

INSIDE THE Springfield Leader

Lifestyle	4
Editorials	6
Columns, letters	6
Sports	11
Obituaries	12
County news	B1
Entertainment	B3
Classified	B9-B10
Real estate	B11
Automotive	B13

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The Leader provides an open forum for opinions and welcomes letters to the editor. Letters should be typed double spaced, must be signed, and should be accompanied by an address and day-time phone number for verification. Letters and columns must be in our office by 5 p.m. Monday to be published. Letters are subject to editing for length and clarity.

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'Trouble' student becomes beloved teacher

(Continued from Page 1)
York City. He had said, "I hope I'm not hurting you by bringing you to these classes because a lot of these kids are hard core kids."
Markowitz explained that "I had requested these classes—I'd had a good education. I also have a sister, Carol, Vassar, who is a middle school teacher in Union. She originally taught in the same school five years before me. So, I know the difficulties of the school. We were very oriented to help the students."
"When Al saw me come in, he looked like he wanted to be in my class. Back in my class, I asked each kid about himself for himself and for a half-hour later, I see this tall, good looking kid standing in my door. 'I'm Al,' he said. 'I've been assigned to your class.' What had happened was that Al became disruptive in his class, and was thrown out. He came in and sat on my desk. So, I allowed him to be part of that class, and I learned that Al was a leader, but a troublemaker kid. He was a bright boy and could get kids to do a lot of rough things."
Al's mother, Markowitz learned, "was a licensed nurse and worked a 40-hour shift, but Al no longer was a student. He used to hang around a lot with me. He still needed to have a family, so Fred and I invited him to

Parents complain about firing of director of pool camp

(Continued from Page 1)
"This son, Matthew, 16, is an outstanding star. His daughter, Jessica, 14, is into basketball."
"Friday, I went by the program at Chisholm and she wasn't there. 'Hirschfeld continued,' and I said to her, 'well, we can't have someone who works three hours a day.' She then advised me that she would only be working at the pool, that she was quitting Chisholm. I basically said that we can't have that. We have to have a person at both places. In light of that, I proceeded to terminate her. I feel I had to act for the safety of the kids and someone basically was not following the responsibilities of their job."
Hirschfeld received numerous complaints from parents concerning the situation. "Apparently what happened—this happened Friday at 3 p.m.—there was a scene at the pool where a lot of the counselors and the kids were upset because their camp director was leaving and she proceeded to get upset and cry in front of the kids."
"He should have waited until the end of the day," said one camper's parent. "It really upset the children. This shows very poor judgment on his part. The kids were all devastated. He should have at least told the parents that things might not have been working out with Sojia and that they were going to look for someone else."
Brooks said that she has only heard "good news from parents. I understand that if there was something bad, they may not come to me, but the counselors had heard nothing. It was totally out of the blue for all of us."
"Roy did tell me that there were reports from parents complaining that I wasn't there, and that was the reason that he fired me, but he didn't tell me that until the actual time that it happened, until that Friday," she continued. "He didn't say anything until that time like 'you have to improve this' or 'there's a problem' or anything like that. No bad reports came through until that day."
The problem is that there was such disorganization in the Recreation Department, that there was no clarity as to what job duties were or functions or hours, hours and responsibilities and I think there was resistance and resentment against that because they felt that "consulting" had been "taken down." "Apparently, Sojia is demanding a hearing before the Township Committee and may seek legal advice on this," Hirschfeld said. Brooks said that she hopes to take further actions, including a meeting with the committee. "I tried to deal with this and rectify the situation, but Roy Hirschfeld just interested in speaking to me."

Committee would like to start Chisholm work by end of year

(Continued from Page 1)
offer "everything everyone's heart desires: day care, pool, gym." State said, "There must be a place where function and economy come together."
This is really what we have to talk about at great length."
"More important than the actual plan which is settled on, is to make sure that some plan is settled on," State said.
"A lot of my thoughts focus on the main emphasis for the community," said Commissioner Roy Hirschfeld, adding that he feels that the committee's attitude "is added."
"The longer we wait, the longer this will cost," Hirschfeld said, pointing out that the building will continue to deteriorate if the project is not moved forward.

Mayor Greg Clarke sees a lot of possibilities concerning the project's possibilities and reminded the committee that "you can't just think about it, you can't just think about it."
Many departments and individuals in town have made suggestions for not only the property, but for areas they feel better deserve the committee's attention," he added.
"The longer we wait, the longer this will cost," Hirschfeld said, pointing out that the building will continue to deteriorate if the project is not moved forward.

Civic Calendar

- The Civic Calendar is prepared each week by the Springfield Board of Municipalities. It is a listing of government meetings open to the public.
- Aug. 5 • The Township Committee of Springfield will hold its monthly workshop meeting in the Planning Board room of the Municipal Building at 8 p.m.
 - Aug. 7 • The Springfield Planning Board will hold its monthly meeting at 7 p.m. in the Municipal Building.
 - Aug. 12 • The Township Committee of Springfield will hold its executive meeting in the Planning Board room in the Municipal Building at 7:30 p.m.
 - Aug. 13 • The Township Committee of Springfield will hold its executive meeting in the Municipal Building at 7:30 p.m. with its regular meeting following at 8 p.m.
 - Aug. 16 • The Borough Council of Mountaintop will hold its work session in Borough Hall at 8 p.m.
 - Aug. 26 • The Township Committee of Springfield will hold its executive meeting in the Planning Board Room in the Municipal Building at 7:30 p.m.
 - Aug. 27 • The Township Committee of Springfield will hold its executive meeting in the Municipal Building at 7:30 p.m. with its regular meeting following at 8 p.m.
 - Sept. 4 • The Springfield Planning Board will hold its monthly meeting at 7 p.m. in the Municipal Building.
 - Sept. 5 • The Springfield Board of Health will meet at 7 p.m. in the Municipal Building.
 - Sept. 9 • The Township Committee of Springfield will hold its executive meeting in the Planning Board room in the Municipal Building at 7:30 p.m.
 - Sept. 10 • The Township Committee of Springfield will hold its executive meeting in the Municipal Building at 7:30 p.m. with its regular meeting following at 8 p.m.
 - Sept. 11 • The Borough Council of Mountaintop will hold its work session in Borough Hall at 8 p.m.

Dayton graduate earns Young Citizens Award

By Andrew Scott
Staff Writer
Society always has valued those who help others, and a graduate of Dayton High School, Young Citizens Award recipient, was honored July 23 by the Union Township Committee for having such quality.
Sharon Wright, 20, got a chance in the spotlight when Mayor Jerome Pate presented him with the New York Times Young Citizens Award—every year a number of people from each town in New York and New Jersey is nominated by local residents who view those people as eligible for the Young Citizens Award. The residents send their nominations to the New York Times, which then includes all the nominees in a directory where they are presented with certificates of achievement. This year, the dinner was held May 20 at Rutgers University, New Brunswick. After the dinner, the Times then select their nominees from each town will receive the Young Citizens Award. A notice is then sent to each of those selected nominees, telling them they will be honored with the award by their town.
"I had no idea the township was going to honor me," said Wright, a 1999 graduate of Dayton High School in Springfield. "My mom knew. She just said to keep Tuesday night open because we had somewhere to go. She wouldn't say where or why. It feels good to be recognized for the work you do. That doesn't happen every day."

