

COUNTY NEWS

'Six ways to improve your health' Tuesday

"Six ways to improve your health" will be the topic at an informative meeting of legal secretaries from throughout Union County. On Tuesday at 6 p.m. the association for legal professionals will meet at L'Antoni's Restaurant, 625 N. Michigan Ave., Kenilworth.

There will be a pre-dinner gathering and dinner will be served promptly at 6:30 p.m. The cost for dinner will be \$20. The guest speakers for the evening will be Richard Ryan and Lisa DiChiara from The Northeast Spine and Wellness Center, 67 Westfield Ave., Clark. The Northeast Spine and Wellness Center is a multi-disciplinary facility combining state-of-the-art medical technology with conservative therapies.

The association offers educational opportunities to legal professionals and members are eligible to receive nationwide discounts on products and services from NALS — the national affiliate.

For more information or meeting reservations, call Judy Reed at (908) 555-4892 or Helena Goworek at (908) 527-4506.

Mothers & More meet

Interested in learning new ways to relax and reduce stress before the holidays? On Wednesday at 7:30 p.m. Karen Rosen, fitness director of the Jewish Community Center of Central New Jersey, will host a yoga demonstration courtesy of the Union County Chapter of Mothers & More.

As part of the presentation, which will take place at Hanson House, 38 Springfield Ave., Cranford, Rosen will demonstrate some basic postures and breathing techniques. Discover how yoga can be powerful, enriching and relaxing. Be sure to wear comfortable clothing.

Mothers & More is an international not-for-profit organization supporting women who have altered their career paths to care for their children at home. The Union County Chapter offers a variety of activities including evening discussion groups, guest speakers, mom's night out, book discussion and weekly daytime playgroups.

The Union County chapter conducts meetings on the first and third Wednesday of each month at Hanson House. New members are always welcome. For more information call Jennifer at (732) 382-7578 or Tricia at (908) 232-7352.

Moms meet Saturday

The Union County Chapter of the Million Mom March is seeking new members to join in the effort to educate and advocate for safer communities by reducing the toll of gun violence in society, particularly amongst youth.

The first meeting for chapter members will take place Saturday at 9 a.m. in Westfield. Contact MMMUnionNJ@aol.com or call Julia at (908) 389-1970 for information and an application for membership. Officers will be elected and an agenda will be

set for upcoming events/activities. Working committees need volunteers yet participation on a working committee is not required for membership. Chapter membership is \$20 for individuals, \$40 for families, and \$10 for youth and seniors. Victims survivors are given special consideration.

'Battle of the Blues' to benefit The Arc

The "Battle of the Blues" basketball event for The Arc of Union County will be Saturday at Elizabeth High School, Dunn Center, 600 Pearl St., Elizabeth.

Squaring off will be the Elizabeth Police and Fire Department against the Plainfield Police and Fire Departments. "We wanted to raise money for The Arc of Union County's programs which help people with developmental disabilities," said Detective Vito Tropeano of the Elizabeth Police Department's Crime Prevention Unit and organizer of the event. "The 'Battle of the Blues' promises to bring two teams together who are dedicated to going all out for the agency."

Frank Caragher, executive director of The Arc of Union County said, "We are pleased that these two police and fire departments have chosen to support the work of The Arc of Union County."

Admission is \$8 for adults, \$5 for students, children under 5 free. At the doors is \$10 for adults, \$5 for children. Tickets are being sold by the Elizabeth Police and Fire Departments and Plainfield Police and Fire Departments.

Tickets can also be purchased from The Arc of Union County at (908) 754-8910.

Women lawyers present panel discussion Monday

Who gets all those public jobs, like county counsel, municipal prosecutor or public defender? How do you become the attorney for the board of education? How do you get appointed to a state or county commission or the town planning board? And what about public office? How do you get the Democratic or Republican party to notice you? How do you get their support? How do you raise money?

Get the inside scoop from five prominent women who have held public office on the state, county and local levels and who have served on numerous boards, commissions and

committees when the Women Lawyers of Union County presents a panel discussion Monday at the Spanish Tavern, Route 22 East, Mountainside.

The panel will include Union County Clerk Joanne Raposo, president of Women's Political Caucus of New Jersey, and former mayor of Springfield, Jerry English, a partner with Cooper, Rose & English and past state senator and legislative counsel to the governor, former Assemblywoman Maureen Ogden, chairwoman of the Garden State Preservation Trust and a member of the Public Policy Committee, Union County Counsel and former Freeholder Carol Cohen, president of Union County Women's Political Caucus, and Summit Councilwoman Joyce Marge.

Cocktails begin at 5:45 p.m. with the panel at 6:15 p.m., followed by dinner. Tickets are \$25 for members, \$30 for non-members.

'Freeholders Forum'

A special group of dedicated and long-serving Union County employees is the subject of the latest "Freeholders Forum" television show sponsored by the Board of Chosen Freeholders.

The special edition of "Freeholders Forum" features excerpts from the Union County Employee Service Recognition Program, held to honor employees with 25, 30, or 35 years of service. Fifty employees were honored in this year's program.

"We do this once a year to honor the people who work for the county, who work for the residents," said Freeholder Chairman Daniel Sullivan.

County Manager Michael Lapolla offered particular congratulations to the six Rumlenski Specialized Hospital employees being recognized for their tenure.

In each 30-minute program, freeholders and guests discuss news events and issues affecting the lives of Union County residents. "Freeholders Forum" is brought to viewers by the freeholder board and is made possible through the facilities and technical direction of Union County College.

Entitled "Honoring Our Employees," the show will be aired through Nov. 17 according to the following schedule:

• Union County — except Elizabeth and Plainfield: Channel 57, Mondays, 6:30 p.m.

Honoring library advocates



The Libraries of Union County Consortium recently honored 'Library Advocates' for their support of public libraries throughout the county in 2000. Award recipients are, from left, Ann Stelzer of the Friends of the Kenilworth Library; Elizabeth Library Director and outgoing president of the New Jersey Library Association, Joseph Keenan; Summit Library volunteer Robert Hutton; Assemblyman Alan Augustine; B. Union; Buck Dopp, Northern New Jersey Area Vice President of Coimcast; Clark Mayor Robert Ellenport; Union Library trustee Joseph Cantalupo, and Gail Driscoll of Merck & Co.

Democrats retain complete control

(Continued from Page B1) level. In Cranford, Republicans earned a narrow victory at the county level, with one Democrat finishing third, while a Democrat won the municipal race. The freeholder results also were split in Berkeley Heights, with two Republicans and one Democrat winning, and Garwood where two Democrats and one Republican won.

While Democrats were basking in victory at Galloping Hill Caterers in Union, Republicans were at The Westwood in Garwood.

"Voters responded to our programs," Mirabella said, "and rejected negative campaigning" of Republicans.

"We fought the good fight," said Shackell. "It's the same old story; we won a lot of towns but we can't overcome the cities." In addition to renewing calls for district freeholder seats in Union County, GOP leaders were disappointed in results for other parts of the Republican ticket, particularly in the U.S. Senate and presidential races.

Despite winning nationally, which did not become clear until unit 2 a.m. Wednesday, presidential candidate

George W. Bush lost in Union County by a wide margin. Congressman Bob Franks of Berkeley Heights, who represented the 7th Congressional District since 1992, lost to Jon Corzine of Summit by 17,000 votes in the county.

Republican Chairman Ron Frigerio said there is no reason why a freeholder should have more constituents than congressional representatives. The election results are "a perfect case" to bring district seats to Union County. "You can't have six towns running the county."

"The cities dictate how the county is run," Shackell said.

Democratic Chairwoman Charlotte DeFilippo said voters like what the freeholders are doing and disputed the Democrats winning the election by their large pluralities in urban areas. She pointed to narrow losses in many Republican towns, including Westfield.

"People in this county gave their overwhelming support despite some erroneous information," DeFilippo said, referring to the GOP's campaign literature.

The number of registered voters in Union County increased from 258,578 in 1999 to 272,236 in 2000, according to unofficial records. The increase of 13,658 represents a 5 percent rise. Democrats benefited most, seeing an increase of 6,487, or 7 percent. In 1999 where 86,121 registered Democrats in Union County versus 92,608 this year. Republican registered voters saw a rise of 1,162, or 3 percent, from 40,656 in 1999 to 41,818 in 2000.

Unaffiliated registered voters nearly outnumber both parties, with 131,362 compared to the parties' 134,426 voters. There are only 535 voters registered as Independents in Union County.

Voter turnout in the last presidential election, 1996, was 72 percent. That year, Democrats garnered 55 percent of the vote when Linda Stender, Nicholas Scutari and Don Goncalves defeated Linda-Lee Kelly, Linda DiGiovanni and Mountainside Mayor Robert Vigilanti.

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Putting the patient first

(Continued from Page B1) eted after the Texas version, it would actually allow litigation when an impasse was reached between the patient and the HMO. Obviously, the HMO lobby is very much opposed to this concept. They also oppose the version which doesn't even require a determination that an impasse was reached.

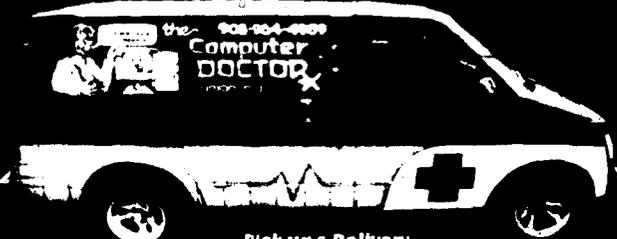
Ten years ago, skyrocketing medical costs were putting health care out of the reach of the average citizen. At first the cutting by the HMOs seemed the right way to reduce costs. The expansive power of these groups was pretty clear to me last week. It's time the pendulum swung back.

Reasonable costs and quality medical service should not have to be mutually exclusive. It will require some hard work, some identification including ongoing wasteful medical practices, and the name and phone number of the bureaucrats in Ohio and elsewhere who make the decisions on coverage with no fear and no reimbursement when they make a bad choice. There is a need for accountability for bad decisions by HMOs.

Achieving the goal might end the current collegiality. But that strikes me as an acceptable loss, if we are going to actually put the patient first as the senate president says he wants to do.

A resident of Cranford, Frank Capece is an attorney.

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ARTS & ENTERTAINMENT

Paper Mill can be trusted to deliver with 'Victor/Victoria'

On the Boards

By Ben Smith
Staff Writer

American singer, Victoria, played by McLane, meets a gay cabaret singer, Toddy, delightfully played by Reams, who attempts to help her get back on her feet again by becoming "Victor," a singing female impersonator. She — Victor/Victoria — becomes a sensational night club star, and manages to live this double life with Toddy, until she meets King Marchan, a gangster

But it is truly Lee Roy Reams who carries the show, and his every movement, every bit of dialogue that he utters, his superb timing, his dancing and his many comedic moments ... turn 'Victor/Victoria' into a superb piece of theater.

who owns a nightclub in Chicago, played by Robert Cuccioli, whose handsome, animal magnetism felt by both the audience and Victoria brings out every female instinct in this female impersonator. He is convinced that the count is really a woman and gets out to prove it. His blonde, flighty girlfriend, Norma Cassidy, played with gusto by Tara O'Brien, an amazingly agile actress, who can — and does — steal every scene that she is in — and was rewarded at the end of the show with thunderous applause by the

audience, attempts to convince this tough guy that he is in love with a man.

But it is truly Reams who carries the show, and his every movement, every bit of dialogue that he utters, his superb timing, his singing, his dancing and his many comedic moments, particularly as a drag queen, turn "Victor/Victoria" into a superb piece of theater.

The supporting cast — particularly Jody Ashworth, who plays King's body guard, Squash; Dale Hensley as Andre Cassell, a prominent talent agent, and Davis Hall, as Henri Labrie, an averaging night club owner, who is constantly causing his own accidents — adds hilarity to the production.

The "other stars" are the marvelously entertaining musical numbers, and the versatile dancers, as they provide such pieces as "Paris By Night," "Louis Says," "Apache," "Chicago, Illinois," and the title song. McLane is in marvelous voice in such numbers as "If I Were A Man," "Who Can I Tell?," "Crazy World" and "Living in the Shadows." When she joins the unbelievably wonderful Reams in "Trust Me" and "You and Me," the audience is completely entranced.

One of the highlights of the musical

numbers is the one in which McLane and O'Brien do "The Tango." They are so great together, it actually brought the house down. "King's Dilemma," offered by the masculine-voiced Cuccioli, and his number with McLane, "Almost a Love Song," had the audience swaying and sympathizing with them.

Also outstanding was the perfect timing of a comedy scene with two apartment settings together and curving staircases, where, similar to a British farce, the actors climbed in and out of rooms, slamming doors and windows, passing each other up and down the stairs without bumping into each other, each moment more hilarious than the next. One cannot even imagine the hellam of rehearsing this scene over and over again. But thanks to the pros, every second was accounted for.

Much credit must be given to Robin Wagner, the scenic designer, who provided such magnificent sets, and Bob Bonniol, whose lighting designs brightened the entire production.

Once more, our hats are off to Executive Producer Angelo Del Rossi, Artistic Director Robert Johanson, and Associate Producer Roy Miller for providing such a magnificent gift of a production to appreciative audiences at the Paper Mill Playhouse. And the standing ovation at every performance, thanks to the incomparable Lee Roy Reams, who served as director of the theater's previous musical, "Anything Goes," and McLane and Cuccioli, proves that there is no musical on Broadway these days to compare with "Victor/Victoria" — right here in New Jersey. Trust me!



Judy McLane, right, and Lee Roy Reams sing their own praises in "You and Me," one of the many delightful musical numbers in "Victor/Victoria."

Encaustic artist's vocabulary is distinct and no-nonsense

In the Galleries

By Joe Lugara
Staff Writer

and white slabs of pigment give her canvases the surety of fingerprints. "Continuum," one of Azzara's larger pieces, typifies the artist's style. A black "cave" shape in the lower left serves as the centerpiece for a gradually unraveling series of thin black lines. The lines are wispy, like thread, with stippling — tiny black pin-pricks in the wax — hovering around them. At a distance, the stippling gives the slight impression of barbed wire, denying the viewer the opportunity to be drawn into the shell-like vortex of the lines. The combination creates an almost agonizing push-pull for the viewer. Azzara's ability to both beckon and reject the onlooker is characteristic of many of her works.

A similar experience of being at arm's length also exists in "Manna," the show's smallest piece. Two sets of thread-like lines drop from the top of the vertical canvas, with two additional pairs rising from the bottom, intersecting at what appears to be a ripple near the left-center of the composition. A reddish powdery color — somewhat similar to paprika — emits from the nipple shape, dissipating into



"Resisting Temptation" is among the works by Francesca Azzara currently on exhibit at the Donald B. Palmer Gallery at the Springfield Public Library.

a nearby white "cloud," turning it pink. A second cloud, represented as a white slab, also drifts in. Faint traces of other black lines buried deep under the wax, accompanied by Azzara's recognizable stippling, add to the work's depth. "Manna," like all the

artist's paintings, is an experience without dictation. Azzara demands that her audience participate in the experience of the picture, while spontaneously avoiding telling them what that experience should be.

The shapes and markings in "Nebu-

la's Promise," although strongly suggestive of fertilization, still avoid direct statement. The impending fertilization process is about to be interrupted by a monstrous pink and white shape, flashing reddish teeth and approaching from the right. The microscopic view offers no explanation or comment. More than any of Azzara's other paintings, this is a "scene with action," with the viewer left to determine both the course of the action and the conclusion.

