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SPRINGFIELD, N.J., NOV. 24, 1993

Helping to keep the dream alive

By Rick Klittich
Staff Writer

When he visited Springfield's Jonathan Dayton High School in 1967, Dr. Martin Luther King Jr.'s dream seemed like an impossibility.

On Monday night, he likely smiled down upon Springfield Emanuel United Methodist Church, as his life and impact on society were recognized by a crowd as diverse as he, at the time, could only imagine to convene under one roof.

"We're here today to honor Dr. King's many facets of life, the many things he brought to us, the principles to live by," said the Rev. Elaine Wing.

The crowd was a mix of senior citizens, school children, and residents of all ages.

With several people standing against the walls that had the words "love," "peace," "freedom" and "equal" draped vertically, the ceremony reiterated King's importance.

"Springfield is a place that Dr. King knew and resonated in, and we are very proud of that," said Rabbi Joshua Goldstein of Temple Sha'arey Shalom.

Mayor Sy Mullman said that seeing the room full of people makes it an even more joyous evening than it usually is.

"This, to me, is very special," he said.

In a downstairs room, artwork that was drawn by elementary school children was displayed to show what King means even to Springfield's youth. During the ceremony, classes from Thelma L. Sandmeier School spoke of King's life, offering the public a timeline of his most important events.

From being a good student and finishing high school early, to his march on Washington that had more than 200,000 followers, the students showed an understanding of King's peaceful progress and confidence in what he believed in.

Before Wing played a piece from a speech King once gave, she made clear that it is important for society to recognize the fact that not all King envisioned has been accomplished.

"There is still work that we can do," she said. "There is still work to be done."

Bringing an attentive silence over the crowd, King's voice spoke words that are as important to live by today as they were when he was alive.

"Why should we love our enemies?" King's voice resonated. "Hate for hate only intensifies the existence of hate and evil in the universe. Somewhere, somebody must have a little sense. That's the strong person."

The Rev. Kathleen Stone, chaplain of the Church Center of the United Nations, reflected on not only King's

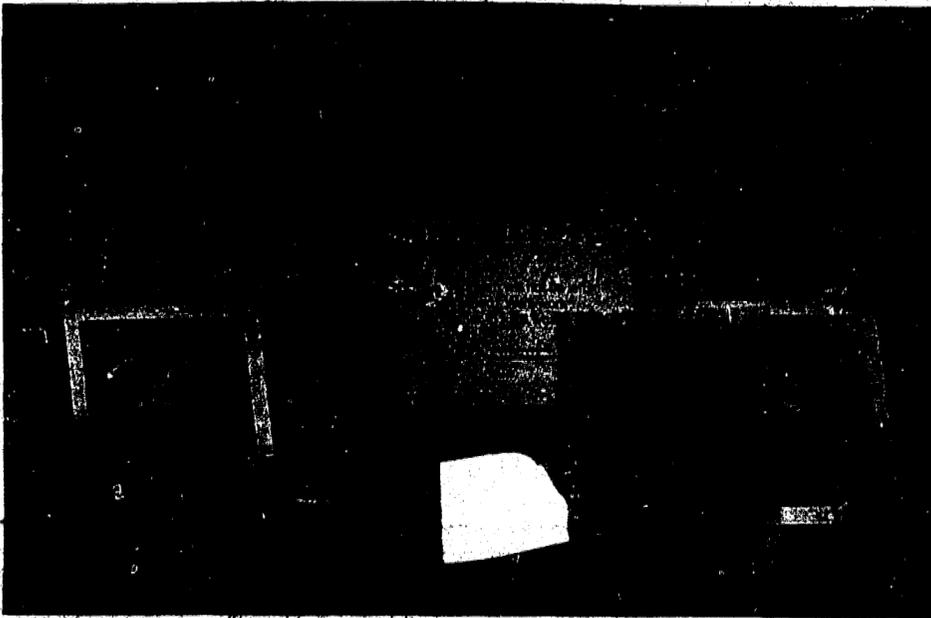


Photo By Susan Rose Sheehan

The Springfield Clergy Association sponsors a Tribute Service Celebrating the Life and Work of Dr. Martin Luther King Jr. at Springfield Emanuel United Methodist Church on Monday. A special message to Dr. King is on display with tsunami relief donations, as well as an offering by Jonathan Dayton High School students at the altar.

words, but the idea that his dream has not been met to its fullest capacity.

"Martin Luther King, Jr. put the possibility of a dream next to a truth," she said. "This is an incredible juxtaposition."

Stone explained that we're lying to ourselves if we, as a society, feel that equality has been met today. Anything

we're lying about, she said, paraphrasing King's thoughts, cannot live forever.

We, as a body politic, Stone said, could still use reorganization.

With songs sung by the Columbia High School Gospel Choir and Springfield Community Children's Choir, the event proved to be one with

a message of both peace and awareness. In a community of growing diversity, those present likely exemplified King's vision.

On this day of remembrance, the Springfield Clergy Association provided King with a closer look at the progress made by a town he visited nearly four decades ago.

Squad seeks members

By Rick Klittich
Staff Writer

At his State of the Borough address during Mountainside's reorganization meeting Jan. 4, Mayor Robert Vigilanti spoke about the importance of the First Aid Squad, listing its members' commitment to helping a community that sometimes has little to offer volunteers for grants.

He also mentioned, with deep disappointment, that the squad has an all-time low in membership, with just 16 volunteers.

"One reason is that the training is not as appealing," said volunteer member Mike Carson, when asked why residents are reluctant to join.

Carson, who was president of the squad for a total of 20 years since he joined in 1977, explained that training requirements have changed from past practices. Instead of needing to be a certified emergency medical technician, volunteers need only to become first responders, which takes about half the amount of hours of training time as EMT tests.

Capt. Mary Paskow said that along with the misconception of necessary training time, some residents don't realize that anyone can volunteer.

Paskow explained that volunteers actually respond via pager from the comfort of their homes. While shifts range from 6 p.m. to 6 a.m., members work only the time slots that they can, as contributing even a low number of hours is appreciated.

Paskow, who logs around 125 hours each month, said that to her, it just feels good to help.

"It's very comforting when you go to somebody's house and they know you," she said. "You feel better, and they feel better about everything."

When Paskow joined, there were 23 members and the squad covered the day and night shifts, as well. Eventually, the membership shrank and Atlantic Health Care was hired to respond to emergencies. One of the reasons for the decline was that during a shift, there were only two or three people, and it was just as if the squad was signing off and the volunteers are preparing for a shift.

"People are always assuming we're going to be right there," said Paskow, "but they don't want to give anything."

"I think it's just the satisfaction of being able to help people and realizing the appreciation they have for us," said Carson, when asked why he has spent so many years on the squad. Carson said that when he joined, he had two young children and also found it beneficial to learn about first aid in case it ever needed to help a family member or friend.

Along with the training hours, Carson wanted to dispel the assumption that most calls deal with blood. More often than not, he said, there is no blood at the scene.

"People feel like they just don't



Mountainside First Aid Squad members, from left, Mary Paskow, her daughter Rebecca, and Anne Marie Pires, practice how to stabilize a person with neck and back injuries on a long board. Staffed entirely by volunteers, the squad has a hit an all-time low in membership, with just 16 volunteers.

have the time to devote to it," he added, "but it's not necessary. Even 12 hours each week would be helpful."

Paskow, who has three daughters that have joined the squad, said that only 11 members currently are active.

Plus, while the squad is enjoying the participation of younger members, the path they take in life, such as college, often lead to another decline in the squad's numbers. Task on a lack of donations from the United Way, whose contributions to the squad have

dropped in recent years, and the Mountainside First Aid Squad is really reaching out for help.

"We're very flexible," Paskow said, "and we're made up of all types of people. A medical background is not needed."

Longtime library trustee retires

By Rick Klittich
Staff Writer

Along with the end to the Springfield Public Library renovations earlier this month comes the completion of Gilbert Cohen's lifelong career in library services.

A Springfield resident, Cohen retired after his final five-year term on the library Board of Trustees ended last year. President at the time, Cohen had put in 25 years of service to the board, although this was only part of his library background.

Cohen said that after graduating from Queens College with a degree in English, he wasn't sure what he wanted to do with himself.

What he did know was that all his life, he was addicted to libraries.

"Reading is very important," he said. "I love to read, to find out information, to work with people. There's no end to what you can learn."

Cohen attended what, at the time, was called the Rutgers Graduate School of Library Services.

While working as a clerk at the Rutgers Newark Dana Library, he obtained his master's degree in library science and moved on to the Newark Public Library, becoming head of circulation and references during his time there.

The job is no easy task, he said. "People think you're just sitting around and reading books," he said, "but, no way. It's hard work."

Cohen, 74, was a great asset in the initial conversion of the card catalog information to machine readable records in the 1980s, which was the first essential step in the eventual computerization of the library catalog.

What he is most proud of, however, is the progression that the Springfield library has made.

"I'm very much in love with the library," he said.

The grum was among the renovations Cohen has enjoyed seeing completed at the Springfield library, since this area was never used for anything before the library construction.

"I saw it was underutilized," Cohen said, noting that the main problem with the library was how much space was available for use.

"Now, it's the video room, with a transparent skylight."

Another room that has been created is the Teen Room, which wasn't previously occupied by library users.

"Now, the library is serving the young and the elderly. It's serving everybody," said Cohen.

"It's a question of serving the entire community," Cohen added that

libraries around the country are being created and improved for good reason.

"This is now the cultural center of the town," he said.

While Cohen gives credit to Library Director Susan Permahos for obtaining grants that spurred the construction that has made the library what it is today, Permahos says that nothing would have been accomplished without Cohen.

"He pushed it along and got us moving," she said.

"I remember at a board meeting, it seemed the project was stalling, and he said, 'The Empire State Building was built in 13 months,'" motivating the board to realize that with hard work, everyone can strive toward the facility's completion.

While he and his wife are moving to a retirement community in East Brunswick, Cohen said his love for reading will never die.

"I'll be doing the same as I've been doing for years," he said. "Reading and finding out stuff."

"If you're ever depressed," Cohen said, reiterating the sentiments of an author he admired, "go out and learn something."

It's a sentiment that has served him well during his service to the library and the Springfield community.

State fun... sought

By Rick Klittich
Staff Writer

In conjunction with the federal and state Community Development Block Grant program, the Borough of Mountainside has applied for three grants that would be funded by New Jersey.

The annual filings are chosen for submission to the state, which receives money each year from the federal government in order to fund community improvement projects. The block grant is not given out according to a new calendar year, as it begins in September instead of January. This application marks the start of the grant's 31st year.

While municipalities throughout New Jersey enjoy the benefits of the program, the money is not guaranteed. Either all, some, or none of the funding may be granted upon the state's assessment of the application.

Money will be sought for three projects that were announced, in order of priority, at Tuesday's Borough Council meeting.

First, the borough is asking for \$9,165 that would go toward the salary of Mountainside's senior citizen coordinator. After applying for the same amount last year, the borough received \$7,000.

The coordinator is one person who works on a part-time basis, twice each week. The average salary for the position is more than \$16,000. The coordinator's duties consist of organizing both programs and events that may occur inside or outside of Borough Hall, among other tasks.

The second item the borough is applying for is a senior van driver, which Borough Administrator/Chief of Public Works, Debbie Debbie

Debbie said. For the second consecutive year, \$10,000 is being sought. Last year, \$2,800 was applied from the state. The bus driver earns an hourly wage of \$10, Debbie said.

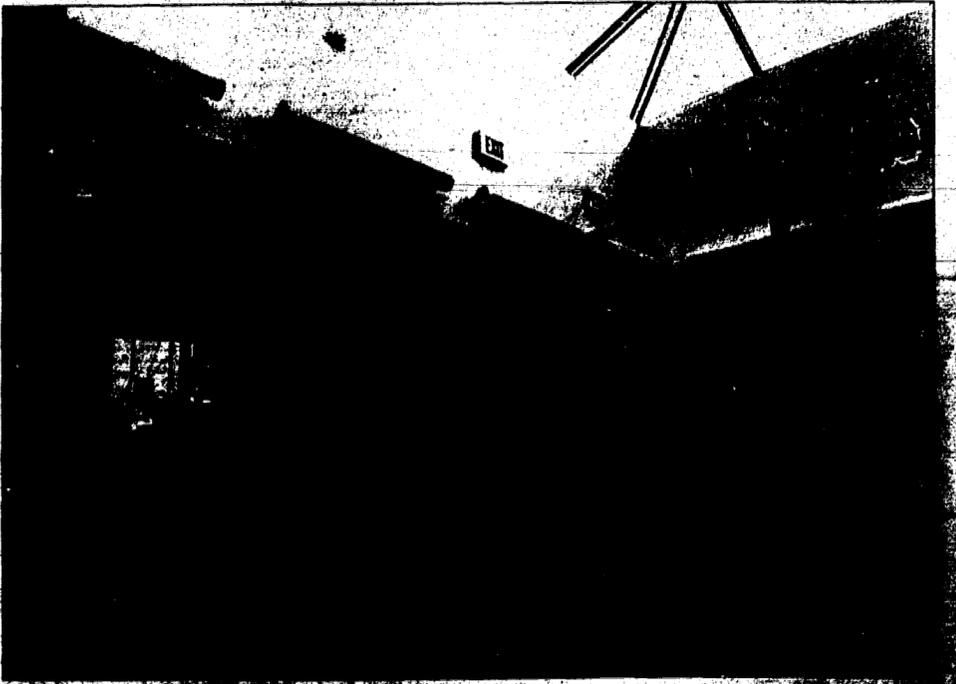
The final item that the borough is hoping to receive funding for is the senior citizen handyman program. Like last year, the borough seeks \$9,900. It received \$4,000 from New Jersey the last time around.

The handyman program helps assist seniors who qualify, through both ability and financial need, in repairing minor house projects. As an example, Mayor Robert Vigilanti said that a handyman, paid a nominal fee would be available to fix a doorbell that doesn't work.

Last year, the handyman program was the second priority, although the senior van driver switched places on the list this year due to its usefulness throughout the community.

"Every little bit counts," Debbie said of the grants. "We appreciate any amount we receive and we use everything we receive."

Debbie said that he doesn't expect the results, to be much different from last year.



Springfield resident Gilbert Cohen has called it quits after his final five-year term on the Springfield Public Library Board of Trustees ended last year. President at the time, Cohen had put in 25 years of service to the board.

Welcome to the ECHO LEADER

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

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

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

Letters to the Editor: The Echo Leader provides an open forum for opinions and welcome letters to the editor.

e-mail: The Echo Leader accepts e-mails news releases and opinion pieces by e-mail. Our e-mail address is Editor@thelocalsource.com

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

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

To place a public notice: Public Notices are notices which are required by state law to be printed in local weekly or daily newspapers.

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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.

