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SPRINGFIELD, N.J., NOV. 22, 2009

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

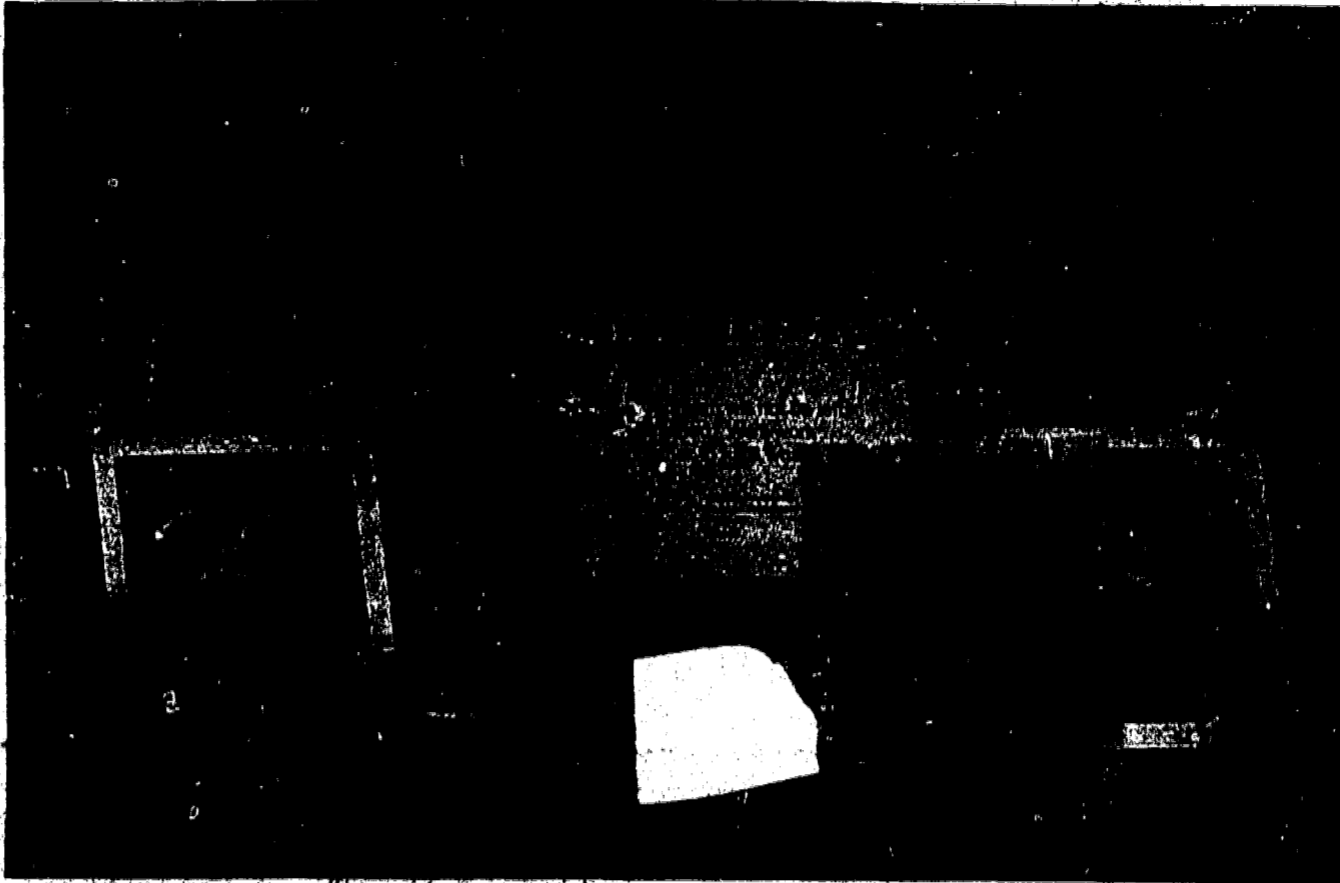


Photo By Russ Ross Shroyan

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 no 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 incidents 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, 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.

COMMUNITY CALENDAR

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

Friday
The Great Books Discussion Group will meet to examine the great books of Western civilization on the third Thursday of each month in Springfield Free Public Library, 66 Mountain Ave., at 10 a.m. For information, call 973-376-4930.

Saturday
The Booster Club at Governor Livingston High School, 175 Watchung Blvd., Berkeley Heights, invites the public to Super Saturday, which kicks off with a family pancake breakfast from 8 to 10 a.m.

Sunday
A reception to meet Jim Fuess, artist of "The Beach Show" exhibit, will be from 1:30 to 3:30 p.m. at the Donald B. Palmer Museum of Springfield Free Public Library, 66 Mountain Ave. The exhibit of oil paintings will be displayed through Feb. 24.

Monday
The Springfield Board of Education will meet in the instructional media center of Jonathan Dayton High School, 139 Mountain Ave., at 7:30 p.m.
The Mountaineer Board of Education will meet at Beechwood School, 1487 Woodacres Drive, at 8 p.m.

Tuesday
The Mountaineer Board of Education will meet at Beechwood School, 1487 Woodacres Drive, at 8 p.m.

Wednesday
Participants in the "Owl Prowl" at Trailside Nature & Science Center, 452 New Providence Road, Mountaineer, can learn about the different species of owls that reside in the Watchung Reservation from 7 to 8 p.m.

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

Friday
The Mountaineer Board of Education will meet in the instructional media center of Beechwood School, 1487 Woodacres Drive, at 8 p.m.

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Man arrested for stealing gold

Mountaineer
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.

Firefighters clean up auto fluid spill

Mountaineer
At 4:26 p.m. Jan. 13, Mountaineer firefighters responded to a report of disabled vehicle leaking automotive fluids onto Route 22 east in the vicinity of Lawrence Avenue. Speed-Dri material was applied to the roadway surface to absorb the vehicle fluids.

Workshop aids small business owners

web of international intrigue, replete with CIA plots, turncoat agents and ever-shifting covert alliances, while desperately searching for the truth behind the memories of his former life that continue to haunt him.

Book group explores 'Brave New World'

The Good Books Discussion Group of Springfield Free Public Library, 66 Mountain Ave., will meet Feb. 3 at 7 p.m. to discuss "Brave New World" by Aldous Huxley.

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.

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

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ECHO LEADER

Old locks find a new life

By Rick Klittich Staff Writer

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



Rena Ostry, 14, of Springfield, displays a picture of herself before she had her haircut. She will be donating 12 inches of her hair to Locks of Love, an organization that creates wigs out of cut hair for children who are suffering from hair loss and cannot afford hair treatment.

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.

Ostry said she would continue to let her hair grow long before cutting and donating it again.

"I'm happy to donate my hair to a worthy cause," she said.

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.

Envisioned by GL Athletic Director Bill Howard, Super Saturday is a family day filled with food, fun, games, athletic matchups and community spirit.

The event kicks off with the Highlander Cafeteria Panicle Breakfast from 8 to 10 a.m.

Preschool Storytime will be conducted on Thursdays, from Jan. 27 through March 3, from 2 to 2:30 p.m.

The Friends of the Springfield Public Library will like donations of used paperback novels.

The growing fourth Prosperity 24-Month 'Step-Up' CD 3.25% APY 18-Month CD 2.70% APY 12-Month CD 2.30% APY

Local school joins tsunami relief effort

By Rick Klittich Staff Writer

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.

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.

"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."

"This gives everyone a vision of what goes on outside the school as well, and expands their vision of caring."

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

Dayton students put on play

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

The setting for this murder mystery is in the home of Charles Richmond, who has just been murdered.

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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Far Brook School Tour

Tuesday, January 25 For Students entering Grades 4-7 The critical years (4th through 8th grade). A few years can make a big difference.

Academic achievements this year: 100% of 2nd Graders qualified to take BATA; 7th & 8th Graders scored an average of 10% higher than private school standardized testing norms.

Far Brook School Far Brook School

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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12-year-olds, and Pony League is for 13- to 14-year-olds. Mountainside Youth Baseball is a private non-profit corporation that sponsors these programs. For information, call Bill Giannone at 908-789-8602.

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.

• People can register online at their

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. While participants still need to attend registration to physically sign the medical waiver, online registration should significantly streamline the process for all involved.

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. The registration fees, which include membership in US

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.

For information, call 908-273-3330.

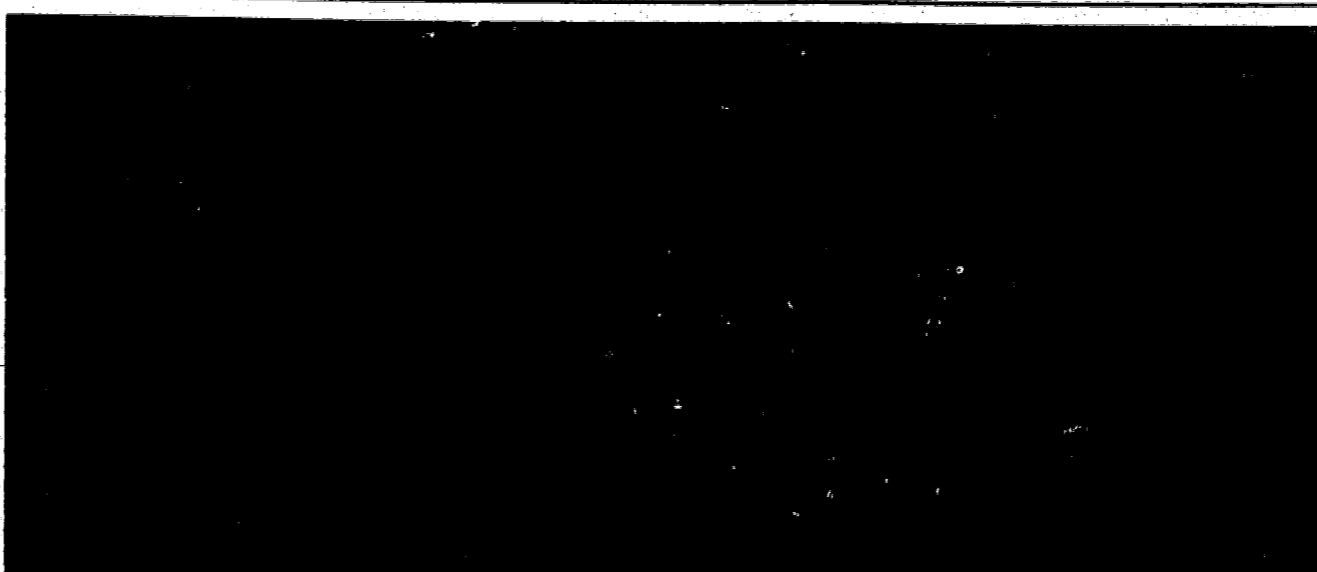
Church assembles health kits

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. The church is assembling health kits through Feb. 13 for shipment to the affected nations.

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 complete kits are to be placed in cardboard boxes - no more than 15 to 25 lbs per box.

Organizers ask donors to pay attention to the specific details listed for the items. Donors are asked to contribute \$1 for each complete health kit they



Springfield Emanuel United Methodist Church invites the public to assemble health kits to stem the spread of disease among tsunami survivors. Evelyn Schemack and Jim Santiago of Springfield join Eleanor Keller and Jane Remy of Union around the poster and initial donations to kick off the health kit project.

bring to the church to assist with shipping and handling costs. If paid by check, make payable to "SEUMC-Health Kits." Donations of items or assembled kits can be dropped off at the church, located on 40 Church Hill in Springfield, from Monday through Friday between 9:30 a.m. and 12:30 p.m. or Sundays between 9:30 a.m. and 12:30 p.m., except during worship hour from 10:15 a.m. to 11:30 a.m.

The public is welcome to help by coming to Fellowship Hall at the church to help assemble the items on

Feb. 13. Call the office for a specific time during the afternoon. This will be the fourth time that Emanuel's Fellowship Hall has been used as a large scale staging center for assembling relief packages.

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.

Retired men are invited to attend meetings of the Summit Old Guard Tuesday mornings. A coffee hour starts at 9:15 a.m. followed by a 10 a.m. business meeting.

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-Sahara 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

monary 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.

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. Their members represent various age groups, professions, nationalities and ethnicities, many of whom also sing with other groups. They are under the direction of Michael Sandippo, and their accompanist is Caroline Parody.

Two main concerts are presented yearly: a spring concert in May and a holiday concert in December. All who desire to sing with us are invited to join us. For information, call Debra Boyman at 908-771-0978 or visit www.concordingers.org.

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.

The Concord Singers' fifth annual Women's Service Project will take place every other year and open to all women. The project is a day-long project where women will take place on Saturday, Dec. 11, 2005 at the direction of Noel Werner.

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.

