



# Union County

- News
- Arts
- Entertainment
- Classified
- Real Estate
- Automotive

WORRALL COMMUNITY NEWSPAPERS

THURSDAY, FEBRUARY 26, 1998 - SECTION B

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## Default may be best for Rahway incinerator

By Sean Dally  
Staff Writer

The UCUA is in danger of defaulting on its \$283 million in bonds. But incinerator opponents are saying that this might not be a bad thing.

The UCUA, owns the Rahway-based garbage incinerator, one of five county-owned incinerators in the state. These incinerators, along with a number of other county garbage disposal facilities, are facing reduced business thanks to a November Supreme Court decision that struck down New Jersey's waste flow control laws.

These laws, enacted during the administration of former Governor Thomas Kean, gave disposal facilities legal monopolies over garbage disposal in their respective counties. Without these laws, garbage disposal

facilities have to compete in a free market, something that they can't do with their high per-ton garbage disposal fees, called "tipping fees."

Assemblyman John Rooney (R-Bergen County) currently has a bill in the Assembly's Solid and Hazardous Waste Committee, which he chairs, that would charge trash haulers a six- to 10-percent tax on each ton of garbage they haul.

This could bring in \$70- to \$80 million, which would be used to help pay off the "stranded debt" for these facilities — the debt that would be left over if they were sold outright. Bonds for county garbage disposal facilities in New Jersey currently total about \$1.5 billion.

But Dave Pringle of Cranford, Campaign Director for the New Jersey Environmental Federation, is

against what he calls a "taxpayer bailout" of the incinerators and their investors.

"What we're saying is before we fund a taxpayer bailout of incinerators, we should investigate all other options and no one has looked at the pros and cons of defaulting yet," he said.

Eric Whistler, the UCUA's bond counsel, could not be reached for comment.

The county government has guaranteed \$35 million of the UCUA's bonds. If the UCUA defaults, the county will have to pay the guaranteed amount and possibly as much as \$283. This would result in an increase in county-purchase taxes.

County and state officials say that it would also lead to the degradation of the county's bond rating — a measure

given by financial companies like Standard and Poor's to measure how good or bad a bond might be as an investment.

If enough counties lose their bond rating, the state might have its rating degraded as well. This would lead to higher interest on bonds and possibly less investment in the state and Union County.

But, according to Ray Makul, former Rate Counsel in Kean's Public Advocate Office, the type of bonds that the UCUA has issued would prevent this.

"The UCUA's bonds are not 'general obligation' bonds that are paid for with county taxes, he said. Instead, they are 'revenue' bonds that are paid for with revenue from the UCUA.

This is a part of the original waste flow control legislation from the Kean administration, he said.

Makul said that the UCUA and not the county would wind up owing its investors money if it defaults on its bonds. That was why the county facilities were set up in the first place, he said, to "isolate the risk."

"So I think that the people being bailed out are not the counties but the investors," he said. And since the bonds are insured, he added, the bailout will go, not to the investors, but to the insurance companies that insured the county garbage facility bonds.

"We should let the marketplace work this out before we have state intervention," said Makul.

Whether the county's bond rating would suffer is another matter. Normally, with revenue bonds, the county would not be affected if the UCUA defaulted on its bonds. But it has guaranteed some of the

UCUA's bonds. When told this, Makul said that the county "would have to look at that."

He added, "It would make no sense to refinance \$1.5 billion state-wide just because one county guaranteed \$35 million."

Pringle stressed that bond default might not be the only answer to the state's garbage disposal crisis. The state might have to step in to pay off part of the facilities' debt, either principal, interest or a portion of both, he said.

Like other incinerator opponents, Pringle favors alternatives to incineration — a more aggressive program of "reduce, reuse, recycle and compost" for garbage.

"So it's time to shut them down. Incinerators have been an economic and environmental nightmare," he said.

## Freeholders may submit \$1-million grant request

By Sean Dally  
Staff Writer

The County Board of Chosen Freeholders will be voting on going after funding for a county-wide "transportation master plan" tonight.

The freeholders will vote tonight on whether to submit an application for a \$1 million grant from the New Jersey Transportation Planning Authority (NJTPA) to develop the plan.

According to freeholder Donald Gonçalves, chairman of the Union County Department of Economic Development, who proposed the legislation, the money will be used to develop a "blueprint" for transportation initiatives in Union County.

Gonçalves said it would take six months to a year to develop the master plan. This hinges on whether the grant application is approved by the freeholders and the NJTPA.

This will take into account existing transportation infrastructure in the county, including roads and freight and commuter rail, and the impact of large entities such as Conrail and the NYNJ Port Authority on Union County's transportation.

According to Gonçalves, Union County already has a master plan for county transportation. But the existing plan is out-of-date in several areas.

For one thing, it doesn't take into account the recent Conrail merger, which puts not one but two freight train companies on Union County's rail lines. This is important, said Gonçalves, because the county government wants to rehabilitate freight lines leading to Staten Island.

The existing master plan also does not take into account a new focus in the Port Authority. This new focus, said Gonçalves, is on its "core business": the movement of goods or people. Gonçalves said that he wants to make sure that Union County is included in the Port Authority's new focus, particularly in the construction of a commuter rail line between Elizabeth and Newark. The Port Authority, he said, has given more support to Essex County than Union County in the past.

"We don't want to spend money haphazardly and have our proposals rejected because we don't have a plan," he said.

According to Gonçalves, former Congressman Robert Roe, a trans-



Donald Gonçalves

portation expert," recommended that the county create a new transportation master plan.

This master plan would include a number of rail initiatives, including the improvement of access to commuter rail lines in Cranford and Westfield and along a separate rail line in Summit.

This would also include several transportation initiatives unveiled by the freeholders in June, including commuter rail links between Plainfield and Elizabeth.

Gonçalves added that the plan would also take into account Routes 1 and 9, the "backbone" of Union County's road system, and Route 22, where many people have been "clamoring" for improvements.

## Deer hunt continues with 127 slain

By Sean Dally  
Staff Writer

The Watchung Reservation hunt has killed 127 deer this year, slightly more than the minimum number of deer to be killed.

But county officials have said they will continue with the controversial hunt.

The number of deer killed was accurate as of midday last Thursday, the seventeenth day of the hunt this year. The week before, county hunters had killed 125 deer after 16 days of hunting.

The minimum amount of deer that the county wanted to kill in the controversial hunt this year is 120.

According to Dan Bernier, Chief of the Bureau of Park Operations, the hunt will continue until the number of slain animals reaches the top limit of 189 — or after the volunteer hunters have worked 30 days, or in March, whichever comes first.

"The way the program is set up, the goal is 120 deer for five years or 189 deer for three years," Bernier said, "and since everyone wants to get this

done as soon as possible, we're going to continue."

When asked if he thought the hunt would reach the maximum kill of 189 deer, county Parks and Recreation Superintendent Chuck Sigmond replied that it was "too difficult to tell. We hope that the weather remains favorable and that we will be able to reach our goal."

He added, "Again, we're ahead of schedule, but as the herd gets smaller, the less deer we see and the harder it is."

The started portion of the controversial hunt, begun in 1996, is to control the number of deer spending the winter in the reservation. Before the hunt this year, there were 300 deer, or 100 per square mile; the goal is to reduce the herd to 60 deer, or 20 per acre.

The hunt, which is carried out by specially trained county employees, was initiated after residents' complaints that the deer were damaging their landscaping. The deer have also been blamed for wiping out or endangering various species of native vegetation in the reservation from overgrazing and for traffic accidents.

According to a July 25 report prepared by the Watchung Reservation Deer Management Subcommittee of the county Board of Chosen Freeholders, this year's controlled hunt is more cost-effective than a 1994 controlled deer hunt.

This public hunt reportedly cost \$44,751.77 and killed 88 deer, an average of \$622.18 per deer. The 1997 hunt cost \$10,476.75 and killed 185 deer, an average of \$56.63 per deer.

Opponents of the hunt have said that non-lethal methods of population control have not been fully explored. But one of these — immunoneutralization to keep female deer from becoming pregnant — was apparently shut down in 1997.

Dr. Allen Ruberg of the Human Society of the United States said in a July 15 letter that the only immunoneutralization available would not be effective on a free-ranging herd, in rough and wooded terrain like the Watchung Reservation.

## Negligent daycare mom to try for PTI

By Maddy Vitale  
Staff Writer

A woman who left five children unsupervised at a daycare center in Union Township earlier this month will meet in a conference with Judge John Trizzi April 15 to work out a plea agreement.

Vickie Register, 36, who operated Little Tykes Day Care Center out of her home at 1552 Vauxhall Road, was arrested on Feb. 10 and charged with five counts of endangering the welfare of a child. She is charged with leaving the children, who ranged in age from three months to three years, alone while she went to do some "banking business" in Union Center for nearly two hours, police said.

Each count carries a maximum penalty of \$100,000 and a five- to 10-year prison term.

But according to Register's attorney Roy Greenman of Greenman and Greenman, Union, she is eligible for pre-trial intervention because this is her first offense and it is considered a non-violent crime. Under the program, a person can perform community service and/or pay fines and after the probationary period can have their

record expunged.

Register, her husband, Robert, and Greenman met with Superior Court Judge John Robinson-Greig last Wednesday at the Union County Court House in Elizabeth for an arraignment where an innocent plea was entered.

"We were in court for the formal arraignment and at that point the judge gave us another date to see if the case can be resolved between all parties," Greenman said.

"The PTI program is really discretionary with the probation department and the prosecutor's office," Greenman continued.

He would not comment on his client's thoughts on the matter. Ultimately, it will be up to the parents of the five children who were in Register's care, to decide whether she will face criminal charges or be admitted to the PTI program.

"We will explore the PTI program," said Assistant Union County Prosecutor Harold Knox of the Child Abuse Unit.

Knox said he will meet with the children's parents next week to discuss their options.

"It is my job to tell the defense

attorney what the families will be satisfied with and give a plea offer if we decide it is not necessary to take this to trial," he said.

According to reports, the fire department had attempted to inspect the house several times and were denied access. When Fire Inspector Gary Stoltz went to the house on Feb. 10, he requested Police Det. Diane Spann come along. When they went to the door, they were greeted by a three-year-old boy who told them Register was on the telephone. From where they stood, they could see a baby in a car seat on the edge of a table.

Spann also found a piece of a pencil in one of the children's mouths.

Officials reported bad wiring, soiled paper from dog feces within the children's reach and loose ceiling tiles.

Health Inspector Dennis San Filippo said officials could not cite Register for health and safety violations because under the standards set forth by the Division of Youth and Family Services, requirements for operating a daycare center only pertain to those caring for more than five children.

## FAA begins testing new airnoise plan

By Sean Dally  
Staff Writer

Airplane noise opponents in New Jersey have suddenly found several new fronts open up at Newark International Airport.

Jerome Feder, chairman of the Union County Air Traffic Noise Advisory Board or UCATNAB, said on Monday that increased air traffic noise could have more causes than previously thought. Specifically, planes are not following a myriad of required departure paths from the airport's Runway 22.

Noise opponents, including UCATNAB, have for several months blamed increased air traffic noise over Union County on how pilots and air traffic controllers have implemented the "Solberg Mitigation Plan."

This plan, begun by the Federal Aviation Administration in 1997 is meant to decrease air traffic noise over Union County by having planes leaving Newark International Airport gain altitude over the Arthur Kill, then turn back over land toward Solberg Airport seven miles out

from a navigational aid at the airport.

The Solberg Mitigation Plan is designed to let aircraft gain altitude over the lightly populated Arthur Kill. When they come back over land, they should be high enough to help muffle engine noise.

Planes have instead been turning toward Solberg Airport early, putting them over heavily populated areas of Union County at low altitude.

"Is the Solberg Mitigation Plan not flyable, or are they just blowing a smoke screen?" Feder asked.

The Solberg Mitigation Plan, begun in April 1996, is part of a larger Expanded East Coast Plan that includes arrival and departure routes to and from Newark, Laguardia and John F. Kennedy airports. According to Feder, planes are ignoring many of the departure routes from Newark Airport's Runway 22.

UCATNAB reportedly found out about this during a Dec. 29 meeting between Senator Robert Torricelli and FAA officials. This was discussed in detail at UCATNAB's Monday meeting.

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### Plainfield's past explored

The Historical Society of Plainfield will present a "Plainfield in the 20th Century" series, two decades at a time, each spring and fall to the year 2000.

The initial program, an exhibit of memorabilia primarily from Plainfield area residents, is titled "Plainfield's Ragtime Era: 1900-1920." The opening reception for the exhibit is Sunday, March 1, from 2 to 4 p.m. Viewing hours continue every Sunday through June 30 from 2 to 4 p.m. at the Drake House Museum, 602 W. Front St.

A special slide lecture program, "Picturesque Plainfield: A Photographer's View of the City, 1890-1910" will be shown March 22 by Kean College Professor Frank Esposito, acting director of graduate studies, and Donald Lokuta, professor of photography. The slides depict the Kean Woodbridge collection of photographs by Guillaume Thom. They will be shown in Centennial Hall at Muhlenberg Medical Center, Randolph Road, Plainfield, from 3 to 5 p.m. Admission is free to the exhibit and the lecture.

which includes a buffet dinner, beverages, DJ music and door prizes. Proceeds will benefit the chapter's Hospital Fund and Scholarship Program. For tickets, contact Jim at (908) 245-5074, Bill at (973) 467-9185 or Allen at (908) 322-7397.

The Vietnam Veterans of America is a service organization of former members of the Armed Forces of the United States who served during the Vietnam War Era - January 1959 through May 1975. VVA Union County Chapter No. 688 meets at 7:30 p.m. on the second Tuesday of each month at American Legion Post #3 on North Avenue in Westfield. All Vietnam-era veterans are invited to attend. For membership information, contact Membership Chairman Bob Clark at (732) 499-9796.

### Cancer programs

Cancer Care Inc. of New Jersey is sponsoring two free educational programs for people diagnosed with cancer and their family members.

The first presentation is entitled "Lymphedema: A Manageable Condition." This presentation will discuss

the use of massage therapy to manage lymphedema. The seminar will take place at Cancer Care's Millburn office, 241 Millburn Ave., on Monday March 23, from 6:30 to 8 p.m. The presenter is Kim Buckalew, Certified Massage Therapist in private practice in Princeton.

The second workshop is for people with brain cancer and their families. This presentation is entitled "Help for People Living with Brain Tumors: Medical Update Coping Strategies." The presenters will describe treatment options for brain cancer, symptom

management, doctor-patient communication, and quality of life issues for people with brain tumors. This seminar will take place at the Millburn Public Library, 200 Glen Ave., on Tuesday, March 31 from 7 to 8:30 p.m.

The workshops are free. Pre-registration is required because space is limited. For more information or to register, call (973) 379-7500.

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### Mensans schedule test

Once every year, Central New Jersey Mensa holds a walk-in qualification test for which reservations are not required. This year it is being held at 9 a.m. March 7 at The Stratton Woodbridge, across from Woodbridge Center mall on Route 1. The test is being given in conjunction with the Chapter's Annual Regional Gathering.

Anyone interested in joining Mensa can take the test. The test begins at 9 a.m. and ends by 11 a.m. A \$25 processing fee must be paid at the registration table on the mezzanine level.

Activities include a speaker and a midnight chocolate fondue party for a \$5 donation.

For information, call Ann Noonan at (732) 974-8649.

### Vets plan dinner dance

Union County Chapter #688 of the Vietnam Veterans of America will hold its annual Spring Dinner Dance on Saturday, March 28th, from 7 p.m. to midnight at VFW Post No. 7363 in Clark. Tickets are at \$20 per person

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# Front Row seating available in Rahway

By Jacquie McCarthy  
Associate Editor

The cultural renaissance in Rahway now boasts yet another credit to the effort. Open for almost two weeks, The Front Row Restaurant on Irving Street is located right in the center of downtown, within walking distance from Union County Arts Center.

Restaurant manager Richard Libonati said it wasn't a difficult decision to choose a name related to the local arts community.

