

# Fitness and Health pages in Focus

# Springfield Leader

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County Leader Newspapers  
 SPRINGFIELD, N.J., THURSDAY, FEBRUARY 2, 1989 2\*

Two sections

10¢



Photo By Joe Long

**CALDWELL ARTISTS** — James Caldwell School students who participated in the 11th annual Channel 13 Student Art Festival are top row, from left, Julia Rudakov, Chris Behar, Eric Hendrichs, Alessandra Ruggiero, Rence Gow, Erica Nagar; middle row, from left, Leah Demberger, Jessica Singer, Danny Carbone, Andrea Zawerczuk, Josh Azran, Ann Battinelli; seated, bottom row, from left, Brian Berger, Scott Rosenbaum, Dana JGow, Javier Delao, Adam Lieb, Cassandra Holt, Nick Contardo.



Photo By Joe Long

**SANDMEIER ARTISTS** — Sandmeier School students who participated in the Channel 13 Student Art Festival are, top row, from left, Paul Gerber, Lauren Chesley, Jon Ritter, Melyndor Egenberg and Kathleen Hart; middle row, from left, Jennifer Gerber, Mark Miller, Tamara Young, Melissa Savin, Lourdes Bustamante, Zubair Mottomed, James Guilas; seated, from left, Jennifer Malta, Jamie Moskowitz, Laurie Prudente, Andrew Harris, Laura Molseu, Jessica Zambias and Vinay Vaswani. Art work by local students has been selected for exhibition on television, at the U.N. and in various foreign countries from more than 6,000 entries to the television festival during the past nine years.

## School taxes to increase by 9 percent

By EARL MOORE

The Springfield Board of Education adopted a \$6,818,130 current expense budget and a \$254,000 capital outlay budget for the 1989-90 school year following a public hearing at the board's last meeting.

Nearly 65 million of the budget will be placed into salary accounts, leaving \$1,864,540 to be allocated to curriculum, student services and other areas. The largest account other than salaries, listed as "Other Support," accounts for employee benefits, pension plans and the like, and totals \$647,025.

According to Superintendent of Schools Dr. Gary Friedland, the 1989-90 budget represents approximately a 9 percent increase over last year's budget, which means an additional \$600,000 must be levied in school taxes.

Employee insurance costs account for about \$100,000 of that figure, increasing more than 16 percent over last year.

Friedland said medical insurance premiums have increased 20 percent, dental insurance premiums have gone up 15 percent, and all other insurances have increased about 10 percent.

According to Jeff Rauchbach, finance chairman, the budget is \$16,576 below the state-imposed spending limit, and represents a tax increase of \$98 for the average homeowner. A revenue of \$82,000 from tuition and \$75,000 from the lease of Walton School have been utilized to decrease the impact of the school budget on the tax levy. An additional \$76,000 in grants will also help decrease the amount to be raised by taxes.

The \$254,000 capital outlay budget adopted by the board is not included in the 1989-90 budget and is voted on separately by both the district board and the county superintendent, who must now approve both plans and return them to the board for public vote on April 4.

The capital outlay budget allocates \$98,000 to the Florence M. Gaudi-

neer School for renovations to the laboratories, cafeteria, libraries, and, in order to comply with state law, to install a dust removal system and eye washes in the school's shop. In addition, Gaudineer School will replace several doors that are in poor condition and of little use in their present state.

• About \$47,000 will be allocated to the James Caldwell School, \$28,000

*"Presently, almost 24 percent of the average homeowner's taxes goes toward the running of the township's elementary schools and the Board of Education has done everything possible to stabilize that proportion while accounting for inflation."*

Dr. Gary Friedland

of which will be used to repair the school's roof. The balance will be used for new doors and for repairs to hallway and classroom floors.

The Edward V. Walton School will receive about \$46,000 to repair its roof and replace the school's doors, and the Thelma L. Sandmeier School will receive \$32,500 for roof repairs and renovations to the school's gym and library.

Collectively, district schools will receive about \$30,000 to be used for asbestos removal. According to Friedland, all of the asbestos that has been considered a hazard to students or faculty has already been removed, and the remaining asbestos is located under the school and presents "no immediate danger to the youngsters."

According to Friedland, the \$254,000 capital outlay budget will be offset by the \$75,000 in revenue from the lease of Walton School, bringing the total cost to taxpayers down to \$179,000.

"Over \$1,000,000 has been spent on repairs over the past seven years, and the district will spend that again within the next 10 years," said Board president Ned Sambur when the budget was introduced at the Jan. 9 meeting. Sambur also reminded the public that the school budget is the only budget citizens vote on.

"The new budget emphasizes improvement in curriculum and instruction in mathematics, reading, special education, composition, writing and library skills," Friedland said. "In the past two years, the school district had seen a steady increase in test scores and in academic preparation of high school students, and this improvement is not by chance, but by design."

As a part of the continuing process of improving the district's fundamental skills programs, the 1989-90 budget allocates \$225,571 toward reading, writing, mathematics, social studies, science, physical education, music and other classroom basics.

Gaudineer School will receive over \$100,000 for these programs, while Caldwell and Sandmeier will receive \$62,800 and \$62,000 respectively. Last year the three schools were allocated a total of \$205,635 — an increase of \$19,936 or almost 9 percent.

"Presently, almost 24 percent of the average homeowner's taxes goes toward the running of the township's elementary schools," Friedland said, "and the Board of Education has done everything possible to stabilize that proportion while accounting for inflation."

"Based on the projected budget, the school's proportion will continue to decrease as it has over the past two years," Friedland said.

## BOE names administrator

By EARL MOORE

A divided Springfield Board of Education has approved the appointment of Lois Lundgren as business administrator/board secretary.

Lundgren, who has been serving in the same capacity in the Harding Township School District since 1985, fills a vacancy created 15 months ago by the resignation of Dr. Leonard J. DiGiovanni.

The board appointed Lundgren to the post by a 5-2 vote with one abstention at its Jan. 23 meeting at the Gaudineer School.

According to Board member Lee Eisen, the mixed feelings on the appointment arose out of "philosophy," not Lundgren's qualifications. "I feel Lundgren is fully qualified and will make an excellent administrator. I voted against her appointment because I, along with

other members of the administration and board, felt that the time has come for the board to take someone from within the existing system," Eisen said.

"I wanted to express to the existing staff that there can be growth from within."

According to Board member Jeff Rauchbach, who made the motion to appoint Lundgren at the Jan. 23 meeting, there was no candidate within the school's administration or faculty who is qualified to fill the post.

Rauchbach's position was shared by five other board members, including Superintendent of Schools Dr. Gary Friedland, who thought the best decision was made considering the additional costs of time and money involved in hiring a less qualified candidate from within the district.

"It would cost the district an additional \$3,000 to \$5,000 in fees for the consultant who would work with the appointee and another \$9,000 in salary to myself during the six-month interim," said Friedland, who has been the acting business administrator since July of 1987.

"And even after six months of education, the new administrator both plans and return them to the board for public vote on April 4."

The capital outlay budget allocates \$98,000 to the Florence M. Gaudineer School for renovations to the laboratories, cafeteria, libraries, and, in order to comply with state law, to install a dust removal system and eye washes in the school's shop. In addition, Gaudineer School will replace several doors that are in poor condition and of little use in their present state.

About \$47,000 will be allocated to the James Caldwell School, \$28,000 of which will be used to repair the school's roof. The balance will be used for new doors, and for repairs to hallway and classroom floors.

The Edward V. Walton School will receive about \$46,000 to repair its roof and replace the school's

(Continued on Page 6)



OSCAR

## Dog lost, friends found

By DOMINICK CRINCOLI JR.

A stray pug wandered home this week after being lost for nine days on the streets of Springfield.

The Erskine family of Kemp Street had been living in Springfield little more than a month when the furry quadruped decided to hit the high road of adventure, Lorraine Erskine reports.

The search for the pup, named Oscar, was a great way to meet the neighbors.

The Erskines, who moved from East Newark, put fliers in mailboxes and on telephone poles, called area veterinarians to see if the animal had been injured or found, and alerted area police departments, including the Newark police in case the family pet tried to return to its former home.

In turn, township residents formed search parties and kept their eyes open for signs of the escaped

(Continued on Page 6)

## Tax aid offered

Residents confused by the new tax laws, unclear about how those laws apply to older people, or otherwise in need of assistance in preparing federal and state income tax returns may find help from the American Association of Retired People Tax Aid Program.

Trained volunteers will provide free tax assistance at the Springfield Library on Tuesdays from 9 to 1 p.m. beginning Feb. 7.

State tenant and homeowner credits of \$35 or \$65 may be payable to individuals even if they owe no taxes.

Concerned individuals may call 376-4930 for an appointment. Limited service to shut-ins is available.

## BOE deadlines

The term of the Springfield representative on the Union County Regional Board of Education expires this spring.

Margaret D. Hough is serving her fourth term since being elected in 1977. She was re-elected without opposition in 1980, 1983 and 1986.

