

Biber will compete

Springfielder Tracy Biber will compete in this year's Springfield 10K Run. She was the town's first female finisher last year, Page B2.

When God Slept

Jack Zylberman of Union writes a novel about Jewish life and the Holocaust, Page B3.



Treating mom

Our special section offers dining out tips to treat mom to that special dinner.

Springfield Leader

VOL. 64 NO. 30—THURSDAY, MAY 6, 1993—2*

SPRINGFIELD, N.J., Home of Murray Seval

TWO SECTIONS — 50 CENTS

Township settles on 4.5% hike

By Dennis Schaal
Staff Writer

The township has wrapped up four contracts with police and firefighters — giving each 4.5 percent pay hikes for 1993.

The Firemen's Mutual Benevolent Association, the fire captains unit, and the police Superior Officers' Association have ratified the one-year pacts, Mayor Philip Kurmos said Tuesday. The Policemen's Benevolent Association, which represents rank-and-file cops, has yet to ratify the tentative contract.

Kurmos termed the 4.5 percent annual pay raises "good for everybody."

"They've been working with us and we know how much they do for us," he added. "They are good-faith agreements."

The PBA, the SOA and the fire captains unit have been working without contracts since Dec. 31, Kurmos said. The EMBA, however, did not have a contract in 1992 as well. The town agreed to pay the EMBA 7 percent raises for 1992 and 4.5 percent for 1993.

Kurmos said the 7 percent 1992 hike gave the EMBA "parity" with PBA wages and benefits for that year.

Representatives of the police and fire unions could not be reached for comment Tuesday. One PBA official left a message that he would not comment yet since the union has not yet signed the tentative agreement.

There were no major work rules changes in the four agreements, according to Kurmos. He said a proposed change in longevity rules was not introduced.

Neither Kurmos nor Treasurer Marie Sotlak had immediate information regarding the projected costs of the agreements to the municipality. Sotlak said she had not yet received details of the contracts.

Educators set '93-94, face cuts

By Dennis Schaal
Staff Writer

The Union County Regional High School District Board of Education was slated to conduct its reorganization meeting and a critical budget session tonight and tomorrow night.

The board's reorganization meeting, which includes the election of a board president and the induction of new members, was scheduled to take place tonight at 8 p.m. at Governor Livingston Regional High School in Berkeley Heights.

Friday night the board was scheduled to conduct a budget meeting with the municipal councils from the six towns that comprise the district. The meeting will begin at 7:30 p.m. in the cafeteria at Jonathan Dayton Regional High School in Springfield.

The municipal councils have the power to make cuts in the board's budget following the defeat of the regional district tax levy, April 20. The councils may also reaffirm the district's spending plan, or even increase the \$37 million budget.

District spokesman Thomas Long said this week that the Friday night meeting will be open to the public although the public will not be given the opportunity to make comments.

The Regional District is comprised of six sending districts — Springfield, Mountaineer, Clark, Garwood, Kenilworth and Berkeley Heights.

Gaining speed



Two-year-old Balthusrol golfer, Robert, is seen here on the Chisholm School playground.

Traffic woes emerging as Open nears

By Dennis Schaal
Staff Writer

While some of professional golf's top competitors may be hitting shots in anticipation of next month's U.S. Men's Open at Baltusrol in Springfield, local politicians and some residents are also taking shots — aimed at pinning potential traffic problems.

Mayor Philip Kurmos disclosed Tuesday that the township has put in a request to Union County to close Shunpike Road from Mountain Avenue to Stonehill Road from the early morning hours to 7 p.m. for the seven days of the Open. Shunpike is a country road. Kurmos said the town expects to receive approval.

On the other end of the highway, however, is former Mayor Marc Marshall, who is urging residents concerned about traffic problems to attend the Tuesday Township Committee meeting to air their opinions. (See later on Page 6.)

"Many of us vividly recall the prob-

lems we encountered eight years ago during the Women's Open, and many of us heard a number of rumors circulating about restricting our access to Baltusrol Top by the closing of Mount View Road and Shunpike Road,"

— Marc Marshall
former mayor

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Reporters, pros eye Baltusrol

By J.R. Parachini
Sports Editor

The first thing that Brent Musberger asked as he strolled the grounds of Springfield's famous golf course was the history of the name Baltusrol. He was told that the golf club was named after a man named Baltus Rol and that the farmer-by-occupation was murdered Feb. 22, 1891.

No, the golf club is not named after a politician or some other noteworthy individual, but it is the site of this year's U.S. Open. The 93rd U.S. Open is scheduled for June 17-20, concluding on Father's Day.

Musberger, who will cover the event for ABC Sports, addressed an overflowing group of reporters during Tuesday's U.S. Open Media Day. Also on hand was last year's U.S. Open winner, Tom Kite. He won the 1992 title at Pebble Beach. This is the seventh U.S. Open to be played at Baltusrol, which is the

only golf club in the country to host the event with the availability of two golf courses, an upper and lower. There have been five men's tournaments held here and one women's in 1985.

Kite was among the field of golfers that played at the last U.S. Open here in 1980. Jack Nicklaus won that tourney as he and Tom Weiskopf each shot the course record of 63 during the first round.

"I think all the golfers are looking forward to coming back to Baltusrol," said Kite, who is mulling a minor back ailment in preparation for this year's tourney. "I think it's neat to be able to come back here and play, although I don't really remember many of the holes."

A starting field will consist of 156 players with prize money totaling \$1.6 million. The winner will receive \$200,000, plus a gold medal and custody of the Open Championship Cup for the ensuing year.

Par is 34-36-70 for the 72 holes stroke play that will include four rounds, 18 holes each day, of competition.

"I'm confident that the course will be set up to be very difficult," said Kite, an Austin, Texas native. "I don't think they want any 62s here."

\$14.1-M budget proposed for '93

\$7.5 million to be raised through taxes

By David Brown
Managing Editor

The owner of a home in Springfield assessed at \$175,000 can expect to pay about \$1,250 to support the municipal government operation this year, according to budget figures introduced last week.

One of four portions of the tax bill residents receive annually, the proposed municipal spending plan for 1993 is \$14,148,029, representing an overall increase of less than 5 percent over last year.

The tax levy to support the \$14.1 million spending plan is about \$7.5 million, an increase of \$1.3 million, or about 20 percent over last year.

The budget, which was officially introduced by the Township Committee last week, is published in this edition of the Leader and will be considered at a second and final hearing May 25.

In discussion preceding the committee's regular public meeting last week, members consulted with township auditors, who reported the municipality as maintaining an AA bond rating.

Township Committeeman Harry Pappas, who heads the Finance Committee, likened the township's fiscal situation to a "tightrope walk."

"I will say that it's against the law

to spend other committees' money," said Pappas, referring to the fact that the present committee does not have the authority to establish budgets for any year but the present. "It's not our intention to play politics with the budget, but we've looked into the future."

"Rather than highball the budget one year or lowball it another," Pappas said, "we decided we'd try and be consistent."

That means, in effect, that taxpayers would see a relatively constant increase in the budget over the next three years.

"The department heads," Pappas continued, "have done a mammoth job to make sure there's no cushion in their budgets."

The public will have the opportunity to comment on, and ask questions about, the \$14.1 million budget on May 25.

Municipal taxes constitute only one of the four tax bills taxpayers receive, in addition to the Township of Springfield, the Springfield School District, the Union County Regional High School District and Union County government are included on the local tax bill.

Each collects taxes for the other three taxing bodies.



Lenora Jean's prep work notes before speaking at this week's court hearing on the closing of David Grearney Regional High School. See Page 3 for coverage.

High school debate's added factor: Roselle

By Glenn Fannick
Staff Writer

The idea that a former Roselle Board of Education member has proposed is one that has been talked about carefully in hushed tones for several months in Roselle but never discussed formally by the board. It is an idea that has been both criticized as un-American and lauded as education's savior: that controversial concept is regionalization.

"I want this community to be aware that the possible savings involved in doing this could be tremendous," Passarelli said this week, adding that by sending Roselle high school students to Kenilworth, the borough could change Abraham Clark High School into a middle school and then change its two middle schools into grade schools. That shift, he said, would:

- alleviate overcrowding at all grade levels in Roselle;
- help Kenilworth to fill its empty classrooms;
- open up new educational opportunities for Roselle students who

See ROSELLE, Page 4

news clips

Consumer protection is MAR meeting topic

A representative of the Office of Consumer Protection will speak to members of MountainSide Active Restores at their May 11 meeting at Borough Hall at 10 a.m. The subject will be "Do You Know Your Rights?" The speaker will discuss fraudulent business practices and how to recognize and protect yourself from them. Questions will be taken.

A slate of officers for next season, beginning in September, will be presented and voted on at this meeting. A 10th Anniversary luncheon for MAR is scheduled May 25 at Panatieri restaurant. This will also be the occasion for installation of the new slate of officers. Reservations will be taken at this meeting.

Call 233-4309 for information.

Naturalists book May

May is a month full of exciting plans for the Echo Lake Naturalists Club. The regular monthly meeting will be held on May 11, at 8 p.m. at the Presbyterian Church, which is located on Mountain Avenue in Westfield. The meeting will focus on the Cumberland National Seashore. This presentation will be by Don Rippe, who organized trips to this site for the American Littoral Society, a club presentation with great birds, historical homes and unusual wildlife will be shown. Club members, guests and those interested in this section of the country from any of the perspectives addressed are welcome to join the group for this exciting evening.

Trip for the month includes Walker or Walk No. 2, which begins at Sunny Barn in the Watchung Reservation on May 27 at 7 a.m. A birding trip is then planned to Whittingham for ferns and birds. This trip will begin at 7:30 a.m. on May 8. Leader Holly Hoffman will take the group to the Whittingham Wildlife Management Area in Sussex County to look for wildflowers, the rare walking fern, birds and unexpected treasure.

May 9 will focus on Walker Walk No. 3, which begins at Lenape Park at 7 a.m. with hopes of seeing warblers, vireos and other migrants.

On May 15, the group will travel to Princeton Woods to see green spring migrants. This trip will be led by John and Ginny Stearnok and begins at 7

Asthma to be discussed

Wellness Works' office of Health Promotion, at HIP/Rutgers Senior Center, is offering two classes at its MountainSide Health Care Center located at 1450 Highway 22 West in MountainSide.

"Power Over Asthma" is being held on May 17 and 24, beginning at 7 p.m. Participants will receive a greater understanding about asthma, prevention measures and a host of other relevant factors.

For information and registration, call 1-800-531-4393.