Bill paying service offered by SAGE

Do you struggle to balance your checkbook? Do you have a problem organizing your monthly bills? If so, SAGE's bill paying service can help. Daily money managers are available across the country for retired seniors and busy professionals.

The services offered used to be reserved for the very wealthy, but now they are available to those of modest means through SAGE Eldercare.

SAGE's Bill Paying Service has bonded volunteers who work for clients in the privacy of their own homes. They help pay bills, negotiate with creditors, question vendors when necessary and assist with filing insurance claims.

After an initial consultation fee of \$20, SAGE charges \$15 per hour for its Bill Paying services.

Whether your bills are out of control, your eyesight makes it difficult to write checks, or you just need some help arranging your paperwork, call SAGE's Bill Paying Service 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 elderscare, 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.

Monthly Personal Care Support groups, given with emotional support, community resources, effective problem-

solving and coping strategies, and the chance to share common concerns with others who are caring for their aging loved ones.

For information, call Ellen McNally, SAGE InfoCare Director at 908-273-4598.

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 Ann M. Galt.

This month's selections honor the intimate between people and their pets. Original and favorite poems will be read.

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FRESHWATER WETLANDS STATEWIDE GENERAL PERMIT APPLICATION
Date: January 20, 2005
Application: New Jersey Department of Transportation
Project Location: Route 23 between New Providence Road and Walnut Avenue in the Borough of Mountainside, Union County, New Jersey.

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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 championship 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 squads to look out for. Those teams include New Providence, Cranford, Union, Johnson, Brearley and Linden.

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 Semifinals.
2 p.m. - Consolation Semifinals (3rd, 5th places).
3:45 p.m. - Awards Presentation.
4 p.m. - Finals.

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

Rahway junior Darion Caldwell 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 Outstanding Wrestler Award for the lower weights (103-140).

Caldwell went on to win his second District 11 title, first Region 3 crown and first NJSSAA Tournament championship on route to a possible 27-0 season. UCT champion is Larry Giacchetti (1985-1988) and David Bubnowski (1992-1996) of Union and Craig Froya (1998-1999) and Dan Appello (1999-2002) of Roselle Park.

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 1995.

RETURNING CHAMPIONS
There will be five returning champions for newweights' event.

Those grapplers include: Rahway sophomore Kyle Wilson, Caldwell, Scotch Plains senior Steven Milano, Union senior Joe Navarro and New Providence senior Shine Malloy.

Wilson won at 112 last year, Caldwell at 119, Milano at 130, Navarro at 160 and Malloy at 189. Top scores of consolation as of last Friday include:

Rahway (4-0)
Roselle Park (4-0)
New Providence (2-2)
Scotch Plains (6-5)
Cranford (3-1)
Linden (3-1)
Union (5-3)
Johnson (2-3)

Editor's note: If anyone has knowledge of the UCT champions from 1976-1989 and who the outstanding Wrestlers of those tournaments, I would be glad to publish a full list.

Information can be e-mailed to JR.Parachini@echo.com.
Information may 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 Bujnovski, 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 Bujnovski 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 sixth 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 Meleno with three.

In a win over St. Helen's, Westfield, Dave Wrightman led the team with 13 points. Playing outstanding offense and defense were Addison 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 52-28. 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 Siracus, John Hoehn, Kevin McGovern and Colin Green 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 6th Annual Hot Stove League Dinner which begins at 1 p.m. at the L'Affair 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.

Dayton girls' win with team effort

Viverito, DiCocco and Upton help lift Bulldogs past MSM

WATCHUNG - Even though Dayton High School girls' basketball standout Crisin 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 other players involved, even though Crisin 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 22-20 moments later on a layup by Pyle, Dayton responded with a layup from DiCocco off an assist by Upton. "We've 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 Crisin'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 8-ball. Luckily, we were ahead at the end of the quarter."

Athena Jones: St. Mary took a lead 6-4 in the first quarter. Zavocki 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 Hasannah 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-Eliard 58-37, St. Patrick's 70-13 and Daytonfield 57-48, with Zavocki earning MVP honors. Dayton continued its winning ways with a 61-39 victory at South Amorbay, 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, 7 p.m.; Thursday, at Newark Central, 7; Jan. 31 South Amorbay, 7; Feb. 2 Newark Central, 7; Feb. 4 at Oak Knoll, 7; Feb. 7 at Brearley, 7; Feb. 11 Johnson, 7.

Softball umpires training program to take place in February
The Greater Union County Softball Umpires Association, in cooperation with the Union County Board of Chosen Freeholders and the Union County Department of Parks and Recreation, will conduct its annual softball umpires training program beginning Feb. 22.

The training classes will take place from 7-9 p.m. on Tuesdays from Feb. 22 through March 29 at the Union County Administration Building in Elizabeth. This umpiring course is open to men and women, 18 years of age and older, who are interested in officiating softball games.



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 "substantive over form."

County Seat

By Mark Hrymka
Regional Editor
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 rise to U.S. Senate and contributed regularly, and heavily, to the county committee. "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 8-ball. Luckily, we were ahead at the end of the quarter."

Adding to the intrigue is a potential power base in the field. Mayor Robert Williams is up for re-election in his own right. Williams has a long record of leadership in the county. He was named the 2004 National Championship from Essex in 2003. McWilliams replaced Lewis Mingus as chairman of the party last fall. Though he has "great respect" for both, McWilliams said he's leaning more toward Codey.

Given those circumstances, it's not hard to imagine a scenario with rival lines up and down the ballot, that would include candidates for freeholder and 22nd District Assembly. The kind of battle Codey lost when he backed the losing county executive candidate only a few years ago.

While he said Codey offered "a nice alternative" to the government's plan, he said his proposal would be to fund the program with state bonds. "The actual construction and purchase of the equipment will be done by someone who has yet to be determined," he said, adding that the bid for that part of the project would most likely go out later this year.

Signum said the camera system will act as both a deterrent and as a means to catch those who would deface public property. "We would benefit to have photographs and video of people who commit these acts," he said.

Signum said that vandals and graffiti at county facilities costs taxpayers thousands of dollars a year to repair or remove across Union County.

Conceptually, all of the acting governor's initiatives were "well received" by Scutari. He also adds with Codey on property taxes and leaving the Legislature fit that need 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 paragon 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 far as 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.

Mark Hrymka can be reached at mhrymka@thelocalnews.com.

Union County

County budget introduced

By A. E. Guallerti
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. The levy, the amount to be raised by property taxes, has risen every year since 2001, and this year it will again account for more than half the county's revenue, despite what Devanney described as "aggressive pursuit for alternative funding revenue sources this past year."

The budget also includes alternate revenue sources such as the Vacation Time Purchase Program, which brought in more than \$200,000 last year as a result of employees purchasing extra vacation time. Rummels Specialized Hospital also boosted county revenue, bringing in \$40.7 million in revenue for the county, \$7.5 million more than last year.

And \$1.2 million more than expected, despite lower-than-expected occupancy rates in the second half of the year. Devanney said the budget represents savings to the county as well, through reductions in employee travel, downsizing of the county automobile fleet, and the privatization of the print shop.

All this is necessary, he explained, to offset \$18 million in increased costs for debt service, medical and insurance costs, contractual settlements and pension increases. "Virtually every one of these financial demands are beyond our control," he said.

Now that it has been introduced, the budget will be reviewed by the Fiscal Affairs Committee of the freeholder board, a process that begins in February. Committee review should last between four and six weeks, Freeholder Chairman Rick Proctor said. "This budget is a continuation of the multi-year plan we've embarked upon to long-term prosperity," Proctor said. "We will continue to explore

even further ways to cut the budget, while maintaining essential services." Freeholder Daniel Sullivan, chairman of the Fiscal Affairs Committee, referred to the budget as a work in progress. "We made some tough choices over the past two years that have put us back in a stronger financial position," he said. "While there is good news this year, there are still some challenges we will continue to manage."

While the freeholders proceed with the budget hearings, others will also keep a close eye on the figures. "We will need to scrutinize the budget very carefully," said Union County Republican Chairman Phillip Morin. "Now the county will spend over a million of taxpayer dollars a day to plug a \$20-million budget gap."

Office of Public Information, was listed in the county's response at \$45.54 an hour. Jim Lowmyer, a photographer for the department, is listed at \$28.50 an hour, and Wayne Avery, who also works within the department, is listed at \$21.30 an hour. The response states that all three are full-time, salaried employees and the hourly rates are based on a 40-hour work week.

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Renna is also pleased with the ruling, though she won't purchase the documents even for the reduced fee of \$1,035. She said she's proud that she has the Office of Public Information as a public relations and campaign office to promote the all-Democratic freeholder board, particularly those up for re-election. "I was happy that the GRC decided they were being excessive," she said, though she still questions why the releases no longer exist in electronic form, describing the county's stance as extreme incompetence or extreme over-reaction.

The GRC handles complaints stemming from denials of or disputes over the release of public records subject to the Open Public Records Act.

County parks to get cameras

By A. E. Guallerti
Staff Writer
Vandalism. Graffiti. Bullying. Robbery. All of the above have occurred at facilities owned by Union County and run by the Division of Parks and Recreation within the last two years, according to Director Charles Sigmund.

As a result, the Board of Chosen Freeholders last week approved a resolution, sponsored by Bette Jean Mennillo, to fund a closed-circuit surveillance system at several locations. The plan is to install cameras at several locations, including the new \$1.9-million Phil Rizzuto Park, which opened less than a year ago. Almost immediately after its opening, there was damage to the park and facilities.

According to Sigmund, Rizzuto Park has not been the only facility affected. There have been instances of vandalism and damage at other parks, as well as a robbery at one of the county's golf courses two years ago. Theft at the revenue-producing facilities are a primary factor behind this measure.

The camera system would help police keep the parks secure, county officials said. The cameras would be positioned at the parks for surveillance of remote areas and facilities that are not already under continuous surveillance.

The feed would be monitored by county police at the police headquarters on North Avenue in Westfield, making the camera system a joint project between the parks department and the Department of Public Safety. While the freeholders were unanimous in their support for the system, county officials said the system would not be installed until the end of the year.

"It will be on 24 hours a day, which means there could be observation of people's everyday activities," said Bruce Peterson of Garwood, invoking a reference to the classic Orwell novel "1984" and citing privacy issues. "I have to take exception to this," the former Republican freeholder candidate said.

The American Civil Liberties Union also says that closed-circuit monitoring systems are invasive. There is no evidence that these cameras are needed to solve crime, the ACLU claims, and there have been cases where the systems have been abused, at in a case last year when a juvenile caught by closed-circuit public surveillance cameras in New York City was found on a pornographic web site.

Sigmund, however, insists that privacy concerns are a non-issues in this case. "This is not '1984' and you're in an attempt to spy on park users," he said. "This is much more to dissuade vandalism or acts of graffiti than to punish."

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County ranks 18th in truck traffic growth, at 72 percent

By A. E. Guallerti
Staff Writer
Traffic. It's dangerous. It's smelly. It's the bane of the commuter's existence, and according to one organization, it's about to get worse. A new report released last week by the Tri-State Transportation Campaign says that truck traffic on New Jersey roads will increase substantially within the next 15 years, posing a threat not only to others on the road, but to air quality, commute length, and the condition of roads and highways across the state.

The increased wear-and-tear caused by trucks which cause as much damage as 2,000 to 3,000 cars, could cost the state as much as \$3.7 billion per year by 2020, says the report. With the current federal freeze on highway money for New Jersey, that additional wear and tear could become an increasingly expensive problem for counties around the state as truck traffic increases.

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, 44 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.

Counties parks to get cameras

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GRC rules to have fee for info request

By A. E. Guallerti
Staff Writer
Tina Renna wanted to see exactly what the Union County Office of Public Information did, and how much they got to do it.

So, as any citizen has the right to do, she filed a request for copies of their press releases and their budget in August. She was told that it would cost \$45.54 an hour for the information, which is listed at \$28.50 an hour, and Wayne Avery, who also works within the department, is listed at \$21.30 an hour.

The response states that all three are full-time, salaried employees and the hourly rates are based on a 40-hour work week. July 2003 reveal salaries that would correspond to lower hourly wages for two of the three employees. D'Elia confirmed that the hourly charges listed in the response were correct for 2004 after checking with other members of the department.

