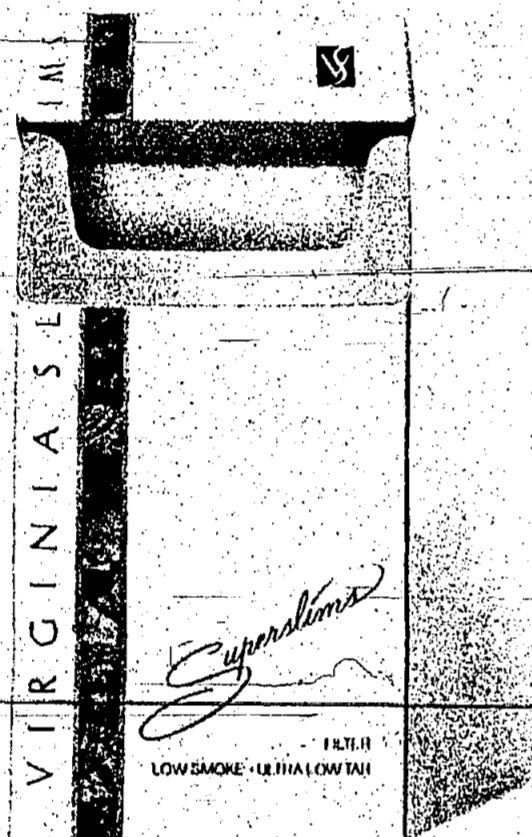


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**SURGEON GENERAL'S WARNING: Quitting Smoking
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**Holiday gift guide —
See special section**



**Committee: Eliminate schools
post in Springfield — Page 2**

Springfield Leader

COUNTY LEADER NEWSPAPERS

VOL. 61 NO. 09 — SPRINGFIELD, N.J., THURSDAY, NOVEMBER 16, 1989 — 2*

THREE SECTIONS — 50 CENTS



PRISONERS OF WAR — U.S. Air Force First Lieutenant Stu Cooper of Springfield, standing fourth from left, assembles with other American officers for this 1943 snapshot taken in an internment facility in Annaburg, Germany, where the men were held captive during World War II. The officers were still wearing the fatigues they were wearing when they were captured, Cooper said.

Sewer contract OK'd

By DOMINICK CRINCOLI JR.
The Township Committee introduced a pair of ordinances, approved two promotions and awarded a contract for the inspection and cleaning of the township sewers at Monday's regular agenda meeting.

The five-member panel voted unanimously to award the contract for sewer cleaning and internal television inspection to Allstate Power Valve, of Huntington, N.Y., for \$14,525.

Department of Public Works Chairman Phil Kurno's said Allstate was chosen at the recommendation of Township Engineer Leo Eckmann. The only other bid received by the township for the work was in the amount of \$80,950, he said.

Committee member Marc Marshall introduced an ordinance calling for the appointment of a township public defender. The cost of legal representation for defendants by the state is becoming too exorbitant, said Marshall, and the ordinance is an attempt

to shift the costs from the state to the municipality.

The ordinance, which will receive a final hearing on Nov. 28, would require the municipality to supply a public defender for accused persons who are unable to afford their own legal representation, but who nevertheless wish to have an attorney's services.

An ordinance imposing regulations on the removal of trees was also introduced and will receive a final hearing on Nov. 28. This ordinance is targeted for developers, and requires that any tree removed during construction and development must be replaced, said Committee member Sy Mullinan.

The committee also unanimously approved two promotions in the police department: Patrolmen Chris LaFragola and William Wisley were each promoted to the rank of Patrolman First Class at a salary to be set by ordinance.

In other business, Continental Post 228 of the Springfield American Legion announced that it was willing to repair the clock that sits atop the Municipal Building.

Now that the tower on the Municipal Building is repaired, the American Legion submitted a letter asking for a pledge from the Township Committee before the organization begins repairing the clock.

By way of a letter, the legion requested that "Once the clock is repaired or replaced, that it will never be left in a non-working condition, and that the township would maintain the clock in working order at all times."

The committee unanimously agreed to comply with the organization's request.

Township Engineer Leo Eckmann was authorized to advertise for bids for the following projects: Handicap access improvements for the municipal building, to be received on Dec. 13 at 2 p.m. at the Municipal Building, and a front-end loader to be received on Dec. 13 at 1 p.m. at the Municipal Building.

Dayton principal to retire after 46 years at school

By SUZETTE STALKER
The faculty, students and alumni of Jonathan Dayton Regional High School in Springfield will be extending fond farewells to Principal Anne Romano next spring, when the longtime educator and administrator retires after 46 years as a member of the Dayton community.

Jonathan Dayton, which is a member of Union County Regional High School District, has a number of students from both Springfield and Mountaintop.

Announcement of Romano's retirement plans were made during the Nov. 8 regular meeting of the Regional Board of Education, which

approved Romano's notification of her retirement to Superintendent of Schools Dr. Donald Merachuk.

Romano will leave the district in March 1, 1990 and her retirement will become effective as of Sept. 1, 1990, school officials confirmed this week.

A Mountaintop resident for nearly 30 years, Romano is originally from Berkeley Heights and graduated from Dayton herself in 1940. She completed her undergraduate studies at Montclair State, where she also received certification in English and French.

Romano returned to her high school teaching in the



ANNE ROMANO

Springfield town center aglow

By DOMINICK CRINCOLI JR.
The public is invited to attend a lighting ceremony tomorrow from 4 p.m. to 5 p.m. at the Springfield town center. Mayor Jeffrey Katz, Township Clerk Helen Maguire and Santa Claus are expected to be in attendance.

The festive white lights are expected to spruce up the appearance of the town center, and a general feeling of community spirit is already beginning to surface among the merchants along the Morris Avenue business district. Forty to 45 merchants are expected to participate in the unified effort to brighten up the avenue.

"I'm absolutely thrilled about it, it's beautiful, and I'm looking forward to an exciting (holiday) year," said Jean Testatore of Springfield Taxi.

"The merchants keep in touch with each other, we encourage one another when we meet each other on the street," she added.

"It's great, I think it's a very good

idea," said Stanley Gerondezza of Gerondezza Bros. Dry Cleaning & Tailors.

Miko Hueter of Campus Sub Shop remarked, "I think it's an excellent idea. I'm all for it."

Lisa Scheitlich, account executive for the Springfield Leader, helped coordinate the purchase of the lights from Louis Kravitz of Kay's Hardware. The lights for the stores were paid for by the individual merchants involved.



VET CEREMONY — Bugler Paul Jordan of Union, left, plays taps with the Springfield Color Guard in the background during Veterans Day ceremonies held at the Municipal Building Saturday morning.

German doctor's dignity stirs heart of local man

By DOMINICK CRINCOLI JR.
Compassion transcended the man-made barriers existing between Springfield resident Stu Cooper and a doctor who claimed to be one of the founding members of the Nationalist Socialist German Workers Party.

Cooper, a former first lieutenant U.S. Air Force bombardier and prisoner-of-war, survived the atrocities of World War II after his fighter plane was gunned down over Emden, Germany, in September of 1943.

Cooper, as bombardier, was charged with the responsibility of dropping his aircraft's bomb, but his mission was quickly halted when a spray of German bullets ripped through the aircraft's craft, killing the navigator and co-pilot.

"You don't think you're going to die until you get hit — up 'til then you're just surviving," said Cooper, now living on Fieldstone Drive, who lost his left leg below the knee in the harrowing incident.

Cooper, only 22 at the time, spent the next six months in the prison ward of an Emden naval hospital, along with five other Americans, an Italian, an Armenian, and a group of French and Russian soldiers. It was there that he encountered Dr. Oberst Ernst Oberman.

Cooper, of Jewish extraction, described his stay in the prison ward under the care of Oberman as providence, since captured Allied soldiers

generally existed under much harsher conditions, if they managed to survive at all.

"Like any other nation on the earth, Germany had good and bad people. In Germany there were Nazis, storm troopers and Germans who didn't belong together; I was fortunate enough to fall into the hands of good Germans," he said.

"If you got picked up by civilians, your chance of survival was very slim; the people were angry and most times executed the soldiers they found," he said.

"Dr. Oberman was first a doctor and then a German. His attitude towards both the American and German wounded was exactly the same. There was no animosity on his part, even though his home in Hanover, Germany, was destroyed during an English air raid," said Cooper.

Cooper said the German doctor lived on the prison ward premises and would sometimes invite the captured Allied officers into his quarters for a drink.

Cooper recalled a particular day when the radio was blasting with the sound of a man disseminating political propaganda over the airwaves.

"The doctor turned to me and said, 'You're a soldier and I'm a soldier. We have no need for this propaganda,' and shut it off," Cooper recalls.

Cooper remembered verbatim the words of Oberman, which seemed to

defy the authority of political science and history.

"I was one of the original founders of the Nazi Party. It was organized by good men with good minds; but then they got the lust for power. I saw what was to come and resigned six months later — the doctor told Cooper.

In stark contrast to the fine treatment he received at Emden under the care of Oberman, Cooper was later sent to a hospital in Schiltz, Germany, where there were no medical facilities, no doctor during the first week, and the fare for POWs was a bowl of turnip water, and four slices of black bread per day.

Cooper was also placed in solitary confinement and interrogated during his stay at the facility.

After his confinement at Schiltz, Cooper was transferred to an internment camp for Allied airmen, Stalag Luft III, in what is now Zales, Poland. By that time, he weighed 85 pounds, he said.

Cooper said he later learned that Oberman was convicted as a Nazi and sentenced to seven years' hard labor in 1946 during a German effort to purge the country of its fascist past.

Oberman appealed to the pilot who survived the Emden airplane crash with Cooper — C.B. Fischer — who contacted Washington and got the doctor's sentence commuted to six months on a German mine sweeper instead of the hard labor, said Cooper.

Oberman, however, was forbidden by the German government to practice surgery after the war and subsequently had a difficult time meeting the needs of his family, said Cooper.

In 1955, Cooper and his wife, Dotie, established contact with the doctor and his family, sending them food, clothes and money as they were able.

Cooper has a number of warm and friendly letters that reveal the strong bond of friendship which existed between the two men. "Thank you for the clothes and the shoes, my children have put them to good use," the doctor wrote to Cooper in one of his typical letters.

Cooper lost contact with the family in 1961 when Oberman's wife wrote to tell him that Oberman had died. The doctor's track record of warmth and compassion, however, remains indelibly written on Cooper's heart.

Township observes Valerie Fund Month

The Springfield Township Committee has issued a proclamation declaring November "The Valerie Fund Month" in Springfield. Volunteer Ira Decker of Springfield received the proclamation on behalf of The Valerie Fund.

The Valerie Fund is a non-profit, volunteer organization that helps support Cancer Centers, which treat children with cancer and blood disorders. In addition, The Valerie Fund totally finances two summer camping programs — Camp Happy Times and Teen Camp Happy Times — for children and young adults with cancer.

This announcement came on the heels of Governor Tom Kean's declaration of "The Valerie Fund Week," Nov. 12-18, to be observed throughout New Jersey.

Thanks to the specialized treatment, more than 50 percent of children with cancer are being cured. Now the children have more than just hope; they have the odds on their side, according to Valerie Fund representatives.

Donations can be made out to The Valerie Fund, 1878 Springfield Avenue, Maplewood, 07040, or call 761-0422.

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Mayor Jeffrey Katz will be a guest on Suburban Cablevision TV-3's "Downtown A Talk With Your Mayor," with host Richard Leonard on Wednesday, Nov. 29, at 6:30 p.m.

Mayor on cable



LIBRARY EXHIBIT — The Springfield Public Library is featuring a watercolor exhibit of the works of artist, Eric Howitz, left, of Mountainside, and Janice Carno of Hillside. The paintings include still lifes, portraits and landscapes. The paintings are on exhibit through December, and can be viewed during regular library hours.

Local man completes sleep seminar

Jeffrey Nimmies, M.D., of Springfield recently spoke at the evening seminar for physicians, respiratory therapists, rehabilitation nurses, and other health professionals. BreathLine, an educational affiliate of The Breathing Centers. The seminar was held at the Center for Health Affairs in Princeton.

Springfield Leader
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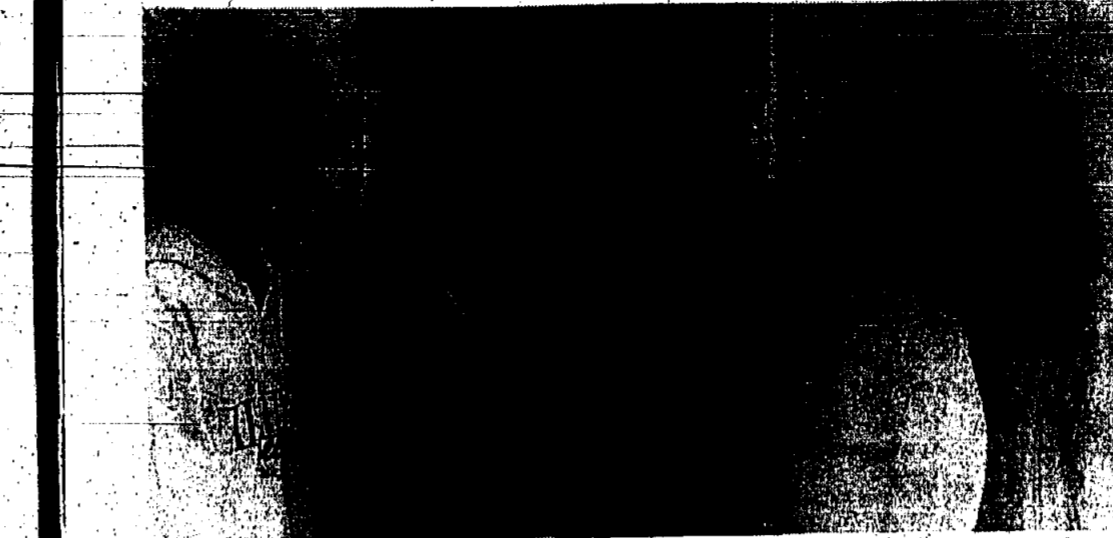
Staff slot nixed Principal to retire

The School Government Committee of the Springfield Board of Education at its meeting on Nov. 6 meeting that one administrative position be abolished. Arthur Weinberg, chairman of the committee, indicated that after a thorough review of the job description, most of the administrative duties of the dean of students could be reassigned to existing administrators and guidance staff members assigned to the **Camden Middle School**. Weinberg stated that a creative solution to providing assistance to Camden's principal had been proposed a little over a year ago by Superintendent of Schools Dr. Gey-Friedland, and urged the board to reconsider present staffing needs due to the vacancy that presently exists in one administrative post.

