



# Union County

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WORRALL COMMUNITY NEWSPAPERS

THURSDAY, APRIL 9, 1998 - SECTION B

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## Savings may result from choice of utilities

**By Sean Daily**  
**Staff Writer**

Union County and its 21 towns have not had a choice as to where they buy their natural gas and electricity. Until now.

Legislation has been passed deregulating and "unbundling" the electrical and natural gas utilities.

This means that customers will be able to pick and choose their utilities. They can even pick which company generates and then which company transmits their power to them, something not possible under previous utility regulation.

This could lead to savings in utility bills, because now all the utilities will have to compete for business in an open market.

The question is: who's going to get

the county's business?

"I worked in the phone company and I went through deregulation," said Freeholder Lewis Mingo Jr. "It seemed like a good idea — people like choices — until they realized that they can't make good choices."

Enter NUI Energy Solutions of Union, an affiliate of Elizabethtown Gas.

NUI officials came before the county Board of Chosen Freeholders last week offering a possible \$2.5 million in savings on the county government's utility bills.

Tom Kuster, General Manager of NUI, offered his company's services — for a price — to help the county government, and possibly the county's individual towns, save money.

NUI would analyze the county gov-

ernment's utility bills and come up with money-saving measures, everything from putting weatherstripping on windows to using fans with variable-speed motors.

There was also talk of "aggregation" — the county and town governments joining together to bid for utilities. This measure would create a bigger block of bidders with more clout when the time comes to bid for utilities.

According to Kuster, such county/town partnerships would create a large enough "utility load" to make savings efforts "attractive."

The county has 377 natural gas and electricity accounts and, according to NUI, could save \$350,000 annually and a total of \$2.5 million with their help.

According to Kuster, county cities can join the county government in this process, as can Union County College and the county Vocational-Technical School in Scotch Plains. These would see similar savings, he said.

There are 1,650 gas and electricity accounts between the county and city governments. This would result in total annual savings of \$1.4 million, with savings of \$9 million between the county and cities. City governments would see savings similar to that of the county, Kuster said.

In return, NUI would be paid a fee based on the savings the county realizes — about 20 percent of utilities bill savings. If there are no savings, said Kuster, NUI will not be paid.

According to Kuster, these savings

"maybe aren't obvious" and will probably be discovered by analyzing the county's utility bills.

NUI specializes in energy utilities and probably would not become involved with examining the county's other utilities, such as telephone and water services.

When asked if other counties have similar programs, Kuster said, "Other counties may have done aggregate natural gas bids, let us say, but none have had a comprehensive plan."

NUI's proposal was generally welcomed by the freeholders.

According to Freeholder Chairman Daniel P. Sullivan, the freeholders and NUI will be working together "relatively quickly" — within the next month.

"They've worked a great deal with

the staff and the staff is very comfortable with them, so I think it will be fairly soon," Sullivan said.

But at least one freeholder was not sure that deregulation would result in significant savings.

"I don't think anyone out there thinks that they're saving money on deregulation of the phone company," said Freeholder Linda Stender. "What I want to know is if this is just another shuffler."

According to Kuster, deregulation is expected to reach Union County by early 1999.

Deregulation of the natural gas and electrical utilities will not be done all at once. Rather, different "rate classes," such as industrial users, will be the first to be deregulated, with others following later.

## Judge upholds freeholders

**By Sean Daily**  
**Staff Writer**

A Superior Court judge has upheld a change in the structure of the Union County Improvement Authority.

Last Thursday, Assignment Judge Edward Beglin Jr. upheld a Feb. 26 ordinance by the Democrat-controlled Board of Chosen Freeholders that changed the number of members on the Republican-controlled UCIA from five to nine.

This means that the UCIA, in charge of the county's economic development, is now a Democrat-controlled body.

Before the Feb. 26 meeting of the UCIA, the authority had five Republicans and only one Democratic member. When one of the Republicans left the board, the freeholders named a Democratic replacement.

The freeholders' ordinance added four more members and shifted the balance of power to the Democrats, 6-3.

The freeholders' action violates the original charter of the UCIA, which called for five members, according to UCIA Financial Administrator Bruce Linger.

Linger said the UCIA brought the suit against the freeholders because the authority questions the freeholders' power to make fundamental changes to an autonomous agency like the UCIA.

Freeholder Chairman Daniel P. Sullivan said the change in the number of authority members was made "because we were very dissatisfied with the performance of the Improvement Authority."

Both Sullivan and Carol Cohen, County Counsel and a former freeholder, have said that the UCIA has not performed as well as improvement authorities in other counties.

When asked if there were any projects that the freeholders wanted the UCIA to work on, Sullivan said, "It's not that there's a specific project that we want them to do. It's that we want them to become a responsive agency."

Both Sullivan and Cohen said the UCIA has done only one capital improvement project in two years: renovations at Plainfield High School in 1997.

"I was a little disappointed," said Chairman Greg McDermott.

McDermott said that the hearing was an order to show cause — an attempt by the UCIA to get Beglin's opinion on the matter — "and it seems to have become more than that."

McDermott said he took "a little offense" to Sullivan's criticism because, he said, the UCIA has approached the freeholders with a number of proposed projects that went unapproved.

Linger said that the UCIA proposed four projects to the freeholders since last year. One of them was the Plainfield High School renovations but the other three were not approved by the freeholders.

Those projects included a project in January that would have financed educational facility services in Westfield to give students needed space and bonds so that Westfield could take out longer-term loans, which would not impact county-wide taxes.

They also included a BAN pool to help towns reimburse bonds and a follow-up to a 1995 lease pool program.

Linger said that a decision to appeal would have to be made by the entire UCIA.

This situation is reminiscent of a similar power struggle last year, this time in the UCUA.



Photo by Barbara Kokkalis

Members of a panel on urban education discuss problems facing the state's inner-city school districts Monday during a press conference at Kean University in Union Township. From left, Assemblyman Craig A. Stanley, Congressman Donald M. Payne, Sal Pizzuro, chairman of the New Jersey Coalition for the Study of School Reform and Ronald L. Appbaum, president of Kean University.

## Urban school districts at risk

**By Liane Stone-Ingalls**  
**Staff Writer**

Congressman Donald M. Payne, D-Monmouth-Ocean, and Assemblyman Craig A. Stanley, D-Essex, held a press conference Monday discussing the problems facing urban education in New Jersey.

The event was hosted by Kean University and sponsored by the New Jersey Coalition for the Study of School Reform which includes the New Jersey Reading Association, the New Jersey Association of Learning Consultants, the New Jersey Science Teachers Association, the New Jersey Council for Social Studies and the New Jersey Correctional Education Association.

The press conference was organized to discuss some of the difficulties involved with changing the often negative treatment of special needs children in the Newark School district and in other urban districts throughout the state. The Newark School District was chosen for discussion primarily due to the state takeover and the seemingly downward spiral of opportunities for and treatment of its special needs children.

Payne, the first African-American elected to Congress from New Jersey, began his address by pointing out his long relationship with education in the state as well as his extensive rela-

*'Many times, the kids who need the most attention and help are the ones most overlooked by the system.'*

— **Congressman Donald M. Payne**

effort to involve parents more because teachers cannot do it all alone. But at the same time, we must make the atmosphere conducive to parental participation."

Payne cited one of the reasons special needs kids are often charged in due to the lack of proper and timely testing of the youngsters. He said it's imperative that students be tested early enough for disabilities to be detected and treated before they have a detrimental effect on the child's education.

Stanley, in his second term, briefly stated that, "there's a problem when the state is put in charge of a school district. The state, as we know, is a political entity, and that can't be good for our children."

Other speakers emphasized the care that many special needs students in Newark and other districts receive in the hands of the state.

Joseph Del Grosso, president of the Newark Teachers Union, said he was "appalled to find out the horrible way in which special needs children have been treated."

"These students are discriminated against every day and their disabilities range from asthma to often even more severe disabilities. These children have the right to equal opportunity to participate in all activities just like other children," Del Grosso said.