Two other terms, those of the Clark and Berkeley Heights representatives, also expire this year.

The deadline for filing petitions for seats on the local and regional boards of education is 4 p.m. Feb. 9.

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## County Leader Social



MR. AND MRS. ADRIAN FONSECA

### Sweeney-Fonseca

Colleen P. Sweeney, daughter of Mr. and Mrs. Patrick Sweeney of Fords, formerly of Linden, was married recently to Adrian Fonseca, son of Mr. and Mrs. Josue Fonseca of Elizabeth.

The Rev. Fred Miller and the Rev. Joseph Hogen officiated at the ceremony in Our Lady of Peace Church, Fords. A reception followed at the Fiesta, Wood-Ridge.

The bride was escorted by her father, Nancy Fowler of South River served as matron of honor for her sister. Bridesmaids were Arell Fonseca of Elizabeth, sister of the groom; Connie Power and Denise Hernandez, both of Elizabeth; Irene Sweeney of Whitehouse Station, cousin of the bride, and Sandy Gorzkowski of Fords, Deanne Fowler of South River, goddaughter of the bride, served as flower girl.

Rudy Roque of Elizabeth served as best man. Ushers were Alex Fonseca of Elizabeth, brother of the groom; Ron Sweeney of Linden; Don Sweeney of Metuchen and Patrick Sweeney of Fords, all brothers of the bride, and Doug Fowler of South River, brother-in-law of the bride.

Mrs. Fonseca, who was graduated from Woodbridge High School, is employed by Garden State Salon Services, Linden.

Her husband, who was graduated from Elizabeth High School, also is employed by Garden State Salon Services, Linden. The newlyweds, who took a honeymoon trip to Hawaii, reside in Linden.



MR. AND MRS. GABRIEL A. TOMAE

### Rudnick-Tomae

Andrea Rudnick, daughter of Mr. and Mrs. Murray Rudnick of Union, was married recently to Gabriel A. Tomae, son of Mr. and Mrs. Anthony Tomae of Union.

Cantor, Aaronson of South Orange officiated at the ceremony at the Gran Marquis, Old Bridge, where a reception followed.

The bride was escorted by her parents. Jerelyn Rudnick of Union served as maid of honor for her sister. Bridesmaids were Holly and Stacey Rudnick of Union, sisters of the bride; Pamela Masterson of Union, sister of the groom; Ellen ZJacobs of Union, Jackie Rabin of Manalapan, Tracy Tomae of Cranford and Ann McLaughlin of Somerset. Kelly and Kimberly Masterson served as flower girls.

Anthony Tomae of Cranford served as best man for his brother. Ushers were Marty Masterson and Robert Kelly, both of Union; Stuart Schrenzel of Cresskill, Anthony Rechcia of Cedar Knolls and Edward Heinis of Manchester.

Mrs. Tomae, who was graduated from Union High School and Rutgers University, is employed as a sales agent for Prudential, Clark.

Her husband, who was graduated from Union High School, is employed by Rockette Recycling, Newark.

The newlyweds, who took a honeymoon trip to Bermuda, reside in Colonia.

### Koggan-Feldman

Perri Koggan of Union, daughter of Mr. and Mrs. Arthur Koggan of South Orange, was married Dec. 11 to Dr. Paul Feldman of Union, son of Dr. and Mrs. Bernard Feldman of Livingston.

Rabbi Harvey Goldman officiated at the ceremony in Greenbrook Country Club, where a reception followed.

The bride was escorted by her father. Melissa Raphael of New York City served as matron of honor. Bridesmaids were Barbara Feldman of New York City, sister of the groom, and Lynne Koggan of Montclair, sister-in-law of the bride.

Bruce Crowley of Union served as best man. Ushers were Elliot Feldman of Montclair, brother of the groom; Dr. Russell Bodner of Livingston and Robert Koggan of Montclair, brother of the bride.

Mrs. Feldman, who attended Washington University, was graduated from Boston University School of Management. She previously was employed by USA Today and Warner Brothers and is currently employed as a regional sales manager for Business Month Magazine.

Her husband, who attended Tufts University, was graduated from Drew University and the University of Pennsylvania, where he received a dental degree. He is a dentist in Union and West Orange with his father.

The newlyweds, who took a honeymoon trip to Hawaii, reside in Union.



DR. AND MRS. PAUL FELDMAN

### Miller-Kohen

Irene Robin Miller, daughter of Mrs. Norma Miller of Iselin and Mr. Joel Miller of Colonia, was married Jan. 8 to Phillip Aaron Kohen, son of Mr. and Mrs. Larry Kohen of Linden.

Rabbi Steven M. Dworkin and Cantor Shimon Vogel performed the ceremony in Congregation Anshe Chesed in Linden, where a reception followed.

Gina Catena served as maid of honor, and Wendi Buris served as matron of honor. Bridesmaids were Sandi Kohen, Chris Keenan, Eileen Paslawski, Robin Kofsky and Rhea Adler.

Ushers were Jay Kohen, Paul Miller, Larry parish, Irwin Brewster, Robert Drake and Mark Adler.

Mrs. Kohen, who was graduated from John F. Kennedy Memorial High School, Iselin, and Syracuse University, where she received a bachelor of science degree in special education, is a teacher at Somerset Hills School, Warren.

Her husband, who was graduated from Linden High School, and Pennsylvania State University, where he received a bachelor of science degree in mathematics and business, is employed as a credit manager for the Jaydor Corp., Millburn.

The newlyweds, who took a honeymoon trip to St. Lucia, reside in Roselle.



MR. AND MRS. PHILLIP A. KOHEN

### Photo charge

There is a \$10 charge for wedding and engagement pictures. Glossy photos suggested. Black and white preferred. Story and photo must be submitted within eight weeks of the wedding date. Photos cannot be returned by mail and must be picked up at Union Leader office, 1291 Stuyvesant Ave., within three months of publication.

### Kerins-McMahon

Mrs. Rebecca F. Kerins of Linden has announced the engagement of her daughter, Denise of Elizabeth, formerly of Linden, to Brian P. McMahon, son of Mr. Paul McMahon of Gillette.

The announcement was made on Christmas Day. A March 1990 wedding is planned.

### Bono-Melisse

Mr. and Mrs. Michael Bono of Ray Avenue, Union, and Mrs. Gloria Bono of Stuart, Fla., have announced the engagement of their daughter, Lisa Marie, to Frank David Melisse, son of Mr. and Mrs. David Melisse of Weber Street, Union.

Both the bride-elect and her fiancé are employed by DeDietrich Co., Union. A fall wedding is planned.

### Estelle-Emery

Mr. and Mrs. Richard H. Estelle of Point Pleasant have announced the engagement of their daughter, Katherine Mary, to Scott Michael Emery of Bricktown, son of Mr. and Mrs. William J. Emery of Lakeside Place, Union.

The announcement was made on Dec. 10, and a party will be held in May given by the prospective bride's parents at their home.

The bride-elect, who was graduated from Pt. Pleasant High School, Ocean County College and Capri Institute of Hair Design, is employed by Bellissimo Hair Designs.

Her fiancé, who was graduated from Union High School, is the owner of Bay Standard Flopping.

A May-1990 wedding is planned in St. Peter Church, Point Pleasant.

### Stork club

A 9-pound, 9-ounce daughter, Amanda Leigh Hathaway, was born Dec. 2 in Elizabeth General Medical Center, Elizabeth, to Mr. and Mrs. Dwight Hathaway of Union. She joins a brother, Scott, 5, and a sister, Megan, 3.

Mrs. Hathaway—the former Mary Gilhooly, is the daughter of Mr. and Mrs. Edward Gilhooly of North Brunswick. Her husband is the son of Mr. and Mrs. Kenneth Hathaway of Union.

An 8-pound, 5-ounce daughter, Ashley Hannah Maas, was born Dec. 14 in Overlook Hospital, Summit, to Mr. and Mrs. David Maas of Springfield. She joins a sister, Jessica Katharine, 3.

Mrs. Maas, the former Linda Schramm, is the daughter of Mr. and Mrs. Raymond Schramm of Springfield. Her husband is the son of Mr. and Mrs. Louis Maas of Mountainside.

### Social photos

All photos will be held for three months following publication. Unclaimed photos will be destroyed. No photos will be returned by mail.

### Albrecht-Koerner

Mrs. Janet Albrecht of Bloomfield have announced the engagement of her daughter, Karen, to Richard K. Koerner, son of Mrs. Rosa Koerner of Union.

A summer wedding is planned.

### Theoret-Gallof

Mrs. Lillian M. Theoret of Moëssner Avenue, Union, have announced the engagement of her daughter, Diane Marie, to Michael A. Gallof, son of Mr. and Mrs. Joseph Gallof of Edison.

The bride-elect, who was graduated from Union High School and took business courses in schools, is employed a purchasing agent supervisor at Palmer Video Corp.

