

Close victory

Springfield edged Mountainside by winning the last relay in North Jersey Summer Swim League action, Page B1.

A night out

The Police Division plans to participate in National Night Out, a program aimed at stopping crime, Page 9.

Tax audit

Committee established to review Clinton's tax increase, Page 2

Springfield Leader

VOL. 84 NO. 42—THURSDAY, JULY 29, 1983—2¢ SPRINGFIELD, N.J.

Home of Christine Elston

TWO SECTIONS — 50 CENTS

911 set for fall execution

By Heather MacGregor
Managing Editor

Enhanced 911 network: a service consisting of telephone network features and public safety answering points provided for users of the public telephone system enabling the users to reach a public service answering point by dialing the digits "9-1-1". The service directs calls to appropriate public safety answering points by selective routing based on the location from which the call originated and provides for automatic number identification and automatic location identification features.

State Statute 52:17C-1
As the obligatory statewide installation of the emergency 911 system draws near, local leaders are reminding the public of the challenges and false promises that were dealt with along the way.

Some of the points officials are raising include the lack of local input and the municipalities having to pay for the state-mandated system and for the installation of an additional telephone line system.

David Wright, president of the Union County League of Municipalities, said the municipalities did not have enough say in the undertaking of the project.

"The municipalities have been treated very casually," Wright said. "All of the planning was done by state agencies."

Originally, the state was going to pay for the entire project through revenues generated by a state-implemented telecommunications tax established during the governorship of Thomas Kean, Wright said. The money was supposed to be put aside in a separate account established to pay for "everything relative to 911," he said.

However, during state cutbacks under the same administration, the money was allocated and distributed from the state budget to projects other than 911. "The tax is still being collected and diverted to general state accounts," Wright said.

"The 911 system conceptually is a good idea and much needed, but there was a lack of local input into the planning stages," he said.

Wright contends the state should pay for what it mandates and not expect the municipalities to take on the extra responsibility.

The requirements are also too extensive, he said. Small municipalities have to follow the same guidelines as major cities. Separate phone lines have to be installed for the 911 system in case the regular public access phone lines fail.

This notion does not make sense, according to Wright. "Catastrophes can hit the state government just as easily as they can the municipalities," he said.

"It's bureaucracy taking hold of government and dictating, in excess, the implementation of bureaucratic programs," he said.

A representative of New Jersey Bell, Bill McKinlay, said an additional phone line network was required in the event that the regular lines failed and that New Jersey Bell will be putting in those lines.

"The reason for the separate network is so it's not subject to the regular phone lines' activity," McKinlay said.

If the regular phone lines are in need of repair, the 911 system will still remain operable because, according to McKinlay, "it's built to keep separate from the activity regularly affecting the public network. This way the system will only experience isolated incidents and work around them."

Springfield Committeeman Jeff Katz rebutted McKinlay's theory that the additional network was necessary for the emergency system to work properly. He concurred with Wright on that point and some of the other problems the municipalities face because of 911.

"If the public access phone lines are down, the new shadow network won't do any good. If the people don't have a dial tone the emergency network cannot be activated," Katz said.

"It is a money-maker for N.J. Bell since the project will cost approximately \$94 million overall," Katz said.

Katz was the Springfield representative who handled the emergency 911 system for the town. He said Springfield signed a letter of intent to buy the public safety answering point machines from Bell at the estimated cost of \$60,000. He also said that Bell was the only company that could meet the need of the medical, fire and police departments in Springfield.

Mountainside's Mayor Robert Vignelli, who was president of the Union County League of Municipalities during the time the league was challenging the state on some of its 911 "money-spinning" activities, said Springfield's Summit for its 911 service. He said he did this knowing that the benefits of the system would remain but the cost would be significantly less. Mountainside will be spending approximately \$12,000 for its linkage that is scheduled to be voted on in August by the mayor and council.

Both towns anticipate being on line with 911 by early fall, according to town officials.

Wait finally over for barriers

By Chris Gatto
Staff Writer

For seven years Greg Muller has been fighting for sound barriers along Route 78, and on Tuesday he got them. Well, he has to wait another 12-18 months before they are installed, but construction is under way.

Muller, a Union township committeeman, picked up a fight that was begun by former Assemblyman Peter Genova about seven years ago. Muller also enlisted the help of state Sen. C. Louis Bassano, R-Union, and members of the committee over the years.

The committeeman was noticeably enthused during a groundbreaking ceremony held on Tuesday afternoon near Exit 52 on the westbound side of Route 78. He said he was "glad" to see that Helen Bowler, whose residence borders the highway, will "finally get her barriers."

Muller said he also wanted to thank Union's neighbor, Springfield and its representatives for their efforts toward the installation.

Representatives from Springfield also attended the groundbreaking ceremony. Committeeman Harry Pappas and Jeff Katz, who had the sound barriers on their campaign platform, said the project is essential for public safety.

When Genova left office, Bassano became a key player in pursuing the barriers.

"I tried to pick up the slack on behalf of our residents to get the sound barriers built and I worked closely with Greg Muller, a member of our governing body," said Bassano. "So today, after seven



From left, Harry Pappas, Tom Down and Jeff Katz congratulate residents and committee members of Union on the recent groundbreaking for sound barriers on Rt. 78.

years, we're finally going to see reality start to develop."

The \$13.7 million project, funded solely by the federal government, includes lengthening the existing deceleration lane at the exit of the Garden State Parkway in Union, reconstruction of roadside shoulders, signs and guardrail upgrades, and construction of sound barriers. The scheduled completion date is August 1985.

Some of the improvements that will also take place as a result of the transportation grant will be on the section of the highway through Springfield.

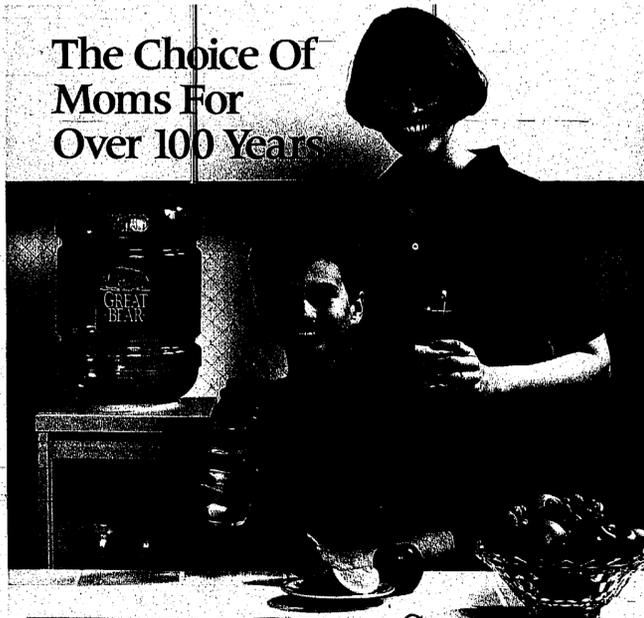
Assemblywoman Maureen Ogden, R-Union, said although the barriers are in progress she will

continue to work on installation along Route 78.

