

LACADA, PACADA officers recognized at annual dinner

The Local Advisory Committee on Alcohol and Drug Abuse's annual Appreciation Dinner was held at The Westwood in Garwood to honor those who have made contributions to the goal of preventing and reducing substance abuse in Union County.

The Committee Awards are given to recognize the officers or members of LACADA, PACADA — the Professional Advisory Committee on Alcoholism and Drug Abuse — and CASS — the County Alliance Steering Subcommittee — for their valuable service and the time that they devoted to the goals and projects of the committees.

This year's Committee Awards went to:

LACADA members Reginald Melvin, chairman; Sonja Ash, vice chairman; E. Scott Ruerup, former secretary; Donald Erdman, former member; Gordon LeMatty, pioneering member of LACADA, and PACADA member Phyllis Linhart, retiring member.

Also honored at this year's dinner were the 13 Municipal Alliance Volunteers of the Year, the Countywide Special Project Award to the Red Ribbon Drug Awareness Event's co-sponsors and Planning Committee members as well as the Service Awards for the Municipal Alliance Coordinator.

"These men and women perform a valuable service to Union County," said Freeholder Mary P. Ruotolo, freeholder liaison to LACADA. "I hope as some of them must step down that other interested individuals will step forward."

If anyone is interested in joining LACADA — with members from a variety of the county's municipalities and having diverse professional, ethnic and personal backgrounds — or PACADA — whose voting members are from alcoholism/drug abuse service provider agencies — or has any questions about these groups, call Josephine Rago-Adia, program director with the county's Alcoholism/Drug Abuse Office at (908) 527-4837.



Honored at the Local Advisory Committee on Alcohol and Drug Abuse's annual Appreciation Dinner were, from left, back row, Human Services Director Frank Guzzo, LACADA chairman and Committee Award recipient Reginald Melvin, Freeholder Chairman Alexander Mirabella, Committee Award winner Donald Erdman, LACADA member Charles Colletti and Committee Award recipient Gordon LeMatty, and front row, Josephine Rago-Adia program director of alcoholism and drug abuse in the Union County Department of Human Services' Division of Planning; Sonja Ash, LACADA vice chairman and Committee Award winner; Carol Berger, Countywide Special Project Award recipient; Anita Novy, LACADA member; Rosita Fletcher, director of the Union County Human Services' Division of Planning; Michahel Bizzarro of Trinitas Hospital's Substance Abuse Division and PACADA chairman, and Committee Award winner Phyllis Linhart of the Union County Psychiatric Clinic and retiring PACADA member.

COUNTY NEWS

Program focuses on financing campaign

The Union County Women's Political Caucus will present "Financing a successful campaign" on Monday at 7:30 p.m. in the meeting room of the Venneri Building, 300 North Ave., Westfield.

The program will feature former congressional candidate and Fanwood mayor Maryanne Connelly, Green Brook Mayor Patricia Walsh, State Sen. Diane Allen and Laura Stomka, a fund-raiser for former Congressman Bob Franks. The program is recommended for women who are considering running for office, are planning to work on a candidate's campaign or are just interested in the subject.

Members are encouraged to bring guests to the meeting.

For more information call Carol Cohen, Union County Women's Political Caucus president, at (908) 232-3850.

Financial planner to address Mothers & More

Think it's too early to start planning for your baby's college education? Think again. On Wednesday the Union County Chapter of Mothers & More will host a discussion on saving for college, including input from a local financial planner at 7:30 p.m. at Hanson House, 38 Springfield Ave., Cranford.

Mothers & More is an international not-for-profit organization supporting women who have altered their career paths to care for their children at home. What began as one Illinois mother reaching out to another in 1987 has now grown to almost 8,000 members in over 180 local chapters in the United States and Canada. The Union County Chapter offers a variety of activities including evening discussion groups, guest speakers, Mom's night out, book discussion and weekly daytime play gatherings.

The Union County chapter holds 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.

On the lookout for Miss Union County

The search has begun to find the girl who will represent Union County at the Miss New Jersey finals in June and hopefully be on her way to Atlantic City to become Miss America.

Executive Director of the Miss Union County Pageant, Susan Dougherty, said she is looking for "young women from the age of 18 to 24 who are poised, physically fit, intelligent, talented and passionate about an issue that could change the world." The winner of the local Miss America preliminary wins a \$500 scholarship and various prizes.

The areas of competition are the same on the local, state and national level: swimsuit, evening wear, talent and interview.

The upcoming pageant will be at Arthur L. Johnson High School in Clark on Feb. 17 with one rehearsal the night before.

Young women who are interested in learning more about this scholarship opportunity can call the director at (732) 382-0910 during business hours only.

There is no sponsorship fee or entry fee for this contest.

Paramedic open house at Union County College

Union County College will host an open house on Saturday, which will

allow visitors to explore the possibilities of becoming a paramedic, on the Cranford campus, 1033 Springfield Ave., from 10 a.m. to 1 p.m. The free event will provide the public with the opportunity to find out what it takes to become a paramedic; all the courses, requirements, prerequisites, tuition, and the time commitment.

