

### reunions

Planning a reunion? There is a brochure available which gives complete information on how to go about it. For information, call 1-800-222-5277.

**Lindser High School, Class of 1950 to 1959**, are having a reunion picnic on Aug. 28, 1993 at Memorial Field, Linden. Call 862-4272 for more information.

**Newark Central High School Class of 1943** will hold a 50th class reunion on Sept. 11, 1993 at the Sun Carlo Restaurant, Lyndhurst. Write to P.O. Box 23, Lincoln, NJ 07738 no later than Aug. 10 if you wish to attend.

**Union High School Class of 1978** will have its 15th year class reunion Sept. 18 at the Costa Del Sol, Union. For more information contact Tracy Carreto at 687-7835.

**Our Lady of the Valley High School, Orange, Class of 1943**, is planning its 50th reunion for Sept. 18 at the Ramada, Route 10, East Hanover. Alumni should contact M.J. Hani, 200 Mount Prospect Ave., Apartment C-5, West Orange 07082, 609-692-6242.

**Linden High School Class of 1953** is having its 40-year reunion from Nov. 5 to 7 at the Grand Hotel and Country Club, Kenilworth, N.Y. For further information, call 908-381-3757.

**U.S.S. Sylvan (AFS-2) HC 6**, Det. 97 Air Group and the WWII Ship U.S.S. Sylvan (AKA-4) is seeking shipmates for a reunion. Shipmates should send their names and addresses to John D. Pierce, 6531 Holloway Lane, Lansing, Mich. 48917.

**Irvington High School Class of 1938** is seeking class members for an upcoming 50th reunion on Sept. 26. Names, addresses and telephone numbers should be sent to Adeline Capugno, 142 Parker Ave., Maplewood 07068.

**Columbia High School, Maplewood, Class of 1968** is looking for fellow classmates. Alumni, or anyone who has information about them, should write to Class of '68, c/o Ron Dornbusch, 35 Watchung Road, Short Hills 07078, or call 376-4424.

**Battis High School, Elizabeth, Class of 1943** is having a 50th reunion on Oct. 3 at the Holiday Inn, Kenilworth. Alumni or anyone knowing the whereabouts of former classmates should contact Eleanor Whaley Barney, 1551 Hill Ave., Linden 07036; or call Anne Feinberg Green at 908-353-6734, or Barry at 908-925-2356.

**Irvington High School Class of 1928** is planning its 65th reunion. Alumni or anyone knowing the whereabouts of former classmates should contact Mike Pano at 464-3322.

**Thomas Jefferson High School, Brooklyn, N.Y., Class of 1943** is having its 50th reunion. For information, contact Shirley Rollin, 218 Westwood Ave., Freeport, N.Y. 11520; 516-623-9078.

**West Side High School, Newark, Class of 1973** is seeking classmates to help plan a 20-year reunion. Interested alumni should send their name, address and telephone number to: WESTSIDE '70 Year Reunion, 1888 Turner St., Rahway 07065.

**David Brainerd Regional High School, Kentwood, Class of 1983** is planning a 10-year reunion for Nov. 26. Members of the reunion committee are currently trying to locate classmates who are not interested in attending. For more information, call 908-298-6545.

**South Side High School, Newark, Class of 1968** is having its 25th reunion. Alumni or anyone knowing the whereabouts of former classmates should contact SSHS 1968 Reunion, 47 Ross St., East Orange 07018; 973-2806 or 399-2148.

**Thomas Jefferson High School, Elizabeth, Class of 1944** is planning its 50th reunion May 1994. Alumni who have not been notified should contact Bill Buserband, 126 Bernard Ave., Edison 08837. The reunion committee is searching for all class members and faculty members. Also, Thomas Boyle can be contacted at 500 Martin Place, Union, or Ted Johnson, 2177 Keller Crescent, Union 07083-2977.

**U.S.S. Forrestal** is having a reunion on Sept. 22-26 in Virginia Beach, Va. for all former and present crew members/it group and marine detachments. For information, contact Thomas O'Brien, 2325 Calvin Ave., Norfolk, Va. 23518; 804-583-1070.

**Wesquehatch High School Class of 1943** is planning its 50th reunion. Call 763-0213.

**East Orange High School Class of 1943** is planning its 45th anniversary for Oct. 22, 1994 at the Holiday Inn in Livingston. Alumni or anyone knowing the whereabouts of former classmates should contact Susan Florio, 184 Columbia Turnpike, Florham Park 07023.

**West Orange High School Class of 1943** is planning its 50th reunion. Alumni or anyone knowing the whereabouts of former classmates should contact Rachel Turner, Afton Florio, 184 Columbia Turnpike, Florham Park 07023.

**East Side High School Class of 1954** is planning its reunion. Alumni or anyone with information on former classmates should write to John Palmucci, 1230 Stone St., Rahway 07065.

**Columbia High School Class of 1978** is having its 20th class reunion on alumni should write to: CHS Class of '78, P.O. Box 87, Colonia 07067.

**East Orange High School Class of 1983** is planning its 10-year reunion for Sept. 18. Alumni or anyone with information on former classmates should write to: Class of '83, BOHS Reunion, c/o Dawn Marable, 151 Linden Ave., Irvington 07111.

**Orange High School Class of 1934** is looking for alumni for an upcoming reunion. Graduates should contact Sam Reams, 103 Gregory Ave., West Orange 07052, 731-1158; or Bill Tamarato, 12 Abington Road, West Orange 07052, 731-7267.

**Irvington High School Class of 1983** is planning its 10th reunion. Alumni, friends and family who know the whereabouts of former classmates should contact the reunion committee at Irvington High School Reunion, P.O. Box 362, Whippany 07981.

**East Orange High School Class of 1943** is having a 50th reunion. Alumni or anyone knowing the whereabouts of former classmates should contact the Alumni Committee, P.O. Box 57, Clifton 07030.

**The 4-H Youth Development Program of Essex County** is seeking adults who were 4-H members as children for a 75th anniversary reunion planned for November. Both former 4-H members who were active in Essex County and those from other counties or states should contact Mary Lou Mayfield, 4-H Program Associates, by calling 678-7807 between 9 a.m. and 4 p.m. weekdays; or by writing to 4-H Youth Development Program, Rutgers Cooperative Extension of Essex County, 15 South Main Ave., East Orange 07018.

**South Side High School, Newark, Class of 1943** is planning a 50th reunion. Alumni names and addresses are needed. Contact Florence Amatore, 2630 Park Ave., Newark 07102; 973-2806.

**Millburn High School, Class of 1984**, is organizing its 10th class reunion on Nov. 25, 1994.

**Kearlton High School, Class of 1984**, is organizing its 10th class reunion on Oct. 22, 1994. Class members write to Reunions Unlimited Inc., P.O. Box 150, Englishtown, 07726, or call 780-8364.

**Summit High School, Class of 1973**, is organizing its 20th class reunion on Oct. 9. Class members write to Reunions Unlimited Inc., P.O. Box 150, Englishtown, 07726, or call 780-8364.

**Wesquehatch High School, Class of 1968**, is organizing its 25th class reunion on Oct. 15. Class members write to Reunions Unlimited Inc., P.O. Box 150, Englishtown, 07726, or call 780-8364.

**Wesfield High School, Class of 1983**, is organizing its 10th class reunion on Nov. 26. Class members write to Reunions Unlimited Inc., P.O. Box 150, Englishtown, 07726, or call 780-8364.

**Wesfield High School, Class of 1984**, is organizing its 10th class reunion on Nov. 27, 1994. Class members write to Reunions Unlimited Inc., P.O. Box 150, Englishtown, 07726, or call 780-8364.

**Better yourself**  
Our special pages in Career and Education, and Health and Fitness might improve you physically and intellectually. Pages B4-7.

**Published**  
Language teacher James McCahery signs contract to write three mystery books. Page B5.

**Minutemen win title**  
The Springfield Minutemen 9 and 10-year-old baseball team captured the second annual Chatham Tournament. Page B1.

# Springfield Leader

VOL.64 NO.44—THURSDAY, AUGUST 12, 1993—24 SPRINGFIELD, N.J. Home of Harvey Frucher TWO SECTIONS — 50 CENTS

## 80-foot stack could end local flooding

By Dennis Schaal  
Staff Writer

Is the deck stacked against residents of parts of Springfield, Millburn and Union who are plagued by flooding — believed to be caused by the cessation of pumping by Elizabethtown Water Co. in Springfield. — has flooded basements over the past several years?

That may appear to be the case following the confirmation by an Elizabethtown official Tuesday that the company feels that the only potential solution to the problem would be the construction of a up to 80-foot stack — a stack — in Springfield.

Elizabethtown Vice President Henry Patterson III said Tuesday that if the company deems it feasible to restart its pumping operation in Springfield after a yearlong study, then the only technology available to treat the volatile organic chemicals in the water and to dispense the contaminants would be through an air stripper.

Subject to Planning Board or Board of Adjustment approval, Patterson said the potential site for the stack would be company-owned property with an existing pumping station on Springfield Avenue east of the Railway River and south of Route 78.

Patterson noted that the stack's emissions would be subject to state and federal standards. He said the size of the stack would not be determined until this time since tests have not been conducted to measure the extent of the water's contamination.

The water utility has exhibited great reluctance over the past two years to move to restart its pumping operation in the town. It ceased the pumping about three years ago due largely to the water's contamination.

Patterson was asked whether the revelation about the stack — discussed at an Aug. 3 meeting in Millburn with officials from Springfield and Millburn, two local assemblymen and representatives of the Joint Meeting of Essex and Union Counties and also apparently at privately several months earlier — was designed to raise community opposition to that the pressure would be off Elizabethtown to restart its 23 wells. He replied that a theory like that was "not a theory like that."

In a related development, he disclosed that the Joint Meeting, a sewerage authority in the two counties, had agreed at the Aug. 3 meeting to allow Elizabethtown to test pump some seven wells into the authority's sanitary sewers. Patterson said this was decided as part of the feasibility study to gauge the extent of the water's contamination.

The only other alternative for testing would have been to pump contaminants into the Railway River, which would have required state approval. The city of Railway treats Railway River water and uses it as its water supply.

The Aug. 3 meeting in Millburn, which culminated in the testing agreement, was organized by Assemblywoman Maureen Ogden and also attended by Assemblyman Maurice Laubacher, both R-Union. Ogden pushed for the meeting because the Joint Meeting had originally turned down a request to allow test-pumping into its system.

Springfield Township Committee member Jo Ann Holmes represented the governing body at the Aug. 3 meeting. She said Tuesday she thought the meeting "was productive."

"The bottom line is that for the water company the bottom line is dollars and cents," Holmes said. "If we could convince them they'd be making a million dollars by pumping water that they'd be pumping tomorrow."

Holmes noted that the question of allowing a stack in town to vent the water pollutants in order to relieve the flooding is both "red" and "scary."

"If I had water in my basement and I couldn't sell it and my walls were crumbling, I'd say, 'Put in a stack and build it 500 feet if you want,'" Holmes said. "And it's awfully scary when people realize the alternative, that the water company is saying, 'We'll take the chemicals out of your water and put it into your air.'"

## Record-breaker

John Collage set a new Springfield Pool record for Springfield swimmers in the 8 under boys 25-meter butterfly event at the North Jersey Summer Swim League's championship meet last Thursday. His four-lap finish was clocked in 23.02 seconds.

See story on Page B2.

## Mayor publishes withdrawal from re-election race

By Heather MacGregor  
Managing Editor

In a letter that refers to past accusations of "faked leadership" by Mayor Phillip Kurnos, he announced his withdrawal from the 1993 local election in Springfield.

He said the decision was reached after he and his wife did "much soul searching" and decided "it's really time for us to be able to enjoy ourselves, to have our time in the sun as it were, and not to be tied down any longer."

He also said the decision was not based on attacks from Committee members Harry Pappas and Jeff Katz, although he referred to their accusations in his letter.

"Enough is enough," Kurnos said. "It's time to spend quality time with my wife, children and grandchildren."

It is too early to tell, according to Kurnos, if he will remain involved in Springfield politics.

Representatives from the Union County Clerk's Office said they have not received an official petition with a notated signature from Kurnos. The deadline for withdrawal from the election as an Independent is Sept. 9, according to Walter Halpin, the Union County clerk.

"As far as we're concerned, he's on the ballot," a representative from the Clerk's Office said.

It is not clear if the letter is not in by the deadline, the candidate would have to appear in court to have the name removed.

Committee member Jeffrey Katz said he favored Kurnos' decision and that he collectively the committee will benefit from the move.

"If you wish to decline," he said, "it will remove a negative influence on the Township Committee."

Jo Ann Holmes, committeewoman, said she thought the mayor's withdrawal was unfortunate for the township, but that they would remain friends.

"I'm sorry he is not running because I think Springfield is losing a very dedicated public servant," she said eventually.

Committee member Jo Ann Holmes said eventually the park will achieve the goals set by the plans, but she also said the goal is to celebrate the holiday at the park.

Holmes said plans for the park are already well under way. The town ordered and will cost an estimated \$3,000 each, and the bricks have already been delivered.

Committee members and veterans both acknowledge that there are still details to be worked out. Some of the remaining concerns include lighting, the purchasing of the flag poles, sidewalks, benches and the eventual landscaping of the park.

The organizations also expressed concerns about the additional cost involved because of the plans. During the meeting, Mayor Phillip Kurnos presented a check from the township attorney Rebecca Donington, for \$1,500 that will go toward the building of the memorial.

Noise concerns

In other business, residents voiced concerns about possible violations taking place in residential areas in town. Some of the concerns heard were regarding a bus that parks over the street and blocks traffic, as well as noise between 4 and 5 a.m. and caused neighbors to wake up unwillingly during these early morning hours.

Also in the same area of town residents said that because of the lack of public restrooms people often urinate on their property. Along with the problems created by humans in the area, dogs are often allowed to defecate on the neighbors' property or in nearby parks, causing further discomfort to area residents.

The members of the committee said they would do their best to eliminate those disturbances.

## Memorial plans set for groundbreaking

By Heather MacGregor  
Managing Editor

Groundbreaking for the Veterans Memorial Park is scheduled for today at 10 a.m. after tentative plans were presented to the Township Committee and members of local veterans organizations on Tuesday.

Members of the organizations expressed concerns about the extent of the plans. They said the plans,

## Board approves hockey team

The Springfield Township Board of Education has approved the formation of a youth hockey team for the 1993-94 season.

The board voted 6-2 to approve the plan, which was presented by the Springfield Youth Hockey Association.

The team will be coached by local residents and will play in the New Jersey State Hockey League.

The board also approved a budget for the team, which includes equipment and travel expenses.

## Road block



Emergency units rescue the driver of a garbage truck, after his vehicle overturned on Route 78. The road was closed for several hours Monday during the removal of the debris.

