

Springfield Leader

WORRALL COMMUNITY NEWSPAPERS

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TWO SECTIONS - 50 CENTS

Memorial plaque is removed

By Suzette Stalker
Managing Editor

Springfield veterans are outraged over the recent theft of a bronze plaque honoring township veterans who fought during the American Revolution, which was removed from Washington Park at Washington and Morris avenues in Springfield. Authorities still had no suspects in the case this week.

"I think it's deplorable," Thomas Beirne, past commander of Veterans of Foreign Wars Post 7683 in Springfield, said last week. "It's an insult to all veterans. These veterans are the reason that Americans are here today, and this action was the lowest thing anyone could have done."

Beirne said he was especially disturbed that the violent incident took place during the same month that Americans traditionally celebrate Memorial Day and so recently after United States troops successfully fought to liberate Kuwait during Operation Desert Storm.

Union County Police Detective Charles Castillo confirmed on Monday that the plaque, which measures 18 inches by 18 inches, had been

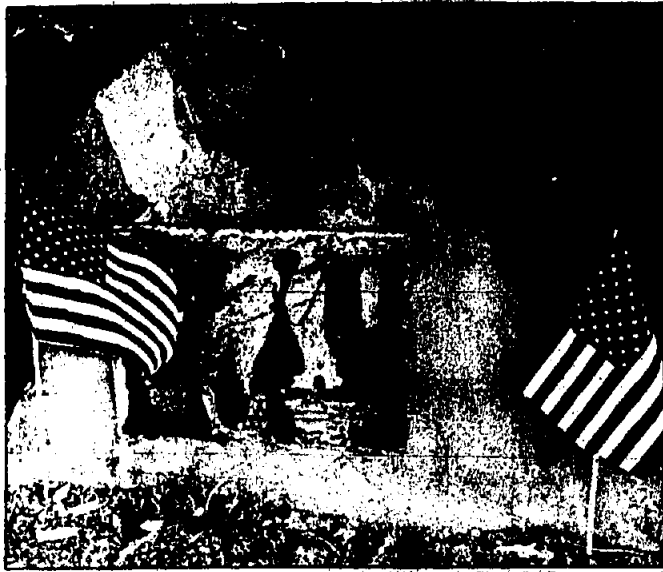


Photo By Jerry Greenwald

This rock, on which a bronze plaque honoring Springfield veterans of the American Revolution had been displayed, has been bare since the plaque was stolen May 3. Past Commander Thomas Beirne of Veterans of Foreign Wars Post 7683, who called the theft 'deplorable,' has decorated the site for Memorial Day despite the loss of the plaque.

attached to a rock adjacent to a memorial to the Daughters of the American Revolution.

It was reported stolen on May 3 by park foreman Paul Addressa when he reported for work at the park. Police do not know exactly when the plaque was removed.

The plaque was dedicated in 1976 by Battle Hill Post 7683 to residents of Springfield who fought in the Battle of Springfield during the American Revolution. After it was removed, Beirne planted two small American flags on either side of the rock to compensate for the loss.

Municipal budget for '91 adopted; tax rate lowered

By Suzette Stalker
Managing Editor

The Springfield Township Committee on Tuesday adopted its \$13,188,621 municipal budget for 1991 following a public hearing. It was approved by the state with the provision that the committee place an additional \$1.7 million from surplus into revenues to lower residents' tax bills.

The municipal budget now calls for a 21 point decrease in the municipal tax rate, which amounts to a \$450 reduction since last year on the tax bills of Springfield homeowners whose property has been assessed at \$200,000.

Mayor Marc Marshall explained that Springfield, like other municipalities, have recently been forced to incorporate more state-mandated expenditures into their budgets. He cited Springfield's obligation to assume the \$11,000 cost of highway street lighting and skyrocketing garbage costs.

He added that the state's revised cap law has also placed certain municipal salaries, such as that of the recycling coordinator, from outside into the cap. Other categories now

inside the cap include insurance, solid waste disposal costs and several other major expenditures.

Marshall commended the governing body's development of a budget which would reduce the municipal portion of residents' tax bills. The entire tax bill also reflects the Union County budgets as well as the Springfield and Union County Regional High School District 1 school budgets.

"It's a step in the right direction, if we can maintain it, and it will be difficult to maintain with all the things the state has thrown at us. Luckily, we have the money in surplus to handle it."

In other news, the committee heard a presentation from Paul Rizkalla and Michael Berardesco, president and vice president, respectively, of the Union Model Airplane Club, which is seeking the Springfield governing body's approval to use a portion of the Houdaille Quarry off Mountainview Road for members to fly their model airplanes.

The organization, which currently has 25 active members, was begun 40 years ago for the purpose of introducing young people to aviation. For

many years, club members flew their planes at locations in Mountainside and Berkeley Heights, but eventually lost their Berkeley Heights permit after residents there complained about the noise from the models.

Rizkalla and Berardesco explained that their primary objective is to keep the club together by finding a permanent location for members to fly their airplanes. They said club members would only fly electric and high-start launch airplanes at the quarry which create no noise and emit no exhaust.

Committee members expressed concern over various safety aspects of the proposal, including the quarry's proximity to Route 78, club members' ability to control their airplanes and possible risks to both club members and Springfield emergency units which may have to perform a difficult rescue should a club member be injured while retrieving an airplane.

During Tuesday's meeting, Rizkalla and Berardesco agreed to contact the Union County Freeholder Board to arrange a demonstration of the model airplanes for Springfield officials and residents in the near future. The club leaders maintain that their program is both a safe operation and an environmentally-sensitive one.

Neighbors battle flood damage from inactive wells

By Dennis Schaal
Staff Writer

Dan Garlen moved his family into an ecologically up-to-date passive solar house at the end of Marion Avenue about four years ago — but he hadn't counted on the "brown ooze," the water-borne silt that packs the edges of his basement floor like an indoor river bank.

For Dan and Marilyn Garlen, who reside at 53 Marion Ave., literally must live with a small stream running ceaselessly through their basement, just inches beneath the floor.

Residents of Marion Avenue, Alvin Terrace and Warner Avenue who have experienced flooded basements,

cracked foundations, mildew gardens thriving in insulation as well as mounting bills and a disrupted family life, often dispense with neighborhood chit-chat concerning lawns and cars and instead compare notes on "French drains" and sump pumps.

Like the legendary boy who held back the flow with his finger in the dike, two sump pumps, operating on a 24-hour basis, remove about 5,000 gallons per day from his basement, Garlen said. The water damage has cost the resident about \$2,000 and has boosted utility bills. He said he is concerned about the resale value of his house.

Sitting on picnic benches and

chairs in the Garlens' front yard, the Garlens and nine other residents of the three streets concurred this week that the flooding began three years ago precisely when Elizabethtown Water Co. of Westfield shut down several wells on property at the northern end of the streets.

Elizabethtown Water Co. spokeswoman Donna Yukob conceded May 14 that the water table rose on the county-owned tract three years ago when the utility shut the wells. "That area was always a natural swamp," she maintained.

Yukob said the company accepts no responsibility for the flooding, however, because "it has no obliga-

tion to maintain the water table."

In a statement disputed by Deputy Mayor Philip Kurnos, chair of the Public Works Department, Yukob said the company had "no choice" other than to shut the wells because the water was contaminated by volatile organic chemicals such as iron and manganese. She said the wells had been pumping 4-5 million gallons of water daily when operating at full tilt. Yukob attributed the tainted water to the construction of Route 78 and other area development.

Kurnos countered that the township has documentation to show that the water was still "potable" when the wells were shut and that the chemicals

did not exceed state standards. He pinned the company's action on "a business decision."

Robert Kirkpatrick, the township's consultant engineer, inspected several homes May 7 with other Springfield officials and he estimated that perhaps "two to three dozen" dwellings on the three blocks are affected. He said he found "serious water problems."

Kirkpatrick explained that ground water levels came virtually to the surface when water company workers pulled caps off the now-dormant wells during the tour. Elizabethtown never supplied water to Springfield, but tapped the wells to supplement its supply.

For residents of the dead-end streets, the environmental nightmare includes the county-owned property adjacent to their homes alongside the Rahway River. Marilyn Garlen produced photographs which, after a rainfall, made the area resemble a lake. Those assembled pointed out that the land, which was soggy this week even after several days of summer-like temperatures, is a breeding ground for mosquitoes and a happy haven for water rats and other vermin.

Kirkpatrick noted that the township is responsible for maintaining the county land, but the area is too damp to mow.

See NEIGHBORS, Page 2

Gifted and Talented teens to show work

By Suzette Stalker
Managing Editor

Fifty-two students enrolled at the four Union County Regional high schools will demonstrate their special skills, creativity and knowledge Wednesday when the district holds its annual Gifted and Talented Exposition from 7-10 p.m. at Arthur L. Johnson Regional High School, Westfield Avenue, Clark.

Union County Regional High School District 1 includes Jonathan Dayton Regional High School in Springfield, David Brearley Regional High School in Kenilworth, Governor Livingston Regional High School in Berkeley Heights and Arthur L. Johnson, all of which take turns housing the annual event.

The exposition will begin in the Arthur L. Johnson Instructional Media Center, where parents, students and other visitors will be provided with a program for the evening and maps of the building. They will then have an opportunity to attend the presentations of their choice in various classrooms throughout the school.

The evening will be divided into

seven or eight periods lasting 15 minutes each, during which students will present their projects to visitors, according to Dennis Fox, director of the Gifted and Talented Program at Jonathan Dayton. Refreshments will be served afterward.

Fox explained that the nine students in his class selected some unique topics for their projects this year. Senior Michelle Weinberg of Springfield, for example, designed a tutoring program for students in grades 5-8 at Florence M. Gaudineer School in Springfield.

Weinberg's project called for 25 of her fellow students to tutor the younger pupils for one hour each week at the Springfield Public Library, Fox said. He reported that the high school has so far received "good feedback" about the tutoring program from parents, students and teachers.

Sean McGrath of Mountainside, a Dayton junior who will also be spotlighted at the exposition, created a video documentary about the overpopulation of deer on the Watchung Reservation.

See GIFTED, Page 2



TEACHERS HONORED — These Springfield teachers were recently presented with plaques recognizing them as recipients of the Governor's Teacher of the Year Award. From left are Glen Brown of Florence M. Gaudineer School, Jim Guinee of the Walton-Sandmeier Schools and Bill Vetter of James Caldwell School.

Gulf veterans to lead parade

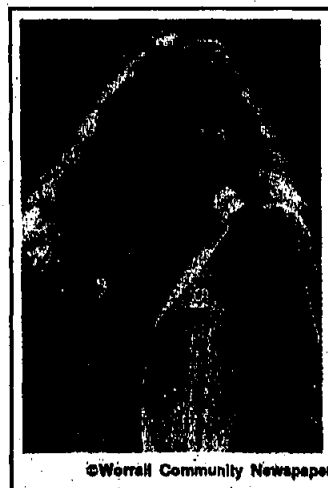
The Springfield Memorial Day Parade will be held this year on May 27, beginning at 10 a.m., at the Walton School on Mountain Avenue, according to Harry Heady and the Rev. Jeffrey Curtis, parade coordinators for the Springfield Fire Department.

The grand marshals for this year's parade will be local military personnel who have recently returned from the Persian Gulf following Operation Desert Storm and those represented by their families.

The Emerald Society of the State of New Jersey Inc., which is composed of law enforcement officers and firemen of Essex County Chapter 1, will be presenting their bagpipe band as they march in the parade.

In addition to veterans, police, fire and first aid squads, the Elks, Red Cross, Scouts and town recreation teams, members of the Classic Car Club, which meets at Echo Plaza, will be participating in this year's parade with their automobiles.

Anyone wishing to drive an antique or classic car should call 379-4320 to reserve a spot.



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What are the latest health and fitness trends? The answers can be found in this week's Community Magazine.

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Science fair reflects pupils' commitment

By Dennis Schaal
Staff Writer

The gerbals were amazed. Balsawood planes did their aerodynamic thing.

Varieties of vegetation "transpired" water and grew or didn't grow under disparate conditions of soil and light. And finally, the volcanoes, a mainstay in this sort of event, blew their tops.

This all took place in the gymnasium of Florence M. Gaudineer School April 30 to May 1 as the 375 students, every single pupil in grades 5 through 8, participated in the district's first Science Fair in years.

"A number of parents came up to me and said how thoroughly impress-

ed they were with the level of sophistication of the science projects," explained Principal Kenneth Bernabe this week. "Having the students going through the entire process of the scientific method was the thing that was important to us."

Bernabe, along with fifth- and sixth-grade science teacher Jack Willard, seventh-grade science instructor Allison Frawley, and eighth-grade science teacher Joe Toye, planned the event. They received a lot of assistance from a number of Gaudineer PTA.

The science projects, arranged by grade level, were set up in the gym and viewed by parents, students and teachers the first evening. The next day, the elementary school students

came over to the middle school to view the displays. Some 500 people examined the projects, organizers said.

The fair was unique in that it was not the mere showplace of a few gifted students destined to attend MIT as a prelude to doctorates in physics. Each student was required either to present an individual project or be part of a team experiment. The concepts had to be OK'd by the teaching staff. And afterward, each student received a certificate documenting participation in the event.

"We wanted a commitment on the part of each student to submit an idea and follow it through," Bernabe said. "We encourage the beginning and

completion of something. And we wanted to signal that science is a very important part of this school."

Toye, the eighth-grade teacher, said one significant benefit of the process was that he required each student in his five classes to write a research paper based on the experiments.