There will be certified paramedics and staff members from the following hospital training centers to answer questions, discuss course sponsorship, and describe job opportunities: Atlantic Health System; Morristown Memorial Hospital; Mountainside Hospital; and Overlook Hospital; Chilton Memorial Hospital; Dover General and St. Clares Riverside; Jersey City Medical Center; JFK Medical Center; Muhlenberg Hospital; Rahway Hospital; Raritan Bay Medical Center; St. Barnabas Medical Center; Trinitas Hospital; UMDNJ, and Union Hospital.

For directions to the Cranford campus, visit the Union County College's web site at www.ucc.edu.

American Cancer Society sells daffodils as gifts

The American Cancer Society in Essex, Hudson and Union counties will offer daffodils — the flower of hope — in boutique, planters, and vases that make special gifts for your friends, family, neighbors and coworkers.

A donation for the daffodils will support lifesaving research, as well as cancer education, prevention, treat-

ment and programs for cancer patients and their families in the community.

Advance orders will be taken until March 9. Daffodils will be available for pickup and delivery during the week of March 26.

Residents can participate by taking orders for daffodils from friends, family and coworkers. Bunches of 10 daffodils cost \$7; potted plants are \$8; one-half box of daffodils, 25 bunches, can be purchased for \$175; and a full box of daffodils, 50 bunches, will sell for \$350. Vases are sold separately for \$8 each.

A Gift of Hope, a bouquet of 10 daffodils in an elegant amethyst vase, can be delivered anonymously to a cancer patient currently undergoing treatment in the Essex, Hudson and Union area for a donation of \$15.

Daffodils may be picked up at local American Cancer Society offices located at 767 Northfield Ave., West Orange; 507 Westminster Ave., Elizabeth, and CSI, 1 Enterprise Way, Secaucus Drive.

Delivery is available for orders of more than \$200.

Rainbow Pageant Feb. 16

The Union County College Foundation, in cooperation with Barbizon School of Modeling and Acting, Jersey Gardens Mall, Burger King franchises Odyssey Foods of New Jersey and Dominate Food Services, and radio station Z-100, will host a Rainbow Talent and Fashion Pageant on Feb. 16 at 8 p.m. in the Roy Smith Theater at Union County College's Cranford campus. Wanted for the pageant are young men and women ages 6 to 21 to compete for the title of Ms. or Mr. Rainbow 2001 on that evening.

The event is called the Rainbow Talent Pageant because Union County's young men and women have so many talents and represent so many different backgrounds. The pageant is a chance to show off talents, model the latest fashions, and to possibly even win a scholarship to Union County College and the Barbizon School of Modeling and Acting.

Each contestant will participate in fashion modeling and talent production numbers. Each contestant also is

expected to sell tickets at \$10 each, to solicit ads for the journal, and to find sponsors. Rehearsals begin Monday. For more information call (908) 709-7505 or visit www.uccfoundation.org.

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ARTS & ENTERTAINMENT

New Jersey choreographer sings praises of fulfillment in dance

By Bea Smith
Staff Writer

Elie Lazar of West Orange, one of the most outstanding ballet dancers of his time and choreographer and teacher, as well, still appears to be conspicuously absent from performances at the New Jersey Ballet Co.

More than a year has passed since Israeli-born Lazar left the ballet company, and director Carolyn Clark brought in additional excellence to her group, memories of the young man's dancing seem to linger in the shadows.

Since leaving the New Jersey Ballet Co. after 14 "truly wonderful years," Lazar has become artistic director of the Joffrey Ensemble Dancers, the official company of the Joffrey Ballet School in New York. He is teacher and choreographer, and as such, will appear "in an exciting new concept — a dramatic new take on the relationship between dancers and musicians" Feb. 10 at 8:30 p.m. in the Colonial Symphony's "Music Meets Dance" at the Community Theater in Morristown. "The dancers take on the role normally taken by instrument soloists." Composer David Sampson's "Concerto for Dancers and String Orchestra" will feature four dancers performing as soloists on stage with the orchestra.

In addition, Paul McRae, associate director of the New Jersey Ballet Co., will design the costumes.

The versatile Lazar, who has been commissioned to create ballets worldwide, including the New Jersey Ballet, Japan's Kumanmoto and Atlanta's Youth Ballet, will lead the troupe of 12 dancers into a blend of classic ballet with the "cutting edge of dance expression."

"I'm so excited about what's happening in my life," exclaimed Lazar in a slight Israeli accent, during a recent visit to this office. "Even though I'm not with the New Jersey Ballet, I have a good rapport with Car-

