

# Echo LEADER

Serving Springfield and Mountainside

SPRINGFIELD, N.J., VOL. 72 NO. 22

THURSDAY, AUGUST 23, 2001

TWO SECTIONS

## Springfield man to receive Kyoto Prize

By Brian Pedersen  
Managing Editor

This November, a Springfield resident will share an advanced science award with both his longtime colleague and a Russian scientist who won the Pulitzer Prize for the same discovery.

Morton B. Panish will receive the award, called the Kyoto Prize, for his work with his colleague, Izoo Hayashi, in the field of physical chemistry.

Panish explained that when the semiconductor laser was first reported in the 1960s, it was an impractical device because it could only operate for short bursts of current at very low temperatures.

"What we did was understand something about the physics that led us to design a modification of that device that permitted it to operate at room temperature continuously, and that made it a practical device," said Panish.

The discovery was made in 1970 while they were both working at Bell Laboratories in New Providence.

At essentially the same time, a fellow Russian scientist by the name of Zhorez Alferov did the same experiment, but he made his discovery known first by submitting his paper to a scientific journal one month before Panish and Hayashi did. Alferov ended up winning the Nobel Prize, to be awarded to him in November along with the Kyoto Prize.

Because of a crucial piece of data that they did not have in their paper, the two scientists held it for one month, only to find that same data missing from Alferov's paper.

Still, Panish has no hard feelings about the outcome.

"It was a good paper, and he certainly did have it," said Panish.

The official discovery came for Panish and Hayashi on June 1, 1970. Although they found evidence of continuous semiconductor lasers in the past, they did not feel that the proof was sufficient to publish in a journal until that day.

Instead, they preferred to wait until Hayashi could measure the optical spectrum of the laser to demonstrate that the spectrum narrows.

Today, their lasers are used in fiber-optic telephone systems, laser printers, compact disc players and other electronic devices. The lasers themselves are about the size of a grain of sugar.

Both Panish and his colleague came from different fields. Hayashi, who lives in Japan, has a background in high-energy physics, while Panish came from years of experience in research involving high-temperature chemistry.

The seed that sprouted the discovery was planted when Panish joined Bell Laboratories in 1964 with the intention of studying semiconductors. Shortly after, both he and Hayashi were asked by their director, John Galt, to find a



Photo by Bob Ehrlich

Springfield resident Morton Panish stands next to two of his cameras and a reproduction of one of his photographs. In addition to his award-winning career as a scientist, Panish has been practicing photography as a hobby since he was 12.

solution to a problem involving semiconductor lasers. The semiconductor lasers that the scientists were thinking about are made of gallium arsenide.

See RESIDENT, Page 2

## Borough Council approves bond

Field lighting projects go out to bid

By Joan M. Derlin  
Staff Writer

At Tuesday's meeting of the Mountainside Borough Council, a bond ordinance was brought to public hearing, and then swiftly passed unanimously.

The bond ordinance authorizes the installation of lighting and other recreation improvements, appropriating \$100,000 to pay the costs for the improvements.

"This allows the borough to continue on a schedule and enables the borough engineer to put both projects on his agenda," Mayor Robert Vigilanti, referring to the lighting of both the Echo Brook Field and the Deerfield School Field. The mayor also said the state grant for \$75,000 had been confirmed, but was not actually in hand as yet. He said it is expected in September or at the latest, October.

At the public hearing, longtime Mountainside resident Louis Thomas, who also is chairman of the Democratic Municipal Committee, was not clear on the ordinance and asked for clarification.

"This ordinance only covers this field over here," said the mayor, pointing outside to nearby Echo Brook Field, in use at that moment.

"Softball for young and old is played here, and as soon as the baseball season is over, we will use the field for

soccer," he said. He was speaking about the lighting for the field, and added, "If we can get this field done first, since the grant just came in from the state, we should be able to save some money on both of the projects."

The mayor went on to say that originally, borough officials did not know if the second grant was going to come through.

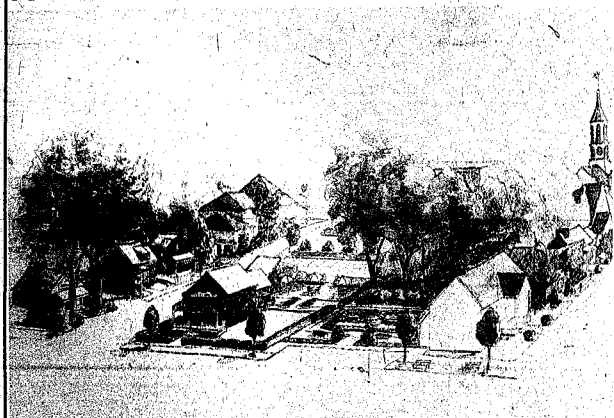
Thomas, who used to own a lighting company before he retired, was concerned about the type of lighting that would be installed at both this field and at Deerfield. He was reassured by Council President Paul Mirabelli, who said he had recently come from a long, technical meeting about lamps and wattage.

"It is all taken care of," Mirabelli said, "for both fields we have the plans made, and everything is ready to go."

Police Chief and Borough Administrator James Debbie said after the bond was passed that all that remains is for the project to go out for bids.

Thomas also said he would ask to see the plans of the lighting. "I do know that sports field lighting is quite involved and that the selection of lamps is very important, so I would like to see the plans before commenting again." He was assured he could obtain a copy of the plans from the Engineering Department.

## A historic vision of the future



Karen Bonacorda, a Springfield artist, recently drafted a plan for what the historic district could look like in the Church Mall area if the township receives the designation from the state. Although it is not drawn accurately to scale, it represents the vision that the historical, environmental, and beautification groups in Springfield are hoping to achieve.

## Springfield's jitney bus service differs from other communities

Some municipalities charge fee to riders, others don't

By Brian Pedersen  
Managing Editor

Compared to other towns, Springfield's jitney bus service is unique.

As one of the five communities who received a 20-seat minibus and \$50,000 from NJ Transit's Challenge Grant in the spring of 1999, Springfield has seen its jitney bus service grow, despite the fact that its operation differs from the way other nearby towns that have the service use it.

As one of the five communities to receive buses and funds through the Challenge Grant, West Orange has a service similar to Springfield. The main difference is that the township has two buses, both of which take riders through certain sections of the town, before going to either the Orange or South Orange train station which has a direct route to New York City.

One major difference with the service is that it is entirely free. Riders pay no bus fare.

For more than four years, Maplewood has been offering a jitney bus service to riders, but the township does not have a central location for bus parking or a park-and-ride system such as Springfield. On a daily average, ridership on one bus averages 230 riders, and the other about 120. Riders can choose the option of having either an annual pass of \$50 or paying \$5 for a book of 10 passes.

Before going directly to the Maplewood train station, the two buses make various stops throughout town, but the service does not transport non-residents.

"It has significantly reduced a lot of the parking crunch around the train station," said Roger Brauchli, director of recreation and cultural affairs for Maplewood. "You think about all those cars that aren't driving every day."

New Providence's jitney service makes stops along Springfield Avenue to pick up riders who are going to either of the two train stations in the town.

Springfield's jitney bus service currently has 50 parking spaces and charges residents \$300 per year plus an additional \$50 annual fee for parking. Non-residents pay \$550. Commuters park in Duffy's Corner parking lot off Morris Avenue to board the jitney bus which takes them to NJ Transit stations in Short Hills and Millburn. From there, riders can get a direct route to New York City.

"It's not feasible to have other stops throughout the town," said Township Committeeman Steven Goldstein, a daily user of the service. "I like the way we have it much better. They will always be more reliable, and it's much easier to keep a schedule."

Township Committeeman Roy Hirschfeld, who wrote the \$50,000 grant application for the service, also agreed that having one bus making a direct route to the train station was more beneficial for commuters. He said the township originally planned to have more than one bus but found it was not feasible because the town was too large.

"I think it's essential," said Hirschfeld of the jitney.

See JITNEY, Page 2

## Student continues pursuit of lax team

By Brian Pedersen  
Managing Editor

Although he had to overcome quite a few obstacles, Andrey Moczydlowski has not stopped trying to get a junior varsity lacrosse team for Jonathan Dayton High School.

The 15-year-old sophomore made another presentation during a Springfield Board of Education meeting last week to emphasize the strong interest that many students have for lacrosse to be added to the school's sports teams.

Now that the lacrosse clinic is over and school is about to start once again, Moczydlowski is looking to start a junior varsity or some type of lacrosse program that will take the sport to the next level in the spring.

According to Moczydlowski, 18 students showed up within two days of the three-day lacrosse clinic which was conducted in May. From sophomore to senior grade level, 16 boys and two girls participated in the clinic, and found a lot of interest in the sport was generated from the freshman class as well.

He said 11 people are needed on the field to play the sport, with the ideal team composed of 13 people. "We have more than that," said Moczydlowski. "We have more than enough for a full team."

Moczydlowski said the clinic,

**"I believe the board would be in favor of it. The only thing that could prevent that would be the finances."**

— Superintendent of Schools Walter Mahler

coached by Steve Collins, was successful even though they had to use equipment from the middle school. He found about five to seven players who had strong skills in the sport, more than enough to be a driving force in winning games.

Promoting the clinic through the help of the Board of Education and the Athletic Department, Moczydlowski placed sign-up sheets throughout the middle school and the high school to gauge student interest.

Because of the recent change in the administrative positions at the high school, board member Robert Fish said it is too early to tell what action the current administration will take in pursuing a lacrosse program.

"It's much too early to tell," said Walter Mahler, superintendent of schools. "I believe the board would be in favor of it. The only thing that could prevent that would be the finances."

The district recently hired Mahler as the new superintendent of schools to replace Gary Friedland, a promi-

nent supporter of the lacrosse clinic. The former athletic director, Kevin Murphy, also was a supporter of the clinic and has now been replaced by Daniel Gallagher.

"The general attitude of the board is that anything for the betterment of our children that's a positive outlet, we are anxious to explore," said Fish. "I think it would be a great idea."

One option the board may try to get a lacrosse program started is to coordinate it through the township's Recreation Department.

Fish said if the board was interested in getting a program started at the high school, he knew of two students who played college lacrosse who could help get coaches and equipment for the sport.

Before making any decisions, the board needs to study transportation costs, conference schedules, and designating fields to play at before Moczydlowski's dream of a junior varsity lacrosse program at the high school level becomes a reality.

## The place to be



Photo by Bob Ehrlich

Poolside is where these girls want to be when the weather gets too hot. Enjoying their lunch are, from left, Andria Magliozzi, Monica Cioppettini, 6, and sister Nina, 10.

### Welcome to the ECHO LEADER

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The Echo Leader is published every Thursday by Wozzell Community Newspapers, an independent, family owned newspaper company. Our offices are located at 1323 Stuyvesant Avenue, Union, N.J. 07083. We are open from 9 a.m. to 5 p.m. every weekday. Call us at one of the telephone numbers listed below.

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## Resident awarded for breakthrough

(Continued from Page 1)

In search of a compelling problem that would challenge their abilities, Panish and Hyashi delved into the mystery, determined to find a solution.

After attending a meeting where a speaker from IBM talked about combining gallium arsenide with gallium aluminum arsenide, a light went on in the two scientists' minds. Panish did not talk about this combination in relationship to lasers, but both Panish and Hyashi made the connection.

"We realized that combination was the potential answer to the problem," said Panish.

The combination of making layers of gallium aluminum arsenide onto gallium arsenide was the answer to the problem because of the physical property of the material, Panish explained.

"These are all single crystal materials," said Panish. "You can grow on the gallium arsenide a crystal of the aluminum gallium arsenide and it has one crystal, without defects at the interface."

Once they realized what they had, they went to work. Since Panish was the physical chemist on the team, it was his job to learn to grow the layers while Hyashi did most of the physics work.

Through several stages, they eventually ended up with a double heterostructure laser, which they were able to operate continuously at one temperature.

"That was the big breakthrough," said Panish.

Born in Brooklyn in 1929, Panish became interested in photography

when he was 12 and has since enjoyed the hobby throughout his career as a scientist.

Early on, his father encouraged his interest in science through museum trips and scientific exhibits.

"I sort of have the feeling that I've lived my father's dream," said Panish. "That's what he would have loved to have done."

Panish started out as a scientist at Oak Ridge National Laboratory in Tennessee, where he worked on the high temperature chemistry of molten salts. From there he went to Avco Corp. in Wilmington, Mass.

At Avco, he performed basic high temperature research for seven years before going to Bell Laboratories in New Providence, where he remained until retiring in 1992.

In addition to the announcement of his most recent award, Panish has received a string of prominent awards throughout his career.

Among them are the Electronics Division Award of the Electrochemical Society, received in 1972, followed by an award for the Solid State Science and Technology of the Electrochemical Society in 1979.

In 1986, Panish was elected to the National Academy of Engineering, and also received a Computers and Communications prize from Japan that same year.

Then, in 1990, he won the International Crystal Growth Award, founded by the Memorial Award of the Institute of Electrical and Electronics Engineers in 1991. In 1994, he was the first recipient of the John Bardeen Award of the Metallurgical Society.