Today: The Great Books Discussion Group will meet to examine the great books of Western civilization on the third Thursday of each month.

Friday: Rick Recht, the top-touring musician in Jewish music, will bring his "Shabbat Alive!" service to Temple Sha'arey Shalom.

Saturday: The Booster Club at Governor Livingston High School, 175 Watchung Blvd., Berkeley Heights, invites the public to Super Saturday.

Sunday: A variety of athletic match-ups will be scheduled throughout the day. To be part of the Highlander Market, call Adrienne Trivella at 908-464-4520.

Monday: A reception to meet Jim Fucci, artist of "The Beach Show" exhibit, will be from 1:30 to 3:30 p.m. at the Donald B. Palmer Museum.

Tuesday: The Springfield Board of Education will meet in the instructional media center of Jonathan Dayton High School.

Wednesday: Participants in the "Owl Prowl" at Trailside Nature & Science Center, 452 New Providence Road, Mountainside, can learn about the different species of owls that reside in the Watchung Reservation.

Thursday: A free workshop offered by SCORE called "Starting Your Own Successful Business: Special Tips from the Experts" will be Jan. 31, at 7 p.m. at Springfield Free Public Library.

Friday: The Jonathan Dayton High School Musical Theater class will present its original production of "Who Dunnit?" written, produced and performed by the students.

Saturday: Marc Jaffe will share personal anecdotes from his summer experience in Athens, where he served as the team chiropractor for the 540-member USA Olympic Team at the 2004 Summer Olympics.

Sunday: Boy Scouts from troops in Summit, New Providence, Berkeley Heights, Gillette and Stirling will join with other Scouts of the Patriot District of the Patriot's Path Council in their 48th Klondike Derby sled race and scout-skill contest at 8:30 a.m. at the playground area above Surprise Lake in the Watchung Reservation in Mountainside.

Monday: The Foothill Club luncheon will be at noon at B.G. Fields Restaurant in Westfield. Carolyn Williams, a Mountainside resident, will present a program on "Scrapbooking."

Tuesday: The Mountainside PTA invites the public to a Community Pancake Breakfast at the Deerfield School Cafeteria, 302 Central Ave. from 8:30 to 11 a.m.

Wednesday: The Mountainside Board of Education will meet in the instructional media center of Jonathan Dayton High School, 139 Mountain Ave., at 7:30 p.m.

Thursday: The Mountainside Board of Education will meet in the media center of Beechwood School, 1487 Woodacres Drive, at 8 p.m.

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Man arrested for stealing gold

Mountainside: On Friday at noon, Manuel Lopez, 54, of Bloomfield, was arrested for theft of gold from his employer. After suspicion by Lopez' manager that an employee had been stealing gold, a security camera was installed in the jewelry store.

According to police, on Jan. 13 at 12:50 p.m., Lopez was shown walking to the open door of the safe and reaching into it. After placing gold pellets into his pocket, he left the area. Lopez admitted to selling gold for 10 to 12 months to a jewelry store in Bloomfield and was also charged with contempt of court for an active warrant out of Clifton for \$797.

Firefighters clean up auto fluid spill

Mountainside: At 4:26 p.m. Jan. 13, Mountainside firefighters responded to a report of disabled vehicle leaking automotive fluids onto Route 22 east in the vicinity of Lawrence Avenue. Speedi-Dri material was applied to the roadway surface to absorb the vehicle fluids. Firefighters remained on the scene until the vehicle was towed.

At 9:45 p.m. Saturday, firefighters responded to an activated Central Station fire alarm at a residence located on Sylvan Lane. Fire officers at the scene determined that a malfunctioning smoke detector activated the alarm.

At 10:11 a.m. on Jan. 11 at 12:21 p.m., firefighters responded to an activated fire alarm at a restaurant located on Route 22 east. At the scene, fire officers determined that the dust generated by the remodeling contractor sanding dry-wall activated the smoke detector.

At 10:10 a.m. on Jan. 10 at 8:44 p.m., firefighters responded to an activated Central Station fire alarm at a commercial building located on Route 22 west.

Workshop aids small business owners

A free workshop offered by SCORE called "Starting Your Own Successful Business: Special Tips from the Experts" will be Jan. 31, at 7 p.m. at Springfield Free Public Library, 66 Mountain Ave. In case of snow, the workshop will be conducted on Feb. 7 instead.

Small business owners wear many different hats. On any given day, they manage product development, marketing, sales, operations, personnel and finances. This program will provide financial and legal information needed when running or starting a business.

SCORE, the Service Corps of Retired Executives, is a non-profit association dedicated to entrepreneur education and the formation, growth and success of small businesses nationwide. SCORE volunteers provide free, confidential face-to-face and e-mail business counseling to America's entrepreneurs in cooperation with the Small Business Administration.

Video series continues with action sequel: Springfield Free Public Library, 66 Mountain Ave., begins its Lunchtime Video Series, "Books and True Stories," on Feb. 1 at noon.

In this action-packed sequel to the 2002 blockbuster "The Bourne Identity," Jason and Marie are jolted out of their idyllic life in self-exile and once again find themselves in the crosshairs of Jason's former employer, the shadowy intelligence agency that molded him into an elite assassin.

Hunted for a crime he did not commit, Bourne is drawn into a cat-and-mouse game with feeding CIA operatives Pamela Landry and Ward Abbott and former handler Nicky. The stakes are higher than ever for Bourne, who must untangle a deadly

Old locks find a new life

By Rick Klittich: When Jonathan Dayton High School freshman Rena Ostry of Springfield got her most recent haircut, the clippings weren't just swept out of the barbershop floor.

That's because Ostry wasn't simply getting a trim. The 11 inches that took her hair from long to shoulder-length were donated to Locks of Love, a non-profit organization that provides hairpieces to financially disadvantaged children with medical hair loss.

Ostry said the reason she decided to get rid of the long hair and contribute to the Florida charity was because helping children overcome low self-esteem is a very worthy cause.

"Hair loss is devastating and especially difficult for young children," she said. "I wanted to do what I could to help a child feel better about him or her self."

Several companies produce custom fitted, "real" hair cranial prosthesis. While Locks of Love was first started in connection with a hair-care company, the charity developed a Board of Directors in December 1997 and began operating as its own non-profit entity.

Since its beginning, the charity has received a great deal of support by both the media and its volunteers throughout the country. Locks of Love has been featured or mentioned on television shows including Oprah, 20/20, The View and Inside Edition, as well

as in national publications that include USA Today and The New York Times. Eighty percent of the more than 2,000 hair donations received through the mail each week are donated to children. "It looked like a good cause and I wanted to cut my hair anyway," Ostry said. "I thought it would be a nice thing to do so that somebody else could use it."

Ostry said that she found out about the opportunity to donate through friends and a cousin who have done so before. The number of hairpieces produced

and has a heart of gold. She always wants to help anyone in need," she said. "My hair can always grow back and I can donate again." "I'll donate it if they take it," she said, noting that she recently had it dyed. "I'm going to try."

For information on Locks of Love or to find out how to donate, visit the organization at www.locksoflove.org.

GL Highlander Club sponsors Super Saturday: The Governor Livingston High School Highlander Booster Club will sponsor its second annual Super Saturday on Saturday.

"Last year's event brought in 1,000 fans of all ages," said Event Chairwoman Amy Wagner. "We expect an even greater turnout this year."

Envisioned by GL Athletic Director Bill Howard, Super Saturday is a family day filled with food, fun, games, athletic match-ups and community spirit. The event begins with the Highlander Care Family Pancake Breakfast from 8 to 10 a.m.

The "Cafe boombox" with a Continental Breakfast from 10 to 11 a.m. and lunch from 11 a.m. to 3 p.m.

The Highlander Arcade, generously sponsored by Palladin Amusements, features carnival games and prizes. Tickets are 10¢ for \$5. The arcade is open from 11 a.m. to 3 p.m.

Building on the enormous success of last year, the Highlander Market will again feature merchandise from GL clubs, organizations, teams, and outside vendors and will be open from 10 a.m. to 4 p.m.

Athletic match-ups abound in both GL gymnasiums beginning with boys and girls PAL basketball at 9 a.m. Boys and Girls Columbia Middle School vs. Deerfield School basketball is at 10:30 a.m.

GL freshman boys compete at noon against Millburn, while the girls take on New Providence. Girls Varsity Basketball takes on Jonathan Dayton High School at 1:30 p.m. while the JV boys take on Millburn. Boys Varsity Basketball tips off against Millburn at 3 p.m. while the Girls JV takes on Dayton. Wrestling vs. Iselin is at 5 p.m.

Local school joins tsunami relief effort

By Rick Klittich: Sometimes, even the youngest of children learn what it means to help those in times of need.

On Friday, Thelma L. Sandmeier School in Springfield presented Christy Hodde, the executive director of the Summit Area Red Cross, with a check for \$1,550 that will go toward disaster relief overseas.

"When we got back from the winter break, everyone had been talking about the tsunami," said Linda Schmidt, special education teacher and student council advisor. "So we met and wanted to figure out a way we could help out."

Schmidt and the fourth-grade student council gathered and came up with suggestions for what the school to do to comfort those affected by the natural disaster. While students felt there may be more that could be done than to simply give money, such as send clothes or food out to Southeast Asia, the students finally decided on a "Dollar Drive."

Schmidt said they agreed on the idea since it was hard to know what, exactly, was necessary for help. In less than one week, the donations snowballed.

What started out as a dollar-at-a-time help effort quickly became an overflow of money. Schmidt said, before she knew it, \$5, \$20 and \$50 bills were pouring in from parents of the school's students. Even after the drive had ended, money kept coming in for days after.

"It's great that the children are learning to be part of a global community," Schmidt said, "and see the importance that one person can make. A couple of kids said, 'But it's just a dollar,' but now they can come to the realization of one person, and a group of people, really making a difference."

Principal Mike Antolino said it was also a way for the fourth-grade students to assume leadership roles, as they went around to classrooms explaining not only the disaster, but the reasons for the fund-raiser.

"It gives our kids a sense of leadership," Antolino added. "This was a great opportunity for that."

The school has hosted food drives and winter coat drives as well, but this was special in that a short time frame was used, Antolino said.

"It really reflects the response and urgency of the situation," he said. A student presented the donation to Hodde at an assembly, telling her how much the students wanted to help out. "We were greatly upset by the tsunami," he said, "and eager to help in any way we could."

After a gasp and applause that followed the revealing of the exact dollar amount the school had raised for relief, Hodde expressed how grateful the Summit Red Cross was of the donation.

The Summit Area Red Cross covers Springfield, Summit, New Providence, Berkeley Heights and Long Hill Township.

"I have to thank you all so very much," said Hodde. "We need the money instead of other things because it's a lot easier if people can start buying the things they need and get back to everyday life."

Hodde said the money will go toward the purchasing of family tents, which house up to six people and prevent the spreading of disease, such as cholera.

"Basically, our school theme is 'A Caring School Community,'" Antolino said. "This gives everyone a vision of what goes on outside the school as well, and expands their vision of caring."

For information on Locks of Love or to find out how to donate, visit the organization at www.locksoflove.org.

For information on Super Saturday, call 973-376-4930.

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Advance reservation fees for the Pancake Breakfast including the admission to Super Saturday, are \$4 for adults, \$3 for seniors, \$2 for children age 10 and younger, and may be sent to: Pancake Breakfast 1 High-

point Drive, Mountainside, NJ 07092. At the door, Super Saturday admission is \$3 for adults and \$2 for children age 10 and younger.

All proceeds from the days' activities will support the more than 20 boys and girls athletic programs at Governor Livingston. GL is located at 175 Watchung Blvd. in Berkeley Heights.

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Dayton students put on play

The Jonathan Dayton High School Musical Theater class presents its original production of "Who Dunnit?" written, produced and performed by the students.

The show will be performed in Halsey Hall Auditorium at Jonathan Dayton High School on Mountain Avenue in Springfield on Wednesday at 7 p.m.

The setting for this murder mystery is in the home of Charles Richmond, who has just been murdered. Gathered in the house are eight suspects and four very

Tickets can be purchased at the door at \$5 for general admission.

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Far Brook School Tour Tuesday, January 25 For Students entering Grades 4-7

SUNRISE SENIOR LIVING Dangerous roads. Slippery sidewalks. No milk in the fridge. Soon you'll be wishing Mom lived with us.

County grant funds arts and crafts program

A HEART Connection Union County grant was recently awarded to Springfield, allowing for a six-week program of arts and crafts at the Sarah Bailey Civic Center on Church Hill.

Registration open for Youth Baseball

Mountainside Youth Baseball will host registration for the 2005 season from 9 a.m. to noon Saturday at Deerfield School, 302 Central Ave.

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Open House Jan. 30, 2pm & Feb. 13, 7:30pm

RECREATION

Web site: summitlacrosseclub.com. After requesting and receiving a password, participants will be able to fill out all forms and pay, using a credit card, online.

Registration continues for Spring Baseball

The Springfield Junior Baseball League is accepting registration for spring baseball through Saturday for children in grades kindergarten through ninth grade - born before Aug. 1, 1991.

Registration continues for Summit Lacrosse

Registration for the Summit Lacrosse Club's 2005 spring season will continue for grades two through eight tonight, 7 to 8:30 p.m., at the Lawton C. Johnson Summit Middle School Cafeteria, 272 Morris Ave.

Lacrosse will be: \$95 for second graders; \$105 for third and fourth graders; \$155 for fifth and sixth graders, and \$165 for seventh and eighth graders.

The club offers free registration and equipment to anyone who requests financial assistance; no questions asked.

Registration fees for the program will rise by \$20 this year to take into account the user fee now being assessed by the Summit Board of Recreation on all sports organizations using Summit fields.

Class combines cardio workout with dance

The Summit YMCA will offer a new fitness class, Cardio Dance, for adult members beginning Jan. 27. The class will meet Thursdays at 7 p.m. at the Summit-branch, 67 Maple St., Summit.

Pilates class aims to improve strength

Members of the Summit YMCA can enjoy a new approach to conditioning using elements of Pilates style exercise techniques.

"Will Power & Grace" is a class designed to strengthen core muscles of the upper and lower back, as well as abdominals, gluts and lower limbs, by using stability balls and floor mat work.

Persons can donate multiples of items from the list below, or complete kits packaged in resealable one gallon plastic bags - freezer bags are best.

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Church assembles health kits

Members of the Springfield Emanuel United Methodist Church invite individuals or organizations to join them in a simple, "hands-on" project benefiting survivors of the South Asia and Africa Tsunami.

Each health kit contains basic hygiene items needed to stop the spread of disease. Contents of each kit must exactly meet accepted country regulations. They will be delivered by the United Methodist Committee on Relief and their partner organizations to all persons in need.

Persons can donate multiples of items from the list below, or complete kits packaged in resealable one gallon plastic bags - freezer bags are best.