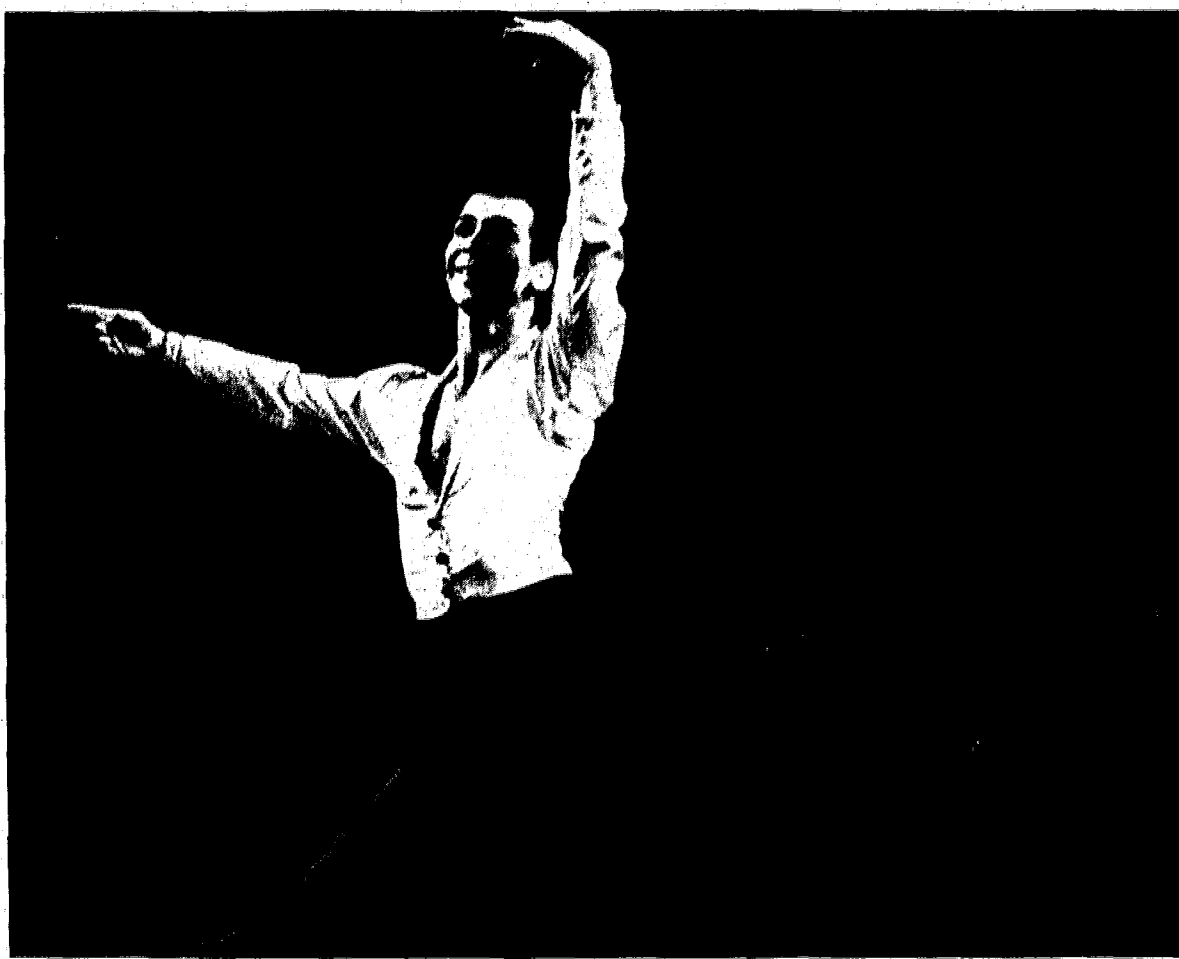
olyn Clark. I come to see her ballets as often as I can. And I do miss working with Debra Sayles, who is now a teacher in another state and doing well. And among my best friends there is Rosemary Bleich and Paul McRae."

Lazar explained that "I have always been very enthusiastic about my career. I made the transition from dancer to choreographer very easily. In addition to dancing at the New Jersey Ballet, I also was a teacher in all levels. From 1996, I started to choreograph, and I choreographed and co-choreographed about 10 ballets from pas de deux to a full-length ballet, 'The Magic Flute,' designed for young audiences. After 14 years, I started to feel that the next step in choreography was music and design. I had gotten a different sense of choreography."

He said that "Edith D'Addario, director of the Joffrey Ballet Ensemble, started to see my range of balance when I went to Japan in 1998. I was invited to choreograph for the 92nd St. 'Y' program, and was first introduced to her. She's been directing the school since the late 1980s. Before long, I became a substitute teacher at the school — which is really a new school, which offers scholarships to promising dancers.

"I was asked to dance, then became a choreographer, then a teacher. She started to get more comfortable with me and was able to see what I'm capable of doing. When I was introduced to David Sampson, we decided to collaborate on a new ballet that would be performed with the Colonial Symphony — to make it part of its concert. For me, it was a very different way of listening to the music. I was going to constitute a vocabulary of steps that in my mind would be parallel to what a composer would write the score for a solo instructor."

Lazar admitted that "the concept is extreme — it's very abstract. This



Elie Lazar of West Orange, who danced in and choreographed ballets for 14 years with the New Jersey Ballet Co., is currently teaching ballet and serving as artist director and choreographer of the Joffrey Ensemble Dancers. He will offer his creative talents to a new kind of symphony concert by the Colonial Symphony in "Music Meets Dance" Feb. 10 at the Community Theater in Morristown. Here, he dances the 'Glinka Pas de Tojs.'

was a challenge to do it in a different concept. I started working on the ballet in the beginning of December, then I had to put it aside, because I traveled to Atlanta and Chicago. I began work on it again in January, and Paul worked on the costumes. It was wonderful to have him come up with some nice ideas. In the background are changing colors, from green to gold and blue. I hope that this concept will work. And the next step was to introduce it to symphonies and orchestras to be used in concert series."

