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**How to reach us:**  
Our offices are located at 1201 Shuyescent Avenue, Union, N.J. 07093. We are open from 9 a.m. to 5 p.m. every weekday. Call us at one of the telephone numbers listed below.

**Voice Mail:**  
Our main phone number, 908-686-7700 is equipped with a voice mail system to better serve our customers. During our business hours, a receptionist will answer your call. During the evening or when the office is closed your call will be answered by an automated receptionist.

**To subscribe:**  
The Leader is mailed to subscribers every Thursday. One-year subscriptions in Union County are available for \$22.00, two-year subscriptions for \$38.00. Payment may be made by check or money order. Please call 1-800-868-7700 or write to the circulation department at 1201 Shuyescent Avenue, Union, N.J. 07093. Please allow 4-6 weeks for processing your order. You may use MasterCard or VISA.

**News items:**  
News releases of general interest must be in our office by Friday at noon to be considered for publication the following week. Pictures must be black and white glossy prints. For more information, contact a breaking news editor, call 908-686-7700.

**Letters to the editor:**  
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 daytime phone number for verification. Letters and columns must be in our office by Monday to be considered for publication that week. Advertising and news releases will not be accepted by e-mail.

**To place a classified ad:**  
Display advertising for placement in the general news section of the Leader must be in our office by Monday at 5 p.m. for publication that week. Advertising for placement in the B section must be in our office by Monday noon. An advertising representative will gladly assist you in preparing your message. Call 1-800-868-7700 for an appointment. Ask for the display advertising department.

**To place a classified ad:**  
The Leader has a large, well-read classified advertising section. Advertisements must be in our office by Tuesday at 3 p.m. for publication that week. All classified ads are payable in advance. We accept VISA and MasterCard. A classified representative will gladly assist you in preparing your message. Please stop by our office during regular business hours or call 1-800-868-7700. Monday to Friday from 9 a.m. to 5 p.m.

**To place a public notice:**  
Public Notices are notices which are required by state law to be printed in local weekly or daily newspapers. The Leader meets all New Jersey State Statutes regarding public notice advertising. Public notices must be in our office by Tuesday noon for publication that week. For more information, call 908-686-7700 and ask for the public notice advertising department.

**Facsimile Transmission:**  
The Leader is equipped to accept your ads, releases, etc. by FAX. Our FAX lines are open 24 hours a day. For classified notices call 1-201-783-2577. For all other transmissions please dial 1-908-686-4169.

**Postmaster: Please Note:**  
The SPRINGFIELD LEADER (ISSN 0192-7202) is published weekly by Worral Newspapers, Inc., 1201 Shuyescent Avenue, Union, N.J. 07093. Mail subscriptions \$25.00 per year in Union County, 60 cents per copy, non-refundable. Second class postage paid at Union, N.J. and additional mailing offices. POSTMASTER: Send address changes to the SPRINGFIELD LEADER, 1201 Shuyescent Avenue, Union, N.J. 07093.

### Golf tournament will help fund fire safety programs

(Continued from Page 1)  
...candle or golf cart, an invitation to the locker bar and a post tournament cocktail reception.  
Support for the tournament will help the department continue its various programs as well as establish new ones. Early-bird registration — all players and sponsors submitting their applications and payments by Dec. 12 — will be eligible for a special drawing.  
Donations are welcome and can be made to the Springfield Firemen's Mutual Benevolent Association No. 57.  
For more information, call 376-8858 or visit the department headquarters at 100 Mountain Ave.

### Free history class offered

The Watfield Senior Citizens Housing Corp., with the Watfield Foundation and the Learning is For Ever Center of Union County College, will be sponsoring a free class on the principles during the fall semester.  
"US History to 1865" is a three-credit course that explores the beginnings of the republic, its colonial foundations, and the struggle for independence. Discussions will focus on the economic, social, religious, and intellectual factors affecting the new country's development up to the Civil War.  
"US History to 1865" will be held each Friday from 10 a.m. to noon beginning tomorrow and extending through Dec. 13.

### Fanwood offers Health Day

The Fanwood Board of Health will conduct a Health Day on Sept. 14 from 9 a.m. to 11 a.m. at the Fanwood Municipal Building, 75 No. Marine Ave. The program is subject to cancellation, unless a minimum participation of 25 is achieved. The "Healthy Day" is open to residents of Mountaintide and Springfield.  
The program will offer blood screening, consisting of a SMA26, CBC and an HDL. A Medical Laboratory of West Orange will conduct the blood testing. Pre-mediation for the blood test is mandatory and will be conducted by the Westfield Health Department, 425 E. Broad St., Westfield, beginning Tuesday from 9 a.m. to 4 p.m. The registration deadline is Sept. 13. The cost of the SMA26 test is \$16. The following tests can be performed for additional costs: thyroid test, \$5; thyroid stimulating hormone, \$10; prostate test, \$30; blood glucose factor, \$10. All fees must be paid at the time of registration.  
The Health Day will offer a blood pressure program. Homeocast test kits will be available to test for occult blood in the gastro-intestinal tract. Test packets/dietary restrictions will be distributed at the program.

### Correction

In the Aug. 29 issue of this newspaper, the picture on the Opinion Page incorrectly identified Barbara Fowler as a swim coach at the Springfield Municipal Pool. She is a swimmer who at the Mountaintide Municipal Pool.

### Student's Thanksgiving poem earns honors

(Continued from Page 1)  
The turkey was taller than the clouds,  
and waiting to eat its people gathered  
in crowds.  
There was a lot of shovels and  
shovels.  
"Will Sara finally get that bird in the oven...  
Then everyone sat down and began  
to enjoy the meal.  
"Who's Thanksgiving dinner?"  
"The turkey was taller than the clouds,"  
said Sara. "I like to eat turkey and  
potatoes."  
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### UCUA seeks reduction in demineralization

(Continued from Page 1)  
The incinerator uses a water bath and lime to neutralize the acids in the ash. Callahan said the UCUA is exploring new equipment that would spray the fly ash with just enough water to keep the dust down. It would then be combined with the bottom ash on a conveyor belt instead of a water bath.  
"This would mean less water for the time to absorb and less water left in the ash. Less water, according to Callahan, means less weight in the ash."  
"Weight is money in the garbage business. The UCUA pays about \$37 per ton of garbage gas to Ogen-Merit, which built and operates the incinerator, and about \$43 goes to the city for disposal of the ash at Empire Sanitary Landfill in Pennsylvania and an additional \$16 to transport it there. This is the total of \$103 per ton of ash. If you eliminate one ton of ash, you can put on one more ton of ash," said Callahan. He added that, since the total fee at the landfill is based on the net weight of the truck and the ash, it is hauling, fewer trucks mean lower fees paid by the UCUA.  
Callahan said this system would require no new equipment and no capital costs for new equipment.  
"It's not going to be a huge reduction of our tipping fee — we're going to save costs — but it will reduce our fee," he said.  
Another project that the UCUA is exploring is reducing the demineralization of the water that it uses at the plant.  
"The UCUA has demineralized its water, which it gets from the Parkway

### Civic Calendar

- The Civic Calendar is prepared each week by the Springfield Leader and Mountaintide Echo. It is a listing of government meetings open to the public.
- Monday**
    - The Township Committee of Springfield will hold its executive meeting in the Planning Board room in the Municipal Building at 7:30 p.m.
  - Tuesday**
    - 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.
    - The Borough Council of Mountaintide will hold its work session in Borough Hall at 8 p.m.
  - Sept. 14**
    - The Springfield Environmental Commission will hold its monthly meeting in the Planning Board Room of the Municipal Building at 8 p.m.
  - Sept. 15**
    - The Borough Council of Mountaintide will hold its regular meeting in Borough Hall at 8 p.m.
  - Sept. 23**
    - 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.
    - The Local Assistance Board of Springfield will meet in the Wallace Director's Office on the second floor of the Municipal Building at 6:30 p.m.
  - Oct. 2**
    - The Springfield Planning Board will hold its monthly meeting at 7 p.m. in the Municipal Building.
    - The Springfield Board of Health will meet at 7 p.m. in the Municipal Building.
  - Oct. 7**
    - The Township Committee of Springfield will hold its executive meeting in the Planning Board room in the Municipal Building at 7:30 p.m.
  - Oct. 8**
    - 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.
    - The Borough Council of Mountaintide will hold its work session in Borough Hall at 8 p.m.
  - Oct. 15**
    - The Borough Council of Mountaintide will hold its regular session in Borough Hall at 8 p.m.
  - Oct. 21**
    - The Township Committee of Springfield will hold its executive meeting in the Planning Board Room in the Municipal Building at 7:30 p.m.
    - The Springfield Environmental Commission will hold its monthly meeting in the Planning Board Room of the Municipal Building at 8 p.m.
  - Oct. 22**
    - 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.

### For many, telemarketing is ideal summer job

It may not be as glamorous as being a lifeguard at the Jersey Shore, but for many students attending northern New Jersey's colleges and universities, telemarketing is providing the above-average income and flexible hours that allow them to continue their education while gaining valuable sales experience in a corporate environment.  
"Flexibility and money are the main reasons I look for a telemarketing job," said Matt Martin, 19, who just completed his second year at Union County College. "But it's also giving me the chance to fine-tune my interpersonal and communication skills, two things that will help me in my career."  
Martin is one of more than 140 part-time telephone sales representatives in the Springfield area center of DialAmerica Marketing Inc., one of the nation's largest telemarketing service organizations. The \$100 million company, based in Mahwah, regularly recruits students from Rutgers, Seton Hall, Montclair, State and Keane Colleges.  
Accommodating the Springfield call center's staffing requirements often means hiring new reps each week. The company must have two shifts, one from 9 a.m. to 1 p.m. and the other from 3:10 p.m. every day except Sunday, making subscriptions a necessary condition.  
The second annual Union County POW-MIA Remembrance Day will be observed on the steps of the county courthouse in Elizabeth Sept. 20 at 11:30 a.m.  
"We are asking all churches, schools, public and municipal facilities to ring their bells and sound their sirens for one minute beginning at 11:00 a.m. on Sept. 20, in honor of the POWs and MIAs of all wars. The brief ceremony will consist of short speeches by representatives from various county government organizations, a self-proclaimed "organizer."  
The public is invited to attend the ceremony, as well as all veterans organizations, county employees who are veterans, and families that have loved one missing in action or were held as prisoners of war. This Remembrance Day coincides with National POW-MIA Day held the third Saturday in September, to remember the sacrifices made by American servicemen and women, who have given so much that we can remain free and secure in our homeland. Slander also possible information or questions, call (908) 527-4018.

### Peace-keepers

Worral Community Newspapers wants to keep our readers in touch with their neighbors serving in the armed forces.  
The families and friends of those in the military, whether stationed in the United States or abroad, are encouraged to submit information and photos for publication in the Leader. Articles should be typed and include a telephone number where writer may be reached. Mail to: Managing Editor Kathryn...  
The public is invited to attend the ceremony, as well as all veterans organizations, county employees who are veterans, and families that have loved one missing in action or were held as prisoners of war. This Remembrance Day coincides with National POW-MIA Day held the third Saturday in September, to remember the sacrifices made by American servicemen and women, who have given so much that we can remain free and secure in our homeland. Slander also possible information or questions, call (908) 527-4018.

### AT THE LIBRARY

**Library looks for books**  
Springfield  
The Friends of the Springfield Public Library are accepting donations of hardcover and paperback books for the annual book sale to benefit the library. Books should be suitable, clean and in generally good condition. Adult and children's books are both welcome.  
Donations may be dropped at the library on Mondays, Wednesdays and Thursdays from 10 a.m. until 9 p.m. and on Tuesdays, Fridays and Saturdays from 10 a.m. until 4:45 p.m.  
The book sale will be held on Oct. 4 and 5 from 10 a.m. until 4:00 p.m. in the Donald Palmer Museum at the library, located at 96 Mountaintide Ave.  
Mountaintide  
The next meeting of the Mountaintide Public Library Trustees will take place in the Meeting Room of the Library at 7:30 p.m. on Sept. 16. The public is welcome to attend.

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### Wei earns Byrd scholarship

Dorothy Wei, son of Mr. and Mrs. Traylor Wei of Mountaintide, has been selected to receive a 1996 Robert C. Byrd Scholarship. The graduate of the Deborah School in Morristown is one of only 176 graduating seniors from the state of New Jersey to receive the award. The scholarship is a monetary award of \$1,211 for each of four years of college. In September, Wei will attend Yale University.

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### Town Meeting to address citizens' issues

Senator C. Louis Bassano has scheduled a Town Meeting for residents of communities in the 21st District in order to address any and all issues on the minds of citizens' local state and local government.