**LINCOLN MERCURY SAVINGS ADVANTAGE**

CELEBRATING OUR 30th ANNIVERSARY

<b>NEW 1993 TOPAZ</b> Mercury 4 dr. 2.2L IEC 4 cyl. auto trans. 1600 cc. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined.	<b>NEW 1993 VILLAGE GS</b> Mercury 4 dr. 2.2L IEC 4 cyl. auto trans. 1600 cc. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined.	<b>NEW 1993 COUGAR A17</b> Mercury 4 dr. 4.0L IEC 6 cyl. auto trans. 2400 cc. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined.	<b>NEW 1993 TOWN CAR</b> Mercury 4 dr. 4.0L IEC 6 cyl. auto trans. 2400 cc. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined.
---	--	---	---

**LEASE PER MO. 24 MONTHS**

**USED CAR SAVINGS!**

<b>'87 GRAND MARQUIS LS</b> Mercury 4 dr. 4.0L IEC 6 cyl. auto trans. 2400 cc. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined.	<b>'87 CONTINENTAL</b> Lincoln 4 dr. 4.0L IEC 6 cyl. auto trans. 2400 cc. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined.	<b>'87 TRACER</b> Mercury 4 dr. 4.0L IEC 6 cyl. auto trans. 2400 cc. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined.	<b>'88 ACCORD</b> Honda 4 dr. 4.0L IEC 6 cyl. auto trans. 2400 cc. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined.	<b>'88 GRAND MARQUIS LS</b> Mercury 4 dr. 4.0L IEC 6 cyl. auto trans. 2400 cc. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined. 100,000 mi. 1993 EPA est. 24 city/31 hwy. 28 combined.
--	---	--	--	--

**#1 AWARD WINNING Service Dept. 10 Consecutive Yrs.**

**LINCOLN MERCURY**

2800 Springfield Ave. • Just off Rte. 24 & 78

UNION, NJ • (908) 964-7700

ONLY MINUTES AWAY...

### Augustine urges business support

In response to the introduction of legislation that would penalize business' straggling to leave New Jersey, Assemblyman Alan Augustine urged a more positive approach to attract business to New Jersey and retain those already based here.

Prompted by the introduction of A-2544, which would create a multi-state commission to recommend sanctions against companies threatening to relocate to other states, Augustine urged his colleagues to resist a "punitive" approach and hold steady to the positive economic course already mapped out by the Legislature.

The Legislature has made dramatic progress toward reviving New Jersey's economy in recent months, according to Augustine, by promoting legislation focused on incentives rather than punitive measures.

"A-2544 would lead New Jersey down the wrong path," Augustine said. "It suggests that we've exhausted our options in building a better relationship with the business community, when in fact the initial steps in that direction have already been taken."

A-2544 would create the Multi-State Industrial Retention Commission. Consisting of five or more states, the committee would act in tandem to discourage business from relocating from one member state to another by "disbarring" such companies from entering into contracts with any agency of that state; by withholding economic assistance or incentives; and by assisting them in state pension, cash management and annuity funds.

### Lawn concert planned

The Union County Office of Cultural and Heritage Affairs, Division of Parks and Recreation invites area residents to bring a lunch, lawn chairs and blankets and celebrate summer with "Summer Sights and Sounds," a series of free lunchtime concerts on Thursdays during August.

Aug. 26 showcases "Regline to Broadway" with the wonderful baritone voices of Ed Pienzo from Elizabethton. The concert will feature songs and music from greats like Scott Joplin, Duke Ellington, George Gershwin, Richard Rodgers and Jerome Kern.

Free parking is available to the public. In the case of rain, the performances will take place at the Ritz Theatre, 1148 East Jersey St., Elizabethton. For more information, call the Office of Cultural and Heritage Affairs, (908) 538-8550. Baby-sit-vice users should call (800) 832-7899 during business hours. Other assistive services are available upon request.

The series is funded in part by the New Jersey State Council on the Arts, Department of State.

The smooth Latin jazz sounds of "Terra Brasil" will be spotlighted Aug. 12. The group's music encompasses the exciting rich rhythms and sounds of its members' various cultural backgrounds which include Brazil and the Caribbean.

Aug. 19 presents "More Contrasts," a unique program of poetry, jazz and Letter writers.

Readers are encouraged to write letters to the editor expressing views on topics of interest. Letters should be typed, double spaced or legibly handwritten and no longer than 2 1/2 pages. When necessary, letters will be edited for length, clarity and fitness.

For purposes of verification, all letters must include a name, address and daytime telephone number. Unedited letters will not be published. Names may be withheld from print in certain circumstances upon the request of the writer and with approval of the editor. Address letters for consideration to: Letters to the Editor, 1291 Springvue Ave., P.O. Box 3109, Union, 07083. The deadline for letters is 9 a.m. Monday.

Our copy centers specialize in the finishing touches that help your documents make a great first impression. From binding to folding to laminating and more... count on us to finish the job right.

**Springfield Leader**  
The **SPRINGFIELD LEADER** (USPS 61-720) is published weekly by Worrall Community Newspapers, Inc., 1291 Springvue Avenue, Union, N.J. 07083. Mail subscriptions \$20.00 per year in Union County, 50 cents per copy, non-refundable. Second class postage paid at Union, N.J. and additional mailing office. POSTMASTER: Send address changes to the **SPRINGFIELD LEADER**, P.O. Box 3109, Union, N.J. 07083.

**SPECIAL 99¢ BINDING OFFER**  
Bring this coupon into the Kinko's listed and choose from comb binding, two binding or V-fold on documents up to one-inch thick with card stock cover for 99¢ each. Copies not included. One coupon per customer per visit. Not valid with other offers. Good through September 31, 1993.

**kinko's**  
Your branch office  
Open 24 hours a day, 7 days a week.  
55 Rte. 22 • 376-3966 • (Springfield, NJ)

### student update

#### Francis reports

Army Captain William R. Francis, a 1976 graduate of Jonathan Dayton Regional High School of Springfield, recently reported for duty with Naval Forces, U.S. Central Command, Tampa, Fla.

"He joined the Army in May 1982.

#### Quinnipiac graduates

Quinnipiac College conferred associate, bachelor's, and master's degrees on 716 men and women during the 62nd annual commencement exercises held on Sunday, May 23.

#### Brooks at Stagedoor

Fourteen-year-old Lindsay Brooks of Springfield has followed in the footsteps of such noted young actors as Robert Downey Jr., Jennifer Jason

Leigh, Mary Stuart Masterson, Jon Oyer and Helen Slater by attending Stagedoor Manor this summer, a theater camp in the Catskills. In each of the summer's three sessions the youngsters spend three weeks rehearsing 11 shows, which are then performed for the public at one of Stagedoor's resorts like the Raleigh or the Concord. Brooks appeared in the production of "Anything Goes."

Robin Mathew, of Springfield, received a bachelor of science degree at graduation ceremonies for the Regents College at the University of the state of New York recently.

#### Matthew gets degree

Earlier this year NJ Transit proposed building a 3.8-mile, \$571-million line which would begin on Broad Street, Newark, and run through the city's business district, on to midtown Elizabeth. The line would terminate at Newark International Airport.

By not using the original plan's elevated monorail-like structures and downtown real estate, the plan anticipates that \$100 to \$200 million could be saved. This savings would then be used to pay for extending the line south to Roselle, Roselle Park and Cranford and north to Belleville, Nutley, and possibly on to Paterson.



Union County Freeholder Chairman Linda-Lee Kelly and Superior Court Family Division Presiding Judge Rudolph Hawkins Jr., of Plainfield, congratulate Dan Anirnan from Deerfield School, Mountaintide, first place essay winner.

This newspaper is a reliable means of researching the community market. To boost your business in the community, call our ad department at 908-686-7700 today.

**Styvesant HAIRCUTTING**  
Quality Hair Cuts At Affordable Prices  
**SENIOR CITIZEN SPECIAL**  
Mon., Tues., Wed., Thurs.-Fri. 20% OFF  
OPEN MON. thru SAT.  
1664 STYVESANT AVE., UNION.

**The project isn't over until it's finished.**  
Our copy centers specialize in the finishing touches that help your documents make a great first impression. From binding to folding to laminating and more... count on us to finish the job right.

**SPECIAL 99¢ BINDING OFFER**  
Bring this coupon into the Kinko's listed and choose from comb binding, two binding or V-fold on documents up to one-inch thick with card stock cover for 99¢ each. Copies not included. One coupon per customer per visit. Not valid with other offers. Good through September 31, 1993.

**kinko's**  
Your branch office  
Open 24 hours a day, 7 days a week.  
55 Rte. 22 • 376-3966 • (Springfield, NJ)

**40% OFF Transitions\***  
Present this coupon and get B&B Wayfarer® or Metal Goggle sunglasses for only \$49.95 while supplies last! No other coupons, discounts, or insurance program discounts apply. Offer valid at participating locations through 9/6/93.

**GUCCI HALSTON CHERYL TIEGS SOPHIA LOREN**  
**BUY ONE PAIR GET ONE FREE**  
"NO-LINE" BIFOCALS WITH ANY FRAME PURCHASE  
Enjoy the invisible look of "No-Line" bifocals for just \$129 a pair. No other coupons, discounts or insurance benefits apply. Excludes Eyebuy® Collection. Coupon must be presented at time of order. Valid at participating locations. Expires 9/6/93.

**THE BIG SALE**  
**PEARLE VISION EXPRESS**  
GLASSES AVAILABLE IN AN HOUR  
PARAMUS 341 ROUTE 4 WEST 489-5000 ROBERT RUDMAN, O.D.  
TOTOWA 360 ROUTE 46, EAST (201) 785-0900  
SPRINGFIELD 275 ROUTE 22, EAST (201) 376-7900 IRA HANLON, O.D.

**40% OFF Transitions\***  
Present this coupon and get B&B Wayfarer® or Metal Goggle sunglasses for only \$49.95 while supplies last! No other coupons, discounts, or insurance program discounts apply. Offer valid at participating locations through 9/6/93.

**PEARLE VISION**  
GUCCI HALSTON CHERYL TIEGS SOPHIA LOREN

### Trolley line may be extended

By Joseph D'Allegro Staff Writer

A trolley line slated to serve Newark's downtown area and airport may be extended south through Roselle, Roselle Park and Cranford. The Assembly Light Rail Transit legislative panel was formed in April to review NJ Transit proposals concerning the line.

Earlier this year NJ Transit proposed building a 3.8-mile, \$571-million line which would begin on Broad Street, Newark, and run through the city's business district, on to midtown Elizabeth. The line would terminate at Newark International Airport.

By not using the original plan's elevated monorail-like structures and downtown real estate, the plan anticipates that \$100 to \$200 million could be saved. This savings would then be used to pay for extending the line south to Roselle, Roselle Park and Cranford and north to Belleville, Nutley, and possibly on to Paterson.

The head of the New Jersey Association of Railroad Passengers, James Greller, of Belleville, serves as the panel's technical adviser. "Part of the reason for our modifications is to save money," he said. "We want to see that the money is spent wisely. We think extending the line to serve a greater area would be beneficial because more people would be served and there will be more interconnections between transportation systems."

NJ Transit's Raritan Valley Line runs through the Cranford station where the proposed extension ends. "People all the way in Somerset will be able to go down to Cranford and then transfer to the new line and go to Newark Airport," he said.

The extension plan uses tracks and rail routes that were abandoned in the 1950s by the now-defunct Central Railroad of New Jersey. "We would be using existing railroad rights of way, as well as tunnels, bridges and tracks. There would be the cost of renovating, but that's still cheaper than their original proposal."

Roselle Mayor Joseph Safaryn strongly supports the proposal. "It would be mutually beneficial to all towns involved," he said. "It would be a great opportunity for the whole area."

Since its inception in 1990, Kid-Print has been a successful vehicle for raising public awareness about child abuse and neglected and exploited children. More than 300,000 children and their families have taken advantage of Kid-Print.

Videoing takes a few minutes by Blockbuster's well-trained staff to make the experience an enjoyable one for all children who participate. Kid-Print has been endorsed and is sponsored nationally by: American Federation of Police, Girl Scouts of the U.S.A., National Association of Elementary School Principals, United States Marshals Service, and National Center for Missing and Exploited Children.

Registration for the fall 1993 session of riding lessons at the Watching Stable, located at 1160 Summit Lane, Mountaintide, will continue throughout the summer, according to a spokesperson for the Union County Board of Chosen Freeholders.

Boys and girls 9 years of age or older, with or without previous riding experience, are eligible to participate. Adult lessons are also available. Beginners of all ages are especially invited to enroll.

Lessons will begin the week of Sept. 7 and continue for 10 weeks. Troop placement will be in accordance with the rider's ability as determined by the stable's management.

To obtain further information, contact the Watching Stable at 789-3665. The Watching Stable is a facility of the Union County Division of Parks and Recreation.

Editorial deadlines: Following are deadlines for news: Church, club and social - Thursday noon. Essex Journal - Friday noon. Sports - Monday noon. Letters to the Editor - Monday 9 a.m. General - Monday 5 p.m.

Mountaintide Echo The MOUNTAINSIDE ECHO (USPS 168-890) is published weekly by Worrall Community Newspapers, Inc., 1291 Springvue Avenue, Union, N.J. 07083. Mail subscriptions \$20.00 per year in Union County, 50 cents per copy, non-refundable. Second class postage paid at Union, N.J. and additional mailing office. POSTMASTER: Send address changes to the MOUNTAINSIDE ECHO, P.O. Box 3109, Union, N.J. 07083.

**Coupon**  
JUST WINDOWS & PAINT CO.  
ALUMINUM SIDING REFINISHING  
10 WINDOWS WASHED FREE IF YOU ALLOW Us to Paint all Windows & Doors in Your House  
UNION (908) 686-1513 Residential & Commercial Exp. 8/15/93

**MEET YOUR MERCHANT**  
**SALON 2000**  
471 CHESTNUT ST., UNION (908) 964-3570  
PRESENTING OUR STAFF AT YOUR SERVICE  
Meet the professional beauty experts at our full-service Matrix Essentials salon. Experience our personal consultation. Together we'll select the hair and skin care services that will enhance your looks and fit your lifestyle. We're at your service. We would like to welcome Paula DePinho to our staff of professional cosmetologists.  
NEW HOURS! Starting September! Will be open MONDAYS and Tuesdays

### 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.

Today  
A groundbreaking ceremony is scheduled for the Veteran Memorial Park in Springfield. The event will be held at 10 a.m. at the corner of Summit Road and Mountain Avenue.  
The Trailside Nature and Science Center, in Mountaintide, will present "Laser Revelations," at 2 p.m.

Sunday  
A planetarium show, Secrets of the Summer Sky, will be held at the Trailside Nature and Science Center in Mountaintide, at 2 and 3 p.m.  
Mountaintide Borough Council will conduct a work session at 7 p.m. The regular public meeting will be at 8 p.m., in the Municipal Building.

Tuesday  
The Springfield Board of Adjustment has scheduled its regular meeting for 8 p.m. in the Municipal Building.  
The Mountaintide Public Library will present Adventures in Wonderland party at 10:30 a.m. At that time the library will distribute certificates and prizes to honor participants reading efforts.

Wednesday  
A planetarium show will be held at the Trailside Nature and Science Center in Mountaintide, called Family of the Sun. The presentation will illustrate the solar system, highlighted by interactive demonstrations of the air pressure, friction and orbital mechanics. NASA photographs will also be on display.  
Thursday, Aug. 24  
All about Meafors will be presented at the Trailside Nature and Science Center in Mountaintide at 2 p.m. The difference between meteor showers and random meteors will be discussed.  
The Springfield Township Committee conducted the regular meeting earlier in the summer.

Friday, Aug. 25  
The 16th annual Fall Classic Road Race to benefit the Children's Special Hospital will be held at UCC's Cranford campus and will mark the second consecutive year that the Fall Classic, hosted by the Central Jersey Road Runners Club, will be sanctioned as a New Jersey-United States Amateur Track & Field Grand Prix Event. This day's activities, which will begin at 8 a.m., offer something for the entire family, including face painting, a puppet show and helium balloons sponsored by Union County.