Painted on a bluish field with a little red, green, brownish gray, scrawlings of gold and white, "Imagination" provides a vague feeling of landscape — the landscape of war. At the bottom of the composition, Azzara's ubiquitous black lines weave their way through a portion of a black, cross-cross "fence" shape. The delicacy of the lines and colors quietly lead the viewer toward a feeling of beauty and relaxation, although a sense of destruction and desolation remains disturbingly present. Through its abstract scrawlings and attractive but somber color, "Imagination" seems to remind the viewer that the aftermath of destruction can sometimes be pervasively beautiful.

"Francesca Azzara: New Works in Wax" remains at the Springfield Public Library through Dec. 8. For information, see the "Art Shows" listing in the Stepping Out calendar on Page B10.

NJ Symphony has announced appointments

The New Jersey Symphony Orchestra has announced the appointment of Maria Arjuo as director of education and outreach, and Jane Harovas as director of marketing and communications. Arjuo was born in Venezuela and graduated with a bachelor's of science from NYU in piano performance, and received a master's of music in conducting from Westminster Choir College. She returned to Venezuela to direct the Music Conservatory in Merida. She has worked for the United Nations International School in New York City since 1984, where she became the chairperson of its Music Department in 1997.

Arjuo is replacing Judith Nachison who recently retired after 23 years at the NJSO. Harovas is a native of South Orange and graduated with a bachelor's of music degree from the Hart School of Music. She has worked for the NJSO since 1990, first as publications manager, then as marketing and communications manager. Prior to joining the NJSO, Harovas worked for Concert Artists Guild in New York City.

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Like writers, visual artists have their own vocabularies. Francesca Azzara's graphic and painterly vocabulary is distinct, confidently embedded in the dense waxy surfaces of her canvases.

Azzara is the second artist in two months to bring the medium of encaustic to the Springfield Public Library's Donald B. Palmer Museum. The ancient technique, in which lines and colors are applied between layers of wax, produces a greater impression of depth than other, more familiar painting methods.

The Westfield-based artist will demonstrate the process at the library Sunday.

Azzara is a no-nonsense abstractionist. Consisting of 19 paintings, the current exhibition is unapologetically non-representational. Azzara flirts with representational elements only rarely, and probably accidentally. But her works are nonetheless clearly her own, the delicate handling of line, generally low-key colors, stippling

Bill Van Sant,
Editor
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'Bus Stop' makes for a pleasant ride, despite some bumps

Much like a long bus ride, the Summit Playhouse's production of William Inge's yesteryear, feel-good comedy "Bus Stop" takes audiences to some scenic sights and provides them with some pleasant memories, but not without a bit of tedium and discomfort along the way.

Set entirely inside a small-town corner restaurant, the play offers a drive-by glimpse into the lives of several passengers waylaid from their long bus trip between Kansas City and Montana. Snowbound, the travelers, along with their driver, must wait out the blizzard in the roadside establishment. There, slices of lives are served up with slices of pie as we see the refugees mixing with the diner's regulars.

First off the bus, Cherie, a self-styled chanteuse with a sequined gown and a checked past, seeks the protection of the upright grizzly bear of a local sheriff, Will Masters, played by Lewis Decker. Decker's physical bearing is appropriately imposing but his characterization can sometimes be nearly as broad as his shoulders. Shift choreography here, as in other parts of the play — all perhaps originally aimed at portraying the coarseness of the local yokels — doesn't help.

Valene Mickle's Cherie is a character understandably defined by her thick application of make-up and her

On the Boards

By Maria Zingaro
Staff Writer

even thicker Ozark accent. But Mickle does make Cherie vulnerably lovable too as she attempts to escape from Boo Decker, the young cowboy who has roped her into the Montana trip to make her his bride.

As Bo, Barrett Phelan is a little too big for his britches. He enters raving angrily and leaves himself nowhere to go from there but down. Phelan would have done well to temper Bo's temper with a bit of bravado and swagger. It would make Bo's subsequent emotional about face more believable, too.

Bo's friend Virgil Blessing is just that — a blessing. Played superbly by John Waltz, he is quiet dignity in dusty clothes. A subtle performance throughout, Waltz dances quite naturally toward Virgil's ultimate gesture of touching gallantry.

All of these newcomers are met by the diner's time-hardened proprietress, Grace Hoylard, played admirably by Marguerite Wurtz who makes

the character as suited to the run-down restaurant as a greasy spoon.

Grace is sweet on Carl, the bus's lusty and bemused driver. Actor Ed Below endows his character with just the right dose of light-hearted flirtatiousness to make him a wholly believable and familiar sort of fellow. He's the kind who could well have a gal at every stop — but actually might not. And Below manages to get all of this out of a very small part.

The script's final coupling brings together the youngest and oldest of the characters when Grace's callow waitress, Elma Duckworth, becomes entangled by the worldly scholarship of former college professor, Dr. Gerald Lyman. A kinder, gentler version of Humbert Humbert, Lyman is played by Tom Laytle whose parting is palpable but not overpowering — a tough trick to master.

Sweetly eager as Elma, Rebecca Hawrusk persuades a yesteryear when high schoolers really were that innocent. Unfortunately, however, Elma does actually know a bit more than Hawrusk makes her seem. Her closing conversation with Grace makes less sense because of this.

Directed by Joann Scanlon, this "Bus Stop" would have benefited from some additional attention to pacing. As waitresses in such a sleep-



Ed Below and Marguerite Wurtz pitch some old-fashioned woo as bus driver, Carl, and diner-owner Grace in 'Bus Stop,' on stage at the Playhouse Association of Summit.

cantent, still waiting for the bus to arrive, it is appreciable that Hawrusk and Wurtz should fly through their opening lines at lightning speed. Later, when Bo's strong-arms Cherie and incites a fight with Will, the dialogue drags. In general, too much time passes between the end of one conversation and the start of the next.

Despite the bumps, "Bus Stop" is worth the trip. Notably, Rhoda Roper's set is a treat to look at — full of faded lozenges. It looks exactly to be the kind of place where the only thing older than the furniture are the recipes. But why fix what isn't broken? The amusing characters too are comfortable in their familiarity. Audi-

ences are sure to have journeyed with others far less pleasant.

"Bus Stop" runs at the Summit Playhouse, 10 New England Ave., through Nov. 18. For information, see the "Theater" listing in the Stepping Out calendar on Page B10.

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The restaurant is owned and managed by George and Mandaraka and her husband, Adam. George, incidentally, is the published author of three cookbooks; unfortunately for us, these are currently only available in Europe and in languages other than English.

My dining companion and I began our gastric journey with appetizers: mozzarella fresca tricolore and scampi all'aglio. The fresh mozzarella platter — complete with roasted peppers, sundried tomatoes, and tricolor pasta — was light and flavorful, the perfect beginning to a delicious meal. The shrimp was smothered in a rich garlic sauce so good that once the shrimp had been consumed, it begged to be sopped up with the fresh bread on the table.

Our pasta course consisted of fettuccine alla vodka and penne d'agnento. The vodka sauce was zesty and rich, its creaminess balanced perfectly by the seasoning and the ever-present garlic cloves. However, the agnento sauce — not found on many menus in this area — was a delight, the perfect blend of sundried tomatoes, arugula, fresh fennel and, of course, garlic.

With our belts tightening — and the generous portions relegated to take-home containers piling high on our table — we moved on to our next destination: the main course.

And what a main course! I savored the filet mignon e gambari Montecristo — or, on these shores, filet mignon tenders and shrimp, sauteed in a mushroom brandy sauce. The steak was as tender and juicy as the shrimp were plump and succulent, and both were beautifully complemented by the sauce with its huge mushroom slices and whole garlic cloves.

My companion enjoyed the misto frutti di mare, a beautifully presented broiled seafood combination featuring shrimp, king crab legs, scallops, baked clams, file of lemon sole and stuffed shrimp, all floating in a delicate lemon-butter sauce. While my companion is a devout fan of shellfish, it was the sole of the show for her. Perfectly prepared, it was neither tough nor overly flaky, but simply melted in one's mouth like the butter in which it was bathed.

For dessert, we sampled the tiramisù — a revelation of flavor — and the raspberry mousse, which was rich and fluffy, served in a chocolate crust. Perfectly complementing the meal were cups of robust espresso and creamy cappuccino.

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Healthy Living

Study reveals flaws in popular fad diets

By Alison Ashton
Copley News Service
Diet Analysis

Fad diets, especially high protein eating plans, have never been more popular. But even if you drop a few extra pounds, some of these diets can be hazardous to your long-term health.

A study in the Journal of the American College of Nutrition analyzes eight popular weight loss diets. The study compared high-protein low carbohydrate Sugar Busters! Protein Power, The Zone and Dr. Atkins' New Diet Revolution to the more moderate Dr. Anderson's High Fiber Fitness Plan and the American Diabetes Association/Aerocam Dietetic Association's Exchange Diet. Researchers also evaluated the Frank Diet and the Omush Diet, both of which advocate very low fat, high fiber vegetarian diets.

Several diets were found to be nutritionally suspect. The Protein Power and Dr. Atkins' New Diet Revolution plans were highest in total and saturated fat, which meant they raised cholesterol levels and increased the risk of coronary heart disease.

"Of course, weight loss contributes to the lowering of cholesterol, but high fat diets such as the Atkins diet increase the risk for heart attacks and strokes by raising LDL — low density lipoprotein — 'cholesterol' the bad stuff — and increasing the tendency for blood to form clots, which are the forerunners of most heart attacks and strokes," says James W. Anderson M.D., a professor of clinical nutrition at the University of Kentucky College of Medicine.

The Zone and Sugar Busters! also have a high protein content — nearly double the recommended daily allowance. A high protein content, especially from animal sources, can cause kidney damage in people with diabetes or high blood pressure.

"The high animal-fat, high protein diets may be the most atherogenic diets that have been developed for promoting arteriosclerosis, or hardening of the arteries," says Anderson. "These are types of diets that are fed to laboratory animals to rapidly promote arteriosclerosis."

In addition to high levels of fat and protein, the Atkins and Protein Power diets advocate fewer than the recommended 11 daily servings of grains, fruits and vegetables. Sugar Busters! and The Zone call for the recommended levels, but Anderson notes while these diets aren't harmful, there is no evidence to support their claims for sustained weight loss, changes in metabolism and better health.

Although the Prilkin and Omush diets, High-Fiber Fitness Plan and Exchange Diet specify more than the recommended daily consumption of fruits, vegetables and grains, at least they're headed in the right direction.

"Overall, the best diet for general health promotion, weight loss and weight maintenance is a high-carbohydrate, high-fiber diet that is low in fat," says Anderson.

Pop Iron
Women may want to consider pop-

ping iron, as well as pumping it at the gym. A Cornell University study finds that women with low body iron — but not yet anemic — have a much harder time sustaining exercise and enjoying the benefits of training.

"Millions of women are working harder than they need in order to exercise or just physically work, and they can't reap the benefits of training as easily," says Jere Haas, director of the Division of Nutritional Sciences at Cornell. "As a result, exercise is more difficult, so these women are more apt to lose their motivation to exercise."

Though not as severe as full blown anemia, iron deficiency is common. An estimated 10 percent of American women are iron deficient, and most don't know it. Physically active women, as well as those who are dieting or vegetarians, are at a high risk for iron deficiency.

Haas' study focused on 42 iron depleted women between 18 and 33 years old. Half the group was given an iron supplement, while half received a placebo. All the women trained 30 minutes a day, five days a week, for four weeks, at 75 percent to 85 percent of maximum heart rate.

All the women improved their endurance, but those who received the iron supplement cut 3% minutes off a 9 mile time trial on a stationary bike. The women in the placebo group showed an average of just 90 seconds off their times.

"The study shows that women with moderate iron deficiency might not be getting all the fitness benefits of exercise training," says Haas. "They can improve aerobically but not optimally. Exercise for them is more difficult than for women with adequate iron."

Iron supplements can make up shortfalls in this mineral, but a preventive diet is even better. Haas recommends eating lean red meat. Vegetarians should consume citrus fruit and juice with meals. The vitamin C improves the absorption of iron from legumes, whole grains, green vegetables and other iron-rich foods.

Do Herbs Help or Hurt?
According to a MarketResearch.com study, more than 30 million consumers rely on herbal remedies instead of over-the-counter drugs, and another 19 million use herbs along with OTC medications. Echinacea, ginkgo biloba, St. John's wort and garlic top the list of most popular herb products.

But do they really work? Alan K. David M.D., chairman of Family and Community Medicine at the Medical College of Wisconsin in Milwaukee, notes that numerous studies have found herbs to be promising, but many are flawed. Often studies that have demonstrated the benefits of some herbs leave important questions unanswered.

David offers a review of studies.

For example, echinacea, a popular cold remedy, has been shown to reduce cold symptoms and respiratory infections when compared to a placebo. But studies have not yet determined appropriate dosages. Moreover, echinacea shouldn't be used for more than eight weeks at a time and never for progressive systemic diseases like AIDS. And no studies have proved that garlic really reduces cancer and heart disease risk.

A double-blind, placebo-controlled study did show that feverfew can reduce migraine headaches as much as 70 percent. However, as much as 15 percent of users developed oral ulcers or gastrointestinal irritation. David also notes that high-quality studies have demonstrated that ginkgo biloba may stabilize or even improve social functioning or cognitive performance in people with dementia. The extract also has been shown to relieve premenstrual syndrome and vertigo.

Studies on the effectiveness of ginger and ginseng offer conflicting results. And St. John's wort, which is used to treat mild and moderate depression, needs more research to determine the best dosages and long-term effects.

Finally, David points out that studies using animal subjects may or may not apply to humans, and most herbal remedies are not recommended for pregnant women and should be used for children with caution.

Hospice of New Jersey Expands Service

Hospice of New Jersey has expanded its service area to include Ocean and Monmouth Counties. In addition to the corporate office, located in Bloomfield, and the nationally recognized In Patient Unit located in Wayne General Hospital, Hospice of New Jersey now has a southern annex located in Toms River. According to Michelle Stefanelli, President and CEO, "We have responded to the need for care by our highly qualified team of nurses, social workers, bereavement counselors, and aides, in the area of South Jersey. Hospice of New Jersey is dedicated to bringing our homecare, nursing home, and in patient care to the burgeoning older population resulting from the explosion of retirement communities in these counties."

"I hope that people will understand that hospice care is not a death watch. Our goal is always to provide the highest quality of life to patients and their loved ones facing end of life illness, for as long as we can," stated Ms. Stefanelli. Hospice of New Jersey also needs volunteers. For more information call Hospice of New Jersey at 973-893-0818.

In accordance with the U.S. Department of Health and Human Service, hospice care is underutilized due to the misconceptions that only terminally ill patients, with less than six months to live are entitled to received service. Palliative care, or comfort care, is available to anyone facing a terminal illness who no longer wishes to receive aggressive treatments, including Alzheimer's Disease, Chronic Heart Failure, COPD, Hospice of New Jersey provides pain management, symptom management, and popular alternative therapies such as aromatherapy, massage therapy, music, and pet therapy, by licensed homecare nurses and aides. All of these services, as well as medications and medical equipment are covered by Medicare and most HMO's.

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Solomon named among list of 'best doctors'

Dr. B. Robert Solomon, medical director of Delaire Nursing and Convalescent Center, located in Linden, has earned the distinction of New York Magazine's Best Doctors of 2000.

The article appeared in the June 5 edition of the magazine.