"I look forward to the day when the residents will enjoy the quiet that the residents of Springfield now enjoy," she added. Sound barriers are currently placed along Route 78 through Springfield, but stop at the Union border. Ogden noted that she will also continue working to have sound barriers placed along the highway in Millburn.

Officials cited the cooperation of state Department of Transportation Thomas Downs for getting the project started. Bassano said that Downs had promised that Union's noise barriers would be constructed if the Legislature approved funding for the Transportation Trust Fund.

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2 new pumpers needed

By Heather MacGregor
Managing Editor

A request for a capital improvement bond was made by members of the Fire Department to replace two fire pumpers that are no longer serviceable, according to Deputy Fire Chief Don Schwert, during a special committee meeting last week.

One of the replacement vehicles that Schwert and Fire Chief William Grae requested is a special hazards/rescue vehicle that is projected to cost \$155,000. It would be replacing a 1961 pumper that seats two people and is currently serving as an equipment hauler.

The purchase of the new rescue vehicle would eliminate the use of four fire vehicles that are being used to carry rescue equipment, Schwert said.

"This vehicle we requested will allow us to operate properly and efficiently," the fire officials said. The new vehicle would be equipped with supplies that the firefighters need, including lighting, a generator, first aid and rescue equipment, all on the one vehicle instead of scattered throughout four vehicles that are being used to carry rescue equipment, Schwert said.

The other outmoded pumper, built in 1959, will be superseded by a new pumper that will cost between \$265,000 and \$300,000.

"The 1959 model pumper presently in service no longer meets the needs of the Fire Department or the specifications of the National Fire Protection Association," Schwert said.

The new pumper, according to Grae, would meet NFPA standards. He said it is very important for the equipment to meet those standards because of the amount of money residents have to pay for fire insurance.

More firefighters needed
Paid firefighters are scheduled to work additional night hours as overtime salary rates because of the lack of response, according to Grae.

For a 60-day trial period the firefighters will be asked to respond to calls between the additional hours of 11 p.m. and 2 a.m., Grae said. This is already the day procedure, he said, but ideally more would be done.

The overtime pay, Grae said, will come out of the overtime budget. The current overtime rates for captains, first class firefighters and probation firefighters are, respectively, \$45-\$31, and \$20 an hour.

"I really don't expect it to be out of control," Grae said. "It must really be well during the day and I expect it to do just as well during night."

Grae also said that he anticipates the night response to be consistent, with between three and four firefighters reporting to the call.

Judge rules against Brearley petition

By Jeannette Hye
Staff Writer

A decision in response to the petition filed earlier this year by Kenneth Brearley's Committee of Concerned Parents was handed down by Administrative Law Judge Marnie Bar-Brown on Tuesday.

Bar-Brown's decision evoked anger from Kennilworth residents and brought praise from the Union County Regional Board of Education.

The ruling on the regional board's November decision to close David Brearley Regional High School has been sent to New Jersey's Education Commissioner Mary Lee Fitzgerald.

Fitzgerald has 45 days to accept, amend, or reject Bar-Brown's decision.

The most significant portion of the decision addresses the assertion by the Committee of Concerned Parents that the regional board acted inappropriately in its decision-making process. The judge recommended that the petition be dismissed.

"The judge's statement reads, 'I further conclude that the board's process was not done in an arbitrary, capricious, or unreasonable manner.'"

This statement by the judge drew anger from Paul Mascaro of the committee. "Bar-Brown has gone against everything the state of New Jersey claims to espouse regarding education."

Mascaro went on to comment, "The hour no evil, see no evil, speak no evil

method of mediating disputes is one that, unfortunately, seems to propagate itself."

While residents were angered, the board congratulated the judge for her recommendation. "The Board of Education has always believed that the decision it made last November was the correct one," a statement issued by the board said.

The statement said that the board would like to review the entire statement before making further comment.

Kennilworth's Mayor Joseph Rego expressed concern for the impact the decision would have on the borough's students.

"Students need us now more than

ever," Janet Glynn, president of the Committee of Concerned Parents, wrote in a statement issued to the press. "We must ensure that they receive the help they need and receive the education they deserve."

Rego said that he was very disappointed by the recommendation, but his biggest fear was that students would act irrationally when they heard the decision.

"I am appealing to the residents and school children to keep a cool head," Rego said. "We will pursue every legal avenue available to us."

Rego said that the decision has had an adverse effect on the borough. "You can hear a pin drop in this town," Janet Glynn, president of the Committee of Concerned Parents, wrote in a statement issued to the press. "We must ensure that they receive the help they need and receive the education they deserve."

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people in the news

Allen honored

Rose Allen, of Springfield, was congratulated at a recent ceremony for her 25 years of service in the Department of Social Services at Newark Beth Israel Medical Center by Lester Bornstein, West Orange, president of the medical center.

Scholarships presented

The American Legion Post 228 gave three scholarships to students matriculating at the college of their choice. They are Kelly Hydock, Karen Auer and Andrew Samo.

Randazza promoted

Diane Randazza was promoted to retail banking officer, branch manager of Crestmont Federal Savings' Mountaintide office at 865 Mountaintide Ave. In this capacity, Randazza will continue to oversee the operations of this office and work to enhance current customer relationships, as well as to build new ones. She has been with Crestmont for 13 years and most recently held the position of branch manager.

Thompson selected

Gordon Thompson of Mountaintide has been selected to serve this summer as a resource assistant volunteer through the Student Conservation Association and the U.S. Forest Service at the Rio Grande National Forest in Colorado.

Thompson is one of more than 1100 college students and other adults from the Student Conservation

From left, Lester Bornstein and Rose Allen during a ceremony held to honor Allen for 25 years of service in the department of social services at Newark Beth Israel Medical Center.

Lawn concert planned

The Union County Office of Cultural and Heritage Affairs, Division of Parks and Recreation invites area residents to bring a lunch, lawn chairs and blankets and celebrate summer with "Summer Sights and Sounds," a series of free lunchtime concerts on Thursdays during August. The performances will take place on the lawn of Union County Park adjacent to St. John's Parsonage, 633 Pearl St., Elizabethtown, from noon to 2 p.m.

"Taking advantage of the diversity of Union County, the series will spotlight the talents of local artists who will present a variety of unique and culturally diverse musical programs," said Linda Lee Kelly, chairman of the Union County Board of Chosen Freeholders and liaison to the Cultural and Heritage Programs Advisory Board.

"The performances include jazz, rhythm and blues, ragtime, show tunes, poetry, musical improvisation and more," she noted, "and there will also be displays of visual artworks created by Union County artists at each concert."