The kits contain: one hand towel - 15 inches x 25 inches up to 17 inches x 27 inches in size, one washcloth, one large and sturdy - not pocket size - comb, one nail file or fingernail

Physician explores medical epidemics

Kevin Fennelly, an academic physician, will speak at the Tuesday meeting of the Summit Old Guard at the New Providence Municipal Center, 360 Elkwood Ave. Dr. Fennelly will discuss the "Convergence of the TB and HIV Epidemics in the Sub-Saharan Africa" at the 10 a.m. meeting.

Dr. Fennelly works as an academic physician in the Center for Emerging and Re-Emerging Pathogens at the Division of Pulmonary and Critical Care Medicine at the New Jersey Medical School-UMDNJ in Newark. He received a combined

monetary and occupational-environmental medicine fellowship at the University of California, San Francisco. He later joined the faculty of the National Jewish Medical and Research Center in Denver. He joined the UMDNJ in 2001.

Dr. Fennelly has served as a consultant on preventing TB transmission in Denver, South Africa and Botswana. His major research interests are the variability of infectiousness and transmission of TB. His current studies are now being conducted in Kampala, Uganda.

Concord Singers meet for weekly rehearsals

The Concord Singers, a unique non-auditioning women's community chorus, seeks new members as its spring 2005 season begins.

Rehearsals are Mondays from 7:30 to 10 p.m. at Calvary Episcopal Church in Summit. The first rehearsal is on Monday, The Spring Concert will be presented in May at Calvary Church.

The Concord Singers' repertoire is varied, including Baroque and modern music. Composers range from Handel to such as Beethoven, Mozart, Mendelssohn and Porpora to more modern ones such as Randall Thompson, George Gershwin, Kirke Mechem and Benjamin Britten. New members are always welcome.

Founded in 1977, the Concord Singers is a non-auditioning women's community chorus that strives to achieve high quality musical performance through dedication and hard work.

Local performances have been numerous and varied, including two performances with the Summit Symphony. Every other year a Choral Arts Award is presented to a promising high school junior or senior, whose life has been and will continue to be strongly influenced by music.

SENIOR NEWS

Program provides 'Arthritis Answers'

Do you or someone you know suffer from arthritis? Do you have questions about the disease and want to learn how to live more comfortably?

If so, plan to join SAGE Eldercare's Women's Issues Group for the program "Arthritis Answers" today at St. John's Lutheran Church, 587 Springfield Ave. in Summit.

The program will begin at 10 a.m. and will feature Dr. Colin Moucha, an orthopedic surgeon at Overlook Hospital. Attendees will receive a free Reader's Digest Book - "An Action Guide to Managing Arthritis." The program is free and open to the public and light refreshments will be served at 9:30 a.m.

To RSVP, call Suzanne Lyon at 908-273-5550 ext. 22. SAGE Eldercare serves as a major community resource in the establishment and delivery of innovative services for older adults and their caregivers.

SAGE, Municipal Alliance host author Sage Eldercare and the Summit Municipal Alliance will host author Feather Schwartz Foster to discuss her book, "Ladies - A Conjecture of Personalities" on Friday at the Summit Recreation Center, 100 Morris Ave. in Summit.

Foster will present a story of the lives of some of America's "First Ladies" - from Martha Washington to Mamie Eisenhower. A program for history buffs; it also gives attendees the opportunity to learn and connect with others in the community. The program will begin at 11 a.m. and is free and open to the public.

For information, call Suzanne Lyon at 908-273-5550 ext. 22. AARP meets monthly The next regular monthly meeting of the Summit area AARP will be at 10 a.m. on Monday at St. John's Lutheran Church, 587 Springfield Ave. Coffee and social begin at 9:45 a.m.

A speaker from AAA will discuss ways to drive safely in the winter months. On Feb. 26, a trip will be offered to the Hunterdon Hills Play House for a Pat Cooper show and lunch. For reservations, call 908-273-1962.

Caregiver group meets Wednesday SAGE Eldercare, a major community resource for elders, offers a monthly support group for caregivers the third Wednesday of each month at SAGE's Spend-A-Day Adult Day Health Center, 550 Springfield Ave. in Berkeley Heights.

Senior poetry group reads their selections Join residents of Summit Senior Housing and their friends Monday, at 2 p.m., in the Arts & Crafts Room of 12 Chestnut Ave., Summit, as they continue their monthly poetry group. "Poetry: Poems from the Heart," led by Mary Perle, will be the theme.

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

SPORTS

Sports Numbers
Phone: 973-763-0700
Fax: 973-763-2557

Wrestling: UCT event up for grabs

By JR Parachini
Sports Editor
Is the Union County Wrestling
Tournament up for grabs?
Probably. And that's a good
thing.

The unthinkable happened last
year. Roselle Park did not repeat.
Scotch Plains, which has
improved a great deal the past few
seasons, dethroned the Panthers,
beating Roselle Park by a margin of
238.5 to 237 to capture its first
crown.

Roselle Park had won the champi-
onship seven years in a row from
1997 to 2003.

Rahway, which won its only
crowns in 1995 and 1996, did well
to finish third with 190 points.

While Scotch Plains, Rahway
and Roselle Park are ranked among
the best teams in the county once
again this year, there are other
squad to look out for. Those teams
include New Providence, Cranford,
Union, Johnson, Brearley and Lin-
den.

All will look forward to competing
against each other the weekend
of Feb. 4 and 5 at Union High
School when the 30th annual UCT
will be contested.

The Union County Interscholastic
Athletic Conference, serving
Union County student-athletes for
more than 50 years, is sponsoring
the tournament once again.
The seeding meeting is Feb. 3 at
UHS at 5:30 p.m.

Here's a look at the two days of
wrestling:

Friday, Feb. 4:
5 p.m. - Pre-preliminary and
preliminary.
7:30 p.m. - Quarterfinals.
9 p.m. - Consolation Preliminary
Saturday, Feb. 5:
10 a.m. - Semifinals. Consolation
Quarterfinals.
11:30 a.m. - Consolation Semi-
finals.
2 p.m. - Consolation Semifinals
(3rd, 5th places).
3:45 p.m. - Awards Presenta-
tion.

4 p.m. - Finals.

Participating teams include:
Cranford, Brearley, Elizabeth, Gov.
Livingston, Johnson, Linden, New
Providence, Ramsey Prep, Plain-
field, Rahway, Roselle Catholic,
Roselle Park, Scotch Plains, Union,
Westfield.

Rahway junior Derrick Cald-
well is half way to becoming the
tournament's fifth wrestler to win
four championships. Caldwell won
at 103 two years ago and at 119 last
year, both times capturing the Out-
standing Wrestler Award for the
lowest weights (103-140).

Caldwell went on to win his second
District 11 title, first Region 3
crown and first NJBAA Tourna-
ment championship on route to a
national title.

Other notable wrestlers include
Caldwell's brother, Matt Caldwell,
who won the 119-pound UCT cham-
pionship last year. UCT cham-
pionship also went to Scotch Plains
last year. UCT champion last year
was Davey D'Elia, who won the
119-pound UCT championship last
year. UCT champion last year was
Davey D'Elia, who won the 119-
pound UCT championship last year.

Since 1990, Roselle Park has
won the crown nine times, with
other championships coming in
1991 and 1993.

Union last won in 1994 and
Westfield in 1992 after previously
winning in 1991.

RETURNING CHAMPIONS
There will be five returning
champions for new season's event.

Those grapplers include: Rah-
way sophomore Ryan Wilson,
Caldwell, Scotch Plains senior
Steven Misso, Union's senior
Nazzari and New Providence senior
Shane Malloy.

Wilson won at 112 last year,
Caldwell at 119, Misso at 130,
Nazzari at 160 and Malloy at 189.

Top scores of each division as
of last Friday include:

Rahway (4-0)
Roselle Park (4-0)
New Providence (2-2)
Scotch Plains (4-5)
Cranford (3-1)
Linden (3-1)
Union (5-3)
Johnson (3-3)

Editor's note: If anyone has
knowledge of the UCT champions
from 1976-1997 and who are the
standing Wrestlers of those years,
I would be glad to publish a
full list.

Information can be e-mailed to
JR.Parachini@echo.com.

Information can also be faxed
to JR at: 973-763-2557.



The Springfield Minutemen 8th grade basketball team defeated New Providence and Berkeley Heights to capture the second annual New Providence Holiday Tournament. Kneeling, from left, are Mike Diamant, Terace Hardgrove, Zach Floyd, Will Rodger and Billy Kirk. Standing, from left, are C.J. Scott, Brandon Bujnowski, Colon Greten, Jon Friedman and Theya Channapragada. Coaches, from left, are Roman and Tom Wisniewski.

Springfield Minutemen teams are able to bounce Mendham

Rodger nets 25, grabs 12 boards to lift 8th graders

The Springfield Minutemen 8th grade basketball team continued its winning ways by defeating Mendham in convincing fashion 70-47 Jan. 12 in Springfield.
Will Rodger paced the Minutemen with an outstanding 25-point, 12-rebound effort.
Terace Hardgrove added 18 points and Billy Kirk eight. Zach Floyd poured in six points, dished out eight assists and played solid defense with five steals.
Justin Model scored four points and Brandon Bujnowski and Jon Friedman three. Mike Diamant and C.J. Scott had one point, while Theya Channapragada played well off the bench.

St. James basketball squads display their winning efforts

Jackson pours in 22 for 7-1 6th graders

The St. James 6th grade CYO basketball team is off to a 7-1 start. The highlight of the season, to date, is its victory over Cranford in the St. James Holiday Tournament championship game. The team was sparked by Anthony Fischetti with 12 points. Contributing solid defensive play were Chris Maslo, Henry Osias and Nick Bongiovanni.
In its victory over Westfield, newcomer Kareem Jackson paced the squad with 22 points. Also chipping in were Patrick Wade with four and Alex Melieno with three.

In a win over St. Helen's, Westfield, Dave Wrightman lead the team with 13 points. Playing outstanding offense and defense were Addition Hicks, Anthony Don, Phillip Patten and Sol-Russell Buguyong.
The varsity 7th and 8th grade team defeated OLP, New Providence 49-18 and St. Helen's 50-28. Dion Nesmith scored 10 points, Bobby Litowski nine and Jessie Lara eight against OLP, while Steven Vigilante had eight points and Nick Garcia and Will Stankevicius seven vs. St. Helen's.

Casey Buckley, Marquay Mayo, Jimmy Siracusa, John Hoehn, Kevin McGovern and Colin Greten also scored, while Steven Patricco and Matt McElroy provided strong defense.

Hot Stove League Dinner guest speaker is Paul Blair

Former Oriole, Yankee to head Feb. 13 event

The Union County Baseball Association will induct four new members into the Union County Baseball Hall of Fame during award ceremonies Feb. 13.
The four inductees will be honored for their outstanding contributions to our national pastime on the baseball diamonds of Union County.

Wayne Avery, Bob Brescher and Frank Catale, all from Elizabeth, and Paul Miller of New Providence will be honored at the 69th Annual Hot Stove League Dinner which begins at 1 p.m. at the L'Affaire Banquet Center, 1099 Route 22 East, Mountainside.

The dinner is sponsored by the Union County Baseball Association, in cooperation with the Union County Board of Chosen Freeholders and the Union County Department of Parks and Recreation.

The special guest speaker at the awards dinner will be former major league outfielder Paul Blair, who had a distinguished career with the Baltimore Orioles and the New York Yankees during the 1960s and 1970s.

"We're very pleased to have Paul Blair as a guest speaker at this year's Hot Stove League Awards Dinner," said Freeholder Chairman Rick Proctor. "We hope that family

members and friends of all the award recipients will enjoy the Sunday afternoon ceremonies and support youth baseball and the new inductees into the Union County Baseball Hall of Fame."
Tickets for the dinner are \$35, with the proceeds going to help fund the Union County Summer Youth Baseball League for youngsters ages 8-15 and the Fall Teen League.
Since 1937, the annual Hot Stove League Dinner has been the primary fund-raising effort for the Union County Baseball Association's summer and fall programs.
Over the years, the awards dinner has honored many local and national baseball luminaries - including Phil Rizzuto of Hillside, Jeff Torborg of Mountainside, Willie Wilson of Summit, Joe Collins of Union, Jake Wood of Elizabethton and Elliott Maddox of Union.
In addition to the new Hall of Fame inductees, the Hot Stove League Baseball Dinner will also honor a number of young athletes and local baseball teams for their achievements in 2004.
Tickets to the 69th Annual Union County Baseball Association Hot Stove League Dinner on Feb. 13th may be obtained by calling 908-527-4910.

GL's Abitante wins Group 2 pole vault

Governor Livingston High School winter track and field athletes excelled at Sunday's Group 2 Relay held at Princeton University's Jadwin Gym.
Anthony Abitante, a senior, did well enough to place first in the pole vault competition with a mark of 15 feet. After a previous try of 13-6, Abitante managed a 15-0 on

Dayton girls' win with team effort

Viverito, DiCocco and Upton help lift Bulldogs past MSM

By Jeff Wolfrum
Staff Writer

WATCHUNG - Even though Dayton High School girls' basketball standout Cristin Zavocki scored half of her team's points in a 48-41 triumph over Mount St. Mary Tuesday afternoon, it was her teammates that helped cement the win.
Up by two points at 43-41, Dayton junior forward Katelyn Viverito nailed a three-pointer from the right corner with a minute left to give the Bulldogs a lead of 46-41.

With 41 seconds left, Dayton upped its lead to 47-41 after senior center Amanda DiCocco made one free throw after being fouled on the right baseline.
Even though Mount St. Mary cut the deficit to 47-43 with only 10 seconds remaining on Megan Pyle's putback, Dayton closed out the game when junior guard Valerie Upton made one free throw with six seconds left.

"It's important that we get the other players involved, even though Cristin is our go-to person and main offensive threat," Dayton head coach Dave Rennie said. "The more teams key in on her, the more we need the other players to step up."

With the victory, Dayton improved to 8-5, winning for the second time in its last three games. Mount St. Mary dropped to 7-2.

Trailing 20-18 at halftime, the Bulldogs came out with some bite as they immediately tied the score 20-20 on a layup by Upton off a dish by Zavocki.
After Mount St. Mary regained the lead at 23-20 moments later on a layup by Pyle, Dayton responded with a layup from DiCocco off an assist by Upton.

"We had a couple of baskets early in the second half from our post players," Rennie said.
"I think that really took a lot of pressure off of Cristin's shoulders."

With the score tied 27-27 midway through the third quarter, Zavocki was at ease in leading the Bulldogs on a 7-0 run to give her team a 36-29 lead. Zavocki, who finished with a game-high 24 points, started the surge by nailing a three-pointer from top of the key before stopping and popping a 10-footer. She then grabbed a rebound and threw an outlet pass to Upton for an easy layup.