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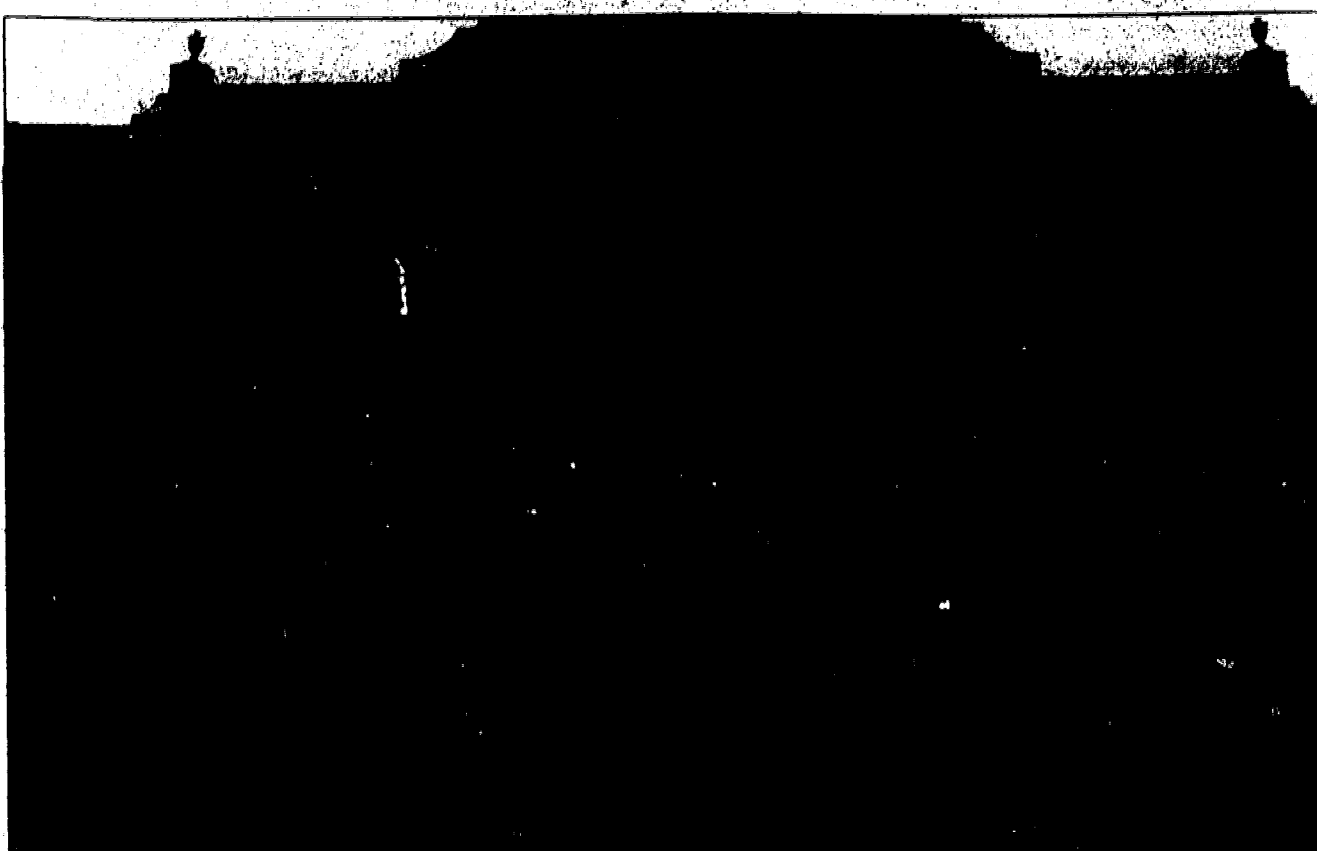
ARTS & ENTERTAINMENT

Assistants counseled in book

By Jeff Cummins
Associate Editor
These days, it seems nearly impossible, but Bonnie Low-Kramen is certain that she remembers a time without cellular telephones.

Arts center theater recaptures glamour of yesteryear

By Jeff Cummins
Associate Editor
Remember when going to the movies was really an event? Admittedly, not everyone remembers, but there was a time when movie theaters didn't have gum on the seats and popcorn on the floors, and didn't charge overcharge to sit in a cramped, dirty theater to watch glorified B movies.



Pictured above is the exterior of the Union County Arts Center in Rahway, while the interior is pictured below. The theater, which has been restored to evoke the glamour of the golden era of movies, strives to give moviegoers a classic movie theater experience.

Low-Kramen, a Belleville native, is the personal assistant to Olympia Dukakis, and through 19 years, she's experienced things in her career that the average worker wouldn't even dream about experiencing. Sure, there were the glamorous things, but more than that, there were challenges that might pose difficult challenges for larger office staffs, let alone someone who effectively serves as a one-person company.

Anderson's back-to-the-future approach may just hold some charms for old and young alike. For senior citizens, who may remember the grand theaters of yesteryear, a visit to the Union County Arts Center is a trip back in time, to an era with civility, dignity, and an understated elegance.

NAMI presents speaker
Local residents are invited to a free presentation on Tuesday when Guest speaker Cory Storch, executive director of Bridgeway Rehabilitation Services in Elizabeth, will talk about the psychiatric programs offered at Bridgeway. His talk, entitled "Best Practices," will focus on a progress review of the agency's best practices, which are aimed at improving their ability to help those with mental illness to reach their goals.

Legal professionals' dinner meeting Tuesday
UCLSA, the association for legal professionals, will hold its regular monthly dinner meeting Tuesday at the Wei's Buffet, 711 E. First Ave., Roselle.

Day Parade Committee will sponsor its annual celebrity bartender's party fund-raiser at the Kenilworth Veterans Center, 33 S. 21st St., Jan. 30 from 2 to 7 p.m.

Wednesdays, 10 a.m. to noon, 3:30 to 5:30 p.m., and 8:30 to 10:30 p.m. A family session during which children ages 17 and younger must be accompanied by an adult will be from 6 to 8 p.m.

Storch holds a bachelor of arts degree in psychology from State University of New York at Buffalo and a master's degree in rehabilitation counseling from the University of Arizona. In his position as executive director at Bridgeway, Storch oversees programs, personnel and fiscal operations.

Registration for riding
Spring will be here before you know it, and Union County's Watching Stable is busy preparing for the start of riding lessons.

Relatives of immigrants sought for centennial
Union County is seeking relatives of immigrants who became naturalized U.S. citizens in Aug. 1, 1903 as part of its observances of the centennial celebrations of the Union County Courthouse.

Ice skating center open for new season
The Wananco Ice Skating Center, a facility owned and operated by the County of Union, is open for the 2004-05 ice skating season.

Blood drives planned
The Blood Center of New Jersey will sponsor the following blood drives:
Friday, 3 to 7 p.m., Union Hospital, 1000 Galloping Hill Road, Union.

St. Patrick's Day parade fund-raiser Jan. 30
The Union County St. Patrick's Day Parade Committee will sponsor its annual celebrity bartender's party fund-raiser at the Kenilworth Veterans Center, 33 S. 21st St., Jan. 30 from 2 to 7 p.m.

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Tali, Wang, heat up NJPAC with Northern Lights concert

By Astora Argyle and Helen Argeris
For January, the New Jersey Symphony Orchestra brought to New Jersey a series of salutes to the musical masterpieces from the countries of Northern Lights, called appropriately enough, the 2005 Winter Festival. A cold time, for guests from the cold countries. Yet there was a clear, icy brilliance to the sounds of the music of Grieg and Sibelius, and a sense of having actually seen — or at least heard — the splendor of the northern lights, blazing through the Prudential Hall, at New Jersey Performing Arts Center.

Last week the tribute was to Grieg and Sibelius, although a piece by Gade was included. The performance began with the conductor, who surprised us by taking a microphone and introducing himself to the audience. Pixie-like in looks and remarks, she informed us that the program would be Nordic and "as a matter of fact, so am I." A small, slight figure that seemed dwarfed by her long black evening coat and pants, yet Tali dominated the stage with her assurance and her striking long platinum hair that shook like a hair commercial when she conducted.

The first piece was what was first assumed an obligatory inclusion by a Danish composer, not much known here, Niels Gade. But his "Hamlet Overture" was a delightful surprise. Having visited both Hamlet's supposed castle in Elsinore, and Grieg's Bergen birthplace, the images called forth by both Gade's work and Grieg's were perfectly attuned to the piece. Every note pulsed almost a photographic lens of the stupors of Elsinore's castle with the famous painting across the sea, the black, hugh sculptures and the sadness of the stately Dane walking those ramparts, searching for his father, leading toward his own doom. Hamlet's dilemma "To Be, or Not To Be" was all there in the music, especially in his choral and piano, and pause twilight finish. Throughout, Tali's elegant hand movements mirrored her entrance as she walked only to the orchestra but to the audience as well.

The next woman also adding gloss to the evening was Yvonne Wang, the still emerging talent from Beijing, and a congenial newcomer to the concert stage. She wore a long, ruby red gown that gave the illusion of her playing dress-up in her mother's evening wear, but when she sat down before the huge black Steinway, and struck the dominating dramatic drum roll effect of the first chords of Edvard Grieg's Piano Concerto in A minor, Op. 16, clear she, too, was bringing her own descending minor second scale.

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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...

Intended for violin, viola, cello and string bass players, the Ensemble will meet on Saturdays from 1:30 to 2:30 p.m.

Another course, for brass, percussion, strings and woodwinds, is the Symphony Orchestra, also directed by Lyman.

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



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...

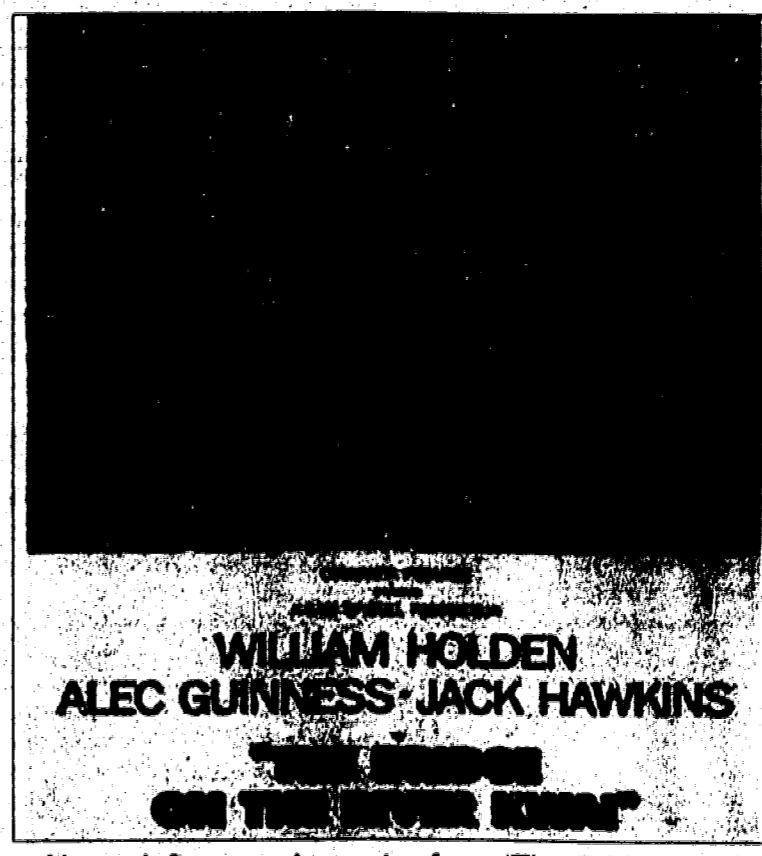
Leiber received the Lifetime Achievement Award from the Council of Fashion Designers. She was awarded the Silver Slipper Award from the Houston Museum of Fine Arts...

Judith Leiber Inc., which produces designs inspired by Leiber's originals, continues to enchant new customers and established collectors alike.