The veteran Senator has invited residents of Millburn, Livingston, Springfield, and Summit to the meeting, which will begin promptly at 7:30 p.m. Sept. 10 at Millburn Town Hall.

Bassano will welcome questions and input from citizens living in other communities within the 21st District.

This will be the first in a continuing series of meetings aimed at listening to the concerns of citizens within the 21st District about ways the Legislature and state and local government can better serve their interests," Bassano said. "Throughout my career as a legislator, I have always found that such sessions are invaluable and productive. They lead to new insights, updates on pending legislation and valuable information about how citizens perceive the impact of state and local programs. Occasionally, I even develop legislation as the direct result of a concern or piece of information brought to my attention by a citizen."

Bassano, the chairman of the Senate Human Services Committee, said he also invited his Assembly colleagues, Kevin O'Toole and Joel Weingarten, to attend the meeting to help address the public's questions.

Citizens who are unable to attend the meeting but who are interested in communicating with the Senator may contact his office at 324 Chestnut St., Union, 07083, by calling (908) 687-4127.

### RELIGION

#### Women come together

There's a "happening" at Temple Beth Ahim, located at 60 Temple Drive in Springfield, which takes place Monday evening at 7:45 p.m. The event will take place in a spacious, well-lit room on all levels: young women, middle-aged women and women who are seniors. All will be participating in an evening of being women together for the same purpose: belonging.

Parents of Ahava preschool, Religious School, children and women who are members of Women's League will come together for a unique evening which will encourage temple membership and active membership in all of the "arms" of Temple Beth Ahim.

During this evening, Fran Mankin, an author of children's books, will present a program about how Jewish books for children can enrich their lives.

In addition to this program, the New Judaica Shop chairman will be showing some of their magnificent offerings. The Torah Fund chairman will also be available, as will the Dees Secretary.

One does not have to be a member of the temple to attend this special evening. For more information, call the temple office at (201) 376-0529 during regular business hours.

#### St. James picnic

On Sept. 22, St. James Church, located at 45 South Springfield Ave., will hold its third annual parish picnic. The event will take place outdoors following a noon outdoor Mass. Plans for the day include food, soda, beer, games, music and more. All are invited to attend. Tickets are \$10 for adults, \$5 for young adults age 6-15 and children age 5 and under. Tickets are available at the church office at (201) 376-0444. For more information, call the church office at (201) 376-0444.

#### Pre-school program

Temple Sha'arey Shalom Pre-School, located at 78 South Springfield Ave., Springfield, offers young children, ages 2-4, a nurturing and secure school atmosphere where physical and social growth are encouraged through creative, "hands-on" activities.

The school's flexible class scheduling, as well as its stimulating programs, meet the varying needs of youngsters and parents as well.

For more information, call the temple office at (201) 379-3387.

#### Upgrading homes has become easier

The average U.S. home is 28 years old, according to Builder Magazine. While homes of that age are developing energy efficiency problems are appearing in the existing features that need to be upgraded.

The wear and tear of continued living can take its toll on virtually all parts of the house—from the foundation to the roof and everything in between.

Upgrading older homes, such as replacing inefficient windows, is easier than ever, particularly if homeowners are looking for a "do-it-yourself" project, says Paul Aaron of Pella Windows and Doors, Springfield, the local representative of Pella Windows and Doors. Aaron says these older homes were often built with window products that simply don't measure up to the modern designs available today.



Updating your home need not come at the expense of old-home charm, according to Paul Aaron of Pella Windows and Doors, Springfield.

#### Upgrading homes has become easier

A recent advancement—the wood double-hung replacement window—allows homeowners to replace the sash and glass in the movable parts of the window, without having to tear out the window frame, Aaron says. "This is particularly important to homeowners who don't want to lose the detailed moldings and custom work that add value to the home."

Aaron recommends that homeowners look for specific features in replacement windows. First, the window should come fully assembled to prevent installation headaches that often accompany so-called "cash replacement kits. Second, the window should be made to the homeowner's precise measurements to prevent drafts and improve overall energy efficiency.

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**ZENITH 20" REMOTE TV \$197**  
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**CALORIC 20" GAS RANGE \$177**  
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**CALORIC 30" TAPPAN 30" GAS RANGE \$197**  
#MPP300

**CALORIC ZENITH 25" TV \$277**  
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Back to school

This week, children across Union County packed their newly purchased supplies...

The Roselle Park School District has entered a five-year pilot program involving a computerized curriculum program...

Hillside students will begin their second year of education under Schools Superintendent Hiroko Miyakawa...

While most of the changes in Hillside are for students, teachers in Elizabeth will get the chance to become students again...

This school year will see the implementation of Project Laptop on a limited basis, with full realization targeted for 2001...

In a recent article in New Jersey Monthly magazine, a study conducted by Seton Hall University ranked the Summit school system 24th in the state among public schools...

Springfield's local district will be preparing to absorb Jonathan Dayton Regional High School into its school system...

Each of the aforementioned projects will certainly improve the respective districts that created them...

Springfield Leader and Mountain Echo publication information and subscription details.

OPINION



With construction on the expansion to Mountaineer's Borough Hall still taking place, how wonder when the borough will be able to emerge from all the red tape...

Slow crawl of progress

The gloomy news this week that there has been a sharp increase in the use of drugs among teen-agers is disconcerting and cause for concern.

For those precious moments when everything is rosy, soft and fuzzy and life becomes a bowl of cherries...

Drugs pose a king-size problem

As I See It

By Norman Rauscher

Attack shows caliber

It is a good sign that the Democratic candidate for Township Committee, Sy Mullman, chose to open his campaign with an attack on the marriage and honeymoon of Committee member William Ruocco...

Keep mind on campaign

To the Editor: Sy Mullman's unwarranted personal attack on Committee member William Ruocco two weeks ago was reprehensible and unprecedented in the demeanor of modern candidates running for public office in Springfield.

Democrats score big with show

The Democrats had their turn at showing the American public that we've got a lot more going on than just a few years of a Republican-led Congress...

Views On The News

By Brian Dilport

And if we have to compare the current situation to the one that existed before the election, it is not hard to see why we should be optimistic...

Geniuses take a downward turn

To the Editor: Regardless of what the consensus is about Hillary Clinton, she is now relegated to share the name "genius" as Newt Gingrich...

Letters and columns

Worral Community Newspapers publishes letters to the editor or other columns on the opinion pages.

Worral Community Newspapers accepts letters to the editor and guest columns via e-mail. The address is WCN22@sol.com.

LETTERS TO THE EDITOR

Position on changing our current form of government? I'm against it. What's your position?

I am in favor of keeping Helen McGinnis-Kayworth in the dual role of township clerk and administrator.

Speak out' offered

If you have a question, comment, suggestion, opinion, or just want to speak out on the day or night, let your neighbors know how you feel about it...

LETTERS TO THE EDITOR

Welfare reform law benefits taxpayers

The welfare reform bill recently passed by the House of Representatives is the biggest change in America's social policy in six decades.

Be Our Guest

By Rep. Bob Franks

And while this system has continued to grow at alarming rates, taxpayers have been asked to pour more and more money into programs that foster dependency and a total lack of personal responsibility.

Sy's attack was foolish

To the Editor: As a campaign leader for Springfield involving the Township Committee race, I don't think it's only Democrats who make fools out of themselves by putting up Sy Mullman for the Township Committee and then advising him to attack Committee member Bill Ruocco...

Welfare legislation offers an escape route

Last week, the welfare reform legislation was signed into law. New Jersey's welfare law will have the freedom and flexibility to design an escape route from welfare's poverty by offering a pathway to work.

Be Our Guest

By Christine Whitman

people. It has been harmful to children and destructive to families. It has rewarded failure and discouraged work.

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Professional Directory listing various services such as Accountants, Health Insurance, Attorney, Management Consulting, Chiropractors, Podiatrist, Eye Surgery, and Psychotherapy.

Free 'Living Trust' Seminar advertisement with details on date, time, and location.

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### Kent Place 'Sugar Plum' Oct. shopping event set

'Sugar Plum' a four day shopping extravaganza featuring over 20 exclusive boutiques for collecting, decorating, and gift giving, will be held Oct. 25 to Oct. 28 in the Kent Place School field house, 42 Newwood Avenue, Summit.

Visitors will have an opportunity to get an early start on holiday shopping at boutiques offering an assortment of fine quality items, including antiques, jewelry and accessories. Home, handcrafted and vintage items, including dolls, botanical prints, handknit rug, handpainted furniture, miniatures and more. Shoppers can also enjoy lunch or a snack at the Sugar Plum Cafe.

The Sugar Plum boutiques and cafe will be open Saturday, Sunday and Monday, Oct. 26-28 from 10 a.m. to 5 p.m. Admission is \$5 for adults. Children are free.

The event, a Kent Place School and Summit tradition, is a major fundraising effort of the Kent Place School Parents Association. Proceeds from Sugar Plum directly benefit the academic, athletic, and artistic activities of the students. Kent Place School, now in its second century as a leader in women's education, is New Jersey's largest nonsectarian college-preparatory school for girls.

To kick off Sugar Plum, the Parents Association is sponsoring a raffle to win a BMW 23 Roadster or \$25,000 million credit toward a vehicle of their choice. The BMW 23, provided by Morristown BMW, is the popular sports car featured in the latest James Bond film "Golden Eye."

For more information, contact Sugar Plum Committee Chair Dale Stipan at (908) 273-0900 ext. 210.



Sugar Plum, with over 28 boutiques, will be held Oct. 25-28 in the Kent Place School Field House, 42 Newwood Avenue, Summit. Among the members planning the fundraiser are, left to right, Boutiques Chair Gail Allent, W. Bostick, Treasurer Susan Bull, and Raffle Chair Judy Eright. Proceeds will benefit academic, artistic, and athletic activities of Kent Place students.

### Volunteer opportunities offered through local Junior League

"Volunteers are the lifeblood of our community," declare civic leaders. If you're a woman looking to get involved, you may wonder how to make the best use of your efforts.

For more than 65 years, the Junior League of Summit has solved this quandary by providing comprehensive volunteer training to its members, who have performed millions of hours of service in a myriad of member-selected projects. Members include homemakers and professional workers, women of diverse backgrounds and ages, and women of all ethnicities.

Any interested woman at least 21 years old who lives in the JLS's service area of Summit, Berkeley Heights, Chatham and New Providence is invited to attend one of the informational coffee chats that the League will hold for prospective members this Monday at 7:30 p.m. at the Summit YWCA, 79 Maple St., Summit, and Sept. 12 at 7:30 p.m. at the Summit Speed School, 70 Central Ave., New Providence.

"During her first year," explained JLS Provisional Committee Chairwoman Stacy Block, "a member will attend a series of training sessions on topics such as project planning, presentation skills, motivation and group dynamics. The coffee chat provides a service project that the new members will research, design and execute as a group. This phase provides fulfillment and camaraderie for the participants as they experience the direct impact of their hands-on efforts in the community."

Block noted that a new member also will get to know other JLS members by attending monthly membership meetings and optional socials will hold for prospective members this Monday at 7:30 p.m. at the Summit YWCA, 79 Maple St., Summit, and Sept. 12 at 7:30 p.m. at the Summit Speed School, 70 Central Ave., New Providence.

Wood Johnson Medical School, receiving his degree in 1993. He served his residency at Overlook Hospital, was a teaching assistant at the Columbia College of Physicians and Surgeons and a founding member of Atlantic Health System. From 1993-1996, he served in the Department of Family Practice at the Hospital and was the medical director of the House Staff Association President in 1994.

The open house and dedication will be held in the Millburn Family Practice Offices on Essex Street. Former patients of Coppola are invited to attend. For more information, and to register your attendance, call the office at (201) 579-5194.

### Overlook to honor area physician

The Overlook Hospital Millburn Family Practice Inpatient Unit is dedicated to the memory of Anthony Coppola, M.D., an open house to be held in the Center on Wednesday, Sept. 11 from 4 to 6 p.m. The program will be hosted by Coppola's son, Anthony P. Coppola, Jr.

The highlight of the dedication will be the unveiling of a plaque in memory of Coppola by members of the Overlook Hospital and Atlantic Health System Administration. The plaque will honor Coppola for his many dedicated years of service to his patients, Overlook Hospital, and his work as pioneer in Family Medicine. Coppola graduated from Tulane Medical School, New Orleans, Louisiana in 1983. He served his internship and residency at Tufts Infirmary in New Orleans from 1983-1986, specializing in obstetrics and gynecology. Coppola joined the Overlook Hospital staff in 1986 and in that same year opened his family practice in Millburn. In 1991, he was named a Diplomate of the American Board of Family Practice.

