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How to reach us:
Our office is located at 1291 S. Broadway Ave., Union, N.J. 07083. We are open from 9 a.m. to 5 p.m. every weekday. Call us at one of the telephone numbers listed below.

Regular business hours: During regular business hours, a representative will answer your call. During the evening or when the office is closed, you will be answered by an automated receptionist.

To advertise: The Leader is mailed to the homes of subscribers for delivery every Thursday. Our classified subscriptions in Union County are available for \$22.00, two weeks for \$39.00. College and out-of-state subscriptions are available. You may subscribe by phone by calling 1-800-852-7700 and asking for the circulation department. Allow at least two 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 information must be included: name and address, phone number, and a return address. Letters and photos should be typed, double-spaced, and should be accompanied by an address and daytime phone number for verification. Letters and photos must be in our office by 9 a.m. Monday to be considered for publication. They are subject to editing for length and clarity.

Letters to the editor: The Leader provides an open forum for opinions and comments on the news. Letters should be typed, double-spaced, and should be accompanied by an address and daytime phone number for verification. Letters and photos must be in our office by 9 a.m. Monday to be considered for publication. They are subject to editing for length and clarity.

Display advertising: 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. Call 1-800-852-7700 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. Call 1-800-852-7700 for an appointment. Ask for the display advertising department.

Postmaster: Please Note: The SPRINGFIELD LEADER (USPS 612-720) is published weekly by Worrall Community Newspapers, Inc., 1291 S. Broadway Avenue, Union, N.J. 07083. Mail subscriptions \$22.00 per year in Union County, 50 cents per copy elsewhere. Postoffice postage paid at Union, N.J., and additional mailing office.

POSTMASTER: Send address changes to the SPRINGFIELD LEADER, 1291 S. Broadway Avenue, Union, N.J. 07083.

Toys for tots

The Springfield Police Men's Benevolent Association, Local 76, and the Springfield Firemen's Mutual Benevolent Association, Local 67, have again joined forces this holiday season to sponsor the Annual Toys-for-Tots by fund drive. These collected toys are given to needy, homeless and orphan children. New and unwrapped toys can be dropped off at either the Springfield Municipal Building or the police and fire departments. This year's toy collection deadline is Dec. 19.

Housing issues raised at meeting

The Blacks Lane/Stallie site would allow Springfield to pursue the second credit option. The B'nai B'rith proposal, first announced during the Planning Board's Wednesday night meeting, would build approximately 75 units on what is now the Springfield Trucking Center. Eight of Black's Lane/Stallie's 40 units would be set aside for low or moderate income dwellers.

Slote ends committee term

"Herbert Slote has all of these qualities," said Hirschfeld. "Take last summer with the municipal pool. I was getting personally overwhelmed with the pool's problems while trying to manage my personal life. Herb, along with Councilwoman Judith Blitzer, provided a positive outlook and a problem solving efficiency which was very important in getting the task done."

COMMUNITY CALENDAR

The Community Calendar is prepared each week by the Springfield Leader to inform residents of various community activities and governmental meetings. To give your community a voice in the public sphere, please mail your schedule to Managing Editor Kevin Stager, Worrall Community Newspapers, P.O. Box 3109, Union, 07083.

Friday
• The Summit Fall Dance will meet at the Summit YMCA, corner of Morris Avenue and Maple Street in Summit. Lairs (dances of England, Greece, Israel, Romania, the Balkans, Western Europe, etc. No partners are needed). The fee is \$2 for the evening. The beginning class will start at 7:30 p.m., and the regular class is at 8 p.m. For more information, call (201) 467-8278.

Saturday
• Trilateral Nature and Science Center's family programs coincide with a presentation on whales and the environment. Diana Dove will use sea objects, slides, and songs to teach children about marine creatures, especially whales. Children will also learn what they can do to protect the ocean environment. The program is for children ages 4 and up. The fee is \$3 per person. The noon luncheon, call Trilateral (201) 788-3670.

Sunday
• Trilateral's planetarium show will hold a festival of lights at 2 p.m. The admission for this annual holiday show is \$3 per person. At 9:30 p.m., the planetarium show will feature Laser Night, a laser concert featuring a variety of holiday and seasonal songs synchronized to laser lights. The ages 10 and up performance is \$3.25 per person.

Tuesday
• The Regional Board of Education will meet at 7:30 p.m. in the Instructional Media Center at Jonathan Day-

B'nai B'rith plans for Springfield site

Housing developments have just opened in Florida and South Jersey. "Herb Roza, a fellow senior panelist, and I spent the summer looking for sites in town before Briggs and Townships Committee member Roy Altan Hirschfeld helped out."

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Healthy Avenues

The "Healthy Avenues" van is a health information/community resource co-sponsored by Overlook Hospital and the Partnership for Healthy Communities. During the month of December the van will be appearing throughout the Summit and Westfield area. All are welcome to visit.

December 12 Westfield Business District, 10 am - 2 pm
December 14 Kings Summit, 10 am - 2 pm
December 17 Weaver Public Housing, Summit, 4 - 8 pm

Overlook Hospital
ATLANTIC HEALTH SYSTEM
Summit, NJ

For more info, please call HEALTH CONNECTION at (908) 522-5553

Focusing on the planet

The Summit area YMCA hosted gifted and talented classes from the county last Friday for an Environmental Awareness workshop. Participants learned about topics ranging from the use of fossil fuels to the protection of endangered animals. Above: Sharon Caplan, waste management coordinator of Exxon Chemical Company, explains methods of waste management and recycling. From left are Ilana Nahmias, Joan Brodian, Jamie Boyce, Ryan Szeman, Jennifer Cosby, Nena Golden, Tara Neumeister, Cristle Schooling, Lindsey Czernicki, and Justin Polak.

YMCA programs reach out to the community

The Summit Area YMCA is expanding their Community Outreach Program with the addition of two new programs. This is part of the YMCA's effort to help members of the community to become more successful.

The YMCA Community Outreach Program is maintaining their commitment to assist local minority youth with the expansion of existing programs and the creation of new initiatives. The objective of all of the outreach programs is to promote academic excellence, through personal attention and the promotion of self-esteem. All of our programs filled up very quickly this year, which shows that there is definitely a need for these programs in our community," said Cynthia Connolly of the YMCA Outreach Program.

Museum features art displays

Oil painter Hiroto Eguchi and his sculpture Brock Gardner will be exhibiting their art at the Donald Palmer Museum of the Springfield Public Library from Saturday through Dec. 22. There will be a reception on Saturday in the museum from 1:30 to 3 p.m. The museum is located at 66 Mountain Ave., Springfield. The hours for the exhibit are Monday, Wednesday and Thursday from 10 a.m. to 8:30 p.m. and Tuesday, Friday and Saturday from 10 a.m. to 6:30 p.m. Sunday hours are from 1 p.m. to 3:30 p.m.

Musikgarten plans for next class session

Musikgarten Family Music, an early childhood music program, begins Jan. 8 at the Edward V. Walton School. Early Childhood Education Center, sponsored by the Walton School PTA, classes will allow children aged 18 months to three years, accompanied by a parent, grandparent or other adult, to explore a variety of music and movement experiences. Each class will meet for 30 minutes beginning at 8:30 or 9:30 a.m. Classes in the 10-week program will focus on musical enjoyment, singing, dancing, moving and listening; playing instruments and creative development. All activities are designed to be fun and enjoyable for both parent and child. Registration forms and additional information are available from the Walton School PTA, 601 Mountain Ave., Springfield, (201) 376-1025, ext. 2305.

The Summit Downtown VISA® Card is more than a credit card. It's a way to make a positive difference where you live. That's because a portion of your card purchases will help support the improvement of downtown Summit, by funding things like landscaping and other amenities, and improving the quality of life for everyone. So apply for your Summit Downtown VISA® Card. With all of its advantages, it will be valuable to you... and to your community. To receive an application, call 1-800-852-7355.

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Premature baby Libby wins fight for life

Nov. 4 was a liberating day for Elizabeth "Libby" Schade. After four weeks of growth in Saint Barnabas Medical Center's Neonatal Intensive Care Unit, Libby was ready to join her family.



She looks just like me now, bald with brown eyes," said her father, "born prematurely on July 1, 1996 at 29 1/2 weeks gestation. Libby weighed just one pound, one ounce at birth. Her eyelids had separated just a short time before birth. Within two days of birth, her weight dropped to its lowest point, 13 ounces, making her among the smallest babies to survive at Saint Barnabas. Then began the long climb to the weight she attained by the date of her release, 4 1/2 pounds.

"She has practically no complications," said Mary Schade. "It has been a slow, steady, quiet progression from birth. The staff was just tremendous and the nurses treated her like one of their own."

Libby was cared for by Jocelyn Talaragada MD and a team of five at the Neonatology staff. Saint Barnabas is a state designated Level III regional perinatal center.

"Libby has done beautifully," said Dr. Talaragada. "While she initially needed a respirator to support her breathing for a month, Libby has had no major problems in terms of infection and has continued to tolerate her feedings well. She is being sent home without the need for ongoing medication and her prognosis is very good. The parents were extremely involved with their baby, and I know they will be thrilled at the outcome."

