

Police blotter
Police Department releases crime data for the month of March. Page 2.

Laugh it up
Ron Yacovelli of Union combines stand-up and acting. Page B4.

Our endorsements
Difficult decisions ahead? We offer our choices for Tuesday's school board elections. Page 6.

Springfield Leader

A WORRLI COMMUNITY NEWSPAPER SPRINGFIELD, N.J., VOL. 66 NO. 27—THURSDAY, APRIL 13, 1995 TWO SECTIONS — 50 CENTS

Community Update

Complaint department

The deadline for submitting written public comments on the township's affordable housing plan has been extended to May 1.

Those wishing to participate may do so by contacting:

- Superior Court Judge John Flansky at the Union County Courthouse, 2 North Broad St., Elizabeth 07207.
- Court-appointed Special Master David Kinney at Kinney & Hand, 14 Alton Ave., Princeton 08540.
- New Jersey Deputy Attorney General H. Edward Gisher at the New Jersey Department of Law and Public Safety, CN 114, Trenton 08625.
- Assistant Counsel for Union County Henry Ogden at the County Department of Law in the Administration Building, Elizabeth 07207.
- Springfield Township Attorney Bruce Bergen at Kowalsky, Sibbe & Brown, 298 North Bristol St., P.O. Box 1111, Elizabeth, NJ 07207-1111.

Another department

Sustainable Citizens Against Park — the politically active group of Springfield residents — is preparing to fight the Union County Board of Chosen Freeholders over their vote allowing freight trains to pass through the township.

In addition to circulating petitions that will be submitted to the freeholders, SCRAP recommends residents mail letters of protest to:

- County Manager Ann Baran at the Union County Administration Building, sixth floor, Elizabethtown Plaza, Elizabeth 07207.

SCRAP also suggests residents contact Rep. Dick Zimmer, who represents New Jersey's 21st District in Congress, and express support of his efforts to curtail the "pork barrel" spending they allege would possibly fund the rail ways of Union County. Zimmer may be reached at 133 Franklin Corner Road, Lawrenceville 08488.

For

The Recreation Department is offering memberships to the Milburn Township Golf Course. They may be obtained at the Recreation Department, 30 Church Mall, on weekdays from 9 a.m. to 4 p.m.

A full membership for two people costs \$250. A full membership for one person costs \$150.

A limited membership for two costs \$125. A limited membership for one costs \$75. Those with limited memberships may play only from 10 a.m. to 2 p.m. Tuesdays through Fridays.

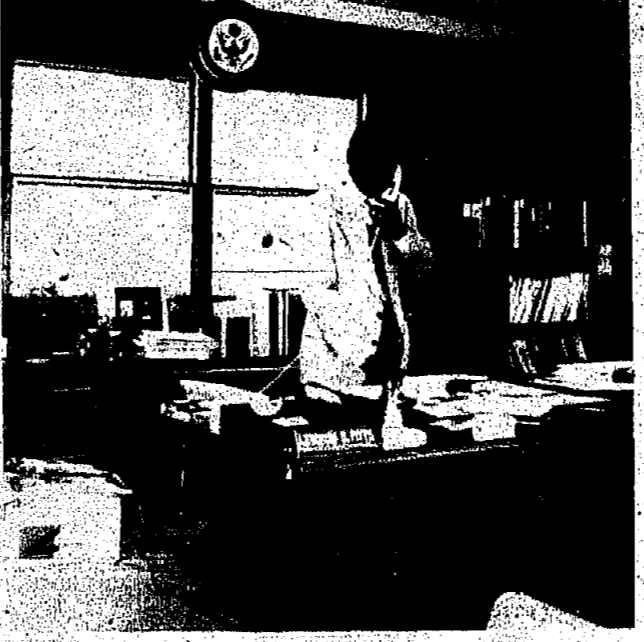
Memberships must be paid by check or money order, payable to Milburn Township Golf Course. A passport-size photograph is needed to be put on the membership card. For more information, call 912-227-2277.

Proposals wanted

The township is accepting proposals for the operation of the snack bar at the municipal pool for the summer of '95.

Those interested may obtain details and other information regarding the operations of the bar either by phoning the Recreation Department at 912-227-2277 or by visiting the office, 30 Church Mall.

Proposals must be received by May 1 at 4 p.m. The vendor will be notified of their selection on May 4.



Union County Superintendent of Schools Leonard Fitts pauses to take a telephone call minutes after releasing his report on deregionalization. The study advises against dissolving the high school district, but says reforms to that district will be needed if it does remain intact.

Committee recommends leaving Summit regional

By Jay Hochberg
Managing Editor

The special committee created by Mayor Marcia Forman to study the feasibility of establishing a local department of health in Springfield released its findings Monday, recommending the township withdraw from the Summit Regional Health Department.

