

Cucciniello stars
Lucy Cucciniello sparked her team to its first-ever playoff appearance, Page B2.

Dedication
The Union Symphony Orchestra's spring event is dedicated to its founder, Leo Hindler, Page B3.

Firm up for summer
For the latest tips in health and fitness, see our special pullout section.

Springfield Leader

VOL. 64 NO. 31—THURSDAY, MAY 13, 1993—2x SPRINGFIELD, N.J., Home of Arthur Kravetz TWO SECTIONS — 50 CENTS

Residents air fears of Open

By David Brown
Managing Editor

A group of Springfield residents — mostly those who live in the vicinity of Baltusrol Golf Club — peppered the Township Committee this week with questions about the approaching U.S. Open's effect on traffic flow, but received few definitive answers.

Launched by former township Mayor Marc Marshall, a resident of Tree Top Drive, debate Tuesday night continued to revolve around the rumored closing of Shumpke Road, and general traffic management during the tournament, which is scheduled to begin June 17.

While Mayor Philip Kurmos noted he has attended meetings on the issue with public safety officials at the local, county, state and federal level for over a year, few details about traffic management during the U.S. Men's Open have emerged to date.

"We just don't know," Kurmos said, reiterating a statement he repeated to residents during the public portion of the meeting. "We don't have all the answers. But we have to leave it up to the experts," Kurmos said. "Safety is our primary concern."

He added that he has seen no blueprints of a traffic plan for the week-long event, and no decision has been made about the status of Shumpke Road during the tournament.

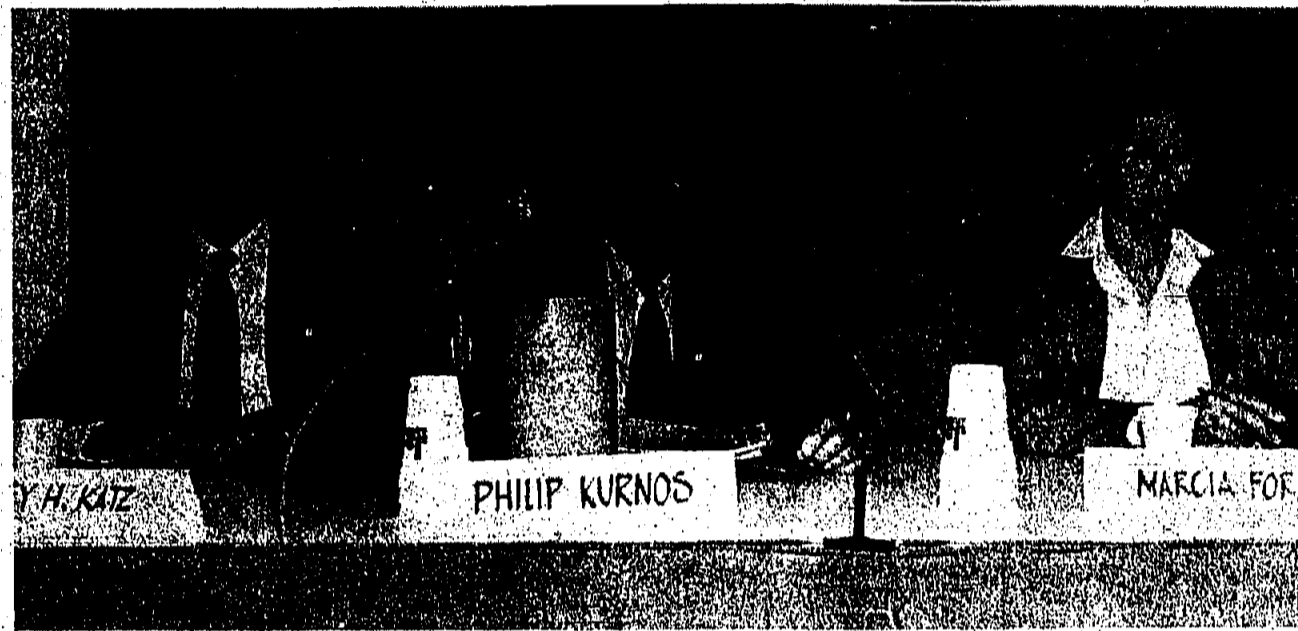
Because Shumpke Road is owned and maintained by the county, the final decision to close the artery or leave it open rests with the Union County Board of Chosen Freeholders.

"If there have been any traffic studies done, I haven't seen any," said Commissioner Jeffrey Katz. "And until I see data that supports closing Shumpke Road, I have to take the position that the convenience of our taxpayers outweighs the convenience of the USGA."

"It's incumbent upon you as township officials to seek out the information and make a decision," said one resident. "Let the county know Springfield's opinion on this thing."

Marshall stated his opinion in no uncertain terms: "Effectively, it's akin to a physician 'chopping off a patient's head' because of a sore throat," said the former mayor, who has been outspoken in his opposition to closing roads for the tournament. "Tournament organizers have scheduled a reception for homeowners around the golf course next week, apparently as an opportunity to address their concerns."

The U.S. Open is expected to attract some 30,000 spectators each day during the four day event.



Springfield Mayor Philip Kurmos, center, and committee members Jeffrey Katz, left, and Marcia Forman listen during last week's meeting of the councils of the six municipalities that comprise the Union County Regional High School District for the purpose of recommending cuts to the district's budget.

Coalition targets \$1.4M

By Dennis Schaal
Staff Writer

Springfield Mayor Philip Kurmos this week formed a tentative coalition by five of the six municipalities — including Springfield — that comprise the Regional High School District to push for a \$1.4-million cut in the defeated \$13.5 million regional tax levy "a good compromise."

Kurmos indicated that in an April 28 meeting attended by the six mayors to discuss the budget "all agreed that there's a lot more fat in the budget." Kurmos contended that Union County Regional High School Board President Burton Zitomer and Business Administrator Harold Burdge "looked relieved that it wasn't more than \$1.4 million."

According to Kurmos, Zitomer said he thought he could "sell" a \$1.4-million cut to the board.

The full councils of the six municipalities met with the regional board May 7. Five of the six pushed for a \$1.4 million cut while the Kenilworth Borough Council held out for no cuts since members hope a court decision will go in the borough's favor and prevent the regional board's decision to cease operating David Brearley Regional High School in June.

Zitomer defends school closing

By Joseph W. Samulka
Staff Writer

Regional Board of Education President Burton Zitomer testified this week before an administrative law judge during the third week of hearings to determine whether or not David Brearley Regional High School in Kenilworth should remain open.

Zitomer cited cost-containment measures, the decline of student enrollment, and the increase in the cost to operate the school per student as some of the reasons which led to the recommendation of closing Brearley.

According to Zitomer, who reiterated remarks made by Regional Schools Superintendent Donald Merschlik, cost containment measures were becoming a detriment to a better education. "I felt there was a point in time where cost-containment measures weren't meaningful," Zitomer said. "It was impeding the quality of education. We were nickel and diming. We had to close the school and do what we had to do to maintain quality," Zitomer said.

The four regional high schools were operating at less than 50 percent capacity at the time of the decision to close Brearley. Zitomer said that this created problems such as a school only being able to offer one section of a particular class. If that one class couldn't be fitted into a student's schedule, the student would be denied that class and another would have to be substituted, according to Zitomer.

Cost-containment measures were also discussed by Zitomer, who said that after the regional budget defeat in



Burton Zitomer
Defends closing

Ogden, Merschlik and Zitomer at the request of Lushbader. The meeting concentrated on proposing a board recommendation to close a school for one year.

The legislators hoped that Merschlik and Zitomer would then come to hiring a consultant for an independent study.

In cross examination, Robert Glickman, an attorney for the Committee of Concerned Parents, focused on Zitomer's statement of deferring more community involvement in meetings and studies, however, Glickman specified, three meetings were either "retreats" or closed executive meetings, which meant no public involvement.

The Sunshine Law was violated in these three instances by the regional board, Glickman contended.

On Sept. 15, 1992 the board had discussed revisiting the recommendations of school closings. On March 16, 1991 there was no public input regarding the Borstein report nor in October of 1991 at a "retreat," he said.

Glickman was in possession of the minutes from the September meeting and believed that a vote on the recommendation of a school closing was conducted and recorded by Harold Burdge, the regional board secretary. Zitomer denied that any such vote took place.

In cross-examination, Glickman

stated that the regional board had been too hasty and had not allowed time for the cost-containment proposals to work.

Earlier in the day, Edward Porter Jr., a real-estate appraiser who was paid \$5,000 to testify as an expert witness on behalf of the regional board, revealed findings from his real-estate surveys. He said he was hired by the regional board to conduct a study on real estate values in a community which has lost a high school.

Porter said that real-estate values would decline between 2 percent and 4 percent the first two years after a school closing, and then would stabilize thereafter.

The methodology involved in Porter's report involved comparing communities with the same geographic backgrounds as Kenilworth.

Garwood's real-estate values were compared to Kenilworth's because of the similarity of the communities, according to Porter. In cross-examination, though, Glickman said Porter was comparing "apples with oranges" since Kenilworth had supported a high school for 20 years, yet Garwood had never had a high school.

The hearings were expected to conclude yesterday. Administrative Law Judge Murtana Has-Bryson will prepare a report based solely on the testimony to state Education Commissioner Mary Leo Fitzgerald.

School district names top instructors for '93

The Springfield Board of Education has recognized three local teachers for their achievements and contributions to Springfield's Public School system.

The teachers honored for the Governor's Teacher Recognition Program include Anne Cohn, first grade teacher at Thelma L. Sandmeyer School; Sarah McElroy, second grade teacher at James Caldwell School; Helen McFalls, home economics teacher at Florence M. Gaudinor Middle School; and Gail Abramson Lazarus, pre-school handicapped teacher at Edward V. Walton School.

The Governor's Recognition Program recognized teachers who have distinguished themselves through exceptional contributions in the following areas: use of effective instructional techniques and methods; establishment of productive classroom environment and rapport with students; and the development of feelings of self-worth and love of learning in students.

Superintendent of Schools Dr. Gary Friedland announced to the public that the awards are given to faculty members who have served unselfishly in guiding children through one of the most important stages of their lives.

"The recipients of these awards are special people who exemplify the qualities of all outstanding teachers," Friedland said. "They have demonstrated exceptional leadership by promoting excellence in teaching in their classrooms and their involvement in serving on numerous professional committees dedicated to the improvement of programs of the school system and state."

Teachers who receive the Governor's Award are nominated by community members, parents and teaching staff. These nominations are reviewed by a panel that includes the superintendent, principals, community members and past award recipients. The finalists selected represented the Springfield Public Schools at a convocation on May 6 at Princeton University.

Officials to address measure that bans grass from pickup

By Dennis Schaal
Staff Writer

The Township Committee is expected in the next few weeks to wrestle with a response to the Union County Utilities Authority decision to ban grass and brush from regular garbage pickup.

Recycling Coordinator Steve Stanback reported to the committee on Monday night during a work session on several options available.

Last year residents were permitted to place grass and brush in the solid waste stream and it was picked up by Arco Brothers, the contractor paid by the township to make collections.

But Jan. 1, the UCUA banned grass and brush due to concerns about the release of nitrogen oxide when it is burned, Stanback said.

The town this year implemented a "cut it and leave it" program, advising residents to cut their lawns relatively high and to just leave the cuttings on the lawn.

The recycling coordinator noted that some residents have ignored the ban and are still dumping the clippings in the garbage. In essence, this means that taxpayers who are "cutting it and leaving it" are subsidizing those that dump grass and brush from regular garbage pickup.

Tipping fees for garbage are \$160 per ton, Stanback said.

"If you cut your lawn relatively high, you won't even see the clippings," — Steven Stanback
Recycling Coordinator

"We've been toasting around alternatives to see what works without raising taxes," he said.

Tipping fees for separate grass and brush pickups are only \$40 per ton. As for a landfill station, the UCUA has a separate dumpster for grass recycling. So grass is not totally banned from the solid waste stream.

Stanback outlined some of the options:

- assigning the Springfield Department of Public Works to make pickups;
- contracting Arco Brothers to make separate pickups;
- having residents arrange with Mountain Disposal in Maplewood to collect grass and brush; or
- retaining the current system of "cut it and leave it."

Several other municipalities in Union County perform grass and brush pickups, Stanback noted.

He said he was not aware how soon the Township Committee would make any decisions on the issue.

Personally, Stanback said he is a follower of the "cut it and leave it" school of thought. "If you cut your lawn relatively high, you won't even see the clippings."

Page 8 — Mother's Day — WCN — May 6, 1993

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news clips

Mended Hearts to meet

The Springfield Chapter of Mended Hearts will meet Tuesday at 8 p.m. in the Springfield First Aid Squad Building, 317 West Avenue. There will be a guest speaker and the public is invited. Mended Hearts is a support group designed to help those with heart problems, as well as their families. For more information, call (201) 376-0582.

Memorial parade set

The Westfield Memorial Day Parade will be held May 31. Norman Sprague of the American Legion Marine Veterans Post 3, and Joseph Siano of the Veterans of Foreign Wars, Mountaintide Memorial Post 10136, co-chairmen announced that a meeting will be held at 8 p.m. Monday at the Marine Veterans American Legion Post 3, 1003 North Avenue West, Westfield.

Show features Springfield

The latest episode of the TV-36 series "Eye on Springfield" will feature a conversation with Mayor Philip Kurmow. The program covers many different topics of interest to Springfield residents. The show focuses on subjects such as state mandates, increasing citizen involvement in government, the public library, and upcoming events.

Club seeks migrants

The Echo Lake Naturalists will travel to Princeton Woods State Park to see great spring migrants. This trip will be led by John and Ginny Seabrook and begins at 7 a.m. from the trailhead in Clark. The fourth Walker Walk will feature the traditional birding and breakfast for which reservations are required. It will be held Sunday at 7 a.m. at Sealy's Pond.

Circus to benefit kids

The circus is coming to town. Ben and Jerry's Traveling Show, featuring a vaudeville show, circus jugglers and much more, will present two shows at LaGrande Park in Fanwood Saturday.

UNICO sets cruise dinner

The Mountaintide/Springfield Chapter of UNICO National Spring calendar includes a "Spirit of New Jersey" New Year Harbor Cruise including dinner, dancing and entertainment.

Recreation Department seeks playground leaders

The Springfield Recreation Department is presently accepting applications for playground leaders for its Summer Playground program at the Chatham Playgrounds.

Springfield ID badges require '93 validation

The Springfield Recreation Department announced that photo identification badges must be validated for the 1993 season. At no cost, residents may bring their photo ID to the Recreation Department at 30 Church Mall, Monday through Friday from 9 a.m. to 4 p.m. for validation.

Water safety addressed

The Summit Area Chapter of the American Red Cross has scheduled a Water Safety Instructor Update session on May 22, from 8:30 a.m. to 12:30 p.m. at the chapter house, 695 Springfield Avenue, Summit.

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Education

Saladino named top student

Wendy Saladino, a senior at Jonathan Dayton Regional High School, has been named "Student of the Month" for April. In addition to attaining a "B" average in the classroom, Saladino has made her mark at Jonathan Dayton through her accomplishments in athletics and other school-sponsored activities.



Judith Wickline, principal of Jonathan Dayton Regional High School, presents Wendy Saladino of Mountaintide with a plaque noting her selection as the Jonathan Dayton Student of the Month for April.

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Civic Calendar

The Civic Calendar is prepared by the Springfield Leader and Mountaintide Echo. To avoid conflicts in scheduling local events, please post dates, times and places as early as possible and send to P.O. Box 3109, Union, 07083, or call (908) 686-7700.