"That's a big accomplishment for an eighth-grader," Toye observed. "The science fair was a tool to use in class. It gave students the opportunity to go through all those components of science."

Willard, the teacher for grades 5 and 6, estimated that perhaps 250 projects were exhibited in the gym. Frawley, the seventh-grade science teacher,

See FAIR, Page 2

Becky Seal lunch menu

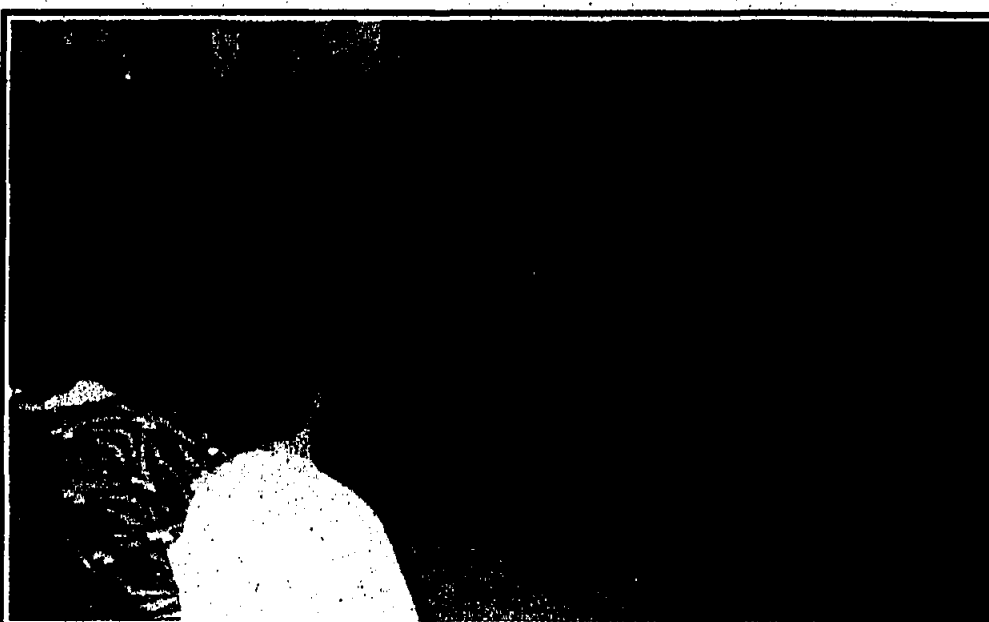
The Becky Seal Nutrition Program for the elderly is being held at the Chisholm Community Center, South Springfield Avenue, Springfield, Monday through Friday. The lunch menu for May 20-23 is as follows:

Monday — Hamburger with ketchup and onion, cole slaw, baked beans, fruit cocktail, vegetable juice, hamburger bun, margarine and milk.

Tuesday — Knockwurst with mustard, red cabbage, hot German potatoes, applesauce, beef barley soup, bread, margarine and milk.

Wednesday — Baked chicken with gravy, green beans, herbed stuffing, pineapple tidbits, cream of mushroom soup, bread, margarine and milk.

Thursday — Beef liver with gravy, sliced beets, mashed potatoes, chocolate pudding, chicken noodle soup, bread, margarine and milk.



MALL MUSIC — Members of the Florence M. Gaudineer School Band recently presented a concert at the Livingston Mall. The band was one of several local groups invited to perform for customers. Shown are members of the brass ensemble.

Gifted and Talented teens to show work

(Continued from Page 1)
In addition to filming deer at various times during the year, McGrath also interviewed staffers at the Trail-side Nature and Science Center in Mountainside, as well as the Union County Park Police and other agencies involved with monitoring the deer situation.

Among the many other disciplines which are commonly chosen by Gifted and Talented students for their projects are science and technology, mathematics, language arts, oral presentations, artwork, choreography, musical pieces, foreign languages, athletics and genealogy, according to Long.

High school students are selected to participate in the Gifted and Talented program in either their junior or senior year, following an elaborate screening process to determine if candidates for

the program are able to meet the requirements for participation.

Students are generally earmarked for the Gifted and Talented program during their sophomore year based on any special gifts or talents they may have or their overall academic excellence, according to Fox. He explained that students' individual projects require a minimum of 180 hours work.

Fair reflects kids' efforts

(Continued from Page 1)
er, noted that the experiments spanned a wide variety of disciplines. One of the projects, for instance, demonstrated the workings of the eye. Another measured flight distances with varying designs of model airplanes.

Neighbors are battling flood damage

(Continued from Page 1)

The town residents, who assembled informally Monday evening in the Garlens' yard on Marion Avenue, said the emphasis of their grievance is with the water company rather than township officials. They want Elizabethtown Water to rectify the flooding problems and to compensate them for damages.

Esther Bateman of 62 Marion Ave. pointed out that the water company had been pumping the wells for 70-80 years and that the development of the entire area, from Springfield Avenue to clusters of condominiums, was premised on acceptable ground water levels.

"The people feel that as a public utility, the water company should be obligated to the people in this area," stated Harold Jones of 72 Warner Ave.

"Who gives them the authority to shut these wells down?" complained Albert Martin of 24 Alvin Terrace.

John Antonas, an attorney who resides at 58 Marion Ave., argued that the township should represent residents in a bid to wrestle solutions and compensation from the water company. He contended there is basis for a suit because the water company's

actions changed existing environmental conditions.

"Take the lead, be a spokesman, be a town," Antonas urged.

Kurnos said that the municipality would like to "proceed posthaste" to aid the residents, but he is awaiting a report, expected within two to three weeks, from Kirkpatrick outlining possible solutions. He said the Township Committee is also consulting the township attorney to see if the municipality has legal standing in the dispute.

Kurnos faulted Elizabethtown Water Co. for "not taking a longer look" at the consequences of ceasing the well operations. Kirkpatrick said the water company has been "cooperative" since the problem literally surfaced.

The Township's 1991 capital budget, approved by the governing body Tuesday evening, includes \$20,000 to complete the second phase of a study on the Marion Avenue flooding.

The township engineer said alternatives under consideration in the preliminary study he is conducting include restarting one or more wells on a test basis to monitor the effect on the

ground water level. Another potential alternative, Kurnos said, might be to divert the water into the river.

To residents, the sound of a sump pump motor kicking in has become almost second nature. They indicated that with no storm sewers the three streets resemble a swamp in the summer and feature a nasty ice slick in the winter because they have to pump the overflow from their basements outdoors and down the blocks.

Springfield Leader

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BANK NEWS

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Disabled to be taught about physical fitness

By Suzette Stalker
Managing Editor

Adults and children with disabilities will have an opportunity to learn about physical fitness while enjoying various recreational programs sponsored by the Union County Department of Parks and Recreation next month at various Mountainside locations next month.

A four-week Walking/Fitness Trail program designed to educate disabled individuals ages 6 to adult about the benefits of walking and the use of the Mountainside fitness trail for physical fitness will be offered on Monday evenings throughout the month of June.

The group will meet June 3, 10, 17 and 24, from 6-7:30 p.m., at the fitness trail entrance behind the Mountainside Borough Hall complex on Route 22 East. The trail, which stretches nine-tenths of a mile along the Echo Lake Park extension, features 10 stations which are

wheelchair-accessible and eight which are designed for able-bodied individuals.

The Recreation Department has organized this activity as part of its "Lifetime Leisure Pursuits for the Handicapped" program, funded through an annual grant from the New Jersey Department of Community Affairs' Handicapped Persons Recreational Opportunities Act.

"We really feel there should be a continuous program for people with disabilities to promote physical fitness and recreation," remarked Cathy Armstrong, recreation supervisor of Handicapped Programs for the Parks and Recreation Department.

"We want them to know its a park facility, that its in Union County and that they can go there on their own," she added.

The program will be instructed by Marie Stefanick of Linden, with Gail Schwartz of Edison and Michelle Grover of Linden serving as assistants.

All three have experience in either physical fitness instruction, special education and/or other department programs.

The Walking/Fitness Trail program is free, but interested persons must pre-register by Monday. Registration forms can be obtained by calling Armstrong at 527-4930.

The department will also be sponsoring an evening hayride and hot dog roast for disabled individuals on June 7 from 7-9:30 p.m. at the Trailside Nature and Science Center, Coles Avenue and New Providence Road, Mountainside. Folk singer Ellen Mazolek of Maplewood will provide entertainment.

Participants are urged to bring a blanket or chair to sit on around the fire. A ramp will be available to provide wheelchair access onto the wagon. The cost to participate is \$1 per person, payable at the site, but space is limited and interested persons must pre-register by May 24. The rain date for this program is June 14.

Finally, the department will present as part of its "Lifetime Leisure Pursuits for the Handicapped" program several free instructional softball clinics and a softball game for disabled individuals ages 6 to adult at Cedar Brook Park, Plainfield, on June 1, 8, 15 and 22, from 1-2:30 p.m.

Participants will learn and practice skills which they will use during a game June 22, to which families and friends will be invited to cheer on their team.

"The program will be run using the buddy system, where local volunteers will assist participants at bat and in the field," explained Elmer Ertl, vice chairman of the Union County Board of Chosen Freeholders.

Both pitchers and a t-ball stand will be used, based on the level of ability of each participant. Volunteer buddies will aid wheelchair participants by helping them around the bases. The deadline to register for softball is Monday. Registration forms are available by calling Armstrong.

campus corner



Frederick Roden

Frederick Scott Roden of New Brook Lane, Springfield, was recently initiated into the gamma chapter Phi Beta Kappa at Drew University, Madison, the most prestigious fraternity of liberal arts scholars in the United States. Roden is a 1988 graduate of Oratory Prep School, Summit.

Prospective Phi Beta Kappa members must exhibit proficiency not only in their own major field, but in a wide range of studies including language, literature and science. Drew University is the only New Jersey college with a Phi Beta Kappa chapter.

Springfield residents Dawn McGann and Robin O'Brien recently earned first honors for the third marking period at Mother Seton Regional High School in Clark. In order to achieve first honors, a student must earn all A's in academic subjects.

Benefit car wash announced

The Key Club of Jonathan Dayton Regional High School, Mountain Avenue, Springfield, will hold a benefit car wash on Saturday from 9 a.m.-2 p.m. in the rear parking lot of the school. The cost is \$5 and all proceeds will go to various local charities.

The Key Club is an active community service organization which comprises the largest membership of any student club at Jonathan Dayton. Club members perform volunteer

services for organizations such as Children's Specialized Hospital in Mountainside, the Community Food Bank of Newark and the Summit Child Care Centers, which has a branch in Springfield.

In addition, activities sponsored by the Jonathan Dayton Key Club have raised thousands of dollars for the Leukemia Society of America, CROP and the Tomorrow's Children Fund. For more information, one can call 376-6300.

School picnic scheduled

The Home School Association of Our Lady of Lourdes School, Central Avenue, Mountainside, has announced that a picnic will be held on Sunday for students, parents and alumni of the school, which is closing after this year's term.

There will be a special outdoor mass celebrated at 2 p.m., followed by

the picnic on the school grounds from 3 to 6 p.m. Attendees are asked to bring chairs, blankets and their memories and to RSVP by tomorrow at 233-1777.

The rain date is June 9. Donations of food or other picnic items are also welcome from those who will be unable to attend.

Author seeking war data

Mountainside author and novelist Timothy B. Benford is researching material about "escapes and evasion" kits issued to United States airmen during World War II, the Korean Conflict and the Vietnam War and is interested in hearing from area resi-

dents who have knowledge of these items.

The kits, which contained gold coins and various other valuable items, were intended for barter use by airmen shot down over foreign soil. Benford can be reached at 232-6701.



WE ARE THE WORLD — The Foreign Languages Department of Jonathan Dayton Regional High School in Springfield recently conducted a poster contest to celebrate National Foreign Language Week. The winners of the contest were, from left, Soohie Lee, first place; Sooj Lee, second place and John Rau, third place. The theme for this year's contest was "Building Bridges and Making Connections." Students designed posters which promoted the virtues of learning a foreign language.

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Civic calendar

The Civic Calendar is prepared each week by the *Springfield Leader* and the *Mountainside Echo*. To avoid conflicts in scheduling local events, please post dates, times and places as early as possible and send to P.O. Box 3109, Union, N.J. 07083.

Today

Mountainside Chapter 4498 of the American Association of Retired Persons will hold its election of officers for 1991-92 at 1 p.m. at the Community Presbyterian Church, Deer Path, Mountainside. All members are urged to attend to attend and express their preferences. There will be entertainment and refreshments after the meeting.

Tomorrow

The Springfield Woman's Club, a member of the General Federation of Women's Clubs, will hold a meeting at Fields Restaurant in Mountainside at noon. One can call Muriel Stims at 376-7964 for further information.