The committee also endorsed the creation of a Springfield department of health, which would work under both the Board of Health and Township Committee.

With such an infrastructure in place, Springfield "will be able to provide the public health services our community needs and deserves," their report states.

The fact is Springfield has a department of health with the exception of its own health officer," the report continues. "From new born to senior citizens, the implementation of the recommendations of our committee will greatly enhance the public health services and at an equal or lower cost to the taxpayers."

The committee, most of the members of which attended the Township Committee meeting Monday to present the report, faced skeptical Township Committee members.

Both Deputy Mayor Herbert Stone and Township Committee member Roy Hirschfeld repeatedly pressed Charles Hennes, the chairman of the special committee, if any member of the committee was prejudiced toward creating a department of health.

Singing for supper



Any Welchok, treasurer of the Springfield-Milburn Kiwanis, thanks opera singer Rose Senechla for performing at a recent luncheon.

Superintendent releases report

By Jay Hochberg
Managing Editor

In his report on the feasibility of deregionalization of the Union County Regional High School District, county Superintendent of Schools Leonard Fitts noted that reform is needed, but dissolving that district would not be in the best interests of the students.

Fitts released the report on Friday, one week after the expected release date, to the school boards and municipal governments of the six constituent towns in the regional board and to state Education Commissioner Leo Kligholz.

Fitts' report recommends keeping a regional district intact because "the proposed creation of six pre-K to 12 districts, four of which would operate independent high schools, does not provide sufficient enrollments in each high school to offer a needed and comprehensive program without a significant financial commitment."

The report also is critical of the cost of operating the current regional district. Calling the county high schools not "financially efficient," the report mentions the penalty levied against the district by the state for "excessive noninstructional costs resulting in a loss of state aid for the 1995-96 year."

Earlier this year, the Regional High School District was fined more than \$800,000 for exceeding the cap on administrative costs. The state Department of Education included the salaries of librarians, nurses and other state-managed staffers to be among these costs.

Fitts' report has been criticized by those favoring deregionalization, who allege the study advises against dissolving the district only because of financial restraints, while neglecting to note the feasibility and benefits of deregionalization.

On Monday, representatives of the Springfield, Mountainside, Kenilworth and Berkeley Heights boards of education met to discuss Fitts' report and to plan a course of action in response.

Springfield Superintendent of Schools Gary Friedland said he was "just amazed at the conclusions drawn by the county superintendent."

The report is typical of the politics and bureaucracy of the state's educational system, he added.

Kenilworth Superintendent of Schools Lloyd Lezhak said his school district has been preparing for the day this borough will separate its own high school. Kenilworth's David Bearley High School was closed two years ago by the Regional High School District.

"We've been developing a course of study for a 9-12 program to determine the number of teachers and classrooms we will need," he said.

"We've also been considering using an eight-period day."

The borough has received "a number of requests from nearby municipalities wanting to host space in Bearley," he also said, adding that moving sixth-, seventh- and eighth-graders into Bearley also would tend to efficiency in operating a high school.

The report followed Fitts' study of three rival municipalities submitted by the regional district, four of the constituent municipalities and Garwood.

The study commissioned by Springfield, Mountainside, Clark, Berkeley Heights and Kenilworth was conducted by Deloitte & Touche, and recommended dissolving the high school district.

The study commissioned by the regional district was conducted by Towers Perrin; that report and the one initiated by Garwood call for leaving the district intact.

Fitts' study is not a ruling on the proposed deregionalization. It is an additional resource that Kligholz may use before determining the fate of the county high school district.

Fitts, wishing to continue lobbying for deregionalization, may still do so within prescribed guidelines.

"The commissioner will schedule a hearing," Fitts said, "after appointing a board of review."

"After conducting public hearings, the board may approve further appeals," he added. If that happens, "the county representative to the review board will be instructed to set a date for special elections."

The referendum on deregionalization must pass two hurdles before implementation. First, a majority of voters in each of at least four of the six constituent municipalities must approve deregionalization. Then a majority of all voters within the high school district also must approve dissolution.

"We want to bring it to the people," Lezhak said, adding that the Kenilworth school board was "disappointed" with Fitts' study. "We think the people of Kenilworth really want this."

Fitts also said any concerned individuals may submit comments to the state commissioner, but better results would be achieved if residents contacted their respective boards of education first.

"What we have here is a process with checks and balances," Fitts noted, adding that redesigning the Regional High School District may be the answer.

"The architects have to create the best educational opportunities for the kids," he said, adding that a rebuilding of the regional district will be needed if deregionalization is rejected by the voters.