Purse safety tips given

Officer George Hildner, crime prevention officer of the Springfield Police Department, said this week, "Everyday, purses and wallets are being reported as 'lost, stolen, or picked, and here are some ways that you can protect your belongings.'"

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OFFICERS ELECTED — The Jonathan Dayton Regional High School chapter of the Future Business Leaders of America has announced its slate of officers for the 1989-90 school year. They are, from left, Jennifer Gardalia, secretary; Cathy Padden, historian; Dawn Ray, president; Tanja Alzberg, vice president, and Vicki Campagna, treasurer.

people in service

Corporal Christopher Miele of Springfield was presented the Air Assault Badge upon graduation from the U.S. Army's air assault school at Schofield Barracks, Hawaii. He is the son of Raphael and Antonette Miele of Springfield. The corporal is a 1988 graduate of Jonathan Dayton Regional High School in Springfield.

REGIONAL HIGH SCHOOLS
FRIDAY, pizza parlor, plain, sausage, pepperoni, peppers and onions, carrot and celery sticks, vegetable, fruit, turkey chow mein with vegetables, steamed rice, chow mein noodles, boiled ham sandwich, large salad platter with bread and butter, homemade soup, desserts, milk; MONDAY, frankfurter on roll, grilled cheese sandwich, turkey salad sandwich, potatoes, vegetable, juice, large salad platter with bread and butter, homemade soup, desserts, milk; TUESDAY, chicken nuggets, soft roll, potatoes, vegetable, fresh fruit, hamburger on bun, cold submarine sandwich with lettuce, large salad platter, homemade soup, desserts, milk; WEDNESDAY, pizza parlor, plain, sausage, pepperoni, peppers and onions, Salisbury steak on roll, peanut butter and jelly sandwich, tossed salad with dressing, vegetable, fruit, large salad platter, homemade soup, desserts, milk; THURSDAY, Thanksgiving Day, school closed.

campus corner

Springfield resident Anthony Delia, 1987 graduate of Jonathan Dayton Regional High School in Springfield, was inducted into the Bucknell University chapter of Delta Phi Delta, the national honor society for business administration majors.

Becky Seal menu

The Becky Seal Nutrition Program for the elderly is being held at the Clatsop Community Center on South Springfield Avenue in Springfield Monday through Friday. Reservations may be made by calling 912-2333. Transportation can be arranged by calling 912-2227. The lunch menu for today, Nov. 16, through Nov. 22, is as follows: Today — Baked chicken with gravy, green beans, herbed stuffing, potato pudding, cranberry juice, bread, margarine and milk. Friday — Tuna salad sandwich, lettuce and tomatoes, pickled beets, potato genes, ice cream, vegetable soup, margarine and milk. Monday — Hamburger with ketchup, cooked onion slices, lettuce and tomatoes; potato genes, fruit cocktail, military courtesy, military justice, first aid, and Army history and traditions.

Regional BOE to meet

The Board of Education of Union County Regional High School District I will hold an adjourned regular meeting on Tuesday, Nov. 21, at 8 p.m. in the Instructional Media Center of the school on Watchung Boulevard in Berkeley Heights.

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Of course, if you don't mind waiting in line, we'll be selling our fresh-baked pies all week long and until 4 PM Thursday while they last — first come, first served.
And while you're here, don't forget Geiger's fresh natural cider, fresh ice cream, and home-baked cider doughnuts — a "must" for Thanksgiving.
HOURS:
THANKSGIVING DAY: Bakery and produce store open 9 a.m. — 4 p.m.
FRIDAY: WE WILL RE-OPEN AT 8:30 AS USUAL.
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Smoking ban to be discussed

A new policy which will prohibit smoking at Overlook Hospital in Summit will be the topic of the Communities-on-Cable program "30 Medical Minutes." The show, which will air on Channel 36, will be available to cable subscribers in Springfield, Summit, Berkeley Heights, Millburn and New Providence.

The effect of this new policy on patients and employees, and the means the hospital will take to alleviate any discomfort, will be explained. The program will air Mondays at 7:30 p.m. and Thursdays at 11:30 a.m. through Jan. 2.

George Solvay, Overlook's chief respiratory therapist; Mary Lindner, senior vice president of Patient Services; and Joel L. Duberstein, MD, pulmonary specialist and director of

Medical Intensive Care, discuss plans for dealing with the new program with host Connie Frank Williams, Overlook's health education director.

Overlook joins neighboring hospitals in a smoke-free stand. The panelists point out that this not only sets an example for optimal health care but serves as a safety measure in helping prevent fires and in providing clearer air. Solvay notes that even limiting smoking to certain areas is unsatisfactory, because the smoke gets into the ventilation system.

Student is dental champ

Nicolette Aizenberg, 10, a student at Deerfield Middle School in Mountainside, was recently selected as a second prize winner in the "Brush with the Ultimate Warrior, Wrestling away tooth decay" contest conducted

by the New Jersey Academy of General Dentistry.

Nicolette's entry was selected from among 9,158 entries of third- and fourth-grade participants from schools in New Jersey. Entrants were asked to sign a pledge with their parents, indicating that they would brush their teeth at least twice a day during the 30-day contest period.

The contest was held in conjunction with the World Wrestling Federation, which furnished wrestler "The Ultimate Warrior" as contest spokesman.

Nicolette has won a \$100 United States Savings Bond, four tickets to a World Wrestling Federation event at the Meadowlands Arena, and a W.W.F. fun pack of prizes.

The academy was designed to increase dental awareness of third- and fourth-graders throughout the state by teaching them to concentrate on brushing skills through the urging of the Ultimate Warrior, a "good guy" wrestler with immense popularity.

The Academy of General Dentistry is the nation's second largest dental association, serving approximately 30,000 general practitioners in the United States and Canada.

The academy was founded in 1952 to service the needs and represent the interest of general dentists and to foster their continuing proficiency through continuing quality dental education.



A WINNER — Nicolette Aizenberg, a student at Deerfield Middle School in Mountainside, won second prize recently in the "Brush with the Ultimate Warrior, wrestling away tooth decay" contest, is joined by, from left, Dr. Charles Parke, school dentist; School Nurse Arlene Warellis, and Deerfield Principal James A. Johnson. The contest, sponsored by the New Jersey Academy of General Dentistry and held in conjunction with the World Wrestling Federation, was designed to boost youngsters' brushing skills and promote good dental hygiene.

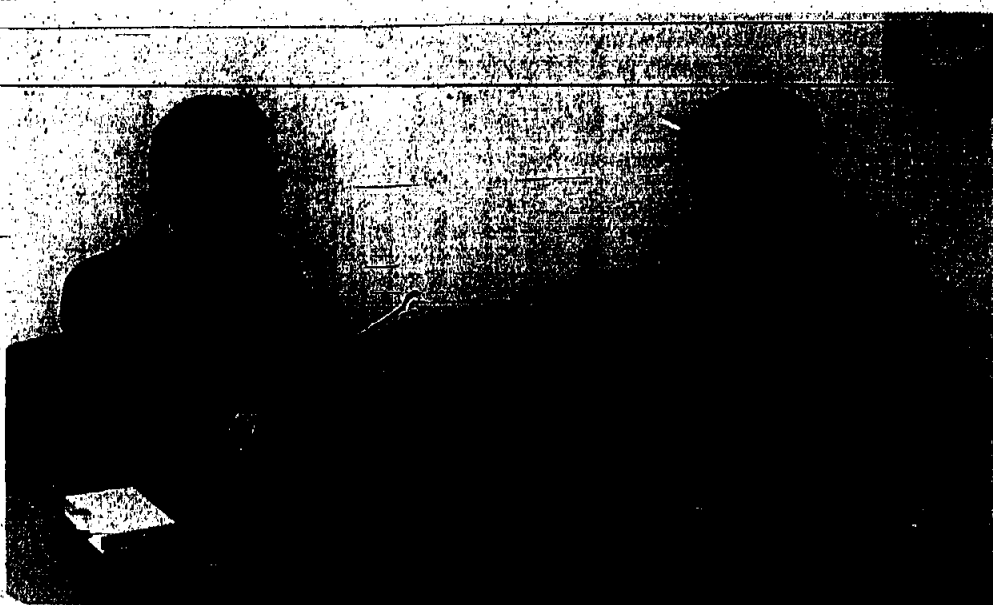
Holiday greenery sale announced

Convenience and competitive prices are features of the sixth annual "Deck the Halls" greenery sale, which is currently being held to benefit the Reeves-Reed Arboretum in Summit.

The deadline is Nov. 27 to place orders for red, white or pink poinsettias in three sizes, balsam wreaths in three sizes, and white-pine garlands by the yard.

Greenery is available by pre-paid order only; none is sold on site. Drive-in pick-up service will be held on Saturday, Dec. 2, from 9 a.m. to noon at the Arboretum, located at 165 Hobart Avenue in Summit.

All proceeds benefit the arboretum and its environmental education programs. For an order form, one can stop in at the arboretum or call 273-8787.



DRUG COMBAT — Springfield Superintendent of Schools Dr. Gary Friedland accepts a drug awareness videotape from Weichert Realtors Broker Maureen Leddy. In response to President George Bush's launch of a national drug-combat program, Weichert offered free videotaped copies of Bush's message to schoolchildren in 450 school districts.

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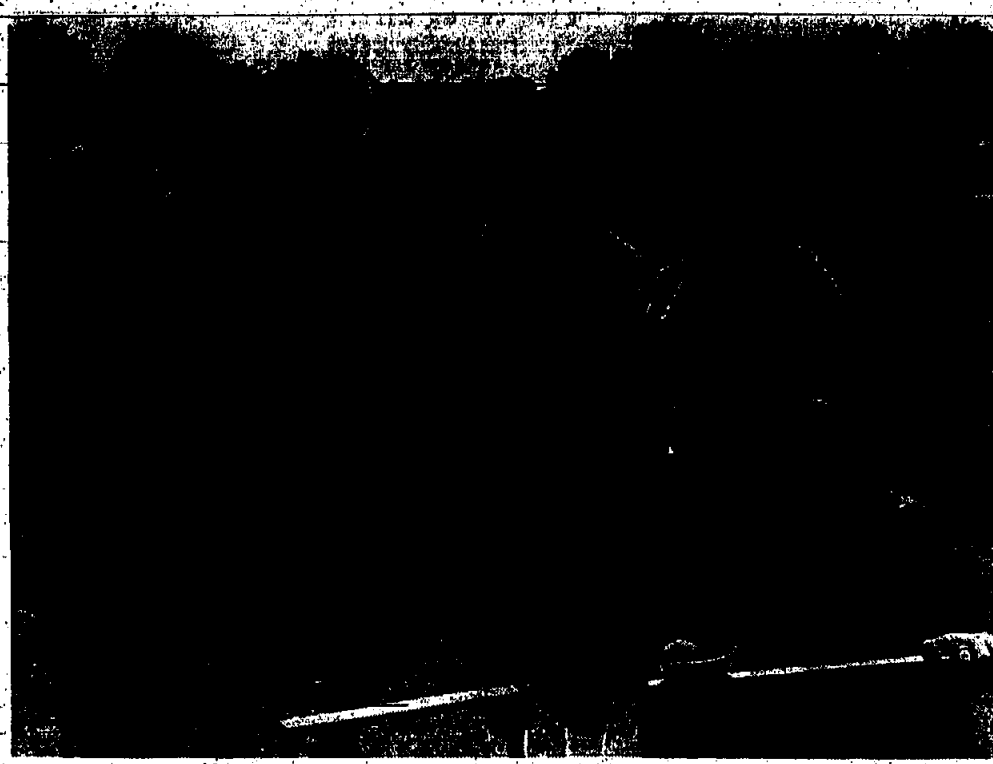
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SCIENCE IN MOTION — Students in the physics classes at David Brearley Regional High School in Kenilworth recently learned about and demonstrated the concepts of motion, distance and velocity by constructing and operating "tennis ball launchers" as part of a class project. Physics teacher Albert Steigling, far left, provides instruction to Brearley students David Evans, Maria Petracca, Jackie DePalma and Bill Durow.

Club plans trip

The Springfield Woman's Club is sponsoring a trip to Atlantic City on Nov. 25. Participants will leave the Springfield Library Parking lot at 8:45 a.m. for The Sands.

The event will be a scholarship fund raiser. The cost is \$18. Anyone interested can call 376-7964 or 376-0974 for details.

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Swimming classes announced

Three new in-pool exercises classes and a new "single plunge" will be offered at the YWCA beginning the week of Nov. 27, as part of the upcoming Early Winter term of classes and activities. The YWCA is located at 79 Maple Street in Summit.