Her fiancé, who was graduated from John P. Stevens High School, Edison, is employed by Palmer Video Corp. as general manager of the Distribution Center.

An April 1990 wedding is planned.

### Di Giulio-Rosello

Mr. and Mrs. John DiGiulio of Elizabeth have announced the engagement of their daughter, Elisa, to Lawrence E. Rosello, son of Mr. and Mrs. Lawrence Rosello of Roselle Park.

The bride-elect, who was graduated from St. Mary High School, Elizabeth, and Christ Hospital School of Nursing, attends St. Peter's College, where she plans to be graduated next year. She is employed by Christ Hospital as a registered nurse.

Her fiancé, who was graduated from Roselle Park High School and Villanova University, where he received a bachelor of arts degree in political science, attends Vermont Law School and plans to be graduated in the spring.

A fall wedding is planned.



EXECUTIVE HONORED — Diane Werner, chairman for Alexian Brothers Hospital's 1988 Foundation Charity Ball, center, presents honoree Victor M. Richel, right, vice president of the Northwest Division of the Elizabeth Gas Co., with a crystal paper weight. Looking on is James J. Feehan, foundation president.

### Writers' exhibits

A group of published and unpublished writers will exhibit their books, poems and articles to commemorate the fifth anniversary of their inception during this month at the Livingston Public Library, South Livingston Avenue. The group meets every second and fourth Thursday of the month at the library from 7 to 9 p.m. Further information can be obtained by calling Helen Matwes at 688-7988.

### Stork club

A 10-pound, 2-ounce daughter, Melissa Ann Montagna, was born Jan. 2 in St. Barnabas Medical Center, Livingston, to Mr. and Mrs. Kenneth Montagna of Union. She is the couple's first child.

Mrs. Montagna, the former Veronica Hemenstall, is the daughter of Mr. and Mrs. William Hemenstall of Union. Her husband is the son of Mr. and Mrs. Jack Montagna of Union.

An 8-pound, 3-ounce son, Charles Garrett DiMarco, was born Oct. 28 in John F. Kennedy Medical Center, Edison, to Mr. and Mrs. Charles DiMarco of Edison. He is the couple's first child.

Mrs. DiMarco, the former Barabanne Yanus, is the daughter of Mrs. Anne Yanus of Roselle. Her husband is the son of Mr. Henry DiMarco of Clearwater, Fla.

### Photo charge

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### Cordrey-Abbate

Mrs. Susan Cordrey of Roselle Park has announced the engagement of her daughter, Carolann C. Cordrey, to Michael L. Abbate, son of Mr. and Mrs. Gino Abbate of Elizabeth. Miss Cordrey also is the daughter of the late Mr. Stephen Cordrey Sr.

The announcement was made on Christmas Day. The bride-elect, who was graduated from Roselle Park High school, is employed by Jerlyn Associates, Inc., Union.

Her fiancé, who was graduated from St. Mary of the Assumption High School, Elizabeth, is employed by Abba Products Corp., Elizabeth.

### Kiprais-Meskin

Mrs. Susan Kaufman of Coral Springs, Fla., has announced the engagement of her daughter, Abby Kiprais, to Marc Meskin of Lake Worth, Fla., son of Mr. and Mrs. Sanford Meskin of Springfield and Harvey Cedars.

The bride-elect, who was graduated from Broward Community College, is employed as a paralegal.

Her fiancé, who was graduated from Rutgers University, is a Phi Beta Kappa. He is a certified public accountant and is employed by Peat Marwick, Main & Co., West Palm Beach, Fla. A July wedding is planned.

### Palumbo-McNany

Mr. and Mrs. Donato Palumbo of Millburn have announced the engagement of their daughter, Phyllis, to Michael O. McNany, son of Mrs. Ann Marie McNany of Springfield.

The bride-elect, who was graduated from Millburn High School, is employed as a CRT operator by Clark Marketing.

Her fiancé, who was graduated from Jonathan Dayton Regional high school, Springfield, and the Union County Police Academy, is employed as a police officer for the Township of Springfield. A July 1990 wedding is planned.

## Meetings, election, awards scheduled

The GFWC Junior Woman's Club of Connecticut Farms, Union, will meet Monday at the Boys and Girls Club on Jeanette Avenue, Union, at 8 p.m., and election of officers will be held during the evening.

More information can be obtained by calling 964-0642.

**THE LINDEN-ROSELLE Lodge and Women's Tabor Chapter of B'nai B'rith** will present its 1989 Citizenship Award to Whitney E. Parker, a resident of Rosel-

Michael, and two grandchildren. He is a graduate of Rutgers University and a 1962 graduate of the Army Command and General Staff College, Fort Leavenworth, Kansas. He served as a major in the U.S. Army Artillery. For 39 years he was employed in the U.S. Post Office and retired in 1977 as director of Mail Processing. While there he was recognized with a Superior Accomplishment Award for Management Improvement Suggestions.

Jerusalem townhouse and now on display in the museum since it opened two years ago.

Gertrude Rubin of Union and Mamic Dugner are co-presidents of the Evening Division.

Refreshments will be served. Further information is available by calling 375-4601.

**THE CATHOLIC GOLDEN AGE Club of St. George Church, McCandless Street, Linden, will meet Sunday at 1 p.m.**

Tickets will be on sale for a trip to Neil's New Yorker on April 19.

Among the guests attending will be Mayor Paul Werkmeister of Linden and Mayor Sam Colucci of Roselle. The public is invited, and refreshments will be served.

**WOMEN FOR WOMEN of Union County** will offer the topic "Co-dependency" when Nancy Bristol discusses "What Are My Boundaries?—Issues of Co-dependency" at a Community Education Workshop tonight at 7:30 — snow date is Feb. 9 — in the Guild Room of St. Paul's Church, 414 East Broad St., West-

field. Reservations can be made by calling 232-5787.

**THE OBISSIAN CIVIC CLUB, OCC, a non-profit organization under the New Jersey State Federation of Colored Women's Clubs, Inc., will hold its annual College Scholarship Benefit Luncheon Feb. 11 at the Landmark Inn, Rt. 1 and 9, Woodbridge. Proceeds will be given as college scholarships to graduating high school students in Essex, Middlesex and Union counties.**

Tickets can be purchased in advance by calling 756-9596. Doors will open at noon.

**THE KIDNEY RESEARCH FOUNDATION of New Jersey, Ruth Papier Chapter, will hold a board meeting Monday at 9:30 a.m. at Epps Esch, East Mt. Pleasant Avenue, Livingston. Committee members are requested to attend. It was announced that there will be no regular meeting scheduled this month.**

## Clubs in the news

Susan Feigeles, welcomed Nancy Riley into the Connecticut Farms Juniors. She joined the juniors on Jan. 16 and will be part of the health department.

The Record Reader Club, which has been in progress for more than two months at Connecticut Farms School, Union, it was announced. The club was organized by the juniors' education department, library media specialist and her assistant from the Connecticut Farms School. Hundreds of Record Reader forms were filled out by students upon completing a book, it was reported, and each student returning a form received a prize. This is the second year that the juniors have conducted the Record Reader Program. Last year's Record Club site was at Washington School-Union.

Membership to the Connecticut Farms Juniors is open to women between the ages of 18 to 35. More information can be obtained by calling 964-8486 or 686-3488.

**THE BCM CHAPTER of Deborah Hospital** will meet Wednesday at 8 p.m. in Temple Israel, 2372 Morris Ave., Union.

A brief business meeting is planned, after which the group will play games.

Refreshments will be available after the meeting.

**LINDA FORGOSH** will present a slide program of the Siebenberg House Museum in Jerusalem to the members of the Evening Division of the National Council of Jewish Women, Essex County Section, Monday at 8:30 p.m. at the Millburn Library, 200 Glen Ave., Millburn.

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SPRINGFIELD..... 467-0132

Celebrate the Chinese New Year

Feb. 6, 1989 is the year of THE SNAKE

1928, 1941, 1953, 1965, 1977, 1989

People born in the year of the SNAKE are strong willed, intense and display great wisdom. They are compatible with the Cock and Ox. Your opposite is the Boar.

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## Valentine-Groh to co-star in new play at Mill

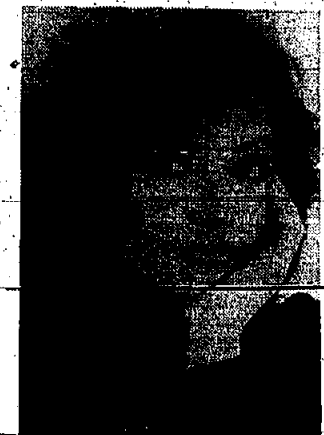
"Beyond A Reasonable Doubt," a world premiere drama starring David Groh and Karen Valentine, will make its debut at the Paper Mill Playhouse, Millburn, Feb. 15 and will run through March 19.