Mountainside Lions set Atlantic City bus trip

The Mountainside Lions Club is sponsoring a bus trip to Atlantic City on May 23. The bus will leave the Echo Park Plaza parking lot at 10:30 a.m. and arrive in Atlantic City at 10:30 a.m.

Trump Castle Casino Resort bonus package will include \$7.50 in bonus; \$5 food coupon, usable on day of trip; \$5 deferred voucher and tickets to 4 p.m. performance of "Cats" at the new live presentation-combining music, dance, illusion and comedy. Refreshments on route to the casino are free.

The cost per person is \$32 per person, payable in advance. The bus will return to Echo Plaza at approximately 10:30 p.m. Bus space is available on a first-come, first-served basis. Call Jerry Kamen at 687-9120 (days) or 277-1953 (evenings), or Bob Muirhead at 232-3170 to reserve seats or request additional information. Make checks payable to Mountainside Lions Club, and send to Jerry Kamen at 2824 Morris Ave., Union, NJ, 07083. Reserve early, because seats will go fast. The deadline is May 8.

Free rabies clinic slated

The township of Springfield will continue its rabies clinic today from 6 p.m. to 7 p.m. at the municipal garage on Center Street behind the public library. Rabies shots will be given to dogs and cats free of charge. No registration is required.

Recreation Department seeks playground leaders

The Springfield Recreation Department is presently accepting applications for playground leaders for its Summer Playground program at the Children's Playground.

Interested candidates must be at least 18 years of age, and be available 8:30 a.m. to 12:30 p.m. Monday through Friday June 28 to Aug. 20. Candidates must complete an application, available at the Recreation Department on 30 Church Mall in Springfield, between 9 a.m. and 4 p.m., Monday through Friday.

Memorial Day parade plans begin parking shape

The Memorial Day Parade Committee's planning session was recently held at the American Legion Martin Wallberg Post No. 3, 1003 North Avenue W., Westfield, co-chaired by Norman Sprague of the American Legion, and Joseph Sisto of the Mountainside Veterans of Foreign Wars Post 10126, both of whom are Westfield residents.

In order to finance the parade, American flags will be sold on the street on May 22, and at other times. The Parade Committee is looking forward to "favorable local citizen cooperation," they said.

Information as to how to be grand marshal, as well as the parade lineup-

In the spotlight

Joan Meyer, left, acting director of the Springfield Public Library, receives a copy of "Spotlight on New Jersey Government" from Springfield League of Women Voters Co-Presidents Dawn Clark, Constance and Doris Rockman. The book, which describes the workings of the New Jersey state government, is published by the league. The sixth edition is now part of the library's reference collection and is available for use by patrons.

ing officers will be installed: Marie Harrison, president; Constance Sampson, recording secretary; Constance Henton, corresponding secretary; and Helen Gottle, treasurer.

For reservations, call 232-0493.

AMICO sets card party

The American Italian Cultural Organization of Springfield will hold a card party tomorrow at the Sarah Bailey Civic Center, 30 Church Mall, beginning at 7 p.m. Refreshments and homemade cakes will be served by club members.

The card party is a fund-raiser to help support the orphan in Ariano Irpino Avellino, Italy, as well as the Springfield Little League and the Springfield First Aid Squad. Tickets may be obtained at the door or by calling Helen Solla at 379-9517.

Springfield ID badges required '93 validation

The Springfield Recreation Department announced that photo identification badges must be validated for the 1993 season. At no cost, residents may bring their photo IDs into the Recreation Department at 30 Church Mall, Monday through Friday from 9 a.m. to 4 p.m. after April 15 for validation.

Residents may also mail their ID to the Recreation Department for validation, but should include a self-addressed stamped envelope for its return.

According to township ordinance, all residents must have a photo ID to play on all township tennis courts.

First-time photo ID badges cost \$10. To replace a lost ID badge, residents must come to the Recreation Department for a new photograph at a cost of \$10.

Call the editors

Ever want to talk about something you think should be in the paper? Know something that might make a good story? Do you know someone who might be the subject of an interesting feature? Do you know of a sports story we don't?

If the answer to any or all of the above is yes, call the editors at 686-7700.

Union County Home Show

New Jersey's Leading Home Show May 15th & 16th, 1993

The Clinton Manor

Springfield pool taking applications for 1993

The Springfield Recreation Department is currently accepting Municipal Pool applications at the Sarah Bailey Civic Center, 30 Church Mall, Springfield, Monday through Friday from 9 to 4 p.m. After May 15, a late fee of \$20 will be added to all registrations. Registration hours have been extended: May 12, 9 a.m. - 4 p.m. and 7 p.m. - 9 p.m.; May 15, 10 a.m. - 2 p.m. and May 22, 10 a.m. - 2 p.m.

A Day Camp Program is provided for member children between the ages of 3 1/2 and 10 years of age. Camp hours are Monday through Friday from 1 to 5 p.m. The camp runs eight

Dayton selects Farrell as top teacher in '93-94

James Farrell, a teacher of foreign language at Jonathan Dayton Regional High School in Springfield, has been chosen as the Outstanding Teacher at Jonathan Dayton for 1992/93 in accordance with the Governor's Teacher Recognition Program.

On May 6, Farrell will receive a certificate of commendation from Governor Jim Florio at the Governor's Convocation on Excellence in Teaching at Princeton University. Later that day, Farrell will be honored for his professional accomplishments by the Union County Regional Board of Education at its annual recognition meeting, to be held at 8 p.m. at Governor Livingston Regional High School in Berkeley Heights.

When first learned of being chosen as the "Outstanding Teacher," Farrell was shocked, explained Farrell. "I've never thought of myself as being special. This is quite an honor, especially considering the number of fine teachers we have in this school and the excellent teachers who have won this award in the past."

A graduate of North Penn High School in Lansdale, Pa., Farrell attended Penn State University and earned a bachelor of science degree in education/liberal arts in 1964. As a co-teacher, undergraduate, Farrell majored in Spanish and minored in French. He began his teaching career in 1964 as an instructor of Spanish and French at Abraham Clark High School in Roselle. Four years later, in September 1968, Farrell came to Jonathan Dayton, where he has

been teaching courses in the Spanish language on all levels for 25 years. In 1972, Farrell earned a master's degree in Spanish from Montclair State College.

"Mr. Farrell is a professional in every sense of the word," offered Judith Wickline, the principal of Jonathan Dayton. "He is an educator who is totally dedicated to his students, the subject he teaches and the school. We are fortunate to have a teacher of his caliber working with students at Jonathan Dayton."

Farrell, who currently teaches classes in Advanced Placement Spanish I, V, Spanish IV and Spanish III, credits his decision to become a foreign language teacher to three factors — his own high school Spanish teacher, travel abroad when he was younger, and his own facility for language. The Jonathan Dayton Outstanding Teacher award may be that he expects students to work hard and pay attention, but that does not preclude him from having a "good rapport" with his pupils. Farrell also believes the cultures of various Spanish-speaking countries. Learning about other cultures makes us more aware of ourselves and of our own culture. I also believe that learning a foreign language can help any student to learn more about his or her own language."

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Officials testify as 'Parents' rest case

By Joseph W. Samulka Staff Writer

Attorneys for the Regional Board of Education were expected to begin testifying this case yesterday to an administrative law judge after testimony concluded Tuesday on behalf of the Committee of Concerned Parents of Kenilworth.

Borough Councilman Donald Ricas and former Regional Board of Education member Frederick Sosa testified late last week in defense of David Brearley Regional High School, before attorneys called Leonard Borstein, Regional District Curriculum Supervisor Kenneth Manfield and local Board of Education member George Schlenker to the stand.

Borstein, who was hired by the Regional Board of Education to study factors of efficiency in the Regional High School District, testified that based on his research, he would not have recommended the closing of David Brearley. In fact, he said, Jonathan Dayton in Springfield was a more likely candidate for closure based on the factors of efficiency. These factors included age and condition of facilities, rate of declining enrollment, recyclability and safety.

Borstein's report was criticized and ignored by the regional board when it was completed in March 1991, according to the Concerned Parents.

Borstein testified Monday that 28 days to decide whether or not to close a school was not an appropriate period by the regional board. "In general, it would not seem to be sufficient time to make a decision," Borstein said in response to a question posed by Concerned Parents attorney Robert Glickman.

Borstein also testified that Jonathan Dayton scored poorly in his report. The school needed between \$5 million and \$6 million in renovations, he said, which include the removal of asbestos. In defense of Brearley, he added that the Kenilworth school is air-conditioned and could support summer classes.

Regional Board attorney Lawrence Schenker, noting that Brearley was

concerned about the possibility of racial imbalance.

Regional Board attorney Nicholas Cerullo countered by providing the court with a letter from Carl Letesie, director of the Bureau of Facility Planning Service in the Department of Education, which stated that he did not foresee any racial imbalance occurring if a school in the regional district were to be closed.

Attorneys for the Concerned Parents completed their case Tuesday, and the Regional Board of Education was expected to begin their case yesterday, too late for coverage in this week's issue. The hearing is expected to conclude next week.

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Dayton instructor James Farrell

Dayton selects Farrell as top teacher in '93-94

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On May 6, Farrell will receive a certificate of commendation from Governor Jim Florio at the Governor's Convocation on Excellence in Teaching at Princeton University. Later that day, Farrell will be honored for his professional accomplishments by the Union County Regional Board of Education at its annual recognition meeting, to be held at 8 p.m. at Governor Livingston Regional High School in Berkeley Heights.

When first learned of being chosen as the "Outstanding Teacher," Farrell was shocked, explained Farrell. "I've never thought of myself as being special. This is quite an honor, especially considering the number of fine teachers we have in this school and the excellent teachers who have won this award in the past."

A graduate of North Penn High School in Lansdale, Pa., Farrell attended Penn State University and earned a bachelor of science degree in education/liberal arts in 1964. As a co-teacher, undergraduate, Farrell majored in Spanish and minored in French. He began his teaching career in 1964 as an instructor of Spanish and French at Abraham Clark High School in Roselle. Four years later, in September 1968, Farrell came to Jonathan Dayton, where he has

been teaching courses in the Spanish language on all levels for 25 years. In 1972, Farrell earned a master's degree in Spanish from Montclair State College.

"Mr. Farrell is a professional in every sense of the word," offered Judith Wickline, the principal of Jonathan Dayton. "He is an educator who is totally dedicated to his students, the subject he teaches and the school. We are fortunate to have a teacher of his caliber working with students at Jonathan Dayton."

