

Echo LEADER

Serving Springfield and Mountainside

SPRINGFIELD, N.J., VOL. 74 NO. 12

THURSDAY, NOVEMBER 14, 2002

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It was a day for all vets, then and now

By Joan Devlin and Joshua Zaitz

Springfield and Mountainside both conducted ceremonies Monday in honor of Veterans' Day.

In Springfield, approximately 35 veterans gathered at Veterans' Memorial Park on Mountain Avenue to honor all veterans of the past and present, including Prisoners Of War and those soldiers who are Missing In Action.

The veterans and their guests observed a moment of silence and were led in prayer by the Rev. Robert Stagg of St. James the Apostle Church.

Veterans held American and VFW flags as voices joined in unison for the Pledge of Allegiance, followed by the singing of the National Anthem and "God Bless America."

Afterward, veterans and their guests were invited to the Elks Club for refreshments.

In Mountainside, they stood in a semi-circle, almost as tall and straight as they had been many years ago; 13 veterans, reverently participating in Veterans' Day ceremonies in the borough on a warm, rainy Monday morning.

Veterans of Foreign Wars Post 10136 Commander Bob Farley, also known to all as the director of Public Works and Maintenance for the Borough of Mountainside, led the solemn event. Farley was the youngest present; he is a veteran of the Vietnam war, where he served on the USS Kitty Hawk for the U.S. Navy for more than six years.

The other veterans were mostly from World War II and the Korean Conflict, and although they joked among themselves as they gathered and brought wreaths to the Mountain-

side monument, just on the crest of a hill in front of the library, it was a meaningful day of memories for all of them.

Nearly all present were active members of the 85-member VFW post, which meets at the Elks building on Route 22 in Mountainside once a month. Hosting a party for them after the ceremony was the Elks Club, and Rob Dobler, the club's exalted ruler, said, "We support and honor these vets, and thank them for allowing us to participate. This is a day to remind all Americans of the tragedy of war and to honor the men and women who fought and died for our country."

The traditional moment of silence at 11 a.m. was observed, and one of the veterans, Bill Madden, who had served in World War II in the Navy Signal Corps, aboard the USS Terry, volunteered to act as chaplain. He gave a short, moving prayer for those who died and for those who were spared, ending with a prayer for peace.

Farley led them all in "God Bless America," and then he gave the history of Veterans' Day in America. Following this, Farley read a moving piece called "What's A Vet?" which had been written by Father Denis Edward O'Brien, USMC. Part of it read, "You can't tell a vet by looking, unless they bear visible scars. But he is the cop on the beat, the nurse who went to sleep sobbing every night in Da Nang; he is the POW who went away one person and came back another, or didn't come back at all."

He went on to describe others who could be any anonymous hero in the Tomb of the Unknown Soldier at Arlington National Cemetery, or an old guy bagging groceries at the supermarket, with scrapnel still some-



Photo By Bob Helfrich

Sharing a story at the Veterans' Memorial by the Mountainside Library are Mountainside veterans Leonard Cohen and Claire Butler. On Veterans' Day Monday, local vets gathered for a ceremony to honor and remember both those who served the country and those who continue to serve.

where in his body...in other words, an ordinary person and yet someone extraordinary, someone who offered his life to liberate a Nazi death camp and still deals with the nightmares about it.

The piece ended by saying, "Just remember, when you see someone

who you know has served his country, take a moment to lean over and just say 'thank you.' That will mean more than all the medals we can give them."

As the rain began to fall, everyone stood very still; this moving tribute brought tears to many of the veterans' eyes. GATHERING, Page 10

Grants will help township improve

By Joshua Zaitz
Staff Writer

Springfield is applying for more than \$100,000 in Community Development Block Grants through Union County to help fund several public improvement projects within the township next year, including repairs on South Trivett Avenue, a salary for the senior citizen bus driver, ADA improvements within the library, and the placement of a canopy over the basement stairs of the southside of the Municipal Building.

"There's a pot of money," said Committee woman Clara Harelik. "Obviously we have so many towns that are seeking money that in terms of 100 percent funding I would never guarantee that. Though, we have had a lot of success on a lot of projects."

Of the \$125,925 needed to complete the four projects, Springfield is requesting that CDBG fund \$106,800.

"The history for these types of applications is very favorable," said Springfield's Assistant Engineer Sam Mardini. "We have received 100 percent funding in past years for similar projects."

The grants are provided by the federal Department of Housing and Urban Development and are distributed by Union County. Typically, the money is provided for low- to moderate-income housing areas within municipalities. Mardini explained this area in Springfield starts at the end of Caldwell Place, where it intersects with Mountain Avenue, including Caldwell, North and South Trivett avenues, and the downtown section of Springfield off Morris Avenue.

Every year, Springfield applies for the fund and has received more than \$900,000 in the past nine years. The number of yearly applications the township applies for usually varies between four and seven.

Harelik said that when it comes to ADA improvements there are separate standards that apply as opposed to low- and moderate-income areas.

"As far as ADA projects go, they are not limited to low and moderate income," said Mardini. "In fact I can apply anywhere within the township for any ADA project areas."

Improvements to South Trivett Avenue, running along Mountain Avenue to Caldwell Place, would cost a total of \$54,800. Springfield is requesting that CDBG fund all of this. The project involves curb repairs and placement, pavement repairs, handicapped curb cuts, sidewalk repairs, and pavement overlay. In the past, CDBG has funded improvements to Center Street, Hannah Street and North Trivett Avenue, which are adjacent to South Trivett Avenue.

Springfield is requesting that CDBG provide \$12,000, approximately 41 percent, of the \$29,123 salary for the senior citizen bus driver. The driver takes senior citizens on scheduled routes around Springfield, stopping at shopping centers, the post office, and town hall. On occasion, the bus takes seniors on trips out of town.

Springfield is also requesting that CDBG fund \$10,000, approximately 83 percent, of the \$12,000 project to design and install a canopy over the basement staircase on the southside of the Municipal Building.

Rotary member remembers a life lived in the heat of battle

By Joshua Zaitz
Staff Writer

When Charles Remlinger of Springfield talks about his experiences in World War II, he calls it "one man's life in the airforce."

"It's kind of difficult to reach out and find people who can talk about it because they're around my age and there aren't a heck of a lot of them around," said Remlinger, when he was the guest speaker at a Springfield Rotary Club meeting on Tuesday.

In July 1943, Remlinger was sent to airforce school, where he became an aircraft commander, something Remlinger explained as the "first pilot in charge of his crew."

"Only the good pilots were sent overseas and you didn't want to get classified as one of the poor pilots," Remlinger said.

Remlinger was sent overseas in February 1944. He flew his first mission over Romania that April. Pilots for the mission were given double credit because of the danger involved. "We must have done a good job because the last mission we flew

there, they only gave us one credit," he said.

Remlinger was one of the pilots flying bomber planes over Munich, Germany, bombing their oil refineries so there wouldn't be any fuel for the Germans' planes or tanks.

It was during that mission that Remlinger's plane was hit on July 19, 1944. Of the 29 planes flying in the mission, eight were hit.

"We got shot down," he said. "Three of my crew bailed out over Munich. They all went to prison. The rest of us were able to carry over to Italy. We had lost two engines."

They had to fight against enemy fire the entire time.

As soon as Remlinger hit the ground, local residents took his clothes and outfitted him with civilian clothing.

For two weeks, Remlinger was on the run, hiding in farms, traveling in the back of wagons covered with hay, sleeping under piles of leaves.

He was eventually captured and was joined by the rest of his crew three weeks later.

"They happened to arrive on my

birthday which was nice," Remlinger said.

On Aug. 31, 1944, they were rescued.

I have no mental scars, no physical scars," Remlinger said. "I'm a lucky guy."

Remlinger also spoke about what life was like for American civilians during World War II. His brother-in-law worked for an aluminum company in Mountainside. The employees were called upon to work seven-days-a-week, producing products for the military.

"He'd get up early in the morning and come home late at night," Remlinger said. "He wouldn't see his children. He had two little children. He wouldn't see them a wink for six or seven days in a row."

Wednesdays and Sundays were the only days Remlinger's brother-in-law wouldn't come home in the middle of the night.

"Wednesday nights they had belonged to a couple's club over here, in Springfield, at the Presbyterian Church," Remlinger said. "They would go there but it got to the point



Photo By Jeff Grant

Charles Remlinger of Springfield talked about his experiences as an aircraft commander who fought during World War II at the Springfield Rotary Club meeting Tuesday.

where my sister wasn't seeing her husband enough and as she told me, 'It just got to be that we didn't go to those things anymore because I saw my husband so few times, I wasn't going to share him with anybody else.'"

Remlinger talked about how the

government rationed gasoline.

"The ration of gas made it necessary for you to stay closer to home," he said. "You didn't have the extra gas to really take any trips."