Friedland concurred, saying the Springfield Board of Education is "looking to bring this forth until the commissioner lets it go to the voters, who will decide the best configuration for their school systems."

Forman announces candidacy for another term on committee

By Jay Hochberg
Managing Editor

Mayor Marcia Forman announced her candidacy on Monday for re-election to the Township Committee.

Arlene Newman will join her on the ticket, replacing Township Committee member JoAnn Holmes, who switched to the Republican Party in February.

Holmes switched party affiliation approximately one month after she voted for the "Bergen ordinance" — the municipal law passed in December 1994 that prevents a sitting township attorney from simultaneously holding a local political party.

Following her vote, in which she joined Republicans Jeff Katz and Harry Pappas to make a majority, she was denied her "turn" to serve as mayor in 1995, and according to sources in the Springfield Democratic Party, she then decided to split from the Democrats.

Forman last served on the Township Committee for more than five years, including the past two years as



Arlene Newman
New name on ticket

Towns unite for deregionalization

Representatives of four of the Regional High School District's six constituent municipalities met Monday to discuss county Superintendent of Schools Leonard Fitts' report on deregionalization.

The Union County Regional High School District Dissolution Committee — comprised of members of the boards of education of Springfield, Mountainside, Kenilworth and Berkeley Heights — said it strongly disagrees with Fitts' recommendation that dissolution not be attempted. The representatives were unanimous in their decision to proceed with the dissolution process.

The committee, in a joint statement issued after its meeting, said that it does not want the public to be misled by selected quotations from Fitts' report, which they said can be taken out of context.

Fitts' report states the Union County Regional High School District has the highest cost per pupil of any limited purpose school district in the state, and it is "not a financially efficient district."

The district was recently penalized by the state Department of Education because of what it considered excessive administrative costs. The department includes state-managed, staff

SPRINGFIELD LEADER

4-13-95

Model molecule



Student Dan DeOliveira, sixth grade science teacher Peggy Stabnow, student Juliet Spinelli and scientist Dr. Greg Nelson from Hoechst Celanese. In Summit hold a model of one molecule of a polymer made by sixth graders at Deerfield School in Mountainside as part of the Science Alliance program.

Kessler Institute holds tourney

Kessler Institute for Rehabilitation will conduct its 13th annual Golf and Tennis Classic on June 12 at the Canoe Brook Country Club. The day will feature golf and tennis tournaments. To accommodate all golfers there will be an early registration at 7 a.m., 10 a.m. for all other golfers. The shotgun start for the morning golfers is at 8 a.m. followed by breakfast. All others will begin golfing at 12:30 p.m. Registration for all tennis participants is at 10 a.m. All proceeds from the event will benefit the Patient Services Fund at Kessler Institute for Rehabilitation and Kessler-Weikind Hospital, according to Thomas N. Marks, interim chairman. Marks is a trustee of Kessler-Weikind and the Henry H. Kessler Foundation. The Patient Services Fund provides direct financial assistance to those experiencing financial hardship on that they might be able to afford the many aspects of their physical rehabilitation care. Fees for the 18-hole golf tournament are \$400 per golfer and \$4,000 per corporate golf sponsorship. Golf fees include valet parking, lunch, green fees, caddy or cart and a reception of cocktails and hors d'oeuvres. Corporate sponsors receive a company sign at a designated hole, four golf passes and four additional cocktail-hour invitations for guests. Tickets for the tennis tournament are \$175 per person and \$1,000 per corporate sponsor. Tennis fees include valet parking, lunch, court fees and cocktails and hors d'oeuvres at the reception to follow. Corporate tennis sponsors will receive a company sign located at designated courts, two tennis passes and two additional cocktail-hour invitations for guests. For more information, call Abe Kasab at the Henry H. Kessler Foundation, (201) 243-6818. Kessler Institute for Rehabilitation is a non-profit comprehensive physical rehabilitation hospital with facilities in West Orange, East Orange, Secaucus Brook, Union and is affiliated with Weikind Rehabilitation Hospital. Kessler offers programs designed to meet the special needs of individuals with physical disabilities resulting from spinal cord and brain injuries, amputations and strokes, as well as sports and work-related injuries, arthritis and other varied illnesses and injuries.

CONGRATULATIONS TO THE WINNERS OF OUR EASTER HAM & TURKEY CONTEST!

Table with columns: WINNERS NAME, TOWN, and a list of names and towns such as Mrs. Joyce Kucin, Springfield, and Mrs. Joyce Kucin, Springfield.