Elizabeth "Libby" Schade joins her four older brothers and two grateful parents after four months of growth in Saint Barnabas Medical Center's Neonatal Intensive Care Unit. As the first girl in a family of boys, Libby is welcomed by Matthew, 14, Michael, 12, Christopher, 8, and John, 7. Three of the four boys also have July birthdays and now they will celebrate that month with their little sister. Eric Schade said he has already found raising a girl to be a unique experience.

A surprise baby shower was held at the end of October for the baby's expected homecoming. Other family members, who celebrated with the Schade family, are Mrs. Schade's parents, George and Stella Blake of Springfield, Mr. Schade's parents, Otto and Elizabeth Schade of North Caldwell, and Berkeley Heights resident Judy Webster, sister of Mrs. Schade. Webster, who works in the Patient Representative Department at Saint Barnabas, said she is "happy to have our baby home for the holidays."

Door-to-door
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BUILDING THE ARK... Solomon, Solomonia Day School of Essex and Union's Cranford Nursery students enjoyed a visit from Under School students...

Race will be run

Application is being accepted for the 15th Annual 5K Hanover Run Road Race to be held on Jan. 1, at 9:00 am at Tanager Park in Westfield. The race will be conducted by the Central Essex Road Runners Club...

Important Notice

Effective December 13, 1996, New Jersey-American Water Company will no longer accept payments at its Cranford Road location in Short Hills. Customers who would like to make payments in person may visit the company's business office at 167 JFK Parkway, Millburn, through December 1996.

In addition, effective January 1, 1997, the company will no longer accept payments at any of its business offices. At that time, payments may be made by mail, through ZipCheck (a free direct debit service), or at any authorized payment agent. For further information, call 1-800-652-6987.

New Jersey - American Water Company

Announcements

Couples are encouraged to send their engagement and wedding announcements to the Lifestyle editor. Announcements should be typed, double spaced on legibly handwritten and no longer than one page. All questions should have a daytime phone number for verification or if questions arise.

Your business can grow with more customers. Reach the potential customers in your newspaper with an ad by calling 1-800-564-8911.

PERSONAL GOLF advertisement featuring golf clubs and accessories.

Jewish Family Service of MetroWest advertisement for adoption services, including contact information for Toby Solomon, Esq. and Sheila Mader and Meryl Nadel.

Holiday Savings at the Millburn Cigar Cafe advertisement listing various cigar brands and prices.

OBITUARIES

Susan White - Susan C. White, 51, of Springfield died Dec. 6 in her home. Born in New Jersey, Miss White lived in Springfield for most of her life. She worked for Douglas Motors, Summit, for five years before retiring 10 years ago.

Diana E. Visco - Diana E. Visco, 87, of Springfield died Dec. 8 in her home. Born in Newark, Mrs. Visco lived in Springfield for 32 years. She was a member of the Rosary Society of St. James, Springfield.

Constance McCord - Constance McCord, 81, of Springfield died Dec. 3 in the Quantic Nursing Home, New Providence. Born in Princeton, Mrs. McCord lived in Springfield for most of her life. She was a nurse's aide for 25 years in the maternity ward of Overlook Hospital, Summit, until her retirement.

Professional Directory

Table listing various professionals including Accountants, Mental Health, Attorneys, Psychotherapy, Chiropractors, and Advertise Your Profession.

Advertisement for best possible holiday, The Best home equity line of credit!

Investors Savings' Homeowners Equity Line of Credit advertisement with interest rate table.

Investors Savings Bank advertisement listing various services and branch locations.

PEOPLE IN THE NEWS

Hunrath joins Alzheimer's Association board

Springfield resident Philip Hunrath joins Peppi Elona and John M. Woychick at the Northern New Jersey Chapter of the Alzheimer's Association's Board of Directors.

Agency reports theft of computer equipment

Mountainside - A computer and monitor were reported stolen from an office building on Shepley Street on Monday. The equipment, valued at \$2,250, was taken from the Defense Contract Audit Agency.

LIFESTYLE



David Manzo and Elizabeth Engert

Engert to wed Manzo

Mrs. and Mr. Theodore Engert of Mountainside have announced the engagement of their daughter, Elizabeth, to David Manzo, son of Mr. and Mrs. Albert Manzo of North Bergen.

Group to present Handel's Messiah

The Mountainside Music Association has announced that the organization will again sponsor the presentation of the Messiah Concert at the Community Presbyterian Church on Dec. 21, at 8 p.m.

HOLIDAY SERVICES advertisement with decorative border.

Christ Lutheran Church Christmas Eve service advertisement.

Christ Church Summit Christmas Eve Services advertisement.

ST. MICHAEL'S CATHOLIC CHURCH schedule advertisement.

EVANGEL BAPTIST CHURCH Christmas Eve service advertisement.

Connecticut Farms Presbyterian Church Christmas Eve service advertisement.

Community Lovefeast & Candlelight Service advertisement.

REDEEMER LUTHERAN CHURCH Christmas Eve Family Worship advertisement.

Town plans First Night celebration

Westfield will host its first town-wide New Year's Eve party on Dec. 31 from 6 p.m. to midnight. Called "First Night Westfield '97," the town's celebration of the end of the year is a unique way to spend the evening with family and friends. Admission to any of the 30 events is through the purchase of a ticket for \$8 before Dec. 25 and \$10 after Dec. 25. Children 3 and under are free. Tickets may be purchased at the Town Bookstore, Rorden Realty, the Westfield Leader, Kings Supermarket in Garwood, the Westfield Recreation Department, the Westfield "Y," Men Christian True Sale, the Jewish Community Center in Scotch Plains, and the Westfield "Y" event. More information is available on Westfield's website: http://www.westfieldnj.com or by telephoning (908) 232-8011 for a recorded message.

A subscription to your newspaper keeps your college student close to hometown activities. Call 908-666-7753 for a special college rate.

What goes up...

Scott Sambor, a sophomore at Jonathan Dayton Regional High School in Springfield, got his opportunity to lead first hand about the many facets of a professional orchestra production when he served as assistant to the conductor at the Westfield Symphony's NOV/16/17 All-Heaven concert. Sambor was selected to work with Maestro Peter Ounjian as a participant in the program.

Sabrina Fort, Ashley Blum, and Gregory Chalmers, second and third graders at Deerfield School, learn first hand about air power during an experiment in their classroom.

Student assists orchestra conductor

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Scott Sambor, a sophomore at Jonathan Dayton Regional High School in Springfield, look part in the Westfield Symphony Orchestra's Assistant to the Conductor program recently, along with Maestro Peter Ounjian.

Learn to make a Gingerbread House

On Dec. 21 from 9 a.m. to noon, the Rutgers Cooperative Extension of Union County 4-H Program will conduct a workshop on "Building a Cookie and Candy Holiday House."

Open house planned

The Mothers' Center of Central New Jersey, a Scotch Plains-based organization, invites all mothers in central New Jersey to attend its open house on Jan. 8, from 9:30 to 11 a.m. at the Crescent Avenue Presbyterian Church in Plainfield.

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Red Cross offers holiday safety tips

The holiday season is a time to be joyful and with some extra precautions taken, the Westfield/Mountainside Red Cross is offering these tips for a safe holiday.

Horseplay planned at Watching Stable

The Watching Stable, Mountainide, offers two programs in addition to its fall and spring series of lessons, which are designed to introduce the sport of horsemanship to all.

WORSHIP CALENDAR

ASSEMBLIES OF GOD CALVARY ASSEMBLY OF GOD THE FAMILY WORSHIP CENTER... ANTI-CHURCH BAPTIST CHURCH... CLINTON HILL BAPTIST CHURCH... JEWISH-ORTHODOX CONGREGATION ISRAEL... JEWISH-REFORM TEMPLE SHARNEY SHILOH... METHODIST BETH SHILOH... MORAVIAN BATTLE HILL COMMUNITY MORAVIAN CHURCH...

WORSHIP CALENDAR

GRACE LUTHERAN CHURCH AND SCHOLA... HOLY CROSS LUTHERAN CHURCH... HOLY TRINITY LUTHERAN CHURCH... MOUNTAINIDE CHAPEL... PRESBYTERIAN CONNEXION PARKS... ROMAN CATHOLIC THE PARISH CHURCH OF ST. THOMAS... UNITED METHODIST CHURCH...

WORSHIP CALENDAR

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SPORTS

Dayton turns it around, rolls to 6-3 mark. GL posts some impressive wins. Summit wins two of three to close out

Dayton Regional High School girls' soccer team, which improved a great deal in year first-year coach Ben Sivanto, placed fourth place on the Union County Coaches All-County Team.

Soccer standouts



The Springfield Stars had a successful season and were shot out champions, as it says on their shirts. From left, an assistant coach, Joe Coppa, Thomas Makuta, Justin Caspa, Michael Miranda and coach Jeff Neuberger. Standing, from left, are Evan Ring, Stephen Doctor, Alex Neuberger and Michael Nosa. Players not pictured include Janis Cohen and John Mannarino.