The Springfield Rotary Club has been in existence for 54 years and has 26 active members.

Parents await word on project

By Joan M. Devlin
Staff Writer

A large turnout of parents packed the Deerfield library Tuesday night for the Mountainside Board of Education meeting, and the board had so much to discuss and worry about that their closed session went into overtime.

The matter that captured everyone's attention was, once again, the update on the recent firing of Ciro Randazzo Contractors and the much-delayed school expansion project.

As soon as the public portion was opened, one mother asked for an update on Beechwood School. "As you know, last week we voted and gave a seven-day notice terminating the services of Randazzo contractors," board President Richard Kress said. "This coming Friday will be that seventh day."

Kress then went on to say that since the notice had been given, Randazzo had made several changes within his operation and had done considerable work just this past week. "However, the Board of Education will let stand that seven-day notice; that is what we were discussing in closed session and I apologize for keeping you waiting," said Kress.

He noted that Randazzo's attorney has taken a position that there has not been a breach in the contract, and that the bonding company has not given the Board of Education any response, other than to say it will not respond for at least 30 to 60 days. "We are considering all of our options at this time, but the bottom line is we want to get Beechwood School open and have it done properly," Kress said. "It is an ongoing situation and we will be discussing our options. We want the same thing the parents want."

Another parent urged the board to stick to their guns and terminate Randazzo. Kress said, "One of the options we do have is to extend the seven-day notice for another week, and then go week by week with close inspection of his work."

Another father asked how close the school was to completion and Kress

A lesson on reaching kids with a way of thinking

By Brian Pedersen
Managing Editor

Challenging the way many of us think about how students learn is no easy task.

"This is not a program," said Walter Mahler, superintendent of schools. "It's actually a philosophy, a way of thinking about education."

So began the Springfield Board of Education's lesson on differentiated instruction, courtesy of Pamela Gray, supervisor of educational programs for the Springfield School District.

Prefacing Gray's presentation at the Nov. 4 meeting, Mahler said this type of instruction is a way of life in the classroom that combines several methods in an effort to reach out to every student. For teachers, one of the important goals of differentiated instruction is to balance the need to evaluate a student's performance based on standardized test results with a differentiated method of evaluating performance that includes using some non-traditional techniques.

"We want them to do it all, but we

have to capture their interest," said Mahler.

As a definition, differentiated instruction is a teacher's response to a student's needs, guided by general principles such as respectful tasks, flexible grouping and ongoing assessment and adjustment. Teachers can then differentiate the content, process and the product according to a student's readiness level, interest and learning profile.

Gray began the presentation by posing a series of questions to members of the board and the public and then pairing them off into groups. Focusing on five areas, Gray asked each of the groups to think about what it was like to be a sixth-grader in school. She asked them to go back and recall what the role of the student was, how were they grouped as students, what was the teacher's role, and what materials and assessment were used.

Responding to the first question, board member Jacqueline Shanes said the student was passive, while another group found the student to be subservient.

Other responses said students were grouped according to alphabetical order, or through homogeneous and tracking methods. They said the teacher's role was often one who simply taught. He or she was a disciplinarian and one who taught strictly by the book. The materials used for instruction were often textbooks that were outdated, static and "bibles" — books whose instructions were strictly adhered to. Assessments used to evaluate performance levels were simply standard tests and quizzes.

Turning all of this feedback on its proverbial head, Gray showed clips from a video, "Differentiating Instruction — Creating Multiple Paths for Learning," which contrasted sharply with the answers given by the groups.

How students learn in a DI classroom differs widely from the ways students learned in traditional classrooms. In a DI classroom, students move along many different groups according to readiness levels. Flexible grouping is another technique that's used to keep groups fresh and challenging. By changing groups often,

students stay out of the comfort zone that often comes from remaining in the same learning group for too long.

Another way students are grouped in a DI classroom is by learning profile. This profile is comprised of factors that characterize their learning style, showing both their strengths and weaknesses. When students are grouped according to their learning profile, students focus on the same topic and are able to do a comparison lesson, with tasks that are assigned to them based on what their profile is.

Emphasizing that students learn in different ways, proponents of DI feel that this mode of instruction is created to ensure the success of every student. Since some students are considered visual learners while others may be spatial, auditory or technological, to name a few, an approach to teaching that encompasses every student's learning profile is the key to reaching every student.

Although DI classrooms appear chaotic and unconventional, Gray said these classrooms are in fact "super-planned" and very structural.

See DI, Page 2

See BEECHWOOD, Page 2

Welcome to the ECHO LEADER

How to reach us: The Echo Leader is published every Thursday by Worrall Community Newspapers, an independent, family owned newspaper company.

Police find drug spoon: On Friday at 11:35 a.m., Mountain-side police officers responded to Garrett Road for a report of a suspicious item on the side of the road.

Police blotter: On Nov. 6 at 12 a.m., a Robin Hood Road resident reported that he had lost his black, flip-style, LGT Model M510 cellular phone.

Missing newspaper: If your Echo Leader did not get delivered please call 908-686-7700 and ask for circulation.

Back issues: To purchase back issues of the Echo Leader please call 908-686-7700 and ask for circulation.

News items: News releases of general interest must be in our office by Friday at noon to be considered for publication the following week.

Story reprints: For permission to reprint any item printed in the newspaper you must call Tom Canavan at 908-686-7700. All material is copyrighted.

Letters to the editor: The Echo Leader provides an open forum for opinions and welcomes letters to the editor.

e-mail: The Echo Leader accepts opinion pieces by e-mail. Our address is Editor@echoleader.com.

To place a display ad: Display advertising for placement in the general news section of the Echo Leader must be in our office by Monday at 5 p.m.

To place a classified ad: The Echo Leader has a large, well read classified advertising section.

To place a public notice: Public Notices are notices which are required by state law to be printed in local weekly or daily newspapers.

Facsimile transmission: The Echo Leader is equipped to accept your ads, releases, etc. by Fax.

Web site: Visit our Web Site on the internet called LocalSource online at http://www.localsource.com.

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The spoon was determined to be some type of drug paraphernalia.

POLICE BLOTTER

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On Monday at 11:26 a.m., a Mountain Avenue business reported the illegal dumping of seven garbage bags into the Dumpster behind his building.

Atlantic Health Systems, 1271 Route 22 East, reported criminal mischief at their building on Tuesday.

Beechwood work still unfinished

The Echo Leader provides an open forum for opinions and welcomes letters to the editor.

Another member of the public stood to speak, and held everyone's attention. "I am Mr. Schmidt and we live right behind the Beechwood School."

Couples are encouraged to send their engagement and wedding announcements to the lifestyle editor.

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COMMUNITY CALENDAR

The Community Calendar is prepared by the Echo Leader to inform residents of various community activities and government meetings.

The Springfield Board of Education meets in the media center at Jonathan Dayton High School on Mountain Avenue.

The Evening Group of the First Presbyterian Church, 37 Church Mall, conducts its next meeting in the Parish House at 7:30 p.m.

The Mountain-side Planning Board meets in the Council Chambers of Borough Hall, 1385 Route 22 East, at 8 p.m.

Jonathan Dayton High School's drama department presents its fall production of "You Can't Take it With You."

Crafters and vendors are needed for the second annual Holiday Craft Boutique at St. James the Apostle School on South Springfield Avenue.

Admission is free to the public. For information, call 908-851-9342.

Jonathan Dayton High School's drama department presents its fall production of "You Can't Take it With You."

The Rosary Altar Society of Our Lady of Lourdes Church, 300 Central Ave. in Mountainside, offers a pancake breakfast after the 9:30 a.m. Mass.

A used-clothing drive will be conducted from 9 a.m. to 1 p.m. to benefit Project Graduation for Governor Livingston High School's Class of 2003.

The Springfield YMCA, 100 S. Springfield Ave. offers beginner jazz dance classes for children ages 5 through 8, during its winter 2003 session.

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Showing skills as 'senators'

Acting as U.S. Senators, Springfield High School students took part in the Model Senate Program, where they came away with a better understanding of how the U.S. government works.

The students prepared for the day by researching and preparing mock bills that proposed legislative solutions to current issues facing the country.