His "ultimate goal," Lazar said, "is I hope that dance will be introduced to every type of audience, especially the audience that usually attends symphonic concerts, and maybe the attraction will induce them to attend more such concerts and to enjoy the music and the dancers."

Lazar mentioned that the school has students from 18 years old to 27, and they come from all over the world to be part of the training of the Joffrey School of Ballet. They are ready to become professionals. One of the pur-

poses of the school is to give them the enjoyment in a home and to fulfill their dreams as a dancer.

"The Joffrey Ballet is in Chicago. But there is room for a ballet company in New York — to give a dance opportunity to dancers who come to one of the most exciting cities in the world," he smiled. "There are plenty of people in the country — all over the world — who want to dance as a career. The physical requirements and the discipline are very demanding, physically and emotionally. Unfortu-

nately, it is not for every person. But the fulfillment that you experience — if you have the requirements — are very unique.

"When I first started dancing, I really sensed the ultimate, wonderful feeling this type of dancing brings. You feel very rewarded when you're applauded," Lazar continued. "Now, I'm teaching people and motivating them to become better, to enjoy the fulfillment that dance can give you. It's a tremendous sense of power. People are watching what you create — your influence. It's a powerful tool."

Lazar said, "Dancing is very realistic. It's about you."

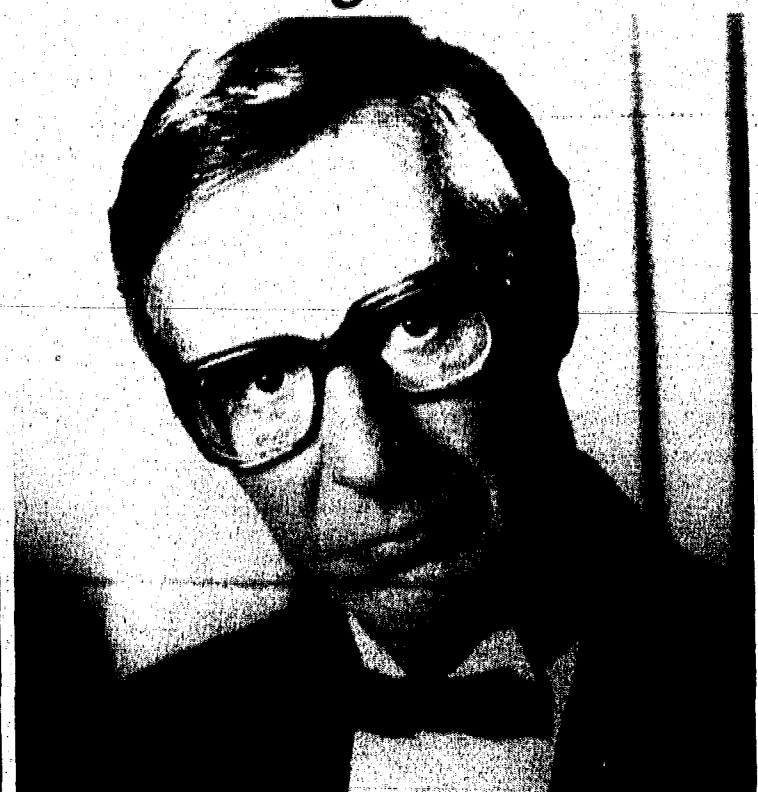
Now that he is with the Joffrey Ensemble Dancers, he explained that Joffrey "enables its teachers to encourage its dancers and support the director. What I'm doing is a way of growth. I'm extremely fortunate that I was able to continue my growth. I still intend to continue performing and to bring the Joffrey Ensemble to theaters in New Jersey, at least, maybe once a year.

"I'm a product of the New Jersey Ballet Co., and I'm proud of it."

Lazar, who came to this country when he was 16 years old, spent his first two years with the Garden State Ballet before coming to the New Jersey Ballet. He is from Rehovot, Israel, where he visits his mother, his brother and sister-in-law and his nephews and nieces and other family members every year. While he is in Israel, Lazar takes "classes in Israel to stay in shape. I also teach classes there.

"My long term goal," he said, "is to bring the Joffrey Ensemble to Israel, and hopefully, to conduct master classes in Israel to inspire the dancers there to believe in themselves. The modern dancing in Israel is very accepted by companies in Europe and America."

An amazing act.



The Amazing Kreskin will astonish audiences at the Union County Arts Center in Rahway Friday. For information, see the 'Variety' listing in the Stepping Out calendar on Page B8.

'I'm Not Rappaport' spins tales and inspires thought

During the first moments of the opening scene in "I'm Not Rappaport," which unfolded at the Forum Theater in Metuchen, just blocks away from Rahway and Linden, a theatergoer is puzzled about whether or not this Tony Award-winning play is a comedy with dramatic undertones, or a drama with comedic overtones.

But one is soon convinced that it can be — and oftentimes is — both. And the perfect performers — for they all are so perfect in their roles — have the audience reeling with emotion the moment they appear onstage and open their mouths to speak.