"Dr. Coppola was a physician dedicated to the needs of his patients," said Richard Paris, M.D., the new medical director of the Millburn Family Practice. "He combined his skills as a clinician with caring and compassion and was a great inspiration to both his patients and the staff he worked with."

Paris is a graduate of the Robert Wood Johnson Medical School, receiving his degree in 1993. He served his residency at Overlook Hospital, was a teaching assistant at the Columbia College of Physicians and Surgeons and a founding member of Atlantic Health System. From 1993-1996, he served in the Department of Family Practice at the Hospital and was the medical director of the House Staff Association President in 1994.

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### YMCA plans night of family fun

Don't miss "Family Fun Night" at the Summit Area YMCA on Friday, Sept. 21 from 6 to 9 p.m. This evening of old fashioned family fun kicks off with a pool party at 6 p.m. and continues with a variety of fun activities including games, an obstacle course and free swimming. Following the pool party there will be Movie and Popcorn Time from 7 to 9 p.m. which will feature the Walt Disney classic "Mary Poppins."

There will be a "Mystery Dinner" where participants will participate in games, an obstacle course and free swimming. Following the pool party there will be Movie and Popcorn Time from 7 to 9 p.m. which will feature the Walt Disney classic "Mary Poppins."

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### Springfield parents, children say good-bye to pool season



Springfield children find out how low they can go in the limbo contest.

Before they returned to school this week, Springfield's children got a day of sports, dancing and food at the Springfield Municipal Pool.

Organized by Committee Head Wendy Kervick and Pool Manager Rich Storch, the party was given full support by Township Committee member Roy Hirschfeld, also the liaison to the Recreation Department.

According to Storch, who is also treasurer of the Municipal Drug Alliance, "It has been an honor to have successful parties for the kids and provide a safe, supervised environment where they can have fun."

With about 25-30 parents supervising, approximately 100 kids, ages 6-15, attended. The party was catered by Mike Hunter of Campus Sushop II, who also runs the pool's snack bar. The music for the festivities was provided by DJs Adam Winters and Mark Sand.

"We all look forward to having success in the years to come," Storch said. "We're already thinking about next year," due to an overwhelming response this year from the parents and kids."

Teams of parents and children watch their volleyball duty gravely before continuing play.

### Newcomers schedule activities for fall season

The Mountaineer Newcomers Club announces the following upcoming events:

- Sept. 27 - Mommy & Me Hayride and Pumpkin Pickings
- Oct. 9 - Ladies Night Out
- Oct. 16 - Ladies Night Out
- Oct. 23 - Ladies Night Out

### Worship Calendar

**ASSEMBLIES OF GOD**  
CALVARY ASSEMBLY OF GOD, 933 W. Chestnut St., Union, 964-1133. Pastor Rev. W. Bostick. Sunday School 9:30 AM. Weekly Service 10:45 AM. Sunday Evening Service 6:30 PM. Wednesday Bible Study 7:00 PM.

**JEWISH-CONSERVATIVE**  
TEMPLE BETH ANIM 46 Temple Drive, Springfield, 376-0379. Perry Shulman, Rabbi. Shabbat Services 8:00 AM. Conservative services with programming for all ages. Weekly services (including Sunday evening) are conducted at 100 Park & 7:45 PM. Shabbat (Friday) evening 8:00 AM. Shabbat (Saturday) morning 9:30 AM. Family and holiday services 8:00 AM. Family services on Sunday and Tuesday. There are also services for the High School and Pre-Religious School aged children. The synagogue also sponsors a Sunday School, Women's League, Men's Club, youth groups for both boys and girls, and a Senior Center. For more information, please contact the office during office hours.

**LUTHERAN**  
GRACE LUTHERAN CHURCH AND SCHOOLS 2222 Vauxhall Road, Union, Rev. Donald J. Brand, Pastor. (908) 686-1000. Lutheran Church of the Holy Spirit, 1635 Valley Road, Springfield, 376-0379. Pastor: Rev. Donald J. Brand. Lutheran Church of the Holy Spirit, 1635 Valley Road, Springfield, 376-0379. Pastor: Rev. Donald J. Brand.

**NON-DENOMINATIONAL**  
MOUNTAINEER CHURCH, 1100 Mountain Drive, Montclair, 232-3456. Dr. Gregory H. Hirschfeld, Pastor. Sunday School 10:00 AM. Morning Worship 10:30 AM. Evening Worship 7:30 PM. Women's group meets Tuesday 7:30 PM and Thursday 1:30 PM. Monthly New Jersey Christianism Society second Friday of month 6:00 PM (except Jan., Feb., Aug.). For more information call the Church Office.

**UNITED METHODIST**  
BETH ANIM UNITED METHODIST CHURCH 46 Temple Drive, Springfield, 376-0379. Pastor: Rev. Donald J. Brand. Sunday School 9:30 AM. Weekly Service 10:45 AM. Sunday Evening Service 6:30 PM. Wednesday Bible Study 7:00 PM.

**WESLEYAN**  
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## BUSINESS & SERVICE DIRECTORY

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<b>PAINTING</b> EXCELLENT PAINTING Call 908-273-6025	<b>PAVING</b> SANTANGELO Call 908-595-8380	<b>POOL SERVICE</b> BAYSIDE POOLS Call 908-757-0518	<b>ROOFING</b> SUPER POOL SERVICE Call 908-688-3535	<b>SPACE AVAILABLE</b> FREE ESTIMATES Call 908-688-4455	<b>WANTED</b> ALL TRAINERS! Call 908-271-6124

### Jewish Reform

**CLINTON HILL BAPTIST CHURCH**  
When the Bible Comes Alive! 2815 Monte Ave., Union, NJ 07081. Pastor: Rev. W. Bostick. Sunday School 9:30 AM. Weekly Service 10:45 AM. Sunday Evening Service 6:30 PM. Wednesday Bible Study 7:00 PM.

**JEWISH-ORTHODOX**  
CONGREGATION ISRAEL 350 Mountain Avenue, Springfield, 376-0379. Rabbi: Rev. Donald J. Brand. Shabbat Services 8:00 AM. Conservative services with programming for all ages. Weekly services (including Sunday evening) are conducted at 100 Park & 7:45 PM. Shabbat (Friday) evening 8:00 AM. Shabbat (Saturday) morning 9:30 AM. Family and holiday services 8:00 AM. Family services on Sunday and Tuesday. There are also services for the High School and Pre-Religious School aged children. The synagogue also sponsors a Sunday School, Women's League, Men's Club, youth groups for both boys and girls, and a Senior Center. For more information, please contact the office during office hours.

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### Presbyterian

**CONNECTICUT FARMS, PRESBYTERIAN CHURCH**  
Pastor: Rev. Donald J. Brand. Sunday School 9:30 AM. Weekly Service 10:45 AM. Sunday Evening Service 6:30 PM. Wednesday Bible Study 7:00 PM.

**METHODIST**  
BETH ANIM UNITED METHODIST CHURCH 46 Temple Drive, Springfield, 376-0379. Pastor: Rev. Donald J. Brand. Sunday School 9:30 AM. Weekly Service 10:45 AM. Sunday Evening Service 6:30 PM. Wednesday Bible Study 7:00 PM.

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BETH ANIM UNITED METHODIST CHURCH 46 Temple Drive, Springfield, 376-0379. Pastor: Rev. Donald J. Brand. Sunday School 9:30 AM. Weekly Service 10:45 AM. Sunday Evening Service 6:30 PM. Wednesday Bible Study 7:00 PM.

**WESLEYAN**  
WESLEYAN CHURCH, 1100 Mountain Drive, Montclair, 232-3456. Dr. Gregory H. Hirschfeld, Pastor. Sunday School 10:00 AM. Morning Worship 10:30 AM. Evening Worship 7:30 PM. Women's group meets Tuesday 7:30 PM and Thursday 1:30 PM. Monthly New Jersey Christianism Society second Friday of month 6:00 PM (except Jan., Feb., Aug.). For more information call the Church Office.

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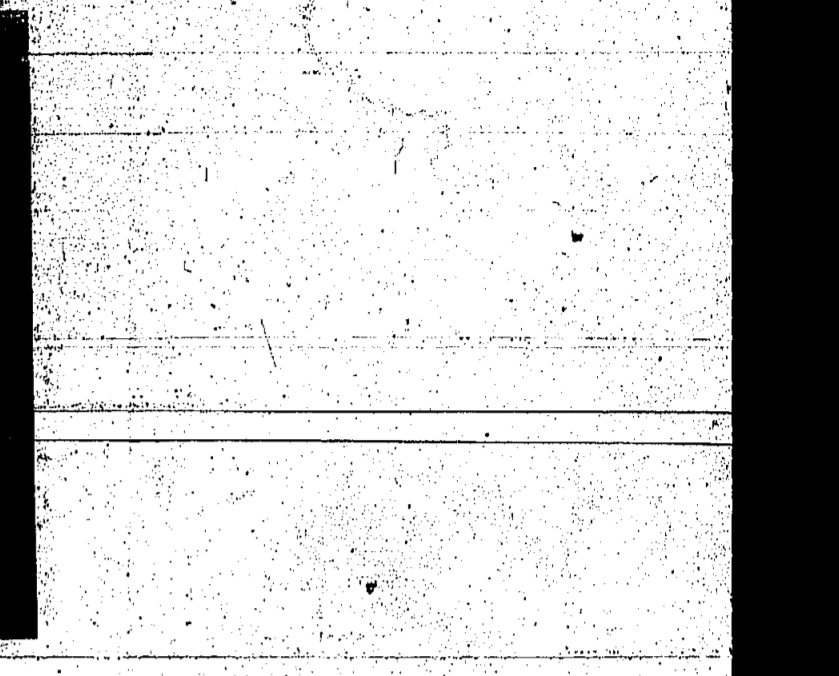
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# Mountainside Seniors Club gears up for autumn season

It's fun to be a senior citizen. Ask any member of the Mountainside Senior Citizens. This reporter asked Herb Gelsler, who is "happily" in his second term as president of the Mountainside Senior Citizens.

"We have a very busy fall lineup," explained Gelsler, whose wife is a member of the club and is equally active. "We have a wonderful group of seniors in our club, including three honorary members. One becomes an honorary member when one reaches a 90th birthday. Our oldest member is Carl Hecker, who will be 96 in October and who is active."

Gelsler mentioned that "we meet the second and fourth Friday of each month at the Community Presbyterian Church on Fort Path and Meetinghouse Lane in Mountainside. We precede our meetings with a coffee hour."

The club has about 135 members, most from Mountainside, some from outlying areas, and we usually get from 60 to 75 at our meetings.

"We have programs that are of interest to our members," he said, "such as speakers on Medicare, home health care, assisted living, senior citizen complex in Mountainside. We also expect to have a program."



Herb Gelsler  
Busy schedule for seniors

At the Sept. 13 meeting, Gelsler indicated, "we will have a luncheon on Sept. 27. Dan Kately, coordinator for CHIME, a volunteer out of Overlook Hospital, will speak on the latest developments in Medicare. In October, we expect to have a program presented by a Mental representative who is building an assisted living senior citizen complex in Mountainside."

"We also expect to have a program on Sept. 27. Dan Kately, coordinator for CHIME, a volunteer out of Overlook Hospital, will speak on the latest developments in Medicare. In October, we expect to have a program presented by a Mental representative who is building an assisted living senior citizen complex in Mountainside."

# Prepare for life through insurance

For most families, preparation for death is a given. Americans faithfully sign up premiums for insurance to be obtained when they die. Paradoxically, few—only about four percent—insure themselves against the consequences of living a long life.

"We aren't ready for it, but Americans are living longer. Much longer. Of those who live to be age 65, men can expect to live to be 81 and women 86. The life expectancy for Americans doesn't fear living too soon. In 1961, the U.S. population was 245 million. But the number of elderly doubled. And the "oldest old" population—85 and over—increased an astonishing 274 percent, with more than half of them functionally dependent.

"Today the likelihood of mental decline, stroke or chronic illness far surpasses the prospect of sudden death. In fact, more than 40 percent of us who reach age 65 will require nursing home care before death—care that will impoverish many the first year."

"Millions of aging baby boomers who don't face the financial realities of long life today are likely to become economic and emotional burdens on their children, and even grandchildren, tomorrow."

Why are more than 90 percent of Americans over age 65 unprotected against the most devastating risk of their lives?

"Denial. The response I hear most frequently from those I counsel is, 'It won't happen to me.' But, unfortunately, statistics show that a stroke or Alzheimer's Disease doesn't always strike the "other guy."