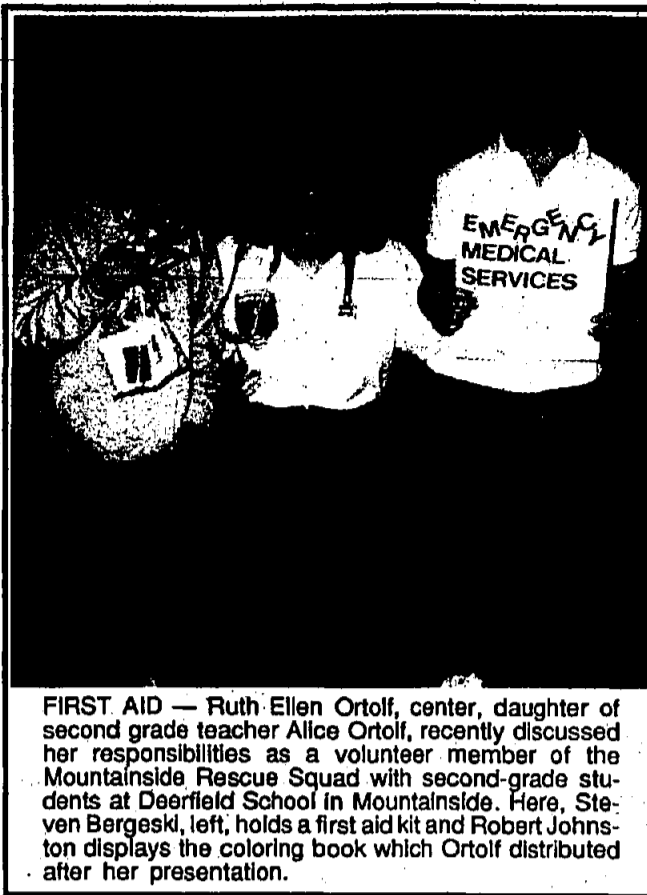
Saturday

The Springfield Historical Society will have a special yard sale from 10 a.m.-4 p.m. at the Historic Cannon Ball House, 126 Morris Ave., Springfield. Many types of decorative and practical household, gardening, personal and hobby items will be available in glass, leather, wood and other materials.

Some of the objects will be very old or of antique value and some will be new or slightly used. The event is being held as a fundraiser to benefit restoration of the Cannon Ball House.

Sunday

Trailside Nature and Science Center will hold a spring garden fair and plant sale from 1-5 p.m., featuring gardening lectures, plant demonstrations, plant problems answered, plant exhibits, 4H information, gardening events for children and garden displays. Soil test kits will also be available, along with free Rutgers Fact Sheets on gardening. There is no admission charge and refreshments will be available.



FIRST AID — Ruth Ellen Ortolf, center, daughter of second grade teacher Alice Ortolf, recently discussed her responsibilities as a volunteer member of the Mountainside Rescue Squad with second-grade students at Deerfield School in Mountainside. Here, Steven Bergeski, left, holds a first aid kit and Robert Johnston displays the coloring book which Ortolf distributed after her presentation.

Scout leader is recognized

During the annual meeting of the Washington Rock Girl Scout Council which was held recently at the Westwood in Garwood, Cynthia Matta of Springfield was awarded the Emerald Award. This is the highest honor that an adult Girl Scout can receive.

Matta is the mother of two Girl Scouts, Jennifer and Christina. She is a First Class/Eagle Scout, completing her scouting in Springfield. She has been a Brownie Leader at Thelma L. Sandmeier School since 1983 and Community Activities chairman for five years.

As chairman, Matta was overseer for all Springfield Girl Scout activities. She has continued to be an active part of local Girl Scouting as camping coordinator at Camp Lou Henry Hoover, and the leader of a Brownie Troop and Junior Troop.

She has coordinated the Blood Buddy Badge, which has been adopted at the National level of Girl Scouts, and has supervised the blood drives which are sponsored by Springfield Girl Scouts. She has also done extensive work with the Springfield Police Department on the Crime Watch Badge.

Matta has also done extensive work for the Washington Rock Girl Scout Council, as a site director coordinator and site director for Camp Lou Henry Hoover.

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Mountainside club chooses delegates

The Mountainside Woman's Club, Inc., a member of the New Jersey State Federation of Women's Clubs and the General Federation of Women's Clubs, has announced that Jeannie Frances Spagnolo of Mountainside will be its delegate to the Girls Citizenship Institute at Douglass College, New Brunswick, from June 10-13.

Her alternate, also from Mountainside, will be Fannie Lee. Both girls are completing their junior year at Jonathan Dayton Regional High School in Springfield.

Spagnolo was one of 25 women accepted into the College of St. Elizabeth's Women in Chemistry Program during her sophomore year and during her junior year won a grant from the New Jersey Academy of Sci-

ence to fund her current Gifted and Talented project, which involves studying behavior and learning of mice.

Spagnolo is active in gymnastics, winter track, volleyball, band, Spanish Club, Safe Ride/Safe Home and

Gifted and Talented. Lee is an active member of the Key Club, a writer for the school newspaper, a member of the track team, a member of Jonathan Dayton's and the National Spanish Honor Society and a candidate for the National Honor Society.

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letters to the editor

Warns against Republican tactics

To the Editor:

Last week's *Leader* editorial page might have been created in Berlin in the 1930s. It had all the ingredients: an attack on Myrna Wasserman because of who she was and not what she has done; an attack on Marilyn Schneider because she lives in a big white house on Baltusrol Top; an orchestrated chorus who we are supposed to believe spontaneously selected to criticize, from among all the issues and characteristics available, the fact that Myrna Wasserman and Marcia Forman are related. On top came an amen from the newspaper two weeks after it had been reawarded the township advertising. Character assassination, class jealousy, the big lie, guilt by association, conviction through allegation, a compliant press. Shades of Joseph Goebbels.

The funny thing is these tactics are exactly what I expected from these Republican candidates. I met Harry Pappas at a township meeting a couple of weeks ago. He said to me, "I hope you guys aren't going to attack personalities during the campaign because, remember, if you start that, I can dish dirt with the best of them." It's true. They've shown they both can. Dirt! You needed a bath after reading that editorial page.

Before this campaign is very far along, the people of Springfield are going to get a clear picture of what their choices are. They are going to find that worse things can happen to a town than to elect a woman whose only known flaw is that she is a sister-in-law. Democratic National Committeewoman June Fisher, when told that Harry Pappas was running with Jeff Katz for Township Committee as a Republican, was quoted in *The Star-Ledger* as saying, "It is our gain and their loss."

Be careful Springfield. The whole town could be the loser.

Stanley Kaish
Springfield

Needs a variance

To the Editor:

Help!

These are times, we all know, when earning a living is a good deal harder than it used to be. For some businesses, such as construction or home improvements, it is getting harder.

I earn my living making home improvements, and I need a vehicle in which to transport and house my equipment and supplies. As it is my only vehicle, I need to keep it at my home in Springfield when I am not at work.

Recently I learned that a neighbor of mine has cited a township ordinance as reason to prevent me from parking my truck on my own property. I have done my own survey and this ordinance is widely unenforced in Springfield. Many residents park their lettered commercial vehicles ungargued at home, despite the ordinance.

In order to continue to earn a living, I am asking the Springfield Board of Adjustment to grant me a variance in connection with this law. I truly believe this is a reasonable request.

I do not live in a quiet, exclusive neighborhood. I live on South Springfield Avenue, the third most heavily traveled road in town. Trucks, buses, and heavy traffic travel this road at all times. My house faces a very popular delicatessen, a public phone, condominium complex, and church. A major school, and three popular businesses are located within a few seconds drive of my home.

For more than three years, I have parked either this vehicle or the one owned previously in my driveway. In fact, I have two retaining walls and several plantings which provide partial screening and privacy in the area of the driveway.

I am unable to garage this vehicle without major alteration to my house, which, unhappily, I can't afford at this time. I can't store it at any other location because I can't pay the rent and since this is my only vehicle, I would not have transportation to and from the truck. Since I store my tools and equipment in the truck, I would run a very high risk of theft if it were not at my home.

The next Board of Adjustment meeting is scheduled for May 21.

I would welcome any communication and support in connection with this matter.

Alan Margulies
Springfield

Angry about accusations of a "friend"

To the Editor:

I'm incensed! My mansion is not white, my mansion is gray! Marc Marshall's mansion is white, or is it yellow? No, it's Jeffrey Katz's mansion that's white! People who live in glass mansions shouldn't throw stones! (Yes, Jeffrey, we know who really wrote all those letters!) And if it's a sin to work hard your whole life as my husband and I have done, then we are guilty of succeeding in the American way of life, and we are certainly not ashamed of it! In fact we're quite proud of it!

And, Harry, you "accuse" me of being very close personal and social friends with Myrna Wasserman and the Firsichbaums. Have you forgotten what very close personal and social friends we were? Don't you remember all the times we two couples socialized together at each other's homes? Remember at my husband's surprise birthday party how you took charge of the kitchen? Why Harry, you were in my pots, my oven! That's something a woman allows only a

"close friend" to do! Do you remember I wrote you a "thank you" letter calling you my "knight in shining armor" for that wonderful favor? And now this. Are you so bitter I'm not backing you that you make up stories about me? Oh how dirty, Harry!

Marilyn Schneider
Springfield

Town needs integrity in government

To the Editor:

I want to thank and commend the *Springfield Leader* for their courageous and open stand of disdain against two members from one family serving on the Township Committee.

It was not proper for Myrna Wasserman to involve herself in such a power grab, knowing her sister-in-law is a sitting member of our governing body. On the other hand, Marcia Forman should have had better sense. Just who do they think they are, the Kennedy family of Springfield?

The Democratic Party should apologize to every voter and resident of Springfield for their attempted hoax. It really does stink and should not be allowed in our society.

In addition, the Katz/Pappas column was, to use their word, Machiavellian. Not only has Marilyn Schneider compromised herself, they all have. As for Marcia Forman voting against a resolution supporting our troops in the Gulf, that was inappropriate, ill-advised and does not reflect the feeling of the residents of Springfield.

David Gerber
Springfield

Compromise is not valid

(Continued from Page 6)

South Orange-Maplewood Education Association. The local teachers' union did not agree with my stand during the fall 1990 teachers' strike.

But no matter where I stood in my editorials, the bottom line was that I thought they were always in the best interest of the communities I was serving. And any involved official who was "person" enough to cast

aside their personal feelings and read the editorials from an objective point of view, saw where I was coming from.

There were never phrases such as "a compliant press" or "appearance of a conflict" raised during that time. And I know that here in Springfield, that will come with time. Perhaps you'll like me. Maybe you won't. But you can never truthfully say I'm dishonest.

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Entertainment

Walking on the wild side: Behind the scenes with Howard Stern

By Lisa Batitto
Entertainment Editor

Sometimes we all get a little crazy. I was spending a quiet evening at home watching "The Howard Stern Show" when a blip for a contest called "Make Your Dreams Come True" flashed on the screen. The contest didn't have any rules; Stern, the controversial radio personality-turned-television show host, just said to send in your fantasy.

For some reason that I still don't know, I jotted down the address. An idea had hit me out of the blue — wouldn't it be funny if for one day I could step out of character and emulate those girls who parade across MTV? We — Stern and I — could sing a duet at a rock club backed by Stern-sidekick Stuttering John's (Melendez) band Josey Sang.

My mind was spinning. After all, I am the world's worst singer. It would be fun, but knowing Stern's shows, he probably would go for something sexier and wilder. So what did I have to lose?

I had all but forgotten about the contest. Two months had passed without a call and I had pretty much decided that my rock-and-roll fantasy wouldn't make good television. But on April 29 at 3 p.m., I was told by the receptionist that WWOR-TV was on the phone for me.

I didn't blink. As arts and entertainment editor, I frequently get calls from television stations that are inquiring about television listings, etc. But not this time. A very excited woman — production coordinator Karen Harris — told me that my little idea was the favorite of the producers of "The Howard Stern Show," and they wanted to meet with me. My hands shook at the news. What was I getting myself into? How would my friends and family react? Would I bring disgrace upon myself on television?

The following day I met two of the show's head honchos — producers Dan Forman and Kevin McMahon. The lunch conversation jumped all over the place. We discussed Amnesty International, Gov. Jim Florio and my cat. But every once in a while, McMahon threw in a wild card: Did I ever watch a porno flick? How long was my longest relationship with a man? How serious was it?

These questions were tough. I'm not particularly fond of spilling my guts to strangers — television execu-



Howard Stern
Brash but sweet

tives or not. I must have passed the test because plans were made for a camera crew to follow me during a normal business day. The two told me that they wanted me to look drab for the next day's filming — did I have anything beige? Great, I thought, I have to look matronly during my television debut. Well, this was my fantasy and I guess the least I could do is make it look good on television. So I went home and looked for drab.

My family's reactions spanned the spectrum. My mother and 22-year-old brother were mortified. My mother said I could do what I wanted but the camera crew was not setting foot in the house. My brother said I would embarrass myself. Only my father thought the experience would be positive, and eventually he changed my

mother's mind. But the crew still wasn't coming in the house.

The next day I set up camp in Worrall's Maplewood office and waited for the arrival of the crew at 4 p.m. At 4 on the dot, McMahon and a cameraman arrived at the office. They told me to relax and ignore the camera. Easy for them to say.

The taping at work was a scream. My camera-shy coworkers fled into the back while others flocked nearby. It's not easy to pretend to do your work and explain it to no one in particular. I babbled on about how to crop pictures and what I thought of the horoscopes.

After the taping at work, I hopped in my car and drove to my health club with the Channel 9 crew in close pursuit. This drive turned out to be the single most embarrassing moment in my whole experience. In an attempt to calm my nerves, I turned on the radio and started warbling. However, I forgot I had a microphone on and my screechings were aired for the world to hear. Thank God I don't talk to myself.

In the health club the atmosphere was hectic. I belong to a females-only club, so two fully-clad men with a camera do not blend in very well. Everyone wanted to know what was going on.

The interesting thing about Howard Stern is that he brings out such strong reactions in people. Everyone has some sort of an opinion about him and the comments ranged from "I love him" to "He's a disgusting man." But fans and detractors alike stared as I went through six exercise machines in

three minutes with no warm-up. The grimacing that was aired on television was real.