- The Mountaintide Borough Council will meet at 8 p.m. at Borough Hall.
- Recycling schedule: The Union County Utilities Authority will pick up recyclables in Springfield on May 21, and in Mountaintide on May 17. Residents are requested to set out their recyclable materials by 7:30 a.m. the day they are scheduled for collection. Questions or problems with recycling in Springfield may be directed to the Recycling Hotline, (908) 862-0101. Mountaintideans can call (908) 232-0604.
- Upcoming events: The Mountaintide Board of Education will meet May 25 at 8 p.m. in the Deerfield School Media Center.

Springfield Leader
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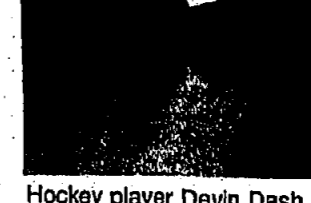
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Woman's club names Schneider as delegate

Mountaintide Woman's Club Inc., a member of the N.J. State Federation of Women's Clubs and the G.W.C., announced that Judith Schneider of Mountaintide will be their delegate to the Girls Career Institute at Douglas College, New Brunswick, June 14-17. Alternate will be Erin E. Gresham, also of Mountaintide.

Bowdoin cites Fowler

Bowdoin College announced that Charles A. Fowler of Mountaintide has been named to the dean's list on the basis of his academic achievements during the fall semester of the 1992-93 academic year.



Students who receive grades of "A" or "B" in four full-credit courses are placed on the dean's list for that semester. Students who receive all "A's" in those courses are named to the dean's list with honors.

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Bright wins scholarship

Jane Bright of Springfield has won a fellowship with the International Radio and Television Society. As a graduating senior at the University of Maryland, she has been awarded a summer position at ABC Studios in New York City and free housing at New York University.

Dayton announces honor roll

The following students were named to the honor roll at Jonathan Dayton for the third marking period:

Freshmen
 Angela Apollonia, H. Lee Beasley, Meghan Brodahl, Kaya Denner, Joshua Dalmart, Robert Farnam, Christopher Filipow, Janice Friedman, Jonathan Gordon, Jana Greene, Jennifer Gurwot, Leslie Beth Harris, Sunshine R. Jenkins, Brian Jose, Julia Koller, David Keasler, Thomas Kubler, Jenise Lam, Gregory Marx, Nirali Patel, James Porfir, Joseph Ragsdale, Stacey Rauchbach, Laura Schachman, David Weiss and Stan Zlotzky.

Sophomores
 Kristofer Bouriotter, Andrea Broustain, Angela Carroll, Jay Faigenbaum, Barbara Fowler, Heather Garizzo, Alexandra Gitter, Dov Goldstein, Mary Grillo, David Guberman, Sami Guibara, Michelle Koller, But Kubler, Michelle King, Jaime Levine, Anna Lisa Lopez, Jaime Luciani, Cary Mantle, Emanual Nopoulos, Dana Polonsky, Michael Prashker, Melody Sayer, Jeffrey Schwartz, Toni Ann Senerchis and Danielle Teller.

Juniors
 Brian Anderson, Nicholas Bove, Rebecca Cutler, Paffin DuBois, Jennifer Fishman, Gregory Gebauer, Ryan Gerber, Joy Hooplingamer, Pam Karp, Timothy Koblinskiy, Daniel Marcus, Queenie Mei, Allison Moskowitz, Michelle Nagler, Lashana Queen, Ido Rahmani, Michelle Roman, Marissa Sambur, Lovanna Trewick, Amy Wilhelm, Kai Olen Yu and Kai Jung Yu.

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Amount of Loan	Terms	APR	Finance Charge	Total of Payments	Monthly Payments
\$15,000	3 Yrs.	5.90%	\$1,403.40	\$16,403.40	\$495.05

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Regional recycling program in effect

Two improvements to the Union County Recycling System Inc. Regional Curbside Recycling Program has been implemented in all member municipalities this month.

On May 10, the UCRA/ARTS program began commingled collection of recyclables. With commingled collection, aluminum, tin, glass and plastic can be placed in one container, instead of being placed in separate bins. Newspapers, mixed paper, corrugated cardboard and batteries must continue to be bundled separately.

"The authority is very pleased with this improvement, since commingling materials increases participation, which results in greater volume, thereby providing additional revenue to the participating municipalities."

UCUA Chairman Helen Miller said the regional program was implemented in 1987 and services Berkeley Heights, Garwood, Mountainside, New Providence, Plainfield, Rahway, Roselle Park, Scotch Plains, Springfield and Westfield.

Also on May 10, the regional program began collecting household batteries at curbside. The UCRA/ARTS program is providing this program to its member municipalities at no additional cost. The collection of this material is mandated for every Union County municipality beginning July 1.

The chairman explained that it is essential that batteries, which contain heavy metals, are removed from the waste stream.

"It is everyone's advantage that the authority is adding household batteries to the list of recyclable materials collected through the regional program," Miller said. "Batteries must be separated to ensure that they are handled properly. They should not be disposed of in municipal solid waste landfills or in the waste-to-energy facility that will be completed this year."

"Acceptable batteries include 'AA', 'AAA', 'C', 'D', 9-volt, lantern and button cell batteries. Vehicular batteries will not be accepted. They can be recycled at the point of sale or area Union County facilities including AAM Battery, 414 Spring St., Elizabeth or Interstate Battery Systems, Boylston and Ramsey Avenue, Hillside.

Residents are asked to place the batteries in a clear plastic bag that can be sealed or tied. The bag should then be tucked under the tire on the top bundle of the newspapers. If residents do not have any newspapers for recycling for a particular collection day, they should place the clear bag next to the other recyclables.

The UCUA is assisting municipalities and other recycling collection agencies with programs to guarantee the success of recovering batteries in all Union County municipalities.

Through these efforts, Union County continues to move closer to meeting its 60 percent recycling goal," said UCUA Recycling Commission.

For more information, call the local municipal recycling coordinator, the UCUA at (908) 351-8770 or the Regional Recycling Hotline at (908) 862-0101.



An ARTS vehicle deposits recyclable glass onto the floor of its materials recovery facility in Linden. Glass and other recyclables, such as plastic bottles and aluminum and steel cans, is picked up by ARTS from 11 Union County municipalities.

Runnells is host to self-help programs

Runnells Specialized Hospital of Union County will be the site of two single sessions, self-help programs. Utilizing hypnosis, Alternative Health Systems Inc. will present a program on May 19 aimed at weight reduction and one on May 26 designed to help individuals ease the smoking habit.

"According to Alternative Health Systems Inc., going on a diet just does not work," said Freeholder Vice Chairman Frank Latta. "People need to reach the subconscious mind and communicate new ideas that will enhance motivation and change. More able to make positive changes quickly and confidently, one can overcome subconscious barriers that get in the way of their desire to succeed."

For those who want to quit smoking, the smoking cessation program does not use nicotine patches and gloomy statistics. Rather, there is a focus on pleasure and the increased self-esteem one can attain as a non-smoker. According to the presenter, the program is without withdrawal symptoms.

Both programs will begin at 7 p.m. in the Multi-Purpose Room at Runnells, located in Berkeley Heights. The weight reduction program runs until 9 p.m., while the stop smoking program is scheduled to be completed by 9 p.m.

TAP RESEARCH GROUP

April 15th has passed, however you are still paying income taxes. Come to our seminar and learn to reduce your taxes as much as possible, even down to zero.

IRVINGTON MANOR
43 WASHINGTON AVE., IRVINGTON
SUNDAY, MAY 16 at 3 P.M.
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Come experience the freedom you'll feel when wearing an Affinity Attachable Breast Form - Perfect for active lifestyles.

Its smooth, contoured shape and consumer-tested support system allows you to play tennis, swim, or dance with freedom! It molds so closely & fits so smoothly, you can now wear everything.

Come experience the freedom you'll feel when wearing the

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at our private showing
Monday, May 17, 1993
Tuesday, May 18, 1993
10:00 a.m. to 4:00 p.m.

Terri McLeod, Amoena Consultant will be available for fittings and information.

163 South Livingston Ave. • 994-1384

Specials of The Week

KOSHER MEAT MARKET
470 Pleasant Valley Way • West Orange
All Meats and Poultry Strictly Kosher • Open Sun. 9-4
NEW PLEASANTDALE SELF SERVICE
Sunday, May 16, 1993

Fresh Sliced Turkey \$6.99	Family Pack LEAN NECK TENDERLOIN 1.79	Empire Frozen TURKEY \$1.99
BREAST Sun. Only	2-lb. Chk. W/ Sun. Only	2-lb. Chk. W/ Sun. Only

Store Specials Sunday May 16-Friday, May 21, 1993

Empire Fresh CHICKEN LEGS 99¢	Empire Fresh CHICKEN CUTLETS \$4.99	Shabbos Special ALL VARIETIES OF BLINTZES \$1.89
Quartered No Limit	No Limit	Box

Foulds Macaroni & Cheese 69¢ Box

Yankee (Lean) POT ROAST 2.99

Shabbos Special 2 chicken, choice of salad, choice of one of the following: Egg barley, pasta, vegetables, or chopped liver, noodle pudding or fresh chicken soup. \$1.95

Moroccan & Shitl HOT DOGS \$2.69

Shabbos Special Rosh Hashana Mantahawitz soup. \$1.95

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What's more, when you keep a \$2,000 combined ChemPlus balance, you'll get no-fee checking. Plus unlimited ATM cash withdrawals at no charge.

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For the hearing-impaired, call 1-800-46-ASSIST.

Chemical Bank New Jersey

Nine log 18,115 hours

The Springfield Public Library is conducting a week-long state-mandated survey of all materials used in the library. The count, which began May 10 and will continue through Sunday, includes all books, magazines, newspapers, pamphlets, and items such as typewriters, computers, microfilm machines and the cart catalogues.

Everyone who uses library materials during this period will be asked to place them in specially designated cartons or baskets so that a staff member may count them. Totals from this survey will form the basis for state funding to the library, so it is important that the public cooperates in this effort.

The library is sponsoring a free estate and retirement planning workshop on May 26 from 7 to 8:45 p.m.

Given by the Financial Network Investment Corporation, the program will be led by Ron Portnoy. A special guest speaker for the evening will be Harold Gruber, a lawyer specializing in estate planning.

Although there is no charge for this session, pre-registration is requested. Sign-ups may be done in person at the library or by calling Portnoy at 1-800-223-8423 or the library at (201) 376-4930. The library is located at 66 Mountain Avenue.

Origami, Part Two

On Monday from 7:30 to 8:30 p.m., the Springfield Public Library will present Emma Lamparello in Part Two of her money folding workshop. The program is intended for adults and will be limited to 15 participants. There is no charge for this workshop, but pre-registration is requested.

Inventory begins

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Correction photo

Members of the Westfield Twig 1 who have volunteered their time at Children's Specialized Hospital, seated from left, are Fran Crampton, Sue Hasso, Jean Gallanor and Frances Walsh. Standing from left are Bette Wintermute, Louise Milir, Jeanette Simpson and Mannino. Absent from the photograph is Jean MacGregor.



Members of the Westfield Twig 1 who have volunteered their time at Children's Specialized Hospital, seated from left, are Fran Crampton, Sue Hasso, Jean Gallanor and Frances Walsh. Standing from left are Bette Wintermute, Louise Milir, Jeanette Simpson and Mannino. Absent from the photograph is Jean MacGregor.

Half of the women sew items ranging from bibs to special clothing for the patients, plus laundry bags and smocks. The other volunteer is in the medical library, assisting in information searches and data retrieval.

But not matter what activity, the members of Westfield Twig 1 are undaunted in their loyalty to the young patients.

"Children's Specialized is very busy to have longstanding and devoted volunteers like the members of Westfield Twig 1," said Shirley Biegler, community resource coordinator. "Their efforts over the years have helped hundreds of patients and their families."

The members of the Westfield Twig 1, their activities and number of volunteer hours are: Fran Crampton of Westfield, central supply, 1,950 hours; Jean Gallagher of Mountainside, sewing and pharmacy, 3,700 hours; Sue Hasso of Mountainside, sewing, 975 hours; Mary Mannino of Westfield, medical library, 1,800 hours; Jean MacGregor of Westfield, medical library, 1,770 hours; Louise Miller of Westfield, sewing, 2,710 hours; Jeanette Simpson of Roselle Park, medical library, 1,850 hours; Frances Walsh of Westfield, medical library, 1,280 hours; Bette Wintermute of Whiting, sewing, 2,070 hours.

Children's Specialized Hospital, New Jersey's only comprehensive pediatric rehabilitation hospital, is comprised of three facilities in Mountainside, Fanwood and Tomis River.

PUBLIC NOTICE

TOWNSHIP OF SPRINGFIELD COUNTY OF UNION, N.J. ORDER OF THE TOWNSHIP CLERK AND THE GENERAL ORDINANCE OF THE TOWNSHIP COMMITTEE OF THE TOWNSHIP OF SPRINGFIELD, N.J. DECEMBER 15, 1974.

TAKE NOTICE, that the foregoing Ordinance was passed and approved at a regular meeting of the Township Committee of the Township of Springfield in the County of Union and State of New Jersey, held on Tuesday, May 11, 1993, held on Tuesday, May 11, 1993, held on Tuesday, May 11, 1993.

HELEN E. MAGUIRE-KEVORATH Township Clerk
10044 Springfield Leader, May 13, 1993 (Fax: 847-92)

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ATTENTION SPRINGFIELD BUSINESS OWNERS!!

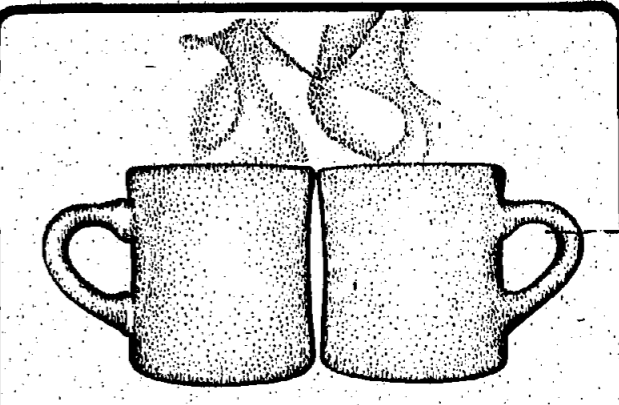
ON JUNE 10TH, 1993, THE SPRINGFIELD LEADER WILL BE MAILED TO EVERY SINGLE HOUSEHOLD IN THE TOWN OF SPRINGFIELD AS A SPECIAL PROMOTION OF WORRALL NEWSPAPERS. WE OFFER YOU THE OPPORTUNITY TO PARTICIPATE IN THIS VERY SPECIAL MAILING BY ADVERTISING YOUR BUSINESS. THIS OPPORTUNITY TO BE SEEN BY EVERY SINGLE RESIDENT IN SPRINGFIELD IS UNMATCHED BY ANY OTHER NEWSPAPER IN THE SPRINGFIELD AREA.

WHY IS IT IMPORTANT TO ADVERTISE YOUR BUSINESS WITH WORRALL NEWSPAPERS?

- WE COVER THE NEWS THAT PEOPLE WANT TO READ ABOUT THE SPRINGFIELD COMMUNITY AND TWENTY OTHER COMMUNITIES IN UNION AND ESSEX COUNTIES.
- WE OFFER THE OPPORTUNITY FOR ADVERTISING THAT LETS YOU VARY THE SIZE AND PRICE OF THE AD, MAKING IT EASY ON YOUR BUDGET.
- THROUGH ADVERTISING EFFECTIVELY WE HELP MAKE YOUR BUSINESS GROW!