Mount St. Mary closed out the period when center Julia Kennedy drilled a 10-footer from the right baseline to bring the score to 36-31.
"In the first half we were a little shaky, so we talked at halftime about getting people involved," Zavocki said.

"We came out running some plays to me, so I tried to draw the defense toward me and at times dish it off."
Zavocki went right to the basket in the fourth quarter and produced four points around a Mount St. Mary layup to give Dayton a 43-39 edge with 2:14 remaining. Zavocki connected on two free throws first and then, after the Mount St. Mary layup, hit a short jumper.

"Everyone has picked it up from the beginning of the season," Zavocki said. "Everyone's going out and giving their best in each game."
Even though Dayton concluded the first quarter leading 10-8, Rennie felt his team lacked a bit of energy.

"We definitely lacked energy in the beginning of the game," Rennie said. "We've had those lulls at different points in the game, but for it to happen at the start of a game, it could wind up being a killer because you end up behind the eight-ball. Luckily, we were ahead at the end of the quarter."

After the game, Zavocki was in good luck, as she answered with a driving layup to knot the game at 14-14.
After both players traded two-point baskets again, Pyle, who finished with a team-high 18 points, knocked down a pair of free throws to give her team a lead of 18-16 with 35 seconds left before intermission.

However, after Mount St. Mary's Jeana Greco nailed a 15-footer from the left wing to make it 20-16, Viverito closed out the first half by scoring on a layup off an inbound pass. Viverito finished with eight points and four blocked shots.
"Katelyn has been using her height to an advantage," Rennie said. "She's learning to just put her hands straight up on defense."

"She has also done a great job of playing help-side defense by coming over and defending the block by being in position to stop dribble penetration."
NOTES: Dayton is scheduled to host North Plainfield today at 7 p.m. and then play Governor Livingston in Berkeley Heights Saturday at 1:30 p.m.

"Our No. 1 priority right now is getting ourselves in position to qualify for the state playoffs," Rennie said.
"However, we don't want to look too far ahead. We want to take each game, one at a time."

The state playoff cutoff date is in two weeks, on Saturday, Feb. 5.
The Bulldogs are attempting to get back into the Central Jersey Group 1 field after falling to Middlesex 60-41 in last year's final at West Windsor-Plainboro North.

Middlesex moved up to Group 2 this year.
The Bulldogs went 1-2 in three games last week.
Dayton lost its second straight game after a five-game winning streak Jan. 11 when it was outplayed by Rahway 61-34 at home.

The Bulldogs bounced back to best Technology 76-44 in Springfield two days later.
Zavocki netted a game-high 27 points, while Upton filled the hole for 14. Dara Poltrock and DiCocco netted eight points each.
Hillside was edged at home by Hillsdale 49-47 Friday, with Zavocki scoring a game-high 23 points.

Hillside was sparked by the play of Hasaneh Oliver, who netted a team-high 20 points.
After a 1-1 start, Dayton won three games to capture the Joseph Pepe Memorial Tournament at Westfield. The Bulldogs defeated Bayley-Elard 58-37, St. Patrick's 70-13 and Daytonfield 57-48, with Zavocki earning MVP honors.
Dayton concluded its winning ways with a 61-39 victory at South Amboy, followed by a 47-37 triumph in Roselle Park.

Upcoming: Today, North Plainfield, 7 p.m.; Saturday, at Governor Livingston, 2:30 p.m.; Tuesday, at St. Patrick's, 4 p.m.; Thursday, at Newark Central, 7; Jan. 31 South Amboy, 7; Feb. 2 Newark Central, 7; Feb. 4 at Oak Knoll, 7; Feb. 7 at Brearley, 7; Feb. 11 Johnson, 7.

Conceptually, all of the acting governor's initiatives were "well received" by Scutari. He also sides with Codey on property taxes and leaving the Legislature fit that meet rather than a constitutional convention. "Really, it's our business to do."

Codey also did "not really address ethics," Kean said, adding that "everyone's already learned how to get around" the patronage governor's executive order, which does not encompass municipal political committees when it comes to campaign contributions from state vendors.

Kean reiterated last week that he has no intention of running for governor this year. As for who the Union County GOP will back for governor, that likely will be much clearer in a few weeks as well. The party's annual convention, where the party line is awarded, is held in late March.

According to the study, Union County gets off light, ranking 18th in overall truck traffic growth, with a 72 percent increase in truck vehicle miles traveled.

Other consequences the study, which based

its projections on data from the Federal Highway Authority, cites include:

• Union County is ranked 10th in the state for projected increases of truck fatalities. The TSTC study claims that trucks are 20 percent more likely than cars to be involved in a fatal accident due to their size and weight.

• Union County is also ranked 14th in the state for the growth of air pollution. The TSTC projects a 38-percent growth in the number of "unhealthy air" days.

• Commute times in the county are also expected to lengthen, with over a thousand hours of delays per year projected to occur by 2020, an increase of over 500 percent from 1998.

While trucks account for approximately 9 percent of total travel in the state, their size has a disproportionate impact on congestion, the report says.

"The roads most affected by truck traffic growth will be Routes 22, 24 and 124, and the Garden State Parkway, which will see traffic increase of 85 percent, 83 percent, and 76 percent, respectively."

"The most dangerous roads in the county are

North Avenue, Springfield Avenue, and Route 82/Morris Avenue, which have all seen truck collisions involving fatalities in recent years.

The study recommends improving the rail freight system, particularly between Newark and Port Elizabeth, as well as clustering new distribution centers near ports.

Freeholder Daniel Sullivan said the freighters board was actively looking for ways to improve the rail system and has been for some time.

One project Sullivan mentioned is the creation of a rail line to South Jersey for freight leaving the port. The long-term project will see the Department of Transportation and the Federal Highway Authority would separate cars and trucks coming out of the port area.

Sullivan, who serves as first vice president of the North Jersey Transportation Planning Authority, also discussed the separation of car and truck lanes proposed for North Avenue and Kapkowski Road in Elizabeth.

"It would create a smoother flow of traffic," Sullivan said, explaining that the county sees an increase in traffic congestion and

impeding the flow of transportation.
A third alternative, Sullivan said, includes the expansion of rail capacity out of Port Elizabeth and Newark. Sullivan said he'd like to see trailers coming into the ports put directly into rail instead of being transported over county roadways.

The reactivation of the former Rahway-Parkway railroad, a short-line freight line that passes through several Union County towns, is another option to stop the trucks from leaving the port. The line, cited health and safety, would be newly laid rail and freight cars would include hazardous materials.

The group also cited concerns about pollution, noise and vibration from the depreciation of property values, and migration on roads the line crosses as a reopening.
In a small state with a dense population, demands for goods and waste are increasing, with no popular solution to current increases in traffic congestion and



Looming battles

It's been said that Acting Gov. Richard Codey's State of the State address last week raised a number of questions. Even those who thought for sure that he wouldn't take on U.S. Sen. Jon Corzine in the Democratic primary for governor in June are curious after last week's remarks.

"It sounds like a speech of someone who'd like to run," state Sen. Tom Kean Jr., R-Union, said.
Codey is "exactly what the state needs right now" in terms of personality, said state Sen. Nicholas Scutari, D-Union, who described the acting governor as a "calming influence," who is "substance over form."

It remains to be seen which horse Union County Democrats will get behind: Codey or Corzine.

According to those within the party, while no formal meetings have taken place, Chairwoman Charlotte DeFilippo favors Corzine while state Sen. Raymond Lesniak supports a Codey candidacy.

Codey's political base is Essex County but he enjoys the support of Union County's most powerful senator in Lesniak. Corzine lived in Summit during his time for U.S. Senate and contributed regularly, and heavily, to the county committee.

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However, after Mount St. Mary's Jeana Greco nailed a 15-footer from the left wing to make it 20-16, Viverito closed out the first half by scoring on a layup off an inbound pass. Viverito finished with eight points and four blocked shots.
"Katelyn has been using her height to an advantage," Rennie said. "She's learning to just put her hands straight up on defense."

"She has also done a great job of playing help-side defense by coming over and defending the block by being in position to stop dribble penetration."
NOTES: Dayton is scheduled to host North Plainfield today at 7 p.m. and then play Governor Livingston in Berkeley Heights Saturday at 1:30 p.m.

"Our No. 1 priority right now is getting ourselves in position to qualify for the state playoffs," Rennie said.
"However, we don't want to look too far ahead. We want to take each game, one at a time."

The state playoff cutoff date is in two weeks, on Saturday, Feb. 5.
The Bulldogs are attempting to get back into the Central Jersey Group 1 field after falling to Middlesex 60-41 in last year's final at West Windsor-Plainboro North.

Middlesex moved up to Group 2 this year.
The Bulldogs went 1-2 in three games last week.
Dayton lost its second straight game after a five-game winning streak Jan. 11 when it was outplayed by Rahway 61-34 at home.

The Bulldogs bounced back to best Technology 76-44 in Springfield two days later.
Zavocki netted a game-high 27 points, while Upton filled the hole for 14. Dara Poltrock and DiCocco netted eight points each.
Hillside was edged at home by Hillsdale 49-47 Friday, with Zavocki scoring a game-high 23 points.

Hillside was sparked by the play of Hasaneh Oliver, who netted a team-high 20 points.
After a 1-1 start, Dayton won three games to capture the Joseph Pepe Memorial Tournament at Westfield. The Bulldogs defeated Bayley-Elard 58-37, St. Patrick's 70-13 and Daytonfield 57-48, with Zavocki earning MVP honors.
Dayton concluded its winning ways with a 61-39 victory at South Amboy, followed by a 47-37 triumph in Roselle Park.

Upcoming: Today, North Plainfield, 7 p.m.; Saturday, at Governor Livingston, 2:30 p.m.; Tuesday, at St. Patrick's, 4 p.m.; Thursday, at Newark Central, 7; Jan. 31 South Amboy, 7; Feb. 2 Newark Central, 7; Feb. 4 at Oak Knoll, 7; Feb. 7 at Brearley, 7; Feb. 11 Johnson, 7.

Conceptually, all of the acting governor's initiatives were "well received" by Scutari. He also sides with Codey on property taxes and leaving the Legislature fit that meet rather than a constitutional convention. "Really, it's our business to do."

Codey also did "not really address ethics," Kean said, adding that "everyone's already learned how to get around" the patronage governor's executive order, which does not encompass municipal political committees when it comes to campaign contributions from state vendors.

Kean reiterated last week that he has no intention of running for governor this year. As for who the Union County GOP will back for governor, that likely will be much clearer in a few weeks as well. The party's annual convention, where the party line is awarded, is held in late March.

According to the study, Union County gets off light, ranking 18th in overall truck traffic growth, with a 72 percent increase in truck vehicle miles traveled.

Other consequences the study, which based

its projections on data from the Federal Highway Authority, cites include:

• Union County is ranked 10th in the state for projected increases of truck fatalities. The TSTC study claims that trucks are 20 percent more likely than cars to be involved in a fatal accident due to their size and weight.

• Union County is also ranked 14th in the state for the growth of air pollution. The TSTC projects a 38-percent growth in the number of "unhealthy air" days.

• Commute times in the county are also expected to lengthen, with over a thousand hours of delays per year projected to occur by 2020, an increase of over 500 percent from 1998.

While trucks account for approximately 9 percent of total travel in the state, their size has a disproportionate impact on congestion, the report says.

"The roads most affected by truck traffic growth will be Routes 22, 24 and 124, and the Garden State Parkway, which will see traffic increase of 85 percent, 83 percent, and 76 percent, respectively."

"The most dangerous roads in the county are

North Avenue, Springfield Avenue, and Route 82/Morris Avenue, which have all seen truck collisions involving fatalities in recent years.

The study recommends improving the rail freight system, particularly between Newark and Port Elizabeth, as well as clustering new distribution centers near ports.

Freeholder Daniel Sullivan said the freighters board was actively looking for ways to improve the rail system and has been for some time.

One project Sullivan mentioned is the creation of a rail line to South Jersey for freight leaving the port. The long-term project will see the Department of Transportation and the Federal Highway Authority would separate cars and trucks coming out of the port area.

Sullivan, who serves as first vice president of the North Jersey Transportation Planning Authority, also discussed the separation of car and truck lanes proposed for North Avenue and Kapkowski Road in Elizabeth.

"It would create a smoother flow of traffic," Sullivan said, explaining that the county sees an increase in traffic congestion and

impeding the flow of transportation.
A third alternative, Sullivan said, includes the expansion of rail capacity out of Port Elizabeth and Newark. Sullivan said he'd like to see trailers coming into the ports put directly into rail instead of being transported over county roadways.

The reactivation of the former Rahway-Parkway railroad, a short-line freight line that passes through several Union County towns, is another option to stop the trucks from leaving the port. The line, cited health and safety, would be newly laid rail and freight cars would include hazardous materials.

The group also cited concerns about pollution, noise and vibration from the depreciation of property values, and migration on roads the line crosses as a reopening.
In a small state with a dense population, demands for goods and waste are increasing, with no popular solution to current increases in traffic congestion and

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Union County

County budget introduced

By A. E. Gualtieri
Staff Writer

Union County is projected to spend \$19 million more than last year in 2005, according to the executive budget introduced by County Manager George Devanney on statutory deadline Tuesday afternoon.

The \$374.7-million budget is 5 percent higher than the 2004 budget, the same percentage increase seen in 2004 and 2003 from the prior years' budgets.

"Two years ago, I set a course for a multi-year plan to reposition Union County for long-term prosperity," said Devanney in his letter to the freeholder board. "I am pleased to report our success."

Devanney pointed to a \$13-billion increase in rates over the last two years and a rise in home values as factors that will allow the county to reduce the tax rate per \$100 of assessed value over the same period, from 41 cents in 2003 to 38 cents in 2004, and now to 36 cents in 2005.

The budget surplus, however, has increased over the past two years by 57 percent. After warnings from bond ratings firms that continued decline of the surplus would lead to a drop in ratings, the county was able to increase the surplus.

The tax levy will rise \$13.5 million from last year, to a total of \$217.5 million, according to Lawrence Caroselli, director of the Division of Finance.

ART CLIPS

Kean will present a new professional equity theatre program

Kean University announces Premier Stages, a new professional Actor's Equity Association theater program...

Premiere Stages features four uniquely conceived projects that will nurture and encourage the work of students...

Season is under way for Westfield Players

The Westfield Community Players membership drive for their 2004-2005 season is now under way...

New President Naomi Yablonsky, who has directed and performed at WCP, has announced the season of drama, comedy, murder and song...

All shows open on a Saturday night and run Friday and Saturday evenings for three or four weekends...

The British Farce "There Goes the Bride" by Ray Cooney and John Chapman will be presented in January...

A society wedding is disrupted by the father of the bride, who lapses into fantasy about the roaring 20s...