## House, Senate brew ISTEA plan

**By Walter Elliott**  
**Staff Writer**

A joint Congressional subcommittee is trying to resolve differences in separate Intermodal Surface Transportation Efficiency Act renewal bills recently passed by the House and Senate.

The House of Representatives voted 337-80 to pass a \$218 billion version of the ISTEA measure March 25. Called BESTEA, the House plan calls for \$181 billion to be spent on highway construction and \$36 billion for mass transit projects over the next six years. Under BESTEA, New Jersey would receive over \$300 million annually, a 47 percent increase over the current ISTEA formula increase over the current ISTEA formula. BESTEA incorporates about \$9 billion in 1,400 special demonstration projects, including 41 in the Garden State.

"The projects for New Jersey at this stage are only recommendations," said Congressman Robert Franks, R-Union. "The question becomes how

soon they will get funded. We must win approval from both houses and the President before federal funding is in place to move them into construction."

The House vote came 10 days after the Senate passed its \$214 billion version. Both plans use funding formulae which were modified to give southern and western states a greater share.

The Senate bill guarantees each state would receive 91 percent of gasoline tax funds collected in that state. That would come out to a \$871 million funding increase for New Jersey, or a total of \$1.05 billion annually.

The Senate's ISTEA portion of mass transit money, some \$5 billion worth for New Jersey, would drop 3 percent to 2.5 percent. It would allocate less money for special projects, from highways to bicycle paths, for the states. The line items for New Jersey include:

- About \$4 million to improve bus

and rail connections between Elizabeth and Newark.

- \$30 million to upgrade the Interstate 78-Garden State Parkway interchange in Hillsdale.
- A provision by Sen. Frank Lautenberg, D-N.J., to link ISTEA funding to a national 08 percent drunk driving limit.

ISTEA is a seven-year-old national funding program drawn from the federal gasoline tax.

New Jersey and other northeastern states have been ISTEA beneficiaries. Congressional delegations from the south and west, however, balked at renewing ISTEA last fall and wanted a funding formula change from which their states would benefit. Both houses extended ISTEA's expiration date to May 1 and worked on their own versions.

Also at issue is whether funding for either bill will come under the federal general budget. Both bills are to draw from the federal surplus.

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ARTS & ENTERTAINMENT

Guest director wears many hats—well

By Jacquie McCarthy  
Associate Editor

Mark Spina, theater coordinator for Union County College Theater Project, has recently been pulling double duty. Besides his responsibilities at the college, he signed on to direct Carnival Productions' mid-season presentation of "Only You," becoming the Rahway theater company's first guest director.

According to Spina and Carnival's Artistic Director, Bill Van Sant, the two had met years earlier while working on "Scrambled Feet" with Studio Players in Montclair.



Mark Spina

The two became reacquainted last year when Van Sant saw UCC Theater Project's series of comedic one-acts written by Christopher Durang, not a favorite playwright of Van Sant's — until he saw Spina's version.

Carnival's decision to hire a guest director for the mid-season comedy had a two-fold purpose: the first, to give Van Sant a well-earned respite, the second, to give Carnival's audience a break as well. As the main stage season began with Arthur Miller's "All My Sons," and will end with the Holocaust piece "A Shynda Meidol," Van Sant and producer and wife Wendy Cinquanti wanted to lighten the somewhat heavy dramatic theme. They hoped to find a director who would not only enjoy the effort, but also had been successful in the genre.

Spina said that directing a show outside of the college was a very different experience.

"At Union County College I have to do all the things that Bill and Wendy and John (Marinko) do as the producers. I have to run the box office and arrange for the set and the costumes and all that overall organization, and here I was able to just come in and direct and not have any of those other non-theatrical responsibilities. It was a little vacation from wearing millions of hats at the college," Spina reported.

In assuming directorial responsibility, the challenge of casting became all the more interesting when Van Sant himself, astounded to

the project, auditioned and won the role of Leo.

"It's always tricky to direct the producer," Spina said with good humor, "because he's hired you. I told Bill when I came on board that I was nervous about that, and Bill allayed all my fears, and he was a man of his word." Spina said seriously, "He did not ever pull rank on me or vigorously question a choice I'd made. He never stepped out of his actor role."

It seemed that "Only You," Spina's suggestion, was a good fit for Carnival.

"It was contemporary, and it was not something I'd ever seen before, which is always a big plus for me. I'd never even heard of another group doing it. Other comedy choices that I'd suggested were a little darker, also," Spina added with a very smile, "and this one was comparatively a happier comedy," he said with a laugh.

Although moonlighting for Carnival was a different experience for Spina, he said his day job is a different experience in itself.

"A lot of my job description doesn't match the college's job description," Spina smiled. "We've developed an ensemble of people who enjoy working together, and some of them are faculty, some of them are students, some of them are alumni, some of them are friends

who come in and enjoy working with us."

Spina began working for UCC in 1993 as an ESL instructor, with side work as an editor and dramatist for original scripts. He studied theater at Connecticut College in New London, where he also acted and directed.

According to Spina, UCC Theater Project does two to three productions per year, along with workshops, staged readings, and presentations developed by students.

"It's an interesting group of people; it's a very eclectic group of people. It's always very challenging to find scripts, because we have actors of all shapes, sizes, colors and orientations. We also try to develop work by the students," Spina continued. "For example, Zoya Bromberg is very interested in Russian history and Russian drama, so we've been working on her third presentation about Russian drama. Zoya is a wonderful resource," he said warmly.

"We have fantasies of someday, this theater company, competing with the ones at Montclair State and Rutgers, but that's a long way off for now. That's a vision for the future."

No matter what his job description, Spina seems to have no problem making visions become a reality.

The 'creme de la creme' perform at Kean

By Bea Smith  
Staff Writer

Three outstanding choreographers were represented Saturday night at Kean University when the New Jersey Ballet Co. and Kean University presented "An Evening of Premieres" in absolute grandeur. It brought forth whistles and cheers among its applause and shouts of bravo throughout the evening. And whoever heard of whistles at a ballet performance anywhere? Well, the audience heard it Saturday night and loved every moment of it.

Perhaps the enthusiasm stemmed from the work of some of the choreographers, including the fabulous principal ballet dancer, Eric Lazar, who staged "Tete A Tete," his sixth work for New Jersey Ballet, and appeared in "Flames of Paris," "Pas De Deux," Mikhail Fokine, who choreographed "Les Sylphides" and who was a premiere dancer with the Imperial Ballet at the turn of the century, worked for the Ballet Russe and for Ballet Theater until his death in 1942, and Timour Bourmisenkov from the former Soviet Union, who is formerly of the Pennsylvania Ballet, and who staged his first ballet for the New Jersey Ballet Saturday night called "Rag House."

An exquisite setting was offered in "Les Sylphides," and to the hauntingly beautiful music of Frederic Chopin, staged by Luba Gulyayeva with costumes by Paul McRae, Debra Sayles, Andre Jouravlev, Jacqueline Lorenz, Era Korotava, Morgan Goddard and Christina Theryoung glided about in solos and as partners along with 14 apprentice ballet dancers, members of the New Jersey Ballet II. This is a ballet that really goes back. It originally was called one of the Romantic Ballets, first produced in 1909 and considered a style of white ballets. The dancers were named for their ethereal atmosphere, soft music and white costumes that make the dancers appear to glide like sylphs without touching the ground.

After the first intermission, "Tete A Tete," an original work choreographed by Lazar, with music by Andrei Massager and costumes by McRae, features three couples who dance to the idea that trust is a necessary ingredient of any relationship. Lori Christian and Andrei Jouravlev are excellent as they perform with twists and turns, a la Lazar. The other



Two ballet dancers, You Qing Guo and Debra Sayles, enact a ragtime routine in "Rag House," one of the productions of "An Evening of Premieres, Saturday night at the New Jersey Ballet Saturday Evening Series at Kean University in Union.

two couples, Goddard and Guo, and Theryoung and Sam Beckman, are equally impressive.

