instruct 4th through 8th grade participants. All candidates must have experience in teaching proper fundamentals, cheerleading techniques and the ability to choreograph dances. Prior head coaching experience is required.

If interested please contact Mark Ozoroski, Assistant Recreation Director at 908-271-2932

CLERICAL - CLARK prepared company looking for employees to prepare documents for scanning. Duties include: removing staples, repairing toner pages, organizing files. Will train. Fax resume: 732-882-1220 or e-mail bsimonelli@large.com

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Uniforms and training provided by Summit Police Department. Applicants must be at least 18 years of age, provide own transportation to post and must be capable of working outside in all weather.

Applications available at Summit Police Department, 612 Springfield Avenue. Questions should be directed to Lt. Mason, Traffic Bureau, 908-277-9397. EOE.

SECRETARY WANTED: Hours: Monday thru Friday 8:30am-5:00pm. Must have computer skills, light typing, answering phones, filing. Salary negotiable. Elizabeth area. Call Monday-Friday: 908-436-3739.

SECRET SHOPPERS needed for store evaluations. get paid to shop. Local restaurants and theaters. Training provided. E-mail required. 1-800-585-9024 ext. 6252.

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Coldwell Banker sets record in luxury market

Coldwell Banker Real Estate Corp. recently announced another blockbuster year for the sale of luxury homes -- homes valued at \$1 million or more. This represents an all-time record for the Coldwell Banker system, a leader in the luxury category. In 2003, Coldwell Banker affiliates sold 13,816 luxury homes priced more than \$1 million. This represents an increase of 24 percent from 2002. In addition, Coldwell Banker luxury home sales volume surged 23 percent, to \$23.3 billion, compared to the \$18.9 billion mark set in 2002.

"Homeowners in New Jersey have built equity in their homes, and, as a result, we are seeing a significant migration of homeowners into the luxury category," said Carol Mucicino, manager of the Short Hills office of Coldwell Banker. "With a rebounding economy, attractive financing options and strong local market trends, we expect activity in the luxury category to remain strong."

Highlights from the 2003 Coldwell Banker Luxury Home Sales Report include:

- Coldwell Banker reports that California continues to dominate the country in luxury home sales, with six times more sales in this category than any other state.
- New Jersey came in fifth in the luxury home sales market with a sales volume of well over \$900 million.
- In 2003, the most active segment of luxury homes was in the \$1 million to \$5 million range. Coldwell Banker sold more than 13,000 homes in this price range. In addition, the company reported sales of more than 200 homes in the \$5 million to \$10 million price range; 22 homes in the range of \$10 million to \$20 million; and two homes that were sold at over

\$21 million.
The average sales price of luxury homes sold by Coldwell Banker affiliates in 2003 was \$1.69 million.
As of April 15, the Short Hills office is representing 17 homes with a listing price of over \$1 million.
"Real estate in the Short Hills area

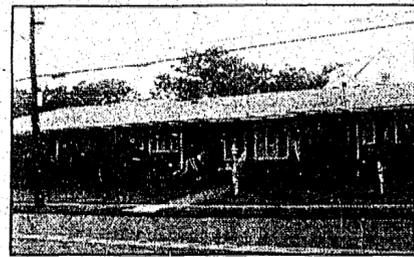
is now into its strongest season," according to Mucicino. "This particular segment of the market is still very active. These properties have some of the most extraordinary amenities."
For more information about buying or selling real estate in the Short Hills area, call the Coldwell Banker

Short Hills office at 973-467-3222. The office is located at 518 Millburn Ave. You can also view the company's listings on the Internet at www.ColdwellBankerMoves.com.
For a no-obligation mortgage pre-approval, call Coldwell Banker Mortgage at 888-317-5417.