YWCA members can take the Water Walking, Aqua-Natal, and Silver Aqua Power courses, each of which is designed to meet a particular need.

Students to honor state

Christine Kazal, fourth-grade teacher at Our Lady of Lourdes School in Mountainside, recently attended a teachers' workshop entitled "A Taste of New Jersey." The workshop was held under the auspices of Nabisco Brands and Kings Supermarkets in honor of National Geography Awareness Week, Nov. 12-18.

As a result of her attendance at the workshop, Kazal and the fourth-grade class will make a large cake in the shape of New Jersey including all 21 counties and complete with map symbols, tomorrow, Nov. 17, in the afternoon.

In other news, eighth-grade students at Our Lady of Lourdes recently participated in the Junior Olympics held at Roselle Catholic High School. The pupils competed against other Catholic schools in various subjects.

Adrian Doe received a second place plaque in art, and David Schwab received a third place plaque in mathematics. The other students who participated were Krystene Boyle, Steve Austin, Jamal Bishop, Coelle Kochanski, Jason Armatoad and Lori Tarke. Ellen Williams, eighth-grade teacher, is the students' coach.

Water Walking uses the water's natural resistance to improve muscle tone, increase flexibility and improve cardiovascular health. It is particularly good for those with back or joint problems and can be taken once or twice a week on Tuesday or Thursday mornings.

Aqua-Natal, for the expectant mother, offers in-pool callisthenics to promote muscular strength and flexibility, plus exercises to improve and increase cardiovascular efficiency.

Beginning in January, "Swingline Swimmers" will take over the YV pool on the first Friday evening of each month. This 45-minute swim is open to all single members and their friends for a small "pay-as-you-swim" fee. Healthful snacks will be provided after the plunge.

The YWCA also offers its full range of swimming classes and plunges for the Early Winter Term. Brochures were recently mailed to area households and registration is on now at the YWCA. For more information, or to register for a class with a Visa or Mastercard, call 273-4242 during morning hours only. Scholarships are available for those who need them.

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SAVE 40%-70%

See Stores For Specially Marked Models

SAVE HUNDREDS OF DOLLARS! FIRST COME, FIRST SERVED!

VISIT OUR BRASS GALLERY

SAVE \$600

NEW JERSEY UNION

1235 West Chestnut St. (Route 22 West) (Inside ROCKWELL SALVAGE)

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Hours: Mon, Wed, Thurs & Fri 9-9
Tues. & Sat. 9-5 - OPEN SUNDAY 10-5

SEALY ULTRA FIRM FULL QUEEN \$39

SEALY ULTRA FIRM FULL QUEEN \$49

SEALY POSTUREPEDIC FULL QUEEN \$69

SEALY POSTUREPEDIC FULL QUEEN \$89

SEALY POSTUREPEDIC FULL QUEEN \$99

FREE DELIVERY • FRAME • TAKE OUT OLD BEDDING

LOWEST PRICES! COMPARE & SAVE!

FREE CUTTING & BINDING ON ANY REMNANT
Purchased at our Store
Offer ends 11/22/89

FREE DELIVERY
ON ANY REMNANT PURCHASED at our store
Offer ends 11/22/89

FREE SAMPLE CAPTURE CARPET CLEANER BY MILLIKEN
Offer ends 11/22/89

SEE US FOR:

- Braids (Includes custom sizes & colors)
- Vinyl (Armstrong & Congoleum)
- Wall-to-Wall Broadloom
- Area Rugs & Remnants
- Wallpaper

STAINMASTER CARPET

MILLIKEN PLACE

Central CARPET

149 St. Georges Ave., Roselle 241-4700

10 To 6:30 Mon., Tues. & Wed.
10 To 7:00 Thurs. & Fri. 10 To 6:00 Sat.

Professor to speak



Dr. A. Ronald Sorvino, Overlook Hospital psychiatrist and assistant clinical professor at Columbia College of Physicians and Surgeons, will speak on "Holiday Stress," a free public forum, tonight, Nov. 16, at 8 p.m. at the hospital's Wallace Auditorium in Summit.

The forum is one of a series of community health programs sponsored by Overlook's Department of Health Education.

Dr. Stuart Burstin, infectious disease specialist at Overlook Hospital, will speak on "AIDS: Present and Future Impact," in the Wallace Auditorium on Monday, Nov. 20, at 10 a.m.

The free program is sponsored by the Overlook Hospital Auxiliary and is open to the public. Parking is free for those who bring their parking garage tickets to the event.

at the library

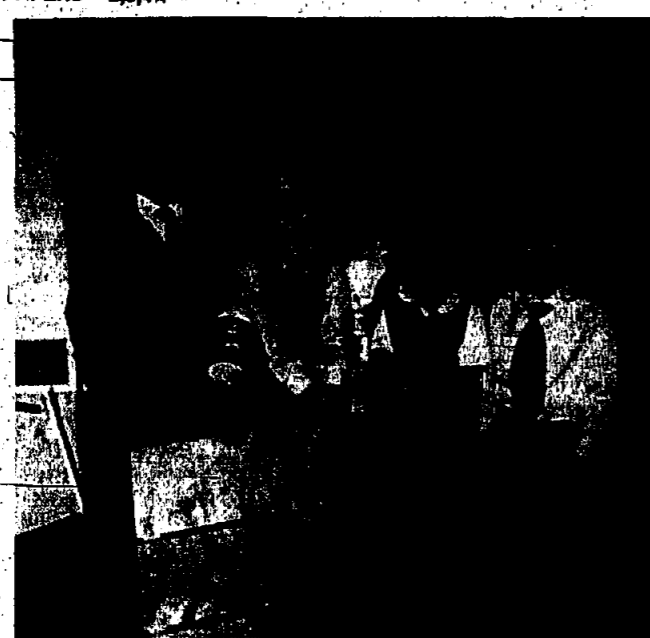
The Mountaineer Library has announced that several new books are now available to library patrons.

Umberto Eco, whose last book, "The Name of the Rose," was a best seller made into a movie, has written another mystery, "Foucault's Pendulum," in which a bizarre fictional plot of food into a computer has people disappearing one by one. This book is a breathtaking rollercoaster ride through a world of ideas and aberrations.

"The Dark Half," by Stephen King, is a tale of terror so real and fascinating that the author's growing legion of fans will find themselves squirming in the master's heart-stopping, blood-curdling grip and loving every minute of it.

"The Anastasia Syndrome and Other Stories" by Mary Higgins Clark. The first collection of short fiction from America's reigning queen of romantic suspense, this book reflects the author's intense personal interest in psychology, the sixth sense, and thought transference, which is sure to thrill her fans and further confirm her reputation as a spellbinding storyteller.

In other news, elegant, enchanting music will fill the halls of Mountaineer Free Public Library on Sunday, Dec. 3, at 3 p.m., as the Medical Singers present a holiday concert. This free public event, open to all who are interested, is being presented by the Friends of Mountaineer Free Public Library.



KIND GESTURE — Students at Our Lady of Lourdes School in Mountaineer, from left, Michael Romanelli, Lauren Kitzhoffer, James Supple, Larissa Luciano and Christopher Bladis, collect non-perishable foods and paper products to be placed into Thanksgiving baskets. The baskets will be delivered to needy families and individuals in the area.

Breakfast with St. Nick

The St. James Home School Association of Springfield will be sponsoring a holiday "Breakfast with Santa" at the St. James School Auditorium, located at 41 South Springfield Avenue in Springfield, on Dec. 2 at 10 a.m.

The yuletide event is being held to give area families an opportunity to share a special activity together, and to provide fun for the youngsters as the Christmas season approaches.

Tickets are \$3 each for children and adults, and includes a breakfast of pancakes, sausage, juice, milk, and coffee. There will be special surprises, music and festivities. For reservations and more information, one can call Debbie Murray at 378-8341. Interested persons are urged to make reservations by Saturday, Nov. 18.

THE NEW LIFE YOU THIRST FOR
Canada's No. 1 selling Botanical Formulation now available in the United States. Potassium mineral supplement developed by eminent agrbiologist and biochemist. Unchanged in over 60 years.
For more information CALL
J & N DISTRIBUTORS • 241-7993

SNAPPER

TRADE AND SAVE!
On a New Snapper Intermediate 2-Stage Snowthrower

A Leading Consumer Magazine states: "The most powerful 5-hp machine, the Snapper's performance matched that of many 8-hp models. In addition, it was easy to maneuver through turns."



Trade in any old gas powered product and get at least an \$80.00 trade allowance, maybe more, off the regular retail price of a new Snapper Intermediate 2-stage snowthrower. See participating dealer today. Hurry offer ends soon.

Limit one trade-in per transaction. Not valid with any other promotion. Void where prohibited.
T & J LAWNMOWER
332 NORTH AVE., EAST
CRANFORD
272-7214

SPRINGFIELD CENTER "LIGHTS CEREMONY"
Santa Claus is coming to Town on Friday, November 17th
From 4:00 - 5:00 P.M.
Come Join the Festivities
• Free Balloons • Free Candy Canes
• Free Coffee/Hot Chocolate & Donuts
Ceremony Begins on Morris Ave. Springfield Center

Let's talk turkey about...
Holiday Diets and Nutrition
Come and join us at our **OPEN HOUSE**
SATURDAY, NOV. 18 Hospital hours: 10 am, 11 am, 12 pm, 1 pm.
• Maintain your diet and still enjoy holiday delights
• Learn to prevent harmful overeating with Nutritional Know-How
• Take stress out of holiday meal planning with creative menu guides
• Find out about countless weight loss and nutritional guidance programs.
FREE 1/2 hour consultation available with Barbara Peckstein Dietitian/Nutritionist
FRESH REFRESHMENTS
346 South Ave., Fanwood, N.J. 07023 • (201) 889-7272

Turkey winners named

Winners were announced this week in the Thanksgiving Turkey Contest conducted by this newspaper and area merchants.

The participating stores and winners at each store were:
Al David Shoes, Angio Iscaro, Elizabeth; Ann Louise Corset Shop, J. McQuaque, Union; Arrangements By Ross, Bob Dinino, Cranford; Arthur Wells Optician, Helen Alpaugh, Springfield; Auto Spa, Vicia Smolen, Elizabeth; Badis Jewelers, A. Andre, Newark; Bagels Supreme, Maria Nowak, Newark; Baltic Video, Mrs. Vincent Biacigole, Linden; Beno's Liquors, Marie Macchia, Pompton Plains; Bilinuska Brothers, Carmen Frost, Colonia;

Brivi's Deli, Anna Marie Calabrese, Iselin; Mr. Lester Burman, Margaret Fiedler, Union; Dr. James C. Byrne, Barbara Dinko, Union; Campus Sub Shop II, Shanna Mc Kinnon, Newark; Carmen's Catering, Lillian Markovitch, Roselle Park; Center T.V., R. Brown, Cranford; Champs Sports Bar & Grill, Danny La Rosa, Maplewood; Chestnut Lawnmower, Jimmy Gortlich, Union; Cratty Kitchens, Betty Dunlop, Clark; Crest Auto Electric Dist., Mike Seble, Kenilworth;
Curtain Bin, Ann Kenicki, Union; Electrolux, R. Nesbitt, Short Hills; Davi Liquors, John O'Brien, Roselle;

Finnagle's Restaurant, James Ford, Elizabeth; Frazzer, Nancy Szyrchowski, Rahway; Foodtown/Roselle, Karen Kane, Cranford; Gaiser's Pork Store, Florence Harrington, Union; Garden Restaurant, Eddie Kammer, Elizabeth; Grandview Fashion Center, Karen Milford, Roselle Park; Gofin's Hallmark, Priscilla Eichhorn, Union;
Hair Together, Myra Vlastaro, Union; International House of Pancakes, R. Gallo, Roselle Park; J's Tailoring & Dry Cleaning, Dr. Moss, Union; Joy of Nails, Margie Balerno, Roselle; Kenilworth Auto Parts, R. Clark, Kenilworth; K. Kodak Jewelers, Maryann Frasca, Union; La Danse, Selina David Peterson, Linden; Leigh Savings Bank, Ross Lourenco, Clark; LFO Carpet & Linoleum, Diane Moskowitz, Union; Lutz's Pork Store, Diane S. Myer, Union;

OPEN TO THE PUBLIC

FACTORY DIRECT SINGER SEWING MACHINE IN-STORE WAREHOUSE SALE

- FREE ARMS
- FLAT BEDS
- PORTABLES
- AUTOMATICS
- COMPUTERS
- ZIG-ZAGS
- OVERLOCKS

THIS UNIQUE SALE AFFORDS YOU AN OPPORTUNITY TO GET THE SINGER SEWING MACHINE OF YOUR CHOICE AT A REMARKABLE SAVINGS DURING THIS FANTASTIC SPECIAL STOCK REDUCTION SALE ALL ARE NEW IN FACTORY SEALED CARTONS

ALL FIRST QUALITY

SINGER SEWING MACHINES

The Fashion Mate™ Deluxe Machine Model 6021
Bobbin removes without fuss • Offers 21 stitches • Horizontal thread delivery for better stitching • Sewes perched but tonholes every time • Adjusts to various fabric thicknesses • Sewes in reverse quickly and easily
Reg. \$699.99
NOW \$239

MODEL 616
Oak tone with wood grain appearance • Large sewing area • Quick easy conversion to free-arm or flat-bed sewing • Easy movement of sewing machine to and from storage • Four-speed built-in stitch selector
Reg. \$199.99
NOW \$98