Farrell, who currently teaches classes in Advanced Placement Spanish I, V, Spanish IV and Spanish III, credits his decision to become a foreign language teacher to three factors — his own high school Spanish teacher, travel abroad when he was younger, and his own facility for language. The Jonathan Dayton Outstanding Teacher award may be that he expects students to work hard and pay attention, but that does not preclude him from having a "good rapport" with his pupils. Farrell also believes the cultures of various Spanish-speaking countries. Learning about other cultures makes us more aware of ourselves and of our own culture. I also believe that learning a foreign language can help any student to learn more about his or her own language."

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Officials testify as 'Parents' rest case

By Joseph W. Samulka Staff Writer

Attorneys for the Regional Board of Education were expected to begin testifying this case yesterday to an administrative law judge after testimony concluded Tuesday on behalf of the Committee of Concerned Parents of Kenilworth.

Borough Councilman Donald Ricas and former Regional Board of Education member Frederick Sosa testified late last week in defense of David Brearley Regional High School, before attorneys called Leonard Borstein, Regional District Curriculum Supervisor Kenneth Manfield and local Board of Education member George Schlenker to the stand.

Borstein, who was hired by the Regional Board of Education to study factors of efficiency in the Regional High School District, testified that based on his research, he would not have recommended the closing of David Brearley. In fact, he said, Jonathan Dayton in Springfield was a more likely candidate for closure based on the factors of efficiency. These factors included age and condition of facilities, rate of declining enrollment, recyclability and safety.

Borstein's report was criticized and ignored by the regional board when it was completed in March 1991, according to the Concerned Parents.

Borstein testified Monday that 28 days to decide whether or not to close a school was not an appropriate period by the regional board. "In general, it would not seem to be sufficient time to make a decision," Borstein said in response to a question posed by Concerned Parents attorney Robert Glickman.

Borstein also testified that Jonathan Dayton scored poorly in his report. The school needed between \$5 million and \$6 million in renovations, he said, which include the removal of asbestos. In defense of Brearley, he added that the Kenilworth school is air-conditioned and could support summer classes.

Regional Board attorney Lawrence Schenker, noting that Brearley was

concerned about the possibility of racial imbalance.

Regional Board attorney Nicholas Cerullo countered by providing the court with a letter from Carl Letesie, director of the Bureau of Facility Planning Service in the Department of Education, which stated that he did not foresee any racial imbalance occurring if a school in the regional district were to be closed.

Attorneys for the Concerned Parents completed their case Tuesday, and the Regional Board of Education was expected to begin their case yesterday, too late for coverage in this week's issue. The hearing is expected to conclude next week.

Schlenker, a member of the Kenilworth Board of Education, testified that Manfield's attitude began to change when he was given added responsibility, he said his attitude began changing "when they started to cut with no end in sight."

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Dollars or dinners?

The Springfield Municipal Pool Committee should delay the opening of its concession facility for several days to collect, tabulate and honor the vote of its membership on whether they would like to save \$1,010, or have a broader selection of food this summer.

The Township Committee recently awarded a contract to Campus Sub Shop to accept \$4,000 to be the pool's concessionaire instead of Dickey Dee's, which offered \$5,010 in revenue to the township. The contract award became the focus of debate among the committee.

Everyone seems to have an opinion about the quality of Dickey Dee's service last year as the municipal pool's concessionaire, but no facts have been presented to substantiate any claims that the vendor is better.

A majority of the Township Committee chose to spend an additional \$1,010 to secure a broader menu because, according to Committeewoman JoAnn Holmes, who voted with the majority, it's what the people want.

But as far as Committeemen Harry Pappas and Jeffrey Katz are concerned, Dickey Dee's service last year was satisfactory. Both said they did not receive any complaints.

The dollar difference between Dickey Dee's offer to purchase the right to sell their food to pool-goers and Campus Sub Shop's — \$1,010 — is what the dissenting pair seems to be most concerned about. Pappas noted that membership fees were recently hiked to raise more needed funds for the pool — why pass up the extra money?

Both sides in the debate have a point, but neither is overwhelmingly sharp.

The \$1,010 figure is substantial, but if, as Holmes noted, the pool loses 10 family memberships because their taste in food will not allow them to gather at the pool for a hot dinner, then the menu matters.

Hindsight is 20/20, but the pool management should have set out a ballot box at the end of last season and taken a poll to get a reading of the members' rating of the concessionaire's service.

Unlike the normal bidding practice, in which the township must accept the lowest — or, in this case, the highest — qualified bid, this case legally allows for subjective judgment.

The emerging case of Dickey Dee's vs. Campus Sub Shop and the Township Committee, however, appears to be based almost solely on subjective arguments.

Campus Sub Shop has reportedly already signed a contract, locking the township into an agreement — an agreement Dickey Dee's may very well take to court to have nullified.

Taking the issue to court is going to move the debate even further away from those whose opinions really matter — the pool membership.

Legislative contacts

Governor
James J. Florio, Democrat: State House, Trenton 08625, (609) 292-6000.
Board of Chosen Freeholders
Chairman, Louis A. Santagata, Republican: 120 Coe Ave., Hillside, 07026, 352-9221.
Vice Chairman, Linda-Lee Kelly, Republican: 190 Koss Ave., Elizabeth, 07208, 965-1219.
Elmer M. Ertl, Democrat: 220 Cherry St., Roselle, 07068, 241-1362.
James P. Kocik, Republican: 221 Hawthorn St., Roselle, 07068, 276-1108.
Frank H. Lehr, Republican: 16 Myrtle Ave., Summit, 07901, 273-4714.
Mario A. Papanozzi, Republican: 116 Mohawk Drive, Cranford, 07076, 276-4634.
Linda DiGiovanni, Republican: 883 Pennsylvania Ave., Union, 07083, 688-6747.
Cezimir Kowalczyk, Democrat: 251 Marshall St., Elizabeth, 07206, 354-6645.
Walter McLeod, Democrat: 856 Thom St., Rahway-07065, 381-3584.
Springfield Township Committee
Mayor Philip Kurzon, Republican: 36 Norwood Drive, Municipal Office: 912-2200. Residence: 376-8110.
Deputy Mayor Maria Forner, Democrat: 72 Sherwood Road, 379-6065.
Jeffrey Katz, Republican: 182 Meisel Ave., 467-1597.
JoAnn Holmes, Democrat: 30 Washington Ave., 379-9537.
Harry Pappas, Republican: Brian Hills Circle, 467-8874.

OPINION PAGE

Check out retirement benefits in good time

Don't wait until you need Social Security to find out how the program works. The New Jersey Society of Certified Public Accountants recommends that you take the time now to find out how much you have contributed to Social Security and to estimate your benefits.

Generally, if you are at least 62 years of age and have paid into the Social Security system, you qualify for benefits. Currently, full retirement benefits are provided at age 65. However, the age at which an individual qualifies for full benefits is gradually increasing. By the year 2027, you must be age 67 to receive full Social Security retirement benefits.

Social Security also offers survivor benefits to widows or widowers who are at least age 60 or older; age 50 and disabled; or age 40 and caring for a child who is under 16 or permanently disabled. The amount of this benefit is based on the amounts contributed by the wage earner.

Disability insurance is also available through the Social Security system. If you are unable to work because of an injury or illness expected to last a year or longer, you may be entitled to Social Security benefits.

To claim Social Security retirement benefits, a person must be "fully insured." This means you must have worked (in covered employment) 40 quarters — usually about 10 years — during your lifetime. The amount of income needed for one quarter of coverage varies for each year. As of Jan. 1, 1993, you receive one credit for every \$590 of earnings. However, you can receive four credits in one year. Keep in mind, too, that quarters of coverage are credited regardless of when the money was earned during the year.

Money Management

Your date of birth, the type of benefit for which you are applying, and your average lifetime earnings determine the amount of your benefit. In calculating your average earnings, the lowest five years of annual earnings are not counted.

In 1993, those under-age 65 can earn up to \$7,680 without a reduction in benefits for every \$2 over the limit, \$1 is withheld from benefits. Those between the ages of 65 and 69 can earn up to \$10,560 without a reduction in benefits for every \$3 over the limit, \$1 is withheld from benefits. If you're age 70 or older, you can earn any amount without a reduction in benefits.

To claim your benefits, you must apply to the Social Security Administration either in person or over the phone.

CPAs urge you to obtain and review a statement of your Social Security retirement, disability and survivor benefits at least every three years. To do so, contact your local Social Security office and ask for Form SSA-700-PC, Request for Example and Benefit Estimate. For more information about Social Security, you can obtain a free brochure from the New Jersey Society of CPAs by sending a stamped, self-addressed envelope to Social Security, NISPA, 425 Eagle Rock Ave., Roseland, NJ 07068-1723.

Money Management is a weekly column on personal finance distributed by the New Jersey Society of Certified Public Accountants.



Alarming bills

The New Jersey Education Association, the teachers' union with a history of raids on the taxpayers' pocketbooks and a mistrust of the ability of citizens to run their own schools, is at it again.

Perhaps because it's an election year, with the governorship and the entire Legislature up for grabs, the NJEA proposed a battery of alarming bills in an apparent test of which lawmakers want the powerful lobby's support the most. And sure enough, like trained dogs, several legislators scrambled to be the first to jump through the NJEA's hoop.

One of the measures, A-1059, would eliminate the cap on school budgets. The sponsor, for those who want to write him, is Assemblyman John Rocco, R-G. The cap, of course, which has been around for about 15 years, is one of the few things that kept local school budgets from spiraling out of sight in districts where public input on finances isn't what it should be.

No doubt the teachers' lobby and their surrogates in Trenton will tell us the elimination of the cap would actually improve classroom instruction and isn't really intended to push teacher salaries up. Sure, and we're the Queen of Sheba.

Another bill, A-1046, would take from citizens the right to vote on school budgets. This brainstrom is sponsored by Assemblyman Joseph Doris, D-31.

We guess the rationale behind this one is that since people can't vote directly on federal, state, county or municipal budgets, why should they be allowed to vote on local school budgets? We believe, conversely, citizens ought to have the right to vote on all of these budgets; and we bet that the end result would be far more efficient government. The mere threat of rejection by the electorate would keep a lot more budgets in-line, as it does in the state's school districts — which, incidentally, annually approve their budgets about 70 percent of the time.

The third NJEA-supported bill is a real gem, Bill A-1607, courtesy of Assemblyman Patrick Rema and State Sen. Louis Kosco, both R-38, would allow teachers to draw full pay while out and have no monetary incentive to go back to work. This would ensure more and longer strikes. And, yes, the education of a lot of children would suffer, but after all they're just pawns in the teachers' union's game to pull down more money for its members, so what do they matter?

The piece de resistance is bill A-2039, for which New Jerseyans have Assemblyman John Rooney, R-39, to thank. This would force school districts to enroll at least 15 percent of their total student body from other districts.