Wright was nominated for the award by the director of the Boys and Girls Club in Union, where he volunteers his time coaching the basketball team. Wright recently formed his own traveling summer basketball team which plays at various tournaments. He gathered a group of interested players and then went around asking for donations and sponsorship from different companies.
"It's been a struggle to start the team and keep it playing," Wright said. "I've had justing help and financial support. But I want these guys to get recognized for their abilities and have the chance to play for a college team and even professionally if they want to. Despite the difficulties we're having, all these guys want to do it. I'm trying to make sure that's exactly what they do. We'd greatly appreciate any help we can get."
The team seeks a gym for games and practice. Wright also wants to enter the team into a summer league. The players range in age from 15 to 17 and have played 10 games this summer, three of which they lost. Wright plans to coach high school basketball. Besides coaching, he also has a job at Chubb Insurance, handling claims. He plans to make enough money to travel to college. He was attending Upstate College in East Orange when it closed. He plans to continue majoring in business management and psychology.

Report offers alternatives for Route 24

By Kevin Slager
Staff Writer
The Essex Regional Health Commission has released a report detailing the problems with the Route 24 road, which has prompted state representatives to seek action.
The report follows an on-site inspection by commission officials held on July 5. The effectiveness of the barriers was evaluated based on the construction of the walls and the roadway surface and grade.
The report noted that the existing barriers are constructed of smooth side panels, which are conducive to reflected noise, creating a "ping-pong" effect.
In addition, breaks in the barrier at the Hobart Gap, Union Way and Summit Avenue crossovers in Summit allow for leaks of direct and reflected noise into the "surrounding neighborhoods."
The report offered options for improvement of the situation. They include a complete reflecting of part of the barrier, sealing the Lakeside Overpass leaks, lengthening barrier

at the intersections, reinforcing the roadway to eliminate the joints, use of an experimental "acoustical" type of road paving, and the use of landscaping on the marginal highway side of the walls.
It also advised that the New Jersey Department of Transportation Environmental Office be requested to conduct an on-site visit.
This report prompted Assemblyman Tom M. Weigarten, R-Holmdel, along with Assemblyman Kevin O'Toole and State Senator C. Louis Bassano, to request a meeting with Commissioner Frank Wharton of the Department of Transportation.
Weigarten plans to meet with DOT officials this summer. "I've asked department representatives to meet with us in the district to walk Route 24 and 78," he continued. "We are of one mind on this."

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OPINION

Talking trash

The recent appointment of Kathy Dahay as new recycling coordinator may be the trick to tackling some of Springfield's environmental problems.

• Voting to take on illegal dumping and teach the proper way to recycle, Dahay will be seeking to educate the township about the proper way to dispose of refuse and keep the community clean. She will also stand ready to enforce local recycling rules, dispensing reminders and citations when necessary.

• This is much-needed relief for Springfield. With recent problems such as rampant dumping of grass clippings at the side of many roads and an increase in garbage dumping at the Public Works recycling depot, the township seems to be up to its eyeballs in refuse that could be and most definitely should be disposed of properly.

• The depot is a big bone of contention for many, particularly those in the Department of Public Works, which must operate in what amounts to a large garbage dump. Aside from the obvious health concerns, this recycling center-turned-public dumping ground is a prime example of the kind of apathy and disregard for a community that can lead to its decline. Granted, these problems are only one example, but is Springfield willing to let its community conscience lapse?

• Every year, Springfield, like many other communities, makes a big deal out of Clean Communities Day and Earth Day and other environment-oriented activities, and it should. These events represent not only an effort to straighten up the collective neighborhood, but a chance for residents to get together and make a difference. But, as we have pointed out before, it takes more than one day to keep a community clean.

• By learning the proper way to dispose of the many different categories of refuse a household can produce, from recyclables and appliances to organic material, residents of Springfield can take an important first step toward environmental consciousness and a truly healthy community.

Sunny side(walk) of the street

As most Mountaineers residents know, Central Avenue is getting a much-needed make-over. The repaving effort is making its way toward Route 22 and in this procession will pass Deerfield School.

• While the remainder of the project is waiting for an \$80,000 grant from the Department of Transportation, paperwork is in its last stages. The Board of Education has requested that a stretch of sidewalk from Central Avenue to the school's entrance be included in the repairs. According to Superintendent of Schools Leonard Baccaro, the board forwarded this idea to the Borough Council to help keep the Deerfield students safely out of the way of traffic.

• Mountaineer Mayor Robert Vigilant pointed out that this may be a lengthy procedure, including easements, condemning and purchasing property, all of which will take time. While this addition would not take place any time soon — Vigilant estimates approximately six months of paperwork is involved — it sounds like something worth investigating.

• We urge the Borough Council to give this idea serious consideration. Protecting the children of Mountaineers is as important as repaving one of the borough's popular roadways. By providing a continuous sidewalk for Deerfield students, the council will be putting some distance between them and traffic, ensuring them a safer trip to school. The Board of Education should be commended for recognizing this safety measure. While the quality of their education is indeed important, the assurance of their safety when traveling to and from school is just as, if not more, important.

Handled it well

Gov. Christine Whitman did the right thing by asking the chairman of the Sports and Exposition Authority to resign after the man's name turned up on a mob wiretap taping.

• He is not guilty until anything is proven, and the resignation should not be interpreted as an admission of any guilt. New Jersey, however, has become glutted with public officials who function under investigation with immunity until officially indicted. The reputation of the state has suffered from this.

• Whitman wanted to send a healthy signal, that even the hint of wrong cannot be tolerated. This is to be admired, and imitated by others in power.

"The signing away of First Amendment rights continues unabated."

—Angus Mackenzie Journalism professor 1993

Springfield Leader Published Weekly Since 1920 Mountaineer Echo Published Weekly Since 1959

David Worrell Publisher Raymond Worrell Executive Editor Tom Canavan Editor in Chief

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Hitting the high mark

Union County College students Michael Gunn of Mountaineers, left, and Angie Magro of Staten Island, NY, second right, receive All Health Awards for excellence in their respective majors of physical therapist assistant and occupational therapist assistant. Presenting the awards are Professor Dorcas Skekel of Union, therapy assistant. Presenting the awards are Professor Dorcas Skekel of Union, college's physical therapist assistant program, and Professor Carol Keating of Summit, physical coordinator of the college's occupational therapy assistant program.

Columnist needs facts in essay

By Philip Feltnuch

Be Our Guest

By Philip Feltnuch

What is and has been missing from the operations of our government is foreign. We have been reactive. We do what is needed to be done when a crisis presents itself. What views do our elected officials have for the future? In what condition will Springfield be five or 10 years down the road? These are the incredibly important questions that our Township Committee should be addressing. But it does not have the time to do so. It is busy micro-managing our township so that the "policy" party doesn't get a leg up for the November election. Let's be honest with ourselves. We elect officials to govern, not to manage. We have a \$16 million corporation with another several million dollars in debt to concern ourselves about. Who is responsible to see that the citizens get what it is entitled to? Certainly, the Township Committee has the ultimate responsibility, but they cannot

LETTERS TO THE EDITOR

Children deserve more recreation

Commission deserves the credit

Children deserve more recreation

Commission deserves the credit

Children deserve more recreation

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Commission deserves the credit

'Views' raises boos

I see that my recent column on the proposed changes to Springfield's form of government has evoked quite a response from members of the Government Study Committee. All I have to say is, "Hey guys, why so touchy?"