FEATHERWEIGHT
Lightweight and compact—weighs only 7½ lbs. • Free arm for sewing cuffs & sleeves • Adjustable to various fabric thicknesses, saws straight, zig-zag & buttonholes • Built-in carrying handle
Reg. \$279.99
NOW \$139

The Athena™ Machine Model 2210
One-of-a-kind in its class—free conversion to stretch to accommodate Touch n' Sew™ elasticizer for stretch fabrics • Horizontal thread delivery for better stitching • Sewes perched but tonholes • Sewes in reverse • Four-speed built-in stitch selector • Four-speed built-in stitch selector • Four-speed built-in stitch selector
Reg. \$599.99
NOW \$548

The Deluxe Debutante™ Machine Model 5808
8 stitches ranging from functional to decorative • New easy threading system • Now brighter built-in sewing light • 160 stitches per minute • Free arm for sewing cuffs and sleeves • Three needles • Left-carrier bobbin • Built-in carrying handle
Reg. \$439.99
NOW \$229

The Fashion Mate™ Deluxe Machine Model 5989
Bobbin removes without fuss • Offers 21 stitches • Horizontal thread delivery for better stitching • Sewes perched but tonholes • Sewes in reverse • Four-speed built-in stitch selector • Four-speed built-in stitch selector
Reg. \$399.99
NOW \$179

Professional™ Machine Model 14U23A
Three colored stitch types • Overlaid safety lock • 2-speed overlock or stretch stitch • Thread tension • Removable top cover • Gathering or stretching material as needed • Curved foot • Other various options • Head overlock with differential feed and free-handing plate
Reg. \$720
NOW \$399

The Singer System: S57-450 Upright
4 carpet height adjustments • 2-speed motor • Twin tens for cleaning power • Power groom beater • Brush • Edge cleaning • 20-foot power cord • Full-velocity turn • 20" wide beam headlight • w/7 piece attachment kit included
Reg. \$189
NOW \$90

The Stylist™ Machine Model 4613
33 stitches from construction to stretch to decorative • Dial for easy stitch selection • Exclusive 6-second threading • Free arm for sewing cuffs and sleeves • 160 stitches per minute • Built-in buttonhole • Built-in carrying handle
Reg. \$579.99
NOW \$299

Our Guarantee
We will provide our full line of Full Services Even at these incredibly low prices
■ 25 year factory warranty
■ FREE Training Lessons
All lessons given by Elizabeth Sewing Machine Outlet
1164 E. Jersey St. Elizabeth Approved Dealer

SALE DATES:
Thurs., Nov. 16 8:30-7:00
Fri., Nov. 17 8:30-7:00
Sat., Nov. 18 8:30-8:00
Sun., Nov. 19 11-5

1164 E. Jersey St. E. Jersey St. Elizabeth 352-5840
CASH, PERSONAL CHECK, VISA, MASTERCARD
Phone Orders Accepted 352-5840
We Will Ship Anywhere
Hundreds of sewing machines to choose from, all are new, in factory cartons. Each model will be demonstrated and experts available to answer any questions.
HURRY, SOME QUANTITIES LIMITED

CLARKE COMFORT CONFIDENCE
The World's Most Advanced Air Conditioning & Heating System
PLUS
EFFICIENCY, RELIABILITY, DEPENDABLE INSTALLATION & SERVICE
BY A PROFESSIONAL ENGINEERING COMPANY SERVING NEW JERSEY WITH AIR CONDITIONING AND HEATING SYSTEMS FOR OVER 38 YEARS.
WINTER IS ON IT'S WAY!
Now you can get a combined rebate and trade-in of up to \$1,404*
When you buy high performance air conditioning and heating. This offer includes utility company rebates. PE&E Utility Company Program
OFFER ENDS 11-30-89
FREE AIR CLEANER OR COMPUTERIZED THERMOSTAT WITH PURCHASE
CALL FOR FREE ESTIMATE 862-1203
RESIDENTIAL • COMMERCIAL • INDUSTRIAL
CLARKE ENGINEERING CO
15 N. Wood Ave., Linden
Over 38 Years of Experience Under Same Ownership Serving Central New Jersey

A Blue Ribbon Bank* with an A+ Rating**
The United Advantage... security you can bank on.

United Money Fund	United Super NOW	United Investment Checking
INDIVIDUAL ACCOUNT		
6.30% Effective Annual Yield	5.45% Effective Annual Yield	5.55% Effective Annual Yield
6.13% Annual Interest Rate	5.32% Annual Interest Rate	5.41% Annual Interest Rate
<ul style="list-style-type: none"> Insured under the provisions of FDIC Regulations You can write three third-party checks per statement period Unlimited in-person or automatic teller machine withdrawals Earn Money Market rate on all available funds from \$1,000 up to \$1,000,000 Earn NOW Account rate on all available funds up to \$1,000 	<ul style="list-style-type: none"> Insured under the provisions of FDIC Regulations Unlimited check-writing privileges Earn Money Market rate on all available funds from \$1,000 up to \$1,000,000 Earn NOW Account rate on all available funds up to \$1,000 	<ul style="list-style-type: none"> Combination NOW Account and Repurchase Agreement Participants acquire an interest in a U.S. Government or U.S. Government Agency security owned by the Bank Unlimited check-writing privileges Earn Repurchase Agreement rate on all available funds from \$1,000 up to \$1,000,000 Earn NOW Account rate on all available funds up to \$1,000
<p>* Earn this rate on available funds over \$1,000. Interest compounded and credited monthly. Rates and yields in effect on publication date are subject to change with market conditions.</p> <p>FREE SERVICES</p> <ul style="list-style-type: none"> Free 24-hour banking with the Wizard of Ease™ automatic teller machines Free name-imprinted checks Free Bank-by-Mail <p>No matter what your investment needs, one of our United Family of Money Market Accounts is perfect for you. Visit one of our branch offices or call 931-6845 for further information.</p> <p>UNITED COUNTIES TRUST COMPANY MEMBER, UNITED COUNTIES BANK CORPORATION MEMBER, FDIC Rahway • Berkeley Heights • Chapel Hill • Clark • Cranford • Elizabeth • Hillsborough • Hillside • Keansburg • Kenilworth • Lincoln • Linden • Madison • Middletown • North Plainfield • Oakhurst • Port Monmouth • Red Bank • Shorewood • Springfield • Summit</p> <p>*Blue Ribbon Bank Report (Dec., 1988) Veribank, Inc., Woburn, MA. **The Highest Rated Banks in America (Dec., 1988) Sheshunoff Information Services, Inc., Austin TX</p>		

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Make it a festive and fabulous Flemington Fur Christmas! It's the season to create a memory that will last forever. The gift of a Flemington Fur from our enormous selection is sure to delight you. It's the delight of the season to discover how enjoyable it is to shop where the professional service is world class. And you'll be excited to find how little you pay for such premium quality. Visit today and assure yourself of a festive and fabulous Flemington Fur Christmas!
Holiday value priced from \$495 to \$650.000
flemington fur company



SCHOLARSHIP WINNER — The Association of Trial Lawyers of America, New Jersey chapter, recently presented its annual scholarship to the highest grades in Toris and Evidence and Advocacy experience. Hugh Keifer of Springfield, center, received a \$1,500 scholarship. From left are Ronald Kicco, dean of the Seton Hall University School of Law; Keifer, and Michael Maggiano, president of the association. This photo, which ran in last week's issue, misidentified the people shown.

Red Cross seeks supplies and funds

The Summit Area Chapter of the Red Cross, which cooperates with the Emergency Management Councils of Springfield, Summit, New Providence, Berkeley Heights and Passaic Townships, is continuing to seek contributions from area residents and merchants.

Screenings announced

The Westfield Board of Health will conduct a free blood pressure screening on Thursday, Dec. 7, from 10:30 a.m. to noon, which will be open to Mountainide residents. The program will be held at the Westfield Community Center, located at 558 West Broad Street in Westfield.

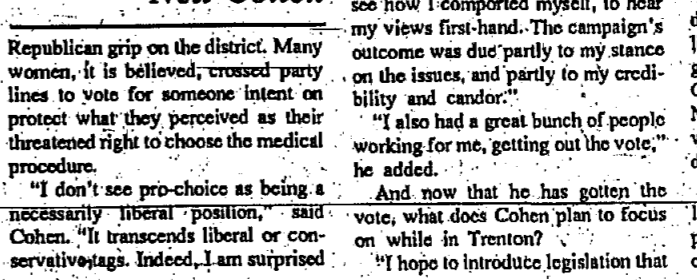
Guest columns

Readers are invited to submit guest columns of community interest which we will consider publishing. These columns should not be interpreted as the opinion of this newspaper.

Assemblyman-elect eager to go to Trenton

By JOSEPH PICARD Legislative, District 21, which encompasses Kenilworth, Roselle, Roselle Park, Springfield and five other municipalities, will have a new representative in the state Assembly in January.

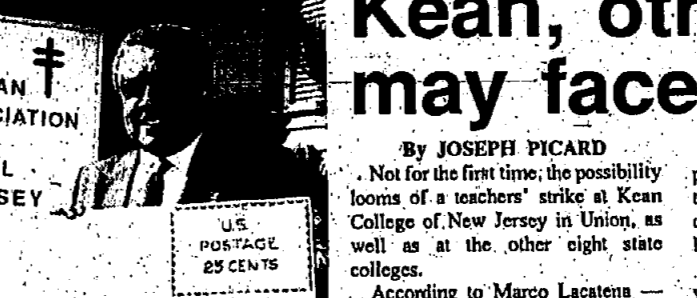
"There are some politicians who will change or modify their positions according to whether those positions are popular or not. I am not that way. It gets to where you have to be able to look in the mirror, you have to be able to live with yourself."



NEIL COHEN

Professor authors self-help math book

Dr. Steven Slavin, an associate professor of sciences at Union County College, has released his fifth book, a self-help guide to assist college students who are weak in basic mathematical computations.



AMERICAN LUNG ASSOCIATION OF CENTRAL NEW JERSEY

graduates

Two Mountainide residents graduated from Kean College of New Jersey in June on Aug. 31. They were Richard E. Karl, a management science/marketing major, with a bachelor of science degree, cum laude; and Serafinus O'Neil, a management science major, with a bachelor of science degree, summa cum laude.

PUBLIC NOTICE

11742 The Springfield Road, Nov. 16, 1989

THE ANNUAL MEETING OF THE TOWNSHIP BOARD OF PLANNING AND ZONING shall be held on Wednesday, November 16, 1989, at 10:00 a.m. in the office of the Township Clerk, 11742 The Springfield Road, Springfield, New Jersey 07081.

PUBLIC NOTICE

County of Union, State of New Jersey, as follows:

SECTION 1. AMENDMENT: There shall be added to the revised general zoning ordinance of the Township of Springfield, County of Union, State of New Jersey, Chapter 160, as follows:

SECTION 2. PROHIBITION: No person shall use any portion of any lot within the Township of Springfield, New Jersey, in accordance with the regulations set forth in this ordinance.

SECTION 3. DEFINITIONS: As used in this ordinance, the following definitions shall apply:

(A) "Approved Plan" shall mean a plan of development and subdivision approved by the Township Board of Planning and Zoning.

PUBLIC NOTICE

11718 The Springfield Road, Nov. 16, 1989

SECTION 1. PLANTING: Any tree used in a required planting or to replace a damaged tree must be at least three inches in diameter, measured at the base of the trunk, and at least 6 feet high at the time of planting.

SECTION 2. MARKING OF TREES: Each tree which has been approved for removal shall be marked by the Township Engineer with a red spray paint.

SECTION 3. APPEALS: Any person who is aggrieved by the action of the Township Board of Planning and Zoning may file an appeal.

SECTION 4. EFFECTIVE DATE: This ordinance shall take effect immediately upon passage and publication thereof.

SECTION 5. PUBLIC HEARING: The Township Board of Planning and Zoning shall hold a public hearing on this ordinance on November 16, 1989.

HELEN E. MAQUIRE, Township Clerk

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HELEN E. MAQUIRE, Township Clerk

Anti-drug walkathon raises \$10,000

The Union Hospital Foundation's first annual "March Against Drugs" walkathon raised more than \$10,000 for the hospital's drug and alcohol program, James J. Masterson, Foundation president, announced.

College fetes astronomers' group

Amateur Astronomers Inc. (AAI), based at Union County College in Cranford, was honored recently by the college's Board of Trustees on the 40th anniversary of the group's founding.

PUBLIC NOTICE

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New deadlines

Next week, County Leader Newspapers will publish a day earlier than usual — Wednesday, Nov. 22 — because of the Thanksgiving holiday.

Diabetes symposium is scheduled for Saturday

The American Diabetes Association of Union County will sponsor a diabetes educational symposium on Saturday, Nov. 18, from 9 a.m. to 3 p.m., at the Ramfida Inn in Clark.

PUBLIC NOTICE

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PUBLIC NOTICE

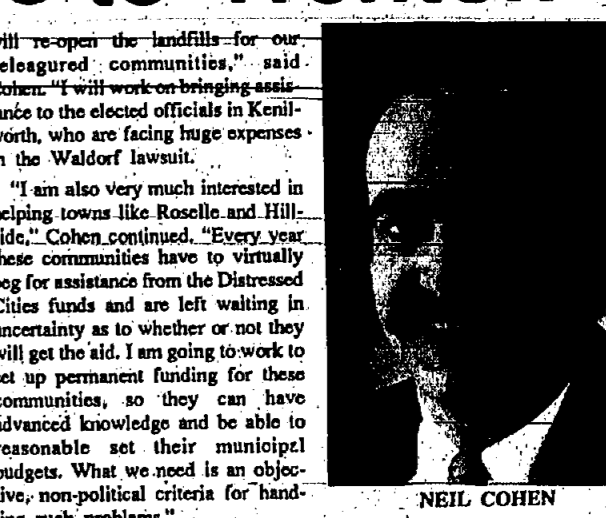
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NEIL COHEN

"There are some politicians who will change or modify their positions according to whether those positions are popular or not. I am not that way. It gets to where you have to be able to look in the mirror, you have to be able to live with yourself."