Monday, Aug. 29  
The 16th annual Fall Classic Road Race to benefit the Children's Special Hospital will be held at UCC's Cranford campus and will mark the second consecutive year that the Fall Classic, hosted by the Central Jersey Road Runners Club, will be sanctioned as a New Jersey-United States Amateur Track & Field Grand Prix Event. This day's activities, which will begin at 8 a.m., offer something for the entire family, including face painting, a puppet show and helium balloons sponsored by Union County.

Wednesday, Sept. 1  
The 16th annual Fall Classic Road Race to benefit the Children's Special Hospital will be held at UCC's Cranford campus and will mark the second consecutive year that the Fall Classic, hosted by the Central Jersey Road Runners Club, will be sanctioned as a New Jersey-United States Amateur Track & Field Grand Prix Event. This day's activities, which will begin at 8 a.m., offer something for the entire family, including face painting, a puppet show and helium balloons sponsored by Union County.

Friday, Sept. 3  
The 16th annual Fall Classic Road Race to benefit the Children's Special Hospital will be held at UCC's Cranford campus and will mark the second consecutive year that the Fall Classic, hosted by the Central Jersey Road Runners Club, will be sanctioned as a New Jersey-United States Amateur Track & Field Grand Prix Event. This day's activities, which will begin at 8 a.m., offer something for the entire family, including face painting, a puppet show and helium balloons sponsored by Union County.

Sunday, Sept. 5  
The 16th annual Fall Classic Road Race to benefit the Children's Special Hospital will be held at UCC's Cranford campus and will mark the second consecutive year that the Fall Classic, hosted by the Central Jersey Road Runners Club, will be sanctioned as a New Jersey-United States Amateur Track & Field Grand Prix Event. This day's activities, which will begin at 8 a.m., offer something for the entire family, including face painting, a puppet show and helium balloons sponsored by Union County.

Tuesday, Sept. 7  
The 16th annual Fall Classic Road Race to benefit the Children's Special Hospital will be held at UCC's Cranford campus and will mark the second consecutive year that the Fall Classic, hosted by the Central Jersey Road Runners Club, will be sanctioned as a New Jersey-United States Amateur Track & Field Grand Prix Event. This day's activities, which will begin at 8 a.m., offer something for the entire family, including face painting, a puppet show and helium balloons sponsored by Union County.

Thursday, Sept. 9  
The 16th annual Fall Classic Road Race to benefit the Children's Special Hospital will be held at UCC's Cranford campus and will mark the second consecutive year that the Fall Classic, hosted by the Central Jersey Road Runners Club, will be sanctioned as a New Jersey-United States Amateur Track & Field Grand Prix Event. This day's activities, which will begin at 8 a.m., offer something for the entire family, including face painting, a puppet show and helium balloons sponsored by Union County.

Saturday, Sept. 11  
The 16th annual Fall Classic Road Race to benefit the Children's Special Hospital will be held at UCC's Cranford campus and will mark the second consecutive year that the Fall Classic, hosted by the Central Jersey Road Runners Club, will be sanctioned as a New Jersey-United States Amateur Track & Field Grand Prix Event. This day's activities, which will begin at 8 a.m., offer something for the entire family, including face painting, a puppet show and helium balloons sponsored by Union County.

Monday, Sept. 13  
The 16th annual Fall Classic Road Race to benefit the Children's Special Hospital will be held at UCC's Cranford campus and will mark the second consecutive year that the Fall Classic, hosted by the Central Jersey Road Runners Club, will be sanctioned as a New Jersey-United States Amateur Track & Field Grand Prix Event. This day's activities, which will begin at 8 a.m., offer something for the entire family, including face painting, a puppet show and helium balloons sponsored by Union County.

Wednesday, Sept. 15  
The 16th annual Fall Classic Road Race to benefit the Children's Special Hospital will be held at UCC's Cranford campus and will mark the second consecutive year that the Fall Classic, hosted by the Central Jersey Road Runners Club, will be sanctioned as a New Jersey-United States Amateur Track & Field Grand Prix Event. This day's activities, which will begin at 8 a.m., offer something for the entire family, including face painting, a puppet show and helium balloons sponsored by Union County.

Friday, Sept. 17  
The 16th annual Fall Classic Road Race to benefit the Children's Special Hospital will be held at UCC's Cranford campus and will mark the second consecutive year that the Fall Classic, hosted by the Central Jersey Road Runners Club, will be sanctioned as a New Jersey-United States Amateur Track & Field Grand Prix Event. This day's activities, which will begin at 8 a.m., offer something for the entire family, including face painting, a puppet show and helium balloons sponsored by Union County.

Sunday, Sept. 19  
The 16th annual Fall Classic Road Race to benefit the Children's Special Hospital will be held at UCC's Cranford campus and will mark the second consecutive year that the Fall Classic, hosted by the Central Jersey Road Runners Club, will be sanctioned as a New Jersey-United States Amateur Track & Field Grand Prix Event. This day's activities, which will begin at 8 a.m., offer something for the entire family, including face painting, a puppet show and helium balloons sponsored by Union County.

Tuesday, Sept. 21  
The 16th annual Fall Classic Road Race to benefit the Children's Special Hospital will be held at UCC's Cranford campus and will mark the second consecutive year that the Fall Classic, hosted by the Central Jersey Road Runners Club, will be sanctioned as a New Jersey-United States Amateur Track & Field Grand Prix Event. This day's activities, which will begin at 8 a.m., offer something for the entire family, including face painting, a puppet show and helium balloons sponsored by Union County.

Thursday, Sept. 23  
The 16th annual Fall Classic Road Race to benefit the Children's Special Hospital will be held at UCC's Cranford campus and will mark the second consecutive year that the Fall Classic, hosted by the Central Jersey Road Runners Club, will be sanctioned as a New Jersey-United States Amateur Track & Field Grand Prix Event. This day's activities, which will begin at 8 a.m., offer something for the entire family, including face painting, a puppet show and helium balloons sponsored by Union County.

Saturday, Sept. 25  
The 16th annual Fall Classic Road Race to benefit the Children's Special Hospital will be held at UCC's Cranford campus and will mark the second consecutive year that the Fall Classic, hosted by the Central Jersey Road Runners Club, will be sanctioned as a New Jersey-United States Amateur Track & Field Grand Prix Event. This day's activities, which will begin at 8 a.m., offer something for the entire family, including face painting, a puppet show and helium balloons sponsored by Union County.

Monday, Sept. 27  
The 16th annual Fall Classic Road Race to benefit the Children's Special Hospital will be held at UCC's Cranford campus and will mark the second consecutive year that the Fall Classic, hosted by the Central Jersey Road Runners Club, will be sanctioned as a New Jersey-United States Amateur Track & Field Grand Prix Event. This day's activities, which will begin at 8 a.m., offer something for the entire family, including face painting, a puppet show and helium balloons sponsored by Union County.

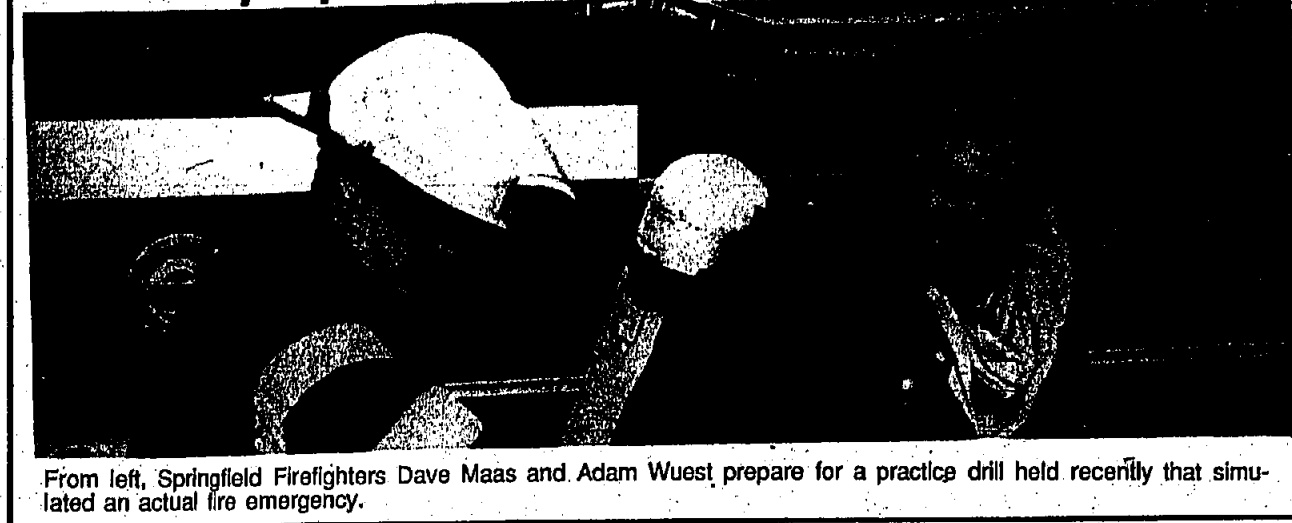
Wednesday, Sept. 29  
The 16th annual Fall Classic Road Race to benefit the Children's Special Hospital will be held at UCC's Cranford campus and will mark the second consecutive year that the Fall Classic, hosted by the Central Jersey Road Runners Club, will be sanctioned as a New Jersey-United States Amateur Track & Field Grand Prix Event. This day's activities, which will begin at 8 a.m., offer something for the entire family, including face painting, a puppet show and helium balloons sponsored by Union County.

**CAL DECKERT AND SONS, INC.**  
OVER 50 YEARS IN BUSINESS  
REPLACEMENT WINDOWS  
VINYL SIDING • ROOFING  
GARAGE DOORS  
KITCHENS • BATHROOMS  
688-4746 FREE ESTIMATES  
LARGE SHOWROOM  
1873 MORRIS AVE., UNION

**UNION CHAMBER OF COMMERCE**  
**SIDEWALK SALE DAYS**  
IN UNION  
FRIDAY & SATURDAY - AUGUST 12th & 13th  
Shop at these participating Sidewalk Dealers for Fabulous Bargains in Every Store on Everything from Groceries to Clothing, Cameras to Cars, and more. Be the first to know what's happening when in Spring, Book, Records to Floor Displays. Sponsored by the Union Township Chamber of Commerce and World Community Newspapers.

**UNION CENTER - STYVESANT AVENUE**  
MARTY & BELLEVILLE HOVELTES 908-686-7700  
YEMMEL'S FISH & CHICKEN 908-686-7700  
STAN SCHAMER INC. 908-686-7700  
W. KOPPEL PHARMACY 908-686-7700  
MCCOY'S 908-686-7700  
FINDERS KEEPERS 908-686-7700  
FRANK'S CORNER 908-686-7700  
WEARTE SHOES 908-686-7700  
UNION SHOE REPAIR 908-686-7700  
SCHWARTZ PHARMACY 908-686-7700  
DONTA FASHIONS 908-686-7700  
LARRY SHOES 908-686-7700  
FASHION FRIDS 908-686-7700  
UNION CENTER CARD & GIFT 908-686-7700  
MADONNA'S KIDS 908-686-7700  
FRANKIE'S BELL 908-686-7700  
THE DISCOUNT 908-686-7700  
NEW REMBER CHILDREN'S SHOP 908-686-7700  
D.E. JONES 908-686-7700  
GALLOPING HILL ROAD  
GALLOPING HILL DRUGS 908-686-7700  
MEMORY LANE GIFT EMPORIUM 908-686-7700  
W. CHESTNUT & ROUTE 22  
8 WEST, INC. 908-686-7700  
EASTON MOUNTAIN SPORTS 908-686-7700  
NIT OR MISS 908-686-7700  
PERMANY'S WORLD OF SPORTS 908-686-7700  
MANOR SHOP 908-686-7700  
CHESTNUT STREET  
KRAVETZ DRUGS 908-686-7700  
DE GEORGE JEWELERS 908-686-7700  
CROWDED CLOSET 908-686-7700  
NORTALOGIA OAK WAREHOUSE 908-686-7700  
BEDROOMS UNLIMITED 908-686-7700

### Firemen prepare



From left, Springfield firefighters Dave Maas and Adam Wuest prepare for a practice drill held recently that simulated an actual fire emergency.

### Bank reports increase in second quarter earning

The United Jersey Bank Financial Corp. has reported 1993 second quarter earnings of \$22.4 million, a 118.9 percent increase over the same period a year ago, and the 10th consecutive quarter of improved earnings.

Net income for the second quarter of 1993 was \$22.4 million, or 43 cents per share, compared with \$10.2 million, or 21 cents per share for the same period a year ago.

Non-performing loans at June 30, 1993 were \$296 million, down \$108.5 million, or 26.5 percent, from the level of a year ago.

The allowance for loan losses at June 30, 1993 was \$248.7 million, or 2.86 percent of loans, compared to \$284.3 million, or 3.31 percent, a year earlier.

OREO, which includes foreclosed assets and in-substance foreclosures, net of reserve, amounted to \$103.8 million at June 30, 1993, compared to \$152.6 million a year ago.

"Our real estate workout group achieved a reduction in OREO over the past year by actively pursuing innovative methods to sell the properties as we obtain title for them," Semrod noted.

J.J. Restaurant advertisement featuring Szechuan, Hunan, Mandarin & Cantonese cuisine. Includes address: 229 Millburn Ave., Millburn, NJ. Phone: (201)912-0262 or 912-0871.

### Brearley students meet with Dayton principal

By Jeanette Ely Staff Writer Several former Brearley students and their parents met with the principal and assistant principal at Jonathan Dayton High School in Springfield last week.

The group, which included Linda McMenamin, the former president of Brearley's Parent-Teacher Association and her daughter, Jennifer, met with Principal Judith Wickline and Assistant Principal Marny Perini to discuss their concerns about transferring to Dayton.

"This came down hard on the children," McMenamin said. "I don't think they really thought it was going to happen."

McMenamin said that she and the other parents wanted to give their kids a chance to express their concerns to the school's administration.

"We'll have to wait and see," Jennifer said. "I don't think the school will miss the comeliness of attending Brearley."

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said she also believes students were also concerned with the way pep rallies were done differently at the two schools.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

Wickline said that she believes students worked that problem out during a recent cheerleader retreat.

### county news

#### ADA compliance met

The Union County Americans with Disabilities Act Advisory Committee has been working since spring 1992 to improve the accessibility of the county government's facilities, programs, services and activities to individuals with disabilities.

During the last year, the county improved accessibility by installing a ramp which lets persons with disabilities go from the sidewalk near the Courthouse's front entrance to the courtyard by the barrier-free rear door.

Additionally, curb cuts were installed and more handicapped parking spaces were designated. The county will be placing signs in key areas to direct people to handicapped parking and accessible entrances.

The county's ongoing commitment to removing barriers and providing equal access to those with disabilities," said Union County Freeholder James F. Keefe.

Anyone who has a question regarding the accessibility of any Union County facility, program, service or activity should call Charles Newman, Union County Americans with Disabilities Act coordinator, at (908) 527-4840.

#### Classes target drugs

Union County College was the scene of an extensive series of classes during the week of July 12-16, aimed at health and social service professionals to allow them to learn the latest information concerning alcohol and drug abuse.

The Summer Institute was run by the National Council on Alcoholism and Drug Dependence in Union County Inc., a private, non-profit voluntary health agency serving all people who live or work in Union County.

Classes included subjects such as Working with Families with Chemically Dependent Members; Before Dependence: Brief Intervention with Non-Addicted Problem Drinkers; Post-Traumatic Stress and Addiction; and as Community Networking: A Critical Component of Prevention for the '90s.

"If we think about all of the individuals in our lives, we probably are acquainted with at least one person who is addicted to alcohol or another drug," said Freeholder Lou Santagata.