Views On The News

By Blaine Dilport Staff Writer

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Resident complains of disrepair; sues condominium association

By Blaine Dilport Staff Writer

Springfield resident Ellen Inseberg says she has had about all she can take.

A resident of the Troy Village Condominiums, she has filed a lawsuit against the condominium association for what she said was a lack of action to correct problems that she is having with her condominium. The association feels that it has done all that it can for her and will wait for a decision by the court.

"This is the condo from hell," said Inseberg. "My problems began in 1992 when I went to pick up my bathroom carpet to clean it, and I noticed that the tile around the back of the room had become separated from the wall and that mud was oozing in under the heating unit. It appeared that the floor had sunk. I immediately called the president of the condominium association, and they came to take a look.

"Again I called the condo association and I told them that something was wrong because I had been living here since 1989 and I never had a problem like this," Inseberg said. "Their response was to tell me to leave the windows open at all times, which I simply can't do. The president of the association told me that in what you get when you buy a new crawl space and that I should seal the place and get another unit. I called the town engineer in to look at the problem and he suggested that the association call around the outside of the windows. In November of 1993, a heating man came to fix the pipes from the furnace were heating up the water and that was what was causing all of the trouble.

"The condo association in February of 1993 had someone come in and he looked up the floors and replaced the tile," she continued. "At a recent meeting in the bathroom cracked as well as the toilet being cracked and the kitchen floor was damaged as well. The condo association came and fixed the floor in the bathroom and replaced the toilet, when I asked about my kitchen floor they told me that that was my responsibility to fix and that I should call my insurance company. I told them that the damage was caused by the same thing that caused the damage in the bathroom but they still wouldn't fix the problem.

"According to Inseberg, this was only the beginning of her problems. "In October of 1993, we had no hot water because of a problem with the boiler and the problem with the boiler was fixed. When the heat finally did come on, I noticed that my windows were dripping wet. These are not the best of windows, they do get moisture on them, but this was excessive moisture. "She indicated that she would attempt to form around all of the windows and on the walls.

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Police break up brawl at Friendly's

Mountaineers Police responded to a July 25 incident which took place at the Friendly's Restaurant on Mountain Avenue in Mountaineers.

A fight occurred in the parking lot involving six juvenile males. One of the juveniles was a 17-year-old who sustained a punctured lung and a broken rib and was taken to Overlook Hospital for treatment and released the next day.

The fight had broken out as a result of an argument over the alleged theft from one of the juvenile's homes. The injured youth was apparently returning some items to the other youths when the fight occurred.

Officer Kenneth Capobianco responded to the parking lot to find the injured party and then pursued a Jeep which the other youths were in and fleeing from the scene. Capobianco caught the Jeep and apprehended the juveniles. All of the juveniles were released to the custody of their parents.

Police blotter

Springfield

On July 20, police report that a woman identified as Janet M. Childs, 46, of Jersey City was arrested for possession of a stolen credit card and theft by deception over \$500. The suspect was arrested at F.C. Richard and Sons on Route 22 in Springfield. The suspect was released on her own recognizance.

According to police, David A. Connolly, 25, of Mountaineers was arrested on July 20 for driving while a motor vehicle, driving while intoxicated, and reckless driving. The suspect was arrested on South Springfield Ave. in Springfield and was later released on his own recognizance.

On July 18, a man identified by police to be Gene Alvin Barclay, 25, of Irvington was arrested for tampering with public records and forgery at the DMV in Springfield. The suspect was released on his own recognizance.

A man reported by police to be William E. Siroghian, 47, of Elizabeth was arrested July 11 for theft of a motor vehicle, a major vehicle, on Mountain Avenue in Springfield.

A man reported by police to be Talence Lerch Bass age 26 of St. Louis, Mo. was arrested July 11 for tampering with public records and forgery at the DMV in Springfield.

A woman identified by police as Nicole R. Kelley, 21, of Marlwood was arrested July 8 for shoplifting at the Bob's Store on Route 22 in Springfield. A reported \$332.90 worth of clothing was taken. The suspect was released on her own recognizance.

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Overlook Bicycle Paramedics assisting at the Chatham Borough Fourth of July parade are, from left, Ted Carra, Chris DeVire and Eric Martin.

Paramedics enjoy biking to emergencies

By Blaine Hillport
Staff Writer

The paramedics of the Overlook Hospital Mobile Intensive Care Unit have created a Bicycle Paramedic Team to assist paramedic units in testing patients at special events in the area.

The new unit, which is only a few weeks old, has already covered two events and attended to eight people. "The program officially started at the Chatham Fourth of July celebration, but we have been at a lot of events in the past few weeks," said Eric Martin, who runs the bike paramedic unit.

The main advantage to the bike unit is that it has more maneuverability in crowds than the vehicle units, and can provide much faster service to those who are injured.

"Large crowds at a community event often inhibit the ability of vehicle-based ambulance crews and paramedics to respond to emergencies. The bicycle team can reach those ill and injured members of the crowd and begin treatment before the crews of the vehicle-based units can," said Jeanne Kerwin, director of the Mobile Intensive Care Unit.

"The program is available for any special events that will involve crowds. They will attend the events upon request from the local rescue squads."

"Word is getting out that we have an organized agency right now, and we are starting to be requested for a lot of events. Anyone can request us to come to their events. Usually the rescue squads or the township ask us, and we are more than happy to come. All of the rescue squads have worked well together," said Martin.

The bike unit is a volunteer unit for paramedics and the emergency medical technicians, and everyone in the unit provides their own bikes and equipment.

The unit enjoys their work at the local events and is doing more than just paramedic work at the gatherings.

"We have prevented a lot of incidents from happening by watching for potential hazards. It's also nice to be on the bikes because we get an opportunity to talk to the citizens and the kids. That's been the best part of the whole thing," said Martin.

The unit is now operating in full swing and is looking forward to attending more public events in the near future.

"We will be expanding in the coming year to cover even more, and we look forward to bigger and better things," said Martin.

Overlook prepares for 90th anniversary

Will present awards honoring achievement

"The Wonderful World of Medicine and Magic" is the theme for the Overlook Hospital 90th anniversary gala to be held Sept. 28 at 7:30 p.m. at the Liberty Science Center in Jersey City.

The evening will feature the presentation of the Overlook Lifetime Achievement Awards, with Edward T. Keenan receiving the Community Award, William H. Longfield and C.R. Bard, Inc. receiving the Corporate Award, and Dr. Henry R. Lins, Overlook's retired vice president for Medical Services and Education, receiving the Medical Award.