Kean, other N.J. colleges may face teachers' strike

By JOSEPH PICARD Not for the first time, the possibility looms of a teachers' strike at Kean College of New Jersey in Union, as well as at other eight state colleges.

According to Marco Lacatena — president of, and chief negotiator for, the Council of New Jersey State College Locals — teachers at the state colleges have been working without the AFT-CIO contract for some time.

The council of local unions is a part of the American Federation of Teachers (AFT), which is affiliated with the AFT-CIO. The council represents approximately 2,200 college teachers statewide, and about 800 other state college employees.

"We were offering a 3 1/4 percent/4 percent/4 percent schedule over three years," said Frank Mason, the director of the state's Office of Employee Relations (OER).

"The union was asking for a two-year contract with a 7 1/2 percent increase each year. We couldn't agree, and the union declared an impasse, and the matter went to the stage of a fact-finder hearing."

"I think that it's become a political thing," said Mason. "It was probably initiated by the AFT to walk out now, prior to seeing if the new governor will show himself more favorable to their cause. It appears that the union is presuming that Florio will be better disposed toward them and, if the presumption proves true, this could open up a new round of negotiations."

"We probably won't go out on strike so near to the elections," said Lacatena. "Certainly we want to learn what the new governor thinks. He's management and we want to see what he's willing to offer."

"A strike is a card I can play. It is a crucial card, and I intend to use it wisely. We are measuring the situation day by day," Lacatena said.

"What we are looking for is a uniform code in such areas as health, pension, and cost of living. We are also looking for a more equitable distribution of funds. Now that we're no longer under these regulations, we've been cast into a sort of limbo, with different schools imposing different restrictions."

"We have agreed that many of the former regulations are negotiable," said Mason, "and we are close to an agreement."

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SOCIAL



MR. AND MRS. STEPHEN CHARLES CONSTAS

D'Amore weds Constas

Ellen Frances D'Amore, daughter of Mr. and Mrs. S. Vincent D'Amore of River Edge, was married recently to Stephen Charles Constas, son of Mr. and Mrs. Charles E. Constas of Springfield.



MR. AND MRS. ROBERT PERRI

Broccoli-Perri marriage

Theresa Broccoli, daughter of Mr. Salvatore Broccoli of Nutley, formerly of Union High School, Capri Hair Institute and Vidal Sassoon Academy, is employed as a hairdresser at High Lights Hair Design in Chatham.

births

A 7-pound, 3-ounce daughter, Alicia Raquel Schmidt, was born May 9 in Palisades General Hospital, North Bergen, to Mr. and Mrs. Gary Schmidt of Branchburg. He joins a brother, Jonathan Angel, 2.



MR. AND MRS. REGINALD LEWIS JR.

Williams-Lewis wedding

Lisa Williams, daughter of Mr. and Mrs. George Williams of Linden, was married recently to Reginald Lewis Jr., son of Mr. and Mrs. Reginald Lewis Sr. of Linden.



CHERYL HEYMAN KEVIN JEROME

Heyman-Jerome engaged

Mr. and Mrs. Allan Heyman of Union have announced the engagement of their daughter, Cheryl, to Kevin Jerome, son of Mr. Ronald Jerome of Union and Mrs. Joan Gustafson of Forked River.



MR. AND MRS. NEAL MICHAEL STURM

Claxton-Sturm wedding

Bonnie Ann Claxton, daughter of Mrs. Mary Ann Claxton of Teaneck, was married recently to Neal Michael Sturm, son of Mr. and Mrs. Irving F. Sturm of Roselle.



DAWN TRONCONE CHARLES R. BOHANNON

Tronccone-Bohannon troth

Mr. and Mrs. Richard Tronccone of Union have announced the engagement of their daughter, Dawn, to Charles R. Bohannon, son of Mrs. Judith Bohannon of Toms River, formerly of Union, and the late Mr. Edward Bohannon.

Career candidates sought

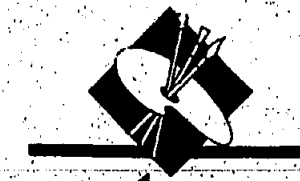
The Westfield Business & Professional Women's organization is seeking candidates for its Young Career Women competition. The program recognizes outstanding young career women.

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calendar



Art

Israeli Art Exhibit, YM-YWHA, Union, through Nov. 19; 298-8112. Viability 3rd Juried Exhibit, Schering-Plough, Kenilworth, through Nov. 27; 745-3913.

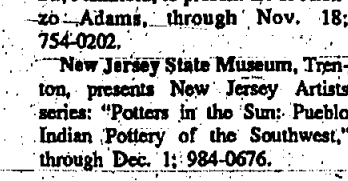
Singles

Jewish Singles World, Springfield, ages 23-36, sponsoring Bowling Night on Nov. 18 at 9:30 p.m. at Clark Lane, 140 Central Ave., Clark; 964-8086.

Music

Delbarton School, Mendham Road, Morristown, to present concert pianist John Gorman and Marina Carroll Nov. 19 at 3 p.m.; 538-3231.

Theater



Theater

Florham Park Players, Ridgeway School auditorium, Florham Park, to present "Annie" 17 and 18 at 8:30 p.m.; 377-1313.

Support Groups

Hodgkins/Lymphoma Support Group, meeting on Nov. 28, 7:30 p.m. at Union County Unit of American Cancer Society, 507 Westminster Ave., Elizabeth; 354-7373.

Jersey Symphony



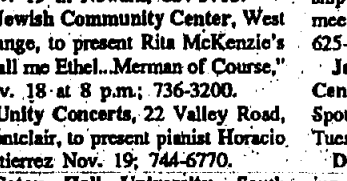
Jersey Symphony

Jersey Symphony, to present concert recital by Christina Kist, Nov. 19 at 3 p.m.; 378-9555.

Support Groups

Hodgkins/Lymphoma Support Group, meeting on Nov. 28, 7:30 p.m. at Union County Unit of American Cancer Society, 507 Westminster Ave., Elizabeth; 354-7373.

Jersey Symphony



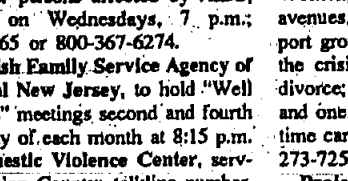
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Harvey-Morris AIDS Support Group



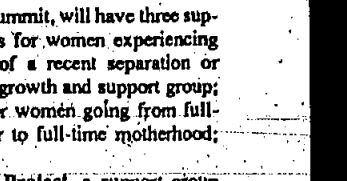
Harvey-Morris AIDS Support Group

Harvey-Morris AIDS Support Group, Union, offering membership. Features dialogue, support and friendship for persons affected by AIDS.

Support Groups

Hodgkins/Lymphoma Support Group, meeting on Nov. 28, 7:30 p.m. at Union County Unit of American Cancer Society, 507 Westminster Ave., Elizabeth; 354-7373.

Project Protect



Project Protect

Project Protect, a support group for battered women, meets Tuesdays from 7:30 to 9:30 p.m., 355-HELPS.

Support Groups

Hodgkins/Lymphoma Support Group, meeting on Nov. 28, 7:30 p.m. at Union County Unit of American Cancer Society, 507 Westminster Ave., Elizabeth; 354-7373.

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RELIGION

(Continued from Page 15) day night Shabbat services, a Saturday evening Patrons Night and a Sunday service...

Madrigal dinner set "Merry Old England" will be brought to life at a Madrigal dinner Dec. 2 at 5:30 p.m. and Dec. 3 at 7 p.m. at the First Presbyterian Church at Springfield.

church office, and reservations can be made by calling 379-4320. "Krishtinnacht" topic. Glaser will speak at Congregation B'nai Jehoshua, Short Hills, during Shabbat worship services tomorrow at 8 p.m. Glaser, who lived in Nazi Germany until he escaped in 1940, will share his experiences as a young Jewish girl during the night of terror that came to be known as "Krishtinnacht."

Worship Directory

Worship Directory listing various religious groups including Alliance, Charismatic, Jewish, Messianic, Non-Denominational, Presbyterian, Episcopalian, Lutheran, and others, with their respective addresses and service times.

OBITUARIES

Michael and Thomas, a brother, Peter, and six grandchildren. Byron Gregory, 77, of Union died Oct. 29 in his home. Born in Greece, he lived in Jersey City before moving to Union 38 years ago.

1,2,3,4 - COUNTY LEADER NEWSPAPERS - THURSDAY, NOVEMBER 16, 1989 - 17. E.O. Ruchle and Co., bluenprinters in Newark, where she retired as office manager in 1960. Surviving are two sons, Kurt and Charles; a daughter, Ruth Marie; 11 great-grandchildren and five great-grandchildren.

death notices

CAMERON - On November 12, 1989, Helen M. of Roselle, N.J., wife of the late James Cameron, devoted mother of Linda Kornblith, James and Douglas Cameron, also survived by two grandchildren, Funeral services will be held at the Mt. Crackerken Funeral Home, 1500 Morris Avenue, Union, New Jersey on Saturday, November 18, 1989, at 10:30 a.m. Interment was followed at the Immaculate Conception Cemetery, Montclair.

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CLASSIFIED PAGES 5-9

COUNTY LEADER NEWSPAPERS THURSDAY, NOVEMBER 16, 1989 - 2,3,4 SECTION B

Bears capture section, reach Group 1 finale

By MARK YABLONSKY

Throughout his 21 years in charge of the Brearley High school soccer program, Al Czaya has coached a lot of players. And every one of them, wherever they may be, ought to know just one thing: Brearley's 1-0 victory over Governor Livingston last Friday afternoon, the long-awaited victory that gave the school its first-ever soccer state sectional championship, was for them, and for everyone.

"I'm just really happy," said Czaya, minutes after the game at wind-swept Nolan Field in Clark had ended. "The way I look at this, it's for the 21 years and the players who have played here. That was for all of them. We're certainly had some bitter disappointments in years past. But their attitude and dedication makes it all pay off."

And then this past Monday, the Bears took on Midland Park, the North Jersey Group 1 champion, in the Group 1 semifinals in Jersey City and prevailed by way of a knockout, thus setting up a date with Bernards, the Central Jersey Group 1 champion, tonight at 6 p.m. in Ewing Township for the whole ball of wax. Matt O'Donnell, Chris Jardon, Jason Fenestras and Brian Moloney scored in the shootout to win it for the Bears.

Brearley, despite strong success in each of the previous two seasons, had come away empty in both the 1987 and 1988 North Jersey, Group 1, Section 2 championship games. That had also been the case in both 1975 and 1977, when Vincent and Chatham Township respectively had defeated the Bears to win the sectional. And two years ago, Chatham Township did it again, as did Whippany Park the following season — via a sudden-death shootout. Interestingly, the sectional champion of the previous two years has gone on to win the overall Group 1 title.

But to anyone who has followed the fortunes of Czaya's team in recent years, last Friday was truly the day to remember. Having earned a third straight appearance in the sectional final with a 1-0 win over — of all people — Whippany Park three days earlier, the Bears went in looking for that elusive sectional crown against the Highlanders of G.L., whom Brearley had defeated, 2-0, on Oct. 20 in Kenilworth.

"Certainly, G.L., having recently dropped from Group 2 status, was a worthy opponent. In the second period alone, Brearley midfielder Liam Ahmetaj experienced some anxious moments, once on a rolling save of a shot to his left that nearly trickled behind him, and again, when forward Nick Trombetta's blast went wide to the right of the Brearley net.

But with the chilly, easterly wind behind them in the third period, the Bears broke through for the decisive tally. Jardon, one of three team captains and the team's second-leading scorer, received O'Donnell's centering feed and asked a shoulder-high blast from roughly 10 yards out that found the upper part of the net at the 4:11 mark. It was Jardon's 15th goal of the season.

Shortly before the 6-1, 165-pound senior had outworked a G.L. defender and fired a shot at goalkeeper Drew Darling from close in on the rear side, but the Highlander netminder turned it aside harmlessly. On Jardon's second attempt, however, Darling had no chance whatsoever. The goal, strangely enough, was Brearley's lone shot on goal in the period.