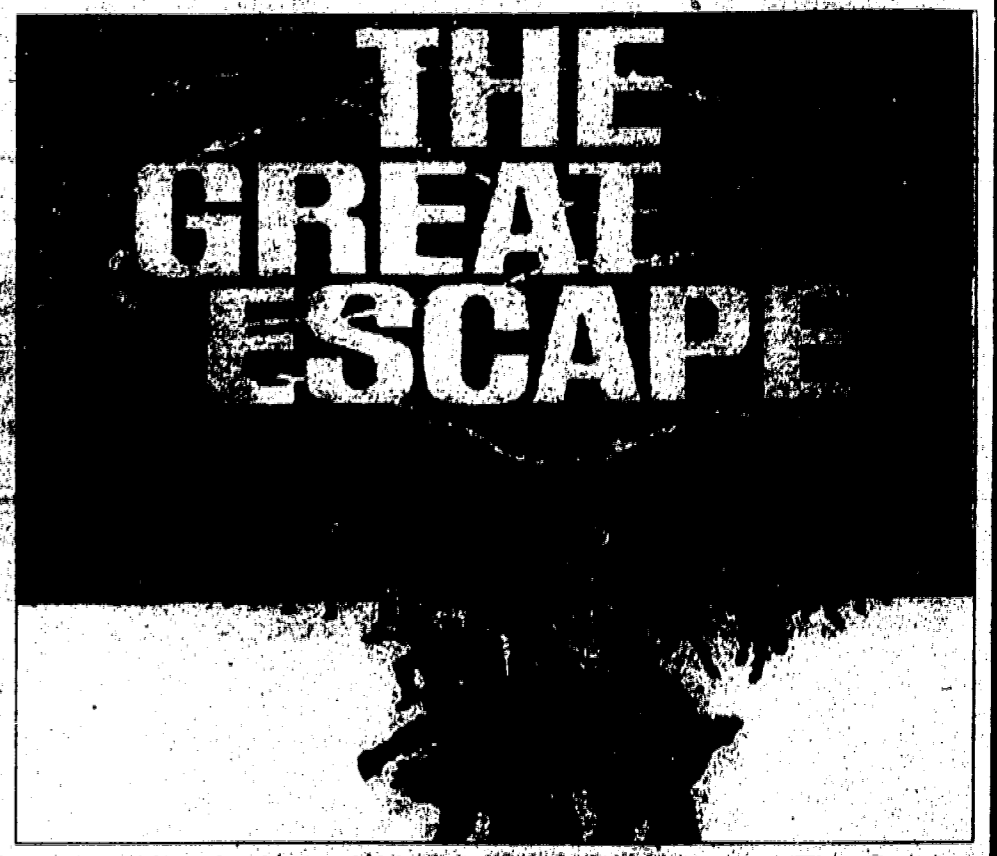
Judith Lieber was the guest of honor at a champagne reception and a guided tour previewing "Fashioning Art: Handbags by Judith Leiber."

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

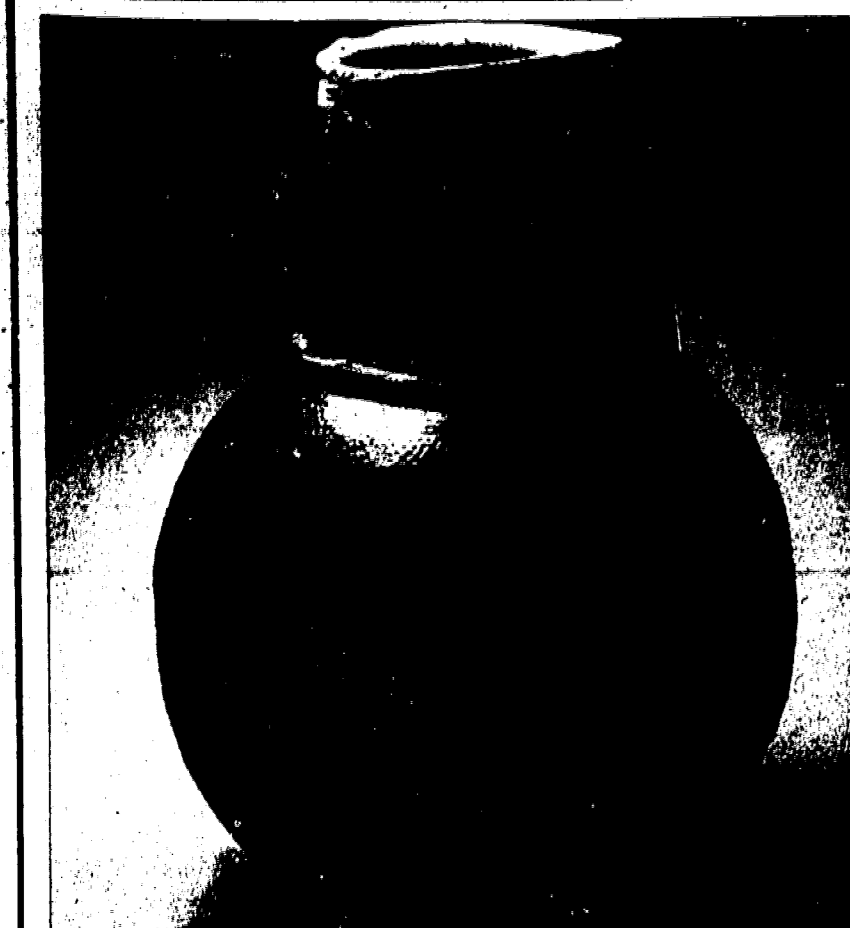
Old school movies



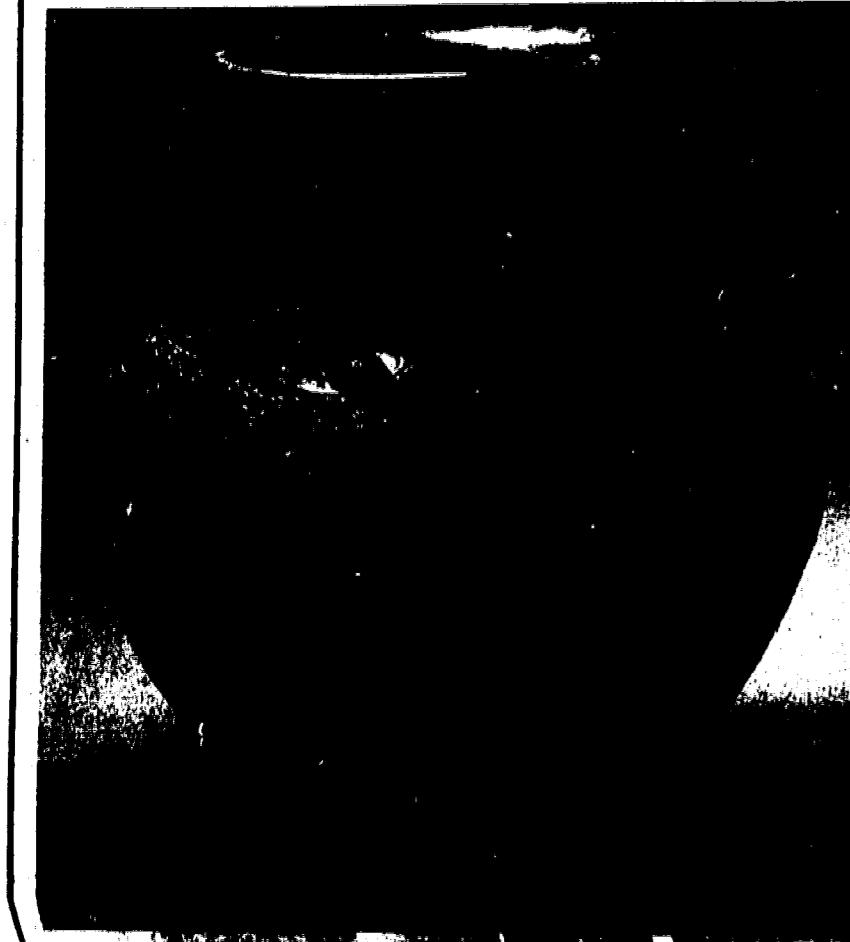
Above left, a movie poster from 'The Bridge on the River Kwai' and, above right, a poster from the movie, 'The Great Escape'...



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



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



REUNIONS

The following schools will conduct reunions in the coming months:

- Westfield High School Class of 1985, 20-year reunion, May 21.
Scotch Plains High School Class of 1985, 20-year reunion, June 11.
Scotch Plains High School Class of 1975, 30-year reunion.
Union High School, Class of 1985, 20-year reunion, 2005.
Union High School, Class of 1995, 10-year reunion, 2005.
Union Hill High School, Class of 1975, 30-year reunion, 2005.
Union High School, Class of 1976, 30-year reunion, 2006.
Union High School, Class of 1981, 25-year reunion, 2006.
Union High School, Class of 1986, 20-year reunion, 2006.
Westfield High School, Class of 1980, 25-year reunion, 2005.

Hillside High School, class of 1955, is planning a reunion on May 20 at the Grand Summit Hotel in Summit.

Scotch Plains High School Class of 1985, 20-year reunion, June 11.

Scotch Plains High School Class of 1975, 30-year reunion.

Union High School, Class of 1985, 20-year reunion, 2005.

Union High School, Class of 1995, 10-year reunion, 2005.

Union Hill High School, Class of 1975, 30-year reunion, 2005.

Union High School, Class of 1976, 30-year reunion, 2006.

Union High School, Class of 1981, 25-year reunion, 2006.

Union High School, Class of 1986, 20-year reunion, 2006.

Westfield High School, Class of 1980, 25-year reunion, 2005.

For information on any of the above reunions, write to Reunions Unlimited Inc., P.O. Box 150, Englishtown 07726 or call 732-617-1000.

Hillside High School, Class of 1955, is holding its 40th reunion on June 25.

If anyone has information regarding former students or would like to join the committee, contact Barry Zins at BZins1111@aol.com.

New Jersey Ballet advertisement featuring Kean University and listing various ballet performances like 'The Sleeping Beauty' and 'The Nutcracker'.

Tax Time advertisement for ZIGMAN & ZIGMAN CPAs, offering tax return preparation services with same-day service and electronic filing.

Redfield Blonsky & Co., LLC advertisement, a certified public accountants firm offering investment management, tax planning, and retirement services.

NJPAC advertisement for the 2005 season, listing performance dates and times for various plays.

GYMBOREE advertisement for winter registration, highlighting 25 years of operation and offering space for children's activities.

NJPAC advertisement for the 2005 season, featuring the Tony Nominee Best Play Winner 'Say Goodnight to Grace' and listing performance dates.

NJPAC advertisement for the 2005 season, featuring the Tony Nominee Best Play Winner 'Say Goodnight to Grace' and listing performance dates and contact information.

Union County College advertisement with the slogan 'It's not too late!' and 'YOU CAN CHANGE YOUR LIFE', promoting late start classes for the 2005-2006 academic year.

Stepping Out

Stepping Out is a weekly calendar designed to guide our readers to the many arts and entertainment events in the Union County area. The calendar is open to all groups and organizations in the Union County area. To place your free listing, send information to: **Worral Community Newspapers, 411 Valley St., P.O. Box 138, Springfield, 07081. Fax: 908-664-3557.**

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. For information, call 908-756-1707.

BRIGHT, BOLD LANDSCAPES will be the focus of Mountainside resident Cynthia Smith Weiss' work, which will be on display at Bouras Galleries on DeForest Avenue in Summit. The galleries are open to the public by appointment only. To make an appointment, call Linda Cole at 908-277-6054.

ELISSA F. MERKL is scheduled to exhibit a series of serigraph prints at Reeves Reed Artwork, 1631 Hobart Ave., Summit, to Feb. 14. An artist's reception will be held Sunday from 2 to 4 p.m. at Wisner House. Wisner House is wheelchair-accessible and open to the public, free of charge, weekdays from 9 a.m. to 3 p.m. For more information on the exhibition or Reeves-Reed Artwork, call 908-273-8787.

BOOKS

THE AFRICAN-AMERICAN BOOK GROUP will meet at Barnes and Noble, 1180 Raritan Road, Clark. For information, call 732-574-1818.

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. For information, call 973-376-8544.

THE "LORD OF THE RINGS" READING GROUP meets the first Wednesday of the month at Barnes and Noble, 1180 Raritan Road, Clark. For information, call 732-574-1818.

EDISON ARTS SOCIETY WRITERS' CIRCLE, led by Cheryl Racaneli, meets the second and fourth Mondays of the month at 7:30 p.m. at Barnes and Noble, 1180 Raritan Road, Clark. For information, call 732-574-1818.

CLASSICS BOOK CLUB meets the second Tuesday of the month at 7:30 p.m. at Barnes and Noble, 240 Route 22 West, Springfield. For information, call 973-376-8544.

CLOAK AND DAGGER READING GROUP will meet the second Wednesday of the month at 7:30 p.m. at Barnes and Noble, 1180 Raritan Road, Clark. For information, call 732-574-1818.

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

MYSTERY READING GROUP meets the second Thursday of the month at 7:30 p.m. at Barnes and Noble, 1180 Raritan Road, Clark. For information, call 732-574-1818.

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

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

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

BOOKS WE LIKE, a reading group featuring staff recommendations, will meet the third Wednesday of the month at 7:30 p.m. at Barnes and Noble, 1180 Raritan Road, Clark. For information, call 732-574-1818.

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, to read a Shakespeare play out loud. For information, call 732-574-1818.

WOMEN'S READING GROUP meets the last Wednesday of the month at 7:30 p.m. at Barnes and Noble, 1180 Raritan Road, Clark. For information, call 732-574-1818.

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

COMEDY

THE WATCHUNG ARTS CENTER presents Comedy Night on the third Tuesday of each month. The Comedy Night series at the Watchung Arts Center has managed to build a following in its suburban location by drawing from a mix of New York City comedy club stand-ups. Each show features new faces and fresh material.