The Overlook Philanthropic Leadership award, to be presented for the first time this year, will be presented to Nancy Deane Kreiter.

Individuals and businesses that would like to support the hospital and the gala can contact the Overlook Hospital Foundation at (908) 522-2840.



From left are Overlook Hospital's 90th Anniversary Gala Chairperson Barbara Lottner, JOURNAL CO-Editor, Florence Hodosh and Gala Vice Chairperson Diane Fischl of Summit. Proceeds from the gala will benefit the John Feeves Ambulatory Surgery Center at Overlook, which recently received approval from the New Jersey State Health Department.

Harvest festival volunteers to meet

Reeves-Roed volunteers will meet throughout the summer to prepare for the Family Harvest Festival scheduled for Oct. 19 on the Reeves-Roed grounds in Summit.

Serving on the committee with Co-Chair Susan Hellman of New Providence and Leanne Rem of Short Hills are Sharon Broanna and Joelle Luciano of New Providence, and from Summit: Laura Cohen, Mary Helzer, Debra Harfield, Jeanine Lawler, Rebecca Michalopoulos, Caroline Maldonado, Laura Park, and Teri Taggart and Janet Thomason.

Among the entertainment and activities planned for all ages will be pony rides, potting soil, hayride man, pumpkin science and patch, magician, storyteller, Nitty Necker singing, puppets, children's crafts and games and more.

Craft and hobby demonstrations will include a bookkeeper, spinner, wood carver, basketweaver, candle maker, jewelry crafter, doll maker, lace maker and more.

The festival will run from 10 a.m. to 4 p.m. on Oct. 19 and 20. The Garden Shop will feature a children's table.

Admission is \$4 adults, \$1.50 children under 12; free, children under 3. Some events may include additional fees. Lunch and snacks will be available for purchase.

For more details, call the office, (908) 273-8387 or stop at the Reeves-Roed, a national and state historic site located at 165 Hobart Ave., near Route 24.

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 in chief, 1291 Stuyvesant Ave., Union, 07083, or call him at 686-7700 Ext. 329 on weekdays before 5 p.m.

Freeholders honor Older Workers

Business seeking experienced, reliable employees with a better-than-average attitude are encouraged to take advantage of the resources of the county's pool of trained individuals offered by the County of Union, announced Freeholder Chairman Edwin H. Force, in presenting a resolution with Freeholder Linda Di Giovanni, honoring Older Workers Week.

"This pool of potential employees comes from varied industries and career areas, including administration, finance, clerical, maintenance, engineering and health care," Force said. "The format to interview each individual is to assess their job skills, presentation, personality and overall employability has proven successful and consistently by working, volunteering or caring for sick and disabled spouses, friends and neighbors. Many have talents that are an untapped opportunity for employers. Union County government is determined that these missed opportunities for older workers and prospective employers are in the top so good old days," Di Giovanni added.

Considering the aging population of this country, with fewer young people entering the workforce, businesses gain a competitive edge by recognizing their hiring practices to utilize the skills and strong work ethic that older adults have to offer.

"Studies have shown that in addition to many years of work and life experience, older people possess loyalty, dedication, low absenteeism and turnover rates and flexibility, to list just a few qualities," said Freeholder Walter Mitchell Jr., liaison to the Advisory Board on Aging. "Everyone wants and needs to have a meaningful and productive role to fill, both in the

workforce and in society at large. Age doesn't and shouldn't make a difference."

"I believe that the worth of any employee is based on what that individual can contribute to their job — not the year on their birth certificate," said Union County Manager Ann Baran. "Because of this, I took great pride in joining the Board of County Freeholders in declaring an 'Older Worker Week' in Union County to focus attention on this often overlooked resource base. We urge all employers to consider the skills and other qualifications of men and women 55 and older when they hire new workers."

Potential employers and employees interested in more information about Union County's employment program for older workers should call Donna Farrell, program coordinator for the Union County Older Worker Program in the Union County Division of Vocational Services, at (908) 527-4858.

For more information about the Jewish Vocational Service's Senior Employment Program, call Joyce Reicinich at (201) 674-8330.

For information about other Union County services, call the Customer Information Line at 318-9000, or, for the hearing impaired, call 654-9928. County residents can visit the county's new Customer Information Center, located at the County Complex in Westfield at 30 North Avenue East, 830 a.m. to 4 p.m. Monday to Friday. Citizens can pick up applications for passports or tax returns, or check the hearing impaired, literature on wills, personal estate planning, recreational and leisure activities, consumer affairs, personal health, and safety and many other topics.

Seniors receive Social Security benefit statement

People who reach age 62, 64 or 66 begin the first mailing to persons age 60 or older. By the end of the century, Social Security is required by law to begin sending an annual statement to persons age 62 or older.

The statement lists earnings on a year-to-year basis. Richardson said people who receive the statement should check their earnings to see if they are correctly reported. "It's important that your record is complete and accurate because your future Social Security benefits will be based on this record," Richardson stated.

"If you find an error in your record that involves recent earnings at your current job, contact your employer as soon as possible. If your statement shows any other incorrect earnings or Social Security income, you should also notify Social Security if the statement shows an incorrect name or Social Security number," Richardson said. "When you call, be sure to have your records of the correct earnings available. Acceptable records include W-2 forms, pay stubs, and tax records."

More than eight million people have received a Personal Earnings and Benefit Estimate Statement since February 1995 when Social Security began sending them.

Save your newspaper for recycling.

Seniors get aging tips

The National Institute on Aging has suggested 10 tips for healthy aging: Eat a balanced diet; exercise regularly; get regular check-ups; don't smoke; take proper care of your teeth; practice safety habits at home to prevent falls and fractures and always wear your seatbelt when traveling; maintain contact with family and friends and stay active; avoid overexposure to the sun and the cold; if you drink, moderation is the key; keep personal and financial records in order to simplify budgeting and investing; plan long-term housing and financial needs; keep a positive attitude toward life; and things that make you happy.

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Income determines SSI eligibility

If you're currently receiving Social Security benefits, you may think you can't get Supplemental Security Income, too. But, the fact is, you may be able to receive both if your total income and resources fall within the SSI limits. To get SSI, you must be age 65 or older, or be blind, or have a disability. And, your income and the value of the things you own must be below certain limits.

Income refers to the money you have coming in — earnings, Social Security benefits, other government benefits, pensions, etc. Non-cash items you receive such as food, clothing and shelter are also considered income. The amount of income you can have and still get SSI depends on whether you work or not, and where you live. The basic national payment rate in 1996 is \$470 per month for one person and \$705 for a couple. Some states add

Reverse mortgage plan available for seniors

Seniors who own their homes now can request a free workbook titled "HomeEquity," that describes a reverse mortgage plan that provides cash advances based on equity they hold in the home.

The workbook answers questions about reverse mortgages and shows how seniors can use HomeEquity to meet financial and lifestyle needs. These plans are offered by Transamerica HomeFirst in New Jersey, California, Connecticut, the District of Columbia, Florida, Illinois, Maryland, New York, Pennsylvania, Virginia and Washington.

Seniors interested in obtaining a free copy of the workbook should call Transamerica HomeFirst toll-free at (800) 538-5569, or write the company at 305 Sansome St., San Francisco, Calif. 94111.