Show dates are through Saturday with all tickets priced at \$15.

Agatha Christie's courtroom drama, "Witness for the Prosecution" is the March show.

The play will be presented March 5 through the 19 with tickets priced at \$15.

WCP ends the season in May with the James Valcq and Fred Alley musical "The Spitfire Grill"...

Westfield Community Players, founded in 1934, is one of the oldest continuously operating community theaters in the state of New Jersey...

Funding has been made possible in part by the New Jersey State Council on the Arts, Department of State...

Musicians meet at workshop to hone their craft

Area musicians who are looking for an opportunity to fine tune their skills and share their talents have several options available...

The Music Studio's String Ensemble, a highly successful program this summer, will return for the fall and winter...

For information on these and other Music Studio programs, including private and group lessons...

True to form, confusion, doubt and double-cross are skillfully presented by the author in this Tony Award Winner...



AT THE THEATER — Pictured above is Fred Hersch, who will be appearing at NJPAC's Victoria Theater on Jan. 29...



Judith Leiber's work on display at museum

For more than 30 years, Judith Leiber handbag has represented the ultimate in craftsmanship and design.

The exhibition, organized by the Corcoran Gallery in Washington, D.C., includes a range of work, from the first beaded bag created in 1967...

Coveted by celebrities, socialites and collectors, Leiber's bags take on many forms, including fruits, vegetables, flowers and animals.

Artists such as Henri Matisse, Georges Braque, Gustav Klimt and Charles Rennie Mackintosh and Pop Art are represented.

Leiber's bags, still hand-beaded in the United States, usually take two years to design.

Every design is assembled with painstaking precision — each crystal is picked up with tweezers and individually glued onto the bag...

One beaded bag can be encrusted with as many as 13,000 Swarovski crystals and can take up to five days to complete.

Born in Budapest, Hungary, in 1921, Leiber was the first female apprentice and master in the Hungarian handbag guild.

Eventually she and her husband, an American soldier, moved to the United States and founded their own company in 1963.

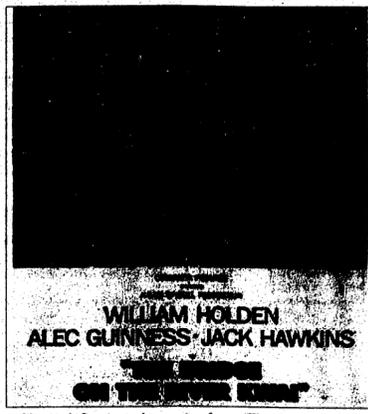
Leiber's contribution to fashion has been recognized with a number of prestigious awards. After only six years in business, Leiber received the Swarovski Great Designer Award...

Leiber received the Lifetime Achievement Award from the Council of Fashion Designers. She was awarded the Silver Slipper Award from the Houston Museum of Fine Arts...

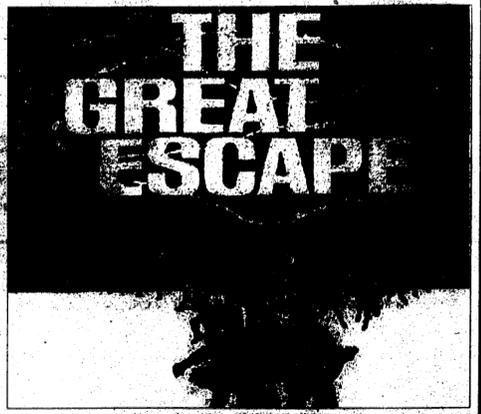
Judith Lieber was the guest of honor at a champagne reception and a guided tour previewing "Fashioning Art: Handbags by Judith Leiber."

For more information, contact Tracy Terry at 973-596-6371.

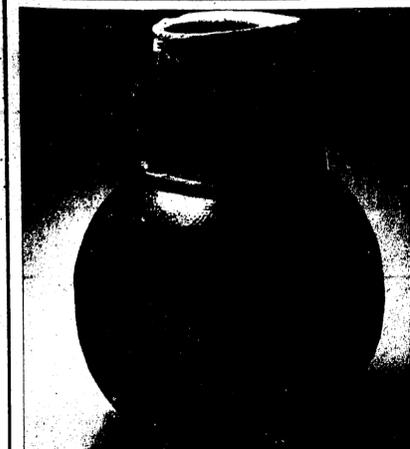
Old school movies



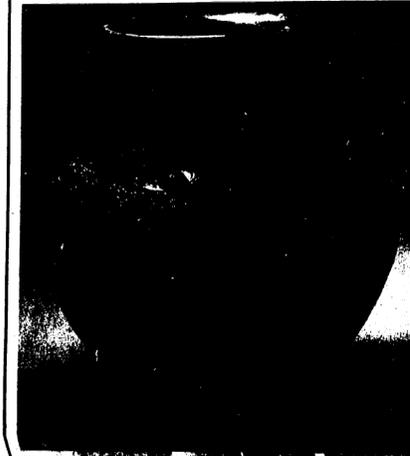
Above left, a movie poster from 'The Bridge on the River Kwai' and, above right, a poster from the movie, 'The Great Escape'...



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NEW SHOW AT NEWARK MUSEUM — Pictured above and below are portions of the exhibit on African Vessels at Newark Museum...



REUNIONS

- List of school reunions including Hillside High School, Westfield High School, Scotch Plains High School, Union High School, and Hillside High School Class of 1965.

Advertisement for New Jersey Ballet at Kean University, featuring 'An Evening of Classical Ballet' with 'NEW! Fairy Doll', 'NEW! Le Papillon', and 'NEW! L'Air D'Esprit'.

Advertisement for TAX TIME, a classified advertising feature for tax returns, prepared by ZIGMAN & ZIGMAN CPAs.

Advertisement for Redfield Blonsky & Co., LLC, Certified Public Accountants, offering investment management, tax planning, and retirement services.

Advertisement for NJPAC (New Jersey Performing Arts Center), providing information on box office, hours, and contact details.

Advertisement for Gymboree, a children's play center, featuring 'New friends found' and 'Winter Registration is Still Taking Place'.

Advertisement for NJPAC, featuring a 'TONY NOMINEE BEST PLAY WINNER' and 'Say Goodnight to George, Barbara and Gracie'.

Large advertisement for NJPAC, featuring 'Feb 4 - 6 Only! Matinees Fri, Sat & Sun' and 'TONY NOMINEE BEST PLAY WINNER'.

Advertisement for Union County College, featuring 'It's not too late!' and 'YOU CAN CHANGE YOUR LIFE'.

Stepping Out is a weekly calendar designed to guide our readers to the many arts and entertainment events in the Union County area.

Stepping Out

ART SHOWS
SWAIN GALLERIES, 703 Watchung Ave., Plainfield, hours are Tuesdays to Fridays, 9:30 a.m. to 4:30 p.m., and Saturdays, 9:30 a.m. to 4 p.m.

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

MEET THE ORCHESTRA concert series continues at the Suburban Community Music Center, 570 Central Ave., Summit, to Feb. 14.

BOOKS
THE AFRICAN-AMERICAN BOOK GROUP will meet at Barnes and Noble, 1180 Raritan Road, Clark.

BOOKS BY WOMEN, ABOUT WOMEN meets the first Wednesday of the month at 7:30 p.m. at Barnes and Noble, 240 Route 22 West, Springfield.

THE "LORD OF THE RINGS" READING GROUP meets the first Wednesday of the month at Barnes and Noble, 1180 Raritan Road, Clark.

EDISON ARTS SOCIETY WRITERS' CIRCLE, led by Cheryl Racanelli, meets the second and fourth Mondays of the month at 7:30 p.m. at Barnes and Noble, 1180 Raritan Road, Clark.

CLASSICS BOOK CLUB meets the second Tuesday of the month at 7:30 p.m. at Barnes and Noble, 240 Route 22 West, Springfield.

CLOAK AND DAGGER READING GROUP will meet the second Wednesday of the month at 7:30 p.m. at Barnes and Noble, 1180 Raritan Road, Clark.

AFRICAN-AMERICAN INTERESTS meets the second Thursday of the month at 8 p.m. at Barnes and Noble, 1180 Raritan Road, Clark.

MYSTERY READING GROUP meets the second Thursday of the month at 7:30 p.m. at Barnes and Noble, 1180 Raritan Road, Clark.

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.

JEWISH BOOK LOVERS meets the third Monday of the month at Barnes and Noble, 240 Route 22 West, Springfield.

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.

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 Raritan Road, Clark.

SHAKESPEARE OUT LOUD Reading Group meets the third Friday of the month at 7:30 p.m. at Barnes and Noble, 1180 Raritan Road, Clark.

WOMEN'S READING GROUP meets the last Wednesday of the month at 7:30 p.m. at Barnes and Noble, 1180 Raritan Road, Clark.

WRITERS WORKSHOP meets every Thursday at 7:30 p.m. at Barnes and Noble, 240 Route 22 West, Springfield.

COMEDY
THE WATCHUNG ARTS CENTER presents Comedy Night on the third Tuesday of each month.

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Simple concerts

Three women plus 12 instruments equal one good time when Simple Gifts performs at Congregation Shomrei Emanuh in concert on Saturday at 8 p.m.

Simple Gifts will also offer a "Play and Learn" workshop on Sunday at 2 p.m. Both events will be at Congregation Shomrei Emanuh, 67 Park St., Montclair.

"A NIGHT WITH THE STARS OF ROCK & ROLL" featuring Speedo & The Cadillacs, Frankie Lyon's Teenagers, The Del Vikings, Charlie Thomas' Drifters, The Chantels, Emil Stuzchio & The Classics, will be sent by LAR Enterprises on Feb. 18 at 8 p.m. at the Union County Arts Center. Tickets are \$35.

DANCE
Y-SQUARES, a local square dance club, meets Tuesdays at 7:30 p.m. at Frank K. Hehly School, Raritan Road, Clark. The fee for each lesson is \$4.

HOBBIES
THE MODEL RAILROAD CLUB INC. meets at 295 Jefferson Ave., Union, behind Home Depot on Route 22 East. The club is open to the public Saturdays from 1 to 4 p.m.

THEATRE
THE NEW JERSEY SCHOOL OF DRAMATIC ARTS announces its partnership with 12 Miles West Theater Company at 562 Bloomfield Ave., Bloomfield.

INTERNET
THE INTERNET LOUNGE, 256 South Ave., Fairwood, hosts an Open Mic Karaoke Night on Sunday at 7 p.m.

JAZZ
LANA'S RESTAURANT will offer dinner and live jazz with Warren Vache every Thursday, beginning at 7 p.m.

KIDS
TALES FOR TOTS PRESCHOOL STORYTIME will be offered at Barnes and Noble, Route 22 West, Springfield, Tuesdays and Thursdays at 11 a.m.

FILM
ELIZABETH PUBLIC LIBRARY, 11 S. Broad St., will sponsor a series of free film classics at the Main Branch.

POETRY
POETRY OUT LOUD! will take place at Barnes and Noble, 240 Route 22 West, Springfield.

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rhymns. Regular tickets are \$25, student tickets are \$18. For information, call the box office at 732-499-8226 or visit the Web site, www.uccac.org.

"YOUR ARMS TOO SHORT TO BOX WITH GOD" will be performed at the Union County Arts Center on Feb. 12 at 8 p.m.

RADIO
TRI-COUNTY RADIO ASSOCIATION will meet at 8 p.m. the first and third Mondays of the month at the Willow Grove Presbyterian Church on Old Raritan Road in Scotch Plains.

SINGLES
DINNERMATES and Entrepreneurs Group invites business and professional singles to dinner at a local restaurant.

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.

CROSSROADS, 78 North Ave., Garwood, presents a series of jazz, blues and comedy concerts.

MOLLY MAGUIRE'S IRISH PUB in Clark will present entertainment in the coming weeks.

SECOND SATURDAYS COFFEE HOUSE will take place the second Saturday of each month at 8 p.m. in the Fellowship Hall of the Summit United Church.

VAN GOGH'S EAR, 1017 Stuyvesant Ave., Union, will present a series of musical events.

SOCIAL SINGLES DANCING, for 45-year-olds and older, meets every Tuesday at 7 p.m. at the Yankee Buffet Grand Ballroom.

THE HARVEST CULTIVATORS OF CENTRAL NEW JERSEY will meet the first Monday of each month at Cozy Corner Creations quilt shop.

"PROOF" by David Autumn will be performed on Feb. 4, 5, 11, 12, 18 and 19 at 8 p.m.

CENTURY 21 POGO REALTORS, 823 Stuyvesant Avenue, Union, 908-951-2121.

CONNECTICUT FARMS POST #35, The American Legion Bond Drive, Union, 908-688-0628.

INNOCVATION OPTICS, SHORT HILLS - New Location, 973-379-1500.

CRANFORD EYE CARE, Dr. Alan Goldman, Cranford, 908-276-0200.

DELAIRE NURSING & CONVALESCENT CENTER, 400 West Stinson Avenue, Union, 908-862-3399.

IRVINGTON GENERAL HOSPITAL, 832 Chancellor Ave., Irvington, 973-399-8000.

TONY'S SERVICE CENTER, 983 Lehigh Avenue, Union, 908-687-1449.

WEICHERT REALTORS, For All Your Real Estate Needs, Call Kathy Gwizda - 16 Years Experience, 908-400-8409.

WORRALL COMMUNITY NEWSPAPERS, 1291 Stuyvesant Avenue, Union, 908-989-7700.

Paper Mill Playhouse, New Jersey's renowned regional theater company, announces auditions for its annual Summer Musical Theatre Conservatory training for children 10 to 18 years old.

"THERE GOES THE BRIDE" a British farce by the prolific British Team of Ray Cooney and John Chapman, continues Friday and Saturday with single tickets at \$15 available from the box office at 908-232-1221.

REFRACTIVE is a series of eye exams for everyone to have regular eye exams. During a complete eye exam, your eye doctor will not only determine your prescription for glasses or contacts, but will also check your eyes for common eye diseases.

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Paper Mill Playhouse, New Jersey's renowned regional theater company, announces auditions for its annual Summer Musical Theatre Conservatory training for children 10 to 18 years old.

"THERE GOES THE BRIDE" a British farce by the prolific British Team of Ray Cooney and John Chapman, continues Friday and Saturday with single tickets at \$15 available from the box office at 908-232-1221.

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A steamy taste of Havana at the Union County Arts Center in Rahway

On Feb. 5, at 8 p.m., the Union County Arts Center presents "Pasión," with the Alborada Spanish Dance Theatre.

A steamy Havana nightclub in the 1950s is the setting for this exotic blend of tango and flamenco dances driven by the powerful Cuban rhythms of guest musicians, Pancho Navarro

and Tito Castron. The Alborada troupe tango, rumba, and waltz their way through this cross-cultural event, guaranteed to leave the audience cheering for more. Special guest artist, Peter Suarez, of the New York Metropolitan Opera, joins the company for this amazing evening of Spanish dance.