In an overwhelmingly exciting "Flames of Paris," Pas De Deux, choreographed by Vasilii Vanonnen, with music by Boris Asafiev and costumes by Nancy Reed, Lazar and Rosemary Sabovich-Bleich very nearly brought the house down as they danced their classical fireworks. The two, who have always highlighted their performances for the New Jersey Ballet, interact together. There's always a lot of chemistry between the two, and in this pas de deux, which has become popular with American audiences since the visit of the Bolshoi in 1959, together and singly thrilled the audience to a frenzy. Lazar did his powerful leaps and bounds, flying across the stage like a bird, and Sabovich-Bleich did some really beautiful turns. They are truly great together.

"Rag House" was staged after the second intermission with music by

Scott Joplin and costumes by Lori Christian. The unusual blending of the music of the 1920's and classical ballet intrigued the audience. The ballet used music from the Red Back Book, recalling popular dance styles of years ago. The principals danced "The Entertainer" which was the theme song for the movie, "The Song" and everything was done in ragtime from "Sunflower New Drag," "Ragtime Dancer," "The Cavalcade," "Maple Leaf Rag" and "Happy Runner."

The cream of the crop of the New Jersey Ballet Co. danced in couples. There were Christian and the choreographer of this piece, Bourmisenkov; Sayles and Guo, especially outstanding; Jacqueline Lorenz and Konstantin Dourenov, and Goddard and Beckman.

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# The future of the arts is in the hearts of the young

I will readily admit it — I am bragging when I say I am a product of Teen Arts. My teenaged efforts at prose and poetry were recognized as a student in the Middlesex County school system, and I was privileged to not only attend each year a function which celebrated and perpetuated fledgling artists and artists, but to also merit an award for poetry and then read my work aloud to an audience of proud parents and teachers. Teen Arts, ambitious in my day, has come a long way since then.

It was a pleasure to discover the Union County Teen Arts Festival, much facilitated by the devotion of the Union County Division of Cultural and Heritage Affairs and all of its generous supporters. So, it was with nostalgia that I requested a day from work in order to volunteer for the festival on March 19.

But nostalgia isn't the most accurate way to record history, as I found when, naively enough, I arrived at Union County College's Cranford campus with pad and pen in hand, certain that my duties in chaperoning the choral and orchestral group warm-up area would leave ample opportunity to speak to students, teachers, parents and other volunteers, in order to compile a story about the cumulative experience.

The teachers of the world are laughing right now. Buses were late, 'small' groups were relatively so, and both students and teachers were cranky and impatient. The corridor was a sea of black trousers and snappy white blouses garnished with red ascots. I found time to grab some lunch, and was grateful for it.

Ah, youth. Contrary to the cliché, it is not wasted on the young. Only the young in heart and mind, and those who love them, will allow themselves to be herded into a small hallway, and then another, bumped for a new arrival, and hustled by well-meaning chaperones until they get their chance.

Their chance to be heard. It is not an easy thing to schedule performances and activities for a countywide school system's budding performance and visual artists — 300 students from 47 schools — over the course of two days, in narrow hallways and less-than-soundproof auditoriums, and much less simple to supplement this with workshops and displays and lectures, yet colony teenagers festivals do all of this and more. Workshops, on everything from Bach to rock, are led by volunteers such as opera singer Tom Devaney and Paper Mill Playhouse Director of Education Susan Speidel. UCC opens its doors

## State of the Arts

By Jacquie McCarthy, Associate Editor

to the festival every year during spring break.

Why do they go to all this trouble? After nearly an hour of merciless shuffling outside of the auditorium, the attentive faces of the Linden High School Concert Band, as their previously disgruntled instructor raised his baton to begin an animated and well-performed repertoire, told the story.

As we near the end of the millennium, the arts have gained credibility as an integral part of our lives. An alumna of the Teen Arts effort, I still didn't grasp the profundity of each individual voice, each individual note, until the strains of an overture from a well-known musical slipped under the auditorium doors. It was then that I realized that every iota of a performance, from the writer to the choreographer to the producer to the first string of the orchestra to the tallest and hardest-tossing member of the chorus, is important. There is not one reader of this column who cannot remember a cultural or artistic event, be it cinematic, visual, musical or otherwise, which affected them — positively and profoundly.

And one, or maybe all, of these teen artists will, one day, be a part of a profound and moving moment, as meaningful as this day was for me. So here is the sound of two hands clapping for festival coordinator Kimberly Leary and the Division, for an unarguably challenging and, dare I say, courageous endeavor, along with a sincere wish for it to grow into a standing ovation. Where Teen Arts is concerned, more is definitely more. With credit given where due, however, I must admit to yet another personal motivation for celebrating the artistic muse of youth.

Without it, I'd be out of a job.

**Jacquie McCarthy,**  
Editor  
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Organizations submitting releases to the entertainment section can mail copy to 1291 Stuyvesant Ave., P.O. Box 3100, Union, New Jersey, 07083.

# WORRALL COMMUNITY NEWSPAPERS

The Union Leader, The Leader, Summit Observer, The Echo Leader, The Gazette Leader, The Spectator Leader, Rahway Progress, Clark Eagle

## DINING REVIEW

April 9, 1989

### BROADWAY DINER

"The Worlds Best Pancakes"



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buttermilk short stack priced at (\$2.75). They arrived and was pleasantly surprised. These over sized wonders were about eight inches in diameter. Light fluffy and yummy. To balance out the meal I ordered a vegetable omelet which was just as large and over sized as the pancakes, a hearty breakfast fit for a King or Queen. After such a breakfast I was looking forward to dinner.

An impressive selection of Triple-decker sandwiches, hamburgers, seafood, steak and Italian specialties made quite a choice. There are complete nightly dinner specials starting at \$7.95 that includes: Soup, salad, choice of entree, potato, rolls, dessert and coffee. I chose the rotisserie chicken (good for eat in or take out) and started with a hearty cup of chicken soup and rice

with chunks of chicken and vegetables, accompanied with warm crusty rolls. Next a small salad and entree. Plump juicy rotisserie chicken with fresh broccoli baked potato. With an impressive list of home made desserts, I could not leave without the NY style cheesecake with choice of fruit toppings and cup of

coffee. All for only \$8.95. The Broadway Diner is open 24 hours a day seven days a week. On and off premise catering is available, phone (908) 273-4353.

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

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**Lisboa Nova**  
Perfect for business and pleasure  
By Liane Stone-Ingalls Staff Writer  
For a wonderful atmosphere that's appropriate for families and business meetings, go to Lisboa Nova restaurant in Linden. The newly established home of Portuguese and Spanish cuisine boasts an extensive selection of entrees with reasonable prices that fit any pocketbook.  
Located at 1601 S. Wood Ave. in Linden, the establishment can accommodate small and large parties of people. The restaurant also caters for all occasions and accepts major credit cards.  
The menu offers the standard soup, salad and appetizer, along with a choice of chicken, beef or fish entrees. The prices range from a mere \$7.75 for the roast chicken entree to \$22.50 for the broiled twin lobster. The food is tasty and plentiful so go on an empty stomach.  
While dining there, my companion and I sampled the fried calamari for our appetizer. We found it to be unusually tender and flavorful, not at all chewy. The marinara sauce that accompanied the calamari complimented the flavor of the squid rather than smothering it.  
For my entree, I partook of the stuffed steak. It consisted of a tender piece of tenderloin stuffed with garlic shrimp, drizzled with a thick broth made with garlic and butter. The plate was garnished with steamed broccoli and carrots which were packed with sweet flavor.  
My companion dined on the recommended madsocara, a seafood combination accompanied by yellow rice and sweet red peppers. The seafood was drizzled with the restaurant green sauce. There is also the choice of a red sauce. The green sauce was made of garlic, parsley and butter and it complemented the seafood quite well.  
Dessert consisted of a light and airy tiramisu. It was sweet but not overbearingly so. It was a nice complement to a delicious meal.  
The decor at Lisboa Nova is very appealing to the eye. With a color scheme of blue and peach, it's a very calm and comforting environment to dine in.  
Lisboa Nova has an extensive wine list that includes wines from all over Europe including Spain, Portugal, Chile, Italy and France just to name a few. They provide these wines in white or red and also have a selection of blush and rose wines, and champagnes and sparkling wines.  
The restaurant has a large selection of after dinner delights or dessert wines including cognac, brandies, ports and sheries. They offer liquors and cordials as well.