Transamerica HomeFirst is the nation's leading reverse mortgage provider, offering a wider range of options than any other lender. The company is a unit of Transamerica Financial Group.

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DINING/ENTERTAINMENT

Jazz fusion pianist strikes a new chord at Club Bene's show

Jazz fusion pianist David Benoit will be performing in concert at the Club Bene's Dinner Theatre, located on Rt. 35 in Sayreville, on Saturday, August 3, for one night only. On this one evening, David will perform one show at 8 p.m. with an optional dinner starting at 7 p.m.

This will mark the fourth appearance that ORP—recording artist, David Benoit, will be making at the Club Bene, where he has thrilled huge audiences on every previous appearance.

The unstoppable inner motion of David Benoit's career is testament to the pianist's unceasing connection to the new generation of jazz listeners. A versatile musician, who wears well the variety of influences, drawing equally from jazz and pop worlds, Benoit has struck a rare and resonant chord with his ever increasing following.

Currently, David is enjoying heavy rotation on New York's only jazz radio station, CD-101.

Just a few of David's CD's include "Inferno Motion," "Frolics At Midnight," the Grammy nominated "Every Step Of The Way," "The Legend," "Waiting For Spring" and "Letter To Evans."

David is also well known for the musical background of the classic TV children's show, "A Charlie Brown Christmas."

For further info or to reserve to spend an evening with David Benoit at the Club Bene call (609) 727-3002.

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WORRALL COMMUNITY NEWSPAPERS

Local playwright makes history with Civil War thriller

Woburn's Collegiate Dictionary lists several definitions for the term "hero," including "illustrious warrior," "a man admired for his achievements and noble qualities," and "one that shows great courage."

Montclair playwright John J. Wooten succeeds not only in authenticating the historical atmosphere surrounding the aftermath of our country's tragic Civil War, but also the psychological consequences of the downfall of the South on its once proud and independent citizens.

Two wounded soldiers in Stonewall Jackson's army are brought to a Yankee-revamped plantation house by the Colonel, father to one of the boys.

Many levels of fear and anxiety of submission and dependency are passionately expressed by the characters. In an effort to reveal the truth beneath the layers of secrecy which hush the characters, Daniel makes a deal with the devilish Jefferson, lending a Faustian tone to the tale.

Upon awakening from a fever, the unassuming Daniel, portrayed by

Theater View

By Jacquelin McCarthy, Associate Editor

all Jackson's army are brought to a Yankee-revamped plantation house by the Colonel, father to one of the boys. Although the mistress of his house, Virginia, and her daughter, Sarah, question the judgment behind not taking the men to an army hospital, an unspoken obligation to the Colonel binds them to the task of nursing the men themselves.

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Union Leader, Kenilworth Leader, Roselle Park Leader, Summit Observer, Springfield Leader, Mountainside Echo, Elizabeth Gazette, Roselle Spectator, Rahway Progress, Clark Eagle, Hillside Leader, Linden Leader

DINING REVIEW

August 1, 1996

DOUBLE DRAGON

Mysteries of the Orient have unfolded.



Workers take a moment from working at the Double Dragon.

packed with mushrooms comes with a gravy — which can be put to the side and added at the patron's discretion — that is delicious when mixed with the rice. Succulent shrimp litter the dish and can be a surprise to the mouth when found under the cover of the gravy.

The prices at the Double Dragon are more than reasonable and better than competitive. A special lunch menu is available Monday through Saturday, from 11 a.m. to 3 p.m.

which is an even bigger bargain. If you're looking for some of the best Chinese food in the area, Double Dragon fits the bill. A person can make his or her fortune there — or at least get a good fortune cookie.

This column is intended to inform our readers about dining opportunities in the area.

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SUMMERTIME... AND THE EATIN' IS EASY!

Audience can draw the conclusion that movie character is no 'Crumb'

In the world of art and entertainment it is typical for an individual to sacrifice his or her creative "vision" in order to complete a project.

This is commonly known as "selling out." Owen Gleiberman, a writer for the magazine "Entertainment Weekly," recently stated that disjunctive Howard Stern is the only performer who "answers to no one," the only performer who doesn't sell out.

Mr. Gleiberman obviously doesn't realize that Howard Stern is at the mercy of potential advertisers of his program, with whom he meets personally to persuade them to buy time.

Stern also works for Westinghouse, a very large corporation, and has a lengthy-detailed contract which outlines exactly what he can and can't say on the airways.

Gleiberman's statement about Howard Stern answering to no one is incorrect. If Mr. Gleiberman would like to see someone who really doesn't answer to any one, then Mr. Gleiberman should watch "Crumb."

"Crumb" is a documentary on the life of Robert Crumb, an artist who became a cult icon in the late-60's through his founding of and work on "Zap" — an underground comic book series.

"Zap" pushed the limits of acceptability and gained wide acceptance throughout the U.S. But when mainstream publishers offered Crumb hundreds of thousands of dollars to sell, he refused. He believed they'd destroy any originality his work was offering.

Crumb then gave the ownership of "Zap" to the artists who were contributing to the comic book.

His success and reputation grew and he was soon asked to host Saturday Night Live and draw an album cover for the Rolling Stones. He turned down both. He thought Saturday Night Live was "silly," and he wasn't into the music of the Stones.

He did love the old time blues singers from the 40's and agreed to do a trading card series on them called "Blues of the Blues," for which he was paid a fraction of what The Rolling Stones would have paid him. In one scene Crumb is talking on the phone, saying, "I'm not interested, I'm not interested," and hangs up. We find out it was an executive from Hollywood who has been bothering him about making a film.

In addition to his artwork, for which Time Magazine called him one of the most important artists of the last half of the 20th century, the film also

effort at keeping the audience involved, and succeeds nicely. If you are looking for a challenge, this is the book for you.

Playwright John J. Wooten's books were actively involved in the lives of the Confederates and Union causes, resulting in the playwright's fascination with Civil War History.

Director John Gully, a native of North Carolina, admits also to avid interest in this time-period.

"Uncommon Enemies" is the last play of the season for TheatreWorks' Next Stage series, which offers programming, movie dating and unusual, but common summerstock theater.

For information, contact the TheatreWorks Box Office at (201) 655-5112.

The Video Detective

Heeded his childhood and family life, Crumb was raised in Philadelphia by a physically-abusive father and a substance-abusing mother. On Christmas day, when he was five years old, his father broke his collarbone. He

was two, his brother Maxon and Charles were treated just as poorly.

His unfortunate, self-described "sandy" appearance greatly limited the chances with girls, and he went through his four years of high school without having a date. He read from a diary he kept during high school.

"Girls are utterly out of my reach. They won't even let me draw them," and then pressed, looked at the camera, and said, "That all changed when I got famous."

Through most of the film Crumb speaks of his disenchantment with the United States. He's angry at everyone for being walking advertisements with their Nike shirts and 40ers hats.

He suggested that the public doesn't come to have any intellectual curiosity. And he means it.