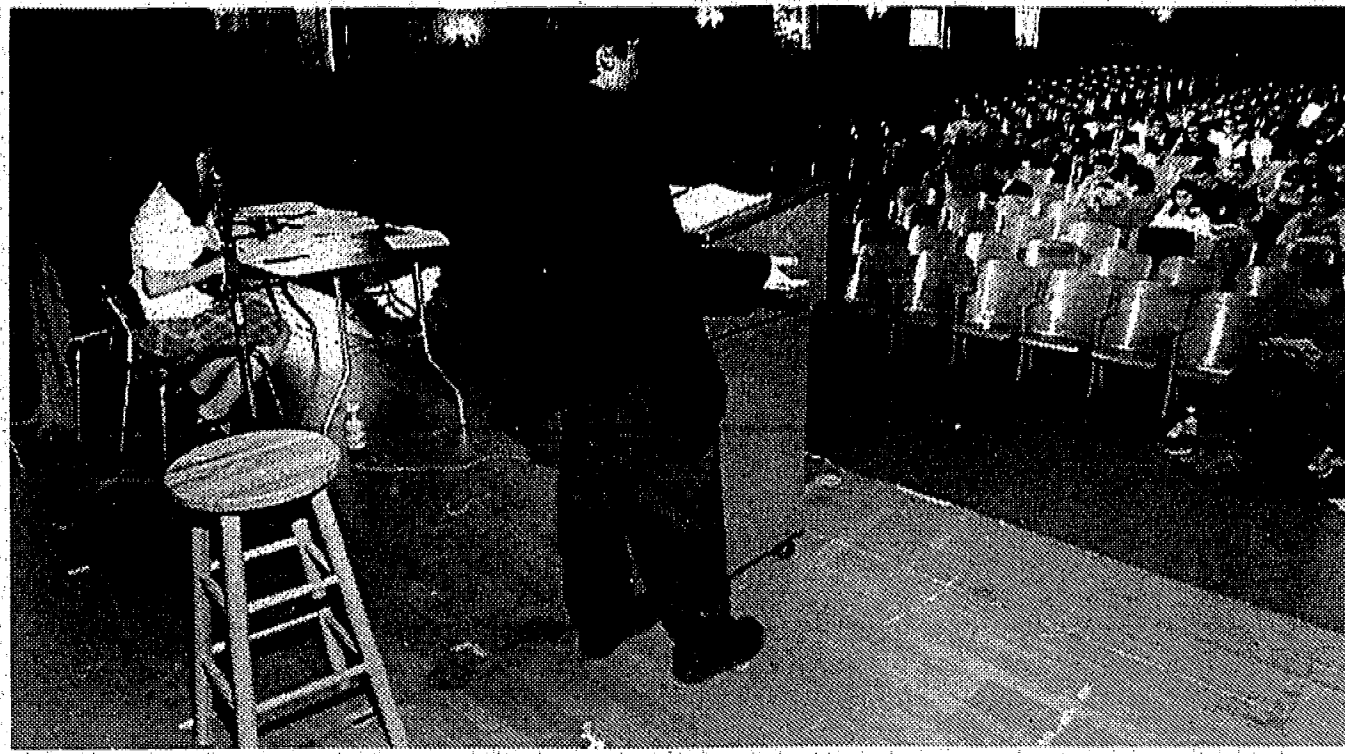
The model senate featured five senate committees. Each committee had approximately 20 students with two chairmen assigned to it.

The committees were Government Reform and Oversight, International Relations and National Security, Judiciary, Science and Transportation, and Labor and Human Resources.

Prior to the model senate, students worked with their social studies teachers coming up with ideas for bills that they would like to see passed.

The idea was that when they wrote legislation they had to figure out what committee it was going to fit into.

Some of the bills that were debated in front of the entire Senate included safeguarding the scientific community from espionage, reduce nuclear arms stocks of the U.S. and other countries, to prevent stem-cell



Acting as a sponsor of the J2 Bill, Abraham Tran speaks to fellow students in the Model Senate Program at Jonathan Dayton High School in Springfield on Friday.

From there it got assigned to a committee and then they prepared legislation, not only preparing their own but reading the other bills and trying to figure out if they want to support it or go against it.

The proposed bills, once approved within the committee representing them, were then presented to the model senate. The bills were then read again, in front of the entire senate, and were debated before being put to a vote.

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Council may approve restaurant, movie tax

In an effort to alleviate the property tax burden on Mountainside residents, Mayor Robert Viglianti presented a resolution to the Borough Council requesting that the hotel and motel tax being presented by state legislators would include a tax for movie tickets and restaurants.

The bills that are currently being considered in the state Senate and Assembly would authorize certain municipalities to impose by ordinance a tax not to exceed 3 percent on charges for the use or occupation of rooms, motels and established guest houses.

Viglianti suggested expanding this legislation to include the ability for municipalities to impose this 3 percent tax on movie tickets and restaurants within the borough, making it a hotel, restaurant and amusement tax.

"I think this is a good idea," said Viglianti after he introduced it at the Tuesday night work session.

Viglianti said the resolution only focuses on putting this extra tax on movie tickets and doesn't address restaurants, but that he would incorporate both and put it up for a vote at the next meeting on Tuesday.

In the resolution that was crafted, Viglianti said the power to collect such a tax on movie ticket sales would benefit municipalities in their efforts to reduce or avoid increasing local property taxes.

Councilman Keith Turner said he could see putting a tax on hotels and motels since people are often coming from out of town to stay there.

"It would be a constant tax revenue to the borough," said Turner. "I think it would be a more difficult sell to movie-goers because there's the perception that movie tickets are already too expensive."

Robert Spillane, Broker/Manager, Weichert Realtors, Union, N.J. 07083, Office: 908-687-4800

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The Westfield racquets sports specialty shop, owned by Agis and his wife Elaine, caters to tennis, racquetball, platform tennis, squash, and badminton players of all ages. The retail lines of racquets and strings, apparel, shoes, bags, and accessories while providing the custom services repairs and Janine Players require. Racquets Etc.™ repairs and regrips racquets and specializes in the customization of racquets so the wrist used on the pro tour.

The apparel selections include the latest styles and high performance fabrics from Nike, Prince, Ektelon and Wilson. You can also find the most current shoes from Nike, Prince and Wilson.

Tennis racquets lead as the categories in this specialty shop, but the custom professional stringing service is a must-have for this business. While complete racquet sets from Babolat, Prince, Volkl and Wilson are always in stock, special orders are available for special requests. The world's best Specialty Racquet Strings, from the sensational LaserFibre Pro Stock™ lead the extra selection of strings from Babolat, LaserFibre Pro Stock™, and Wilson.

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Shop hours are Monday, Tuesday, Wednesday and Friday from 10am-6pm, Thursday from 9am-6pm and Saturday from 9am-5pm. The telephone number is 908-233-3414. For a complete information or directions.

Moving on we arrive at the Broad Street Communications an authorized dealer for Verizon Wireless. Cellular phone brand, the sale quantity, M-Net, and Nokia with prices ranging from \$39 to \$499. Features include voice mail, call transfer, call waiting, and call forwarding. Roaming. Unlimited Communications is open 7 days a week and until 8pm on Thursday. The store offers very competitive pricing, attentive customer service, and state-of-the-art services including installation, a great selection of cell phones and models and some of the best cell phone repairs. The store is owned by Terry Higgins who has been in the industry for 12 years. Call now at 908-233-3414.

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An added bonus to studying at The Enrichment Center is the Continued on Next Page

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follow through offered to parents. From the PSAT's to high school course selection, to extra curricular advice, to the college application process, the staff is available to offer guidance and support. Individualizing how students approach high school and college is another area where The Enrichment Center excels.

The Enrichment Center also offers programming for students in pre-kindergarten through middle school. A variety of programming is available. This unique and excellent program is being endorsed by parents, students, teachers, and guidance counselors. Come in for a visit or call and see for yourself why The Enrichment Center can and does "Make the Difference." The Enrichment Center is located at 424 Central Avenue in Westfield. Call 908-654-0110 or go to the web site www.TheEnrichmentCenter.net for more information. Elementary, middle, high school brochures are also available.

Westfield features not only opportunities to spend money, but assistance for residents wishing to wisely invest their savings as well. Stewart A. Ritter, senior vice president of investments for Prudential Financial in Westfield, has announced that as a result of the tremendous success of his free recent investment seminar he will be hosting his complimentary seminar again Nov. 20 at The Westwood in Garwood. Ritter's seminar, titled "The Biggest Mistakes Women Investors Make and How to Avoid Them," is geared toward the specific investment concerns women share, and shows how women can take greater control of their individual finances.

"Women have traditionally been neglected when it comes to financial education," Ritter said. "One of the most important tools for any investor is knowledge, and that is why I am providing this free educational seminar for women."

Ritter has a 19-year history in the financial services industry. He is committed to educating the public about important financial issues, and he achieves this goal through seminars, workshops and written articles.

Groups from women's clubs and organizations as well as individual investors are encouraged to attend the seminar. For more information and to request tickets, call Ritter's senior marketing coordinator, Rosie DeSimone, at 908-789-7827.

According to Ritter, women investors face several unique concerns when investing, and should therefore consider taking a unique approach to financial planning. Women typically live longer than men and are more likely to take time off during the working years. According to the National Center for Women and Retirement Research, 80 to 90 percent of women will be solely responsible for their finances at some point in their lives.