From the club we went to my house, where we were banished to the backyard. The original plan was for me to play with my cat and chat. But my cat had performance anxiety and shot off when she saw the camera. McMahon asked me to pick the cat up and I was rewarded with gashes on my arms and back for my effort. Finally, I was told to walk over to a blooming bush, pluck a flower and smell it. I could only imagine what Stern would say over this incredibly comical scene.

By 7 p.m. the taping was over. I was told that on Saturday, May 4, my makeover and performance would take place. I was due at the station at 2 p.m. and from there we would go to The Whipp in New York City before heading out to a club called Spit in Long Island. I was also informed that Stern and I would sing "If I Close My Eyes Forever," by Lita Ford and Ozzy Osbourne, probably the most difficult song to sing ever recorded, and I had one night to learn the words.

On Saturday, my feelings flipped from nervous to excited to petrified. What were these people going to do to me?

On the ride to The Whipp, the five people who accompanied me talked about work. I remember thinking how glamorous their jobs seemed and how much fun they must have on the job. This little slice of the television business didn't seem like work to me. This was fun.

Once at The Whipp, the cameras were turned on. The first order of business was to find me a suitable outfit. And by suitable I mean revealing. I was grateful that production coordinator Harris was with me. Her presence was very appreciated and very calming.

The outfits I tried on were different than anything I had ever worn. In an effort to soothe me, I was put in a rather subdued outfit at first. From there, each subsequent outfit became more and more revealing, until I was put in a body stocking with leather undergarments that I couldn't put on correctly. Luckily, a few people thought the look was too extreme, and for my final outfit I sported the shortest skirt I had ever seen, a black-and-gold bustier, lace stockings and silver boots.

Next came the makeup and hair. My usually curly tresses were blown straight and anchored with a bottle of hairspray. Earlier in the week, the make-up man, Ralph Cirella, asked me if I'd mind having my hair dyed blonde. I politely declined. The makeup was poured on. My lips and cheeks jumped off my face and my eyes had enough junk around them to frighten a raccoon. I thought to myself

that I looked like a rock-and-roll lunatic.

At the end of the makeover, we headed for the club. Word had apparently leaked that Stern would be appearing there so the crowd was sizable. I felt like a star as I was waltzed past everyone waiting outside and was ushered into an upstairs room. Now all that was left was for Stern to arrive.

At 11:45 p.m. I met the very charismatic Stern for the first time. Despite all of his self-deprecating comments, Stern is not unattractive. In person, he's even taller than one might expect, with a lion's mane of dark brown hair and beautiful hazel-green eyes. He was followed by members of the rock band Enuff Z'Nuff and his wife Allison, an attractive woman with a sweet smile, a social worker whose cheerful presence acted as a reality check in the surreal glam-rock arena.

Following the introductions, Stern and I practiced our song for the first time. It was great to be able to sing horribly and actually have people encourage it. After rehearsal, Stern reassured me for a few minutes and told me how wonderful the experience was.

See BACKSTAGE Page B12

Lisa Batitto, Editor

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TIME _____
PRICE _____
ORGANIZATION _____

FOR ADDITIONAL INFORMATION CALL: 763-8411

What's Going On is a paid directory of events for non-profit organizations. It is pre-paid and costs just \$15.00 (for 2 weeks) for Essex County or Union County and just \$25.00 for both. Your notice must be in our Maplewood office (483 Valley Street) by 4:30 P.M. on Monday for publication the following Thursday. Advertisement may also be placed at 17 No. Essex Ave., Orange, 266 Liberty St., Bloomfield, 483 Valley St., Maplewood or 1291 Stuyvesant Ave., Union. For more information call 763-8411.

**Roselle Park Council on the Arts
Festival In The Park**

Outdoor Fine Arts Show & Crafts Display

Roselle Park High School Green Acres Complex
Saturday, June 1 10-4:30 (Rain date Sun, June 2)

Judging begins at 10:30 A.M. All works must be the handmade original Creations of the registered Artist or Craftsman

Categories:
Watercolor, Oil and Acrylic, Photography Graphics (Drawing, Charcoal, Pen & Ink Printmaking) Pastels, and Three Dimensional (Collages, Assemblages and Sculpture)

Classification:
Prizes will be awarded in Professional, Non-Professional & Junior (under 18 years old).

Categories:
Crafts are available for Sale & Display • Will not be judged for information for contract call 248-4488 or 241-0138

This event is supported in part by a grant from the Union County Office of Cultural and Heritage Affairs, through funding made possible by the New Jersey State Council on the Arts/Dept. of State

**Union Center
STREET FAIR**

MAY 19TH
SUNDAY 1-6 PM

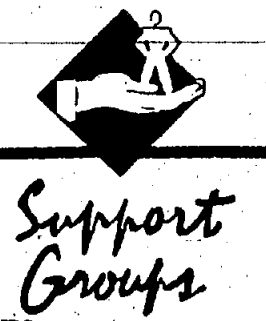
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AIDS support group meets at Kean College on Wednesdays from 7 to 8:30 p.m. For additional information, call Norcen or Mehalia at 908-527-2608.

Catholic Community Services, 108 Alden St., Cranford, has a counseling group for women every Monday at 7 p.m.; 272-8910.

American Cancer Society is seeking volunteers to assist patients with transportation needs; 354-7373.

Parents-Friends of Lesbians and Gays/Northern New Jersey, holds support group meetings the second Sunday of the month at 2 p.m. in First Presbyterian and Trinity Church, 111 Irvington Ave., South Orange. Help-Line is available; 731-8974.

Guido Dog Users Support Group, meets first Monday of every month at the Union County Administration Building, Elizabethtown Plaza, Elizabethtown; Christina Brino, 625-9565.

Women Against Abuse, a weekly support group for women in relationships with physically, verbally and emotionally abusive men; 355-1995.

Harvey-Morris AIDS Support Group, a self-help support group for persons affected by AIDS, and their families, partners and friends, meets every Wednesday at 7 p.m. in Union; 241-1132.

Spenders Anonymous, Oakes Outreach Center, 120 Morris Ave., Summit, meets Mondays at 7:30 p.m.; 273-7108.

Women for Women of Union County, 414 East Broad St., Westfield, has singles support groups and women-who-love-too-much sessions Mondays, 7:30 p.m. and coping with separation/divorce workshops, Tuesdays, 7:30 p.m.; 232-5787.

The Westfield Center for

Counseling and Human Development, 435 East Broad St., has support groups covering variety of areas; 654-6500.

Parents Anonymous meets every Wednesday at the Linden Methodist Church, 321 N. Wood Ave., from 10 a.m. to noon. Child care is available; 1-800-843-5437.

Caregivers Anonymous meets every Wednesday at 10 a.m. at Manor Care, Route 22, Mountainside; 645-0020.

Contact-We Care Inc., offering 24-hour helpline for the troubled and the hearing impaired; 232-2880.

Jewish Family Service Agency of Central New Jersey, has "Well Spouse" meetings second and fourth Tuesday of each month at 8:15 p.m.

Domestic Violence Center, serving Union County; talkline number; 272-0304.

Living with Cancer offers self-help and support programs at Elizabethtown General Medical Center. Day sessions to meet Mondays at 3 p.m.; evening sessions Wednesdays at 7:30 p.m.; 558-8050.

The Oncology Department at Union Hospital, 1000 Gallop Hill Road, plans two support groups — one for cancer patients and one for families of patients — to meet Tuesdays from 7 to 8:30 p.m. at the hospital; 687-1900, ext. 7182.

Union County Elizabeth Chapter of the American Chronic Pain Association meets on second and fourth Thursdays of each month at 7 p.m. in the Community Health Center of St. Elizabeth's Hospital, Elizabeth; 527-6050.

The Union County Rape Crisis Center assists incest survivors, rape survivors and other abused individuals, 300 North Ave., East Westfield; 233-7273.

The Resource Center for Women, Woodland and DeForest avenues, Summit, will have three support groups for women experiencing the crisis of a recent separation or divorce; a growth and support group; and one for women going from full-time career to full-time motherhood; 273-7253.

Rahway Hospital has bereavement group for widowed people which meets on Thursdays from 1:30 to 3 p.m.; information, enrollment, 499-6169.

Mended Hearts, a support group of people who have had heart surgery or any other type of heart problem, visits patients awaiting surgery to help them by sharing experiences.

Endorsed by the American Heart Association, the group meets on the third Tuesday of the month in Springfield; 467-8850.

Association For Advancement of the Mentally Handicapped, The Concerned Families Group, for parents, guardians, siblings and friends of developmentally disabled adults, meets second Tuesday of each month, First Baptist Church, Elizabeth, 7:30 to 9 p.m.; 354-3040.

Cancer Care Inc. 24 Lackawanna Plaza, Millburn, offering information and a support group for adult relatives of cancer patients, meets Wednesdays from 6 to 7:30 p.m.; 379-7500.

Emotions Anonymous, is for those having a problem coping with life. The group meets in Engel Center, Church of the Assumption, Roselle Park, on Fridays at 8 p.m.

Gamblers Anonymous, meetings every Monday evening at 8 in Townley Presbyterian Church, Salem Road and Huguenot Avenue, Union.

Bereavement Program, Elizabeth General Medical Center, 925 E. Jersey St., free to the community with meetings Wednesdays from 6 to 7 p.m. in the Education/Conference Center; 558-8070.

Eating Disorders, 514 Livingston Ave., Livingston, holds self-help groups for persons with eating disorders on Wednesdays from 6:30 p.m. to 8 p.m.; Hotline, 1-800-624-2268.

Hyacinth Foundation AIDS Project, offers support group for residents of Union County and surrounding area and is open to anyone affected by AIDS, persons with AIDS or ARC, the worried-well, partners, family members and friends; meets on Mondays from 7 to 8 p.m. at Unitarian

Church, Plainfield, 724 Park Ave.; Hotline: 1-800-433-0254 or 246-0204.

Emotionally/Physically Battered Women, CHOICES, a free, confidential support group for women; 272-0304.

Alternatives therapeutic group for abusive men; 272-0304.

Family Service Association, offers ways of controlling PMS problems at 43 Franklin Place, Summit; 273-1414.

Cancer Care, Inc., is seeking volunteers for its Millburn office at 241 Millburn Ave; 379-7500.

YWCA, 79 Maple St., Summit on Monday at 7:30 p.m. The seminar is free of charge for YWCA members and \$5 for non-members. Pre-registration is suggested. Call 273-4242 to register or for additional information.

College bound students: scholarships and matching funds are available. For more information, call 399-3787.

Kean College is offering two continuing education "TravelLearn" courses — one of general interest to Russia in May and another for educators to London in July. For additional information, call 527-3089.

Planetarium show, offered by Union County Department of Parks and Recreation, takes place on Sundays at 2 and 3:30 p.m. at the Trailside Nature and Science Center, Coles Avenue and New Providence Road in Mountainside. Hear about great scientific discoveries and the people behind them. Admission is \$1.50 per person; \$1 for senior citizens. No children under 6, please. For information, call 789-3670.

Kean College will again offer a

reading clinic this spring for persons of any age who have difficulty reading. Parents should consult the staff about children. For information on screenings and diagnoses, call 908-527-2351.

Business and Professional Women of Westfield Inc. holds a dinner meeting on the third Tuesday of each month at Ramada Hotel, Clark. For information, call 233-0061.

Plainfield Work Center of the Union County Association for Retired Citizens seeks volunteers to work several hours a week on a regular basis with developmentally disabled adults. No special skills necessary; volunteers would work on a one-to-one basis with a supervisor. Call Ann Marie Pacciano, 908-754-0430.

Union County Chapter of New Jersey Association of Women Business Owners, NJAWBO, meets on the second Tuesday of each month at 6 p.m. with dinner and a guest speaker or workshops at Rudolph's Mansion Hotel, 295 South Ave. in Fanwood. Call Helen Hsiao, membership chairwoman, at 549-7575 or 889-1972 for more information.

Misc.

Grace Lutheran Church, 222 Vauxhall Road, Union, will have a flea sale on Saturday from 8 a.m. to 3 p.m. on the church grounds. Rain date is May 25. For further information, call 686-4269.

Master Gardeners of Union County, a program of the Cooperative Extension Service of Rutgers University, will have its annual Spring Garden Fair and Plant Sale on Sunday from 1-5 p.m. at Trailside and Science Center, Cole's Avenue and New Providence Road, Mountainside. Admission is free. For additional information or directions, call the cooperative extension office at 654-9854.

"Divorce: New Jersey Style" is the subject of a seminar at the Summit

FLEA MARKET

SATURDAY, MAY 18, 1991
Rain date May 25th
EVENT: Outdoor Flea Market
PLACE: St. Michael's School, 1212 Kelly St., Union.
TIME: 10 a.m. to 5 p.m.
PRICE: \$15.00 (two parking spaces), supply own tables. Refreshments available. Call 686-8798 or 687-4397.
ORGANIZATION: St. Michael's School

SATURDAY, MAY 18, 1991
EVENT: Flea Market
PLACE: Redeemer Lutheran Church, 134 Prospect Ave., Irvington.
TIME: 9 a.m. to 3 p.m.
PRICE: Tables available to dealers for \$15.00. Call 372-0084 or 763-3281. Food & drink for sale. Delicious homemade lunches.
ORGANIZATION: Redeemer Lutheran Church

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OTHER

SUNDAY, MAY 19, 1991
EVENT: Pet Adoption Day
PLACE: The Preppy Pup, 38 Morris Trpk., Summit.
TIME: 11 a.m. to 4 p.m.
PRICE: Small adoption fee to benefit the society. Adopt a dog, cat, puppy, kitten. Many breeds, some pure. Discount on grooming for your new pet.
ORGANIZATION: Associated Humane Society, Newark.