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# The Best of Easter Dining

# The winter of one man's discontent

Recently I have experienced some professional disappointment and discontent, mainly with myself. The resultant introspection had led me to thinking about how more significant doubts or weariness with the world are managed in a number of recent literary efforts.

Nobel Prize-winning author Isaac Bashevis Singer makes doubt about a benevolent God among Jewish Holocaust survivors in New York City the very essence of his posthumous novel, "Shadows on the Hudson." The lead male character, a Pole transported to New York who has lost family and all else to the Nazis, says, "Before the war I believed that there were laws in life and that human conduct was subject to a little order... but after September 1939 I became aware that there was absolutely no madness that people would not perpetrate."

Later, Singer adds "They had only one desire: to kill, to kill... they lined us up in a row and shot every third person. Others had to dig their own graves... I raised my eyes to the heavens, but they were blue and the sun shown... the Master of the Universe was silent."

Clearly there is no silver lining to sooths Singer's doubts or ally his monumental disappointment with his God. "I don't expect Jews to forgive so quickly," Singer wrote, and indeed many among us haven't.

This year a remarkable book, "The Last Camel" by Jerome D'Haem, recreating her time as a Peace Corps volunteer 30 years ago in Somalia, contradicts the established stereotype of that impoverished country to richly pierce its inhabitants with a variation and diversity our media has omitted. Her true stories of this Bedouin culture at a crossroads in its history illuminate the Somali's independence and distrust of things invasive.

In D'Haem's story "The Tree of Life," the western world and particu-

## On The Arts

By Jon Plaut

erly America sweeps into Somalia on the back of a celebration by the US Embassy for the landing of Neil Armstrong on the moon. The Somalis are, to say the least, conflicted, since the moon is holy to this desert country, as might be anticipated. One Somali says to the author, "Why do Americans think they can just go and take over the moon?" A near riot takes place "engendered by... the tradition of unbridled self-reliance... from the desert."

Like Singer, D'Haem writes of her doubts, but there is no easy resolution. She says, "I wondered how they would handle the growing barrage of Western influences. I didn't know how old beliefs could be carried forward without a civil war between the modern and the traditional. I feared that this little undeveloped country was becoming so stressed by the technology invading its borders that it would result in tragedy."

"My Old Neighborhood" is David Mamet's current play on Broadway. It is his most accessible work, constructed as it is around affluent, contemporary Chicago people, who have stumbled badly in coping with their inadequately rooted lives. There is a deep resentment here of the way things are, and feelings of desperation and abandonment, particularly in the character of the sister-wife, brilliantly portrayed by Patti Lupone. Mamet details the emotional content of the struggle with self in disconnected lives, much as the great sociologist David Reisman did in his seminal work several decades ago on urban American life, "The Lonely Crowd."

The leads me to Sylvia Plath, who is back on the front burner of the literary scene because her husband Ted Hughes has written a collection of poems about his relationship to his famous wife. Plath, you will recall, took her life in the anguish of her depression and divorce. She left poems of rising reputation and a touching memoir, "The Bell Jar," about her young, short life. Hughes was blamed by many, including vocal feminists, for what happened.

Some of Hughes's poems are reprinted in the Feb. 2 *New Yorker*. They are still filled with the anguish of being "robbed" of their relationship. He writes "The house made newly precious to me, by your last lonely weeks there, and your crying..." He concludes "I perched awhile, as through the keyhole... from which I did not know I had already lost the treasure."

Here is disappointment and grief at the level of great literature, but Plath's champions are perhaps rightly not impressed. In the Jan. 27 *New York Times*, Diane Wood Middlebrook of Stanford University recognizes that Hughes "indicates that the conventional, 1950s style domesticity that he and Plath both idealized was tragic for her... Hughes, too, has been obsessed by the calamity of his failed marriage... Hughes began an affair with another poet's wife, Plath and Hughes separated. Four months later she killed herself."

One of the 20th century's greatest personal literary stories of disquiet and disappointment refuses to draw to a close. Middlebrook comments that the outrage toward Hughes is still there, and is equated to Queen Elizabeth's initial silence about Diana's death. Why? Because hers "was a story of struggle for love, work and... above all — recognition in a man's world."

Jon Plaut is a resident of Summit.

## A gift of culture



To benefit educational programs at the New Jersey Center for Visual Arts in Summit, American Airlines donated Business Class roundtrip air transportation for two from New York to Paris to be awarded at Images '98, the Art Center's 17th annual gala. Shown are, from left, Lisa Bertone, District Sales Manager, American Airlines, and Sally Abbott, board member of the New Jersey Center for Visual Arts.

## Art association welcomes new members

Westfield Art Association President Barbara Schwinn extends an invitation to artists and members of the community interested in fine art to join the group, and enter their exhibitions.

General meetings are held the second Thursday of the month at the Westfield Community Room, 425 East Broad St., Westfield at 8 p.m. Programs focus on artists' demonstrations, speakers and workshops. A

wide range of topics and media, including photography, are covered. One need not be an artist to participate.

Three member exhibitions are presented to the public annually. The featured categories in the Fall Exhibition are oil, pastel, sculpture and mixed media. The exhibition held in early spring includes watercolor, graphics, photography and mixed media. The shows are judged and awards are pre-

sented at an opening reception where you may meet the artists.

In early June the Sidewalk Show around Mindowaskin Park is a popular all-day Saturday affair. Loan shows of art by the artists include Children's Specialized Hospital and Spanish Tavern.

For further information about membership, call (908) 232-8971 or (908) 232-7058.

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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

Avenue, Union, For information, call (908) 686-0987.

**ART CARLSON**, an exhibition of photographic works, will be on display at New Jersey Center for Visual Arts through May 4.

**GALLERY hours** are weekdays from noon to 4 p.m., and Saturdays from 7 to 9 p.m.; Sunday from noon to 4 p.m. NUCVA is located at 68 Elm St., Summit. For information, call (908) 273-9121.

**ROBERT KUSHNER**, 25 Years of Making Art will be on display through May 31 at New Jersey Center for Visual Arts.

**GALLERY hours** are weekdays from noon to 4 p.m., and Thursdays from 7 to 9 p.m.; Saturday from noon to 4 p.m., and Sunday from 2 to 4 p.m. NUCVA is located at 68 Elm St., Summit. For information, call (908) 273-9121.

## AUDITIONS

**SPARTAN PRODUCTION COMPANY** seeks adults and teens for "Roméo and Juliet." Audition dates are Tuesday and Wednesday, from 6 p.m. to 8 p.m. at the V.A. Medical Center in Lyons, Building 5 Auditorium.

Showdates are June 19-28. For more information, call Nick Thomas at (973) 782-4231.

**Sing, dance, play spoons?** Your act is needed for Hillsdale 85th anniversary celebration **TALENT SHOW**.

Especially wanted are novelty acts. For information, call Nathalie Yafet at (973) 925-3000.

**THE PHILATHALIONS OF FANWOOD** needs technical help for ongoing season. For information, call Bob Peiser at (908) 688-0312.

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

For information, call Scott Colby at (908) 684-1054 or write to: Gemini Group, 559 Trinity Place, Westfield, 07090.

**RHAWAY 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) 273-7189 or (908) 382-2870.

**SANGERCORCHOIR** men's chorus rehearses Friday evenings at 8:30 p.m. Schwabacher Sangerbund mixed chorus rehearses Thursday 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 Citizen Building, Caldwell and Morris avenues, Union, every Friday from 7 to 9:30 p.m.