After a long, enjoyable day visiting the streets of Westfield, falling into a comfortable bed could be just what the doctor ordered — a bed one might find at the Westfield Sleep Center.

"Customer satisfaction is always guaranteed," said owner Tony Santoloci. "When people come in here, we don't just push them out the door and never see them again. I built this business here on referrals. I have a big referral business. Friends send friends and relatives because they can trust us. We always give the best price on a quality mattress."

"You have to get the people to trust you," Santoloci commented on the process of helping customers find the perfect mattress. "You have to find out their problems with sleeping, find out their sleeping habits — if they're side-sleepers, back-sleepers or stomach-sleepers. Do they need something firm or something plush? Do they have aches and pains? If they have aches and pains, they don't want a firm mattress."

The Westfield Sleep Center features not only mattresses, but bed frames, head- and footboards, and futons as well.

"We have the largest selection of Wesley Allen and Amanda Sutton iron beds on the floor," Santoloci said. In addition, the center boasts a staff experienced in meeting customers' particular needs. Call All of us have been doing this 18 to 25 years. The Westfield Sleep Center is located at 325 South Ave. West and can be reached by phone at 908-232-8060. There is also a new gallery showroom at our Summit location at 485 Springfield Ave. the phone number is 908-273-8989 — Westfield has it all and then some!"

WESTFIELD SLEEP CENTER



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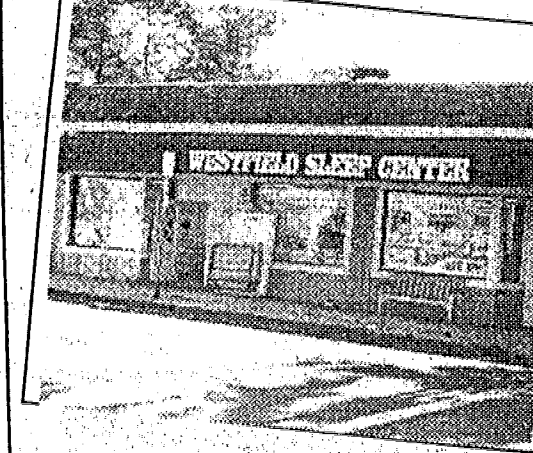
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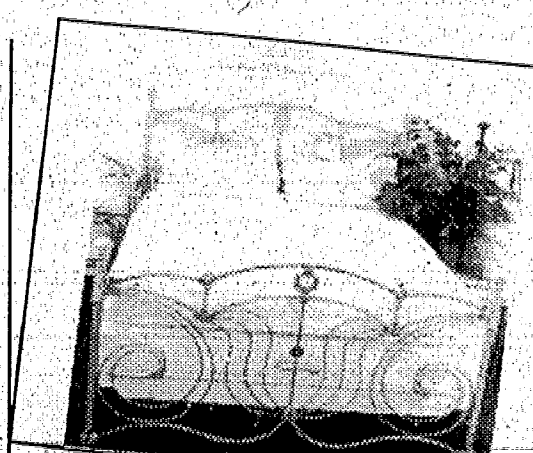
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'Sleeping Beauty' at arts center Nov. 24

"Sleeping Beauty" will be performed as part of the Union County Arts Center's "For the Kids" on Nov. 24 at 1 p.m. This re-creation of the classic tale is presented by Sail Productions for families with children ages 3 to 12 years old. The rest of the series includes "Martin Luther King Jr. — A Musical Tribute," "Jim West's Dinosaurs," "Sarah Plain and Tall," "Cinderella," "Harriet Tubman and Just So Stories."

Sail's version of "Sleeping Beauty" remains basically true to Charles Perrault's intent. Upon the birth of their long-awaited daughter, the king and queen threw a great party and invited seven fairy godmothers who would each bestow a special gift upon the child. But one fairy — not seen for many, many years, was not invited.

As the king and queen also had gifts prepared for the seven fairies, they were short one when the uninvited fairy arrived. Believing herself to be insulted, she gave the gift of death by spinning a wheel to the baby. The youngest fairy gave a gift of life to the princess. The princess wouldn't die when she pricked her finger, she would sleep for 100 years. So that the princess wouldn't wake up alone with strangers around her, the last fairy cast her spell that made others in the castle fall into the 100-year sleep.

"Sleeping Beauty" is from Sail Productions' "Storybook Theatre for Children." Previous productions have included "Cinderella," "The Hundred and One Dalmatians," "The Snow Queen" and "The Ugly Duckling" among others since 1990.

Also included in the series is "Martin Luther King Jr. — A Musical Tribute," on Jan. 12 at 3 p.m. Discover the influences behind the man who dreamed of equality for all the races in this musical tribute. Meet the people in King's life and celebrate his accomplishments during a time when people were segregated by color and his dream was to bring everyone together in peace.

"Jim West's Dinosaurs" takes the stage on Jan. 19 at 3 p.m. Fossil, the dinosaur detective, mixes fun and facts with a rich musical score provided by Mozart, Beethoven, Mahler, Stravinsky and Prokofiev. Dinosaurs come to life through a combination of large-scale puppetry and stories from around the world.

Theaterworks USA presents "Sarah Plain and Tall," based on Patricia MacLachlan's Newbery Award-winning book by the same name, on Feb. 2 at 1 p.m. This touching new musical is about a family — Caleb, Anna and Papa — whose house on the prairie is devoid of joy and song until Sarah enters their lives, awakening their hearts and helping them to sing again.

"Cinderella," one of the best-known fairy tales in the world, will feature two performances on March 9 at 1 p.m. This story is more than 1,000 years old and can be found in almost all cultures throughout the world.

Sail Productions presents "Harriet Tubman" on March 23 at 3 p.m. This



'Sleeping Beauty' will be presented Nov. 24 as part of the 'For the Kids' series this season at the Union County Arts Center in Rahway.

fully-staged, family musical is not only the story about the famous Underground Railroad conductor Harriet Tubman, but about others who helped the cause of freedom from slavery.

For more information, or to purchase tickets, call the Union County Arts Center at 732-499-8226 or download an order form at www.ucap.org.

Cantor thrills audiences

Hal Jeffrin's thrilling voice resounded in one's ears and heart long after his cabaret performance ended Sunday afternoon at the YM-YWHA of Union County on Green Lane in Union. The superb showman and artistic musician, whose return visit to the YM-YWHA — he had enthralled Y audiences a year ago — made an even stronger impact this year as he brought one of the finest musical programs ever to be presented at the Y.

In a strongly appealing baritone-bass voice, which also reached tenor proportions, Jeffrin — a cantor who serves a synagogue in New City, N.Y., and who has appeared in off-Broadway shows through the years — offered excerpts from operas, arias, Broadway shows, and Hebrew and Yiddish favorites and cantorial. Accompanied by an excellent pianist, Mark Kovac, who enhanced the performance, and with frequent audience participation, Jeffrin sang and moved and danced to a variety of numbers.

There was a combination of Broadway music, such as "I Am Lord of La Mancha," from "Man of La Mancha," "Hey, There," from "Pajama Game," "Hello, Young Lovers," from "The King and I," "I Love the Girl I'm Near" from "Finian's Rainbow," and "I've Never Been in Love Before" and "Luck Be a Lady Tonight," from "Guys and Dolls." And when, in his beautiful very special voice, Jeffrin sang an American theater classic by Jerome Kern, "Ole Man River," from "Showboat," the walls at the Y seemed to accompany him.

The versatile showman in Jeffrin became very evident when he told his

funny stories and jokes, and then, with the audience all heated up, went on to sing Canova's "Cone Grato," a sexy "Quando Quando," during which he moved his slim torso seductively. "I'm Going to Live 'Til I Die," and went on to reintroduce the music of "the big bands, some of the great American standards that came from that era.

"Let's go back and reminisce," he said.

With "Embraceable You," the man practically had the women in the audience in his lap; then came "You Made Me Love You," in which he sang to individual women in the audience — he even kissed the forehead of a male senior citizen — no embarrassment, just laughs. With "Birth of the Blues," Jeffrin had everyone in a feverish pitch.

At the conclusion, he acknowledged the Y cabaret director, Myrna Friedman's return invitation to the Y, and the audience roared its approval and would not let him off the stage. Finally, he asked the audience if it liked country music, and gave his interpretation of "An Old Country Song," "Romania," in which Jeffrin utilized all of his skills and every bit of his talent — turning a warm Sunday afternoon into a thrilling, beautiful, unforgettable hour and a half.

For more information about the Model Railroad Club Inc., contact the club at 908-964-9724 Saturdays between 1 and 5 p.m., or 908-964-8808 for a recorded message; or by visiting the club's web site at www.tmrcl.com.

Partridge in concert at Arts Guild tomorrow night

The fifth season music series at the Arts Guild of Rahway continues Friday at 8 p.m. with jazz and standard singer Sarah Partridge.