Over the last 30 years, Cella has distinguished himself as a painter, writer, poet, preacher, teacher and humanitarian.

For further information, contact the Spanish Speaking Program at (908) 527-3202.

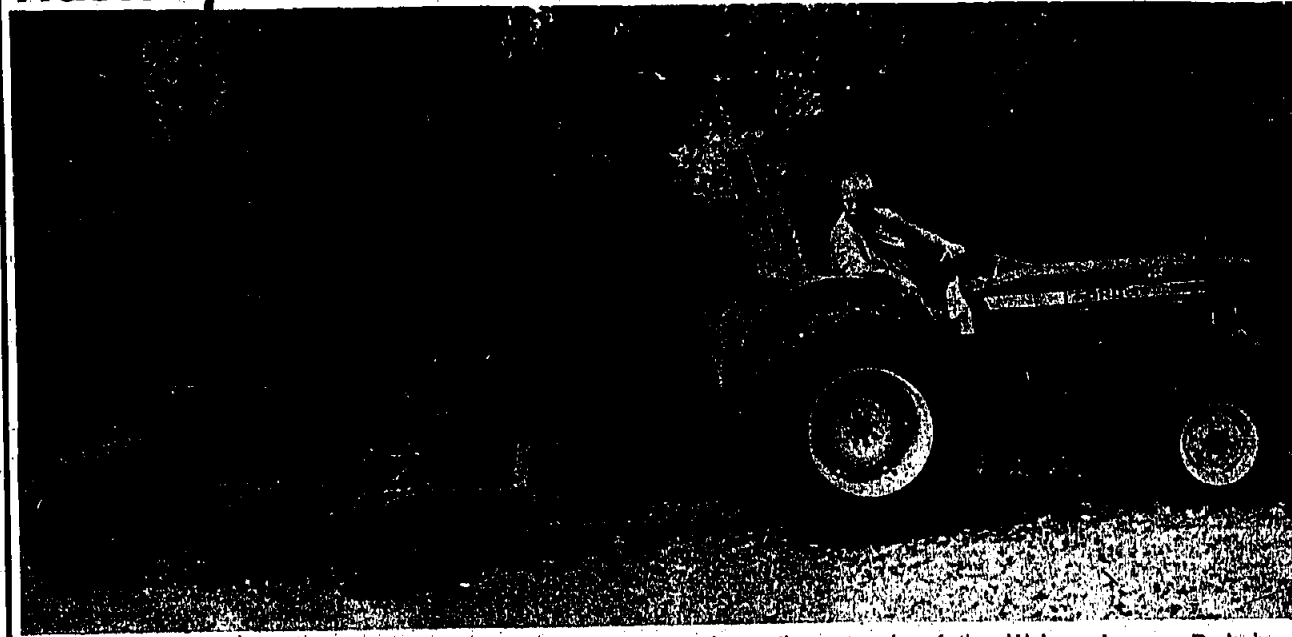
Literacy group meets Literacy Volunteers of Union County will hold a basic literacy tutor training workshop at the Rahway Public Library this summer.

The course will be held Thursday evenings, Aug. 19 and 26, and Sept. 2, 9, 16 and 23 from 6 to 8:45 p.m. at the library, 1175 St. Georges Ave., Rahway, at 527-4837.

EARLY BIRD SPECIAL Register for Sept. Classes by September 1st and Receive a FREE PAIR OF NEW DANCE SHOES.

Cherney Dance Studio 509 Chestnut Street (near Five Points) Union

### Tractor pull



Hunk Urban, from the Union County Park Department, clears the grounds of the Wabno Avenue Park in Springfield.

### Division issues warnings on safety seats

The New Jersey Division of Highway Traffic Safety this month issued a warning to consumers about a potentially dangerous defect in certain child car safety seats and Renault infant/childer safety seats.

The seats in the recall have a push-button mechanism, which causes the padded shield and harness that secure the child to be released.

Owners of the affected Renault seats should call the manufacturer at 1-800-206-4400 for the repair kit.

Owners of the affected Renault seats should call the manufacturer at 1-800-206-4400 for the repair kit.

Owners of the affected Renault seats should call the manufacturer at 1-800-206-4400 for the repair kit.

Owners of the affected Renault seats should call the manufacturer at 1-800-206-4400 for the repair kit.

Owners of the affected Renault seats should call the manufacturer at 1-800-206-4400 for the repair kit.

Owners of the affected Renault seats should call the manufacturer at 1-800-206-4400 for the repair kit.

Owners of the affected Renault seats should call the manufacturer at 1-800-206-4400 for the repair kit.

Owners of the affected Renault seats should call the manufacturer at 1-800-206-4400 for the repair kit.

Owners of the affected Renault seats should call the manufacturer at 1-800-206-4400 for the repair kit.

Owners of the affected Renault seats should call the manufacturer at 1-800-206-4400 for the repair kit.

nutri/system weight loss centers advertisement. Features: 100% Natural Refrigerator Fresh Food, Fat Burning Mineral Supplements, Fresh Frozen Entrees. Offer: 3 weeks for \$19. Address: ECHO PLAZA SHOPPING CENTER, ROUTE 22 AND MOUNTAIN AVENUE. Phone: 201-379-5755.

### Plans drafted for county bike trail

Over the past two years, mountain bike use in the Watchung Reservation, a 2,000-acre Union County park, has increased dramatically.

Plans for the trail will include a trail use plan which will include a detailed park map, updated regulations and use-specific signage.

Until the plan is complete and ready for implementation, the county has developed interim regulations to address mountain bike usage along trails in the park.

Plans for the trail will include a trail use plan which will include a detailed park map, updated regulations and use-specific signage.

Plans for the trail will include a trail use plan which will include a detailed park map, updated regulations and use-specific signage.

Plans for the trail will include a trail use plan which will include a detailed park map, updated regulations and use-specific signage.

Plans for the trail will include a trail use plan which will include a detailed park map, updated regulations and use-specific signage.

Plans for the trail will include a trail use plan which will include a detailed park map, updated regulations and use-specific signage.

Plans for the trail will include a trail use plan which will include a detailed park map, updated regulations and use-specific signage.

added County Manager Ann Benvenuto. "Volunteers work on projects from 9:30 a.m. to 1:30 p.m. under the supervision of park personnel. Many of our volunteers bring a bag lunch for when they are done working. The county provides a desert and beverages. It's a fun morning which helps preserve the reservation for future generations."

For information on the next trail maintenance day, call the Trails and Nature and Science Center at (908) 789-3670.

### Correction policy

It is the policy of this newspaper to correct all significant errors that are brought to the editor's attention. If you believe that we have made such an error, please write Tom Canavan, Editor, 1291 Stuyvesant Ave., Union, 07083, or call him at 686-7700.

WEIGH LESS FOR LESS! OUR DIET PROGRAMS ARE 1/2 THE PRICE OF MOST FRANCHISED WEIGHT CONTROL CENTERS

QUICK RESULTS WITH PERMANENT SUCCESS! PROFESSIONAL NUTRITIONISTS, WEIGHT CONTROL COUNSELORS, "REAL" FOOD (NOT PRE-PACKAGED), MEDICALLY SAFE, 100% FAT FREE DIETS

CALL TODAY ABOUT OUR GREAT PROGRAMS! (908) 889-7272 Barbara Potashkin M.S., Dietitian/Nutritionist 346 SOUTH AVE., HANWOOD, NEW JERSEY 07033

JOHN PARAGANO ANNOUNCES THE OPENING OF HIS Law Offices 1945 Morris Ave (1st-Floor) (908)687-5999 Union, New Jersey 07083 FAX (908)688-6505

"A Tough Lawyer For Tough Jobs" Weekend and Evening Appointments Home or Hospital Appointments Available

GENERAL PRACTICE Personal Injury Workers Compensation Criminal Law Real Estate Bankruptcy Negligence

Initial Consultation Free (908) 687-5999

Springfield Leader

1291 Shuyesart Avenue
Union, N.J. 07083
Published Weekly Since 1920

Phone Area Code (908)
Fax 558-4169 • Subscriptions 558-7765
Public Notices 558-7700 • Display Ads 558-7700
Newsroom 558-7700 • Business Office 558-7700
Classified (800) 564-8911

Thursday Edition Deadlines
All News... 11:00 a.m. Friday
Letters to the Editor... 9 a.m. Monday
Classified Advertising... 3 p.m. Tuesday
Display Advertising... noon Monday
Public Notice Advertising... noon Tuesday

©Worral Community Newspapers, Inc.
1993 All Rights Reserved

Raymond Worrall
Publisher
Tom Caravan
Editor
Ann Deiker
Associate Editor
Heather MacGregor
Managing Editor
Peter Worrall
Advertising Director

Back to business

Mayor Philip Kurnos' withdrawal from his bid for re-election this week and the manner in which he informed the public is symbolic of the political breakdown that has turned Springfield government sour during the last several months.

Kurnos' withdrawal from the race is significant, but not as much as the fashion in which it was handled. It is only one example of how members of the Township Committee have lost sight of the fact that their ultimate responsibility to the people they represent is to work as a united body.

Communication among the governing body has been at an all-time low, and that barrier has stagnated local government — all because of politics. This lack of communication among committee members has resulted in very little being accomplished. How can anything get accomplished when no one is working together? Committee members have aligned themselves with other committee members, and others seem to work alone. Most importantly, though, it has been many months since the entire committee worked as a team.

While Kurnos must shoulder some of the blame for the communication breakdown, the four other committee members must reflect on their own actions and evaluate their roles in what has become a governing body bent on using politics to their advantage.

Kurnos told the Leader this week in a letter to the editor that he would be resigning from the campaign. He also said he would not announce the news during Tuesday's committee meeting, and would wait to let the citizens read the newspaper today to learn of his decision.

This hide and seek approach must stop, but all committee members must accept responsibility for it. Their behavior must change now for the sake of effective government in Springfield because for the next five months, it is the same five people who will be sitting on the Township Committee.

We can trace the communication breakdown to last year, when the local Republican County Committee disassociated itself from Kurnos based on what it said were misconduct and his failure to adhere to ethical standards. As a result, communication broke down between Kurnos and Republican Committee members Jeff Katz and Harry Pappas. Katz reinforced the breakdown when he filed ethics complaints against Kurnos with the Union County Prosecutor's Office and the state Division of Local Government Services.

Kurnos then found himself on the outside looking in at the Democrats after being forced to run for re-election as an Independent and further distanced himself from Democratic Committeewoman Marcia Forman, whom he called a "do nothing" member of the governing body.

His only alliance has been with Committeewoman JoAnn Holmes, whose husband was allegedly running his now defunct campaign. But the communication breakdown does not stop at Kurnos. Katz and Pappas have not shown that they can support Forman or Holmes, nor has Forman shown that she can work with Katz and Pappas. And while all this was happening, Katz was removed as chairman of the Public Safety Committee, which is now headed by Kurnos, and Pappas was removed from the Public Works Committee, which is now headed by Forman — again, all for the sake of politics.

Since the GOP ousted Kurnos, the communication breakdown came in many forms. Two recent examples are when the township lost a perfect opportunity to capitalize on the U.S. Men's Golf Open at Balnistrail, instead allowing Summit to reap the benefits; and the Township Committee members, except for Kurnos, were not aware of a press conference in which Springfield was being lauded for its foresight and efforts to have noise barriers constructed on Route 78.

Perhaps Kurnos' withdrawal from the race will put an end to the political name-calling and backstabbing that all residents expected to play a major role in the coming campaign. Perhaps without this diversion, the Township Committee can regain some of its control and start working together in the best interests of its residents.

OPINION PAGE

Lavellette provided needed summer escape

Many years ago, before the appearance of backyard swimming pools, it seemed as though most of the Roselle residents who went to the New Jersey shore for a vacation stayed at Lavellette, that quiet little town located on the sandy strip of land between Bay Head and Barnegat Inlet. A Roselle visitor could meet many familiar faces there, both in the stores or on the beach.

The Way It Was



By William Frolich

known as North Lavellette, which did not seem to qualify for any of that boardwalk, so to had none. The boardwalk had three acres of picnic tables, benches upon which to rest while enjoying the ocean breeze. The seats were also good for sunbathers to keep an eye on other members of the family. At night, the walkway was a busy place with strollers listening to the surf pound the beach and watching a full moon appear to rise out of the ocean.

Activities on the beaches haven't changed much through the years. Back then, people went in the surf and were tossed around by the breaker as they are today. Fiberglass surfboards replaced the wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Night-time on the beach could be fun and also romantic, if one felt so inclined. The ocean provided a never-ending supply of driftwood, which could be gathered for a bonfire to roast marshmallows and hot dogs in the evening. There was no beer, however, as national Prohibition outlawed all alcoholic beverages.

Lavellette had another attraction for families with small children. On the west side of that sandy strip of land was Barnegat Bay, a mostly shallow body of water with small waves and warmer water than the ocean. Little babies could safely splash around to their hearts' content under the watchful eyes of their mothers. Older children had to wade out about a hundred feet to find deep enough water in which to swim.

The Fourth of July was a glorious occasion. Fireworks of all sorts were readily available, and if they were lit, they were lit. After dark when the real show began, dark was when the real show began, dark was when the real show began, dark was when the real show began.

Activities on the beaches haven't changed much through the years. Back then, people went in the surf and were tossed around by the breaker as they are today. Fiberglass surfboards replaced the wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

Lavellette is on a narrow strip of land, and at that time had only a main road, known as Grand Central Avenue, running through it, and a number of cross streets. These streets ran up to the line of the beach, where a few wooden boards in use, including the famous "bathing suits" were different. In the 1920s the women wore one-piece bathing suits and the men wore short-sleeved tops and long-legged trousers. A couple of men were known to refuse to go bathing because there was a hole in the knee of their suits.

We can all get along if we try

This week my son, Stephen Gregory, celebrated his first birthday. This special event had me thinking a lot more about things, things like prejudice, hatred and the state of the world.

And since Stephen is beginning to watch television, it's only a matter of time before he accidentally turns on the evening news while playing with the channel changer and sees some pretty horrible stuff — murder, rape, rioting and war, stuff like people, sometimes even neighbors, hating and killing each other, solely because their skin color is different or because their parents or grandparents came from different, far-away lands; the "East Angeles riots, the insanity of Crown Heights or the racial tension closer to home in places like Toussack or Belmar.

How do you explain such ugliness to an innocent, loving child who only wants to make friends and play? A child who sees the brown skin or curly hair of another as just one more reason to be curious?

I write this column less as a columnist and more as a first-time parent responsible for bringing a child into a world that often seems terribly dangerous, hopelessly polarized and quite simply out of control. I also write this because of a recent incident that took place in our car. I saw a group of about six black kids, all about 10 years old, sitting on the car next to ours and making a lot of noise; nothing bad, just goofing off. They got out of the car as the owner approached. Nothing was said, but again, I took notice.

Then, they walked over to the tracks a few feet away and started throwing rocks at nothing in particular. As my wife held our son, I

watched the kids suspiciously. They took notice of my stare, a stare I'm sure they've seen before from countless whites.

I then asked my wife, who has been in this pool before and raved about it. If she ever noticed that the pool had a moosey black clientele. She said in the past she had seen "more whites" than today, but didn't think it was a big deal.

In an obvious case of overreaction and prejudging, I said I didn't want her coming to the pool alone anymore. I questioned if it was safe for her and the baby.

What's the point of this story? Abstract rhetoric about racial tolerance is easy. We all say we're against racism. But there is another, more personal and complex side to many whites and some blacks, that is genuinely fearful of young black males. We look suspiciously at them and they know it. They rightfully feel that society thinks they are all dangerous.