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

Interested male singers are invited to call Dale Juntila at (908) 232-0673.

## CAFES

**VAN GOGH'S EAR CAFE** presents an artsy coffeehouse atmosphere. Jazz entertainment is presented on Sunday rehearsals on Mondays 8 p.m. at the Presbyterian Church Parish Building Assembly Hall, 140 Mountain Ave., Westfield.

Open Mic Night is presented every Tuesday from 7:30 to 10 p.m., with 6 p.m. Van Gogh's Ear is located at 1017 Stuyvesant Ave. in Newark. For further information, call (908) 810-1844.

**AMORE DI CAFE** 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 jams to jazz ensembles. In addition to other programs, the Cafe hosts Open Mike Poetry Night on the third Sunday of the month at 7:30 p.m.

**Serenes & Noble** is located at 240 Route 22 West in Springfield. For information, call (201) 376-8544.

**MINSTREL COFFEEHOUSE** is a folk/roots/concert series run by the Folk Project, a non-profit folk music and arts organization.

**April 10 — Open Stage** 8 p.m., sign-up for 15-minute act from 6:30 to 7 p.m. **April 17 — Hugh Blumenfeld** and **Acoustic Food Chain**, April 24 — Jean Ritchie and **The Wasgabcoirale** Reunion. May 1 — guitar master Martin Simpson. May 8 — Folk Project **Spring Festival**, May 15 — **Woodstock Tea Company**, May 22 — Harper and singer Joanne Mall. May 29 — Margo Hennebach and Mark Saunders.

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. Showtime is 8:30 p.m. Admission is \$5. For information, call (908) 766-2489.

**MUSIC BOX CAFE** of the Donald P. 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 Parmahos, Springfield Free Public Library, 66 Mountain Ave., Springfield, 07081.

## CLASSES

**PLAYWRIGHTS THEATRE** will sponsor Advanced Playwriting Master Class/Workshop on April 18.

Playwrights Theatre is located at 33 Green Village Road in Madison. For information, call (973) 514-1787, ext. 32.

**LINDEN ART ASSOCIATION** is offering visual arts classes on Wednesdays in five-week segments. The schedule is as follows:

April 22, May 6, 13, 20, 27. Classes will be held at Sunnyside

Recreation Center, on Melissa Terrace at Orchard Terrace, Linden. For information call (908) 486-1408.

**AMERICAN PERFORMANCE STUDIOS** Rome Festival Choral Institute will offer a Choral Theater course in April, May and June.

The studios are located in Westfield. For information, call (608) 233-7214.

**UNION HARMONICA BAND** provides free harmonica lessons. For those who play, but do not read music, lessons will also be given. The only expense will be purchasing a harmonica. Practice sessions are held at the Senior Citizen Building, Caldwell and Morris avenues, Union, every Friday from 7 p.m. to 9:30 p.m.

## CLUBS

**CLUB BENE** Dinner Theater showcases popular entertainers on Wednesdays. Dinner-and-show, as well as show-only tickets are available. Club Bene is located on Route 35 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., Roselle. For information, call (908) 241-1226.

**CROSSROADS** in Garwood presents a weekly lineup of musical rotation: 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 8:30 p.m.

Wednesdays — B.B. of B.B. and the Stingers 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) 232-5666.

**PHYL'S PLACE** presents live musical entertainment on weekends.

The tavern is located at 838 Elizabeth St., Roselle. Tickets are available at the Planetarium box office and at Ticketmaster locations. The museum is located at 205 West State St., Trenton. For information, call (609) 292-6484.

**SHOUT!** presents live musical entertainment on weekends.

The tavern is located at 116 Watchung Ave., Plainfield. For information, call (908) 789-5660.

## COMEDY

**TAVERN IN THE PARK** features popular comedians on Fridays. On April 10, Jerry Diner.

Admission is \$9 for show only. \$25 dinner package is available. 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) 385-6511.

## CONCERTS

**KEAN UNIVERSITY** will present a Spring Choir Concert on Monday at 2 p.m. in Wilkins Theatre, and on April 19 at Holy Spirit Church in Union.

Admission is free. Kean is located on Morris Avenue in Union. The church is located at Morris Avenue and Suburban Road in Union. For information, call (908) 827-2107.

**KEAN UNIVERSITY** will present a Spring Band/Jazz Band Concert on April 29 at 8 p.m. in Wilkins Theatre.



**Yo-Yo Ma: Inspired by Bach**, an innovative new series conceived by master cellist Yo-Yo Ma, above, will be broadcast on Wednesday from 9-11 p.m. on PBS.

Admission is free. Kean is located on Morris Avenue in Union. For information, call (908) 827-2107.

**NEW JERSEY STATE MUSEUM PLANETARIUM** will present 3D Laser Shows on Fridays and Saturdays through April 26.

"Laser Beatles Anthology," 7 p.m. "Pink Floyd: Dark Side of the Moon," 8:15 p.m. "Laser Zeppelin," 9 p.m. "Pink Floyd: The Wall," 10:45 p.m. "Laser Show Stoppers," 2 p.m. and 4 p.m.

Tickets are \$7 for adults, \$5 for children age 12 and under. "Show Stoppers" is \$4 per person. Tickets are available at the Planetarium box office and at Ticketmaster locations. The museum is located at 205 West State St., Trenton. For information, call (609) 292-6484.

## HOLIDAY

**EASTER MORNING SUNRISE SERVICE** will be held on Sunday at 9:30 a.m. at Reves-Rood Arboretum in Summit.

The Reves-Rood, a national and state historic site and nature preserve, specializes in environmental education and is located at 165 Hobart Ave., Summit. For information, call (908) 273-8787.

**EASTER EGG HUNT** will take place on Monday at 2 p.m. at Kellogg Park in Elizabeth.

Group one will be comprised of toddlers and children under age five. Group two will be comprised of children age five to eight.

For information, call (908) 820-4223.

## DANCE

**NEW JERSEY PERFORMING ARTS CENTER** will present the following dance programs:

**Paulo Ribeiro Dance Company**, April 9 at 7:30 p.m. and April 10 at 8 p.m. **Bale Folclorico da Bahia**, April 11 at 8 p.m.

**Ballet Gulbenkian**, April 24 at 8 p.m., April 25 at 8 p.m. and April 26 at 3 p.m. **Olga Rortz Dance Company**, May 15 at 8 p.m. and May 16 at 8 p.m.

**NJPAC** is located at One Center Drive, Newark. For information, call (888) GO-NJPAC.

**SWINGIN' TERN DANCES** will be held on the following Saturdays:

April 18 — Donna Hunt and Brave Hambo. May 2 — Beverly Francis and Hoopsch.

May 18 — Fish Family. Dances are held at Ogden Memorial Church on Main Street in Chatham. Dances begin at 7:30 p.m. Admission is \$7 per person. Sneakers only required. For information, call (973) 593-8288 or (973) 226-9729.

## FILMS

**SPRINGFIELD PUBLIC LIBRARY** will screen "Santa Clara" on April 23 and

## KIDS

**CHILDREN'S THEATRE** at Paper Mill Playhouse will present "Charlotte's Web" on April 25 and 26; "Owliver's Travels" on May 2 and 3, and "The Princess and The Pea" on May 9 and 10.

All shows start at 11 a.m. Tickets are \$6 for orchestra, \$7 for mezzanine. The playhouse is located on Brookside Drive in Millburn. For information, call (973) 376-4343.

**DONALD B. PALMER MUSEUM** of the Springfield Public Library will present Mrs. Terra Cotta Pots and Twig — "Planting Dreams For Children," on April 19 at 2 p.m.

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

## LECTURES

**DISTINGUISHED GUEST LECTURE** Series at New Jersey Center for Visual Arts will present "Reflections on Contemporary Painting" on April 18 from 7:30 to 9 p.m.

Registration is required. Admission is \$10. NUCVA is located at 68 Elm St., Summit. For information, call (908) 273-9121.