Host Phil Hochman will present master of ceremonies John McNamee, a headliner and a feature performer. Ticket price includes light refreshments after the show. The show begins at 8 p.m.; Saturday, and tickets are \$15.

The seating at the Watchung Arts Center is in an intimate art gallery, with limited capacity. Reservations may be made by e-mail at www.watchung-arts.org.

garts.org or by phone, calling 908-753-0190 and leaving a message if necessary. Tickets will be held at the door.

The Watchung Arts Center is located on the "circle" in Watchung, reached from Route 22 or Interstate 78. There is free parking adjacent to the building or around the corner at Best Lake.

CONCERTS

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

Concerts are presented at Union Village Methodist Church, 1130 Mountain Ave., Berkeley Heights. The galleries are open to the public by appointment only. To make an appointment, call Linda Cole at 908-277-6054.

MEET THE ORCHESTRA concert series continues at the Suburban Community Music Center, 570 Central Ave., Murray Hill. For the 18th year, the Suburban Community Music Center, in cooperation with the New Jersey Symphony Orchestra, will host the Meet the Orchestra series for children ages 3 to 8. For more information, call 908-790-0700.

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' Drives, The Chantels, Emil Stuzchio & The Classics, will be presented by LAR Enterprises on Feb. 18 at 8 p.m. at the Union County Arts Center. Tickets are \$35. For information, call the box office at 732-499-8228 or visit the Web site, www.uccac.org. Union County Arts Center is located at 1601 Irving St., Rahway.

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. For information, call 908-298-1681, 732-381-2635 or 908-241-9492.

THE SUMMIT INTERNATIONAL FOLK DANCERS meet on Jan. 28, 8 to 10:30 p.m., at the Connection, Morris Ave. at Maple St., in Summit. Beginners are welcome, no partners are needed. Call 973-487-8278 for information.

LOU RAWL'S will play at the Union County Arts Center on Feb. 19 at 8 p.m. Tickets are \$65 and \$50. For information, call the box office at 732-499-8228 or visit the Web site, www.uccac.org. Union County Arts Center is located at 1601 Irving St., Rahway.

FELIX CAVALIERE'S RASCALS will perform on Feb. 26 at 8 p.m. at the Union County Arts Center. Cavalieri founded The Rascals and had hit songs, including "A Beautiful Morning" and "Good Lovin'." Tickets are \$40 and \$30. For information, call the box office at 732-499-8228 or visit the Web site, www.uccac.org. Union County Arts Center is located at 1601 Irving St., Rahway.

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

THE WATCHUNG ARTS CENTER ACUSTIC-FOLK SERIES has begun at Watchung Arts Center, 18 Sterling Road, Watchung. Doors open at 7:30 p.m., and the show starts at 8 p.m. Admission is \$15. For information and reservations, call 908-753-0190 or send an e-mail to WACenter@aol.com.

Visit the Web site, <http://www.watchungarts.org/afolk.htm>.

The following artists will perform as part of the Watchung Arts Center Acoustic-Folk Series:

On Feb. 5, Krazy Jackson.
On March 5, Hira & Rogge Harris.
On April 2, Bob Malone.
On May 7, John Flynn.
On June 4, Dave's True Story.

THE COFFEE WITH CONSCIENCE CONCERT SERIES OF SPRINGFIELD will take place at Springfield United Methodist Church, 40 Church Hill, Springfield. Doors open at 7:30 p.m., shows start at 8 p.m. Admission is \$14. For information and reservations, call 908-522-1501 or send an e-mail to concerts@coffeeswithconscience.com. Also, visit the Web site, <http://www.coffeeswithconscience.com>.

On Feb. 12, Nadine Goelner & Friends.

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

On March 12, Amy Speace & Friends.

On May 14, Basya Schechter & Friends.

THE BRIDGE ON THE RIVER KWAI will be shown on Jan. 28 at 8 p.m. at the Union County Arts Center, 1601 Irving St., Rahway. All tickets are \$5. For ticket information, call 732-499-8228. For general information, visit the Web site, www.uccac.org.

"1941" by Stephen Spielberg, will be shown on Jan. 29 at 2:30 p.m. at the Union County Arts Center, 1601 Irving St., Rahway. All tickets are \$5. For ticket information, call 732-499-8228. For general information, visit the Web site, www.uccac.org.

"THE GREAT ESCAPE," starring Steve McQueen, James Garner and Richard Attenborough, will be shown on Jan. 29 at 8 p.m. at the Union County Arts Center, 1601 Irving St., Rahway. All tickets are \$5. For ticket information, call 732-499-8228. For general information, visit the Web site, www.uccac.org.

"FROM HERE TO ETERNITY," starring Burt Lancaster, Montgomery Clift, Deborah Kerr, Frank Sinatra and Donna Reed, will be shown on Jan. 29 at 2:30 p.m. at the Union County Arts Center, 1601 Irving St., Rahway. All tickets are \$5. For ticket information, call 732-499-8228. For general information, visit the Web site, www.uccac.org.

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. For information, call 908-241-5758.

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

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

SOCIAL SINGLES DANCING, for 45-year-olds and older, meets every Tuesday at 7 p.m. at the Yankee Buffet Grand Ballroom, 2660 Morris Ave., Union. Admission is \$7. For information, call 908-688-8616.

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. Saturday, Jan. 22, from 1 to 4 p.m. For information, call 908-984-9724 or 908-964-9808, send inquiries via e-mail to TMRCinc@aol.com or visit the Web site at www.tmrcrcl.com.

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

INTERNET THE INTERNET LOUNGE, 256 South Ave., Fanwood, hosts an Open Mic Karaoke Night on Sunday at 7 p.m. Join the group for a cup of gourmet coffee and a wide variety of organic foods and participates in an original poetry reading, a stand-up comedy routine or a musical number. There's no cover charge, and patrons can come in, make new friends, surf the Web, or play a game of Diablo2, Neverwinter Nights, WarCraft or Counter-Strike. To ask about a schedule of events, call 908-490-1234 or visit its Web site: www.theinternetlounge.com.

JAZZ LANA'S RESTAURANT will offer dinner and live jazz with Warren Vache every Thursday, beginning at 7 p.m. For information, call 732-669-9024.

KIDS TALES FOR TOTS PRESCHOOL STORYTIME will be offered at Barnes and Noble, Route 22 West, Springfield, Tuesdays and Thursdays at 11 a.m., and the Kids' Writing Workshop, Saturdays at 10 a.m. For information, call 973-376-8544.

POETRY POETRY OUT LOUD! will take place at Barnes and Noble, 240 Route 22 West, Springfield. For information, call 973-376-8544.

WORRALL NEWSPAPERS

rhythms. Regular tickets are \$25, student tickets are \$18. For information, call the box office at 732-499-8228 or visit the Web site, www.uccac.org. Union County Arts Center is located at 1601 Irving St., Rahway.

"YOUR ARMS TOO SHORT TO BOX WITH GOD" will be performed at the Union County Arts Center on Feb. 12 at 8 p.m. Regular ticket prices are \$40 and \$35. For information, call the box office at 732-499-8228 or visit the Web site, www.uccac.org. Union County Arts Center is located at 1601 Irving St., Rahway.

"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.

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

CROSSROADS, 78 North Ave., Garwood, presents a series of jazz, blues and comedy concerts, as well as folk-themed night.

MOLLY MAGUIRE'S IRISH PUB in Clark will present entertainment in the coming weeks. Thursdays are Ladies Nights, and Sundays feature NFL games and \$2 drafts. Molly Maguire's is located at 1085 Central Ave., Clark. For information, call 732-388-8511.

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, 4 Waldron Ave., Summit. Features an "open mic" forum of music, comedy and performance art. Reservations are served. Admission is \$4. Talent is sought for future dates.

For information, call 908-928-0127 or send an e-mail to info@secondaturdays.org.

VAN GOGH'S EAR, 1017 Stuyvesant Ave., Union, will present a series of musical events. Tuesdays are "Acoustic Tuesdays," some of which feature open mic from 8 to 9 p.m. for folk singers, poets and comedians, followed by a featured folk performance. Open mic participants sign up at 7:30 p.m. and get 10 minutes at the microphone. Jazz and blues are featured Sundays at 8 p.m. The cover charge is \$3 for all Sunday concerts, unless otherwise noted.

On Sunday, the Joe Kruppa Quartet will perform from 8 to 11 p.m.

On Tuesday, Jay Legaspi will perform from 8 to 11 p.m.

On Feb. 13, the Steve Mizner Trio will perform from 8 to 11 p.m.

On Feb. 20, Swingfunk will perform from 8 to 11 p.m.

On Feb. 27, Sunny Jeth Collective will perform from 8 to 11 p.m.

On March 6, the Son Lewis Band will perform from 8 to 11 p.m.

On March 13, the Davey Hessel Quartet will perform from 8 to 11 p.m.

On March 20, X Marks the Spot will perform from 8 to 11 p.m.

A \$3 cover is in effect for the aforementioned performances.

For information, call 908-510-1844.

WORRALL NEWSPAPERS

Summer music program offered for youth at Paper Mill Playhouse

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. The conservatory offers two unique training seasons: The July Conservatory, a five-week program, June 27 to July 30; and The August Intensive, a three-week intensive training session, Aug. 1 to 19. Admission to the conservatory is by audition only. Auditions will be held on two consecutive Saturdays, Feb. 5 and 12.

The Summer Musical Theatre Conservatory offers the unique opportunity for gifted and talented young performers to work at their own level and challenge themselves to achieve new goals and learn new skills. Key to the curriculum is the development of self-discipline, respect, and a commitment to excellence that will serve these young artists throughout their lives. The Summer Conservatory offers two training programs: The July Conservatory and the August Intensive. Entry is by audition only. Students are placed in either program according to ability, potential, and level of previous experience. All spots for the 2005 program are open. Everyone must audition regardless of prior enrollment in Paper Mill classes or previous summer acceptance.

The July Conservatory, June 27 to July 30: This five-week program of rigorous study allows students to enhance their individual performance potential while also developing a broad base of theater experience and knowledge. Students participate in classes devoted to singing, acting, dance and improvisation. They will attend guest artist workshops led by professional actors, directors, and casting agents. The climax of the program is the annual New Voices Concert performed by the students. The July Conservatory is divided into three divisions: The Senior Division, ages 14 to 18, The Junior Plus Division, ages 12 and 13, and The Junior Division, ages 10 and 12. Dividing the group into three separate divisions allows each student to develop at their own rate and work on material that is appropriate for their age and skill level. Although age is used as a guideline, the talent, experience, ability, and maturity demonstrated by the student at the auditions play a part in determining placement.

The August Intensive, Aug. 1 to 19: This three-week program, divided into two separate sessions, allows performance between the ages of 10 and 16 to build individual technique and learn to perform as ensemble. Students in The August Intensive take classes in dance, musical theater and acting and explore their own abilities and refine their skills. The main focus of The August Intensive is strengthening skills and building self-confidence in a non-competitive environment without the pressure of a structured performance. Students in the intensive are placed according to age and do not participate in the New Voices Concert in July. The actual class size in each session allows for individual attention and instruction from the intensive faculty.

The audition is divided into two parts: vocal and dance. The audition panel is looking for vocal skill, dance ability, and personality/presentation skills. For additional information regarding the Summer Musical Theatre Conservatory, contact Paper Mill Playhouse at 973-379-3636. The 10th annual Conservatory Concert, New Voices of 2005: Great Moments in Musical Theatre, is set for two performances July 30 and 31 and will feature students of The July Conservatory Senior, Junior Plus and Junior Divisions.

Why Are Eye Exams Important?

Regardless of your age or physical health, it is important for everyone to have regular eye exams.

When an eye doctor examines your eyes, he or she is doing more than checking to see if you need glasses. 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, assess how your eyes work together as a team and evaluate your eyes as an indicator of your overall health.

Who Should Get Their Eyes Examined?

Eye examinations are an important part of health maintenance for everyone. Adults should have their eyes tested to keep their prescriptions current and to check for early signs of eye disease. For children, eye exams can play an important role in normal development.

Vision is closely linked to the learning process. Children who have trouble seeing or interpreting what they see will often have trouble with their schoolwork. Many times, children will not complain of vision problems simply because they don't know what "normal" vision looks like. If your child performs poorly at school or exhibits a reading or learning disability, be sure to have his eyes examined to rule out an underlying visual cause.

What is The Eye Doctor Checking For?

In addition to evaluating your eyes for glasses and contacts, your eye doctor will check your eyes for signs of disease. Examples of the conditions that your eye doctor will be

The advertisement features a large graphic of a pair of eyes with the letters 'E' and 'C' inside the pupils. Below the eyes, the words 'NATIONAL eye care' are written in a large, stylized font. The background is dark with some light patterns. The text is white and yellow.