Dr. Solomon was among 15,000 physicians nominated by his peers. Only 1,500 were chosen to receive this very distinguished honor.

For the past 17 years, Dr. Solomon has served the 280 residents of Delaire's nursing facility, including the facility's Alzheimer's residents, short-term rehabilitation patients and assisted living residents. "We are very pleased that Dr. Solomon has been recognized for his extraordinary accomplishments in geriatric care," noted Barbara F. Andrews LNHA, LCSW, administrator of Delaire Nursing and Convalescent Center. "This honor should make families comfortable in knowing that their loved one is cared for by the best."

Dr. Solomon received his medical degree from the State University of New York-Downstate and completed his residency at New York Medical College followed by a fellowship in geriatrics at New York Hospital-Cornell Medical Center.



Healthy Living

Overlook procedure could avoid hysterectomies

Women suffering from painful uterine fibroids, the most common cause of hysterectomies, now have an alternative. Fibroid embolization, a non-surgical procedure, performed by interventional radiologists, Peter B. Park MD and John Oh MD at Atlantic Health System's Overlook Hospital in Summit.

Fibroid embolization, also called uterine artery embolization, involves cutting off the blood flow to the fibroid, causing it to shrink. The procedure is performed while the patient is conscious and requires only a tiny nick in the skin about the size of a pencil tip. Embolization is performed by an interventional radiologist, a physician who is specially trained to perform this and other minimally-invasive procedures.

"I knew a hysterectomy was one of my options for my fibroids, however, after learning about the success of fibroid embolization, I was happy to avoid a complicated surgical procedure," said Nina Schwartz, a local Short Hills resident, who recently underwent the embolization at Overlook Hospital. "My recovery was quick and painless after my procedure."

Twenty to 40 percent of women 35 years old and older and as many as 50 percent of African American women have uterine fibroids of a significant size. Most women do not experience serious problems and do not seek treatment. Some fibroids can be treated with medication.

More than a third of the 600,000 yearly hysterectomies are performed due to fibroids, making them the number one reason for surgical removal of the uterus. In addition to hysterectomy, myomectomy, the surgical removal of the fibroids, is often recommended to relieve their fibroid symptoms. Typically, however, the more fibroids a patient has, the less successful the myomectomy. Additionally, fibroids grow several years after the myomectomy surgery in up to 30 percent of cases.

Although definitive studies have not been completed on the effect of fibroid embolization on a woman's fertility, early evidence suggests that fibroid embolization does not disrupt reproductive function and may be an option for women who wish future pregnancy.

Fibroid tumors are non-cancerous, benign growths that develop in the muscular wall of the uterus. While fibroids do not always cause symptoms, their size and location can lead to problems for some women including pain and heavy bleeding. Fibroids can range in size from very tiny to the size of a cantaloupe or larger. In some cases, they can cause the uterus to grow to the size of a five-month pregnancy or more.

During the fibroid embolization procedure, the interventional radiologist makes a small nick in the skin in the groin, through which a tiny tube called a catheter is inserted into an artery. The catheter is guided through the artery to the uterus while the interventional radiologist watches the progress of the procedure using a moving X-ray, or fluoroscopy. When the catheter is in place, the interventional radiologist injects tiny plastic or gelatin sponge particles the size of grains of sand into the artery that supplies blood to the fibroid tumor. The particles cut off the blood flow to the fibroid and cause it to shrink.

Fibroid embolization usually requires a hospital stay of one night. Total recovery generally takes one to two weeks. Fibroid embolization is considered to be safe. To learn more about fibroids and their treatment, visit the Society of Cardiovascular and Interventional Radiology web site at www.scvir.org/fibroid.

To inquire about fibroid embolization contact Drs. Peter B. Park or John Oh at Overlook Hospital at 96085 522-5324. Dr. Park completed an interventional fellowship at Yale New Haven Hospital. He completed his residency in radiology at the Mt. Sinai Medical Center in New York. Dr. Oh completed his interventional fellowship at Cedars-Sinai Medical Center in Los Angeles.

Overlook Hospital is part of the Atlantic Health System including Morristown Memorial Hospital, Mountaintop Hospital in Monticello, Green Ridge, The General Hospital Center at Passaic, and the Rehabilitation Institute at Morristown Memorial Hospital.



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It's no 'stretch' for physician to train joggers

By Jack Williams
Copley News Service

Forget the "exercise and training consultant" or his business card. Michael Yessis is really chief of the high-technique police. His mission, as he sees it, is to enforce the laws of sound body mechanics.

His weapons: an arsenal of unconventional stretches and strengthening exercises and a video-tape machine, the better to record crimes against physiology.

In a society where "Just do it" has become the mantra of the masses, Yessis is the cutting-edge iconoclast. "Get in shape to perform the activity," he says. "Do not do the activity to get in shape."

Accordingly, this Escondido, Calif.-based doctor of physical education has designed sports-specific exercises with dual objectives: better performance and injury prevention.

Yessis, who is of Russian heritage, is recognized as the foremost expert in the United States on Soviet training techniques: the kind scientists introduced to generations of hand-picked youths in hopes of ruling the sports world.

But, because of his affinity for golf, which is as foreign to Russia as "hanging 10," his knowledge far exceeds what he has translated from Soviet journals.

In his book "Explosive Golf," published by Contemporary Books, Yessis provides rotational exercises for the hip, shoulder and trunk that help with the golf swing.

In "Explosive Running," also published by Contemporary, he emphasizes stretching and strengthening muscles that enhance knee drive, push off and hip-joint extension.

To the average jogger, who's accustomed to landing on the heel and performing a few perfunctory stretches before a run, it's not worth the time. But a recreational runner with the patience to improve his times

may find that it fits like a racing shoe. Among them: Ira Zimmerman, a 53-year-old Las Vegas marathoner.

"My training runs are almost a mile a minute faster now," he said. "A long, easy run used to be 7 1/2 to 8 minutes a mile. Now it's 6 1/2 to 7 minutes."

Despite his age, Zimmerman, who depends on a raw-food diet to fuel his 125 pounds, is able to crank up the miles to 85 to 100 per week in serious training. His personal marathon best, which he hopes to soon surpass, is 2 hours, 49 minutes.

A Yessis client for three months, he didn't see the difference until two weeks ago.

"At first you have to think all the time about technique," he said. "Then it gets easier."

Zimmerman has learned to lift his foot higher off the ground as he drives

his front knee forward. He also applies Yessis' theory of active stretching, or stretching as you move.

"The conventional stretch, on the other hand, is static. You stretch a muscle to the point of resistance; then hold for 30 seconds or so."

Because activities such as running are dynamic, not static, Yessis doesn't stand for stretches that keep you still. He'll have you do forward and backward hip rotations, for example. Lunges and lying leg raises. Squats.

"I do no stretching other than active, and I can outstretch those in their 20s and 30s," says Yessis, 68. "With active stretching, it's hard to overstretch. Not so with static stretching."

One of the first flaws Yessis finds in many joggers is the heel-first foot strike.

"It's unnatural; you can only do it if

you have shoes on," he said. "But if you land flat-footed, the arch is working, compressing and coming back, giving you a lot of energy return."

The Yessis thesis, after all, is that running shouldn't just happen.

"We're not born with the ability to automatically walk or run," he said. "And anything learned can be improved."

Yessis, president of Sports Training Inc., can be reached at (760) 480-0558.

Editorial deadlines

Following are deadlines for news, Church, club and social: Thursday noon.
Entertainment - Friday noon.
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- Union Catholic High School Class of 1970 will sponsor its 30th reunion Nov. 24 at the Acquasiva d'Elle Funtini Restaurant, Westfield. For information, call Mike Ventura at (908) 277-2410.

- Union Catholic High School Class of 1990 will sponsor its 10th reunion Nov. 24 at The Westwood in Garwood. For information, send e-mail to plutkin76@aol.com.
- Union High School Class of 1970 will conduct its 30th reunion Nov. 27. For information, contact Reunions Unlimited Inc. at (732) 617-1000.
- Jonathan Dayton Regional High School Class of 1980 will conduct its 10th reunion Nov. 24 from 7 p.m. to midnight at Maytan Farms, 481 Eagle Rock Ave. in West Orange. Tickets are \$100 per person. For information, call (908) 542-0753, or write to

- JDRHS Reunion Class of 1990, 159 Old Stirling Road, Warren, NJ 07059, no later than Nov. 3.
- Abraham Clark High School, Roselle, Class of 1980 will conduct its 20th reunion Nov. 25. For information, call Margaret Lusch-Donovan at (908) 486-7189 or send e-mail to ACHS1980@cs.com.
- Cranford High School Class of 1980 reunion is scheduled for Nov. 28. For information, contact Reunions Unlimited Inc. at (732) 617-1000.
- Cranford High School Class of 1990 will conduct its 10th reunion Nov. 25 at The Westwood in Garwood.

- For information, call Liz at (908) 608-1180 or send e-mail to slizzoo@hotmail.com.
- Roselle Park High School Class of 1970 will conduct its 30th reunion Nov. 25 at Costa's Restaurant in Roselle Park. For information, call (908) 276-6825.
- Union Catholic High School Class of 1975 will conduct its 25th reunion Nov. 24 at the Berkeley Plaza in Berkeley Heights. For information, call Renee Hassen at (732) 499-7086 or send e-mail to rhasen@outlook.com.
- Westfield High School Class of

- 1990 will conduct its 10th reunion Nov. 25. For information, contact Reunions Unlimited Inc. at (732) 617-1000.
- Union High School Class of 1955 has scheduled its 45th reunion for Nov. 25 at L'Altre Restaurant in Montclair. For information, call (973) 274-7242 or address e-mail to UHS1955@aol.com.
- Union High School, all classes, will take part in a reunion beginning with luncheon Feb. 3, 2001 in Kissimmee, Fla. For information, contact Jack Jordan, class of '36 at (516)

- 966-8585 or pjohn8816@webtv.net.
- John or Ellie Truhe, class of '45, at (609) 698-3621 or johnandmarion@comcast.net.
- Dick Walter, class of '48, at (561) 395-1274 or dick1190@aol.com.
- Tom Ryan, class of '51, at (561) 484-7494 or targer@aol.com.
- Linden High School Class of 1990 is seeking class members for an upcoming 10th reunion. Members of this class are asked to send name, address and phone number to Linden High School, Class of 1990, P.O. Box 1990, Linden, NJ 07036, or send e-mail to lis1990@rcn.yahoo.com.



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Taste of the Towns event serves up feasts, fun, funds

More than 850 hungry patrons sampled foods and beverages offered by 40 Union County-area restaurants during the eighth annual "Taste of the Towns" event held recently at the Pantagis Renaissance Restaurant in Scotch Plains.

The event — jointly sponsored by the Rotary Club of Elizabeth, the Union County Chamber of Commerce and the Greater Elizabeth Chamber of Commerce — raised more than \$25,000 for local charitable causes and scholarship programs.

According to Amy VanBelt, president of the Rotary Club of Elizabeth, "A record number of the area's finest restaurants, bakeries and beverage merchants took part in this year's 'Taste of the Towns,' which has truly become the premier food tasting event in Union County. Those who attend not only enjoy some of the finest foods to be found anywhere, they also help further the cause of many charitable organizations."

She noted that the Rotary Club attributes funds raised from the event to non-profit organizations during the club's twice-yearly giving cycles. "Between \$40,000 and \$50,000 is given out each year by the Rotary Club and our affiliated scholarship program, the Albert and Louise Davis Scholarship Fund," she explained. Since its founding in 1986, the Davis Fund has benefited more than 150 graduates of Elizabeth High School.

During the "Taste of the Towns" event, chefs and other vendors prepared and served their foods and beverages from tables located throughout the five large ballrooms on the upper floor of the Pantagis Renaissance Restaurant. "We are indebted to the owners of Pantagis who provide us each year with such an elegant setting in which to have our

event," VanBelt said, adding, "Indeed, we think all who contributed to our success, especially our chefs, vendors and those who provided live entertainment in each of the ballrooms."

Among the restaurants and other vendors at the event were: Acquaviva Bellefonte, Westfield; Abbe's Cafe, Roseland; Westfield; Allied Beverage Group Inc., Union; Bena's, Rahway; Bella Palermo Pastry Shop, Elizabeth; Casa Di Trevi, Roselle Park; Civile Ristorante Italiano, Kenilworth; Climax Brewing Company, Roselle Park; DiCosimo's Restaurant and Italian Deli, Linden; Domani's, Roselle Park; Emerald Russian Restaurant, Springfield; Freshwater Southern Sensations, Plainfield; Gali Wine Sales of NJ, Garden Restaurant, Union; Giovanni's, Plainfield; History, An American Cafe, Rahway; Charles Jacques', Belle Mead; Luv Faroles, Elizabeth; Manze, Newark; Moka D'Oro, Brooklyn; Mona Lisa Restaurant, Roselle Park; Morris Thai Cuisine, Union; Nuts in Plenty, Scotch Plains; Ole, Elizabeth; Piece of Cake Inc., Rahway; Pinho Bakery, Roselle; Raagim, Mountainside; Rainforest Cafe, Elizabeth; Red Patriot Cafe, Elizabeth; Restaurant Depot, Kenilworth; Sea Grant's Americas, Clark; Seagrants Chateau and Estate Wines, Clark; Nesha's Station, 640 Club Bar and Restaurant, Elizabeth; Trader Joe's, Westfield; Twinnings Tea, Paramus; and Union County Vo Tech School, Scotch Plains.

Entertainment was furnished by New Image Entertainment, guitarist Charles Lavis, keyboard artist Frank McLymin, harpist Tom Lyman, presided by the New Jersey Workshop for the Arts, and Suave Romantic Hispanic Guitar and Winds.

Bill Van Sant, Editor

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Suddenly this autumn



County residents Kevin M. Brady Jr. of Linden and Wendy Cinquanta of Rahway find themselves caught in a web of passion, greed, insanity and manipulation in Tennessee Williams' 'Suddenly Last Summer,' on stage at Carnival Productions of Rahway through Saturday. For information, see the 'Theater' listing in the Stepping Out calendar on Page B10.

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Internet Directory

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Agape Family Worship Center..... <http://www.agapecenter.org>
American Savings Bank..... <http://www.americansavings.com>
Big Planet i Phone..... <http://dhw.bigplanet.com/mmdclaffery>
BigShotSports.com..... <http://www.bigshotSports.com>
Bloomfield Chamber of Commerce..... <http://www.computite.com/bcc>
Broad National Bank..... <http://www.broad-national-bank.com>
Camp Horizons..... <http://www.camphorizons.com>
Crossroads Christian Fellowship..... <http://www.cclou.org>
Essex County Clerk..... <http://www.essexclerk.com>
Eye Care Center of NJ..... <http://www.eyecarenj.com>
First Night of Maplewood/So. Orange..... <http://community.nj.com/coc/firstnight-some>
Forest Hill Properties..... <http://www.net.net/direct/foresthillproperties>
Grand Sanitation..... <http://www.grandsanitation.com>
Holy Cross Church..... <http://www.holycrossny.org>
Hospital Center at Orange..... <http://www.cathedralhealthcare.org>
Jump America..... <http://www.jumpamerica.com>
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Mountainside Hospital..... <http://www.atlantic-health.org>
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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 Arts and Entertainment Editor Bill VanSant, Worrall Community Newspapers, P.O. Box 1109, Union, 07083.