"You generally pick something connected with the street you're on — it could have been the Irving Street Cafe — or you connect it to a personality that owns the restaurant — it could be Johnny A's Cafe or it could be Richard's Bar — or you connect it to something else in the area. Basically, we reached out and wanted to connect it to the arts center, so we called it Front Row."

Libonati hopes that Rahway theater audiences will become Front Row patrons. As a resident of Bergenfield, however, Libonati admitted that he was unfamiliar with the kind of audiences which would be attracted to the area. "It depends upon what the venue is," he said.

Front Row is already jumping on the UCAC bandwagon by hosting a Meet-and-Greet after-show party for Judy Collins, who will perform at the arts center on March 28.

"In that particular performance, I think they can have an 1100-seat capacity," Libonati said. "Of that, they can sell 50 tickets at a higher price, which will entice the people to go to the performance and then come to the Meet-and-Greet here later on."

Libonati and wife Judy own Lib's Restaurant in Bergenfield. When their chef, Hak Wing Wong, told them he was interested in opening an American restaurant, the Libonatis agreed to help Wong create an American feel. Wong purchased the former Sakaliba, a Chinese restaurant, in November.

The decor of the new restaurant can be described as "artsy eclectic." "We decided to go in the middle of the road, basically," said Libonati. "The posters that we have up now, is just the beginning of what we're doing. We had to work with what was here before. There was a Chinese/Japanese style restaurant, and this archway was a mahogany filigree wooden entranceway. We couldn't take it down because it was holding up this wall, so we covered it over but still left the rounded archway."

Libonati said Wong has worked for him for 15 years, as head chef of Lib's.

"He wanted to go out on his own, and so I have been helping him develop the restaurant. He wanted to install an American presence in the restaurant, so I did all the hiring for him. I did all the design and layout."

"It's basically an American menu," said Libonati. "There really isn't any ethnic overtones to the menu at all."

The menu consists of standard entrees, plus sandwiches, salads and appetizers. Libonati hopes to offer before and after theater-goers an alternative to diners and luncheonettes.

"Our dinner menu encompasses appetizers and burgers and lighter fare, rather than just sit-down full-course dinners. That's why we are a place-not restaurant versus a white tablecloth restaurant, so people will feel comfortable coming in and having a late-night burger or a salad, or something of that nature. We're hoping that's exactly what will happen," said Libonati.

Front Row is open for lunch and dinner Monday through Saturday, and for dinner only on Sunday. According to Libonati, hours will be adjusted to accommodate after-theater patrons, and he hopes to offer discounts to theater-goers. Future plans include babysitting dinner-and-show arrangements with the Rahway YMCA.

Front Row is located at 1540 Irving St., Rahway. For information, call (732) 388-1122.



Front Row Restaurant is located at 1540 Irving St., Rahway. Within walking distance of Union County Arts Center, Front Row will host the Meet-and-Greet party for singer Judy Collins following her performance at UCAC on March 28.

# 'Enter Laughing' lives up to its promise

## Theater View

By Bea Smith  
Staff Writer

"Enter Laughing" at the Forum Theater in Metuchen, just around the corner from Linden and Rahway, is an entertaining piece of comedy with an underlying theme. It was written by Joseph Stein, known for his "Fiddler on the Roof," based on a semi-autobiographical novel by Carl Reiner and staged on Broadway in 1963.

In the Forum production, Vicki Tripodo, the darling actress-comedian of that theater, makes her directorial debut, and she directed the production with care, despite much of the overacting of the actors.

The large, able cast made use of the funny dialogue in a humorous way, and the setting in the 1930s brought back memories of the value of family life back then. Of particular significance was the symbol of Jewish families, who settled in America with economic difficulties, sacrificed and sought the best for their children: A college education. A profession. A trade. Something better than what the parents had.

On the simple stage of the Forum, the settings are divided into three parts. On the extreme left is a shop, the center, a combination of various scenes where most of the action takes place, and on the right, an old-fashioned kitchen with a plain table, chairs, an old refrigerator and sink and a 1930s radio.

Tom Christopher Warren is the principal player, as David Koltowiz, a young man who is learning a trade in a machine shop, whose parents want him to become a pharmacist, and who yearns to become an actor. His friend

Marvin, played by Mark Birch, and pretty girlfriend, Wanda, played by Irene Piccinini, encourage him, and the antics that follow are tragic — and funny.

The large cast of fine actors, especially Allen L. Rickman, who plays Mr. Foreman, David's boss, with such comical authority that he steals every scene, include a sexy Laurie Shepard as Miss B. Jim Folly as Pike, David Perri as Don Baxter, James D. Fiorelli as Don Darwin, Nick Stannard as Marlowe, Jennifer Russell as Angela, Terri Sturtevant and Phil Hochman as Mother and Father and Vito F. Tirone as Roger.

There are chuckles throughout "Enter Laughing," but it isn't until the final minutes of the second act when a nearly slapstick situation arises, as David is given an opportunity to perform on a stage, and the mishaps are hilarious. The timing was meticulous, thanks to the Tripodo, and the audience didn't enter laughing, it certainly exited that way.

"Enter Laughing" will be staged through March 28. Thursday through Saturday at 8 p.m., with Sunday matinees at 2:30 p.m. and a Wednesday matinee on March 11 at 2:30 p.m.

# 'Isn't It Romantic' asks, and asks again

Many can relate to being confused about what direction to take in life, especially modern young women torn between traditional roles and opportunities to explore the uncharted territory of their own potential. playwright Wendy Wasserstein's semi-



Kean University students Debra Karen Karr, Hope Weinstein and Ermio Hernandez rehearse their roles for 'Isn't It Romantic,' which plays through March 1.

## Theater View

By Jacquie McCarthy  
Associate Editor

autobiographical "Isn't It Romantic," performed through March 1 at Kean University, creates some very real people in situations that are at once typical and bizarre, making life choices that are at once satisfying and scary.

A good deal of hemming and hawing usually precedes life-affecting decisions, and the audience is privy to the precontemplations of 28-year-old Janie Blumberg, played by up-and-coming actress Hope Weinstein. Janie doesn't know what to do with her life, and it is so inert that she hasn't unpacked three months after moving into her own place. She also espouses the typical modern habit of using her answering machine as a secretary, so that we learn of the people in her life through her messages — parents who call singing "Sunrise, Sunset," and employers offering various jobs. Janie's friend Harriet, played by Debra Karen Karr, provides an interesting juxtaposition. Harriet is career-

oriented, but just as afraid of commitments — office affairs are more her style. Janie and Harriet both become involved with — you guessed it, men — and the games begin.

As real as these characters are, as both Weinstein and Karr display a level of maturity that makes them believable as young yuppies, they are just as annoying as they waft back and forth over concerns. The characters become annoyed with each other, which makes a point and works for the play. Composed of scenes which

give glimpses into their lives and relationships, the production would have profited from tighter set changes in areas, as waiting for action to continue was tedious. However, the roller technicians were appropriate and whimsical.

Ermio Hernandez, who was terrific in last season's "The Boys Next Door," is effective as Marty Sterling, Janie's love interest. Jennifer Sciacchitano was adorable as Tasha Blumberg, who tells her daughter to keep her head up — chest out — to succeed in life. Erstwhile director Holly Logue

tolds the boards this time around as Lillian Cornwall, Harriet's tailored and straight-backed divorced career mom.

It's a thankless job making clinging parents, condescending boyfriends and the never-ending pursuit of self-actualization, come to life, but Kean Theatre Department takes on the job with gusto, and whether you always like what you see, you will definitely relate to "Isn't It Romantic," which plays through March 1 at the Wilkins Theatre. For information, call (908) 527-2337.

# Kent Place has 'Vessels' on display in the gallery

"Vessels," a pottery exhibit by Phil Homes, will be on display at the Kent Place Gallery through March 13.

"I've been working with clay for more than 30 years," states Homes. "During that time, my work has changed considerably. ... From a preoccupation with utilitarian forms and their function, to a focus on more expressive forms and an increasing interest in the work reflecting the character of process as well as tradition." Homes now uses the raku process for much of his work because it offers almost unlimited, if not always controllable, variation of surface and pattern as a result of glaze application, firing atmosphere and post-firing effects."

Homes, chair of the Fine Arts Department at Blair Academy, holds a B.S. degree from Lawrence University, an M.A. in art history and an M.F.A. in ceramics from the University of Iowa, and an M. Ed. in arts administration from the University of Massachusetts. A member of the Board of Directors of the National Council on Education for Ceramic Arts, Homes is the recipient of numerous fellowships and prizes including the Carnegie Fellowship in the Humanities and the National Endowment for the Humanities, Wingspread Humanities Fellowship.

The Kent Place Gallery is located on the campus of Kent Place School, 42 Norwood Ave., Summit. Under the direction of artist and teacher Judy Lapides, the Kent Place Gallery is a community resource as well as a unique feature of the arts curriculum at the school. Kent Place students are not only frequent visitors to the gallery but the artists conduct master classes and discuss their work. The gallery is open Monday through Friday from 11 a.m. to 4 p.m. or by appointment with the gallery director.

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ARTS & ENTERTAINMENT

'Mohave Moon' will keep you guessing

Eddy, Danny Aiello, spends his mornings hanging out with his two friends Eugene and Harry at the local coffee shop. Their conversations revolve around which horses they're betting on that night and whether or not the grilled cheese they've just ordered will arrive burnt.

Then lightning strikes. As the three men are sitting in the middle of yet another dull moment, a stunning young woman walks through the door. The dress code she adheres to and the way she wears her hair make for a wild style. The three men and their six eyeballs are locked on her as she floats by their booth. She settles a few booths away and, noticing they've all turned into statues pointed in her direction, she smiles. Realizing they are the main subject of an embarrassing moment, they snap out of it and quickly avert very interested in their menus.

A few minutes pass by before Harry is brave enough to glance in her direction. He's shocked to find that she is staring at the hungry group with a big alluring smile. Harry smiles back. She motions with her finger to send Eddy over. Harry is stunned and nudges Eddy. He looks at the voluptuous young woman and making sure there's no mistake, points a finger at himself and asks, "me"? Her smiles widens as she assures him he's the one.

She introduces herself as Venus, played by Angela Jolie, daughter of Academy Award-winning actor Jon Voight, and Eddy already smitten, sinks deeper in love. After a short, heated conversation they head for the door. They arrive at Eddy's impressive apartment and, following a long embrace, Eddy notices that something is bothering Venus. He digs a little bit and soon a sad look comes over her face. It seems she desperately needs a ride to the Mojave desert to visit her mom who lives in a trailer.

Eddy, understanding both the plight of the poor young woman and his own desire to spend the rest of his life with her, obliges. He owns a brand new Lincoln and the two burn

The Video Detective

By Jim Riffel

rubber. A few hours later Eddy is at Venus's mother's trailer, surrounded by sand as far as the eye can see.

Mom, played by the talented but rarely seen Anne Archer, is a nice enough woman but something is awry. As Eddy exits to use the bathroom, mom looks at Venus, smiles hopefully, and says "Oh god, you did it, you brought one." A further twist comes right around the corner when Venus's stepdad, Buck, played by Michael Bein, enters the picture. Buck is the kind of guy who likes to garble a six-pack and then kick somebody. A few strange hours are spent inside the trailer and then Eddy decides he'd better get out of this bizarre freakshow in the desert and head back to L.A.

Thankful to have exited this sand-trap with his head still attached to his body, Eddy leisurely cruises down the long lonesome highway when a monkeywrench makes its way into his happy world. A blowout forces him to the side of the road. Eddy pops the trunk, ready to work on the flat. But oddly enough the trunk, in addition to carrying a spare tire, is also carrying a dead body. Eddy suddenly longs for the simple dull moments with his boring friends at the diner. But now it's too late. And the fun of "Mohave Moon" is just beginning.

Video Detective Trivia: Danny Aiello was nominated for a Best Supporting Actor Oscar for what film?

Answer: Spike Lee's "Do The Right Thing," 1989.

New on video: "Air Force One," action; "Event Horizon," sci-fi; "The Maple Tree," comedy.

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

For the week of March 1 to 7

Aries March 21-April 20

It may be time to sit back and take stock of your life. Where are you in relation to your professional goals? Is your personal life where you want it to be? Make some time for your family this weekend. You'll enjoy it, and it will give you a chance to rethink your priorities.

Taurus April 21-May 21

Devote your weekend to helping a friend with a project. You can give him/her the confidence needed to get through the undertaking, and finishing the work will make you both feel good. Stay on top of your finances in the coming week.

Gemini May 22-June 21

Consider taking a home-study course. Whether it's career-related or just a hobby, you'll gain knowledge and have fun. Plus, it could work to your advantage professionally in the near future. Spend some time with a loved one who needs your support.

Cancer June 22-July 22

Stay cool-headed even in trying situations this week. You'll gain the respect of an important person by doing so and will improve your professional reputation. Then get away for the weekend. Spend some time away from the hustle and bustle of everyday life.

Leo July 23-Aug. 23

The work you've done on a special project recently could lead to a promotion. But remember to give credit where credit is due. Take a friend or partner away for the weekend. Try to find a nearby country getaway for the ultimate relaxation experience.

Virgo Aug. 24-Sept. 22

Remember the importance of integrity in your personal and professional relationships. You are in a position to play in a good word for someone. Watch your finances this week.

Libra Sept. 23-Oct. 23

The decisions you make now may affect you for a long time, so be sure to think wisely. Don't hurry your

ammunition to back it up, especially any notes praising your work. Get a group of friends together for a fun social event this weekend. Don't leave anyone out, or hurt feelings could be a result.

Scorpio Oct. 24-Nov. 22

Someone near you is having a rough time but doesn't want to admit it. When he/she finally does, be sure to give him/her time and support. Plan a romantic evening for your partner.

Sagittarius Nov. 23-Dec. 21

If you're fully committed to improving your life, this is the week to start. Discuss it with a counselor, member of the clergy or a personnel representative, but be careful how you interpret any advice. Grab a friend or take off on your own and 'til you drop this weekend.

Capricorn Dec. 22-Jan. 20

It may be time to approach your boss for a raise. Be sure to have the

Aquarius Jan. 21-Feb. 18

You'll be getting emotional support from a friend you haven't seen in a while. It will come at a time when you really need it. Thank him/her for it in a special way. Try a bouquet of flowers or home-baked cookies. An afternoon off can help you get a fresh outlook on life.

Pisces Feb. 19-March 20

Use your creativity to help change your life. It will be a big boost to your job, and it will make your life in general a lot more fun. While you're at it, donate some of your time to a worthy cause. A little time on your part will make a big difference in someone's life.

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**DINING REVIEW**  
February 26, 1998

**Red Parrot Cafe**

By Michelle Runge and Liane Stone-Ingalls

For an absolutely fabulous, taste-bud experience, and service fit for a king or queen, go to the The Red Parrot Italian Restaurant on N. Broad Street in Elizabeth. Nestled in between a series of stores, the Red Parrot stands out from the crowd with its Old World Style wooden entranceway and picture windows. The eatery can seat a crowd of 125 people and yet maintain a cozy feel to your personal table.

The exceptional Italian fare on the menu offers a memorable meal made from the finest ingredients owner/chef Felice Tanga can procure on his weekly trips to Italian specialty stores in New York. Along with Anthony Gatti, a graduate of the French Culinary Institute, Tanga prepares nearly 40 delectable dishes that create mouth-watering taste-fueled sensations.

The appetizers we chose, Bufolota and Portobello Di Piss, were both enhanced by the freshest of ingredients. The Bufolota, mozzarella cheese is derived from buffalo milk and is smooth, creamy, nearly silky, and is best served on toasted Italian bread and layered with toma-

atoes, onion and basil, this delectable dish is drizzled with an excellent extra virgin olive oil. As the name suggests, the Portobello Di Piss is stacked like the famous icon of Italy. There are mixed baby greens under a huge grilled mushroom which supports savory tomato chunks, made-on-the-premise fresh mozzarella, and a potato croquette tower.

The pasta fagiola soup contained the usual combination of ingredients: garlic, celery, onions, carrots, cannellini beans and the pasta that gives the soup such a smoothness. The soup's hearty flavor was boosted by the addition of a prosciutto-flavored base stock. The addition of freshly ground parmigiana cheese made it perfect.