Which brings him to his most big-

gest prize of all — the Kyoto Prize.

But while his awards are prestigious, what he remembers enjoying most of all is the experience of working at Bell Laboratories, exploring the paths of science that have intrigued him his whole life.

"Being surrounded by an incredible group of scientists was a fantastic experience, without which I doubt that I would have achieved most of this," said Panish.

Panish received his Ph.D. from Michigan State University and has been a Springfield resident since 1964. He enjoys spending time with his wife, Evelyn, and his three grown children, Paul, Steve and Debbie.

For about five years after his retirement, Panish served on several different committees at various times, addressing issues in space science. The groups included the Micro Gravity Committee, the Committee on the Future of Space Science, and the Space Studies Board.

Although he is now retired, Panish still devotes his time to research in the form of helping other people in the science, engineering, and medical fields as part of several committees.

Panish currently is on the Human Rights Committee of the three National Academies, which focuses on ways to help scientists, engineers and medical professionals who have been persecuted for exercising their rights.

"We try to help people who have gotten in trouble for speaking out against the government for one reason or another and we occasionally succeed," said Panish.

## Jitney grant renewed by NJ Transit

(Continued from Page 1)

"Now there are maybe 140 riders on an average day."

Overall, both see the service as being a necessary and powerful draw to the community.

"I think that the people who use it on a regular basis are satisfied," said Gelstein. "It's reliable, it's quick. I've never missed a train."

To pay for the service, the township funds 50 percent of the cost of running the jitney through its riders and NJ Transit pays 50 percent up to the \$50,000 allotted through its Challenge Grant. The remaining portion of the cost is paid for through township revenue funds.

Although the grant was due to run out this past March, the township was given a three-year extension for the grant by NJ Transit April 1.

The jitney service was started in New Jersey mainly because of the parking shortage in many NJ Transit train station lots, causing a spillover in side and off-street parking.

"This is another way to reduce the number of vehicles traveling to and from the train station," said Ken Miller, a spokesman for NJ Transit.

The other nearby towns and cities who received the buses and funds through NJ Transit's Challenge Grant included East Orange, West Orange, Chatham and Maplewood.

Next spring, NJ Transit's Community Shuttle Program will provide new jitney service buses for Fanwood, Scotch Plains, Westfield and Roselle Park.

## Attention churches and social clubs

This newspaper encourages congregations, temples, social and civic organizations to inform the editors about scheduled events and activities.

Releases should be typed, double-spaced, and include a phone number where a representative may be reached during the day.

Send information to: Managing Editor, P.O. Box 3109, Union, 07083.

## COMMUNITY CALENDAR

The Community Calendar is prepared by the Echo Leader to inform residents of various community activities and government meetings. To give you community event the publicity it deserves, mail your schedule to Echo Leader, Attn: managing editor, P.O. Box 3109, Union, 07083.

**Today**  
• The Westfield/Mountainside Chapter of the American Red Cross offers a First Aid Basics class from 6 to 10 p.m. The course teaches participants how to check the condition of conscious and unconscious victims, as well as how to handle choking and breathing emergencies. All training takes place at the Red Cross Chapter House, 321 Elm St., Westfield. For information, call 908-232-7090.

**Monday**  
• As the summer reading program at the Springfield Free Public Library, 66 Mountain Ave., comes to a close, kids of all ages are invited to attend an end of summer party from 7 to 8:30 p.m. As part of the festivities, acclaimed puppeteer Steve Abrams presents his modern puppet version of Aesop's Fables.

For information, call 973-376-4930, Ext. 32.  
• The Springfield Board of Education meets at 7:30 p.m. in the Conference Room on the second floor at Jonathan Dayton High School, 138 Mountain Ave.

**Tuesday**  
• The Springfield Public Library, 66 Mountain Ave., continues its summer luncheon video series at noon with the showing of "Ella Fitzgerald," a video that spans the entire career of the woman who redefined jazz. Bring a brown bag lunch to the performance. Coffee and cookies will be provided.

For information, call 973-376-4930.  
• The Springfield Township Committee meets at 8 p.m. in the Committee Room of the Municipal Building, 100 Mountain Ave.

**Upcoming**  
Sept. 2

• Visitors can take a stroll through woods and meadows to seek out late bloomers on a Wildflower Walk at 2 p.m. at Trailside Nature & Science Center, 452 New Providence Road, Mountainside.

Varieties to be found on the tour include asters, goldenrods, wild geranium, Joe-Pye-Weed, and other colorful wildflowers. The fee is \$2 per person.

For information, call 908-789-3670.

**Sept. 7**

• Kabbalat Shabbat, a healing and meditation service, will be led by Rabbi Mark Malach at Temple Beth Ahm, 60 Temple Drive, Springfield, at 7 p.m. A Oneg Shabbat will follow the service. All are welcome.

For information, call 973-376-0539.

**Sept. 12**

• Jewish Women International will conduct its opening meeting of the 2001-02 season at 12:15 p.m. at the Springfield Free Public Library, 66 Mountain Ave. Special guest speaker Jeff Daube will address the issue of anti-Israeli and anti-Semitic teachings in Palestinian children in light of current events in the Middle East. All are welcome to attend.

For information, call 973-379-9402.

**Sept. 13**

• The Woman of the Year will be announced by the Springfield Hadasah at its first meeting of the year for 2001-02 at 6 p.m. at Temple Beth Ahm, 60 Temple Drive, Springfield. A sloppy joe supper will be offered at \$10 per person, with reservations made by calling 973-376-3171.

**Ongoing**

• The Springfield Recreation Department conducts blood pressure screenings the second Wednesday of every month at the Sarah Bailey Civic Center, 30 Church Mall, from 1 to 2 p.m. It is open to all residents of Springfield. For more information, call 973-912-2277.

• The Friends of the Springfield Public Library would like donations of used paperback novels. Also welcome are magazines within the last year.

• "Write Your Life Stories" is a writing group that meets regularly on the first and third Wednesdays of every month at 10:30 a.m. at the Springfield Free Public Library, 66 Mountain Ave.

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# RVSA seeks second opinion on work

By Mark Hryman  
Regional Editor

The Railway Valley Sewerage Authority Board of Commissioners awarded a contract to an engineering firm that will conduct an economic feasibility study on the possibility of putting off major rehabilitation work at the Railway plant.

The board voted 5-3 on Aug. 16 to award the feasibility study contract to Metcalf and Eddy, with commissioners Charles Lombardo of Garwood, Robert Luban of Woodbridge and Joan Papp of Scotch Plains voting against. Commissioners from Clark, Cranford and Springfield were absent.

Metcalf and Eddy offered a proposal of \$4,950 while Camp Drusser and McKee presented an offer of \$6,000 to conduct the economic feasibility study.

Executive Director Richard Tokarski said both engineering firms have worked extensively with the authority and are very knowledgeable about the facility.

Tokarski originally proposed the idea of forgoing some major rehabilitation projects and the construction of a cogeneration plant to the Board of Commissioners at its meeting last month, indicating it could provide substantial savings for the authority. In addition, the RVSA might

send its sludge to be processed at another facility. The authority then would be able to shut down its digesting operations.

Based on preliminary estimates, the executive director said the authority might save anywhere from \$20 million to \$35 million, as well as savings within the operating budget, if the cogeneration plant and improvements are deferred.

He said the engineering firm should have the study completed and ready for the board of commissioners at its next meeting, Sept. 13. Commissioners agreed last month that a second opinion would be warranted on the capital projects.

The RVSA handles wastewater treatment for 11 communities and serves more than 300,000 residents and 3,500 businesses in Clark, Cranford, Garwood, Kentworth, Mountaineer, Railway, Roselle Park, Scotch Plains, Springfield, Westfield and Woodbridge.

Luban said he did not like Metcalf and Eddy's proposal, which included a comment that the cost cannot exceed the proposal without written authorization from the RVSA's board.

"They're telling me they're coming back," he said, adding that Camp Drusser and McKee's offer included "an amount not to exceed," Luban said.

"I don't like being lowballed and having them come back."

# Accorsy travels the globe with Navy

"We build, we fight" is the motto inspiring men and women of the United States Navy Seabees around the world. In many foreign countries, this elite group of Navy construction experts builds the facilities to sustain military operations in times of war and disaster.

One member of this hard charging group of Seabees is Petty Officer 3rd Class Anthony M. Accorsy, son of Anthony Accorsy of Springfield. He is attached to Naval Mobile Construction Battalion 133, based out of Gulfport, Miss.

Accorsy joined the Navy in May 1999 after graduating from Wauchung Hills High School in Warren. In the two years since he enlisted, Accorsy has had many exciting experiences and achievements as a Seabee.

"I have had a lot of fun traveling the world and meeting interesting people in the Navy," said Accorsy. "I am very proud of being promoted to my current rank and of earning the awards I've received."

In the recent past, Seabees like Accorsy have taken part in relief efforts in such places as Alaska, Hawaii, the United Kingdom, Bulgaria, Greece, Germany, and Kenya, and are ready to deploy where and when they are needed.

As a Navy utilitiesman, Accorsy performs a very important job at his command. "Basically, I am a plumber for the Navy," said Accorsy. "The best part about my job is that I can actually see the result of the hard work I do and that I've learned a trade I can use in the civilian world as well."

Since their beginning in December 1941, Navy Seabees have built entire bases and paved thousands of miles of roadways and airstrips. They've also built and rebuilt schools, hospitals, bridges, piers and just about anything else needed by the U.S. military or to help foreign nations recover after hard times.

Elements from NMCCB-133 are scheduled to deploy in September to Guam, Bahrain, Hawaii and several sites in the continental United States for seven months.

When asked why he chose the Navy, Accorsy was quick to respond. "I joined the military to travel." Said the 21-year-old "I chose the Navy over the other branches of the service because I wanted to be a Seabee."

Accorsy plans to put to good use the assets he's gained from the Navy. "After the Navy, I plan to return home and work in construction with my father," said the Seabee.

Whatever his future holds, Accorsy will always carry with him the knowledge and life experience he gained from serving as a Seabee in the world's finest Navy.

# Attention churches and social clubs

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Send information to: Managing Editor, P.O. Box 3109, Union, 07083.

# Some good clean fun



Photo By Bob Helfrich

These young residents love to play a game of cards on a break from swimming at the Mountaineer Municipal Pool. Gathering on a towel are, from left, Christina Van, Rebecca Irwin, Austin Bregman and Alexander Bregman.

# Newcomers collect supplies

The Mountaineer Newcomers Club is currently collecting school supplies to distribute to St. Joseph's Social Center in Elizabeth. Backpacks, pencil boxes, lunch boxes, folders, pencils, glue, etc., are some of the items that are needed for the children to start off the 2001-02 school year. If you would like to donate items or need more information on this worthwhile cause call Karen Storza at 908-233-1671.

The club also currently is planning a Fall Community Garage Sale that will be taking place the weekend of Oct. 6. There will be a \$20 fee, which will cover advertising the event in local newspapers, as well as maps and signs. If you are interested in holding a garage sale at your home and would like to participate, call Karen Storza at 908-233-1671.

The annual Progressive dinner is planned for Oct. 20. This enjoyable evening begins with appetizers in a newcomer's home. Then the club will split up into smaller groups for dining as a guest in the home of one of the hosts. To complete the evening, all guests return for desserts and coffee at another home.

Call Lori Goldberg at 908-232-6302 for more information.

If you are a new member and/or have not yet attended a new member coffee, join the Newcomers Club Sept. 13 for an evening of fun and relaxation and information about the club. Call Monica Boeming for location information and to RSVP at 908-928-0321.

The Mountaineer Newcomers Club Inc. is a social organization whose purpose is to extend a friendly greeting to its new members, to help them meet others, and to make them feel welcome and a part of their community.

Membership is open to new residents or established residents who have experienced a change in lifestyle, such as the birth of a baby, or change in employment or marital status.

For membership information, call Monica Boeming at 908-928-0321.

Save your newspaper for recycling.

# BUSINESS REVIEW

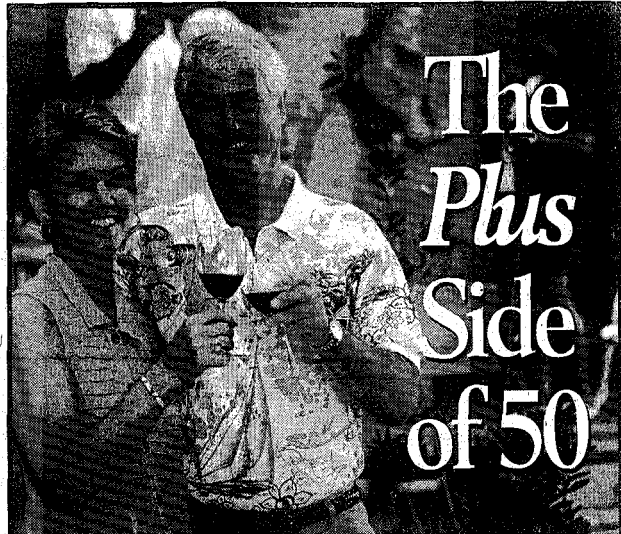
Reader Ask In This Section  
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## Spring Meadows Of Summit

Elder residents who are mobile and active but no longer want to cope with the responsibilities of maintaining a home, cooking meals and are concerned should they need medical assistance now have an alternative.