Others say family members will care for them, if necessary. I ask this: If you have a stroke or develop Parkinson's Disease, will your daughters-in-law quit her job to care for you? Will your son tell you to live with his family out-of-state? And how will you—or they—pay for your long term care?"

More reasons: My health insurance, Medicare, or Medicaid insurance will pay for my care. Medicaid insurance pays only 20 cents per day. Medicaid insurance covers long term care. And Medicaid pays only 20 cents per day.

Remember, Medicaid is an entitlement like Social Security or Medicare. Medicaid is welfare. Its reputation for access and quality of care is dismal, and, to qualify, you must be destitute. Even if you can divest yourself of your assets, do you really want to gamble that a bankruptcy system will be around when you need it? And do you imagine your care will match the care paying customers get?

People can pay for their own quality long term care through savings,

**Linda S. Ershow-Levenberg**  
Attorney-at-Law  
1460 Morris Avenue  
Union, New Jersey 07083

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# 'Views' discusses CHIME, HMOs

"Vintage Views" Union County's cable television program for seniors, features in September how the county's CHIME program offers counseling to help the elderly understand Medicare services and how they relate to a number of emerging HMO health insurance plans.

Tony Brennan, provisional host of the show, will discuss the complex relationship of the new HMOs to Medicare with Dan Kately, coordinator of the county's Counseling on Health Insurance for Medicare Enrollees Program.

"Their discussion covers questions such as: What is a Medicare HMO? Risk contract? How can HMOs provide health care for low-income seniors? How is an HMO paid? Can you continue to use your present doctor if you join an HMO? Do HMOs cover care away from home? Do HMOs provide medical services that Medicare won't allow, and are out-of-hospital prescriptions covered?" said Fireholder Walter McNell. "Seniors and family members need to know the answers to these questions, and other questions discussed. In order to make smart care insurance choices, this is a must-see program for seniors 65 and older."

"Vintage Views" is made possible through the facilities and technical direction of the TKR Cable Company.

The Schedule: TKR Cable, Channel 12, Elizabeth, Monday at 6:30 p.m. and Wednesday at 6 p.m. Comcast Cable, Channel 20, Wednesday at 4:30 p.m. Summit Area Comcast Cable, Channel 36, Tuesday and Friday at 11:30 a.m.

Comcast Cable, other county locations, Channel 57, which was Channel 59 prior to Aug. 1, Thursday at 7:05 p.m.

For more information, call (908) 527-4872.

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Waffle Protels 6 oz. 100% natural	179
Also featuring: 6 oz. Smooth FORMULA nutrasweet 3.99	

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Vitamin C 500 mg/100 mg	199
B Complex 50 mg	379
Vitamin E 200 IU Natural	299
Oyster Calcium 1000 mg	159
Coenzyme Q-10 30 mg	699

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**10% OFF All SONOMA Snacks**

Super Antioxidant 3oz.	899
Breath Fresh 3oz.	799
Cysteine 450 mg 100% natural	429
Wild Yam 400 mg 100% natural	399

**529** Dermal C Cream 4oz 3.00  
**1999** Dermal C Cream 4oz 3.00

**1059** Silica Gel 100mg 7oz.  
**1199** Primrose 1200 mg 100% natural

**749** Melatonin 3mg 30 day supply  
**1299** Smilax 6oz. 3.00

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# LOCAL SPORTS HIGHLIGHTS

**Dayton football travels to Gov. Livingston in opener Sept. 28**

Soccer both against New Providence on Sept. 17

**Varsity Football**  
Sept. 28 at Gov. Livingston, 1:00  
Sept. 29 at New Providence, 4:00  
Oct. 12 Roselle Park, 1:00  
Oct. 13 at Bound Brook, 7:00  
Oct. 25 at Immaculate, 7:00  
Nov. 2 at Middletown, 2:00  
Nov. 9 at Roselle Park, 7:30  
Nov. 16 at Johnson, 1:00  
Nov. 23 at Ridge, 10:30

**Boys' JV Soccer**  
Sept. 17 at Roselle Park, 4:00  
Sept. 19 at Marlville, 4:00  
Sept. 20 at Roselle Park, 4:00  
Sept. 27 at Middletown, 4:00  
Oct. 1 at Roselle Park, 4:00  
Oct. 3 at Johnson, 4:00  
Oct. 5 at Roselle Park, 7:30  
Oct. 8 at New Providence, 4:00  
Oct. 10 at Roselle Park, 4:00  
Oct. 15 at Marlville, 4:00  
Oct. 16 at North Plainfield, 4:00  
Oct. 21 at Oratory, 4:00  
Oct. 23 at Roselle Park, 4:00  
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Oct. 14 at Roselle Park, 4:00  
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Nov. 4 at Middletown, 3:30  
Nov. 11 at Marlville, 3:30  
Nov. 18 at Johnson, 3:30  
Nov. 25 at Ridge, 9:00

**Freshman Football**  
Sept. 27 at Gov. Livingston, 4:00  
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**Girls' Cross Country**  
Sept. 24 at Bound Brook/R.C., 4:00

**Seniors Softball**  
EyesStyle 8, Travel Guide 5, Bob Rowland pitched his team to victory as teammates got enough offense to win it. Ron Rahmetzoff belted a three-run triple for EyesStyle.

**60-PLUS DIVISION**  
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# GL boys and girls soccer to face Ridge in openers

The following are the fall sports schedules for Governor Livingston High School:

**Varsity Football**  
Sept. 28 at Dayton, 1:00  
Oct. 5 at Immaculate, 1:00  
Oct. 12 at Roselle, 1:00  
Oct. 15 at New Providence, Oratory, 4:00  
Oct. 18 at No. Plainfield, 7:00  
Oct. 26 at New Prov., 1:00  
Nov. 2 at Roselle Park, 2:00  
Nov. 9 at Hillside, 1:00  
Nov. 16 at Bound Brook, 7:30  
Nov. 23 at Johnson, 10:30

**Boys' JV Soccer**  
Sept. 17 at Roselle Park, 4:00  
Sept. 19 at Marlville, 4:00  
Sept. 20 at Roselle Park, 4:00  
Sept. 27 at Middletown, 4:00  
Oct. 1 at Roselle Park, 4:00  
Oct. 3 at Johnson, 4:00  
Oct. 5 at Roselle Park, 7:30  
Oct. 8 at New Providence, 4:00  
Oct. 10 at Roselle Park, 4:00  
Oct. 15 at Marlville, 4:00  
Oct. 16 at North Plainfield, 4:00  
Oct. 21 at Oratory, 4:00  
Oct. 23 at Roselle Park, 4:00  
Oct. 25 at Roselle Park, 4:00  
Oct. 29 at Roselle Park, 4:00  
Oct. 31 at Marlville, 4:00  
Nov. 2 at Roselle Park, 4:00  
Nov. 9 at Roselle Park, 4:00  
Nov. 16 at Johnson, 1:00  
Nov. 23 at Ridge, 10:30

**JV Football**  
Sept. 30 at Gov. Livingston, 4:00  
Oct. 7 at New Providence, 4:00  
Oct. 14 at Roselle Park, 4:00  
Oct. 21 at Bound Brook, 4:00  
Oct. 28 at Immaculate, 4:00  
Nov. 4 at Middletown, 3:30  
Nov. 11 at Marlville, 3:30  
Nov. 18 at Johnson, 3:30  
Nov. 25 at Ridge, 9:00

OBITUARIES

Mary A. Leohard
Mary A. Leohard, 90, of Mountaintide died Aug. 26 in the Glendale Convalescent Center, New Providence.

Rose Felsoot
Rose Felsoot, 92, of Union, formerly of Springfield, died Aug. 27 in St. Barnabas Medical Center, Livingston.

James Howarth
James Howarth, 90, of Springfield died Aug. 28 in the Jupiter Convalescent Pavilion, Jupiter, Fla.

Mary Slinchak
Mary Slinchak of Fairfield, who celebrated her 101st birthday in January, died Aug. 28 in the Council Hill Convalescent Center, Union.

John O'Brien
John O'Brien, 82, of Glendale, Ariz., formerly of Springfield, died Aug. 26 in his home.

Mary Slinchak
Mary Slinchak of Fairfield, who celebrated her 101st birthday in January, died Aug. 28 in the Council Hill Convalescent Center, Union.

Obituary policy
Obituary notices submitted by local funeral homes or families must be in writing; they must be typed and include a daytime telephone number where the writer may be reached.

Schering Plough workers trim fat

More than 130 employees of Schering Plough Corp. teamed up for 10 weeks of "Team Melt Down," a weight-reduction program to benefit the American Cancer Society.

Fall recreation spotlights golf, fishing

Recreation opportunities for your family in the Union County Park System in September and October.
Union County Senior Public Links Tournament - Men's and women's entries accepted through Sunday for ages 50 and up.

Watching Troop begins this week. Horseback riding lessons will be held at Watchung State in Mountaintide with ten weeks of instruction on various days and at a variety of times.

PUBLIC NOTICE

NOTICE OF SALE
TOWNSHIP OF UNION, NEW JERSEY
COUNTY OF UNION, NEW JERSEY
GENERAL IMPROVEMENTS BOND, SERIES 1996

NOTICE OF SALE
TOWNSHIP OF UNION, NEW JERSEY
COUNTY OF UNION, NEW JERSEY
GENERAL IMPROVEMENTS BOND, SERIES 1996

PUBLIC NOTICE

NOTICE OF HEARING
BOARDS OF ADJUSTMENT
PLEASE TAKE NOTICE that the Board of Adjustment of the Township of Springfield, New Jersey, will hold a public hearing on the application for a Special Use Zoning Ordinance for the purpose of rezoning certain land in the Township of Springfield, New Jersey.

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FALL 1996
Center of HOPE - Center of LIFE

HORIZONS
A Publication of the Cancer Center of Saint Barnabas

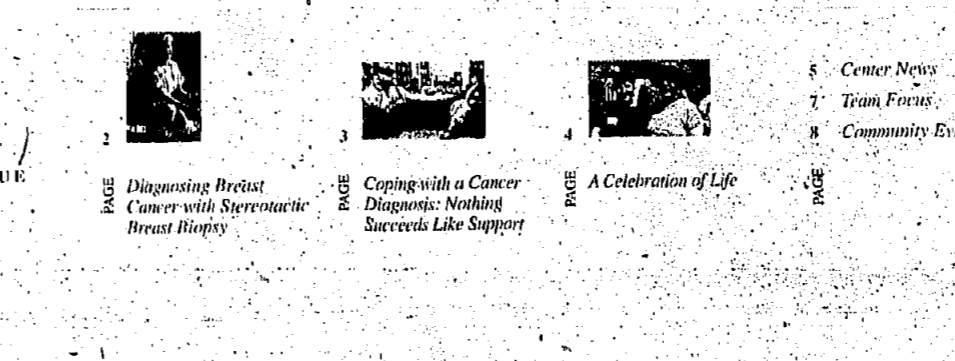
Weighing the Options: Screening for Prostate Cancer

Football player Len Dawson, movie actor Lou Gossett, Jr. and presidential candidate Robert Dole have one thing in common: They may be alive today because each of them received a blood test called prostate specific antigen (PSA) along with a digital rectal exam (DRE), which helped to detect prostate cancer at an early and curable stage.

Research Seeks Answers on Shark Cartilage Therapy

Stuart P. Lerner, M.D., Attending Physician in Medical Oncology, Cancer Center of Saint Barnabas.
In the past few years, one could get help but notice that shark cartilage as a treatment for cancer has received considerable attention in the news media.

The excitement over shark cartilage began several years ago when William Lane, a nutritionist and biochemist from New Jersey, published a



IN THIS ISSUE
Diagnosing Prostate Cancer with Serum PSA and Rectal Biopsy
Coping with a Cancer Diagnostic Waiting Period
A Celebration of Life
Center News
Team Focus
Community Events



LINDA R. ABJODY, M.D.  
Co-Director Interventional Mammography  
DIVISION OF RADIOLOGY

Percutaneous stereotactic core breast biopsy is an exciting new technique which in some situations offers an alternative to surgical biopsy for sampling of suspicious or likely benign areas of the breast found by mammography.

Using specialized x-ray equipment, the technique allows for the areas in question within a woman's breast to be pinpointed exactly using computer generated coordinates. A needle is placed into the area by a specially trained radiologist who confirms its position using digital images. A small amount of tissue is then removed and sent to a pathologist for examination.

No special preparation is required for the examination. A woman is positioned comfortably on a padded table. Local anesthesia is used, and only a sensation of "pressure" is experienced by the patient during the sampling. The patient may return to normal activities the same day.

Results are available within 24 to 48 hours. The accuracy of the technique has been reported to be at least 95 percent, similar to results for open surgical biopsy. An equivocal

finding is often pursued with follow-up mammography or open surgical biopsy to eliminate false negative results.