Aside from the obvious attack on home rule, this bill would portend massive busing and erode the hallowed concept of neighborhood schools. Besides, poor-performing school districts would have to go begging for out-of-district students and some districts would never be able to meet their quotas; enforcement, we think, would prove a nightmare.

Taken together, these proposals herald the NJEA's agenda: less local control of schools and lots more taxpayer dollars in the hands of teachers.

Our legislators, in an election year, would never be so foolish as to cave in to the union's pledges of financial support and pass these misbegotten bills. Or would they?

"I have little patience with people who take the Bill of Rights for granted... every American's guarantee of freedom."
—Harry Truman

Toxics being replaced by benign substances

Over the last few years, a wide change in basic environmental protection policy has been taking place, both in this state and in Washington. The idea is to cut use of toxics by substituting more benign substances.

The shift away from old end-of-the-pipe pollution abatement is due in part to the realization that we can't catch up. For example, as soon as catalytic converters were installed on cars, the number of cars grew so much that the load of junk in the air didn't diminish.

The new approach has been dubbed pollution prevention. And it makes sense. A good example is the lead in gasoline. While it was an effective way to make gas burn more efficiently, exhaust fallout was loading the air and land with lead. Water draining from highways was gaining quite toxic. The way to solve the problem was to take the lead out.

Now, even with more cars, there won't be more lead, because it's not in the fuel anymore. New gasoline formulations, as well as improved auto design, have made up the efficiency difference.

It is none too early, for science now realizes that subtle learning disabilities are associated with tiny amounts of lead in children's nervous systems. This is in addition to the well-known brain damage from larger doses of lead.

Don't forget that lead is forever, and it has done all of our residents.

The New Jersey Department of Environmental Protection and Energy has just come out with some regulations to put aspects of its pollution prevention program into effect. Like the lead answer, one of the central themes is to eliminate pollutants by shifting to non-toxic materials.

Some of the businesses affected by the new regulations are complaining that closed-loop recycling should be the answer. This is a technology in which many chemicals are recirculated within a manufac-

State We're In

By David F. Moore

uring process and thus do not enter the environment.

Maybe in some instances that's a good idea, but escape of minute amounts of toxics is inevitable. So are accidents; remember Bhopal? Since transport of toxic materials to the workplace is needed at the beginning, even if recycling is possible, the threat of leakage or accident is obvious. Better the lead solution if it is at all possible.

There is just another side to the story, the fact that we often don't know enough to make decisions. For example, while we know dioxin is a dangerous carcinogen, we are just on the edge of learning how truly dangerous it is and its 75 subcategories.

Listed among dioxin's low-level effects are damage to the immune system, reproductive functions and learning functions. We may have some answers soon, scientists at U.S.—Environmental Protection Agency are researching dioxin now.

Scientists know that we will never be able to assess all the 70,000-plus chemicals now in use. There are just too many. And just think how many combinations of chemicals of unknown synergy can exist in our environment.

But the realistic answer lies not in spending vast amounts of money and time in such research. When we know enough to document serious effects, we must find substitutes known to have fewer repercussions. An ounce of pollution prevention...

David F. Moore is executive director of the New Jersey Conservation Foundation.

L.A. beating shows depth of racial division

Screening New Jersey

By Steve Adabato Jr.

Speak volumes about how racially polarized we have become and how difficult it is for us to be truthful when color is involved.

Most Georgiana Williams, the church-going mother of Denny, who is charged with "attempted murder" of Denny, Denny is captured on video hammering it up after hitting Denny in the head with a brick, while he lay in a pool of blood. Mrs. Williams is a nurse and respected member of the community, and says the charges are "unfair" and that her son is a "political prisoner."

I found all of this hard to stomach. Here is Reginaid Denny: a totally innocent victim savagely beaten on video to within an inch of his life by four deprived cowards, purely because of Denny's skin color, and what is the response from this "church-going" crowd? Inequality, racialization, excess and double talk about "justice."

Clearly, these reactions are not universal in the black community. The black journalist narrating the program does say the Denny beating was "not an act of politics" and that the civil rights movement "has a higher purpose than that." However, this appropriate reaction seems to be the excep-

tion. Most blacks either say the beating may have been "wrong," but they can understand why it happened or they say nothing.

Even the leaders who I often agree with on other issues say nothing about this case that I just can't understand or accept. New Jersey NAACP President Keith Jones told me that the Denny beating "was wrong." Then added, "I don't approve, but I understand the explanation that occurred (in response to the King verdict) and that Denny was victimized for being in the wrong place at the wrong time."

Lark Jones if it would be a "travesty of justice" if all four defendants got off after being caught on tape brutally beating Denny. "I could not call it a travesty because, the process is so unfair to people of color," he said.

No white person can ever understand the pain and discrimination associated with being black in this state or country. Color-blind "justice" remains a pipe dream. But when black threats are made by numerous black leaders regarding what might happen in our cities "if justice isn't served" in this case.

Steve Adabato Jr. is a political analyst for WFOR-TV, a former state legislator from Essex County and an instructor of public administration and insas media at Rutgers University. He is a resident of Myrtleton.

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Mall opening celebrated

With sounds and tapping bricks, the long-awaited expansion of the Mall at Short Hills got underway in dramatic fashion recently as demolition equipment ripped into the former B. Altman building.

A 450 trapple, a piece of equipment with powerful steel jaws, took bits out of an exterior wall as cameras and dignitaries, gathered for the occasion, applauded from a safe distance.

The demolition of the structure, along with the former Bonwit Teller building nearby, opens the way for the reconstruction of store space for three prominent retailers: Neiman Marcus, Nordstrom and Saks Fifth Avenue, as well as a two-level addition that will accommodate some 35 new shops.

All work is scheduled to be completed by August, 1995.

The brief outdoor ceremony took place under a sunny spring sky on the southwest side of the center, far from the activities of shoppers. Mall officials are determined to keep it that way as construction progresses during the next two years.

The new stores include Natural Wonders, Francesca Girard, Water Wear, Douglas and Waters, and Bourbon Street Candy Co. The center will also add a new restaurant, Papa Razzi.

"The excitement vividly demonstrated that the expansion has moved beyond the talking stage to the action stage," said Bruce Feickman, vice president of development of the Taubman Company, the Michigan-based owner and manager of the shopping center. "Throughout our efforts on the expansion have been a partnership with Millburn Township."

The 20-foot banners bore the names of the three major retailers. They will join Bloomingdale's and Abraham and Straus as anchor stores at the 160-store shopping center, which is widely regarded as one of the country's most prestigious retail properties.

Saks Fifth Avenue, which will occupy the Bonwit Teller space, far from Bloomingdale's is scheduled to open in the late fall of 1994. Neiman Marcus and Nordstrom, to be built on the B. Altman site on the southwest side of the center, and the mall addition will open in August, 1995.

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Bassano calls on Assembly to act on lead abatement bill

Senator C. Louis Bassano said this week he will call on New Jersey's Assembly Speaker to pass a bill he is sponsoring that would establish a state certification program for lead abatement workers and inspectors.

"The development of a certification program is the vital first step necessary to put standards of training, experience and knowledge in place to ensure that when the state initiates an organized program to reduce lead contamination, the public's health and safety is not jeopardized," said Bassano, R-21.

Lead poisoning is the leading cause of environmental-related illness among the nation's children. Some 57 million dwellings across the country contain lead-based paint, while studies in New Jersey estimate that as many as 177,000 children across the state may have toxic levels of lead in their blood.

Depending upon the level of exposure, lead poisoning can lead to kidney disease and other organ damage, brain damage, loss of coordination, convulsions, coma and even death.

The Bassano bill, S-1135, would provide funding to the Department of Health to implement the certification and training program in consultation with the Department of Community Affairs.

Contractors who lack the necessary certification and training would be subject to severe fines and could be ordered to perform community service for performing unlicensed lead abatement or inspections.

"The key point about certifying inspectors and contractors is to make sure that the people who are doing the work are qualified to do it," Bassano said.

ALLIANCE
THE ORCHARD PARK CHURCH 1264
Village Ave., Union, 687-6500. Pastor: Rev. Frank Crowsell. We cordially invite you to worship with us on Sunday Morning - Fellowship Hour, 10:00 a.m.; Sunday Morning Worship, 10:30 a.m.; Monday Service with Nursery and Junior Church (through their grade) available WEEKLY. ALLIANCE ACTIVITIES: AHS & FOLLOW-UPS: L.I.E.V. (Love, Intensity, Fellowship, and Sharing) meet weekly at Fellowship. Study 6:00 p.m. in the church, call 687-2343. Friday in Carver, call 687-2343. 10:00 a.m. and 10:30 a.m. in Union, call 687-2343. Wednesday 7:00 p.m. in Union, call 687-2343. Friday in Carver, call 687-2343. 10:00 a.m. and 10:30 a.m. in Union, call 687-2343. Various social activities are incorporated into each service. For more information and current events, call 687-2343. All are welcome. Alliance Women's Ministry meets the 2nd Monday of each month at 12:00 p.m., call 687-2343. Alliance Men's group meets the 1st Monday of each month at 7:00 p.m. and Fellowship call 687-2343. For further information or literature, please call 687-2343.

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CALVARY ASSEMBLY OF GOD 553 W. 11th Ave., Union, 687-2343. Pastor: Rev. John W. Beckel. Sunday 9:30 a.m. and 11:00 a.m. Monday 7:00 p.m. Tuesday 7:00 p.m. Wednesday 7:00 p.m. Thursday 7:00 p.m. Friday 7:00 p.m. Fellowship 7:00 p.m. For more information call 687-2343.

CHRIST OF CHRIST
CHURCH OF CHRIST 2022 Vanalton Road, Union, 687-2343. Pastor: Rev. John W. Beckel. Sunday 9:30 a.m. and 11:00 a.m. Monday 7:00 p.m. Tuesday 7:00 p.m. Wednesday 7:00 p.m. Thursday 7:00 p.m. Friday 7:00 p.m. Fellowship 7:00 p.m. For more information call 687-2343.

CONGREGATIONAL
FIRST CONGREGATIONAL CHURCH 1420 Clinton Ave., Irvington, 687-2343. Pastor: Rev. John W. Beckel. Sunday 9:30 a.m. and 11:00 a.m. Monday 7:00 p.m. Tuesday 7:00 p.m. Wednesday 7:00 p.m. Thursday 7:00 p.m. Friday 7:00 p.m. Fellowship 7:00 p.m. For more information call 687-2343.