This message is sponsored by these community minded businesses & organizations

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- FOODTOWN OF ROSELLE**
850 Raritan Road, Roselle
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411 N. Wood Avenue, Union
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973-376-8699
- UNION HOSPITAL**
1000 Gallopung Hill Road, Union
908-687-1900
- W.M. G. PALERINO REAL ESTATE**
411 N. Wood Avenue, Union
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908-406-2623
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- DR. RICHARD M. GOLDROSEN**
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- WEICHERT REALTORS**
For All Your Real Estate Needs
Call Kathy Gwizdek - 18 Years Experience
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Bond Drive, Union
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SHORT HILLS - New Location 973-379-1500
King's Shopping Center
- CRANFORD EYE CARE**
Dr. Alani Goldman, Ophthalmologist
Family Eye Care Center
23 North Avenue West, Cranford
908-278-0200
- UNION** 908-687-3377
- LINDEN** 908-488-8855
- ROSELLE PARK** 908-245-0900
- RE/MAX PROPERTIES UNLIMITED**
FIRST IN SERVICE
108 No. Union Avenue, Cranford
908-278-7440
- DELAIRE NURSING & CONVALESCENT CENTER**
400 West Stinson Avenue, Linden
908-682-3399
- IRVINGTON GENERAL HOSPITAL**
832 Chancellor Ave., Irvington
973-399-8000
- TONY'S SERVICE CENTER**
983 Lehigh Avenue, Union
908-687-1449
- WORRALL COMMUNITY NEWSPAPERS**
1291 Stuyvesant Avenue, Union
908-689-7700
The Best Source For Community Information

Classic movie

The poster for the movie "From Here to Eternity" features a black and white photograph of a man and a woman in a dramatic pose. The text on the poster is white and yellow.

An original poster from the movie, "From Here to Eternity," which will be shown at the Union County Arts Center on the weekend of Jan. 28 and 30. For more information call 732-499-8226.

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 Exit 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.

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 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.

St. Rose students have a history of academic excellence and achievement. All the members of last year's graduating class were accepted into the high school of their choice, including Seton Hall Prep, Oak Knoll, St. Peter's Prep, Villa Walsh Academy, St. Elizabeth's, Newark Academy, Mount St. Dominic's and Union Catholic. Several of those graduates received academic scholarships.

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.

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St. Theresa School
 Compassion • Responsibility • Excellence

540 Washington Avenue, Kenilworth, NJ 07033

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

- Early Childhood Program for 4 year olds (1/2 and Full Day Sessions)
- Full Day Kindergarten • Before & After Care Program
- Foreign Language Program
- Science and Computer Lab
- Sports Program • Hot Lunch Program

MIDDLE STATES ACCREDITED

Principal: Sister Marisa DeRose, FMA
 For more information or an appointment:
 Call 908-276-7220
www.lcatholiczone.com

ROSSELLE CATHOLIC HIGH SCHOOL
 One Raritan Road □ Roselle, NJ 07068
 908-245-2350
www.rosellecatholic.org

Conducted by the Marist Brothers

- Meet our dedicated faculty, administrators and staff
- Talk to our students and parents about our rich Catholic Tradition
- Learn about our many sports and activities
- Discover how you can participate in our programs
- Enroll in our "Freshman for a Day" program
- Obtain information about admissions

For a personalized appointment, call 908-245-2350
Nothing is too good for you!

St. Joseph the Carpenter School
 140 E. 3rd Avenue • Roselle
 Middle States Accredited

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

For additional information call 908-245-6566
 Mrs. Patricia Graham, Principal

BENDER MEMORIAL ACADEMY
 Bender Memorial Academy has for 85 years been a leader in private, Catholic elementary education in Union County. Staffed by the Benedictine Sisters and lay teachers.

OPEN HOUSE
TUESDAY, FEBRUARY 1, 2005
 9 A.M. TO 2 P.M.
WEDNESDAY FEBRUARY 2, 2005
 7 P.M. TO 9 P.M.

For information and directions please call:
 908-352-4406

416 Linden Avenue, Elizabeth
www.benderacademy.org

Foreign Language (Spanish and French).
 Disciplined, Enriching Environment.
 Before and After Care. Solid Preparation for High School.

St. Michael School
 at their annual Catholic Schools Week

OPEN HOUSE
 Sunday, January 30
 10:00 AM to 12:00 Noon
 100 Alden Street, Cranford

St. Michael School offers daily religious education, academic excellence, faculty dedication and expertise, parental involvement, personal attention, discipline, accountability and attractive class sizes. All of this and much more contributes to a learning environment where children thrive, families are strengthened and the community benefits.

St. Michael School is Middle States Accredited

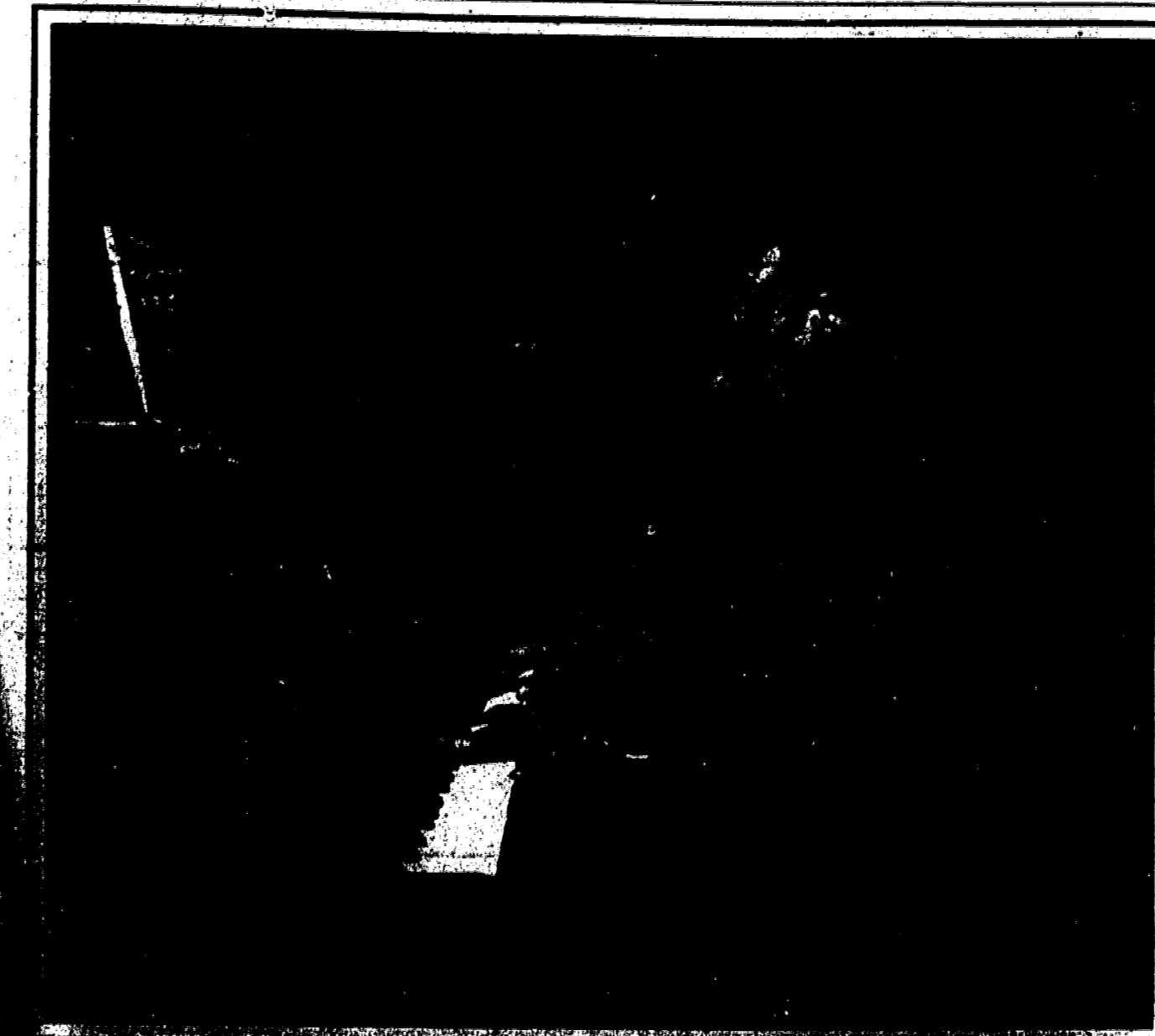
For more information, call the school at 908-276-9425 or visit the school website at www.stmichaelscranford.com

St. John the Apostle School
 Valley Road • Clark/Linden, NJ
www.sjanj.org/school

Middle States Accredited

- Progressive Educational Curricula
- Dedicated certified staff
- 3 year old & 4 year old Pre-K Programs
- Full Day Kindergarten
- Advanced Computer Education
 - State-of-the-Art Computer/Research Lab
 - Middle School laptop integration
 - Every Classroom Internet connected
- World Language K-8
- Comprehensive Fine Arts
- Before Care & After Care
- Bus Transportation/Reimbursement available

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



A young Kenny Barton, playing at the Catholic Schools Week Open House with the 23rd All Stars Band, a five-member group of trumpeters, 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 to become a person of faith and service.

Parishioners, school parents and prospective school parents are invited to visit the school to meet with staff that mission. They are also invited to take part in the week-long Catholic Schools Week celebration that includes a host of school activities.

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 visit to the school's early childhood program, the fully-equipped computer lab, the music center, the library, the full-sized school gymnasium, the newly auditorium and full-service cafeteria.

Principal Sandy Miraglia will be available to answer any definitive questions 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, features the "Jump Rope for Heart," a fund-raiser for the American Heart Association and a fun-raiser for the students. On Feb. 2 in the afternoon, an open house will be held during school hours from 12:30 to 2 p.m. for those who would like to glimpse the 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

- Academic Excellence
- Honors Program
- College Prep Program
- Seton Spirit
- Leadership Program
- Varsity Sports
- Clubs & Activities
- Bus Transportation

1-732-382-1952
 Mother Seton Regional High School
 Valley Road, Clark
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

Pre-K for 3 & 4 Year Olds
 Full Day Kindergarten
 Computer Tech Classes
 Foreign Language K-8

MUSIC & ART Programs
 Expanded Sports Programs
 Hot Lunch Program
 After School Care

Middle States Accredited

Registration For New Students
 Thursday February 2nd & 3rd, 2005 9:00 AM - 11:00 AM
 Call 732-381-0880 www.stagnesschool.com

A WONDERFUL PLACE TO BE!
 FOR OTHERS OF EDUCATING OUR CHILDREN

Love to learn. Loving to learn.

260 ARCHDIOCESE OF NEWARK Catholic Schools

Catholic Schools make a world of difference to your child. Our schools make real the words of the great Commandment, "Love one another as I have loved you."

Catholic schools provide a challenging academic curriculum taught by creative and engaging teachers. Our students are well versed in the basics and given the skills necessary for an increasingly technological world. To these ingredients we add love of God and neighbor, fundamental values and an education ensuring a successful future.

Help create a lifetime of *loving to learn* in your child. Choose Catholic schools, where *learning to love* is what it's all about. Find out more about Catholic Schools in the Archdiocese of Newark.

Come celebrate Catholic Schools Week in your community

Call or visit your local Catholic school
Jan. 25 - Feb. 5, 2005

High School Registration
Saturday, February 5, 2005

"Education for the future, faith for a lifetime!"

REAL ESTATE

RENTAL

"All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.

APARTMENT TO RENT

BELLEVERVE EXTRA Large 1 bedroom, 1st floor \$850 heat, hot water included. Available January 15th. Also available 2 bedrooms \$1100. Available February 15th. 1-1/2 months. Call Super 973-490-1619 973-765-2444

BELLEVERVE Two Very Nice 1 bedroom apartments. Conveniently located quiet neighborhood, heat, hot water and appliances included. From \$650 973-490-1619.