SATURDAY, MAY 25, 1991
EVENT: Annual May Fair
PLACE: Science of Being Centers of Truth, 273-287 So. 19th St., Newark.
TIME: 3 p.m.
PRICE: Adults \$3.00; children \$1.50. See the plating of the May Pole, see the crowing of May King & Queen. Stalls, foods, music, African drummers, games, clown, fashion show, information & vendors, 731-0381.
ORGANIZATION: Science of Being Centers of Truth

Correction
The Funny Farm in Hillside opened on May 15 and will be open for business every Wednesday.

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- 6. THE COACHMAN RESTAURANT
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The Coachman Restaurant

By Suzette Stalker

A visit to the Coachman Restaurant in Cranford, at Exit 136 of the Garden State Parkway, is to experience hospitality, fine cuisine and professional service at its very best. It is all these qualities and more which make this the ideal setting for a family dinner, a romantic rendezvous or a large gathering.

Restaurant review

My companion and I were welcomed into the restaurant by a friendly hostess, who seated us at a comfortable booth in the Coachman's elegant dining room. The recently renovated room, furnished in mauve and pastels, was softly lit by custom-made brass chandeliers and by small candles on every table.

We began our feast with two of Coachman's many tantalizing appetizers. My companion selected mozzarella sticks with a tasty sauce, while

I opted for a serving of the equally delicious stuffed mushrooms.

My companion chose for his entrée a dish called the Odd Couple, a delectable combination of veal and breast of chicken scaloppine, sauteed with sherry wine, onions and sliced fresh mushrooms. It was accompanied by mashed potatoes, a salad and Italian vegetables.

I enjoyed the Surf and Turf combination, with tender portions of filet mignon and lobster tail, also served with potato, salad and vegetable. As a grande finale to this fine meal, I ordered the restaurant's creamy chocolate mousse topped with whipped cream.

The Coachman comprises a cocktail lounge and a la carte dining room, as well as six banquet-convention rooms designed to accommodate between 20 and 500 people. There is live entertainment on Friday and

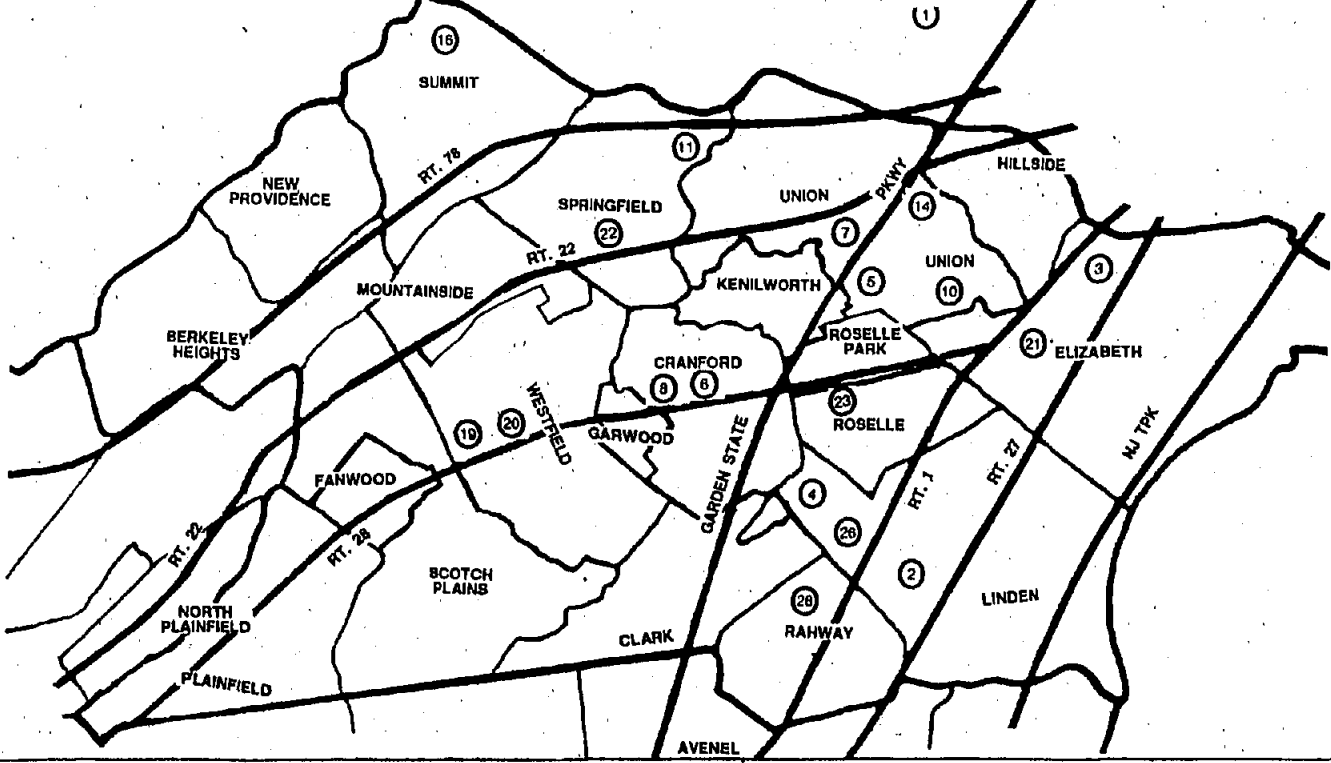
dessert.

Patrons can also enjoy their favorite cocktail at the Coachman, which counts martinis, whiskey sour, strawberry daiquiris and pina colodas among its specialties.

The restaurant is open from 7 a.m. to midnight Sunday through Thursday, and from 7 a.m. to 2 a.m. on Friday and Saturday. It periodically opens even earlier to accommodate conventions and other large-scale events. Coachman serves breakfast, lunch and dinner, and even includes a late evening menu.

General Manager Joseph R. Ambrozzy, a most cordial gentleman, reported that the restaurant marked its 20th anniversary in March.

The Coachman Restaurant is located at Exit 136 of the Garden State Parkway, Cranford. Open seven days a week; 7 a.m.-midnight Sunday through Thursday, 7 a.m.-2 a.m. Friday and Saturday. Bar and banquet services. Major credit cards accepted. For reservations, one can call 272-4700.



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AUTO MARKET

Americans Fear Brake Failure But Then Neglect Maintenance

Brake failure is the leading fear of motorists today, yet statistics show lack of consumer awareness and vehicle neglect may be contributing to unsafe roads in the United States.

For many years, automakers have shied away from using safety as a marketing tool. After two unsuccessful attempts to tie safety features on cars to sales, automakers decided consumers weren't very interested.

Summer Extremes May Prove More Damaging To Batteries Than Winter Temperatures

As spring approaches, don't make the mistake of thinking your car battery is set for summer just because it carried you through the winter. Hot weather, unlikely as it may seem, is much more damaging to your battery than freezing temperatures.

under the hood or outside, it causes the battery to lose power and reliability faster than in cooler temperatures. This is a problem when more and more cars are being equipped with electronics like fuel injection systems and on-board computers that increase demands on batteries.

Many batteries fail because the grid wires inside the plates naturally corrode over time from exposure to the sulfuric acid solution. Corrosion, like any chemical process, is accelerated by heat.

GNB Incorporated manufactures its Champion automotive batteries with calcium plus alloy construction for high maintenance-free performance, extended cycling capability, and reduced grid corrosion, the common cause of battery failure in high heat environments.

A battery becomes heat-stressed when the mercury soars into the 90s and 100s and drivers turn up air conditioners and other accessories. The sleek, aerodynamic design of today's cars make the problem worse.

Russ Reynolds, product manager, automotive division of GNB offers these tips to help prolong the life of any battery in hot weather:

Those low hoods increase visibility and help save gas, but they also reduce the space — and airflow — under the hood. This makes for higher under-hood temperatures in summer and winter.

—When possible, park your vehicle in the shade.

Whether the heat is generated from

—If your battery is not maintenance-free, check the fluid levels frequently. Add water to just below the vent caps as necessary.

Ignoring Tires Can Be Dangerous

Half of all vehicles participating in a nationwide vehicle check failed tire inspections both in 1988 and 1989. In most cases the owners simply failed to pay attention to them.

—Have a professional check any shimmy, vibration or pulling to one side. These are classic signs of incorrect wheel balance, alignment or abnormality in the steering/suspension system.

Ignoring the condition of your tires can cost you plenty, both in rapid tread wear and in greater vulnerability to an accident. On a wet pavement, worn, improperly inflated tires can be lethal, warns the Car Care Council.

Comprehensive installation including emissions controls, vacuum hoses and cooling system checks and testing of all attached parts.

Postponing buying tires? Keep these facts in mind: When a highway accident is caused by failure of some vehicle system or component, (lights, brakes, tires, etc.) worn tires will be at fault two out of three times. Safe tires are an "assurance" policy.

Call for literature & prices

The Council offers these suggestions for tire safety:

501 E. 1st Ave., Roselle, NJ 07068

—Check tire pressure monthly and keep them inflated to the pressure recommended in the owner's manual.

908-248-3020

—Periodically, have tires rotated and inspected for tread wear and bulges or cuts that could lead to tire failure.

The 1990s however, are a different story. Health conscious consumers are changing buying habits which in turn is having an impact on automakers and the message they are using to reach consumers. Airbags, antilock brakes, automatic restraints and traction control technologies are all a part of the new messages being tied to marketing efforts.

vehicles on the road today with dangerously unsafe brakes.

Because brakes are "out-of-sight", out-of-mind", Bendix recommends you have them checked at least once a year, even if no problems seem evident. Preventive maintenance should also include flushing the brake system once a year and adding new brake fluid. The purpose of the fluid is to absorb moisture in the system and after a year can be as much as five to 10 percent water. A 15-minute safety check by a competent technician can alert you to problems before they become dangerous.

Brake system checklist Before your brakes become dangerously unsafe, have your mechanic complete the following checklist: This safety check could save you money down the road.

—If you're in slow-moving, stop-and-go traffic, turn on the air conditioner entirely, or turn it off periodically.

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First quarter deposits way up at Union County Savings Bank

Union County Savings Bank reported a record-shattering first quarter with a deposit increase of over \$15 million, according to Donald C. Sims, president of the 107-year-old mutual savings bank.

"This tremendous growth during the first three months of 1991 surpasses the total increase in deposits for all of 1990," Sims explained. "Obviously, we are extremely pleased at the overwhelming show of confidence. Today, deposits total more than \$296 million," Sims continued.

And Union County Savings Bank continues to be recognized as one of the safest, most credit-worthy banks in the country, Sims added.

It was from Veribanc's quarterly Blue Ribbon index that Money magazine compiled its list of 98 "super-safe" banks nationwide in the March article "The Strongest Banks in Your State." Union County Savings Bank

was one of the two New Jersey banks cited.

To qualify for the Blue Ribbon designation from Veribanc, a research firm in Wakefield, Mass., banks must have assets of at least \$50 million and meet strict standards for equity, profitability, liquidity and problem loans.

The bank was also highlighted in a two-part series "How Safe Is Your Bank?" by Chuck Scarborough of WNBC News 4 New York.

Sims emphasized that conservative lending policies and judicious investing, particularly in high-yielding bonds and U.S. government securities, have helped the bank achieve its "blue ribbon" rating.

"These practices also have allowed the bank to yearly augment its surplus and reserve account, which stands today at almost \$45.7 million. This represents a very healthy 15.4 percent of deposits," added Sims.

Chartered in 1883, Union County Savings Bank today has offices at four locations: 320 North Broad St. and 61 Broad St., Elizabeth; 642 Chestnut

St., Union; and 201 North Ave. West, Cranford.

Sims concluded: "Although we have experienced tremendous growth

these past months, Union County Savings Bank will continue to adhere to the values and policies which brought it regional and national recognition.

Our commitment to the community as a neighborhood bank and our emphasis on strong customer relationships remain our first priorities."

Buyers seminars offered

Buying a new home can be exciting and rewarding, but it can also seem very complicated if you're not sure how to do it," said Robert H. Karen, president of the New Jersey Builders Association.

"Buying a home is one of life's biggest decisions and there are a million questions," Karen said. "You want to know if now is the right time to buy, how to get the best mortgage deal, what happens at the settlement. There's so much to learn."

To explain the home-buying process, the NJBA will present several two-hour "home buyers" seminars throughout the state in June as part of the association's observance of "New Homes Month."

closing costs; sales contracts, and more.

The first seminar has been scheduled for Monday evening, June 10, at Mercer County Community College in Hamilton Township. Those who would like to register can call (609) 989-5477.