"Summer Sights & Sounds" presents "McKenzie," Aug. 5. Based in

Elizabethtown, "McKenzie" stars Tommie and Brantley McKenzie, a dynamic musical ensemble whose repertoire ranges from soulful jazz to contemporary electric blues, rhythm and blues, reggae, rock 'n' roll and much, much more.

The smooth latin jazz sounds of "Terra Brasil" will be spotlighted Aug. 12. This group's music encompasses the exotically rich rhythms and sounds of its members' various cultural backgrounds which include Brazil and the Caribbean.

Aug. 19 presents "More Contrasts," a unique program of poetry, jazz and musical improvisation. The program highlights the talents of poet Charlie Mosier and his musical ensemble alternating sets with Wayne Smith of Westfield, jazz pianist, and Howl Gordon, vocalist.

Aug. 26 showcases "Ragtime to Broadway" with the wonderful baritone voice of Ed Pierson from Elizabethtown. The concert will feature songs and music from greats like Scott Joplin, Duke Ellington, George Gershwin, Richard Rodgers and Jerome Kern.

"The appointment to this important committee provides me with one more opportunity to fight against raising taxes and for spending cuts as the only responsible way to bring the nation's outrageous budget deficit under control," he said.

Franks on tax board

U.S. Rep. Bob Franks, District 7, is one of only 10 freshmen members of the House of Representatives to be named to the Conference Committee that will determine the fate of President Clinton's record tax increase proposal.

Franks was appointed to the committee last week by House Speaker Thomas Foley. The Conference Committee for the Omnibus Budget Reconciliation Act of 1993 will be responsible for resolving differences between the House and Senate.

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Commissioner review

(Continued from Page 1)

town," Rego said. "The whole town is in a somber mood."

Rego said that he is waiting for the Rego Bill, which creates a system for de-regulation, to be signed by Governor Florio. "Once the bill is signed, we will be going through with the de-regionalization and hope to come by Kenilworth High School," Rego said.

Rego estimated that it would take at least a year to separate from the regional district.

In addition to finding that the board acted appropriately, Bar-Brown outlined her opinions on several other points of the original petition.

The judge concluded that the regional board had not taken only 28

days to make the decision to close the school, but found that the board had begun to look at the option of closing the school in 1993.

The judge also dismissed the committee's accusation that the board acted without sufficient information. "The board had accumulated and reviewed enough data to determine projected enrollments, the condition and future needs of the facilities, and curriculum," Bar-Brown wrote.

After Fitzgerald reviews the recommendation, the decision will be sent to the state Board of Education.

Students prepare for future

TechPrep is the wave of the future, and Union County College is on top of a national innovation that promises to channel high school students to the curricula necessary to prepare them for post-secondary training leading to specialized 21st century careers.

As a result of its high-profile effort, the college, which has a leadership role of a consortium throughout Union County, hopes to see the results of its efforts come to fruition during the 1993-94 academic year when students actually will reap the benefits of a well-planned program. Not only will students obtain a guaranteed admission to participating post-secondary institutions upon high school graduation, but in some cases, they may receive advanced placement standing in their chosen program of study.

Members of the consortium are the College; Lincoln Technical Institute; Union Elizabeth General Medical Center School of Nursing; Muhlenberg Regional Medical Center School of Nursing; Plainfield; Union County Vocational Technical Schools; Scotch Plains, and the Elizabeth, Linden, Plainfield, Westfield, Union, Rahway, New Providence, and Roselle public school districts. Each has at least one representative serving on a steering committee, which regularly meets to set policy.

Among its participants from UCC are Dr. Marlon Bonaparte, Elizabeth Campus provost, who was elected president, and Ivan Rubin, who has been named as TechPrep coordinator.

Today, the Union County TechPrep consortium offers several articulation agreements in five disciplines, paving the way for smooth transfer from high school to post-secondary institutions in the following subject areas: mechanical engineering technology, professional nursing, office systems technology, computer science/data processing, and automotive technology.

Next year, business management, accounting/data processing, marketing, and electronic chemical technology will be added to the areas for articulation.

To outline the origin of TechPrep, Dr. Ernest Cronan, the college's vice president for academic

affairs, referred to the National Educational Act, commonly known as the Perkins Act, which set aside a fund dedicated to financing technical preparation nationwide. Dotted out on a competitive basis, the money was channeled to UCC through the state Department of Education.

"It originated because there was a belief nationwide that a large number of high school students were not prepared to go anywhere... it was to serve as an option to meet projected workforce needs based on an anticipated shortage of skilled workers by the year 2000," said Cronan. "TechPrep integrates technical with academic skills."

"He said that through TechPrep, high school students would be less likely to take courses to simply mark time, studying areas that offer no training in a targeted future direction. Now, they would select a potential career area for exploration, taking appropriate courses on the high school level so that upon graduation, the way would be paved for a smooth transition into a related post-secondary program.

And for those who may not consider college as a possible route, they now have alternatives, said Cronan. "Students will take a more substantive high school curriculum, with a career goal and planning," he added. "They'll be preparing for a career."

Included in TechPrep programs will be some type of cooperative education, combining hands-on technical skills of the selected career area, as applied to an actual workforce situation, with the structure of an in-class review of the experience. Students learn interpersonal communication, plus a knowledge of the work world, its ethics, and how to function in an organization. Counselors and instructors collaborate to ensure that students meet certain pre-determined objectives.

Cronan emphasized that although it will not be possible to truly assess TechPrep's effectiveness until after the current high school participants have completed post-secondary training and actually are out in the workforce for a time, he already is impressed by the "persuasiveness of support and participation from throughout the county."

"Gornstein is working with physicist Professor Calvin Stubbs on a project titled "Variational Method in Quantum Mechanics."

Gornstein said, "According to quantum mechanics, all elements in nature emit light at characteristic frequencies. Furthermore, when these substances are placed in a magnetic field, the frequency of the emitted light is shifted. By knowing the amount of shift, one can indirectly determine the strength of the magnetic field. We are using the variational method to calculate the energy shift of hydrogen when placed in a magnetic field. These results will be useful in

student update

Domroe graduates

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Forker recognized

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Four hundred young people received this year's awards. They all received a Certificate of Achievement and 15 received a special recognition medal.

Dayton honors

Jonathan Dayton Regional High School has released its list for honor roll for the fourth marking period.

Dean's list named

The following area resident was named to the dean's list at Northeastern University for spring quarter of 1993.

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Play interprets history

The Imagine Nation Tour is the creation of David Lightfoot, in which he has adapted folklore for grades K-6. In the production, Lightfoot acts many roles including a rabbit, a tadpole and Paul Bunyan.

The production invites the audience to journey throughout the nation's rich cultural heritage and to explore the fantastic tales told here by immigrants and people from native cultures that make up the rich tapestry that is the American Children will participate in the play.

They will experience logging with Paul Bunyan; battling the trick of Old Nick, as told in the African-American tradition; and helping heroes from the native Hopi tribe. This collection of well-known and little-known tales will help children take pride in this nation and its traditions.