BLOOMFIELD 3 1/2 LARGE ultra modern rooms with walk-out carpeting. All electrical appliances. Heat, hot water supplied. Security facilities on premises. Parking space. No pets. 973-743-4449

BLOOMFIELD Bloomfield 2-1/2 & 3 UP. Government to NYC buses, trains No pets. No fee Susan 973-429-8444

BLOOMFIELD PLUASKI Street 2 Bedroom Earth kitchen, Living, Heat/hot water supplied. Near schools and transportation. Call Chis at 973-517-8181

BLOOMFIELD NORTH End 4 room apartment \$850 per month plus utilities, no pets. Available March 1st. Call 973-504-0674

EAST GORING Renov Apts No Fee STUDIOS 1 and 2 Bedrooms, \$750 and up. Clean elevator building, parking, available, laundry in building. Section 8 welcome. Call 917-560-4535 or 212-689-8833 ext 5

IRVINGTON 1 & 2 Bedrooms, heat/hot water, parking, New building 404 Union Avenue \$650-890/month 973-399-8400

MILLBURN 6 room apartment, reasonable rent. Center of town 1 block to train station with direct NYC connection. Living room, dining room 2 bedrooms, 1 with huge walk out closet. Modern eat-in-kitchen with large pantry. Additional storage and laundry, study on 3rd floor plus large lot for use as vegetable garden. No pets. \$1200. Call 973-670-9944 or 973-627-8022

MIDLAND 1 & 2 Bedrooms, heat/hot water, parking, New building 404 Union Avenue \$650-890/month 973-399-8400

MILLBURN 6 room apartment, reasonable rent. Center of town 1 block to train station with direct NYC connection. Living room, dining room 2 bedrooms, 1 with huge walk out closet. Modern eat-in-kitchen with large pantry. Additional storage and laundry, study on 3rd floor plus large lot for use as vegetable garden. No pets. \$1200. Call 973-670-9944 or 973-627-8022

MAPLEWOOD BORDERSLINE Newark Basement apartment Single, non-smoker. Near shopping and transportation 973-374-3619

MAPLEWOOD ONE furnished bedroom flat available. Best for single female. Utilities included. \$675 monthly. 1-1/2 month security. Call 973-953-8277

NEARK-NEAR HILLSIDE STUDIO 1 AND 2 BEDROOMS Very Spacious, Nice Quiet Building & Neighborhood Near Transportation Superior Services Program ON SITE SECURITY SECURE UNDERGROUND PARKING Call Mr. D. for appointment 973-705-8488

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APARTMENT TO RENT

NUTLEY 3 LARGE Rooms, first floor, sun room, heat, hot water included, pets ok, yard, near shopping, parking. 973-338-3478

NUTLEY SPRING Garden, 1 bedroom, furnished, \$650, 1-1/2 month security, utilities and cable included. No smoking/pets. Lease message 201-259-9841

SOUTH ORANGE, No Fee, 3 Bedrooms, 1 bath, sun room, call-in kitchen with separate dining area. 1st floor in 2 family. Immaculate, very large, new carpet, 2 Car garage. 1 garage space. Very close to train/shopping. Available February 1st, \$1750 plus utilities, 1 month security 973-678-2578

SOUTH ORANGE, Extra large 2 bedroom, 3rd floor, hardwood floors, freshly painted, heated water included. Walk to NY train and town. Available January 15th, \$1650, 1-1/2 month security. 973-313-9169/ 602-205-9482

UNION - 3 BEDROOMS, newly renovated, central air, washer/dryer, no smoking/pets, \$1000 per month, plus utilities, 1 1/2 months security. Available immediately 908-403-4852

UNION, 3-1/2 rooms, 2nd floor. Living room, dining room, eat-in-kitchen, deck, heat, hot water supplied. \$850/ month. One month security. 908-964-9105.

WEST ORANGE, Attractive 5 Room (2 Bedroom) garden apartment with garden. New kitchen and bathroom. Accessible to highways and NY transportation. \$1295 Includes heat/hot water. Available. 973-731-8070

WEST ORANGE, 2 bedroom split level apartment, laundry room, washer, dryer, second parking space, all utilities included. Available now. \$1300 Includes utilities. 1 1/2 month security. No pets. 973-731-4149

APARTMENT TO SHARE UNION AREA. Female seeks same share 2 bedroom apartment, nice area, near Keen, Seton Hall. Non-smoker. \$495 includes utilities. 908-585-5385.

APARTMENT WANTED ATTENTION LANDLORDS! APARTMENTS WANTED! We have many desirable vacancies waiting NO FEE TO LANDLORDS. CONTACT REEA 289 FRANKLIN AVENUE, NUTLEY, NJ 07110-7079

FURNISHED ROOMS SOUTH ORANGE, 1 Bedroom, semi-separate entrance near all transportation, microwave, refrigerator, free pool, \$1300 weekly, 2 weeks security. Non-smoker. 973-763-7639

SOUTH ORANGE, Rooms for rent, \$130 a week. 2 weeks security. Good references, no smoking. No Kitchen. 973-763-4260; 973-865-9191

WEST ORANGE, Llewellyn Hotel. Convenient to transportation. Rates from \$110 weekly. No Kitchen. Call: 973-731-6845 after 6:00pm.

ROOMS TO RENT IRVINGTON, EXTRA Large unfurnished 2nd floor apartment, all conditions, all utilities included. Working female preferred. 973-530-2944.

HOUSE TO RENT NO RENT! 30 DOWN HOMES Government and Bank Foreclosure! NEED TO GET TO LOW DOWN FOR Leases \$600-1177 extension 183, Fee.

OFFICE TO RENT OFFICE FOR Lease - Bloomfield Historic Section. Recently Renovated (4) Rooms. Private Bath with Shower, Private Parking, Central Air, Near Municipal Parking, 2nd Floor With Outside Deck, Approximately 1000sq. ft. Located Near Bus Stop, Heat Hot Water. Good for Attorney, CPA, Small Business. \$1800/ month. Call 973-743-3830

OFFICE TO RENT OFFICE FOR Lease - Bloomfield Historic Section. Recently Renovated (4) Rooms. Private Bath with Shower, Private Parking, Central Air, Near Municipal Parking, 2nd Floor With Outside Deck, Approximately 1000sq. ft. Located Near Bus Stop, Heat Hot Water. Good for Attorney, CPA, Small Business. \$1800/ month. Call 973-743-3830

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Thank you Jill Guzman

Look for the R and the MLS Signs of Success!! If you are a homeowner thinking of the possibility of selling your home, you want the best Ethics, professionalism, honesty, service, and consumer exposure are all the factors that will open the doors to a successful Real Estate transaction.

The "R" represents "Realtor". Knowing that a Real Estate professional proudly wears the "R" symbol next to his name, is as reassuring as MD, next to your physician title. The "R" signifies that your Real Estate Agent and Brokerage are members of the local, state, and National Boards of Realtors. It means they follow and subscribe to the highest rules of Ethics and are well educated professionals in their field.

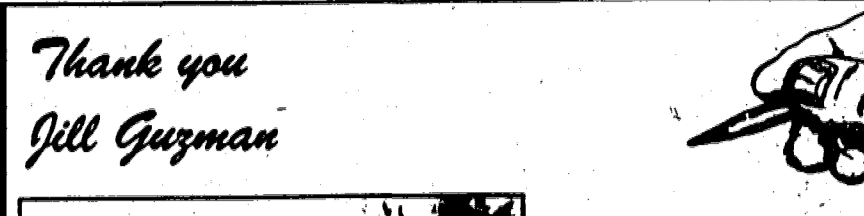
The "MLS" signifies Multiple Listing Services and assures you as a home owner that your home will be given the most exposure as it is listed in the Multiple Listing Service and many more other Real Estate professionals in the MLS' sharing top activity and then offering to sell your home to a better price!

Caution! Beware - Let the consumer beware! Make certain when listing your home that the Brokerage will offer you the type of activity you desire by placing your home on the M.L.S. Many discount brokers do not offer that opportunity for your home, they promise to save you money in the long run, cause you to sell your home under its value, there by costing you a substantial amount! We at Jill Guzman Realty, Inc. now proudly celebrating our 15th year of success, pride ourselves on the "R" that stands next to us.

The professionals at Jill Guzman Realty are achieving honors and distinctions year after year. They offer personal service, true knowledge of market value, and a marketing program to enhance your home together with honesty and integrity. Their best reference is, and always will be, your neighbor.

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mortgage market place

Weekly Mortgage News

MORTGAGE RATES FALL BY ONE POINT FROM LAST WEEK

Lender	30 yr Fixed Rate	15 yr Fixed Rate	ARM (5/1)	Additional Programs/Information
Annual Yield	6.14-6.20	5.64-5.83	5.50-5.75	3.75-3.99 (90%)
Bank of America	6.75-6.87(770%)	6.25-6.37	6.25-6.37	Call 1-800-875-3333
Bank One	6.25-6.37(700%)	5.75-5.87	5.75-5.87	Call 1-800-875-3333
Bank of Montreal	6.25-6.37	5.75-5.87	5.75-5.87	Call 1-800-875-3333
Bank of the West	6.25-6.37	5.75-5.87	5.75-5.87	Call 1-800-875-3333
Bank of America	6.25-6.37	5.75-5.87	5.75-5.87	Call 1-800-875-3333
Bank of America	6.25-6.37	5.75-5.87	5.75-5.87	Call 1-800-875-3333
Bank of America	6.25-6.37	5.75-5.87	5.75-5.87	Call 1-800-875-3333
Bank of America	6.25-6.37	5.75-5.87	5.75-5.87	Call 1-800-875-3333
Bank of America	6.25-6.37	5.75-5.87	5.75-5.87	Call 1-800-875-3333
Bank of America	6.25-6.37	5.75-5.87	5.75-5.87	Call 1-800-875-3333
Bank of America	6.25-6.37	5.75-5.87	5.75-5.87	Call 1-800-875-3333

National Averages

30-year mortgage National Average: 5.75%

15-year mortgage National Average: 5.25%

1-year ARM mortgage National Average: 5.25%

Public Notice

Notice of Probate: Estate of Robert F. Olive, Deceased. On the application of the undersigned, Executor of the will of the late Robert F. Olive, who has filed with the Clerk of the Superior Court of New Jersey in and for the County of Essex the will of said deceased, the Clerk of said court has appointed the undersigned as executor of said will. The date of the hearing on this application is set for January 28, 2005 at 10:00 A.M. at the Essex County Courthouse, Newark, New Jersey. All persons having claims against the estate of said deceased are hereby notified to present their claims to the undersigned on or before January 28, 2005. Signed: Strella Olive, Executive. Dated: January 20, 2005. (\$15.00)

MEETING NOTICE: UNION COUNTY MORRIS CREEK FLOOD CONTROL BOARD FIRST MONDAY OF EVERY MONTH EXCEPT JANUARY ROSELLE BOROUGHS HALL MEETINGS WILL BE AT 7:00 PM EXCEPT THE DECEMBER MEETING AT 5:30 PM. 05/9844 WCN Jan 20, 2005 (\$8.25)

NOTICE TO ABSENT DEFENDANTS: LUIS LOAZDO, his heirs, devisees, and personal representatives, and any of their successors in right, title and interest. YOU ARE HEREBY SUMMONED AND REQUIRED TO appear in court on January 20, 2005 at 10:00 A.M. before Judge Charles J. Gurnea in Courtroom 1000, Essex County Courthouse, Newark, New Jersey. Failure to appear may result in a default judgment being entered against you. If you are unable to appear, you may wish to file a written statement of your appearance and a copy of this summons with the court. Signed: DONALD P. SHELTON, CLERK SUPERIOR COURT OF NEW JERSEY, COUNTY OF ESSEX. 05/9817 WCN Jan 20, 2005 (\$8.25)

LENDERS: TO BE LISTED IN THIS SURVEY CALL 1-800-CNS-8525

Information is current as of Jan. 17, 2005 and believed to be accurate but can not be guaranteed and can change without notice. Credit History, FICO Score and other factors may affect program terms. Rates based on \$165,000 single family loan, Jumbo rates (from over \$139,650) based on a \$175,000 loan. Minimum down payment requirements, and other restrictions, may apply. Closing costs, may vary. Contact each company for details. R = Refinance program only. P = points. Includes origination and discount fees. Lock = rate lock period. 30 - day lock unless specified. APR = Annual Percentage Rate and is calculated by each company - includes costs to obtain loan and private mortgage insurance if required. ARM (apr) = Adjustable Rate Mortgage program. Copyright 2005 Consumer News Systems, Inc.

RENTAL

"All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination." We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis."