Wishing You A Happy Holiday From Your Friends At WORRALL COMMUNITY NEWSPAPERS

Interweave's schedule of events

Healer's Support Group, 16 on a second Sunday of the month. Contact Richard Weber at 356-3536. Training in Therapeutic Touch with Barbara Keller, certified occupational therapist, takes place on two Tuesdays beginning March 28 from 7:30 to 9:30 p.m. The cost is \$25, \$20 for members. The Solid Brass will appear April 28 at 8 p.m. at Calvary Church, Summit, to benefit The Interweave Center for Holistic Living. Tickets are \$18. A Deep and Victorious Compassion, Holy Week Retreat, occurs from 6 p.m. on Good Friday, April 14 to Sunrise on Easter Day, April 16, at the Summit St. John Baptist, Mendham. The cost is \$140, \$125 for members. Sedhana: The Path of Attainment with Purin Reza, for three Thursdays beginning April 13, from 7:30 to 9 p.m. The cost is \$48, \$45 for members. Arromotherapy - The Basics, with Lisa Savoy is on Saturday, April 22, from 9:30 to 11:30 a.m. The fee is \$25, \$20 for members. For information, call 763-8312.

Professional Directory

Professional Directory listing various services: Accountants (Coulou, De Franco & Magone), Mental Health (Comprehensive Counseling Services), Animal Hospitals (Dr. A. Berkelhammer), Schools (Medical Training Institute), Attorneys (Derrick Griffin), Secretarial Service (Lillian M. Theoret), and Chiropractors (Dr. Stephen Levine).

Time for golf



The Westfield/Mountainside Chapter of the American Red Cross has scheduled its fourth annual golfing for May 1. Ellen Farmer, owner of Martin Jeweler, Golf Mallet, executive director of the chapter, and golf chairman John Tabachnick display the Rolex watch Farmer donated as a prize to a golfer who scores a hole-in-one.

Call the editors

Ever want to talk about something you think should be in the paper? Do you know someone who might be the subject of an interesting feature? Do you know a sports story we don't? If the answer to any of the above is yes, call the editors at 656-7700. General or spot news: Jay Hochberg, managing editor. Sports news: Jim Prachtel, sports editor. Photographs: Tom Canavan, editor in chief.

Word Processing

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REPORTER'S NOTEBOOK

For one reporter, landing an interview is a journey in itself

By Cynthia B. Gordon Staff Writer After seeing Steve Perry in concert at the State Theater in New Brunswick, and enjoying the show, I thought it would be fun to write a review of his concert and his new album. Well, some of the fun was taken out of the job thanks to the run-around that I received from Columbia Records' publicity department, especially Steve Perry's publicist Neil Lowery. It took the publicity department three weeks to send a press kit and two months to tell me I wouldn't be interviewing Perry as they had suggested in the first place. As far as I know, the job of a publicist is to promote the client. If Perry or the brass at Columbia knew how this "chain" of 22 newspapers was treated, they would not be too pleased. After not receiving a press kit after two weeks, I was transferred to Lowery, who said he was scheduling interviews with Perry and to call back to set up an interview time. I had not even called to ask for an interview. I just wanted a press kit, but when Lowery told me to believe I would get the interview, I was thrilled. After three months of phone-tag, an interview was scheduled for a Monday in March. I called his office the preceding Friday and according to Lowery, Perry cancelled his dates for 10 days and I should expect a call again to arrange for an interview. Two weeks later, Lowery said Perry had cancelled the rest of his tour and may be going to Japan. Well, while he was on tour, Steve Perry sang his heart out to audiences throughout both the east and west coasts, after a seven-and-a-half year hiatus. On Feb. 6, he sang before a sold out crowd in what was one of the best rock performances I've seen in a long time. It was kept simple and straightforward, which brought out the elegance and gifted nature of Perry's performance. Where has Perry been, why has he been away so long and why did he cancel his tour? According to reports submitted by his publicity department, "after Jour-

ney's 1986-87 tour, Steve Perry disappeared. He vanished. He left the building. Not only had Journey disappeared, but his frostman had become MIA." "At the end of that tour, I honestly had to stop," Perry said. "I was suffering from extreme fatigue, job burnout, and all sorts of other things happening in my personal life as the result of the 18-year ban."

"The new record is a bit more emotionally exposed. I think that anything I've ever done. It can be a little apprehensive to be vulnerable, but it's the only answer, I think, to grow," Perry said. "I did not miss the fame." "I did not really miss the limelight. There were a few times where it became difficult to go places and I didn't like the isolation that comes as an alternative. But I just feel like a different person now." The vocalist was first-rate. Some singers lose their ability as they get older, but not Perry. His voice is as radiant as ever. Perry began his journey back in time, as he sang such favorites as "Light," and "Wheel in the Sky." According to Perry, he was the one to bring these songs to the previous band, Journey. "Should I put it out?" he asked the audience. "I don't even know if it still fits," he said to himself. The jacket was from his first album with Journey, and yes, it still fits. Then Perry began telling a story about a lover he was living with. He said he drove up to that apartment and found her passionately kissing with another man in a car in front of their apartment. "I progressed to sleeping when she came in," he asked her why she came in. She said yes, when she fell asleep, I packed my bags and I left her."