CALL ERIC KENT, ACCOUNT EXECUTIVE, AT (908) 686-7700 X338, TO FIND OUT ABOUT SPECIAL ADVERTISING AND INSERTING RATES FOR THIS VERY SPECIAL JUNE 10TH MAILING!

ASK ABOUT THE BENEFITS OF ADVERTISING IN OUR VERY SPECIAL PUBLICATION TO COMMEMORATE THE 1993 U.S. OPEN AT THE BALTUSROL GOLF CLUB!



Looking for that special someone?

Looking for someone to go to an exercise class or play sports?

Looking for someone with whom to travel?

Worrall Community Newspapers MEETING PLACE is your answer!

To Place Your FREE Voice Personal Ad Call 1-800-564-8911	To Answer A Voice Personal Call 1-900-226-1065 \$2.00 per minute
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- Write your ad down. Be creative, be honest.
- Your 20 word ad is free and will appear for 4 weeks.
- Record your free voice message.
- You can retrieve your message; free of charge once per week.
- You must be 18 years of age or older.
- Call Classified now, we'll help you with your ad.

- Note the 4-digit number in the ad you want to answer or you may know through the personal greetings.
- Listen and follow the easy directions to record your message.
- Touch-tone phones only. You must be 18 years or older.
- 24 hours a day, 7 days a week.

FIND YOUR MEETING PLACE in the Classifieds

Worrall Community Newspapers
463 Valley Street
Maplewood, New Jersey 07040

The Meeting Place is intended for single adults over 18 who would like to establish a relationship with members of the opposite sex. The management of Worrall Community Newspapers, Inc. reserves the right to edit or reject any advertisement, including if it is abusive and is not liable for any problems which may arise from the use or misuse of the service. No fee is charged for advertising. Advertisers are allowed to include ads or in recorded greetings. Advertiser's cost of recording messages is \$1.00 for the first ad and \$1.50 for each additional ad. A charge will be charged to your phone bill. Touch tone phones is required in order for advertiser to record greetings and retrieve messages.

county news

Lupus group meets

The Union County branch of the Lupus Foundation of New Jersey will hold its monthly meeting May 24 at 7:30 p.m. at Union Hospital.

Lupus erythematosus is a chronic, inflammatory disease which affects an estimated 1 million American. Lupus can affect the joints, skin, heart, lungs, kidneys and other parts of the body.

The Lupus Erythematosus Foundation of New Jersey provides patient and family support services, information and referrals, public education about lupus and funds lupus research projects.

The meeting is free and open to the public. For further information about the meeting or about lupus, contact the Foundation office at Union Hospital, 2011 1st St., Union, N.J. 07087.

Kennel club to meet

The Union County Kennel Club, Inc. will hold its regular monthly meeting May 20 at the VFW Hall, High Street and Stuyvesant Avenue, Union, at 8:30 p.m.

The Hillside Elks is donating its hall, lunch, soda, boutonniere, corsages and a disc jockey for the event.

ARC of Union County on May 20 at the agency's Vocational Training Center, 1221 South Ave., Plainfield, beginning at 7:30 p.m.

The seminar, especially useful for parents who have children with disabilities ages 16 to 20 who are at risk of "falling through the cracks" once they leave their educational programs, will be presented by James Ball, assistant director of Support Services of the Eden Family of Programs.

The regular monthly meeting of the Family Support Group sponsored by the Association for Retarded Citizens of Union County will be held Wednesday at 10:30 a.m. at the ARC administration offices, 1225 South Ave., Plainfield.

The great speaker for the meeting is Kathryn A. Brock, a Summit attorney who has worked on behalf of children and adults with developmental disabilities, and their parents, since 1979.

Parents and professionals are welcome, but advance registration is necessary. To register, or for more information, contact ARC's Family Support Services at (908) 754-2059, or the Community Education Office at (908) 754-7826.

Homebound elderly seniors residing in Union County are being assisted by a new program of Catholic Community Services.

Through the efforts of the Retired Senior Volunteer Program, volunteers are being sought to pull groceries off the shelf at a local food store in Roselle for the homebound elderly.

The 30 students from The Cerebral Palsy League involved in the prom have picked Michael Jackson's "Heal the World" as their prom song.

Linick maintains a Companion Animal Practice at the Plainfield Animal Hospital and his interest in veterinary dentistry has him working toward fulfilling the requirements for entry in the American Veterinary Dental College.

ARC sponsors seminar. A free seminar titled "How To Access Funds Available Through The Social Security Administration Work Incentive Programs" will be held by

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CH.A.D.D. hosts skills

CH.A.D.D. of Union County, a nationwide support group for parents of children with attention deficit disorders, will host the Union County Mental Health Program on May 24 at the Union Elks Club, 281 Chestnut St., at 5 points in Union. The program will start at 8 p.m.

The Mental Health Program will present several adults related to life situations of these children. Discussion will follow. For further information, call (908) 241-5758.

Prom slated Tuesday

The Cerebral Palsy League of Union County will have its second annual "senior prom" on Tuesday.

At 10:30 a.m., donated linens from Alway Enterprises will pick up students and take them to the Hillside Elks Lodge, where the prom will be held.

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Vois needed for elderly

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Breast cancer targeted

Union County's cable television program for seniors, "Vintage View," will feature "Breast Cancer Awareness Month" during May.

The show will focus on how annual screening mammograms help women, especially older women, to increase their chances for healthier, longer lives.

The dinner meeting will take place at Corina's Restaurant at 28 North Avenue W., Cranford, from 6 to 9 p.m. Tuition is \$28 for UCSHA members and \$32 for non-members.

Clare Kantor, executive director of the Summit Speech School, will speak on "Mainstreaming the Auditory Impaired Child in the Classroom."

For more information, contact Sybil Blewett at 753-5917 or Joan Nowak at 574-9872.

Speech group ends year

The final meeting of the Union County Speech-Language and Hearing Association's 1992-93 calendar membership year will be held May 19.

The dinner meeting will take place at Corina's Restaurant at 28 North Avenue W., Cranford, from 6 to 9 p.m. Tuition is \$28 for UCSHA members and \$32 for non-members.

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Cats to be judged

The Tri-State Cat Franchises of New Jersey will present their annual judging championship cat show in the Westfield National Guard Armory, 500 Rahway Ave., Westfield, on May 29 and 30 from 10 a.m. to 5 p.m.

More than 500 cats will be entered and the public is welcome to see these pedigree breeds from all over the world: Scottish Fold, Himalayan, Sphynx, Persian, Somali, Abyssinian, Turkish Van and Norwegian Forest cats competing for trophies, rosettes and the crowning of "Best of the Best."

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Agencies to collect support

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In April, Schering-Plough launched a new non-sedating antihistamine CLARITIN in the United States. Our INTRON A antiviral and anticancer drug continues to broaden its worldwide presence. Still — over the past decade, three-quarters of our most promising drug entities, for treating disorders ranging from the flu to coronary heart disease, went the way of most research compounds to end on the R&D scrap heap.

That's reality.

That's reality.

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Hospital's 'family fair' to include screenings, health maintenance

Rahway Hospital will hold a free family fair on May 23 from 9 a.m. to 2 p.m. on the hospital grounds. In addition to providing information and demonstrations on the hospital's good health maintenance, as well as the detection and treatment of disease, a group of screenings will be performed which are designed to meet the needs of community members of all ages.

The event is partially funded by a grant from Merck & Co. Free health programs for children scheduled immunizations — offered in compliance with requirements for the 1993 school year — and a school dental screening. The hospital's Department of Pediatrics will also offer a unique program, the "Well Dolly/Teddy Clinic," in which each child's favorite doll or stuffed animal will be examined to demonstrate the technique to the community's youngest citizens. Children and adults alike will be delighted by the special appearances by "Sparky the Fire Dog" and the Union County Search and Rescue Bloodhounds.

Included in the hospital free services to be offered are blood sugar screening, blood pressure screening and eye health screening; on-site blood drive; information on becoming an organ or bone marrow donor; and a blood serum cholesterol screening at the modest cost of \$5 per person. Also planned are demonstrations of cardiopulmonary resuscitation techniques.

Hospital health care professionals will be on hand to answer questions and offer information at a series of booths. Departments to be represented include Ambulatory Care Services, Auxiliary, Community Health Education, Emergency Center/Chest Pain Center, Infection Control, Laser Surgery, Nutrition Services, Outpatient Diabetes Services, Pediatrics, Pharmacy, Psychiatric Emergency Service, Social Service Volunteers and Women's Health Services.

Nurse clinicians will offer the latest information regarding smoking cessation to those who wish to obtain services to share this habit.

An inside look at the facilities of the hospital will be available during tours to be conducted at 10 a.m., 11 a.m. and 1:30 p.m.

Participating agencies include: American Association of Retired Persons; American Cancer Society; Arthritis Foundation; Lion's Club; Lupus Foundation; New Jersey Poison Control Center; North Jersey Blood Services; Rahway Board of Health; Rahway Fire Department; Rahway Fire Department; Rahway Police Auxiliary; Rahway Police Department; Rahway Police Employees; Rahway YMCA; The Sharing Network; and the Union County Sheriff's Department.

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Whatever Happened to Yankee Ingenuity?

Pharmaceuticals are the type of high-technology industry that candidate Bill Clinton spoke so proudly of during the campaign — firms embracing risk with guts and Yankee ingenuity.

Naturally, we're upset about the recent attacks on our industry in the nation's capital. What is needed now are real answers to the health care crisis — not a bad rap by those who demand a quick fix to rising health care costs.

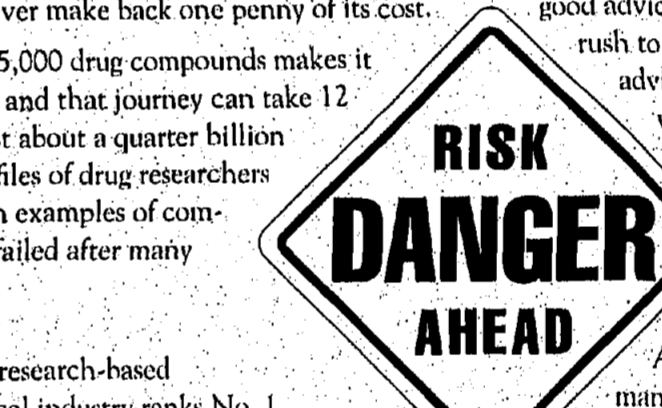
The physician's credo is, "First, do no harm." That's good advice for health care reformers, too. In their rush to change the system, they would be ill-advised to shackle a life-sustaining industry with price controls and other draconian measures. As far back as Hammurabi's rule in ancient Babylon, government price controls have never worked. By trying to guarantee stability, they instead kill the incentive for risk.

At a time when New Jersey's No. 1 manufacturing industry is facing criticism and an unpredictable future, we do not want to have to retreat from our risk-taking work of fighting diseases such as Alzheimer's, arthritis, multiple sclerosis, epilepsy, kidney disorders and various cancers.

The \$1.9 billion invested annually in R&D by New Jersey's health products companies represents almost one-fifth of their sales — a new high for the proportion of sales dollars invested. Over the past decade, Schering-Plough has spent nearly \$3 billion on R&D — most of those dollars invested here in New Jersey.

Prescription drugs save lives and money. Non-invasive and cost-effective, they often are the best option to surgery, hospitalization and long-term rehabilitative care.

If you share our concerns about the threat to innovation and the future course of New Jersey's pharmaceutical industry, we urge you to contact your state and national lawmakers. Ask them to press their colleagues for real answers to health care costs and access.



America's research-based pharmaceutical industry ranks No. 1 worldwide in both sales and innovation, contributes to a positive balance of trade, and creates cost-effective medicines and quality jobs.

Nine of every 10 new U.S. pharmaceuticals approved in the last decade were invented by private enterprise — not government. One-half of all new pharmaceuticals on the world market come from the laboratories of U.S. companies — three times that of any other nation. Our industry spends four times as much on research as the average manufacturing industry.

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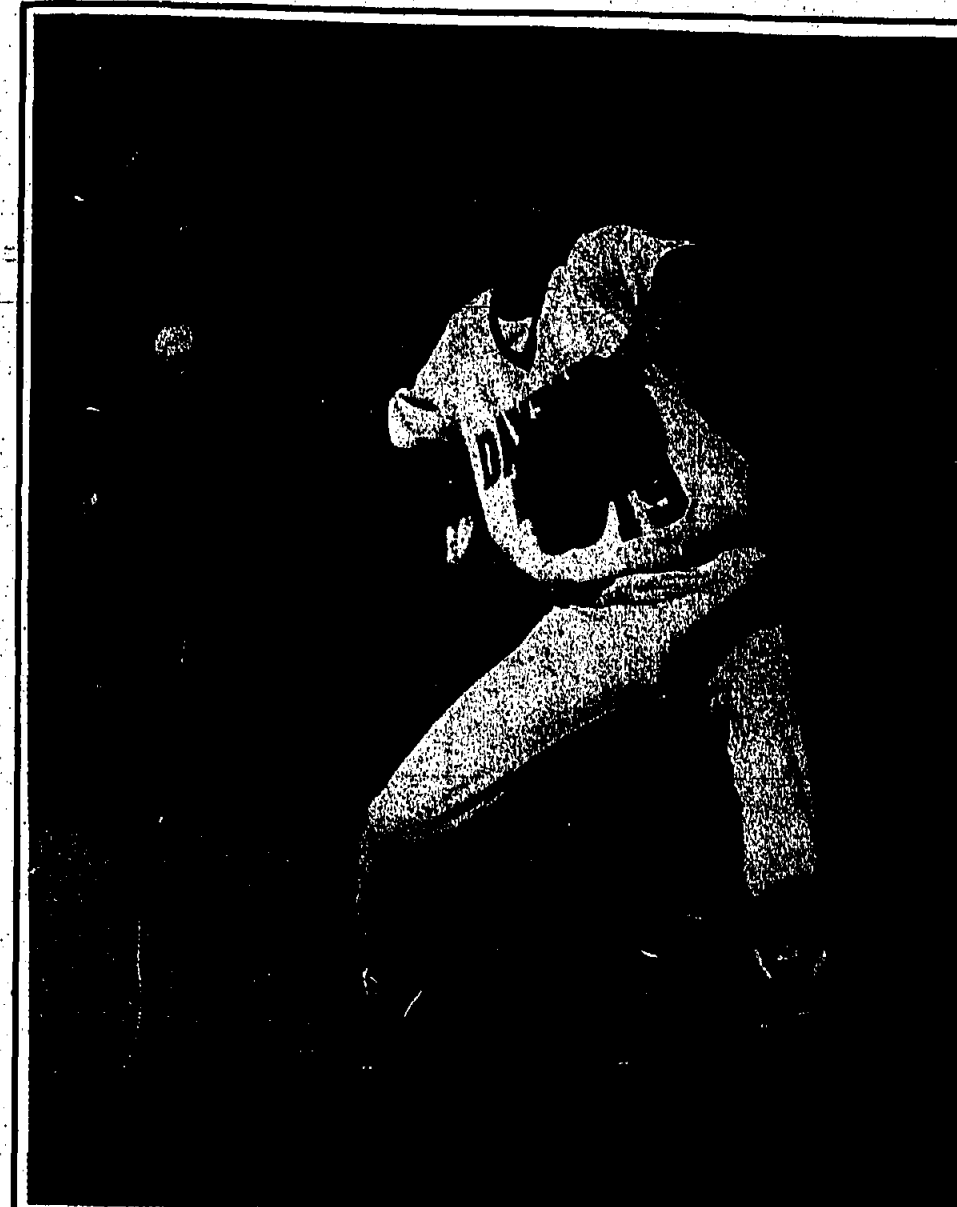
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SPORTS

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Section
B
MAY 13, 1993

Thomas, Drake pitch Indians past foes

Both help club best Yankees, Angels



TRY TO HIT THIS — Dayton Regional pitcher Carlos Luoy fires a pitch against Immaculata last Thursday during high school baseball game in Springfield-Immaculata won 5-0.