Dayton places four on All-County girls' soccer

The Dayton Regional High School girls' soccer team, which improved a great deal in year first-year coach Ben Sivanto, placed fourth place on the Union County Coaches All-County Team.

New playoff system took a wrong turn

Every system is fallible. "As imperfect beings we simply have not yet invented a system which doesn't elicit (1) some controversy over its components, or about its methods, (2) exclude a supposed winner, (3) and elicit speculation about what could have been better."

Springfield Nettas win in first round of tourney

The Springfield Recreation Department girls' basketball team won the first round of the Holiday Tournament and made the final.

Don't Go There

By Keith Agor. "What do they really have? Food for more debate, and continued calls for change seem likely on the horizon."

Springfield's Berger, Kravetz excel

Springfield residents Brett Berger and Ross Kravetz, 11th grade athletes at the Gaudreau Middle School in Springfield, helped the Cranford Hockey Club Pee Wee Division girls' team reach the West Chester, Pennsylvania Thanksgiving Tournament championship game.

Gov. Livingston Summit

- (A) Summit 21, Parsippany 20 (H) Morris Hills 37, Summit 7 (A) Summit 13, Summit 7 (A) Summit 15, Summit 14 (A) Summit 25, Summit 14 (A) Summit 26, Summit 13 (A) Summit 28, Summit 14 (H) Summit 34, Parsip Hills 28 (OT) (H) Summit 36, Summit 6 (A) Summit 31, Summit 6

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Last Minute Holiday


GIFT GUIDE

DECEMBER 12, 1996

A SPECIAL SECTION FROM WORRALL COMMUNITY NEWSPAPERS

Supplement to the Union Leader, Kenilworth Leader, Roselle Park Leader, Summit Observer, Springfield Leader, Mountaintop Echo, Hillside Leader, Elizabeth Gazette, Linden Leader, Roselle Spectator, Rahway Progress, Clark Eagle

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Personalized holiday gifts solve the shopping dilemma

One of the most challenging things to do during the holidays is to come up with a gift for that special someone who probably has everything. You search and search for that perfect tie or sweater, yet you still can't come up with a gift that will stand out from the crowd.

Personal Creations is one of a kind clothing retailer that offers a wide variety of exclusive, high-quality gift items that are all personalized and delivered quickly anywhere in the U.S.

"Many consumers are getting tired of receiving as many as four or five 'me too' catalogs a day in the mail that offer generic gifts," said Don Randolph, president of Personal Creations. "Our 45-page catalog offers a wide variety of exclusively personalized gifts that are manufactured here in our Illinois facility and then sent out, sometimes that same day, to the customer. We bring many unique products to market that the consumer did not even realize were personalizable."

More popular gift items for the 1996 holiday season range from custom-etched wine bottles to a wide variety of keepsake items such as "Baby's First Christmas" romper or a "Cutey's First Christmas" ornament.

The following are some of the more popular and best-selling personalized holiday gift items for this year:

- Custom bags — certainly a lot easier than trying to wrap a bottle. It's sure to make your next wine or liquor gift stand out with the gold-embossed "Cheers From (Name)" set of 24 inch-long-eight-ounce-eight-ounce and eight blue high-gloss bags.
- Keepsake Christmas Ornaments — such as a beautiful-powder ornament from Wallace Silverman, are engraved with the names of family members' names. Or, "Our First Christmas" is a silver-plated heart ornament that commemorates a couple's first Christmas together. Both ornaments can be customized with any year.
- Baby's First Christmas — for the littlest elf on your list. This baby romper features a festive stocking design with the child's first name at the top in witty, snow-capped letters.
- Cookies for Santa plate — What better way to serve Santa's traditional late-night gift. Each design is individually hand-etched and painted with a personal greeting. Feature Christmas or Hanukkah wine bottles contain California Monterey Chateau Cabernet, or for New Year's Eve, select the sparkling Monterey Chateau Champagne. Wine bottles are also available in birthday, wedding and anniversary themes.
- Celebration wine bottles — This special gift item is an excellent hostess or corporate gift. Each design is individually hand-etched and painted with a personal greeting. Feature Christmas or Hanukkah wine bottles contain California Monterey Chateau Cabernet, or for New Year's Eve, select the sparkling Monterey Chateau Champagne. Wine bottles are also available in birthday, wedding and anniversary themes.

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Fraud never takes a holiday, so learn to protect yourself

Thirty-three percent of all credit card purchases take place between Thanksgiving and Christmas each year. Along with the horde of shoppers comes a horde of potential for fraud.

"This season is a peak time when people are vulnerable, according to Christine Bush, a vice president of Consumer Affairs for Master Card International.

"Although new technologies such as encrypted security codes and computers that uncover atypical charge activity have reduced fraud losses, shoppers continue to be at risk during this time of year as billions of dollars nationwide are charged to credit cards for gifts and travel expenses," Bush said.

Protect yourself. Criminals are ready to take advantage of the holiday surge in credit card spending, so Rush urges cardholders to take the following steps to help protect themselves before and during their shopping trips:

- Sign new cards as soon as you receive them.
- When leaving home, take only the cards you need.
- Keep cards in your wallet or purse, not in your pocket.
- Keep a list of account and issuer phone numbers in a safe place.
- Check sales receipts for accuracy before signing.
- Make sure the sales clerk returns your card.
- Keep coupons from sales receipts or

Make sure the sales clerk tear them up before you leave the store.

- Keep all credit card receipts.
- If your card is lost or stolen and you don't have the issuer's phone number handy, you can call MasterCard at (800) 247-4623 or call collect for out-of-the-country calls at (614) 274-6900. If necessary, a replacement card will be issued.
- MasterCard offers three free brochures that shoppers will find helpful: "Defending Yourself Against Credit Card Fraud," "Shopping With Your ATM Card" and "How To Be A Smart Shopper." To order, call (800) 999-5136.
- If you become a victim:
 - Contact the card issuer through its 800 number immediately. With MasterCard's Cardholder Protection Program, consumers are not responsible for unauthorized credit card charges if they report a card lost or stolen within 24 hours of discovery.
 - Follow up with the issuer in writing stating that an unauthorized charge was made to distinguish it from a billing error. Cardholders are protected in a dispute with creditors by the Federal Fair Credit Billing Act only if they report the incident in writing.
 - Call the issuer if a new or renewed card does not arrive.
 - Pay at least the minimum of all unpaid charges.

Consumers worldwide can access MasterCard "Thinking" the MasterCard World Wide Web site on the Internet — by entering the Internet address on their computers: <http://www.mastercard.com>

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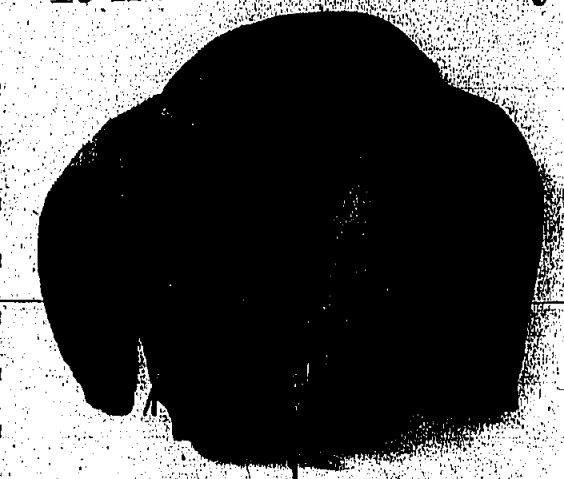
Thinking ahead will keep up your spirits this year

This season for surprises, which can be fun if you're prepared. Holidays mean good food, good cheer and hopefully some well-deserved relaxation for the person providing the cheer.

The secret to comfortable holiday entertaining is planning ahead and stocking up your pantry for any surprise. One well-planned trip to the store and you're ready for anyone who drops by. Here's a shopping list and one surprisingly terrific, no-fail recipe for creamy Pina Colada Cheesecake — a golden tropical treat to surprise expected or unexpected guests. First, remember:

- To serve with the cheesecake, keep some good coffee on hand — both decaffeinated and regular.
- Stock up on tea, mineral water, sodas and hot chocolate with miniature marshmallows.
- Buy some nice blocks of cheese to enjoy with fruit and nuts. Blue cheese, cheddar and a soft, flavored desert cheese are basics.
- Stock up on canned pineapple. Mixed with other portions of sliced fruit, such as Tropical Fruit Salad, which makes a wonderful, fresh salad that keeps. If you like fresh fruit such as sliced apples and pears in your salad, add canned pineapple in its own juice to keep other fruit from browning.
- To serve treats, add some colorful napkins, holiday mugs and candles. Polish and dust favorite serving trays and glasses, then sit back, relax and enjoy.

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'Tis the season to spend money wisely

It was the month before Christmas and all through the mall, the smell of burning plastic filled through the hall. The shoppers were charging their gifts with delight and no concern of pending financial plight.