Using the music as the inspiration and catalyst for their creations, master cellist Yo-Yo Ma, above with director Atom Egoyan, examines the theatricality of Bach's music in "Yo-Yo Ma: Inspired by Bach," Part Three, "Sarabande," will be broadcast on Wednesday from 9-11 p.m. on PBS.

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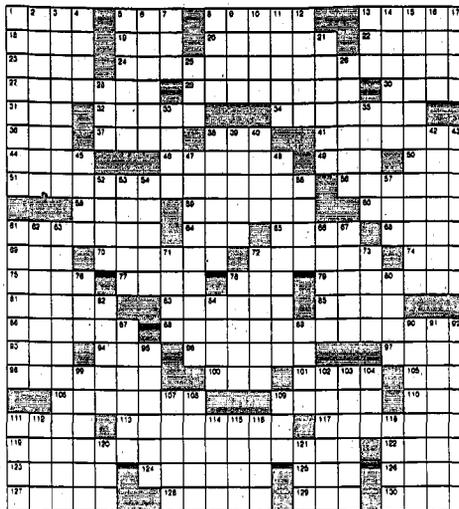
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ACROSS



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26 Come after
27 Latin primer word
28 Musical notes
29 "Achim" von —
30 German poet
31 Girl in Kálfka's "The Castle"
32 Fruit stand item
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(See ANSWERS on Page B10).

What's Going On?

FLEA MARKET SATURDAY April 14, 1989
EVENT: Flea Market
PLACE: Redeemer Lutheran Church, 134 Prospect Avenue, Irvington, NJ
TIME: 9am-3pm
PRICE: New and Used Items. Clothes, records, jewelry, books, toys, etc. Tables available for \$15.00. Call 973-372-0084 or 763-2281.

RUMMAGE SALE FRIDAY AND SATURDAY April 17 and 18, 1989
EVENT: Spring Rummage Sale
PLACE: Redeemer Lutheran Church, 134 Prospect Avenue, Irvington, NJ
TIME: April 17, 9am-2pm; April 18, 9am-12pm
PRICE: Free Admission. Mens, womens, children's clothing, shoes, furniture, housewares, books, toys, electronics. Wine, elephant jewelry. Refreshments available.

Fun Auction SATURDAY April 22, 1989
EVENT: Fun Auction (Toys Trays)
PLACE: Redeemer Lutheran Church, 134 Prospect Avenue, Irvington, NJ
TIME: Doors Open 4pm. Auction called at 6:15pm
PRICE: Tickets \$5.00. Food and beverage for sale beginning at 5pm.

Orchestra 'pops' into your own backyard

The New Jersey Pops Orchestra spends itself on having treated the people of New Jersey to 20 years of fine and recognizable music — night in their backyards. Founder and Musical Director, Mike Buglio has brought the orchestra to locations in New Jersey as far north as Bergen County and as far south as Cape May. The Pops have performed repeatedly in the western part of the state in Sussex County, numerous times in Morris County, and often in Atlantic City. The orchestra has been most accessible to nearly all New Jerseyans.

For 20 years, Maestro Buglio has developed unique and exciting programs for hundreds of concert sponsors statewide. From Christmas and July 4th holiday programs, to WWII 50th Anniversary concerts, children's themes, Broadway, swing, classical, Big Band, the New Jersey Pops delivers it all, with the utmost in professionalism. The New Jersey Pops Orchestra is up to 70 professionally and classically trained musicians, under the careful direction of Michael Buglio. The Orchestra's mission statement follows: The New Jersey Pops fosters musical appreciation among the broadest segment of our state's citizens by providing an exposure to

For the week of April 12 to April 18

Aries March 21-April 20
If there's an area of your life that's gotten complicated recently, it's time to put your organizational skills to work. But don't let it take too much time away from really important matters. Be willing to help a family member who needs you at the end of the week.

Taurus April 21-May 21
Be careful not to put too much stock in someone else's grudge. Weigh the facts before you jump to any conclusions. Don't necessarily take sides — just know the facts in case you're called on to help out. Special family time will be important this weekend.

Gemini May 22-June 21
It's a good week to enjoy some time with friends. Have fun doing some of the things you've been putting off for awhile. Take advantage of a bargain that will come your way this week. However, don't let your heart rule when it comes to finances.

Cancer July 22-Aug. 23
Look to the unexpected this week. First, an ally at work could come in the form of a most unexpected source. And help on the homefront could come from a relative or friend you haven't seen in a while. Take advantage of the help — you deserve it!

Leo July 23-Aug. 23
This is the week of a golden opportunity, so don't be afraid to jump at the chance, even if the timing seems a

bit off. You don't want to regret a missed chance later. This weekend, set aside time to help a friend with a home improvement project.

Virgo Aug. 24-Sept. 22
Choose your words wisely. It will be important to your career to think about what you're going to say before you say it. If you're not careful, someone close to you may get the wrong impression. To help clear your mind and soul, go for a long walk alone.

Libra Sept. 23-Oct. 23
Spend some time with someone you've been neglecting. It doesn't have to be a big deal, just make some time for him/her. Stand up for yourself this week at work. Don't take the blame when it hasn't been your fault.

Scorpio Oct. 24-Nov. 22
Pitch in and help. One of your closest friends needs a hand but is afraid to broach the subject. Keep your eyes and ears open for signs and volunteer your services. Start planning an outing for you and your co-workers. Take a vote to see what others would like to do.

Sagittarius Nov. 23-Dec. 21
Watch your money this week. Besides buying the necessities and some extras, invest a little money for the future. Think about taking some classes to help advance your career. You will learn some valuable information, while impressing important people.

Capricorn Dec. 22-Jan. 20
Save the weekend for your neglected romance. You've been so busy with work, you let your partner take a back seat. Change that this weekend. Make plans to get away for a couple of days. Or if that doesn't work out, set aside time for a romantic dinner.

Aquarius Jan. 21-Feb. 18
Everyone wants something, and they want it now. Keep your cool and show them what you're made of. Your coolheadedness will pay off in a big way. Carry your level-headed attitude home with you. You'll need it for the problems that crop up on the homefront.

Pisces Feb. 19-March 20
There's a lot riding on a big project at work. Take a big step and show them you can do the work. Organize a team to get the done, then listen to what the team members have to say. At home, work to establish some new routines to get the work done.

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

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# I ♥ HEALTHY LIVING

## Hospital director gives advice for reducing risk of cancer

Cancer is a disease which touches everyone in some way during their lifetime. Most people do not like to think about it, but consider this: you can greatly reduce your risk of many cancers by making healthy lifestyle choices. In the United States from 1990 to 1995, a team at the University of Alabama recorded a 3.1 percent decline in total cancer deaths. They attribute the drop to cancer prevention activities and improvements in medical care.

Lillian Pliner, M.D., FACP, director of Oncology Services at the Cancer Center of Saint Barnabas at Union, offers some tips in reducing the risk and preventing cancer.

- **Kick the smoking habit** — smoking is responsible for nearly 90 percent of lung cancer deaths.
- **Eat a healthful diet** — add more fruits and vegetables to your diet.
- **Exercise regularly** — exercise can reduce the risk of colorectal, breast and prostate cancer.
- **Maintain a healthy weight** — obesity is linked to cancers of the uterus, gallbladder, breast and colon.
- **Drink alcohol only in moderation** — heavy drinking is linked with cancers of the mouth, throat, esophagus and liver.
- **Avoid the sun's ultraviolet rays**, which cause 90 percent of skin cancers.
- **See your physician to discuss what screening tests you may need.**

For more information on reducing the risk of cancer or to obtain more information about the Cancer Center of Saint Barnabas at Union, call the Center at (908) 810-6470.

The Saint Barnabas Health Care System has been a leader in the delivery of quality cancer care in New Jersey, treating the largest number of newly diagnosed patients in the state. The state-of-the-art facility in Union offers cancer patients and their loved ones the most advanced medical treatment by highly trained and dedicated specialists, in an environment that enhances the quality of life.