Advantages of the technique include the elimination of the need for anesthesia, and dramatic cost savings. No cosmetic or mammographic scarring results from the procedure.

Selection of patients for the procedure requires coordination between the referring physician and radiologist, who determine whether the procedure is appropriate or whether traditional needle localization and excisional biopsy would be preferable.



LISSA PARSONNET, A.C.S.W.  
Director of Psychosocial Support Services  
CANCER CENTER OF SAINT BARNABAS

A diagnosis of cancer can propel people into a world of unfamiliar and perhaps frightening emotions. Some find that individuals they have relied upon for support and understanding throughout their lives are suddenly at a loss as to how to help; they simply do not understand.

**How Do Support Groups Help?**

Cancer support groups provide a network of people who may share the experiences and feelings of the person with cancer. This network reduces the loneliness and isolation that many patients may experience despite the best efforts of loving families and friends. The validation of feelings that occurs in support groups helps members to cope with both the physical and emotional effects of the illness. Studies have demonstrated the effectiveness of support groups in improving mood, adjustment and pain.



Lissa Parsonnet, A.C.S.W.  
Director of Psychosocial Support Services  
Cancer Center of Saint Barnabas

Support groups offer an arena to discuss common problems and develop strategies to cope. Topics addressed may include ways to discuss illness with friends and colleagues, who to speak to about cancer at the workplace, how much to tell the person you are dating about your diagnosis and how to best respond to people who do not understand your situation.

To cope with cancer it is necessary to have accurate information. Physicians are the best source of medical information. Support groups offer an opportunity to test the reality of assertions made through the media, and correct misperceptions.

**What to Look for in a Cancer Support Group.**

Support groups develop a "personality" of their own. It is important that members feel comfortable within the group. Most support groups are led by professionals in the field of social work or psychology, who are trained in conducting groups for people with cancer.

Many people find it difficult to participate in groups that are very diverse; people with newly diagnosed cancer have little in common with those with advanced disease, or with people who have been off treatment for a long time. Similarly, patients and family members are coping with different issues. Specialized groups may be available by site of illness, stage of illness, treatment modality or age.

**HOW TO TALK WITH SOMEONE YOU CARE ABOUT WHO HAS CANCER**

"What should I say?" and "How can I help?" are two of the most common questions when someone you care about has cancer. Use the knowledge you have of your friend to help you pick up on his/her cues and needs. The following tips may help:

- Treat the person with cancer normally. Be natural, and relate to the person as you usually do. This may mean discussing sports, arguing about politics or joking. Normalcy can help the person to cope.
- Continue to be as affectionate as you generally are. Don't be afraid to touch or hug the person. Cancer is not contagious, and physical contact can be very comforting if it has been a part of your relationship.
- Follow the patient's lead in discussing cancer. Don't be afraid to discuss the illness or how it is impacting the patient; similarly, respect the person's desire not to discuss it.
- Do not relay "horror stories" that you have heard about other people facing cancer. This is a surprisingly common practice which is not helpful. A more helpful approach is to discuss what you and other survivors there are willing to do if the patient is receptive. Again, follow the person's lead.
- Offer practical assistance. Do not wait to be asked. As many people will never request help. Instead bring meals, do grocery shopping or offer rides to medical appointments.
- Do not offer unsolicited advice, particularly about medical treatments. This can be very upsetting and confusing to people who are in vulnerable or unclear situations. Before sending books and articles, ask the person if he wants help in gathering information.
- Do not tell someone how they should feel, what they must do to cope, or how they should face their illness. There is NO "right" way to cope with cancer. Everyone copes with stress and illness differently. Resist the urge to preach any one perspective or solution.
- Do not tell someone that you know how they feel. Instead, empathize with their struggle.
- Be a listener. Let the person tell you how they are feeling, what they are thinking about, and what is helpful to them. Be open and nonjudgmental about what they are saying.
- Do not assume that the patient will die of this disease. Remember that there are over 5 million cancer survivors in this country alone!
- In particularly difficult situations you, remember that professional help is available. To speak to one of our counselors, call (201) 533-8214.

**SUPPORT SERVICES OFFERED AT THE SAINT BARNABAS CANCER CENTER**

- Primary Cancer Support Group
- Group for Women With Primary Breast Cancer
- Living With Recurrent or Metastatic Breast Cancer
- The Us Too Prostate Support Group
- Coping Through Creativity
- Group for Family and Friends
- The Post-Treatment Support Group
- The Children's Circle (for children of cancer patients)
- Patient-To-Patient Volunteer Program

Call (201) 533-8414 for more information and meeting times.

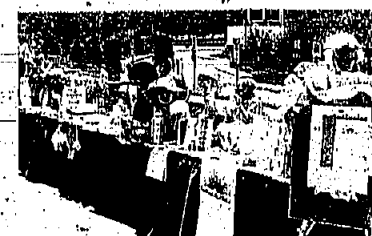




Cancer survivors from Hudson Highlands. Bobbi Gilie.



Acute, Phil, and Lita's survivors gather to present the award to the survivor who has the longest time span.



A delicious table of wine and midday sponsored by local physicians that help people who are undergoing a form therapy, Food Group, Food Bank, and local for a more thoughtful cancer.



Cancer survivor Bud Bernstein.

It was a time of reflection, of celebration and of education. More than 300 former and current patients, of the Cancer Center gathered with their families, friends, physicians and other health care team members to celebrate National Cancer Survivors Day. The event, which was held outdoors on the Medical Center's grounds on a sunny day in June, was designed to celebrate the strength and courage displayed by the more than eight million cancer survivors in the United States.

One of the most important aspects of the event was the opportunity for cancer survivors to share their experiences with others. Bobbi Gilie, a breast cancer survivor from Montclair, spoke about the need for a "can." Doreen Rully-Kleiman, a survivor of non-Hodgkin's lymphoma from Livingston, described how she has learned to appreciate every day and to find something positive in everything she does. Her 14-year-old son, Matt, also spoke about how important it is for adults who have cancer to be honest with their children about their condition. Bud Bernstein, a leukemia survivor, said he feels fortunate to be a survivor and has gained a sense of awareness, a joy of living and a new perspective of life.

The message that came across loud and clear was that there is life after a cancer diagnosis, and that survivors can lead active, productive lives.



Cancer survivors Bobbi Gilie, Matt, and Doreen Rully-Kleiman with her son Matt who is a survivor of leukemia. Photo by: Lisa Parsonel, Support Services, and Dr. John M. Smith, M.D., Chief Medical Officer of the Cancer Center.



Food & social at Sun Nook. Much fun, conversations and laughter.



Lissa Parsonel, Director of Psychosocial Support Services, speaking at the event.



Michael R. Bennett, M.D., Assistant Medical Director, Internal Medicine, speaking at the event.



Cancer survivors gathered to receive an award from the Cancer Center. Photo by: Lisa Parsonel, Support Services, and Dr. John M. Smith, M.D., Chief Medical Officer of the Cancer Center.



Vincent F. Fazio, M.D., Assistant Medical Director, Internal Medicine, speaking at the event.



### Family Sleep Over Room Welcome Addition to Oncology Unit

An important component of the recent renovation of the 38-bed oncology unit is the addition of a Family Sleep Over Room. The room, which includes two single beds, a shower, television, VCR and telephone, was created for occasions when patients need their loved ones nearby. The Family Sleep Over Room is supported by the Hyssa Schwartz Leukemia Foundation.

"The Family Sleep Over Room is used most often when a family wants to or needs to be close by. Some people feel more comfortable having their family members nearby 24 hours a day," said Eileen West, Nurse Manager. "The room is also used when family members come to visit from a long distance."

The oncology unit aims to create a relaxed, homelike environment. Amenities include a well stocked pantry, a wine and cheese cart for patients and families, a comfortable family room, a children's playroom, big screen T.V., table and chairs for meals, 24-hour visiting hours and a supportive professional and volunteer staff.

### Workshop Eases Recovery Process After Breast Surgery

For many women, recovering from breast surgery is a process which takes time, education and support. Since breast surgery patients previously were hospitalized for several days, this support was offered as part of inpatient care. With the current shift toward shorter hospital stays, the Cancer Center has initiated a monthly multidisciplinary workshop to help women after they have returned home following either a mastectomy or lumpectomy.

A team of professionals addresses a variety of issues, including prevention of lymphedema,

exercise and fitness, nutritional guidelines and coping with emotions after breast surgery. In addition, a representative from the Center's patient-to-patient volunteer program shares her own experience with breast surgery and the recovery process.

The Workshop is open to all women in the community and meets on the third Wednesday of each month from 1:00 to 3:00 p.m. There is no charge for the program, but reservations are required. Please call Lissa Parsonel, A.C.S.W., Director of Psychosocial Support Services, at (201) 533-8414 for information and reservations.

**Prostate Cancer Awareness Events at Saint Barnabas**

To educate the public about prostate cancer, Saint Barnabas Medical Center and the Cancer Center of Saint Barnabas are presenting a symposium, *Prostate Cancer: Recent Advances*, on September 9, 1996, from 7:00 p.m. to 9:00 p.m. in the Medical Center's Ictam Auditorium.

For those who would like to have their PSA level measured, the Medical Center is holding a *Free Prostate Cancer Screening Day* on September 18, 1996, from 4:00 p.m. to 7:00 p.m.

The screening is offered for men between the ages of 50 and 70 who do not have any prostate symptoms and who are not under the care of a urologist. Men at high risk—

African-American men and those with a family history of prostate cancer—are encouraged to have their PSA levels tested beginning at age 40. For more information about these events and about viewing the videotape, "The PSA Decision," please call (201) 533-5772.

CONTINUED FROM COVER

"According to the American College of Surgeons, PSA testing has allowed more prostate cancers to be detected before they spread to other organs," points out Stanley Hlebon, M.D., F.A.C.S., Attending Physician in Urology at Saint Barnabas Medical Center.

**Need for Research**

As yet there has been no definitive study demonstrating that PSA screening can decrease mortality from prostate cancer. "Trials investigating this question are underway in both Europe and the United States. However, the information from such trials may take as much as ten years to become available. Therefore, an individual who now faces a decision about whether to get the PSA test has to make this decision on the best information available in 1996.

As men age, the great majority will develop microscopic evidence of cancer in their prostate gland, which can lead to a rise in PSA, yet most will never develop clinically significant prostate cancer. These men will have prostate cancer cells in their gland but the cancer will never bother them. Others, however, will have cancer cells in their gland that are more aggressive and can grow locally and spread. The major problem is to be able to predict which cancers will become aggressive.

"The detection of prostate cancer in some men will lead to treatment that they don't necessarily need, exposing them to the risk of complications such as impotence, incontinence and anesthetic and surgical risks," Dr. Holtz added.

**Concern Over Accuracy**

Detractors of routine PSA screening also point out that PSA testing is only modestly accurate. The test can be elevated by conditions other than cancer such as a benign enlargement of the prostate called benign prostatic hyperplasia, infection, and ejaculation within 48 hours. Furthermore, PSA results can still be normal 14 to 37 percent of the time even when a cancer is present in the gland. Therefore, if a physician feels a suspicious abnormality when examining the prostate, a nec-

rot PSA should not be used to exclude the possibility that the gland harbors a cancer.

"Because of the limitations of PSA testing, a large population of men with benign prostate disease and a false positive PSA result will become anxious candidates for additional tests and procedures such as ultrasound and biopsy of the prostate," Dr. Holtz said.

"To help increase the accuracy of the test, physicians have investigated several 'PSA helpers' such as measurements of the rate of change of PSA over time and adjustments of PSA for age, ethnic background and size of the prostate on physical exam," explained Louis G. Gattlieri, M.D., Attending Physician in Urology at Saint Barnabas Medical Center. In addition, newer research techniques can decipher different types of PSA in the blood which also appear to improve the accuracy of the test.

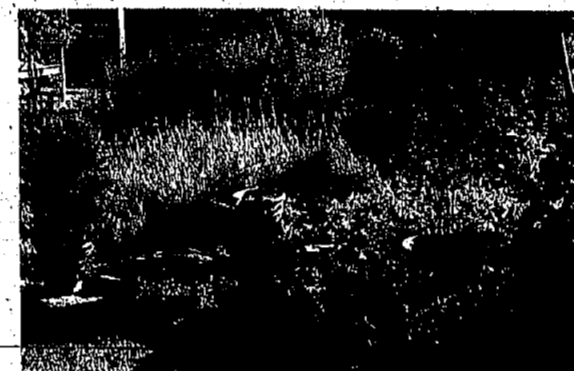
In the midst of the current debate and confusion, what can men believe and what should they do?