According to the Union County Board of Chosen Freeholders, The Imagine Nation Tour production will take place at Trailside Nature & Science Center on Wednesday, July 28 at 1:30 p.m. There will be an admission charge of \$3 per person. No advance ticket sales. For more information about upcoming matinee programs or other summer programs, call (908) 789-3670. No children under 4 years old will be admitted.

Volunteers needed for fair

The Board of Chosen Freeholders has announced that Trailside Nature & Science Center in Mountaintide is looking for people to do colonial craft and work skill demonstrations at its 11th annual Harvest Festival.

This celebration of Early American life is scheduled for Sunday, Sept. 26 from 1 to 5 p.m. Demonstrators are being sought who do Colonial or Native American crafts such as wood-working, leather craft, flint knapping, beadwork, pottery, etc. There is no charge for participation and demonstrators may sell their crafts.

For information call Rosemary Knapp, Harvest Fair coordinator, at Trailside at (908) 789-3670.

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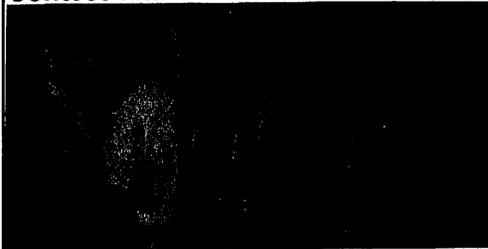
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Contest finalist



From left are team members Kevin Brennan of West Orange, Mat Amtrano of Kenilworth, Don Travisano of Elizabeth, Mike Cianci of Mountainside, and Arsal Ahmad of West Orange, with the plaque presented to Seton Hall Preparatory High School from Suburban Cablevision for being a finalist in TV's 'Challenge' quiz series.

Fuel audit lends savings

An audit of Union County government's fuel and electric bills reveals a savings of \$134,280 in the first three months after completion of an energy savings program, over \$10,000 or 9 percent more than anticipated. "This new program will save \$500,000 annually and has been accomplished without cost to the taxpayer," said Union County Manager Ann Baran. The energy savings program, completed by Honeywell Inc. in October, 1992, was accomplished under a state law that allows counties to enter into multi-year renovation contracts only if the savings realized are enough to finance the projects. Honeywell's Comprehensive Government Services program, which met state requirements, guaranteed the savings. According to terms of the contract, if savings are insufficient in any one year of the contract, Honeywell is obligated to pay the difference.

Pepper questions restrictive education bill

Susan Pepper, candidate for the Assembly in the 22nd Legislative District, expressed serious concern over the votes cast by Representatives Augustine and Bagger in support of bill A-1220 that severely inhibits boards of education from subcontracting services. "This bill poses serious obstacles to those school boards merely considering privatization. Boards would be prohibited from subcontracting services during the terms of an existing contract. More importantly, the bill mandates that before subcontracting, a board must negotiate with a union about the impact of the decision. A union could potentially veto a privatization plan by refusing to agree with the school board over the impact. "Many board of education members testified before the Assembly Education Committee in May about how subcontracting saved their districts millions of dollars. The N.J. State Department of Education and the New Jersey School Boards Association opposed the bill. The Westfield Leader and other newspapers throughout the state strongly editorialized against A-1220. "Pepper continued, "There are significant problems with A-1220. In times of limited resources, the option to subcontract non-educational services, such as food service, transportation or custodial services, is a valuable service that results in substantial sav-

Highest donor



John Popadak, of Mountainside, was presented a plaque recognizing him as the highest active apheresis donor at the North Jersey Blood Center. The innovative procedure provides 8-10 times more platelets than a donation of whole blood. Popadak has donated 74 times.

ROUTE 22 - "A WORLD OF VALUE" Right In Your Own Backyard

Dance school continues excellence

Vitality, spirit and renewed dedication to quality and service is the theme to be followed at the new Kathleen Louise School of Dance, located in Springfield's Echo Plaza. Exciting things are happening around the new ownership of Union County resident Julie Godrowicz, whose plan is to build on the "excellence" dance education that has become synonymous with the name Kathy Renza, who established the school in 1972. Through a collaborative effort, the two teachers will improve each student's versatility by combining their experience, choreographic style and artistic viewpoints. They are also expanding the fall 1993-94 curriculum. In addition to the dance forms of ballet, pointe, tap and jazz, they now offer classes in acrobatics, modern, creative dance, musical comedy and adult exercise and dance class. Above and beyond the core curriculum, auditions will be held yearly for new competition groups. But that is not all — master classes, workshops and syllabus will be offered as well. Godrowicz is a graduate of Montclair State College, holding a bachelor of fine arts degree in dance. Her college dance education emphasized the physical movement of dance and

Jasco Tile Co. offers savings and selection

"Do it yourself and save" is the theory behind the success of Jasco Tile Co., a family-owned business run by Sam Kreinberg and his two sons, Mitchell and Larry. The business, located at 2345 Route 22 in Union, was founded in 1949 as a small business based on the assumption that the public would respond to good, friendly, expert service, large selection and great prices. The owners say the business has grown considerably since it began. Jasco Tile is a retail seller of floor and wall covering offering customers expert advice and installation. "For almost 45 years, we have offered the public the largest selection of vinyl and ceramic floor and wall tile in the area along with expert information and courteous, knowledgeable service," Sam Kreinberg said. Jasco Tile is in the middle of a sizeable summer sale. The business is open until 9 p.m. six days a week and Sunday from 10 a.m. to 4 p.m. "We offer customers expert do-it-yourself tile installation advice as well as leasing customers ceramic tile cutting tools free of charge," he said. "We sell all in-stock items by the piece, not carton, and we accept returns of all first quality stocked items by the piece for a full refund."

Pepper questions restrictive education bill

"As president of the Westfield Board of Education, I know from local experience how the option to consider subcontracting can help control costs for support services. The availability of this alternative allowed the Westfield Board to work with its employees. We have grown to four districts and cost effective services to the district. This translated into more dollars for education and lower tax increases. "In Bergen County, the Ridgewood Board of Education has reported savings of \$1.6 million for 1992-93 through the subcontracting of custodial and maintenance services. Piscataway, Highland Park and Bridgewater-Raritan school districts have had similar experiences. This alternative for saving money should be available for taxpayers throughout the state. "Pepper concluded, "I continue to be disappointed in the votes of our representatives when they put their allegiance to special interest groups above the needs and desires of their constituents. I have made a pledge not to accept financial contributions from any organized political action committee or special interest group. I believe that campaign finance reform is a critical issue in this campaign and I look forward to presenting my ideas on this matter in the near future. For now, however, I sincerely hope that Mr. DiFranco and the other members of the Senate make a better decision on this topic. Learn about mental illness. Mental illness is not one's fault, least of all those afflicted with it. It is a serious medical illness that affects one in four families — afflicting 35 million Americans from all walks of life. Recognizing the warning signs and seeking treatment are the first steps to reducing fears, stress and confusion among family members affected by a loved one's mental illness — and to healing. For an information brochure, contact the National Mental Health Fund, P.O. Box 17700, Washington, D.C. 20041.