About halfway through the film we learn that he has traded a suitcase full of early photographs for a house in the South of France. He doesn't want to live in the U.S. anymore. Will he be happier there? Maybe, maybe not. But with Crumb you get the idea because he will never be truly unhappy as long as he keeps drawing.

Video Detective Trivia: Kevin Costner's 1990 film "Dances With Wolves" won the Best Picture Oscar South of France. Who best him?

Answer: Jeremy Irons for "Reverend of Fortune."

Also just out on video, "City Hall," drama, "Diabolique," thriller, "City of Lost Children," family/adventure.

A resident of Mountaintop, Jim Riffel is the author of "The Video Detective's Guide to the Top 100 Films of All Time."

Your business can grow with more customers: Reach the potential customers in your newspaper with an ad by calling 1-800-264-8911.

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Your organization should be getting the publicity it deserves and we would like to help. We have a publicity handbook which explains how to tell your story. We would like to publicize your club, church, sports, school news, etc. If you have an idea for a picture or story, call the managing editor at 686-7700 weekdays before 5 p.m. If you'd like a handbook, call and one will be mailed to you.

Talking Pictures program brings movies to blind The New Jersey Library for the Blind and Handicapped has more than 100 titles of descriptive videos in a program called "Talking Pictures."

The descriptive videos include carefully edited text which describes actions, looks, clothing and even facial expressions (apart the viewer fully in the picture. The descriptions are timed and placed so smoothly between pieces of dialogue that the viewer is hardly aware they are there. They never interfere with the pace of the production.

Among the titles available are "Breakfast in Tiffany's" and "On Golden Pond." Patrons with their own VCR's can sign up for the Talking Pictures program for a one-time fee of \$20. For information, call (609) 792-8322.

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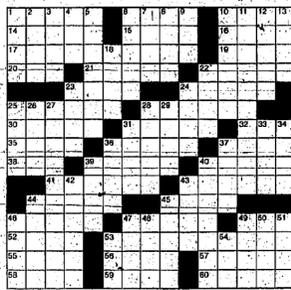
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SUMMER CAMP & DAY CARE DIRECTORY. Advertise In: "Just For Kids". Deadline: August 7. Publication: August 15. Call 201-763-9411 for details

Are You Having An Event? And Would Like To Let Every One Know. Place Your Notice In What's Going On. Write your ad in spaces below and mail to: WORRALL NEWSPAPERS, P.O. Box 158, Maplewood, NJ 07040

Happy Birthday. If you would like everyone to join in the celebration at your child's birthday, just clip out the coupon below and send to your child's school. Enclose a 2x3" or larger photo (black & white is best, but we'll take color photos) with your child's name on the back. Relatives or their parents must pre-return address on the back of the picture. Fill out the following form, clip, and mail to: BIRTHDAY PARTY, Worrall Community Newspapers Inc, 1291 Stuyvesant Avenue, P.O. Box 3109, Union, N.J. 07083. If you have any questions, please call 686-7700

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19. Stormy dog in "Beetle Bailey"
20. Donor
21. Opposite of dark
22. Latin language
23. She liked to
24. Made a November choice
25. Cliff-dwelling bird
26. These devices are
27. Proger
28. Gnomes' homes?
29. Boris' favorite
30. Replied
31. ...Lama

DOWN

1. The last laugh?
2. At hand
3. Zivago's love
4. Mid cousin
5. Hitcock
6. Plucky
7. Moon
8. Moon
9. Transverse lute
10. Mink
11. Corny to a degree
12. Gnomes' companion
13. To stop (expletive)
14. Gnomes' companion
15. To stop (expletive)
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ANSWER TO PREVIOUS PUZZLE

ACROSS

1. Central state
2. Delany of China
3. Beach
4. Vegetated slope
5. Symbol of hope
6. "Soggy Little City"
7. Farm vehicle, in fall
8. Full of marsh plants
9. Oklahoma town
10. Flower in Brazil
11. At hand
12. Annoyance
13. Chicken serving
14. Expression
15. Organizational units
16. Kilted
17. Jackie Daniels, in
18. Not any old style
19. Stormy dog in "Beetle Bailey"
20. Donor
21. Opposite of dark
22. Latin language
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24. Made a November choice
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SOME THINGS ARE BETTER WHEN SHARED

Find That Special Someone!

Call Connections
1-800-382-1746
24 hours a day, 7 days a week

You'll Get:

- FREE 30-word personal print ad
- FREE voice greeting
- FREE message retrieval (once per week)

...or look in the Classified Section and call the ads that interest you.

Designed for both Rotary and Touch Tone Phones

HOROSCOPE

For The Week of August 4-10

ARIES March 21-April 20
Taking a different perspective will help you solve a problem at home. Take a step back from the situation. It will pay off later. Good advice from a relative could benefit your career. Listen carefully.

Taurus April 21-May 21
Stick to the necessities when shopping. Finances may become tight in the month. A surprise phone call will leave you wondering. Don't second-guess your gut feeling. Plan a meal evening at home with home friends.

GEMINI May 22-June 21
You will get your way more easily if you treat people with respect. Smile this morning and be friendly. People will appreciate you. Don't let financial situation get you down this week. It is only temporary. A romantic interlude will lift your spirits soon.

CANCER June 22-July 22
People might drop by in the evening without notice. Don't get frustrated. Be happy. Your company is the perfect chance to repay a favor. Take advantage of the situation. Start keeping a journal to stay on top of things.

LEO July 23-August 23
Think of work as just as you want them to. Your hard work has finally paid off. There may be a few setbacks toward the end of the week. Don't let them get you down. Take it as a chance to show your skills. For a relaxing weekend, invite a few friends over and stay in.

VIRGO August 24-September 22
Be sure to help someone who is confused. They need your kind words. An old friend will make an unexpected appearance. Be in a relationship, but don't dwell on the past.

LIBRA September 23-October 23
You will be more objective after you have spent an hour or two. Buy something new for yourself this weekend. Seek the effort or unusual. It will boost your self-confidence and be early.

SCORPIO October 24-November 22
Follow your basic values when confronted with a problem. They've pulled you through every time and they will do it again. Remember words of advice from an older that you've used before. They will make a difficult time a little easier.

SAGITTARIUS November 23-December 21
Love is in the air. Follow your heart, not your mind. The right person could be in your presence already. You just need to let it happen. Don't keep analyzing everything. Start churning new will arrive and brighten an otherwise dreary day.

CAPRICORN December 22-January 20
Something you've both struggling with will suddenly become very simple. Your persistence will finally pay off. Soon the rest of your plans will also come together. Hold off on a new commitment until you've received your current situation.

AQUARIUS January 21-February 18
Don't be afraid to ask for a helping hand. You may need it more than you know. Show a little more affection to a loved one. Make a special call later in the week, just to say you care. You'll be glad that you did. Catch up on your personal correspondence.

PISCES February 19-March 20
Don't overreact to a domestic conflict early in the week. It will resolve itself by the weekend. You don't want to say something to a relative that you don't mean. Make a promise to yourself and keep it. Try to balance your time between work and play.