Tickets for the show are \$12 in advance, available through the Arts Guild of Rahway, 1670 Irving St. in Rahway, or by calling 732-391-7511. Tickets at the door are \$15. Special rates are available for sale of tickets to more than one of the upcoming concerts in the series. Call for information, a brochure or visit the web site at www.rahwayartsguild.org.

This program is made possible in part by the New Jersey State Council on the Arts/Department of State, a Partner Agency of the National Endowment for the Arts through a grant administered by the Union County Division of Cultural and Heritage Affairs.

Additional funding has been contributed by Phillips 66 Bayway Refinery of Linden.

Sarah Partridge is an exceptional singer of jazz-inspired songs and Great American Songbook standards. Only a few years after waving goodbye to her acting career in order to focus on her music, Partridge is beyond busy. She has entertained audiences at New York's Tavern on the Green, the Firebird Cafe and the Jazz Standard. She has been a staple at Mabel Mercer Cabaret Conventions for the last few years held annually at Town Hall in New York City. Partridge has also received wide acclaim for her salute to the music of Sarah Vaughn, aptly called "Sarah Sings Sarah." She is also preparing a salute to the

late ballads and blues master Joe Williams, which will play at The Manor in New Jersey.

Partridge, who lived in Los Angeles, makes regular appearances there in jazz nightspots including Lunaria, the Loews Santa Monica Beach Hotel, Catalina Bar and Grill and the Cinegrill. She could often be found sharing the bandstand with her pal, legendary jazz giant Doc Cheatham, until his death in 1997. She was fixture at his Sunday jazz brunches at New York's Sweet Basil Restaurant. They also teamed up at area clubs such as Metropolis and New Jersey's own Trumpets. Cheatham affectionately referred to Partridge as "a woman of high voltage."

NEWS CLIPS

RR Club offers new rate

The Model Railroad Club Inc., an activity of the Union County Park System, announced that it is now offering a new discounted ticket.

The tickets will be available at the club ticket office, located at 295 Jefferson Ave., Union, off U.S. Route 22 east, behind The Home Depot. The club is open to the public every Saturday from 1 to 4 p.m.

The new ticket is called the Discount Return-Trip Ticket. Individuals purchasing a Discount Return-Trip Ticket will receive two admissions to the club: one at the regular full fare and a second at half-price. Discount Return-Trip Ticket prices are \$4.50 for adults and \$3 for children 12 and younger. Free parking is available on site and the club is wheelchair-accessible.

The Model Railroad Club Inc. was founded in 1949 in the basement of Paul Mallery, a pioneer of the hobby of model railroading. The club occupies a building on Union County parkland designed, built and maintained entirely by the members, under a unique arrangement with the Union County Park System.

For more information about the Model Railroad Club Inc., contact the club at 908-964-9724 Saturdays between 1 and 5 p.m., or 908-964-8808 for a recorded message; or by visiting the club's web site at www.tmrcl.com.

Chorus seeking singers

Singers of all voice parts are invited to join the Choral Art Society of New Jersey Inc. in celebrating its 40th anniversary year.

Based in Westfield and under the direction of James S. Little, the Choral Art Society, a nonprofit community chorus, is dedicated to the study and performance of great choral works.

Rehearsals are held weekly on Tuesdays from 8 to 10 p.m. from September to May and take place in the choir room of The Presbyterian Church in Westfield, located at the corner of Mountain Avenue and East Broad Street. Singers interested in joining are invited to attend a rehearsal and meet with James S. Little, the society's musical director.

The 2002-03 season will start Dec. 13 at 8 p.m., with the annual Messiah Sing at the First Baptist Church, Elm Street in Westfield.

On Jan. 18, the society, along with orchestra and guest soloists, will perform J.S. Bach's "St. John Passion" at The Presbyterian Church in Westfield. On May 10, the society's 40th anniversary concert will be a performance of Handel's "Judas Maccabeus," also at The Presbyterian Church in Westfield.

The Choral Art Society, whose members come from Union, Somerset, Bergen, Hudson and Middlesex counties, originated in September 1962, as The Suburban Symphony Chorus under the direction of the Peter Sozio. In September 1963, Evelyn Bleeke became the director and in 1964 the chorus formed as an independent organization under its present name. Bleeke served the organization as director for 32 seasons, followed by Thomas Booth and Kathleen

Freeholders use the arts to care for caregivers

The Union County Board of Chosen Freeholders has announced a new program to bring the arts to full-time family caregivers.

"The time and energy-consuming responsibilities of a full-time family caregiver often prevent them from participating in the arts they love," said Freeholder Vice Chairman Mary Ruszolo, liaison to the Cultural and Heritage Programs Advisory Board.

"The talent and diversity of our artists assures a fulfilling creative experience for the caregivers."

"Recent studies have shown that the stress of long-term caregiving responsibilities can have detrimental effects on the health and emotional well being of the caregiver," said Freeholder Rick Proctor, liaison to the Hospice and Home Health Care Advisory Board. "This program is intended to relieve that stress while it exercises the caregiver's creativity."

In addition to caring for a family member, the caregiver may also work a full-time job outside the home. As long as either the patient or the caregiver is older than 60, they are eligible.

"Let Us Be Thankful"

Thanksgiving is a day of family and togetherness. Share it with those you love and give thanks for the rich bounty of the past year. May the next bring even more abundance to you all.

Church of St. Joseph the Carpenter

Corner 3rd and Walnut Avenues, Roselle
We invite you to our Thanksgiving Mass at 9:00 A.M.
Rev. George D. Gilten, Pastor • Rev. John Spino,
Rev. Nerva Duque

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Thanksgiving Eve Service November 27 • 7:30-8:30 pm
Special program with refreshments afterwards
For more information call Don Dunkerton, 272-6131

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Rabbi, Meyer H. Korolman • Cantor, William Walton
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We invite you to our Thanksgiving Eve Service Wed., Nov. 27 at 7:00 PM
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Musical Club of Westfield set to begin 87th season

The Musical Club of Westfield announces the beginning of its 87th season. The members of the board for 2002-03 are: Beverly Thomson-Shea, president; Audrey Feathers, vice president; William Belcher, recording secretary; Jenny Cline, assistant recording secretary; Barbara Krause, corresponding secretary; Marie-Danielle Mercier, operating treasurer; Audrey Feathers, scholarship treasurer; and Rosemary Bauer and Mary Beth McFall, members at large.

The mission of the musical club is to foster and encourage music through performances of classical music, and to support the efforts of musicians. Recitals are scheduled as a venue for performers once a month from October

through May, with the exception of January. The club also makes available scholarships, providing assistance to college students majoring in music who have financial need. Another project of the club is sponsorship of a Junior Musical Club made up of students in grades eight through 12.

The next auditions for active membership will be Feb. 5. Two selections from varying periods should be prepared by memory; one from the Baroque through Classical periods, and the other from the Romantic or Twentieth Century periods.

For more information, call the club's membership chairperson at 908-232-2173.

Concert benefits Partnerships for People

The John Pizzarelli Trio, featuring Ray Kennedy and Martin Pizzarelli, will perform a special benefit concert for Partnerships for People on Dec. 7 at 8 p.m. at the Union County Arts Center, 1601 Irving St., Rahway. All proceeds from the event will go toward creating new, accessible housing for individuals with developmental disabilities.

Hailed by critics as one of the most accomplished interpreters of the Great American Songbook, John Pizzarelli is known for his brilliant guitar work and smooth vocals. *The New York Times* stated, "Mr. Pizzarelli conjures strong echoes of Nat King Cole in his singing and Les Paul in his playing...Far from colliding, these influences are smoothly integrated into a personal vision of jazz heaven as a place that's cozy but cool."

In a career that has produced 18 records and gained international recognition, Pizzarelli has brought classic standards and late night ballads to a new generation ready to swing and swoon. From Carnegie Hall to Melrose Place, Pizzarelli has gained a wide following from his numerous stage, screen and television appearances, and is setting the standard for stylish modern jazz.

To order tickets, call the Union County Arts Center Box Office at 732-499-8226.