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ROUTE 22 - "A WORLD OF VALUE" Right In Your Own Backyard

Pearle Vision cares for eyes

Darlene Gibson has been in the field of optics for more than 15 years. She has a bachelor of science degree in nursing and a degree in ophthalmic dispensing. She has had varied experience in the private and retail sectors. She became part of the Pearle team in 1989 as a part-time worker and quickly succeeded in becoming a retail manager and then a general manager in 1992 in Springfield. Gibson's credo is to provide quality eye wear at affordable prices with the kind of service usually associated with a private optical.

Nostalgia Oak offers tops in furniture

Nostalgia Oak Warehouse, 2410 Route East in Union, boasts more quality solid oak furniture than anywhere at lower prices. Operated by Leo Deutsch, Dorothy Deutsch, Ron Smith and Scott Ratner, Nostalgia Oak sells oak furniture for every room in your home. The store has more than 100 dining sets, 60 chairs, 50 roll top and flat top desks for home or office, including computer furniture, 15 bedroom sets, 60 entertainment centers, occasional tables, sofas and sleepers and accessories. The Deutsches opened the first location 10 years ago. By treating people with respect, they will be the product of a business that offers one of the best furniture values on the entire East Coast. Nostalgia Oak began as a small booth on the Route 18 Market, where the owners sold accessories and a little bit of oak furniture. "We have always operated a low overhead facility and have passed those savings on by providing value, quality furniture at low prices. We have grown to four stores," they said. Begun in 1983, Nostalgia Oak "expects to continue to offer value, because that increases buying power."

MAACO wants to repaint cars

"More than 4,000 vehicles have been painted at the MAACO Auto Painting and Bodyworks center at 1035 Hudson St. in Union and they would like to paint yours," said franchise owners Bruce Ferrentino and William McDonough. The owners said there are many reasons for people to have their autos repainted — the original finish has lost its shine, families with multiple cars are trying to keep them longer, the family transportation came out on the short end of a collision, or good exterior appearance will bring a higher trade-in price. Equipment has improved over the past few years, Ferrentino said. "Our professional technicians use state-of-the-art equipment and paints to produce quality work at a price the public can afford. We're prepared to handle any type of painting or repair job, from minor retouching to major collision work," he said. The successful MAACO system includes free consultations with potential customers regarding the types of services that best meet their needs, and a reliable, no obligation estimate free of charge. Residents are invited to visit and look over the MAACO facility and have Mike the manager or Bruce provide them with a free consumer retail service guide. The MAACO concept began in Wilmington, Del. in 1972 and grew rapidly to almost 300 units, \$270 million in 1991. The national chain has painted more than 7 million cars.

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county news

Senior trips planned

Several special trips are being planned for county seniors by Dr. Richard Stone, gerontologist and trip coordinator for the Senior Citizens Council of Union County.

Brochure is available

The Union County Board of Chosen Freeholders has announced that the fall program brochure highlighting upcoming activities for people with disabilities is now available.

Meteors come in view

This year's annual Perseid meteor shower has the chance to be the meteor 'storm' of the century. Due to the very close Earth encounter last fall with the shower's parent comet...

'Views' targets the arts

'Vintage Views,' Union County's cable television program for seniors, will explore during August how the creative arts can enrich the lives of senior citizens.

Repe crisis training set

The Union County Rape Crisis Center will hold its annual fall training Sept. 28, according to Freeholder Chairman Linda-Lee Kelly.

Audit reveals savings

An audit of Union County government's fuel and electric bills reveals a savings of \$154,230 in the first three months after completion of an energy savings program...

Video available for area youth

August is 'KidPrint Month' at all N.J. Blockbuster Video stores. For the fourth consecutive year, Blockbuster Video is sponsoring this national community service program...

worship calendar

ALLIANCE

THE ORCHARD PARK CHURCH 1264 Victor Ave., Union, 687-0264. Pastor: Rev. Mark Cantelmo...

CHURCH OF CHRIST

CHURCH OF CHRIST, 2833 Vandalia Road, Vanalton, Millburn Mall Suite 6, Mont Sunday 10:00 am...

CONGREGATIONAL

FIRST CONGREGATIONAL CHURCH 1240 Clinton Ave., Irvington, 378-8933 Sunday, 9:00 AM Choir, 10:00 AM...

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ST. LUKE'S EPISCOPAL CHURCH East Fourth Avenue and Walnut Street, Roselle, 245-0113...

JEWISH ORTHODOX

CONGREGATION ISRAEL 130 Mountain Avenue, Springfield, 672-6662. Daily services, 6:30, 7:15 PM...

LUTHERAN

CALVARY LUTHERAN CHURCH (ELCA) 1422 Maple Avenue, Hillsdale, 201-931-9111...

ASSEMBLIES OF GOD

CALVARY ASSEMBLY OF GOD 933 W. Clinton St., Union, 964-1133. Pastor: Rev. Joe E. Wood...

CHURCH OF CHRIST

CHURCH OF CHRIST, 2833 Vandalia Road, Vanalton, Millburn Mall Suite 6, Mont Sunday 10:00 am...

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LUTHERAN

CALVARY LUTHERAN CHURCH (ELCA) 1422 Maple Avenue, Hillsdale, 201-931-9111...

Civic Calendar

The Civic Calendar is prepared by the Springfield Leader and Mountaineer Echo. To avoid conflicts in scheduling local events, please post dates, times and places as early as possible...

religion

Bible School slated The Rev. Jay Law, director of Mountaineer Chapel's Daily Verses Bible School, has announced that the start of the program will be held Monday through Friday, Aug. 2 to 6...

Video available for area youth

August is 'KidPrint Month' at all N.J. Blockbuster Video stores. For the fourth consecutive year, Blockbuster Video is sponsoring this national community service program...

Annual Night Out plans set

On Tuesday, Aug. 3, neighborhoods throughout Springfield are being invited to join forces with thousands of community members for the 10th Annual National Night Out...

Mademoiselle Westfield... YOU WON'T BELIEVE THESE PRICES!!! PAANTS & SKIRTS \$36-\$150 NOW \$15-\$89... DRESSES \$100-\$520 NOW \$39-\$199

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Nursery School set

Enrollment is now open for September for Grace Lutheran Nursery School, 2222 Vauxhall Road, Union, as it begins its fourth year of service to the community...

Summer movies set

'Summer Fun at the Movies' is being featured by the Springfield Film Fest in Temple Beth-El, 60 Temple Drive, Springfield. The programs are open to the public but reservations must be made...