CONSERVATIVE BAPTIST
BAPTIST CHURCH 611 Clinton Ave., Irvington, 687-2343. Pastor: Rev. John W. Beckel. Sunday 9:30 a.m. and 11:00 a.m. Monday 7:00 p.m. Tuesday 7:00 p.m. Wednesday 7:00 p.m. Thursday 7:00 p.m. Friday 7:00 p.m. Fellowship 7:00 p.m. For more information call 687-2343.

BAPTIST
CLINTON HILL BAPTIST CHURCH 611 Clinton Ave., Irvington, 687-2343. Pastor: Rev. John W. Beckel. Sunday 9:30 a.m. and 11:00 a.m. Monday 7:00 p.m. Tuesday 7:00 p.m. Wednesday 7:00 p.m. Thursday 7:00 p.m. Friday 7:00 p.m. Fellowship 7:00 p.m. For more information call 687-2343.

EPISCOPAL
ST. LUKE'S EPISCOPAL CHURCH 2022 Vanalton Road, Union, 687-2343. Pastor: Rev. John W. Beckel. Sunday 9:30 a.m. and 11:00 a.m. Monday 7:00 p.m. Tuesday 7:00 p.m. Wednesday 7:00 p.m. Thursday 7:00 p.m. Friday 7:00 p.m. Fellowship 7:00 p.m. For more information call 687-2343.

JEWISH-ORTHODOX
CONGREGATION ISRAEL 1300 Mountain Avenue, Springfield, 687-2343. Rabbi: Rev. John W. Beckel. Sunday 9:30 a.m. and 11:00 a.m. Monday 7:00 p.m. Tuesday 7:00 p.m. Wednesday 7:00 p.m. Thursday 7:00 p.m. Friday 7:00 p.m. Fellowship 7:00 p.m. For more information call 687-2343.

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Plans target homes for homeless

Homes for the Homeless this week announced action plans for establishing a transitional housing facility which will offer housing and supportive services to homeless families in Union County.

Homes for the Homeless, a private non-profit organization established in 1990, will implement its stated goals and services to help families get their lives back on track as a result of homelessness.

"Transitional housing is an innovative life transition for families," he said. "It is the bridge between public housing and permanent housing. It will impact a lifestyle model that will be functional and independent in the mainstream of society."

Interested people who would like to help the homeless should contact Homes for the Homeless at 908-665-2121.

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obituaries

Fred A. Ronecker
Fred A. Ronecker, 70, of Springfield died April 18 in Overlook Hospital, Summit.

Pauline Greenblatt
Pauline Greenblatt, 81, of Springfield died April 22 in Overlook Hospital, Summit.

Louise A. Fexa
Louise A. Fexa, 95, of Springfield died April 17 in Overlook Hospital, Summit.

Fred O. Spier
Fred O. Spier, 68, of Springfield died in Irvington before moving to Springfield 23 years ago.

Mr. Macchiavenna
Anthony Macchiavenna, 85, of Springfield died April 22 in Overlook Hospital, Summit.

Rose Gibaldi
Rose Gibaldi of Springfield died April 21 in her home.

Kenneth Thompson
Kenneth E. Thompson, 86, of Hackettstown, formerly of Mountainville, died April 16 in the Health Village Residential Home, Hackettstown.

Catherine M. Murphy
Catherine M. Murphy, 79, of Springfield died Friday in Overlook Hospital, Summit.

Hilda E. McCarthy
Hilda Elizabeth McCarthy, 62, of Springfield died Friday in her home.

Glady's E. Deh
Glady's Elizabeth Deh, 88, of Springfield, died April 22 in the home of her daughter, Dolores D. Bayard, in Simpsonville.

UNITED CHURCH OF CHRIST
ST. PAUL'S UNITED CHURCH OF CHRIST 215 Center St., Garwood, Rev. Frederick D. Spier, Pastor. 687-2343.

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Raymond Wygowsky
Raymond M. Wygowsky, 80, of Mountainville died Friday in his home.

Anna I. Kolster
Anna I. Kolster, 93, of Springfield died April 28 in the King James Nursing Home, Chatham Township.

John Misdorn
John Misdorn, 92, of Springfield died Sunday in the Manor Care Nursing Home, Mountainville.

Victor DiCarlo
Victor DiCarlo, 73, of Springfield died April 27 in Overlook Hospital, Summit.

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Elsie E. Geiger
Elsie E. Geiger, 85, of Toms River, formerly of Kenilworth, died Friday in her home.

Michael Alan O'Neill
Michael Alan O'Neill, 19, of Kenilworth, Maine, died April 27 in the South Main Medical Center from injuries sustained in an automobile accident.

Andrew Paluk
Andrew Paluk, 68, of Roselle Park died Saturday in Rahway Hospital.

Obituary notices
Obituary notices submitted by local funeral homes or families must be in writing. This newspaper cannot accept obituaries by telephone.

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PINE Orthodontic Associates
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lifestyle



Anagnos-Waynor troth

Mr. and Mrs. Edward Anagnos of Queensbury, N.Y., formerly of Springfield, have announced the engagement of their daughter, Donna, to Kevin Waynor, son of Mr. and Mrs. Martin Waynor of Edison.



Charge for pictures

There is a \$10 charge for wedding and engagement pictures. Glossy photos suggested. Black and white preferred. Story and photo must be submitted within eight weeks of the wedding date.

MASTAPETER BUILDERS & CONTRACTORS CARPENTRY & GENERAL REPAIRS CITY & STATE VIOLATIONS ABATED

CRIME FIGHTER \$195.00 INSTALLED. The system includes: Two door contacts detect entry. Electronic motion detector helps detect movement inside your home and business.

religion

Church unit to meet

The Evening Group of the First Presbyterian Church in Springfield will meet May 19 at 7:30 p.m. in the Parish House on Church Hill.

Open house slated

The Religious School of Temple Sha'arey Shalom, 78 South Springfield Ave., Springfield, will hold a Sabbath morning open house Saturday from 9 to 10:30 a.m.

Teacher sponsored

Temple Beth Ahim, 40 Temple Drive, Springfield, will sponsor a special scholar-in-residence Sephardic weekend with author and teacher Benjamin Campel.

Eddie Austin Rieg

A 9-year-old, 6-ounce son, Eddie Austin, was born Feb. 16 in Panama City Beach, Fla., to Dr. and Mrs. Kevin Rieg of Panama City Beach.

Justin Mitchell Levine

A son, Justin Mitchell, was born April 2 in St. Barnabas Medical Center, Livingston, to Mr. and Mrs. Jay Levine of Springfield.

Kimberly Helen Osleja

A daughter, Kimberly Helen, was born April 8 in Overlook Hospital, Summit, to Mr. and Mrs. Richard Osleja of Mountainide.

Stephen Joseph Jurczak Jr.

A son, Stephen Joseph Jr., was born April 20 in Overlook Hospital, Summit, to Mr. and Mrs. Stephen Joseph Jurczak of South Bound Brook.

Interfaith 'is topic

The Changing Family of the '90s will be the theme of a program presented by the B'nai B'rith Council of Northern New Jersey and Palisades May 16 at 1 p.m. in Congregation B'nai Israel, Millburn.

Mystery night is set

The programming committee of Congregation Beth Shalom, Union, under the leadership of Marc Hillman, has announced that there will be "A night of professional actors and the Murder on Cue Mystery Co. for an evening of fun and laughs."

Teacher sponsored

Temple Beth Ahim, 40 Temple Drive, Springfield, will sponsor a special scholar-in-residence Sephardic weekend with author and teacher Benjamin Campel.

stork club

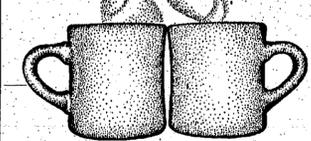
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Looking for that special someone? Looking for someone to go to an exercise class or play sports? Looking for someone with whom to travel?

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Worrall Community Newspapers 463 Valley Street Maplewood, New Jersey 07040

SPORTS

Area teams gearing for tourney play

UCT baseball and softball action continues Saturday for local squads

Three area high school baseball teams and two softball squads began the week with records over .500. The cutoff date to qualify for state tournament play for both is tomorrow, with teams needing to have a record of .500 or better to enter.

H.S. Diamond Scene

Kelly Bradyberry doubled, singled twice and drove in three runs to lead the Farmers to a 12-2 win at home. Mike Cucinello had two singles for Union, and Nick Chonko drove in both of Brearley's runs with a single.

THURSDAY, APRIL 29

Baseball: Roselle Park won for the seventh time in eight games when it blanked Johnson Regional 15-2 at home in conference action.

TUESDAY, APRIL 27

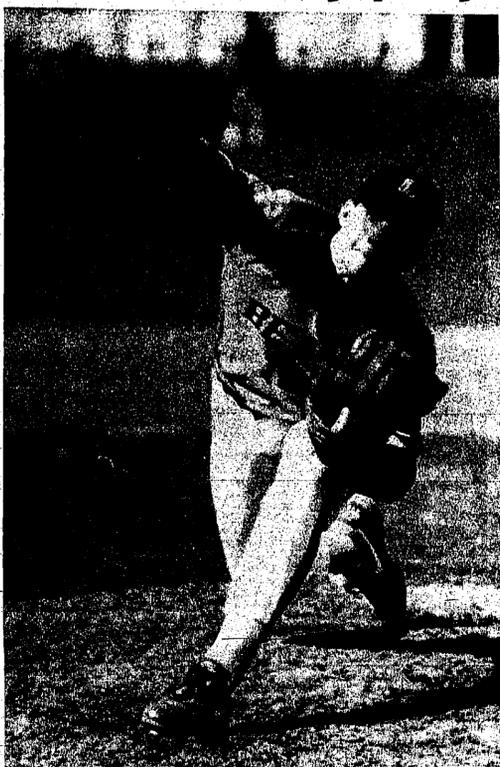
Baseball: Jon Ciravolo pitched a one-hitter and struck out 15 in Brearley Regional blanked Bound Brook 5-0 in Mountain Valley Conference-Valley Division action in Bound Brook.

WEDNESDAY, APRIL 28

Baseball: Union (8-4), Brearley Regional (5-3) and Dayton Regional (4-5) lost as all three produced very little offense.

FRIDAY, APRIL 30

Baseball: Union rebounded from a shutout loss at Westfield with a 7-0 victory.



Brearley Regional High School hurler Mike Keleher delivers pitch during baseball game against Pingry April 28 in Kenilworth.

Youngsters excel in Roselle Park league

After a lot of pre-season effort by the grounds crew, the Roselle Park Youth Baseball League finally got underway.