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VACATION SERVICES

OCEAN CITY, NJ Private Rental Outer 600 780-8844 or visit our web site AcademyRealEstate.com/Realtor

REAL ESTATE

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ADVERTISE

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IRVINGTON - 3 apt-1st & 2nd w/2BR, 1.5 DR, FBR & BK 1st w/1BR, FBR, LR & BK! 2nd also has small sun porch & small den! \$330,000

Large and Beautiful Colonial!
HILLSIDE - Offering 5 lg bedrooms, 5 full baths, Living Room, formal Dining Room, Family Room, Game Room, full finished attic/bmt w/wipe cellar and finished kitchen! Great \$670,000

Great Family Home!
RAHWAY CITY - Must see tri-level split! 3 bedrooms, family room, new above ground pool! Priced to sell \$349,900

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Office leasing: steady growth in '04

By Christopher Klaus
The writer is the executive managing director of Cushman & Wakefield of New Jersey Inc.
As the New Year begins, New Jersey's office leasing market continues to show the same steady, but limited, growth experienced throughout the last 24 months. The overall vacancy rate for Northern and Central New Jersey, which hovered near 19 percent at year-end 2004, has registered no change since last year at this time. The one main difference is that we have enjoyed economic growth, some 3 percent to 4 percent, and the Federal Reserve has projected the same rate of slow progress through 2005.
Within this context, the New Jersey office market has performed reasonably well. Although average asking rents have not increased, they have stabilized and rest at \$25.24.
Additionally, the subtle market has diminished. Several companies, including Aventis, have back-filled space they had made available. A number of subleases also have contributed to the absorption of indirect availability. In general, this is good news for the competitive market because there is less lower-priced sublease space available.
The downside is that some of the remaining space is running out of term, which places pressure on the landlords who must shoulder the resulting lack of income.
Economic growth has not yet resulted in a huge number of new jobs in New Jersey, yet we did see some white-collar job creation in 2004. The resulting increased activity among tenants reflected strongly in Morris County.

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Elizabeth Offered at \$314,900
Immaculate Split winged entry farm w bath is perfect for in-law suite if desired. It also features a LR, FDR, updated BK, 3 BR's, new full bath & in beam ram rm. Nice side yd w/deck & privacy fence. UN17902

Union Offered at \$397,721
Spacious 4+ bedroom Colonial in great location features 4 + BR's, 3 full baths, EIK, 2 fire, CAC & in beam w/summer kit. All handicapped accessible. 1 car garage & dry for 4+ cars. UN17902

Union Offered at \$449,900
Welcome to beautiful Liberty Village 2 BR's, 2.1 Baths + Bonus Room, amazing design throughout to detail, LR & DR w/glass floor plan, Gourmet Kitchen w/glass eating area & walk in pantry & Bonus Room is perfect offering! Prices starting from \$449,900. Open House Saturdays & Sundays 12pm-4pm. UN17941

Union Offered at \$378,900.
Desirable Parkway location Split located on quiet cul de sac boasts 3 BR's, 1.1 baths, FDR, EIK, fin bmt, 1 car alt. garage, firm rm & newer roof & CAC. UN17941

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ORANGEWOOD - 3600 sq ft. 1st floor open plan, 2nd floor 2 bedrooms, 2 full baths, walk-in closet, hardwood floors, granite counter, stainless steel appliances, double garage, central air conditioning, pool, spa, hot tub, pool house, large deck, lawn, landscaping, mature trees, view of golf course. Call: 908-687-1800

SCOTTSVILLE - 2000 sq ft. 1st floor open plan, 2nd floor 2 bedrooms, 2 full baths, walk-in closet, hardwood floors, granite counter, stainless steel appliances, double garage, central air conditioning, pool, spa, hot tub, pool house, large deck, lawn, landscaping, mature trees, view of golf course. Call: 908-687-1800

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AUTOMOTIVE

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2 CLASSIC CADILLACS for the price of one 1988 STS Seville, 1986 Fleetwood Brougham. Fully loaded. Original owner. Low mileage. Needs some work. Call 908-527-0319 evenings, or 973-467-1930 days.

AUTO FOR SALE

Audi A4 1998 1.8T 5-speed, 89,000 miles, new snows, CD changer, moon roof, excellent condition. \$7900. 973-763-0725 (nights), 908-522-5546 (days).

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CHRYSLER JKI CONVERTIBLE, 1997. Red metallic with tan leather. Very nice car. V6, auto stick, every option. 973-467-9465 private, \$8,599.

AUTO FOR SALE

FORD CONVERSION Van 1993, Mark 111. Great shape, 108k miles, \$5000 or make an offer 908-610-6324, 908-418-0973.

AUTO FOR SALE

Subaru Impreza 1998. All wheel drive, 2 door, auto, all power, sunroof, 103k miles. Excellent condition. \$4500. 908-232-5550, 908-781-8414.

ADVERTISE

Cadillac CTS-V a rival to the sedans of today

By Mark Maynard
Cadillac's CTS-V sport sedan breathes fire with a scoring American slug of performance that isn't just horsepower. It turns, stops and will comfortably carry the in-laws to brunch.
Based on the European-sourced Sigma chassis and hand-forged on Germany's Nurburgring track, the CTS-V has a unique purity of power and prestige.
The 5.7 liter LS6 V-8, by way of the fifth-generation Corvette, is cranked up to 400 horsepower with 300 foot-pounds of torque.

Both cars have the same fuel economy ratings, Cadillac says: 18 mpg city and 27 highway for the five-speed automatic and 17/27 for the six-speed manual.
The CTS-V uses a heavy-duty Tremec six-speed shifter and a range of other power-boasting components.
Among them, hydroformed engine cradles to manage the mass and torque of the LS6. Larger stabilizer bars trim body roll, stiffer springs sharpen handling response and Nivomat rear shocks automatically adapt spring and damping rates to changing conditions.

Mark Maynard is driving in cyberspace at mark.maynard@localsource.com
2005 Cadillac CTS-V
Body style: Midsize, five-passenger, rear-wheel-drive sport sedan
Engine: Aluminum, OHV LS6 5.7 liter V-8
Horsepower: 400 at 6,000 rpm
Torque: 395 foot-pounds at 4800 rpm
Transmission: Tremec six-speed manual
Acceleration: 0 to 60 mph, 4.6 seconds; top speed, 163
EPA fuel economy estimates: 15 mpg city, 23 highway; premium recommended, but not required
Trunk space: 12.5 cubic feet
Front head/leg/shoulder room: 39/42, 41/56.6 inches
Rear head/leg/shoulder room: 36.7/37.5/56.2 inches
Length: 194.5 inches
Wheelbase: 115.2 inches
Curb weight: 3,850 pounds
Standard equipment: remote keyless entry with alarm, leather seating surfaces with suede fabric inserts, power and heated front seats with lumbar, multidriver memory presets, split-fold rear seat, power windows and mirrors, seven-speaker AM-FM-CD navigation system and for lights
Safety equipment: six air bags, including dual-stage front air bags and head-curtain side air bags
Brakes: Brembo four-wheel vented discs with ABS; four-piston front and rear calipers and performance brake linings; 14-inch front rotors, 14.4-inch rear
Steering: Speed-sensitive, power-assisted rack and pinion; 36.2-foot turning circle
Suspension: four-wheel independent; front, short/long arms, with elastomeric ride bushings, coil-over springs, 26.6 mm stabilizer bar, rear, multilink, coil springs, Nivomat load-leveling shock absorbers, 21 mm stabilizer bar
Tires and wheels: Goodyear Eagle F1 P245/45WR 18-inch EMT run flat on seven-spoke alloy wheels
Base: \$51,295, including \$695 destination charge and \$1,300 gas guzzler tax. Options on test car: none
Warranty: Four-year/50,000 miles
The competition: Mercedes-Benz C55; BMW 3-Series Sport; Audi S4
Where assembled: Lansing, Michigan

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20 WORDS - 10 WEEKS for \$59.00 In ESSEX & UNION COUNTIES
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ESSEX COUNTY PUBLICATIONS: MAPLEWOOD, SOUTH ORANGE, WEST ORANGE, EAST ORANGE, IRVINGTON, VALSBERG, BLOOMFIELD, GLEN RIDGE, NUTLEY, BELLEVILLE
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The New RELAY In Stock Now!
The Engineered For Family Living Saturn RELAY.
Let the 2005 Saturn RELAY be your guide on a surprising adventure through everyday life.
PRE-OWNED SUPER SAVINGS '04 CADILLAC CTS
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"ALL NEW" 2005 CHEVROLET COBALT 4 DR
 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.

\$12,920 **SAVE OVER \$2200 OFF MSRP**

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.

\$15,920 **SAVE OVER \$5325 OFF MSRP**

NEW 2005 CHEVROLET BLAZER LS 4X4 2 DR
 6 cyl, auto, p/str/ABS/winds/lks, air, 6 disc cd, sunr, wide stance susp, security sys. Sika#50525. VIN#5N106802. MSRP \$29,070. Price Includes \$3500 Factory Rebate & \$1500 GM Owner Loyalty Rebate if qual.

\$21,220 **SAVE OVER \$7850 OFF MSRP**

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AVAILABLE FOR 36 MONTHS
 ON ALL NEW 2005 MODELS
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NEW 2005 CHEVROLET MALIBU 4 DR
 4 cyl, auto, p/str/ABS/winds/lks, air, cd. VIN#5F156762. MSRP \$19,790. Price Includes \$2000 Factory Rebate & \$1500 GM Owner Loyalty Rebate if qual.

\$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#40780. VIN#45111200. MSRP \$54,490.

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

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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!

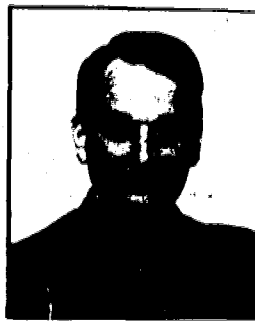
You have been part of it yourself - Everyone can get caught up in momentum. You probably have yourself. Remember when you waited on line for a cabbage patch doll, the latest Harry Potter book or the midnight release of a great CD?

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 jpica@d@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.

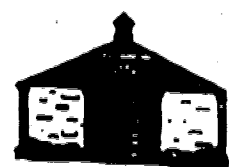
The problem is considered so important that a bill has been introduced in the Legislature to require hospitals to report the rates of secondary infections to the state Department of Health and Senior Services so that they can be monitored more accurately.

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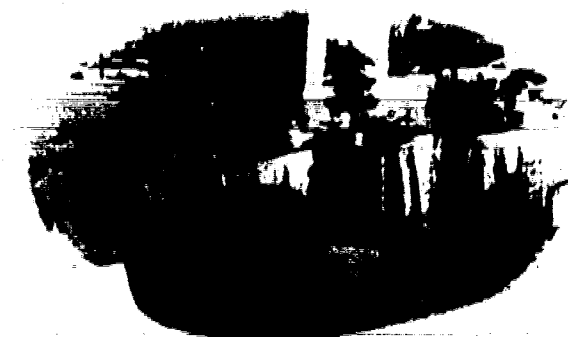
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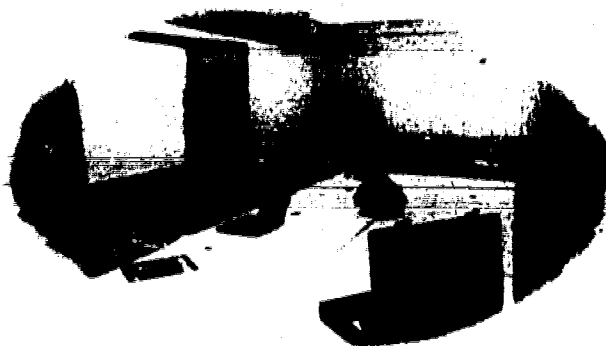
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Merck & Co. Inc.

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.

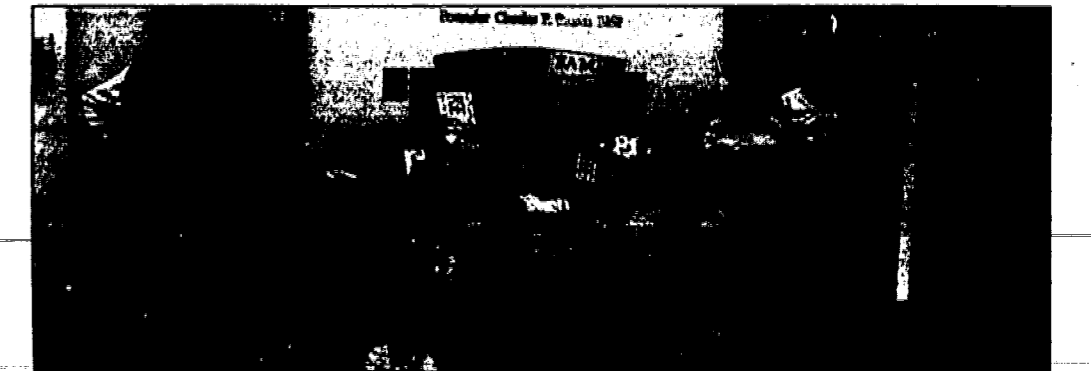
Eight companies nationwide were company-wide or plant-specific progress as part of the Council's Energy Efficiency Continuous Improvement Program, an effort that encourages members to improve energy efficiency and minimize energy-related environmental impacts.

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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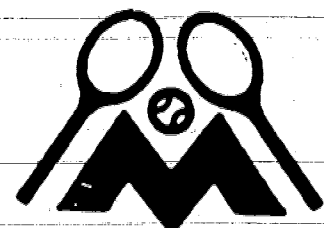
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