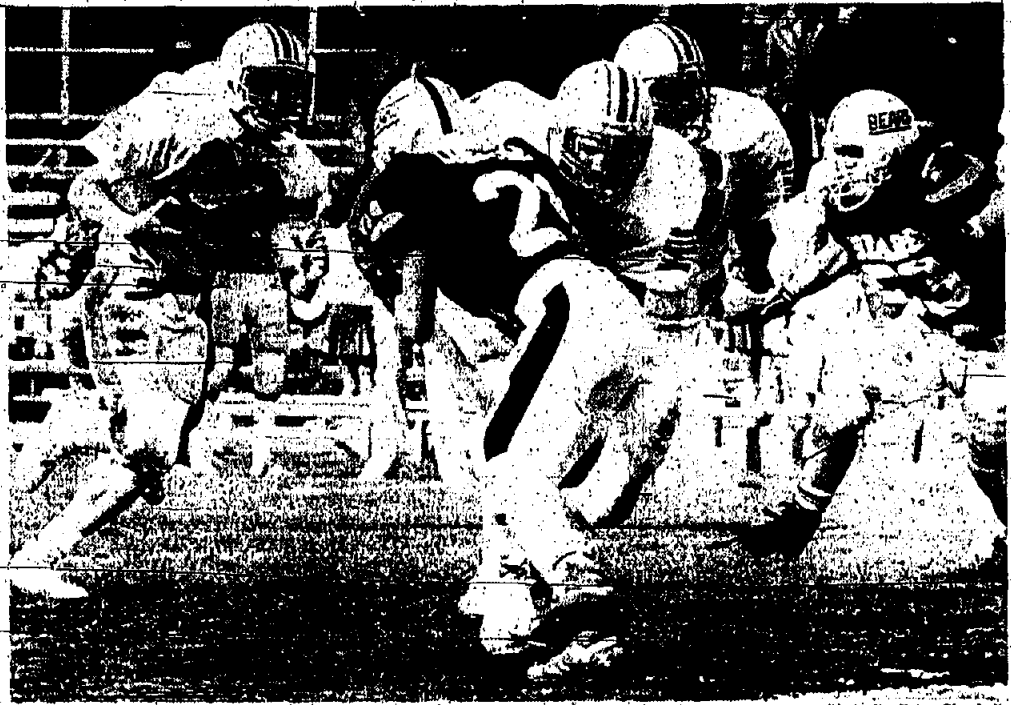


Photo by Peter Ciambelli

RUNNING 'DAWGGS — Dayton running back Andy Huber, 22, picks up yardage in last Saturday's game against Brearley Regional, as two teammates provide blocking against defenders Len Lueddcke, left, and Frank Grande. Huber ran for 18 yards in five carries, including a pair of key seven-yard gains, as the Bulldogs won, 21-15.

'Dawgs defeat Brearley

By MARK YABLONSKY

For the past three years, Brearley hasn't given Dayton much to be thankful about on Thanksgiving Day. But in this year's annual clash between these two football teams, Dayton was able to ease the memories of three straight lopsided holiday defeats by prevailing, 21-15, at chilly Wood Field this past Saturday.

Brearley and Dayton, you'll recall, first began playing one another in 1984, with Dayton winning the first encounter, 14-6, in Kenilworth. Since then, the Bears, prior to this year, had rolled off 0-0, 20-0, 42-15 and 36-8 defeats.

But this year, the Bulldogs, with a bit more experience up front as opposed to a more youthful Brearley line, came out on top. Down by a 15-14 count after the Bears had gone ahead on a 21-yard touchdown run by quarterback Steven Williams late in the third quarter, Dayton answered right back with an 11-play, 62-yard scoring drive that culminated when senior halfback Jason Amiz took a pitch from quarterback Peter Carpenter and ran nine yards for the winning score. Dayton's extra point gave Brearley its short-lived one-point advantage.

"This one felt sweet," said Dayton head coach John LeDonne afterward. "Give them credit. They're a well-coached team. But you can't say enough about our guys coming back."

At first, it was the Bears who had to count back. Dayton, from an off of a 12-6 win over Central the week before, got going quickly once linebacker Michael Pires recovered a fumble at the Brearley 16-yard-line some four minutes into the opening quarter. Four plays later, Greg Graziano scored on a two-yard run and even though kicker Dan Lamozege had his PAT attempt blocked, it was 6-0, 'Dawgs.

Dayton later made it 14-0 when Carpenter lofted a seven-yard TD pass to Jim Morrison with 4:35 to play in the second quarter. Carpenter, who completed two of five passes for 38 yards, then threw to Morrison for a two-point conversion to give Dayton a 14-0 lead.

The Bears, however, took advantage of several mistakes to make it a six-point game by halftime. After sophomore guard Michael Ring fell on a fumbled punt, recovery at the Dayton 41, the Bears, aided by three Bulldog penalties — including one for unsportsmanlike conduct — made good on a seven-play drive with Williams sneaking over on third down from less than a foot out. Sophomore tailback Ron Cagno went in for a two-point conversion, and it was 14-8, Dayton, at the half.

And with 3:44 to go in the third period, Williams capped a nine-play, 75-yard drive with his 21-yard scamper off the left side. Williams completed passes of 14 yards to Joe Corbo, 12 yards to Jeff Barr, and two yards to Bill Durov to spark the advance. Mark Scuderi's extra point gave Brearley its short-lived one-point advantage.

Amiz, in addition to his fine play on offense, also came up with a key fumble recovery almost immediately after he had given Dayton its eventual lead. His time with roughly a minute remaining at the Brearley 20. Two plays later, and the game was over.

Dayton had the overall edge in total yardage, 245-196, and also in rushing, by a margin of 10-112. Duchowicz was Dayton's leading ballcarrier with 60 yards in 15 carries, while Mike Battlo ran for 54 yards in 10 attempts. Williams ran for 29 yards in four carries, while completing 10 of 19 passes for 84 more.

"I thought we did some nice things," said Brearley head coach Bob Taylor, whose 3-5 team will try to end the 1989 season on a positive note against visiting North Plainfield Thanksgiving next Thursday. "We made some real nice plays to stay in the game. But you can't say enough about our guys coming back." John LeDonne

	1st	2nd	3rd	4th	Tot
Gv. Liv.	0	0	0	0	0
Brearley	0	0	1	0	1

B — Jardon 15 (O'Donnell) 4:11 of 3p

	1st	2nd	3rd	4th	Tot
Dayton	6	8	0	7	21
Brearley	0	8	0	0	8

D — Graziano, 2 runs (kick blocked)
D — Morrison, 7 pass from Carpenter (Carpenter to Morrison)
B — S. Williams, 1 run (Cagno run)
B — S. Williams, 21 run (Scuderi kick)
D — Amiz, 9 run (Lamozege kick)

Spfd. wins 1st

The Springfield Minuteman B Football team won its first game of the season recently with a 7-0 victory over Millburn. Now at 1-5, the Minuteman got the game's only score by driving 44 yards in two plays the first time they had the ball.

After quarterback Brad Mullman ran for 11 yards, running back Tom Fitch, aided by a crunching block from Marshall Cardin, swept left end for a 34-yard touchdown. Roberto Termino added the extra point.

Defensively, Peter Kucharski, Steve Florio, Jopia Sanders, Jason Perez, Termino and Cardin all played well. Also, Joe Claff recovered a fumble, and Jimmy Miller had an interception.

Tryouts set

Tryouts for the junior and senior Minuteman basketball teams will be held this coming Monday through Wednesday, Nov. 20-22, and again on Nov. 27-29, at the P.M. Gaudineer boys' gym.

Also, cheerleading tryouts are scheduled, on Dec. 1 from 6-8 p.m. at the Chatham Community Center. Further information is available by calling the recreation department at 912-2227.

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Miles, Ros. 8 45 266 5.9
Layton, Br. 6 43 156 4.3
Gravano, Dy. 5 39 147 3.8

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Williams, Br. 8 41 76 509
Miles, Ros. 8 21 62 304
Carpenter, Day. 8 30 62 499
Candia, Ln. 7 41 60 361
Champane, La. 2 8 12 137

Receiving
Birmingham, R.P. 8 11 255 23.2
Montano, Dy. 8 12 234 18.6
Jeter, Ros. 6 10 195 19.5
Giordano, Day. 8 12 180 15.0
E. Brown, Ros. 8 15 145 11.0
Weigand, R.P. 8 7 144 20.6
Caban, Un. 8 7 126 15.8
Lalishi, R.P. 7 13 122 9.4
Danov, Br. 7 6 101 11.7
Lalishi, R.P. 7 6 101 11.7
A. Ruber, Day. 8 4 93 23.3

Mirabella signs

By MARK YABLONSKY
Gene Mirabella of Roselle Park, a former baseball standout both at the high school and junior college level, signed a minor league contract with the Chicago White Sox last week, the second professional contract he has signed this year.

Playoff system criticized

By MARK YABLONSKY
Obviously, not everyone can qualify for the football state sectional playoffs. But the manner in which the power-point structure works has some of those left out in the cold somewhat critical — although they are emphasizing they don't want it to sound like "sour grapes."

McCoey has 17

Mike McCoey of Kenilworth, a former member of the Brearley Regional High football team, recently had 17 tackles during a 22-8 defeat to Lycorning College of Pa. That day, Albright's defense caused five fumbles.

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PLAYING FOR A FRIEND — The Way In, a Union-based rock band, will perform a benefit concert for Richard Andrews Jr. of Union on Nov. 24 at 8 p.m. The concert will be held at the Boys and Girls Club, 1050 Jeanette Ave., Union. From left are lead guitarist Danny Rosa, 12-string guitarist, lead vocalist, Louis Michael; bass player Nick Tymme, and drummer Frank Duca.

ENTERTAINMENT

High school art exhibited
A selection of work from New Jersey high schools chosen by art administrators of New Jersey will be exhibited at the James Howe Gallery, Kean College of New Jersey, Union, through Dec. 1.

lottery
The following are the winning New Jersey Lottery numbers for the week of Nov. 5.

CATHOLICS
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How To Survive Your Child's Adolescence
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KENNETH FELD
Peter Pan
ALL LIVE!
WORLD PREMIERE!
Tue. NOV. 21 thru Sun. NOV. 26
MEADOWLANDS ARENA

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How To Survive Your Child's Adolescence
a 2-Session Seminar Focused on Unique Issues Facing Parents of Adolescents

Walt Disney's World on Ice
KENNETH FELD
Peter Pan
ALL LIVE!
WORLD PREMIERE!
Tue. NOV. 21 thru Sun. NOV. 26
MEADOWLANDS ARENA

Singer conveys emotions

By MILT HAMMER
"Turntable Treat: In good comfortable voice is Roger Whittaker's debut album, 'I'd Fall in Love Tonight,'" on the Universal Records label.

Byrne concert
The Elizabeth Host Lions Club will sponsor a "gala concert" featuring the Bobby Byrno Show tonight at 7:30 at Union High School.

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FLEA MARKET

FRIDAY, SATURDAY, NOV. 17, 18, 1989
EVENT: Flea Market
PLACE: Redeemer Lutheran Church, 154 Prospect Ave., Irvington.

PRICE: Lunch will be served on Saturday Only. New and used items.
ORGANIZATION: Redeemer Lutheran Church

CRAFT

SATURDAY, DEC. 6, 1989
EVENT: Big Craft Bazaar & Christmas Eve Sale

horoscope

For week of Nov. 16 through Nov. 23
ARIES (March 21 to April 19) You will have a lot of extra zip this week.

TAURUS (April 20 to May 20) Those of you who are traveling this week will find romance highlighted.

GEMINI (May 21 to June 21) Domestic activities are at the forefront this week.

CANCER (June 22 to July 23) Domestic harmony will rule this week.

LEO (July 24 to Aug. 23) Your powers of concentration will be high this week.

VIRGO (Aug. 24 to Sept. 23) All traces of lethargy disappear this week.

LIBRA (Sept. 24 to Oct. 23) Once again, you will be busy by the shopping bag.

SCORPIO (Oct. 24 to Nov. 21) The social whirlwind will have you in a very pleasant frenzy this week.

SAGITTARIUS (Nov. 22 to Dec. 21) This should prove to be a prosperous week for you financially.

CROSSWORD PUZZLE

Edited by Trude Michel Jaffe

ACROSS
1 Type of rug
5 Circle sections
9 Informal conversation
13 Mash fabric
14 Country in Ireland
15 Constellation
16 Seed cover
17 Japanese natives
18 O'Neill's Christie
24 Pin position
25 See 14 down
26 Flora of the moors
27 Accomplishing
28 San Francisco's
29 Pertaining to birds
30 Shades
31 Rim
32 Sugar; Suffix
34 Roman poet
35 Carroll character
36 Peach part
38 Storage place
39 With the jackpot
40 Staid
41 Thunders
42 Salt years
43 Turkish tile
45 Rippled
46 Venetian
49 Pyrite
55 Picot
56 Smith's device
57 Dive's forte
58 Sound quality
59 Spaces
60 Try
61 Felling
62 Barometer, e.g.
63 Procrastinator's
64 Ferraris family

BAZAAR
SATURDAY, NOV. 18, 1989
EVENT: Gingerbread Man, Winter Market
PLACE: Our Lady of Lourdes, 304 Central Ave., Mountainside.

OTHER
SATURDAY, NOV. 18, 1989
EVENT: Bazaar Card Show
PLACE: Redeemer Lutheran Church, 154 Prospect Ave., Irvington.

Consumer affairs
Tell the consumer
1-800-242-5846.