Groh started on television as Joe in the hit series "Rhoda," and as D.L. Blocker in "General Hospital." He had starring roles on Broadway in Neil Simon's "Chapter Two" and in Lanford Wilson's "Hot L. Baltimore."

Valentine, known for her Emmy Award-winning role in the TV series "Room 222," made her Broadway debut in "Romantic Comedy." She has starred in such

emotional conflict with the prosecuting attorney, whose political views are completely opposite to her own.

The play is directed by Thomas Grucenwald, with sets created by Michael Anania, Paper Mill's resident scenic designer.

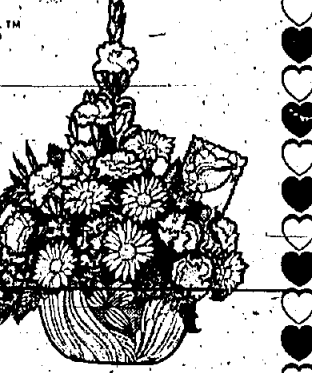


It reportedly was so well received that the two-character drama went into a more extensive Lab Phase of production with a small audience attending workshop presentations of the play over the period of a week. Again, audience response was so enthusiastic that executive producer Angelo Del Rossi gave the green light for a full mainstage production.

In 1987, "Sayonara" was the first musical to emerge from the Musical Theater Project.

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For week of February 2 through February 9

**ARIES** (March 21 to April 19) A friend may have a tendency to rob you the wrong way this week because this person refuses to take responsibilities seriously. Try to tactfully deal with this.

**TAURUS** (Apr. 20 to May 20) The beginning of the week will find you in a rather fuzzy state of mind. However, by the end of the week, this will clear up and much will be accomplished.

**GEMINI** (May 21 to June 20) While your romantic life has you more or less guessing about your status, this won't be the case with friendships. Rather than dwell on your problem, get out and socialize.

**CANCER** (June 21 to July 22) A clever schemer will try to get you involved in something which seems lucrative on the surface. However, you need to thoroughly research this before getting involved.

**LEO** (July 23 to Aug. 22) Although you're quite confident of yourself this week, someone close to you is less so and will be wavering in terms of a commitment to a mutual project. Give this person time to think it through.

**VIRGO** (Aug. 23 to Sept. 22) Your instincts will be right on the mark this week concerning your career. However, a domestic situation may have you in quite a quandary. Be honest and follow your heart.

**LIBRA** (Sept. 23 to Oct. 22) Friendships are favored by the stars this week, but romance is in a down trend. Don't let this get you down. Simply be careful and avoid getting involved in emotional entanglements.

**SCORPIO** (Oct. 23 to Nov. 21) You will be tempted this week to rest on your laurels, but you will be wasting some valuable time. Try to balance things by being productive in the day and relaxing in the evening.

**SAGITTARIUS** (Nov. 22 to Dec. 21) You and your mate may have some trouble communicating this week since you're both having a hard time really hearing what the other is saying. Nonetheless, harmony will reign.

**CAPRICORN** (Dec. 22 to Jan. 19) Although finances are favored this week, be careful in your money dealings with others. Someone is not on the level this week.

**AQUARIUS** (Jan. 20 to Feb. 18) Don't be inclined to listen to any life gossip being spread about this week. The person doing this is not only embellishing on the truth. This person is lying.

**PISCES** (Feb. 19 to March 20) It's best to be realistic this week in terms of your career and guard against non-productive fantasizing. An innovative idea is thrown at you which just may prove useful in the long run.

**CROSSWORD PUZZLE**  
Edited by Trude Michel Jaffe

**ACROSS**

- 1 "Prigmatism" playwright
- 5 Tony Musante role
- 9 Prognay
- 13 Scantling
- 14 Tresses
- 16 What to Pierre
- 17 Respecting
- 18 And the following: Abbr.
- 19 The Bruins
- 20 First-aid items
- 22 Provo person
- 24 Anthony's wife
- 25 Companions of carrots
- 26 Part of N.B.
- 28 Knitlock
- 32 Enthusiasm
- 35 Cordia shrub
- 36 Stage direction
- 37 Gorse
- 38 "La Rai d'Ys" composer
- 39 Prince
- 40 Gandhi or Mir
- 42 With 51 Across, the cast
- 44 Shay puller
- 45 Leaf-stem angle
- 46 Swindle
- 48 Logo
- 51 See 42 Across
- 55 River into the Colorado
- 56 Mistook
- 58 Brief life
- 59 Approval
- 60 Kitchen fixture
- 61 Cabinet or Slaughter
- 62 Bristle
- 63 Aquaman prop
- 64 Engrossed

**DOWN**

- 1 Large chunk
- 2 — care (w wary)
- 3 Env. abbr.
- 4 Sayers' forte
- 5 On — (active)
- 6 Western

**ANSWER TO PREVIOUS PUZZLE:**

SITUIDIS SILIANTIS  
SIEIRIATIE STIABOIREIT  
EIV LINGEID AICETIATIE  
DIEIP EMILITIEID LISIA  
AIRIKS SITIEID EPIOIS  
TIALIEIS IAIN LISIUIE  
EILEIVATOR DINISIEIS  
SICORIED PLEOINILIAS  
HIAH—EATH—EAT—EAT—  
AIMIER COLIIRIS EITIA  
PIER MAUIRIS EIER  
EIRASIEIRS SIEIPIETIRE  
SITIT IATIE SITIASIEIS  
LIEITIER SPTIEID

**Olympia Dukakis signed for movie**

Olympia Dukakis, Whole Theater's producing artistic director and 1987's Academy Award-winning actress, for "Moonstruck," recently has signed to co-star with Jack Lemmon and James Caan in "Dad," a comedy-drama that will be produced by Steven Spielberg and distributed by Universal Pictures. Gary David Goldberg of "Family Ties" wrote and will make his film-directing debut with "Dad."

"Dad" is tentatively scheduled for release in December 1989. Dukakis will film the movie on location in Los Angeles beginning late this month. Also scheduled to be released this year are Dukakis' other two films, "Daddy's Home" and "Steel Magnolias."

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**HEALTH & FITNESS**

**Back doctor invents a new technique**

The sign outside Dr. Ralph J. Sweeney Jr.'s office door reads "Orthopedic Surgeon," but those two words do not tell this physician's entire story.

Dr. Sweeney, a member of the medical staff at Union Hospital, is also a noted researcher in both back and knee surgical techniques. He is an inventor and, most notably, the innovator of a comprehensive approach to back care—which, together with the use of advanced surgical techniques and equipment, could modify back care methods not only in New Jersey but up and down the East Coast.

According to published studies, nine out of every 10 people worldwide suffer from back problems at some time in their lives. These situations are often further complicated, Dr. Sweeney said, because sufferers generally lack a total understanding of their ailment.

"Education is the basis for the approach I've chosen to take in regard to back care," Dr. Sweeney said. This approach has been successfully established in the Southwestern United States as well as in England, Canada and Australia, he added.

Dr. Sweeney is one of the leaders in introducing it to the East Coast.

To ensure that his back patients understand the true nature of their ailment, Dr. Sweeney has founded the New Jersey Back Education Center. The center is located, along with Dr. Sweeney's private practice, at 836 Mountain Ave., Westfield.

The center is operated in cooperation with physical therapist Charles T. Filippone.

Patients are enrolled in classes at the center, which Dr. Sweeney refers to as the "Back School," after initial testing, as a major part of their rehabilitation.

The classes relay information on what the back is, how it functions and its proper usage. There is also instruction on how the patient is inhibiting that usage as well as on activities and exercises designed to help the patient return to living a normal, pain-free life.

"I am a proponent of activity," Dr. Sweeney said. "The research I've done has shown that exercise, in proper, increasing levels or stages, is much more effective in back treatment than bed rest. After all, the goal is to have the patient return to work and his leisure time with the least amount of restrictions."

If a patient does not respond to "Back School" instruction and therapy, the next step in Dr. Sweeney's approach is usually to conduct further tests and, perhaps, consider the use of epidural steroids. While not a believer in the use of treatment drugs such as valium or other tranquilizers which dull the body and brain, Dr. Sweeney has found that anti-inflammatory medications can effectively reduce nerve inflammation, which is more central to the problem. Its accompanying pain can also be reduced to the point where physical therapy can begin again.

"The comprehensive approach to back treatment creates a more complete and multi-faceted approach and so brings about a better chance of helping more people to a more functional rehabilitation," Dr. Sweeney said. "Beginning with the 'Back School,' the approach is designed to identify the basis of the back pain and to follow every appropriate rehabilitative venue possible. Occasionally, surgery is the only recourse remaining. By the time that decision needs to be made, however, the patient knows that the surgery he will be receiving is exactly what he needs to improve his condition."

Dr. Sweeney has trained for and performed all types of back surgery including percutaneous lumbar discectomies and anterior approaches to the spine.

One of the more advanced surgical techniques which he uses is the anterior interbody fusion. In this technique, the surgical incision is made at the front of the body in order to work on the back. Due to the comprehensive approach to back pain and by proper patient selection, Dr. Sweeney's success rate in this procedure is a staggering 91 percent.