Youth Baseball

A-1 Cleaning recorded an 18-14 victory. Nick Battillo led A-1 with three hits, a walk and four RBIs. He also pulled off an unassisted double play.

Telephone jack required. ADT Security System 1993

The Meeting Place is intended for single adults over 18 who would like to establish a relationship with members of the opposite sex.

Please Print: NAME, ADDRESS, CITY/STATE/ZIP, TELEPHONE NUMBER

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Worrall Community Newspapers P.O. Box 276-1291 Stuyvesant Ave., Union, NJ 07083

First female finisher Biber will run in this year's race

By J.R. Parashinski
Sports Editor

Tracy Biber didn't let a little rain and mud dampen her enthusiasm. Leading from start to finish, the longtime Springfield resident was the first female finisher in last year's Springfield 10K Run, the first since 1982.

This year's race, which also includes a One Mile Run/Walk and special Tri Toti, is scheduled for Sunday, May 23.

Biber and last year's overall winner, Dean Lennox, have entered this year's race.

Last year's race was not held under the greatest weather conditions as it rained all day.

"Sometimes the rain can make you forget how you're feeling and relieve some of the pressure," Biber said after winning last year's race.

This year's event, which is USATF sanctioned and certified, is being sponsored by Sandler & Worth, New Jersey's leading carpet and rug retailer, and will primarily benefit the Cobi & Colitis Foundation of America, Inc.

Last year's event, reconstructed by a group headed by race coordinator Nancy Mar-

Springfield 10K

Biber finished the 6.2-mile 10K race in 36:19 and was the 11th finisher overall. Lennox, from Chatham, was the winner in 34:05.

"The bad weather really didn't affect the course except for the track, which didn't drain that well," said Dean Shonta, owner of The Sneaker Factory in Millburn.

Biber is a member of The Sneaker Factory's running team.

"I like to do road races whenever I'm healthy and in shape," Biber said. Registration forms for all races may be obtained at Sandler & Worth stores, which are located in Springfield, Parsippany, Livingston, North Brunswick, Brick Town, Flemington, Eatontown or by calling the Race Hot Line at The Sneaker Factory, 201-376-0231.

Runners may register up to race time but pre-registration discounts apply only to entries received by Wednesday. T-shirts will be given to the first 350 entrants.

Trophies will be given to overall winners and medals will be given to the seven age group categories. The ages groups (male and female) will be broken down to 12-and-under, 13-17, 18-29, 30-39, 40-49, 50-59 and 60-and-over.

Some of the publishers whom he has visited rejected his manuscript because they said there have been enough books on the Holocaust. "But there are never enough books on the Holocaust to let the world know of the atrocities," said the author.

"My book is not specifically about the Holocaust, but more about a young boy growing up in Warsaw and a large family where food wasn't enough but love was abundant. And where history was the theme of the day."

"By the time Hitler invaded Poland, the boy was already 19 years old. I was six weeks into German-occupied Warsaw, and the people got a foretaste of what was going to be. The boy," he said, "my protagonist, managed to escape into Russia, and was imprisoned there. In the beginning, 1940 to 1941, he was in Minsk and then on June 22, 1941, when Hitler invaded Russia, he miraculously escaped, and subsequently became a

recreation supervisor needed. The recreation department is accepting applications for a recreation supervisor at the Springfield Municipal Pool. The candidate must be available weekends and holidays, Memorial Day to Labor Day. Teachers and recreation majors are preferred. The salary ranges from \$21,100 to \$25,500, based upon experience. Interested candidates may call the recreation department at 908-912-2226.

Pool positions available. The recreation department has positions available at the Community Pool this summer. The pool season is Memorial Day to Labor Day. Positions available are: clerks, recreation assistants, day camp counselors and lifeguards. Lifeguards must have proper certification. Candidates must complete an application, which are available at the recreation department on 30 Church Mall in Springfield, between 9 a.m. and 4 p.m., Monday through Friday.

For more information and applications, write QBR/Camp, Box 6006, Santa Barbara, CA 93160, or call 805-967-2222 or fax 805-964-2937.

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Charity Open set for May 17

Whether your sport is golf or tennis, you can tee off or serve up an ace for the Easter Seal Society of New Jersey (ESSNJ) at The Money Store's 10th annual Charity Open.

Full your golf clubs and tennis rackets out of the closet on Monday, May 17 and attend your weekend's good cause at the Shackamaxon Golf and Country Club in Scotch Plains. Registration begins at 10 a.m., followed by a special buffet brunch for all participants. After a day on the links or courts, players will gather for cocktails and dinner and have a chance to win numerous prizes and awards. The registration fee is \$295, with all proceeds to benefit ESSNJ participants.

The Money Store is proud to once again make Easter Seal the beneficiary of our golf and tennis tournament," said Morton Dear, president of The Money Store Service Corporation and ESSNJ Board of Directors vice chairperson. "The proceeds from this event will enable the New Jersey Easter Seal Society to serve more people throughout the state. The organization was selected because of its many programs which help adults and children with disabilities. It is gratifying to help the Society further its efforts."

More than 2,700 New Jersey residents with disabilities are provided services each day through 55 Easter Seal programs throughout the state. From each dollar received by the Society, 54 cents is allocated for direct services.

For more information on The Money Store's 10th annual Charity Open, contact Marilyn Horn, Community Development Director, at 908-686-2000 or ESSNJ at 1-800-468-0027.

Trenton State College will again host the nationally-known Quarterback/Receiver Camp June 27-30.

This camp has gained many local football players from Union County high schools over the years.

TSC is the northeast headquarters of QBR, the largest football specialty camp in the United States. Other camps are held in California, Georgia, Michigan, Arkansas and Germany. Founded 29 years ago, the camp

has specialized in training high school and junior high school quarterbacks, receivers and running backs.

Dr. Will Hayes, former Dean at the University of California and Founder/President of QBR, said of the success of the program: "Parade Magazine recently listed the nine most outstanding quarterbacks in the entire country. Four of these were graduates of QBR."

"And last fall more than 200 graduates earned All-State, All-Area and All-Conference honors."

"We're proud of this record."

Eastern universities at which QBR graduates have played include Penn State, Princeton, Harvard, Navy, Pittsburgh, Cornell, Maine, Army, Virginia and Rutgers. Many of these have joined James Lofton, Dan Majkowski, Jay Schroeder, Mike Young as well as Doug Flutie, voted CPL's most valuable player, and a host of others in the National Football League.

Laird Hayes, head coach at OCC, heads a staff of outstanding high school and college coaches in a program that includes three field sessions each day, individualized instruction, seminars and lectures by well-known coaches and football officials.

The \$330 fee covers all meals, housing and instruction.

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Arts & Entertainment

Unionite reveals important stories in book on Jewish life in Europe

By Bea Smith
Lifestyle Editor

It took Jack Zylberman of Union, formerly of Hillside, 15 years to write a book about being a Jew in Warsaw, Poland, and Russia during World War II, and now, at the age of 73, he is trying to find a publisher. The book is called "When God Slept," and although he has written it as a novel, it is basically autobiographical.

"I'm only living here on this earth for my book to be published," he said, when he and his wife, Lois, came to visit his office last week. "It's a very important book. I would say it's a historical document ranging from the First World War through the Second World War."

Some of the publishers whom he has visited rejected his manuscript because they said there have been enough books on the Holocaust. "But there are never enough books on the Holocaust to let the world know of the atrocities," said the author.

"My book is not specifically about the Holocaust, but more about a young boy growing up in Warsaw and a large family where food wasn't enough but love was abundant. And where history was the theme of the day."

"By the time Hitler invaded Poland, the boy was already 19 years old. I was six weeks into German-occupied Warsaw, and the people got a foretaste of what was going to be. The boy," he said, "my protagonist, managed to escape into Russia, and was imprisoned there. In the beginning, 1940 to 1941, he was in Minsk and then on June 22, 1941, when Hitler invaded Russia, he miraculously escaped, and subsequently became a

recreation supervisor needed. The recreation department is accepting applications for a recreation supervisor at the Springfield Municipal Pool. The candidate must be available weekends and holidays, Memorial Day to Labor Day. Teachers and recreation majors are preferred. The salary ranges from \$21,100 to \$25,500, based upon experience. Interested candidates may call the recreation department at 908-912-2226.

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Arts & Entertainment

Mystery' play previewed in Mountainside school

The Mountainside Music Association will preview its fall play, "Mystery in Mountainside," tomorrow at Mountainside Middle School. The play, which was written by Nancy Schmidt, is a comedy about a young boy growing up in Warsaw and a large family where food wasn't enough but love was abundant. And where history was the theme of the day.

"By the time Hitler invaded Poland, the boy was already 19 years old. I was six weeks into German-occupied Warsaw, and the people got a foretaste of what was going to be. The boy," he said, "my protagonist, managed to escape into Russia, and was imprisoned there. In the beginning, 1940 to 1941, he was in Minsk and then on June 22, 1941, when Hitler invaded Russia, he miraculously escaped, and subsequently became a

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WORRALL COMMUNITY NEWSPAPERS