In Mountainide Youth Baseball League American League action, pitchers Jason Thomas and Danny Drake helped the Indians defeat the Yankees and Angels.

In their 6-5 win over the Yankees, the Indians had doubles by Andrew Diamond and Joey Speranza, while Matthew Spada and Chris Hafeken had a single and double each. Tim Scofield singled and Drake had two hits. Joseph Clusillo had a triple, Ryan Feller a double and Kenny Sullivan, Frank Palmillo, Kenneth Kozimko and Mark Santos one hit each for the Yankees.

In their win against the Angels, the Indians had a 3-for-3 effort by Matt Salerno, who had a single, double and home run. Sean Story belted two doubles, Giovanni Antonucci a triple, Matt Russo two doubles and Kevin Kolbeck two home runs.

The week's action concluded with the Fire Department edging the Mangals 3-2. A spectacular play by Miguel Diaz for the final out decided this tightly fought contest.

In the Senior Boys' Division, the Day's Club clinched up two victories. It first defeated Park Trophies 13-11 and then topped Jo-Mar 7-5.

In the first game, Steve Matthews drove in three runs, Russ Harris collected two RBI and stole home and Anthony Vitale stole three bases in one inning. Shawn Zamorski made a great catch in right field and got a key RBI on a deep shot to left field.

In the second game, a 3-3 tie was broken in the fourth inning when Jo-Mar's scored two runs. Day's Club came back with a two-out, four-run fifth inning. Phil Otafiglione pitched a great game and got a clutch hit in the last inning. Jason Robney drove in three runs with a bases-loaded triple.

Mountainside Y.B.L.
Centerfielder Alan Polio ran down a double by Billy Stotling and hit Mark Cantagallo on the relay to cut the runner at third. For the Pirates, Chris McPherson pitched and had a hit and RBI. Stotling assisted with pitching and had two hits and two RBI. Robert Hopkins also had a hit and RBI. Braves 4, Blue Stars 2. Despite hits by Jessie Orenszak, pitcher Mark Knaz and Philip Belletza, the Blue Stars lost to the Braves. Winning pitcher J.P. Freudenberger had three hits and four RBI, while Jason Guidiciello, Donald Carrelli, Jim Russo and Mark Cantagallo had hits for the Braves. Guidiciello made a diving stop in center field to throw a runner out at second base in the fifth.

Braves 3, Orioles 2. J.P. Freudenberger struck out 10 batters while the mound and had two hits. In the first inning, Mike Penton reached first on an error and Clet King tripled to win with two runs in the bottom of the sixth. Ryan Robinson scored the other run for the Pirates and Nick Mancinelli scored for the Mets.

Braves 15, Pirates 4. The Braves routed the Pirates behind the pitching of Mark Cantagallo and J.P. Freudenberger. Jimmy Russo led the Braves' offense with four hits and Donald Carrelli and J.P. Freudenberger had two each. Also getting his for the Braves were Nick Lentis, Jason Guidiciello, Alex Polio and Eric Cantagallo. Path Savia made a heads-up play in right field in the third inning to thwart a possible rally by the Pirates.

Mastapeter, Crew, Madcap triumph
The Kenilworth Women's Softball League began its second season last Sunday with games played at the Harding School, Bradley Regional High School and Black Brook Park.

Mastapeter Funeral Home downed Kenilworth P.B.A. 8-1 at the Harding School. Cutting Crew routed PBA's Trucking 21-2 at Black Brook Park and Madcap Entertainment trimmed Lofly's Hardware 10-3 at Bradley.

Mastapeter Funeral Home 8, Kenilworth P.B.A. 1. Mastapeter (1-0) took a 2-0 lead in the bottom of the second when Kathy Schlicke (2-for-3) singled, advanced on a double by Jackie DePalma (2-for-3) and scored on a single by Laura Curtis. DePalma scored on a fielder's choice.

Mastapeter added a run in the third when pitcher Linda Kaiser singled, reached base on an error and scored on a single by Paul Radowski (3-for-3).

PBA (0-1) scored its run in the fourth when Donna Radwin singled and was brought home by Debbie Orze double.

Mastapeter added two more runs in the fourth when Ellen Claston walked and two errors loaded the bases. DePalma singled in one run and scored on a sacrifice fly by Karen Stallings.

Three errors helped Mastapeter score two more runs in the fifth on a triple by Noeman (3-for-3). Joyce followed with a two-run homer for the game's final run.

Jankunas was the winning pitcher, tossing a three-hitter.

Madcap Entertainment 10, Lofly's Hardware 3. Madcap (1-0) scored three runs in the first when Colleen Crowley reached on an error

Women's Softball

and advanced on a fielder's choice by Judy Mack. A single by Grace Rappa loaded the bases and then Jean McCann (2-for-4, two RBI) brought in two runs with a double. A single by Marge Kennedy drove in Rappa.

Winning pitcher Linda Kaiser gave up seven hits, walked two and struck out one.

Cutting Crew 21, Pate's Trucking 2. Pate's Trucking (0-1) held a 2-1 lead after the first inning when Mary Pat Kopyta singled and scored on a double by Donna Benko. Benko then scored the team's final run on a single by Doree Greene (2-for-3).

Cutting Crew (1-0) scored one in the first on singles by Mary Hanlon, Dawn Joyce and Karen Pfister (2-for-3).

Cutting Crew broke the game open with a 17-run second inning. Hanlon went 3-for-3, including a home run, four RBI and four runs. Joy Costador and Joanne Jankunas both singled twice and Lori Noonan and Antonette Holmes each singled and doubled in the inning, giving Crew an 18-2 lead after two innings.

Crew's final three runs came in the fifth when Hanlon doubled and scored on a triple by Noonan (3-for-3). Joyce followed with a two-run homer for the game's final run.

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Innovation Optics top Paper Place

Youth Baseball
A-1 Cleaners improved their record to 3-0 with an 11-10 squeaker over No. 1 Discounters. Sam Arthur delivered a three-run double with two outs. Henkel won 2-for-3.

Anthony's Deli defeated No. 1 Discounters 10-6. Jerry Losastakus and Brian Garrison each had three RBI in an eight-run fourth inning.

No. 1 Discounters bounced back with a 15-6 victory over Anthony's Deli. Ernesto Berges and Jason Szal played well.

No. 1 Discounters bounced back with another two-out, bases-loaded double by Jose Rodriguez.

The Major Boys' began with a 7-3 victory over the Fire Department. Pitcher Brian Gray, Adam Lovas and Mark Owens combined for 15 strikeouts. Excellent defensive play by first baseman Mike Morgese secured the win.

Dele-Reblino Contracting defeated

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MVP Cucciniello sparked hoop squad

The Springfield Netters girls' basketball team, led by the play of MVP Lucy Cucciniello, had a very successful 1992-93 campaign that included a first-over playoff appearance.

Although the team was beaten by Westfield 42-21 in the post-season, the Netters won four games this year. Victories included wins over Chatham 31-19, Summit 36-20, Florham Park 49-47 and Glen Ridge 43-39.

Cucciniello was the team's leading scorer in all four wins, including a career-high 29-point effort against Glen Ridge. Cucciniello pumped in 17 points against Chatham, 15 against Summit and 25 against Florham Park.

Highlights of the season included a close loss to a very good North Plainfield team 33-27 in the Dumellen Tournament.

Springfield rallied in the second half of its final home game by out-

scored Madison 29-22 after trailing 29-4 at halftime of a 51-33 defeat. Cucciniello had two three-pointers in the second half and teammate Dawn Woodruff one.

Cucciniello, the Netters' captain, paced Springfield in scoring this year with 170 points.

Awards were presented to three team members for their outstanding efforts. The Most Improved Award went to Sabrina Pacifico. The Best All-Around Coaches Award went to Lauren Tuma and Cucciniello who named the team's MVP.



The Springfield Netters 1992-93 girls' basketball team included, back row from left, Lucia Rudekovic, Nanci Kloud, Gemma Stearns and Dawn Woodruff. Front row, from left, Lucy Cucciniello, Lauren Tuma, Melinda Egenberg, Sabrina Pacifico and Dana Gow. Not pictured are Sharon Phillips, Renee Gow, Lori Fishkin, Rebecca Levine and Tanith Sinclair.

Race shaping up as one of state's most popular events

With early entries mounting, the recently revived Springfield 10K triathlon is shaping up as one of New Jersey's most popular road events. To date, hundreds of runners from New Jersey as well as from New York and Connecticut have already enrolled to compete on Sunday, May 23 in Springfield.

The event, which is USATF sanctioned and certified, is back for its second year after a 10-year hiatus and is already attracting the lion's share of race runners, many of whom come for the 10K, bringing family members to compete in the One Mile Fun Run/Walk or the Ten Tri.

"Last year over 500 individuals took part in the race, which was back for the first time in a decade," race director Nancy Marsello said. "This year's entries are coming in well ahead of last year's, so we're looking forward to an impressive turnout."

Sponsored by Sandler & Worth, New Jersey's leading carpet and rug retail organization, the Springfield 10K will primarily benefit the

Crohn's and Colitis Foundation of America, Inc., an organization which provides support and educational services to individuals and their families who are living with chronic illnesses.

Consisting of Sandler & Worth's participation in the Springfield 10K, company president Charles Levin said.

"The Springfield 10K is unique in that it offers a challenge for seasoned runners and for individuals who wish to compete at a more leisurely pace while also offering something special for the youngsters—who probably enjoy the day most of all," Levin said.

"In joining in this day, we're all also supporting a cause that provides much needed assistance to so many of our neighbors."

Registration forms for the event

may be obtained by Sandler & Worth stores in Springfield, Paramus, Livingston, North Brunswick, Succasunna, Brick Town, Flemington and Eatontown, or by calling the Race Hot Line at Sandler & Worth Factory at 201-376-0231. Runners may also register up to race time. T-shirts will be given to the first 250 entrants.

Overall winners and runners-up will receive trophies and medals will be given to the seven age groups categories at a special ceremony following the last race. A random prize drawing will also be held.

Joining Sandler & Worth as major race sponsors are Prudential, The Sandler Co., Paper's Hygiene Products, Inc., Suburban Cablevision, Oxford Health Plans, Rite Food Corp., 10K Thru's Quonset and the Olive Garden Italian Restaurant of Springfield.

The Greater New Jersey Chapter of the Crohn's and Colitis Foundation of America, Inc. is based in New Brunswick. Nationwide, CFA assists more than two million afflicted individuals.

Girls' basketball begins tonight

The Springfield Recreation Department will be holding an Open Play Girls' Basketball Program for girls in grades 7-11.

This Girls' Basketball Program will begin tonight and run through Thursday, June 17. The program is open to any female resident of Springfield who is presently in either grades 7-11.

This open play program will be held Thursday evenings from 7-8:30 p.m. at the F.M. Quadriano School boys' gym.

More information may be obtained by calling the Springfield Recreation Department at 908-912-2226.

Paterno, who returns as the head coach at Pittsburgh this year after a successful tenure at Tennessee, was a national championship at Pitt in 1976 when Tony Dorsett was a senior running back.

Majors, who returns as the head coach at Pittsburgh this year after a successful tenure at Tennessee, was a national championship at Pitt in 1976 when Tony Dorsett was a senior running back.



Lucy Cucciniello, shown here in action during a game in which she scored 39 points, was named the Springfield Netters girls' basketball team's MVP this year.

Mountainstate softball seeks teams

The Mountainstate Recreation Commission sponsors a women's softball league which plays weekly coverage from mid-June through early August.

Any Mountainstate teams interested in joining the league are asked to call the recreation office at 908-232-0015 before Monday.

LaBarca Clinic

LaBarca Memorial Football Clinic to be held Thursday, May 20 at Brearley Regional High School in Kentwood.

These famous grillers include the legendary Joe Paterno of Penn State and Johnny Majors of Pittsburgh.

The clinic is designed to raise funds for the free college days that is held each December for high school juniors and seniors seeking information on college play, academic and financial possibilities.

This event annually draws more than 200 high school and 100 college coaches. Area coaches involved include Bob Taylor of Brearley Regional, John Wagner of Roanoke and Lou Reith of Union.

Paterno, getting ready for his 28th season at the helm of the Nittany Lions, has two national championships (1992 and 1996) to his credit and has led Penn State to winning seasons in 26 of his 28 years, leaving out his first season that finished 5-5 in 1966 and the 1988 club that finished 5-6.

A special achievement award will go to Robert F. Kanaby, who left his post as executive director of the NISAAA to become the head of the National Foundation of State High School Associations.

Happy Birthday

If you would like everyone to join in the celebration at your child's birthday, just clip out the coupon below and send us your child's photo along with the information requested and we will print it near the big day as possible. Photos must be received two weeks prior to publication. Only children 12 and under are eligible.

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Put your golf clubs and tennis racquets out of the closet on Monday and stand your wicket for a good cause at the Shackmaxxon Golf and Country Club in Scotch Plains. Registration begins at 10 a.m., followed by a special buffet brunch for all participants. After a day on the links or courts, players will gather for cocktails and dinner and have a chance to win numerous prizes and awards. The registration fee is \$295, with all proceeds to benefit ESSNJ participants.

"The Money Store is proud to once

LaBarca Clinic

LaBarca Memorial Football Clinic to be held Thursday, May 20 at Brearley Regional High School in Kentwood.

These famous grillers include the legendary Joe Paterno of Penn State and Johnny Majors of Pittsburgh.

The clinic is designed to raise funds for the free college days that is held each December for high school juniors and seniors seeking information on college play, academic and financial possibilities.

This event annually draws more than 200 high school and 100 college coaches. Area coaches involved include Bob Taylor of Brearley Regional, John Wagner of Roanoke and Lou Reith of Union.

Paterno, getting ready for his 28th season at the helm of the Nittany Lions, has two national championships (1992 and 1996) to his credit and has led Penn State to winning seasons in 26 of his 28 years, leaving out his first season that finished 5-5 in 1966 and the 1988 club that finished 5-6.

A special achievement award will go to Robert F. Kanaby, who left his post as executive director of the NISAAA to become the head of the National Foundation of State High School Associations.

ARTS & ENTERTAINMENT

Director Kliszus dedicates concert to USO founder

By Bea Smith
Lifestyle Editor

It was Union Symphony Orchestra music director Edward Kliszus' idea to dedicate the final concert of the 1992-1993 season to his founder, the late Leo W. Rindler. So, when, on May 23 beginning at 8 p.m. in Kawamash Middle School auditorium, conductor David Terry, Union, Kliszus conducts Mr. Rindler's favorite pieces, he will feel a special emotion that the 45 musicians and the entire audience will share.

"He was a man you respected and wanted to emulate," said Kliszus, a handsome, elegant young man, during a visit to this office the other afternoon. "Mr. Rindler was very special when it came to dealing with people. He was amiable and kind and had a lot of feeling for everyone. The way he dealt with people... it was with respect and compassion. And you couldn't help but be moved by that."

"I wish I had a longer association with him," sighed Kliszus. "I joined the Union Symphony Orchestra in 1977. I was one of the last teachers he hired before he retired. I played trumpet in the orchestra, and he made me an associate conductor. Mr. Rindler retired from the orchestra in 1985.

"Now, in recognition with Thomas Lindsay, our violinist, the entire orchestra will be playing a lot of his favorites — 'Maytime,' — the loved Sigmond Rothing — Amleone Ponchielli's 'Dance of the Hours' from the opera 'La Gioconda,' and selections from Lerner and Lowe's 'My Fair Lady.' He loved those tunes!"