This is Herb Gardner's second Tony Award-winning play, and in "I'm Not Rappaport," his message is ultimately clear that the elderly have a terrible problem in coming to terms with age. Gary P. Cohen, producing artistic director of Middlesex County's Plays-in-the-Park, directed this appealing stage work with a sensitivity, understanding and empathy rarely found in younger than senior citizen-age people.

The story basically concerns two octogenarians, Nat and Midge, who attempt to find a middle ground for

On the Boards

By Bea Smith
Staff Writer

their lives and their future. They probably would not, under other circumstances, even have conversations together, but meeting in a secluded section of Central Park every day, they are oddly attracted to each other's concerns, stories and health problems.

Allen Lewis Rickman, who plays Nat, the role that gave Judd Hersh prestige on Broadway, incredibly looks and sounds and acts almost exactly like Hirsh. He is excellent as he portrays a radical, who has spent his life fighting the injustices of the world, and is philosophical about telling huge tales — true or untrue — to his black companion, Midge, who begins by disbelieving the fantasies, but always gets caught up in the stories.

Midge, played by Bill C. Tate, who gives an equally fine performance as a

nearly blind 80-ish apartment super, comes to the park to hide from the tenants who are determined to arrange for his retirement.

The others in the cast are perfectly suited to their roles. Kean University professor Holly Logue is thoroughly believable as Clara, the caring daughter of the controversial Nat, who has served as his whipping board throughout her life and is ready to commit him in some facility that will care for him for the rest of his life. Of course, Nat finds this offensive, refuses to be placed in "a home for the forgotten," and spins a wild tale about going to Israel with an illegitimate daughter. Then there is the frantic Danforth, played by George Millenbach, a tenant committee representative, who attempts to "retire" Midge, and is frightened off by the threats of one of the many characters of Nat.

Terence Archie plays the Cowboy, a menacing black drug dealer, who harrasses Laurie, portrayed by Darra Yomtov Herman. Laurie, a young artist who owes him money, is threatened, until Nat comes to her rescue — at the risk of some bone-breaking. Midge also attempts to help her, only to find himself a beaten

wreck. Michael Rhett Cuzzo is seen briefly but effectively as Gilley, a young hoodlum, who preys on the elderly and persists in making them pay a fee for a safe journey home.

The title "I'm Not Rappaport" is the name of a game which Nat has played with his daughter, and then with his skeptical pal, Midge. But Nat, who seems to wear many hats in his stories, doesn't seem to have any identity — not even the jesting Rappaport.

The play, which has the appealing quality of determining the fate of senior citizens, has much food for thought. It may not be for everyone — but it certainly has a significant story to tell — but, unfortunately, with no solution.

At the Forum, it's a work of art. In reality, it's a work of pensiveness.

Bill Van Sant,
Editor
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Study shows chocolate to be heart-smart

**By Allison Ashton
Copley News Service**

When you dig into that heart-shaped box of chocolates, at least you'll know it's good for your heart. That's because cocoa is chock-full of antioxidant-rich flavonoids that may have an anti-inflammatory effect similar to aspirin. Researchers at the University of California at Davis found that low doses of these flavonoids reduce platelet activity in the blood, which lowers the risk of blood clots. The effect is similar to long-term consumption of red wine, green tea or even baby aspirin.

"We're not suggesting that people stock their medicine cabinets with chocolate bars," says Dr. Clark Keen, senior author of the study. "But some indulgence by healthy individuals may provide cardiovascular benefits."

Keen's study subjects, who were healthy non-smokers with no history of heart disease, sipped moderate amounts of cocoa-enriched drink. "Not all chocolates are created equal, and future research will focus on commercially available chocolate products," he adds.

Aspirin alert

In fact, men who take low-dose aspirin to prevent heart disease may want to switch to chocolate. Experts at London's Wolfson Institute of Preventive Medicine say that taking aspirin may do some men more harm than good.

After studying more than 5,000 middle-aged and older men, researchers found that men with high blood pressure get no protective effect from aspirin, and aspirin may even increase their risk of bleeding. However, researchers also found aspirin is beneficial for men with low blood pressure, and it may protect them from stroke, too.

The upshot: If you're currently taking aspirin or are considering it to prevent heart disease, consult with your doctor.