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Chestnut Chateau
The former Chestnut Tavern on Chestnut Street in Union is now known as the Chestnut Chateau.
By Anne Santos
Upon entering the Chestnut Chateau, formerly Chestnut Tavern 649 Chestnut St., Union, I could not believe how beautiful it was remodeled from its prior state. The new owner, host and chef Manny Niotis amazingly transformed this restaurant — soft recessed lighting, delicate painted colored walls, fresh linen tablecloth and napkins, sand blasted glass hand etched with scenery, very comfortable chairs, candlelight and gentle music.
Our waiter quickly came over to take our order. My companion and I started out with beef barley soup and lobster bisque. The beef barley soup was a light-colored broth filled with fresh vegetables, beef and barley served in fine china. The lobster bisque was delicately seasoned and creamy with pieces of lobster. Both soups were served hot and very tasty.
We chose stuffed mushrooms and stuffed clams as appetizers. The mushrooms were topped with a seasoned crabmeat stuffing and the clams were also filled with the same stuffing — delicious! The salads that followed were very fresh — one would think it was picked from a garden — lettuce, cucumbers, onions, green peppers, tomatoes — quite refreshing.
We could hardly wait for the main course, everything so far was wonderful. Service was also terrific, our waiter catered to our every wish. Our entrees arrived beautifully presented. I selected the veal marsala. Tender pieces of veal in marsala wine sauce accompanied by mixed vegetables — fresh broccoli, cauliflower, carrots, string beans and brussel sprouts. It was fabulous. My companion picked the surf & turf. A healthy portion of black Angus beef and succulent lobster, tails accompanied by the mixed vegetables — cooked to perfection.
I can't say enough about this restaurant everything is so good. Dessert soon followed, the chocolate mousse, cheesecake and rice pudding are all homemade, very rich and a delight to the taste bud.
My companion and I decided after the dessert — we would come back to this restaurant again. Manny has created something wonderful here, great atmosphere, heavenly food, congenial staff and reasonable prices. Reservations are suggested on Fridays, Saturdays, and Sundays. Banquet facilities are also available for parties up to 70 people.
Treat yourself, call for a reservation at 908-964-8696.

Chestnut Chateau
By Anne Santos
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Bravo to the energetic and frenzied performer, Nadler

Life Is A Cabaret

By Ben Smith
Staff Writer

If anyone needed to instantly digest the fabulous four-course cabaret soiree dinner at the Manor in West Orange Nov. 7, it was immediately accomplished with the energetic assistance of the lovable, crazy, incredibly talented, friendly and frenzied performer, Mark Nadler, upstairs at Le Dome.

The tall, handsome, five-time MAC winner, bounded into the darkened depths of the Cabaret room, mingling with the audience a half-hour before showtime — unheard of at the elegant Manor — sat, stood, pranced and danced before each table with a personal greeting, a satirical phrase or just a friendly handshake. The astounded patrons smiled politely and wondered, in trepidation, what this man would do next.

And what he did next was offer one of the most exciting shows staged at Le Dome. Nadler literally and physi-

ically, became one with his piano, and after shouting "Let's everybody have some fun," played and pounded with gusto, sang in a voice fit for the gods, told hilarious stories, wiped his dampened brow and even let his feet dance on their own — a soft shoe tap — under his piano stool. The energy exerted seemed to affect the patrons, who, by now, were ready for anything.

"It's a wild life," he said, and everyone agreed. A little George and Ira Gershwin, "They Can't Take That

Suddenly, he said, "We've come to the end of the show," and when the audience gasped its disappointment,

he added, "don't worry, it's a long song." Nadler sang "Ring Them Bells," and lining up five women in the audience on the little Manor stage, he had them kicking up a storm. "Now we're cooking with good gravy," he shouted. "This is a real fun night! Thank you, I had a real swell time."

An equally "swell" time was had a few hours earlier when the always smiling maitre d', Sami Odeh, introduced our waiter, Alex, and the magnificent four-course dinner. To the accompaniment of Bobby Richard's exceptional dinner music, such as "Arabesque" and "Land of the Midnight Sun," we were treated with Executive Chef Jochen Voss' introductory delicacy, a unique, creamy, delicious sunchoke soup in a tiny finger cup, alongside crispy sardines with cucumber and tomato salad.

The first course which I marveled at was a rich cream of wild mushroom soup with crepe rollatone, which I could hardly finish. My companion truly enjoyed the tasty classic baked clams casino, which boasted of tiny bits of bacon atop the dish.

The extremely mild mixed baby greens with Balsamic vinaigrette was served to the music of "Autumn in New York," a variation of Rachmaninoff and "Moonlight Sonata."

We agreed with the wonderful pianist when he sang "Unforgettable." The whole evening was unforgettable, and especially the ultimately exhausted, fantastic Nadler, who moaned goodbye to an equally exhausted audience.

One of the patrons, on the way out of the beautiful building said, "I'm charged up, I'm ready to start all over again."

Her friend agreed, "I have so much energy now, I don't know how I'm going to sleep tonight."

Bravo, Mark Nadler. Bravo, Mary Jane Frankel, who arranged all that magic. And bravo, Manor.

Alliance launches comprehensive web site for state theaters

New Jersey Theater Alliance, the consortium of the state's professional theaters, has announced the launch of a new web site — www.njtheatrealliance.org.

A grant from Verizon has assisted the alliance in building an up-to-date web site with many functions that will assist the online user in accessing information about New Jersey's theaters quickly and easily.

Search functions will enable web surfers to find theater performances by region, date of theater. Customers with disabilities will appreciate the feature allowing them to search for accessible performances and programs offered by the professional theaters. Even the neophyte web browsers will be able to navigate the clear and concise site with ease.

The web site not only gives information about the theater season, but allows theatergoers to purchase the Theater

Sampler Series, a three-play discount package available only through New Jersey Alliance. Customers choose three plays at three different theaters for only \$70. "We are thrilled that we can now offer the Theater Sampler Series for sale online," says John McEwen, executive director of the Alliance. "We want to make it as easy as possible for our customers to obtain tickets to our theaters and we know the Sampler is a great value."

Another convenient feature makes NJTA's numerous publications available for download. Class Act, Learning Through the Arts, Cultural Access News, AT&T Family Week at the Theater and more can be viewed by the customer after a simple registration process that makes the user part of NJTA's online community. Once the user has registered, they can access this part of the site by simply supplying a password. They will then be eligible to receive

the weekly theater e-news, featuring discounts and special offers from around the state.

Those seeking employment as actors or behind-the-scenes will benefit from the employment area of www.njtheatrealliance.org. Job seekers in the arts will be able to register online for the Job Board, a bulletin board listing arts employment around the state. Arts organizations will have the ability to enter their job openings on the web site at any time, while those looking for employment will be able to access the listings for a full year for \$25.

Those interested in administration, production and technical, artistic and career entry level jobs will find the Job Board to be an invaluable resource in finding employment. Those looking for onstage opportunities will find audition notices in the employment area as well.

Online visitors can search for theater events across the

state, purchase a Theater Sampler Series, download NJTA's publications and register for employment services all in one place. Registration is available online for the theater e-news, a weekly electronic newsletter highlighting special last-minute offers and discounts. The new site, www.njtheatrealliance.org, is the most convenient way to access comprehensive information about New Jersey's professional theaters and their programs.

For more information about the alliance and its programs e-mail info@njtheatrealliance.org or call 973-593-0189.

Funding for the New Jersey Theater Alliance, a not-for-profit organization, is provided in part by the New Jersey State Council on the Arts/Department of State, a Partner Agency of the National Endowment for the Arts, as well as contributions from foundations, corporations, businesses and individuals.

Craters can participate

The Union County Board of Chosen Freeholders, has announced that Trailside Nature and Science Center, 452 New Providence Road, Mountaintide, 07092, Trailside is a facility of the Union County Department of Parks and Recreation.

Author to be on hand at Town Book Store

The Town Book Store of Westfield, 255 E. Broad St., Westfield, will be hosting a New Jersey author appearance next weekend. On Nov. 23 from 2 to 4 p.m., Meredith Sue Willis will be in the store to promote her new novel, "Outcall at Sea." This contemporary novel takes place in two main settings on a cruise ship and through flashbacks to the narrator's fictional West Virginia hometown.

The transitions from present to past are well done and help the reader see how this now wealthy woman came to her current view of the world and show why she has such difficulty in handling the present crisis. This well crafted story told by an older woman

NEWS CLIPS

but filled with interesting characters of all ages from West Virginia and all over the world will appeal to the general reader of fiction.

If you cannot come to the appearance, call and reserve a signed copy. For more information, call The Town Book Store at 908-233-3535.

Liberty Hall serves tea

For most people, daily life can be quite hectic. Sometimes it seems as if we run from chore to chore. Rarely do we find the time to relax and reflect on the days when life was simpler and lived at a slower pace.

It is possible to capture this experience, within minutes from home, in a place both beautiful and serene. Liberty Hall Museum, a National Historic site, welcomes those who wish to step back in time.

home, call Liberty Hall at 908-527-0400.

Private tea can also be arranged for groups of as many as 24 people. This might be a perfect idea for your organization or to celebrate a special event such as an anniversary or birthday.

Of course, for those who can't step

out of the fast lane for an afternoon of tea, the museum is open for regular visits Wednesdays to Saturdays from 10 a.m. to 4 p.m. and noon to 4 p.m. Sundays. The last tour begins each day at 3 p.m.

Liberty Hall at 1003 Morris Ave., Union, is directly across from Kean University.