Spring Meadows, located in Summit, New Jersey at 41 Springfield Avenue, is just the answer. Their beautifully appointed assisted living facility provides large studio and one bedroom apartments for respite or long term stays. Their accommodations are spacious and comfortable. Laundry, housekeeping and three freshly prepared restaurant-style meals daily are provided. So that residents are free to enjoy planned activities, their own personal projects and each other's companionship. They also provide one-to-one personal instruction in their state-of-the-art fitness center at no additional cost to the resident, but the benefit of added help.

Spring Meadows provides 24-hour on-site nursing care, so that residents can feel safe knowing that help is just a call away. Should you or your loved ones desire a beautiful alternative to the drudgery of living alone and caring for more home than you need, contact Spring Meadows. Make an appointment to tour Spring Meadows with calling (908) 522-8852. Let their knowledgeable staff assist you in easing the transition to assisted living.



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A \$400,000 minimum opening balance is required. A \$400 minimum balance is required to open the APY. Must be at least 21 years old to take advantage of this offer.

# Don't miss the show that set the stage for RENT... CONTACT... & FOSSE!



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A Chorus Line has been made possible through the support of ALLEN AND JOAN BILDER and the BILDER FAMILY FOUNDATION.

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## SPECIAL FEATURE! Seeing A Chorus Line, don't miss... Donna McKechnie Inside The Music

The original Tony Award-winning Cassio in A Chorus Line takes you on a tour and gives you an inside look at the backstage of the greatest performers. Don't miss this rare behind the scenes look at this making of A Chorus Line and other Broadway insider stories. October 2 @ 8PM Tickets \$16, \$26, \$35

All programs, items, and dates subject to change. Photo by Getty Images, Janet Diaz, Robert Longobardi, Michaela Malarini, Eric Prosser, Daniel D. Fitzgerald, Matt Zurek & Paper Mill's A Chorus Line, 1981

# COMMUNITY FORUM

## EDITORIALS

### Something stinks, and it isn't trash

Which would you prefer to be built in your county, a tomato-canning plant or a transfer station that processes thousands of tons of New York City's household waste? Obviously, we would guess most people would choose the tomato-canning plant.

Officials from Browning Ferris Industries said if they were building a tomato-canning plant, rather than a facility that handles New York's trash, they would be "welcomed with open arms" and "embraced as a forward-thinking company" for taking trucks off highways. But this situation has grown to be much more than simply about Union County handling New York's garbage.

The Union County Board of Chosen Freeholders last week granted unanimous approval for a transfer station to be included within the county's solid waste management plan. BFI plans to transport up to 10,000 tons of waste daily by barge to Linden, transfer it to a mile-long train and take it to out-of-state locations.

On the surface, the transfer station proposal and the plan to transport waste via rail cars to landfills in other states is a good one. Rail is an underutilized form of transportation for many industries and anything that can take trucks off our roads is good. But examining the proposal strictly on its merits as a trash transfer station would be making a decision in a vacuum. When one looks a little closer, there's more than meets the eye to this deal.

Earlier this month, the state Attorney General's Office executed a search warrant on Linden Mayor John Gregorio's office for documents regarding this case. Linden City Council members and municipal employees have been subpoenaed to testify before a grand jury on the investigation. No charges have been filed and, in the end, nothing may come of this investigation. Maybe the Attorney General's Office simply has a beef with the mayor.

The Attorney General's Office has declined to discuss the target of the case, but the trash transfer station along the waterfront in Tremley Point has an interesting background, to say the least. Domenick Pucillo, Gregorio's son-in-law, is one of the primary partners in the investment group which owns the tract to be leased to BFI. Other members of Marine Tremley Terminals LLC include the law partner of influential State Sen. Raymond Lesniak and the wife of a man who is barred from the waste management industry in New York State, among others.

Gregorio has maintained that he deliberately stayed out of the review process for the project because of his family's interests and did not exert any undue influence. He said city officials are cooperating fully with the grand jury investigation.

The mayor obviously is a supporter of the trash depot. He believes it will benefit the city financially through the \$1.2-million host community fee, free municipal trash disposal and increased property tax revenues. And he's right. It is a sweet deal, not only for Linden but for the property's landlords, which include his son-in-law.

Freeholders seem nonchalant about the situation and have said it doesn't matter who owns the property since they cannot stop trash from coming into the state because of a U.S. Supreme Court ruling that trash is considered interstate commerce. But they should care who the property owners are.

Remember that the mayor was convicted 20 years ago for having a hidden interest in a Linden go-go bar. He was later pardoned by Gov. Thomas Kean. While that may have been a long time ago, Gregorio certainly is no stranger to controversy.

Considering how heated the supporters and opponents on this issue can become, it's amazing yet not surprising somehow, there is such lack of diversity in opinion among the nine freeholders on this matter. It is not clear when the grand jury's investigation will be completed, or what the outcome will be, but the review process of the trash depot project should have been delayed. County officials said they were under a 45-day deadline to conduct the special hearing but a DEP official was unaware of any such timeline. Even so, perhaps the state agency could have considered an extension, if in fact there was a deadline.

Even if it was a tomato-canning plant was proposed, the interests involved in this matter should raise eyebrows enough to delay the project until all questions have been answered.

**"The first condition of progress is the removal of censorship."**

—George Bernard Shaw, British playwright, 1914



**A SUMMER BBQ CELEBRATION** — The Mountain-side Newcomers Club recently had its annual June barbecue at the home of Monica and Frank Boening. With over 60 people in attendance, the evening was a great success, complete with a Mardis Gras theme, great food, and a fun DJ. Taking part in the celebration are, from left, Margaret DiPalma, Martha Perasso, Michelle Sblendorio, Frank Sblendorio and Susan McCarthy. Anyone interested in joining the Newcomers Club can call Monica Boening at 908-928-0321.

## Old-fashioned foods never go out of style

### As I See It

By Norman E. Rauscher  
Correspondent

time to eat this food, fashionable or not.

Not to be ignored in the current food fad department is the consumption of sushi. Raw fish is in. I am not an admirer of sushi and manage to eat quite well without it. My one foray into raw Japanese food years ago assured I would be out of the sushi loop forever.

But, it is not necessary to go to a restaurant to find the exotic foods. In keeping with what is considered fashionable in foods, the local supermarket shelves a myriad of items, which our grandmothers would not have recognized.

Ignore all the Italian products. I don't know about the rest of the country, but New Jersey abounds with Italian foods, which is fine, except I don't want a steady diet of Italian food, whether it is designated northern or otherwise.

Other foods on the supermarket

shelves defy reason. Truffles, long touted as the most expensive of the fungi, sit on the shelf. When looking for a can of creamed corn the other day, there was no such corn on the shelf. But, you better believe there was an can of truffles.

A tour of the rice shelf reveals that good old Carolina rice has many competitors nowadays. Remember when Minute Rice was considered a really wild innovation? Take a glance at the rice shelf today and you'll find rice for risotto and others such as basmati and brown.

The same exotic displays apply to vinegar. We all have used white, red wine, and tarragon, and perhaps cider vinegar for years. Glance at the vinegars today, and you'll wonder why the vast variety.

Then we come to olive oils. Virgin, extra virgin, extra extra virgin...the list goes on. How many ordinary eaters can really tell the difference after the food is prepared? Olive oil has a health connotation, so it has become even more fashionable.

Don't get me wrong. We have gone through food styles in our home too. We have discarded any number of woks, fondue pots, crock pots and an assorted amount of grills suitable for inside and outside cooking.

I remember one New Year's Day when my wife spent a day preparing

Beef Wellington complete with homemade focaccia and pastry. Now she wonders what she really was up to when our company would have been just as happy with a plain filet or prime ribs.

So, in a way, we are not immune to the vagaries of food fashion changes. But, one recent item really caught my eye. A New York restaurant is serving barnacles. They are not just the plain old barnacles found on the bottom of any boat. No, they are imported from Spain.

Since they are imported, they are not inexpensive. But, there are New Yorkers who are literally forking up barnacles, which cost \$30 a pound, wholesale. Because of the high cost, restaurants only serve two per person.

That's one food I will not eat, anymore than I will eat blowfish, also considered another delicacy. When I was a youngster, the blowfish we caught in the waters of Long Island with pin-hooked lines were thrown back as undesirable.

My reaction is the same today. Let's leave the exotic and bring on more meatloaf and mashed potatoes.

Norman E. Rauscher is a former newspaper publisher and frequent contributor to this newspaper.

## A role model we could really identify with

### The Problem Solver

By Robert B. Lapidus

lifting, and their faces had a "lived in" look.

Bogart was perhaps the first, and certainly the best known of these. Today his heritage lives on in the likenes of Harrison Ford, Kevin Spacey, Robert DeNiro. These are guys we can actually deal with.

And if you still don't think you can stand up well against any of these leading men, well there is always Asbury Park's Danny DeVito. But all these pale into insignificance compared to the ultimate anti-hero, Kramer.

Now here is someone we can all relate to.

Your wife doesn't think you dress 'au courant'?

Tell her to look at Kramer in those clothes that went out of style in the early '50s. And are as ill-fitting as they are dated. What about that electric hair! And here is a man with no apparent source of income, no marketable skills, no education and who apparently hasn't done an honest day's work in years.

That's him. He makes all the rest of us look good.

And he always gets the girl. While the rest of the "Seinfeld" self-obsessed cast is struggling to achieve some kind of meaningful relationship, Kramer is happily sauntering up to some long-legged beauty.

George is an absolute dunce. Elaine is in a constant, and usually futile, quest for a companion. Jerry is the victim of one failed

relationship after another.

But Kramer? He goes blissfully along being himself. And being fussed over by a string of beautiful women.

So, for a decade, Kramer was an icon. A role model that we could really identify with. If he could do it, how hard could it be? Who needed to look like they just stepped out of Gentlemen's Quarterly? Who needed a steady job? Why chase a degree? Just be us, and watch the chicks fall at our feet.

And now he is gone. The ultimate everyman. Yes, we know the reruns are still around. But sooner or later they will be relegated to some remote cable channel. At some ungodly hours. Then what?

So, while his is still here, here's to Kramer. He's our guy.

Robert B. Lapidus is a frequent contributor to this newspaper.

## LETTERS TO THE EDITOR

### Column a must read for all voters

To the Editor:

The column written by Norman E. Rauscher in the Aug. 16 edition on the Kennedys ought to be must reading for all American voters.

It's almost an expose on politics and in particular the Kennedys and their ubiquitous, ominous presence.

Joseph C. Chieppa  
Mountainside

### Voters must remember in November

To the Editor:

The public hearing held by the Union County freeholders in Linden on Aug. 13 to discuss the proposed Browning Ferris Industries solid waste transfer station was a mockery of democracy. Instead of arranging for a larger facility, it was held in the Linden City Hall Council Chambers, which has limited seating.

Many people were denied entry into City Hall, in spite of the fact that a thunderstorm was in progress.

After a lengthy presentation by Linden Mayor John Gregorio and BFI telling us how great the garbage facility would be for us, the hearing was finally opened to comment. However, elected officials were given the first opportunity to speak. At least these officials, who were almost all from neighboring Middlesex, County, and spoke against the proposed BFI facility, represented their constituents' concerns.

I ask the Union County freeholders, who have previously affirmed their support for the proposed waste transfer facility, what positive benefit will it provide to Union County? Making the City of Linden and Union County, the home of the largest garbage handling facility in the world, to help New York City, BFI, and who knows who else, is a dubious honor.

If the proposed BFI solid waste transfer station is approved and built, every voter in Union County, and especially in Linden, should remember next freeholder election putting political party allegiance aside who sold them out.

Stephen M. Machalaba  
Linden

### Echo Leader

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Incorporating the Springfield Leader and Mountain Side Echo

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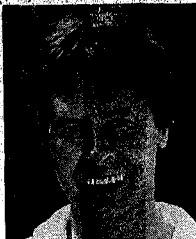
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## We're asking Will the Middle East escalate into world war?



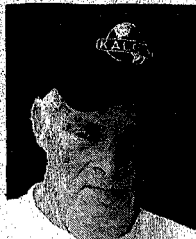
Wayne Chambers

"I hope not — that would be very bad. I think, though, that we have to worry about here instead of over there. The president should try to do something about it."



John Lychatyn

"I think President Bush should send the troops over to prevent this from happening. Every day there is more bad news."



Wayne Blair

"Could be. I hope not because I have two nephews in the military service. One was already in Kuwait as he is a paratrooper. I guess they are trying as much as possible to prevent this from happening."



Selma Prager

"I certainly hope not. I think President Bush has to get involved and approach Anfal, and tell him to stop the suicide bombing. I also think that we have to tell Anfal if he does not stop the bombing we won't support him."