He also has an 86 percent rate of success with back ailment sufferers who have had earlier surgery which failed to relieve their pain.

One of the aids in this success rate is the Sweeney Back Frame, an operating table innovation, which the doctor invented.

The frame can be used in any back surgical procedure in which the incision is made from the posterior. The frame supports the patient's head, chest and pelvis while allowing the stomach to hang free. By removing pressure from the stomach area, Dr. Sweeney reduces bleeding in the surgical area.

"Less bleeding facilitates better exposure of the surgical area and the use of more accurate, complete and refined surgical techniques," Dr. Sweeney said.

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1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31	32	33	34	35	36
37	38	39	40	41	42	43	44	45	46	47	48
49	50	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72
73	74	75	76	77	78	79	80	81	82	83	84

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# HEALTH & FITNESS

## Anxiety, stress take its toll on the entire body

Anxiety takes its toll on the whole body, not just the mind, according to research by a physical education professor at The Pennsylvania State University.

"If people only worried between their ears, there would be no difficulty," says Dr. Dorothy Harris. "But people's worries show up in their colons, their blood pressure and all the hot spots. We think with our whole bodies, not just our heads."

Harris' research, in conjunction with Robert T. Durall, a graduate student in the sports psychology program, centers on mental rehearsals by athletes.

Members of the men's gymnastics team were tested in vault and floor exercises and members of the women's team

were tested in vault and balance beam.

Each of them was instructed to visualize his or her rehearsal routines and to depress a timing device when finished. During the mental rehearsal, the subjects had electrodes attached to their upper legs and forearms and their heart rates were measured.

While lying down in a relaxed state, the subjects showed a physical activation which proved Harris' point that people "think with their whole bodies."

No significant difference was discovered between the times of mental and actual rehearsal for any activities other than the vault.

Harris feels that people can learn to regulate the physical

reactions that are triggered by the mind. The implications move beyond the field of athletics, although Harris feels that athletics are perfectly suited to research of this nature.

"Competitive sports serve as the best laboratory for studying anxiety," she says. "Most kids take part in athletics and they are highly motivated to improve. Often, this is done publicly. Kids may know they can do something in practice, but in public, performance can be different."

Athletes are trained to deal with the anxiety, Harris explains; but the principles are the same for everyone.

"The idea extends to everyone," she says. "The anxiety can mean anything from blanking out on an exam to forgetting someone's name in a nervous social setting."

"It's important for us to clear the slack-out of the wiring in the system. People can be taught to regulate themselves."

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"The idea extends to everyone," she says. "The anxiety can mean anything from blanking out on an exam to forgetting someone's name in a nervous social setting."

"It's important for us to clear the slack-out of the wiring in the system. People can be taught to regulate themselves."



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# HEALTH & FITNESS

## No guesswork involved in losing weight

By **JOYCE YANOWITZ**

It's 1989 and time for one of the most popular resolutions made year after year, "I have to lose weight."

What does it take to lose weight?

There are many people who believe they cannot lose weight no matter how hard they try. Others will try anything new that hits the market. They are the experimental dieters. Still others will go the route of mail order with promises of losing tremendous weight in a very short span of time.

quickly than the body can use them, must be excreted in the urine. The dieter thus loses water — and weight — in the process. But the weight loss is not body fat and is quickly regained when normal eating is resumed.

All of the fad diets, pills and devices can create more health problems than they solve. However, there is a safe and effective way to lose weight. The body needs a certain amount of energy, which equates to calories, to maintain its weight. In order to lose weight, you have

to use up more energy (calories) than you take in through food.

Women should be aware that they face more of a challenge in losing weight than men. It has been proven that women need fewer calories than men simply to maintain their weight. Therefore, they have to reduce calories to a lower level in order to lose. Because of the consumption of fewer calories, a female dieter needs to pay special attention to the nutrient value of the foods she eats.

The basic rules for sensible weight loss:

— Before starting a weight loss

program, consult a physician to be certain there are no underlying medical problems.

Aim for a moderate weight loss of 1 to 2 1/2 pounds a week. Research has shown that losses in excess of this tend to be losses of not body fat, but of water and lean muscle.

Reduce portion sizes but maintain a balanced diet from the four basic food groups: grains and cereals; eggs and dairy products; fruits and vegetables; and meat, poultry and fish.

Limit intake of fats, sweets, and high calorie foods.

Exercise regularly.

By the time the weight is lost, hopefully the learning process of awareness and good eating habits remain. One way to assure weight maintenance is to stay with the same foods that were eaten during the weight loss program, but with somewhat larger portions. Permanent weight loss does not take overnight. It is a learning process that becomes a lifetime endeavor.

Joyce Yanowitz is the director of Dietrition Inc. Nutritional Weight Loss Programs in Westfield, at 203 Elm St., 789-3399; in Millburn, at 281 Main St., 467-3232.

**Patricia J. Parsons, Ph.D.**  
\*\*\* PSYCHOLOGIST \*\*\*  
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<b>CLARK</b> The Grpn Centurians 440 Madison Hill Road Near St. Agnes Church Wednesday 5:15 PM & 7:15 PM	<b>KENILWORTH</b> Community Methodist Church Brd. & 17th St. Monday 6:00 PM	<b>UNION</b> Holy Trinity Lutheran Church 201 Tucker Ave. Tuesday 7:15 PM
<b>CRAWFORD</b> Gourmet Weight Restaurant 129 North Union Ave. Tuesday 5:30 PM & 7:15 PM	<b>LINDEN</b> United Methodist Church 323 Wood Ave North Tuesday 5:30 PM & 7:15 PM	<b>WESTFIELD</b> First Baptist Church 170 Elm Street Thursday 7:00 PM

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Classified ads are payable within 7 days. Payment for transient ads should be received before the publication date. Payment in advance for all other advertisements. Employment Wanted, Apartments Wanted, Wanted to Rent. We will not be responsible for errors unless they are detected before the 2nd insertion. County Leader Newspapers reserves the right to classify, edit or reject any advertising. No cancellation will be accepted in classified advertising after Tuesday noon. The final deadline for classified is 3:00 p.m. Tuesday to appear in a specific category, however, ads will be accepted between 2:30 p.m. and 4:45 p.m. to appear under the heading "Too Late to Classify." Early receipt of copy will be appreciated.

**COUNTY LEADER P.O. Box 158 Maplewood, N.J. 07040**

• Union Leader  
 • Springfield Leader  
 • Mountinside Echo  
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 • The Spectator of Roselle/Roselle Park

**UNION/ESSEX COMBO RATES COMBO DEADLINE: Monday 5:00 p.m.**

20 words (minimum)	\$12.00
Additional 10 words or less	\$3.00
Classified box number	\$3.00
BORDERED ADS	\$15.00

Classified Display open rate (commissionable) \$29.00 per inch  
 13 weeks or more \$24.00 per inch

Essex County Coverage Includes:  
 Maplewood Irvington Bloomfield  
 South Orange Orange East Orange  
 West Orange Glen Ridge Belleville  
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**CLASSIFIED INDEX**

1-AUTOMOTIVE	5-SERVICES OFFERED	8-REAL ESTATE
2-ANNOUNCEMENTS	6-MISCELLANEOUS	9-RENTALS
3-EMPLOYMENT	7-PETS	10-BUSINESS OPPORTUNITIES

**AUTO FOR SALE**

1988 1/2 TOYOTA SUPRA Black, five speed, air conditioning, AM/FM stereo cassette, alarm, 17,000 miles, garaged, excellent condition. \$15,900. Call 376-4769.

1985 BMW 318i 4 door, 40,000 miles, metallic-black, assume lease. \$250/month, 16 months remaining. Call 763-9194. Leave message.

1978 BRONCO with power angle snow plow, 302 engine, good tires. Best offer. Call 686-1187 after 5PM.

1983 BUICK Regal LTD, 4 door, Power steering, brakes, locks, seats, windows. Cruise, velour interior. Good condition. \$2,800/best offer. 686-4123.

1977 BUICK LE SABRE, air, power brakes/steering, clean body. Runs good \$550. 664-9684 after 5PM.

1982 CADILLAC ELDRADO, white, 2 door, 52,000 miles. Power windows/doors/steering/brakes. AM/FM radio, good condition. \$7,900. Call 964-9292.

1985 CADILLAC FLEETWOOD V8, 4-door, 54K miles, new exhaust system, all options. Excellent condition. \$11,300. 687-7249 (after 6PM) or 651-3547.

1984 CADILLAC COUP De Ville, Slab ulate, landau roof. Fully loaded. V-8, Low mileage. \$8,200/best offer. Days 731-6672. Evenings 330-8934.

1978 CHEVY MONTE Carlo. Power steering, brakes, AM/FM radio. Best offer. Call after 5PM 273-8755.

1984 CHEVY MONTE CARLO, burundy, loaded, power windows, power locks, tilt wheel, cruise control, 40,000 miles. Asking \$4,200 or best offer. Call after 6PM 886-8841.