"These considerable problems justify an individual approach to PSA screening. This involves assessing a man's personal risk of prostate cancer as well as his general medical condition," said Dr. Holtz.

If screening is to be performed, current recommendations specify annual screenings from ages 50 to 70, and at age 40 for men at high risk (African-American men and those with a family history of the disease). PSA testing generally should be avoided in men who, because of advanced age or other medical problems, have a life expectancy of less than 10 years.

Ultimately, most physicians agree that men need to be given objective information about the benefits and harms of testing and treatment and the limits of what current evidence can tell us. An educational videotape called "The PSA Decision" produced by the Foundation for Informed Medical Decision Making Inc., that discusses the pros and cons of PSA testing, can be viewed at the Cancer Center Community Resource Library upon appointment by calling (201) 533-5772.

ARTHUR MARON, M.D., M.P.A., Director, Department of Graduate Medical Education, SAINT BARNABAS MEDICAL CENTER



Herbal medicine has grown in popularity, but researchers find that only a small number of herbs have any place in cancer treatment.

provided a better understanding of modalities of alternative medicine (also referred to as complementary, or unconventional therapies). The symposium also presented several specific examples for analysis and discussion. The modalities discussed were neither taught widely in United States medical schools nor generally available in American hospitals. They included clinical acupuncture, nutritional medicine, rolfing (connective tissue manipulation) and mind-body imagery.

In light of evidence that one in three United States patients routinely uses alternative therapies, and seven in ten such users do not discuss their practices with their physicians, there is clearly a need for professional education and improved channels of communication between patients and their physicians. Interestingly, the number of visits for unconventional therapy actually exceeds the number of visits to all primary care physicians in a given year.

Vern E. Tyler, Ph.D., Sc.D., Lilly Distinguished Professor of Pharmacognosy at Purdue University, presented the relationship of herbal therapy to cancer. There are several herbal derivatives, such as Vincristine, which are conventional antineoplastic (anti-cancer) agents. Dr. Tyler also discussed a number of other herbs commonly sold in the U.S. which actually are carcinogenic (cancer-causing) or otherwise harmful, such as Sassafras and Comfrey.

Research involving cancer therapy with substances such as shark cartilage is underway (see article on cover), and federal grants have been awarded to support the study of various unproven antineoplastins and similar agents. In addition, the role of nutrition as supportive therapy in cancer patients and the value of mind-body imagery and positive thinking are of interest in many medical centers and deserve further study.

Most scientists agree that the greatest danger in the use of unproven, unconventional alternative therapies in cancer patients is that these modalities will be used to the exclusion of proven, scientific remedies such as radiation, surgery and chemotherapy. While "complementary" therapy (to supplement and enhance proven treatment) should be considered and possibly encouraged in the management of cancer, "alternative" therapy (used instead of proven treatment) may in some settings be extremely dangerous and life-threatening. In any case, frank and honest discussion of the virtues and risks is essential if the patient and physician are to achieve the greatest element of success.

More than 200 physicians and other health care professionals participated in the Sixth Annual Abdul H. Ismail, M.D. Memorial Symposium, "Alternative Medicine: What Physicians Need to Know," held last spring at Saint Barnabas Medical Center.

The program, which was supported by an educational grant from Carot and Morton Siegler,

MARY ANN BOSHELL, M.D., Attending Pediatric Hematology/Oncologist, St. Peter's Children's Center for Cancer and Blood Disorders at Saint Barnabas Medical Center, is a member of the Advisory Board of the International Severe Chronic Neutropenia Registry. This is the only group of its kind that is working to improve the care of patients with neutropenia (low white blood cells) leading to increased risk of infection. Dr. Bosshell also organized the first evening of a cancer support and education group for families of people with these rare disorders, the "National Neutropenic Network," which was held last August at Saint Barnabas Medical Center.

THOMAS D'ONEFRIO, M.D., Saint Barnabas Assistant Director of Gynecologic Oncology, recently collaborated with several other Saint Barnabas physicians in the publication of a paper in *Gynecological Oncology*, the journal of the International Society of Gynecological Cancer. The other authors are Ralph M. Lawton, M.D., Attending Radiation Oncologist; Louis E. Santolucito, M.D., Chairman of Obstetrics/Gynecology; Caterina A. Grieco, M.D., Vice Chairman of Obstetrics and Gynecology; and James L. Brunt, M.D., Chairman of Obstetrics and Gynecology.

SARAH E. FLEBERT, M.D., Saint Barnabas Attending Breast Surgeon, gave a presentation, "Evaluation of the Woman with a Breast Lump (or Lump): Can't Take the Best of Both Worlds," at the annual meeting of the New Jersey Academy of Family Physicians, held last June in Atlantic City.

KATHY HENJER FRANKS, M.D., Saint Barnabas Attending Physiatrist in Physical and Rehabilitative Medicine, presented "Cancer Rehabilitation: A physical medicine and rehabilitation review course at Kessler Institute for Rehabilitation, West Orange.

SUN LIAT, M.D., Saint Barnabas Attending Radiation Oncologist, gave a presentation, "Radiotherapy for Carcinoma of the Vagina," at the 13th Annual Asia Pacific Cancer Conference held in Singapore.

MATTHEW L. WILSON, M.D., Saint Barnabas Attending Physician in Urology, recently published a study in the *Journal of Urology*, which looked at the incidence of small kidney masses and discussed the appropriate treatment course with radical vs. partial nephrectomy (removal of a kidney).

**HORIZONS**

Published by the Department of Public Relations and The Cancer Center of Saint Barnabas Medical Center.

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**Saint Barnabas Cancer Center**

# UNION COUNTY NEWS

WORRALL COMMUNITY NEWSPAPERS

THURSDAY, SEPTEMBER 6, 1990

SECTION B

## Education is a local subject

Whether your boost of education wants help or not, Trenton won't usurp home rule and determine the future of your children's education via a distant bureaucracy. Coinciding with the start of the new school year and all the large talk about children and education from politicians and politicians' level in New Jersey's struggle to meet its Supreme Court's mandate to reform public school education, by reform, the state Department of Education intends to provide its level academic playing field for all students in all public schools. The problem is Trenton's idea of what

## Common Sense

By Jay Hochberg  
Regional Editor

It makes a fair game, so don't be surprised when the quality of whatever works in your school district is diminished because it hasn't worked yet in Camden.

Government today isn't capable of meeting everybody fairly. Good laws were intended to provide equal protection to all, today, legislation is crafted to enhance the social status of groups as though they're endangered species of animals.

As evidence, I refer to the DOE's Comprehensive Plan for Educational Improvement and Financing. This is the blueprint for the education reform bills now in the Legislature.

Once studied a meeting of the Mountainside Board of Education when then County Superintendent of Schools Leonard Fitts spoke to borough residents to try to explain what the state has planned. His comments were based on an earlier draft of the Comprehensive Plan.

Looking at a group of concerned parents, who incidentally said they were quite happy with the quality of education in their district, Fitts read through the litany of big government divide-and-conquer strategies. There are two areas of education that should be triggering alarms across the state because of their effect on the educational functions in your children's classrooms.

One issue that should worry everyone is bilingual education. Consider to what many may think, this is not the study of a foreign language by English-speaking high school students. It's the indoctrination of all subjects in whatever language a non-English speaking student speaks.

These studies have been monitored by the U.S. Food and Drug Administration. The results will be made available when they are completed.

At one time, students in need of special education were assigned to special classes taught by teachers with degrees in special education. An efficient way school districts could create a familiar, nurturing atmosphere for the students was to group them together for the day.

These days already are seeded in too many school districts, and if the state follows through with its plan, all school districts will have to place their special education students in regular classrooms.

It sounds like a nice, democratic way to teach the physically and developmentally disabled child, but we see what happens in the classroom. The teacher, almost always supported by a special education teacher, tries to lead the class. What is intended to be an equal opportunity for all to learn in a public school becomes the teachers' struggle to balance the needs of the disabled students with the learning pace of the others.

The disabled students often are left frustrated and discouraged when they're unable to keep up. See EDUCATION, Page B2.

## Election ambitions



GOP hopefuls Dole and Kemp, with presidential and vice-presidential candidates Bob Dole and Jack Kemp, hit the campaign trail in New Jersey late last month. Williams is speaking the congressional seat of Rep. Donald Payne, D-10, who represents Hillside, Fairway, Roselle and parts of Elizabeth, Union and Linden. Williams will be the guest speaker at the Republican Women of Union County's fall meeting, scheduled for Sept. 28 at Raaglin Restaurant on Route 22 East in Mountainside.

## Trailsides will host 15th harvest festival

Day will showcase colonial culture

Trailside Nature and Science Center in Mountainside will provide a day of living history when it hosts its 15th annual Harvest Festival on Sept. 29 from 10 a.m. to 5 p.m.

The event is a celebration of colonial and American Indian life, featuring craft and work demonstrations and sales including log splitting, shingle splitting, quilting, impaling, scrimshaw on bone, wheat-sewing, basketry, herbal craft, candle dipping, butter churning by Miller-Cory House of Westfield, beekeeping, soapmaking, jewelry making, and canoe building.

Children can try their hand at colonial games such as Trundle the Hoop, Grabs, Tag of War, and Marbles or 7833 for free or game pieces can be purchased to take home.

Youngsters visitors also can have their faces painted in Lenape Indian fashion or make a colonial craft for a nominal fee. A petting zoo, with live examples of colonial farm animals will delight both young and old.

Live bluegrass music, much of which has colonial roots, will be provided by Andrew Roblin and Scott Egner of the Pocomo Mountain Men at 2 and 3:15 p.m. The duo will play banjo, dulcimer, guitar and fiddle and teach people how to yodel.

The Olive and Tule jugglers will perform at 2 and 3:15 p.m. also, American Indian social dancing will be demonstrated at 1:15 and 3:30 p.m. by the Intertribal Indians of New Jersey.

American Indian Skyline, a planetarium show highlighting constellations and the American Indian stories and legends behind them, will be shown at 2 and 3:30 p.m. The price is \$3 per person, \$2.55 for ages 6 and up.

Throughout the day, the Second New Jersey Regiment, Helm's Company, will offer a glimpse into camp life during the Revolutionary War. The group, a re-creation of a fighting unit of the Continental Army, will set up camp, demonstrate camp skills and crafts and recruit young visitors as "soldiers."

Frederick Ross, a descendant of Chief John Ross, will provide a living history demonstration of a mid-1700s trader, Jamie Anderson, of Wind and Wolf, will host Wood Walk at 2 and 3 p.m. to point out medicinal and culinary uses of herbs and woods in the Watchung Reservations.

To tantalize the taste buds, colonial foods will be available for purchase, such as fresh-baked pies, pressed apple cider, dumplings, breaded beef and grilled sausage, fresh-squeezed lemonade, birch beer, and funnel cakes. Meats and pumpkins will be available for purchase as well.

Admission to the Harvest Festival is a suggested \$3 donation. Parking is free and a shuttle service will be provided. Free of charge to transport visitors to and from the overflow parking area at the Watchung Station. The festival will be held rain or shine.

Trailside is located at 452 New Providence Road in Mountainside and is a facility of the county Department of Parks and Recreation. For more information or to volunteer at the festival, call (908) 789-3670.

## Fall festival

Judges and planners of Union County's annual Festival on the Green prepare for the event, scheduled for Sept. 21 in the township's Friberg Park. From left: crafters Judge Gladys Halmers, photography judge Natalie Becker, art scholarship recipient Marsha Chinsky, and event chairpersons Donna Vico, of Video Graphics, and Judy Wolshons of Hollywood Memorial Park Co.

Volunteers are being sought for Trailside Nature and Science Center's Harvest Festival, scheduled for Sept. 29. Volunteers are needed to help prepare for the festival in the weeks prior to the event, to set up on the event day, for food and craft tables, children's activities and crafts, and craft judging. Also being sought are people to assist with potato cooking, serving food, selling old-fashioned lollipops and colonial toys. Log sawing and shingle splitting assistants are needed as well.

The festival offers an opportunity to meet new people, while having fun learning about colonial life. In the past, the Harvest Festival has attracted between 4,000-7,000 visitors and is held rain or shine.

For more information about volunteering, call (908) 789-3670.

## State, county cops report drop in area car-jackings

According to a State Police report, Union County has experienced the largest drop in reported car-jackings in New Jersey's 21 counties in 1989.

Only Essex and Camden counties had more car-jackings last year, but the statistics show Union County's total dropped from 82 to 67 last year, and we were the only county of the 21 showing a significant decrease in these dangerous crimes," said Acting Prosecutor Edward Neasey.