Millions of holiday shoppers will dust off their credit cards and hit the malls this month, happily charging everything from toys to trunks. Unfortunately, many a shopper's holiday gift will become holiday gloom once their January credit card statements arrive.

The American Collectors Association, Inc., the trade association for professional debt collectors, offers the following advice to help consumers avoid post-holiday payment shock.

- Limit spending. Determine how much you can afford to spend on holiday gifts before beginning your shopping excursion. Stick to your budget.
- Make a list and check it twice. Create a list of people for whom you need to purchase gifts and how much you will spend on each one, making sure not to exceed your allotted budget. As you shop, record each gift and its cost next to the receiver's name, then add up your expenses so your credit card bill won't take you by surprise.
- Use cash whenever possible. If it is necessary for you to charge a number of gifts, put them all on one credit card, so you won't be juggling several bills in January. Look into applying for a special holiday card with a credit limit that equals what you have to spend, and that can be destroyed after the holidays.
- Be interest-conscious. Be wary of department store cards and cards offering deferred payment plans since most charge high interest rates. Use a deferred interest card only if interest will not accrue until the first payment is due, and if you will be able to pay off all or most of the bill immediately.
- Be a savvy shopper. Take advantage of outlet malls and holiday sales. Rather than buying expensive wrapping paper, obtain and reuse from department stores, pay cash for those items at a dollar store. Also, consider giving gifts that are easy on the pocketbook such as an enclosed envelope containing a memorable event or a goodie basket filled with homemade treats.
- Prepare for next year. Start a holiday savings account and add to it each month. Then, throughout the year, hit retailers' clearance sales — you'll find great deals on gifts and, by buying a little at a time, you'll avoid last-minute shopping stress.
- Consumers who are experiencing problems paying their holiday bills should contact ACAA for information on working through their financial difficulties. For a free informational brochure, write to Solving Payment Problems, American Collectors Association, Public Relations Department, P.O. Box 39106, Minneapolis, MN 55439-0106.

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MADD guides holiday drivers safely home

Hoping to put more drivers on the road to safety, Mothers Against Drunk Driving is offering a free Safe Party Guide to help prevent alcohol-related traffic crashes, which too often go hand-in-hand with holiday celebrations.

The guide, which includes great non-alcoholic drink recipes for Mids-Byrd Margaritas and Holiday Punch, is part of MADD's year-long Designated Driver campaign, which focuses on four of the deadliest holiday periods of the year: New Year's Eve, St. Patrick's Day and the Memorial Day and Labor Day weekends.

Approximately 272 people were killed in traffic crashes during the 1993-94 New Year's holiday period, and of those 200 — 73.9 percent — were alcohol-related deaths.

Using the theme "Make Your Five Resolutions to Designate a Driver," MADD chapters and AAMCO Transitions dealers across the country will be working together to promote prevention strategies such as the use of designated drivers.

For a free copy of the guide or more information on the Designated Driver program, contact your local MADD chapter or AAMCO dealer.

Pearls are a 'cultured' holiday gift

Looking for the perfect gift can be confusing. There's so much to choose from. Smart shoppers stick to the classics — gifts that never go out of style.

For us, there's no better classic than pearls. The pearl, with its warm inner glow and shimmering iridescence, is a perfect complement to any wardrobe. Cultured pearls are versatile, always in fashion and have an understated elegance matched by few precious jewels.

How do you choose the perfect pearl gift and get the best value for your money? Here are some tips from the Cultured Pearl Information Center:

- Consider luster, a combination of surface brilliance and a deep muted glow. The luster of a good quality pearl should be bright, not dull. You should be able to see your own reflection clearly on the surface of a pearl. Any pearl that appears too white, dull or chalky indicates low quality.
- Check the surface for disfiguring spots, bumps or cracks. The cleaner the surface of the pearl, the more valuable. If you find cracks on the surface of the pearl or chips near the drill-hole, its durability will be severely diminished.
- Shape is important. Since cultured pearls are grown by oysters, it's very rare to find a perfectly round pearl. The rounder the pearl, the more valuable it is. Baroque pearls, which are asymmetrical in shape, can be lustrous and appealing, and often cost less than round pearls.

Although the most classically refined pearls are white ones, cultured pearls occur in colors from rose to black. White color is a master of preference, rose or silver/white pearls tend to look best on fair skin tones.



Looking for the perfect gift can be confusing. There's so much to choose from, but a pearl necklace never goes out of style. For a free booklet on pearls, write to the Cultured Pearl Information Center, 321 E. 53rd St., New York, NY 10022.

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FROM ALL OF US AT WORRAL COMMUNITY NEWSPAPERS HAPPY HOLIDAYS

Herbs are the gift that keeps on giving

Want to spice up the holidays? An all-in-one, indoor herb planter kit makes it easy. The entire family can delight in this low-tech, high-yield gift that features six different culinary herb seed packets for planting: oregano, chives, thyme, parsley, basil and sage.

Called WindowHerb, it also includes ceramic planter with an attractive basket-weave design, professional growing mix and a customized greenhouse dome that ensures quick seed germination.

Just add water and watch it grow. Children will marvel as they observe WindowHerb seeds begin to sprout within a few days of planting. After just two months, the herb garden should be in full bloom, ready to harvest and enhance your favorite foods. The herbs' aromatic flowers will also add a fragrant touch to your home.

WindowHerb is packaged in a colorful, compact box that can be tucked under any Christmas tree.

'Fragrance makes the man' can be holiday gift theme

With the holidays close at hand, the pressure of buying the perfect gift for your man is paramount.

Gifts for husbands, dads and boyfriends need not be extravagant, but should reflect his personality or interests. And you should be able to get a big bang of appreciation for your selection.

"The best gifts remind people of shared fun times, intimate understanding or recurring 'themes' in a relationship," says Ann Gottlieb, creator of popular scents from Fabergé's Brut, Afta Blue to Calvin Klein's CK One. "Fragrance is as personal as it is affordable, because evaluating the 'personality' of a scent to match that of a special man is perceived to take great thought."

The makers of Brut, the #1 international men's fragrance and toiletries brand, and Ms. Gottlieb, fragrance expert, offer value-hungry shoppers these reasons to consider fragrance and toiletries the perfect gift for the holiday.

For the traditionalist: If you can't afford fancy beachball tickets or a new grill, fragrance is a great way to move beyond socks and flannel pajamas. Typically, traditional men feel most confident in fragrances that include combinations of spice and musk, such as Original Brut for Men, because they are classic scents that complement without overpowering.

For the adventurer: "Frost" is the fragrance buzzword for a younger generation.

The best gifts remind people of shared fun times.

or men who engage in or fantasize about rugged adventure. Clean energizing scents, the year-old Frost/Afta Blue among them, are generally created from varying combinations of fruit skins; and might include French grass and musk notes as well. "The gift of a fresh fragrance tells a man that he's exciting."

For the channel surfer, or everyman: If you want to get a laugh out of your channel surfing man, make sure his stocking includes a Brut Clear Gel Deodorant or Anti-Persepsant. Beyond the refreshing wetness and efficacy of clear gels, Brut's first-over "click control" mechanism allows men to click to their television, remote.

Many manufacturers offer special holiday gift sets, attractively packaged and tailored to specific fragrance and toiletry preferences. Brut offers 14 different gift sets this season, including regular and trial-size items and travel bags priced from \$2.99 - \$10.99.

When shopping for men this holiday season, you don't have to get expensive, just creative. Personal gifts abound if you know your man, your budget and good value.

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Learning toys keep tykes busy all year round

No matter where parents turn today, it seems there are toys, toys, all vying for their little one's attention. Even after the holidays, you always seem to be trying desperately to make your way through the maze of play-things. What kind to get? What will be a pleasing gift? Are there any that are more than just some flashy, high-tech, "new" movie promotion?

There are a lot of toys that stimulate children's minds, encourage social development, mature creativity and even help physical development. Some of the best names in childplay have toys designed just for these growing infants and toddlers. They are usually indestructible and they last just as long as children do while they are allowed to play naturally.

Kids love to climb and crawl and explore — everything. This can sometimes get them into trouble. Rather than stifle this adventurous nature, consider Little Tikes Activity Gym. This brightly colored toy is a totally well-balanced climbing/climbing toy for toddlers. There's even a little area beneath the wide sliding place for the tiny feet.

Toy makes an excellent way for children to create their own imaginative play. Constructing the rail patterns helps develop cognitive processes such as planning and spatial concepts. They are brightly colored "open-ended" toys — there is no limit to the play, except in the child's mind.

Toy story



The holiday season has become synonymous with giving gifts, especially to the children in our lives. While your choice of toys doesn't have to be the same story every year, some gifts are perennial favorites — especially bicycles and others relating to outdoor activities.

Bicycles are fun and healthy gifts for kids

For generations, bicycles have been at the top of the holiday wish lists of many children, and, recently, parents have begun to view bicycles as not only a fun gift, but one that encourages healthy habits.

"It's much better to try to encourage riding bicycles than hitting in front of the television or playing video games," said Sherry Nemec, a mother of two boys, ages 4 and 7. "My older son already spends most of the day sitting in a classroom."