"I didn't yell, I got even with her."



Singer Steve Perry poses for a publicity still. After negotiations befitting a labor dispute, the publicity department of Columbia Records failed to come through with the goods.

DEBORAH GIORDANO TO THE MOUNTAINSIDE BOARD OF EDUCATION

Fellow Residents and Friends of Mountainside, As Election Day nears I want to remind you of the importance of voting for our Board of Education. Having raised three children in the Mountainside School System and having attended the Board of Education meetings for the past year, I know I can be a valuable asset to this important committee.



I will work to open the lines of communication between the Board and our Community. My goal as a Board member will be to assure quality education for our children. I will strive to keep the budget in line by applying money where it best serves the children and the Community of Mountainside. Thank you for your support.

VOTE LINE 3 Tuesday April 18, 1995 Deerfield School 2 p.m. - 9 p.m. Paid for by DEBORAH GIORDANO 228 Kings Court Mountainside N.J.

Springfield's Annual Public School Budget Election VOTE APRIL 18TH. Includes a large graphic with 'VOTE YES' and 'FOR EDUCATION INVESTING IN OUR CHILDREN'S FUTURE' and a list of names and towns.

SPRINGFIELD SCHOOL BOARD ELECTIONS APRIL 18th. VOTE 16 YEARS OF SCHOOL BOARD EXPERIENCE. Includes photos of Gary Tice, Richard Faltin, and Bonita Stronato.

Lesbian support groups

An 8-week support group titled "Relationship Issues for Lesbians" will begin on April 26 from 8 to 9:30 p.m. at the Resource Center for Women, located in Summit. Whether interacting with lovers, friends, relatives or others, lesbians encounter challenging interpersonal issues that strain their relationships. Led by Deborah Smith, MS, CAAC, this group will explore the issues of external and internalized homophobia, self-esteem, communication, boundaries, conflicts and compatibility, power and validation.

Summit students diversify

Fourteen students from Summit High School recently participated in the World High School Student Conference held at Stony Brook High School, which focused on identifying and dealing with issues of diversity and changing the students with developing diversity programs at their own schools.

The all-day program was supported by the Diversity 2000 Council of Kent College and was attended by more than 600 students from 25 school districts. The event featured speakers, small workshop groups, and a performance by the Teen Eastern Players of Somerset County Vocational Technical High School.

Under the direction of Summit High School Spanish teacher, Gloria Spota and social studies department

Heart hopping



Jump Rope for the Heart was an event at Jefferson School supported by the third, fourth and fifth grade students. Bonnie Liebowitz, from the American Heart Association, and school nurse Myrtle Noss organized over 70 children into teams. Above, Jose Miranda shows his technique as teammate Alejandro Quesada waits his turn. Each team jumped for two hours.

Helpful tips to improve memory for seniors slated

A workshop designed to offer senior citizens helpful tips for improving their memory will be held at Overlook Hospital's Wallace Auditorium, May 2 from 9 to 11 a.m. The focus, titled "Improving Your Memory: A Memory Improvement Course For Older Adults," will be led by Cheryl S. Gault, R.N.C., M.S.N., G.N.P., gerontology clinical nurse specialist and nurse practitioner at Overlook. Free blood pressure screenings and refreshments will be available.

The memory improvement workshop is the first of several "Here's To Your Health" educational forums and special events for seniors planned by Overlook this year.

"We recognize that there is a growing need for health information and services specifically geared to older residents of our communities," commented Gault. "These forums are part of a concerted effort to ensure that this large and growing segment of our patient population receives important primary and preventive health services."

To register for the memory improvement workshop, call 973-432-4353 for other upcoming events/forums for seniors, call Health Connection at 522-5353.

Global trade award nominations being sought

Nominations for the sixth annual International Trade Awards are now being accepted by the World Trade Week Committee of the New York/New Jersey region.

The awards will be presented to one manufacturing firm from each state during a luncheon in observance of World Trade Week, featuring a distinguished speaker from the international trade community. This year's luncheon will be held May 18 at the New York Vinta Hotel at the World Trade Center in Manhattan.

The New York/New Jersey regional committee of the World Trade Week represents chambers of commerce, world trade clubs and institutes and other trade organizations and groups involved in the issues or practice of international commerce.

These organizations sponsor trade-related seminars, symposiums, lectures, trade missions, exhibits and other programs designed to increase the public's awareness of, and encourage its participation in, World Trade Week. The committee publishes an annual calendar detailing the various World Trade Week events.