S. Mortimer Gelst served as director of music after Mr. Rindler retired. And Dr. Gerald Matzner served as director of music from 1985 to 1988. "He retired in 1988," recalled Kliszus, "and I've been running it ever since."

Kliszus is music director of the Union Symphony, director of music in the Union Township public school system and director of the Union Music School. "But I remember Mr. Rindler as my teacher in 1962 in Union High School. He truly made a great impression on me."

Kliszus, who was born in Elizabeth, moved to Union when he was 2 years old. "I went through the public school, Conestoga Farms, Burnet Junior High School and Union High School. Actually, I became interested in music when I was 10 years old. I played the piano, and followed that by playing the trumpet. My first instructor, Gary Clark, a Union High School graduate, was instrumental in my musical interest. He went on to play in the Army Band.

"But I played both the piano and the trumpet, and enjoyed my studies, although I didn't decide to pursue it when I was in high school.

"He explained to me that he was graduated from Nyack College, where he received a bachelor of music degree, and from the Manhattan School of Music, where he received a master's degree. He also took graduate courses in educational administration at Montclair State College and Kean College of New Jersey, Union.

"Somewhere along the way, the chairman of the music department, Raymond LeMieux, at college, encouraged me to pursue a career in music education. He thought I'd be very successful with it," Kliszus recalled. "So, I began pursuing the job market and Mr. Rindler hired me."

He taught instrumental music in Union Township elementary and high schools from 1977 to 1986, served as assistant high school marching band director from 1980 to 1985, adjunct music faculty at Kean College from 1984 to 1986, and as Union High School Marching Band director from 1986 to 1990. Kliszus also serves as director of music for the gifted and talented, elementary computers and as the high school's director of the Union High School Sounding program.

The music leader has served as conductor of Union Township All-City Orchestra, New Providence All-City Concert Band, Region II Intermediate Jazz Ensemble, Region II Intermediate Orchestra and High School Orchestra and serves as New Jersey Music Administration's executive board secretary.

In 1988, when he succeeded Kliszus, who had retired from the leadership post of the USO, he produced a triple concert series during the past five seasons.

"I must say," said Kliszus, "that Mr. Rindler was a key person in motivating me as a teacher and an administrator. He was very encouraging, a very warm person. And working with him was a very pleasant experience.

Community orchestras? Not too many, I'll grant you. They are really designed to serve the community. And Mr. Rindler had very lofty goals for the orchestra.

"Thomas Lindsay is our orchestra conductor. He has been a 25 year member of the New Jersey Symphony. And the Union Symphony Orchestra has lots of opportunities for students. Take my sister, Irene, who is a cellist, and was given the opportunity to perform the Warsaw Piano Concerto by Additional with the USO in 1966. My other sister, Laura, who is a violinist, also played with the orchestra when she was in high school."

And speaking of musically inclined family members, Kliszus' wife, Joyce, is a music teacher in Round Valley Middle School in Clinton — the family moved to Warren County in 1985 — their daughter, Erica, 11, plays the clarinet and sings, and their son, Jeffrey, 10, plays the trumpet and piano.

Another of his many accomplishments, of which Kliszus is very proud, is the fact that "I run the Union Music School that Mr. Rindler founded in 1954. It's a summer program in which students can take a variety of courses. We started with 190 students, and now we have 400 students at the Franklin School, where it is air conditioned," he said.

"The kids come from everywhere. They not only study music, but art and dance, such as tap, modern, jazz and ballet. We do a full-fledged Broadway production each year. This year, it will be 'Hello, Dolly!', which will be staged at Union High School, and there are over 175 kids involved. We also run a pre-kindergarten class, and

those kids put on a music production at Franklin School. We have 20 music teachers, five art teachers and five or six dance teachers. They come back each year. Twenty of the teachers are from our Union public schools. And they really enjoy it. I know I did, when I was a teacher there. It was one of the most rewarding academic experiences of the year."

Kliszus said that the last time he saw Leo Rindler "was last year, when he came to our spring concert. The audience gave him an ovation and he stood up with pride."

"At this year's spring concert, I was told that some of the members of his family will be coming in from Florida to attend our spring tribute performance."

"You know," he declared, "it was a natural evolution to take over after Leo. I just followed in his footsteps. Now, I have to live up to them."

Bea Smith, Editor
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Organizations submitting releases to the entertainment section can mail copy to 1291 Stuyvesant Ave., P.O. Box 3109, Union, New Jersey, 07083.

Concert slated

A Choral Art Society of New Jersey, Inc., 30th anniversary concert will be held at the Presbyterian Church, Broad Street and Mountain Avenue, Westfield, Saturday at 8 p.m. The concert will include "Sinfonia Sacra," an original composition for the Choral Art Society by Maestro Sabin Patzka, the Roumanian-born conductor of the Plainfield symphony.

Some favorites from concerts of the past 30 years will also be performed at the concert, such as Alexander Borodin's "Polovnitse Dances" from the opera, "Prince Igor."

Tickets are available by calling Helen Organ at 322-9240 or at the door. Funding is provided by the New Jersey State Council of Arts.

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DINING REVIEW

By Debbie Morton
Staff Writer

La Catena Ristorante at 386 Westfield Ave. in Roselle Park is a classic example of a family-run institution, serving the finest in authentic Italian cuisine at reasonable prices.

The Capello family has owned the establishment for nine years, having converted the former bar into a fine-dining establishment with an elegant atmosphere in a formal setting. The dining room is small and dimly lit, providing an atmosphere conducive to quiet, romantic dinners for two. It is spacious enough, however, to accommodate large gatherings comfortably.

As we leisurely enjoyed our cocktails, two delicious servings of bronchosa prepared for the evening's patron by the chef were brought to our table. The melba toast rounds were smothered in diced tomatoes with mouth-watering seasonings.

We chose an outstanding stuffed mushroom appetizer from a list of 14 hot and cold selections, along with one of the evening's specials, pasta with garlic oil, garnished with black olives and artichoke hearts.

It was difficult choosing from among the extensive selections of entrees, but our waiter, Timmy Capello, the captain of La Catena's well-trained staff, was helpful in recommending some of the restaurant's specials to assist us in making our decision. The special entree with white wine cream and dijonaise sauce was unexcelled, as was the classic veal castella parmigiana.

The delicious cuisine was beautifully accompanied by a bottle of Gavi di Gavi Villa Rosa Italian wine, from an impressive list which included Italian, French and American selections.

For dessert, we enjoyed fresh strawberries topped with whipped cream and slightly delicious chocolate mousses cake.

The meal was made even more enjoyable by our waiter, who provided us with friendly, attentive service. La Catena's well-trained staff, was helpful in recommending some of the restaurant's specials to assist us in making our decision. The special entree with white wine cream and dijonaise sauce was unexcelled, as was the classic veal castella parmigiana.

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TIME: 9:00 am to 12:00 pm
LOCATION: Union County Vocational-Technical Schools 1776 Haritan Rd. Scotch Plains Baxel Hall Annex

In an effort to increase female participation in the construction building trades this seminar is being held to provide an additional opportunity for Union County women to obtain information on the requirements on how to gain membership in the building trades and as a means for the unions to access an available labor pool.

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LA CATENA

Delicious food in an elegant setting — a meal to linger over

Photo by Mike Mills

enjoyable by our waiter, who provided us with friendly, attentive service. La Catena's well-trained staff, was helpful in recommending some of the restaurant's specials to assist us in making our decision. The special entree with white wine cream and dijonaise sauce was unexcelled, as was the classic veal castella parmigiana.

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For dessert, we enjoyed fresh strawberries topped with whipped cream and slightly delicious chocolate mousses cake.

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Theatrical senior citizens present show to seniors

By Bea Smith
Lifestyle Editor

It's a unique experience to witness nursing home residents entertaining other nursing home residents. And what was even more unique on May 5 was the exceptional quality of the performance, its attentive audience and the nursery school children who also participated in the program.

The musically talented Laura Paulman, Union, director, cocreator and conductor of the Traveling Therapeutic Theater of the New Jersey Geriatric Center of Workmen's Circle Inc., Elizabeth, and the Workmen's Circle Home Players presented a condensed version of the musical comedy hit "Bye Bye Birdie," at the Cornell Hall Convalescent Center, Union. The production was a tribute to Nursing Home Week, the elderly and the very young. The latter included a very talented group of children, ages 2 to 5, who are students at the Eggenoff Early Childhood Center, Elizabeth. The children were ably assisted by Elizabeth Johnson and Brenda Stumper of Eggenoff.

Cornell Hall has offered numerous programs and an array of talented people to entertain its residents through the years, but none so special as Laura Paulman and her group, who had previously entertained at the center.

Lining up her lightly costumed performers in chairs around a circle, and the youngsters in an inner circle on the floor, with a painted backdrop against the wall and windows, Paulman, who has a wonderfully expressive face, and golden fingers, played the overture on the piano. Then the company went to work. And to Paulman's accompaniment, singing and mouthing the words, the players and the children put on happy faces and sang "Spanish Rose," "The Telephone Hour," "How Lovely To Be a Woman," "We Love You, Conrad," "Put on a Happy Face," "A Healthy, Normal, American Boy," "One Boy," "Honestly Sincere," "Hymn for a Sunday Evening," "One Last Kiss," "A Lot of Livin' To Do," "Kids" and "Rock."

And the audience, composed of Cornell residents, sat in wheelchairs, beaming and applauding, on couches and chairs, singing along and tapping their feet, while recreation directors and aides smiled with pleasure.

The principal cast included Rose Greenberg, Mae Cohen, Paul Deutch, Frankie Sherman, Edith Newton, Jane Minzberg, Julia Heyman, Paul Sherman, Bernard Kessler and Solomon Schatzman. There also were 25 members of the chorus, and 18 children; among them, Jason Worlids, who doubled as a clown and did some exciting gymnastics.

Between the two acts, there were several enchanting moments, with Sonya Litwak sang in a beautifully operatic voice, and Mario DiTollo and Elinor Lazarow danced the tango and the fox trot. They both joined Mae Cohen and Paul Deutch, who used the children for partners and danced around the makeshift stage.

Credit also must be given to Marshall I. Goldberg, producer, and Mayram Batish, choreographer, and its many others who provided costumes, props, scenery, sheet sketches and posters, photography, videography and even a real playbill.

This reviewer has never seen anything quite as appealing as this condensed musical.

Unquestionably, the hardest of the hard-working crew has to be Paulman, who, with her sweet face, infinite patience and numerous talents, can make everything fall into place so easily, start on time, and finish on time. She is very special. And so are all the members of the "theatrical company."

The very best therapy, as provided by this fantastic group, is music. Music does wonderful things for the elderly. It brings out the best in people. And the magic of "Bye Bye Birdie," its company, the children, and Paulman, turned the residents of Cornell Hall last week into the best audience ever.



Unique scene seen of 'Bye Bye Birdie,' staged by Laura Paulman, left, at piano; the Traveling Therapeutic Theater of the New Jersey Geriatric Center of Workmen's Circle Inc., Elizabeth, and the children of the Eggenoff Early Childhood Center, Elizabeth, May 5 at Cornell Hall Convalescent Center, Union.

New Jersey superstars to talk

Actors Brooke Shields and Ray Liotta, both grown up in New Jersey and still think of the Garden State as "home." One can discover what these superstars are really like in the next edition of "New Jersey Personalities," premiering tonight at 8 on NJN.

Shields' modeling career began when she was a baby, posing "nude" for Carters clothes and ivory soap. She later made the transition to film and had her first starring role in the movie "Pretty Baby." She has since written two books and performed in the feature films, "Endless Love" and "The Blue Lagoon." Host Kent Manser will ask Shields about her career and life, including "her close relationship with her mother, graduating from Princeton University and the many men in her life."

In the second half of "New Jersey Personalities," reporter Sherri Hope Colver will talk to former Unionite, Liotta of "Goodfellas" fame. Liotta attended Union High School and recently was inducted into its Hall of Fame.

Liotta began his acting career in the theater and went on to play the character of Joey Perrini in the soap opera "Another World." He has appeared in the movies, "Something Wild," "World of Dreams" and "Unlawful Entry."

Janice Selliger is the executive producer of "New Jersey Personalities" and Laurel Spin Hoyer is the producer/director.

NJN is the state's public broadcasting system, encompassing television and radio programming. NJN Television, "The New Jersey Channel," is broadcast over UHF Channels 23, Camden; 50, Montclair; 52, Trenton; 58, New Brunswick, and all of New Jersey cable systems, and also is carried in New York, Pennsylvania, Delaware and Connecticut. NJN Radio, "The New Jersey Station," is broadcast on 88.1 FM, serving central and southern New Jersey.

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Ray Liotta Brooke Shields

Workshop scheduled

The Westfield Workshop for the Arts has openings for its summer enrichment program designed for preschool children with special needs, it was announced. The program is open to all New Jersey children, ages 3 to 5, who have mild to moderate impairment in speech, language development, social skills and fine and gross motor development. All of the activities will be tailored to meet each child's individual education plan.

According to Randy Goodstein, the program's director and teacher, the pre-school enrichment program is intended to give children hands-on experiences in learning and play. The emphasis is on fun. The program is designed to explore music, movement, drama, arts and crafts, cooking and more. Through these activities, we will reinforce school readiness skills.

Goodstein has worked as a special education teacher in the Westfield School district for seven years. She has a bachelor of science degree in special education from Syracuse University and a master's degree in special education from the Kean College of New Jersey, Union. Goodstein will be assisted by another special education teacher.

Classes will run from June 28 through July 30 at the Redeemer Lutheran School, 225 Cooperstown Place, Westfield. The program is offered five days a week, Monday through Friday, from 9:30 a.m. to 12:30 p.m. Class size will be held to a maximum of seven children. Tuition for the five week program is \$495.

Dr. Theodore K. Schlotberg, director of the New Jersey Workshops for the Arts, initiated the program for preschoolers in response to parents' requests. The New Jersey Workshop for the Arts is a non-profit arts education organization which oversees the Westfield Workshop for the Arts. For more information one can call 322-5065.

Your abilities can earn extra income. Advertise them with a classified ad by calling 763-9411.

Art units will meet

A roundtable discussion by Union County arts groups and neighborhood organizations on issues of cultural diversity will take place Monday from 7 to 9:30 p.m. in the second floor meeting room of the Union Public Library, Friberger Park, Morris Avenue, Union.

The Union County Office of Cultural and Heritage Affairs, Division of Parks and Recreation, has invited community arts organizations and other non-profits that present cultural programs to explore the challenges of diversifying their programming and reaching out to new audiences in a multicultural community.

According to Linda Lee Kelly, chairman of the Union County Board of Chosen Freeholders and liaison to the county's Cultural and Heritage Programs Advisory Board, "We are excited that Abel Lopez, chairman of the Washington, D.C., Commission on the Arts and Humanities, is facilitating this event. As the director of the GALA Hispanic Theater and the president of the Non-Traditional Casting Project, he has a long record of accomplishments in encouraging cultural diversity in the arts community."

"The Office of Cultural and Heritage Affairs arranged this event in response to the growing interest by Union County arts groups in cultural diversity. Our arts groups will always have an important role to play in the vibrant multicultural life of the county," she continued.

There is no charge for this program. However, registration is requested, it was announced. One can call the Office of Cultural and Heritage Affairs, 633 Pearl St., Elizabeth, at 552-2550 by today.

The Union Library is accessible to people with disabilities. If other assistive services are required, one can call the office at the number above or through the New Jersey Relay Service at 1-800-852-7897/8979.