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7-7ETS
BUSINESS OPPORTUNITIES
9-RENTAL
10-REAL ESTATE

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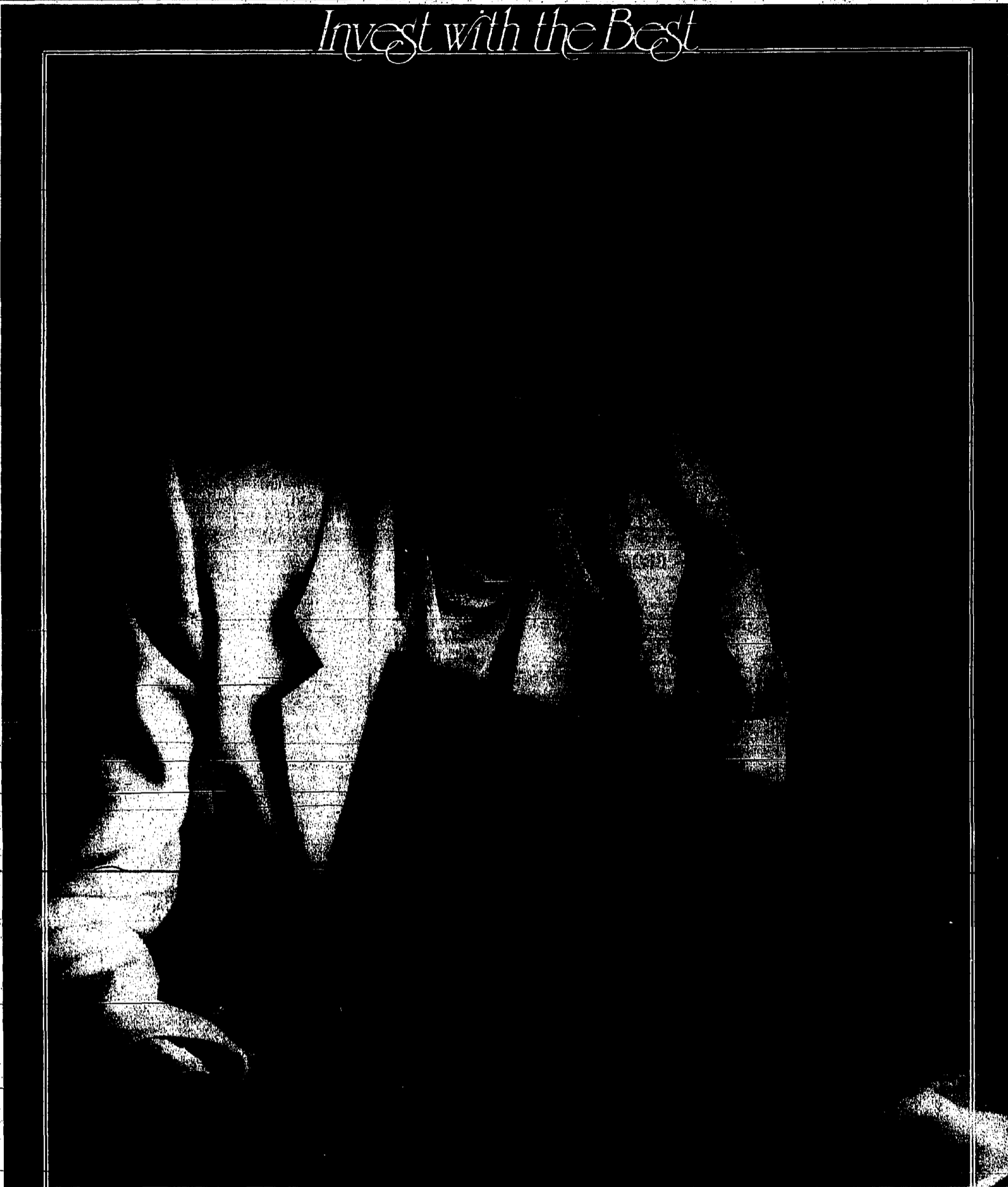
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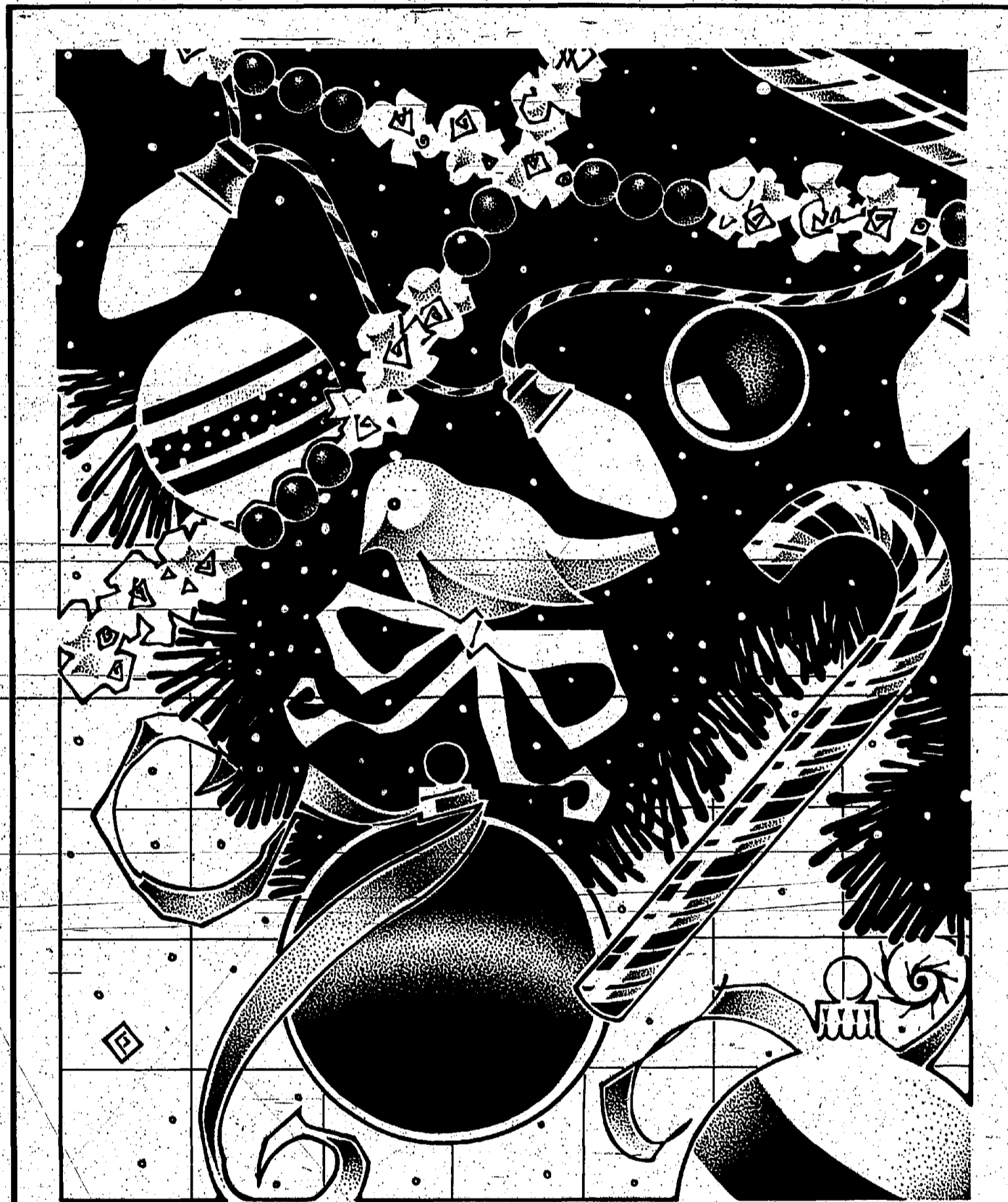
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GIFT GUIDE

November 16, 1989

County Leader Newspapers

Union Leader
Linden Leader

The Spectator
Springfield Leader

Mountainside Echo
Northcott Leader

Buy toys for child's age, interests

Confused about which toys are really right for your child as you roam store aisles packed with playthings? Keep in mind your youngster's age, interests and abilities, and you'll be able to make a better selection, advises the National Education Association of New York (NEANY).

Just like their parents, children love toys they can control, and become frustrated by those which they cannot master.

Remember how you felt trying to put together that bicycle or doll house that came with the incomprehensible instructions?

On the other hand, if a toy is beneath a child's skills, he or she may lose interest, and this can lead to regressive or destructive play.

Children benefit most from toys matched to their stage of development. The idea is that the toy should encourage action that can be completed in a relatively short time for younger children, or challenge the ingenuity and perseverance of older children.

But how do you make a good match?

One way to get a general idea, of course, is to look on the toy's package and find out for which age group the manufacturer recommends the item.

But making your own informed decision is better, so here are some broad guidelines to follow, according to your child's age:

- Up to six months — Toys should contain movement, sound, color contrast and pattern. The key is change. For example, musical mobiles in high contrast colors, non-breakable metal mirrors, squeaker toys and toys that can be chewed on. Also, rattling bath toys, soft dolls and large crib pictures of faces or bold simple patterns.
- Six months to a year — Choose objects, such as cradle gyms, which can be manipulated, toys that move when hit, and toys that make noises as a signal of accomplishment. These include "busy boards," drums, drop-in toys and simple, sturdy books.

- Ten months to 18 months — This is the period to buy push-pull toys, pounding toys, stacking toys and other items that can be accurately manipulated. Bathing toys, cuddly animals, simple puzzles, rattles, balls, large blocks and boxes are also good.
- Eighteen months to three years — It's time for the "terrible twos," and for purchasing climbing equipment, sandboxes, writing toys, big crayons

and blocks. Measure, imitative toys such as small cars, trucks, dolls, toy telephones and small musical instruments will delight children of this age.

- Three to six years — The themes are pretending and the desire for mastery. Toys such as playhouses, housekeeping equipment, puppets, costumes and doctors' kits all allow for the use of the imagination, and slipping in an out of various roles. Unstructured building materials can provide fascinating play.
- Six to 10 years — Appropriate at

this age are bicycles, balls, jump ropes, sports equipment, roller skates, yo-yos, books, cooperative games, craft and hobby kits and collections.

NEANY also urges parents to avoid toys that can cause physical injury, as well as those that would encourage violence.

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Copies of photographs taken by the staff photographer are available for \$12 each. All requests for photographs must be made within three months of publication of the picture. To request photographs, call 686-7700, ext. 34, between 9 a.m. and 5 p.m. daily except Tuesday.

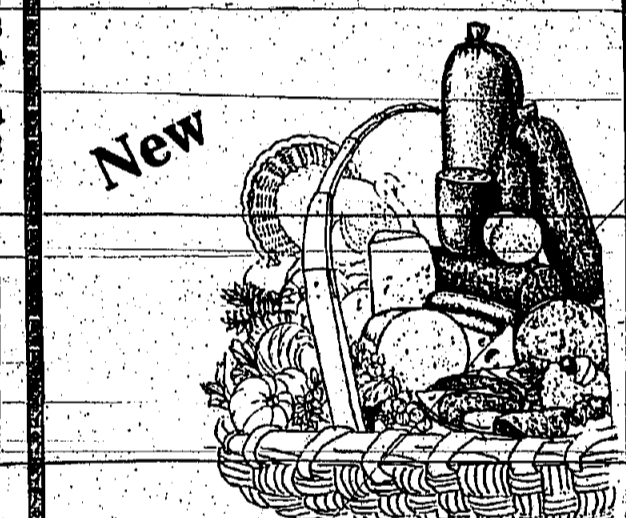
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PORTABLE TYPEWRITERS are ideal gifts for the busy writers on your Christmas list. Some of the latest models have word processing capabilities, featuring built-in dictionaries.

Automotive gifts are practical

Looking for that last-minute Christmas gift that's unusual and functional? Think automotive. For many of us, our cars are somewhat personal, so gifts for our cars can be quite important.

The Car Care Council suggests items that can pay dividends all year long in terms of safety, performance or just plain enjoyment.

- Get this kind of buying involves more than the usual browsing in a department store. For some gifts, you'll need to know the year, make and model of the car plus, possibly, the engine type. So if this is to be a surprise, do some detective work, suggests the council.
- Here are some low-priced stocking-stuffer suggestions:

- A tire gauge, as proper inflation is essential to tire life.
 - Touch-up paint in spray can or brush bottle. Be sure you have the car's paint code number.
 - Basic hand tools for the glove compartment: Pliers, adjustable wrenches and screwdrivers, both flat and crosshead.
 - Winter wiper blades that won't freeze up in ice and snow.
 - A spray can of windshield de-icer.
 - A set of quality battery jumper cables, in anticipation of the cold weather yet to come.
 - A set of spark plugs and ignition wires to minimize the chances of the above gift ever being needed.
- If you're prepared to go beyond the stocking-stuffer category, consider these:
- A new battery, another gift for quicker starts, or perhaps a better charger.
 - Air shocks, a transmission cooler or a fire extinguisher for the new owner of a recreational vehicle.
 - A cellular phone or a sunroof to really impress someone.
- With a little probing, you may be able to find out whether the vehicle in question needs such things as a new muffler, fan belt, brake work or other maintenance that's been postponed too long. Gift certificates fit easily into Christmas stockings.

Consumer affairs
Consumer action line — 1-201-648-3925

Coupons save on gifts

Shopping with coupons has gone beyond saving a few cents. Rising supermarket prices have made it a necessity, but have you ever wondered how profitable it can be? Shoppers who have "learned how" can get back most of their grocery money each month.

If their grocery bill is \$500 and they get back \$450 in refunds... that's a nice little Christmas Club fund.

If you already shop with coupons, you may just need a few tips to move into the Super shopper category, and by next Christmas it can be a profitable little business all your own.

Super shoppers do more than clip coupons. They know how to get coupons mailed to their door. They also know how to get information on loads

of manufacturers' refunds few people seem to know about. Manufacturers issue coupons in the hope of establishing regular customers for their products.

An astonishing fact is that, though .80 billion coupons and refunds are issued each year, only five percent of them are ever used.

A consumer service group has put together a special report that gives the inside tips on how to get more manufacturer coupons and refunds each week and how to receive refund checks in the mail on a regular basis,

which is one of the keys to getting most-of-your money back.

Besides saving money, this service shows shoppers how to actually earn money using various coupons for a consumer report.

For more information, send a self-addressed, stamped, long-length envelope to Consumer Services, P.O. Box 1264, Central Ave., Scarsdale, N.Y. 10583.

Consumer affairs
Public Utilities — 1-201-648-2350.

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Books entertain children and help them grow

This holiday season, as you toy with ideas about what to give the special youngsters in your life, why not consider something that's fun, requires no batteries, and will expand your child's horizons?

"Why not give a book?" That's the advice of the National Education Association of New York (NEA/NY), which is suggesting that parents give a book they otherwise might not have included on their child's holiday gift list.