## September marks Minority Health Month

This September marks Minority Health Month 2001 in New Jersey and throughout the nation. To encourage organ donation among the minority communities throughout the state, the New Jersey Organ and Tissue Sharing Network, The Sharing Network, based in Springfield, is in the midst of an aggressive public awareness campaign to heighten organ donor awareness within the minority community.

Minorities are predisposed to certain illnesses, such as diabetes, that may lead to a need for organ transplants, according to Thomas Cannon, community relations manager for The Sharing Network. However, minority groups have historically been less likely to donate their organs — which led to a minority donation shortfall. The shortfall can cause a longer wait for minorities awaiting transplants because some blood and tissue matches are closest within races.

In order to reach the minority community with its life-saving message, The Sharing Network has formed an African-American Planning Committee, AAFP, whose goal it is to raise \$100,000 to be used toward an African-American media campaign that will help to educate minorities about the importance of registering to become an organ donor. The committee is composed of more than 30 people — many of whom are African-American transplant recipients.

One goal is to have our committee members spread the life-saving message of organ donation throughout their churches, civic organizations and places of employment," Cannon said.

"African-Americans have a high blood pressure and kidney failure rate four times greater than Caucasians. Hispanic-Americans face a Type 2 diabetes rate estimated to be two times higher than Caucasians and about 24 percent of

Mexican-Americans in the United States and 26 percent Puerto Ricans between the ages of 45 to 74 have diabetes," he said.

"In the United States, the incidence of end-stage renal disease, a condition where the patient requires dialysis or a kidney transplant in order to live, in people with diabetes is more than four times as high in African-Americans and four to six times as high in Mexican-Americans and six times as high as Native Americans than the general population of diabetes patients," he added.

"With over 2,000 New Jersey residents currently on waiting lists for lifesaving transplants — nationally that figure is over 76,000 — we rely on our dedicated staff of volunteers, such as the African-American Planning Committee, to go out into the community and spread the word about organ donation and transplantation," said Joseph Roth, president and chief executive officer of The Sharing Network. "Their efforts are invaluable to us," he said.

The Sharing Network's annual African-American Heritage Award Ceremony, to be held at the Robert Treat Hotel in Newark Feb. 14, is one of many initiatives the volunteers are responsible for orchestrating. The Sharing Network volunteers will continue to be involved in many outreach activities — promoting organ donor awareness — throughout Minority Health Month including participation in city festivals, community health fairs, civic organization sponsored walkathons and numerous other activities in churches and local conventions throughout the state.

For more information on how to become an organ donor or to join the New Jersey Organ and Tissue Donor Registry, call the Sharing Network at 1-800-SHARE-NJ or visit its web site at [www.sharingnj.org](http://www.sharingnj.org).

## Police arrest three on drug charges

Springfield

Police made several drug-related arrests at David's Bridal on Route 22 West on Aug. 16 at 9:05 a.m. The central intake court date for each arrest is set for Friday.

Anthony Williams, 33, of Irvington was arrested and charged with possession of cocaine.

Penny Dunell, 29, of Newark was arrested and charged with possession of cocaine, heroin and drug paraphernalia.

Wendy Cureton, 46, of Newark was arrested and charged with possession of cocaine, drug paraphernalia, being an unlicensed driver, possession of a controlled dangerous substance in a motor vehicle and driving under the influence.

On Aug. 15 at 8:45 p.m., a 2001 BMW sport utility vehicle with an estimated value of \$56,000 was reported stolen from the prop lot at JMK Auto Sales on Route 22 East while the vehicle was being prepared for delivery.

An employee at Atlantic Metals on Fadem Road observed a tractor-trailer damage part of the lawn off the Diamond Road side of the building on Aug. 15 at 3:30 p.m. The damage to the lawn was approximately 20 feet by 5 feet.

A Norwood Road resident reported several items of jewelry stolen from a safe in her home on Aug. 14 at 12:40 a.m.

The jewelry included a black enamel bangle with one diamond, a Pave heart necklace, a pair of South Sea gray pearl earrings with four diamonds, a South Sea diamond pearl necklace, a ladies' swirl ring with diamonds and an estate piece ring with diamond chips.

At 9:25 a.m. on Aug. 13, an unknown person entered the office of 675 Morris Ave., Suite 100, and took a woman's ring from the owner's desk drawer. The ring was 14 karat gold, oval-shaped and sapphire, with diamonds.

The owner of a green 1995 Tomas Taoga LX Moped reported on Aug.

### POLICE BLOTTER

12 at 8 p.m. that the same one was taken from her basement storage area along the 800 block of Mountain Avenue between sometime between Aug. 2 and Aug. 12. The moped was valued at \$1,282.60.

Mountainside

On Aug. 15 at 1:05 a.m., Nasir M. Khan, 20, of Mountainside, was arrested on Route 22 West for operating a vehicle while under the influence of intoxicants. He was arrested as the result of a motor vehicle accident, police said.

On Aug. 16 at 1:13 p.m., Eduardo Figueroa, 23, of Plainfield, was arrested for contempt of a court order, an outstanding warrant for \$300. The warrant was outstanding from Mountainside Municipal Court, and the suspect was picked up from the Watchung Police Department.

On Friday at 2:50 p.m., Michael A. Darcy, 19, of Green Brook was stopped on Route 22 West for driving without a front plate, and a background check revealed a suspended driver's license and registration, for which he was arrested.

Joe F. Hercules, 25, of Plainfield was arrested at 1:09 a.m. on Saturday on Route 22 East for operating a motor vehicle while under the influence of intoxicants. He had failed to observe a red signal at the intersection of Route 22 East and New Providence Road, according to police. He was transported to headquarters for processing.

On Saturday at 1:15 p.m., Tomas Abrago-Montiel, 41, of Elizabeth was arrested for driving without a license. He had struck a vehicle in front of him on Route 22 East across from Summit Road, according to authorities.

Tomas told police he has lived in the United States for more than a year but had never obtained a license as he had a license from Mexico. He was placed under arrest.

## Mountainside answers call for car accident on Summit Road

Mountainside

On Aug. 15 at 1:24 a.m., the Mountainside Fire Department responded to Route 22 and Summit Road for a car accident involving a tree. The battery was disconnected and a quick cleanup was applied to the spill.

At 9:37 p.m. on Aug. 14, the department went to the Scotch Plains Fire Department headquarters to answer a standby call for mutual aid.

On Friday at 10:50 a.m., firefighters answered a call at a Wyoming Drive residence for a natural gas leak. The gas company was called to find and fix the leak in a service call to their home.

On Saturday at 11:52 a.m., the department responded to the Scotch Plains Fire Department headquarters to help on a mutual aid call.

Springfield

Saturday: 2:09 p.m., Morris Turnpike business on a police assist.

Friday: 7:55 a.m., Baltusrol Way residence on a central station alarm; 12:21 p.m., Morris Avenue business

### FIRE BLOTTER

for a medical services call; 1:14 p.m., Henshaw Avenue residence on a lock out; 3:13 p.m., Fadem Road business on a medical service call.

Aug. 16: 10:08 a.m., Forest Drive apartment complex on a medical services call; 10:19 a.m., Rose Avenue residence on a problem with a stove; 12:17 p.m., South Springfield Avenue apartment complex on a medical service call.

Aug. 15: 7:03 a.m., South Springfield Avenue religious facility on a medical service call; 11:26 a.m., Evergreen Avenue residence on a medical service call; 2:52 p.m., Stone Hill Road apartment complex on a medical service call; 9:24 p.m., Route 78 East exit ramp 49-A on a motor vehicle accident; 9:32 p.m., medical treatment started for victim of motor vehicle accident on Route 78 east exit ramp 49-A.

Aug. 14: 8:41 a.m., Kew Drive

residence for a medical service call; 9:12 a.m., Kew Drive residence on a water condition; 12:21 p.m., Skylark Road residence on a central station alarm.

Aug. 13: 9:12 a.m., Salter Street residence on a medical service call; 9:14 p.m., Gaudinier School for an activated fire alarm.

Aug. 12: 4:35 p.m., Chimney Ridge residence on a central station alarm; 6:31 p.m., Fieldstone Drive residence on an electrical problem with the garbage disposal; 8:54 p.m., Route 22 East business on a central station alarm.

### 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.

## Swimming with sharks



Photo by Bob Helfrich

Ruth Brauchli likes to keep active by spending her summer days swimming in the Springfield Municipal Pool.

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**EDUCATION**

**Babysitter's Training**

The Summit Area Chapter of the American Red Cross announces its fall schedule of Babysitter's Training classes. Each course is total of 8 1/4 hours. Three different sessions are offered to meet a variety of schedules. The cost of the class is \$35.

The course is ideal for current and future babysitters — teaching them the best ways to be safe and keep the children in their care safe. Participants will learn a variety of skills such as making good responsible decisions, supervising children, choosing safe and age-appropriate toys and games, handling an emergency or illness, performing first aid, performing basic care routines, like diapering, feeding, and dressing, and handling bedtime issues effectively.

The Babysitter's Training fall course is 3:30 to 5:45 p.m. on the following dates: Sept. 21, Sept. 28, Oct. 5, Oct. 12, Oct. 19, Oct. 26, Nov. 2, Nov. 9, and on Dec. 8 from 8:30 a.m. to 5 p.m. Bring a lunch to the Dec. 8 workshop.

The Summit Area Red Cross Chapter provides service to five communities: Berkeley Heights, New Providence, Long Hill Township, Springfield and Summit.

Call 908-273-2076 to register for class or for information.

**Arboretum field trips**

"Our field trip programs immerse children in nature. The groups are small, so the guide can pay attention to each child, and each child can pay close attention to the plants and animals," said Michelle Celia Wiessner, director of children's education at Reeves-Reed Arboretum in Summit, which offers field trip programs for children from Union, Essex and Morris counties.

"We rely on our volunteer guides, who allow us to break up visiting classes into small groups. Without them, our field trips would not be so individualized," Wiessner said. "We would love to continue to expand our field trip programs and invite even more children to the arboretum, but to do that we need more volunteer guides."

The only background necessary to become a volunteer guide is enjoyment of nature and of children. Reeves-Reed Arboretum will provide training to volunteer guides. Field trips take place in May, June, September and October. To find out more about becoming a volunteer guide, call 908-273-8787.

"Besides volunteers, we also need money to bring children from Newark to the arboretum," said Wiessner. "What a treat it is — for us as well as for the children — to bring them here on the Hands to Nature program." The Hands to Nature program is a cooperation between the arboretum and the Greater Newark Conservancy. Children arrive for the program on a school bus, and spend the morning in small groups at five educational centers around the grounds. Then they relax on the lawn for a pizza lunch before returning to school.

Local businesses and organizations, including the Summit Junior Forthright Club, Madison Garden Club, Summit Garden Club, PSE&G, Hilltop Community Bank and the Flying Horse Foundation underwrite the cost of the bus trip and the lunch this spring.

"We have six Hands to Nature programs scheduled for the fall. Some of them are still available to be funded," said Wiessner. "Sponsorships cost \$300. This is a satisfying way to make a difference in a child's life."

Reeves-Reed Arboretum, 165 Hobart Ave., Summit, is a suburban conservancy dedicated to environmental and horticultural education for

children and adults. The arboretum is entirely funded by private contributions.

For more information about the arboretum's educational programs, call 908-273-8787.

**Mountainside Red Cross offers courses**

The Westfield/Mountainside Chapter of the American Red Cross will offer a First Aid Basics class today from 6 to 10 p.m.

The course teaches participants how to check the condition of conscious and unconscious victims, how to recognize and care for life-threatening illness and injuries as well as handling choking and breathing emergencies.

All trainings will be at the Red Cross Chapter House, 321 Elm St., Westfield. Advance registration is required and space is limited.

For information, visit the chapter house or call the chapter at 908-232-7090.

**Red Cross announces fall schedule of classes**

Injuries occur daily in both homes and workplaces. How prepared are you?

The Summit Area Red Cross announces its fall schedule of courses to help people be as prepared as possible to deal with everyday emergencies.

Included in the roster for the first time at the Summit Area Chapter is Community First Aid & Safety Chair-in-Spanish. CPR & First Aid Chairman Bruce Rex is excited the chapter is offering a course in Spanish.

"We have a terrific instructor for the course and we're glad to be able to expand our classes to meet the needs of Spanish speaking people in our community."

• Community First Aid & Safety, conducted in Spanish: Nine-hour course including First Aid, Adult CPR, and Infant & Child CPR: Sept. 11 and 13, 6 to 10:30 p.m. Fee is \$60.

• Community First Aid & Safety: Nine-hour course including First Aid, Adult CPR, and Infant & Child CPR: Oct. 1 and 3, 6 to 10:30 p.m., Dec. 4 and 6, 6 to 10:30 p.m. Fee is \$60.

• Adult CPR with AED: Four-hour course including Adult CPR, assistance for choking victims, and AED training: Oct. 30, 6:30 to 10:30 p.m. Fee is \$35.

• Infant & Child CPR: Six-hour course includes CPR & choking for babies: Sept. 8, 9 a.m. to 3:30 p.m.

and Nov. 19 and 20, 6:30 to 9:30 p.m. Fee is \$35.