Funding for the program is made available through the State-County Partnership Program of the New Jersey State Council on the Arts.

Artist meets public

Native American will show art. Artist R.C. Gorman will be at a reception in Summit's Adobe East Gallery, that specializes in fine art of the American Southwest, Sunday from 2 to 4 p.m. He also will sign copies of his book, "The Radiance of My People." The show will run through May 30.



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'Little Murders' is due

Humorist Jules Feiffer's Broadway play of 1968, "Little Murders," will be staged as the spring production on May 20 and 21 at 8 p.m. at the Arthur L. Johnson Regional High School, Westfield Avenue, Clark.

Feiffer, a regular cartoonist for the Village Voice, "envisioned a violent future when not only would it be safe to walk the streets of Manhattan, but one wouldn't even be able to sit in one's apartment without the risk of being hit by stray bullets," said Michael Vogel, director.

"Sadly," he said, "yesterday's gloomy forecast has become today's reality. The play, however, is a comedy focusing more on the effect of omnipresent violence than on the violence itself. It is intended to make audiences laugh and think at the same time."

The play features senior Eric Slagle and junior Andrea Saladino as dad and mom to senior Shelle Moreira and junior Jim Nolin. Brian Swency is cast as the boyfriend, and the remainder of the cast includes Cathy Biddis, Peter Gill and Todd Cohen. Junior Colleen Teodemann will serve as stage manager.

It was announced that seating is limited, and reservations are required and can be obtained by calling 382-0910 during school hours. Senior citizens will be admitted free of charge.

'Singing convention' due to be held this weekend

By Constance Gilbert-Niles Staff Writer

It's a chance call to singers, an invitation to anyone of any age who loves to sing.

The first-ever Garden State Sacred Harp Singing Convention this weekend brings to northern New Jersey a rare opportunity to experience one of the nation's few indigenous musics in full volume and vibrancy, according to organizers George and Jen Sellar of Glen Ridge, and all are welcome. There is no fee.

"There's never a charge for sacred harp — but we will pass the basket," George Sellar noted.

The convention begins tomorrow evening from 7:30 until 9:30 and continues 9:30 a.m. until 4:30 p.m. on Saturday at the Montclair Friends Meetinghouse, 289 Park St., Montclair. There will be a noon picnic — a "dinner on the grounds" coordinated by Martha Jane Husick of Bloomfield — on Saturday.

Sacred harp singers in Essex and Union counties will be housing conventioners who come from a distance, and still others will be staying at a Partridge motel.

About 100 participants are expected, the Sellars said.

"Don't be misled by the word 'sacred,' they warned; sacred harp singing groups are interdenominational, made up of Christian, Jewish and unaffiliated singers spanning the generations, from about age 3 to age 90. All tunes, however, are from an anthology of lively hymns originally published in 1844 — and continuously republished and updated — titled "The Original Sacred Harp." The title reference is Biblical, "with the voice being the sacred harp."

Conventioners are now held in St. Louis, Chicago, Seattle, California and Texas, to name only a few. The Sellars have attended gatherings in New England, Connecticut, New York State, and Washington, D.C. — the Potomac River Convention — annually, in addition to a large Chicago convention. A "large" national convention is scheduled for Birmingham, Ala. in June, they noted.

Sacred harp singing is unique in many ways. For one, singers are arranged facing a hollow square, with the leader — who changes from song to song — in the center. For another, there is only one volume: loud. George Sellar said, playing a taped example from the New York State Convention. The music was vibrant, stirring — and yes, loud: just the thought of being



George and Jen Sellar of Glen Ridge help to organize the Sacred Harp Singing Convention on Friday and Saturday in Montclair.

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Funding for the program is made available through the State-County Partnership Program of the New Jersey State Council on the Arts.

Renaissance music presented

The Summit Choral will cap its 1992-93 season Saturday with a "musical journey back to the time when Italian Renaissance composers were making innovative leaps toward the Baroque era."

This program, "Jewels of the Italian Renaissance," will feature a variety of works by Giovanni Gabrieli, Giacomo Carissimi's Jephtha Cantata and Monteverdi's Christe Redemptor Oremus and a pair of his madrigals.

Tickets for "Jewels of the Italian Renaissance," at \$12 for adults and \$8 for students or seniors, can be obtained from chorus members or at the door and can be reserved by calling 201 674-4657.

Summit Choral is a 60-member group of professional-quality amateur singers. Although based in Summit, the group draws members from 30 communities in Union, Somerset, Middlesex, Essex and Morris counties.

Funding for Summit Choral is made possible in part by the New Jersey State Council on the Arts/Department of State.

Entertainer provided by club

The GFWC Mountaintop Woman's Club Inc., a member of the N.J. State Federation of Women's Clubs, has scheduled its annual installation luncheon Wednesday at the Chanticleer Chateau, Warren.

The program will feature Banjo Joe Dougherty of Maple Shade, a banjo/vocalist/entertainer who performs for people "lifting their spirits by way of fun and good wholesome entertainment." Banjo Joe has performed in Atlantic City, various hotels and restaurants, cruises, country club, recreational facilities, conventions, campuses, special events and special groups. He has appeared in New Jersey, Pennsylvania, Ohio and West Virginia.

Officers elected at the organization's April general meeting to serve for the 1993-1994 term, and to be installed are: Mrs. W. Joist Blackburn, Mrs. M. Edward Dudick, Mrs. Hugh Giordano and Mrs. Eugene Rodgen, co-presidents; Mrs. Victor Perrelli, first vice president; Mrs. Armand Sargent, second vice president; Mrs. Pascal Exemplaris, recording secretary; Mrs. Joseph Giardi, corresponding secretary; and Mrs. Matthew J. Burvett, treasurer. Trustees are Mrs. Charles Shomo and Mrs. Eugene Rodgen.

Installing officer will be Mrs. Michael Sgarro, and chairman of the day will be Mrs. Paul Mocken.

Reservations can be made with Jeanne Blackburn at 232-7583 by tomorrow. Membership information can be obtained by contacting Georgetown Banjos at 232-6283.

A delegation of the club attended the 99th annual NJSPWC Convention this week at the East Brunswick Convention House. Officers of the Mountaintop Woman's Club completing terms on the State Board are Mrs. Donald P. Hancock, third vice president and membership chairman; and Mrs. Henry Borsman, consulting education division chairman.



Banjo Joe Dougherty, banjo-vocalist, who provides wholesome entertainment, will entertain the GFWC Mountaintop Woman's Club at its annual installation luncheon Wednesday at the Chanticleer Chateau, Warren.

EDUCATION & CAREER GUIDE

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Whatever your plans are next fall, spend your summer at Union County College.

Classes begin May 24th.



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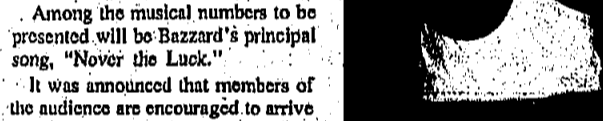
Children's musical slated. White House performers Maximillion Productions will perform 'Story Salad VI' at the Paper Mill Playhouse, Millburn, June 5 and 6, a musical adaptation of eight published children's books.

Children's musical will be performed

The White House performers Maximillion Productions will perform "Story Salad VI" at the Paper Mill Playhouse, Millburn, June 5 and 6. "Story Salad VI" is a musical adaptation of eight popular published children's books, including "Chicken Soup with Rice" by Maurice Sendak, "Clifford Goes to Hollywood" by Norman Bridwell, "Come Back America, Beanie" by Peggy Poon, and "The Sloops Over" by Bernard Weber.

Unionite Rich Aront set to appear in 'Mystery'

Rich Aront, who resides in Union, will be among the principal performers when he appears in the Livingston Community Players' production of "The Mystery of Edwin Drood," tonight, tomorrow and Saturday nights at 8 o'clock at the Monmouth Court Community Center, Livingston.



Rich Aront can be obtained by calling 201-992-4822. Tickets also will be sold at the door in Monmouth Court Community Center, Livingston.

Grant to awarded to disabled artists

Panasonic Industrial Co., a division of the Matsushita Electric Corporation of America, with headquarters in Secaucus, has awarded the New Jersey Center for Visual Arts, a grant of \$15,000 to underwrite fully the Art Center's award-winning Artists with Disabilities' program.

According to NJCVA Executive Director George S. Bolger, "The New Jersey Center for Visual Arts is extremely grateful to Panasonic for its key role in supporting this vital and outstanding community outreach opportunity which fosters artistic creativity and improves the quality of life for citizens with developmental and physical disabilities."

Are You Having An Event? And Would Like To Let Every One Know?

What's Going On Place Your Notice in What's Going On
NAME _____ Phone _____
ADDRESS _____
CITY _____ ZIP _____
ESSEX _____ UNION _____ COMBO _____
DAY _____ DATE _____ 19 _____
EVENT _____
PLACE _____
TIME _____
PRICE _____
ORGANIZATION _____
For more information call 783-3411

'Phantom' premieres

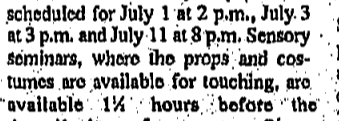
"Phantom," the romantic, gothic musical by the Tony Award-winning team of Andrew Lloyd Webber and Maury Yeston, will be at the Paper Mill Playhouse, Millburn, from June 2 through July 17. Making its New Jersey premiere, this new musical thriller is based on Gaston Leroux's 1911 novel, "The Phantom of the Opera."

Children's musical will be performed

The White House performers Maximillion Productions will perform "Story Salad VI" at the Paper Mill Playhouse, Millburn, June 5 and 6. "Story Salad VI" is a musical adaptation of eight popular published children's books, including "Chicken Soup with Rice" by Maurice Sendak, "Clifford Goes to Hollywood" by Norman Bridwell, "Come Back America, Beanie" by Peggy Poon, and "The Sloops Over" by Bernard Weber.

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Fund raiser set Sunday

The Omicron Xi Omega Chapter of Alpha Kappa Alpha Sorority will sponsor its sixth annual Men Who Cook fund-raiser Sunday in the North Essex YMCA, 159 Glenridge Ave., Montclair.

An international organization, Alpha Kappa Alpha sorority is comprised of more than 1,000 chapters located in the United States, Liberia, Korea, Germany and England.

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NAME _____ Phone _____
ADDRESS _____
CITY _____ ZIP _____
ESSEX _____ UNION _____ COMBO _____
DAY _____ DATE _____ 19 _____
EVENT _____
PLACE _____
TIME _____
PRICE _____
ORGANIZATION _____
For more information call 783-3411

FLEA MARKET

SATURDAY, MAY 15, 1993
Rainfall May 22nd.
EVENT: Free Market.
PLACE: St. Michael's School, 1212 Kelly St., Union.
TIME: 10 a.m. to 5 p.m.
PRICE: Vendors wanted. \$15 for 2 parking spaces. For reservations call 908-544-3557 or 908-588-6488.

ART

SATURDAY, MAY 22, 1993
EVENT: Art Auction. Maplewood Women's Club 100th Anniversary.
PLACE: Maplewood Women's Club, 60 Woodland Rd., turn at Summit Bank, 701 St. Union.
TIME: Preview, 7 p.m. Auction starts 8 p.m.
PRICE: Admission \$5.00. Door opens. Celebrity guest, Alan Caruba. Hors d'oeuvres & champagne punch.

SOCIAL

SATURDAY, MAY 15, 1993
EVENT: Spring Spins. An evening of food & fellowship.
PLACE: Redeemer Lutheran Church, 401 S. Prospect Ave., Irvington.
TIME: Doors open 6:30 p.m.
PRICE: Donation \$10.00. Information 201-765-5656. Featuring music by "The Salsa Event."

LUNCHEON

SATURDAY, MAY 15, 1993
EVENT: 19th Annual Scholarship/Awards Luncheon.
PLACE: Redeemer Lutheran Church, 401 S. Prospect Ave., Irvington.
TIME: 12:00 p.m. to 2:00 p.m.
PRICE: Tables available at \$15.00. Call 201-765-5656 or 201-765-5658.

CONCERT-MUSIC

FRIDAY & SATURDAY
MAY 14, 15, 1993
EVENT: Music & Song.
PLACE: First Congregational Church, 1240 Clinton Ave., at Glen Square.
TIME: 8 p.m. to 4 p.m. both days.
PRICE: \$2.00 admission. For more information call 783-9411.

reunions

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CHINESE AUCTION

SATURDAY, MAY 22, 1993
EVENT: Chinese Auction.
PLACE: First Congregational Church, 1240 Clinton Ave., at Glen Square, Irvington.
TIME: Doors open 1:00 p.m.
PRICE: Admission \$4.00. Reservations necessary. Call 201-773-8883. Refreshments served.

WORKSHOPS EDUCATIONAL

MAY 15, 22, 1993
EVENT: Meditation Workshops.
PLACE: World Gyana Kramati, St. George Plaza, 1025 West St. George Ave., Union.
TIME: 7:00 to 8:45 p.m.
PRICE: Free. For information call 908-205-6007.

GARAGE/YARD SALE

SATURDAY, MAY 22, 1993
EVENT: Garage/Yard Sale.
PLACE: Woodliff House Historical Museum, 111 Clinton St. Hillside.
ORGANIZATION: Hillside Historical Society.

OTHER

SUNDAY, MAY 16, 1993
EVENT: The Children's Institute & First Friday.
PLACE: Children's Institute & First Friday, 1000 Park Ave., Verona, NJ.
TIME: Please call 201-740-1663 for more information.

ESSEX COUNTY COMBO RATES

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5-SERVICES OFFERED

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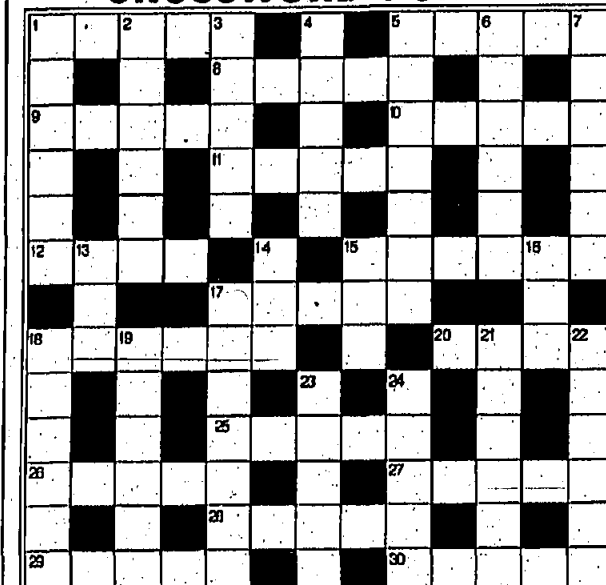
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CROSSWORD PUZZLE



- CLUES ACROSS**
1. Tenfold
 5. Filch
 6. Unseen
 9. Massive
 10. Inactive
 11. Brits
 12. Fifty percent
 15. Myth
 17. Dogmatist
 18. Retrieve
 20. Near
 25. Natural aptitude
 26. Slugs
 27. Lubricated
- CLUES DOWN**
1. Spatter
 2. Standard
 3. Destroy
 4. Examine accounts
 5. Greyhound
 6. Sewing implement
 7. Stetch
 8. Crow older
 9. Flowing in
 10. Truck notice of
 11. Dance
 12. Sweeping brush
 13. Jest
 14. Tear
 15. Record
 16. Pester
 17. Jester
 18. Wandful
 19. Against
 20. Dances
 21. Flowing in
 22. Truck notice of
 23. Dance
 24. Sweeping brush

- ANSWER TO PREVIOUS PUZZLE**
- ACROSS**
1. Rostrom
 5. Span
 7. Placate
 9. Hoops
 10. Filippant
 13. Manner
 14. Answer
 17. Underhills
 19. Mini
 21. Tenet
 22. Angrier
 23. Nasty
 24. Stoner
- DOWN**
2. Stand-in
 3. Rear
 4. Muckly
 5. Slipper
 6. Acre
 7. Paramount
 9. Satisfied
 12. Recently
 15. Epigram
 16. Always
 18. Bonus
 20. Ogle

'Musical gift' provided by seven area churches

The choir of Calvary Lutheran Church, Cranford, will join members of choirs of seven other area churches in a "musical gift to the community" Sunday in observance of Church Music Sunday in the Lutheran Church.