Stepping Out

Library through Dec. 13.
 Gallery hours are regular library hours. Union Public Library is located at 1980 Morris Ave., Union. For information, call (908) 651-5450.

DOCUMENTS The work of Minnie Brownman will be on exhibit on the Tommasulo Gallery in the Kenneth Mackay Library on the Cranford Campus of Union County College Friday through Dec. 14. An opening reception will take place Friday from 7 to 9 p.m.
 Gallery hours are Mondays to Thursdays 11 to 4 p.m. and Tuesdays to Thursdays, 6 to 9 p.m. UCC is located at 1033 Springfield Ave., Cranford. For information, call (908) 709-7155.

FROM BODY TO SPIRIT The works of Pat Feeney Murrell will be on exhibit at the Arts Guild of Rahway Nov. 19 through Dec. 15. An opening reception will take place Nov. 19 from 1 to 4 p.m.
 Gallery hours are Wednesdays, Fridays and Saturdays from 1 to 4 p.m. Thursdays from 1 to 3 p.m. and 5 to 7 p.m. and by appointment. The Arts Guild of Rahway is located at 1670 Irving St. For information, call (732) 381-7511.

PHOTOGRAPHER ANNE ROSS will have her work exhibited throughout the Wisner House at the Reeves-Reed Arboretum in Summit through December.

The Reeves-Reed Arboretum is located at 165 Mount Airy, Summit. For information, call (908) 273-8787.

NEW OUTLOOKS: The NJCVA Faculty Exhibitor will be on display at the New Jersey Center for Visual Arts in Summit Sunday through Jan. 3. An opening reception will take place Sunday from 2 to 5 p.m.
 Gallery hours are Mondays to Fridays, noon to 4 p.m.; Thursdays evenings, 7 to 9 p.m. and Saturdays and Sundays, 2 to 4 p.m. NJCVA is located at 68 Elm St., Summit. For information, call (908) 273-9121.

CELEBRATING EXCELLENCE: The Merck 2000 Junied Union County Art Exhibit will be on display at The Gallery at the Arts Guild of Rahway through Friday.

Gallery hours are Tuesdays to Fridays from 5 to 9 p.m., and Saturdays from 10 a.m. to 2 p.m. The Foundation is located at 177 Broadway in Clark, just off Exit 135 east of the Garden State Parkway. For information, call (732) 382-7197.

NO WORD FOR INHUMANITY will be on exhibit at the Kent Place Gallery in Summit through Friday.

Gallery hours are 9 a.m. to 4 p.m. Mondays through Fridays, and by appointment. The Kent Place Gallery is located on the campus of the Kent Place School, 42 Norwood Ave., Summit. For information, call Gallery Director, Judy Lapsides at (908) 273-0900, ext. 332.

CELEBRATING EXCELLENCE: The Merck 2000 Junied Union County Art Exhibit will be on display at The Gallery at the Arts Guild of Rahway through Friday.

Gallery hours are Wednesdays, Fridays and Saturdays from 1 to 4 p.m.; Thursdays from 1 to 3 p.m. and 5 to 7 p.m., and by appointment. The Arts Guild of Rahway is located at 1670 Irving St. For information, call (732) 381-7511.

NO CHILD'S PLAY: "Children of the Holocaust Creativity and Play" will be on exhibit in the Nancy Dryfoos Gallery on the first floor of the Nancy Thompson Library, Kean University, Union, through Wednesday.

Kean University is located at 1000 Morris Ave., Union. For information, call (908) 527-2222 or (908) 527-3049.

PROVENCE TO PLAINFIELD, the works of Timothy W. Jahn, will be on exhibit at the Swain Galleries in Plainfield through Nov. 28.

Gallery hours are Tuesdays to Fridays from 9:30 a.m. to 5:30 p.m., and Saturdays from 8:30 a.m. to 4 p.m. The gallery is located at 703 W. Main Ave., Plainfield. For information, call (908) 758-1707.

NEW JERSEY PHOTOGRAPHY FORUM and the Watchung Arts Center will exhibit the sixth annual juried show through Nov. 30.

The New Jersey Photography Forum is located at 124 Diamond Hill Road, Berkeley Heights. For information, call (908) 753-0190.

CHILDREN'S SPECIALIZED HOSPITAL will exhibit the works of Mary E. Bobek and Andrew Bobek through Nov. 30.

Exhibit hours are 8:30 a.m. to 8:30 p.m. daily. CSH is located at 150 New Providence Road, Montclair.

NEW WORKS IN WAX by Francesca Azzara will be on exhibit at the Donald B. Palmer Museum of the Springfield Free Public Library through Dec. 8. An opening reception will take place Sunday from 2 to 4 p.m.

Gallery hours are Mondays, Wednesdays and Thursdays from 10 a.m. to 8:30 p.m.; and Tuesdays, Fridays and Saturdays from 10 a.m. to 4:30 p.m.

'MAGIC AND METAPHOR' will feature the multimedia artwork of Silvia de la Rosa of Maplewood, at the Donald B. Palmer Museum of the Springfield Free Public Library through Dec. 8. Gallery hours are Mondays, Wednesdays and Thursdays from 10 a.m. to 8:30 p.m.; and Tuesdays, Fridays and Saturdays from 10 a.m. to 4:30 p.m.

BRUSH WITH ANTIQUITY, paintings and carvings by Marjorie McConnell of Fenwick, will be on exhibit at the Les Maitland Art Gallery in Union Public

BOOKS BY WOMEN, ABOUT WOMEN a book discussion group at Barnes and Noble in Springfield, will meet Dec. 6 at 7:30 p.m. The group meets the first Wednesday of each month. Barnes and Noble is located at 240 Route 22 West in Springfield. For information, call (973) 376-8544.

CLASSES
NEW JERSEY WORKSHOP FOR THE ARTS is currently accepting registration for the fall session of its Music Studio. Lessons include instrumental, voice and music theory, with beginner through advanced classes. The fall session begins in early September and lasts 15 weeks. Additional courses include art classes for children and toddlers, the Westfield Fencing Club and the Drawing Workshop. Classes take place at 150-152 E. Broad St., Westfield. For information, call (908) 783-9596.

WESTFIELD YOUNG ARTISTS' COOPERATIVE will offer professional classes in the performing arts. Beginners, intermediate and advanced acting classes will concentrate on improvisation, character development and scene study. Also offered are four levels of tap and three levels of musical theater, which focuses on song selection and interpretation, ensemble work, voice, and musical theater movement and dance. Private lessons in voice and/or acting are available.

The Westfield High School is located at 728 Westfield Ave., Westfield. For information, call (908) 233-3200.

LINDEN ART ASSOCIATION will offer classes in visual arts in five-week segments on Wednesday evenings. The sessions are as follows:

- Nov. 15, already in progress
- Nov. 29, Dec. 6 and 13, and Jan. 3 and 10
- Jan. 17, 24 and 31, and Feb. 17 and 24
- Feb. 21, 28 and 28, and March 7, 14 and 21
- March 28, and April 4, 11, 18 and 25
- May 2, 9, 16, 23 and 30.

Classes meet at the Sunnyside Recreation Center, Melrose Terrace at Orchard Terrace. For information, call (908) 486-1408.

MUSIC FOR CHILDREN in Westfield offers various music classes to children between the ages of 10 months and 8 years old. For information on class offerings or to reserve a space at either an open house, call (908) 232-4881.

CONCERTS
BARNES AND NOBLE in Clark will present musical performances throughout the fall. All concerts begin at 7:30 p.m. in the cafe section.
 Barnes and Noble is located at 1180 Raritan Road, Clark. For information, including a concert schedule, call (732) 574-1818.

MUSIC IN THE CAFE in Barnes and Noble in Springfield will feature free musical performances in the coming weeks. All concerts will take place in the coffee lounge area of the store from 8 to 10 p.m.
 Barnes and Noble is located at 240 Route 22 West, Springfield. For information, call (973) 376-8544.

LYRICA CHAMBER MUSIC will present a concert of little-known four-hand piano works Sunday at 3 p.m. at the Presbyterian Church of Chatham Township, 240 Southern Blvd., Chatham. Tickets are \$18 for general admission, \$14 for senior citizens, and students are free. For information, call (973) 701-1734.

POLISH CULTURAL FOUNDATION in Clark will present the NYCONN Opera Alliance in "The Glories of Polish Music" Sunday at 4 p.m. at the Foundation, 177 Broadway, Clark. For information, including ticket prices, call (732) 382-7197.

DANCE
SUMMIT FOLK DANCERS will meet Friday and Nov. 24 at 7:30 p.m. at The Connection in Summit. Fee is \$2. For information, call (973) 467-8278.

UNION COUNTY COLLEGE ALUMNI ASSOCIATION will sponsor its annual evening of swing dancing Friday at 7:30 p.m. in The Commons of the Cranford campus, 1033 Springfield Ave., Cranford. Tickets are \$10, with proceeds benefiting the association's Scholarship Fund. For information, call (908) 709-7505.

DISCUSSION
THE EDISON ARTS SOCIETY WRITERS' CIRCLE will meet at Barnes and Noble in Clark Monday at 7:30 p.m. The Writers Circle meets the second Monday of every month and new members are always welcome. Barnes and Noble is located at 1180 Raritan Road, Clark. For information, call (732) 574-1818.

FILM
ELIZABETH PUBLIC LIBRARY will sponsor a series of free film classics at the Main Branch in the coming weeks. All films begin at 10 a.m.
 The Main Branch of the Elizabeth Public Library is located at 11 S. Broad

St. For information, call (908) 354-6060.

KIDS
FAMILY FUN NIGHT with Humphy Dumpty and Chips the Safety Clown, will take place Nov. 16 from 7:30 to 9 p.m. at the Summit YMCA, 67 Maple St., Summit. For information, call (908) 273-3330.

UNION RECREATION Department will sponsor weekly ceramics classes for children between the ages of 7 and 12 at the Recreation building, 1120 Commerce Ave., Union, from 3:30 to 5:30 p.m. For information, call 964-4828.

POETRY
OPEN MIKE POETRY NIGHT will take place at Barnes and Noble in Clark Sunday at 7 p.m. Open Mike Poetry Night is sponsored the second Sunday of every month in the Music Department. Barnes and Noble is located at 1180 Raritan Road, Clark. For information, call (732) 574-1818.

RADIO
TRI-COUNTY RADIO ASSOCIATION will meet Dec. 4 at 8 p.m. at the Summit Bank on Park Avenue in Scotch Plains. The group meets the first Monday of every month. The group also meets the third Monday of the month — Nov. 20 — at 8 p.m. at the Willow Grove Presbyterian Church on Old Raritan Road in Scotch Plains. For information, call (908) 241-5758.

SINGLES
INTERFAITH SINGLES, for single adults older than 45 years old, will meet every Sunday from 9 to 10:30 a.m. for discussion and continental breakfast at the First Baptist Church, 170 Elm St. in Westfield. Donation is \$82.5269 or (908) 889-4751.

THEATER
PAPER MILL PLAYHOUSE will continue the 2000-01 season with "Victor Victoria," starring Judy McClane, Robert Cuccini and Leo Roy Reams. The show runs through Dec. 10 at the theater on Brookside Drive in Milburn.

Evening performances are Wednesdays to Saturdays at 8 p.m., and Sundays at 7:30 p.m. Matinees are Thursdays and Sundays at 2 p.m., and Saturdays at 2:30 p.m.

Special performances are "Meet the Artists," Nov. 28 at 7:30 p.m.; audio-described performances Nov. 30 at 2 p.m., Dec. 2 at 2:30 p.m., and Dec. 3 at 6:30 p.m., each with a sensory seminar 90 minutes before curtain, a sign-interpreted performance Dec. 3 at 7:30 p.m. and Dec. 8 at 8 p.m.; Gay and Lesbian Night, Dec. 6 at 8 p.m., with

post-show reception; and Singles Night, Dec. 7 at 8 p.m., with post-show reception.

Tickets are \$37 to \$60. For information, call (973) 376-4343, or buy tickets with Visa, Mastercard or Discover at www.papermill.org

KEAN UNIVERSITY THEATER SERIES will present "Cloud 9" by Caryl Churchill Friday through today in the Murphy-Dunn Theater in Vaughn-Earnes Hall on the Union campus. The final show is at 8 p.m. tonight. Kean University is located at 1000 Morris Ave., Union. For information, including ticket prices, call (908) 527-2337.

CARNIVAL PRODUCTIONS of Rahway will present "Siddhies Last Summer" by Tennessee Williams through Saturday at El Bodegon Restaurant, 169 W. Main St., Rahway. Shows are at 8 p.m. this evening, and 8:30 p.m. Friday and Saturday. Show-only tickets are \$12 for general admission, \$10 for students and senior citizens. Meal and show packages range from \$25 to \$30. For information, call (732) 389-8777 or send e-mail to cpickets@aol.com

THE PLAYHOUSE ASSOCIATION of Summit will present "Bus Stop" by William Inge through Nov. 18. Shows are at 8 p.m. Fridays and Saturdays, and 2 p.m. Sunday. Tickets are \$15 at the Summit Playhouse is located at 10 New England Ave., Summit. For information, call (908) 273-2192.

THE SOUTH STATE PLAYERS will present "The Diaries of Adam and Eve" by Mark Twain Nov. 19 at 2 p.m. in the Donald B. Palmer Museum at the Springfield Free Public Library. Admission is free, but by ticket only. Tickets may be picked up at the library's Circulation Desk. The Springfield Free Public Library is located at 66 Mountain Ave., Springfield. For information, call (973) 376-4930.

THE THEATER PROJECT at Union County College will present "What I Did Last Summer" by A.R. Gurney today through Nov. 19. Shows are 8 p.m. Thursdays, Fridays and Saturdays; a 3 p.m. matinee is scheduled for Nov. 19. For information, including ticket prices, call (908) 659-5189.

KEAN UNIVERSITY THEATER SERIES will present the musical "Nunsense" Friday through Nov. 19 in the East Campus Theater, North Avenue in Hillside. Shows are 8:15 p.m. Wednesdays, Thursdays, Fridays and Saturdays; 2:15 p.m. Sunday and Nov. 18 and 19. Tickets are \$12 for general admission; \$10 for faculty, staff, alumni and senior citizens, and \$8 for Kean students. For information, including ticket prices, call (908) 527-2337.

THE ELIZABETH PLAYHOUSE will present "The Torch-Bearers" by George Kelly Nov. 17 to Dec. 17. Shows are at 7:30 p.m. Fridays and Saturdays, 2 p.m. Sundays. Tickets

are \$8 for general admission, \$6 for students and senior citizens; all seats are \$5 at Friday performances. The Elizabeth Playhouse is located at 1100 E. Jersey St., Elizabeth. For information, call (908) 355-0077.

UNION COUNTY ARTS CENTER in Rahway will present the national tour of the Fats Waller musical, "Ain't Misbehavin'" Nov. 18 at 3 and 8 p.m. All tickets are \$18. UCCAC is located at 1001 Irving St., Rahway. For information, call (973) 499-8226.

VARIETY
THE BACK PORCH in Rahway will present Open Mike Night every Tuesday at 9 p.m. The Back Porch is located at 1505 Main St. in Rahway. For information, call (732) 381-6455.

CROSSROADS in Garwood presents a series of jazz, blues and comedy concerts. Every Sunday is Comedy Night at 7:30 p.m. Every Tuesday is the Jazz Jam. Every Wednesday is The Juggling Sons. Every Thursday, ladies drink half price.