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280 YR ARM (BH) - 285 YR ARM (BI) - 290 YR ARM (BJ) - 295 YR ARM (BK) - 300 YR ARM (BL) - 305 YR ARM (BM) - 310 YR ARM (BN) - 315 YR ARM (BO) - 320 YR ARM (BP) - 325 YR ARM (BQ) - 330 YR ARM (BR) - 335 YR ARM (BS) - 340 YR ARM (BT) - 345 YR ARM (BU) - 350 YR ARM (BV) - 355 YR ARM (BW) - 360 YR ARM (BX) - 365 YR ARM (BY) - 370 YR ARM (BZ) - 375 YR ARM (CA) - 380 YR ARM (CB) - 385 YR ARM (CC) - 390 YR ARM (CD) - 395 YR ARM (CE) - 400 YR ARM (CF) - 405 YR ARM (CG) - 410 YR ARM (CH) - 415 YR ARM (CI) - 420 YR ARM (CJ) - 425 YR ARM (CK) - 430 YR ARM (CL) - 435 YR ARM (CM) - 440 YR ARM (CN) - 445 YR ARM (CO) - 450 YR ARM (CP) - 455 YR ARM (CQ) - 460 YR ARM (CR) - 465 YR ARM (CS) - 470 YR ARM (CT) - 475 YR ARM (CU) - 480 YR ARM (CV) - 485 YR ARM (CW) - 490 YR ARM (CX) - 495 YR ARM (CY) - 500 YR ARM (CZ) - 505 YR ARM (DA) - 510 YR ARM (DB) - 515 YR ARM (DC) - 520 YR ARM (DD) - 525 YR ARM (DE) - 530 YR ARM (DF) - 535 YR ARM (DG) - 540 YR ARM (DH) - 545 YR ARM (DI) - 550 YR ARM (DJ) - 555 YR ARM (DK) - 560 YR ARM (DL) - 565 YR ARM (DM) - 570 YR ARM (DN) - 575 YR ARM (DO) - 580 YR ARM (DP) - 585 YR ARM (DQ) - 590 YR ARM (DR) - 595 YR ARM (DS) - 600 YR ARM (DT) - 605 YR ARM (DU) - 610 YR ARM (DV) - 615 YR ARM (DW) - 620 YR ARM (DX) - 625 YR ARM (DY) - 630 YR ARM (DZ) - 635 YR ARM (EA) - 640 YR ARM (EB) - 645 YR ARM (EC) - 650 YR ARM (ED) - 655 YR ARM (EE) - 660 YR ARM (EF) - 665 YR ARM (EG) - 670 YR ARM (EH) - 675 YR ARM (EI) - 680 YR ARM (EJ) - 685 YR ARM (EK) - 690 YR ARM (EL) - 695 YR ARM (EM) - 700 YR ARM (EN) - 705 YR ARM (EO) - 710 YR ARM (EP) - 715 YR ARM (EQ) - 720 YR ARM (ER) - 725 YR ARM (ES) - 730 YR ARM (ET) - 735 YR ARM (EU) - 740 YR ARM (EV) - 745 YR ARM (EW) - 750 YR ARM (EX) - 755 YR ARM (EY) - 760 YR ARM (EZ) - 765 YR ARM (FA) - 770 YR ARM (FB) - 775 YR ARM (FC) - 780 YR ARM (FD) - 785 YR ARM (FE) - 790 YR ARM (FF) - 795 YR ARM (FG) - 800 YR ARM (FH) - 805 YR ARM (FI) - 810 YR ARM (FJ) - 815 YR ARM (FK) - 820 YR ARM (FL) - 825 YR ARM (FM) - 830 YR ARM (FN) - 835 YR ARM (FO) - 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4030 YR ARM (EH) - 4035 YR ARM (EI) - 4040 YR ARM (EJ) - 4045 YR ARM (EK) - 4050 YR ARM (EL) - 4055 YR ARM (EM) - 4060 YR ARM (EN) - 4065 YR ARM (EO) - 4070 YR ARM (EP) - 4075 YR ARM (EQ) - 4080 YR ARM (ER) - 4085 YR ARM (ES) - 4090 YR ARM (ET) - 4095 YR ARM (EU) - 4100 YR ARM (EV) - 4105 YR ARM (EW) - 4110 YR ARM (EX) - 4115 YR ARM (EY) - 4120 YR ARM (EZ) - 4125 YR ARM (FA) - 4130 YR ARM (FB) - 4135 YR ARM (FC) - 4140 YR ARM (FD) - 4145 YR ARM (FE) - 4150 YR ARM (FG) - 4155 YR ARM (FH) - 4160 YR ARM (FI) - 4165 YR ARM (FJ) - 4170 YR ARM (FK) - 4175 YR ARM (FL) - 4180 YR ARM (FM) - 4185 YR ARM (FN) - 4190 YR ARM (FO) - 4195 YR ARM (FP) - 4200 YR ARM (FQ) - 4205 YR ARM (FR) - 4210 YR ARM (FS) - 4215 YR ARM (FT) - 4220 YR ARM (FU) - 4225 YR ARM (FV) - 4230 YR ARM (FW) - 4235 YR ARM (FX) - 4240 YR ARM (FY) - 4245 YR ARM (FZ) - 4250 YR ARM (GA) - 4255 YR ARM (GB) - 4260 YR ARM (GC) - 4265 YR ARM (GD) - 4270 YR ARM (GE) - 4275 YR ARM (GF) - 4280 YR ARM (GG) - 4285 YR ARM (GH) - 4290 YR ARM (GI) - 4295 YR ARM (GJ) - 4300 YR ARM (GK) - 4305 YR ARM (GL) - 4310 YR ARM (GM) - 4315 YR ARM (GN) - 4320 YR ARM (GO) - 4325 YR ARM (GP) - 4330 YR ARM (GQ) - 4335 YR ARM (GR) - 4340 YR ARM (GS) - 4345 YR ARM (GT) - 4350 YR ARM (GU) - 4355 YR ARM (GV) - 4360 YR ARM (GW) - 4365 YR ARM (GX) - 4370 YR ARM (GY) - 4375 YR ARM (GZ) - 4380 YR ARM (HA) - 4385 YR ARM (HB) - 4390 YR ARM (HC) - 4395 YR ARM (HD) - 4400 YR ARM (HE) - 4405 YR ARM (HF) - 4410 YR ARM (HG) - 4415 YR ARM (HH) - 4420 YR ARM (HI) - 4425 YR ARM (HJ) - 4430 YR ARM (HK) - 4435 YR ARM (HL) - 4440 YR ARM (HM) - 4445 YR ARM (HN) - 4450 YR ARM (HO) - 4455 YR ARM (HP) - 4460 YR ARM (HQ) - 4465 YR ARM (HR) - 4470 YR ARM (HS) - 4475 YR ARM (HT) - 4480 YR ARM (HU) - 4485 YR ARM (HV) - 4490 YR ARM (HW) - 4495 YR ARM (HX) - 4500 YR ARM (HY) - 4505 YR ARM (HZ) - 4510 YR ARM (IA) - 4515 YR ARM (IB) - 4520 YR ARM (IC) - 4525 YR ARM (ID) - 4530 YR ARM (IE) - 4535 YR ARM (IF) - 4540 YR ARM (IG) - 4545 YR ARM (IH) - 4550 YR ARM (II) - 4555 YR ARM (IJ) - 4560 YR ARM (IK) - 4565 YR ARM (IL) - 4570 YR ARM (IM) - 4575 YR ARM (IN) - 4580 YR ARM (IO) - 4585 YR ARM (IP) - 4590 YR ARM (IQ) - 4595 YR ARM (IR) - 4600 YR ARM (IS) - 4605 YR ARM (IT) - 4610 YR ARM (IU) - 4615 YR ARM (IV) - 4620 YR ARM (IW) - 4625 YR ARM (IX) - 4630 YR ARM (IY) - 4635 YR ARM (IZ) - 4640 YR ARM (JA) - 4645 YR ARM (JB) - 4650 YR ARM (JC) - 4655 YR ARM (JD) - 4660 YR ARM (JE) - 4665 YR ARM (JF) - 4670 YR ARM (JG) - 4675 YR ARM (JH) - 4680 YR ARM (JI) - 4685 YR ARM (JJ) - 4690 YR ARM (JK) - 4695 YR ARM (JL) - 4700 YR ARM (JM) - 4705 YR ARM (JN) - 4710 YR ARM (JO) - 4715 YR ARM (JP) - 4720 YR ARM (JQ) - 4725 YR ARM (JR) - 4730 YR ARM (JS) - 4735 YR ARM (JT) - 4740 YR ARM (JU) - 4745 YR ARM (JV) - 4750 YR ARM (JV) - 4755 YR ARM (JW) - 4760 YR ARM (JX) - 4765 YR ARM (JY) - 4770 YR ARM (JZ) - 4775 YR ARM (KA) - 4780 YR ARM (KB) - 4785 YR ARM (KC) - 4790 YR ARM (KD) - 4795 YR ARM (KE) - 4800 YR ARM (KF) - 4805 YR ARM (KG) - 4810 YR ARM (KH) - 4815 YR ARM (KI) - 4820 YR ARM (KJ) - 4825 YR ARM (KL) - 4830 YR ARM (KM) - 4835 YR ARM (

The 1993 outstanding mothers are cultural leaders

The Honors List of 1993 Outstanding Mothers was released on April 14 by Carolyn Wojcik, chairperson of the National Mother's Day Committee. The awards were presented at the 15th Annual Outstanding Mother Awards Ceremony at the Sunnyside Hotel in New York.

The mothers so honored represent all the eighty million American mothers whose dedication and devotion to the American way of life is venerated on Mother's Day, the one day in the year set aside by Congress to pay tribute to the contributions they make to the glory of our country.

In singling out the 1993 Outstanding Mothers, attention is focused on the "new involvement" of our mothers in our ever-more-complex culture. Not only do they undertake their accustomed role as homemakers, but now — in increasing numbers — they are fulfilling ambitions to help build a better social culture, one that their children will inherit.

Today's mothers, so many of them better schooled and trained than in generations past, have proved ready and able to meet the challenges of the "double life" — the one at home and the one in the workplace. So integrated are our young mothers that almost 60 percent of those with children under school age, work at jobs outside the home. And when you tally all the mothers with children under 18, the number of working moms totals up to 75 percent. (When Mother's Day was first observed in 1908, less than 5 percent of American mothers worked outside the home — and a good many of those were domestics.) In a span of a few decades, we have witnessed an influx of qualified women, most of them mothers, integrated into the socio-economic structure of the United States and welcomed at just about every level of our culture.

Mothers named to the 1993 Honor List, contemporary and deserving, are: Madeleine Albright, U.S. Ambassador to the United Nations; Katherine Couric, co-host of NBC-TV's Today; Dr. Bernadine Healy, director of the National Institutes of Health; Tina Brown, editor, New Yorker magazine; Kathie Lee Gifford, television host; Marian Wright Edelman, Children's Defense Fund; Camille Giraldi, civic activist, who, with her husband, adopted 17 children afflicted with Down's Syndrome; Gretchen Buckenholz, founder and executive director of the Association for Inbred Children; and Tina Brown, presenting the awards on behalf of the National Mother's Day Committee was Joan Hamburg, an Outstanding Mother honored in 1991, and highly respected radio host in New York. Highly influential lifestyle leaders have been hon-

ored as outstanding mothers, including (among others) Barbara Bush, Marilyn Quayle, Meryl Streep, Lynn Martin, Cokie Roberts, Faith Daniels, Barbara Mandrell, Clara "Mother" Hale, Joan Rivers, Sarah Brady, Deborah Norville, Congresswomen Pat Schroeder and

Margo Roukema, and Paula Zahn. All these mothers, representatives for millions who remain unnamed, have acquired the arts of juggling family responsibilities along with part- and full-time careers. They carry their weight —

(Continued on Page 3)



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KATHIE LEE GIFFORD



KATHERINE COURIC



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Strong bones build a bright future

Mother's Day is a time for mothers and daughters to talk about mutual concerns. Good health should be at the top of the list because women face unique health care issues.