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Bring Family and Friends to Friendly's in Mountaineer... Thank You For Your Continued Patronage Magic Fountain... Carvel in Springfield

Mountainside swimmers excel in defeat

Although the Mountainside swim team lost two meets (July 14 and 21) in Division 4 action of the North Jersey Summer Swim League, many of the squad's swimmers did an excellent job of posting personal-best times in nearly every event. Coach Stephen Fowler was impressed and very pleased with his team's performance in Saturday's Westfield and Springfield.

Mountainside had a better go of it last Thursday as it rebounded for a win at New Providence. The victory evened its record at 3-3. Mountainside took 3-3 mark into yesterday's home meet against Berkeley Heights. Mountainside concludes its season today with a home meet against Westfield. The squad will be competing in the Division 4 championships on Tuesday at New Providence and the league championships will take place Thursday, Aug. 5 at Springfield.

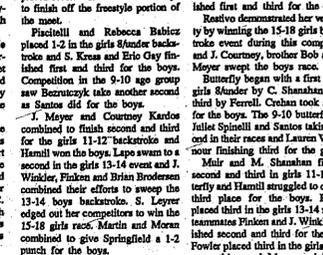
Westfield 239, Mountainside 170: Mountainside began strong in this meet, which took place in Westfield. Ashley Ferrell and Sasha Orenzak, Lape and Jonathan Winkler each captured a second-place finish in the 13-14 age group and teammate Doug Frazier went on to place third. Restivo and Leyer each finished 1-2 in the girls 15-18 competition, but this time Restivo came out on top. Sean Martin and Joey Moran finished second and

Youth Swimming

third for the boys 15-18 race. Breaststrokers saw many close finishes, but there was no question as Colleen Shanahan blazed her way to a decisive win for the girls 8/under breaststroke. J. Kurz immediately matched Shanahan's performance for the boys.

Alicia Gumbler finished second for the girls 9-10 swimmers and M. Shanahan and Nicole Kress finished second and third for the girls 11-12. Jodi Mastelloro came in second for the girls 13-14 and Tamer finished third for the boys. Laura Hollister and Heidi Pascaletti finished 1-2 for the girls 15-18 and John Conway won the boys race.

Crossword Puzzle



CLUES ACROSS
1. The great to cause sudden fright
4. Mch rode off causing sodium
8. Unit of currency
9. Fundamental root
10. Discreetly cautious
12. Something of value
13. Palindromic runner
14. Comb the hair
15. An unpleasant shock for a vessel
16. A suitable place for one in life
18. Priority
20. Rowing club named after a hero's boy friend
22. What a cruel sort of zone
23. Regarded with pleasure
24. Maybe a sweet bit of saw

CLUES DOWN
1. Personal belongings
2. Ses-Gods remote planet
3. Is this fabric made of rubber do we hear?
4. Container not confined to the legal profession
5. A revised copy or new bill
6. Drunk
7. Music to help soldiers on the move
11. Clothing made of this fabric
14. Variety of cheese
15. Someone remote to which one is humorously conigned
17. A spell of attraction
19. A trace in your source
21. Stuff for fishing?

ANSWER TO PREVIOUS PUZZLE

ACROSS
1. Fear 3. Gap 5. Sulf 7. Perimeter 9. Lull 10. Peal 11. Ponds
14. Royal 15. Cargn 17. Alive 18. Elber 19. Nomad 20. Eagle
23. Clong 25. Knot 27. Glottified 28. Pure 29. Dry 30. Lean

DOWN
1. Fall 2. Reel 3. Grime 4. Plead 5. Seep 6. Kill 7. Plaything
8. Reprimand 11. Flare 12. Using 13. Scent 14. Rye 16. Old
21. Aired 22. Lofly 23. Orlp 24. Gine 25. Keel 26. Tum

Mastapeter remains unbeaten in Kenilworth league

Mastapeter Funeral Home, despite an effort by Lefy's Hardwax, remained unbeaten in Kenilworth Women's Softball League play. Mastapeter needed eight innings to overcome Lefy's 18-14 during last season's action at Black Brook Park. In another game Sunday, Pete's Trucking topped Atlantic Fuel 8-4. Cutting Crew won by forfeit, Atlantic Fuel 4:1 in a game played at Brearley Regional High School and Atlantic Fuel will face Madcaps Entertainment at Harding School.

Women's Softball

Holley Lampe. Pete's (5-6) took the lead in the bottom of the first as Diana Linnas singled, advanced on a double by Donna Benko and both crossed the plate on a three-run homer by Colleen Grobowicz, giving Pete's a 3-1 lead after one.

Men's Softball

Lefy's (3-7) answered with four runs in the bottom of the first as Anzo Dale singled and scored on a double by Helen Paster, Singles by Karen Hoffman and Donna Lomonica followed and a three-run homer by Karen DiMaio gave Lefy's a 4-2 lead.

Union 10-and-under team wins first

Union's 10-and-under Girls Softball Club, sponsored by the Union Range, won their first game of the season last week when they defeated Bound Brook 15-10. Jayne Gray pitched well to earn the win and Melissa Burke struck four hits. A double play was turned in by Sabrina Palumbo and Heather Melch. Jennifer Chapla also played well for Union, which improved to 1-0 in its first year of competition.

Girls Softball

Union 17, North Plainfield 16: Plainfield jumped out to a 1-0 lead by the second inning before Union staged an impressive comeback. Laura Labonia, who also pitched well, Roseanne Chamberlain, Andrea David and Lauren Sakala each swung the bat well for Union. Olivia Zenda hit a solid triple to win the game for Union, driving in the winning runs needed.

Men's Softball

Union 23, Rahway 5: Winning pitcher Krista Hoop started for Union and struck out eight and walked one in three innings. Nicole Pascaletti came in to relieve her and finished the game. Hitting for Union were Lisa Loria, Lauren Sakala, Brooke Roman and Fran Pellerito. Laura Labonia and Andrea David each had run-scoring doubles for an explosive nine-run first inning. Lauren Shipley pitched for Rahway and teammate Nicole Rue and Lisa McCormack hit safely.

Happy Birthday

If you would like everyone to join in the celebration at your child's birthday, just clip out the coupon below and send us your child's photo along with the information requested and we will print it as near the big day as possible. Photos must be received two weeks prior to publication. Only children 12 and under are eligible.

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Are You Having An Event? And Would Like To Let Every One Know?

Place Your Notice In What's Going On
What's Going On is a paid directory of events for non-profit organizations. It is PRE-PAID and costs just \$20.00 (for 2 weeks) in Essex County or Union County and just \$30.00 for both counties. Your notice must be in one of our Offices by 4:30 P.M. on Monday for publication the following Thursday. Offices are located at 460 Valley St., Maplewood, 425 Main St., Orange, 268 Liberty St., Bloomfield or 1291 Egganway Ave., Union.