Today Bar/oda
 Friday Skydog in an Ailman Brothers Tribute
 Saturday
 Nov. 16 Splooge
 Nov. 17 2nd Left
 Nov. 18 High Jump
 Nov. 23 Movie Marathon
 Nov. 24 ULU

Nov. 25 The Innerarts
 Nov. 30 Base and Divine Affluus
 Crossroads is located at 78 North Ave. in Garwood. For information, call (908) 232-5666.

HILLTOP CAFE AND GRILL in Summit presents "From Broadway to the Silver Screen" every Sunday at 6 p.m., preceded by an all-you-can-eat dinner from 5 to 6 p.m. Cost is \$29.95 and reservations are required. The Hilltop Cafe and Grill is located at 447 Springfield Ave., Summit. For information, call (908) 277-0220.

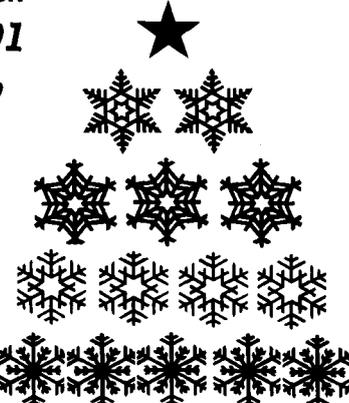
VAN GOGH'S EAR CAFE in Union will present a series of musical events in the coming weeks. Tuesday nights are "Acoustic Tuesday," with open mike from 8 to 9 p.m. for folk singers, poets and comedians, followed by a featured folk performer. Open mike participants sign up at 7:30 p.m., and get 10 minutes at the microphone. Jazz and blues are featured Sundays at 8 p.m. Cover charge is \$3 for all Sunday concerts.

Sunday: The Andre Barnes Trio
 Tuesday: Andy Kuncel
 Nov. 19 Framework
 Nov. 21 Vast

Nov. 25 The Booglerizers
 Nov. 28 Joe Rathbone
 Van Gogh's Ear is located at 1017 Stuyvesant Ave. in Union Center. For information, call (908) 810-1844.

THE WASHINGTON AVENUE PUB in Linden will present karaoke and the 100-Proof Duo Band every Saturday night. In addition, Monday features Football Food Specials, and Thursday is Ladies Night. The Washington Avenue Pub is located at 704 Washington Ave. in Linden. For information, call (908) 925-3707.

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MUSICAL CHAIRS

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14					15					16			
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63				64						65			
66				67						68			
69				70						71			

ACROSS

1. Title, street, etc.

2. Organic orchard fruit

10. Pizza baker

14. Character, singer

15. Group of larks

16. 4 vs. 5 cup

17. Colleen Clark member

18. Surprise attack

19. Water pipe

20. Gypsy song

21. Contentment

22. Tom Pacer artist

24. Sea swallow

26. Gen. Atry's horse

31. Cared for

35. Lord Byron poem

36. Letter drop

38. Carpenter's box

39. Help a hood

40. Man-jing pieces

42 — Beach, FL

43. Home on the range

45. Sniff

46. Tendish

47. Breathing disorder

48. Theater feature, once

51. Garden pest

54. Former NYC

54. Bible book

57. Girl Crazy song

63. View

64. Delta's creator

66. Basket willow

66. Stud's place

67. Groovy!

68. Henri's earth

69. Pl. of VISTA

70. Eye sore

71. Cornered

DOWN

1. Food bits

2. Novelist O'Flaherty

3. Info

4. Luigi's language

5. Montero feature

6. Greek hill

7. Edward or Evelyn

8. Slanted

9. Embarrass

10. Show Boat song

11. Medical bottle

12. Radiate

13. Forbidden fruit

14. Sweetbats' place

25. Pasta ingredient

26. David Copperfield's mother

27. Cantina beans

28 — We All 1929 song

29. Fiddler on the Roof tune

30. Götter Henke

32. Evdie's partner

33. Preternatural

34. Witty

37. Private talk

41. Dressmaker

44. Clinic letters

48. Signposty sequel

50. Marge, of the Reds

52. Everglades bird

54. Poet — Wheeler Witcox

55. Kind of lens

56. Kimono

58. Oil of —

59. Swordsman river

60. Service-station item

61. Roll call reply

62. Early TV sitcom

See ANSWERS on Page B14

What's Going On?

FLEA MARKET

SATURDAY
November 11th, 2000
EVENT: BIG INDOOR FLEA MARKET
PLACE: Roselle Catholic High School
Ruritan Road Roselle, NJ
TIME: 9:00AM-4:00PM
ORGANIZATION: Roselle Catholic High School

SATURDAY
November 18th, 2000
EVENT: Fishermen's Flea Market
PLACE: St. Thomas Church Hall 1400 St. Georges Avenue, Rahway
TIME: 9AM-3PM
PRICE: \$3.00 (kids under 12 free) A variety of new used, custom and antique fresh and saltwater fishing tackle will be available. Free door prizes will be awarded every hour. Hot food and refreshments will be available. For information call 732-982-6154
ORGANIZATION: St. Thomas Holy Name and FFM

SATURDAY
November 18th, 2000
EVENT: FLEA MARKET
PLACE: Redeemer Lutheran Church, 134 Prospect Avenue, Irvington, NJ
TIME: 9:00AM-2:00PM
PRICE: New and used clothes, shoes, toys, housewares, books, jewelry etc. Tables available for \$15 (per table). Call 973-372-9094 or 973-763-3281 between 9:00am to 8:00pm
ORGANIZATION: Redeemer Lutheran Church

SUNDAY
November 19th, 2000
EVENT: GIANT FLEA MARKET CRAFTS & COLLECTIBLE SHOW—INDOORS & OUTDOORS
PLACE: Bloomfield Middle School, 60 Huck Road, Bloomfield (off Broad Street by Waichung Avenue)
TIME: 9:00AM-5:00PM
PRICE: Featuring over 75 quality dealers selling a variety of merchandise at bargain prices. For information call 201-927-5535
ORGANIZATION: Unico

CRAFT

SATURDAY, SUNDAY
November 18th, 19th, 2000
EVENT: 26th ANNUAL CRAFT & ANTIQUE SHOW
PLACE: Caldwell College, Ryerson Ave. Encino, Caldwell (off Bloomfield & Caldwell)
TIME: 10:00AM-5:00PM
PRICE: Free Admission 140 crafts. Refreshments available all day. Also Chinese Auction. Free Parking. Call Jane 973-226-2885 for more information
ORGANIZATION: Friends of Caldwell College

FRIDAY
November 10th, 2000
EVENT: ARGYLE FISH & CHIPS DINNERS
PLACE: Holy Comforter Episcopal Church, 739 Seminary Avenue & St. Georges Avenue, Rahway
TIME: 5PM-7PM
PRICE: \$10 for adults, \$8.50 for seniors and children under 12. Takeout is available. For advance tickets, or more information call 732-982-6154
ORGANIZATION: Holy Comforter Episcopal Church

FRIDAY
November 10th, 2000
EVENT: ARGYLE FISH 'N CHIPS DINNERS
PLACE: 174 South Valley Road (corner of Meeker Street, near bottom of Walker Road), West Orange
TIME: 5:00PM-6:30PM
PRICE: Take out fish n chips dinner by Argyle. Pick ups begin at 5pm until 6:30pm (seating also available). Adults \$8, children \$4.50. Reservations requested. Call 973-731-6486
ORGANIZATION: Ridgeview Community Church

FRIDAY
November 18th, 2000
EVENT: HOLIDAY BAZAAR/CRAFT SHOW
PLACE: Woman's Club of Maplewood, 60 Woodland Road, Maplewood (between Ridgewood Road & Maplewood Avenue)
TIME: 10:00AM-4:00PM
PRICE: Free admission. Over 35 quality dealers kitchen one-of-a-kind gifts, jewelry and more! Lunch available
ORGANIZATION: Woman's Club of Maplewood

OTHER

FRIDAY & SATURDAY
November 10th & 11th, 2000
EVENT: ANNUAL PAPERBACK BOOK SALE
PLACE: 26 Park Street, Montclair (across from YMCAs)
TIME: Friday 10AM-8PM, Saturday 10AM-4PM
PRICE: Free admission. Paperbacks 50 cents. Proceeds fund scholarships. For more information call 973-783-7040, Wednesday AM
ORGANIZATION: College Women's Club, A Branch Of AAUW

FRIDAY
November 10th, 2000
EVENT: INVESTMENT SEMINAR
PLACE: Four Points Bantelo Hotel, 901 Spring Street, Route 1 & 9 North Elizabeth
TIME: 6:30PM-9:30PM
PRICE: Free admission. Must call to reserve seat, 973-623-8324. If you ever thought about investing in the stock market but didn't know how to start. Join us for an informative evening designed to teach you the principles of trading
ORGANIZATION: True Investments, Inc.

FRIDAY, SATURDAY & SUNDAY
November 10th-12th, 17th-19th, 24th-26th, 2000
EVENT: ANNUAL OPEN HOUSE SOUND & LIGHT SHOW
PLACE: Club Building, 295 Jefferson Avenue, off US22, East
TIME: Fridays, 6-10PM, Saturdays, NOON-9PM, Sundays, NOON-5PM
PRICE: Adult \$5, Children (12 & under) \$3. Seniors (62 & up) \$3
ORGANIZATION: The Model Railroad Club, Inc.

SATURDAY
November 18th, 2000
EVENT: HOLIDAY BAZAAR/CRAFT SHOW
PLACE: 777 Liberty Avenue, Union
TIME: 10am-4pm
PRICE: Free Admission
ORGANIZATION: Women's Fellowship Battle Hill Community Moravian Church

THURSDAY
November 16th, 2000
EVENT: HOLIDAY DEMONSTRATION NIGHT OPEN HOUSE
PLACE: Hannah Caldwell Elementary School (School Gym), 1120 Commerce Avenue, Union, NJ
TIME: 6:00PM-10:00PM
PRICE: Stress free shopping! Featuring Avon, Pampered Chef, Tupperware and much more. Something for everyone. Hope to see you on November 16th, 2000
ORGANIZATION: Hannah Caldwell Elementary School

SUNDAY
December 10th, 2000
EVENT: CHANUKAH SHOPPING BOUQUET
PLACE: YMAA of Union County, 501 Green Lane, Union
TIME: 12:00NOON-4:00PM
PRICE: Free admission. VENDORS WANTED! \$25 per space. Set up by 11:00am. Call Jani for application and additional information, 908-289-8112
ORGANIZATION: YMAA of Union County

Exhibit takes look at presidential elections

The Donald B. Palmer Museum of the Springfield Free Public Library is currently presenting an exhibit of "Memorabilia of Past Presidential Elections."

Set against a copy of the 1795 American Flag are historical medals, badges of office, ribbons, rosettes, and campaign buttons of past Presidential Elections. They include Adjunct and Aide ribbons for a reception for Theodore Roosevelt at Madison Square Garden in 1900, medals dating from 1862 and campaign buttons from the more recent past including the elections of John F. Kennedy, Lyndon B. Johnson, Richard M. Nixon, Jimmy Carter, Ronald Reagan and George Bush.

A display of medallions, bearing portraits in relief, feature early presidents such as George Washington, John Adams, Thomas Jefferson, Abraham Lincoln, and more recently portraits of Herbert Hoover and Ronald Reagan.

The artifacts in this display are part of the permanent collection of Donald B. Palmer. The exhibit will continue through December.

The hours of the exhibit are Mondays, Wednesdays and Thursdays from 10 a.m. to 8:30 p.m., and Tuesdays, Fridays and Saturdays from 10 a.m. to 4:30 p.m. Sunday hours are from 1 to 3:30 p.m. For information, call (973) 376-4930.

HOROSCOPE

For Nov. 13 to Nov. 19

ARIES (March 21-April 19): Stey on top of a financial matter. Get the facts or information surrounding a joint business up front before committing to match or contribute funds.

TAURUS (April 20-May 20): A wholesome relationship is not without a challenge or opposition. Compare notes, and be willing to grow through your differences.

GEMINI (May 21-June 21): You'll be asked to utilize your special skills or training to get a coworker out of a bind this week. Jump right in there to save the day.

CANCER (June 22-July 22): Research or review a decision you made some time ago to determine if you did the right thing. It's OK to change your mind.

LEO (July 23-Aug. 22): Being a good listener and showing sensitivity and sincerity go over well with a loved one. Find a warm and cozy environment for a heart-to-heart talk.

VIRGO (Aug. 23-Sept. 22): Make an honest attempt not to take sides in a verbal dispute or disagreement. Do your best to understand both points of view.

LIBRA (Sept. 23-Oct. 23): Don't make any quick or drastic moves where your finances are concerned. To avoid confusion or loss, stick closely to a budgetary plan.

SCORPIO (Oct. 24-Nov. 21): Right now, there are some doubts or misconceptions surrounding a personal project. Wait until the fog lifts and the path clears before you proceed.

SAGITTARIUS (Nov. 22-Dec. 21): You're easily excitable this week. During your interactions, make it a point to stay calm and communicate an important message slowly and clearly.

CAPRICORN (Dec. 22-Jan. 19): Meet lots of different people and make new friends at a social gathering. Initiate lively and informative conversations with a smile and a good joke.

AQUARIUS (Jan. 20-Feb. 18): A professional goal may seem unattainable or just beyond your reach. Don't give up just yet. Take a step back to evaluate your next move.

PISCES (Feb. 19-March 20): Travel plans are subject to delays or changes. Keep an open mind and a flexible schedule. Check in as early as possible to claim your seat.

If your birthday is this week, plan to walk a straight and narrow road during the coming year, making sure to dot your I's and cross your T's in all of your endeavors. Any deviations outside of trend, true or legal methods of operation will cost you dearly. On a positive note, you do have a strong self-confidence and fearlessness working in your favor. Don't be discouraged by setbacks or roadblocks. Just keep plugging along.

Also born this week: Jodie Foster, Whoopi Goldberg, Travis Barker, Frida Lyngstad, Oksana Baiul, Isaac Hanson, Kirk Lee Hammet, McCaughey septuplets.

RUMMAGE SALE

SATURDAY & SUNDAY
November 11th & 12th, 2000
EVENT: RUMMAGE SALE
PLACE: Cong. B'nai Avraham Shalom, 2035 Vauxhall Road, Union, NJ
TIME: Saturday 6PM-8PM, Sunday 9AM-12NOON
PRICE: Free Admission
ORGANIZATION: Sisterhood B'naiAvraham Shalom

Local poets sought

The International Library of Poetry has announced that \$36,000 in prizes will be awarded this year in the International Open Poetry Contest. Poets from the Union County area, particularly beginners, are welcome to try to win their share of more than 250 prizes. The deadline for the contest is Nov. 30. The contest is open to everyone and entry is free.

To enter, send one original poem, any subject and any style to: The International Library of Poetry, Suite 1909R, 1 Poetry Plaza, Owings Mills, MD 21117. The poem should be 20 lines or less, and the poet's name and address should appear on the top of the page. Entries must be postmarked or sent via the Internet by Nov. 30. You may also enter online at www.poetry.com.

To place a classified ad call 1-800-564-8911 by 3 p.m. Tuesday.

What's Going On is a paid directory of events for non-profit organizations. It is prepaid and costs just \$20.00 (for 2 weeks) for Essex County or Union County and just \$30.00 for both. Your notice must be in our Maplewood office 483 Liberty Street by 4:00 PM on Monday for publication the following Thursday. Advertisement may also be placed at 170 Scotland Road, Orange, 286 Liberty St., Bloomfield or 1291 Stuyvesant Ave., Union. For more information call 763-9411.