One of these issues is osteoporosis. Osteoporosis affects 25 million people in the United States, primarily women. It is a disease characterized by low bone mass and structural bone tissue deterioration. The National Institute of Health (NIH) recognizes it as one of the four deadliest diseases among women.

The pain, bone fractures and stooped posture associated with osteoporosis can have a devastating effect on a woman's ability to participate actively in life. Each year in the U.S., there are 1.5 million osteoporosis-related bone fractures, including 247,000 hip fractures. About 20 percent of osteoporosis-related hip fractures lead to death.

The good news is that osteoporosis is highly preventable and treatable. You, your mother and even your grandmother can make lifestyle changes that can help increase your chances of avoiding osteoporosis. National Osteoporosis Prevention Week, May 9-16, highlights the need for taking preventive action now.

Proper nutrition often falls by the wayside during hectic times. Your mother who made you drink a glass of milk with every meal may not be following that same advice.

A diet deficient in calcium can literally savor your bones, causing a deterioration in bone mass. Three out of four women get less than the U.S. RDA of calcium. Calcium helps build and maintain strong bones that can protect women from osteoporosis.

Meeting the U.S. RDA of 1,000 mg of calcium is a good place to start. For pregnant, lactating, menopausal or postmenopausal women, the National Osteoporosis Foundation (NOF) recom-

ends 1,200 to 1,500 mg of calcium daily.

Calcium is available through calcium-rich foods, calcium-fortified foods and calcium supplement sources. Dairy products are the richest dietary sources of calcium, but they also can be high in fat and cholesterol. Surveys indicate that three out of four women do not consume the U.S. RDA of calcium in their daily diets.

Dr. Barbara Luke, assistant professor in the department of Obstetrics and Gynecology and Preventive Medicine at Rush-Presbyterian-St. Luke's Medical Center in Chicago, and a member of the American Dietetic Association, has studied the role of calcium in women's diets. "Most nutritionalists will tell you the best way to get the calcium and other nutrients you need is through diet, although a growing number of us recognize it isn't happening. For many women, calcium supplementation is the most realistic approach to ensure they get the U.S. RDA of this important nutrient." A calcium supplement, such as Os-Cal, can work with your diet to ensure that you meet the U.S. RDA for calcium.

In addition to maintaining adequate daily calcium intake, experts recommend weight-bearing exercise, a nutritious diet and eliminating smoking and alcohol consumption. Taking steps to ensure good bone health and help avoid osteoporosis is something mothers and daughters can do together.

Regardless of your age, the time to start is now.

For more information on calcium and osteoporosis, call 1-800-3 CALCIUM, or send a written request along with your name and address to NOFW, P.O. Box 32080, Kansas City, MO 64111. You'll receive a complimentary subscription to the health newsletter, *The Calcium Communicator*.

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Romance for Mother's Day
Being a mother in the '90s often means never having enough time for anything. With kids, career and home life all fighting for attention, many moms admit that romance gets the short end of the stick.

Want to keep those hormones burning red hot and wild? Read on:

• Do the unexpected. Send your husband exotic flowers, such as Tiger Lilies, with a note that says "You make me pant!"

• Don't part your hair. Instead, get a special time for you and your man to be together. Don't stop to fix it.

• Do make yourself feel special. Try a new fragrance such as Revlon's romantic country scent, Wild Heart — top country singer Trisha Yearwood's favorite. And wear it in places where only you'll be able to enjoy it!

So size a little femininity and keep those wild romantic sparks flying!

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Strong bones build a bright future

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What women should know about sleep

The average woman sleeps about 20 minutes less each night than men do, and she sleeps 40 to 50 minutes less if she has to cater to the needs of a baby or toddler.

Why this gender injustice? Sleep experts attribute it to hormonal shifts, pregnancy, motherhood, menopause, snoring husbands, and the demands of working and managing a household. "Too often, women 'sleep client,'" explains Dianne Hales, spokesperson for the Better Sleep Council in Washington, D.C. "In order to make time for our busy lives, we tend to devote less time to sleeping than we need to feel and function at our best."

According to Hales, it also has been shown that women have shorter periods of deep sleep than men, making them more vulnerable to "tossing and turning" bed partners and fussy babies. Hales offers this advice for women who want to improve their sleep habits:

- Give sleep the priority it deserves. Getting adequate rest will increase efficiency and productivity during the day.
- Exercise regularly. At least three, 30-minute sessions a week is best, but not too close to bedtime when a workout may wind you up and make it difficult to fall asleep.

- Keep work and worries out of the bedroom. In a recent study, women listed stress as the number one reason for troubled sleep. Make your bedroom a refuge from life's trials and tribulations.

- Eat well and avoid coffee, chocolate, nicotine and alcohol, all of which interfere with quality sleep.
- Invest in a mattress and foundation that provide adequate comfort and support. It's difficult to get a good night's sleep on a bed that's uncomfortable or too old (more than 10 years).

- Ensure adequate space for freedom of movement during sleep. Because women will be less affected by their spouse's movements on a bigger bed, queen- or king-size is recommended for couples.

- Use help. If you suffer from daytime drowsiness or frequently have trouble falling or staying asleep at night, consult a sleep disturbance physician.

For more information, send \$1.00 for the Better Sleep Council's 24-page "Good Night Guide," P.O. Box 13, Washington, D.C. 20044.

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Explore the origins of annual holidays

There are over 30 holidays on our calendar. Did you ever stop and wonder how they all got their start? Of course, some are religious observances and some commemorate an historic person or event, but others were simply started by an average person like you or me in recognition of someone special. Liz Claiborne, Inc. decided to look into the origins of one holiday with a particular sentimental value — Mother's Day.

According to Panini's Extraordinary Origins of Everyday Things, 85 years ago, a woman named Anna Jarvis "determined that a day should be set aside in the American calendar to honor motherhood." Thus, on the second Sunday in May of 1908, the first Mother's Day celebration took place in Virginia.

Many other significant events took place that same year: E.M. Forster wrote *A Room with a View*; Americans won 15 out of 28 medals in track and field at the Olympic Games in London; the first woman mayor was elected at Adelphi, Suffolk; the Foundation of Women's Freedom League was founded; Linder Johnson, Joan Crawford, Jimmy Stewart and Bette Davis were born; and 37-year-old Charlotte Strey became the oldest woman competitor to win the Wimbledon tennis tournament.

Though there have been many changes throughout the years, one thing remains the same. Just as Miss Jarvis intended, each year we acknowledge the hard work and devotion of all mothers across the United States. What began as a simple tradition of recognizing mothers with a carnation has evolved into a national holiday, celebrated in many different ways, from breakfast in bed or a day of pampering to elaborate dinners and heartfelt gifts.

Liz Claiborne offers some great, fashionable gifts, such as elegant silk scarves, gold crest earrings or leather handbags for career moms; keepsake boxes of Liz Claiborne or Royalities Fragrance for sentimental types; and Bodywear or golf and tennis accessories for fitness buffs. No matter how you choose to celebrate, one thing is for sure: Mother's Day is about love.

Mother's Day Dine Out

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Mother's Day — WCN — May 6, 1993 — Page 5

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SUNDAY, MAY 9th
12 Noon - 4:00 PM
Reservations Required
By May 8, 1993

MENU
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Roasted Turkey/Baked Virginia Ham/
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Adults: \$17.00 Per Person
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Mothers are honored

(Continued from Page 2)

and more — in such diverse and challenging and once-familiar fields as law, medicine, engineering, accounting, education, government, security and protective services, aviation and yes, the military, where they do everything from "fly" to piloting aircraft.

Given their pre-eminent role in advanced education, the role of mothers in our emerging culture of equality will only be more considerable than it is today. Compared with the constraints of those generations past, the appreciation of their unbridled abilities has been realized in a thousand years in just the past eighty!

And, as more and more families face up to the consequences of progress in demands placed on all families, the roles of mothers will only be more complex and demanding of their very unique talents. This can only bring more good fortune to the state of our everyday lives. The 21st Century, just over the horizon, can bring today's dreams a sense of realization.

As a result of the pressures, the aspirations, the concerns for the home, families tend to get smaller (it costs so much to send children off to college now), as the demands for each child grow in geometric proportions, from year to year. For many women this is a good reason to postpone family formation until career ambitions have been satisfied. The phenomenon, no doubt, creates more experienced and confident, better-educated first-time mothers. With their background credentials, both moral and financial stability will help the newly-born over the roughest days of their young lives.

Carolyn Wojcik, chairperson of the National Mother's Day Committee observed that "the world gets more complex every day, and we visualize that today's and tomorrow's mothers cannot escape the increasing responsibility they are being asked — and will be — to shoulder. Their sense of sharing is inherent — and although we are accustomed to the "helpmate role", the future demands that we not only be helpmates, but co-basins of the new-century family which can only be managed by joint effort from the top. But — and it's a growing "but" — don't ignore the extra burden of the eight million or so families headed up only by a

mother! Her will be the doubly heavy weight of doing it all — by herself.

Mothers have varying political allegiances, different creeds and religions, and vastly different life styles and educational opportunities. But they're all mothers in the broadest sense of the word, and they love their children, with a deep sense of devotion, but very rare exceptions.

And not the least of every mother's concern remains a good education, a right that in so much of the country has been deprived to the young. But the future of

every family hinges on educational opportunity, which only now are we recognizing to be one of the more serious problems facing the national community as we approach the year 2,000.

Mother's Day remains the day of tribute to the mothers of America who have contributed so much to the stability of our social foundations. The 15th Anniversary Outstanding Mother Awards were made before a guest attendance of 500 in which were represented educators, religious leaders, government, the arts and industry.

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Yankee Pot Roast w/pot. porcabe & red cabbage — \$8.45	Broiled Fillet of Salmon w/pot. & veg. — \$8.95
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Make Mother's Day especially special

Mother's Day is like no other day. It's very special... special to mothers... special to all of us who owe so much to our mothers!

How we spend Mother's Day may be of our own choosing, but the ways we leave of telling our mothers that they're very unique are almost without end.

Going back to the very first Mother's Day, and its founder, Ms. Anna Reeves Jarvis, there was far less to do than

there is today. After all, in 1908 mothers were still experimental and there was no TV or radio.

Now that it's 1993 the world is far far different than just three generations ago. But, the more things change, the more they remain the same! Ms. Jarvis urged that the first Mother's Day be observed with a special visit to mother or a special letter or even a bunch of wild flowers.

Once a person could walk down the street or cross through the backyard and be at mother's house! Today, a special visit might entail a thousand-mile trip by plane or train and could take hours.

And instead of a special visit, a telephone call will serve to bring loved ones voice-to-voice — if not face-to-face.

FOR ALL SHE MEANS TO YOU.

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