1975 CHEVY NOVA. New brakes/shocks/radiator/muffler/exhaust. 2 new tires. Amco rebuilt transmission. \$500. Call 433-9538 or 753-1485.

1977 CHEVY SUBURBAN station wagon, automatic, new engine and transmission, good running condition. \$2,800. 241-9500 days.

1985 CHEVY VAN. Power steering/brakes, automatic, 8 cylinder, good condition, heavy duty. \$4,000. 241-9500 days.

1983 CHEVY VAN-20, Air, AM/FM, 75K miles. \$4,000. Also offering 1972 Ford step van. Call 5-9PM, 467-6471, Springfield.

1988 CHEVY CAMARO Z-28, Automatic, T-tops, 5,200 miles, loaded, like new. Must see. Bob days 781-5440.

1982 CHEVY CAMARO Berlina. 6 cylinder, 4 speed, 52,000 miles, original air or snow. Pristine condition. \$16,000. 964-0025.

1981 DATSUN 280X 2+2. Excellent condition. T-bar roof, fully loaded; automatic. Asking \$3,995. Call 684-0289.

1980 ENGLISH FORD Zephyr, 4 door, Good running condition. Interior great. Needs paint and some mechanical work. \$900. 686-5549.

1976 FORD GRANDA, 6 cylinder, 4 new tires, rebuilt transmission, new brakes/exhaust. Must see, do not have the room for it. No reasonable offer refused. Call after 5:30PM 763-8098.

1986 FORD THUNDERBIRD Towne landau. Power steering/brakes/wind-up windows. Air conditioning. Asking \$900. Call 684-6641 after 5PM.

1989 FORD F150 BACK Mustang, 6 cylinder, rebuilt engine, automatic, interior excellent, extra parts, tires. Original owner. Reliable transportation. \$900.00/negotiable. 964-6215.

1986 FORD THUNDERBIRD, V-8 Engine, 18,000 miles. Burgundy exterior. All power, am/fm cassette. Excellent condition. Days, 736-9050. Evenings, 689-1689. Diana.

1985 FORD MUSTANG Convertible, 33,000 miles. Original owner. All extras. All black with red interior. \$7800. Call 992-7608.

1980 HONDA ACCORD, Two door, automatic, 25,000 mile on rebuilt motor, no rust, new everything, must see. \$2,000. Call 769-5674.

1983 HONDA ACCORD, 4 door sedan, Silver, Air, am/fm cassette. Excellent condition except for scratches. \$5,450 or best offer. 338-8818.

1988 HONDA ACCORD LX, white, 5 speed, 15K miles, loaded. \$12,300 or best offer. Call 762-1584.

1988 HYUNDAI EXCEL GL, 4 cylinder, 5 speed, air, AM/FM stereo, rear defogger, platinum. 19,000 miles. \$4,500. 688-4831. Mint condition.

1987 JEEP WAGONER, 6 cylinder, automatic, contrast, cruise, tinted glass, power steering/locks, tilt wheel, air, sunroof, AM/FM cassette. Call 232-1652.

1984 MAZDA RX7-GSL. Loaded, alarm, low mileage, air conditioning, leather interior, sunroof. Excellent condition. Call 688-9138 or 964-3834.

1987 MAZDA RX7, 5 speed, air, alarm, am/fm cassette. Excellent condition. Just listed. \$2,900. Call 376-9257.

1979 MERCEDES BENZ, 300 CD. Sunroof. Loaded. Well maintained. Minor body damage. Must See. Best offer over \$6500. 745-3369.

1978 MERCURY MONARCH. Needs some work. Newly tuned. New brakes/rotors. Body good. \$800/negotiable. Evenings 414-8871.

1974 MGB, 69,000 miles, good running condition, leather interior, new alternator. \$1,000. 925-8088 after 6 P.M.

1986 MITSUBISHI Stearn turbo. Fully loaded, except T-tops. For sale or take over please. \$14,000. 47,000 miles. 241-2226. Glen.

1986 MITSUBISHI GALANT. (Black). Fully loaded. 44,000 miles. Mint condition. Like new. Asking \$7995 or best offer. 467-5913 after 6PM.

1987 NISSAN 300 ZX, 2 plus 2, white, beige leather, T-top, automatic, electronics package. Loaded. Mint condition. Garage kept. 24,000 miles. \$14,250. Call 289-7272.

1973 OLDSMOBILE Delta 88, 4 door, 8 cylinder, r/w steel belted radials. Good condition. Reasonable. Call after 6pm, 654-4029.

1983 OLDSMOBILE CUTLASS Clera, Brown, V-6, automatic transmission, power steering, brakes, windows, AM/FM stereo, air conditioning. Dependable. \$3500 Firm. 688-7048.

1977 PLYMOUTH STATION Wagon. Excellent running condition. \$850 or best offer. Call after 6 P.M. 667-1096.

1987 PLYMOUTH SUNDANCE, Black, 4 door, power steering/brakes, air, AM/FM stereo, air conditioning. Dependable. \$2500 or 256-0694-day.

1985 PONTIAC FIREBIRD, T-top, V-6, 5 speed, power steering/brakes/windows, tilt wheel, new rims/tires. \$8,300/best offer. 685-1059.

1976 PONTIAC FIREBIRD, Automatic, 400 engine, power steering/brakes, AM/FM cassette. Many new parts includes tires, battery, 4 ball carburetor, etc. Best offer takes it. Call 284-0466, ask for George or Laura.

1981 PONTIAC LeMANS stationwagon. New tires, tires and exhaust system. Excellent condition. 54,000 miles. \$4,900 or best offer. Call 761-1750.

1984 PONTIAC TRANS-AM, red, 6 OHL, 49,500 miles, fully loaded. Mint condition. Must see, moving. \$7,900/best offer. 382-0505 or 396-4648.

1982 PONTIAC T1000, 4 door, automatic transmission, air conditioning, low mileage. \$1600. Call 964-0638 after 6PM or all day weekends.

1984 PONTIAC Fiero SE, Silver, fully equipped. \$3800 or best offer. 687-8010.

1985 PONTIAC 6000 STE, 50,000 miles, fully loaded, all options, standard equipment, cream/gold. Retail \$9,500. Must see. \$7,250. 667-3821/6PM.

1981 PONTIAC FIREBIRD, Power steering/brakes, air conditioning, T-tops, tilt wheel. Only 65,000 miles. \$500/best offer. Call 964-8926 (Anthony).

1984 PONTIAC 6000 LE, 4 door, power windows/locks, am/fm cassette, with equalizer, 65,000 miles. \$4450 negotiable. 992-1661 between 8:30-5:30P.M.

1987 PONTIAC GRAND AM, 2 door, 6 cylinder, power steering/brakes, air conditioning, stereo cassette, 751-6614 after 7P.M. or leave a message.

1985 SUBARU GL10 Wagon. Mint condition. Four-door, 5 speed, air conditioning, sunroof, electric windows/doors. \$5500. Call 379-5888.

1985 TOYOTA CAMRY. Four door hatchback, automatic, power/steering brakes, rear window defogger/washer/wiper. Garaged. Excellent condition. 40,000 miles. \$6900 firm. 585-3678.

1982 TOYOTA CELICA GT Hatchback, 5 speed, air, AM/FM cassette, new tires, sunroof. 72,000 miles. \$3850 negotiable. 992-3470 between 8:30-5:30.

1986 TOYOTA COROLLA, 5-speed, power steering/brakes, air conditioning, AM/FM, 30,000 miles. Original owner. Excellent condition. \$6000.00 or best offer. 555-2107.

1982 TOYOTA CAROLLA, AM/FM stereo cassette with equalizer, air conditioning, rear defogger, power brakes, good tires. \$7700. Call 487-3831.

1980 TOYOTA SUPRA. Top condition. Wine. 5 speed, sunroof, loaded. 54,000 miles. New clutch, brakes, muffler, exhaust. After 4PM. 763-5756.

1980 TOYOTA CORONA Wagon, 5 speed, Air, AM/FM cassette. 72,000 miles. Excellent condition. \$2400. Call 378-8477.

1987 TOYOTA PICK-UP TRUCK. Factory Air and AM/FM Radio. 6 Foot Bed Gapped. 4 Speed. Manual Steering/Brakes. 7,000 Miles. 1 1/2 Years Old. BEST OFFER IN THE \$7,000'S. 686-2352. Any Time.

1986 VOLKSWAGEN JETTA GL, 5 speed, air, removable radio, metallic blue, blue/gray cloth interior. 7,800 miles. Air conditioning. 763-9430 after 6PM.

1978 VOLVO 245 DL, 4 cylinder wagon, power steering, power brakes, automatic, AM/FM cassette, new tires. \$1500. 664-0103 after 4PM.