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Bill Van Sant, Editor
 Newark Community Newspaper
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 Organizations submitting releases to the entertainment section can mail copy to:
 1291 Stuyvesant Ave., P.O. Box 3109, Union, New Jersey, 07003.

Leisure Lifestyles The Potting Bench

Caring for pumpkins & gourds shouldn't wait until autumn

By Jeff Rugg
Copley News Service
Q. My pumpkin vine only has a few small pumpkins on it. It is too late this year, but what can I do next year to get better pumpkins? A. Pumpkins, squash, cucumbers, melons, cantaloupes, watermelon and gourds are all vines that like hot weather and at the same time, they like lots of water. The cool summer weather the East Coast experienced has caused some hot weather plants to falter. The drought conditions in the Southwest has made it difficult to grow many plants in the garden. Pumpkins like to stay well watered

If the soil dries out too much between waterings, they will drop flowers and small developing fruit. Next season, plan them in a mound of compost or roted manure. The organic matter will hold more water and the mound will give them a larger area to grow roots in.
Pumpkins and the other vines have male and female flowers, separately on the plant. They often open on different days and each flower only lasts for a day or two. This helps ensure a cross pollination from a different plant. It is best to plant several plants in a mound to allow for pollination, but if you are interested in big pump-

kins, you can remove a plant if it does not have a pumpkin on it. This way the roots of the good plant will get more water.
Bees and other insects do the pollinating. If you must use insecticides that will harm these beneficial insects, do so in the cool of the evening when they are not active around the garden.
If you only have room for one vine, you will have to try the cross pollination yourself. Each female flower has a large swelling at the base of the yellow petals, the male flowers grow on top of long stalks. Use a small paintbrush to collect some yellow pollen from the anthers of a male flower. Wipe the pollen on to the top of the pistil on the female flower. You will know if it was successful if, in a few days, the base of the flower starts to enlarge. It was not successful if the female flower withers and falls off.
Late in the season you should only allow one pumpkin to grow on the vine if you want one that will be of a large size. They will stop growing in mid October when the vine dies from the first frost. If you want some small pumpkins for use as table decorations, go ahead and pollinate several flowers. Instead of all of the vine's energy going into growing one larger pumpkin, it will be spread out among several smaller ones.
Every year you will hear reports of how poor the pumpkin crop is, but there always seems to be plenty of extras in the fields and at the stores. Pumpkins are a good source of vitamins and are good to eat. They are a variety of winter squash like butternut or acorn squash. Winter squash are left on the vine until they are mature and have a hard rind and are baked for eating. Summer squash are picked off

the vine while still green and have a soft rind and can be eaten raw or cooked. They do not store well and are eaten quickly like pumpkins.
Winter squash, like pumpkins, can be stored at 50 degrees until next spring. For best storage, they should have a bunch of 4 inch piece of stem and should not be exposed to a frost.
If you want to have a decorated pumpkin, but also save it for later eating, you can use tempera paint or markers to make your designs on the outside without cutting it open.
The rind is removed by peeling, then the flesh is boiled until soft. Drain the pot and mash the pumpkin until it is soft, it can then be frozen and will last for months. If you use fresh pumpkin in a recipe for pumpkin bread or pie, you will taste the difference and not want to go back to the canned stuff.
Small pumpkins can be eaten as a vegetable: steamed, boiled or battered and fried. They can also be sliced and eaten raw with dip as an appetizer.
Q. Cutworms are destroying my sedum. I think I've tried everything but the sedums keep falling. Help!
A. True, cutworms are the caterpillar larvae of specific types of moths. They chew the base of a plant and cut it down as though it was felled by a miniature lumberjack. Some varieties of snails and slug cause the same damage. All three pests come out at night and they all prefer new tender growth, not older, woody stems.
The cutworms burrow into the soil an inch or two and stay hidden in daytime. The snails and slugs hide in shady moist areas like piles of leaves or mulch.
Slug traps and bait will work for all three pests. And, yes, beer placed in

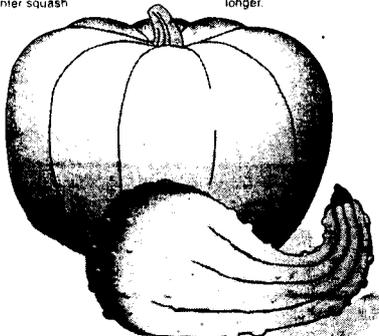
shallow saucers will catch slugs. Scrape a spot in the mulch so the edge of the saucer is level with the mulch then fill the saucer. The slugs will drown in the beer. The biggest problem with this method is that dogs, cats, raccoons and other animals also like beer. Don't use your husband's last bottle, either.
If you only have a few plants, you can try putting up barriers to the little Paul Bunyans. Collars made from tin cans, milk jugs, or stiff cardboard can all be sunk in the soil a few inches with at least two inches above the soil line. Rubbing the outside with petroleum jelly will also help.
If cutworms are damaging vegetable crops, you can do a little preventive work to prepare for next spring. Late in the fall, till the soil at least six inches deep and leave it turned upside down over the winter. This will expose the eggs, larvae and pupae to the winter's effects.

Q. We have a willow tree in our yard that is infested with little black bugs. They made a red smear or mark when you brush them off. They have gotten progressively worse the past three years. What can we do?
A. Willows are often short lived trees, because they have so many insect and disease problems. They have weevils that have a larval stage that is a borer. They have beetles that eat holes in the leaves and that eat off the leaf material between the veins. And last, but not least, they have aphids that suck the juice out of the leaves and stems.
All of these insects can be black. The aphids gather in large numbers on the leaves and stems. They are also soft bodied and so they are squishy. Aphids have a short digestive system and so the sap still has sugar in it when it leaves the aphid. The leaves and other objects - cars, tables - under an aphid colony may become sticky with the sap. A black sooty mold may grow on the sap and make everything look rather dirty. Ants may be present on large numbers to protect the aphids from predators so they can have all the sweet sap to themselves.
All of these willow insects can be controlled with the same method. Use a systemic insecticide that soaks into the trunk and moves through the plant where the chewing and sucking insects can be exposed to it, but the good insects that do not eat willows will not be exposed.

GARDENTIP

Winter squash wisdom

- Winter squash are the hard ones: acorn, butternut, Hubbard, spaghetti and pumpkins. They ripen in the fall and winter.
- Avoid any winter squash or pumpkins with heavy gouges, soft spots or blemishes.
- Look for squash that are hard heavy and that have a dull coat.
- Whole squash will keep for about a week at room temperature. Pumpkins will keep for several weeks at room temperature.
- Some stores sell winter squash already cut up. Look for brightly colored pieces with no mold, slime or discolorations.
- Some stores sell canned pumpkin filling, which is fine for making pies.
- Only sugar pumpkins are suitable for cooking. Do not let any store personnel tell you there is no difference. The seeds from all pumpkins can be roasted, however.
- Spray squash and pumpkins (especially jack-o'-lanterns) with an antiseptic to make them last longer.



SOURCE: "The Kitchen Survival Guide," Mary Ellen's Best of Helpful Kitchen Hints

Fall courses are set for county Master Gardeners

The Rutgers Cooperative Extension Master Gardeners of Union County invite you to attend the following free lectures on various gardening topics for our 2000 Fall Speaker's Series.
Learn valuable information and get some great tips on all your favorite garden subjects. Learn everything you need to know about "Composting." Join us and see how to make a terrarium that will bring you or someone you love years of pleasure with our "Horticultural Therapy and Terrariums" class. Experience the joy of making gifts to give to your family and friends with the "Preserving Herbs for Crafts and Holiday Gifts" class. Join us for any or all of these enjoy-

Hedge care can be easy

There's no need to hedge around when it comes to keeping hedges in shape. The latest gardening equipment makes hedge care easier than ever. Not only do some of the latest gardening tools come in convenient combination kits, but some of these easy-to-use tools are battery-powered.
A good example of the newest cordless tools is Ryobi's new 12 volt cordless rechargeable hedge trimmer and grass shears combo kit, which lets gardeners keep hedges neat and trim without trimming their gardening budget.
To learn more about this useful combo kit, visit Ryobi's web site at www.ryobi.com or call (800) 345-8746.

Fall courses are set for county Master Gardeners

able and informative seminars. Register by calling Rutgers Cooperative Extension at (908) 654-9854.
Rutgers Cooperative Extension of Union County provides information and education services to all people without regard to sex, race, color, national origin, disability or handicap, or age. All lectures in the series will start at 7:30 p.m. and will be held at the Union County Administration Building Auditorium, located at 300 North Ave. East in Westfield.
Today: Composting Fall Schedule
Nov. 30: Horticultural Therapy and Terrariums
Dec. 12: Preserving Herbs for Crafts and Holiday Gifts

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

UNION COUNTY
 1291 Snyvesant 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 • Vailsburg 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 the first day it runs! We cannot be responsible beyond the first insertion. Should an error occur please notify the classified department. 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 reject, 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 CLASS

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 \$40.00
 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

\$505 WEEKLY GUARANTEED working for the government from home part time. No experience required. 1-800-748-5716 ext. 2102

ADMINISTRATIVE ASSISTANT

New Jersey Performing Arts Center (NJPAC) is seeking an experienced Administrative Assistant. This individual will be responsible for providing a variety of complex and administrative support for one of the Vice Presidents. Position requires ability to take initiative. Successful candidate must have excellent computer and communication skills. Please send letter of interest and resume to Human Resources, New Jersey Performing Arts Center, One Center Street, Newark, New Jersey 07102. Fax: (973)253-9242. EOE M/F.

AM HIGH Jobs available over 150 specialties, plus up to \$12,000 enrollment bonus, up to \$10,000 student loan repayment, prior service openings. High school graduates, ages 17-27, or prior service members from any branch, call 1-800-429-1547, for an informational letter or visit www.airforce.com. Air Force.

ASSEMBLY - SMALL family owned business in Hillsdale seeks responsible goal oriented person for assembly position. Call for interview. 973-318-7200.

ATTENTION COMPUTER internet person needed! \$125 to \$175/hour part time/full time full training. Paid vacations/bonuses. Biweekly also needed. Call 1-800-954-7466. For free e-book log onto www.financeopportunity.com

AVON PRODUCTS Declare your independence! Control your own income. Set your own schedule. As an Avon representative you call the shots. Let's talk. Call 888-942-4053.

AVON START your own business. Work flexible hours. Enjoy unlimited earnings. Call toll free, 888-942-4053.

BANKING

BRANCH MANAGERS
 Strong outside business development skills including lending knowledge. 2+ years experience in community banking environment required for Union location. Excellent compensation and leadership skills. Excellent benefits including 401K, stock ownership, tuition reimbursement, life and LTD. Financial history including salary history at (973)624-5713. Independence Community Bank Human Resources Department 309 Broad Street Newark, NJ 07102 EOE M/F/D/V

HELP WANTED

CAREGIVERS NEEDED part time mornings afternoons, or full time for the elderly. Flexible hours. Non medical companionship, home care, and elderly related errands. No certification required. Free training provided. Driver's license and car required. Home Instead Senior Care, 908-653-9200.

CASHER Part time weekdays and Saturdays. Flexible hours and days. Seniors and retirees welcome. 908-925-3909.

CHILD CARE \$10.00-\$12.00 2 days 9:00am-5:00pm of Maplewood. Monday, Friday 4:00pm-10:00pm. \$10.00-\$12.00 per hour. Car & experience required. 908-317-9777.

CHILD CARE Full time nanny in my Maplewood home. Monday-Friday 8:00am-8:00pm. (some flexibility) 2 boys, 4 & 5'. Driver and English speaking preferred. Call Susan 973-775-9377 days, 973-762-7890, evenings.

CLAIMS PROCESSOR \$20-\$60/hour potential. Processing claims is easy! Training provided, most own PC. Call now, 888-679-5724 ext. 554.

CRANFORD POOL is looking for desk person whose hours are 9:00am-3:00pm, hours are adjustable. Monday-Friday. Also babysitter needed Monday-Friday 9:00am-12:00pm. Also live-in guard Tuesday and Thursday 7:00am-3:00pm. Call 908-709-7280 Ext. 10, ask for Pat.

CRANFORD POLICE DEPARTMENT PATROLMAN

The Cranford Police Department is seeking candidates for the position of patrolman. The position offers a competitive salary and full benefits.

Applicants must be picked up in person at Cranford Police Headquarters from Captain James Westbourne 8 Springfield Avenue Cranford, NJ 07016 Mon-Fri., 9am-3pm.

Deadline for the return of all applicants is Wednesday, November 22nd, 2000 at 3pm. All prior candidates must submit a new application.

DATA ENTRY, full or part time, high energy office multi-tasks, benefits 973-378-9699 Ext. 10 or 1-800-244-8373

DELIVERY PERSON for Cafe in Union. Must have own car. Salary plus excellent tips. Monday-Friday, 10:00am-2:00pm. Please call 908-354-0577.

DENTAL ASSISTANT, full time/part time Cranford Orthodontic office. Fax resume to 908-272-5887 or 908-272-5855.

HELP WANTED

DISPATCHER WANTED for Livingston Taxi. Saturday and Sunday. Knowledge of Livingston and surrounding towns required. Experience preferred, but will train the right person. 973-669-8778.

DRIVER COVENANT transport. Coast to Coast runs. Teams start 4:10 to 4:40. \$1000 sign on bonus for experienced company drivers. For experienced drivers, 1-800-441-4394. For new operators, 1-877-948-6615. Graduate students, 1-800-338-6428.

DRIVER FOR Livingston Taxi. Full time part time. Good driving record required. Will train 973-669-8778.

DRIVERS - Experienced Drivers start at \$40.00 top pay - 40/cpm. Regional 36 cpm. Lease program. New Used MS Cars 1-800-231-5209 EOE

DRIVERS, PART TIME, excellent pay. Must have own car/van. Flexible hours and days. Seniors and retirees welcome. 908-925-3909

DRIVERS

Local delivery service is seeking full time and part time help. Several shifts available. Good pay and steady work. Call 973-783-0050.

EARN \$25,000 - \$50,000 year. Medical insurance, billing assistance needed immediately. Use your home computer, get free internet, free long distance, website, email. 1-800-291-4883 ext. 407.

EARN \$\$\$ USING your PC \$500 - \$1500/month part time, \$20,000 - \$60,000/month full time, paid vacations. Call 732-942-8642.

EARN \$\$\$ HELPING doctors. Up to \$20-\$40/hour potential. Easy claims processing. We train! Computer with modem required. Call 7 days. 888-971-6497 ext. 621. \$359 software cost.

EXPERIENCED HR stylist with following for upscale hair salon in Cranford 908-272-5596 ext. for Janice or Carole.

FINANCIAL SYSTEMS Management Consultant. Have great people skills? Love working with smart people? Like systems and technologies? Have a financial CPA background? Want a challenging and rewarding professional life? Want to work hard and have fun? Join our team. B.L. Nickerson & Associates is a NJ based consulting firm serving the in-state area's nonprofit sector's needs and we're expanding our client service team. If you have your quality, send your resume with salary history to us via fax, 908-508-1229 or via email at bln@mlnet.net

FORKLIFT OPERATOR, experience needed with driver's license for marble/granite company. Some heavy lifting required. Full time benefits. Please call Kathy 273-318-7077.