Since many parents share Nemec's sentiments and are choosing gifts that promote a healthier lifestyle, bicycle manufacturers and retailers are preparing for a busy holiday season.

"Parents have become increasingly concerned about how children spend their leisure time," said Steve Richman, vice president of marketing at Murray Bicycles. "As a result, they are purchasing more bicycles for their children, because riding offers a healthy alternative to many other activities."

Many doctors agree that the resurgence in bike usage among children is a positive development in today's television-oriented society. "Children tend to stay fit naturally, unless they aren't given the opportunities to exercise," said Nashville pediatrician David McCreary. "Lack of typical fitness during development years contributes to obesity and other poor health habits in later years."

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HAPPY HOLIDAYS

From **Worrall Community Newspapers**

MAY YOU AND YOUR FAMILY EMBRACE THE JOY AND PEACE OF THIS SEASON

Holiday season begins with the perfect tree

The joy of visiting a Christmas tree farm, choosing and cutting the "perfect" tree in a family outing is just the beginning of a wonderful holiday season.

The gifts must be wrapped, labeled then placed under the tree. Fealties must be placed and the guests invited to feast for dinner and cheer.

The centerpiece for the entire season will be the Christmas tree you so lovingly and painstakingly chose. The recent trend of setting up cut trees earlier in the season makes proper care and handling very important to insure the tree will be as fresh at the end of the season as it was in the start of the season.

Fresh-cut trees will be the perfect decoration if cared for properly. The steps to provide a prolonged life of the tree are few and simple.

- When the tree is brought home, cut 1/4 inch off the base of the trunk.
- If not taken into the home immediately, keep the tree in a bucket of water outdoors or in an unheated area, protected from the sun and wind.
- When brought into the home, make another 1/4-inch cut at the base of the trunk.
- Do not place the tree near a heat source.
- Use a tree stand that holds a minimum of one gallon of water. Do not allow the water level to drop below the fresh-cut uptake.
- Refill the reservoir with tap water. Research has shown that no special additives are required.

Inspect the water level daily and insure that the reservoir is full.

When the season is over and the tree must be removed, consider recycling the tree in a manner that will improve the environment. Most municipalities will chip the tree into mulch for use around plants and on park paths. Some municipalities will allow the resident to take the chips for use on home grounds. That's the beauty of a natural tree, it continues to serve the owner long after the season ends.

For information on a local Christmas tree farm, telephone the New Jersey Christmas Tree Growers' Association hotline at (800) 407-0487.

with the floor and step over the threshold. Be especially careful if you are wearing high-heeled shoes.

Stay calm. In the unlikely event that an elevator stops between floors, use the alarm button or the elevator's telephone or intercom to request assistance. Never attempt to climb out of a stalled elevator. Unless a trained emergency crew, assist you, the safest thing to do is wait for help.

In case of fire, take the stairs. If there is a fire or power failure, do not use the elevator. Leave the building by way of designated emergency exits.

Most elevators and escalator accidents can be prevented by proper ridership. For a free copy of a brochure on elevator and escalator ridership guidelines, write to Schindler Elevator Corporation, Mail Stop UL305, P.O. Box 1935, Merristown, NJ 07962-1935.

Rushing through your shopping can be hazardous to your health

During the holiday season, at least minute shoppers hurry to complete their gift-buying or return their gifts later on, shopping becomes an increasingly serious undertaking.

Navigating your way through a mall or store is also serious business — especially with coats, bags and boxes in your arms as you use crowded escalators and elevators. Schindler Elevator Corporation has developed some "rules of the road" so holiday shopping stays festive and safe.

Escalators:

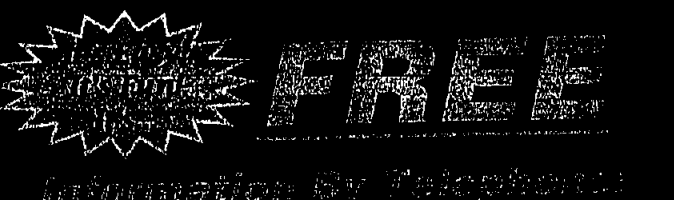
- Don't overload your trip. If your hands are full, take the elevator. Placing packages on the steps or balancing them on the handrail may endanger you or other passengers. Shopping carts, strollers, or wheelchairs should never be taken on the escalator.
- Watch children. Never allow children to use an escalator unattended. When traveling with a small child, hold his or her hand, and help children to step onto and off the escalator. No matter how tempting it is to make that distinctive "squeaky noise," do not let children drag their feet along an escalator's side. A shoe can become caught between the step and the side panel, causing serious injury.
- Never sit on the escalator. Serious injury can result if clothing, shoelaces or fingers get caught between the closing stair steps.

between the escalator step and side panel, or in moving parts at the top and bottom of an escalator. The best way to ride an escalator is to stand squarely on the center of the step, facing forward, with feet slightly apart and without touching stationary sides.

- Hold the handrail. The handrail can provide stability and balance for passengers. Always hold the handrail when riding the escalator. When boarding or exiting an escalator, step — if you slide on and off. After exiting, move away from the end of the escalator to leave room for other exiting passengers.

Elevators:

- Don't try to force or pry the elevator doors open. Press the "door open" button to keep the doors open. It can be hazardous to use your hand, briefcase or even an umbrella to prevent the doors from closing.
- Passengers closest to the doors exit first. Don't worry about gender or age. If the elevator stops before your floor, step aside to let other passengers enter or exit easily and safely.
- Watch your step. When you enter or exit the elevator, make sure the elevator is level with the floor and step over the threshold. Be especially careful if you are wearing high-heeled shoes.



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- 4235 Holiday Games For the Kids
- 4236 Hassle-Free Holiday Tips
- 4257 Gift Sweeps
- 4258 Caroling
- 4263 Sampling of Christmas Music
- 4264 Santa's Story (Beginning Dec. 13th)

YOUR GUIDE TO HANUKKAH

- 4240 The Story of Hanukkah
- 4241 The Menorah
- 4242 Lighting the Lights
- 4243 Ideas for Hanukkah Activities
- 4244 Hanukkah Fun For Kids
- 4245 Latkes Recipe
- 4246 Kugel Recipe
- 4247 Sampling of Hanukkah Music

Look For The Complete List Of Selections Weekly On page B2

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Fill stockings with goodies for flyers

Is there a recipient traveler on your holiday gift list? Fill a cosmetic bag or shaving kit with small, travel size bottles of lotion, shampoo and conditioner, disposable razor, shaving cream, soap, toothpaste and toothbrush. Since most European countries consider washcloths to be a personal item and do not provide them, an inexpensive pack could also be included.

Most frequent travelers would also appreciate a compact, telescoping umbrella, a travel alarm clock, roll of film or a one-use, disposable camera — especially those designed for underwater or panoramic pictures. And don't forget a photo album for those vacation shots. A small flashlight and sewing kit also come in handy. Keeping airline tickets, passports and e-tickets, foreign currency organized can be easy with a travel wallet large enough to accommodate everything.

How about a current road atlas or a deluxe, coffee table-size world atlas? Even "armchair" travelers will enjoy a subscription to a travel magazine.

When in doubt about your recipient's preferences, check with your favorite travel agent for a gift certificate which can be used toward a future trip.

Capture the joy of the holidays with great photos

Gifts, gatherings and a roll of film featuring Uncle Ned's thumb are holiday traditions shared by families nationwide. Is there anything more disappointing than having photos of your family's previous moments spoiled by imperfect photographic techniques? Fortunately, many of today's point-and-shoot cameras feature metering systems, autofocus and autoflash, enabling anyone to take great pictures. This year, Bill Corrado, a photo expert from Nikon, offers some other tips to ensure the best holiday photos.


- Avoid dark facial shadows. Use your camera's flash when taking people photos. Turn the anytime flash feature on, and revelers will be perfectly fit.
- Use the right film. Usually 400 speed film indoors and 100 speed outdoors. For a good general film, 200 speed is an excellent choice.
- Turn on as many room lights as possible to eliminate red-eye. This, combined with a red-eye reduction feature on many cameras, will prevent the devilish glow that comes with flash photos.
- Candid holiday photos look best. Grandma's spontaneous look of delight is better than any posed photo could be.
- Move the subject out of the center of the frame. To make photos more interesting, try moving the subject to the side of the photo. Cameras with focus lock make this easy.
- Subjects read better when you are a few steps away. Kids opening gifts look more natural if you stand a few feet away and let a zoom lens bring them to you.



The holidays offer rare occasions when entire families can gather. Isn't it worth preserving those moments on film? Although many new cameras allow for point and shoot photography, there still are some basic rules to follow for quality photographs.

Vitamin supplier offers discounts

The Vitamin Factory, an outlet store located at 225 Long Avenue in Hillside, sells its wares at close to wholesale prices, and national brand products are offered in discounted prices. For more information, call (201) 926-2946.