The Cancer Center utilizes a team-oriented approach which combines the expertise of Union Hospital and Saint Barnabas Medical Center professionals from a variety of disciplines. The Center offers specialists in surgical oncology, radiation oncology, gynecologic oncology and medical oncology, as well as diagnosticians in radiology and pathology, all of whom have regional and international reputations. Excellence in cancer treatment also requires psychological, emotional and social support for those receiving treatment and for their loved ones. The Cancer Center recognizes the importance of administering this care in a comfortable, convenient environment by a devoted and knowledgeable staff. It is the combination of all of these factors which distinguishes the Saint Barnabas Cancer Center at Union.

Services within the outpatient facility include medical oncology consultations and follow-up care; administration of chemotherapy and transfusions in a private setting; an on-site laboratory; individual and group counseling for patients and their families; financial counseling; home care planning; and a community resource library. All aspects of cancer care are addressed, including prevention, early detection, diagnosis and treatment. Those treated at the Center maintain a close relationship with their physician, as well as with one of several specially trained nurses who provide additional education, support and communication.

The Cancer Center of Saint Barnabas at Union, located within the Saint Barnabas Union Medical Building at 1050 Galloping Hill Road, is an affiliate of the Saint Barnabas Health Care System.

## 'Discover' how to volunteer for the American Cancer Society

The Union County Unit of the American Cancer Society is looking for volunteers for the Discovery Shop, an upscale, resale store located in Westfield. The shop is open Monday through Friday 10 a.m.-4 p.m. Hours are flexible and volunteers are asked to work at least two or more hours per week.

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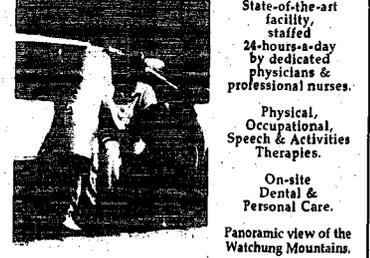
If there's a heavy object that needs to be moved... There's no one to lifting. But neither are you a life-saver... you're heavy without help. Ruler number one is to place your feet about a foot apart, apart down, and keep your knees slightly before you... in other words, you're in a crouch to your body. And you should lift with legs, hips, arms, and shoulders, never with your back. Act, whenever you suffer back pain, the most important rule of all is to get the chiropractic treatment you need.

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## Survey says antioxidants are unknown

A recent survey revealed widespread misunderstanding about antioxidant vitamins. More than half of those surveyed had heard of antioxidant vitamins, but 82 percent of those "aware" couldn't name a single example.

Of those participants aware of antioxidants, almost half said that "All the information I see about vitamins confuses me," and 59 percent said that they don't understand the difference between antioxidant vitamins and other vitamins.

Just as a piece of metal rusts or an apple turns brown when exposed to air, the human body is vulnerable to rust in contact with air, especially pollution and smoke. Antioxidant nutrients — beta-carotene, vitamins C and E — help the body fight this reaction by stabilizing harmful molecules, called free radicals, before they attack cells.

Although the optimum way to achieve adequate levels of antioxidants is through a healthy diet, it may be necessary to use supplements to achieve many of their potential benefits. Eating five servings or more of fruits and vegetables a day will help to provide adequate levels of vitamin C and beta-carotene.

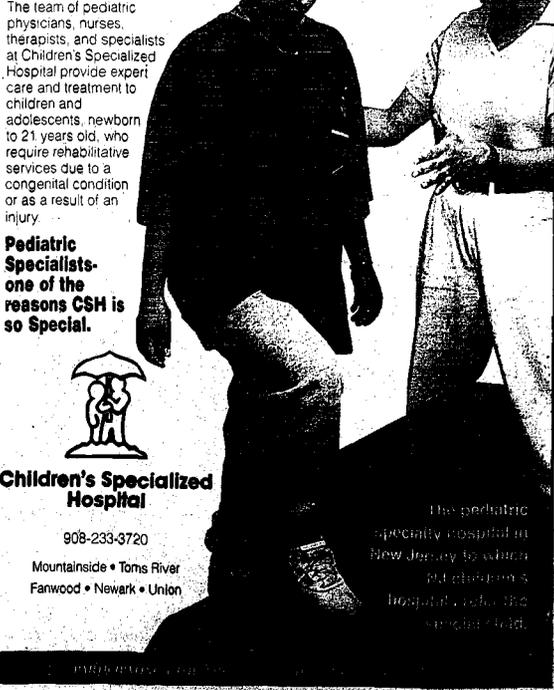
Vitamin E is harder to obtain while following a low-fat diet because vegetable oils, nuts, seeds and other fat-rich foods are the best sources of vitamin E. It is virtually impossible to get enough of this vitamin in the diet without consuming too much fat. Antioxidants are not a substitute for maintaining a healthy lifestyle, i.e., not smoking, exercising regularly and eating right.

Study findings recently published in the "Journal of the American Medical Association" showed that vitamin E appears to slow the growth of fatty deposits in the arteries of heart disease patients.

Numerous studies have shown that high amounts of beta-carotene, vitamin C, E and diet rich in these nutrients, may lower the risk of developing certain cancers. For people with diabetes, several initial studies suggested that antioxidants prevent increased free radical production caused by high blood glucose levels.

The telephone surveys were conducted by AUS Consultants/ICR Survey Research Group for BASF.

# Body Building-Rehab Style



The team of pediatric physicians, nurses, therapists, and specialists at Children's Specialized Hospital provide expert care and treatment to children and adolescents, newborn to 21 years old, who require rehabilitative services due to a congenital condition or as a result of an injury.

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It's only natural to want to look and feel your best. That's why Todd A. Morrow, M.D., a Board Certified facial plastic surgeon, is dedicated to improving both your physical appearance and inner peace of mind. He offers an array of facial cosmetic and reconstructive procedures, such as nose and eyelid surgery, facelift, forehead/brow lift, liposuction, facial implants, ear surgery, scar revision, endoscopic and laser surgery. Plus, computer imaging is available. All with one goal in mind: to improve on nature. For more information or to set up an appointment, call (973) 243-0600.

**FACIAL PLASTIC SURGERY**  
— Todd A. Morrow, M.D., F.A.C.S. —

AND ASSOCIATES IN OTOLARYNGOLOGY OF NEW JERSEY, P.A.  
761 NORTHFIELD AVENUE, SUITE 104 • WEST ORANGE, NJ 07052

Louis D'Amico, M.D., F.A.C.S., F.O.C.C.P., F.A.C.S. • Norman Hildner, M.D., F.A.C.S.  
Michael Levin, M.D., F.A.C.S. • W. George B.R. F.A.C.S. • Harry F. Vogel, M.D., F.A.C.S.

# Community Classified

## 1-800-564-8911

Search your local classifieds on the internet  
<http://www.localsource.com/classifieds/>

### SALES HOURS

Monday through Friday  
9:00 AM - 5 PM  
After Hours Call  
908-686-9898  
Selection # 8100

### ADDRESS

Classified Advertising  
Worral Newspapers  
P.O. Box 158  
Maplewood, NJ 07040

Offices where ads can be placed in person:

**ESSEX COUNTY**  
463 Valley Street, Maplewood  
170 Scotland Road, Orange  
266 Liberty Street, Bloomfield

**UNION COUNTY**  
1291 Stuyvesant Ave., Union

### RATES

**CLASSIFIED RATES**  
20 words or less.....\$16.00 per insertion  
Additional 10 words.....\$4.00 per insertion  
Display Rates.....\$25.50 per column inch  
Contract Rates Available  
Blind Box Number.....\$12.00 per insertion

### BEST BUY

**CLASSIFIED COMBINATION RATES**  
Ad appears in all 18 newspapers  
20 words or less.....\$22.00 per insertion  
Additional 10 words.....\$6.00 per insertion  
Display Rates.....\$47.50 per column inch  
Contract Rates Available

### CHARGE IT

All classified ads require prepayment.  
Please have your card and expiration date.