An apple a day

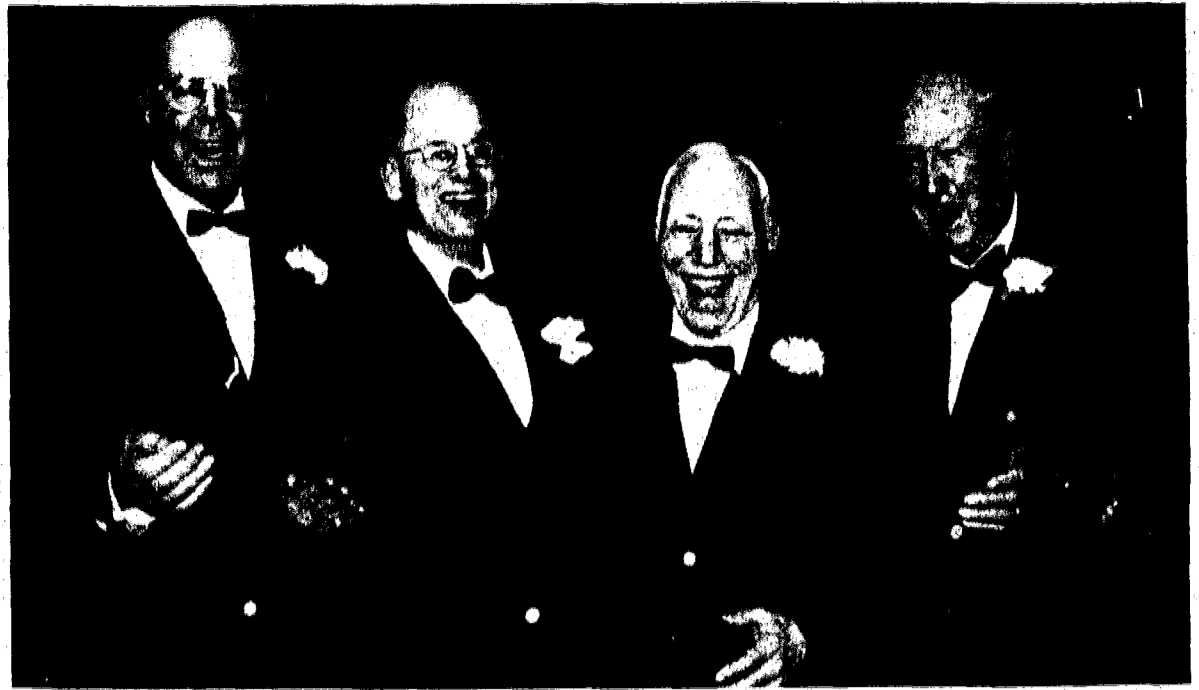
If you can't bring yourself to nibble chocolate without guilt, you can still live by the old adage, an apple a day keeps the doctor away. Experts at Cornell University say fresh apples — especially the skin — are full of

cancer-fighting phytochemical. In fact, fresh whole foods deliver more nutritional punch than any vitamin supplement.

"Scientists are interested in isolating single compounds — such as vitamin C, vitamin E, and beta carotene — to see if they exhibit anti-oxidant or anti-cancer benefits," says Rui Hai Liu, an assistant professor of food science at Cornell. "It turns out that none of these works alone to reduce cancer. It's the combination of flavonoids and polyphenols doing the work."

Researchers found that munching 100 grams of fresh apple with skin offered total anti-oxidant activity equal to 1,500 milligrams of vitamin C.

"Eating fruits and vegetables is better than taking a vitamin pill. You can obtain enough anti-oxidants from food without worrying about toxicity," Liu explains. "What this study shows is that the combination of phytochemicals plays a very important role in anti-oxidant and anti-cancer activity, and the real health benefits may come from a phytochemical mixture."



Barbershoppers are ready to call your sweetheart, 'Sweetheart,' with their singing Valentines. Tuning up, from left, are singers Joe Weiss, Danny Balinski, Carmine D'Amore, and Harold Snell.

Barbershoppers tune up for romance

The Rahway Valley Jerseyaires — in conjunction with the Deans of Harmony, both barbershop choruses and non-profit musical and educational organizations of the Society for the Preservation and Encouragement of Barbershop Quartet Singing in America Inc. — is announcing its eighth year of performing singing Valentines.

Send a musical Valentine that your sweetheart or someone special will never forget. A barbershop quartet, dressed in formal attire, will sing two long songs at a location of your choice, such as workplace, residence, restaurant, etc. The recipient will also receive a special Valentine candy, a lovely flower and a picture of the event.

This service will be available Feb. 10 through Feb. 14 at a cost of \$50. "Availability of quartets is limited so reserve your serenade now," said Valentine Chariman Dick Haig.

For more information or to arrange the time and place for your special singing Valentine, call (732) 968-6677 for Somerset and Union county coverage, (732) 431-2273 for Middlesex County coverage, and (732) 297-2509 for Mercer and Burlington counties.

The Rahway Valley Chapter's funding has been made possible in part by the N.J. Council on the Arts/Department of State, through a grant administered by the Union Office of Cultural and Heritage Affairs.

UCAC to present 'Unforgettable' one-man show

"Unforgettable: The Nat King Cole Story," a new musical based on the incredible life and music of a phenomenal talent, comes to the Union County Arts Center Feb. 11 at 3 p.m.

"Unforgettable" is the story of Nat "King" Cole. The son of an Alabama preacher, this soft-spoken jazz pianist became a worldwide singing sensation and a beloved superstar, and his appeal transcended the boundaries of race, culture and geography. In "Unforgettable," author Clark Peters, best known for writing the Broadway hit "Five Guys Named Moe," joins with Larrington Walker and uses Cole's music to journey from his piano-playing days in dives and honky-tonks to his breakthrough contract with Capital Records. Intwoven are the incredible songs for which Cole is famous; hit songs like "Mona Lisa," "Route 66,"

"Straighten Up and Fly Right," "Too Young," "Besame Mucho" and many more.