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HILLSIDE Updated 3 BR, 1 1/2 bth Colonial. Modern Kitchen w/dishwasher, trash compactor, garden, & skylights. A must see! \$139,000. 687-5050 UNI-1825	ROSELLE Move in condition 4 BR Expanded cape. New CAC and gas heat, new deck & finished basement. Must see! \$162,000. 687-5050 UNI-1830
HILLSIDE Big 2 Family w/maintenance free exterior. 2 car garage, modern kitchens & baths. Quality home. \$178,900. 687-5050 UNI-1836	UNION Huge stone front expanded Cape w/5 BRs, 3 bths, & 3 kitchens. Superb condition. Bank owned. Ideal for large family. \$177,900. 687-5050 UNI-1832
IRVINGTON Very clean 3 Family. 2 three BR apts, 1 two BR apt. All large rms. Must see! \$129,900. 687-5050 UNI-1838	UNION If you're looking for a quiet retreat don't miss this well kept 3 BR, 2 bath Split. CAC, deck, new kit, & more. \$205,000. 687-5050 UNI-1828

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Backstage with Howard Stern and company

Continued from Page B3
 cence would be. He also told me that when we were on stage, we were "in love" and I should go crazy. This point was repeated several times. I just smiled weakly and nodded.
 Before we hit the stage, Stern went out and told the audience what was happening and to yell and scream for me. Of course, he also told them I wasn't wearing any underwear. Over the din of the cheering fans I could hear my friends chanting my name. I was glad to have them there.
 Then I was introduced. The crowd was very kind considering that I have no musical ability. Everything was pretty overwhelming and the entire performance was a blur. Truthfully, I was too concerned with singing the song and not tripping to notice what Stern was doing. Except when he grabbed me around the waist and started nuzzling me. Not knowing what else to do, I pushed him away. When he picked me up and swung me around, I completely forgot how short my skirt was and wasn't fazed. It wasn't until I spoke to my friends after the show that I learned that he had hiked it up so high it was practically around my neck.

After our act, we retreated upstairs for some after-concert footage. It was then that I met writer/comedian Jackie Martling — who I found incredibly nice and polite — and Stern's partner Robin Quivers, a strikingly pretty woman with an infectious laugh and a star quality that filled the room. It was obvious that there was genuine affection between everyone on Stern's show.
 After staying in the room for a bit, I found my friends and headed home. But my television work wasn't complete. On Friday, May 10 I was due in the studio to tape a talking session.
 On Friday I arrived at 2 p.m. I was warned that there would be a lot of sitting around, and they weren't kidding. I was tucked away in a room away from the rest of the activity, which I watched on closed-circuit television. After sitting through segments of Stern dressed as pop diva Madonna, a beauty pageant between Penthouse Pet Sandy Korn and a transsexual named Susie, and a matchmaking session with a former model who likes musicians (this piece didn't make the show), I was taken downstairs for my part.
 It was at this time that I heard and

something I've always wanted to do. Did I feel depressed? Of course not. I was there by my own choice and nothing happened that I didn't want to happen. And in a world filled with violence and hatred, there are more important things to be offended by — like poverty, war and corrupt politicians.
 In the brief time we spent together, I learned that not only is Stern funny, shocking and bawdy, he's also intelligent and sweet. At first, I was not sure if I would still be able to listen to Stern for amusement after being exposed to his human side. But now I'm sure I will, and my listening experience will be even more enjoyable.

There are those who think that Stern appeals only to a narrow segment of society and is repulsive to an even larger group. I say, so what? Let me and the other listeners have our pleasure. In a world where the wishes of a few threaten to dominate our existence and people are afraid to think independently, we must applaud what Stern does and demand that he be permitted to do it without being hassled by the government.
 Is anybody from the FCC listening?

Do I regret what I did? Not at all. It was a once-in-a-lifetime chance to do

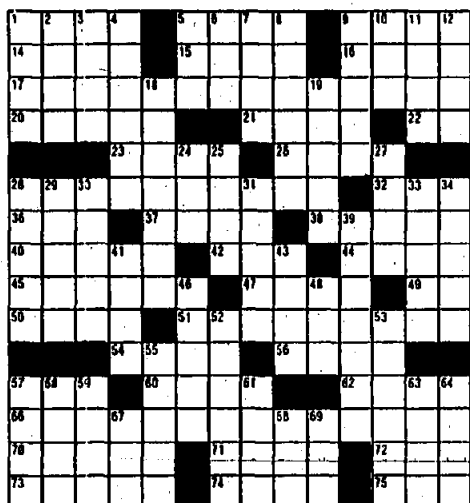
CROSSWORD PUZZLE

Edited by Trade Michel Jaffe

- ACROSS**
 1 Paper measure
 5 Exploit
 6 Rent agreement
 14 Poppourri
 15 King of the Hunts
 16 Former county in Scotland
 17 Justice, prudence, temperance and fortitude
 20 Goose genus
 21 British royal house
 22 Midl season
 23 Inlets
 26 Unless
 28 Circulated letter
 32 And
 36 Hostel
 37 Part of Morocco since 1969
 38 Commission
 40 Item of feminine neckwear
 42 Stat. used in economic forecasts
 44 Paid up
 45 Shock
 47 Start of an idea
 49 Elver's parent
 50 Bribes
 51 Prickly bush with edible fruit
 54 Sharp
 56 Spanish stew
 57 Viper
 60 Cuckoos
 62 Wear away
 66 Architect of St. Paul's Cathedral
 70 Augusta's state
 71 Put out a runner, in baseball
 72 Frosted
 73 Urged on
 74 Plant part
 75 Hiatuses
- DOWN**
 1 Cape on SW coast of Portugal
 2 Ardor
 3 Ventilates
- 34 Expression of disdain
 35 In a peculiar manner
 39 Type of rose
 41 Emptied shell
 43 Money in Mexico
 46 Deputy
 48 Elect. unit
 52 Pungent vegetables
 53 Attempt to influence by private talk
- 55 Relaxed
 57 Zenith
 58 Type of rug
 59 Prude
 61 Patty quarrel
 63 Killer whale
 64 Profound
 65 Finishes
 67 Suffix in chemistry
 68 Hurry
 69 Shade tree

ANSWER TO PREVIOUS PUZZLE:

ACID	STRIP	MEETS
BORA	IRENE	EDIE
OVAL	DICTA	MILE
MENLO	AIR	RESTED
BRIANDE	PALMA	
SIRS	SHIFT	
IST	OATHS	IDEA
THEUNTOUCHABLES		
BARN	PROOF	EDS
EMITS	TOTS	
ROBERT	ENTIRE	RO
CREATIVE	RATED	
ZINC	TENSE	RAND
ALTE	ENTER	ELEE
REDD	STATE	DYER



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horoscope

For week of May 19-May 25.
ARIES (March 21 to April 19) Tell someone exactly how you feel. A dream will come true. Relaxation is key. Call in sick to work.
TAURUS (April 20 to May 20) Your fuse will be short this week. Avoid contact with family, coworkers. Steam is building up inside. Scream into a pillow, not at loved ones.
GEMINI (May 21 to June 20) You are a picture of enthusiasm. Kiss up to higher-ups at work. Don't be afraid to take a chance. Let your hair down and party.
CANCER (June 21 to July 22) Focus on your own needs. You are your own best friend. Nobody loves you as much as you love yourself. Splurge a little.
LEO (July 23 to Aug. 22) You are going nowhere fast. Try a new route. Dead ends are everywhere. Take the bull by the horns.
VIRGO (Aug. 23 to Sept. 22) Release hostilities through exercise. Spend time with friends. Write down a fantasy vacation. Love is just a thought away.

LIBRA (Sept. 23 to Oct. 11) Shop for a new couch. Call up your mother. Network with your new neighbors. Invest money in stocks.
SCORPIO (Oct. 23 to Nov. 21) Clear up legal indemnities. Seek passion in all you do. Romantic fire starts with a spark. Make a commitment to yourself.
SAGITTARIUS (Nov. 22 to Dec. 21) Expect delays and miscommunications. Release yourself from obligations. Keep up physically. Take others' feelings to heart.
CAPRICORN (Dec. 22 to Jan. 19) Feeling is believing. Partner appreciates extra attention. Choose friends carefully. Reconciliation with a former love looms.
AQUARIUS (Jan. 20 to Feb. 18) Be wary of strangers. Someone is watching. They might be a friend or foe. Something is in the air.
PISCES (Feb. 19 to March 20) Let someone know you mean business. Maintain an upbeat attitude. Put projects on front burner. Let go emotionally.

Tarasenko joins board

Anthony J. Tarasenko has been elected to the board of trustees of the Garden State Ballet. Tarasenko, second vice president and director of medical services for Mutual Benefit Life, joins the ballet during the 13th anniversary of its founding.
 In welcoming Tarasenko to the board, Joel Sobo, board president, said, "We value Anthony's commitment to the ballet and feel that his extensive affiliations within the community will be a great asset to our work." Tarasenko will serve on the development committee of the board.
 Prior to joining Mutual Benefit Life in 1989, Tarasenko was chief medical investigator of research for Bristol Meyers Pharmaceutical in association with the Executive Health Corporation of New York City. A member of the AIDS Task Force for the state of New Jersey, he is also a member of the Heart Committee at St. Michael's Medical Center in Newark and a

member of the AIDS Committee of the American Council of Life Insurance. Tarasenko is also an assistant professor of medicine at Seton Hall University. He and his wife, Rosemary, live in Summit.

lottery

The following are the winning New Jersey Lottery numbers for the week of May 5.
PICK IT— AND PICK 4
 May 5 — 072, 4029
 May 6 — 930, 2913
 May 7 — 221, 6243
 May 8 — 368, 4592
 May 9 — 537, 6206
 May 10 — 861, 3058
 May 11 — 787, 5968
PICK-6
 May 6 — 12, 19, 22, 37, 39, 46; bonus — 57437.
 May 9 — 7, 12, 16, 21, 22, 33; bonus — 91769.

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Wheel yourself down to Andy's Auto
 "This business has come a long way since the old days," says Ernest Anderson, owner of Andy's Auto Sales, located at 2486 Vauxhall Road, Union.
 Anderson was speaking specifically of warranties now being offered by most dealers of previously owned cars, but could have been talking about any aspect of the business.
 For the past 45 years, the automobile has become increasingly sophisticated to the point where even a seemingly simple repair can be very complicated.
 This sophistication is perhaps the foremost reason behind the two-year or 24,000-mile warranty Andy's Auto Sales can offer on any car it sells. The program, which carries a \$50 deductible paid at the time of sale, guarantees payment for all parts and labor for two years after the purchase of the car.
 "It separates the men from the boys," said Anderson, who has worked alongside his older son, Ernie, for 13 years and younger son, Kurt, for the past two years. "The purpose of the guarantee is to protect the customer against major repairs."
 But Andy's Auto Sales is about more than simply guaranteeing to fix what goes wrong. Andy's tries to make sure that any car leaving the lot is in top condition.
 And Andy's doesn't just buy any car from any owner. The Andersons travel to national wholesale dealer exchanges where cars are brought in by wholesalers in the business of obtaining quality previously owned cars. According to Anderson, he looks at more than 5,000 each week before purchasing just one of the 35 cars in stock at his business.
 "Rarely does anyone come in here privately and sell us a previously owned car," Anderson explained. "We've built our business on trust, and a large percentage of our business comes from word-of-mouth advertising and repeat business. That's the best advertisement anyone could ask for anyway."
 Anderson said that with every car the company sells, it also gives out a written safety maintenance and service report that tells you everything they know about the car. "That is a rare condition," Anderson said. "There are dealers that will tell you about the car verbally, but we're the only one that will give a written report. If shocks, for example, are near new, we'll tell the customer in writing that they're nearly new. This takes the guesswork out of buying a previously owned car. It protects a customer against future early repairs."
 Andy's Auto Sales is open Monday, Tuesday, Wednesday, Thursday and Saturday from 9 a.m. to 5 p.m., or contact Andy at 686-1886.

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The Community Magazine

A Special Feature Publication of
Worrall Community Newspapers

Volume 3

May 16th

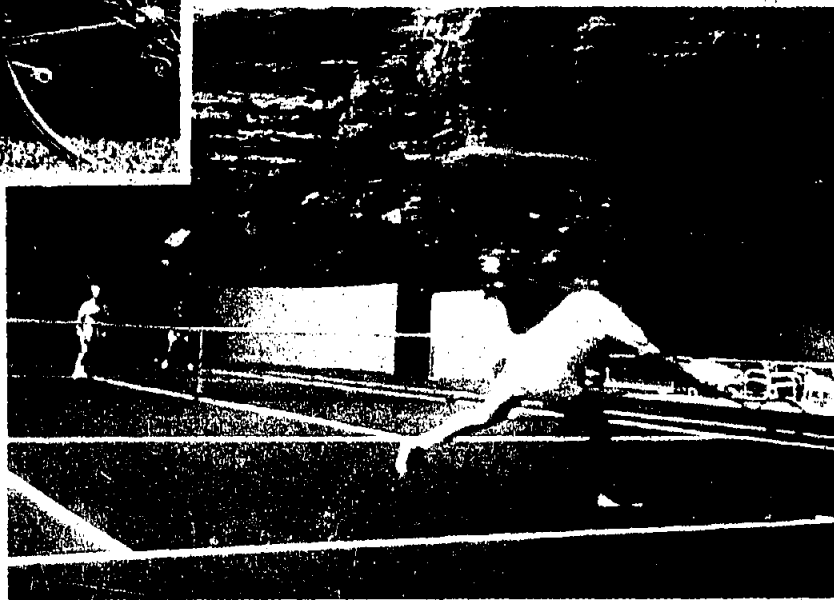
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Health &
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1971

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Worrall Community Newspapers
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Linden Leader • Roselle Spectator • Rahway Progress
• Clark Eagle • Hillside Leader

Treatment relieves joint, muscle pain

Have a nagging backache that just won't quit? Is "tennis elbow" ruining your game? Has typing taken its toll on your wrists and hands? If your answer to any of these questions is "yes," you may benefit from the treatment program offered at Back in Action, a new outpatient service provided by Kessler Institute for Rehabilitation.

"Many people ignore pain of the muscles and joints," said Dr. Ellen S. Novick, who heads the Back in Action treatment team. "We evaluate all such musculoskeletal injuries, which may be attributed to work-related injuries, sports injuries, arthritis or overuse, and provide therapy to return the individual to maximal function."