• Community CPR recertification: Four-hour course to recertify Adult and/or Infant & Child CPR: Sept. 10, 6:30 to 10 p.m., and Nov. 1, 6:30 to 10 p.m. Fee is \$25. Must have current certification.

• CPR for the Professional Rescuer: Nine-hour course including one- and two-person CPR: Oct. 9 and 11, 6 to 10:30 p.m. Fee is \$60.

• Pet First Aid: Four-hour course to provide training for pet emergencies; topics covered include rescue, breathing, assistance for choking, poisoning, and bleeding. Students will practice on dog and cat mannequins; Oct. 17, 6 to 10:30 p.m. and Dec. 11, 6 to 10:30 p.m. Fee is \$25 per person or \$40 per couple.

• Standard First Aid with AED: Seven-hour course includes First Aid with AED defibrillator training/adult CPR: Sept. 17 and 19, 6:30 to 10 p.m., and Oct. 23 and 25, 6:30 to 10 p.m. Fee is \$45.

The Summit Area Red Cross serves Berkeley Heights, Long Hill Township, New Providence, Springfield and Summit.

Call 908-273-2076 to register for a class or for information.

**Program strengthens ties between fathers and daughters**

Jae Kelly, executive director of the national nonprofit group Dads and Daughters, will bring DADD'S powerful message to the Summit Middle School, 272 Morris Ave., on Sept. 11 at 7:30 p.m. Founded in 1999, Dads and Daughters' mission is to help strengthen father-daughter relationships and transform the pervasive cultural messages that reinforce the idea that girls are valued for how they look rather than for who they are.

Kelly will speak to fathers and other adults about the positive influence fathers can have in their daughters' lives and will offer concrete tips on making the world a better place for girls.

Topics covered will include the importance of listening to girls, encouraging their strengths, respecting each girl's uniqueness, getting involved in their schools, tuning into their interests, and encouraging a healthy body image. This dynamic program will help parents take an honest look at the tensions, contin-

sions, dangers, and joys of helping daughters become women.

A question-and-answer period will be included. The cost for the program is \$10 per person/\$15 per couple. Pre-registration is suggested.

Besides his work for Dads and Daughters, Kelly is the co-founder of the girl-edited magazine New Moon: The Magazine for Girls and Their Dreams. He has been featured in The New York Times and People magazine, and has been on National Public Radio, ABC-TV, Voice of America, and many other media outlets as an expert on raising daughters. He and his wife live in Minnesota and are the parents of two daughters.

Dads and Daughters provides tips for fathering daughters to the United States Department of Health and Human Services, and many schools, hospitals, advocacy groups, PTAs, and other organizations. It has developed a curriculum entitled Healthy Body Image, which is distributed free to schools. To learn more about Dads

and Daughters, see its extensive web site, which includes a wealth of resources.

www.dadsanddaughters.org

The Girl Project is a program component of the Women's Resource Center which began in 1996 in response to growing concern about issues affecting girls today. Girl Project programs support girls and young women in finding and keeping their own unique voices, and aspiring to achieve their goals and dreams.

The Women's Resource Center is a nonprofit, 501(c)(3) organization founded in 1983, which is dedicated to meeting the varied needs and interests of all women throughout their lifetimes. By providing a collaborative environment in which women can share their experiences and expertise, the center encourages women and girls to achieve their personal and professional goals.

Funding for this program has been made possible by the Girl Project of the Women's Resource Center and a



Joe Kelly

grant from the George T. Clapp Youth Fund of the Summit Area Public Foundation.

To register or get more information about this program and other programs for girls and women, call the Women's Resource Center at 908-273-7253.

**HEALTH**

**Eating habits workshop**

The Women's Resource Center of Summit is sponsoring a series of workshops to help participants develop new eating habits without forbidden foods, calorie counting or deprivation. The series, called "Breaking Free from Dieting," is based on the book "Breaking Free From Compulsive Eating," by Geneen Roth.

The sessions will cover topics such as learning to become more aware of both physical and emotional needs, dealing with the judgment of others, and learning to build a fulfilling life that does not revolve around food. The workshops series is ideal for the woman who wants to stop judging herself and get off the diet bandwagon.

The focus of the workshop is to help each woman gain self-awareness while taking responsibility for her body weight and eating habits. The group, which is facilitated by Ava Schlesinger and Lisa Zimmer will run for five Saturdays beginning Sept. 15, from 9 a.m. to 10:30 a.m. The cost is

\$80 for members of the Women's Resource Center and \$100 for non-members. Registration ends Sept. 10.

**Cancer programs offered**

Pathways educational and complementary mind/body full programs begin in September. For information about programs and services, call 908-277-3663. Support groups and most programs are free. To register for support groups, call support group coordinator at 973-701-7607.

• Sept. 12, Dr. Louis Schwartz will present a program on "What to Expect During Radiation Treatment." Schwartz is the director of Overlook Hospital Radiation Oncology, Summit. The program will be from 10 to 11:30 a.m. in Overlook Hospital Conference Room 2.

• Sept. 21, Mary Gisele-Urlich will present a program, Nutrition for cancer patients." Gisele-Urlich is the lead oncology dietitian from Morris-town Memorial Hospital.

Call Pathways at 908-277-3663 to register for the nutrition program.

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**OBITUARIES**

**John S. Speziale**

John S. Speziale, 77, of Summit died Aug. 8 at home.  
Born in Newark, Mr. Speziale lived in Summit for 43 years. He was a platform manager with People Express Co., Newark, for 38 years and retired 15 years ago. Mr. Speziale was a member of the Knights of Columbus Council 5560 of Springfield.

Surviving are his wife of 49 years, Claire; a son, John Jr.; a daughter, Kathleen; two sisters, Frances Costa and Marie, and three grandchildren.

**Elizabeth DeSocio**

Elizabeth DeSocio, 77, of Summit died Aug. 14 in Morristown Memorial Hospital.

Born in New York City, Mrs. DeSocio lived in Summit for 21 years. She worked at Brooklyn State Hospital before retiring. Mrs. DeSocio was a graduate of St. Vincent's School of Nursing in Queens.

Surviving are two sons, John and Louis; a daughter, Erma Linda

D'Ulisse; six grandchildren and four great-grandchildren.

**Ruth S. Sheehan**

Ruth S. Sheehan, 83, of Summit died Aug. 15 at home.

Born in Newark, Mrs. Sheehan grew up in Union and lived in Chatham for 40 years before moving to Summit three years ago.

She was employed by Kemper Insurance Co., Summit, for 25 years and retired in 1980 as supervisor of the underwriting department.

Surviving are a daughter, Cheryl Ahlers; a sister, Dorothy Donaldson; two grandchildren and two great-grandchildren.

**Marty M. Geltman**

Marty M. Geltman, 65, of West Orange, formerly of Springfield, educator, died Aug. 15 at home.

Born in Newark, Mr. Geltman lived in Springfield before moving to West Orange 10 years ago. He was a teacher at Florence M. Gaudinier School in

Springfield, for 34 years and retired in 1992. Mr. Geltman also founded and was director of the summer reading institute at Newark Academy and was a general practicing private tutor.

He received a bachelor's degree in education from Jersey City State College and a master's degree in reading from Seton Hall University, South Orange. Mr. Geltman was a player with the Mental Health Association in Newark and a standardized patient for dental and medical students to help enhance their patient management skills at the University of Medicine and Dentistry of New Jersey in Newark.

He and his wife, Zella, created "Good News With the Geltmans," a news broadcast for the blind on EIES of New Jersey in South Orange. Mr. Geltman was a patient advocate for the New Jersey Office of the Ombudsman for the Institutionalized Elderly Daughters of Israel Nursing Home, West Orange, and co-chairman of a semi-annual blood drive at the Morristown Unitarian Fellowship. He was

a member of the Life-long Learning Committee and staff member of the senior center at the Jewish Community Center, MetroWest, West Orange.

Mr. Geltman was honored by about 200 family members and friends who gathered on June 23 to celebrate his life with music, stories and skits. *The New York Times* covered the event and Home Box Office is reportedly preparing a documentary based on his life.

Also surviving are two sons, Steven and David, and four grandchildren.

**Helen Marsh**

Helen Marsh, 87, of Springfield died Aug. 13 in the Glenside Nursing Center, New Providence.

Born in Warrior Run, Pa., Mrs. Marsh lived in Maplewood before moving to Springfield 48 years ago.

Surviving are two daughters, Donna Marsh Caldwell and Lorraine; a sister, Regina Petrozo, and two grandchildren.

**RELIGION**

**Temple Sinai services**

Temple Sinai, 208 Summit Ave., Summit, will host Shabbat Services on Friday and Aug. 31, beginning at 8 p.m. The summer service is short, casual and friendly and are led by temple members.

The service is open to anyone inter-

ested in attending. It welcomes all people interested in associating with the Jewish faith, including interfaith families and those interested in learning more about Judaism.

For information about the service or about membership, call the temple office 273-4921.

**'House of Curl' to be discussed at St. John's**

Susan Colajeri and Sister Laura Bernardo will present and lead a discussion on Lorna Landvik's *Patty Jane's 'House of Curl'*, a novel set in a Minneapolis beauty parlor. The book explores love, losses, hope and

victories experienced by Patty Jane and Harriet, two eccentric sisters.

The discussion, which begins at Sunday at 9 a.m., will be presented as the conclusion to a summer book series at St. John's Lutheran Church, 587 Springfield Ave., Summit.

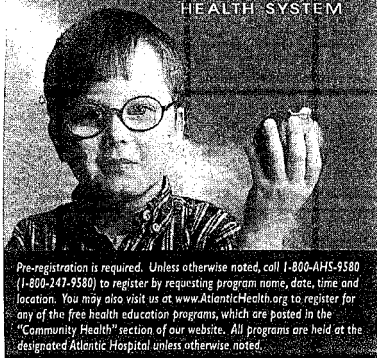
Call 908-918-2500 for directions. The general public is invited.

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**Healthy Women, Healthy Choices**

A conference designed to empower women with health management information on heart disease, breast cancer and osteoporosis. Three panels of physicians will speak on each topic. A keynote speaker will address the group during a luncheon. A continental breakfast is also included.

**Saturday, September 15, 9 a.m. to 1 p.m.**  
Overlook Hospital, Wallace Auditorium, 99 Beauvoir Avenue, Summit  
Presenters: Michael Alexander, M.D., speaking on Women & Heart Disease; Steven Stanzone, M.D., speaking on Breast Cancer; and Robert Rosenbaum, M.D., speaking on Osteoporosis  
Sponsored by the Healthcare Institute of New Jersey and Atlantic's Overlook Hospital with Congressman Michael Ferguson

**Bone Density Screening**

This is a heel ultrasound offered to women age 40 and older or younger with a family history of osteoporosis. Please wear footwear that can be removed to expose the foot and heel.

Monday, September 17, 10 a.m. to Noon  
YMCA, Berkeley Heights, 550 Springfield Avenue, Berkeley Heights  
Thursday, September 20, 8:30 to 10:30 a.m.  
Overlook Hospital, Conference Room 2, 99 Beauvoir Avenue, Summit  
Fee: \$20  
Sponsored by: Overlook Hospital's Healthy Avenues Van

**Arthritis Self-Help Course**

The Arthritis Self-Help Course is intended to inform participants about the basics of arthritis, and to teach individuals with arthritis and related conditions about the principles of self care, including exercise, medication, pain management, relaxation, and healthcare utilization. The following six session courses meet:

- Thursday, September 20 and 27, and October 4, 11, 18 and 25 5:30 to 7:30 p.m.  
HomeCare America, Madison Plaza Shopping Center, 300 Main Street, Madison
- Friday, September 21 and 28, and October 5, 12, 19 and 26 10 a.m. to Noon  
HomeCare America, Madison Plaza Shopping Center, 300 Main Street, Madison
- Tuesday, September 25, and October 2, 9, 16, 23 and 30 10 a.m. to Noon  
Overlook Hospital, 99 Beauvoir Avenue, Summit
- Wednesday, September 26, and October 3, 10, 17, 24 and 30 10 a.m. to Noon  
Visiting Nurse Service System, 354 Union Avenue, Elizabeth

**Nutrition for Cancer Patients**

Learn how to maintain your nutrition during and after cancer treatment.  
Friday, September 21, 12:30 to 1:30 p.m.  
Overlook Hospital, Conference Room 2, 99 Beauvoir Avenue, Summit  
Presenters: Mary-Giselle Ulbrich, M.S., R.D., Lead Oncology Dietitian, Morristown Memorial Hospital.  
Sponsors: Overlook Hospital and Pathways, Women's Cancer Organization

**2001 Light the Night Walk**

Light the Night and brightest the future of millions touched by cancer. Join the Atlantic Cancer Center team.  
Sunday, September 23  
Drew University, Madison or Montclair State University, Montclair  
Call 1-800-247-9580 for a registration form.