A combined choir of 85 voices will lead the liturgy for a Service of Evening Prayer, sponsored by the Central Mission Cluster of the New Jersey Synod of the Evangelical Lutheran Church in America.

The service will be held at 7 p.m. in St. John Lutheran Church, 587 Springfield Ave., Summit.

The combined choirs will perform "Gloria in D" by Antonio Vivaldi under the direction of Mary Lou Stevens, minister of music at Faith Lutheran Church, New Providence. The work will be accompanied by a chamber orchestra and organ. Soloists will be Dolores Strohbach of Cranford and Theri Rossol, soprano, and Margaret Sherman, alto.

The choirs also will sing a setting of Psalm 150 recently composed by Wayne H. Dieterick, director of music at St. John Lutheran Church.

The public is invited to attend the service. A free-will offering will be received.

horoscope

For week of May 16-May 22
ARIES (March 21 to April 20) The time has come to take a friend aside and find out what is wrong. There may be more unhappiness than you realized, but you could turn out to be a great shoulder to cry on. Press on with an ambitious plan, especially if it is likely to bring cash gains later in the year.

Taurus (April 21 to May 21) A legal or official matter will have to be decided and you may have to pay out money you hadn't budgeted for. On the positive side, some long-term problems will be sorted out, leaving you a great feeling of relief. Emotionally, you will feel more settled than you have in a long time.

GEMINI (May 22 to June 21) This could be a frustrating week if you plan to travel somewhere. Delays could occur along the way. Make sure you have receipts and review documents. During the weekday evenings there should be lots of social activity to keep you busy, and romance will add a spot of excitement.

CANCER (June 22 to July 22) Early in the week you will find yourself busy attending to matters that have been overlooked, including some family obligations. For those Cancer lovers involved in business, this will be a good week to go ahead with important deals. A romantic weekend is in store for you.

LEO (July 23 to Aug. 23) Show lots of warmth and affection to your partner. You are sure to receive an enthusiastic response, which could create a tighter bond and a happier relationship. Make sure that your generosity is not taken advantage of. A close companion will give you some helpful advice.

VIRGO (Aug. 24 to Sept. 23) Just as you started to wonder what else could go wrong, everything seems to start going your way. Problems at work will be smoothed over, and recent misunderstandings with friends or family members will be worked out. You will receive a surprise visit from an old friend.

LIBRA (Sept. 24 to Oct. 23) You will be in a very good mood this week, with energy to spare at the end of each day. This will be very productive and feel a great sense of satisfaction in your work. You should also have more time to spend with friends and to indulge in hobbies. You may be offered a job opportunity that could bring you to another city.

SCORPIO (Oct. 24 to Nov. 22) Listening to good advice and then going off and doing the total opposite is one of your personality traits. Scorpio loves to go against the grain. But this time you may find yourself regretting not having listened to reason. At least you can say "I did it my way."

SAGITTARIUS (Nov. 23 to Dec. 21) You shouldn't feel like a failure if your ideas don't get the reception you know they deserve. After all, everyone is entitled to their own opinion. Pay careful attention to details, especially at work. You may experience some frustrations with your romantic partner.

CAPRICORN (Dec. 22 to Jan. 20) Watch what you say to others. You simply say what's on your mind and don't intend any harm, but you may be perceived as rude — and even downright cruel! Honesty is not always the best policy. Diplomacy, however, appears to be a very good one.

AQUARIUS (Jan. 21 to Feb. 19) A number 1 is a decisive gesture. You must decide whether to put it on a permanent basis or whether to make it very clear to your partner that, for the time being at least, you want to be free of any commitment. It is best to be honest with yourself and your partner.

PISCES (Feb. 20 to March 20) At the week's start, you'll be in tune with your surroundings and the company around you, but later in the week you may get involved in arguments. It is likely to be the most hectic and emotionally draining week of the year. Too much excitement could fray your nerves. Meditation should help relax you.

Year highlights this week This will be your year! Practically everything will go your way. Partly because of good luck, but mostly because of the hard work you've put in, you will land the sort of job you've always wanted. You will also receive a considerable salary increase. Unattached? If so, this will be the year you fall in love. This will be the kind of love you've been hoping for all your life. This person is likely to be a Scorpio, so read up on that sign so you know what to expect. Start planning that exotic vacation you've been wanting to take for so long.

Music conference planned in Linden

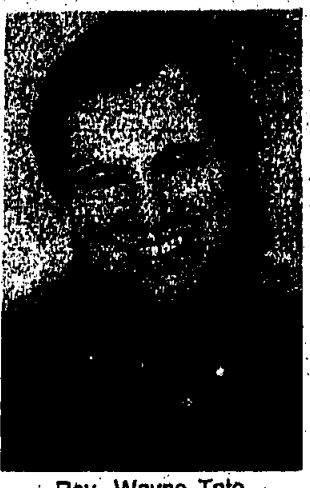
The Victory Christian Fellowship, 2301 Glen Ave., Linden, will be host to the Rev. Wayne D. Tate's Praise and Worship conference June 12 from 10 a.m. to 2 p.m.

The recording artist, who made his debut album, "Triumphal Procession," in Nashville, with friends, Marabeth Jordan from First Call and David Cleveland, who plays guitar with Stephen Chapman's band, served as youth pastor and minister of music for more than 10 years. He played the piano and sang. He said his "desire is the educate the Body of Christ about worship and to inspire them to pursue our highest call, which is to praise the Lord."

The conference, which "goes beyond Christian entertainment, is geared more toward encouraging people to respond to the presence of God," Wayne said that it is "during these powerful moments that lives can be changed and much needed healing can come to those in need."

"This conference is for anyone who desires to minister to God through praise and worship, but if you are pastor, minister, worship leader or youth leader, this conference will be invaluable to your ministry."

Donation will be \$5, and lunch will be provided.



Rev. Wayne Tate

An outdoor art sale planned in Summit

"Art in Summit," the annual outdoor art show and sale, sponsored by New Jersey Center for Visual Arts will be held May 22 from 10 a.m. to 4 p.m. at the Croon on the south side of Broad Street, between Maple Street and Summit Ave. In the event of rain, the show will be held in the Summit Middle School gym.

Approximately 150 artists and crafts people are expected to participate. It was announced. Many of the artists regularly take part in "Art in Summit" and there also will be new exhibitors displaying paintings, sculpture, jewelry, pottery, and woodwork.

Chemical Bank is providing a Best in Show Award of \$500 in addition to 10 \$100 prizes from the Summit Area Chamber of Commerce.

This year, "Art in Summit" will feature a free day long music program, arranged through the support of Burlington Restores. Peter Holmes of Summit and his band will play the opening set to be followed by the Concord Singers, the Summit High School Stage Band, and the Raritan Valley Barbershop Chorus. At lunch time John Carlini, also of Summit, and his group will play Blue Grass music, to be followed by Latin Jazz from Terry Brull and more music from the 1960s, '70s and '80s from Holmes. Food will be available and tables.

A Children's Paint-In will be held from 10 a.m. to 2 p.m. and is free to all youngsters. Face painting and finger nail decorating will be available for a small fee, it also was announced. Children will be entertained by a mime from Bernardsville High School, a magician, a clown and a troubador, all courtesy of Burgdorf Restores. Ben and Jerry's ice cream will be sold by the Summit Jaycees and balloons will be available too. Faculty members from the Art Center will demonstrate their crafts during the day.

"Art in Summit" T-shirts will be available again this year, and the bake sale will be augmented by a plant sale.

Area non-profit organizations are invited to set up informational displays on the Croon and can contact New Jersey Center for Visual Arts for details.

Entry forms for artist are still available at NICVA, 68 Elm St., Summit. For further information one can call the Art Center at 273-9121.

This newspaper encourages congregations, temples, social and civic organizations to inform the editors about scheduled events and activities. Releases should be typed, double-spaced, and include a phone number where a representative may be reached during the day. Send information to: Lifesize Editor, P.O. Box 3109, Union, N.J. 07083.

Benefit circus is due on Saturday afternoon

Ben & Jerry's Traveling Show, a circus, featuring a vaudeville show, clowns and jugglers, will present two shows at the LaGrande Park, Fanwood, Saturday, at 1 p.m. and 3 p.m.

The event is sponsored by Kings Supermarket Inc. and co-sponsored by the Panwood-Sooth Plains Rotary Club. Proceeds from the circus go to the Children's Miracle Network. Television which benefits Children's Specialized Hospital and Children's Hospital of New Jersey.

On the menu will be Ben & Jerry's ice cream plus sodas and snacks. The shows will be held rain or shine. It was announced. Tickets are \$1 for children and \$3 for adults and are available at the Children's Specialized Hospital Children's Center, South Avenue, Fanwood, Children's Miracle Network Television Office, South Avenue, Fanwood, and from any Panwood-Sooth Plains Rotary member.

For more information, one can call 889-0900.

Children's Miracle Network Television benefits 160 children's hospitals in this country and internationally. In New Jersey, the Television benefits: Children's Specialized Hospital, with facilities in Mountaintide, Fanwood and Toms River, and Children's Hospital of New Jersey, a unit of United Medical Center in Newark.

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Mack & Boring: 70 years of quality

When the late Edward "Mac" McGovern Sr. founded a small automotive machine boring company in Newark in the 1920s, he began something that today is one of the most respected engine and generator parts, sales, service and remanufacturing operations in the Northeast.

Despite some lean times caused by numerous recessions, Mack & Boring Parts Company has continued to expand. Today, the company that "Mack" built is celebrating its 70th anniversary.

"I'm sure my grandfather would be proud to know that what he started in a small 500-square foot basement has grown as much as it has," said Ned McGovern, company president. "Our way-of-doing-business has always been to treat customers right and give them the best possible quality we can."

The company, located at 2365 Route 22 in Union, is strategically headquartered in a multi-building complex encompassing more than 80,000 square feet.

Among its product and machine shop services are custom and diesel engine-rebuilding, diesel fuel injection repair, marine transmission rebuilding and engine installations.

Stocked are parts and accessories for Barr manifolds, Polpo marine gaskets, Fram and Racor filters, Oil marine products, Holly carburetors and pumps by Sherwood and Jabaco.

Also available are transmissions from Borg Warner, Hurst and Permagon, and fuel injection parts from most major manufacturers, as well as Lennox/Sanduro fresh water and oil kits.

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O.J. Simpson offers hints for exercising without injuries

When it comes to aches and pains, O.J. Simpson is an expert — you don't become a football legend without scoring your share of injuries. But according to O.J., spokesman for the new Sonasage™, which uses sound waves to ease muscle aches, getting in shape shouldn't be a painful experience.

With O.J.'s exercise tips, you can get the most out of your fitness program and avoid the common mistakes that cause injuries.

Get off to a slow start — The worst mistake most of us make is trying to do too much too soon. If you don't exercise regularly, being too ambitious at the beginning will do two things, both of them bad. First, you'll wind up aching all over, and second, you'll never stay with it. As you become more physically fit, you can increase your pace but don't try to do it all in one day. Remember, exercise should make you feel good — it isn't a new way to beat yourself up.

Give your muscles a little TLC — Make sure your muscles are warmed up before you start exercising. First use stretching exercises to loosen up tight muscles, then warm up with ten minutes of exercise that works the muscles in the same way as your activity. A great rally for tennis players, jogging in place for runners, or some practice swings and slow running around the



WHEN A HARD DAY OF WORK OR PLAY LEAVES muscles tired and sore, the new Sonasage™ can bring relief, with mixed frequency sound waves. Four hundred and fifty thousand sonic waves per minute penetrate deep into muscles to help soothe away aches, leaving you relaxed and refreshed.

Setting fitness program goals

It's lunchtime and you have to attend a meeting rather than your regular fitness workout. You think it doesn't matter because you can always do exercise tomorrow. But tomorrow comes and you have too much work to do. More days go by and you haven't worked out; something keeps getting in the way. You really enjoyed your exercise time and how you felt afterwards, but you just do not understand why you are not as motivated as you once were.

Any number of factors can contribute to changing fitness habits, reports the President's Council on Physical Fitness and Sports. One possibility is that you did not establish a clear direction or goal for your program. Realistic goals provide focus to an exercise program. They help you get from where you are to where you want to be.

The goal setting process is the same for physical fitness as it is for personal and professional development. Attainable goals help you understand what is possible out of many available options. Establishing goals brings into focus how your current fitness status relates to your ideal.

Develop both long and short range goals. Long range goals are more general, but not all-encompassing. They should be achievable through a logical progression of activity. They do not need to have a time limit for achievement.

Short range goals identify the logical steps to achieving your long term goals. They should be very specific and realistic, based on your present capabilities and should have a time limit for achievement. Short term goals can be used to measure your progress.

Remember to include all the components of fitness when setting your goals — cardiovascular fitness, muscular strength and endurance and flexibility. Take a few minutes to consider your fitness goals and write them down. Now you need a means to keep yourself focused on what you want to accomplish. One method is to make a contract with yourself. Contracts help

hases for softball players will get your muscles ready for a good workout and make them more pliable and resistant to injury.

Train like the pros — Professional athletes train every day, and they vary their exercise days with easy ones. Over-exercising won't get you in shape faster, but it will damage muscles and tendons. A vigorous 30-minute workout every day will make you look and feel better than a grueling three hour session once a week.

Change your routine — Exercise doesn't always mean calisthenics. If you vary your exercise, you won't get bored and you'll exercise all your muscles. A week of activity might include bike riding, aerobics, swimming, jogging, tennis, skiing, or hiking.

It's all in the timing — If you exercise outdoors, pay attention to the weather. During the summer, don't exercise between 11:00 a.m. and 2:00 p.m., when the sun is at its peak. Prolonged exposure without a sunscreen is dangerous. To avoid sunstroke, heat stroke, dehydration and sunburn, plan activities for mornings or evenings when the temperature drops. A hat provides a lot of protection. O.J. likes a mesh baseball cap because the visor keeps the sun out of

his eyes, and the mesh lets perspiration evaporate.

Use the right equipment — Sometimes injuries happen because the wrong equipment is used. For example, tennis elbow can be caused by using a racket that's too heavy, has too much tension on the strings, or using heavy balls which increase the force against the racket. Runners should invest in the best shoes they can afford, otherwise performance will suffer and the possibility of injury will not only prevent injuries, it can save your life.

Forget "no pain, no gain" — Unless you're in training for an Iron Man Triathlon, don't force yourself beyond your limits. Exercise shouldn't just improve you physically, it should lift you up emotionally and reduce stress. Make exercising fun — bicycle or run with friends, take the kids hiking. And don't make your tennis or softball game too competitive. Play to win, but most important, play because you love the game.

For more tips on how to get in shape without getting hurt, send a stamped, self-addressed envelope to O.J. Simpson's Exercise Tips, c/o Sonasage, 8885 Venice Boulevard, Suite 205, Los Angeles, CA 90034.

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There are many ways to have teeth for a lifetime

Your smile can last a lifetime. We are living longer and healthier lives. Well, dentistry has quietly throughout the years been doing the same thing for your teeth and oral health much to the surprise of many people. The old wives tale that you have to lose your teeth is not true due to all the advances and techniques available in modern dentistry. Today we'll review some ways of repairing and restoring your teeth.