We split a savory Tre Colore ravioli stuffed with lobster meat and goat cheese served in a shiitake mushroom and brandy cream sauce. Nothing on earth should be so stultifying creamy.

The Pollo Rolonato entree arrived, two ample breasts of chicken stuffed with prosciutto, roasted peppers, asparagus and fontina cheese cooked in a rosemary white wine sauce. My companion had the Salmons Impastato, consisting of



Red Parrot Cafe is located at 17 N. Broad St., Elizabeth.

two large puff pastries filled with savory salami, slices of dill pickle mushrooms, tangy dillje mustard and spinach in a golden brown pastry with a dill cream sauce. The portions were very generous and the flavors so intense that we had to take half home with us.

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

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# 'Popular' movies can reflect culture

With the Academy awards coming up, this is a good time to review the movies of 1997 — not only to focus on the best and worst, but what particularly recommends them, and perhaps what they have to say to us.

I'll start with five of the most popular movies. By that I mean what the public has been flocking to. "Titanic" is big and technically interesting, but the love story is underwritten and overblown. There is an almost pathological hatred of rich people in the movie which ultimately renders the plot ludicrous. Kate Winslet does her best. The anemic comedy's choice, "Boogie Nights," is equally disappointing. "The Ice Storm" is a plot that goes nowhere, with a mystery about sex and drugs that finally just becomes boring. Julianna Moore struggles mightily to establish character in a film that seems not to care. The most successful and best of the summer excess movies was the mildly entertaining science fiction, "Men in Black," with a generally agreeable script, particularly compared to the grossly unentertaining space exploration, "Contact," with Jodie Foster. That was a real cracker, not quite as bad as the perfectly awful and lifeless disaster film, "Volcano," but close.

Among the best films were those honestly reflecting back to us the complexity of relationship in our contemporary world. Leading this group is the year's best, Ang Lee's "The Ice Storm," a clear, hard look focusing on our failure to love and the impact on our children. Sigourney Weaver is tough in the best supporting female role of the year.

Speaking of female performers, Julie Christie is just simply a wonderful star in this great movie. In Alan Rudolph's novel "Afterglow," a Canadian film about troubled professionals in Montreal. Kim Basinger, too, is so beautiful and hopelessly alone in the corruption and violence of "L.A. Confidential." And then there are the two highly competent performances by Jennifer Jason Leigh and Helena Bonham Carter in the best of the films from Henry James's books about social class, "Washington Square" and "Wings of the Dove." This past year saw a real rebirth of cutting satire in brilliantly-written comedies. The British "The

## On The Arts

By Jon Plaut

Full Monty takes advantage of a truly funny screenplay by Simon Beaufield to deliver a spirited and charming film about some unemployed players in northern England. Jack Nicholson, in the best male acting performance of the year, leads a great cast in James Brooks' "As Good As It Gets," a very human send-up of lonely and mistreated lives in New York City. Dustin Hoffman positively shimmers as a Hollywood producer in Barry Levinson's contemporary political satire, "Wag the Dog." Kevin Smith provides an unexpected romantic twist in his second comedy, "Chasing Amy." And Woody Allen is genuinely funny in examining the creative act in the neurotic, destructive life of the writer in "Deconstructing Harry."

Epic movies came to us from close and far. "Gladiator" is a dense logical melodrama, located in Florida Everglades. Jim Stoen's "The Boyer" features powerful performances by Daniel Day Lewis and Emily Watson, situated in troubled northern Ireland. "Shall We Dance," the best foreign film of the year, is a romantic melodrama from Japan. Not far behind is the Russian anti-war "Prisoner of the Mountains." Finally, great honor and homage goes to Steven Spielberg for his epic "Amistad," which was within it a slave ship scene of such graphic cruelty and precocious survival, never to be forgotten by even the most casual viewer. If "Amistad" is part lecture about our past, as has been charged, so be it.

What are the movies of 1997 at their best saying to us? They are examining our contemporary mores and tendencies, our political mendacity and foolishness, our creativity, and searching for meaning and understanding in our social relationships and history. In short, these films entertain us, but also hold Shakespeare's mirror up so we can better perceive ourselves and our world.

Jon Plaut is a resident of Summit.

# A look at Newark reveals a fascinating history

Writer-historian Jean-Rae Turner and photo journalist Richard T. Koles have contributed more than an invaluable, hugely-interesting, pictorially-fascinating view of Newark in their latest historical book called "Newark." They have given thousands upon thousands of people a look-see into the realm of what at one time was the largest, most interesting city in the state of New Jersey, cotton collectors, Turner and Koles have offered the public a true history in black-and-white pictures and accurate, informative accompanying texts — one that would give any person, who has ever had any contact with Newark and who still do, reason to rush to the nearest bookstore to purchase one of his own.

The soft cover book, "Newark," published by Arcadia Publishing, Dover, N.H., is part of an historic series called "Images of America." Other books on local areas were written about Elizabeth, also by Turner and Koles, and Linden by Lauren Pancurk Yeats.

Containing a long list of acknowledgements and an introduction by Charles F. Cummings, Newark City historian, Cummings introduces the two Newark-born collaborators: Turner, a lifelong resident of the Wauquatic section, a former reporter for the *Elizabeth Daily Journal*, photographic librarian of the New Jersey Newspapers, and author of a newspaper column and several books, and Koles, born in the Clinton Hill section and resided for many years in the Roseville section of Newark, who worked for Van Photos, under contract to *The Star Ledger*, who also served as chief photographer at the *Elizabeth Daily Journal*, then supervisor of the archives of New Jersey Newspapers, and trained in photography for *The Star Ledger*.

In 10 chapters, the city of Newark becomes alive, rich with history and culture, education, religion, business

## On The Shelf

By Bea Smith

— but mostly with its people. In Chapter One, which is called "A Puritan Village," the reader is invited to view a photograph of the Settlers' Monument, "an artist's version of the first settlers from Milford, Conn.," to the future Newark led by Robert Trent in May 1666. Other pictures show pictures taken in 1916 at Washington and Broad streets, the Meeker home, built in 1678 at the intersection of Chancellor Avenue and Bergen Street, the first one-room Lyons Farm School at Pot Pie Lane built in 1728, and with General George Washington led his troops past in 1776 on his famous retreat across New Jersey. Highlighted are photographs of Aaron Burr Jr., second vice president of the United States, the Old First Presbyterian Church, a statue of Washington in Washington Park, the home of New Jersey Superior Court Justice Eliza Boudoin on Park Place, Newark's first vocational school, established in 1790 by the Rev. Moses Combs and other 18th century churches.

Chapter Two, "Made in Newark," shows how Newark began to grow, with improvements by the J.M. Quimby Carriage Co. started in 1934; businesses, such as Thomas A. Edison's first factory; wagons, soon replaced by motor cars; immigrant women in Weingarten's Corset Factory on High Street; the Gottfried Krueger Brewing Co. wagon, pulled by three dark horses, and George J. Bush, claimed to be Newark's oldest citizen.

"City of Churches" adorns Chapter 3 with rare photos of the Cathedral of

the Sacred Heart; Trinity Cathedral, the seat of the Episcopal Diocese of Newark; Roman Catholic, Presbyterian and Methodist Episcopal churches, and monasteries, and the first Jewish congregation, B'nai Jehshurun, organized in 1848, to become the largest synagogue in the city, and the Old Shalom Congregation, which split from B'nai Jehshurun in 1860 to form a new body on Prince Street.

In Chapter Four, "The Hub," offers pictures of the first mailbag loaded onto an airplane in 1928, the Pennsylvania Railroad Station on Market Street, the Delaware, Lackawanna and Western Railroad Station in 1900, now operated by the New Jersey Transit; the Eagle Rock Trolley and individual bus lines, all operated by Public Service Transport, says a Port Authority on April 11, 1922, being loaded with foodstuffs for Russian relief, "Four Corners" located at the intersection of Broad and Market streets, and considered to be the busiest in the world.

Military Park, the statue of the famous seated Abraham Lincoln by Gutzon Borglum in front of the Essex County Courthouse, famous cemeteries and newspaper buildings are featured in Chapter Five called "They Serve." Newspaper offices started with *The Newark Daily Advertiser*, which began as a daily newspaper in 1832, and which changed its name to *The Newark Star*, later, *The Newark Star Eagle*, then *The Newark Star Ledger*, *The Morning Register*, one of 17 newspapers that are predecessors to the *Newark Star Ledger*. There are photos of World War II servicemen, such as Frank Calabrese and Michael Yessenko, who quit *Wauquatic High School* to join the army of occupation in Japan, and who became chairman of the history department at Union High School in Union Township; brothers, Joseph Koles and Richard T.

Koles, co-author of this book, in uniform. More wonderful photos show Fire Engine Company 3 pulled by two white horses in 1896 and three horses 10 years later, and many other fire engine and police companies, such as the Third Precinct in 1907 and the first mounted police officer in 1891, the bicycle patrol in 1890 and a patrolman directing traffic in 1925. There are pictures of Beth Israel Hospital in 1901 on High Street.

"The Three R's." Chapter 6, shows the Newark Public Library of 1901, the first principal of Newark High School, the teaching staff of Beacon Street German American School in 1877, James Baxter, head of the Colored School on Market Street, the Essex County Girls Vocational School in 1930, the Essex County College, founded in 1966, Drake College, 1900, and the Newark School of Fine and Industrial Arts.

Chapter seven, "Life in the City," eight, "Commerce," including Bamberger's, Kresge's, Mutual Benefit Life Insurance Co. and the Newark Evening News, founded in 1863 by Wallace M. Scudder, which became the state's largest newspaper until the 1970s: nine, "Recreation," includes Newark Little Giants, Newark Eagles, championship teams, and Newark-born international personalities, such as Jerry Lewis, Connie Francis, Mary Ames, Whitney Houston and Dore Schary, and 10, "Pride of Newark," with photos of accomplished men and women, including novelist Philip Roth and New Jersey historian, John T. Cunningham, with whom this reviewer worked at the Newark Evening News.

There'll never be another Newark as the one portrayed in this precious history accomplishment. And there surely will never be another thoroughly entertaining "Newark."

Save your newspaper for recycling.

### PUBLIC NOTICE

NOTICE TO ABSENT DEFENDANT (I.B.S.) ALBY BUFFALO, County Clerk of the County of Essex, New Jersey, hereby gives notice that the following judgment was rendered on October 3, 1998, Donald J. Buffaloe vs. Alby Buffaloe, in the amount of \$30,000.00 which is due to the plaintiff, Alby Buffaloe, on or before 10/10/98. If the filer of the Register of the Deeds, or the filer of the County of Essex, New Jersey, is not aware of the whereabouts of the defendant, please contact the County Clerk of Essex County, New Jersey, at 1000 Morris Ave., Union, NJ 07087, or call (908) 686-8819, to obtain the name and address of the defendant.

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By Bea Smith  
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Mouth-watering steaks greeted us Friday evening as we were welcomed by the restaurant's friendly owner, Michael Young, and an equally courteous waitress, Steven. While we were being served cocktails by the lovely manager, Alice Coppola, we felt very much at home as we studied two exceptionally realistic wall-to-wall paintings, "Hong Kong Nightfall" and "Entrance of Yangtze River."

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**Stepping Out** is a weekly calendar designed to guide our readers to the many arts and entertainment events in the Union County area. The calendar is open to all groups and organizations in the Union County area. To place your free listing, send information to Associate Editor Jacquie McCarthy, Worrall Community Newspapers, P.O. Box 3109, Union, New Jersey, 07083.

# Stepping Out

## ART SHOWS

**MILBURN LIBRARY** will display "The Life and Times of Bill Monroe: A Photo Essay" through Saturday. The library is located at 200 Glen Ave., Milburn. Hours are Monday through Friday from 9:30 a.m. to 5:30 p.m., Friday and Saturday from 9:30 a.m. to 5:15 p.m. and Sunday from 10:45 a.m. to 4:45 p.m. For information, call (973) 376-1006.

**NEW JERSEY CENTER FOR VISUAL ARTS** will feature sculpture by Peter Reginato in the outdoor art park through Sunday. NJCVA is located at 68 Elm St., Summit. For information, call (908) 273-9121.

**SWAIN GALLERIES** will exhibit "Twentieth Century Posters" through Sunday. Gallery hours are 9:30 a.m. to 5:30 p.m. until 4 p.m. on Saturday. The gallery is located at 703 Weehawken Ave., Plainfield. For information, call (908) 755-1707.

**CHILDREN'S SPECIALIZED HOSPITAL** will exhibit artwork by Westfield public school students grades K-12, and artwork from Haynes Imprints of Africa throughout February. Student artwork cannot be sold. Other artwork is for sale, with a portion of the proceeds benefiting the hospital.

**CSH** is located on New Providence Road in Mountaintops. Artwork is displayed in the East Wing. For information, call (908) 233-3720, ext. 5379.

**ELIZABETH LIBRARY** will exhibit African-American art and themes by Derek Denis throughout February. The library is located at 11 S. Broad St., Elizabeth. For information, call (908) 354-6060.

**UNION COUNTY Board of Chosen Freeholders** have sponsored an exhibit of historic documents, photos and stories at Union County Administration Building and Courthouse in celebration of African-American History Month. The display will be on view through February.

The administration building and courthouse are located in Elizabeth. For information, call (908) 527-4744.

**INTERACTIVE THREADS** by Eileen O'Brien will be on display at New Jersey Center for Visual Arts through March 6.

The exhibit will hang in the Members' Gallery. NJCVA is located at 68 Elm St., Summit. For information, call (908) 273-9121.

**THE OLIVE PROJECT**, an art and sculpture exhibit, will be on display at the Donald B. Palmer Museum of the Springfield Public Library through March 12.

Hours are Monday, Wednesday and Thursday from 10 a.m. to 8:30 p.m., Tuesday, Friday and Saturday from 10 a.m. to 4:30 p.m., and Sunday from 11 a.m. to 3:30 p.m. The library is located at 66 Mountain Ave., Springfield. For information, call (973) 376-4930.

**VESSELS**, a pottery exhibit by Phil Homes, will be on display at Kent Place Gallery through March 13. Gallery hours are Monday through Friday from 11 a.m. to 4 p.m. The gallery is located on the campus of Kent

## CAFES

**VAN GOGH'S EAR CAFE** presents an artsy coffeehouse atmosphere. Jazz entertainment is presented on Sunday evenings. Open Mic Night is presented every Tuesday from 7:30 to 10 p.m., with sign-up at 7 p.m. Van Gogh's Ear is located at 1017 Stuyvesant Ave. in Union. For further information, call (908) 810-1844.

**AMORE DI Caffe** is located at 485 Springfield Ave., Berkeley Heights. For information, call (908) 665-8366.

**BARNES & NOBLE CAFE** in Springfield emulates a coffeehouse atmosphere with a literary spin, appealing to young and old alike.

The cafe hosts a wide variety of family-oriented entertainment, ranging from folk singers to jazz ensembles. In addition to other programs, the cafe holds Open Mic Night on the third Sunday of the month at 7:30 p.m. Barnes & Noble is located at 240 Route 22 West in Springfield. For information, call (201) 376-8544.

**MINSTREL COFFEEHOUSE** is a coffeehouse/concert series run by the Folk Project, a non-profit folk music and arts organization. The Project is located at the Somerset County Environmental Center, 190 Lord Stirling Road, Basking Ridge. Shows are held every Friday year-round, presenting folk music in its broadest sense. Coffee, tea and baked goods are served. No alcohol or tobacco are allowed. Admission is \$5. For information, call (908) 766-2489.

**MUSIC BOX CAFE** of the Donald B. Palmer Museum is located in the Springfield Free Public Library. Musical and other entertainment is presented on scheduled days.

Those interested in performing at the Music Box Cafe should submit a resume or letter of introduction to Susan Permosh, Springfield Free Public Library, 66 Mountain Ave., Springfield, 07081.

**CHILDREN'S SPECIALIZED HOSPITAL** will exhibit the work of oil painter Monica Sisto, nature photographer Robert Teitelis and watercolorist Susan Barry and Daryl Tall throughout March. A reception will be held on March 8 at 2 p.m.