Under the direction of Eva Lucena, Alborada Spanish Dance Theatre is focused on the education and cultural enrichment of young audiences. The dedicated performers will conduct an afternoon workshop for students of the Union County Arts Center's mentoring program.

Tickets for the evening performance are \$25, \$18 for students, and may be purchased by calling at 732-499-8226, online by visiting the Web site at www.UCAC.org or in person at the box office located at 1601 Irvington St., Rahway. Group discounts are available. Handicapped accessible seating is available. The theater is conveniently located within walking distance of the NJ Transit train station; Exit 135 off the Garden State Parkway, and Ext. 12 off the New Jersey Turnpike.

The Union County Arts Center is dedicated to providing world-class entertainment that is exciting, educational, affordable and responsive to the diverse interests of the community it serves. Major support for the Arts Center and its programs comes from the city of Rahway, Merck and Co., the County of Union Board of Chosen Freeholders, RSI, and Liberty Bank. Other funding has been made possible by the New Jersey State Council on the Arts/Department of State.

Catholic Schools Week

January 30 - February 5, 2005

St. Rose of Lima in Short Hills plans two open houses during the winter

St. Rose of Lima School invites parents to visit the school and learn more about its educational programs at two open houses held on Jan. 30 at 2 p.m. and Feb. 10 at 7:30 p.m. St. Rose, located at 52 Short Hills Ave. in Short Hills, will showcase its academic excellence, experienced and committed teaching staff, comprehensive facilities, competitive sports programs and wide-ranging extracurricular offerings.

Parents are invited to meet the principal, Karen Fasanella, and talk with teachers and school parents.

St. Rose of Lima grade school begins with a full-day kindergarten and continues through eighth grade. The preschool offers programs for 3- and 4-year-olds from 8:30 to 11:30 a.m., as well as a program for "young three," who turn age 3 by Dec. 31. Some 65 preschoolers are enrolled at St. Rose in the 2004-05 school year from Millburn, Short Hills, Maplewood, Springfield, Summit, South Orange, Union, Livingston and other nearby communities.

Among the school's strengths are its strong values-based core curriculum; large computer lab, which was fully upgraded with new IBM computers in 2004; foreign language starting in preschool; expanded after-school programs, which include a teacher supervised after-care service for preschool and grade school; and competitive inter-school team sports. The curriculum includes a Spanish program beginning in preschool and Latin in the fifth through eighth grades.

St. Rose students participate annually in the Terra Nova Test, one of the nationally recognized testing instruments that measure math and verbal skills. Some 40 percent of St. Rose students measure in the top 10 national percentile on this test.

In 2004, 50 percent of the seventh and eighth graders were eligible to participate in the John Hopkins University Talent Search, which identifies, assesses, and recognizes students with exceptional mathematical and verbal reasoning abilities.

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St. Theresa School
 Compassion • Responsibility • Excellence

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OPEN HOUSE
 for PreK 4 - 8th grade
February 1 • 9:00am to 11:00am

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www.lcatholiczone.com

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NEW STUDENTS OPEN HOUSE
 Sun., Jan. 30 • 11:30 am - 1:00 pm

REGISTRATION
 Sun., Jan. 30 • 11:30 am - 1:00 pm
 Mon.-Thurs. - Jan. 30-Feb. 3 • 8:30 am-3:30 pm
 Fri., Feb. 4 • 8:30 am - 12:00 Noon

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 at their annual Catholic Schools Week

OPEN HOUSE
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 10:00 AM to 12:00 Noon
 100 Alden Street, Cranford

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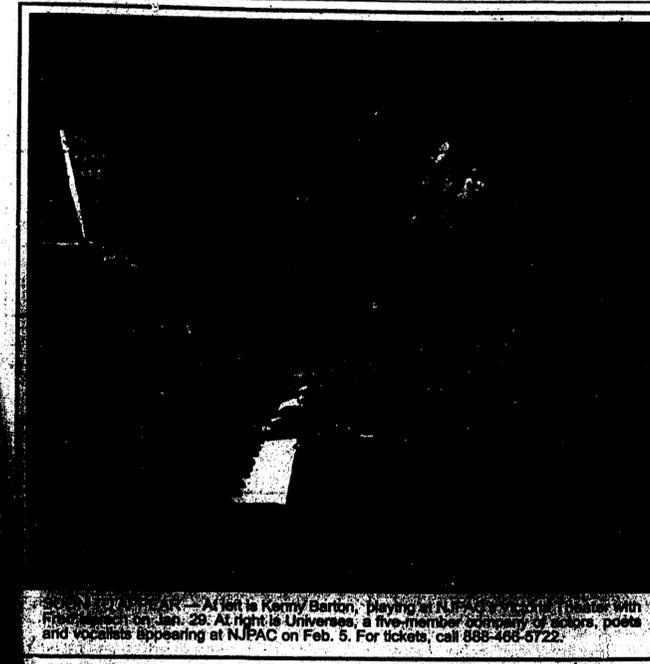
For more information, call the school at 908-276-9425 or visit the school website at www.stmichaelscranford.com

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www.sjanj.org/school

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For additional information call 1-732-382-1260 or e-mail Sister Donna Marie, O.P., Principal at dmarieop@sjanj.org



At left is Kenny Barton, playing at the Catholic Schools Week celebration with the Union County Arts Center. At right is a five-member vocal group singing, poets and vocalists appearing at NJPAC on Feb. 5. For tickets, call 888-466-5722.

Catholic Schools Week

January 30 - February 5, 2005

St. Michael's School in Cranford schedules a full week of activities

St. Michael's School on Alden Street in Cranford will begin its 2005 Catholic Schools Week activities on Jan. 30 with an open-house from 10 a.m. to noon.

This year's theme is "Faith in Every Student." The theme highlights the school's mission of inspiring, educating and nurturing each child's talents and abilities.

Parishioners, school parents and prospective school parents are invited to visit the school to learn more about that mission. They are also invited to take part in the week-long Catholic Schools Week celebration that includes a host of special events.

The open house will feature tours of the school for families interested in learning the unique benefits of a Catholic education at St. Michael's. A student and a school parent will accompany each tour group and teachers will be on hand so you can get answers to questions from any and all perspectives.

The tour will include a look at the school's early childhood program, the fully-equipped computer lab, the media center, the library, the full-sized school gymnasium, the newly-auditorium and full-service cafeteria.

Principal Sandy Miraglia will be available to answer any questions you may have on any subject related to the school's philosophy, academics, religious education, enrichment programs, extracurricular activities, sports, pre-

and after-care programs, tuition and school policy.

There will also be a book fair offering parents and children a quality selection of interesting books and gifts at reasonable prices.

During the week, CSW highlights include the eighth-grade pin ceremony, which takes place during the 9 a.m. special Mass attended by the entire school, staff and students in action. Rounding out the Catholic Schools Week celebration on Feb. 3 is an "Out-of-Uniform" Day — \$1 buys the right to dress down for the day with all proceeds going to the South Asia Tsunami relief fund.

"Freaky Friday" on Feb. 4 will feature a crazy hat competition and some surprising teacher switching.

More information on all of these events can be obtained by calling the school at 908-276-9425 or visiting the school's Web site at www.stmichaelscranford.com.

Mother Seton Regional High School
 Grades 9, 10 and 11

Open House

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- Seton Spirit
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- Varsity Sports
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- Bus Transportation

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www.motherseton.org

St. Michael School
 1212 Kelly Street
 Union
 908-688-1063
 Fax 908-687-7927

Visit the School on
Sunday, January 30, 2005
 from 10 am to 11:30 am
 For directions please visit our website
<http://myschoolonline.com/nj/stmichaelschool>

Middle States Accredited
Registration for 2005-2006 school year
 Pre-Kindergarten (must be 4 years old by September 30th)
 Kindergarten (must be 5 years old by September 30th)
 through eighth grade registration
Thursday, February 10, 2005
 9 a.m. - 11 a.m. and 1 p.m. - 2 p.m.

St. Agnes School
 Catholic Elementary, Pre K - 8
 545 MADISON HILL ROAD CLARK, NJ 07066

Open House Reception
 Thursday January 20th, 2005 7:00 PM

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 Computer Tech Classes
 Foreign Language K-8

MUSIC & ART Programs
 Expanded Sports Programs
 Hot Lunch Program
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 Thursday February 2nd & 3rd, 2005 9:00 AM - 11:00 AM
 Call 732-381-0880 www.stagnesschool.com

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Come celebrate Catholic Schools Week in your community

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Jan. 25 - Feb. 5, 2005

High School Registration
Saturday, February 5, 2005

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Rayway Progress • Summit Observer

ESSEX COUNTY
News-Record • Maplewood & South Orange
West Orange Chronicle • Gazette (Sack)
Orange Transcript • The Glen Ridge Paper
Nutley Journal • Belleville Post
Irvington Herald • Vailsburg Leader
The Independent Press of Bloomfield

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Additional 10 words.....\$6.00 per insertion
Display Rates.....\$25.50 per column inch
Contract Rates Available
Blind Box Number.....\$20.00 per insertion

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Display Rates.....\$47.50 per column inch
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Ad Copy 12 noon Monday
Business Directory 4 PM Thursday

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NOW HIRING For 2005 Postal Jobs \$17,400-\$20,500/yr. Paid Training. Full Federal Benefits. No Experience Necessary. Green Card OK. Call 1-800-300-0719 extension 3000

OFFICE ASSISTANT - Full time for local CPA firm in Springfield. Start immediately. For further information call 973-921-9338. Ask for Dennis.

PART/TIME RECEPTIONIST
Advertising agency in Union, Wednesday & Friday, 9-5. Phrases & light clerical. Good communication skills, experience preferred. E-mail resume to patt101@att.net or fax resume to 908-686-7171. attn: HR Dept.

PART TIME - Friendly dental office seeking receptionist for evenings, Saturdays. No experience necessary. Willing to train. Call Lucille, 908-986-2062.

PART TIME - Responsible person needed for small local garage company, flexible hours. General office duties, good phone skills. 1-800-973-3345 ext #201

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TRUCK DRIVERS- NORTHEAST Regional \$42K Mile to start. Great benefits. Requires year tractor trailer experience and clean motor vehicle record NAPA Transportation. 1-800-332-0263 extension 222

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TARGET 10 MILLION Homes With Your Ad Advertise your product or service to approximately 10 million households in North America's best suburbs by placing your classified ad in nearly 800 suburban newspapers just like this one. Only \$1000 (USD) per week. No experience necessary. One invoice, one payment. Ad copy is subject to publisher approval. Call The Suburban Classified Advertising Network at 888-486-2486.

LOVING KIND Handworking Certified Medical/Nursing Assistant seeking private ref. Many years of experience, excellent references. Elaine 908-551-0143 or 908-377-8224

LICENSED HOME HEALTH AID is looking for Live-In Jobs. Good References and Experience. Must be able to cook, clean, and iron. 908-694-0400

CHILD CARE

EUROPA DOMESTICS
Housekeepers, Nannies, Elder Care From Around The World! Complete, Intelligent & Thoroughly Screened

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ANNOUNCEMENTS

REACH OVER 1.5 million households! The New Jersey Press Association can place your 2x2 Display Ad in over 150 NJ weekly newspapers for ONLY \$1099. Call Diane Trent at NAPA at 800-408-0600 extension 24 or e-mail drent@njpa.org for more information. Regional Rates Now Available in New Jersey! (Nationwide placement available).

FREE 4 ROOM DIRECTV System includes standard installation, 3 Month Free HBO & Cinemax. Access to over 226 channels. Limited time offer. S.H. Restrictions Apply 1-800-293-2904

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FLORIDA PRINT sale and matching chair, per \$100. One off-white Lazy Boy recliner, \$100. Great condition. By appointment only. 908-994-7120

LOFT BED, Like new like new size sold for \$200. With great mattress. Sold for \$400. Asking \$250. 973-666-0656

MATRESS - Queen size - pillow top. New in plastic with warranty. \$135.00. Call: 732-262-6696

OFFICE FURNITURE. Heavy duty 4-drawer storage file. Great for accounting or legal paperwork. \$50. Union area. Pickup or delivery. 908-994-8604

PIANO, UPRIGHT (Waltzler) 37" high, 66" wide, 24" deep. Wood. Excellent condition. \$750. Cash Only. 908-688-7337

POOL TABLE - beautiful "solid wood" - 14' x 6'. All accessories. Never used. Cost \$4500. Sell \$1495. 973-292-1118

VAGRA - \$5000 CHAIRS - 1825. Why pay more? We have the Lowest Prices. Call: 908-994-8604

WHIRLPOOL SIDE-BY-SIDE white refrigerator, washer/dryer, A/C, white second baby formula dresser, large white formal kitchen table, 908-666-1502

MISCELLANEOUS FOR SALE

ABSOLUTELY NO cool to you. Brand new 2004 Dodge Stratus. 2004 Dodge Stratus. Call 1-800-943-9199 to see if you qualify. NJ location.

BEI - V8000 Stereo Memory Foam. New Quick release set. In stock on TV. Value \$1200. See \$600.00. 732-296-8600

BEDROOM SET - Queen, single bed, dresser with mirror chest, nightstand. New in box. Value \$2000. Call 973-467-2364

DRIVING ROOM - Cherry set, double pedestal table, 2-place Hutch, 6 chairs, new in box. List \$3000. Sell \$1475. Call 732-296-8600

DINING - 3 ROOMS - SYSTEM installed and delivered free. Say goodbye to clutter forever. 23 months Free HD-DIGI. www.dv2day.com

DRIVING ROOM - Cherry set, double pedestal table, 2-place Hutch, 6 chairs, new in box. List \$3000. Sell \$1475. Call 732-296-8600

DELICATESSEN EQUIPMENT, slicer, grill press, deep fryer, refrigerators, tables, chairs, carts, heating tables, and much more. Call 973-745-9258 or 973-428-1024

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DATA ENTRY could earn \$15/ hour and up! Medical Billing, Training provided. PC required. Call 7 days 1-800-935-1311 extension 308

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DRIVERS WANTED. Suburban Essex Cab company seeking part full time help. 30-50 hours week. Good pay. Steady work. 973-762-5100

DATA ENTRY - Responsible person needed for small local garage company, flexible hours. General office duties, good phone skills. 1-800-973-3345 ext #201

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Part Time Position in Kawamech 7:30am-2:00pm Monday thru Friday. Interested call 908-688-8228
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IN-SCHOOL \$20 per hour, with single parent. No Substitute or teaching certificate required.