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Subscriptions make sporting gift ideas

Magazine subscriptions make the perfect gift for the sportsman or sportswoman on your holiday list. They're great stocking stuffers, and they're easy on your budget, too. Here are some suggestions that cover interests in golf, hunting and fishing.

Golf Illustrated
With useful how-to articles, interviews with golf's most colorful personalities, product reviews and quick tips to shave strokes from your game, this informative bimonthly will suit the golfer on your list to a "tee." A recent issue examined one of the oldest commands in golf swing instruction — keep your left arm straight — and showed that the opposite, a soft left arm, is actually better.

Rifle & Shotgun Sport Shooting
Whether it's an in-depth review of the four basic shooting positions or an informative article on how to hunt unfamiliar territory, this beautiful bimonthly for hunters and sports shooters is right on target. R & SS gives easy-to-understand information on trap, skeet, clay, hunting and all other forms of shooting sports.

BASSIN'
In a recent article, BASSIN' revealed that anglers who stop fishing in autumn may miss the year's fastest action.

Turkey carving is as easy as one-two-three

Take the terror out of turkey carving by combining three basic ingredients used by experienced chefs:

- A cooled turkey
- After the turkey is done, a meat thermometer should read 180 degrees when inserted into the thickest part of the thigh. Remove from the oven and let it cool for 10 to 15 minutes. This makes the meat firmer and easier to slice.
- A sharp knife
- While the turkey is cooling, sharpen your carving knife. A sharp knife will cut smoothly and won't shred tender meat. A new, easy-to-use, manual knife sharpener from EdgeCraft has built-in angle guides that take the guesswork out of sharpening. The Chef's Choice Manual Diamond Stone Model 450 uses 100 percent diamond abrasives to put a quick, sharp edge on even difficult-to-sharpen stainless blades.
- You can even bring it to the table for fast touchups. Reasonably priced at about \$25, the sharpener is widely available. Call (800) 342-3255 for stores near you.
- Carving, easy-hold
- Start by removing the turkey legs and the last joint of each wing. Then make a deep horizontal "bone cut" into the breast above the wing. Finally, slice down through the breast to the base cut. This will release perfect, even slices.

In addition to having the skills needed to properly carve a turkey, there are basic elements that sometimes are forgotten. Keeping the carving knife sharp and letting the bird cool before carving are among the steps that can lead to an impressive carving every time.

AAA has tips for holiday motorists

This holiday season, motorists will not only need a few extra dollars when they fill up their gas tanks, they'll need a bit of patience traveling to their destination.

AAA New Jersey Automobile Club estimates 31.8 million Americans will travel 100 miles or more during the holiday period, up 3 percent from last year and a 12-year high. Approximately 26.4 million of those travelers will go by auto. Half "brake on" recreational vehicles. Another 5.4 million expect to travel by airplane, train or bus.

Travelers in the Poconos area will also find the price of gas has increased six cents per gallon since Labor Day and 16 cents since last Thanksgiving.

Automobile Travel
According to AAA, one of the most important safety tips for those traveling by automobile during the Thanksgiving holiday is to be sure everyone is buckled up and seated in the proper position.

"While no one likes to think about a holiday trip being interrupted by an automobile crash, it's vital that motorists take steps to make the most out of their car's airbags and other safety equipment," explained Pam Fischer, assistant vice president of public and government relations for the Florham Park-based club.

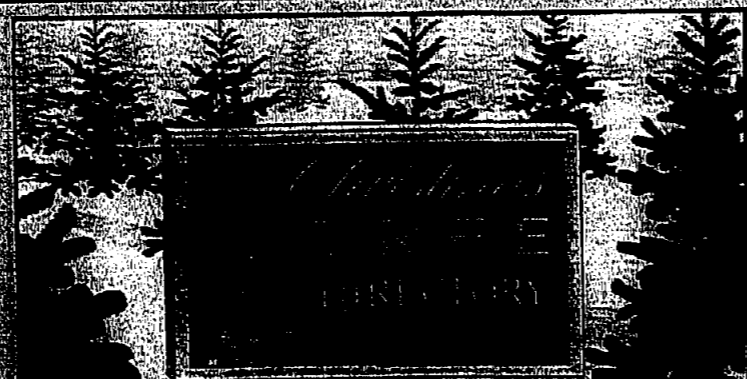
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onto Rt. 965 N. go 4.6 miles. Turn left onto Rt. 637
(Beemer Church Rd.) go to second crossroad make right
turn onto Route 635 (Haggerty Rd) go 6 tenths mile
on Haggerty make left turn onto Decker. Go
in 1/4 mile to Farm on left.
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and
Healthy 1996

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Have you pushed your body
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If you're suffering from acute or chronic neck and back pain after carrying one heavy package after another, the highly trained physical therapists at Kessler Physical Therapy and Rehabilitation can help you regain your maximum level of function.

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physical therapy and rehabilitation
1036 Bayview Avenue, Union, NJ 07083
(908) 851-0800



HOLIDAY HORRORS?

Your days are packed from dawn 'til way after dark. Not a single gift is under the soot looking tree in your living room. And Aunt Ethel and her dog will arrive any minute. It's enough to give anyone tinged terror.

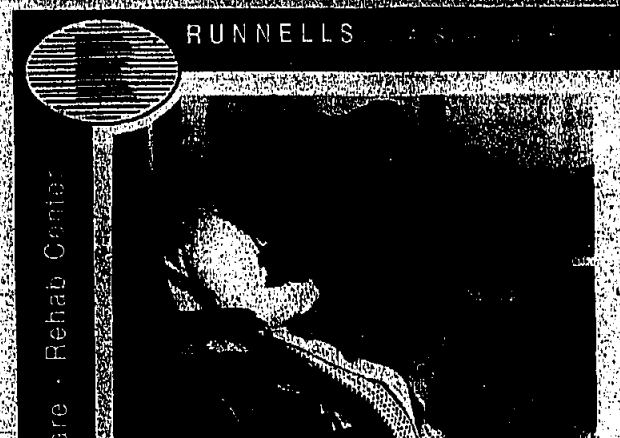
Here are some suggested holiday coping strategies:

- Make lists and check off what you finish.
- Set a budget you can live with.
- Keep expectations reasonable, then you won't be disappointed if Mom falls again to compliment your children.
- Remember, perfection is a goal not a reality.
- When you need time out, take it.

The staff of Charter Behavioral Health System of New Jersey wishes everyone happy holidays. But if you need help, call 1-800-CHARTER.

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INTENSIVE TREATMENT FAMILY PROGRAM

HOLIDAY GIFT GUIDE — WED — THURSDAY, DECEMBER 12, 1996 — Page 20

May You Be Blessed With The True Holiday Spirit FROM YOUR HEALTH CARE SPECIALIST



St. Elizabeth Hospital 225 Williamson Street Elizabeth, N.J. 07207 (908) 527-5000

St. Elizabeth Hospital is a private, not-for-profit, acute care Catholic facility with 325 beds, 24 well-newborn bassinets, and seven intermediate-care bassinets. Sponsored by the Sisters of Charity of Saint Elizabeth, it is eastern Union County's teaching hospital.

Providing:

- Diabetes Management Center — utilizing in-patient and out-patient programs to help people develop skills to cope and live successfully with diabetes.
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St. Elizabeth Hospital Uniting Medical Technology With Human Compassion

UNION COUNTY NEWS

Little time, but many problems

As the state Supreme Court's Dec. 31 deadline for finding a way to provide a "lifeline" just after...

Common Sense

By Jay Hochberg Regional Editor

speech that was long on rhetoric but short on the sort of substance needed to ally everyone's fears...

Auditors see little to cut from UCUA budget

By Steve Dally Staff Writer
What can the UCUA do to reduce its garbage fees? If you believe one financial firm, the answer is: not much...

The tipping fee is important if the UCUA wishes to remain competitive. The incentives in several bond issues...

garanteed by the county. If the UCUA loses business, it may be unable to keep up with the payments of its bonds and have to default on them...

Prosecutors begin notifying crime victims of case-status

Crime victims throughout Union County began receiving automatic telephone notification about their cases this month under a new program coordinated by the Prosecutor's Office...

Since early fall, staff at the jail have been programming the prisoner data into the VINE system and entering special numbers the computer uses to make the connection...



Year with the Marine Corps Reserve to collect toys for disadvantaged children. Motorists may drop off unwrapped toys at locations in the county...

Gas retailers join holiday toy drive

For the seventh time, Exxon has teamed up with the Marine Corps Reserve to collect donations for the Toys for Tots program...

- Mountaintop Exxon, 1413 Route 22 East.
Railway Exxon, St. George Avenue at West Linn.
Quality Shop Exxon, 1930 Route 1 South.
Roselle Chestnut Street Exxon, 501 St. George Ave.
Pencil Bros Exxon, 105 Chestnut St.
Locust Exxon, 206 W. 1st Ave.
Summit Terrace Exxon, 36 River Road.
Ashwood Exxon, 8 Ashwood Ave.
Union 385 Exxon, 2201 Springfield Ave.
Sunset Exxon, Route 22 West at Monroe Street.
Sang's Union Exxon, 2449 Morris Ave.
E&G Exxon, 1601 Route 22 West.
Magna Exxon, 1301 Morris Ave.