The east wing is open from 8:30 a.m. to 8:30 p.m. daily. The hospital is located at 150 New Providence Road in Mountaintops.

**CHILDREN'S SPECIALIZED HOSPITAL** will exhibit African-American art and themes by Derek Denis throughout February. The library is located at 11 S. Broad St., Elizabeth. For information, call (908) 354-6060.

**GEMINI GROUP** is seeking cameramen and technicians for filming original works for broadcast on local cable stations.

For information, call Scott Coffey at (908) 554-1054 or write to: Gemini Group, 669 Trinity Place, Westfield, 07090.

**RAHWAY VALLEY JERSEYAIRES** barbershop quartet rehearses in the First Baptist Church Hall, 170 Elm St., Westfield, every Monday evening at 7:30 p.m. Men of all ages are invited to stop by. For information, call (908) 233-7188 or (908) 382-2870.

**SANGERCHOIR** men's chorus rehearses Friday evenings at 8:30 p.m. at the Deutscher Club in Clark. New members are welcome. For information, call Manfred Schneider at (908) 382-4900.

**UNION HARMONICA BAND** holds practice sessions at the Senior Citizens Building, Caldwell and Morris Avenues, Union, every Monday from 7 p.m. to 9:30 p.m.

**WESTFIELD GLEE CLUB** invites male singers to come and sing at rehearsals on Mondays 8:30 p.m. at the Presbyterian Church Parish Building Assembly Hall, 140 Mountain Ave., Westfield.

Interested male singers are invited to call Date Jutila at (908) 232-0673.

## CLUBS

**CLUB BENE DINNER** Theater shows classic popular entertainers as weekend. Dinner-and-show, as well as show-only tickets are available. Club Bene is located on Route 33 in South Amboy. For information, call (908) 727-3000.

**COVE LOUNGE** presents live music by alternative bands every weekend. The tavern is located at 114 Chestnut St., Roanoke. For information, call (908) 241-1223.

**CROSSROADS** in Garwood presents a weekly lineup of musical roots: Tuesdays — Acoustic Open-Mic Night. Blues guitar singer and vocalist Rhett Tyler opens the show, and then opens the stage to any aspiring player who enters. The show opens at 9:30 p.m.

Wednesdays — B.B. of B.B. and the Singers hosts Open Jam with all musicians welcome.

Thursdays — Psychedelic Thursdays presents the greatest sounds of classic rock, performed by local bands. Weekend performances include blues, roots and rock music. An upscale and traditional blues brunch is presented every Sunday.

The Crossroads is located at 78 North Ave., Garwood. For information, call (908) 232-5566.

**PHYL'S PLACE** presents live musical entertainment on weekends. The tavern is located at 836 Elizabeth Ave., Union. For information, call (908) 925-8990.

**SHOUT!** presents live musical entertainment on weekends. The tavern is located at 116 Watchung Ave., Plainfield. For information, call (908) 789-5860.

**COMEDY TAVERN IN THE PARK** will feature comedian Nancy Parker tomorrow at 9 p.m. On March 6, Tommy Moore, On March 13, Steve Marshall and Tom Sait.

Admission is \$8 for show only. \$25 dinner package is available. Tavern in the Park is located at 147 West Westfield Ave., Roselle Park. For information, call (908) 241-7400.

**CASUAL TIMES** restaurant features comedians on weekends. The restaurant is located at 1085 Central Ave., Clark. For information, call (908) 388-6511.

**CONCERTS** **RIC CHARLES** Chorus Ensemble will perform tomorrow at 7:30 p.m. at Union Baptist Church in Elizabeth.

Admission is free. The church is located at East Grand Street and Madison Avenue in Elizabeth.

**HANDBELL CHOIR FESTIVAL** will take place on Saturday at 7:30 p.m. at Crescent Avenue Presbyterian Church.

The church is located on Crescent Avenue in Plainfield. For information, call 756-2488.

**MUSICAL CELEBRATION OF KWANZAA** will take place on Saturday 2:30 p.m. at Elizabeth Library. The library is located at 11 South Broad Street, Elizabeth. For information, call (908) 354-6060.

**TAVERN IN THE PARK** will feature 70a tribute bands on Saturday at 9 p.m. Admission is \$10. Tavern in the Park is located at 147 West Westfield Ave., Roselle Park. For information, call (908) 241-7400.

**WANDA NIEVER** and Marquis will perform a benefit concert on Saturday for the Resource Center for Women in Summit. The performance will take place at El Gipsyban Restaurant in Newark at 10 p.m.

Tickets are \$8 and can be obtained by calling (908) 273-7253.

**HOLOCAUST MEMORIAL CONCERT** will be presented by New Jersey Intergenerational Orchestra on Sunday at 2 p.m. at VYH in Union. Admission is \$4. The VYH is located on Green Lane in Union. For information, call 289-9112.

**SUMMIT SYMPHONY ORCHESTRA** will present the music of Aaron Copland on Sunday at 3 p.m. at Summit High School.

The high school is located on Kent Place in Summit. For information, call 466-7210.

**UNION SYMPHONY ORCHESTRA** winter concert will be performed on Sunday at 8 p.m. at Concordia Farms Elementary School in Union.

Tickets are \$5. The school is located on Stuyvesant Avenue in Union. For information, call 681-6476.

**CALVARY CHORALE** will present Duo Keyboard on Sunday at 4 p.m. at Calvary Episcopal Church in Summit. The church is located at 91 Woodland Avenue in Summit. For information, call 277-1447.

**MID-DAY MUSICALS** presents blues and piano on Wednesday at noon

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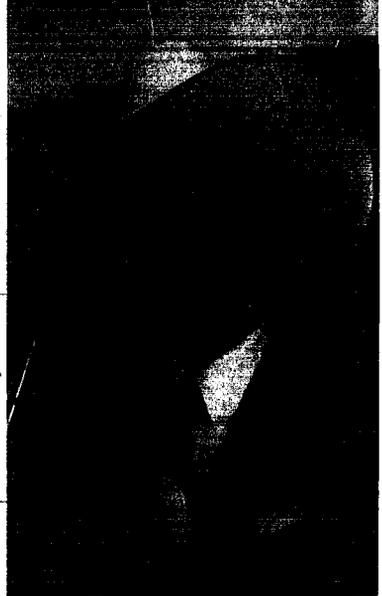
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at First Congregational Church of Westfield. Admission is free. The church is located at 125 Elm St., Westfield. For information, call 233-2494.

**PIANO RECITAL** will be presented on Wednesday at noon at Kean University. Admission is free. The performance will take place in Wilkins Theatre, Kean. The observatory is located on Morris Avenue in Union. For information, call 527-2107.

**ELIZABETH HADASSAH** will hold a family-brunch-and-show for the benefit of the recently opened "Mother and Child Pavilion" of the Hadassah Hospital in Jerusalem on March 15 from 11 a.m. to 4 p.m. at the YM-YWHA on Green Lane, Union.

Tickets and reservations can be obtained by calling Jennie Forlander at (908) 251-0810 or Arne Levine at (908) 355-1528. To become a member of Hadassah, call Anita Fox at (908) 355-6311.

**BULGARIAN DANCE WORKSHOP** will be presented by Summit Folk Dancers tomorrow at 7:30 p.m. at Summit YWCA.

The Y is located at the corner of Morris Avenue and Maple Street. For information, call 273-4242.

## FILMS

**SPRINGFIELD PUBLIC LIBRARY** will present "Celestial Clockwork" on March 12, "Santa Clara" on April 23 and "Life on a String" on May 14.

Admission is free to all film screenings. It is limited to 60 people at each showing. The Springfield Free Public Library is located at 66 Mountain Ave., Springfield. For information, call (973) 376-4930.

**FLESH AND THE DEVIL** will be screened with accompaniment by New Jersey Youth Symphony tomorrow and Saturday at 8 p.m. at John Harms Center for the Arts.

The center is located in Englewood.

## KIDS

**MACBETH** will be presented by NJ Shakespeare Festival today at Union County Arts Center in Lawrenceville.

UCLA is located at 1601 Irving St., Rahway. For information, call (732) 499-8226.

**MADISON YOUNG PLAYWRIGHTS FESTIVAL** will take place March 2-14 at Playwrights Theatre in Madison.

March 13 and 14 will feature plays written by students, performed by professional casts. Tickets are \$8 for adults, \$5 for students, and can be obtained by calling (973) 514-1172.

## RADIO

**JOEY REYNOLDS SHOW** will feature Union comedian and artist Gregg Schneider on Saturday from 10 a.m. to 2 p.m. on WOR Radio, 710 AM.

## TELEVISION

**CALCULUS NEW SERIES** will be presented on Tuesday, March 22, at 8 p.m. on 13WNET and an New Jersey Educational Network. For information, call (973) 382-0000.

## THEATER

**SOCIAL SECURITY** will be presented by The Philatelists of Fairwood through March 14. The production will take place at The Carnegie House, 129 Watson Road,

at First Congregational Church of Westfield. Admission is free. The church is located at 125 Elm St., Westfield. For information, call 233-2494.

**SHE LOVES ME** will run through March 7 at Cranford Dramatic Club. Tickets are \$15. CDC is located at 78 Minerva Ave., Cranford. For information, call 276-7611.

**ISNT IT ROMANTIC** will be presented through March 11 at Kean University. The performances will take place in Wilkins Theatre. Kean is located on Morris Avenue in Union. For information, call (908) 527-2337.

**DEATH OF A SALESMAN** will be presented at Paper Mill Playhouse through April 6.

The playhouse is located on Brookside Drive in Millburn. For information, call (973) 376-4343.

**FREEDHOLD HIGH SCHOOL Dramatic Arts Club** presents "An Evening of Tennessee Williams" today at 7 p.m. at Springfield Public Library.

The library is located at 66 Mountain Ave., Springfield. For information, call (973) 376-4930.

**YM'S NOT RAPPAHOUT** will be presented at Westfield Community Players beginning Saturday.

The theater is located at 100 North Ave., Westfield. For information, call 233-5566.

## VARIETY

**SPERRY OBSERVATORY** at Union County College will host safe viewing of the sun's total eclipse today from noon to 2:30 p.m.

The observatory is located at 1033 Springfield Ave., Cranford. For information, call (908) 709-7520 or (908) 276-STAR.

**NEW YORK FARM SHOW** will take place today, tomorrow and Saturday at the New York State Fairgrounds. For information, call (315) 457-9205.

**BRUSH UP YOUR SHAKESPEARE** fundraising gala will take place on Saturday at the Hilton at Short Hills. For information, call (973) 408-3278.

**SINGLES PLAYERS GROUP** will hold a tennis/supper party on Saturday from 7-9 p.m. at Mountaintop Indoor Tennis Club.

Cost is \$25. The tennis club is located on Route 22 East, Mountaintop. For information, call (908) 964-1047 or (973) 763-4274.

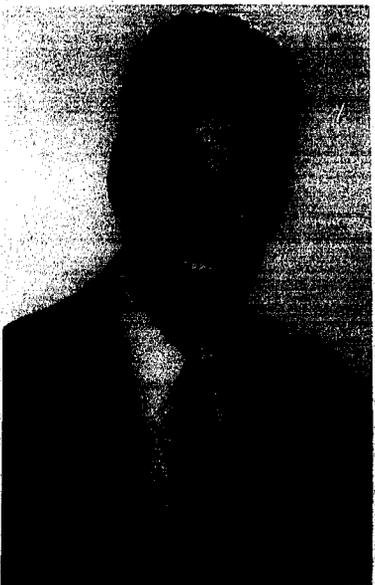
**GRATE TREAT, DOLLHOUSE AND TOY SHOW** will be held on Saturday and Sunday, beginning at 11 a.m. at New Jersey Convention and Expo Center.

Admission is \$5, \$2 age 6-12 and children under age 6 are admitted free. The expo center is located at Raritan Center, Edison. For information, call (732) 417-1400 or (410) 795-7447.

**WENDY WASSERSTEIN**, playwright, will discuss her work on Sunday at 5:30 p.m. at Kean University.

Admission is free. The lecture will take place in Wilkins Theatre. Kean is located on Morris Avenue in Union. For information, call (908) 527-2337.

**SPORTLAND**, Union's indoor family fun center, offers bumper cars and arcade games, video games, air hockey, pool, and more. The center also features a Laser Tag Arena available at a cost of \$40 per person at 2441A Route 22, Westfield. For information, call (908) 527-0000.



'Caucus: New Jersey', hosted by Steve Aduccio, will show 'Newark's Little Italy: The Vanished First Ward' on Sunday at 6 a.m. on 13WNET, and on New Jersey Network on Sunday at 10 a.m. and Wednesday at 6:30 p.m.

# YOUR Home INSIDE & OUT

## Bring the great outdoors into your living room

One of the most hot trends in decorating today is the renewed popularity of murals. Artists and wallcovering retailers across the nation are reporting a rising demand for both the hand-painted and pre-printed varieties.

Murals have been an important component of interior decorating since the early Chinese dynasties. In addition to their aesthetic beauty, they can also be very effective at giving a room the feeling of expanded space. This technique, called "trompe l'oeil" French for "fool the eye," draws the viewer's attention beyond the actual wall surface.

For example, a mural featuring architectural columns and a peaceful garden scene will give even a small room the character of a charming veranda. A mural's design can reflect not only an individual's tastes, but also their interests and dreams. For those on a limited budget, the remarkable effects of a mural can be achieved through the use of pre-printed murals.

When homeowners Jennifer and Richard decided to redecorate their family room, they knew only that they wanted the room to reflect their love of the outdoors. Jennifer had seen a magazine article featuring a home with a beautiful hand-painted mural.

Recalls Jennifer, "I loved the effect the mural gave to the home. But we don't plan on living in our house forever, and it would have been hard to justify the expense of hand-painting."

After conferring with a designer, they decided on a pre-printed mural. Within a week's time, Jennifer and Richard's family was enjoying a tranquil view of a northwoods lake, right in the home.

On the other hand, if money and time are no object, hand-painted murals are an alternative. The process is very similar to commissioning a work of art. Size, design, overall effect and price need to be determined once a suitable artist is found.

Scott Dawson is a Chicago artist who paints murals for homeowners throughout the area. The murals can vary in size and complexity, depending on the client. "Sometimes it's a whole wall; sometimes just a vignette; sometimes (the image) bleeds across the walls and ceiling," he says.

"My role is to realize the vision of the client," he continues. Because the images he paints are so specific to the homeowner, Dawson recognizes that the mural is not going to be there forever. "In many ways, painting murals



'Soaring With Eagles,' a pre-printed mural by Environmental Graphics Inc.

(for home) is a transitory art form, eventually, you know the image will be painted over."

Dawson's most complex mural project to date covered all four walls and the ceiling of an infant's room. That project took weeks to complete at a cost of about \$9,000. Most artists agree that the average cost falls in the range of \$15 to \$25 per square foot, with some charging as high as \$200 per square foot. While the average hand-painted mural costs about \$5,000, simple scenes run as little as \$1,500.

Murals are also gaining in popularity for decorating outside the home. Maurice Murray, executive editor of "The Wallpaper," a wallcovering industry journal, notes the growing use of printed murals "... in luxury commercial settings, although we're seeing more interest from other kinds of non-residential settings, such as health clubs, hotels, restaurants and the like."

Information on commissioned murals can be obtained from artists' representatives and reputable interior designers in your area.

## Don't let your heat go out the window

With a few simple steps, you can benefit the environment while making your home more comfortable and energy efficient. Home experts estimate that up to \$350 a year of heated and conditioned air literally go out the window... and door and other spots in homes that aren't properly sealed. If you seal all the areas around the house that need caulking and weatherstripping, you'll have the equivalent of a three-foot gapping hole in the wall.

These helpful do-it-yourself tips from the experts at DAP, a leader in home improvement and repair, can help cut your home energy costs.

- Leaky windows cause 15 to 35 percent of total home heat loss. Use insulating foam sealant or caulk to seal cracks and gaps around window frames and where glazing meets the sash and the sash meets the jambs on windows.
- Seal around door frames and add weather-stripping at the bottom or sides if needed. Use insulating foam sealant when installing or replacing storm windows or doors. For additional draft protection, tightly fit shrink film over windows.