The first way which everyone is familiar with are fillings. Fillings become necessary when decay creates a cavity in the tooth. The decay occurs when plaque mixes with sugars from

foods which break down the tooth. The dentist must remove the decay and shape the tooth to hold the filling. Nowadays there are different types of fillings available ranging from gold fillings, amalgam (silver filling) and composites (tooth-colored material), which can be used to give a nice cosmetic result. If there is enough tooth structure remaining, a filling can last a very long time without even causing a problem.

If the tooth has been weakened by decay or is severely damaged, cracked, chipped, discolored or misaligned, a crown, (sometimes referred to as a cap) is used to cover and protect the tooth. The crowns are made of metal (gold) and porcelain to give them an

esthetic result. Crowns are made by the dentist preparing the tooth into a core so the crown can go over the tooth. Your natural tooth remains under the crown which is cemented onto the tooth. To make a crown, the dentist must take an impression so that the crown will be made by a laboratory to an exact fit. Depending on how badly the tooth is broken down, the dentist may first have to build up the tooth before making the crown.

There are times when decay or injury to the tooth is extensive and the tooth's nerve is infected. When this happens, root-canal treatment is necessary to clean out the infection and save the tooth. The dentist must

remove the decayed or broken part of the tooth and remove the nerve in the tooth and then he must clean out the roots which hold the nerves. Once the canals are cleaned and free of infection, they are filled with a rubber-like material which seals out any further infection. After the root canal treatment is completed, the tooth is either restored with a filling or it may require a post in the tooth for support and a crown over the tooth. Your dentist can evaluate the tooth after you've had the treatment.

Today thanks to medicine we are around longer and today, thanks to modern dentistry our teeth are too. If you have any questions about these techniques, you should discuss them with your dentist or feel free to call Dr. Nicolas Cicchetti at 908-245-9463. He is in practice in Roselle Park.

Stitchless cataract surgery is available

Questions and answers on eye care — from the Eye Surgeons of North Jersey.

What is instant vision cataract surgery?

Stitchless instant vision cataract surgery does much for the patient. It is the latest advance in cataract surgery in the past year.

With only anesthetic drops placed topically in the eye, the patient undergoes the smallest incision implant surgery with no stitches. The surgery is painless and faster.

After the anesthetic drop is placed in the eye, surgery is started without the need for incisions. A very small incision (3mm) is made at the edge of the cornea (the clear window of the eye). Phacoemulsification is done by "high frequency" sound vibrations (ultrasound) which is used to soften and liquify the cataract. It is then aspirated through a hollow needle.

A foldable lens is then inserted to replace the cataract that was removed. No stitches are necessary to close the small incision.

The advantages to this revolutionary surgery:

- (1) Surgery is done faster.
- (2) No anesthetic injections are used.
- (3) No intravenous anesthetic is necessary.

(4) The patient can stay on all medications, including blood thinners.

(5) The eye recovers faster because of the small incision, less trauma and less anesthesia.

(6) No stitches to remove.

(7) Patient satisfaction!

Any questions, call Dr. D'Amato, 748-3300 or 328-7575.

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Practice opens

Dr. Michael P. Pine has announced the opening of an office for the practice of chiropractic. He joins his father, Dr. Frederick B. Pine, at Pine Chiropractic Associates of Springfield.

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Weight training is for everybody — not just bodybuilders

It was once only the domain of bodybuilders, powerlifters and athletes such as football players. Slowly, more men and women are entering into this mysterious place known as the weight room. What are they doing in there? As people become more educated concerning health and fitness, they are discovering that weight training is a very important component of exercise.

Weight training is a form of resistance training, which means any kind of exercise in which the muscles exert force against resistance. Weight training uses weight machines, free weights, rubber tubes or even another person to apply resistance. For most of us, nothing in daily life provides enough stimulation for building and maintaining muscle strength. Carrying groceries, books, kids or laundry baskets helps contribute, but not enough. As we age, muscle mass declines, which in many cases is mainly due to low activity levels. But there is hope! Even men and women who begin strength training later in life can experience significant strength gains.

Another important advantage of strength training for all ages is that even at rest the more muscle you have the more calories you burn. Allergies, osteoporosis, problems can be treated through strengthening and stretching the affected areas such as the neck, back, shoulder, knee or hip area. But why wait until you get injured to develop strength and flexibility? Weight training also strengthens tendons, ligaments and joint capsules. Stronger muscles and joints are less prone to injury. Besides all of these benefits, improved muscle tone looks great on any body!

Many people are intimidated by gym-weight rooms or just don't know where to begin. At the Fitness Connection in 973 A Stuyvesant Ave., Union, one can ease into a weight training program. Brother-sister owners Christopher Noto and Lori Cople are both certified as weight training consultants through AAU/ISMA. You can learn safe and effective weight training techniques that can be acquired through the use of free weights or resistance equipment. Sculpting classes using weights, rubber bands and Reebok steps are also an excellent way to improve muscle definition. Personal trainers

are available for those looking for one-on-one instruction. Besides weight training, cardiovascular training achieved through equipment and classes such as step training, aerobics and circuit training are also offered. Body fat analysis and cardiovascular testing are also available. All instructors are certified through one or all of the following: ACE, AFPA and AAU/ISMA. To learn more about weight training and the other components of fitness, stop by the Fitness Connection or call 688-5252 for an appointment. Ensure your body of a "strong future."

Gardiner opens doors to new chiropractic center in Roselle Park

On March 19, Helen Ryan, mayor of Roselle Park, joined Michael Gardiner, for the ribbon-cutting ceremony and grand opening of Amherst Chiropractic Center. Located at 236 E. Westfield Ave., Roselle Park, the Amherst Chiropractic Center, in Gardiner's "newest" chiropractic office. Gardiner, who has been in practice for the past 12 years, employs a variety of the art chiropractic techniques as well as several advanced procedures in physiotherapy. The objective of his practice, said Gardiner, "is to quickly alleviate pain in the back, neck, shoulders and legs; to provide relief from headache pain; to reduce abnormal spinal curvatures due to scoliosis; and to treat numbness of the arms and legs, related to spinal nerve dysfunction." Gardiner has extensive

experience in screening and treatment of juvenile scoliosis. He notes that most juvenile scoliosis conditions are detected between ages 4 and 10 with the majority of patients presenting signs at age 6. He adds that when detected early, the condition is easier to treat. Gardiner attended Temple University in Philadelphia, Pa., and is a graduate of New York Chiropractic College in Old Brookville, N.Y. He has worked as an associate with the Pennypack Chiropractic Center in New

Castle, Dela.; Chiropractic Associates of Wilmington, Wilmington, Del., and Amboy Rehabilitation Associates in Perth Amboy. He resides in Roselle with his wife, Nina, 4-year-old son, Cameron, and 2-year-old daughter, Hayley, and he has roots deep in the community. Listed in Oxford's Who's Who, and a member of the New York Chiropractic Alumni Association, New Jersey Chiropractic Society, Northern New Jersey Chiropractic Society and New Jersey Business Association, Gardiner is a well-respected chiropractor.

Call Gardiner at his new Roselle Park office, 908-245-7088.

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If you're having a problem with your feet, you may think it's minor until the discomfort and foot fatigue get out of hand. Any limiting of activities on the job or at home can be a serious problem until your feet get the treatment they need.
There are many signs of troubled feet, and here are a few to watch for. Corns and calluses are caused by friction and pressure that may be attributed to defects in the foot's bone structure. Warts may be mistaken for calluses, but they are really quite different. A wart is a skin growth which has its own blood and nerve supply and tends to grow if left untreated. Blisters are caused by misaligned toe joints, usually the big toe, and can become swollen and tender. Fungal conditions, such as athlete's foot, tend to attack the feet in the warm, moist areas between the toes. Toenail infections, sometimes caused by improperly trimmed nails, can also be caused by structural defects.
If you have any of these signs of troubled feet, see your foot specialist for examination and treatment.

High-quality aerobic program comes to club

Jennifer O'Connor and Geoff Hampton have collaborated to build one of the premiere aerobic programs in the state. The Courthouse Racquet and Health Club located in Springfield has seen aerobic participation increase from around 25 participants per week to more than 225!

The change began in September 1992 when owner H.C. Hwang brought Hampton into the clubhouse as his partner in the fitness and racquet sports portion of the business. Hampton has been a consultant to health and racquet clubs throughout the U.S.A. and Canada for the past 14 years. He has been published 27 times in CBI magazine, Club Industry magazine, Fitness Management magazine and Club Management magazine. Additionally, Hampton has been a presenter at 24 industry conventions and programs throughout the U.S.A. and Canada.

When Hampton took over the clubhouse, there was only one aerobic instructor. Step classes were offered on home made steps and there was no resistance equipment for muscular system development in the aerobic department. There was only a portable "boom box" for aerobic music selections and there was no child care or weekend aerobic classes offered.

The first thing that Hampton did was recruit top instructor talent. One of the top instructors was O'Connor. O'Connor is regarded as one of the premiere aerobic instructors in the state of New Jersey. Additionally, she has presented at many aerobic programs and conducted aerobic instructor training workshops.

In discussing the situation at the clubhouse with O'Connor, Hampton became impressed with her ideas, enthusiasm and ability to focus on specific goals. Hampton offered O'Connor the position as aerobic director and she accepted.

O'Connor and Hampton met to discuss what steps would be needed to take the clubhouse aerobic program to the highest attainable level. Both Hampton and O'Connor feel that the clubhouse aerobic program will become a prototype for the rapidly growing aerobic industry.

The decision was made to spend a great deal of money on equipment and staff upgrading. The two sided 20 Step Reebok aerobic steps, Step Straps, Step Mats, a no-sweat system with "pitch control" and hand held weights. Next, O'Connor began using her industry connections and began bringing in more top level aerobic instructors. Additionally, O'Connor decided to add professional child care staff which has been very positive for the aerobic growth pattern.

Hampton said that the expense paid in an initial sense for equipment as well as the ongoing increase in aerobic payroll is significant, but worth it. "Many clubs say that they want the best aerobic program, but these clubs are always looking for ways to cut costs. My personal philosophy is quite different," Hampton says that in addition to the set expenses, he and O'Connor have created an excellent benefit package for aerobic instructors. Hampton goes on to say that the benefit package for the aerobic director position is very generous by current industry standards, but as he said earlier, more than worth the cost.

Hampton points out that O'Connor has exceeded his expectations. "I'm really surprised by Jennifer's performance as aerobic director. I have been fortunate enough to have worked with many of the top aerobic directors in the country and I would have to say that Jennifer is truly outstanding!"

O'Connor and Hampton have very clear goals, both short term and long term for the aerobic program at the clubhouse and they have proven very capable at attaining what initially seemed like lofty goals.



Jennifer O'Connor

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Varicose vein problems can be more than skin deep

By Dr. Marc C. Watson... Varicose veins in the legs can be unsightly, uncomfortable or dangerous, depending on their size. The unsightly veins are usually termed spider veins and are the smallest of the three varieties. The uncomfortable varicose veins are part of the superficial vein system which is just under the skin. The largest varicosities are at risk of forming blood clots or even rupturing with minor bumps or bruises that would not be a problem for people without varicosities. Varicose veins are caused by the failure of valves within the veins to come together between heartbeats and prevent gravity from exerting its huge downward force. This force would have all of our blood at our ankles if gravity had its way with our circulation. Totally untreated varicose veins often end in the development of ulcers at the skin just above the ankle if not treated prior to this stage. While there is no risk of limb loss or amputation, the possibility of long-standing, poor wound healing at the ankle represents an unnecessary and easily avoided outcome. Vein problems as described above are easily evaluated by a thorough physical examination after a complete history as well as highly sophis-

catol, non-invasive ultrasound tests which are performed in our office without difficulty. The evaluation is entirely painless, and in our pleasant office setting with our highly professional staff, leads to a far greater patient understanding of the process and how it is treated. Most varicose veins and virtually all spider veins are treatable by injection therapy which involves the injection of a small amount of specialized fluid which creates a controlled irritation inside the vein which has been injected. The use of support hose and special bandages allows for compression of the vein which has been injected in order to keep it from filling with blood in the early post-injection period. If adequate time is allowed for the compressed vein to heal, the walls of the vein should seal together and stop carrying blood, thereby becoming far less visible than before injection. The important feature which preceded the injection phase assures us that the deep vein system is widely open and that there is enough arterial blood supply to tolerate the compression of the support hose. Patients find this convenient method of treatment offers excellent cosmetic results, and relief of discomfort caused by the

original varicose veins. Very large varicosities are less amenable to injection treatment and can always be taken care of by a small surgical procedure which usually leads to discharge from the hospital or

ambulatory facility on the same day, or, at the latest, the next morning. We at Advanced Vein Care look very much forward to helping you reduce your self-consciousness about the way your veins make your legs

look, and about the discomfort that they cause toward the end of each day. We are certain that you'll be excited about the quality and skill of our service. Let us help you get ready for the summer! Feel free to call us at 201-429-8500.

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Choose a club that helps you reach fitness goals

With the summer here and everyone making an attempt to get into shape or fit into their bikini, many individuals find themselves looking to join a health club. Many individuals have already been members of two or three clubs, only to find themselves dissatisfied with the services provided and not able to reach their fitness goals. An extensive study was done recently by a team of exercise experts led by Dr. Walter Andzel of the Health and Fitness Institute and professor of exercise physiology at Kean College of New Jersey. Union, of all health clubs in New Jersey. The following information will assist in making the right decision.

When choosing the right health club, it is important to follow these steps to insure making proper decisions. The average person that comes into a health facility has already been a member of three to four other clubs. The most common mistake people make is losing track of what their primary objectives are for achieving fitness goals.

• Choose a health club as if you are choosing a medical doctor, a trained medical professional specializing in the particular problem you have. You wouldn't choose the cheapest doctor, but rather the one that was qualified in dealing with your problem. Clubs that continually run specials, i.e. two-for-one promotions, are often more quantitative, than qualitative.

• Join a club that specializes in your particular needs. I recommend that women join all-women facilities. Most co-ed facilities are acclimated more towards social settings as opposed to those designed for achieving fitness goals.

• You shouldn't join a club that obligates you to commit yourself for a long period of time. Clubs may do this in one of two ways. The first way is to request that you put down a minimal amount of money and then commit you to monthly payments with a

promise of a low, yearly renewal at the completion of your payments. The second method utilized is the payment of one lump sum to cover one or two years.

A good health facility will let you pay as you go only for the time that you utilize. In clubs that induce you for lifetime memberships, the service tends to be very minimal because even if you do not attend, you are still obligated to pay. As a result, out of 100 percent of the people that join a quantitative health club which obligates them to long-term payments, less than 40 percent are still exercising. In comparison, out of 100 percent of the people that join a qualitative gym, 80 percent are still actively pursuing their fitness goals.

After an evaluation of all the clubs, Andzel came up with the following conclusion: "The best men's health club was located in New York. Cardio Fitness Center obtained the highest approval rating. The number one health club for women was Image 2000 Health Spa for Women in Union.

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Image 2000 was above and beyond all other women's clubs. Image 2000 took the traditional health club and brought fitness to a different level. As Image 2000 members have access to a wide range of professional aerobic and step classes as well as on staff doctors who provide cardio-fitness evaluations, including blood pressure, cholesterol and body fat testing. Available for consultation are nutritionists, exercise physiologists, chiropractors and massage therapists. But most importantly, they provide personal trainers who guide each individual every step of the way. They also have the finest, most extensive cardio fitness room I have ever seen.

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