FULL TIME Part Time Deli Clerk needed. Apply in person Town Hall Deli, South Orange Avenue. South Orange 973-762-4900

FULL TIME assistant for financial planning office, general office duties and detailed record keeping, computer experience desired. Fax resume and salary requirements 908-653-0311.

GOLFERS, WANT a career in Golf? \$10,000-\$20,000 per month. 888-388-0014

CLASSIFIED TELEPHONE SALES

Full time position in busy classified advertising department of suburban weekly newspaper group. Job entails taking customer ads by phone as well as telephone solicitation work. Friendly work environment, Maplewood location. Good spelling and a pleasant phone personality a must. Computer typing required. Benefit plan (973) 763-0700 or send your resume to Production Director Worrall Community Newspapers P.O. Box 158, Maplewood, N. J. 07040

NEWSPAPER PRODUCTION FULL TIME

We are a group of weekly newspapers with an office in Maplewood looking for a person with good typing skills. You will compose ads from advertising layouts, build editorial pages following page layouts. Along with all phases of the production department. Newspaper publishing and Macintosh experience helpful, but not required. Benefit plan with paid holidays. Call for an appointment. (973) 763-0700 or send your resume to Production Director Worrall Community Newspapers P.O. Box 158, Maplewood, N. J. 07040

Worrall Community Newspapers, Inc.

announcing

24 HOUR CLASSIFIED AD LINE

CALL 908-686-9898

ENTER SELECTION # 8100

Put your advertisement and your Visa or Mastercard ready to answer the questions you are asked in a clear voice.

HELP WANTED

Marrriott
 Marriott Brighton Gardens of West Orange, an assisted living community, seeks an experienced maintenance assistant.

MAINTENANCE ASSISTANT

Knowledge of plumbing, electrical wiring, painting and floor care necessary. Must be able to work independently.

Please apply either in person at 220 Pleasant Valley Way, West Orange, NJ Monday-Thursday, 9 am-4 pm or call (973) 731-9840 or fax your resume to (973) 731-9170. Afternoon Human Resources.

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announcing

24 HOUR CLASSIFIED AD LINE

CALL 908-686-9898

ENTER SELECTION # 8100

Put your advertisement and your Visa or Mastercard ready to answer the questions you are asked in a clear voice.

HELP WANTED

COMPOSITION DEPT. PART TIME
 We are a group of weekly newspapers with an office in Maplewood looking for a person to assemble (paste up) newspaper pages. Approximately 21 hours on Tuesday and Wednesday. Experience helpful, but not required. Entry level position. Call for an appointment.

(973) 763-0700 or send your resume to Production Director Worrall Community Newspapers P.O. Box 158 Maplewood, N. J. 07040

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 becoming 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 Tom Canavan, P.O. Box 3109, Union, N. J., 07083, or fax to (908) 686-4169.

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

BANKING

Have you heard about the buzz?

Commerzbank has some of the coolest jobs around. Delivered to you ordinary bank, we've got a fascinating environment that will train you and reward you. Just step inside one of our branches and you'll see the difference. We invite you to explore our great opportunities at our

JOB FAIRS

Wed., November 15th 4 pm to 7 pm Located at: Commerce Bank 50 West Main St. Somerville, NJ 08876

Wed., November 15th 5 pm to 8 pm Located at: Commerce Bank 540 Morris Ave. Springfield, NJ 07081

You'll enjoy:
 • Total reimbursement (even for parking)
 • Great training programs
 • Flexible scheduling
 • Generous medical benefits
 • Stock options on an historically strong performer
 • Discounted auto and homeowners' insurance

Positions are also available at our new branches opening soon in Bridgewater, Randolph, Mount Olive and Morris Plains

Unable to attend? Apply online. Stop by any branch location. Fax your resume to: 908-906-0023. Phone: 888-751-0000 ext. 7770. Mail: Commerce Bank, Human Resources, One Royal Rd., Flemington, NJ 08822. Email: psydick@combank.com.

commeronline.com

Equal opportunity employer committed to diversity in our customers and employees. EOE, m/f/d/v. Drug testing required.

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

TELEMARKETING PERMANENT - PART-TIME

Need extra for those bills or just want extra dollars. Join our telemarketing team at Worrall Community Newspapers and work from our office in union. 6:00 to 9:00 p.m. Monday-Thursday Earn \$7.00 per hour plus bonuses (Work any three or up to 4 nights per week) Call George - 908-686-7700 Ext. 346 Worrall Community Newspapers

REAL ESTATE

PEOPLE IN THE NEWS

Hooley joins Weichert

Some Rivera Hooley has joined the Westfield office of Weichert Realtors as a sales associate.

A newly licensed real estate professional, Rivera Hooley brings graphic design experience to her new position at Weichert. She is a member of Weichert's International Division, speaking fluent Spanish. Rivera Hooley and her husband reside in Roselle Park.

Weckesser is aboard

Paula Weckesser has joined the Westfield office of Weichert Realtors as a sales associate.

A new graduate of real estate professional, Weckesser brings a high school teacher's experience to her new position with Weichert. She is a graduate of St. Peter's College in Jersey City. Weckesser is a resident of Edison.

Thornton is associate

Thorn Thornton has joined the Westfield office of Weichert Realtors as a sales associate.

A newly licensed real estate professional, Thornton brings managerial

training and marketing experience to her new position at Weichert. She holds a bachelor's degree from Monmouth State University.

Thornton is a longtime resident of Bloomfield, where she is a member of the Greater Enclave Temple/Pastor's Aid Committee.

For real estate transactions, call Thornton at Weichert's Westfield office, (908) 654-777, located at 185 Elm St.

Goncalves is in Union

Maria Goncalves has joined the Union office of Weichert Realtors as a sales associate.

A newly licensed real estate professional, Goncalves brings administrative experience to her new position at Weichert. She previously worked for H&K&K as an executive secretary. She is a graduate of Jersey City University.

Goncalves and her husband are longtime residents of Union.

For real estate transactions, call Goncalves at Weichert's Union office, (908) 687-4000, located at 1307 Stateview Ave.

Brenner joins staff

Marc Brenner has joined the Westfield office of Weichert Realtors as a sales associate.

A newly licensed real estate profes-

sional, Brenner brings sales experience to his new position at Weichert. Brenner is a resident of Kenilworth.

For real estate transactions, call Brenner at Weichert's Westfield office, (908) 654-777, located at 185 Elm St.

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.

Your business can grow with more customers. Reach the potential customers in your newspaper with an ad by calling 973-763-9411.

BUSINESS OPPORTUNITIES

MAILING MAIL order Money Machine turns your mailing into an ATM FREE report tells all! Call 800-573-3236 ext. 1428 (24 hours) U2
BANKCARD PROS Experienced only leads, 95% approval rate, 100% lifetime earnings. New TTP \$300. Guaranteed. Leasing from 0285-1800-537-8741. Ex 912

EARN EXTRA INCOME while helping Children & Families. Exciting business opportunities with **DISCOVERY TOYS. 973-218-0107**

INTERNET Create your automatic money machine... in 22 months company spread over 230 countries. Our product in great demand worldwide... only \$123 a year. Call 973-338-9445

LEADERS WANTED: EARN \$2K-\$5K PER WEEK FROM HOME! GREAT TRAINING & SUPPORT! NO SELLING! NO MLM! CALL 1-888-874-9001

LET THE government start your business! Free cash! Corporation, free business and office software. Start SASE to Government Publication, 1025 Connecticut Avenue, Washington D.C. 20036. 800-306-0973. www.capitalpublications.com

OPPORTUNITY! Full Time, Part Time Sales of Health Food Supplements designed for the Afro-American Community. **"IF YOU QUALIFY... WE PUT YOU IN BUSINESS."** MAISHA AFRO HEALTH SYSTEMS INC. 973-676-9997
Work at Home... Serve your Community... MAKE YOUR FORTUNE NOW!
Pre-secured routes features machines which vend Hershey's candy! Limited areas available. Min. investment under \$5K. Potential Earnings over \$25K. One year: 1-609-743-5552, 24 hours.

RENTAL

"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, sex, handicap, familial status, or national origin, or intention to make any such preference, limitation, or discrimination."

"We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis."

APARTMENT TO RENT
ELIZABETH/UNION **CHARMING**
1 Bedroom available in quiet location, fully updated, hardwood floors, lots of closet space, ample parking, laundry on site, walk to public transportation, no pets. From \$600. 560 Westminster Avenue. 908-355-3913.

NEWARK—WEEQUAHIC AREA STUDIO 1 AND 2 BEDROOMS
Very spacious, nice quiet building and neighborhood. Near transportation. Superior service program.

ON SITE SECURITY SECURE UNDERGROUND PARKING
Call Mrs. D. for appointment 973-765-8488

ROSELLE PARK 1 bedroom modern/garden apartment, heat, hot water, parking, \$750/month. 1 month security, no pets. 201-997-9564

SOUTH ORANGE modern efficiency, near train, many amenities, alarm system, \$700/month, heat hot water included. 973-692-2777

UNION VALHALLAM renovated large 1 bed room apartment, vacant and ready to move in. On street parking \$650. 1 month security. Call Stephanie 908-954-7063. Rental fee will be required.

UNION (Washington School Area) 1 bedroom apartment in 2 family home. Heat included, plus garage. 1 month security \$675. 908-439-3543

FURNISHED ROOMS FOR RENT
UNION, 1 LARGE furnished room share kitchen and bath, utilities included, non-smoker, \$550. No pets. 908-810-8365 after 6pm.

UNION, 2 ROOMS call for details, available now. 908-686-2542

WEST ORANGE Llewellyn Hotel, 259 Main Street. Convenient to transportation. Rates from \$90 per week. Call 973-731-8845 or 973-736-1838.

HOUSE TO RENT
FORECLOSED HOMES Low or \$0 down! Government & bank repossessions being sold! Financing available. Local listings 800-501-1777, ext. 199.

OFFICE TO LET

BLOOMFIELD Professional office building, 2 offices available immediately. First floor 1,100 square feet and 1,500 square feet. Ideal for doctors, lawyers and other professionals. Near all major highways. Call John 973-292-8116, weekdays 9:30am-4:30pm.

LINDEN From 300 square feet to 1000. Elevator building with ample parking. Call Ed Brann 908-486-2444, days, 908-277-8511, evenings.

SOUTH ORANGE 6 South Orange Avenue. Professional office space available furnished and unfurnished. Excellent location. Response rates. 973-378-2255.

SOUTH ORANGE near bus train and public parking. Furnished office perfect for social worker or psychologist. Share waiting room with other professionals. 254 71 South Orange Avenue. South Orange 10329.

SPRINGFIELD INDIVIDUALLY furnished offices with business support services. Call Valeri 973-921-3000.

SUMMIT DOWNTOWN Springdale Avenue. 2nd floor. Approximately 150 square feet. Ideal for professional or sales. Call Valeri 908-277-0367.

REAL ESTATE SERVICES

MYWAY HOME own home, www.mywayhome.com. Complete online buyer services helps you 100% financing, including Good income & credit required. Save \$10,000. 1-888-839-6952

REAL ESTATE FOR SALE

LAKE LOT liquidation 10 acres. Lake Access. \$14,900. 9 acres. Riverfront, \$34,900. Spectacular woods! 70 acre mountain lake. Just 2 1/2 hours NYC. Worth just \$88,900. 927-7111. www.upstateland.com

NEWARK, 47 RICHLEIGH family 3 bedrooms 1 1/2 baths New brick, solar etc. \$129,900. Work! Call 888-925-9277. 732-545-8183

UNION Cape Cod 4 bedrooms 2 full baths attached garage fenced in yard gas heat. Brokers Protected. Asking \$190,000. 908-879-8140

OUT-OF-STATE

UPSTATE, SACRIFICE 18 acre/pond, \$14,000. Beautiful rolling hills, nice views, quiet country setting! E2 terms! Hurry! PH: 925-9277. www.upstateland.com

Website can provide answers to buyers', sellers' questions.

As New Jersey's competitive housing market continues to tighten, many homebuyers and sellers are looking for new ways to achieve their goals. Mywayhome.com, a regional real estate website for Northern and Central New Jersey, provides the answer.

Created by a family of leading real estate professionals including Realtors, mortgage bankers and real estate attorneys, mywayhome.com provides an online resource for selecting a home, instant statistics about neighborhoods, schools and safety, and most importantly, personal assistance to help consumers build a successful home-buying or selling team.

"The members of mywayhome.com believe in partnering with clients to make their real estate transactions as smooth as possible," said Paul DiGiacomo of the law firm of DiGiacomo and DeTommasi, a new mywayhome.com family member. "I am pleased to be part of a group of such dedicated professionals."

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, or intention to make any such preference, limitation, or discrimination."

"We will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis."



Sell Your Home
IN UNION COUNTY CLASSIFIEDS
CALL 1-800-564-8911

TO PLACE YOUR CLASSIFIED AD
Search your local classifieds on the internet
www.localzoo.com

TRANSACTIONS

(Continued from Page B15)

sold property at 398 Hunterdon St., to Ronald and Leslie Hunter for \$62,400 on May 9.

Secretary Of VA sold property at 104 Clover St., to Henry Pogre for \$95,501 on May 9.

Nicholas and Miramene Aupion sold property at 124 W. 8th Ave., to Wanda Pivner for \$117,000 on May 9.

Mia McLeod sold property at 638 Prosper Ave., to Monica Radford for \$108,000 on May 10.

Peter and Sheri Magerkurth sold property at 200 Vine St., to Sean Coleman for \$119,000 on May 10.

Dolores M. Perry sold property at 225 Lafayette St., to Grover C. Mallory for \$128,000 on May 10.

Ruth E. Fullman sold property at 212 Vine St., to Michelle D. Wilson for \$74,200 on May 11.

John J. and Florence Betzge Jr. sold property at 61 Allison Road to Joseph and Antonia C. Filous for \$116,500 on May 13.

Union

Susan L. Earls sold property at 1041 Pine Ave., to James H. Johnson for \$158,500 on April 28.

Paul Dimakos sold property at 2751 Meister Ave., to Frank and Knight P. Tumaski for \$165,000 on April 28.

Evelyn C. Kowach sold property at 100 Reinhold Terrace to Peter and Georganna Ciccone for \$100,000 on April 28.

Joseph W. Karavivis sold property at 1339 Burnet Ave., to Concetta Capongro for \$144,000 on April 29.

The Simple Truth About Selling Houses
More Buyers= Faster Sale= Better Price & Terms

FOR SALE 

How does Burgdorff ERA do this? With our Proactive Marketing Plan and by placing your listing on the Multiple Listing Service where all member Realtors have the opportunity to sell your home.

BROOKSIDE SCHOOL AREA
Call John, Susan & Beverly, 212 East Caldwell Road, Spring House NJ 07081. 2000 sq ft. 4 bedrooms, 3 full baths, 2 car garage, walk out to garden, pool, hot tub, and more. \$299,900.

"MATTHIAS SAYRE HOUSE"
Built in 1783, this is a 2-story, 2 1/2 bath WESTFIELD Colonial style home. 2 1/2 acres, 1000 sq ft. 4 bedrooms, 3 full baths, 2 car garage, walk out to garden, pool, hot tub, and more. \$299,900.

CUSTOM BUILT RANCH
New! 1983, 4 bed + den, 3 1/2 bath, 2 car garage, walk out to garden, pool, hot tub, and more. \$299,900.

IDEAL INCOME PRODUCER
3 level, brick, new flooring, renovation, 2, 300 sq ft. 3 bedrooms, 2 full baths, 2 car garage, walk out to garden, pool, hot tub, and more. \$299,900.