Youth entertainers celebrate '100 Years' of musical theater on 10th anniversary

By **Jacquie McCarthy**, Associate Editor

Singing and dancing to tunes from The Four All Stars to modern-day extravaganzas, the traveling Players hit the "Maple Grove at Rawley River Park with prizes, bringing "100 Years of Broadway" to a picnic for Camp Star for the Association for Retarded Citizens.

The Traveling Players is a class offered by the Westfield Summer Workshop, a division of the New Jersey Workshop for the Arts. The class was created 10 years ago by Denise Bellis, event coordinator for the troupe.

"Now I do the bookings and the special events but the class is still really close to my heart," said Bellis. "It's still a part of me."

Following a choral review by arranger Mac Huff, the girls sang and danced to recorded tunes. The opening included "Give My Regards to Broadway" and "There's No Business Like Show Business." Moving through the early days of Broadway, the audience was treated to such songs as "Button Up Your Overcoat" and "My Little Doodle-Do!" the latter accented with hats and flags.

Effective use of props was well received by the audience, who enjoyed watching the girls romping around in cowboy hats during "Old Timey," flouncing feather-bos for "Halo Dolly" and jangling on plastic rattles during "Greased Lightning."

Choral coach Joanne Gurko and dance instructor Joanne Kelly were on hand to guide the girls through the lyrics and steps.

Attention Advertisers!

Here is an excellent opportunity to advertise your business or service to a growing market of youths and adults going back to school in the fall. This special section will be a great resource for residents to keep "ready" and "don't-be-behind" your sales and traffic as you advertise your goods and services. Call your Advertising Account Executive at (908) 986-7700 today for a free consultation on how to build your business through advertising.

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ECONOMY CLASS TICKET
Items \$100.00 Or Less
20 Words - Price Must Appear In Ad
\$5.00

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CLASSIFICATION: _____ Union County

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Enclose Check or Money order and mail to:
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ECONOMY CLASS
P.O. Box 158
Maplewood, N.J. 07040
Or call and Charge-It to Visa/MasterCard.
1-800-564-8911

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Going To The Movies?

Call **686-9898**

and enter a four digit selection number below to hear the movie times at these theaters!

3171 **CINEPLEX ODEON CRANFORD**
25 North Avenue • CRANFORD

3173 **LINDEN FIVEPLEX CINEMAS**
400 North Wood Avenue • LINDEN

3175 **NEW PARK CINEMA**
23 West Westfield Avenue • ROSELLE PARK

3177 **CINEPLEX ODEON UNION THEATRE**
900 Stuyvesant Avenue • UNION

3176 **LOST PICTURE SHOW**
2395 Springfield Avenue • UNION

3181 **GENERAL CINEMA BLUE STAR**
1701-66 Route 20 West • WATCHUNG

3183 **RIALTO THEATRE**
250 East Broad Street • WESTFIELD

3185 **SONY THEATRES**
Rt. 22 East • MOUNTAINSIDE

Up To Five Selections Per Call **FREE!** No Busy Signals!

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HEALTH/FITNESS & MEDICINE

Alternative treatments combat hypertension, finds Scotland study

Weight loss and reduced salt intake can reduce medication in many hypertension-patients age 60 and older, according to the results of a four-year clinical study announced recently by the International Society of Hypertension in Glasgow, Scotland.

The findings were based on a study of 950 hypertensive patients aged 60 and older involved in the Trial of Non-Pharmacologic Intervention in the Elderly, a national study established to treat hypertension with less reliance on prescription medication.

The trials were conducted at four medical schools, including the University of Medicine and Dentistry of New Jersey, Robert Wood Johnson Medical School in New Brunswick. The other participating centers were Johns Hopkins University of Baltimore, Maryland; the University of Tennessee in Memphis, and the Bowman Gray School of Medicine at Wake Forest University in Winston-Salem, North Carolina.

In the study, hypertensive patients taking medication for high blood pressure were assigned to participate in one of four separate categories of treatment, said Dr. John B. Kostis, chair of the Department of Medicine at the University of Medicine and Dentistry of New Jersey. The categories were:

- Weight loss through dietary modification
- Sodium restriction
- Weight loss and salt restriction
- No intervention

The study revealed that approximately 50 percent of the patients assigned to the weight loss and salt restriction category were able to stop taking hypertension medication while maintaining normal blood pressure, said Dr. Kostis. In addition, TONE study participants walked regularly for exercise to help reduce the risk of high blood pressure. The study was sponsored by the National Heart, Lung and Blood Institute and the National Institutes of Health.

If you would like to learn details of the TONE study, call Tom Capozzino at (201) 982-7273 to arrange an interview with Dr. Kostis.

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

Epsom salt takes a bite out of summer abrasions

An estimated 90 percent of insect species worldwide have yet to be identified. But just because they're named doesn't make them painless. Tiny bites, nicks and scratches can make your skin burn and itch through the summer.

Need relief? Get some salt Epsom Salt, that is.

Epsom Salt is magnesium sulfate, a pure mineral product that not only eases muscle aches, but can help relieve the itch and swelling of bug bites, poison ivy and poison sumac.

"Epsom Salt is one of those items you should always have on-hand. You can use it for 101 things. It's inexpensive, odor-free, non-toxic and easy to use," said Lori Katz, President of the Epsom Salt Industry Council based in East Rutherford and Netley, NJ.

To receive free information on how to use Epsom Salt, call the Epsom Salt Industry at (800) 600-2929.

Here's how to relieve the itches:

For insect bites, add 2 teaspoons of Epsom Salt to a half-cup of boiling water. Chill. Then, dip a cotton ball in the solution and apply to the affected area as needed.

For poison ivy and other plant rashes, soak in a bath of cool water and 2 cups of Epsom Salt. Don't be concerned if the salts don't dissolve completely. After soaking, make a solution of 1/4 cup of Epsom Salt and a cup of boiling water. Soak sponges of cotton cloth into the solution and use cool. Next apply the sponges to the rash and keep lubricated for 10 minutes. You can also follow this regimen for chicken pox.

Remember: All bites, rashes and bumps should be examined by your family physician.

CHIROPRACTIC FOR BETTER HEALTH

DR. DONALD ANTONELLI CHIROPRACTOR

NO BACK PAIN, BUT...

Maybe you're not aware of any pain or discomfort in your back. But you're being pulled in some other part of your body, an area that may not be obvious. You're feeling stress, tension, or you're unable to relax. You're feeling a pain in your back, neck, or shoulders. You're feeling a pain in your arms, legs, or feet. You're feeling a pain in your chest, stomach, or intestines. You're feeling a pain in your head, eyes, or ears. You're feeling a pain in your joints, muscles, or tendons. You're feeling a pain in your skin, hair, or nails. You're feeling a pain in your teeth, gums, or tongue. You're feeling a pain in your throat, voice, or breathing. You're feeling a pain in your heart, lungs, or stomach. You're feeling a pain in your bladder, kidneys, or reproductive system. You're feeling a pain in your nerves, brain, or spinal cord. You're feeling a pain in your overall health and well-being.

Dr. Donald Antonelli is a chiropractor who specializes in treating a wide variety of conditions, including back pain, neck pain, headaches, and more. He uses a combination of manual therapy, exercise, and lifestyle changes to help his patients achieve better health and well-being.