### NEWSPAPERS

**UNION COUNTY**  
Union Leader • Echo Leader  
Clark Eagle • The Leader  
Spectator Leader • Gazette Leader  
Railway Progress • Summit Observer

**ESSEX COUNTY**  
News-Record of Maplewood & South Orange  
West Orange Chronicle • East Orange Record  
Orange Transcript • The Glen Ridge Paper  
Nutley Journal • Belleville Post  
Irvington Herald • Wallburg Leader  
The Independent Press of Bloomfield

### DEADLINES

Business Directory 4 PM Thursday  
Display - Space reservation 5 PM Friday  
Ad Copy 12 noon Monday  
In-column 3 PM Tuesday

### ADJUSTMENTS

Adjustments: We make every effort to avoid mistakes in your classified advertisement. Please check your ad each time it appears, should an error occur please notify the classified department within seven days of publication. Worrall Community Newspapers, Inc. shall not be liable for errors or omissions in cost of actual space occupied by item in which error or omissions occurred. We can not be held liable for failure, for any cause, to insert an ad. Worrall Community Newspapers, Inc. reserves the right to request, revise or reclassify any advertisement at any time.

### CLASSIFIED SPECIALS

**GARAGE SALES**  
25 words \$21.00 or \$28.00 combo  
Garage Sale signs, price stickers, balloons, helpful hints, inventory sheet and Rain Insurance.

**ECONOMY GLASS**  
20 words \$7.00 or \$11.00 combo items for sale under \$100.00 One item per ad price must appear.

**AUTOS FOR SALE**  
20 words - 10 weeks \$31.00 or \$44.00  
combo no copy changes

**DREAM MACHINES**  
Photo of your car plus 20 words  
4 weeks - \$40.00  
Call now 1-800-564-8911

### HELP WANTED

**\$1000+ POSSIBLE TYPING**, Part-time. At Home. Tel. Free 1-800-218-9000. Extensive 1-818-18 in last 20 days.  
**\$1000 WEEKLY STUFFED ENVELOPES** all in your location. Guaranteed! Easy work, excellent pay. Workers needed now! Free Details. Send SASE to Box 744545-AT, Coral Springs, FL 33075.  
**ADORABLE INFANT** needs an experienced loving nanny to care for in our home, Monday thru Friday, 8am-5pm. Must have housekeeping, not smoker. References required. Call 973-278-9287.

### HELP WANTED

**CASH DAILY FULL TIME ONLY**  
Consumer goods distributor is seeking up for busket Season. We are currently looking for 18 people to work in all areas of your location. Your location: **Union County**.  
•Inventory/Order Clerk  
•Sales/Marketing  
•Sales/Distribution/Order  
Excellent management training program.  
**\$325 - \$400 Weekly to Start**  
Call Diane 973-468-8400  
NO EXPERIENCE NECESSARY. WILL TRAIN!

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HELP WANTED

OPEN HOUSE
ARCEss seeks candidates to work within its Adult Training Programs. Full time positions available Monday-Friday from 8:00am to 4:00pm. We are a reliable, high school diploma required, some college in related field or experience with previous job is a plus. Excellent opportunity to gain experience in the field. All positions are available. Excellent opportunity to gain experience in the field. All positions are available. Excellent opportunity to gain experience in the field. All positions are available.

EMPLOYMENT WANTED

NURSE Aide (certified) seeks live in/out, 24 hrs. nights or nights. Occasional or full time. Good references, own transportation. 972-762-5959.
POLISH AGENCY, INC. Specializing in elderly care services. Home care, Hospice, live-in care, with excellent references. Call: 972-762-5959.
PORTUGUESE HOUSE CLEANER. Have own transportation. Good references. Will clean Ovens and refrigerators. 908-220-9097.
PORTUGUESE WOMAN looking for house cleaning. Excellent references. Live-in care. experience. Own transportation. Available Monday-Sunday. Call: 973-669-3765.

ANNOUNCEMENTS

A BEKA Textbooks & Video School on display now. Contact us at 2122 aheka.com or 410-674-2353 extension 29 for more information.
ADDITION: DEVOTED professional with endless capacity to love babies to be a parent. All in 1200-2043415.
EARN A College Degree. Quality Bachelor's, masters, doctorate. by correspondence based on 100% credit transfer. 1-800-836-0079.
EARN A College Degree. Quality Bachelor's, masters, doctorate. by correspondence based on 100% credit transfer. 1-800-836-0079.

MISCELLANEOUS FOR SALE

MATTRESSES & BOX SPRINGS
Twin, Full, Queen, King. Occasional or full time. Good references, own transportation. 972-762-5959.
A1 FURNITURE
FR 22 Westwood 40 Shop
908-220-9097
MOVING SALE 45¢ Saturday Plaza, (off Collins), Friday, September 10th, 11, 8, 5, 10 AM. No mattress sets, furniture, 50¢ living room. 972-762-5959.
NEED A Computer?? We will transfer - even if you have been turned down before. Contact us for a free quote. Call: 1-800-531-3171. (S&B Network)
PRIVACY HEDGE. Arborvitae (Evergreen) fully 8' tall. 2" diameter. 2000. 972-762-5959.
PRIVACY HEDGE. Arborvitae (Evergreen) fully 8' tall. 2" diameter. 2000. 972-762-5959.
TANNING Beds. Full SunMaster Home and Commercial starting at \$1,499.00. No. 1-800-836-0079.
VENDING MACHINE. Selected soda machine (beach front only). 2x 4 year. \$1400. Call: 972-762-5959.
WOLF TANNING Beds. 2x 4 year. \$1400. Call: 972-762-5959.

SOCIAL SERVICES

ARC of Essex County, a nonprofit agency serving adults with developmental disabilities is seeking qualified individuals to fill the following positions:
COMMUNITY RESIDENTIAL SERVICES
Adult Training Services. Varies with days, evenings, part time and full time. HS Diploma or equivalent required. Starting at \$17.75 per hour.
ARC SCHOOL
Part time Recreation Worker, 3pm-6pm, Monday-Friday, weekends and evenings, 37.5 per hour.
ARC SCHOOL
Part time Recreation Worker, 3pm-6pm, Monday-Friday, weekends and evenings, 37.5 per hour.

MUSICAL INSTRUMENTS

PIANO, SOMMER 2nd hand baby grand. Beautiful. \$1100. \$600. West Grand. Call: 972-762-5959.

GARAGE SALE

UNION 211 WASHINGTON Ave. (off Collins) Saturday 11th. 8am-12pm. Miscellaneous household items, furniture, and more. 972-762-5959.

WANTED TO BUY

AAA LIONEL. American Flyer, legs and other parts and old toys. Collector pays highest cash prices. 1-800-836-0079. 908-665-0224.

ENTERTAINMENT

DJ FOR HERE... Parties, weddings, all occasions. Special services available. DJ for HERE. 972-762-5959.

PERSONALS

ADOPTEE A LOVING, warm couple wishes to adopt a young man, can offer happy home, financial security and great education. Please call: 972-762-5959.

A TRUE PSYCHIC

MRS. RHONDA
Targeted reading a Specialty. I give all types of readings and advice. I can and will help you. 972-762-5959.

DOG TRAINING

OBEDIENCE TRAINING for home pets or competition dogs each Monday evening from 7:00-9:00pm. \$10.00. 972-762-5959.

PETS

\$100 BUY ANY dog \$100 puppy house. No. 1-800-836-0079.

INSTRUCTIONS

ACADEMY of Music Programs available. Variety of classes. One block from Union County Arts Center. Large Staff. Award-Winning Students. 972-762-5959.

COMPUTER TRAINING

Personal, Personal Web Page Design and many more. Call us at 972-762-5959 or visit our training home page at http://www.netcomputer.com

LOST & FOUND

REWARD FOR lost pet. All white collared dog. 972-762-5959.

MISCELLANEOUS

ANTIQUES
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