• Seal and insulate inside and out. Fill in tiny cracks and big gaps. While most people routinely check windows and doors, exterior leaks also demand attention. Use foam sealant to fill gaps around your foundation. Any opening in the frame of your home needs a sealant.

• Seal foam bottom to top-basement to attic. In the basement, check along the floor as well as basement windows and doors. Use foam sealant to close gaps and cracks in crawlspaces.

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# HEALTHY LIVING EATING DISORDERS NATIONAL EATING DISORDER MONTH

## Become more aware of the dangers of eating disorders

Across the U.S. today, millions of young women will start their morning on the bathroom scale. They will skip breakfast to avoid the calories and spend most of their day preoccupied with negative thoughts about food and their bodies. Conservative estimates indicate that 5-10 percent of all post-pubescent girls and women suffer from an eating disorder, including anorexia nervosa, bulimia, and binge eating disorder, and many more suffer from a negative body image. In a society that often equates thinness with success, achievement and worth, it is not surprising that so many women are willing to risk their emotional and

physical health to attain the "perfect body."

To combat these negative messages, educators, health professionals, therapists and individuals are teaming up with the non-profit organization Eating Disorders Awareness and Prevention Inc. to host the 11th annual National Eating Disorders Awareness Week, Feb. 23-28, 1998. The week centers on EDAP's theme, "Don't Weigh Your Self-Esteem. It's What's Inside That Counts." During the week, EDAP will educate the public about the prevalence, types, signs, symptoms and potentially life-threatening problems of eating disorders and promote messages of positive body image and self-esteem.

Eating Disorders Awareness and Prevention is a national nonprofit organization based in Seattle, Washington. The group officially began in 1987 in response to the widespread incidence of eating disorders. Through the years, EDAP's main focus has been and continues to be the primary prevention of eating disorders. In addition to hosting Eating Disorders Awareness Week, EDAP also serves as a national resource for public information and educational materials. The media, health care professionals, K-12 and college educa-

tors, parents, friends and sufferers from all over the country call or write to obtain information on eating disorders from the EDAP national office. Also, the EDAP website at <http://members.aol.com/edapinc> reached over 20,000 individuals with educational information in its first year.

During Eating Disorders Awareness Week, EDAP recruits professionals from around the United States to serve as local coordinators. These coordinators use their creative efforts to generate programs in their communities, at their schools, or on their college campuses. Their programs include health fairs, conferences, public forums, film festivals, and numerous workshops and presentations, all aimed at promoting healthy body image and preventing eating disorders. In 1997, EDAP worked with

over 250 coordinators in 42 states to organize the biggest National Eating Disorders Awareness Week yet. Eating Disorders Awareness Week 1998 promises to be even more successful, with more events and more national media brought to this pressing issue.

### Learn to weigh your self-esteem on a different 'scale'

Letting the numbers of the scale determine how you feel about yourself allows your weight to control you. The scale doesn't say anything about the kind of person you are on the inside. It doesn't measure your creativity, your thoughtfulness, your intelligence, or even your physical beauty. Pounds can't measure who you are and who you want to be. Besides, why do you want your self-esteem to be so dependent on one little number that will naturally fluctuate from day-to-day. That's right. We all notice small increases and decreases in our weight — it's biologically normal. And, anyway, those precious few pounds you may be losing aren't really worth getting psyched up about. It's a physiological fact that your body will usually shed water and lean muscle mass before fat. Dehydrated and weak — that's not way to be, is it?

Any dietitian will tell you that skipping meals is NOT the secret to weight loss or better health. Your body needs a consistent source of fuel throughout the day to keep your brain alert and alive and to rev up your energy level. When you regularly skip meals, you are not "saving" calories, you're just scaring your body into thinking that it might not get any more fuel.

When you leave your body like that, it tries to store up all of the energy it can — and it stores it as fat! You'll notice when you don't eat you are tired and that you have trouble keeping your mind on your studies or your work. You may feel weaker when you try to exercise or compete. You may also find that you eat even more the next time you let yourself near food. These natural responses are your body's way of telling you it needs to be fed.

Did you know that 95 percent of all dieters regain their lost weight in one to five years?

Keep missing those meals and you may find yourself in an unwelcome tangle.

Once you get in the mindset that you are going to miss just one meal to help you lose weight, it becomes all too easy to miss another and then another until you are hardly eating anything at all.

There's a name for that kind of starvation — anorexia nervosa. We all take note of the number of calories or fat grams in some foods some of the time. But, when you can't eat anything until you know the exact number of calories and fat grams in each bite, then you move one step closer to the chaotic and destructive world of eating disorders.

You may think that the fewer calories and the less fat you eat the better. Not necessarily! We all need calories and fat to keep our bodies healthy and unad-p. In fact, you need approximately 20-30 percent of your calories from fat every day!

Medical research indicates that it is more risky to be 30 percent underweight than 30 percent overweight.

And, as for calories, remember that a calorie is a measure of the amount of energy released from your food. Energy. Restricting your calories is like restricting your energy. If you are too low on energy, your body just might rebel someday.

There's nothing wrong with a little exercise — in fact, it's good for your health and your attitude. But, you can push your exercise workouts too far. Exercising to rid your body of fat, ban cellulite and shed pounds can take over your life. You may soon find that you plan your day around several workout times, that you panic when you miss a trip to the gym, and that you begin to spend more time with your running shoes than with your friends.

### Diets can do more harm than good

Some typical negative effects of dieting:

- Obsession with food and eating.
- Tendency to binge eat.
- Increase in oral behavior such as gum chewing or pop drinking.
- Depression and irritability.
- Tendency to gain weight rapidly and in the form of fat after going off a diet.
- Intensification of negative body image.
- Breakdown of natural mechanisms for determining hunger and safety.
- Physical problems such as constipation and light-headedness.
- Long-term medical complications of weight cycling.

Professionals working with children should emphasize self-esteem, critical thinking, self-assertion and communication skills. These strengths will inoculate children against pressure they experience to change and harm their bodies in the pursuit of images of "perfection" and "goodness."

Systems should be developed whereby teachers and coaches can "reach out to" and help children who are expressing problems through their eating. Such systems must be able to provide referral to competent treatment resources while being sensitive to the needs and rights of the family and troubled child.

### Things you can do to increase your awareness

- Participate in "Fearless Friday '98: A Day Without Dieting," Feb. 27, by not obsessing about diets, eating, weight or body image.
- Speak Out For Healthy Self-Esteem by joining in EDAP's national media advocacy campaign to write letters protest to media, corporations, advertisers and public figures who promote negative and dysfunctional messages concerning body, weight, dieting, eating disorder behaviors, and women's identity and roles.
- Attend a seminar, workshop, lecture, meeting or support group that will help you feel better about yourself. Check your local newspaper for ideas.
- Tell friends what you are doing during EDAP week.
- Get moderate, daily exercise, such as walking, swimming, or biking and do it because it feels good!
- Put away or throw away your bathroom scale.
- Wear a button or T-shirt with EDAP's slogan.

- "Don't Weigh Your Self-Esteem, It's What's Inside That Counts."
- Buy a nice piece of clothing that fits the size you are now.
- Read a book that lifts your self-esteem, stresses positive body image, encourages healthy living, or helps you to overcome stereotypes about social standards of beauty.
- Look-through magazines and newspapers ripping out advertisements, photos and articles that promote negative feelings about weight, body image and food.
- Go to favorite restaurant with close friends or loved ones. Relax, and enjoy the company and your meal!
- Circulate copies of this list, giving it to friends and posting it on bulletin boards.
- Write Eating Disorders Awareness and Prevention Inc., 603 Stewart St., Suite 803, Seattle, Washington 98101.

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### HELP WANTED

HAIRDRESSER with following, and assist for busy salon. Salary, commission, vacation and benefits. Call: 908-686-0330.

HELP WANTED: Earn \$650 - \$750/month. Part time only. All newspaper delivery. Local routes available. Call Karen 908-687-8244.

HOME TYPISTS. PC users needed. \$45,000 income potential. Call 1-800-613-4343 extension 8-2027.

HOME TYPISTS. PC users needed. \$45,000 income potential. Call 1-800-613-4343 ext. 8-2201.

HOUSEKEEPER - NANNY. Live in needed Monday - Friday, 1 school aged child. Call 213-338-1828 between 9am-5pm, Monday thru Thursday, After 7pm 973-617-6178, Mrs. Hunter.

### LABORER

MUST KNOW how to do electrical, plumbing, roofing, siding, cement, landscaping and general construction. Valid drivers license. Prefer person with low pressure income. Must be a Union Member and available to work evenings and weekends. Salary open. Equal Opportunity Employer. Send resume with salary desired to:

Personnel Department  
P.O. Box 1033  
Linden, NJ 07036-1778

### MARKET DAY OPEN HOUSE

Thurs, Feb. 26, 2-7pm,  
Fri, Feb. 27, 9-2pm

at Kenilworth Inn  
Boulevard & S. 31st St.  
Kenilworth, NJ 07033

Directions: Take exit 138 of Garden State Pkwy., turn left at traffic light. Turn left in between Shell Station and A&P Supermarket.

### ACCOUNT REPS

Part-Time - Flex Hours  
Union, Middlesex, Essex & Somerset Counties.

Work with school champion and volunteers to help build established accounts, organize promotions and set up jobs. If you have previous sales/customer service experience, join us for our Open House and interview on the spot for our available positions. We offer a fun, friendly atmosphere and discounts on all Market Day products. Unable to attend, please send/resume to: Market Day, 1 Executive Plaza, # 201, Basking Ridge, NJ 07001, fax: 973-269-8869, or call 1-800-350-4506. EOE M/F/D/V



A free press is the strength behind democracy.

At Worrall Community Newspapers, reporters learn what it takes to become good reporters. Why? Because reporting for one or more of our weekly newspapers means being involved in the communities we serve. From news stories to features, from council coverage to police blotters, from community events to the Board of Education, reporters are the eyes and ears of all of our readers. Worrall Newspapers, which publishes 18 newspapers serving 26 towns, has openings for reporters in its Essex and Union County regions. If you think you have what it takes to be a reporter, send resume and clips to Editor Tom Canavan, P.O. Box 3109, Union, NJ, 07093, or fax to (908) 686-4169.

Be part of a company whose mission is to preserve democracy. Worrall Newspapers is an equal opportunity employer.

Worrall Community Newspapers, Inc. announcing **24 OR MORE CLASSIFIED AD LINE CALL 908-686-9898 CENTER SELECTION # 8100**

Join The **Kings** Super Markets **Demonstration Team** Kings Associates are entitled to a **15% DISCOUNT** on all food purchases. (Ask for details.) Applications now being accepted. Students • Parents • Retirees • Singles • Married • And those seeking a 2nd income Call Kathy DeMarino at 973-808-4255 255 S. Livingston Avenue, Livingston 159 Maplewood Avenue, Maplewood 650 Valley Road, Upper Montclair 300 Pompton Avenue, Verona 875 Bloomfield Ave., West Caldwell equal opportunity employer M/F **Kings** Passionate about food! **ADVERTISING SALES** Worrall Community Newspapers is looking for experienced and aggressive salespeople for outside and inside sales. Earning potential commensurate with experience. Call for appointment (908) 686-7700

UNION COUNTY CLASSIFIED

HELP WANTED

LANDSCAPER WANTED. Job duties: lawn care, tree trimming, back, flower, gutter, 70-90 hrs. Good opportunity for the right man. Call 908-686-1821.

LANDSCAPE MAINTENANCE and lawn care. Full time. Salary based on experience. Full time. Call 908-686-1821.

LANDSCAPE CONSTRUCTION and masonry. Full time. Salary based on experience. Full time. Call 908-686-1821.

LEGAL SECRETARY. Experienced, full time. Salary based on experience. Full time. Call 908-686-1821.

MEDICAL ASSISTANT. Friendly, pleasant. Office assistance for Certified Medical Assistant. Full time. Call 908-686-1821.

SECRETARY. Full time, will train. Duties: typing, answering phones, etc. Available immediately. Call 908-686-1821.

MERCHANDISE LEADING by company. Full time. Salary based on experience. Full time. Call 908-686-1821.

NURSERY SCHOOL DIRECTOR. Full time. Salary based on experience. Full time. Call 908-686-1821.

ORAL SURGEY ASSISTANT. Part time. 20 hours per week. Salary based on experience. Full time. Call 908-686-1821.

OSCEOLA COUNTY Public Schools. Seeking individuals for teaching positions. Full time. Call 908-686-1821.

PACKING CLERK. Part time. Growing office seeks person for Shipping/Receiving Department. Full time. Call 908-686-1821.

PART TIME Survey sales. In Union, mornings or evenings. Hourly plus bonus. Call 908-686-1821.

PART TIME. Office receptionist. Must have computer skills. Hourly plus bonus. Call 908-686-1821.

PART TIME Restaurant. Estimator in Hampton Area. Full time. Salary based on experience. Full time. Call 908-686-1821.

PART TIME Clerk. Busy office located in Springfield seeking clerical support. Full time. Call 908-686-1821.

PART TIME. Office receptionist. Must have computer skills. Hourly plus bonus. Call 908-686-1821.

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HELP WANTED

SALESMANAGER. FULL TIME INSIDE/SIDE SALES. Part time. Salary based on experience. Full time. Call 908-686-1821.

SECRETARY. Union. Pharmaceutical company. Full time. Salary based on experience. Full time. Call 908-686-1821.

TRACTOR TRAILER. Full time. Salary based on experience. Full time. Call 908-686-1821.

WATTS/WEST. Water. Dink King. Linden. Latched and other shifts available. Full time. Call 908-686-1821.

WAREHOUSE. Full time. Salary based on experience. Full time. Call 908-686-1821.

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PERSONALS

DIAL A BIBLE MESSAGE. 908-964-6356. Readers Beware: The Bible clearly teaches that...

THU JESUS CHRIST FORTOLD that out of APOSTASY from the truth SATAN and his angels would arise...

ERICA KANE will show you 97¢/Pfd call 908-686-1821. Missouri is a 24 hour a day telephone information service...

PSYCHICS TELL Your Future. Call 908-686-1821. Must be 16 years. Sex M/F (619) 645-8434...

SPORTS NEWS! Point Spread! Call 908-686-1821. Must be 16 years. Sex M/F (619) 645-8434...

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BELONGING. GEORGIOUS home for sale. 908-686-1821. Beautiful, modern home for sale...

BED, ULTRA Thin Queen. Premium. Also mattress and frame still in boxes. 908-686-1821.

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CHILD CARE. Homebased. Young woman with 4 1/2 years experience. 908-686-1821.

HOUSEKEEPER. Portuguese and English w/years of home, apartment or office work. 908-686-1821.

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PETS

\$100 PUP SALE \$35 Pups all Types, M/C Visa. 908-686-1821. Missouri is a 24 hour a day telephone information service...

ADOPT-A-STRAY DAILY Bring home puppy. Must be 16 years. Sex M/F (619) 645-8434...

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BELL SIDING Vinyl Siding. Replacement Windows. 908-686-1821.

BATHROOMS. 908-686-1821. Beautiful, modern home for sale...

CARPENTRY. 908-686-1821. Beautiful, modern home for sale...

ALTERATIONS/REPAIRS. 908-686-1821. Beautiful, modern home for sale...

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HEALTH & FITNESS. 908-686-1821. Beautiful, modern home for sale...

HOME IMPROVEMENTS. 908-686-1821. Beautiful, modern home for sale...

AL PASCAVAGE & SONS. 908-686-1821. Beautiful, modern home for sale...

REMODELING. 908-686-1821. Beautiful, modern home for sale...

CONSTRUCTION. 908-686-1821. Beautiful, modern home for sale...

PAINTING. 908-686-1821. Beautiful, modern home for sale...

DECORATIVE. 908-686-1821. Beautiful, modern home for sale...

PAINTING. 908-686-1821. Beautiful, modern home for sale...

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BILLS GOT YOU Down? Get Out Of Debt Now! 908-686-1821. Missouri is a 24 hour a day telephone information service...

CASH PROBLEMS. Lower Monthly Payments. 908-686-1821. Missouri is a 24 hour a day telephone information service...