So while we tell our sons and daughters that "color doesn't matter" and that "we're all the same in God's eyes," we too often pass on our racial baggage and fear. I don't know all the answers to ending racism, but I do know one: we must create another political enemy.

Can we get along? Do we help ourselves? We owe it to our loving and innocent children.

Steve Adubato Jr. is a former state legislator from Essex County and an instructor of public administration and mass media at Rutgers University.

Academy of Dance & Performing Arts
FALL PRE-REGISTRATION
Held at the Studio
1292 Shuyesart Ave.
Union, N.J. 07083
Monday thru Friday
Aug. 16-20 at 3-5 p.m.
Sat. Aug. 21, 11 a.m.-2 p.m.
or Call
851-2339 • 964-4085
Classes for YOUTHS THROUGH TEENS
TAP • JAZZ • BALLET
CHILDREN'S DRAMA
ADULT TAP • JAZZ
Class size one limited • Enroll Early
to insure class availability.

STOP SLINGING MUD, MAYOR
Last week in the Springfield Leader, Mayor Kurnos wrote a letter stating that Joseph Cappa (the Republican candidate for Township Committee) could not have possibly written a letter two weeks ago because he didn't have firsthand knowledge on some of the topics. Kurnos insisted that Cappa's letter was actually a creation of Harry Pappas. I say this to the mayor — you have failed! Kurnos seems so concerned about his poor record as mayor that the only way he can defend it is by slinging mud at Harry Pappas and now, at Joseph Cappa. Haven't the mayor ever heard of research? Cappa obviously went out and made an honest effort to obtain information, thus creating a clear, comprehensive letter. I guess the mayor always has "firsthand" knowledge on every issue. Well, if that is the case, I would like to know why the mayor has such a hard time working with the other members of the Township Committee, Republicans and Democrats alike.

Mayor Kurnos simply cannot improve our town when he can't even cooperate with the other committee members. He has lost the confidence of the townspoop, and that in itself should be enough to realize that the time has come for Kurnos to step down.

As for the future, I urge the residents of Springfield to carefully examine the upcoming election this November. We have an important decision to make. We can either stand on the sidelines and watch as our township government is run into the ground by Phil Kurnos, or we can get into the game and vote for a new direction and some fresh ideas — ideas that put a premium on making Springfield a better place to live. I feel Joseph Cappa would be the best choice to apply those ideas. When attorney Cappa moved into my neighborhood, I knew right away that he had a commitment to make our town the best it can possibly be. Through conversations I have had with Cappa, I am convinced that he is ready to talk about the issues and fix our problems, not sling mud or conduct "business as usual." The last thing we need is another man like Kurnos creating local policy. I suggest the mayor stop thinking about Harry Pappas and Joseph Cappa and start trying to do something productive. I know Joseph Cappa has a friend of mine, Mayor, you're no Joseph Cappa. Stop slinging mud, Phil. Kevin Scholla Springfield

Israeli judges made fair decision
To the Editor:
Much will be written and televised the world over about the final outcome of the overturned conviction of the famous John Demjanjuk trial for his participation in the extermination of Jews in the Treblinka death camp in Poland... (and others besides Jews).

After getting additional evidence showing that he was not Ivan the Terrible, the five Jewish judges in the Jewish State of Israel, putting aside all their sympathy for their fellow Jews who are the survivors of the Holocaust, and for the memory of the 6 million who did not survive, these five judges had to make a decision, fully knowing that the decision would please many but disappoint many more. After going over thousands of pages of testimony, they made the only decision left for them to make. Verdict overturned. John Demjanjuk — not guilty of being Ivan the Terrible.

Three cheers for the five judges of the Israeli Supreme Court. Israel is not a barbaric country. It does not put to death innocent people.

Now Mr. John Demjanjuk would like to go back to what he calls his beautiful America. I for one would say that the beautiful America is not his any more. He had about his Nazi activities in plain sight to the Israeli people. But that I would leave to the wisdom of our judges to decide. I am sure they can be as fair as the Israeli judges to make that decision.

The final decision that brought about the acquittal of John Demjanjuk was only based upon his being Ivan the Terrible. The fact that he was a member of the Nazi Party and a guard in another death camp makes him a war criminal, and not a baby clean John Demjanjuk. That I leave to the fair minds of the judges whether he should be tried, or if the overturning of his verdict makes him clean of all his Nazi activities of the past, and now worthy of American citizenship. I know that he will get a fair trial if he should be retried for his Nazi activities.

George Ginsberg
Springfield

"Freedom of the press... we regard as a cornerstone of democracy... The integrity of the news is essential to freedom of the press."
—John L. Lewis

Cut foreign aid to save taxes

Here we stand, on the brink of the worst tax increases in the history of our nation since John Kennedy reduced the top tax rate from 90 percent and boosted the American economy; we, the taxpayers, are being asked — scratch that, we are being told — have to give up more of our hard-earned dollars than we already do.

And for what? There are so many spending programs, such as the Rural Electrification Act, just to name a few, which are out-dated and no longer necessary, and which could be scratched from the National Budget with no harm to anyone — except those special interest groups which line their own pockets with proceeds, and those politicians who use these programs to help get themselves re-elected.





# Springfield swimmers shine

The Springfield swimming team concluded its season last week with competition in the Division 4 championships at New Providence on Aug. 3 and in the North Jersey Summer Swim League's championship meet last Thursday at Springfield.

**DIVISIONAL CHAMPIONSHIPS**

A total of 59 Springfield swimmers traveled to New Providence to compete in the Division 4 championships. This meet drew swimmers from all 409 teams in the division — Springfield, Westfield, New Providence, Berkeley Heights and Mountaineer. Ribbons were awarded for the top six places in each event. The Springfield swimmers earned in a strong performance, bringing home more than their share of the winning ribbons. Results were as follows:

**First-Place**  
Leah Demberger — 12/under girls individual medley  
Chris Stracey — 13/over girls individual medley  
Laura DiCosmo — 13/14 girls freestyle  
Chris Johansen — 13/14 girls backstroke  
Chris Stracey — 13/14 girls breaststroke  
Jon Melach — 15/17 girls breaststroke  
Nathan Dezer — 9/10 boys butterfly  
Leah Demberger — 11/12 girls butterfly  
Laura DiCosmo — 13/14 girls butterfly  
13/18 co-ed freestyle relay team — John Catallo, Laura DiCosmo, Chris Johansen and Mike Reheis  
Second-Place  
Nathan Dezer — 9/10 boys freestyle  
Chris Johansen — 13/14 girls freestyle

**Youth Swimming**

David Filipp — 9/10 boys backstroke  
Ryan Farrell — 11/12 boys backstroke  
Greg Silno — 8/under boys breaststroke  
Sarah Abraham — 9/10 girls breaststroke  
Chris Stracey — 9/10 girls backstroke  
Scott Schatz — 13/14 boys butterfly  
Liz Barford — 13/14 girls butterfly  
9/12 boys freestyle relay — John Andrasko, Ryan Farrell, Nathan Dezer and Matt Reheis  
Third-Place  
Matt Reheis — 12/under boys individual medley  
John Catallo — 13/over boys individual medley  
Joe Andrasko — 9/10 boys freestyle  
Jennifer Young — 13/14 girls backstroke  
Jon Melach — 15/17 girls backstroke  
Tony DeAngelo — 9/10 boys breaststroke  
Kistia DeAngelo — 11/12 girls backstroke  
Matt Reheis — 11/12 boys backstroke  
Meg Madara — 13/14 girls breaststroke  
John Cotage — 8/under butterfly  
Jon Melach — 15/17 girls butterfly  
9/12 boys medley relay — John Cotage, Heather Stanley, Jennifer Young — 13/14 girls butterfly  
Fourth-Place  
Scott Schatz — 13/14 boys freestyle  
Joe Andrasko — 9/10 boys breaststroke  
Scott Schatz — 13/14 boys breaststroke  
John Catallo — 15/17 boys freestyle

**Flea Market**  
SUNDAY, SEPTEMBER 13, 1993  
9:00am-5:00pm  
Event: Annual Flea Market & Craft Sale  
Place: Grandview Plaza  
Organization: West Orange Eka Ladies Auxiliary

**Garage/Yard Sale**  
SATURDAY, OCTOBER 2, 1993  
Event: Autumn Garageside Sale & Craft Sale  
Place: Gregory Ave. School, West Orange  
Organization: Gregory Avenue School PTA

**Reunion**  
FRIDAY, NOVEMBER 26, 1993  
Event: 50th Anniversary of the 1943-44 Ukrainian Evangelical Assembly  
Place: Ukrainian Evangelical Assembly of God Church, 2208 Stanley Terrace, Union, NJ  
Organization: Ukrainian Evangelical Assembly of God Church

**Monday Thru Friday**  
August 22nd thru August 27th  
Event: Vacation Bible School  
Place: Ukrainian Evangelical Assembly of God Church, 2208 Stanley Terrace, Union, NJ  
Organization: Ukrainian Evangelical Assembly of God Church

**Other**  
MOUNTAINIDE COMMUNITY POOL  
Westfield 260, Mountaineer 184  
In the individual medley events, Donna Restivo posted the only first-place finish in freestyle competition. Madison Kurz, Patrick Collins and Sarah Leyzer were the victorious swimmers for Mountaineer. Colleen Shanahan, Ashley Fowler, Jennifer Beztzucy, Ashley Kurz and Julianna Muir, the 9/12 boys freestyle team of Patrick Collins, John Corbin, Michael Criscitello and Mark Leyzer, and the 13/18 co-ed freestyle team of Matthew Winkler, Mariel Piacitelli and Sean Martin each placed second.

# Mountainside does well to finish 4-4

The Mountainside Community Pool swimming team finished the 1993 North Jersey Summer Swim League season with a 4-4 record, good for third place in Division 4. Westfield was the division 8-10 and Springfield was second at 6-2.

Mountainside concluded its season with a win over Berkeley Heights 213-172, on July 28 and a loss to Westfield 58-34 on Aug. 3.

Mountainside 213, Berkeley Heights 172: Jason Kurz, sister Ashley Kurz, Michael Criscitello, Donna Restivo and Joey Moran each won their freestyle races as Colleen Shanahan, Connor Cochran, Alicia Gunther, Courtney Kardos, Patrick Collins, Amy Hansen, Brian Shanahan, Sarah Leyzer and Matthew Collins each placed second in their events.

**Youth Swimming**

Westfield 260, Mountaineer 184  
In the individual medley events, Donna Restivo posted the only first-place finish in freestyle competition. Madison Kurz, Patrick Collins and Sarah Leyzer were the victorious swimmers for Mountaineer. Colleen Shanahan, Ashley Fowler, Jennifer Beztzucy, Ashley Kurz and Julianna Muir, the 9/12 boys freestyle team of Patrick Collins, John Corbin, Michael Criscitello and Mark Leyzer, and the 13/18 co-ed freestyle team of Matthew Winkler, Mariel Piacitelli and Sean Martin each placed second.

**Reading group to meet**

Barnes and Noble of Springfield has announced that a regular meeting for the Science Fiction Reading group will be held Wednesday at 8:30 p.m. Chosen literature for this month's discussion is "Time Enough For Love" by Robert Heinlein and "Neuroscience" by William Gibson.

The monthly meetings will be held every third Wednesday at 8:30 p.m. in the cafe. There is no membership fee. All are invited.

For more information one can call 201 376-8544.

# Melnyk Park wins championship

The Linden Recreation Department held its annual Summer Playground Softball Championship on Aug. 4 at Memorial Park. In the senior boys' division — ages 15 through 18 — Kresky Park tied for third place in the tournament.

Melnyk Park won the championship in the junior boys' division — ages 11 through 14 — by defeating the Sid Ward Park McManus and Lawson Park tied for third place in the junior boys' division.

**Final League Standings:**  
Golden State Warriors..... 5-3  
Minnesota Timberwolves..... 5-3  
Charlotte Hornets..... 4-2  
Chicago Bulls..... 4-2  
New York Knicks..... 2-4  
Orlando Magic..... 0-6

**Warriors take recreation junior boys' league title**

The Golden State Warriors are the champions of the recreation department's Summer Junior Boys' Basketball League. The Warriors, 5-3 in the regular season, earned the title with a 75-54 win over the Minnesota Timberwolves in the championship game.

**Happy Birthday**

If you would like to publish in the celebratory of 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 as near the big day as possible. Photos must be received two weeks prior to publication. Only children 12 and under are eligible. Enclose a 2 x 3" or larger photo (black & white is best, but will take color photos) with your child's name on the back. Relative or neighbor's must put return address on the back of the picture. Fill out the following form: *Clip and Mail!*

**BIRTHDAY PARTY**  
Worral Community Newspapers Inc  
1291 Stuyvesant Avenue, P.O. Box 8109  
Union, N.J. 07083  
If you have any questions, please call 686-7700

Name \_\_\_\_\_ Phone \_\_\_\_\_  
(first and last name)  
Address \_\_\_\_\_  
City \_\_\_\_\_ Zip \_\_\_\_\_  
Essex \_\_\_\_\_ Union \_\_\_\_\_ Combo \_\_\_\_\_  
Write your ad in spaces below and mail to:  
WORRAL NEWSPAPERS  
P.O. Box 158, Maplewood, NJ 07040  
Day \_\_\_\_\_ Date \_\_\_\_\_ 19\_\_\_\_  
Event \_\_\_\_\_  
Place \_\_\_\_\_  
Time \_\_\_\_\_  
Price \_\_\_\_\_  
Organization \_\_\_\_\_  
For more information call 763-9411

**My Family? My Career?**  
It's no longer a choice!

Customer Relations • Sales

I'm Janet Richards. As a result of answering an ad similar to this one, I've been able to enjoy the combination of a Flexible Daytime Schedule while reaching my financial goals. Complete training, benefits, auto reimbursement and bonuses are only a small part of what GETTING TO KNOW YOU has to offer. Contact me at our unique women oriented advertising company.

Call: Janet Richards  
1-800-255-4859

**BASEBALL CARD & MEMORABILIA AUCTION**

(3rd Monday of each month)  
Monday, August 16, 1993  
At: COACHMAN INN (245 E. 9TH) CRANFORD NJ  
EST. 136 G.P.P.

Preview of Lots 6308-7128 pm. Auction starts at 7:15 pm.  
For further info call Tom at 908-603-9788  
Mike at 908-368-3372 Ron at 908-922-5404

Mike: Marilee Athletic Autographed Baseball Memorabilia  
1978 Topps Ltd. Ex-38 115 - \$150.  
Over 500 Sports Labels

**THE CHURCH OF CHRIST**  
Sunday School  
10am Bible Study  
11am Worship Service  
6pm Evening Service

**INDIAN CUISINE**  
In Central Jersey  
JUST GOT BETTER...  
A Whole Lot Better.  
GRAND OPENING  
Copper Chimney  
Indian Restaurant/Cocktail Lounge

**GRAND OPENING**  
Gaspere's Ristorante Italiano  
610 West St. Georges Avenue, Linden, NJ • (908) 925-5588  
OUR SPECIALS •

# ARTS & ENTERTAINMENT

## School teacher has new career in mystery work

By Ben Smith  
Lifestyle Editor

For a man who has been teaching languages for the past 23 years, James R. McCahery of Union is happily — and successfully — delving into the mystery novel literary world. McCahery, who already has had one successful paperback novel published by the now defunct Knightrider Publishing Co. in New York, called "Grave Undertaking," recently signed a three-book contract with Zebra Books for the publisher's new mystery line. They will be mass-market paperback originals.