World Trade Week was initiated by President Franklin D. Roosevelt in 1935, and its theme is announced each year by an official proclamation from the president. The event has grown to include the participation of government and trade organizations across the nation.

Those interested in nominating a New York or New Jersey company for an International Trade Award should submit a description of how the company meets the criteria. The deadline for nominations is April 19.

For more information contact Julie Sir, Past Authority, World Trade Week Committee Office, One World Trade Center, 34 North, New York, NY 10048, or phone (212) 435-3248, or fax (212) 432-0297.

Money in the bank



Pulaski Savings Bank, located at 136 Mountain Ave., in Springfield, has joined the ranks of local businesses that have earned municipal tax rebates. Due to the declining value of commercial properties caused by a glut of such properties, tax rates have been reduced and business owners in Springfield and Mountaintide have been reimbursed for taxes overpaid.

Worship Together at Easter

Join us for Easter services at various churches. Includes details for Grace Lutheran Church and St. Paul's Episcopal Church.

Holy Week

First Baptist Church. Services for Maundy Thursday (April 13 at 7:30 p.m.), Good Friday (April 14 at 1:00 p.m.), and Easter Sunday (April 16 at 10:30 a.m.).

An artist reflects

Artwork by Caldwell School 3rd-grader Jessica Maas, joined by Principal Kenneth Bernabe and art teacher Marilyn Schneider, displays her entry in the Union County PTA's "Reflections" art program.

GRACE LUTHERAN CHURCH AND SCHOOL

2222 VAUXHALL ROAD UNION, NEW JERSEY 07083. Services for Palm Sunday, Maundy Thursday, Good Friday, and Easter Sunday.

The Lord Is Risen!

Join us tomorrow to worship Him! Services at 6:00 am and 10:30 am. Battle Hill Community Moravian Church, 777 Liberty Avenue, Union, NJ.

HOLY CROSS LUTHERAN CHURCH

639 Mountain Avenue - Springfield, NJ 07081. Services for Maundy Thursday, Good Friday, and Easter Sunday.

County college sets summer schedule

Union County College will begin its Summer Session I on May 30 and Summer Session II on July 10. Lists various courses and registration information.

Tax Time

April 15th is almost here. Classified advertising feature for tax services. Includes ads for Gordon M. Sandler, William Mc Clintock, Kenneth M. Bittner, and Julius A. Lodato.

EASTER ALIVE!

Community United Methodist Church. Services for Maundy Thursday (8:00 p.m.), Last Supper Re-Creation (8:00 p.m.), and Easter Sunday (9:00 a.m. and 11:00 a.m.).

THE FIRST CONGREGATIONAL CHURCH

United Church of Christ. Services for Maundy Thursday (7:30 p.m.) and Easter Sunday (11:00 a.m.).

Connecticut Farms Presbytery Church

Services for Maundy Thursday (8:00 p.m.), Community Good Friday (April 14 - 12:00 to 3:00 p.m.), and Easter Sunday (9:00 a.m. and 11:00 a.m.).

Health & Fitness

TURN TO SECTION B. Advertisement for a health and fitness center, including contact information for Rudnitzky & Shugar.

TOWNLEY PRESBYTERIAN CHURCH

Salem Road at Huguenot Ave. • Union. Services for Maundy Thursday (7:30 p.m.) and Easter Day (9:45 a.m. and 10:00 a.m.).

LET THE BIBLE SPEAK

Have You Not Read? Advertisement for a Bible study program at The Church of Christ.

Kenilworth Gospel Chapel

Corner Newark Ave. & South 23rd St. Services for Easter Sunday (11 a.m. Special Easter Service).

Worrall Community Newspapers

PROVEN RESULTS! Advertisement for advertising services in local newspapers. Includes contact information for Worrall Community Newspapers.

SPORTS

Dayton SB team wins first, baseball squad still trying

Rapczynski raps HR, Mack smacks grand slam

By J.R. Parachini
Sports Editor

As both teams were scheduled to play their first game of the week on Tuesday, the Dayton Regional High School softball team had its first win of the season neatly tucked away while the Bulldogs' baseball squad was still searching for its first triumph.

It may be time for the Dayton baseball team to see what its made of.

The Bulldogs began the week with an uninspiring 0-3 start and embarked on a five-game road swing that began in Souwerille Tuesday against Inmanville.

The first week of the season was not too kind to Dayton, as the Bulldogs first lost a 2-1 game in the bottom of the seventh to host Millburn April 1 and were topped at home by North Plainfield 10-7 Friday. The real "cave-in" Saturday as Dayton fell to rival Johnson Regional 22-2 in the Millburn Tournament consolation game. Dayton led 2-0 in the fourth inning before its pitching and defense began to crumble.