**Look Good, Feel Better**

Help with appearance and related side effects of women undergoing cancer treatment.  
Monday, September 24, 10 a.m. to Noon  
Overlook Hospital, Conference Room 2, 99 Beauvoir Avenue, Summit  
Sponsors: American Cancer Society and Overlook Community Health

**Managing Digestive Disorders**

Learn about digestive disorders. Topics such as chronic diarrhea and irritable bowel syndrome, and prevention and treatment options available will be discussed.  
Wednesday, September 26, 10 to 11:30 a.m.  
Overlook Hospital, Wallace Auditorium, 99 Beauvoir Avenue, Summit, New Jersey  
Presenter: Saad Habba, M.D., gastroenterologist

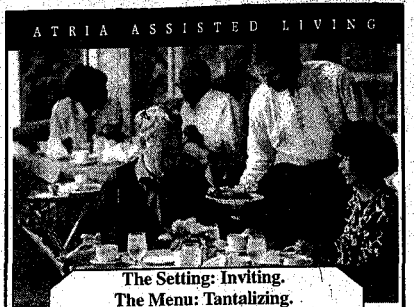
**Diabetes Screening**

No fasting required and results in 20 seconds.  
Sunday, September 30, 10 a.m. to 1:30 p.m.  
Summit YMCA Health Fair, Summit YMCA, 67 Maple Street, Summit  
Sunday, September 30, 2 to 6 p.m.  
New Providence Health Fair, New Providence Shopping Center  
Not available to people currently under a physician's care for diabetes.  
Sponsor: Overlook Hospital's Healthy Avenues Van

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To enjoy the many benefits of Senior Contact, Atlantic's free membership program for adults ages 55 and older, please call 1-888-60-SENIOR (1-888-607-3646).

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AT THE LIBRARY

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Mountain Ave. concludes at noon on Tuesday with "Ella Fitzgerald..."

articles from multicultural sources. EBSCO, made possible in part by the New Jersey State Library...

many interactive features. Anyone can explore the site, but a Springfield library card is needed to access the card catalog...

Used paperbacks wanted
The Friends of the Springfield Public Library, 66 Mountain Ave., would like donations of used paperbacks...

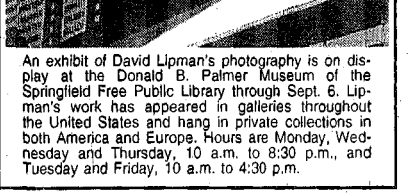
Your abilities can earn extra income. Advertise them with a classified ad by calling 1-800-564-8911.

Family Storytime
The Springfield Public Library, 66 Mountain Ave., offers Family Storytime tonight at 7:30 p.m. for all ages.

Collectors are sought
Mountainside Public Library is seeking hobbyists and collectors who would like to place exhibits in the library's display case.

Volunteers are needed
The Springfield Free Public Library, 66 Mountain Ave., is sponsoring a volunteer homebound delivery program.

Web site offers best in technological tools
With advances in technology, computer literacy has taken on a new meaning for libraries.



Stories of New York
An exhibit of David Lipman's photography is on display at the Donald B. Palmer Museum of the Springfield Free Public Library through Sept. 6.

Book sale this week
Sponsored by the Friends of the Springfield Public Library, 66 Mountain Ave., the library will feature a "No Frills Book Sale" until Friday.

Resources are plentiful at Springfield Library
Students will find many electronic resources at the Springfield Free Public Library, 66 Mountain Ave.

Volunteers are needed
The Springfield Free Public Library, 66 Mountain Ave., is sponsoring a volunteer homebound delivery program.

Electronic libraries are very popular
said Springfield Public Library Director Susan Permahos, citing other sites such as Librarian on Active Worlds...

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Woman of the Year will be announced
The Woman of the Year will be announced by the Springfield Hadasah at its first meeting of 2001-02 on Sept. 13 at 6 p.m. in Temple Beth Ahm, 60 Temple Drive, Springfield.

Kabbat Shabbat service
Are you looking for a Judaism in which your personal spiritual connection leads to a life filled with more joy and compassion?

JWI to open new season
Springfield Chapter Jewish Women International will host its opening meeting of the 2001-02 season Sept. 12 at 12:15 p.m. at the Springfield Public Library, 66 Mountain Ave.

Members of other community organizations have been invited to attend and all are welcome.

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ROMAN CATHOLIC
THE PARISH COMMUNITY OF ST. JAMES, 45 South Springfield Avenue, Springfield, New Jersey 07081

ST. TERESA'S OF AVILA, 306 Morris Avenue, Summit, NJ 07901, 908-277-3700

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THE SPRINGFIELD BRANDEL UNITED METHODIST CHURCH, located at 40 Church Mall in Springfield, NJ invites ALL people of all ages and backgrounds to join us in their spiritual journey.

PENTECOSTAL-NON-DENOMINATIONAL
VISIONS OF GOD FAMILY WORSHIP CENTER PEOPLE OF POWER FOR THE 21ST CENTURY, 242 Shungike Road, Springfield (located at Everglades Baptist Church)

NOTE: All copy changes must be made in writing and received by News Community Newspapers no later than 12:00 Noon, Fridays prior to the following week's publication.

To learn more about us and what we can offer you, contact
Temple Beth O'r/Beth Torah
111 Valley Road, Clark, NJ 07066
732-381-8403
tbethor@nelzero.net
www.uscj.org/njersey/clark

RELIGION

Services for summer continue at temple

Summer services at Temple Sha'arey Shalom, 78 S. Springfield Ave., Springfield, continue through Aug. 31. During this period, Friday night Sabbath services will start at 8 p.m. and will be led by lay members of the congregation, Rabbi Joshua Goldstein will return to lead the final summer service on Aug. 31.

Conducting services on Friday will be Barry Tornick. Sha'arey Shalom summer services are conducted in a casual atmosphere. This is a good opportunity for families unaffiliated with a temple or synagogue to meet temple members, learn of the customs and traditions of the congregation, celebrate the Sabbath, and learn and see first hand what Sha'arey Shalom has to offer.

The congregation has a vibrant and growing religious and Hebrew school program. Throughout the year there is an ongoing adult education program and a very active social action committee.

Additionally, in the recently renovated facilities, the social hall provides the perfect spot to celebrate all social and life cycle events.

Sabbath services are Friday evening and Saturday morning during the non-summer months. The spiritual leaders of the congregation are Goldstein and Cantor Amy Daniels. The temple president is Murray Bell. Sha'arey Shalom is a Reform congregation affiliated with the Union of American Hebrew Congregations. The membership is from Essex, Morris, Somerset and Union counties, including the towns of Clark, Chatham, Cranford, Elizabeth, Millburn, Mountainside, Short Hills, Springfield, Summit, Watchung, Warren, Westfield and Union.

The public is invited to all Friday and Saturday Sabbath services. For information, call the temple office at 973-379-5387.

Beth Ashm Teen Institute

Temple Beth Ahm, 60 Temple Drive, Springfield, is taking registration for its new Teen Institute starting Sept. 16. The program is designed for Jewish students in the eighth, ninth, and 10th grades to continue their education past their Bar or Bat Mitzvah, and it is not intended to be ordinary, traditional Hebrew High School.

The program focuses on the issues Jewish teens face as they are maturing and the Jewish perspective on how to handle and face those problems. The faculty will include Rabbi Mark Malach, the temple's spiritual leader and other teachers.

Tuition for the 2001-02 school year will be \$500. To secure a place, call Temple Beth Ahm at 973-376-0539, Ext. 11, or office@templebethahm.com for a registration form.

The Webelo winners



St. James Park 73 Cub Scouts of Springfield recently completed their second annual Olympic Games. The boys competed in five events including the standing long jump, discus throw, shotgun and distance row. Scores were calculated and totaled for the highest, which determined the medal winners. The Webelos gathered are, from left, bottom row, James Kocur, bronze winner; Daniel Canziani, gold winner; and Vincent Fiorilli, silver winner; and second row, Gregory Tantaros, Alex Sturm, and Justin Locke; and from the top, Anthony Bentacur, Anthony Sarango and Andrew Kocur.

RECREATION

Wildflower Walk set Sunday at Trallice

Sunday family programs at Trallice Nature & Science Center, 452 New Providence Road, Mountainside, with a Wildflower Walk at 2 p.m. Varieties to be found on the tour include asters, goldenrods, wild argeratum, Joe-Pye-Weed, and other colorful wildflowers. Take a stroll through woods and meadow to seek out late bloomers. The fee is \$2 per person. For information call 908-789-3670.

Tennis badges available from Rec Dept

The Springfield Recreation announces tennis badges are now available at the Recreation Department, 30 Church Mall. All residents who use the township tennis courts are required to purchase a tennis badge. The fee is \$10 per badge set by township ordinance. There is a one-time charge and thereafter the badges are updated each year. For more information, call 973-912-2227.

Par 3 memberships offered at golf course

The Springfield Recreation Department announces it now has memberships to the Millburn Township Par 3 Golf Course available at the Recreation Office, 30 Church Mall. The cost is \$160 person for a full membership and \$80 for a limited membership. For more information, call 973-912-2227.

Policy on weddings and engagements

Couples are encouraged to send their engagement and wedding announcements to the lifestyle editor. Announcements should be typed, double spaced or legibly handwritten and no longer than one page. All announcements should have a daytime phone number for verification or if questions arise. Information requested for engagements are parents names, high school name and town, college name, town and degree, name of employer and town where located, job title and the date of marriage. For more information call (908) 686-7700.

PUBLIC NOTICE

SHERIFF'S SALE SHERIFF'S OFFICE 7100 CHANDLER DRIVE, UNION COUNTY, UNION COUNTY, NJ 07003 PLAINFIELD, CHASE MANHATTAN MORTGAGE COMPANY, INC. DEFENDANT: GILBERTO MADRIZ ET AL WRIT OF EXECUTION DATE: JUNE 15, 2001 SALE DATE: WEDNESDAY, SEPTEMBER 20, 2001 BY virtue of the above stated writ of execution to me directed shall appear for sale by public vendue at the UNION COUNTY ADMINISTRATION BUILDING, 2A Elizabeth, N.J., on WEDNESDAY, SEPTEMBER 20, 2001 at 10:00 AM. All successful bidders must have 20% of their bid available in cash or certified check at the conclusion of the sale. Property to be sold is located in the Township of Springfield, Union County and State of New Jersey. Being commencing as shown on SD Kiping Avenue, Springfield, NJ 07081. Being known as Lot 1, Block 2603, on the official Tax Map of the Township of Springfield. Dimensions: 100.00 ft. x 65.00 ft. x 100.00 ft. x 65.00 ft. NEARLY CROSS Bldg. Mountain Avenue JUDGMENT AMOUNT: TWO HUNDRED THOUSAND ONE HUNDRED THREE DOLLARS AND ELEVEN CENTS (\$200,103.11)

PUBLIC NOTICE

ATTORNEY: ROSEMAN AND PHELAN, P.C. SUITE 502 SENTRY OFFICE PLAZA 200 WESTMONT, NJ 08060 SHERIFF: RALPH FROELICH FULL LEGAL DESCRIPTION IS FILED AT THE UNION COUNTY SHERIFF'S OFFICE. TWO HUNDRED ELEVEN THOUSAND TWO HUNDRED SEVENTY-TWO DOLLARS AND EIGHTY CENTS TOTAL JUDGMENT AMOUNT: \$211,272.00 AUG 23, 2001 0811/272/001 AUG 23, 2001 3601/2/2001 (\$83.00)

PUBLIC NOTICE

Bids shall be in accordance with the plans and specifications prepared by the Municipal Clerk. Prospective bidders, conditions and instructions to bidders may be obtained at the office of the Municipal Clerk at the Mountainside Municipal Building, 1385 Route 22, Mountainside, NJ 07092. Bids must be made on the Borough's form of bid and must be enclosed in a sealed envelope addressed to the Municipal Clerk, Borough of Mountainside, 1385 Route 22, Mountainside, NJ and hand delivered or sent via certified mail at the place and hour named. Bids shall be endorsed on the outside of the envelope with the name and address of the bidder and:

PUBLIC NOTICE

arrangements for appointment to inspect the vehicles with the Chief of Police, (908) 232-0100. Judith E. Casy Municipal Clerk U6393 ECL August 23, 2001 (\$24.50)

BOROUGH OF MOUNTAINSIDE

NOTICE OF BID SALE OF SURPLUS VEHICLE NOTICE is hereby given that sealed bids will be received by the Municipal Clerk of the Borough of Mountainside for:

SALE OF SURPLUS VEHICLE:

1987 Chevrolet Truck, VIN# 1G8MT1D8H1V03271 Mileage: 74,497

Bids will be opened and read in public at the Municipal Building, 1385 Route 22, Mountainside, New Jersey on Friday, September 7, 2001, at 10:18 AM, prevailing time.

Bids shall be in accordance with the plans and specifications prepared by the Municipal Clerk. Prospective bidders, conditions and instructions to bidders may be obtained at the office of the Municipal Clerk at the Mountainside Municipal Building, 1385 Route 22, Mountainside, NJ 07092. Bids must be made on the Borough's form of bid and must be enclosed in a sealed envelope addressed to the Municipal Clerk, Borough of Mountainside, 1385 Route 22, Mountainside, NJ and hand delivered or sent via certified mail at the place and hour named. Bids shall

Bids will be opened and read in public at the Municipal Building, 1385 Route 22, Mountainside, New Jersey on Friday, September 7, 2001, at 10:20 AM, prevailing time.