Governments, non-profits offer education and jobs

Learning and work is a new concept for Union County's welfare system — and it is working. Sixty-five participants of the Family Development Program...

Other agencies providing job sites were: New Jersey Geriatric Center in Elizabeth; the Eastern Union County Chapter of the American Red Cross in Elizabeth; Visiting Nurse and Health Services in Elizabeth and Plainfield; Head Start in Elizabeth; Elizabeth YMCA; Union County College in Cranford and Elizabeth; Railway Day Care Center; Plainfield Utilities Authority; and various local senior citizens centers.

The Alternite Work Experience Program is part of New Jersey's new Work First Program designed to move many more welfare recipients into the workforce. Union County's AWEPP Program, as it is called, is one of the first in the state.

VOLVO Drive Safely. THE 1997 VOLVO 960 WAGON. WITH 74.9 CUBIC FEET OF CARGO SPACE, IT CARRIES A LOT. EXCEPT A HEAVY PRICE TAG.

SMYTHE VOLVO SAFETY IS NOT AN OPTION. 326 MORRIS AVE. SUMMIT, N.J. 908 273-4200. THE 1997 VOLVO 960 WAGON \$3799. LEASE PER FOR 24 MONTHS \$399.

The 'Starline' is bright at 'A Medieval Carolfest'

By Jacque McCarthy
familiar carols. The children in attendance got involved in pantomiming to "Suffi, Suffi, Suffi," a German folk carol, and watched hand puppets sing another German tune called "The Friendly Beasts."

The program began with "On This Day Earth Shall Ring," an ancient Latin hymn, and the audience headed in on "Joy to the World." The choral works performed were varied and unusual, including "Alleluia Rondo" by 18th Century American William Billings, "Long Time Ago," an English folk tune, and "The Sleight," a Russian folk carol. The ensemble was outstanding on all tunes, building and blending to perfection.

"A Medieval Carolfest" will be repeated Friday and Sunday at Occoquan Presbyterian Church in Clarksburg. For more information, call (908) 885-1120 or (201) 657-9575.

Organizations submitting releases to the entertainment section can mail copy to 1231 Sylvan Ave., P.O. Box 3109, Union, New Jersey 07083.

We want your news

Your organization should be getting the publicity it deserves and we would like to help. We have published a handbook which explains how to tell your story. We would like to call on you. Write to: Jacquie McCarthy, Editor

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Fiori's Union Florist Inc. 2162 Morris Ave. 908-886-6872

Stahl-Del Duca Florist & Gifts 434 Springfield Ave., Summit 908-273-2251

Rimble's Flower Shop 1638 Sylvan Ave., Union 908-688-7370

Merten Leahy-Burke Florist, Inc. 13 Ashwood Ave., Summit, NJ 07901 (908) 277-6333

Local dancer gets lead in 'Nutcracker'

Clark resident Kristin Sunkowicz, a junior at Arthur J. Johnson High School and member of New Jersey Dance Theatre Ensemble, will be dancing in the lead roles of "Nutcracker."

The New Jersey Dance Theatre Ensemble is presenting its 27th season of "The Nutcracker." The Ballet Company is comprised of dedicated young dancers ages 9 to 21.

Highlights of the show include many beautiful and beautiful solo performances. Barbara Ewick, was absolutely perfect as "The Snowflake," being a positively seasonal high note.

The Starline Chorus is a singing ensemble that wants to "Light up the world, one song at a time." They sing for churches, hospitals, senior citizens organizations, to name a few.

NOTE: OF PUBLIC AUCTION
The American Land & Auction Company will hold Saturday and Sunday at 1 p.m. and 5 p.m. at Fairleigh Dickinson University, Rte. 208, 285 Madison Ave., Madison, NJ 07042.

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Israeli Festival repeats a wonderful performance

From lively Klezmer music to Broadway tunes, jazz, rock, pop, classical and operatic numbers and of course, well-known Yiddish and Hebrew songs, Burna Middle School happily welcomed Sunday afternoon during the Israeli Festival of Union's 12th annual Hanukkah concert.

A large, appreciative, responsive audience filled the auditorium, laughed at chairman Max Feldman's comments, introductions and feast, participated in Canon Larry Tiger's conducting of the "Star Spangled Banner" and "Halkvah," the Hebrew national anthem, and applauded Army Schwartz, Lipper's introductions.

Among the prestigious guests were Union Mayor Jerome Papp and Mayor-elect Greg Muller, who has attended every performance since the festival began 12 years ago.

Rabbi Meyer Korman of Temple Israel of Union, religious advisor, and "Halkvah" were exceptionally good wishes for the future success of the festival.

The next performance will be held Saturday and Sunday at 1 p.m. and 5 p.m. at Fairleigh Dickinson University, Rte. 208, 285 Madison Ave., Madison, NJ 07042.

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Trees \$17.95 - Wreaths \$12.99
Holiday All stores open 7 AM to 12 AM
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Shopping list table with columns: Amount, Item, Price per unit, Total price. Items include Golden Flips, Bananas, Large Green Beans, etc.

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A Family tradition, The Finest Available. Tender and Juicy Beef Rib.

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Christmas Goose, Fresh Turkey, Cornish Hens, Rabbits. For the Best Taste in Stripped Ham you have ever experienced.

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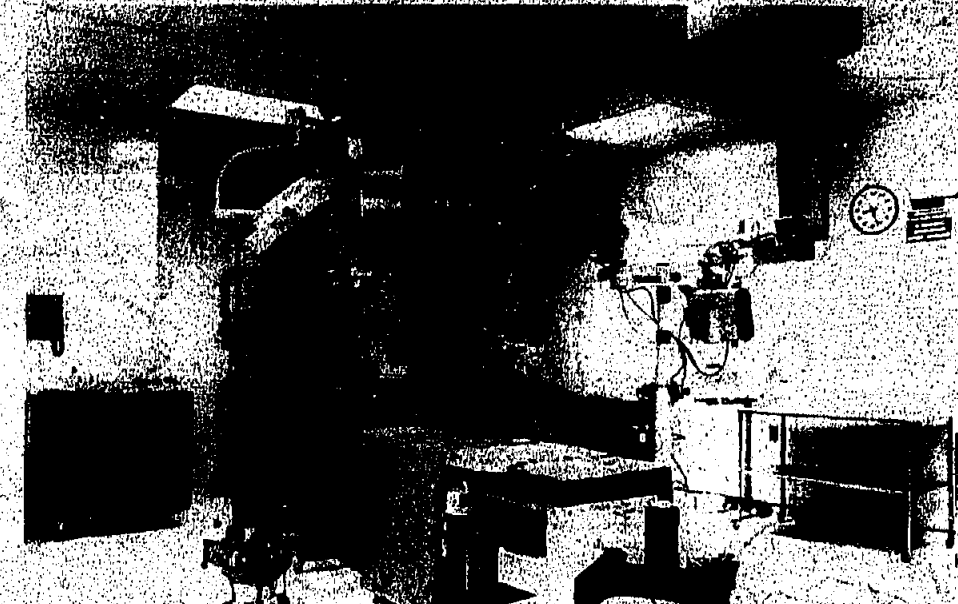
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HEALTH/FITNESS & MEDICINE



On September 28, Overlook Hospital celebrated 90 years of service to the community. With the growing use of laser and laparoscopic procedures, almost 65 percent of Overlook's surgical procedures are performed on a same-day basis.

Charter can help parents keep the holidays happy

Sarah's parents were divorced last summer, only two days before her sixth birthday. For Sarah, it was a confusing time and she still hasn't figured out exactly what happened or why her Daddy doesn't live with her anymore. Even though her mother has explained that both her parents still love her very much, Sarah secretly believes the divorce was her fault. But she has a plan. She's going to ask Santa to bring her Daddy home again. She's going to promise to be a very good girl for the rest of her life if only her family can be together again. Consider now how that divorce can be hardest on children. The parents may go on to other primary relationships, and may even find divorce to be a liberating and positive experience. But for the child, it's often a feeling of loss that can't be replaced. Custody battles or even amicable custody settlements can further exacerbate that feeling as the child is scattered between two homes. These situations may lead to lifelong difficulty in trusting others or developing successful relationships. Christmas is often the hardest time for a child or child of divorce. If the child is told enough to remember happier holidays, the adjustments he or she faces in Christmas may be easier.

Same-day surgery center to open in the spring

Planning is progressing for the construction in memory of John E. Reeves Ambulatory Surgery Center, which was approved by the New Jersey Department of Health in July. The Ambulatory Surgery Center, which is the beneficiary of funds raised at the hospital's 90th Anniversary Gala, will be a state-of-the-art center occupying 17,354 square feet in the hospital's Center for Community Health. The center is tentatively scheduled to open in the spring of 1997.