SPACIOUS SPLIT
New! 1983, 4 bed + den, 3 1/2 bath, 2 car garage, walk out to garden, pool, hot tub, and more. \$299,900.

THIS IS NOT A DRIVE-BY
The 3 bedroom, 1 1/2 bath Colonial style home, 2 1/2 acres, 1000 sq ft. 4 bedrooms, 3 full baths, 2 car garage, walk out to garden, pool, hot tub, and more. \$299,900.

POSSIBILITIES
4 bed, 3 1/2 bath, 2 car garage, walk out to garden, pool, hot tub, and more. \$299,900.

SPLENDID RAISED RANCH
New! 1983, 4 bed + den, 3 1/2 bath, 2 car garage, walk out to garden, pool, hot tub, and more. \$299,900.

Free same-day loan decision... GUARANTEED.

1-888-421-3813

Financing provided by Candent Mortgage Corporation, 3000 Leidschmidt Road, Mt. Laurel, NJ 08054. Licensed Mortgage Banker (N.J.) Department of Banking. Some restrictions apply. Please contact us for details.

BURGDORFF ERA REALTORS

Come visit us on the web at <http://www.burgdorff.com>

WESTFIELD OFFICE: 600 North Avenue West • Westfield, NJ 07090 • (908) 233-0065

Mangels & Co. REALTORS

Selling Homes in Union County Since 1929

367 Chestnut St. • 502 Centennial Ave.

Union (908) 688-3000
Cranford (908) 931-1515

"TOO NEW FOR PHOTO"

EXCLUSIVE
Two family, all brick, side by side. Right side vacant, recently painted and ready to move right in! Both apartments featuring LR, DR, BK, 2 BR, 1 Full Bath. Partially finished basement, PMA, CAC and garage of parking. Own neighborhood. UN \$289,900.

CRANFORD
Four Bedroom Larson Split on private cul-de-sac boasts hardwood floors, 2 1/2 baths, large master and located in desirable Cranford Avenue School area. CRD \$369,900.

ROSELLE
NEWLY RENOVATED 2 FAMILY
Great opportunity for first time buyer or investor! Family's are month to month. 4BR over 2 BR, 2 car garage, large property. UN \$179,000.

NEW JERSEY MORTGAGE RATES

FOR UPDATED RATES CALL 1-800-898-8988 AND DIAL THE LENDER CODE

LOOK FOR THESE LENDERS ON THE INTERNET @ WWW.NJ-MORTGAGEINFO.COM/MORRALL-HTML

PRODUCT	RATE	PTS	APR	PRODUCT	RATE	PTS	APR
30 YEAR FIXED	7.18	0.25	7.99	APP 30 YEAR FIXED	8.13	0.00	8.20
15 YEAR FIXED	7.78	0.00	7.86	PEE 15 YEAR FIXED	8.38	0.00	8.58
1 YR ADJ.	8.00	0.00	8.09	NP 1 YR ADJ.	8.38	0.00	8.58
30 YR FIXED	7.00	3.00	7.44	APP 30 YEAR FIXED	7.88	0.00	7.84
15 YR FIXED	NP	NP	NP	PEE 15 YEAR FIXED	7.63	0.00	7.63
30 YR JUMBO	8.88	0.00	8.41	100% 30 YR JUMBO	7.50	0.00	8.30
30 YR FIXED	8.00	0.00	8.03	APP 30 YEAR FIXED	7.50	0.00	7.56
15 YR FIXED	7.83	0.00	7.86	PEE 15 YEAR FIXED	7.28	0.00	7.38
1 YR ARM	7.00	0.00	8.13	NP 30 YR JUMBO	7.88	0.00	8.15
30 YEAR FIXED	7.74	0.00	7.78	APP 30 YEAR FIXED	7.74	0.00	7.78
15 YEAR FIXED	7.58	0.00	7.59	PEE 15 YEAR FIXED	7.50	0.00	7.50
30 YR JUMBO	8.00	0.00	8.15	0 30 YR JUMBO	7.88	0.00	8.30
30 YEAR FIXED	7.63	0.00	7.70	APP 30 YEAR FIXED	8.13	0.00	8.20
15 YEAR FIXED	7.43	0.00	7.43	PEE 15 YEAR FIXED	7.43	0.00	7.48
100% FINANCING	8.58	0.00	8.44	375 100% 30 YR	7.75	0.00	8.13
30 YR FIXED	7.28	3.00	7.56	APP 30 YEAR FIXED	8.00	0.00	8.00
15 YR FIXED	7.00	0.00	7.51	PEE 15 YEAR FIXED	7.50	0.00	7.56
30 YR JUMBO	8.00	0.00	8.22	APP 30 YR JUMBO	8.13	0.00	8.51

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AUTOMOTIVE

Toyota hopes 2001 Corolla will reach younger buyers

By Mark Maynard
Copley News Service

The polite and efficient Toyota Corolla gets a kick in the "S" for 2001.

In a modest effort to reach younger buyers, Toyota came up with the Corolla S, a slightly sportier model than the base CE or uplevel LE Corolla. It replaces last year's VE.

It also might be a little distraction for the redesigned Honda Civic, which has long been a favorite of young drivers.

Corolla starts the model year with a routine freshening of new front and rear sheet metal, a chrome grille and multifunction halogen four-beam headlights. Inside, there were changes in seat fabrics and a new push-button air recirculation control.

The car really doesn't need much in the way of improving. It was and is functional and roomy, safe and sound with options for side air bags and anti-lock brakes.

And despite the mature styling, even a modestly equipped Corolla has an overarching spirit for fun driving.

As a dutiful, compact four-door, Corolla is nicely balanced and dives eagerly into "S" turns without a fuss or loss of front-end grip. The 14-inch Goolery-Integrity tires give out little squeals when pushed hard through corners, but the performance is supple and quiet rolling at all other times.

The S package has no performance enhancements to engine or suspension. It relies on cosmetic add-ons to separate it from the family grocery-getter.

Among the special features are its own style of fabric bucket seats, a Mono-esque leather-trimmed steering wheel, S-embroidered floor mats, red nighttime gauge lighting and body-color rocker panels and outside mirrors.

If Toyota chose, it could build a stealth thoroughbred S by raiding the Celica GT parts bin and offer its 140- or 180-horsepower engine, five- or six-speed close-ratio manual transmission, go-kart quick steering and 9-inch disc brakes.

But it costs money to go fast and in base form, the S is a stripper model with crank windows, manual transmissions, no air conditioning and an AM-FM radio with no cassette. The base price of \$13,248 — including the \$455 destination charge — is a canvas waiting for personalization.

Such as alloy wheels. Toyota held the price line by not giving it special wheels, but instead gave it a special pattern of wheel cover. At just \$365, the aluminum wheel option, will no doubt, be a popular extra.

Sticker price for the S test car was \$17,404 — and every extra feature added to the enjoyment of driving and resale value.

All Corollas come with five-speed manual transmissions, but there are options to two automatics: a three-speed with the CE model and a four-speed with the LE.



The 2001 Toyota Corolla has an overarching spirit for fun driving.

Corolla loyalists enjoy the Toyota badge of reliability and a well-rounded car.

Most apparent is the attention to detail in how the Corolla is put together built at the NUMMI factory in Fremont, Calif.

The trim plastic and seat fabrics are sturdy but have an appealing appearance. The cabin is well-soundproofed and the independent suspension filters

out road harshness. There are American-size dimensions for head and leg room, even in the back seat.

At 2,485 pounds, the S really makes the most of the 125-horsepower, four-cylinder engine. The aluminum engine has twin cams, 16 valves and VVT-i or Variable Valve Timing that optimizes air intake and exhaust for steady power and reduced emissions. It is clean enough to be certified

as a Low Emissions Vehicle and gets an Environmental Protection Agency mileage rating of 32 miles per gallon city and 41 highway; the three-speed automatic is rated 29/33. Most drivers or commuters could walk on the S all week and still have left-over gas.

There are less-expensive compact sedans, but the Corolla is a benchmark. It has heft and substance, without mass and flash — qualities to appreciate every time you drive the car.

Mark Maynard is automotive editor at the San Diego Union-Tribune. Contact him at mark.maynard@untrib.com.

AUTOMOTIVE

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HONDA ACCORD 1994. 2 door, power steering, automatic, excellent condition, 100,000 miles and brakes. \$6K, running good. \$8,800. 973-325-6487.

HONDA ACCORD 1998. under 21,000 miles, 4 door, air, power windows, am/fm cassette radio. Call Joe. 908-846-9372. After 5pm.

HONDA ACCORD LX. 1998. 2 door coupe, loaded, original owner. 31K. back. Excellent condition. Certified appraisal \$16,950. Estate sale. 973-763-5554.

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2002 Toyota Corolla S

Body style: Compact four-door, five-passenger sedan
Drive system: Front engine, front drive
Engine: Aluminum 1.8-liter, 16-valve DOHC inline 4
Horsepower: 125 at 5,800 rpm
Torque: 125 foot-pounds at 4,000rpm
Transmission: Five-speed manual
Acceleration: 0 to 60 mph, NA seconds
EPA fuel economy estimates: 32 mpg city, 41 highway, regular unleaded recommended
Fuel tank: 13.2 gallons
Wheelbase: 97 inches
Height: 54.5 inches, with roof rack
Towing capacity: 1,500 pounds
Curb weight: 2,405 pounds (2,485 with optional 4-speed automatic)
Trunk space: 12.1 cubic feet
Front head/leg/shoulder room: 39.3/42.5/52.8 inches
Rear head/leg/shoulder room: 36.9/33.2/52.2 inches
Safety: Front air bags, three-point front shoulder belts with height-adjustable anchors and pretensioners and force limiters; rear center shoulder belt; side impact beams; 5 mph bumpers; interior trunk release handle; daytime running lamps.
Standard equipment: Tachometer-speedometer-tripometer with red illumination; outside temperature gauge; front and rear cup holders; four-speaker AM-FM radio; remote trunk-hood fuel door releases; halogen headlights; tinted glass; reclining "S" grade fabric front bucket seats with adjustable head rests; intermittent windshield wipers; unique wheel covers; black manual remote-control mirrors; integrated fog lights; color-keyed rocker panels; rear mudguards, grille trim and body side moldings; covered center console box with sunglass holder; simulated-leather steering wheel.
Body type: Steel unibody.
Suspension: Four-wheel independent MacPherson struts with front and rear stabilizer bars.
Brakes: Front vented discs (10-inch) and rear drums.
Steering: Power rack and pinion.
Tires and wheels: 175/65R 14-inch on steel wheels; temporary spare.
Base MSRP: \$13,248, including \$455 destination charge. Price as tested, \$17,404, including \$565 value package discounts.
Options on test car: Heavy-duty rear window defroster, \$205; ABS, \$550; side air bags, \$250; deluxe four-speaker radio, \$365; content package, \$530; cruise control, tilt wheel; value packages, \$1,800; air conditioning, digital clock, power windows and locks; dual power and color-keyed outside mirrors; carpeted floor mats, \$76.
Where assembled: Fremont, Calif.

Bill Van Sant, Editor

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Century offers touches of luxury and comfort

A special appearance and content package that helped make the 2000 Century a top seller will be available on 2001 models.

Century took over as Buick's leading seller in calendar year 1999, with a record 157,035 deliveries, up 24.4 percent from a strong sales year in 1998 in which Buick sold 126,220 Centurys. Century continued to show improvement in sales in the 2000 model year, posting its best June sales in 13 years and its third best February sales ever. Buick celebrated the year 2000 by creating a "Century 2000" special edition. That edition featured machined aluminum wheels, a blacked-out grille, black door header moldings and body-colored fascia and side moldings. The uplevel special edition included leather-trimmed seats with a side air bag for the driver.

It was so popular that a similar special edition of Buick's "luxury car for everyone" is available for 2001.

Century continues to focus attention on safety and security for 2001, adding a standard trunk entrapment handle to allow escape from the trunk for someone inadvertently locked in, and factory-installed OnStar service as standard equipment on Limited models. Models equipped with OnStar also come with one year of free safety and security service.

Century standard features include traction control, dual zone ComfortTemp climate control, remote keyless entry, daytime running lamps and power windows, door locks and remote trunk release. New rear wheelhouse liners contribute to a quieter ride.

Added features for 2001 include an oil-life monitor and an extended recommended oil change interval that is increased by 2,500 miles to 10,000 miles, under normal use. This adds to other long-life Buick engine features such as self-cleaning, silicon-coated, platinum-tipped spark plugs that operate at higher temperatures, decreasing the potential for plug fouling and increasing plug life to 100,000 miles, extended-life transmission fluid that provides up to 100,000 miles of service under normal operating conditions, and long-life engine coolant that provides as much as 150,000 miles of service under normal operating conditions.

New Centurys also have improved front and rear armrests and modified 15-inch aluminum wheels.

Centurys are equipped with Buick's Convenience Plus package of features including delayed entry and exit lighting, theater dimming, flash-to-pass control, battery run-down protection, lockout protection, delayed locking, auxiliary power outlet, retained accessory power, theft-deterrent system and daytime running lamps. Power windows and door locks are standard.

"As Buick's value leader, Century offers unexpected touches of luxury and uncommon comfort in an affordable four-door sedan," said Anthony H. Derhake, Century brand manager. "From our base model right up through the Special Edition, Century packages a wide range of standard and available features that our customers find highly attractive for the money."

All Century models are powered by a 3.1-liter 3100 V-6 engine that delivers 175 horsepower at 5200 rpm and 195 lb-ft of torque at 4000 rpm. Fuel economy is 20 miles per gallon in city driving and 30 mpg on the highway.

New exterior colors for 2001 are Graphite Metallic and White. Graphite is offered in leather interiors and a cloth Graphite interior will be introduced in mid-year.

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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2001 CHEVY ASTRO VAN Std. Equip. incl: 4300 V-6, auto OD trans, A/R, pwr strngbrs, VGS, 6-disc, 6-speaker, 100-watt, int. w/d. 6-way seat, air, A/C, 12-disc, 6-speaker, 100-watt, int. w/d. \$19,999. MSRP \$20,379. MSRP \$19,950. 1000 factory rebate. Includes \$1000 factory rebate.	2001 CHEVY ASTRO VAN Std. Equip. incl: 4300 V-6, auto OD trans, A/R, pwr strngbrs, VGS, 6-disc, 6-speaker, 100-watt, int. w/d. 6-way seat, air, A/C, 12-disc, 6-speaker, 100-watt, int. w/d. \$19,999. MSRP \$20,379. MSRP \$19,950. 1000 factory rebate. Includes \$1000 factory rebate.	2001 CHEVY VENTURE Std. Equip. incl: 3.4L V-6, auto OD trans, 2nd strngbrs, 6-disc, 6-speaker, 100-watt, int. w/d. A/R, tilt, cruise, trip, clock, etc. AM/FM Stereo, CD, 6-disc, 6-speaker, 100-watt, int. w/d. \$23,534. MSRP \$23,914. MSRP \$23,485. 1000 factory rebate. Includes \$1000 factory rebate.	2001 CHEVY BLAZER Std. Equip. incl: V-6, par. strngbrs, A/R, rest, cloth int. sp. A/R, tilt, cruise, trip, clock, etc. AM/FM Stereo, CD, 6-disc, 6-speaker, 100-watt, int. w/d. \$21,699. MSRP \$22,079. MSRP \$21,650. 1000 factory rebate. Includes \$1000 factory rebate.
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