Each proposal must be accompanied by cash, certified check, cashier's check or money order equal to Ten Percent (10%) of the full amount of the bid and made payable to the Borough of Mountainside as a Prospective Bidder.

Bidders are required to comply with the requirements of P.L. 1975, c.127 (NJAC 17:27).

The Borough of Mountainside hereby reserves the right to reject any and all bids and to award the sale to any bidder whose proposal, in the Borough's judgment, best serves its interest.

Prospective bidders are to make arrangements for appointment to inspect the vehicles with the Acting Public Works Manager Bob Farley, (908) 232-2400.

Judith E. Casy Municipal Clerk U6394 ECL August 23, 2001 (\$22.50)

PUBLIC NOTICE

to be endorsed on the outside of the envelope with the name and address of the bidder and:

BID FOR: One (1) 1987 Chevrolet Truck

Each proposal must be accompanied by cash, certified check, cashier's check or money order equal to Ten Percent (10%) of the full amount of the bid and made payable to the Borough of Mountainside as a Prospective Bidder.

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Judith E. Casy Municipal Clerk U6394 ECL August 23, 2001 (\$22.50)

PUBLIC NOTICE

John Mando, 219 Glen Road, Block 24 D, Lot 18, Addison, convey to Section 1009 (0) (0) (7).

Jeffrey Goldstein 1530 Day Path, Block 3 K, Lot 41 - Deek convey to Section 1009 (0) (0) (4) (0) (7).

Lorraine Jacobson, 226 Oak Street, Block 16 F, Lot 12 - Parking of a motor home as residential, convey to Section 1003 (0) (0) (0) (7).

Karl Heinz Wagner, 638 Mountain Avenue, Block 22 A, Lot 5 C - Two car garage, convey to Section 1009 (0) (0) (3) (0) (7).

Other subjects may be discussed and action may be taken.

All applications are subject to bulk variances. If requested and variances are subject to the Mountainside Land Use Ordinance.

Ruth M. Freese Municipal Clerk U6316 ECL Aug 23, 2001 (0) (0) (0) (7)

TOWNSHIP OF SPRINGFIELD

COUNTY OF UNION

PLEASE TAKE NOTICE THAT THE OFFICIAL MEETING OF THE RIGHT LEVELING BOARD SCHEDULED FOR AUGUST 30, 2001 HAS BEEN CANCELLED.

MURRAY FROMER SCHEDULED MEETING

RIGHT LEVELING BOARD

U6314 ECL Aug 23, 2001 (0) (0) (4) (25)

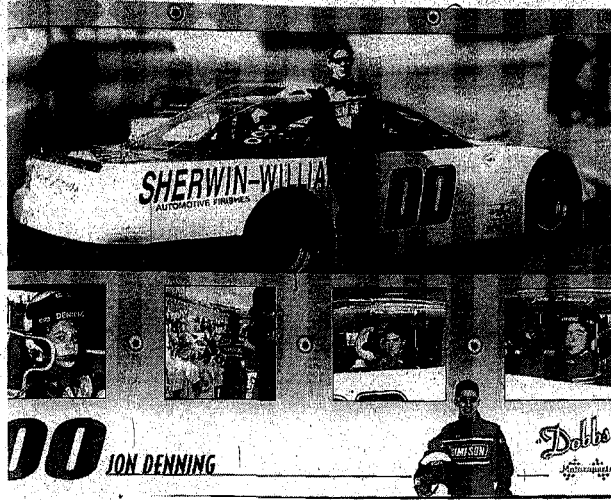
BUSINESS & SERVICE DIRECTORY

Table with multiple columns for various services: ADDITIONS, AIR CONDITIONING, BATHROOMS, CLEANING SERVICE, CLEAN-UP/RUBBISH REMOVAL, SPACE AVAILABLE, CONTRACTOR, ELECTRICIAN, FLOORS, SPACE AVAILABLE, GUTTER CLEANING SERVICE, HOME IMPROVEMENT, HANDYMAN, LANDSCAPING, MASONRY, MOVING, SPACE AVAILABLE, PAINTING, PAINTING, PAINTING, ROOFING, WANTED TO BUY, WATERPROOFING, FLOORS, PAINTING, Enjoy The Fruit Of Your Labor, ADVERTISE HERE!! CALL TODAY!!! HELENE 800-564-8911

Editor: J.R. Parachini  
 Union: 908-686-7700, ext. 319  
 Maplewood (Tuesdays): 973-762-0303

# SPORTS

Union Fax: 908-686-4169  
 Orange Fax: 973-674-2038  
 Maplewood Fax: 973-763-2557



**DO** JON DENNING

Photo courtesy of Dobbs Motorsports

Springfield resident Jonathan Denning has been adapting to racing a late model stock car in North Carolina. The Florence, M. Gaudiner Middle School graduate is also a graduate from the go kart and mini sprint auto racing ranks. His five-year resume includes 2000 Mini Sprint Rookie of the Year at Westfield, Mass. and several speed marks in World Karting Association competition.

## Denning adapting to racing late model stock car in N.C.

### Named 2000 Mini Sprint Rookie of the Year

By Walter Elliott  
 Staff Writer

Springfield's Jonathan Denning has been undergoing a summer of transition. Denning, like most township 14-year-olds, is entering Jonathan Dayton High School as a freshman. He has also been adapting to racing a late model stock car in North Carolina.

Denning, who graduated from the Florence M. Gaudiner Middle School in June, is also a graduate from the go kart and mini sprint auto racing ranks. His five-year resume includes 2000 Mini Sprint Rookie of the Year at Westfield, Mass. and several speed marks in World Karting Association competition.

This summer, Denning has been running a 2000 Pontiac Grand Prix at Hickory Motor Speedway. After five outings, Denning has consistently finished in sixth through 10th places in Hickory's American Racing Association late model features.

"Hickory is different from other tracks I've been on," said Denning of the banked one-third mile asphalt oval. "It has short straightaways, which means you're in the turns a long time. The g-forces in the turns give the car a beating."

Consider Denning is in a late model stock car with a 500-horsepower 350-cubic-inch V8 engine, he's in for a new challenge.

"This is the next step for Jon," said his father, Brad. "He has to get as much experience as he can here if he is going to NASCAR's Busch Grand National Series by the age of 16."

If or when Jon Denning reaches Busch Grand National, he will be running in NASCAR's top level to AAA-level baseball. Grand National events usually feature the same tracks and the cars are most similar to those on NASCAR's Winston Cup tour. That premier level has been Jon's ambition since watching a go kart race on the Speedvision channel in 1996.

"I thought it was a great thing to do," said Jon Denning. "I started asking my dad if we could get a kart."

It didn't take much asking for Jon to persuade Brad Denning. The elder Denning used to regularly attend stock car

races at nearby Wall Stadium and Flemington Speedway before owning Dobbs Auto Body in the mid-1990s. "I used to watch Burzie Reumann and other local legends race," said Denning, "but I never had the money or someone to help out. By the time I had a business, I started a family. I told Jon we'll race as long as he keeps his grades up."

The younger Denning has more than held his end of the family deal. Jon held a 3.7 grade-point average and was a member of Gaudiner's All Star Club. He has been on the Presidential Physical Fitness Club for four straight years.

"I get help from my teachers in catching up on classwork and getting extra credit," said Denning. "Having a favorite subject depends on who's teaching. I may take some business classes while at Dayton."

The Dennings started with go karts — basically a suspensionless chassis powered by small industrial engines. Of the 500,000 drivers who participate in motorsports in the country, according to North American Racing Insurance and karting statistics, one-third are racing karts. Jon Denning soon began earning fastest qualifying and race lap records at tracks from Flemington to Cuddychuckville, N.Y. He won the 1999 WKA Winter Nationals at Lowe's Motor Speedway in Charlotte, N.C.

Then the Dennings switched from road racing karts to minisprints on a one-quarter mile dirt oval last year. A minisprint is a traditional front-engine open wheeled car powered by a four-cylinder motorcycle engine.

The change also meant Jon Denning would have to race out-of-state. New Jersey, where the Division of Motor Vehicles and State Police set and monitor racing standards, does not allow anyone under the age of 18 to run anything else but karts.

After taking the top rookie title, Jon and Brad Denning advanced into the heart of stock car country. Joining them are corporate sponsor Sherwin-Williams Paint and sports business agency International Marketing Group. The latter company is business affiliates manager for golfer Arnold Palmer, Winston Cup champion Jeff Gordon and other sports personalities.



Photo by Walter Elliott

Jon Denning signs a scale model car for Hickory Motor Speedway fan during an Inter-Union Aug. 11. He drew about 80 race fans to his model car and T-shirt autographing session that evening.

## Summit Area YMCA holding swim tryouts

The Summit Area YMCA will hold tryouts for the Summit Seals Swim Team on Sept. 4, 5 and 6 at the brand new Hurst Pool, located at 67 Maple St. in Summit.

On Sept. 4, tryouts for swimmers 8-and-under will be conducted at 5 p.m., with tryouts following at 7 p.m. for the 13-18 age group.

On Sept. 5 at 5 p.m., tryouts for youngsters ages 9 and 10 will be held, with tryouts for youngsters ages 11 and 12 to follow at 7:30.

Makeups for all ages will be held on Sept. 6 at 6:30 p.m. A swimmer's age as of Dec. 1, 2001 determines the age group for tryouts.

The Summit Seals Swim Team practices under the direction of a knowledgeable and experienced coaching staff. The low coach-to-swimmer ratio allows coaches to tailor training techniques to best suit each swimmer.

Head coach Hank Buntin's coaching career spans more than 35 years and he is designated a Master Coach by the National YMCA.

More information about Summit Seals Swim Team tryouts may be obtained by calling the Summit YMCA at 908-275-3330, ext. 150. The website is: www.summitseals.org.

## ATHLETES: beware when practicing in extreme heat

By JR Parachini  
 Sports Editor

Participating in sports is supposed to be fun. Not dangerous. However, because of extreme weather conditions, precautions need to be taken to prevent athletes from becoming sick on the practice field.

With all of the technology we have today at our disposal, how can a professional athlete die of heat stroke? How can football players at two major universities die during practice, both athletes with no previous history of medical problems?

It should make any parent wonder what is going on when their son or daughter is heading off to practice, especially in the hot and humid temperatures we're experiencing this time of the season.

Minnesota Vikings Pro Bowl tackle Corey Stringer died of heatstroke after collapsing during practice July 31, weighing 335 pounds and standing 6-4, Stringer's life ended at age 27.

A University of Florida football player collapsed due to heatstroke at practice six days before Stringer's untimely death and a Northwestern University football player, although in a somewhat cooler climate, died because of exhaustive practice conditioning just three days after Stringer passed away.

Figures from the University of North Carolina show that 18 high school players have died of heat-related causes since 1995.

"There has to be an underlying problem here," Union High School trainer Shawn Paterno said. "I know a lot of football players take supplements in order to bulk up and by taking the supplements, they dehydrate you. Football players, and other athletes, should be aware of that."

Practice, with pads, began last week — Monday, Aug. 13 — for the Union High School football team. In light of the recent tragedies, Paterno addressed the football players about how to handle the heat prior to their first workout.

"We sat down with the players and gave them a pamphlet that explains what's the best way to handle two-a-days," said Paterno, a trainer at UHS for four years, who studied physical education at Kean University.

"All athletes, when practicing in very warm temperatures, need to hydrate themselves before the start of practice," Paterno said. "We want them to have enough water in them before they start to practice and that includes drinking plenty of fluids the night before."

The pamphlet Paterno passed out was a document entitled: HEAT: Helping Educate Athletes in Training. The program was launched by the National Athletic Trainers' Association and the American Football Coaches Association as both groups teamed up with the Gatorade Sports Science Institute to launch a new educational initiative.

HEAT is basically designed to help athletes better prepare themselves for the grueling conditions of two-a-day workouts.

Signs of dehydration and heat illness. Dehydration can seriously compromise athletic performance and increase the risk of exertional heat injury. That's why it's important to recognize the warning signs.

- Thirst.
- Irritability.
- Headache.
- Weakness.
- Dizziness.
- Cramps.
- Nausea.
- Decreased performance.

"The first thing we do is try to make the kids understand that they have to be hydrated well in advance before practicing," first-year Union High School football coach Marc Crisafi said. "We try to stress the importance of drinking water and staying away from caffeine. They should also stay away from taking supplements before practice."

In the state of New Jersey, official football practice began for some schools last week and for the rest of this week. Other fall sports practice sessions also began this week.

Temperatures hovered near the 100 degree mark two weeks ago and remain very high, with high humidity, as we enter the latter stages of August.

"We have about six water stations and a relatively new water pump that is battery-operated with several hoses," said Crisafi, a 1983 UHS graduate who just became the first former Union football player to be named head coach of the Farmers.