The new same-day surgery center, dedicated in memory of John E. Reeves in appreciation of his many years of service to the community, will be a self-contained unit offering ambulatory surgical services, including surgical testing, private pre-operative waiting rooms, five same-day surgery operating rooms, one minor procedure room, a call room, and support areas. Additionally, there will be limited business services and administrative offices. The center will also include such as locker rooms, restrooms, central processing sterile storage, and anesthesia.

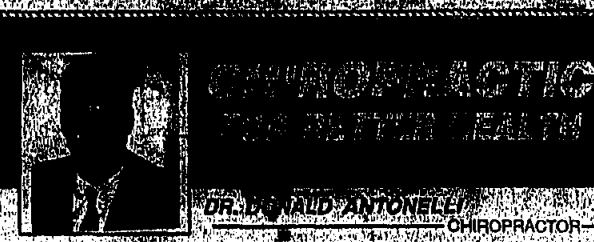
The newer quarters will enable Overlook to handle the expected increase in patient volume, as well as improve the surgical experience for patients and staff. A growing number of Overlook's 15,000 annual surgical procedures are now performed on an outpatient basis. While the number of cases is growing, 65% of Overlook's surgical cases were ambulatory, now because of advances in minimally invasive procedures and increased presence of same-day surgery centers.

Charter Behavioral Health System of New Jersey provides no-charge, confidential assessments for a range of emotional and behavioral problems, including anxiety, depression and stress. Any of these problems may affect families going through a divorce, and it is important to get help before things get out of control. To schedule a free confidential assessment, call (800) 327-7074, seven days a week, twenty-four hours a day.

Accounts receivable, profit, loss, and other financial statements. Call Greg Bishop, Certified Personal Trainer, 908-981-0164.

Hospital Meal Mates never dine alone

Help to provide Union Hospital patients with personalized care by becoming a Meal Mate. Union Hospital has developed this program, where volunteers spend a small amount of time at least one or two days per week, assisting patients who cannot feed themselves. Opportunities are available to build special relationships with people who need your help. Orientation will be provided prior to volunteering. Nursing staff will be available to all those. For more information, contact Volunteer Services Director Juliana Trumbull at (908) 851-7014. Union Hospital, located at 1000 Galloping Hill Road, Union, is an affiliate of the Saint Barnabas Health Care System.



WEAR AND TEAR ON SPINAL DISCS

If you've been aching from back pain, the problem may be caused by a stretched and worn disc. The disc is a wedge-shaped structure between the vertebrae in your spine. As you age, the disc's ability to absorb shock and cushion your spine, when functioning properly, decreases. This can lead to back pain, stiffness, and difficulty for your spine, allowing you to move and bend your neck and back in comfort. Because of constant movement, the discs are subject to degeneration from wear and tear. When this happens, the disc's ability to absorb shock and cushion your spine is compromised. This can lead to back pain, stiffness, and difficulty for your spine, allowing you to move and bend your neck and back in comfort.

YOUR EYES

Dr. Bradley T. Doolen, Optometrist. Any child with photophobia (that is, too much light entering the eyes) may have an undetected cataract. In the interim, your eyes must adjust and regulate the amount of light entering your eyes to see properly. In the eye, the iris is the apparatus that regulates the size of the opening through which light enters. Nerves in the retina, at the rear of the eye, send a signal to delicate muscles that control the iris. These muscles then relax or contract, increasing or decreasing the size of the pupil so that the right amount of light is admitted.

VITAMIN FACTORY advertisement listing various vitamins and supplements with prices. Includes items like Met-Rx, Vitamins C, E, and B, and various health supplements.

GLEN R. MOGAN M.D., F.A.C.P. Advanced GASTROENTEROLOGY P.C. has moved to his permanent location. 711 NORTHFIELD AVE., SUITE 204, WEST ORANGE, N.J. 07085. 201-731-8686. Gastrointestinal, Liver Disease and Gastrointestinal Endoscopy in Our Office.

THE APLASTIC ANEMIA FOUNDATION NEEDS YOUR UNWANTED CLOTHING to help fight this often fatal blood disease. FOR A CONVENIENT HOME PICKUP CALL 1-800-500-0445. Recycle and Help the Environment. HELP SAVE A LIFE! CARING & SHARING. 522 U.S. Highway 9 North, Suite # 322 • Marlapan, NJ 07726

Worrall Community Newspapers, Inc. 1-800-564-8911. Classified Ad Line. Includes sections for Classified Specials, Garage Sales, Economy Class, Autos for Sale, Dream Machines, Newsletters, Classified Rates, and Classified Combination Rates.

HELP WANTED section with various job openings. Includes positions for Medical Assistant, Receptionist, Office Assistant, and various other roles with contact information.

Worrall Community Newspapers, Inc. announcing 24 HOUR CLASSIFIED AD LINE. CALL 908-686-9898. Includes information about advertising rates and contact details.

WHEN REPLYING TO A UNION COUNTY CLASSIFIED BOX NUMBER please address envelope to: BOX NUMBER, Worrall Newspapers, P.O. Box 159, Maplewood, NJ 07040.

JOBS! NO EXPERIENCE NEEDED. \$7.50/Hr. For available positions. Includes information about job opportunities and contact details.

WE'LL HELP YOU EARN \$30,000 FOR COLLEGE. Now the Army can help you earn more than ever before for college. If you qualify... up to \$30,000 with the Montgomery GI Bill plus the Army College Fund.

PEOPLE IN THE NEWS

Burnett joins REMAX

Ann Burnett, Broker Associate, has recently joined the new REMAX Dynamic Realty in Clark. With more than 16 years of real estate experience...



Ann Burnett

Pappas nets honor

At Pappas of Century 21 Realty in Clark has been named the top sales associate in listing and selling transactions...

Bogar joins Prudential

The Prudential New Jersey Realty Division announced that Brenda Bogar, an experienced real estate sales associate...

UNUSUAL AVAILABILITY

BEACHWOOD, 2 1/2 and 4 LARGE ROOMS and 2 1/2 Bathrooms. Call for more details...

APARTMENT TO RENT

CLARK, 1/2 and 3/4 Bathrooms. Call for more details...

BUSINESS OPPORTUNITIES

AN AMAZING Opportunity. Cook, Pile Law, Nantux Great Local Parts Store and more...

NEW JERSEY MORTGAGE RATES

Table with columns for Product, Rate, and APR. Includes sections for American Savings Bank, First Federal Savings, Bancorp Popular FSB, Capital Financial Corp., Columbia Savings Bank, Commonwealth Savings, Citizens Savings Bank, First Savings Bank, First Union Mortgage, Gibraltar Savings Bank, and Intercounty Mortgage.

RENTAL

CLARK, 1/2 and 3/4 Bathrooms. Call for more details...

APARTMENT TO RENT

CLARK, 1/2 and 3/4 Bathrooms. Call for more details...

APARTMENT TO RENT

CLARK, 1/2 and 3/4 Bathrooms. Call for more details...

APARTMENT TO RENT

CLARK, 1/2 and 3/4 Bathrooms. Call for more details...

VACATION RENTALS

WILMINGTON VERMONT, 2 bedrooms, 2 1/2 baths, deck, hot tub, pool, game room...

REAL ESTATE

1001 Valley Street, Union, NJ 088-88-1111. Call for more details...

UNION COUNTY CLASSIFIED

Various classified advertisements including real estate listings and business opportunities.

UNION COUNTY CLASSIFIED

Various classified advertisements including real estate listings and business opportunities.

Automotive

Watch for drowsiness When you're on the road

Most people know how drugs and alcohol affect a driver's slowed reaction time, decreased awareness and impaired judgment...

UNION COUNTY CLASSIFIED

Various classified advertisements including real estate listings and business opportunities.

Finally, An Easy Way To Find Out New Car Information For FREE!

Autosource

24 HOUR AUTO INFORMATION SERVICE

A FREE Public Service Of WORRAL COMMUNITY NEWSPAPERS

Table listing car models and prices for various brands including Acura, Chevrolet, GMC, Jeep, Mitsubishi, Porsche, Saab, Land Rover, Lexus, Nissan, Subaru, Lincoln, Infiniti, Mazda, Hyundai, Eagle, Cadillac, Ford, Buick, Oldsmobile, Mercury, Pontiac, Saturn, Volvo, and Vauxhall.

Autosource is a 24 hour auto information service where callers get free new car information from the selections above by calling (908) 686-8988...

ROSE & VOLTURO

BUYING OR SELLING IN HILLSIDE? CALL ROSE & VOLTURO YOUR HILLSIDE REAL ESTATE EXPERTS. 1155 LIBERTY AVE. HILLSIDE (908) 351-7000

MANGELS & CO. Realtors

367 Chestnut St. Union, N.J. 688-3000. Real estate listings and services.

FREE information!

Call 686-8988 and enter a four digit selection number below. Includes a list of car models and prices.

YOUR CALL IS FREE!

Call 686-8988 (908) from your touch tone phone... Press the 4 digit code for the information you want to hear... Enter another selection! (Up to 5 choices per call)

Autosource is a 24 hour auto information service where callers get free new car information from the selections above by calling (908) 686-8988...