"The best part of these mystery books," explained Fulbright scholar McCahery, who visited this office the other day to talk about his new literary career, "is that 'Grave Undertaking' introduced the most marvelous septuagenarian and former radio actor, Lavina Lorenz, into my high school years at Regis High School in Manhattan. This interest remained when I attended Manhattan College. It started on a radio and mainly, I wrote short stories. Then I got very interested in French literature and the critical film of study for my Fulbright."

"In fact," said the soft-spoken, high-haired McCahery, as he adjusted his glasses, "Lavina will be brought over from the first novel into the new series of three murder mysteries. In the first, 'What Evil Lurks,' which will be published in 1994, Lavina matches wits with the murderer of an once famous radio soap-opera star. As you can see," he grinned, "old-time radio mysteries have been a passion with me since I was a young man. The other two novels are tentatively called 'Pierced Deep' and 'Alored Scrips,' and also will be published in paperback."

He mentioned that "Zebra's" putting out a new mystery imprint called "Parsons Crime." They publish one novel a month by various authors and he's throwing a lot of strength behind the promotion. The books will be distributed by Penguin Books.

McCahery teaches Romance languages at Xavier High School in New York City. "French is my main field," he said. "I also teach elementary Italian, and I have studied in Romanian. Actually, I studied Romanian on my own in college. I taught myself, and as a result," he chuckled, "I'm literate in Who's Who in Romania and American. And in my new private eye mystery series, I will have sites in Romania and a private eye site in Soho, New York."

Back when he was going to college, he said, "I had a Fulbright from 1956 to 1957 to study in France. And I was sure I was going to be happy as a teacher. I've been a teacher since 1960."

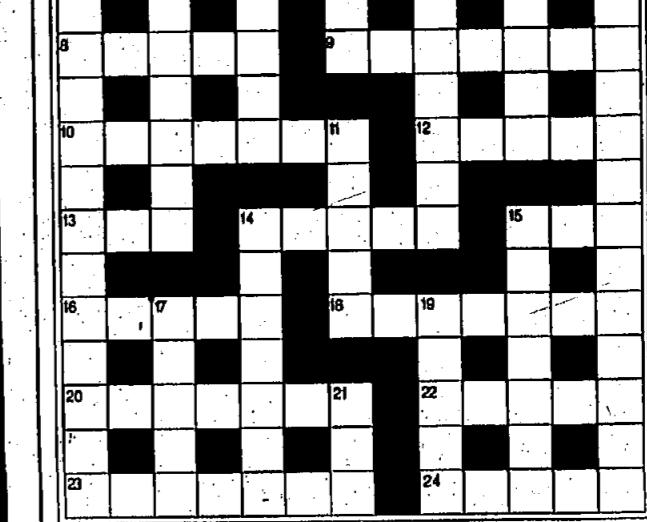
"I had planned to major in English literature, but one of my teachers in college, Brother Anderson, interested me in languages. He had such a love of French that it was off on time. I spent more time in an Italian teacher in college, and he said in Italian."



Language teacher-mystery novel writer James McCahery poses before his vast library at his home in Union. He recently signed a three-book contract with New York publishers Zebra Books.

Language teacher-mystery novel writer James McCahery poses before his vast library at his home in Union. He recently signed a three-book contract with New York publishers Zebra Books.

# CROSSWORD PUZZLE



**CLUES ACROSS**

1. That's resolve does not last long.  
4. Small shark.  
8. An angry girl's unnie.  
9. Type of overcoat.  
10. Stutter makes me snort oddly enough.  
11. Insect that is a household pest.  
12. Nod, perhaps, in absent.  
13. Item in France.  
14. Distance between the Earth & the Moon.  
15. First time law had ravoves.  
16. Legislation.  
18. Shes clear of unworthy women.  
20. Spew.  
22. Sleep lightly before quarter is twelve.  
23. State of civility.  
24. Court suit for this to turn out?

**CLUES DOWN**

1. Of all vessels, submarines are the most exception.  
3. An angry girl's unnie.  
3. Unit of heat.  
4. Underfoot.  
5. Hand bomb to the real grandis.  
6. Acquire.  
7. Inedible kernel which is popular at the races.  
11. Insect that is a household pest.  
14. Riffage.  
15. First time law had ravoves.  
16. Legislation.  
18. Shes clear of unworthy women.  
20. Spew.  
22. Sleep lightly before quarter is twelve.  
23. State of civility.  
24. Court suit for this to turn out?

**ANSWER TO PREVIOUS PUZZLE**

**ACROSS**  
1. Secoo 4. Halcet 8. Niche 9. Hammett 10. Isolate 12. No! In 13. Gird 14. Verse 15. Ounce 16. Helios 18. Restine 20. Turnmill 22. Puff 23. Fanoesed 24. Dreco

**DOWN**  
1. Singing Kettle 2. Cuckold 3. Omega 4. Hoth 5. Intinnene 6. Craft 7. Taken for a ride 11. Hnrr 14. Vacuum 15. Whistle 17. Horde 19. Topit 21. Lid

# Teacher-playwrights to hold conference

At the heart of the conference will be the development and presentation of the new scripts written by the teaching playwrights. Meeting playwrights, Karen Sundte and Russell Davis, will be in residence to coordinate their one-on-one support of this new play development process. Plays by these two award-winning professional writers have been produced all over the world.

Conference events include the public free of charge including a staged reading of selected teaching playwright scenes and short plays on Aug. 20 and on Aug. 18, a reading of Russell Davis' new script, "Songs of Grendolyn." Both presentations will be held in the Westminster Theater at Bloomfield College, Sunday through Aug. 22.

Other conference events include development work on a total of 21 teacher-written plays to conclude in concert readings of the new scripts. In addition, director's enrichment workshops will be taught by prominent professional director. A celebratory banquet will mark the final evening.

**THE CHURCH OF CHRIST**  
Sunday School  
10am Bible Study  
11am Worship Service  
6pm Evening Service

**INDIAN CUISINE**  
In Central Jersey  
JUST GOT BETTER...  
A Whole Lot Better.  
GRAND OPENING  
Copper Chimney  
Indian Restaurant/Cocktail Lounge

**GRAND OPENING**  
Gaspere's Ristorante Italiano  
610 West St. Georges Avenue, Linden, NJ • (908) 925-5588  
OUR SPECIALS •

**THE CHURCH OF CHRIST**  
Sunday School  
10am Bible Study  
11am Worship Service  
6pm Evening Service

**INDIAN CUISINE**  
In Central Jersey  
JUST GOT BETTER...  
A Whole Lot Better.  
GRAND OPENING  
Copper Chimney  
Indian Restaurant/Cocktail Lounge

**GRAND OPENING**  
Gaspere's Ristorante Italiano  
610 West St. Georges Avenue, Linden, NJ • (908) 925-5588  
OUR SPECIALS •

# Education & Career

## Districts to face cry for efficient spending

"School districts face the very serious challenge of finding strategies to make the most efficient use of taxpayers' dollars," said Carolyn R.S. Smith, president of the New Jersey School Boards Association. "During 1993-94, we will see this issue continuously present itself in collective bargaining and through proposals before the Legislature."

Commenting on issues in public education for the coming school year, the NISBA president pointed to the need for local school boards to maintain a full range of options in managing school district spending policies.

"To ensure efficient use of limited education funds, the state must ensure that local school boards maintain the ability to make financial and managerial decisions that are in the best interest of the community and education program," Smith said. "Unfortunately, before the Legislature is a bill that would effectively wipe out one of those options — the ability to subcontract services."

## Berkeley colleges a fast career track

There is one sure way to get a head start on success. Choose a business profession.

The world of business is exciting, dynamic, rewarding and demanding. Success in this world is no accident. It takes education, motivation and skills. Whether you're interested in starting a whole new career or just improving your computer skills, you can get "on-the-job" training in today's modern classroom.

"Businesses no longer have the budget to train employees so they look for applicants with career specific skills," said Maria Pace, executive vice president of Berkeley Colleges. "Berkeley is committed to putting students in the work force — working in

positions with better pay and advancement opportunities.

"In fact, when we compared various colleges and programs we found Berkeley College offers a number of unique advantages not found at other institutions. Each of its classes includes a foundation in business attitudes and ethics. That extra edge seems to produce a significant success difference in their alumni," Pace said.

The college also enforces a business dress code that provides students with basic business dress skills right from the start. So students actually start building a professional wardrobe in school and are better prepared for the job market.

There are many more benefits to

changes that enhance school management and the delivery of education and which are fiscally prudent, Smith said.

Examples of these contractual changes include more time on task for teachers, increases in the length of the work day, restructuring of salary guides, and greater control over use of absence.

"School boards have also made significant inroads in containing the costs of fringe benefits," Smith said, noting these efforts "is continuing trend."

"The cost of health coverage is not only an issue at the national level, it is an issue of all employers, including local school districts," the NISBA president said. "Fringe benefits represent the fastest-growing area of employee compensation in school districts. And health insurance costs continue to escalate at a rate of 15 to 20 percent annually, far outpacing the rate of inflation."

"An increasing number of school boards have negotiated methods to

contain the costs of fringe benefits — including increasing deductibles and co-pays, mandating second surgical opinions and offering incentive for employees to waive coverage," Smith said.

However, for many districts, these efforts cannot go very far due to the restrictive nature of the State Health Benefits Program, according to Smith. Approximately two-thirds of New Jersey's school districts are enrolled in the state plan.

"NISBA is currently seeking a legislative solution to ease this situation," she said.

The NISBA is a federation of more than 600 local boards of education. NISBA represents the education and related health and safety interests of New Jersey's public school students and advocates the positions of local school districts. The association also provides in-service training and technical assistance to the state's 4,900 separate school districts and members of New Jersey's local boards of education.

## Oak Knoll

where strong academics, personal and spiritual growth continue to be our hallmarks

Now accepting application for the fall of 1994 for Lower School boys and girls K-6 and Upper School girls grades 7-12

Contact: Admissions Office, (908) 522-8109

Oak Knoll School of the Holy Child

44 Blackburn Road, Summit, New Jersey 07901

Our Knoll practices non-discrimination in its admissions policies



Thousands of people enjoy part-time employment and earn money each year as income tax preparers. Many receive their training in the income tax course taught by H & R Block.

H & R Block offers the Income Tax Course starting the week of September 13th. Students can choose from morning, afternoon, evening or weekend classes located throughout Union County.

The Income Tax Course teaches the basics of income tax preparation. Students receive hands-on experience in preparing individual tax returns, working with increasingly complex tax situations as the term progresses. The course is ideal for anyone who wants to increase his or her tax knowledge.

Qualified graduates may be offered job interviews with H & R Block but are under no obligation to accept employment. Registration forms and brochures can be obtained by contacting:

**H&R BLOCK**  
1-800-TAX-2000

**SAT**  
GUARANTEED RESULTS  
Small Groups

**CRANFORD SCOTCH PLAINS, and SUMMIT**  
EDUCATIONAL SERVICES CENTER  
1-800-762-6378

**Especially for Adults...**

**COMPLETE COLLEGE DEGREE PROGRAMS FOR EVENING AND WEEKEND STUDY**

**Evening Classes at Bloomfield College**  
FALL SEMESTER CLASSES BEGIN AUGUST 30 - THROUGH DEC. 21

- Over 135 Evening and Saturday courses are offered in 35 Academic Majors.
- Set your own pace... each course meets two evenings a week, either at 6:00-7:45 p.m. or 7:55-9:40 p.m., Monday through Thursday.
- You may earn 12 credits per semester by attending 3 evening classes.
- Saturday scheduling in a variety of areas provides an additional convenience.
- Check the coupon for a complete listing of evening and Saturday courses.

**Weekends at Bloomfield College**  
FALL TRIMESTER CLASSES BEGIN SEPTEMBER 10 - THROUGH DEC. 11

- Courses of study leading to a Bachelor's degree in Psychology or Business Administration are offered in this unique Program.
- Classes held 6:30-9:45 p.m., Friday and 9:00 a.m.-12:15 p.m. and 1:15-4:40 p.m., Saturday make it possible to earn up to 12 credits per trimester.
- Up to 35 credits per year can be earned over the three trimesters.
- You may complete your degree in just 4 years with summers off.

**Expand Your Horizons**  
Bloomfield College makes it easy for adults who are continuing their education... with a convenient, suburban campus, ample parking and nearby public transportation... academic advising and career counseling, credit for life/work experience, financial assistance... and a caring professional faculty who understand your needs.

For additional information... call: 201-748-9000, Ext. 309 or return the coupon to: The Center for Adult Learning, Bloomfield College, Bloomfield, NJ 07003

**BLOOMFIELD COLLEGE**

I am interested in:  
 Evening/Saturday Classes  
 Weekend Classes

Please call me to schedule an appointment with an adult counselor.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Business Phone \_\_\_\_\_

I am not interested at this time but please continue my name on your mailing list.

**BOILER OPERATION TRAINING**  
Refrigeration and Cogeneration Training

Black Seal - Blue Seal  
 Red Seal - Gold Seal

Classes Start September 20th

Kenilworth Holiday Inn  
 Kenilworth

CALL NOW  
 1-800-392-3927

**EUROPEAN ACADEMY OF COSMETOLOGY**

**PICTURE A NEW YOU... AND A NEW CAREER**

Make It Happen At The European Academy Of Cosmetology

Hot Styling And Coloring • Make-Up Artistry  
 State Of The Art Skin Care • Manicure/Pedicure  
 Eyelash Lashes • In A Few Days At Home  
 You Can Be On Your Way To A New Career's Ready

Day And Evening Classes Available • Attend Full Or Part Time  
 Financial Aid Is Available If Qualified

For More Information, Or To Arrange An In-Home Tour Of Our Facilities, Call Or Write:

**European Academy of Cosmetology**  
 1208 Morris Avenue, Union, New Jersey  
 (800) EAC-HAIR

**Three Common Mistakes Adults Make When Going Back To School.**

If layoffs and downsizings have you headed back to school, there are a number of smart strategies to consider and several common mistakes.

To get started on a career track that's certain to give you more job security and better income potential, here are three things to avoid.

- Choosing a few classes instead of a career.**  
Think of your education as a means to an end. Where do you want to work? What would you be doing everyday? If you can answer questions like these before you begin school, then you can focus your education on a specific objective. And you're much more likely to achieve your career goal.
- Failing to study the employment trends.**  
Friends and family members mean well when they give you advice on a career track, but often times they don't know the facts. You owe it to yourself to review a copy of our latest Career Profiler Report. You'll find information that outlines the employment outlook of several business careers and the skills you'll require to get started. These facts are compiled from the U.S. Bureau of Labor Statistics.
- Investing time and money without calculating the return.**  
It's your future. You expect to invest some time and money, but what kind of return can you expect? Getting a job interview with a referral and an introduction is what's important. So choose a college that's small enough to get to know you and structured to help you achieve a career goal, because that's more valuable in the end. Isn't it?

If you're going back to school or considering that option, take a little time to find out more. Call our special admission number for your Career Profiler Report or other information about Berkeley College. There's no obligation and who knows—maybe the time you spend talking to us will help your future turn out great. Call 1-800-446-5400 Ext. NM1.

**DeVone art exhibit set**

Award-winning Springfield artist Denise DeVone will have a solo retrospective of her paintings at the Donald B. Palmer Museum at the Springfield Free Public Library, 66 Mountain Ave., from Sept. 1 through Sept. 30. The exhibition is called "Amalgamated Cocoonus presents — The Painted Lady Rides Again."