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ARTS & ENTERTAINMENT

String Band slated

The Union County Board of Chosen Freeholders has announced that the Ocean County String Band will appear at Echo Lake Park, Mountainside/Westfield, Wednesday beginning at 7:30 p.m. Admission is free of charge. The concert will be presented by the Division of Parks and Recreation as part of its Summer Arts Festival Concert series.

N. J. Ballet to perform

The New Jersey Ballet will perform tonight at 8 at the Paper Mill Playhouse, Millburn. It was announced that the company has chosen three different works to showcase a variety of classical and contemporary dance styles. The program will open with the Balanchine/Derkwain collaboration, "Who Cares? Next, in a change of pace, the dancers will perform "Between the Lines," a contemporary abstract piece that takes "ballistic techniques to its outer limits." Finally, the graceful "Gold and Silver Waltzes," created by

Hypnotist will perform

Gary Conrad, who was born and raised in Linden, will perform his "Journey Into the Imagination Through Hypnotism," Wednesday at the Raritan Comedy Club, 425 Pleasant Valley Way, West Orange. The master hypnotist also will appear at the East Side Comedy Club, Tumbagoale, N.Y., today, Monday, Tuesday and Aug. 9; Casual Times, 1085 Central Ave., Clark, tomorrow and Saturday; G.G.'s, 1555 Greenwood Lake Turnpike, Howell, Sunday; the Quarry Restaurant, Route 517, Hamburg, Aug. 5, 6 and 7, and

Paley concert scheduled Sunday

The House Concert series will present Tom Paley in a concert Sunday at 7 p.m. in the family room at Ellen Freeman's home, 226 Robin Hood Road, Mountainside. The European born-Paley, a founder-member of the New Lost

Bea Smith, Editor

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Organizations submitting releases to the entertainment section can mail copy to 1291 Stuyvesant Ave., P.O. Box 3109, Union, New Jersey, 07083.

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Many plants need the advantages of shade rather than sun

July is a good month to think about shade gathering. Those of us who lamented the lack of full sun when it was time for planting tomatoes can now appreciate the advantages of a shady site, not least of which is a cool spot for planting one's self in a lawn chair on summer's sultriest days.

In the Garden

By Barbara Palmer Stern

horoscope

For week of Aug. 1-Aug. 7

ARIES (March 21 to April 20) You will have an exciting week. However, you tend to believe that other people are as interested in your life as you are. You may try to talk people's ears off or make you an unwelcome guest. Try to keep some of the details about your personal life private.

TAURUS (April 21 to May 21) You are an agent of inspiration to someone who doubts his or her abilities. You will be even more charming this weekend than you usually are. Someone you have had your eye on for some time now seems to be interested in someone else. This is only temporary; you are still in the running.

GEMINI (May 22 to June 21) Friends and family members want to spend more time with you than you want to spend with them. Try to work out a compromise so no one's feelings get hurt. Make sure you spend some quality time with yourself, too. You may end up resentful. A friendship is blossoming into something more.

CANCER (June 22 to July 22) You recently finished an important project at work and you are justifiably proud. However, this is no time to rest back and wait for the praise to pour in. Some disgruntled co-workers are waiting for you to fail. Do not give them that satisfaction. Question everything you hear.

LEO (July 23 to Aug. 23) You will have a rather uneventful week, but you will be warmly welcomed all of the peace and quiet. This is a good time to start planning for some important event in your immediate future. You may have to work two jobs to make this dream a reality, but the end result will be worth it.

VIRGO (Aug. 24 to Sept. 23) You are not one to mind words and this quality may cause some people to talk out at you this week. Do not fight fire with fire because your relationship with some people could go down in flames. An aide of the opposite sex is trying to get your attention. Let the person know exactly how you feel.

LIBRA (Sept. 24 to Oct. 23) You have some high expectations for the weekend but do not let us disappoint if they do not turn out like you wanted. A friend of the opposite sex wants to get to know you better but you have not been getting the hint. Be careful how you handle this situation or you might lose someone who could become a very important part of your life.

SCORPIO (Oct. 24 to Nov. 23) Love is in the air and you have been pleased by Cupid's arrow. You might have met the person you will spend the rest of your life with. But even if this relationship does not last forever, it will be one that you will always remember. Congratulations is in order.

SAGITTARIUS (Nov. 24 to Dec. 21) You have been working hard all year and now it is time for you to take a much needed vacation. This will give you a time to relax and also to work out a problem that has been bothering you for quite some time now. Take advantage of your free time and start a much needed exercise program.

CAPRICORN (Dec. 22 to Jan. 20) You are having a tough time seeing you to eye with a friend. Keep in mind that you do not always have to agree completely with someone you care for. Many problems are hanging over your head; you want very over budget when purchasing something you always wanted but do not really need.

AQUARIUS (Jan. 21 to Feb. 18) You want to make a dramatic career change but you are uncertain whether this is a wise move or not. Keep in mind that life is like a game of dice and you only come out ahead when you take a chance. Even if you fail, it will not be the end of the world. You can always start over.

PISCES (Feb. 19 to March 21) You have been deceived by someone you love and the pain is overwhelming. However, this person is suffering, too, and is trying to make amends with you. It is up to you to decide if you want him or her back. If you do, tell the person exactly how you feel.

Your birthday this week: This upcoming year will be filled with many surprises. It will seem as though every time you turn around you will be in for something new. Your boss has been eyeing you for a long time and he or she will be getting the news on your very soon. A long-term love affair recently played out but someone just as special is waiting in the wings. Do not leave him or her standing in the shadows of love. A good friend will be going through some hard times and will turn to you for advice and support. Make sure you are there when needed.

Flowering plants need sun — generally defined as six hours or more a day — this still leaves the other 40 percent, or literally thousands of plants, that will do just fine with less.

In addition to the ubiquitous impatiens and begonias, these include some of our most exquisite wildflowers, as well as many other trees, shrubs, perennials, annuals and ground cover whose form, foliage or flowers place them among the microclimates of the flower world.

One important point to keep in mind when designing a shade garden is that there are different degrees of

shade. Partial shade, or half-shade, is generally defined as three to four hours of full sun a day, while dense shade often means no direct sunlight. Filtered or dappled shade means that the canopies of overhanging trees block some, but not all, of the sun's direct rays for part of each day.

One of the prettiest spring gardeners I ever saw was a partially-shaded courtyard with a simple planting of columbines and wild phlox (Phlox divaricata) growing up through a bed of the groundcover, Vinca minor. In the background were Japanese hollies, white and pale-pink flowering azaleas and a redbud tree, whose deep pink flowers had recently given way to large heart-shaped leaves.

Another outstanding combination for deep shade included generous drifts of bergenia, European ginger and over-blooming bleeding heart, intersplashed with several varieties of

hosta, including the large, blue-leaved variety, H. strobilata "Elegans," and H. "Frances Williams," whose dark-green leaf has characteristic band around the rim.