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First Night of Maplewood/So. Orange	http://community.nj.com/cv/firstnight-soma
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Synergy Federal Savings Bank	http://www.synergyfhsb.com
Trinitas Hospital	http://www.trinitashospital.com
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Healthy Living

Simple steps can help you enjoy dairy products

Minority groups, including Blacks and Hispanics, often avoid dairy products due to fears about lactose intolerance, yet experts say this unhealthy behavior can be avoided with simple steps for enjoying milk, cheese, and yogurt every day.

Research indicates that minority groups who are most likely to eliminate dairy foods from their diets actually have the most to gain from including milk, cheese, and yogurt in their menus. The increased consumption of low-fat dairy may help reduce the risk for some of the chronic diseases that strike minorities at a disproportionate rate — including high blood pressure, heart disease, stroke, diabetes, obesity and some cancers.

Dairy intake remains low for many minorities. Lactose intolerance frequently is the reason minorities say they avoid or limit dairy foods.

Connie Brown-Riggs says lactose intolerance is not an "all-or-nothing" condition; it's a matter of degree. Individuals who are lactose intolerant have lower levels of the digestive enzyme lactase needed to properly break down lactose, the natural sugar in milk. Lactase levels vary from person to person, but most degrees of lactose intolerance are quite manageable.

In fact, Brown-Riggs says the problem may actually be part of the solution.

Lactose intolerant people should be drinking more milk to help them manage the condition. The exposure to lactose helps "train" your digestive tract to handle the lactose.

"Research has shown an amazing adaptation of the bacteria in the digestive tract," she said. "By exposing the body to small amounts of milk over time, intestinal bacteria will start producing lactase to effectively digest lactose — making milk more enjoyable. When you remove the 'fear factor' of lactose intolerance, the symptoms also seem to lessen," she added.

"The average African-American woman consumes only about half the calcium she needs," Brown-Riggs said. "If she's cutting out dairy products because of lactose intolerance, it's unrealistic to think that she'll get enough calcium from other foods. Besides, you miss out on the taste and enjoyment of dairy products when lactose intolerance can be easily managed."

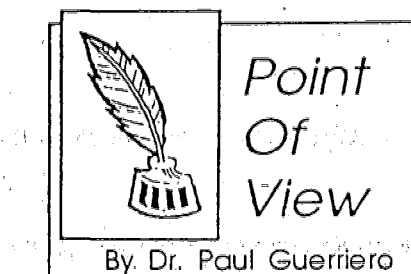
Research shows that dairy foods can improve the overall quality of the diet. Milk, cheese, and yogurt are not only excellent sources of calcium, but they provide eight other essential nutrients including potassium, magnesium, vitamins A and D, and protein.

Prevention key versus macular degeneration

Macular degeneration is the leading cause of impaired reading or detailed vision. It is caused by the breakdown of the macula, the central portion of the retina. Although macular degeneration causes destruction of central and color vision, side vision is not affected.

What is the retina? The retina is a thin layer of light-sensitive tissue which lines the back of the eye. When light enters the eye, it is focused by the cornea and lens onto the retina. The retina transforms the light images into electric impulses which are sent to the brain via the optic nerve.

What is the macula? The macula is a very small area of the retina which is responsible for central vision and color vision. The



retina causes a loss of function of the macula. In about 10 percent of the cases of macular degeneration, aging of the retina is compounded by blockage of blood vessels. Growth of new abnormal vessels is seen. Blood and leaking fluid destroy the macula, causing loss of vision. Scar tissue then forms, leading to severe visual loss.

What are the symptoms of macular degeneration? The most notable symptom is loss of central vision. Difficulty in near visual work is seen. Macular degeneration may also cause a loss of color vision. Fortunately, the disease does not cause total blindness, as side vision is preserved.

How is macular degeneration diagnosed? The retina is examined with a special

light and magnifying lens. Color vision testing and Amsler grid testing may be abnormal. A special dye test called a fluorescein angiogram may be performed to detect the extent and location of the leakage in the retina.

How is macular degeneration treated? There is no cure for macular degeneration. The "dry" type of degeneration may be slowed down by use of antioxidants — vitamin A, vitamin C, vitamin E, zinc and copper. The "wet" type, in which there is blood vessel leakage, may be treated with both thermal and nonthermal laser therapy. Prevention is the best medicine.

Regular eye exams are the only means of detecting macular degeneration. Early detectors may prevent further loss of vision.

'To Your Health' can answer your questions

Ronny Glassman, Ph.D., M.P.H., of Mountainside hosts a public service program on Comcast cable television, Channel 35, Channel 35 carries programming about Mountainside and vicinity. The program, "To Your Health," features one-on-one interviews with area health care practitioners, and focuses on answering questions submitted by viewers. Check local cable listings or turn to Channel 35 for the time and day the show will air.

Glassman is a board certified and registered hypnotherapist, a researcher and an adjunct professor of social science. He is also a published author and speaker on complementary health care practices and procedures. No stranger to television, Glassman has been a guest expert on CNN, CNBC, WWOR-TV, Fox News, News 12 New Jersey, and other stations. He has given lectures at the likes of Columbia, Cornell, Mount Sinai, NYU, and other major health care institutions and universities.

"Think of the show as a televised 'question-and-answer' column like that you might find in your local newspaper. Instead of seeing your answers in black and white, my guests will reply on television," Glassman said. Guests will include holistic practitioners such as massage therapists, holistic physicians, acupuncturists, nutritionists, aroma therapists and others specializing in complementary care.

If you wish to submit a topic idea for "To Your Health," or have a question you'd like answered on the show, e-mail Glassman at ronnyglassman@aol.com, or call him at 908-301-1991.

Glassman specializes in the use of clinical hypnosis. He is a member of the American Board of Hypnotherapy and the International Association of Counselors and Therapists. He also serves as an adviser to Rutgers University Livingston College Dean's Council. He holds a Ph.D. in social science and a master's in public health. He was educated at Rutgers, Columbia and NYU.

Training program addresses health aid shortage

As part of the county's effort to meet the demand for certified home health aides, a training program for applicants and those interested in this field is offered for county residents.

Preholder Rick Proctor said the program was started after the county Department of Human Services Division on Aging Area Plan study determined the most pressing needs of seniors. "Their data indicated the highest service demands are in the area of home health care," Proctor said.

While demand for home care services and home health aides was increasing, the area was facing a shortage of certified home health aides. The New Jersey Board of Nursing reported that between 1998 and 2000, the number of certified home health aides dropped 27 percent to 25,088, and applications for the home health aid training sessions significantly dropped as well.

"The freholder board supports the Union County Health Care Consortium. Together they are offering training to any Union County resident, regardless of age, to become a certified home health aide. Since we started funding this program we have 60 graduates and a 50 percent graduation retention, which means that the people who passed the training stay and work in Union County," Proctor said.

The Union County Home Care Consortium is comprised of 11 organizations including the Visiting Nurse and Health Service, the Jewish Family Service, Muhlenberg Regional Medical Center, SAGE Inc., Center for Hope Hospice and Palliative Care, Atlantic Home Care, Union County College, Linden Board of Education, Patient Care, Visiting Health Services and the Union County freholders.

Funding for the training courses about \$5,000 a course and comes from a statewide respite care program grant. There are three training sessions held each year.

Union County has 15 accredited home health care agencies, most of which are hiring certified home health aides. The agencies are very flexible with employees regarding work schedules, making the certified home health aide position particularly well suited for a parent with young child-

ren. Home health aides are generally assigned one or more patients each day, for a two- to three-hour period. Therefore, a stay-at-home mother or father could easily structure work assignments within the timeframe of a school day or other commitment.

Certified Home Health Care aides perform a variety of duties including: Personal care such as bathing, hair care, etc.; activities of daily living, toileting, dressing, feeding; meal preparation, special diet, service/food; physical activities, including bed bound-turn/position, transfers; house-

hold duties, light housekeeping, laundry, shopping, and recreational activities.

For more information on home health care certification training, call Donna Farrell, coordinator for the home health care aid training certification, at 908-527-4858.

Alzheimer's caregiver support groups to meet

Alzheimer's Association Caregiver Support Groups will be meeting throughout Union County this month.

• Berkeley Heights: Nov. 21 at 1 p.m.; Rumlens Specialized Hospital, 40 Watchung Way.

• Summit: Nov. 21 at 7 p.m.; Overlook Hospital, 99 Beauvoir Ave. at Sylvan Road.

• Summit: Nov. 21 at 10 a.m.; Overlook Hospital, 99 Beauvoir Ave. at Sylvan Road.

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Stepping Out is a weekly calendar designed to guide our readers to the many arts and entertainment events in the Union County area.

Stepping Out

ART SHOWS

OUR VIEW: A UNIQUE PERSPECTIVE on Life in Union County, a traveling exhibit sponsored by Community Access Unlimited, features the work of 10 adults with developmental disabilities.