Novick, a physiatrist on the Kessler staff and a fellow of the American Academy of Physical Medicine and Rehabilitation, leads the interdisciplinary Back in Action team, which includes physical and occupational therapists who are specially trained in musculoskeletal rehabilitation. As a physiatrist, a physician who specializes in physical medicine and rehabilitation, Novick is uniquely qualified to treat injuries of this nature.

"To prevent injuries from recurring, therapy is provided in conjunction with the "Back School" education program, which is designed specifically to teach patients proper body position posture," Novick said. "High tech diagnostic and exercise equipment is available to augment therapy programs and those who require more extensive therapy have the security of knowing we are backed by the expertise of the complete Kessler system."

Individuals experiencing pain in the mus-

cles or joints may call Back in Action at 908-851-0800 to schedule an appointment for an evaluation. Physician referrals are also accepted.



Under the direction of Dr. Ellen S. Novick, right, physical therapist Yvonne Di Edwardo provides treatment to a patient with a knee injury at Kessler's Back in Action Outpatient Center.

Runners' Ways

How do men who run compare to their couch potato friends? A recent study revealed that runners are consistently more intelligent, shrewd, self-sufficient and self-absorbed. (CNS)

Balm Bomb

Analgesic balms, such as Ben Gay or Tiger Balm, won't help injuries heal faster, but they can delay the onset of muscle soreness and relieve muscle discomfort. (CNS)

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Support group is offered by hospital to parents

The Mountainside Hospital offers a program called SHARE — a support group for learning to accept and resolve pregnancy or infant loss, that meets on the first Wednesday of every month. The purpose of the monthly support group is to help foster the emotional and psychological well-being of parents who have suffered the tragedy of pregnancy or infant loss, and for families and friends of those who have experienced such loss. The next meeting is on June 5 at 7:30 p.m. at the Mountainside Hospital.

Group participants support each other by sharing their grief, their experiences and their emotions through group discussion. Some of the topics that will be discussed at SHARE meetings include:

- Understanding the grief process.
- Dealing with guilt or anger.
- Helping your other children.
- How men and women express grief: Understanding the differences.
- How grandparent, friends and relatives can be supportive.
- Getting through holidays and anniversaries.
- Considering future pregnancies.

According to Linda Le Compte, R.N., women's health specialist at The Mountainside Hospital and coordinator of the SHARE program, "The Mountainside Hospital offers a wide range of parent education and childbirth programs for expectant parents. We recognized that there was also a need for a program to support parents who do not have a baby to bring home. SHARE was developed to provide this type of support to our community."

"The purpose of SHARE is to help individuals come to terms with their grief and to better understand the grieving process. Through group discussion, we hope to offer support and understanding about grief caused by pregnancy or infant loss, as well as how it can affect relationships with spouses, family members and friends," Le Compte said.

She adds, "The grief process varies from individual to individual. Often, the grief caused by pregnancy or infant loss puts a strain on marriages, since husbands and wives may experience grief at different rates and express their grief in different ways.

Relationships with other family members or friends may be strained, as well. Families and friends, though usually supportive, often don't know what to say or how to react after pregnancy or infant loss. Sometimes they avoid talking about the issue altogether, or inadvertently say the 'wrong' things, like "It wasn't meant to be," or "At least you never knew the baby," or "It was God's will."

The group discussions are guided by two facilitators — one is male and works in the hospital's mental health unit, and the other is female and works in the hospital's birthing center. Both are registered nurses trained in counseling individuals and couples for pregnancy and infant loss. Le Compte explains, "A man and a woman were intentionally

chosen to facilitate the group, since we expect both men and women to attend SHARE meetings, and it's important that all group participants be able to relate to the facilitators."

SHARE meets on an ongoing basis at the Mountainside Hospital on the first Wednesday of every month, from 7:30 to 9 p.m. in the hospital's conference room. According to Le Compte, "You may come to SHARE meetings as often or as infrequently you wish — depending on your individual need — whenever you feel you are ready."

There is no fee to attend SHARE meetings. However, if you plan to attend or would like additional information, call Le Compte at 429-6936.

HEALTH WATCH

How fat is fat?
Thirty-five percent of American women between the ages of 30 and 39 have body-fat levels above 20 percent.

What the percent of body-fat in a woman means:

Obesity 35% or more	Average for college-age women 24%	Maximum amount for a 20-year-old woman 20%	For 30% or less
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SOURCES: Self magazine; The Cooper Clinic, Dallas

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Individualized treatment at Gold's Gym

By David Brown and Tom Canavan

With summer approaching, gyms and health clubs are becoming a haven for men and women interested in shaping and toning their bodies for hot days when less clothing is more appropriate and comfortable. As the peak season escalates, so does the number of people who fill the weight rooms, leaving workout equipment hard to come by.

Not very comforting for a newcomer to the gym who feels he's lost in the crowd. To some, it may even be intimidating.

Well, at Gold's Gym in Kenilworth, the treatment given to beginning weightlifters makes them feel as if they have the entire gym all to themselves.

"Have you ever worked out before?" That's the first question Gold's Gym manager Jane Dudics asks all beginning clients. The client's response, which in our case was "not properly," determines the course of the workout program.

At Gold's, each client receives the personal touch during the first few weeks with a personalized training program overseen by Dudics or owner Mark Szczygiel. Following a medical profile similar to one taken by a doctor, and a few moments at each of the machines which will become all too familiar to beginners, a training program is custom designed to the needs and abilities of each new member.

Aerobics, an often neglected aspect of

physical fitness, is not only Gold's introduction to newcomers, but, according to Dudics, a critical part of any successful fitness program.

Aerobics?

We thought we'd be dancing in a room filled with weightlifters.

"Many people don't realize that aerobics is more than exercising to music. Aerobics gets the heart going and plays an important role in the overall success of a workout program," said Dudics, as we mounted the Life Cycle for a five-minute, eight-mile ride to a healthy heart.

The Life Cycle, an easily programmable bicycle, allows its user to establish a speed and raise or lower the level of difficulty

while monitoring calories burned during the ride.

Another aerobics workout, the Stair Master, strengthens the heart as the user simulates climbing a flight of stairs. This machine is similarly adjustable, offering the user a choice of speed and grades ranging from the gradual slope of stairs to scaling the sheer incline of a mountain.

"Many of our members use just these machines," said Dudics. We understand why. Ten minutes on these machines alone and we knew we were in for an invigorating workout.

It continued on a series of alphabetically-identified pin-loaded, circuit training
See GYM Page 8

Hospital Week is a time-honored tradition

It begins with National Hospital Day. Back in 1921, Matthew O. Faley, editor of *Hospital Management*, had what he was convinced was a terrific idea — to dispel the "mystery" of hospitals.

He won the eager support of influential officials in the hospital community and the first National Hospital Day was held on May 12, 1921. Enthusiastic sponsors saw this special day as a noble idea and a smart one; to help these charitable institutions sell the community on the ideals, achievements and needs of hospitals. People might then be more willing to "shoulder the problems" of a particular institution.

The date of May 12 was chosen to honor the deeds of Florence Nightingale, pioneering hospital nurse, whose birthday was the same day. That is why National Hospital Day is always held during the week that Nightingale's birthday falls.

National Hospital Day caught on like wildfire around the nation and in Canada. So successful was the growing event that in 1924, *Hospital Management* offered to turn over the observance to the AHA as the natural sponsor because it represented hospitals. AHA assumed responsibility on May 13 of that year.

The 1946 issue of *Hospital Management* said "National Hospital Day has played a major role in causing communities to regard their hospital as friendly places, worthy of community support and dependable when the emergency is great. In its tradition of sponsoring National Hospital Week, AHA continues to uphold that ideal."



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Hospital unveils new prostate surgery procedure

The operating room of Elizabeth General Medical Center was visited recently by physicians anxious to observe a new procedure which can ultimately simplify surgery for the 150,000 American men who will contract prostate cancer this year.

This diagnostic procedure, known as laparoscopic lymph node dissection, replaces major abdominal surgery with four small incisions. Cranford urologist Dr. Martin Curlik, F.A.C.S., a member of Elizabeth General's medical staff is one of the first area physicians credentialed to perform this procedure.

"This surgery is used to remove the lymph glands surrounding the prostate gland after the patient has been confirmed positive for prostate cancer," explained Curlik. By examining the lymph tissue, the physician can learn if the cancer has spread beyond the prostate, said Curlik who added, "This information then helps the medical team to determine the best course of cancer treatment for the patient."

Typically, prior to this procedure the only way a surgeon could access the lymph glands was through an eight-inch incision in the patient's abdomen. "Performing this procedure laparoscopically reduces the trauma associated with the surgery to such an extent that given the right circumstances the patient can be sent home the same day and return to work in a week," Curlik said, adding, "With conventional surgery the patient would remain a week in the hospital, then take six weeks to recover at home."

To perform the procedure, the physician makes a series of small incisions in the

abdomen through which he passes specifically-designed instruments, including a laser, which are used to locate and remove

the lymph glands. The surgeon is guided by a fiber optic camera, which is also inserted in the abdominal cavity. The procedure takes approximately one to two hours — the same amount of time required for conventional abdominal surgery.

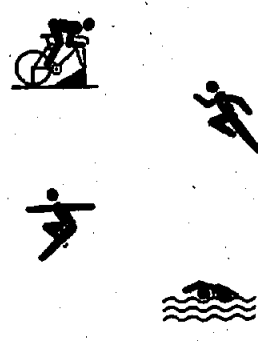
According to Curlik, the trend toward longer lifespans increases the likelihood of prostate cancer. "As a man ages, his risk in contracting prostate cancer increases," he said, adding recent studies show a high incidence of the disease in middle-aged men. "The literature suggests that up to 30 percent of all men over the age of 50 have spots of prostate cancer," he said.

Once prostate cancer is confirmed, there is a 30-50 percent chance that the disease has spread to the surrounding lymph glands, according to Curlik. "Lymph gland dissection, whether or not it is performed in this new way, answers our questions about how far the disease may have spread," he explained, adding that localized cancer might respond to surgical or radiation therapy, while cancer, which has spread, may require a combination of surgery radiation and hormonal therapy.

Laparoscopic lymph node dissection is a procedure which is growing in popularity among the medical community. Curlik has lectured in a half a dozen major U.S. cities, and in the near future, will visit Japan and England to discuss the procedure. "This procedure will reduce a great deal of surgical trauma for many, many people in the months and years to come," Curlik explained, adding, "Right now, we're just seeing the tip of the iceberg."

HEALTH WATCH

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Workout activity	Time spent	Calories burned
■ Brisk run	20 min.	280
■ Swimming (fast crawl)	20 min.	184
■ Aerobic class (intermediate)	30 min.	163
■ Stationary bike (moderate pace)	30 min.	177
■ Free-weights circuit	30 min.	180

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The Village is committed to provide a lifestyle that promotes self-reliance, plus, provides the security of a staff devoted to helping each resident maintain their independence while still protecting their safety.

Manor Care Mountainside offers a state-licensed 60 bed nursing unit which provides both intermediate and skilled levels of care. Twenty-four hour per day skilled nursing services are available by a trained professional nursing staff of registered nurses, licensed practical nurses and certified nursing assistants.

Another of the center's unique features are the therapy departments. Full-time services including physical therapy, speech therapy and occupational therapy are offered five days per week by licensed therapists who are employed by the center. By employing full-time therapists, the center is able to provide residents with a comprehensive physical rehabilitation program, individually tailored to meet residents' specific needs.

Manor Care Mountainside offers short-term stays for rehabilitation, as well as respite stays in its nursing unit and "vacation" stays in the Village. The center is medicare and medicaid approved.

Manor Care also offers reach programs for young, disabled adults.

For further information or to schedule a tour of the center, call Starr Ramella, admissions director, at 908-654-0020.

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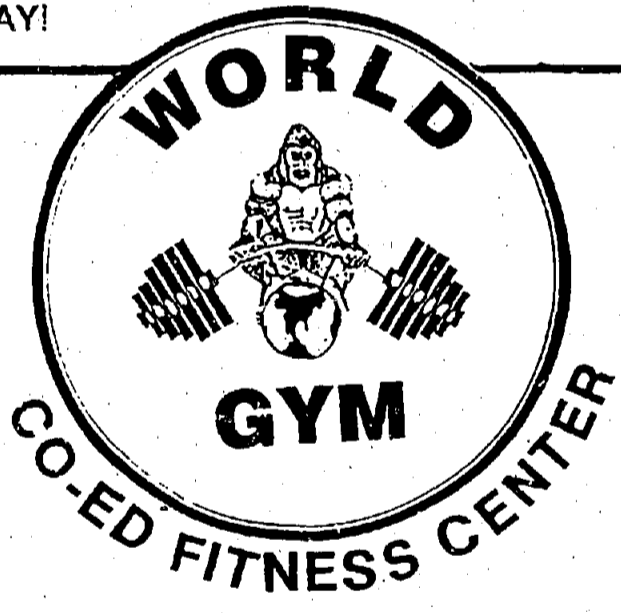


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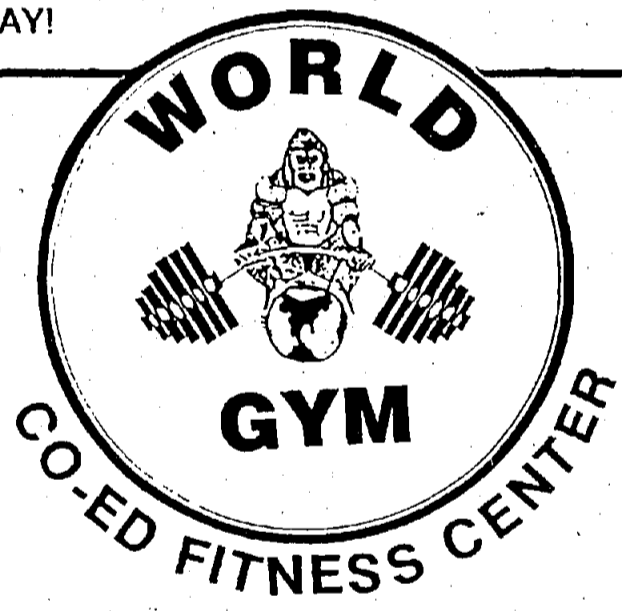


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Gym caters to individual needs

(Continued from Page 4)
machines which exercise different parts of the body. Unlike free-weights, each machine controls the motion of the user and the action of the weight.