"We have water breaks at the end of 20-minute sessions or in between," Crisafi continued. "If they're thirsty we say, 'go ahead.'"

Double session football practice at UHS means the first session goes from 8-11 a.m. and the second from 1:30-3:30 p.m.

Lunch in between also consists of two to three 10-gallon containers of Gatorade.

"We went through almost 200 gallons of water during the first day of practice," Paterno said.

"It's amazing," Crisafi said. "When I played, we had triple sessions and there was only a water break, pretty much, in between."

"We just didn't drink water. It's surprising that someone didn't drop dead then because of it."

"But what I think is that, as a whole, kids were better-nourished years ago. Parents were around more, kids were getting three square meals a day and there was less junk food."

"Also, kids are now on a high to get a quick fix as far as getting into better shape. They have to learn that the over-the-counter supplements they take to enhance performance and physical appearance dehydrate them and that's not good."

The only other NFL training camp fatality is believed to be J.V. Cain, a tight end for the St. Louis Cardinals, who died of a heart attack on July 22, 1979, his 28th birthday. Chuck Hughes, a wide receiver for the Detroit Lions, died of a heart attack Oct. 24, 1972 during a game in Detroit against the Chicago Bears.

Some high school football players, because of the sport they're involved with and the macho manner in which they feel they have to carry themselves, won't drink or eat because they don't want to look like they're not tough.

They're the ones that have to be told that football is just a game and that they need to make smart decisions that are going to affect the rest of their lives.

Not only football players, but all athletes — boys and girls — have to deal with the heat once practice starts.

"We start early at 8 a.m. when we do most of our running," said Union High School boys' soccer coach Jim Jeskey, who has been in the field since 1961. "We take a water break after running and then start our drills."

Jeskey has coached many different types of players over the past 40 years.

"First of all, soccer players have to be in great shape," Jeskey said. "We used to have our baseball players at Union play soccer in the fall to stay in shape. Now we don't get as many 2- or 3-spot athletes."

"It seems to me, though, that we do more running in all sports than we did before. Some of our players bring water bottles and the trainers drop off big water coolers. We always have ample water and let the kids take water breaks and relax under a tree in a cool breeze. Knock on wood, in all my years at Union, we've been pretty much OK, with nobody at danger."

Paterno also adds that you don't need to be weighted down by shoulder pads to feel the affect of the heat this time of the year.

"Soccer goalies with long sleeve padded shirts feel the effect of the heat as well," Paterno said. "A wet sponge with cool — not freezing water — is a good thing to have."

"As far as if someone may be really suffering from heat stroke, we don't fool around, but take them right to the hospital — instantly. When that's the case, there's nothing more that we can do for them on the field."

There are specific signs that Paterno and other trainers look for when youngsters are practicing in extreme heat.

"We watch for kids that may look disoriented," Paterno said. "If they're skin looks red and flushed, then we step in. Worst-case scenario would be if the skin is bright red and there is not a drop of sweat on them. Then you know they're suffering from heatstroke and they have to be dealt with immediately."

Some symptoms of heatstroke include:

- High body temperature of 104 degrees or higher.
- Mental confusion with possible combativeness.
- Reddish tinge of skin.
- Rapid pulse.
- Nausea and/or vomiting.
- Weakness, dizziness.
- Unconsciousness.
- Preventive measures include:
- Drink plenty of fluids.
- Wear lightweight clothing.
- Protect yourself from the sun.
- Spend as much time indoors as possible on very hot and humid days.
- Take frequent drink breaks during outdoor activities.
- Schedule vigorous activities and sports for cooler times of the day.

Practice began Monday for the Johnson High School girls' soccer team. Head coach Phil Friesche schedules double sessions for 9-10 a.m. and 5-7:30 p.m.

"We try to go early in the morning and at night to offset the heat," said Friesche, in his third year as the head coach after serving as an assistant from 1993-1998. "We always make sure plenty of water is available for the girls and tell the kids to bring their own if they want and to drink plenty of water the night before so they don't dehydrate themselves."

If the weather is very warm, Friesche will not have the girls working as strenuously and will limit the amount of running they do.

"It just so happens that we had an evening camp at the high school during the really hot period two weeks ago and we had to cut back on a lot of the things that we do because of the heat," Friesche said. "I hope we don't get weather like that again because it was just horrible."

Friesche will have his girls do most of their running, like most coaches, during the beginning days of practice — for conditioning reasons — before practice time becomes more practical.

"After practicing in heat and humidity before we play our first game, we look forward to the fall type of weather that follows," Friesche said. "Temperatures in the mid-60s, something like that with low humidity, is when the kids won't perspire as much and get a good workout."

Nancy Sturcke has been the Roselle Park girls' tennis coach since 1978 and in 1998 was named the National High School Tennis Coach of the Year after guiding her 1997 squad to the Group 1 state championship. She was out with some of her players at a camp at Roselle Park right in the middle of the very intense heat spell we had earlier in the month.

"We had one group of youngsters in camp from 8-10 a.m. and another group from 10 a.m. to noon," Sturcke said. "The weather was not bad, but it got much worse as they day went along."

During the high school season, Sturcke sees that her players rest in a shady spot during breaks and always have plenty of water to replenish fluids.

"We have misters, where they can spray themselves," Sturcke said. "We just have one rule, no spraying others." The misters are sprays with nozzles and two are usually on hand.

"We don't limit water breaks," Sturcke said. "If we're in the middle of something and they feel a need for water, I tell them not to hesitate. We also encourage them to bring their own water jug."

Competition heats up amongst varsity players who are competing for starting positions.

"Practice at the varsity level is a little more intense than JV because of what is at stake," Sturcke said.

Summit field hockey coach Shelly Dunne feels it's important to really know the players you are coaching.

"You need to have the ability to read how your players are doing," Dunne said. "If you're not in tune with them, they're not in trouble."

A field hockey goalie, for instance, needs to wear a lot of heavy equipment in order not to be hurt by the ball she is trying to keep out of the net.

"We allow our players to have as many water breaks as they need," Dunne said. "After a while you know your kids and how they're feeling and if they're OK."

Double sessions at Summit consist of first taking care of conditioning and stick work. The second session is for scrimmaging.

"Water is not restricted at all and we have water stations for our players," Dunne said. "Most of the girls bring water bottles with them."

Make that tackle. Score that goal. Stop that shot. Return that serve. Just make sure you replenish those lost fluids.

**NEWS CLIPS**

**Emergency tips from First Aid Squad**

Prepare now for emergencies. The Springfield Volunteer First Aid Squad reminds residents that they are an important link in providing emergency medical services to the township.

Just the few simple following steps can make all the difference in the world:

- Remember to post emergency numbers on each phone.
- Learn first aid and CPR.
- Support your emergency First Aid Squad.

The squad would like to remind the public that it is a volunteer organization dedicated to providing emergency first aid services to the people living in town, their families and those working in or passing through the township.

The squad responds to more than 1,000 emergency calls each year and to date there has never been a charge for its responses. The costs of operating this service for the community are significant and each and every household and business must lend its financial support to ensure that the squad can maintain and upgrade its equipment to the highest standards, according to the squad.

Metschek has asked the public to look for the mailing and respond with fully tax-deductible donations.

**Mountainside Red Cross in search of volunteers**

Do you like helping others in their time of need? Do you want to get involved in your community? Do you want to do something meaningful with your time? How about becoming a Red Cross Volunteer? The Westfield/Mountainside Chapter of

the American Red Cross is currently looking for people to become volunteers with the Armed Forces Emergency Services. This provides emergency-related services to members of the U.S. Armed Forces and their families in times of personal emergencies and crisis.

This service area is a must for all Red Cross chapters. It provides emergency reporting services to strengthen the morale of the members of the armed forces and their families, to provide accurate reports for service members about home situations and it provides military authorities with verified information so they can make decisions that affect service members and the command.

Volunteers are needed to help field incoming calls during the evening and early morning hours, thus allowing the Red Cross to provide armed services with nonstop communication. Volunteers provide this service directly from their home. No previous experience is needed and the Red Cross will provide the training and support.

If you are looking to get involved or would like more information, call the chapter at 908-232-7090 or stop by at 321 Elm St. in Westfield. Become part of the American Red Cross, an international organization that is "always there."

**Rules set for pick up of grass clippings**

The Springfield Department of Public Works has begun its residential curbside collection of grass and non-woody garden debris. This material is ultimately composted, and residents are requested to comply with the following requirements in order to facilitate that service:

- Only grass and green plant material can be collected. Branches and woody material should be set out for collection by the township's garbage contractor on bulky waste pickup day.
- Material set out in plastic bags will not be collected. Grass must be set out in biodegradable paper bags or loose in a clearly-marked receptacle. Special bags may be purchased at local hardware stores. Bags and containers should not exceed 40 pounds each.
- Materials such as dirt, rocks, stones and sod are unacceptable for pickup.
- All material must be placed properly in containers, taking into the street is prohibited.

Each street is canvassed weekly, Monday through Thursday, and the schedule is contingent on weather and volume.

For information on grass and yard debris pickup, residents can call the Department of Public Works at 973-912-2224.

**Park volunteers wanted**

The Union County Board of Chosen Freeholders needs volunteers to assist naturalists at Trailside Nature and Science Center, 452 New Providence Road, Mountainside, with weekly nature- and astronomy-oriented summer day camps for pre-K to sixth-grade students. Volunteers can gain valuable experience and meet new people while working in Union County's largest park, the 2,000-acre Watchung Reservation.

Anyone wishing to volunteer should be reliable, have some experience working with children and enjoy the outdoors. Time slots include one- to six-hour periods per day for four or five consecutive weekdays. Training will be provided.

To volunteer your time or for more information, call Karen Inzillo, Monday through Friday at 908-789-3670, ext. 224. Trailside is a facility of the Union County Department of Parks and Recreation.

**Goose guide available**

A Canada Goose Damage Management Resource Guide is now available free from Rutgers Cooperative Extension of Union County. This new

publication provides guidance on managing problem Canada geese and reduces damage to your New Jersey property.

Be prepared: reducing damage caused by Canada geese will cost time and take money. New Jersey is experiencing major increases in the state's resident Canada geese population — birds that stay all year long. Concentrated goose populations impact agricultural production, recreation areas, golf courses, municipal and office parks, schools and residences.

Canada geese are defined as migratory birds and are protected by the Migratory Bird Treaty Act of 1918. The U.S. Fish and Wildlife Service has authority to issue permits to handle nests and eggs, shoot geese to reinforce/harassment, and to capture geese.

A short survey is required in order to receive the free guide. This assists the United States Department of Agriculture, Animal and Plant Health Inspection Service, and Wildlife Services Program in developing an accurate picture of Canada goose damage around New Jersey.

Call Rutgers Cooperative Extension of Union County's Agriculture Department at 908-654-9854 to request the guide and complete your survey.

**Election date brochures**

The Office of the County Clerk has issued a 2001 election dates brochure as a public information service to residents in Union County. The brochure is available free at area public libraries, Kean University Library, Union County College Library, municipal clerk offices, local board of education offices and at the Offices of County Clerk located in Elizabeth and Westfield.

This year an absentee ballot application has been added to the brochure to ease the process for those voters who will be unable to go to their polling place due to school, work or health commitments.

The tear-off application for an absentee ballot must be sent to the County Clerk postmarked no later than seven days prior to a school

board, primary or general election.

In addition to dates, filing deadlines, and the absentee application, other important resources are included in the brochure including the New Jersey Election Law Enforcement Commission, the Union County Board of Elections and New Jersey

Division of Elections.

Residents may also obtain a copy of the brochure by calling the County Clerk's Office at 908-527-4787.

Union County election dates and absentee ballot applications are available on the clerk's website located at [www.unioncountynj.org](http://www.unioncountynj.org).

**Playtime at the pool**



Playtime with recreation counselor Jordan Gerber at the Springfield Municipal Pool always makes Alexis Miller, 4 1/2, feel good.

**Local residents achieve honors at FDU**

Five local residents were among the students at Fairleigh Dickinson University's Flornham-Madison Campus who qualified for the spring semester 2001 dean's and honors list.

Mountainside residents James Baumgartner and Christine Szymczak, and Springfield residents Danielle Cooperman and Joseph Gonnella were named to the dean's list.

Achieving the honors list was Kristin DeAngelo of Springfield. To qualify for the dean's list, a student must have a 3.2 or higher grade point average out of a possible 4.0; for the honors list, a 3.5 or better.

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Parents are now feeling more comfortable in this high stressed environment by supplying a wireless phone for their convenience and their children's busy schedules. "It's hard to maintain your schedule with your child's school, parents at work and the everyday chores we all have. This also gives the children a sense of responsibility and security when out and about.

Keep in mind that some of the bigger retail outlets do not service their customers well and often don't stand behind what they sell, which is a terrible experience to go through! At Wireless Solutions Corp., we pride our selves in helping people understand the product and the hardware by explaining the different features and benefits they have to offer. This is extremely important when buying hardware that is attached to a service. Wireless Solutions is an Authorized Dealer of AT&T Wireless Service.

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