DeVone creates her vivid paintings by combining realistic landscapes and houses with people and objects which may or may not go together. At first glance, it was reported, the world within the works appears "normal," but upon closer examination even the shadows do not necessarily make sense. The viewer is asked to supply the connections and to tell themselves the story.

DeVone grew up in Springfield, attended college in Philadelphia and Rome and lived for many years in Honolulu before moving back to New Jersey. The artist said she feels that "living in these various locales has profoundly affected" her use of color and cultural images. She has had numerous solo shows in Hawaii including a recent one at The Contemporary Museum in Honolulu. Since moving back to New Jersey, DeVone has exhibited in various galleries and museums throughout the country. She teaches drawings and painting to children at the Newark Museum.

The museum's hours are Monday, Wednesday and Thursday from 10 a.m. to 9 p.m., and Tuesday and Friday from 10 a.m. to 5 p.m. Beginning Sept. 11, the museum will be open Saturday from 10 a.m. to 5 p.m.

Something to sell? Telephonic, 201-763-9411.

**Hillbilly melodrama due**

The Open Door Theater Inc. of North Plainfield, a nonprofit organization dedicated to presenting quality family-oriented shows to Central Jersey residents, will perform "The Days of Swine and Roses," an original comic hillbilly melodrama Aug. 19 and Aug. 20 at 7:30 p.m. The performance will be held in the Parish Hall of the Watchung Avenue Presbyterian Church, North Plainfield.

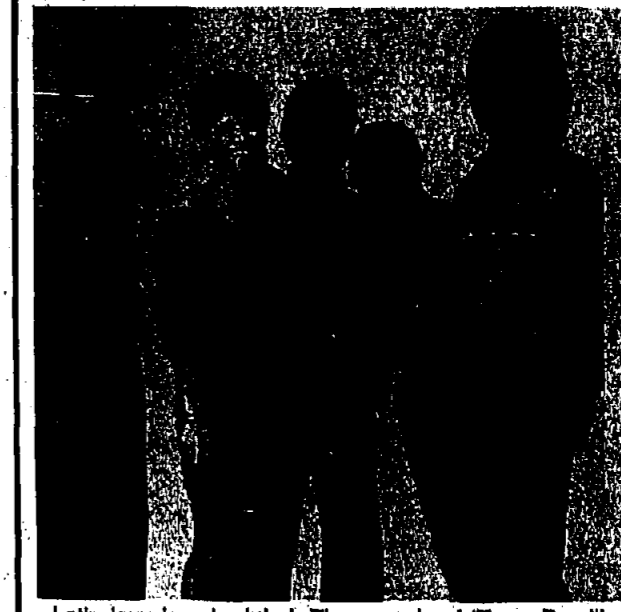
Tickets will be \$4 each and will be sold only at the door. It was announced. Part of the proceeds will be donated to the church, and the rest will be used for future shows. Additional information can be obtained by calling 769-4397 or 754-8826.

**Irish music set**

A night of Irish music will be featured Wednesday at Echo Lake Park when Elizabethstown Gas Co. sponsors Gaelic Night at Summer Arts Festival.

The Paddy Noonan Band will perform a mix of contemporary and traditional Irish songs. The concert will start at 7:30 p.m.

## Concert at lunchtime



Latin jazz is scheduled. The sounds of Terra Brazil playing Latin jazz will be featured at the second Summer Sights and Sounds free lunchtime concert today from noon to 2 p.m. on the lawn of the Union County Park adjacent to St. John's Parsonage, 633 Pearl St., Elizabeth. The performances, sponsored by the Union County Office of Cultural and Heritage Affairs, Division of Parks and Recreation, take place each Thursday in August at the same place.

**Rahway pianist to play in library**

The Elizabeth Public Library will present Irene Alter of Rahway, pianist, in concert Aug. 25 at 10:30 a.m. in the library auditorium, 11 S. Broad St., Elizabeth.

The program will include the Waldstein Sonata of Beethoven and the four Scherzi of Chopin. Alter has appeared at Carnegie

# Education & Career

**Success isn't just a destination.**

The facts are scary: more than a third of college students don't graduate from the institutions where they start.

Choose the right road. At Seton Hall, we're interested in making sure you get to the on-campus and to where you want to go. Each year, we enroll a freshman class interested in unlimited possibilities: great careers and a college education. No roadblocks. That's why we have one of the country's highest acceptance rates to medical, dental, law and other graduate programs.

Passing Zone. College ought to be filled with opportunities to build success early. Our extensive co-op and internship programs give students a chance to work with some of the world's most prestigious companies and organizations. On campus, you'll find students publishing scientific research, winning academic honors, taking charge of organizations and making a difference in the community.

Roadside Assistance. Small classes, top-notch advising, an award-winning Freshman Studies Program, and professors—not graduate students—who teach your classes...there's always someone willing to give you a jump start.

Start with a good set of directions. Call or write to us and we'll send you our admissions "Road Map." It's filled with great ways to get your Seton Hall education in gear.

**It's also how you get there.**

**SETON HALL UNIVERSITY**

The Catholic University in New Jersey—founded in 1856.

Office of Admissions  
 400 South Orange Avenue  
 South Orange, New Jersey 07079  
 (201) 761-9332; 1-800-THE HALL (if calling from out of state)  
 College of Arts and Sciences • College of Business and Finance Services  
 College of Nursing • W. Paul Schifano School of Business

**I have a good reason for going to college.**

People ask me how I can afford the time and money to go to college. I say I can't afford not to go. My family depends on me and I depend on Union County College. They have 60 high quality career and transfer programs - affordable programs that are helping me build a future for myself and my family.

Don't you have a good reason to go to college? Call UCC now.

Fall Semester Starts September 2, 1993

**Union County College**  
 1031 Springfield Avenue, Cranford  
 Cranford • Elizabeth • Plainfield  
 (908) 709-7500

**We're your college.**

1933 - 1993  
 Celebrating Sixty Years  
 Of Excellence in  
 Higher Education



# HEALTH & FITNESS

## Exercise can help ease pain of arthritis

Exercising for health and fitness is as important for people with arthritis as for anyone else, reports the Arthritis Foundation.

Exercise can help give more energy, control weight and make bones and muscles stronger. People with arthritis have even more reasons to exercise to keep your joints from becoming too stiff, to keep the muscles around your joints strong, to keep bones and cartilage strong and healthy, and to improve your overall fitness. Along with medicines, rest and other parts of your treatment program, regular exercise can help keep your joints in working order, so you can continue your daily activities. Exercise also may help prevent further joint damage.

The Arthritis Foundation offers the following tips to help make it easier for people with arthritis to start an exercise program:

- Start your program gradually, especially if you haven't exercised in a while.
- Choose exercises you want to do — combine any activities your doctor or other health professional recommends with some of your favorite exercises.
- Choose the time and the place to exercise — keep this consistent.
- Make a contract with yourself — decide how long you will stick with these exercises.
- Make an exercise diary or calendar — write down your exercises, how long you do them, your heart rate and your reactions.
- Revise the program after the completion of your contract. Decide what you liked, what worked and what made exercising difficult. Modify your program and make another contract with yourself.
- Your personal exercise program should be based on your current level of health and fitness, your goals and desires, your abilities and special needs, and your likes and dislikes," said Kenneth M. Bahr, New Jersey chapter, patient services committee chairman. Bahr cautions that other people with arthritis should check with their doctor or another member of their health care team before starting an exercise program. In addition, Bahr said that if pain from arthritis lasts more than two hours, you may have done too much and might need to cut back the next time you exercise.

For more information on Arthritis Foundation exercise programs or to request a free copy of the brochure, "Exercise and Your Arthritis," contact the Arthritis Foundation at (800) 283-4300, 286-0100, or (609) 482-0600.

The Arthritis Foundation is the source of help and hope for an estimated 37 million Americans who have arthritis. The foundation supports research to find ways to cure and prevent arthritis diseases, and seeks to improve the quality of life for those affected by arthritis.

## Stress on the rise for caregivers of HIV-infected people

Dr. Phyllis S. Hansell, director of nursing research at Seton Hall University College of Nursing, speaking before the ninth International Conference on AIDS in Berlin last month, warned of the significant stress experienced by caregivers of HIV-infected children. The conference was co-sponsored in part by the International AIDS Society and the World Health Organization.

Hansell, a resident of Montclair, noted that 51 percent of children with AIDS reside in Florida, New York and New Jersey, with 37 percent of all AIDS children in the United States residing in New Jersey and New York. In the United States, more than 4,000 children under the age of 13 have met the Centers for Disease Control criteria for AIDS.

"When AIDS occurs in children it is usually the consequence of adult behavior which creates a complex situation that is fraught with complexity of situational and developmental stressors," Hansell said.

The rate of infection in children is increasing at a rate faster than in adults, as most of the cases of HIV-AIDS in children are transmitted perinatally. It is estimated the mothers who are HIV-infected will transmit the disease to 30 percent of their infants.

Those who provide care for AIDS children, in addition to health professionals, are family members and foster parents. "Foster stressors for these caregivers are significant and multiple," reported Hansell, adding: "Coping mechanisms are strained in these caregivers as well. Yet systematic investigation of these caregivers in relation to stress coping and nursing support has not been conducted."

Research conducted by Hansell and other members of the College of Nursing faculty, funded by the National Center for Nursing Research at the National Institute of Health in Bethesda, concluded that HIV-infected caregivers experience significantly greater stress as individuals of adult behavior which creates a complex situation that is fraught with complexity of situational and developmental stressors," Hansell said.

These caregivers have greater problems relating to finances, health status, employment, transportation, clothing, food, housing and counseling.

## Study focuses on breast cancer surgery

A recent study published in the New England Journal of Medicine indicates that surgery removing just the tumor — not the entire breast — is more effective in treating women with early breast cancer than surgery alone, announced Dr. Murray H. Soler, medical director of the Seltzer Surgical Breast Center.

"With the widespread use of mammograms, there has been a significant increase in early detection of breast cancer, which offers women the best hope for effective management, treatment and control of the disease," Soler said. "When cancer is detected early, procedures such as lumpectomy, partial or segmental mastectomy, or removal of lymph nodes may be effective surgical options, especially when combined with systemic chemotherapy or radiation treatment."

The recent study gave approximately half of a group of 818 women with early breast cancer limited surgery, a lumpectomy, to remove the tumor, while the other half received radiation therapy in addition to the lumpectomy. After a five-year follow-up, 26 percent of the women who had surgery alone suffered a relapse or died, compared to only 16 percent in the group that received both surgery and radiation.

In recent years there has been a major shift away from radical mastectomy to less invasive and disfiguring breast cancer treatments combined with chemotherapy and radiation therapy," Seltzer said. "Women with breast cancer should be assured that surgical treatment no longer means automatic loss of the entire breast, especially if detected in the early stages. Early diagnosis often ensures that surgery will be limited to the primary tumor plus systemic chemotherapy and radiation treatment," Seltzer said.

For more information on surgical options of diseases of the breast, call the Seltzer Breast Surgical Center at (201) 992-8484.

Seltzer Breast Surgical Center is located at 22 Old Short Hills Road, Livingston.

Participants needed for the study include approximately 30 SCI females with injuries at or above the mid-thoracic spine and 10 able-bodied females, both between 18 and 45 years of age. The three-day study includes physical and psychological examinations, medical and sexual history, and tests of both groups' sexual responses. Results will be useful in developing treatment methods for sexually dysfunctional SCI women.

Women interested in participating for the study can contact Spikati at 1-800-248-3221, Ext. 382.

The Outreach Program schedules free health screenings on Saturdays at Montclair Community Hospital and travels to corporations to conduct on-site screenings for employees.

The Outreach team is comprised of volunteers, including doctors and nurses. For further information on screenings, contact Marie Croppolo, assistant director, at (201) 744-7300, Ext. 4296, Monday through Friday, 10 am to 2 p.m.

## Grant allows for study of spinal cord injuries

A two-year grant, awarded by the National Institute of Health to Kessler Institute for Rehabilitation, represents the first and only laboratory controlled study of physical and sexual functioning in spinal cord-injured women.

The study, titled "Physiological Effects of SCI on Women," will be conducted by Dr. Marica L. Spikati, associate medical director, and Craig Alexander, director of psychology, both of Kessler's West Orange facility, and Raymond Rosen, professor of psychiatry and medicine at the University of Medicine and Dentistry of New Jersey-Robert Wood Johnson Medical School.

According to Spikati, the study has four long-term aims. They are to identify the specific nerve pathways involved in sexual response in able-bodied females; to understand the effects of varying degrees and levels of SCI on female sexual response; to develop new treatment methods for SCI on female sexual response; and to improve sexual satisfaction in SCI females and through increased satisfaction with sexual activity, increase the frequency of sexual intercourse thereby increasing the childbearing capacity of SCI women.

"Despite our sophistication and advanced knowledge about human physiology, female sexual response is not understood, even in able-bodied persons," Spikati said. "Many studies of male sexual function have been conducted, giving us a better understanding of male sexual response in the able-bodied and spinal cord-injured male. However, the sexual response of women has been ignored."

Research that has been conducted on female sexual function after spinal cord injury focuses only on childbearing and not on sexual responses," Spikati said. "Our study will encompass laboratory testing of both able-bodied and spinal cord-injured and their sexual responses. There is potential for us to obtain more extensive knowledge about female sexual physiology. It will also provide us with a new basis for comparing future SCI women with regard to their sexual potential."

# HEALTH & FITNESS

## Hilton accommodations guarantee luxury

Yes, vacations do bring stress, but the stress is certainly eased when one comes home to a five-diamond luxury accommodation at the Hilton at Short Hills in Short Hills.

"When our relocation guests check in for long-term stays, they receive so much pampering that some are reluctant to leave," said Marc Brent, director of sales.

What makes the hotel so inviting? Each morning, guests enjoy complimentary in-room wake-up beverage service within 15 minutes of the wake-up call, as well as 24-hour room service, 24-hour pressing service and a full service concierge.

To relax their tired muscles, they can stroll outside to a massage cabana by the lushly landscaped 18000 pool and have a soothing massage by a skilled massage therapist. Or they can work out in the European-styled spa, with state-of-the-art fitness facilities and an indoor 50 foot-lap pool with an elevated, heated jacuzzi.

For a pick-me-up mud pack, a facial or a complete facial, there is a full service salon adjacent to the spa. The spa's certified staff also gives expert fitness and nutritional counseling.

Executives can choose a relocation room, or a relocation suite that has a separate bedroom and living room, connected by French doors. The bath area has oversized vanities with polished brass fixtures. Thick terrycloth robes are provided, as well as the usual five-diamond amenities, including bathroom scales, lamps and the finest toiletry items. Each relocation room has a microwave oven, refrigerator, toaster oven, coffee maker and other amenities, including two-line telephone, voice mail, a 25-inch television, and on-command movies with 60 different movie channels that can be viewed at the guest's convenience.

For business needs, there is a full service business center and exquisite meeting facilities, from board rooms to ballrooms.

The Hilton at Short Hills, the only five-diamond hotel in the New York metropolitan area, is located 21 miles from New York, 15 minutes from Newark International Airport, and just across from world-class shopping at the exclusive Mall at Short Hills, 41 John F. Kennedy Parkway, Short Hills. For more information, call the sales department at 378-0100.

## Child's health improves with weight management

Children starting this school year are more overweight and less fit than students were 25 years ago. Studies show that as many as 40 percent of 5- to 8-year-olds are obese. Many of these children are already showing risk factors for heart disease, stroke and cancer.