DEBT CONSOLIDATION. Call monthly pay down to 30-50%. 908-686-1821. Missouri is a 24 hour a day telephone information service...

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FREE CASH Grants. Government. 908-686-1821. Missouri is a 24 hour a day telephone information service...

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FLOORS. 908-686-1821. Beautiful, modern home for sale...

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UNDERGROUND DRAINS. 908-686-1821. Beautiful, modern home for sale...

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HEALTH & FITNESS. 908-686-1821. Beautiful, modern home for sale...

HOME IMPROVEMENTS. 908-686-1821. Beautiful, modern home for sale...

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PAINTING. 908-686-1821. Beautiful, modern home for sale...

DECORATIVE. 908-686-1821. Beautiful, modern home for sale...

PAINTING. 908-686-1821. Beautiful, modern home for sale...

HOME IMPROVEMENTS

GENERAL REPAIRS. Appliance, painting, wall covering, plumbing, heaters, gutters, with down spouts, roofing, air seeping doors, no job too small. Free estimates. Fully insured. Please call 908-686-1821.

HOME IMPROVEMENTS. M.G. Maintenance Home/Interior from a M.G. Vinyl replacement. 908-686-1821.

HOME REPAIRS. "Work Done Professionally for Less". 908-686-1821. Missouri is a 24 hour a day telephone information service...

PAINTING. 908-686-1821. Beautiful, modern home for sale...

LANDSCAPER WANTED. Job duties: lawn care, tree trimming, back, flower, gutter, 70-90 hrs. Good opportunity for the right man. Call 908-686-1821.

LANDSCAPE MAINTENANCE and lawn care. Full time. Salary based on experience. Full time. Call 908-686-1821.

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LEGAL SECRETARY. Experienced, full time. Salary based on experience. Full time. Call 908-686-1821.

MEDICAL ASSISTANT. Friendly, pleasant. Office assistance for Certified Medical Assistant. Full time. Call 908-686-1821.



# Real Estate

### APARTMENT TO RENT

**HILLSIDE WESTMINSTER** area. Modern, first floor, 2 bedrooms, 2 1/2 baths, central air, dishwasher, garage. Walking distance to transportation. No pets. \$1000 plus utilities. Monthly security. Available April 1st. 908-948-1070.

**IRVINGTON UPPER**, 1 bedroom apartment. Heat, hot water included. Available immediately. Call 973-772-8482 or 973-418-5777.

**HARPLEWOOD**, 2 bedroom apartment. Family home, second floor. Near all major highways and public transportation. No pets. Call 973-772-1587.

### FURNISHED ROOMS FOR RENT

**WEST GARDEN**, Llewellyn Hill, 250 Main Street. Convenient to transportation. Rates from \$54 per week. Call 973-751-8545 or 973-752-1838.

### ROOM TO RENT

**HARPLEWOOD**, One person private living room. Utilities, heat, parking. Near transportation. Village \$486, 1 month security. No pets. 973-772-8482.

**UNION FURNISHED ROOM**, Close to New York transportation and Keen University. \$80.00 per week. Utilities parking, extra bath. Call 908-688-0002.

### GARAGE FOR RENT

**SHORT HILLS**, Garage storage space for rent. 500-800 sq. ft. Available immediately. Located on Morris Turnpike. Call 973-912-2222.

### HOUSE TO SHARE

**SPRINGFIELD**, MALES looking for same to share apt. furnished 3 bedroom home in quiet area. 1/2 hr. to airport. No smokers. 1/3 rent utilities. Call Jeff 908-522-1018.

### OFFICE TO LET

**ELEGANT EXECUTIVE** Offices for the technology minded business person. Suburban West Orange. Contact: Hudson Park Executive Center. 973-726-6815.

### OFFICE AVAILABLE FOR LEASE

**BUILT TO SUIT OR EXISTING** - All Utilities Included. Convenient Location/Parking. Call Andrew Robinson, STERLING PROPERTIES OF NJ, INC. OWNER/MANAGER. (908) 862-5600.

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1000-1500 sq. ft. available in newly renovated 48000 square foot building. Prime location. Excellent medical. Close to major hospitals. Immediate access to Routes 78, 22, GSP and Newark Airport. **WEICHERT COMMERCIAL REALTORS**, Exclusive Broker. 973-287-7778

### OFFICE WAREHOUSE

1000 square foot office/1000 square foot warehouse. Close to Route 22 with large doors for loading with easy access to Port Jervis. **WEICHERT REALTORS**, Brokerage Office. 908-522-1018

### WEST GARDEN

3 bedroom, 1 1/2 baths, 2nd floor. Call 973-751-8545.

### FURNISHED ROOMS FOR RENT

**SOUTH GARDEN**, Best Amen Christen home. 3 bedrooms, 2 1/2 baths, central air, dishwasher, garage. Walking distance to transportation. No pets. \$1000 plus utilities. Monthly security. Available April 1st. 908-948-1070.

### VACATION RENTALS

**SOUTH CAROLINA**, Hilton Head. V.I. on the ocean. 4 bedrooms, 5 1/2 baths, pool, tennis, golf. Available July & August. Excellent golf. Monthly. 973-752-2255. Registration to \$2000.

### REAL ESTATE

All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise any preference, limitation, or discrimination based on race, color, religion, sex, handicap, familial status, or national origin. Intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for real estate which is in violation of this law. All persons are hereby notified that all dwellings advertised are available on an equal opportunity basis.

### LAND FOR SALE

**LAKE WYREDA**, South Carolina. Timberlake Plantation. 5000 sq. ft. Community. 2 acres. North for sale. 1-800-343-8300. www.TimberlakePlantation.com

### SOUTH CAROLINA

**SOUTH CAROLINA**, Waterfront. Bargain! Colonial estate on 50,000 sq. ft. 2 1/2 acre waterfront lot. Private country. Only a few left! Call 908-796-8742. www.Carolina-waterfront.com

### REAL ESTATE FOR SALE

**BARGAIN HOMES**, Thousands of Government Foreclosed and reposessed properties being liquidated in 30 days. Call for more listings! 1-800-501-1777 extension 109.

### EAST ORANGE

**EAST ORANGE**, \$150,000. Great opportunity for investor or owner occupied with 2 and 1/2 bedrooms. Close to transportation. Call Pam for details. 908-769-0011, for details (1/23/97).

### OPEN HOUSE

**Saturday/Sunday 12:00-4pm**  
328 Amity Street  
2 family 4 over 4 rooms. Pool/tennis area. Own for less than renting. Asking \$88,000. By owner. Call 908-351-6030

### FORECLOSED GOVERNMENT HOMES

Save up to 50% or more on reposessed homes. Includes cash payment. Call Jeff OK. Call now! 1-400-950-9073 extension 600 (SCA Network).

### GOVERNMENT FORECLOSED HOMES

FOR INVESTMENT OPPORTUNITY. \$89,900. 3 bed/2 bath. 1/2 acre. Call 1-800-211-9000 ext 1035 for listing directory.

### RENTAL INVESTMENT

**RENTAL INVESTMENT** - "Bain House" Apartments. 4,500 S.F. rent office space. 2,800 S.F. immediate availability on floors 1 and 2. Perfect for doctors, professionals. Sale or lease. \$182,000.00. John Schnager Realty Inc. Broker. 609-637-9548.

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Just moved in? I can help you out?

Don't worry and wonder about learning your way around town. Or what to see and do. Or who to ask. As your WELCOME WAGON hostess I can simplify the business of getting settled. Help you begin to enjoy your new town... good shopping, local attractions, community opportunity. And my basket is full of useful gifts to please your family. Let us break from unpacking and call me.

Residents of Union & Springfield only  
UNION..... 964-3891  
SPRINGFIELD..... 447-0192

### REAL ESTATE FOR SALE

**LINDEN SUNNYSIDE** Colonial, double lot. 6 large rooms, large new bath, jacuzzi, oversized kitchen, new gas hot water furnace, massive hardwood floors and wood trim, stone fireplace, 2 car garage, pool with hot tub, fenced yard. Pristine only \$208,000. 908-923-6949.

### LINDEN

**1990 Renovated 3 Bedroom Colonial**  
1 1/2 baths, living room, dining room, sun-kitchen, partly finished basement with bathroom, deck, pool, air, hot water baseboard, garage, vinyl siding, Asking \$151,800. Directions: Rt. 10 to Wood Avenue to Knoll Street to 412 Spruce Street.  
908-863-1479  
http://pages.prodigy.com/JacCovey/home.htm

### LIVINGSTON FOR SALE BY OWNER

3 bedroom town in country, 2.5 updated bath (Master 13x22 with Jacuzzi), Florida room, study with fireplace, den with wet bar, new kitchen with granite, private yard with three oaks, inground heated pool and enclosed hot tub. Many amenities. Must see made to appreciate. \$555,000. Phonecalls only 973-920-7770.

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**CLARK** \$218,900  
Exclusively listed! Great! Hill Colonial. 4 B's, 2 1/2 Baths. Central air, gas heat. Deck. Finished basement. Lots of extras!

**ERA Village Green Realtors**  
35 Brent Avenue, Clark, N.J.  
732-381-7477

**WESTFIELD** \$227,000  
New 4 Br. Cape w/Lg. Modern Kitchen. Central air gas heat. Updated bath. Covered inlaid terrace. 2000 Rfd. with full landscaping. 1000 sq. ft.

**ERA Village Green Realtors**  
35 Brent Avenue, Clark, N.J.  
732-381-7477

# Automotive

## Volvo prioritizes quality, safety, and the environment

Since Volvo's inception in 1927, three core values have helped dictate the direction of the company: quality, safety and environmental care. Therefore, continually striving to build cars that incorporate these values is one of the never-ending mission of Volvo engineers.

Volvo safety engineers have regularly made history with innovations including the industry's first three-point seat belts in 1959 and the industry's first side impact air bags in 1992.

Another first has been instrumental in helping make Volvo cars among the safest on the road. After years of traffic research, Volvo established the industry's first vehicle accident investigation team in 1970. To date, Volvo's safety division has analyzed more than 25,000 accidents involving 40,000 drivers and passengers of Volvo cars. The 1998 70 and 90 series Volvo models bristle with safety inventions that are the result of this intensive study.

Maintaining the integrity of the vehicle's passenger compartment is a critical safety factor in the event of a collision. Volvo front and side air bags are designed to inflate vehicle occupants and prevent intrusion. The entire structure, including the roof, floor, side pillars and even the engine, is engineered to absorb impact energy and distribute it away from driver and passengers. In addition, the body is strengthened by the continuous laser welding of the roof truss to the conventional method of using spot welds.

Safety analysis data led Volvo safety engineers to conclude that side impacts cause grave injuries and a disproportionate share of deaths, even though these account for only 25 percent of all motor vehicle accidents. These findings inspired the industry's first side impact protection system, which made its original appearance in 1998 850 and 960 models.

SIPS employs and adds to the vehicle's structural components to distribute impact energy away from occupants. The most important element of SIPS, the B-pillar between the front and rear doors is extremely strong to help resist deformation. High-strength tubular steel braces run across the vehicle floor, channeling forces away from the occupants. Other steel tubes in the seats absorb collision energy. Longitudinal braces reinforce the door, whose contour and surface design have been designed to minimize deformation and injury to passengers. Door hinges have a locking tab which helps hold them in place even if the hinges are damaged in a crash.

A new generation of SIPS is being introduced in the 1998 model year. The important B-pillar has been reinforced to further help resist deformation of the door in a side impact. There is also more padding on the new B-pillar, designed to provide greater protection against head injuries. Additionally, other structural elements in the floor and between the front seats have been added or improved for increased occupant safety.

Volvo's side impact air bags further protect against upper torso and head injury in side impact collisions. Every Volvo sold in North America has side impact air bags unobtrusively installed under the side bolsters of both front seats as standard equipment.

When triggered, the sensors use a complex mechanical system to send a pyrotechnic charge which activates gas generators located in the seatback. Expanding gases from the generators inflate the SIPS bag with enough force to split the side bolster seam and allow the inflated bag to emerge. The side airbags inflate in 12 milliseconds from the time of first impact sensing, about three times faster than front airbags. The lightning-fast deployment speed is necessary because there is very little space between the side of the car and the occupant's outboard side air bag.

Volvo's side impact protection, including SIPS and the side impact air bag, reduce injury in side impact collisions by approximately 40 percent. Of course, every 1998 Volvo also has dual front air bags as standard equipment. Traveling in any way with a passenger side air bag, children should always be properly restrained. Side air bags are installed for every seating position. A

Volvo engineer, Nils Bohlin, invented the three-point belts in 1958, which first appeared in 1959 Volvos before becoming the industry's standard design. For this life-saving invention, Bohlin was named to the Safety and Health Hall of Fame along with Thomas Alva Edison and other remarkable thinkers.

Front seat belts in the new S70 and V70 are made more effective with the inclusion of more powerful pyrotechnic pretensioners, which tighten around occupants faster when triggered in a collision.

Also new in 1998 models is the eye-level brake light in the rear window. It now has light-emitting diodes that illuminate in one millisecond after the driver depresses the brake pedal. That compares to the 250 milliseconds needed for a conventional light bulb. At 55 mph, the faster LED illumination gives the driver in the back of the car at least one car length more in which to brake — perhaps enough to avoid a collision.

Volvo believes no child belongs in the front seat of a vehicle equipped with front air bags. All new Volvo models can be equipped with a child booster cushion built into the center armrest of the rear seat. The booster seats are designed for kids who weigh between 50 and 80 pounds and who are between 46-inches to 54-inches tall. Child-proof rear door locks and seat belt lockability for child safety seats are standard on all models.

As always, Volvo engineers are working on newer inventions that will soon find their way into production cars.

The Volvo Inflatable Curtain currently being tested is designed to be mounted in the vehicle headliner, running from the front to the rear side pillars. The curtain consists of eight protective air bag-like compartments that deploy in 25 milliseconds after sensors trigger the VIC system. Every occupant over 47.3 inches tall seated next to a door will obtain additional head protection from the deploying curtain. VIC works in conjunction with the SIPS system and SIPS airbags that deploy from the side seat back bolsters. Volvo is developing VIC in collaboration with Autoliv, its partner in developing the SIPS airbags.

Volvo safety engineers are also tackling whiplash injuries, a frequent result of vehicle collisions. Whiplash results when a car's occupant's head is thrown backwards, usually the result of low-speed rear-end collision. Neck pain, stiffness, tenderness, numbness and even neurological dysfunctions can result from whiplash injuries. Volvo's Whiplash Protection Study includes the design of a new seat as an effort to drastically reduce neck injuries.

Immediately upon activation, the WHIPS' backrest and head restraint move backward parallel to the individual's motion. The entire upper body and head of the occupant is cushioned in a balanced, gentler action while much of the crash energy is absorbed by the seat. The head remains close to the head restraint to keep the distance between them small because that reduces the risk of whiplash. The backrest then tips backward to help reduce the typical forward rebound of the body which is a major cause of whiplash. The seat moves back about 1.5 inches during WHIPS activation. The seat back has also been designed to distribute crash forces more evenly along the back and neck to optimize protection of the spine. Autoliv is also collaborating with Volvo on the WHIPS system.

There will be more innovations after these. Volvo is continuing to invest in new facilities to help foster the invention of further safety systems. The Swedish manufacturer is investing 650 million kronor, or \$100 million, to build a new safety center at its Gothenburg, Sweden headquarters, adjacent to its Toralanda plant where the S70 and V70 are built. The first phase of the project is scheduled for completion in mid-1998. Many types of crash and other accident tests will be run in the center. Head-on collisions with other vehicles, rollover accidents and other types of crashes will be performed.