When choosing plants for a particular shady site, it is also good to know whether the soil is wet or dry most of the time and whether there is competition for moisture and nutrients from the shallow root systems of nearby trees. Beeches and maples are notorious for being inoperative to neighboring plants, though tough groundcovers, such as ajuga or bagwood, often move right in.

Another thing to keep in mind is that most shade-loving plants are indigenous to the woodlands, where the soil contains a high proportion of organic matter. At planting time, it's a good idea to work into the soil generous amounts of leaf compost or peat moss. Since many shade plants have shallow root systems as a result of having to compete with tall trees in their native environment, a thick

mulch of wood chips or leaf compost is also helpful for conserving moisture near their roots.

Among the early spring wildflowers for partial shade are primrose, violets or pansies, and Virginia bluebells (Mertensia virginica). Many spring-flowering bulbs, such as snowdrops, crocus and daffodils, can be used in areas where summer shade is provided by deciduous trees, because they finish blooming before the trees leaf out. The Spanish bluebell (Hyacinthoides hispanica), which blooms later in spring, also does well in partial shade.

Many perennials flower well in partial shade. Among my favorites are astilbe, bleeding heart, coral bells, forget-me-not, foxglove, Japanese anemone, lady's mantle, pulmonaria (lungwort) and Solomon's seal. Others, such as ligularia and Rodgersia,

have outstanding foliage form and texture, which provide many opportunities for striking combinations. One reason that ferns and hostas make such ideal companions is that the spiky, yet delicately-toothed fronds of fern contrast so distinctly with the smooth, rounded leaves of the hosta.

Readers who have questions about gardening or lawn care or who have information about related events should write to Barbara Palmer Stern, Worrall Community Newspapers, P.O. Box 849, 170 Scotland Road, Orange 07051.

Barbara Palmer Stern is a newspaper and magazine journalist who has professional training in commercial horticulture and landscape design. She is a member of the Haplwood Garden Club and the Garden Club of the Oranges.

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Senior Lifestyles

Aerobic exerciser helps people enjoy their mature years

More Americans today than at any other time in history have the opportunity to enjoy their mature years. According to author and social gerontologist Ken Dychtwald, Ph.D., the number of people over the age of 65 has increased from 12.3 million, or 5.1 percent of the population in 1950, to 30 million, or 12 percent of the population today.

But savvy mature Americans know that it takes more than time, money and experience to get the most out of life—it also takes health, strength, stamina and energy, says Diane DeMarco, executive director of The National Exercise For Life Institute.

Exercise is vital to maintaining health and actually reverse time, said author and New York Times columnist Jane Brody in an article entitled "Exercise is the Fountain of Youth."

Heart disease is a major concern. Though many factors can be implicated in the coronary heart disease process, recent literature indicates that a simple exercise and diet prescription can have a profound impact on many of these factors," wrote Kenneth W. Cooper, M.D., in the inaugural issue of Active Americans, which is published by The National Exercise For Life Institute.

Exercise has other important benefits for mature people: It raises HDL cholesterol (the good cholesterol), helps you get a better night's sleep, lowers the risk of adult onset diabetes, gives you more energy and helps you lose weight and keep it off. Aerobic exercise can also increase mental capacity and decrease depression.

Exercise is also a key factor in preventing and even reversing the bone loss of osteoporosis, a common problem among mature women: Half of all American women over 45, and 90 percent of women over 75, have some degree of osteoporosis.

Fortunately, fitness science has been maturing along with the population, and people understand the need for a balanced fitness program that includes a total body aerobic workout, and strength training exercises.

We get a biological free ride up to the age of 30, give or take a few years, as far as muscle strength and aerobic endurance, according to a recent article by John Poppy in Esquire magazine.

After that, numerous studies show aerobic endurance declines by one percent a year, and muscle mass shrinks about half as fast—three to six percent a

decade—said Poppy. The good news, however, is that staying active can offset declines in endurance and strength by 30 years.

A fit 60-year-old has the oxygen-transport capacity, muscles, heart-stroke volume, bone density and other attributes of a sedentary 30-year-old, wrote Poppy. Even after 65, however, adults can build strength.

Clinical experience suggests that adults in their 70s, 80s and 90s can gain strength with resistance exercise. It is not uncommon to find, however, that strength increases come more slowly, particularly for those in the ninth and tenth decades," wrote Marybeth Brown, Ph.D., P.T., and Steven L. Rose, Ph.D., P.T., Washington University, St. Louis, Missouri, in Topics in Geriatric Rehabilitation.

However, getting both the aerobic and strengthening aerobic exercise you need doesn't mean you have to purchase numerous pieces and equipment or set up an at-home gym. NordicTrack, which stimulates cross-country skiing, the world's best aerobic exercise, is designed for in-home use. Used just 20 minutes a day, three times a week, it tones all of the body's major muscles, and allows users to achieve cardiovascular fitness and maintain their weight. NordicTrack

also recently introduced a complimentary upper body strengthening exercise called the NordicChair. Attractively designed as a side chair, the NordicChair allows users to maintain upper body strength, muscle tone

and flexibility in as little as 15 minutes per day. And it's so quiet it can be done while watching TV or talking with family or friends.

Both the NordicChair and NordicTrack are smooth, non-injury, weight bearing exercises, which makes them ideal for combating osteoporosis and for those with arthritis.

For a free copy of Active Americans, call The National Exercise For Life Institute at 612/448-1044.

Seniors determined to live a full life

It's no secret that today's seniors are more vibrant, active, interested and interesting than ever. As the American population continues to age, the "youth culture" that has been a dominant force for so long in advertising, movies, television, literature and so forth is beginning to be replaced by images of people who will past their time or wrinkles.

Health care, social security, age discrimination, and retirement planning have become hot topics. Seniors have become a powerful social and political force, and they are using their newfound power to fight for causes that are important to them.

The prevailing image of the senior citizen is no longer that of grandfatherly baking cookies for her grandchildren, or grandfather spending his days in the porch rocking chair reminiscing about the good old days. The mature years are increasingly seen as a time to health, a new, fulfilling phase of life.

Today's seniors travel, volunteer, go back to school, start new careers or open their own businesses, run for office or run in marathons, ride around the country on motorcycles—or in hot air balloons! In short, if you dreamed about doing something when you were twenty but were prevented from pursuing your dream by career or family obligations, there's no reason you can't do it in your seventies!

If you're getting ready to retire, the idea of all this activity may seem exciting. After giving your all in the workplace for so many years, you may think you really are ready for the rocking chair. But chances are, after a few weeks of rest and relaxation, you'll find yourself feeling bored, restless, and ready for new challenges.

The key to an active, productive, happy retirement is good health and a positive attitude. If you're ready to go back to work, in the Caribbean or on a photo safari in Kenya, you have the right attitude. And studies show that good health can be achieved at any age.

Even if you've never exercised in your life, it's not too late to start a fitness program. Exercise will improve your health, your looks, and your state of mind. And who knows—in a year or two, you may be ready to run a marathon!

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