Monroe Kent III headlines "Unforgettable" as Nat "King" Cole, his beloved valet Sparky, and a host of other characters. Star of London's "Five Guys Named Moe," his stellar reviews in the West End production of that show won him the role in the United Kingdom and Far East tours. Of his performance in the American premiere of "Unforgettable," National Public Radio said, "Backed by a delicious trio, Monroe Kent III is a consummate performer and will make you feel for two solid hours that Nat Cole is back — and magnificent as ever." For more information regarding tickets to this musical, call (732) 399-8226.

Union County Arts Center is a regional performing arts venue. Its wide array of offerings include the-

ater, music, film, dance and headliner entertainment. The Westfield Symphony Orchestra performs regularly at the arts center under its designation as resident orchestra of this vaudeville-era theater claimed by many to be the most beautiful theater in the state.

As a non-profit organization, the arts center is supported in part by the New Jersey State Council on the Arts/Department of State, a Partner Agency of the National Endowment of the Arts. The arts center is also supported by the Merck Company Foundation and Comcast, sponsor of the Family Fun Series. The following organizations and institutions are also contributors to the Union County Arts Center: The Union County Board of Chosen Freeholders, The City of Rahway, The Rahway Savings Institution, Liberty Bank, Schering-Plough Foundation and NUI.

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Attorneys for Plaintiff (2000-1615)

NOTICE TO ABSENT DEFENDANT
Superior Court of New Jersey
Chancery Division
Union County
Docket No. F-18348-00
STATE OF NEW JERSEY TO:
Marta Carrero

YOU ARE HEREBY SUMMONED and required to serve upon WILLIAM M.E. POWERS, JR., CHARTERED, Attorneys for Plaintiff, whose address is 737 Stokes Road, P.O. Box 1088, Medford, N.J. 08055, an Answer to the Complaint (and Amendment to Complaint, if any) filed in a Civil Action in which Malone Mortgage Company, plaintiff and Marta Carrero, et al., are Defendants, pending in the Superior Court of New Jersey, within thirty-five (35) days after February 1, 2001, exclusive of such date. If you fail to do so, judgment by default may be rendered against you for the relief

PUBLIC NOTICE

demanded in the Complaint. You shall file your Answer and Proof of Service in duplicate with the Clerk of the Superior Court at the Richard J. Hughes Justice Complex, CN 571, 6th Floor, North Wing, Trenton, New Jersey, 08625, in accordance with the rules of civil practice and procedure. A \$105.00 filing fee payable to the Clerk of the Superior Court and a completed Case Information Statement must accompany your answer or motion.

The action has been instituted for the purpose of foreclosing a mortgage dated 04/18/1998, made by Thomas Pollard and Victor Smith to First United Mortgage Company and duly assigned to plaintiff, Malone Mortgage Company, and concerns real estate located at 824-826 George Street, Plainfield, NJ.

DONALD F. PHELAN,
Clerk of the Superior Court
U3598 WCN Feb. 1, 2001 (\$53.50)

PUBLIC NOTICE

YOU, Marta Carrero are made a defendant because you are a lien holder in the above matter and so have an interest in the property being foreclosed.

An individual who is unable to obtain an attorney may communicate with the New Jersey State Bar Association by calling toll free 800-792-8315 (within New Jersey) or 609-394-1101 (from out of state). You may also communicate with a Lawyer Referral Service, or if you cannot afford to pay an attorney you may call the Legal Services Office. The phone numbers for the county in which this action is pending are: Legal Services (908) 354-4340, Lawyer Referral (908) 353-4715.

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Swain Galleries to open 'Portfolio' exhibit Saturday

The New Jersey premiere of "A Portfolio Project Celebrating the 125th Anniversary of the Art Students League of New York," featuring 31 international artists, will be presented by the ASL Graphics Department Saturday through Feb. 28 at Swain Galleries in Plainfield, a distinguished

and renowned art enterprise since 1868. The exhibit consists of artists' proofs of original, limited-edition etchings, lithographs and relief prints that have become part of the collections of the New York Library and the League itself.

League graphics instructors Michael Pelletieri and Sylvie Germain-Covey are participating with students from countries such as Australia, Canada, France, Spain, Israel, Japan, Sweden and the United States. Three students from New Jersey are Christopher P.T. Fleming of Summit,

Jean Hessel of New Brunswick, and Robert Jude O'Connor of Edison. Founded in 1875, the Art Students League, one of the oldest art schools in the United States, is based on the French atelier system where students work in traditional studio environments guided by professional

artist-instructors. The roster of instructors and alumni includes some of the 19th and 20th centuries' most influential artists including William Merritt Chase, Thomas Eakins, Georgia O'Keeffe, Romare Bearden, Jackson Pollock, Mark Rothko, Roy Lichtenstein and many others. The Portfolio exhibit opens with a reception from 5 to 7 p.m. Saturday, and continues Tuesdays to Fridays, 9:30 a.m. to 5:30 p.m., and Saturday to 4 p.m. at Swain Galleries, 703 Watchung Ave., Plainfield. For details, call (908) 756-1707.

about New Jersey artists Christopher P.T. Fleming of Summit studied at Rutgers University, Newark; Fort Lewis College, Durango, Colo.; the duCret School of Art, Plainfield; The Art Students League of New York from 1991 to 1993 and 1999 to present and, in 1993, at the National Academy of Design and Fine Art, New York City. In 1991 and 1992, he was awarded the ASL Merit Scholarship; in 1993, the Revson Grant, and in 1996, the John Spiegel Memorial Award. In addition to ASL exhibitions, his work has appeared in New York in the American Artists Professional League Inc. 68th Grand National Exhibition and First Street Gallery, and Fort Lewis College in Colorado.