In addition, Volvo is testing a new supercomputer to simulate crashes five times faster than the present computer. The new safety center and the supercomputer will provide a substantial increase in capacity for both real and simulated crash tests. Computerized crash simulation will allow Volvo to reduce physical crash

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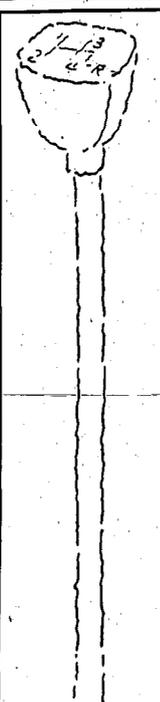
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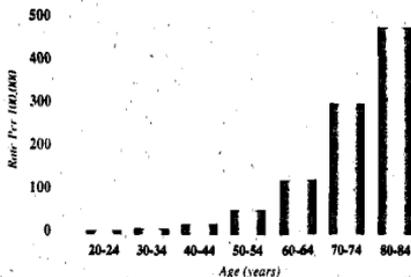
A Publication of the Cancer Center of Saint Barnabas

## Peripheral Stem Cell Transplant Program Introduced

Looking back on her recent experience as the first patient to undergo a peripheral stem cell transplant at Saint Barnabas Medical Center, Ruth Siksnius of Berkeley Heights says, "my positive memories of the experience far outweigh the negative." From the onset of her diagnosis of breast cancer in January, 1997, she says she was determined that she would make the transition from being a victim of this disease to being a survivor.

After undergoing a bilateral mastectomy and reconstructive surgery, Ms. Siksnius was referred to Philip A. Lowry, M.D., a Cancer Center medical oncologist/hematologist and director of the newly opened peripheral stem cell

transplant program located in a renovated patient care area on the oncology unit at Saint Barnabas. Dr. Lowry put Ms. Siksnius on a standard regime of chemotherapy for six months, after which he presented the option of a stem cell transplantation protocol because her initial diagnosis involved a large number of lymph nodes.



## Colorectal Cancer Screening: What Everyone Needs to Know

GLEN R. MOGAN, MD

Section Chief, Department of Gastroenterology  
SAINT BARNABAS MEDICAL CENTER

Rectal bleeding, change in bowel habits, abdominal distress—these are a few personal complaints that may cause embarrassment and fear, preventing many people from seeking medical attention. What many people do not realize, however, is that if found at an early stage—and if diagnosed early—colon cancer is a curable disease. Moreover, if a precancerous polyp is discovered, removal can prevent cancer from developing. Knowing when and how to seek medical attention is crucial.

Colorectal cancer, which strikes approximately 100,000 people in the United States each year, ranks second to lung cancer as a leading cause of

### IN THIS ISSUE



PAGE 2

**Coping with Cancer: The Mind/Body Connection**



PAGE 3

**Surviving Cancer—Employment Challenges for Cancer Survivors**



PAGE 4

**Prostate Cancer Gets Major Research Thrust**

- 6 **Center News**
- 8 **Community Events**
- 8 **Pink Ribbon Program Reaches 10th Anniversary**

## Dear Friends,



An article published last year in the New England Journal of Medicine, entitled "Cancer Undefeated," generated incendiary news headlines, panic among cancer survivors, and a congressional hearing to discuss its merits and implications. In the article, the authors express distress over what they consider to be a small, although continuing, improvement in overall cancer mortality. They point out that most of the gains are due to success in prevention (such as smoking cessation) and screening (Pap smears as an example) rather than in treatment.

This is especially disturbing when one calculates the dollars which have been spent for research on improved treatments.

Despite the controversy, the article made several important points, most of which are optimistic in nature. The National Cancer Institute already allocates almost 40 percent of its resources to prevention and screening. The smoking cessation campaign is being aided by legislation directed against the tobacco industry and hopefully, will result in a consistent downward trend in lung cancer diagnoses. Much progress has been made in public education regarding the benefits of mammography and Pap smears in the early diagnosis of breast and cervical cancer. New efforts are underway to improve results of screening for colon, lung and prostate cancer.

Prevention trials for various cancers are underway. Advances in cancer genetics will allow identification of high risk individuals for whom screening and prevention efforts can be intensified. These measures will undoubtedly result in fewer cancers, earlier diagnoses and a reduction in cancer mortality.

In terms of treatment, the authors emphasize significant improvement in survival for certain types of cancer such as childhood malignancies and breast cancer in premenopausal women. They also express their support for continued basic science and clinical research.

More resources must be made available for efforts in prevention and screening as well as treatment. No matter how much money is allocated, it is vital that you as consumers take advantage of current knowledge and opportunities. Follow the American Cancer Society recommendations for cancer screening, read the health care section in reputable newspapers and magazines, and consider participation in clinical studies whether for prevention, screening or treatment. It is only through a joint effort—of consumers, health care providers and elected officials—that with appropriate financial resources the number of Americans lost to cancer will continue to decline.

*Richard Michaelson*  
 RICHARD MICHAELSON, M.D.  
 Chief Medical Officer  
 SAINT BARNABAS CANCER CENTER

## Coping with Cancer: The Mind/Body Connection

LISSA PARSONNET, LCSW  
 Director, Psychosocial Support Services and  
 Cancer Program Management  
 CANCER CENTER OF SAINT BARNABAS

Recognizing that both the mind and the body are affected by a cancer diagnosis, and that both the mind and body are engaged in the healing process, the Saint Barnabas Cancer Center has initiated a new program, Coping With Cancer: The Mind/Body Connection. Mind/Body medicine is based upon the premise that comprehensive care of an individual requires attention to the person as a whole. As an extension of the Cancer Center's commitment to addressing psychosocial as well as medical concerns, this intensive eight-week structured program has been designed to promote wellness and enhance coping among people who have been diagnosed with cancer. This will be achieved through the introduction of specific skills which are built upon an understanding of the intrinsic integration of mind and body.



The Saint Barnabas Cancer Center adheres to the philosophy that treating emotional distress should be understood as part of standard medical care. Managing emotional distress can certainly lead to enhanced quality of life. Some believe it may also prevent certain illnesses, or ease their severity or duration. This message, not to be confused with the overly simplistic and at times confusing notion of "positive thinking," is based upon research suggesting that one's emotional state can affect physical well-being.

An interaction between the mind and body has been demonstrated in a number of studies of animals as well as humans. In 1974, Robert Ader, Ph.D., a University of Rochester psychologist, noted that rats fed saccharin water paired with an immune suppressing medication developed a conditioned response to the saccharin water so that after this pairing, exposure to saccharin water alone resulted in suppressed immune function.



## CANCER

# Employment Challenges for Cancer Survivors

After seven months at home recovering from a form of bone cancer, called Ewing's sarcoma, 31-year-old Carolyn Davies returned to work only to learn that her job title and description had been changed.

Although she had undergone an amputation of her lower right leg and an extensive chemotherapy regimen administered by Oncologist Lillian Pliner, M.D., F.A.C.P. at the Saint Barnabas Cancer Center at Union, Mrs. Davies felt ready to resume her responsibilities as a computer programmer.

"My supervisor told me everyone's job description had changed, but I knew that wasn't the case," Mrs. Davies said. "The way I saw it, they simply kicked me while I was down."

"Employment problems faced by cancer survivors are not always obvious and can easily be camouflaged," points out Angela McCabe, L.C.S.W., Oncology Counselor at the Saint Barnabas Cancer Center at Union, who provided resources and guidance to Mrs. Davies to help her solve her problem at work.

While most employers treat survivors fairly, some employers may impose barriers that make it difficult for cancer survivors to obtain and keep employment. A 1996 survey sponsored by Amgen, a biotechnology company, and the National Coalition for Cancer Survivorship, found that American workers with cancer are fired or laid off five times as often as other workers.

### Cancer Myths in the Workplace

Myths and misconceptions regarding cancer may be at the root of many employment problems. A 1997 follow-up survey found that 27 percent of American workers believe they would have to "pick up the slack" for a co-worker with cancer, and 42 percent believe that people with cancer require special arrangements at work.

"Some employers still assume that someone with cancer will die or can not be a productive worker, or they may believe that a cancer diagnosis will cause insurance premiums to increase," said Barbara Hoffman, J.D., Adjunct Professor of Law at Rutgers Law School in Newark who has provided information on the legal rights of cancer survivors at over 70 conferences and in many publications.

Workplace problems most frequently reported by cancer survivors are dismissal, failure to hire, demotion, denial of promotion, undesirable transfer, denial of benefits and hostility in the workplace. According to Prof. Hoffman, four federal laws provide some job protection to cancer survivors: the Americans with Disabilities Act, the Federal

Rehabilitation Act, the Family and Medical Leave Act, and the Employee Retirement and Income Security Act. In addition, cancer survivors who face discrimination by employers not covered by federal law can turn to state laws for relief.

"Some cancer survivors face a Catch-22 under employment discrimination laws. If they are too ill to work, courts may consider them unqualified for protection under the law because they cannot perform the essential functions of their jobs. But if they can work during or after cancer treatment, courts may refuse to recognize their disease as a disability," Prof. Hoffman points out.

### Ways of Tackling Problems

Lawsuits are one solution to an employment problem, but should be used as a last resort because they are costly, time consuming and may not necessarily result in a fair solution. Prof. Hoffman offers several guidelines for avoiding employment discrimination as well as for handling potential problems:

- When seeking employment, do not volunteer that you have or have had cancer unless it directly affects your qualifications for the job. However, do not lie on a job or insurance application, because you can lose your job or be denied insurance benefits.
- If you suspect discrimination, keep written records of all events and be alert to any signs or patterns of discrimination.
- Consider using your employer's policies and procedures to resolve employment issues informally, such as through a grievance procedure.
- Tell your employer that you are aware of your legal rights and would rather resolve the issues openly and honestly than file a lawsuit.

In addition to these suggestions, educating employers and coworkers to dispel myths may help. Cancer survivor Mitchell R. Tubitz, a lawyer who lives in Livingston, has been active in educating the legal community on issues faced by lawyers with cancer. With the support of the Essex County Bar Association, he has formed a Health Care Initiative to serve as a resource and support network for newly diagnosed attorneys in handling practice related issues.

More information about employment issues faced by cancer patients can be obtained by contacting The National Coalition for Cancer Survivorship (301) 650-8868, [www.cancersurvivors.org](http://www.cancersurvivors.org), and Cancer Care, Inc. (212) 302-2400 or (800) 813-HOPE, [www.cancer.org](http://www.cancer.org).



# Prostate Cancer Gets Major Research Thrust

## SYMPOSIUM

*Article by Physicians, Medical Oncologists*

OF THE CENTER OF SAINT BARNABAS

In the past decade, the United States government has allocated minimal dollars to prostate cancer research, despite the fact that the disease affects more than 200,000 men each year and takes the lives of 40,000 men annually. Only recently have people taken note of the high and increasing incidence of this disease, and men have begun to speak out, following the lead of women who have fought loudly for increased research on breast cancer. These changes are resulting in a rapidly expanding emphasis on research into the cause and treatment of prostate cancer, with the hope of an increased cure rate.

Many important questions about the prevention, early diagnosis, and treatment of patients with either early or advanced prostate cancer remain unanswered. For example, can dietary changes or supplements prevent prostate cancer? Current areas of research include a high fiber/low fat diet, vitamin E, selenium, and lycopenes (contained in tomato sauce) as well as the drug finasteride, which is already used to treat benign prostatic hypertrophy.

Determining the best way to treat localized prostate cancer, especially advanced disease, is currently another area of active investigation. Clinicians are trying to determine if and how hormones should be combined with radiation or surgery to lead to greater success.

Such adjunct treatment is used commonly for breast cancer, and has been shown to cut mortality rates of this illness by one-third.

## Clinical Trials at Saint Barnabas

For patients with metastatic prostate cancer that has spread from the prostate gland to other parts of the body such as the bones, there are still many questions that need to be addressed. Many institutions across the country are offering innovative treatment programs to such patients with the hope of developing therapies that are far more effective than those currently available. Research is looking at new ways of giving hormonal therapy and new chemotherapy drugs. The Saint Barnabas Cancer Center has taken an active role in such investigations, currently offering patients with disseminated prostate cancer eight new treatment programs with several more on the way. These are offered in addition to standard therapy already approved for use.

One important program is evaluating whether it is any better to administer hormone therapy on an intermittent basis instead of continuously, as it is normally given. It has been suggested that an intermittent approach would delay the cancer's ability to become resistant to hormone therapy.

However, it is up to Saint Barnabas and other participating cancer centers across the country to carry out this project, and prove or disprove this theory. The results of this study will impact every man who requires hormones as part of his treatment of prostate cancer.

Recent research has found that suramin, a drug synthesized in 1916 for the treatment of a parasite infection in Africa, was a potent inhibitor of factors that certain cancers make to stimulate themselves to grow. Saint Barnabas is now participating in a nationwide clinical trial testing suramin in patients who have prostate cancer that can no longer be controlled by hormone therapy.

Two other promising treatments are being tested in men whose cancers have become hormone resistant. In conjunction with Ligand Pharmaceuticals, the Johns Hopkins Oncology Center, NYU Cancer Center and others, the Saint Barnabas Cancer Center is evaluating the efficiency of Targretin capsules, a high potency retinoid derivative. Retinoids (found naturally in fruits and vegetables) are potent inhibitors of cancer cell growth in the laboratory. One therapy in this class has already proved to be a powerful treatment for a special type of leukemia. This trial is available to men whose prostate cancer has relapsed after hormonal treatment. In another program, Saint Barnabas is testing the oral medication estramustine (already approved for prostate cancer) in combination with the drug Taxol, which is derived from the bark of the Pacific Yew tree. Taxol is one of the most potent anti-cancer drugs to be approved in years and theoretically may

be more effective when used with estramustine for the treatment of prostate cancer. It is still premature to draw any firm conclusions from this newly opened program which is evaluating the treatment's effect on quality of life as well as efficacy.

Considerable work still needs to be done in the fight against prostate cancer. Much of the progress will come from patients who participate in clinical trials exploring new therapies, some of which will ultimately become our new "gold standards" of treatment.



Clinical Trials for  
Prostate Cancer

at the Cancer Center of Saint Barnabas

For more information about clinical trials available through the Saint Barnabas Cancer Center, please call (973) 322-5662.

## TEAM

**RICHARD MICHAELSON, M.D.,** Chief Medical Officer of the Saint Barnabas Cancer Center, co-authored a paper, "BRCA1 Sequence Analysis in Women at High Risk for Susceptibility Mutations," in an October issue of THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION (JAMA).

**STUART P. LEITNER, M.D.,** Attending Medical Oncologist, served as an expert panel member discussing "State of the art" treatment for advanced prostate cancer at the Prostate Cancer Summit held last November. The meeting gathered together experts on research, early detection and treatment of prostate cancer along with patient advocates and legislative representatives to devise strategies on how to improve the cure rate of New Jersey residents who have prostate cancer.

**LISSA PARSONNET, L.C.S.W.,** Director of Psychosocial Support Services and Cancer Center Maintenance, co-authored a chapter on alternative and complementary cancer treatment in A Resource Book for Cancer Patients in New Jersey, published by the New Jersey State Commission on Cancer Research.

**DIANE POULIOS, R.N., M.A., A.O.C.N.,** Oncology Nurse Educator/Community Outreach Coordinator, is the recipient of the 1998 Oncology Nursing Society/Angion, Inc. Excellence in Patient/Public Education Award. Ms. Poulios has designed programs for cancer screening, and has developed various programs at the Cancer Center including The Good Air Gang, a smoking prevention program targeted at school-age children; the Smoking Cessation Network, a comprehensive assessment and referral program; the Pink Ribbon Program, which teaches breast health to women in the community of Orange, as well as others.

**ROBERT R. RICKERT, M.D.,** Co-Chairman of the Department of Pathology and a member of the Prostate Cancer Task Force, was among 150 health care professionals, policy makers and legislative leaders who participated in the Prostate Cancer Summit meeting held in New Brunswick last November.

**MURRAY H. SELTZER, M.D.,** Saint Barnabas Attending Breast Surgeon, published two papers, "Medical History Inaccuracies in Patients Undergoing Breast Biopsy," in the October 1997 issue of THE FEMALE PATIENT, and "Preoperative Prediction of Open Breast Biopsy Results," in the May 1977 issue of CANCER. In addition, Dr. Seltzer appeared recently on a news program for MS-NBC about breast health.