Send resume by January 28, 2005 to: Patrick M. Spagnuolo, Superintendent, Roselle Park Board of Education, 510 Chestnut Street, Roselle Park, NJ 07064

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Ordinary People Needed! Be on a Reality TV Show. www.realitytv.com
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BEI - V8000 Stereo Memory Foam. New Quick release set. In stock on TV. Value \$1200. See \$600.00. 732-296-8600

BEDROOM SET - Queen, single bed, dresser with mirror chest, nightstand. New in box. Value \$2000. Call 973-467-2364

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SPRINGFIELD, 100 STONE HILL ROAD, (Off Shunpike) Apartment D-3. Saturday, January 22nd, 10am-5pm. Custom built, piece wall unit, custom living room furniture, books, various other items. etc. 973-664-5076

SOUTH ORANGE, 184 Kibum Place (Corner of Prospect) Saturday and Sunday, 10-3 Moving: Furniture, Tools, Other Household Items; 973-763-4567; 973-342-2838.

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VAUXHALL, 19 GIRARD Avenue, Saturday, 10am-3pm. Entertainment Center, dresser, mirror, 2 nightstands, armchair, 908-924-4800.

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Highest Cash Prices Paid for all cameras. Will pick-up. Call 908-964-7661 after 6pm

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 4 cyl, auto, p/str/brks, air, am/fm stereo. Sika#50526. VIN#57524080. MSRP \$15,120. Price Includes \$1500 GM Owner Loyalty Rebate if qual.

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NEW 2005 CHEVROLET SILVERADO PICKUP 2 DR
 6 cyl, auto, p/str/brks, air, am/fm stereo, locking rr diff. Sika#50038. VIN#5Z176253. MSRP \$21,250. Price Includes \$2000 Factory Rebate & \$1500 GM Owner Loyalty Rebate if qual.

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NEW 2005 CHEVROLET BLAZER LS 4X4 2 DR
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OR
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\$14,820 **SAVE OVER \$4950 OFF MSRP**

"ALL NEW" 2005 CHEVROLET UPLANDER 4 DR
 6 cyl, auto, p/str/brks/winds/lks, air, cd, rr entertainment sys. VIN#5D167491. MSRP \$24,930. Price Includes \$1000 Factory Rebate & \$1500 GM Owner Loyalty Rebate if qual.

\$20,920 **SAVE OVER \$4000 OFF MSRP**

NEW 2004 CHEVROLET CORVETTE CONVERTIBLE
 8 cyl, auto, p/str/ABS/winds/lks/seats, air, 12 disc cd, leather, magnetic solid ride, security sys, 1,477 demo miles. Sika#40720. VIN#45111200. MSRP \$54,490.

\$40,920 **SAVE OVER \$10,600 OFF MSRP**

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2001 CHEVROLET BLAZER LT 4X4 4 DR \$14,920	2000 CHEVROLET EXPRESS 3500 3 DR \$16,720	2002 NISSAN ALTIMA S 4 DR \$15,720	2001 SUBARU FORESTER 4 DR \$16,520	2001 SUBARU FORESTER 4 DR \$16,920	2001 SUBARU FORESTER 4 DR \$17,920
2002 BUICK RENDEZVOUS AWD 4 DR LIKE NEW \$17,920	2002 CHEVROLET SILVERADO 1500 8' BED 4X4 2 DR \$18,820	2002 JEEP GRAND CHEROKEE LTD 4X4 4 DR \$18,920	2002 CHEVROLET TAHOE LS 4X4 4 DR \$23,920	2002 CHEVROLET EQUINOX 4 DR \$23,920	2002 CHEVROLET AVALANCHE 7-71 4X4 4 DR \$25,920

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INSIDE BUSINESSES

Volume Eight, Number Two
February 2005

Hospitals and nursing services respond to growing nursing shortage

The number of qualified nurses available to staff area hospitals is shrinking and the problem is going to increase in the next few decades, according to health care specialists, prompting hospitals to increase recruiting efforts and look for ways to help train more nurses.

Forty percent of the nation's nurses are over 50 years of age, according to a recent government study. This is happening at the same time that the aging baby boomer population is going to mean more patients entering hospitals.

New Jersey is predicted to be 14,000 nurses short by next year, 24,000 short by 2010 and 38,000 short by 2020, according to the New Jersey State Nurses Association. The state currently has 109,000 nurses, but the supply is diminishing, according to Sharon Rainer, deputy director of the state association.

The long and unusual hours that are part of the job and the physical activity of caring for patients is taxing. Women now have more job opportunities to select from and those who have trained in nursing can now move to industry jobs in health care fields, all of which is decreasing the supply of nurses, she said.

Compounding the problem is the fact that there is a shortage of teachers in college and university nursing programs, so that, in many instances, interested candidates are being turned away because of a lack of space in the classrooms, Rainer added.

"This means the shortage will continue to be a problem into the future," she said.

Johnson & Johnson, based in New Brunswick, recently established a \$50 million national fund to recruit and train nurses for careers in all areas of nursing and in any type of health care facility, which was very successful, Rainer said, but in many cases there is a shortage of money. Teaching programs for nurses are expensive for colleges and universities to run, "and if the new recruits cannot get through the educational pipeline, it is not going to help."

To help combat the problem, hospitals are becoming more creative, she said.

"At different times, we get hit worse than other times," explained Valerie Tantum, vice president, patient care services, at Union Hospital. "Right now, we have the lowest vacancy rate that we have had in some time with six vacancies out of a staff of 170. But we are always recruiting to stay ahead of the game and watching our retirements."

"We have had a great deal of success with foreign recruitments," added

Franklin Hickey, administrative director, patient care services, at Union Hospital. When Union Hospital hires a nurse from an agency, it tries to recruit them to stay with the hospital beyond the original 13-week contract.

"We also have a nurse recruiter who handles advertising and we hold open house events to show prospective nurses the opportunities here," Tantum said. "We assist nurses with tuition costs and we train them for specialties if they want to transfer to something like the cardiac unit."

"I agree the problem is going to get worse for everyone. We try to stay competitive with other hospitals in the med-surg (medical and surgery) environment," Hickey said.

Atlantic Health System, which includes Overlook Hospital in Summit, has partnered with Fairleigh Dickinson University for continuing education classes to be held on-site at the hospitals.

"We also provide nurses with advancement opportunities within the system so they



(Continued on page 5)

Union Hospital employs many programs to attract new nurses and retain those on staff. Pictured are RN's in the Post Anesthesia Care Unit (PACU) in the Center of Surgery (clockwise starting with the seated nurse) Marianne Londino, retired PACU nurse manager who was replaced by an experienced nurse who moved from within the system after being offered additional training; Yolanda Ledesma, Linda Tamalonis, and Kathy Kelly Moss.

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This is a publication of
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Gateway to Growth

Is there Buzz in Your Biz?

By John L. Picard

Public opinion in this country is everything — Abraham Lincoln

Have you ever introduced yourself to a stranger and they suddenly brightened and told you they had heard of you or your product? It feels great.

Beyond your direct connection - The foundation of most business development is to start a direct customer dialogue. It's you and them. After that, however, your message leaves your control and takes on a life of its own, as customers and prospects connect with each other.

People to people - Every customer is part of multiple networks and communities. Your message travels across these connections with the speed of sound. Whether it is at the water cooler, an instant message or across a neighbor's fence, people are talking.

Word of mouth is believable - Unlike the calls at dinner or the pop up ads on the computer screen, word of mouth taps at real trust from a friend or an expert.

Welcome to the world of buzz - The author, Seth Godin, calls this viral marketing, because buzz spreads like a virus and is driven by key carriers. Comics tell their audiences to: "talk among yourselves". Turns out, your audiences already are.

New Tools for Buzz - In addition to coolers and fences, this marketing uses a whole new set of technologies that spread out across your market like the ripples from a pebble tossed in the water. Instant messaging, emails, blogs (weblogs), suksites (sites devoted to complaining about a company), and opinion sites (reviews by buyers) are just some examples of customer-to-customer technologies. I recently used two opinion sites to choose my vacation and a new washer! (Thanks for asking, the vacation was great).

Positive Buzz - To get the positive buzz that drives demand, you need a catalyst that is timely, relevant and authentic. New products and ideas that address an issue of the day make great buzz. This is not about selling. It is about connecting to people and having them connect to others. It must be subtle and target people who are hubs in their

networks and influencers in their community. Celebrities, fashion leaders, spokespeople, even the cool kids in the high school classes (depending upon target audiences).

Let these people market for you - Reach out to these influencers with a catchy idea or a sample of your product. Tell them you thought they might like it. Just let these people be "seen" using the product or have them mention your service in an interview and watch out!

You have been part of it yourself - Everyone can get caught up in momentum. You probably have yourself. Remember when you waited on line for a cabbage patch doll, the latest Harry Potter book or the midnight release of a great CD?

Negative Buzz - Buzz can also work against you. We have all had bad customer experiences. Suddenly, you are hot under the collar and you want to tell everyone about it. Fact is, studies say you will tell as many as 22 people. (positive experiences tend to get shared with 3-5 people). Think of all marketing that's undone by someone you didn't even know was angry.

Create a lightning rod - You need a lightening rod to ground this customer's anger before it strikes those 22 other people. Develop a customer complaint line, website customer forum or simply tell your customers how to reach you directly. A little listening goes a long way.

Every market is composed of networks of people. Step back and drive the flow of conversations across these networks. Buzz can be one more weapon in your marketing arsenal.

JOHN PICARD is principal of Picard & Company, a strategic marketing firm specializing in business growth and customer retention. Functioning as a "relationship architect," the firm strengthens customer relationships to optimize long-term returns and profitability. Picard can be reached at 908-771-0512 or via e-mail at jpicaard@picardmarketing.com or visit www.picardmarketing.com



Hospitals are acting to combat increasing rate of secondary infections

Hospital staffs are trying to prevent patients from contracting infections while in the hospital, a fate that befalls at least two million people a year in the United States, or 10 percent of the people who are admitted to a hospital.

The rate of secondary infections, or nosocomial infections as they are technically known, is so prevalent that the Center for Disease Control in Atlanta has issued a number of guidelines for hospital staffs to follow. Secondary infections, including some that are stemming from antibiotic resistant "superbugs," result in the deaths of as many as 90,000 people a year, according to the CDC, and the risks of contracting a secondary infection in a hospital have "steadily increased during recent decades," according to the New England Journal of Medicine.

One of the main ways of fighting the infections that people contract when they enter a hospital for some other disease or injury may be as simple as washing your hands. Staff members from every hospital in the Gateway region emphasized the importance of hand washing for staff and visitors alike.

"Hand washing is the most basic and the most important way to fight infections," said Valerie Tantom, vice president, patient care services, at Union Hospital. "It is so important that we have asked all staff members to watch each other to make sure they wash their hands correctly."

Julie Kosiarski, infection control coordinator at Union, agreed that "secondary infections are a very serious problem. We try to determine who has a history of being susceptible to infection and immediately put them in isolation, for instance, a person who is diabetic or obese will be more susceptible to infection."

There is also a growing problem of resistance to antibiotics.

"Bacteria adapt and, if antibiotics are over-prescribed, individuals can become resistant to them. Society as a whole is also becoming more resistant," she said. "It is important that antibiotics not be over-prescribed and, when they are prescribed, they be taken when and as directed by the doctor."

For those who cannot always wash their hands, alcohol-based hand cleanser dispensers have been placed in many locations throughout most hospitals. Union Hospital also has a strict policy for using sharp instruments, such as needles and knives to make sure no one is injured and passes on an infection, said Michael Perdoni, director of support services.

Staff members also are trained in the proper techniques for using various types of equipment, catheters, and IV's so that they do not transmit infections, said Franklin Hickey, administrative director, patient care services, at Union Hospital.

At Muhlenberg Regional Medical Center in Plainfield, "Education is the key," noted Beverly Rolston-Blenman, director of nursing for Muhlenberg and for Solaris Health System, the parent company. "Hand washing sounds simple, but it needs education. We use the CDC guidelines for that and other procedures, but we go beyond the minimum standards."

The hospital makes sure all staff members involved with direct patient care have vaccinations and that they monitor all antibiotic use to make sure it is not overused, she said.

"There are clear guidelines when to give antibiotics and how much," Rolston-Blenman added.

Elizabeth Lockerby, director of infection control for Trinitas Hospital in Elizabeth, noted that one week in December is Hand Washing Awareness Week. Trinitas took the occasion to redo all of its signs, making them brighter and more eye-catching asking staff and visitors to wash their hands.

"We also have a policy to isolate people as quickly as possible when they have an infection. We always err on the side of caution. Also, all patients are offered influenza and pneumonia vaccines," she said.

Trinitas is producing a series of videos that will be accessible on the televisions in hospital rooms covering a number of topics, including ways to help prevent the spread of infections.

Other facilities such as The Woodlands—Genesis Elder Care in Plainfield are also aware of the problem. Visitors who have respiratory infections are asked to suspend visits to residents until the infection has passed, said Michael Bahooshian, administrator.

The problem is considered so important that a bill has been introduced in the Legislature to require hospitals to report the rates of secondary infections to the state Department of Health and Senior Services so that they can be monitored more accurately.

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Merck & Co. Inc.

Merck Rahway/Linden community advisory panel awarded mini-grants to assist local projects

Through its annual Community Advisory Panel (CAP) mini-grant program, Merck helped local community initiatives enhance the quality of life in Rahway, Linden and the surrounding communities. The CAP is a group of 22 interested citizens who meet regularly for face-to-face dialogue with Merck management. In November the CAP celebrated its tenth anniversary.

Merck annually provides the CAP with \$5,000 to fund a mini-grants program. The program awards up to \$1,000 to projects in community service, health and welfare, the environment, education and community revitalization. The 2004 mini-grant recipients were selected by CAP members from numerous applications and were formally recognized at Merck's annual neighbor meeting held in December. Bill Tortoriello, executive director, site operations, hosted the annual meeting and presented the 2004 CAP mini-grants to the following groups:

- **Auxiliary of Trinitas Hospital, Senior Seminars, \$1,000**

This grant will enable the group to transport at least 50 Linden senior citizens to Trinitas Hospital for a program on diabetes management and nutrition.



Pictured left to right) Bill Tortoriello, executive director, site operations for Merck Rahway/Linden, presents a mini grant to Jessie Leiber of Rahway Geriatrics Center with Bill Palermo, chairman of the Community Advisory Panel, at the CAP Mini-Grant presentation during the Annual Neighbor Meeting.

- **Visiting Health Services of Union County, Inc., Certified Home Health Aide Program, \$500**

This group will use the CAP funds to buy special home-care software for nurses in the field to use for reporting client information.

- **Rahway Geriatrics Center, Inc., Computer Skills for Seniors, \$1,000**

The grant will help this organization set up a computer system so residents can learn computer skills.

- **Rahway Police Department Community Assistance Team, Rahway Youth Police Academy, \$900**

The department will hold a 1-week program to educate young adults, ages 11 to 15, about the training, technology and procedures used by police officers.