"Although the drop, Neasey also said he believes that increased motorist, good community policing, and the huge deterrent factor that comes off would-be car-jackers when they see police cars patrolling and given maximum state prison terms" are the cause.

In addition to the tight laws, now there are increased prison terms for those who plead guilty to or are found guilty of aiding a law enforcement officer and placing innocent lives at risk.

"Juries haven't been looking kindly at car thieves who decide to take off and speed through crowded residential areas or busy highways," said Assistant Prosecutor Robert O'Leary. "And our judges are taking a hard-line with the defendants."

In addition, the state is filing motions seeking waiver of jurisdiction to adult court when juvenile delinquency charges are filed against persons under the age of 18 in car-jacking cases, citing as an example a Perth Amboy youth sentenced to a four-year term for a car-jacking in Westfield.

"We are prosecuting these cases vigorously, seeking the maximum sentence and extended prison terms where we can," Neasey added.

A county study, prepared by County Police Deputy Chief David Regal, showed most victims were either sitting in their car while it was parked, stopped at a traffic signal or walking toward their car when it was taken by force. Others were parking their vehicles or were approached while getting out of the car.

## Union County College will host 'Celebration of Traditions' day

A Celebration of Traditions, a one-day folk arts festival, will take place Oct. 26, from 11 a.m. to 5 p.m., at Union County College in Clark.

The program, which is cosponsored by the Union County Office of Cultural and Heritage Affairs and Union County College, will showcase more than 200 visual and performing artists, highlighting talents and traditions.

Open to the public and free of charge, the festival will feature all subjects in whatever language a non-English speaking student speaks.

These studies have been monitored by the U.S. Food and Drug Administration. The results will be made available when they are completed.

## Calendar

- 9. Symposium: Prostate Cancer-Recent Advances 7:30 p.m.-9:40 p.m. Saint Barnabas Medical Center
- 10. Workshop: Risk education program 6:30 p.m.-8:00 p.m. Saint Barnabas Medical Center
- 11. Look Good, Feel Better Program 6:00 p.m.-8:00 p.m. Saint Barnabas Medical Center
- 14. Prostate Cancer Screening Day 4:30 p.m.-7:00 p.m. Saint Barnabas Medical Center
- 15. Symposium: Personal Concerns 8:00 a.m.-12:00 p.m. Saint Barnabas Medical Center
- 16. Breast Cancer Screening Day 9:00 a.m.-12:00 p.m. Saint Barnabas Medical Center
- 18. Symposium: Heart Health-What's Important? 7:00 p.m.-9:00 p.m. Saint Barnabas Medical Center
- 12. Women at Risk education program 6:30 p.m.-8:00 p.m. Saint Barnabas Medical Center
- 25. Learning to Quit: The Final Smoke-Out (2nd Annual Symposium) 7:00 p.m.-9:00 p.m. Saint Barnabas Medical Center

The use of two new chemotherapy drugs, Gemzar (gemcitabine HCl) for the treatment of locally advanced or metastatic pancreatic cancer and Hyacinth (topotecan hydrochloride) for recurrent ovarian cancer, was approved by the United States Food and Drug Administration last May.

According to results of several clinical trials, Gemzar improved median survival in people with pancreatic cancer compared to 5-Fluorouracil, the most common treatment for pancreatic cancer. Furthermore, the studies showed that more patients treated with Gemzar demonstrated improvement in many disease-related symptoms, including level of pain, weight change and ability to perform daily activities when compared with 5-Fluorouracil.

Research on the other new chemotherapy agent, Hyacinth, demonstrated that ovarian cancer patients receiving the new therapy experienced longer remissions compared to another chemotherapy drug, Taxol.

The Cancer Center of Saint Barnabas participated in clinical trials of Gemzar for pancreatic cancer and Hyacinth for breast cancer. Studies investigating the efficacy of both drugs in other tumors are being conducted in centers around the country.

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CONTINUED FROM COVER

book, *Sharks Don't Get Cancer*, and then appeared on the television show *60 Minutes* in 1993. The television segment depicted what appeared to be an unexpected improvement in terminal cancer patients after they received shark cartilage in Cuba.

In the 1980s researchers at the Massachusetts Institute of Technology found that shark cartilage could inhibit new blood vessel formation by cancers.

A cancer's ability to stimulate nearby blood vessel growth is called "angiogenesis." This blood vessel growth helps the cancer to nourish itself and also provides access for the cancer to spread to other parts of the body.

Therefore, it makes sense to try to inhibit this blood vessel formation as a means of preventing cancers from growing and spreading. The development of angiogenesis inhibitors is an active area of cancer research within the pharmaceutical industry.

The exact substance within shark cartilage that is responsible for inhibiting angiogenesis remains unknown. Also unknown is what would be the most appropriate time of administration of this substance (orally, intravenously, by enema) and whether the treatment can truly cause regression of cancers.

Studies conducted at Saint Barnabas—one of only a few trials of this kind in the country—are attempting to answer this question by giving high doses of shark cartilage powder (Cartilage) mixed with juice, taken orally, to see if it can induce remissions in people with advanced breast or prostate cancers. Patients take the shark cartilage powder four times a day for 20 weeks. If their cancer shows a response, they take the experimental therapy beyond the 20-week period and continue to be monitored. Side effects are also being evaluated.

These studies have been monitored by the U.S. Food and Drug Administration. The results will be made available when they are completed.

At one time, students in need of special education were assigned to special classes taught by teachers with degrees in special education.

An efficient way school districts could create a familiar, nurturing atmosphere for the students was to group them together for the day.

These days already are seeded in too many school districts, and if the state follows through with its plan, all school districts will have to place their special education students in regular classrooms.

It sounds like a nice, democratic way to teach the physically and developmentally disabled child, but we see what happens in the classroom. The teacher, almost always supported by a special education teacher, tries to lead the class. What is intended to be an equal opportunity for all to learn in a public school becomes the teachers' struggle to balance the needs of the disabled students with the learning pace of the others.

The disabled students often are left frustrated and discouraged when they're unable to keep up. See EDUCATION, Page B2.

## Forfeited funds



Union County Prosecutor Edward Neasey accepts two checks, totaling more than \$220,000 in forfeited funds, from Robert Cobzollini, deputy special agent in charge of the Customs Service Office of Investigations, as Customs Special Agents Karen Connolly and Martin Fike look on. The money is from the county's participation in a joint federal investigation into narcotics and money laundering in the New York area. The funds, totaling more than \$2.1 million, were about to be shipped inside hollowed computer parts in March, 1985.



ARTS & ENTERTAINMENT

Film traces the 'revolutionary' life of Brian Wilson

Most documentaries, even if they're made with style and heart, can be interesting as long as the subject matter is intriguing. Don Was, a music producer with a resume that includes The Rolling Stones, decided to get into film-making and picked Brian Wilson of the Beach Boys as the subject of his first picture. The documentary is shot in black and white and though the film is mostly talking heads, as opposed to "Cruisin'... a documentary that kind of followed Robert Crumb as he walked through life, it is very involving, mainly because Brian Wilson is an intriguing person.

The Video Detective

By Jim Riffe

More weight than the viewer begins to learn how important Wilson was to rock-and-roll in the '60s. David Crosby and Graham Nash of Crosby, Stills, Nash and Young are interviewed and say Wilson was the most highly respected pop musician in America during the '60s. Crosby says, "He was getting into techniques that other bands hadn't got to yet" and the experimentation was far ahead of the rest of rock-and-roll. When The Beach Boys' "Pet Sounds" album was released, the manager of The Rolling Stones took out a full-page ad in Melody Maker magazine and called the album "the greatest record I have ever heard in my life." The effect is further exemplified when we're told that after "Pet Sounds" Paul McCartney began to visit Wilson. McCartney is on record saying that "Pet Sounds" was revolutionary.

was getting all the attention for the records. According to Wilson and others, The Beach Boys were never the same after that. It's interesting to note that the only other band member interviewed was Wilson's brother, Carl. "Brian Wilson: I Want to Make For These Times" is a fascinating look at a rock legend for one simple reason: to the general public he was writing fun, lacy pop songs, but to the insiders of the music world he was changing rock-and-roll forever. Video Detective T.V. What was the Beach Boys' first top-twenty single? Answer: "Surfer Safari." Films just on video: "Fahrenheit," a comedy; "Mullolland Park," a thriller; "A President of Mountaintop, Jim Riffe" is the author of "The Video Detective's Guide to the Top 100 Films of All Time."

Casting calls

The Elizabeth Playhouse is searching for a stage manager and a "football player-type" actor to complete cast and crew for production of 1940 play "The Male Animal" by James Thurber and Elliot Nugent, opening September 27. Experience is not necessary, but a love of acting is required. Interested parties are asked to contact Marlow Ferguson at (908) 355-3077. The Elizabeth Playhouse is located at 1100 East Jersey Street, Elizabeth.

PIRATE SWIM CLUB
A USS CLUB CONVENIENTLY LOCATED AT SETON HALL UNIVERSITY. IN SOUTH ORANGE, WILL CONDUCT TRYOUTS, SEPTEMBER 10-12, FROM 6:00PM-7:30PM AT SHU. WE OFFER A COMPREHENSIVE PROGRAM FOR ALL LEVELS OF COMPETITIVE SWIMMERS. FOR MORE INFO CALL 201-669-3484. COME JOIN US AT PSC!

CROSSWORD

Crossword puzzle grid with clues for Across and Down.

ANSWER TO PREVIOUS PUZZLE:
ACROSS: 1. Pottol's cousin... 10. Handwritten... 11. Borden symbol... 12. The good thing in... 13. Theater sign... 14. Puffed-up... 15. Approximate... 16. Framework... 17. Picking... 18. Drinking... 19. Used a... 20. Provide... 21. Banquet... 22. What a... 23. Cuddly... 24. Old... 25. Vile... 26. Blind... 27. Author... 28. The... 29. Respect... 30. Miss... 31. Impressed... 32. Slurp... 33. Sufficiency... 34. Reliance... 35. Death... 36. Death... 37. Death... 38. Death... 39. Death... 40. Death... 41. Death... 42. Death... 43. Death... 44. Death... 45. Death... 46. Death... 47. Death... 48. Death... 49. Death... 50. Death... 51. Death... 52. Death... 53. Death... 54. Death... 55. Death... 56. Death... 57. Death... 58. Death... 59. Death... 60. Death... 61. Death... 62. Death... 63. Death... 64. Death... 65. Death... 66. Death... 67. Death... 68. Death... 69. Death... 70. Death... 71. Death... 72. Death... 73. Death... 74. Death... 75. Death... 76. Death... 77. Death... 78. Death... 79. Death... 80. Death... 81. Death... 82. Death... 83. Death... 84. Death... 85. Death... 86. Death... 87. Death... 88. Death... 89. Death... 90. Death... 91. Death... 92. Death... 93. Death... 94. Death... 95. Death... 96. Death... 97. Death... 98. Death... 99. Death... 100. Death...
DOWN: 1. Carlin... 2. Fanciful... 3. Eggless... 4. Command... 5. Football... 6. Dishes... 7. A New... 8. Inevitable... 9. Charles... 10. Partner... 11. Invented... 12. Invented... 13. Flowered... 14. Put... 15. Small... 16. Malin... 17. The... 18. Put... 19. Small... 20. Malin... 21. The... 22. Put... 23. Small... 24. Malin... 25. The... 26. Put... 27. Small... 28. Malin... 29. The... 30. Put... 31. Small... 32. Malin... 33. The... 34. Put... 35. Small... 36. Malin... 37. The... 38. Put... 39. Small... 40. Malin... 41. The... 42. Put... 43. Small... 44. Malin... 45. The... 46. Put... 47. Small... 48. Malin... 49. The... 50. Put... 51. Small... 52. Malin... 53. The... 54. Put... 55. Small... 56. Malin... 57. The... 58. Put... 59. Small... 60. Malin... 61. The... 62. Put... 63. Small... 64. Malin... 65. The... 66. Put... 67. Small... 68. Malin... 69. The... 70. Put... 71. Small... 72. Malin... 73. The... 74. Put... 75. Small... 76. Malin... 77. The... 78. Put... 79. Small... 80. Malin... 81. The... 82. Put... 83. Small... 84. Malin... 85. The... 86. Put... 87. Small... 88. Malin... 89. The... 90. Put... 91. Small... 92. Malin... 93. The... 94. Put... 95. Small... 96. Malin... 97. The... 98. Put... 99. Small... 100. Malin...