"The peripheral stem cell transplant will enable some patients with leukemia, Hodgkin's and non-Hodgkin's lymphoma, multiple myeloma and breast cancer to receive potentially more effective chemotherapy in doses up to five times as high as those used in conventional chemotherapy," said Dr. Lowry, who joined Saint Barnabas after having established the peripheral stem cell and bone marrow transplant program at the University of Massachusetts. "The program also will provide an opportunity for enrollment of some patients in both national and hospital-based clinical trials to determine the effectiveness of peripheral blood stem cell transplants (PBSTC) combined with high doses of chemotherapy drugs."

The procedure, which is less invasive than the previously standard bone marrow transplant, allows the collection of stem cells from the patient's own bloodstream rather than the bone marrow. Traditional marrow transplants involve surgically removing cells from the bone marrow of the patient (autologous) or another individual (allogeneic) and transplanting them back after high doses of chemotherapy are administered. The PBSTC procedure begins with the collection of stem cells from the patient's bloodstream (known as apheresis) with the use of a cell separation machine. The peripheral blood stem cell harvests are processed, stored and prepared for reinfusion in a new Cellular Therapy Laboratory in the Department of Pathology. The patient is then hospitalized in one of the oncology unit's new isolation rooms, which were specially designed with a state-of-the-art filter system to decrease exposure to micro-organisms. Cells are then reinfused after treating the patient with high doses of chemotherapy, restoring bone marrow function.

"For eighteen days, this isolation room with its positive pressure, filters in the ceiling, brand new bed, and the most glorious sunsets imaginable, became my home; and the caregivers who wore masks, gloves and gowns each time they entered the room, became my friends," Ms. Siksnitis said.

The transplant health care team, under the direction of Dr. Lowry, is comprised of

specialized professionals who work with the patient throughout the entire transplant experience. Nurse Coordinator Lorraine Manning, R.N., arranges and coordinates pre-admission, inpatient hospital stay, discharge, home care needs and recovery, and provides patient and family education during the process. Social Worker Jill Kaplan, L.C.S.W., provides emotional support to patients and family members, as well as assistance with work-related concerns or practical problems which may arise from the treatment. Nurse Manager Eileen West, R.N., and her team of inpatient transplant nurses have been specially trained to provide day-to-day care on the oncology unit. Other critical members of the team include Beverly Robinson, a blood bank and histocompatibility specialist, who recently joined Saint Barnabas as Technical Specialist of Cellular Therapy; Marcie Aides, R.D., the Cancer Center dietician, who reviews the components of the low bacterial diet necessary for participation in the program; and Manisha Patel, R.Ph., a pharmacist who reviews all medications and chemotherapy prescribed by the physician.

"In the past PBSTC was not as attractive a treatment because the technology capable of collecting enough cells in a cost-effective manner was not available," said Dr. Lowry. "Now that such technology has been developed and successfully administered, clinical trials indicate that PBSTC results in a faster recovery of neutrophils, red blood cells and platelets, lower rates of infection and transfusions, and reduced treatment with antibiotics, therapy." In addition, PBSTC can potentially be performed on some patients for whom bone marrow harvesting is not feasible, such as patients with prior radiation or other technical barriers to traditional bone marrow harvest.

The Saint Barnabas Medical Center program initially will focus on autologous stem cell transplants. Allogeneic transplants will be performed at Mt. Sinai Hospital in New York, but coordinated through the Saint Barnabas program. For more information about the stem cell transplant program, please call (973) 322-5208.

## CENTER



### Saint Barnabas Offers New Lab Procedure for Detection of Cervical Cancer

For 50 years, the Pap smear has been the process traditionally used to screen for cervical cancer. As a result, there has been a significant decline in deaths from this disease. As successful as the Pap smear has been, however, the method has proven to have several limitations. As a result, Saint Barnabas Medical Center is offering a new alternative, the ThinPrep Pap Test.

The ThinPrep Pap Test eliminates problems that can make interpretation and diagnosis difficult with conventional Pap smear, including excessive blood, inflammation and exposure to air. These problems often prompt the physician to call the patient back for repeat testing. The American College of American Pathologists recognizes the new method as an effective way of preparing material for the detection of cervical cancer and its precursor lesions, as well as other gynecological abnormalities.

### Saint Barnabas Health Care System Affiliates with Hospice Program

The Saint Barnabas Health Care System and the Center for Hospice Care have joined together as affiliates to provide wider access to hospice care for patients in the Saint Barnabas Health Care System. A leader in the delivery of hospice care in New Jersey since 1981, the Center for Hospice Care is one of the few hospice programs in New Jersey accredited by the Joint

Commission on Accreditation of Healthcare Organizations.

The Center provides compassionate and well-trained nurses, clergy, social workers, home health aides and volunteers to care for terminally ill patients—both pediatric and adult—most often in the privacy of their own homes. For more information about the Center for Hospice Care, please call (973) 429-0300.

### Changes at Saint Barnabas Cancer Center at Union Reinforce Philosophy of Care

Philip A. Lowry, M.D., has joined Lillian F. Pliner, M.D. at the Cancer Center at Union. Dr. Lowry trained at Harvard, Yale and the University of Virginia, and joined the Saint Barnabas Health Care System after serving as Assistant Professor of Hematology/Oncology at the University of Massachusetts. Board Certified in both Oncology and Hematology, Dr. Lowry will be directing the Stem Cell Transplant Program at Saint Barnabas, and will continue to practice general hematology/oncology as well.

Dr. Lowry shares with Dr. Pliner the philosophy at the Center that providing the highest quality of oncologic and hematologic care requires not only state-of-the-art knowledge but a recognition of the multiple medical, social and psychological issues involved in a cancer diagnosis.

To help support this philosophy of care, Nurse Practitioner Leslie

Leveille, R.N., has joined Drs. Pliner and Lowry to assist in patient management as well as provide education and support to patients and families during treatment. Ms. Leveille received a Master of Science in Nursing with additional training as a Nurse Practitioner specializing in adult oncology from Columbia University in New York City. Social Worker Angela McCabe, L.C.S.W., continues to offer psychosocial support as well as assistance with financial and transportation issues.

The Cancer Center at Union is an integral part of the Saint Barnabas Cancer Center in Livingston, offering access to the same high level of care, physicians, resources, programs and clinical research opportunities in a location more convenient for the residents of Union County and surrounding areas. For more information about the Saint Barnabas Cancer Center at Union, please call (908) 810-6470.

### Louis J. Sanfilippo, M.D. Retires as Chairman of Radiation Oncology

Louis J. Sanfilippo, M.D., who has served for 28 years as Chairman of Radiation Oncology at Saint Barnabas Medical Center, has recently retired. Under Dr. Sanfilippo's leadership, the Department of Radiation Oncology has operated the largest cancer treatment program in northern New Jersey. He has introduced many new techniques and programs to the department, many of which have changed the practice of radiation therapy in New Jersey. He has pioneered the use of linear accelerators for external beam therapy in New Jersey, as well as the use of combined surgery and radiation therapy for cancers of the breast, prostate, cervix, uterus and ovary.

When Dr. Sanfilippo started the department in 1969, the staff totaled four people treating approximately eight patients per day. Since then, the radiation oncology department has treated a total of 25,000 patients, and currently operates with a staff of 40 people.



## HORIZONS

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## CONTINUED FROM COVER

*What You Can Do to Prevent Colorectal Cancer*

cancer death. Evidence exists that reductions in colorectal cancer mortality can be achieved through detection and treatment of early stage disease and the identification and removal of adenomatous polyps, the precursor to these cancers. Colon cancer starts as a benign growth known as a polyp, which rarely causes symptoms unless it grows large. Polyps can lead to bleeding, obstruction, and can turn into a malignancy (cancer).

It is imperative to know when to be screened to prevent colon cancer. All adults above the age of 40 should have yearly digital rectal exams and stool tests for microscopic blood. By the age of 50, everyone should have a screening flexible sigmoidoscopy (an exam of the rectum and lower colon using a sigmoidoscope) and every four years thereafter.

If one has a family member with colorectal polyps or cancer, then colon surveillance with colonoscopy (an exam of the inside of the colon using a colonoscope) should begin by the age of 40. There is a two- to three-fold increase in the risk of colon cancer in people who have one or more first-degree relatives (parent, sibling or child) with the disease. Certain conditions predispose to colorectal malignancy, including long-standing ulcerative colitis, Crohn's disease, familial adenomatous polyposis and other genetic polyposis syndromes. Female genital cancers may also be a risk factor.

About 10 percent of all colon cancer is linked to inherited genetic disorders in which family members suffer multiple polyps and cancers. The other 90 percent is classified as "sporadic colon cancer," in which the incidence of polyps and cancer within families still occurs about two to three times more commonly than for the general population.

Environmental factors such as diet (i.e., high fat, low fiber) appear to play a role in the development of colorectal cancer. There is also pre-

liminary evidence that nonsteroidal anti-inflammatory drugs such as aspirin may reduce the risk of colorectal polyps and cancer, although to substantiate this, more research is necessary.

Age is an important factor in that the incidence of colorectal polyps increases with age. Larger polyps have a higher incidence of carcinoma. By removing polyps endoscopically without surgery, we now can prevent colon cancer!

Continued awareness and surveillance of colorectal cancer is important, as research has already shown a recent decline in incidence of the disease as a result of sigmoidoscopic screening and polyp removal.

### Screening Guidelines for Colorectal Carcinoma

Symptoms	Family History	Age to Test	Evaluation
None	None	50	DRE, stool guaiac; colonoscopy; if negative repeat in 3-5 years, otherwise repeat in 1 year to ensure no new lesions
None	1 or more FDR	40	As above
None	FAP	10	DRE, colonoscopy; repeat annually if polyps found or at 3 years if no polyps
None	HNPCC	Late teens	As for FAP
Present	None	25	DRE, stool guaiac; colonoscopy; if negative repeat in 3-5 years, otherwise repeat in 1 year to ensure no new lesions

Note: Role of genetic testing is not clear at the present time; members of families that have FAP or HNPCC probably should be referred to a clinical center that does genetic counseling.

DRE = digital rectal exam  
FDR = first-degree relative

FAP = familial adenomatous polyposis  
HNPCC = hereditary nonpolyposis colorectal carcinoma

## CONTINUED FROM PAGE 2

*Coping with Cancer: A Mind/Body Connection*

This was the first indication that the immune system can learn. In 1991 psychologist Sheldon Cohen at Carnegie Mellon University inoculated volunteers with an array of cold viruses or placebos. Among those injected with viruses, the likelihood of developing a cold or infection correlated directly with the amount of stress the volunteers reported over the past year.

These findings, along with several others, led to the development of the field of psychoneuroimmunology (PNI), the study of the interaction between the mind, the nervous and hormonal systems and the immune system. Though PNI is still in its infancy, certain factors do seem clear:

- There is a relationship between emotional and physical states.
- The relationship between these states is quite complex.
- There is not evidence to suggest a simple, direct causality between stress and illness. In fact, it is not known whether small changes in immune function affect disease development or healing.

- A number of variables including psychological factors, social support and individual coping styles affect a person's experience of stress.
- Mind/Body techniques such as meditation, visualization and a variety of relaxation techniques can lead to both psychological and physiological changes in an individual.

Evidence linking stress or other emotions to the development of cancer is speculative at best. What is known is that for many, the use of Mind/Body techniques can help to cope with both the physical and emotional effects of the disease. *Coping With Cancer: The Mind/Body Connection* will provide participants an opportunity to learn a variety of coping skills including: breathing techniques, yoga, meditation, guided imagery, cognitive restructuring, time management and communication strategies. Groups will meet over eight consecutive Monday evenings from 7:00 p.m. - 9:00 p.m. The fee for the eight-session program is \$250. For more information about the program and to register, please call (973) 322-8414.

# COMMUNITY CALENDAR

■ ■ SAINT BARNABAS  
■ ■ HEALTH CARE SYSTEM

All community events are held at Saint Barnabas Medical Center, unless otherwise indicated.

## MARCH

- 5.....Helping Children Cope When a Parent Has Cancer (Workshop).....To register call (973) 322-8414.....6:30 p.m. - 8:00 p.m.  
17.....Look Good, Feel Better Program (For female oncology patients).....To register call (973) 887-5930.....5:30 p.m. - 8:00 p.m.  
19.....What Cancer Patients Should Know About Depression (Workshop).....To register call (973) 322-8414.....6:30 p.m. - 8:00 p.m.

## APRIL

- 2.....What Does Shark Cartilage Have To Do With Cancer? (Workshop).....To register call (973) 322-8414.....6:30 p.m. - 8:00 p.m.  
16.....Complementary Nutritional Approaches of Cancer (Workshop).....To register call (973) 322-8414.....6:30 p.m. - 8:00 p.m.  
19.....Health Fair, Union Hospital. To register for prostate or colorectal cancer screenings call (908) 687-1900 ext. 2025.....10:00 a.m. - 3:00 p.m.  
30.....Cancer as a Couples Issue (Discussion Groups).....To register call (973) 322-8414.....6:30 p.m. - 8:00 p.m.

## MAY

- 7.....Breast Health: A Family Matter (Women's Health Series).....For location and to register call (908) 810-6470.....7:00 p.m. - 8:00 p.m.  
13.....Skin Cancer Screening.....For information call (973) 322-5784.....4:00 p.m. - 7:00 p.m.  
14.....Understanding Lymphedema: Prevention and Treatment (Workshop).....To register call (973) 322-8414.....6:30 p.m. - 8:00 p.m.  
19.....Look Good, Feel Better Program (For female oncology patients).....To register call (973) 887-5930.....5:30 p.m. - 8:00 p.m.  
20.....Tobacco and the Cancer Connection (Women's Health Series).....For location and to register call (908) 810-6470.....7:00 p.m. - 8:00 p.m.  
28.....Profiles in Strength: Cancer Survivors Share Their Stories.....To register call (973) 322-8414.....6:30 p.m. - 8:00 p.m.

## JUNE

- 4.....Addressing Concerns About Hormones and Cancer.....For location and to register call (908) 810-6470.....7:00 p.m. - 8:00 p.m.  
(Women's Health Series)  
7.....Cancer Survivors Day Celebration.....For information call (973) 322-2467  
18.....Risk Reduction Through Nutrition (Women's Health Series).....For location and to register call (908) 810-6470.....7:00 p.m. - 8:00 p.m.  
30.....Factors Affecting Health Behavior (Women's Health Series).....For location and to register call (908) 810-6470.....7:00 p.m. - 8:00 p.m.

\*Women's Health Series is sponsored by Saint Barnabas Cancer Center at Union.

## "Pink Ribbon Program" Reaches Out to Women of Orange

More than 100 women within the community of Orange have participated in a new breast health education program. "The Pink Ribbon Program," which was developed by the Cancer Center of Saint Barnabas and the Junior League of the Oranges and Short Hills, in conjunction with the Orange Health Department and the American Cancer Society of Essex County. The program offers free breast health workshops to all interested women of Orange, educating them about breast cancer risk factors and the importance of early detection techniques. Orange has been declared by the federal government as a medically underserved city, having 2.8 primary care doctors per 10,000 residents.

The goal of the "Pink Ribbon Program" is to educate 150 women from Orange annually. Through several "Training the Guides" programs, 24 women have become certified to assist in teaching about breast health. The Guides, consisting of community leaders and representatives from various organizations, assist Nurse Educator Diane Poullos, R.N., M.A., A.O.C.N., in running the programs which have been held at various locations including a senior housing complex and the YWCA.

"Research has indicated that African-American and low-income women have a high mortality rate from breast cancer," says Ms. Poullos, who is the Community Outreach Coordinator for the Saint Barnabas Cancer Center. "This may be attributed to educational, economic and cultural factors. Through the 'Pink Ribbon Program,' we are trying to approach these obstacles and deliver a culturally sensitive program."

"While many of the participants indicated in a preliminary survey that they knew about early detection of breast cancer, we found that many of them needed to learn the proper technique for breast self-exam," said Joan Schultz of the Junior League of the Oranges and Short Hills. The workshops included a presentation of information on breast anatomy and breast cancer risk factors, as well as practice in breast self-exam using breast models. The program is ongoing and is supported by a grant from the Susan G. Komen Breast Cancer Foundation. For more information about the program, please call Diane Poullos at (973) 322-5772 or Joan Schultz at (973) 379-9655.