1982 VOLVO DL, Cadeit blue, AM/FM stereo, 5 speed, air conditioning. Excellent condition. \$5000. Call 762-4416.

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DISTINGUISHED ACHIEVEMENT









# SHOWCASE OF HOMES

## Fireplaces quench cold

As the season's first bitterly cold nights fall, fireplaces become useful, as well as attractive, elements of homeownership in New Jersey, according to Dorothy Degnan Hunt, vice president and director of Re/Max for Degnan Boyle Realtors.

"Life in the Northeast means enjoying the beauty of the seasons — and appreciating the usefulness of a working fireplace to provide extra warmth during these cold winter months," notes Hunt.

Hunt advises homeowners to follow a few basic suggestions to ensure fireplace safety:

Homeowners should first check to be sure no leaves or other obstructions are clogging the chimney. This will prevent the possibility of a roomful of smoke, or even a fire," she notes.

"It's also important to have the proper tools available; only a few are needed: a poker, a log-lifter, a small shovel for removing ashes, a woodbox for indoor storage of logs, a fire-screen to battle sparks, and a bellows will suffice," she explains. Some homeowners have found that an electric blow-dryer is better than a bellows to supply a draft when starting a fireplace blaze, she adds.

To build a fire, Hunt suggests the following procedure:

□ Use dry hardwoods, plenty of kindling and crumpled newspapers between the logs or under the grate.

□ Place one log an inch from the back wall of the fireplace, and another in front, leaving just a little space between them for air to flow. Later, when the fire is going well, top the two logs with a third.

□ Check to be sure the damper is fully open. This is the movable metal plate or door between the hearth and the chimney flue. The damper should remain open as long as the fire burns. When the fire cools, close it to prevent heat loss.

□ Once the logs are properly placed and the damper is fully open, use a piece of rolled-up newspaper as a torch to ignite the fire. Hold the newspaper above the logs and just below the chimney flue for a few seconds to warm the air and flue entry to produce a draft, and then place under the kindling.

"Now the work is over and it's time to relax and enjoy the comfort of a safe fire," Hunt concludes.

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**ANOTHER REALTY CORNER SALE**




Realty Corner is proud to announce that Walter Egnatuk and Roseanne Pedicini (the future Mrs. Egnatuk) are the happy new owners of this marvelous split level home located at 201 Bryant Avenue, Springfield. Anne Tomaro, GRI, Broker-Sales Representative arranged this transaction.

We would be pleased to assist you with any real estate transaction. We provide friendly, personal service and we'll be happy to give you a complimentary professional market analysis of your home at no obligation!

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Immaculate 8 room Washington School bi-level. Large kitchen with skylight and bay window, spacious family room with fireplace, 4 bedrooms, 2 1/2 baths, C/A, 2 zone heat, 2 car garage. \$249,900.

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**UNION** - Excellent condition, Alum sided, Energy efficient, MEIK, hardwood fls, w/w carpeting, patio. \$254,900 U1682

**SPRINGFIELD** - 4 room Condo, A/C, Custom Verticals, New Kitchen, Balcony, Available immediately, convenient location. \$128,000 U1684

**UNION** - Cape Cod with real appeal. Aluminum siding, 4 BR/2 baths, A/C, quiet street, immediate-move in. \$169,900 U1687

**HILLSIDE** - 2-Family w/oft street parking, good condition, Balcony off second fl., close to trans., asking \$174,900 U1674

**UNION** - Cordial 2 story offering real warmth - Vinyl Sided, TOR, EIK, 4br/2bth. \$239,900. U1696

**UNION** - All brick Split, excellent condition, 3 BR, 2.5 Bths, beautiful grounds. MUST see. Affordability Plus available. \$205,000 U1668

**UNION OFFICE 687-4800**

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# SHOWCASE OF HOMES

## Producer joins realty staff

Re/Max Realty Center in Woodbridge is proud to announce Tom Altieri has joined its staff of sales professionals.

Altieri has been a million-dollar producer consecutively since beginning his career in real estate. He has been serving Union and Middlesex counties for five years and is a licensed broker. As a member of three Multiple Listing Systems, he is able to service Middlesex, Union County and Westfield.

Joining Re/Max realty center for Altieri was a well-thought out decision as he states "being a Re/Max associate affords me the ability to use my creative and innovative ideas to help all past and present clients to maximum potential. This great location gives me easy access to serve the Union and Middlesex counties."

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broker associate  
member million dollar sales club  
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Cape Cod home has 4 bedrooms, 1 1/2 baths, new roof, even newer heating system, and expanded modern kitchen. Offered in Linden for \$167,000.



**QUIET LUXURY!**  
Ranch home on quiet street has 3 bedrooms, 2 full baths, finished basement, parklike yard with built-in pool, & other quality extras. Offered in Kenilworth for \$269,900.

**LINDEN** - Stunning 2 bedroom, 2 bath condominium featuring large living room, Dining Room, eat-in kitchen, balcony, extras. Must be seen to be appreciated! \$145,000.

**KENILWORTH** - Lovely 3 bedroom, 1 1/2 bath colonial, featuring Living Room, Formal Dining Room, eat-in kitchen, 1 1/2 baths, enclosed front and rear porches, full basement, attic storage, oversized garage. \$180's.

**KENILWORTH** - RENTAL - 3 bedroom apt. In modern two-family, featuring Living Room, Dining Room, eat-in kitchen, basement and garage. Available March 1! \$850. mo plus utilities, security, and fee.

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<b>CRANFORD</b> 4 BR Bi-Level w/in-law potential. (UNI-634) \$169,900 UNION OFFICE CALL 687-5050	<b>CRANFORD</b> Great Starter Home - close to everything (UNI-1024) \$189,900 UNION OFFICE CALL 687-5050	<b>ELIZABETH</b> 3 BR Colonial w/modern kitchen (UNI-980) \$175,000 UNION OFFICE CALL 687-5050	<b>ELIZABETH</b> 2 bedrm, 2 bath in Elmora Hills (UNI-1022) \$184,000 UNION OFFICE CALL 687-5050
<b>LINDEN</b> Excellent 2 fam w/9 rooms (UNI-1027) \$155,000 UNION OFFICE CALL 687-5050	<b>LINDEN</b> Located in Sunnyside area - 4 BR, 1 1/2 baths (UNI-1013) \$184,900 UNION OFFICE CALL 687-5050	<b>RAHWAY</b> Income producer - close to everything (UNI-1018) \$195,000 UNION OFFICE CALL 687-5050	<b>UNION</b> 4 BRs plus many more features (UNI-1014) \$188,500 UNION OFFICE CALL 687-5050
<b>UNION</b> 5 bedrms, and updated EIK plus more! (UNI-1016) \$174,900 UNION OFFICE CALL 687-5050	<b>UNION</b> Fabulous 3 bedrm - 1 1/2 bath Colonial (UNI-1028) \$217,900 UNION OFFICE CALL 687-5050	<b>UNION</b> 3 Bedrooms, EIK, and great location, plus more (UNI-1015) \$234,900 UNION OFFICE CALL 687-5050	<b>UNION</b> Spectacular 2 family located in Battle Hill (UNI-1021) \$299,000 UNION OFFICE CALL 687-5050

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# Springfield Leads

County Leader Newspapers  
SPRINGFIELD, N.J., THURSDAY, FEBRUARY 6, 1988 — 2x Two sections

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<p><b>1989 Century 4 Dr. Custom Sedan</b> Blue with Saddle Interior. Two Tone stripes, 3.3 liter V-6 engine, AM/FM Stereo, Cassette, Power Windows, Power Locks, Tilt Wheel, Elec. R. Defog, 2 Speed Var Wipers, 14" Alum wheels, W.W. Tires, W.W. Covers, 55/45 Seats, Front &amp; Back Mats, Passenger Vanity Mirror, Door Edge Guards. Stock No. 89175</p> <p>List: \$16,462 "Disc: \$2,106 <b>You Pay: \$13,353</b></p>	<p><b>1989 La Sabre Limited 2 Dr. Coupe</b> Red with Red Interior, Two Tone Body Stripes, Door Edge Guards, 3.3 liter V-6 engine, AM/FM Stereo, Cassette, Power Windows, Power Locks, Tilt Wheel, Elec. R. Defog, 2 Speed Var Wipers, 14" Alum wheels, W.W. Tires, W.W. Covers, 55/45 Seats, Front &amp; Back Mats, Passenger Vanity Mirror, Door Edge Guards. Stock No. 89175</p> <p>List: \$17,555 "Disc: \$2,288 <b>You Pay: \$16,082</b></p>	<p><b>1989 La Sabre Custom 4 Dr. Sedan</b> Red with Red Interior, Two Tone Body Stripes, Door Edge Guards, 3.3 liter V-6 engine, AM/FM Stereo, Cassette, Power Windows, Power Locks, Tilt Wheel, Elec. R. Defog, 2 Speed Var Wipers, 14" Alum wheels, W.W. Tires, W.W. Covers, 55/45 Seats, Front &amp; Back Mats, Passenger Vanity Mirror, Door Edge Guards. Stock No. 89175</p> <p>List: \$17,500 "Disc: \$2,328 <b>You Pay: \$15,281</b></p>
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## Ballfield repairs planned

**By EARL MOORE**

The Township Committee will spend up to \$20,000 improving the Gaudineer School baseball field in response to a request for an additional playing field for the Township's Junior Baseball League.