"The alphabetized course makes it easy for members to move from one machine to the next without wondering which machine they should attempt next," she said. "They can follow along on their program analysis worksheet."

The worksheet guides the member in his workout and charts his progress at each of the machines.

After the aerobics, our circuit-training program began with crunch sit-ups, designed to develop the upper abdomen. An average of three sets consisting of an appropriate number of repetitions is recommended for machines both with and without weights. While this machine does not include weights, they can be added to the routine to increase the difficulty of the sets.

Like the sit-up machine, the Roman Chair also uses no weights. As the name implies, the chair puts the user in a throne-like position while he raises his legs waist-high to develop the lower abdomen.

The third piece of equipment, which Dudics said is widely used and is three exercises in one, is the leg press: On his back, by varying the position of the legs, the user can develop the calves, thighs and buttocks. The user also determines the amount of weight used during the exercise. Again, Dudics emphasized that the amount of weight is based on the individual's ability.

Following the legs, we moved on to exercises designed to develop the upper body.

Here, we focused on the upper and lower back, the chest, deltoids, biceps and triceps.

As the name implies, the rowing machine simulates the motions of rowing a boat in order to develop the back muscles. A narrow grip on the handles works the muscles closest to the spine, while a wider grip develops the lower back muscles.

The remainder of the work out consisted of incline press for the upper chest, the military press for the shoulders, the preacher curl for the biceps, and an exercise that develops the triceps.

Each of these exercises has a corresponding program with free-weights, which are also available at Gold's. According to Dudics, members typically progress to the use of free weight after they have gained confidence and experience in their Universal training program.

Calorie Counters

According to the Reebok Aerobic Information Bureau, you only need to burn approximately 1,500 calories a week to maintain your weight. That means running as little as three times a week at 6 mph. (CNS)

Beer Training

Athletes have long advocated hoisting a brow the night before a big race. But *Runner's World* magazine says you're better off drinking a regular soda, which is

higher in carbohydrates and doesn't speed dehydration, like beer. (CNS)

Gold's also offers the Reebok Step Aerobics program, a new and challenging workout that uses a platform to supplement the standard dance aerobics. Dudics said many members have joined the gym for this program alone.

Gold's basic membership costs \$399 for one year. They also offer a corporate rate of \$299 per year. A one year aerobics membership costs \$299, or \$179 for six months. All memberships require monthly dues of \$39. Prices will vary at each Gold's gym, as they are independently owned and operated worldwide.

Gold's is located at 363 Market St. in Kenilworth, and is open seven days a week from 6 a.m. to 10:30 p.m. Monday to Friday, and 9 a.m. to 4 p.m. weekends. For more information call Jane or Mark at the gym at 241-7744.

Candy Kudos

It's a fallacy that consuming candy before working out causes athletes to have a dramatic drop in energy levels. If you must have something sweet before you hit the gym, watch out for candies high in fat, such as chocolate bars, which can slow the metabolism. (CNS)

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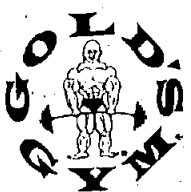
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Lose weight for health

The arrival of spring and the promise of warmer days ahead motivates millions of Americans to diet in preparation for "bathing suit season." However, according to a leading obesity expert, Americans should not lose weight simply to look better in a bathing suit.

Lawrence Stifler, Ph.D., obesity expert and president of Health Management Resources, a national preventive health care company specializing in weight management programs, said, "There are a number of serious medical risks associated with obesity. Trying to fit into a smaller bathing suit is fine, but there are more important health reasons for people to slim down."

The National Institutes of Health concluded in a recent report that you do not need to be "obese" before weight starts to have an adverse affect on your health. Every pound over ideal body weight (as defined in the 1959 Metropolitan Life Insurance Tables) constitutes a health risk. These risks start to escalate dramatically when a person is 20 percent or more above ideal body weight.

- Being overweight:
- Is the single major cause of high blood pressure;
 - Contributes to joint, tendon and back problems, as well as premature aging;
 - Increases risks during pregnancy and surgery;
 - Is responsible for most cases of Type II (adult on-set) diabetes;
 - Substantially increases the risk of heart attack and stroke.

Stifler adds that, "Many consumers are unaware of the health implications of being

overweight and are only concerned with their cosmetic appearance. This attitude, coupled with the cultural emphasis on being thin, has driven many desperate individuals to medically unsound weight control practices such as fad dieting and nutritionally unbalanced diets."

Stifler notes that, "The good news is there are effective weight loss programs available which will help people lose weight safely and, most importantly, teach the skills needed to maintain their weight loss. Consumers just need to know the right questions to ask, and they will more than likely find the best program to meet their needs." Stifler suggests consumers ask the following questions:

- Does the program require a physical exam and medical tests prior to the start of the diet to uncover potential conditions which may require medical attention?
- What is the training and background of the staff?
- Is the diet nutritionally complete?
- What is the rate of weight loss? Does the program have verifiable data on the success rates of past clients?
- Am I able to speak with former clients?
- What kind of information will I learn while in the program? Will I get a chance to "practice" the skills I learn?

HMR Programs in weight management and risk factor management are offered in more than 300 hospitals, medical schools and medical centers nationwide. For information on the HMR program in your area, call Overlook Center for Weight management, 379-7070.

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Options available for women facing hysterectomies

Herbert A. Goldfarb, a prominent New Jersey gynecologist, founder and director of the Montclair Reproductive Center in Montclair, strongly believes women, facing the prospect of a hysterectomy, should be aware of the options available to help them avoid a hysterectomy.

"The fact is," Goldfarb said, "advances in medical science have made many hysterectomies unnecessary. A bothersome prolapse can be repaired, laser surgery can deal with endometriosis (migration of uterine tissue) or fibroids (uterine tumors that are almost always benign) and abnormal bleeding can be treated with laser surgery or significantly

reduced with hormonal therapy. Even some precancerous lesions needn't mean automatic hysterectomy."

Goldfarb said he uses state-of-the-art medical techniques hormonal therapy, myomectomy (removal of fibroids) and laser surgery — to avoid removing the uterus except in extreme circumstances.

Goldfarb's new book "The No-Hysterectomy Option" educates women about the alternatives to hysterectomy and encourages them to share in their health care decision about being informed.

Goldfarb received his medical degree from New York University Medical School.

He is a fellow of the American College of Obstetricians and Gynecologists, the American College of Surgeons, the American Association of Gynecological Laparoscopists, the American Fertility Society, and the American Society for Laser Medicine and Surgery and is active in many other medical organizations and societies. He is also a founding member of the Society for Reproductive Surgery.

A pioneer in the use of laser surgery for gynecological disorders in New Jersey, Goldfarb was one of the first physicians in New Jersey to use the CO₂ laser, and was the first to bring the benefits of the Nd:YAG laser to women in this area.

He is presently the director of the Ob-Gyn Department of Montclair Community Hos-

pital, attending physician at Mountainside Hospital, and attending physician at St. Barnabas Medical Center in Livingston. He is a clinical assistant professor of Obstetrics and Gynecology at the University of Medicine and Dentistry (UMDNJ).

Goldfarb has been a lecturer at many hospitals and professional meetings. He has also lectured to non-medical groups on avoiding hysterectomy, and current treatments for endometriosis and infertility. His published articles include "The Use of Carbon Dioxide Laser During Laparoscopic Surgery" in New Jersey Medicine.

Goldfarb's new book published by John Wiley and sons called "The No-Hysterectomy Option" has been widely received and is now available in most bookstores.

Acupuncturist begins drug detox program

Dr. Orest Pelechaty, C.A., president of North Jersey Detox Services of Millburn, has just begun a unique drug and alcohol rehabilitation program in Morristown using acupuncture. North Jersey Detox, a non-profit corporation, works with businesses and local government to provide a comprehensive approach to treatment and rehabilitation. The program consists of detoxification by acupuncture, daily support-group meetings, individual counseling, job readiness and training. Job placement is provided by local corporations through the county chamber of commerce. The program's goal is to allow its clients to reenter mainstream society and lead productive, rewarding lives.

Pelechaty is also the director of Aware of Life Options and Healing Arts. ALOHA is an innovative holistic health clinic offering painless, drug-free therapies such as acupuncture, shiatsu, connective therapy tissue, polarity and holistic health education

counseling. In addition to drug and alcohol detoxification, ALOHA specializes in providing stress reduction, injury rehabilitation, alleviation of PMS, and relief from chronic fatigue and pain. "Besides treating illness, ALOHA emphasizes health enhancement by empowering each patient to become not just a client, but also a partner in the healing process," Pelechaty said.

The ALOHA program guides persons along the path to better health and renewed vitality by combining clinical therapies with effective education in self-care techniques. As a community service, ALOHA offers free health classes every Saturday at St. Stephens Church, Millburn. These classes teach preventative as well as therapeutic self-care. Topics include: nutrition, self-massage, Oriental health exercise, meditation and other stress reduction techniques. For more information about ALOHA or North Jersey Detox services, call 376-4669.

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Weight Loss Surprises Researchers

WASHINGTON — A nutrition organization was hopeful that a nutritionally complete "hi-tech" food tablet would help erase world hunger problems, until a study revealed that one of the ingredients could cause significant weight loss.

Researchers in Europe found that an ingredient in the aptly named product Food Source One actually caused people to lose weight, even though specifically instructed not to alter normal eating patterns, according to one study published in the prestigious British Journal of Nutrition. Researchers in an earlier study had speculated that the weight loss was due to a de-

crease in the intestinal absorption of calories.

While the development of Food Source One, a project of National Dietary Research, would not be used to successfully fulfill its original goal, the discovery has been a windfall for overweight people. A Daytona Beach, Florida woman fighting a weight battle for 12 years used the product on the recommendation of her physician and lost 30 pounds. She stated "Not only have I lost 30 pounds but my cholesterol has dropped from 232 to 143. I have two closets full of clothes which have not fit me in two years that I can now wear." In a separate report, a telephone interview re-

vealed that a Wilmington, North Carolina pharmacist lost 14 pounds in 15 days on the product and was never hungry.

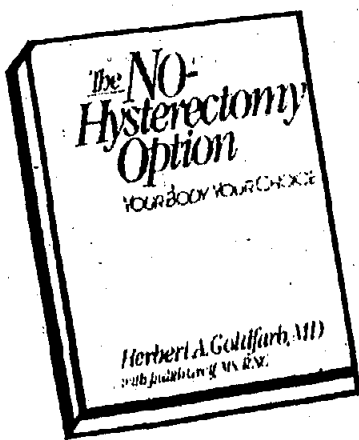
Food Source One is available through physicians and pharmacies without a prescription because it is not a drug and contains only natural ingredients already known to be safe. Copies of the referenced study are available free from National Dietary Research, Suite 553, 1377 K St., Washington, DC 20005, however please include \$2 postage & handling for each request. ©1990 Omicron International. Food Source One is available in chocolate, vanilla or strawberry. A 100 tablet supply only \$24.98.

Food Source One is available at:

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Eye surgeon performs more than 3,000 cataract procedures

Page 11 THURSDAY, MAY 16, 1991 HEALTH & FITNESS '91 - UNION COUNTY

Dr. S. Jerome Holtz, attending physician in the Department of Ophthalmology at Mountainside Hospital, has performed more than 3,000 cataract operations. In a recent interview, he discussed advances in cataract surgery.

Looking back after more than 3,000 cataract surgeries, Holtz, of The Eye Care Center of New Jersey in Bloomfield, says he has been amazed by the progress in both cataract surgery technology and techniques.

"Advances in cataract surgery have required continuous study over the past few years," Holtz said. "In teaching small incision courses, I have noticed a real eagerness

among many eye surgeons to learn these newer techniques."

Once dreaded because of its long hospital-based recovery time and the poor quality vision through thick cataract glasses, newer small-incision techniques have enabled Holtz to remove cataracts through an incision so tiny it requires only one stitch to close.

"We've learned to break up a cataract with sound waves, removing it through a microscopic opening, and to replace the cloudy lens (the cataract) with a soft, foldable lens through that same minute opening," Holtz said.

The eye surgeon says patients are happy with this surgery because it enables them to see better faster, with no hospital stay and usually no restrictions on their activities.

Holtz says that state-of-the-art cataract

surgery will continue to evolve at a rapid rate. He has recently performed cataract surgery through an opening that requires no stitches to close. He looks forward to other such advances to help people see better as they grow older.

Magnesium And Muscles
Athletes who train hard on a regular basis need to watch their magnesium intake. Increase your magnesium with leafy green vegetables, whole grains, lean meat and low-fat milk. (CNS)

Form And Function
Whether you play tennis or golf, run or swim, watch your form. For example, golfers with a poor swing suffer injuries from back-muscle strain to ruptured disks. (CNS)

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