"Some of our players have hit the ball well, but our pitching and defense has to improve," Dayton head coach Rick Jaccia said. "We're not going to score a lot of runs, so we've got to play defense and get some pitching to make a few runs matter."

Dayton, which finished 13-8 last year, is missing the senior leadership provided by the likes of 1994 All-County players Peter Kucharski and Carlos Lopez.

Perhaps the return of senior centerfielder Chris Reino to the lineup, he missed the team's first three games, will provide a spark. Reino enters the season with a three-year varsity lifetime batting average over .400.

The Bulldogs' pitching staff consists of senior lefthander Steve Florio, sophomore lefty Jim Lehnhoff, senior righty Bob Brode, junior righty Andy Steir and senior righty Brian Hart.

Senior Jason Perez handles the catching chores. The infield consists of senior Alex Colatruglia at first, senior Rich McNamara at second, senior Bob Gardella at third and senior Roberto Taramino at shortstop.

The outfield is made up of senior Joe Cluff in left, Reino in center and either Lehnhoff or Florio in right.

"We didn't play that bad against Millburn and hit the ball pretty well against North Plainfield," Jaccia said.

Lehnhoff showed just one hit and struck out nine in pitching the first five innings against Millburn, getting a no-decision.

"I don't feel that our talent is as bad as we're achieving at the moment," Jaccia said.

Bulldogs belt North Plainfield

Senior standout shortstop Linda Rapczynski helped the Dayton softball team win its first game of the year by rapping a two-run homer and two triples, leading the Bulldogs past North Plainfield 19-5 in Mountain Valley Conference-Mount. Valley Division action last Friday in North Plainfield.

Rapczynski drove in six runs to help Dayton improve to 1-3. Dayton begins the season with non-conference games against Watchung Conference teams Rahway 18-4 April 3 and Scotch Plains 19-3 April 5.

Karyn Mack smacked a grand slam and Julia Keller had a two-run homer, two doubles and two singles for Dayton.

Dayton, guided this year by former Elizabethtown coach Frank Casso, began the week with a home game against Inmanville Tuesday and a road game against Bernardsville yesterday.



Linda Rapczynski, senior shortstop



Steve Florio, senior lefthander

NFL Draft Review Party this Wednesday in Clark

By J.R. Parachini
Sports Editor

An NFL Draft Review Party will be held Wednesday (April 19) from 5-7 p.m. at the Clark American Legion Hall, corner of Liberty Street and Westfield Avenue in Clark.

Local NFL players Tony Sragusa of the Indianapolis Colts, Todd Burger of the Chicago Bears and Mike Chalenki of the Philadelphia Eagles will sign photos and discuss the upcoming draft and other NFL news.

Sragusa and Chalenki played their high school ball at Brevard Regional in Kenilworth and Burger at Johnson Regional in Clark. Sragusa played his college ball at Pittsburgh, Chalenki at Pitt and UCLA and Burger at Big 10 champion Penn State.

All three played in the Mountain Valley Conference along with Keith Looker of Roselle Park, who plays for the Los Angeles Rams and who attended Kansas.

Not many small high school conferences can say that they have four players performing in the NFL at the same time.

All professional, college and high school football fans are invited to join the event, which includes videos and interviews.

Tickets may be obtained by contacting Ken Drake at 388-7224, Charles Scron at 388-0629, Brian Hirth at 654-1248 or Carmine Rossetti at 272-1971.

Mount. Valley Conference boys' hoop teams picked

Some of the top boys' basketball players in Union County come from the Mount. Valley Conference. This year's conference champs were Roselle in the Mountain Division and New Providence in the Valley Division.

VALLEY DIVISION

First-Team: Sean Smith, New Providence, Mike Rottmann, Roselle Park, Martin Fereole, St. Mary's, Dan Conroy, North Plainfield, Scott Hudson, Ridge.

Second-Team: Chris Yarasbas, Bound Brook, Rico Baptiste, St. Mary's, Casey Rust, New Providence, Steve Novak, North Plainfield, Jim Hamilton, Orangety.

MOUNTAIN DIVISION

First-Team: Malcolm Smith, Roselle, Rashad Sparks, Newark Central, Dave Boff, Governor Livingston, Kirt Darrette, Hillside, Rahim Alexander, Roselle.

Seniors are getting chance

Softball league recruiting players age 50 and older

The Union County Senior Softball League is recruiting players age 50 and older.

Senior softball offers the same enjoyment as regular softball, but there are some significant rule changes designed to help the players:

- To avoid collisions, players can't touch home plate. In addition, catchers must touch home plate before throwing a second ball several feet away, thus avoiding collisions.
- There is a "commitment line" halfway between third base and home. After a runner passes that line he can't return to third base and must go home.
- There are two first bases. On a close play the runner must run to the outside base while the first baseman goes to the inside bag.