1379 Morris Avenue
Union, New Jersey 07093
908-687-0102

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Richard H. Bodner, M.D., F.A.C.O.G.
Diplomate
American Board of Obstetrics and Gynecology

is pleased to announce that he is now participating in the following managed Health Care plans and HMOs:

- U.S. Healthcare
- CIGNA
- GHI
- Blue Shield
- Blue Shield Plus
- DVA
- Central States Health and Welfare Fund
- CoreSource
- CUNA Mutual Insurance Group
- Employee Health Insurance
- Fidelity Benefits and Time Insurance Company
- General American Life
- General American Life
- Great-West Life & Annuity Insurance Company
- Empire Blue Shield PPO only
- The Connecticut Life Insurance Company
- John Allen Life Insurance Company
- MetLife
- The National Mutual Life Insurance Company
- The New England Mutual Life Insurance Company
- New York Life Insurance Company
- Northwestern National Life Insurance Company
- Pacific Mutual Group Life Insurance Company
- Phoenix Home Life
- Prudential Mutual Life Insurance Company
- Safely Mutual Life Insurance Company of America
- Tenthredine Insurance Company

1379 Morris Avenue
Union, New Jersey 07093
908-687-0102

'Managed Care' programs manage to improve health care costs

Many Managed Care plans in the state of New Jersey are now enrolling Medicare beneficiaries into Medicare/Managed Care plans to represent a better health care value for seniors.

Presently, there are approximately eight managed care payers offering a Medicare/Managed Care product.

Each plan has its own network of hospitals, skilled nursing facilities, home health agencies, doctors and other professionals. The healthcare providers must meet certain quality standards to be accepted into a managed care plan.

This would include medical staff, rehabilitation programs, quality of services, outcomes management, utilization review procedures and discharge planning. In addition, a health care provider's accessibility and availability of health care services are key components to a successful relationship with the Medicare/Managed Care Plan as well as their members.

Delaware Nursing and Convalescent Center in Linden is proud to be a participating provider with many Medicare/Managed Care plans in New Jersey. What this means to the members of each plan is quality short-term medical care, and rehabilitation is available to help patients step down from hospitalization and achieve a quick recovery.

As long as the patient is able to meet the standard Medicare criteria after a hospital stay, the Medicare/Managed Care plan will pay for those short term services based on the plan benefits and medical necessity.

Managed Care has caused hospitals to shorten a patient's length of stay after an acute illness or injury. One advantage to this change is that many seniors enrolled in a Medicare/Managed Care plan are still able to receive medical and rehabilitation care in a nursing home setting after discharge from the hospital.

Therefore, a patient is ensured of receiving the maximum amount of healthcare services prior to re-hospitalization.

Changes in the healthcare delivery system have affected almost every insured individual in the State of New Jersey.

Through these changes, Delaware Nursing Home has remained progressive and continues to offer cost effective healthcare services to fulfill the gap between the hospital setting and home.

Delaware Nursing Home is a member of the Atlantic Health System, which means they have access to the best medical resources and services available in North Jersey. If you or a loved one would like further information regarding Delaware's Medicare/Managed Care agreements, please call Delaware Nursing Home at (908) 862-3399.

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.

Eye exams available

Glaucoma 2001, sponsored by the Foundation of the American Academy of Ophthalmology, provides eye exams to those at risk for glaucoma.

These exams are provided free to those without insurance. Call (800) 391-9377 for referral to a participating ophthalmologist.

Kessler Physical Therapy and Rehabilitation
announces the relocation of its new facility.

1036 Pleasant Avenue
Union, New Jersey

Kessler Physical Therapy and Rehabilitation offers physical therapy and occupational therapy services for the treatment of musculoskeletal and neurological disorders, neck and back pain, and sports and work related injuries.

Kessler Physical Therapy and Rehabilitation
1036 Pleasant Avenue, Union, NJ 07093
Phone: 908-851-0800 Fax: 908-451-0807

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

10% Off All EAS Products

FF Garlic & Herb Crackers 12oz Reg. \$1.79 **99**

Tongol Turia 12oz Reg. \$1.79 **129**

Apple Cider Vinegar 16oz Reg. \$2.99 **199**

VITAMIN FACTORY

Vitamin C 500 mg 1000	139	Half Vita 100	209
Reg. \$1.99		Reg. \$2.99	
Folic Acid 400 mcg 1000	69	Celebrity Tabs 4oz	2999
Reg. \$1.19		Calligary 10oz 4oz Reg. \$18.99	
Selenium 50 mcg 1000	129	Rest Guard 430 mg 1000	479
Reg. \$1.99		Reg. \$5.99	
Whey Protein 8oz 22g 1000	99	Vitamin Rock 400 mg 1000	429
Reg. \$1.99		Reg. \$5.99	
CoEnzyme Q-10 10 mg 1000	699	Mega #8 Platinum 1000	379
Reg. \$8.99		Calligary 10oz 4oz Reg. \$1.99	

DHEA 50 mg 90day supply Reg. \$39.99 **2799**

Diet Fuel Caps 700mg 60 Reg. \$14.99 **959**

Evening Primrose Oil 1000mg 60 Reg. \$19.99 **1395**

Green Tea W/Chamomile & Ginseng 1000mg 100 Reg. \$4.00 **299**

Cranium Toothpaste 1000mg 60 Reg. \$4.99 **389**

Carnitine 250 mg 1000 Reg. \$28.99 **1749**

Slim Tea - Original 10oz 50 Reg. \$19.99 **1299**

Chinko 60mg 60 mg 1000 Reg. \$24.99 **1495**

Co's Claw 1000mg 60 Reg. \$9.99 **399**

CitriMax PLUS 1000mg 60 Reg. \$19.99 **1295**

Everyday is sale day at the Vitamin Factory... Everything priced just a cut above wholesale!
Visa, Mastercard & MC Accepted Sale Prices Good From 7:00-9:00 a.m. 3-5:00 p.m.

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

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Connections WHAT A WAY TO MEET!

Call 1-900-786-2400 (\$1.99/min.) to respond to these ads. Touch-tone or rotary phones. You must be 18 or older.

18 New Ads

WOMEN SEEKING MEN

Do you enjoy good conversation... I'm a 50 year old female... I'm a 45 year old female... I'm a 42 year old female...

LET'S HAVE SOME FUN

21 year old female who loves to have fun... I'm a 20 year old female... I'm a 19 year old female...

LET'S GET TOGETHER

35 year old single white professional... I'm a 34 year old female... I'm a 33 year old female...

LET'S GET TOGETHER

32 year old single white professional... I'm a 31 year old female... I'm a 30 year old female...

LET'S GET TOGETHER

30 year old single white professional... I'm a 29 year old female... I'm a 28 year old female...

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28 year old single white professional... I'm a 27 year old female... I'm a 26 year old female...

LET'S GET TOGETHER

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Offices where ads can be placed in person: Union County 1291 Stuyvesant Avenue Union, N.J. Essex County 463 Valley Street Maplewood, N.J. 170 Scotland Road Orange, N.J. 286 Liberty Street Bloomfield, N.J.

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