HOROSCOPE

For The Week Of September 8-14
ARIES March 21-April 20
April 21-May 21
TAURUS April 21-May 21
GEMINI May 22-June 21
CANCER June 22-July 22
LEO July 23-August 23
VIRGO August 24-September 23

HOROSCOPE

LIBRA September 23-October 23
SCORPIO October 24-November 22
PISCES February 19-March 20
SAGITTARIUS November 23-December 21
CAPRICORN December 22-January 20

Westfield Antiques Show
September 14, 1986
9am to 4pm
Elm Street Plaza, Westfield, NJ

THE WESTFIELD 438 North Main Street
GAMES 7:00 PM
DANCE 8:00 PM

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FRIDAY 6 PM TO MIDNIGHT
SATURDAY 7 12:00 NOON TO MIDNIGHT
SUNDAY 8 12:00 NOON TO 8 PM

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GORGEOUS 40", 48" & 56" OAK DINING HUTCHES & BUFFETS
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42" ROUND OAK TABLE
42x60 OAK TRESTLE TABLE
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SUNDAY SEPTEMBER 7, 1986

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WOMANLY COMMUNITY NEWSPAPERS
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### Prep school welcomes its first lay principal

As Benedictine Academy, a college preparatory school for women in Elizabeth, welcomes students for the school year, it also greets its first lay principal, Adele Kosinski.

Her appointment, which began July 1, was accepted by Sister Carmelo Filla, executive director of Benedictine Academy and Maryanne Connolly, chairperson of the board of trustees.

Kosinski has been an educator at both the elementary and secondary levels for more than 20 years. She holds three New York State certifications and also is certified by the Commonwealth of Massachusetts. She received both her professional diploma in administration and supervision and a masters of science degree in reading K-12 from Fordham University. She holds a bachelor of arts degree in teaching from Teachers College in Washington and she is enrolled in New York University's fund-raising management program.

This fall, as Kosinski greets the students, especially the class of 2000, she looks forward to carry into the next millennium the tradition and spirit that has surrounded Benedictine Academy over its 82 year history.

"According to Kosinski, her great enthusiasm for single-sex education for young women fits in with Benedictine Academy's mission.

A full 10-year accreditation was awarded by the Middle States Accreditation Committee to Benedictine Academy in April.

Kosinski is a member of the American Association of University Women, the Staten Island Business and Professional Women's Club, the Association of Supervisors and Curriculum Development, the Catholic Educators Association, the Catholic School Administrators Association and has enrolled Benedictine Academy into Women's Schools Together, an organization for the advancement of young women enrolled in single-sex schools.

### St. Mary of the Assumption renovates classes, grounds

St. Mary of the Assumption High School will begin its 67th year, when it opens its doors on Wednesday for a freshman orientation program. Regular classes start today.

The four-year co-educational, Catholic high school, located at 237 So. Broad St. in Elizabeth, offers the 375 students a college preparatory curriculum with business options. The school is accessible by public transportation from all communities in the county.

"When the students return, they will find many changes and improvements," said Janet Mako, principal. "Our renovation program is moving ahead with all classrooms now having new floors and virtually all of our desks are new. In addition, workers are putting the finishing touches on the school's second computer center. Although this is a very costly project, we felt that it was very necessary as our students must have the resources to be prepared for the future.

"In addition, a landscaping contractor is busy preparing our grounds for a complete renovation. Flower gardens, shrubs, and pathways are in the works to give our students a campus-like atmosphere."

Success of the school's academic program is shown in the nearly 90 percent college acceptance rate among its graduates. In addition, the class of '96 — 83 students — received in excess of \$1.2 million in scholarships, financial grants, and awards.

The school is accredited by the Middle States Association of Schools and Colleges. In addition to a complete academic program, the school offers a variety of extracurricular activities for boys and girls. The school is a member of the Mountain Valley Conference and its varsity basketball team completed a championship season.

"Just as important as the physical improvements and our tradition of academic excellence is the fact that St. Mary's is a family school, a family that spans three or four generations of students," Mako also said. "It's the kind of school where graduates come back to work as teachers and coaches. It is the kind of school where most of the parents know each other because many of them are graduates.

"We are small enough to offer our students a very individualized personal education with very small classes, and at the same time large enough to implement the latest teaching innovation."

The school has limited openings in grades 9-11. Those interested may call Mako at (908) 352-4350.

### Starting this year, one city's classes will cover the world

By Sean Daly  
Staff Writer

Railway High School will go on the Internet when it opens its doors in September.

A newly installed Power Macintosh 7250 Workgroup Server will be the centerpiece to the school's new computer center. The school is the first in Essex County to have a computer center of this size.

The school is also participating in a contest held by Apple Computers, to find the best school homepage on the World Wide Web.

The "Catch the Spirit" contest covered New Jersey, Pennsylvania and Delaware and had more than 700 entries from New Jersey.

Railway Intermediate School won the contest. The page was created by Eric Mandella, Eric Elbar and Colin Hartnett, who will be starting ninth grade at the high school in September.

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ASS International Student Exchange Program is a public benefit, non-profit organization.

### Railway High School won a Power Macintosh 7250 Workgroup Server in the recent "Catch the Spirit" contest held by Apple Computers, to find the best school homepage on the World Wide Web.

Internet: The Intermediate School's homepage was hosted on Inference, which had provided schools a free link to the Internet, but was to expire this year.

According to Mary Lou Hawkins, Intermediate School principal, the homepage "explains Railway's schools and it does it very clearly."

This is not the only homepage project in the high school project. A Web 66, a page dedicated to school hompages across the country, you can find Web 66 at <http://www.web66.com>.

Yergalino was involved in the homepage project and is being transferred to the high school to replace Nicholas Rotolo, the former principal, possibly in the interim superintendent of schools.

If you have a link to the World Wide Web, you can check out the homepage at <http://www.railway.com>.

There also is a link to the homepage at Web 66, a page dedicated to school hompages across the country, you can find Web 66 at <http://www.web66.com>.

### County vo-tech schools hold registration

There is still room for students in the new 100 full- and part-time, day and evening courses offered at the Union County Vocational-Technical School.

The Division of Continuing Education's evening classes will start Sept. 16, with the exception of manicuring which will open Tuesday.

Patrick Mauro, director of admissions, said the day session provides training in a wide variety of technical occupations. He noted that auto technology program, with its automotive service excellence certification, and the building-trades cluster are highly regarded. The culinary arts and baking programs have "with numerous honors and garnered grades throughout the year. Other popular courses, Mauro added, are graphic communications, horticulture, masonry, machine technology and welding, plus many more.

A supermarket institute, a child care and development program, law enforcement technology and twilight culinary arts are also in place. The latter is for adults above high school age who seek training in the food service area.

Daytime classes are available to tuition participants as well as high school students who wish to attend.

UCVTS on a shared-time basis. This method affords them the opportunity of learning a trade in addition to earning a secondary school diploma.

Other courses include: automotive service excellence exam preparation; computer-aided drafting; air conditioning and refrigeration; power engineering; Blue, Black, Red Seal; and masonry. Other popular offerings being repeated are: mold-making technology; cake decorating; and locksmithing. In addition, a full range of vocational courses is made available for trade persons or late-enrolled area residents.

A schedule is provided to accommodate individuals requiring late afternoon or evening class hours.

Day session registrations are being held daily from 9 a.m. to 4 p.m. in the Technical Building at the Scotch Plains campus, 1776 Radburn Road. This also is the site of the evening session registrations to take place today, Monday and Tuesday, 1:30-7:30 p.m. and tomorrow from 9 a.m. to noon and Tuesday, 1:30-7:30 p.m.

The day sessions can be reached by phone at (908) 880-2999 and the evening sessions at (908) 880-2922.

### Students, superintendent share 1st day feeling

By Bernard Davis Jr.  
Staff Writer

Back to school time for Theodore Jakubowski, saying his first year as Union's superintendent of schools, is like that of the district's projected 7,395 students for the 1996-97 school year.

According to the superintendent, preparing for the year ahead is busy, exciting and full of promise.

"I think a lot of positive things have happened in this district in the last year," he said. "Our children's scores in standardized testing have been outstanding. New Jersey' reassigned me as having one of the 45 best high schools in the state. We've purchased a property for a new elementary school and senior center, and we are moving along in that direction."

The yet-to-be-named school will be located in a refurbished industrial site on Commerce Avenue. It is scheduled to open in 1997, and will lead to the closing of Union's historic, but overcrowded, Hamilton school.

Jakubowski also said the district will implement programs this school year. The new "Game of Life" program, which began last year, is aimed at helping new high school students adjust to the transition from middle school. The district also will start a pilot language program, in which the district's director of foreign languages will teach German to children in the first grade.

"Our DARE program continues to expand as well," Jakubowski said. "Next year we hope to see our DARE officers in the high school classrooms, as a regular part of the curriculum. Last year, we also established a technology committee of parents, teachers, and perhaps students to help us determine 'new' uses for the 'next century'."

A number of changes in the personnel will be evident in the next year, Jakubowski said. With the addition of Assistant Superintendent of Schools Deborah Abbey, Jakubowski will share the control office with a veteran in the field of education, a former schools superintendent in Board

Clark and assistant superintendent in Clinton, Johnson, who has his experience in supervising a bilingual program.

Jakubowski also is preparing to hire 20 new teachers, after what he called, "a big year" in the number of referrals.

"Although we don't look for our more experienced teachers to retire, if it's in their best interest and they have worked for a number of years, then they deserve it," he said. "We feel the transition with new teachers will be smooth. With new faculty offering new ideas and sometimes a new perspective. Most of the replacements will occur on the junior high and high school level."

In his opening weeks, the Board of Education and Jakubowski will discuss hiring a new elementary principal for Livingston School, a new substitute class coordinator, additional librarians, a full-time science specialist, and "at least one replacement guidance counselor."

Meanwhile, negotiations for a three-year contract will continue.

### Jakubowski said the district will implement the new "Game of Life" program to help new high school students adapt to the transition from middle school. The district also will start a pilot language program, in which the district's director of foreign languages will teach German to children in the first grade.

Through September, according to the superintendent.

"Although we do not know if the negotiations will be concluded before school begins, we are confident they will be in final stages by the time school begins," Jakubowski said. "Our focus always has been and will continue to be the impact on our students. The collective bargaining process should take care of itself."

Jakubowski said he is looking forward to this year as the continuation of the success of the 1995-96 school year.

"I am excited about this year," he said. "We are continuing a lot of the many positive programs we started last year. We will continue to move in a positive direction. Working along at a normal office this past year surely was an opportunity for me to gain some of the experiences that other chief school administrators might need four or five years to accumulate. I'm extremely confident for this year and the reputation of Dr. Abbey, who with his vast experience, surely will be beneficial to our district."

### Dance classes available to children and adults

Turning Point Dance Center offers classes in a professional and fun-filled atmosphere. Classes are offered six days a week, in many styles and in various degrees of difficulty for children and adults.

Classes are offered for children in preschool through second grade. These classes include ballet, jazz, tap, acrobatics and creative dance.

Classes for teens and adults include: ballroom, jazz, tap, acrobatics, and creative dance. Classes for adults include: ballroom, jazz, tap, acrobatics, and creative dance.

The center is located at 101 Mountain Ave. in Springfield, opposite the post office. There is parking at the rear of the building.

### EDUCATION

Gymnastics classes start Monday at the gymnasium of the Board of Education, the largest in New Jersey, offer lessons for all ages.

The recreational classes, for ages 4-16, are designed to build confidence, strength and self-esteem through gymnastics. The school offers tumbling classes for children and adults.

For more information, call (908) 763-8778.

### Test-taking skills taught

Education Services Center, an established tri-state Scholastic Assessment Test (SAT) Preparation Center, is in mid-September at Scotch Plains and Summit for the October PSAT Exam. The center offers SAT preparation classes for students in grades 10-12.

For more information, call (908) 763-8778.

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Richie Devaney

### Devaney school prepares for its 19th season

Devaney School of Dance and Performing Arts will open for its 19th season this fall.

The school began in Rahway in 1978 and moved to Colgate in 1990. This year it will have a new and bigger facility in North Edison, at the Timpley Family Center, located at 216 Timpley Lane.

In keeping with a desire to stay in the Rahway area, Devaney School of Dance and Performing Arts will hold classes in the Knights of Columbus Hall, at James and Jacques avenues in Rahway.

The staff will include Margaret Devaney, owner and operator of the school, Diane Fisher and Liz Krowell, former students and teachers of jazz ballet and tap. Karen Kleck, who has been with the teaching staff since 1980, and Richie Devaney, who'll lead a range of acting classes for children, teens and adults.

In addition, new teachers will be coming from New York City to teach hip-hop, lyrical and advanced ballet and pointe.

Classes are filling, so call (908) 388-6375 in the Rahway area or (908) 769-0668 in the North Edison area for the schedules.

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