- **NJ Flames, Academic-Athletic Program, Flames Homework Club, \$500**

This grant will enable the group to provide tutoring services, SAT preparation and scholarships.

- **Linden Office of Emergency Management, Flood and Swift Water Rescue Training, \$600**

Funds will be used to train two participants in flood and swift water rescue techniques.

- **New Life Community Development Corporation, Teen Development Component of Project FOCUS, \$500**

This grant will be used to help teens develop skills needed to search for and to obtain employment through Project FOCUS (Family Outreach Center and United Services).

Merck & Co., Inc. is a global research-driven pharmaceutical company dedicated to putting patients first. Established in 1891, Merck discovers, develops, manufactures and markets vaccines and medicines in more than 20 therapeutic categories. The company also devotes extensive efforts to increase access to medicines through far-reaching programs that not only donate Merck medicines but help deliver them to the people who need them. Merck also publishes unbiased health information as a not-for-profit service.

Additional information about Merck can be found at www.merck.com.



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Hospitals and nursing services respond

(Continued from page 1)

can move from one hospital to another if they want," said Corky Holm, manager of human resources for Atlantic.

Atlantic Health System has begun recruitments in foreign countries and has initiated programs to train nurses, including an "extern" program for student nurses to work in the hospital on summer vacations.

"Our goal is to then hire them once they graduate," Holm said. "Then we have a higher learner program for new nurses to receive additional training after they are hired. We provide courses to enhance their clinical and mentoring skills. Our vacancy rate is well below the industry standard."

Trinitas Hospital has approached the situation somewhat differently, in part, because of its growth and advancement since merging three hospitals five years ago.

"Our hospital is moving in such a positive direction and adding specialties that we feel we have a lot to offer a nurse," said Maryann Purcell, director of employment and training at Trinitas. "We have a proactive policy because we have to attract new graduates as the older nurses prepare to retire."

Trinitas has a policy of "drop in" interviews in which any interested nurse or student can stop by the hospital unannounced and talk with management about the hospital and fill out an application, Holm said.

The hospital also does direct mail recruiting to nurses in Union and nearby counties to try to entice new hires and has produced award-winning advertisements for cable television. Trinitas is proud of its employee benefits and provides a preceptor, or mentoring, program for new nurses. The mentor receives additional pay for helping the new nurse. The hospital also provides in-house training for specialties.

Letting the nurses have as much control as possible over their work environment and patient care procedures is a means of retaining staff at Muhlenberg Regional Medical Center in Plainfield, according to Beverly Rolston-Blenman, director of nursing for Muhlenberg and Solaris Health System, the parent company.

A multi-million dollar patient safety initiative resulted, in part, in nurses deciding where administrative processes could be streamlined so that more time could be spent with patients.

"Now, more information is available quicker. The formal structure for allowing nurses to make more decisions about patient care gives them more control over their work environment," said Rolston-Blenman.

Looking to the future, Solaris has established its own nursing school to help prepare future nurses. The hospitals in the system also offer tuition reimbursement and encourage continuing education to try to retain nurses.

Other types of facilities have experienced the shortage to varying degrees.

At The Woodlands - Genesis Elder Care in Plainfield, a strong recruitment program and reimbursement for tuition costs has enabled the facility to not feel any affects of the shortage, said Michael Bahooshian, administrator.

At the same time, different types of businesses have been created to help fill the nursing shortage.

AvantAge Solutions LLC in Bridgewater has been in existence for about a year. The company lists hospital vacancies online and qualified nurses then bid on the jobs. Hospitals have the option of accepting whichever offer they choose. The service helps fill vacancies temporarily or increase staffing during peak times, said Thomas J. Lovelidge, who operates the service with his partner, John O. Borse.

"The hospitals pay us and we advise them on which offer from a nurse seems to be the best fit for them, which distinguishes us from our competitors," Lovelidge said.

Another type of service created because of the shortage is offered by All Care Nursing, based in Union, Melville, N.Y., and Stratford, Conn. The agency finds qualified nurses to fill a number of types of openings.

"Hospitals just cannot find enough qualified nurses on their own. We run ads and recruit nurses, interview the candidates, test them and make sure they have the proper credentials for whatever job they are considering," said Dominick DiCorcia, president of All Care Nursing.

"These nurses could provide staffing during peak times such as weekends on a per diem basis, or for a 13-week schedule when a hospital is missing staff for some reason. We also recruit nurses from other countries to help fill the hospitals' needs," he said.

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Robert Wood Johnson University Hospital at Rahway

Robert Wood Johnson University Hospital At Rahway opens new emergency department

Robert Wood Johnson University Hospital at Rahway (RWJUH Rahway) officially opened the doors of its new emergency department, expanding the emergency health services available to the community. The project tripled the size of the former emergency department at the hospital, expanding the facility to a new 15,000-square foot building and adding 12 additional patient bays, for a total of 23.

"After great anticipation during the year-long construction, we are very proud to open this new emergency department," says RWJUH Rahway President and CEO Kirk C. Tice. "Emergency care is a vitally important community service and this state-of-the-art facility will help us continue to provide the best care possible for our patients."

RWJUH Rahway Foundation raised approximately \$1.2 million from corporate and community sources, with a lead gift of \$500,000 from Merck & Co., Inc., based in Rahway. The hospital borrowed the remaining funds for the construction project. Approximately \$6.9 million is earmarked for construction and related expenses, and \$1.2 million for equipment upgrades such as new monitors, stretchers and furniture.

The new facility serves a variety of medical needs and includes treatment bays dedicated to cardiac, OB/GYN, orthopedic, trauma, and pediatric emergencies. A double triage room and dedicated "fast track" area allow staff to process and treat patients in a significantly expedited manner. As in the past, the hospital continues to offer the "15/30 guarantee," meaning a patient is guaranteed to see a nurse within 15 minutes and a doctor within 30 minutes or the hospital pays the emergency department and physician bills.

In addition to patient-friendly amenities such as wireless bedside registration and complimentary televisions and telephones in each treatment bay, the new facility also has amenities for family members and friends, including a children's play area in the lobby and a food court with vending machines and cafe tables. The expanded space can accommodate 45,000 patients per year.

In addition to the new emergency department, RWJUH Rahway has completely renovated its radiology department. The \$4 million renovation included replacement or upgrade of all equipment such as MRI, CAT Scan, Mammography and DEXA Bone Densitometry, and construction of five new X-ray rooms.

The hospital now offers Mobile Lithotripsy, an economical alternative that allows

physicians to rid patients of kidney stones without undergoing surgery. They also opened a Pain Management Center, designed to provide innovative, interventional pain management and therapy to help patients who suffer from chronic pain.

Founded in 1917, RWJUH Rahway signed an affiliation agreement in October 2003 with the Robert Wood Johnson Health Care Corporation making it the fourth member of the Robert Wood Johnson Health System, joining RWJUH at New Brunswick, RWJUH at Hamilton and Children's Specialized Hospital in Mountainside. RWJUH Rahway is a 267-bed community facility situated on a sprawling, suburban-like campus. Its service area includes Rahway, Linden, Clark, Garwood, Cranford, Winfield, Roselle, Roselle Park, Westfield, Scotch Plains, Fanwood, Carteret, Woodbridge Township and sections of Edison.

Additional information about RWJUH Rahway and its programs and services can be obtained by calling 732-381-4200.



Robert Wood Johnson University Hospital at Rahway (RWJUH Rahway) officially cut the ribbon at the grand opening celebration of its new Emergency Department recently. Seen at the ceremony are (from left) Lynn Kearney, director of Ambulatory Services; Thomas Seeburger of Merck & Co., Inc. the lead donor for the new department; Kirk C. Tice, RWJUH Rahway president and CEO; G. Allen Geyer, chairman, RWJUH Rahway Board of Governors; Stephen Ford, president, RWJUH Rahway Medical & Dental Staff; Dr. Frank Light, past chairman, RWJUH Rahway Foundation; Rahway Mayor James Kennedy; Christine Kline, president, RWJUH Rahway Auxiliary; and Arlene Tomchik, vice president, RWJUH Rahway Patient Services.

Member Moments...

An innovative new clinical information system at **Trinitas Hospital** in Elizabeth is improving patient safety by reducing hard-to-read paper records. Trinitas is the first hospital in New Jersey to successfully convert its entire institution to the Sunrise Clinical Manager from Eclipsys Corporation. This first phase of the project provides a visual, computerized snapshot of each patient's tests, reports and condition.

The new system will allow physicians to enter orders directly into the system, and will provide full computerized clinical documentation. The entire clinical staff at the hospital and most of the private practice physicians have been trained in its use.

John Blasi, senior shareholder of **Lindabury, McCormick & Estabrook**, a Westfield law firm, has been elected president of the firm. He succeeds **Richard Width**, who served as the firm's president for the past 11 years. Blasi practices business law and estate and trust planning and has been with the firm since 1980.

Merck and Co., Inc., Rahway and Whitehouse Station, was awarded three of 19 awards given by the American Chemistry Council for companies that improved the environment and the economy.

Eight companies nationwide were company-wide or plant-specific progress as part of the Council's Energy Efficiency Continuous Improvement Program, an effort that encourages members to improve energy efficiency and minimize energy-related environmental impacts.

The Rahway site won in the Non-Manufacturing Improvement - Plant Site category for its Heat Recovery Project. The Company's efforts on a larger scale were also recognized in the Energy Efficiency Program - Corporate/Business Unit category. The Merck Energy Reduction Initiative Team, based in corporate headquarters at

Whitehouse Station was honored for their Merck Global Energy Management Program. In the Significant Improvement in Manufacturing - Plant Site category, Merck's Elkton, Va., site won for the Stonewall Plant Energy Efficiency Projects. This year, Merck was also one of five companies to receive the ACC's "Exceptional Merit" designation for their activities' particular excellence.

Office Depot, at the grand opening of its Watchung store, donated \$500 money cards or checks to the **AIDS Resource Foundation for Children**, the **Watchung Library**, and the **North Plainfield Food Pantry**, **Food Bank Network of Somerset County, Inc.** It donated 120 backpacks to **Restore Ministries**, and 320 backpacks to the **Watchung Borough School District**.

Attending the opening were **Kate Conroy**, assistant to the president of Gateway Regional Chamber of Commerce; **George Truxel**, coordinator for North Plainfield Food Pantry, Food Bank Network of Somerset County, Inc.; **Cathy Ollwerther**, district manager of Office Depot; **Linwood Bagby**, president and founder of Restore Ministries; **Dr. Terry Zealand**, director of the AIDS Resource Foundation for Children; **Tasheena Severe**, college student leader of Restore Ministries; **Doug Poswencyk**, director of Watchung Library; **Dr. Catherine Rock**, superintendent of the Watchung Borough School District; and **Melvin Trader**, assistant store manager of Office Depot.



Employees from **Total Lubricants USA, Inc.**, in Linden donated gifts to the **United Way of Greater Union County** for the children of **Rahway Community Action Organization/JFK Community Center**. **Rahway CAO** offers child care and human service programs for the Union County area. Pictured with the children (left to right) are **Carissa Swint**, teacher at **Rahway CAO**; **Sandra Harvard**, teacher at **Rahway CAO**; **Simone Joye**, Director of Youth Services at **Rahway CAO**; **Bob Kelly**, General Manager at **Total Lubricants USA, Inc.**; **Sharleen Alexander**, teacher at **Rahway CAO**; **Rev. Edward Allen**, Executive Director at **Rahway CAO**; **Tony Soriano**, President of **Total Lubricants**; **Kathy Beglan**, human resources

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The facts about oil heat.

by Brian Thompson, president Certified Tank Technologies

Not only is oil heat still the most economical and efficient way to heat your home, but it's also the safest.

For the past four years, the cost of oil heat in the New York/New Jersey region has been consistently lower than other heating fuels. Cost is a function of supply and demand and current supplies are much greater than many people imagine.

There are now more than one trillion gallons of proven oil reserves - enough to last far into the approaching millennium. The Department of Energy's Office of Energy Efficiency and Renewable Energy estimates that gas prices are expected to rise an average of 31 percent faster than oil every year from now until 2010. This is terrific news for the thousands of delighted oil heat customers and those considering a gas-to-oil conversion.

An oil heat system's efficiency is a measurement of the usable heat extracted from the potential energy of the fuel. For example, if your system is evaluated at 85 percent, that means that 85 cents of every dollar spent for heat is consumed in the home. The U.S. Department of Energy calculates efficiency every year in the Annual Fuel Utilization Efficiency. This resource has consistently given oil heat excellent ratings because the efficiency of oil heat ranges between 83 percent and 94 percent. By contrast the efficiency of gas heat is between 78 percent and 95 percent.

The average-oil heat system in operation today is more efficient than natural gas and although the high-end ratings of gas appear to be attractive, these units exhibit higher water vapor exhaust, which can be corrosive and cause more frequent replacement of the equipment.

Another way of measuring oil heat efficiency is to use British Thermal Units (BTUs). One BTU is the heat needed to warm the temperature of one gallon of water one degree Fahrenheit. On a per gallon equivalent basis, heating oil has more BTUs than any other source of space heating.

Take a look:

Heating Oil: 138,690 BTU/g

Natural Gas: 100,000 BTU/Therm (1.4 therm equal one gallon of heating oil)

Kerosene: 131,890 BTU/g (1.05 gallons equal one gallon of heating oil)

Propane: 91,500 BTU/g (1.52 gallons equal one gallon of heating oil)

Electricity: 3,413 BTU/Kwh (40.6 kwh equals one gallon of heating oil)

While all forms of space heating have adequate safety records when the equipment is functioning properly, heating oil, unlike propane or natural gas, remains the most stable should a build-up of product occur. In fact, heating oil, in its liquid state, will not burn; it is among the safest of all combustible liquids.

Carbon monoxide is an odorless and colorless gas that is the by-product of combustion from any carbon-based fuel. Carbon monoxide, as most people know, can pose very serious health risks. Oil, coal, wood, propane and natural gas all emit CO and when functioning properly all heating units are safe.

Nevertheless, in the event that a malfunction occurs, oil heat units emit smoke prior to accumulating dangerous levels of carbon monoxide. This obviously serves as a helpful warning sign. However, when a natural gas or propane burner malfunctions it will emit dangerous levels of carbon monoxide before a smoke build-up occurs, thereby endangering the lives of those nearby.

Cost, efficiency and safety all point to a tried and true friend to homeowners. Oil heat has proven itself in the past and continues to offer an affordable, effective and healthy alternative to coal, wood, propane and natural gas.

For additional information on Certified Tank Technologies, which offers environmental testing services including underground storage tank inspections, soil analysis, abandoned tank searches and cathodic and corrosion testing, call Brian Thompson, president, at 888-298-8265 or visit www.tankinspections.com.

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