ARTIST RON HEDRICK will have his work on exhibit at Evelyn Dunn's Gallery, 549 South Ave., Westfield.

SKULSKI ART GALLERY in Clark will exhibit the works of Krystyna Brzezinska and Joshua Benor through Nov. 22.

DIVERSITY ART GALLERY in Clark will sponsor an exhibit through Nov. 30 commemorating veterans and their artwork.

MARVELS OF THE COLORADO PLATEAU works by photographer Joel Simpson, will be on exhibit through Dec. 4 at the Les Malmarat Art Gallery in Union.

Gallery hours are Mondays to Thursdays, 10 a.m. to 9 p.m., and Fridays and Saturdays, 10 a.m. to 5 p.m.

MEMORY/MYTHOLOGY, encaustic painting and mixed-media artwork by Karen Nielsen-Fried and Lori Field, will be on exhibit Sunday, Dec. 15, at the Gallery at the Arts Guild of Rahway.

BEARING WITNESS, the works of photographer Helen M. Stummer, will be on exhibit in the Tommaso Gallery at the Kenneth S. Berman Library at Union County College in Cranford through Dec. 19.

NEW ART GROUP MEMBERS Nancy J. Ori and Jim Fuess will have their works on exhibit through Jan. 1 at the Burtz Galleries in Summit.

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individuals with developmental disabilities. Tickets for the Dec. 7 concert are \$65, \$55 and \$35. Tickets for \$75 include a post-concert reception with the artists.

COFFEE WITH A CONSCIENCE Concert Series of Westfield and Springfield will present performers each month through June at two locations in Union County.

THE LORD OF THE RINGS READING GROUP meets the first Wednesday of the month at Barnes and Noble in Springfield. Barnes and Noble is located at 240 Route 22 West, Springfield.

EDISON ARTS SOCIETY WRITER'S CIRCLE, led by Cheryl Racaneli, meets at Barnes and Noble in Clark the second and fourth Monday of each month. Barnes and Noble is located at 1180 Raritan Road, Clark.

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DISCUSSION SENIORS DISCUSSING SCIENCE will meet monthly at the Rutgers Cooperative Extension, 300 North Ave., East, Westfield. For information, call 908-466-3643 or send e-mail to science4seniors@aol.com.

JOURNAL WRITING GROUP, led by professional life coach Jani Novak, meets the fourth Thursday of each month at Barnes and Noble in Clark. Barnes and Noble is located at 1180 Raritan Road, Clark. For information, call 973-376-8544.

UNION RECREATION DEPARTMENT will sponsor weekly ceramics classes for children between the ages of 7 and 12 at the Recreation Building, 1120 Commerce Ave., from 3:30 to 5:30 p.m. For information, call 908-964-4828.

WRITER'S WORKSHOP will meet Monday at Barnes and Noble in Springfield, 240 Route 22 West. The group meets every other Monday. For information, call 973-376-8544.

FALL INTERNATIONAL FILM FESTIVAL will be sponsored by Union Public Library in the coming months.

TRI-COUNTY RADIO ASSOCIATION will meet at the Willow Grove Presbyterian Church on Old Raritan Road in Scotch Plains. The group meets at 8 p.m. the first and third Mondays of every month. For information, call 908-241-5758.

DINNERMATES and Entrepreneurs Group invites business and professional singles to dinner at a local restaurant; wine and mingling is at 8 p.m., dinner is at 9 p.m. Two age groups are available. For information on dates and locations, call 732-822-9796 or visit www.dinnermates.com.

INTERFAITH SINGLES, for single adults older than 45 years old, will meet every Sunday from 9 to 10:30 a.m. for discussion and continental breakfast at the First Baptist Church, 170 Elm St., Westfield. Donations are \$2. For information, call 908-889-4751.

WESTFIELD SYMPHONY ORCHESTRA will appear in concert, "Destination: Hollywood," Saturday at the Presbyterian Church in Westfield, 140 Mountain Ave., at East Broad Street. For information, including concert time and ticket prices, call 908-232-9400.

CATCH 22 will appear in concert with Stretch Arm Strong, Senses Fall and Squad Five-O, along with a local show cases on the side stage. Nov. 30 at the REXplex, Elizabeth Center. REXplex is located off Exit 13A on the New Jersey Turnpike, next to IKEA. For more information, call 877-REXPlex or visit replexconcerts.com. Tickets also are available at Ticketmaster locations.

ALL-STATE ORCHESTRA AND CHORUS will appear in concert Sunday at 3 p.m. in Prudential Hall at the New Jersey Performing Arts Center in Newark. Tickets are \$9 to \$19 for adults, \$9 for children.

WESTFIELD SYMPHONY ORCHESTRA will appear in concert, "Destination: Hollywood," Saturday at the Presbyterian Church in Westfield, 140 Mountain Ave., at East Broad Street. For information, including concert time and ticket prices, call 908-232-9400.

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Nov. 29, 11 a.m. and 2 p.m.; and "Little Bear," 2 and 5 p.m. both dates. Tickets are \$8 and \$9; for "Little Bear," tickets are \$15, \$25 and \$30.

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and senior citizens, and \$10 for students. Kean University is located at 1000 Morris Ave., Union. For information, call 908-737-7463.

A WINNIE THE POOH CHRISTMAS TAIL will open the Cranford Dramatic Club's Children's Theatre on Dec. 6 at 7:30 p.m. Performances also will be Dec. 7 at 1:30, 4:30 and 7:30 p.m., and Dec. 8 at 1:30 and 4:30 p.m. Tickets are \$8. The theatre is located at 78 Winans Ave. in Cranford, off Centennial Avenue just minutes from Garden State Parkway, Exit 136. For more information, call 908-276-7611.

NEW JERSEY SHAKESPEARE FESTIVAL will present "The Tempest" through Nov. 24 at the F.M. Kirby Shakespeare Theatre on the campus of Drew University, 36 Madison Ave., Madison. Shows are scheduled on Saturdays at 8 p.m., Sundays at 7:30 p.m., plus matinees. Tickets are \$22 to \$39. For information, call 973-444-8800 or visit www.njshakespeare.org.

TOVAH FELDISHUW will appear in her one-woman show, "Tovah: Still Out of Her Mind" Saturday in the Chase Room at the New Jersey Performing Arts Center. Tickets, which include some refreshments, are \$36. NJPAC is located at 1 Center St., Newark. For information, call 908-466-5722 or visit www.njpac.org.

SECOND SATURDAYS COFFEEHOUSE will take place the second Saturday of each month at 8 p.m. in the Fellowship Hall of the Summit Unitarian Church, 4 Waldron Ave., Summit. Featured will be an "open mike" forum of music, poetry, comedy and performance art. Refreshments are served. Donations are suggested to cover expenses. Talent is sought for future dates. For information, call 908-273-3245.

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

CROSSROADS, 78 North Ave., Garwood presents a series of jazz, blues and comedy concerts, as well as football-themed nights. Every Sunday, Sunday Football, noon to 4 p.m. Tickets are \$36. S2 domestic pins and wing specials. Every Monday: Monday Night Football. Every Tuesday: Jazz Jam, all pints are \$2. Wednesday: Domestic draft beer for \$2. Today: America in a tribute to the Black Crowes, and 2nd Reelity Friday: Everlongue and Fat Cat Saturday: Brother John Brown and BBO and the Sprints Sunday: Blues Band Challenge, 6 to 10 p.m. Monday: Happy Hour all night, Acoustic Open Mic Wednesday: Juggling Sins Nov. 21: The Joe Elefante Big Band Nov. 22: Hudson River Rats Nov. 23: Soft Parade in a tribute to The Doors Nov. 25: Happy Hour all night, Acoustic Open Mic Nov. 27: Tom Vella and Splooge Nov. 28: Skyd and Talea, and LULL Nov. 30: Bludger in a tribute to the Allman Brothers For information, call 908-232-5666 or visit www.xroads.com.

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HELP WANTED HOUSEKEEPER FOR nice family in Maplewood. Reliable, hardworking, driver with car. 3 days/week. 2:00-7:00pm (usually Monday, Tuesday, Thursday) Cleaning, light cooking, laundry, errands, driving kids, etc. Good references. English and driving record required. Call 201-390-8566 evenings after 7:30 or leave message. HOUSEKEEPER/NANNY full time position shared by 2 small families. 3 school age children. Flexible schedule required. Must have own car and references. No smoking. Bilingual speakers welcomed. 973-762-8236, 973-762-8132.

HELP WANTED INSTRUCTORS: The Princeton Review is looking for bright, enthusiastic people to teach SAT, GMAT, LSAT & MCAT programs throughout NJ. \$18-21 per hour. Call Monday-Friday 9:00am-2:00pm. 609-693-1041 email: greg@princetonreview.com

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