"Books are an excellent way to stimulate a child's curiosity, sense of adventure and desire for knowledge," says Constantino Eno, president of NEA/NY.

"We're encouraging parents that are meaningful and appropriate to their age as well as fun."

Eno pointed out that an early, enjoyable experience with books offers powerful persuasion that reading is worthwhile. That's the first step toward becoming a lifelong reader and lover of books. In addition, it can be a crucial element in encouraging the child's success in school.

Reading to children is a wonderful way to get them interested in reading, as well as a great sharing time for parents and children.

"The mechanics of reading instruction may be left to the schools, but the child's motivation to learn is substantially diminished unless he or she is convinced that reading is worth the time and effort," Eno said.

"Children will not be inspired to pick up a book until they understand that their imaginations and emotions can be stirred by what they find on the printed page," she said.

Giving a good book that focuses on a topic of interest to a child can provide the pleasurable experience a youngster needs to learn the joy of reading.

Eno noted that the book should challenge but not be far above the child's ability. At the same time, it should not be too easy — that would only bore the child and discourage interest in pursuing other reading.

Just what are the options as you select a book for your child? NEA/NY has these tips:

• For the very youngest: Try nursery rhymes even before your children can walk or talk, and they will listen with rapt attention.

• For the toddler: Reading begins with pictures. Earlier, the child delighted in the sound of rhymes.

Now, turning pages and looking at pictures provides excitement.

• For beginning readers: Select stories with pictures and simple, straightforward text. Consider folk tales, fairy tales, exciting tales, tales of fantasy and stories that tell of everyday things.

• For middle-grade and high school readers: Pick a book that fits an interest or hobby, whether in sports, science, music or something else. Also, remember the classics.

• For discouraged readers: For the younger ones, how about a rebus story which substitutes pictures for words or a code book to spark intrigue. Just one success can lead to another.

• For discouraged readers: For the older ones, how about a rebus story which substitutes pictures for words or a code book to spark intrigue. Just one success can lead to another.

FLOWERS FOR CHRISTMAS, such as this bouquet in a brass planter, are traditional gifts that are appreciated by everyone.

Runaway hotline

Covenant House, a non-profit international child care agency dedicated to providing shelter and other services to runaway and homeless

youth, has established a 24-hour-a-day nationwide telephone crisis hotline — 1-800-999-9999.

Which suburban classified is bigger, better-organized and indexed, and each week features a more complete selection of ads for everything from cars to jobs than does any other local newspaper?

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Roast Prime Rib au jus
Fresh Ham
Broiled Seafood Combination
Veal Marengo
Dinner includes: soup • full salad bar with all the peel 'n eat shrimp you want • potato • vegetable • pumpkin pie or puddings
Children under 10 half price (Reservations suggested)

A spa may help shed holiday pounds

Eat, drink, sleep and be merry. That's the motto of the holiday season.

It sounds wonderful. After a year of exercise, diet and moderation you'll have little trouble embracing this philosophy. Yet, festive as it sounds, a month or more of holiday preparation and celebration may leave you exhausted and depressed, beginning the New Year with a lengthy list of resolutions.

"Don't despair; prepare to greet the holiday season with a personal plan to maintain moderation and avoid unnecessary stress," suggested Carol Upper, ladies' spa director at the Palm-Alce Spa Resort in Pompano Beach, Fla.

The spa industry is rapidly expanding as a haven for those who find they may have overindulged or who want to learn how to avoid doing so. Spa resorts offer guests a unique opportunity to change their lifestyle and develop a healthier way of living. They specialize in providing the kind of guidance many of us could use during the holiday season to minimize stress and develop healthy holiday eating habits.

"Many spa guests arrive in January in desperate need of relaxation. They want a healthy regime," Upper said. "The best way to avoid this post-holiday meltdown is to plan ahead. Stress often peaks during this time of year due to the pressures to complete everything perfectly and meet unrealistic expectations," explained Upper.

"Addressing a comprehensive list to yourself, instead of Santa, will allow you to organize all of your shopping, chores and celebrations. And most importantly, you'll leave plenty of time for yourself," she said. "Just a quick 15-minute walk can be a great stress reliever and will help burn those extra holiday calories," recommended Lori Horvath, director of The Greenhouse spa in Arlington, Texas.

"Why not give yourself a holiday gift of a facial or massage, instead of the more traditional indulgence of food and drink?" she asked.

One of the most common complaints after the holidays is seasonal

weight gain caused by the change in health routine and eating habits.

"It is essential not to forsake your normal regime, especially at this time of year," cautioned Horvath. The one-hour exercise class you've attended faithfully all year is especially important now when you are apt to eat and drink more. Exercise will help reduce stress and provide additional energy to brave the crowded stores. It will also allow you a moment to focus on yourself.

During this busy season, it will help to eat a well-balanced meal before you head off to a party. Pasting up pastry and hors d'oeuvres will be

much easier on a full stomach.

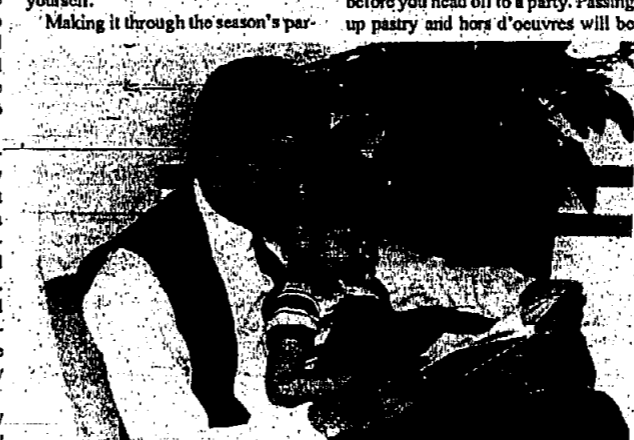
As for alcohol, moderation is the key. A glass of wine may help you celebrate, but keep in mind that alcohol contains empty calories with no nutritional value. Since alcohol may cause you to eat more, the best time to drink is after a meal.

Also, do not feel obligated to try everything on the table. You cannot possibly indulge in everyone's special holiday dish, so eat only what you want. In today's health-conscious society, people will not be offended;

they will respect your willpower.

At the holiday season moves into full swing, don't be caught by surprise. Plan ahead, recognize your lifestyle is about to change, and adapt in a way that meets your needs. Setting realistic holiday goals will reduce stress and help you fully enjoy this special time of year without feeling guilty.

Why wait until New Year's to make resolutions? Resolve to make this holiday season a uniquely peaceful, healthy and happy celebration.



THE GIFT OF A BOOK can increase interaction between parent and child. Listening also requires children to use their imagination to visualize action in the story.

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Page 6
Holiday Gift Guide
November 16, 1989

Silver makes holiday shine

The byword for holiday '89 is extravagant, inspired by the opulence and grandeur of the Baroque period. Vibrant jewel-tone colors are in evidence as the season speaks of richness and sophistication in everything from fashion and accessories to setting an elegant, festive table.

In this gala season, well-stirred hostesses will be "dressing up" their holiday tables as lavishly as themselves. Women will be splendidly turned out wearing their party best, adorned with bold, dazzling jewelry. The celebration table will be trimmed with flickering candles, luxurious embroidered linens and the finest sterling silver dining accoutrements.

"A return to elegance" is how Mediamark Research, a trend tracking firm, describes these new U.S. dining trends. "Nearly half of the dining tables in the nation have cloth tablecloths and napkins. In addition, nearly one out of four is set with fine bone china and lead crystal stemware. And, nearly one in six households eats with sterling silver flatware," the firm reports.

According to the Silver Information Center, it is easy to create a memorable table for everyday use or holiday entertaining.

This year, the best-dressed tables are decked out in sterling silver — the traditional, elegant dining accessory that lends the finishing touch to any table. Today's silver flatware and holloware styles combine timeless design, heirloom quality, durability and radiant beauty.

Here are some tips from the Silver Information Center to help make any holiday table look magnificent, whether for intimate family gatherings or formal dinner parties.

• Since Christmas is the season of giving, why not set a festive party favor at each place setting as a memento of the occasion? A sterling silver tree ornament or other keepsake can live on the table and double as a special gift.

• Design a centerpiece fit for the occasion. Be creative and combine groups of candlestick holders of varying heights and materials — china, crystal and silver — or place them on different levels. Weave pine boughs or shimmering metallic ribbon around the candlesticks to carry through the holiday mood.

• Play with color and pattern to create a style for the table that is all your own. Break up the "matched set" look by mixing contrasting yet coordinating china, crystal and sterling flatware. Or, be adventurous and complement new pieces with treasured heirlooms.

This is the holiday season to set your table sparkling with the most opulent of all dining accessories — sterling silver. There has never been a time more suited to remind us that placing silver pieces on the table is a centuries-old tradition that will carry the elegance of the season throughout the new year and many more to come.

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Don't forget your pets

Most people don't think about their pets when planning holiday festivities — but they should. Christmas can be a frightening or even dangerous time for your pet, unless you take a few precautions.

The holidays inevitably bring changes in your routine and some extra activity around the home. Pets become accustomed to their owners' daily routines and may feel uneasy when things change. If your pet is uncomfortable around strangers, he or she will be bothered by holiday visitors.

The answer is to include your pet in the festivities as much as possible. Give him or her some extra affection and reassurance during this time.

It may sound silly, but if you show your pet the tree and decorations when you bring them home, and introduce your pet to your guests, he or she will probably feel more at ease.

Your pet may not really understand what's going on, but you can make him or her feel like an important part of it.

Of course, if your pet tends to get irritable around strangers, it might be best to shut him or her away when vis-

itors come, especially if any of them are children.

To keep your pet healthy through the holidays, don't feed him or her lots of table scraps or leftovers. It might be all right to offer a little treat once in a while, but too much rich holiday food could make your pet sick.

If you have a cat, be careful, especially with the tree. Many cats are fascinated by tinsel, but they can easily choke on it. Hang tinsel out of kitty's reach and clean up any that falls on the floor. Your cat also might decide to try to climb up the Christmas tree, which could lead to broken ornaments and even cause the tree to topple.

Discipline your cat if he or she tries this. Remember that cats are naturally curious about everything — make sure that there is nothing that your cat can get into which could hurt him or her.

If you take precautions, you can make the holidays safe and less stressful for your pet. And if you buy him or her a few treats and toys for Christmas Day, it will be a joyful day for both of you.

Electronics gift ideas run gamut

Everyone has one person on his or her holiday gift list with so much get-up-and-go that it's difficult to pin him or her down, even for the holidays.

It may be a busy executive, an active working student or a fitness enthusiast.

For these movers, consumer electronics offers a dizzying variety of gift possibilities that will fit both their busy schedules and your budget.

"Consumer electronics products are smaller, lighter and more portable than ever before," said Thomas P. Friel, group vice president, Electronic Industries Association/Consumer Electronics Group (EIA/CEG).

"From calculators to personal stereos, from electronic notepads to razor-sized copiers, consumer electronics offers unique — and useful — gift items for people on the go," he said.

Joggers or athletes who spend a good deal of time in long and sometimes solitary training will appreciate a personal stereo, along with a favorite pre-recorded cassette.

There are sport models rugged enough to survive even the most vigorous workout, and many come in special weather and waterproof cases. In fact, some even have built-in headphones.

What if the athlete on your holiday list has a personal stereo?

"Consumer electronics offers a variety of non-entertainment products specially made for the athlete," said Friel.

Digital sport watches, for example, offer lap-timing and some even monitor pulse rate. A new diver's watch also offers a digital depth gauge.

For serious athletes, there are even software systems, that help to gauge progress by measuring and comparing such factors as strength, speed and endurance.

For more possibilities for the sports-minded, Friel suggested a pre-recorded training video, with tips from a favorite world-class athlete. "Joggers, however, aren't the only people on the go. Busy executives, with hectic travel schedules, will appreciate gifts that help keep them ahead of the competition, such as electronic notepads, telephone directories and diaries, dictionaries and pocket-sized copiers.

Another consumer electronics gift that means business is a pocket-size tape recorder for detailing memos or for getting all the details of an important meeting.

For other gift possibilities for executives on the move, Friel suggested a travel alarm clock with world time zone display, calculators with built-in currency exchange rates or a laptop computer and modem.

Another approach to the "what-to-buy" dilemma, says Friel, is a gift that will make the time at home a little more manageable. Telephone answering machines, for example, manage important calls while the executive is on the road.

With such features as built-in telephone, answering machine and copier, the personal facsimile machine makes another great gift for busy executives who may be splitting their time between the office, the road and the home.

Another great time-manager is a

home copier, which will allow your executive to copy important documents without going to the office.

Students will also appreciate gifts that help streamline their day-to-day activities.

In fact, home computers, word processors and "smart" typewriters are almost essential for today's student.

For the student, consumer electronics also offers a number of pocket-sized wonders. Translators, spellers,

cassette recorders and dictionaries are excellent study aids that will certainly find use in the college classroom.

And, while it's sure that school's not all work and no play, a personal stereo or a portable AM/FM stereo cassette player and a recording by a favorite artist also would be appreciated.

Finally, what's the best way to play catch-up with "popcorn" on the go? There is no better gift idea than a telephone or an answering machine.

In fact, many available models offer both in a single unit.

Telephones also offer an incredible range of handy and useful features, such as number storage and automatic dialing, redialing and volume control, to name a few.

Better yet, multi-function cordless phones give the owner all of the above features, plus the freedom to carry conversations to any part of the home. No matter where your active friend

or relative may be, with consumer electronics, you'll be able to convey your best wishes through the holidays and the coming year.

Photo forum

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