The little league had told the committee of a shortage of fields for the upcoming season at the governing body's Jan. 24 public meeting and requested the township make improvements to the Gaudineer field, based on field availability. The Township Committee agreed that the Gaudineer field was best suited to the league's needs.

The decision to spend the money was made at a special meeting called by the Board of Education Monday night to address the town-

improvements-of-the-field, and to guarantee the township's use of the field after school hours.

According to Lucille Perez, the league's president, the Junior Baseball League is expecting 475 children to enroll in this year's program, up from about 385 children enrolled last year.

The proposed renovations, which will be financed through the passage of a municipal bond ordinance, include the resurfacing of the infield playing area, renovation of a goal post located on the field, replacement of the backstop, installation of bleachers and team benches, and the installation of two safety fences each 45 feet in length.

"The rights and responsibilities of the township and the board should be put down on paper," said Greenspoon. "I know what can happen when verbal agreements are made between parties with different pursuits, and it makes me nervous."

The board stressed that the resolution was not a contract, but merely an agreement to allow the process of renovations for the township's use to begin.

"This does not create a contract between the Board of Education and the baseball league," said board member Kenneth Feigenbaum. "The little league does not 'have' the field. I suggest that a blanket facilities request be submitted to the board annually for the township's use."

Committeeman Marc Marshall, who represented the township at the meeting, agreed to the terms suggested by the board. A contract is expected to be drawn by Greenspoon by the end of the week.

According to Marshall, the renovation process will begin as soon as a contract is agreed upon between Greenspoon and Township Attorney Jay Kloud. The contract must then be presented to the Township Committee for its approval.

Pending approval, renovations will be done by a private contractor selected through a Township Committee bidding process.

**"The rights and responsibilities of the township and the board should be put down on paper. I know what can happen when verbal agreements are made between parties with different pursuits, and it makes me nervous."**

**Board Attorney Yale Greenspoon**

## No Regional petitions yet

The term of the Union County Board of Education's Springfield representative, Margaret D. Hough, expires this spring and as of press time Tuesday, no one has filed a petition to run for the seat.

Hough is serving her fourth term since being elected in 1977, and was re-elected without opposition in 1980, 1983 and 1986.

Two other terms, those of the Berkeley Heights and Clark representatives, will also expire this year.

Although no one has submitted a petition for the Clark position, one Berkeley Heights resident, Burton Zlotner, has filed.

Interested challengers for the three expiring terms on the Regional Board of Education must return a completed petition no later than 4 p.m. Thursday.

Legal qualifications for school board membership in New Jersey are as follows: candidates must be a resident in the district for at least one year, be able to read and write, and have no conflicting contract with or claim against the local school board.

School board members must also be registered to vote in their district.

## Appeal of office building approval likely

**By DOMINICK CRINCOLI JR.**

"Appeal it or sue the town" is the articulated next step for a concerned residents group opposing the Planning Board's Jan. 25 decision to grant conditional final-site-plan approval to a proposed three-story office building at 530 Morris Ave.

Colonial Associates, the protesting group of residents from the immediate 41 houses surrounding the project, claims that the project will adversely affect the community.

Developer Joseph Greenblat of 592 Ashwood Road was granted two variances, one for lot depth and one for site distance, to build on the lot currently occupied by two single-family residential homes.

The lot is 90 feet wide and 110 feet deep. The township zoning ordinance requires a 150-foot minimum lot depth.

However, Greenblat successfully contended when applying for the variances, that meeting minimum depth requirements would constitute a "hardship" because adjacent neighbors refused to sell him any land.

Greenblat argued that if he had been able to purchase additional property to meet lot depth requirements, it would have allowed for a taller building with more parking spaces which would have had a more "negative impact on the community."

Greenblat's arguments to prove hardship and that the project would not negatively impact the community, in accordance with municipal land use law, were key topics of discussion during the hearings.

Colonial Associates maintained that Greenblat did not provide sufficient proof that a variance should be granted.

"We have proved to the Planning Board that Greenblat's project would negatively impact our community, and this is one of the conditions for not granting a variance," said Colonial Associates member Diane Driscoll, citing traffic, property values, safety and the project's variation from the Colonial-style architecture of the neighborhood to prove her point.

In an earlier ruling, board members would not approve Greenblat's application until the somewhat Spanish design of the proposed building was altered to blend in with the Colonial theme of the rest of the neighborhood.

Also, the board required relocation of the parking lot entrance and exit to Morris Avenue rather than Lewis Drive, the abutting side street.

The board ruled on Jan. 25 that Greenblat satisfactorily complied with these demands.

Driscoll, however, disagreed with the board's ruling.

"It's more Colonial, yes, but it's still a monstrous building on a little lot," she said, "and we do not believe for a moment that there will not be a parking problem."

When Greenblat testified that a doctor would occupy one of the offices, residents expressed concern that parking on the site would be inadequate.

Several residents, including Ray Klein of 224 Baltusrol Ave., testified that 56 parking spaces, the exact minimum set by ordinance for a 14,000-square-foot building, was inadequate for the size and use

of the proposed building and that it would generate overflow parking onto neighboring side streets Baltusrol Avenue and Lewis Drive.

Residents also questioned the effect on property values.

Kathy Wisniewski of 212 Baltusrol Avenue testified during the January meeting that real estate experts had told her the proposed building could lower property values by 15 to 20 percent.

Driscoll, meanwhile, also argued that pedestrian safety would be jeopardized by the absence of a buffer between the three parking spaces along Morris Avenue.

"If someone is walking along Morris Avenue and a car door opens there could be an injury. It seems like a very unsafe situation," she said.

Driscoll feared that the introduction of the building to her neighborhood would result in an artistic hodgepodge.

"Morris Avenue in Springfield is getting to look like that nasty stretch of Morris Avenue in Union where no one would want to live."

(Continued on Page 2)

**Hardwick to run**

Assembly Speaker Chuck Hardwick, who represents the 21st District, which includes Springfield, officially announced his candidacy for governor at a press conference yesterday in Trenton.

Hardwick had been "considering a run for the top spot since late in 1985. He has served in the Assembly since 1978."

## Respite from winter cold

**By DOMINICK CRINCOLI JR.**

A group of about 15 homeless people will find temporary respite from winter's fury this weekend when the Springfield chapter of the Union County Interfaith Council for the Homeless opens wide its doors for the second time.

Homeless families, particularly those headed by single mothers, are the targets of the council's private, non-profit Congregation Hospitality Network program which provides free room and board, employment and permanent housing assistance throughout the county.

Using a vacant Church Mall

house named after the Christian evangelist John Wesley, volunteers from five local religious organizations band together during one week every three months to cook, talk and provide other needed assistance.

Participating congregations include Sha'rey Sharon Temple, Holy Cross Lutheran Church, Springfield Emmanuel Methodist Church, Springfield Presbyterian Church and the St. James Catholic Church.

"Last month, a woman with five children, a couple with two children, another couple and a woman with two boys received needed help over a rough spot in their lives, according to retired Emmanuel Methodist pastor Eugene Bambert."

Trudy Griffith, the wife of Methodist pastor Paul Griffith, was touched by one boy she chose to call David in a recent church newsletter.

"We all enjoyed a sumptuous meal together," she wrote. "David sat beside the young son of one of the couples from a sister church in Springfield. I heard him whisper to the other boy, 'This is the best meal I ever ate!' He had excitedly

assisted in the carving of the turkey."

A volunteer is usually there at 5 p.m., two others work a 5 to 6 p.m. shift, and two others arrive at 10 to stay overnight and cook the occupants' breakfast in the morning, Bambert said.

"I am usually there to oversee shift changes. It makes me feel very involved with the community and the church," he commented.

Using 23 congregation hospitality rooms on a weekly rotating basis, 28 guests are accommodated daily at a cost of \$7.20 per person per day. Along with dinner and breakfast, necessary transportation is also provided.

No formal worship services are conducted, as the organization is non-denominational in focus.

Each congregation serves as a host for one week approximately 12 times a year. Two new host congregations entered the network in October last year, bringing the membership of the network to 25.

The network is divided into Eastern and Western regions with the former focusing on Elizabeth and the latter on Plainfield. The equipment

(Continued on Page 2)



**BANQUET TABLE**— Soon this table will be filled with as many as 14 homeless people on their way to recovery. Food, shelter, housing and employment opportunities are provided by the Interfaith Council for the Homeless of Union County. Volunteers from five local religious organizations in Springfield compose one chapter of the countywide Congregation Hospitality Network.

Photo by Dominick Crincoli Jr.