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SOUTH ORANGE - Custom Built Ranch boasts 3 BR's, 3 baths, updated: kitchen, vinyl siding & roof, huge fin bsmt, flp in LR, walk in closets & 2 car attached garage.
UNI7316 Offered at \$609,900



LINDEN - Pretty updated 3 BR Cape features 1.1 baths, remodeled EIK, LR w/gas flp & hw flrs, DR w/pella sliding doors leading to patio, partially fin bsmt & inground heated pool.
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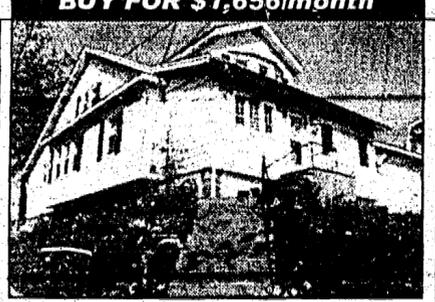


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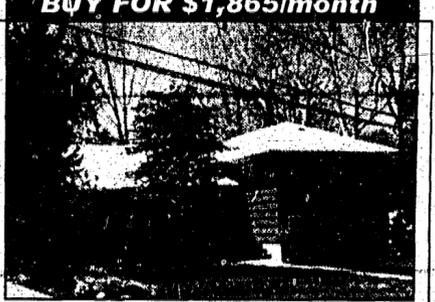
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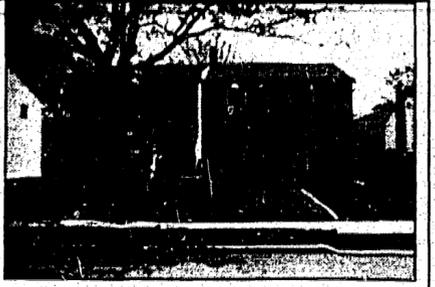
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Union's Finest!
UNION TOWNSHIP - Unquestionably one of the finest, largest, best maintained two family homes you're likely to see in Union. Modern design, spotless apartments, new carpeting, ceramic tiles, enormous rooms, modern kitchens and baths, large windows, the list goes on and on. 2 car garage, huge, usable backyard w/above ground pool. Hot water heating, central air. \$555,000

BUY FOR \$2,220/month



FABULOUS HOME!
UNION - Located in the premiere section of Battle Hill, Union, this pristine Bi-level home looks like it was found in a home magazine! Along with it's high-class upgrades, it features 4 bedrooms, 2 full baths, large Casablanca kitchen, spacious living room, formal dining room, and family room with a walk to the patio. Start your day with breakfast in the sunlight on the cedar deck off the kitchen as you overlook the wellroomed private yard. The lower level features true SINGLE FLOOR LIVING!! Let your emotional desire set you free and make this home your castle. \$455,000

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CRANFORD \$459,900
Charming 3 Bedroom Colonial located close to town, schools and NYC transportation features a new kitchen with granite bar that opens to a formal dining room with built-in cabinet, living room with fireplace, hardwood floors, new windows, roof and exterior paint in 2003. French doors from living room lead to deck and yard with above-ground pool. Great home for relaxing and entertaining.

FANWOOD \$659,000
A rare find! Custom built Colonial on park-like grounds, yet walking distance to train, town and school. Also offers a new roof, heat, air. This home awaits your possession.

CLARK \$379,000
Perfect "starter" home. Lovingly and immaculately maintained 3 Bedroom Colonial located on a quiet street, near school also features a new kitchen with main floor family room, sweet backyard with patio-gas grill. Low taxes!

SCOTCH PLAINS \$479,900
Plenty of room to grow! This delightful Colonial offers a desirable floor plan for today's most discerning buyer. Enjoy the wood-burning fireplace in the living room or entertain in the dining room with sliders to the deck and beautifully landscaped yard. Boasting 3 generous size bedrooms and 2 full baths, this is the perfect choice to call home.

WESTFIELD \$717,000
Very nice, spacious Colonial. Wood floors, large modern eat-in kitchen, master bedroom 4 years old, family room with sliders to 2-ber patio, recreation room, underground sprinklers and conveniently located near transportation, schools and shopping.

WESTFIELD \$475,000
Easy living! Charming brick home with wood floors and large country kitchen, 3 bedrooms, 3 full baths, family room plus recreation room, spacious rooms, CAC, deck and lots more! Great location for schools, transportation and shopping. Must be seen!

WESTFIELD OFFICE
600 North Avenue West • Westfield, NJ 07090 • (908) 233-0065
For all your mortgage needs Call ERA Mortgage at 888-421-3813

welcome home 

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