Jean Hessel of New Brunswick received her education at the Art Students League of New York; a BFA from the School of Visual Arts where she earned the Chairman's Merit Award, duCret School of Art in Plainfield; Kean College and Middlesex County College where she studied marketing art and design. A recipient of the award of excellence from Photographers Forum magazine, she has shown her work art at the ASL; the Cork Gallery at Avery Fisher Hall, Lincoln Center; Quietude Garden Gallery; Anatomical Life Drawing at the School of Visual Arts and more.

Robert Jude O'Connor of Edison began his art education at the Cooper Union for the Advancement of Sciences and Art, followed by the Art Students League from 1994 to 2000.

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"You don't have to shiver to save money on heat," Crane said. "The key is to use the energy you pay for more efficiently. It's actually quite easy to save 20 percent or more on this winter's heating bills. The sooner you call your heating contractor for an inspection, the sooner you start saving money."

Here are four recommendations that can have an immediate payoff:

- Install a programmable setback thermostat. It can save up to 20 percent without any loss of comfort.
- Get your heating system tuned up and cleaned so it runs at its rated efficiency. To keep it clean, consider a high efficiency air cleaner on a forced air type of system.
- If your heating ducts run through a cold attic, garage or crawl space, make sure they are insulated and the joints are sealed with mastic sealer, not just duct tape. Leaky ducts may waste up to 15 percent of the heat your furnace produces.
- If you have a whole-house humidifier, have it serviced before winter. A properly functioning humidifier helps you feel more comfortable at a lower temperature. If you don't have a whole-house humidifier, consider installing one. Humidifiers are available for almost all types of heating systems.

"For most people, installing a programmable thermostats probably will have the biggest pay back right away," Crane continued. "Modern thermostats from Honeywell, White-Rogers, or Aprilaire are simple to program or change so they make it easy to save money. After all, it makes no sense to heat your home to the same temperature if the house is empty all day or even at night when you are sleeping."

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Winter travel is made much safer with advice

With winter well under way, more and more travelers are taking to the road. Whether you're running around town doing errands, or making a trip to visit friends and family, winter weather conditions can mean increased dangers.

Whatever your plans, the AAA New Jersey Automobile Club in Florham Park wants you and your family to get there safely.

Safe travel starts before you get behind-the-wheel. Keep these tips in mind before starting your car:

Have a clear head. Alcohol and certain drugs can severely impair your driving skills, and many prescription and over-the-counter drugs can cause drowsiness. Get a good night's rest and don't drive for long stretches without a break. If you're tired, don't risk the safety of yourself and others by trying to drive. Instead, designate a driver or choose another means of transportation.

Limit driving alone when tired. Driving with someone else in the car can increase your overall alertness. Driving alone, especially when sleep-deprived and at night, can dramatically increase your chances of having an accident.

Read the labels. If you're taking any medications, be sure to read the warning labels. If the label says the medication causes drowsiness or not to drive, heed the warning; it's there for a reason. Consult your doctor or pharmacist if you have any questions or ask about substituting another medication that won't cause drowsiness.

Plan ahead. Remember, everyone's in a hurry to get where they're going. So allow yourself plenty of extra time to reach your destination in the event of emergencies or traffic jams.

Once you're on the road, remember to:

Relax. Avoid aggressive driving by relaxing. You can't control traffic, so keep your cool. If you do encounter an aggressive driver, resist the urge to engage. Instead, back off and let him go by.

Be alert to signs of fatigue. If you start to feel tired, pull over in a safe

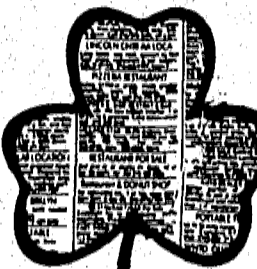
area and let someone else drive. If you're alone, pull into a safe location such as a well lit rest stop and take a short nap or get out of the car and walk around for a few minutes. Stop as often as necessary. On longer trips, eat light since heavy meals can make you drowsy.

Practice common-sense safety rules. Always wear your safety belt and make sure all your passengers are buckled properly, even on short trips. Make sure children are always buckled up in the back seat, the safest place to ride, and are properly secured in a child safety seat and/or seat belt.

Keep your eyes on the road. Avoid taking your eyes off the road by eliminating any possible distractions ahead of time. Before hitting the road, be sure that important items such as directions, maps and sunglasses are within reach. Reduce possible dangerous diversions such as changing tapes or CDs and always pull over to a safe place if you must use a cell phone.

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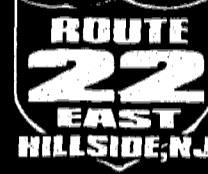


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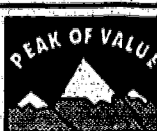


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