Yet, there is hope, according to Maureen Dolug, director of the ImmediCenter's Health Management Center in Bloomfield, a preventive healthcare company specializing in weight management. The ImmediCenter's Weight Program is a part of Health Management Resources. Dolug said, "There are a number of ways parents can have an impact on their children's health. Parents need to be positive role models for their kids by introducing, practicing and reinforcing health behaviors."

She added, "If parents encourage exercise, which is the most powerful way to improve overall health, serve lower fat foods, and offer more fruits and vegetables, it is less likely that their kids will be overweight."

Dolug offered parents the following suggestions:

- Exchange mustard or salsa for butter, margarine or mayonnaise.
- Take your children grocery shopping and let them choose fruits and vegetables.
- When children help to select foods they are more likely to eat them.
- Incorporate vegetables into meals; as a pizza topping, in chili, or over pasta.

Eating a lower fat diet is not difficult or time consuming. It can simply be a matter of making substitutions.

Dolug noted, "If parents practiced these healthier changes throughout the school year, their children could become healthier by the end of the year. The good news is that health habits established in childhood will almost certainly continue into adulthood."

These are some of the strategies people learn through the ImmediCenter's Weight Management Program. Health Management Center offers programs in weight management, smoking cessation, and risk factor management.

For more information, call Dolug or Joyce Hoffman of the Health Management Center at (201) 680-1888 at the Bloomfield ImmediCenter. The next orientation for weight management is Aug. 18 and Sept. 25 and 22. The next smoking cessation orientation is scheduled for Aug. 25 at noon. Residents must call to register.

## Rahway doctor discusses chiropractic benefits

Dr. Mark Zieniek, director of the Back and Neck Care Center on St. Georges Avenue in Rahway, has returned from a convention sponsored by the National Medical and Dental Association at the Homestead in Hot Springs, Va.

Zieniek attends the NMDA convention each year as part of his commitment to continue education and health care. The National Medical and Dental Association is a group of professionals in the medical and dental fields who are of Polish ancestry. In addition to the regularly scheduled seminars in the health field, time is taken to further the solidarity of Polish-Americans. The NMDA is affiliated with the National Advocates Society, which is a group of advocates of Polish heritage.

Zieniek spoke to the NAS group about chiropractic and its functions as a health care profession. This talk gave Zieniek the opportunity to outline the recent research that has been documented on the efficacy of the profession of chiropractic. The Harvard Medical Journal, The Lancet, and recently published research on the efficacy of spinal manipulation, The Rand Corporation and the British Medical Journal have also published studies proving the benefits of spinal manipulation. These recent studies were presented to the group so that more medical doctors would understand more fully the practice of manipulation of the spine as a proven method of pain relief. As the world's third largest health profession, chiropractors now have hospital privileges in more than 20 states. In recent years the incidence of referral to chiropractors by medical doctors has increased significantly.

If any medical doctor, dentist or chiropractor is interested in joining this organization, contact Zieniek at 388-4344.

## Prospect Medical offers pre-school special

With the opening of school just around the corner, the physicians of Prospect Medical are offering parents a "back to school" special for their children.

"Good health and fitness are requisites for doing well in school and for performing well — and safely — in sports," said Dr. Mark Cukierman, a family physician with Prospect Medical.

In the examination, he said, physicians monitor growth and development, ensure immunization is up to date and spot possible problems. It's also a time when parents and youngsters can ask questions about any health issue — from concerns about physical growth to inquiries on nutrition.

Appointments are required. The pre-school exam is one of the special programs Prospect Medical is offering to the community during 1993. In recent months, it has offered free cholesterol and hypertension testing and free cancer screening for women.

Prospect Medical is composed of specialists in internal medicine and is an affiliate of The Hospital Center at Orange. The offices are located at 456 Prospect Ave., West Orange.

To make an appointment for the pre-school physical or for information on any the medical services, call 731-5767.

## Doctors offer quality chiropractic care

Dr. Stephen Levine and Dr. Jean Nichols, chiropractors of the South Orange Chiropractic Center, Dr. Richard Hollander is available by appointment on Wednesdays. Nancy Livingston, certified massage therapist, is available by appointment.

Doctors are available at the center to provide quality chiropractic care and other related specialties including nutrition, nutrition and massage therapy.

Dr. Steven Felder, who specializes in clinical nutrition is available by appointment on Tuesdays.

## Cosmetic surgery is option

Just about everyone is interested in a more healthy lifestyle these days and the increasing popularity of cosmetic surgery is a natural extension of this," said Dr. Todd A. Morrow. "Cosmetic surgery helps people look and feel their best. It allows you to get the most out of life."

Morrow manages his own practice in cosmetic and reconstructive facial plastic surgery in West Orange and is an assistant professor of surgery at UMDNJ. He is very active in teaching residents at New Jersey Medical School as the director of the Facial Plastic Surgery clinic. He has presented papers at professional meetings and published articles in numerous medical journals covering a broad range of topics, including nasal surgery (rhinoplasty) and rejuvenation surgery of the aging face. He is, among other things, a graduate fellow of the American Academy of Facial Plastic and Reconstructive Surgery and a Diplomate of the American Board of Otolaryngology-Head and Neck Surgery. He is also a member of the American Medical Association and the New Jersey and Essex County Medical Societies.

Being a specialist in the head and neck region, Morrow performs facial contouring procedures to reshape flat cheeks, weak chin and protruding ears. His special interests are rhinoplasty and facial rejuvenation surgery such as forehead, eyelid, face and neck lifts. He also performs facial liposuction, collagen implantation, scar revisions and reconstruction following skin cancer. His office is located at 101 Old Short Hills Road, Suite 200. For more information, call (201) 731-4050.

## Grant allows for study of spinal cord injuries

Participants needed for the study include approximately 30 SCI females with injuries at or above the mid-thoracic spine and 10 able-bodied females, both between 18 and 45 years of age. The three-day study includes physical and psychological examinations, medical and sexual history, and tests of both groups' sexual responses. Results will be useful in developing treatment methods for sexually dysfunctional SCI women.

Women interested in participating for the study can contact Spikati at 1-800-248-3221, Ext. 382.

The Outreach Program schedules free health screenings on Saturdays at Montclair Community Hospital and travels to corporations to conduct on-site screenings for employees.

The Outreach team is comprised of volunteers, including doctors and nurses. For further information on screenings, contact Marie Croppolo, assistant director, at (201) 744-7300, Ext. 4296, Monday through Friday, 10 am to 2 p.m.

## Outreach Program travels to Trenton

The Outreach Program at Montclair Community Hospital recently travelled to Trenton to conduct on-site health screenings for members of the Senate and Assembly. Among the screenings conducted were skin cancer screenings by Dr. Angelo Bergamo of Montclair and eye problem screenings by Dr. Anthony Origlietti of Roseland.

Assemblyman Nicholas Felice, D-Bergen, thanks Dr. Angelo Bergamo of Montclair, Dr. Anthony Origlietti of Roseland and Marie Croppolo of Montclair for arranging an on-site health screening for the Senate and Assembly through the Outreach Program at Montclair Community Hospital.

**NEW JERSEY MENOPAUSE FOUNDATION**  
S.A. Wilchins, M.D., F.A.C.C., F.A.C.S.  
Medical Director

Preventive Medicine for Women  
From Ages 40 To 100

14 E. WESTFIELD AVE.  
Roselle Park, N.J. 07068

By Appointment 908-241-3010

**Cosmetic & Reconstructive Facial Plastic Surgery**  
Otolaryngology-Head & Neck Surgery (Ear, Nose & Throat)

Todd A. Morrow, M.D.  
BOARD CERTIFIED

(201) 731-4050

**GENTLE QUALITY DENTAL CARE**

WE ACCOMMODATE THE BUSIEST FAMILIES WITH EVENING & SATURDAY HOURS

- 24 Hour emergency services (emergencies seen same day)
- Senior citizen allowance
- Insurance plans welcome

Now and old friends mention this ad and receive complimentary exam and consultation

**NICHOLAS W. CIOCHETTI, D.M.D.**  
Family Dental Practice

18 E. Westfield Avenue  
Roselle Park (908) 245-9463 • St. Paterano Italiano

**FOOT SPECIALIST FOR THE FAMILY**

State-Of-The-Art Surgical Techniques and Procedures Available  
Laser Surgery In Office

DR. JAMES C. BYRNE, D.P.M.  
Foot Specialist

934 STUYVESANT AVENUE • Union Center  
(908) 964-6990 or 1 (800) 488-6990

**Cornell MedCare Inc.**

**Home Health Care Specialists**

"We tailor our home care services to match the quality of your life"

- Specializing in Certified Home Health Aides for live-in or daily assistance
- Free RN assessment, supervision and follow-up visits
- Home, hospital and nursing home care
- Personalized services • Shopping • Doctor's appointments
- Errands • 24-Hour Emergency Service

Home care doesn't mean home bound. We can design a personal care plan to suit your special needs.

(908) 665-9797

1 Academy Street • New Providence, NJ • Licensed/Insured/Bonded

**DELAIRE NURSING & RESIDENTIAL CENTER**

From your home to ours...the caring goes on.

(908) 862-3399

WRITE FOR OUR FREE BROCHURE:

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
PHONE \_\_\_\_\_

Delaire  
Nursing and Residential Center  
409 W. Blomington Avenue, Linden, New Jersey 07036-1424

**NEWTON IMAGING PA (MRI)**  
183 HIGH ST.  
NEWTON, N.J. 07860  
201-578-5598

OFFERING STATE OF THE ART LOW FIELD MRI IMAGING USING OPEN AIR TECHNOLOGY. ESPECIALLY USEFUL FOR THE CLAUSTROPHOBIC OR LARGE PATIENT.

INTERPRETATION BY BOARD CERTIFIED RADIOLOGISTS EXPERTISE IN LOW FIELD MRI

EXTENDED HOURS, PHYSICIAN REFERRAL ONLY • FREE PARKING

**A Call For Help DEPRESSION**

One of the most dangerous symptoms of depression is thinking it's not treatable

Check the symptoms that describe you or someone that you care about:

- Noticeable change in eating habits
- Sleep too much or can't sleep at night
- Loss of interest in things once enjoyed
- Loss of energy, fatigue
- Feelings of worthlessness; guilt
- Using alcohol or drugs to feel better
- Recurring thoughts of death or suicide; wishing to die
- Overwhelming feeling of sadness or hopelessness

If you check two or more of these symptoms, there is something you should do. Call for a free confidential assessment.

(908) 522-7070  
1-800-HELPLINK

Our Options Make Getting Help Easier

**FAIR OAKS HOSPITAL**  
A System of Psychiatric And Chemical Dependency Treatment Services  
19 Prospect Street, Summit, NJ 07902-0100

**Professional Directory Attorneys**

Francis Housman Esq.  
Practicing in New Jersey, New York & Florida

Personal Injury • \$250.00  
Personal Bankruptcy • \$250.00  
Personal Injury • 20%  
Real Estate Closings • \$300.00  
201-614-1509

Advertise your profession every week for as low as \$15.00 per week. Call 800-564-8911

**VITAMIN FACTORY**

201 Rt. 22, Hillside, NJ 07205 - (201) 926-2946

20% OFF AMERICAN HEALTH CONTABS

TOL Raspberry Fruit Spread 10 oz. (Apricot, Grape or Orange) Reg. \$2.39 \$1.89

Traditional Cranberry Weightless Tea 16 (Original Cranberry, Sweet Relief Lemon/Orange) Reg. \$2.99 \$1.99

Nile Spice Soup or Meals In a Cup 1.1-1.9 oz. (All Varieties) Reg. \$1.49 \$1.09

**VITAMIN FACTORY**

AH B Complex 100% 100 Reg. \$1.99 \$1.89

Niacin 500 mg. 178 ea. Reg. \$3.99 \$2.79

Folic Acid 800 mcg. 100 Reg. \$1.99 \$1.89

Chromium Picolinate 200 mcg. (100) Reg. \$2.19 \$1.79

Potassium 99 mg. 100 Reg. \$1.99 \$1.19

L-Tyrosine 500 mg. 300 Reg. \$4.99 \$3.79

Enzymatic Digestant 1000 Reg. \$5.99 \$3.29

Osteocalcin 1000 mcg. 1000 Reg. \$5.99 \$4.49

Senna Leaf 175 mg. 100 Reg. \$2.99 \$1.99

Daily Multiple 100 (One a Day) Reg. \$1.49 \$1.89

**25% OFF BEAUTY WITHOUT CRUELTY COSMETICS**

Tom's Chamomile Toothpaste w/Fluoride 6 oz. (or Spearmint) Reg. \$2.49 \$1.99

Camoco Shampoo or Conditioner 8 oz. Reg. \$8.99 \$4.95

Efemol Evening Primrose Oil Caps 90 Reg. \$13.99 \$10.95

Natureworks Silica Gel 7 oz. Reg. \$14.99 \$10.95

F.S. Germanium 100 mcg. 300 Reg. \$20.99 \$12.99

Profolax Cool Fruits 16 oz. Reg. \$3.19 \$2.09

Strength Sys. Fat Burners 600 Reg. \$4.85 \$3.59

Masada Dead Sea Bath Salts (6 oz.) Reg. \$2.99 \$2.29

Solgar VM-75 300 Reg. \$7.99 \$5.49

Solgar VM-2000 300 Reg. \$9.40 \$6.59

Everything is sale day at the Vitamin Factory... Everything priced just a cut above wholesale!

STORE HOURS: Mon. & Thurs. 10-6; Tues., Wed., & Fri. 10-4

WORRALL COMMUNITY NEWSPAPERS

UNION COUNTY EDITION

SERVING THE COMMUNITIES OF:

CLASSIFIEDS

CALL TOLL FREE 1-800-564-8911

Hours: 9 am - 5 pm Monday to Friday

WORRALL COMMUNITY NEWSPAPERS UNION COUNTY CLASSIFIED RATES EFFECTIVE SEPTEMBER, 1992

20 words or less... Classified Display Rate... 13 lines or more per inch...

WORRALL COMMUNITY NEWSPAPERS INC. P.O. Box 158 Maplewood, N.J. 07040

20 words or less... Classified Display Rate... 13 lines or more per inch...

WORRALL COMMUNITY NEWSPAPERS INC. P.O. Box 158 Maplewood, N.J. 07040

TRUCKS FOR SALE... 1988 FORD F250... 1988 NISSAN PICKUP... 1989 TOYOTA PICKUP...

ANNOUNCEMENTS... ANIMALS IN MIDWEST NEED YOUR HELP!

PERSONALS... ADOPTEE ACTIVE and involved, caring and devoted...

MEETING PLACE... A woman is needed to be nurtured, nurtured, pampered...

AUTO TOWING... \$595 PAY TOLL DOLLARS... \$995 PER HOUR...

TRAVELING COMPANIONS... CHILD CARE... EMPLOYMENT WANTED...

EMPLOYMENT WANTED... CHILD CARE... EMPLOYMENT WANTED...

EMPLOYMENT WANTED... CHILD CARE... EMPLOYMENT WANTED...

EMPLOYMENT WANTED... CHILD CARE... EMPLOYMENT WANTED...

EMPLOYMENT WANTED... CHILD CARE... EMPLOYMENT WANTED...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

HELP WANTED... TELEPHONE CALLERS... CARPENTRY... DECKS...

LINCOLN MERCURY FILLS THE GAP. Move Out! NEW 1993 LINCOLN MODEL MARK VIII \$499 PER MO. 24 MONTHS

Thanks for your patience. Your Saturn is here. SATURN OF UNION YOUR NEIGHBORHOOD SATURN RETAILER