The senior softball league has given corporate executives, businessmen and players from every possible occupation — including retirees — the opportunity to compete.

Some of the waists have expanded a few inches, the temples are gray and the hair is thinner, but these players don't seem to mind and they are bent on playing softball until they can go no farther.

"You can't tell our age by the way we play or the way we act. Everbody hustles," one player said.

"It's a disease that you catch when you first hear the crack of the bat and you never get cured. We love it," another said.

"Senior softball is definitely here to stay," one player exclaimed. "As long as I can walk, I'll be playing. If I can swing a bat and walk to first base, I'll play."

"The enjoyment and competition are what makes it all worthwhile," another said.

Any man age 50 or older and a resident of Union County is eligible to participate in the league. More information may be obtained by contacting Tony Muscia at (908) 272-3140.

"You're playing against your age and there is good competition," one player said. "Once you have that competitive desire to win, it never leaves you."

"Ever since I was young, I loved to play ball," another said. "It's good for older guys to get some exercise. It helps keep you in shape."

Sharp Shooters to run in June, July

Sports Camps

Kenan College men's basketball coach Mike Gately will be directing the Sharp Shooters camps and clinics at Kenan College, Macon and Sonoma State.

The clinics will run each Saturday during June and July from 10 a.m. to noon at Kenan College.

Topics include shooting, ball handling, guard and big men tactics, passing, rebounding and defense.

Clubs cost is \$25, which includes an Adidas T-shirt and certificate of achievement.

Camp dates are July 17-21 at Macon, Ga.; July 31-Aug. 4 at Kenan, Aug. 7-11 at Sonoma State, Aug. 14-18 at Sonoma State.

Each player will have his own clipboard and analyst during this two-day period.

More information may be obtained by calling Sonogyi at 908-846-8928.

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More information may be obtained by calling Sonogyi at 908-846-8928.

Youth Football

New York Giants football player Michael Strahan is proud to announce the beginning of youth instruction at football camp for the second year.

The overnight and day program will be held at Rutgers University in Kutztown, Pa. from June 27-July 2.

The program is for boys ages 12-18 and features instruction from the New York Giants and top college coaches.

There needs to be more camps like the Michael Strahan Football Camp," former Giants running back and Super Bowl XXV MVP Dick Anderson said. "I have been to several, but I can't think of any that's better than Michael's."

New York Giants that will instruct at the camp include All-Pro running back Rodney Hampton, Dave Brown, Howard Cross, Junno Elbert, Carlton Bailey, Lance Smith, Brian Williams, Jesse Amstead, Keith Elias and many more.

More information may be obtained by calling Home at 908-654-5691 or Home at 908-654-5424 any evening or write to Home at 627 Hamilton Place, Westfield, N.J. 07090.

UCC's 5K Spring Run set for Sunday morning, May 7

Union County College's 11th annual 5K Spring Run, which generally attracts hundreds of runners from throughout the metropolitan area, will be held Sunday, May 7 at the school's Crawford campus.

The 5K race, to commence at 10 a.m., will be preceded by a one-mile Fun Run at 9:30 for persons who wish to use the shorter distance course as a warmup for the more strenuous race, or for those who simply prefer a less challenging run.

The course, accurately measured by a surveyor's wheel, will cover a flat surface on the campus, as well as in Mountbain Park across the street. Mileage markers will be available to designate steady-state distances. A large, digital clock and electronic timing timer will be provided, as well as computerized scoring and postcard results.

Custom-designed T-shirts will be distributed to all registrants, with post-registrants who sign up on the day of the race given T-shirts upon availability.

Runners will be divided up into the following age groups, each of which will be separate for male and female: 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59 and 60 and over.

Pre-registration forms must be received by Monday, May 1. Check-in and post-registration will be conducted from 8:00-10:00 on the day of the race.

Cost for the race participation is \$7 for pre-registrants of the 5K race and \$6 for Fun Run racers. Post-registrants will pay \$8 and \$7 respectively.

More information may be obtained by calling 908-707-7001.

Jersey Girls seeking players

Jersey Girls, Union County's premier softball team, is looking for talented high school players interested in playing 16-and-under, or 18-and-under fast-pitch softball this summer. Experienced coaches for 16-and-under team are also sought. Interested players and coaches may contact Rick McDonald at 908-964-0123.

Seven-A-Side soccer at Kenan

If you're looking for exciting soccer games against people your age, then every Thursday from June 15 through the beginning of August, Kenan College will be the place to be.

The 1995 edition of the Seven-A-Side Soccer League is now accepting teams.

There are six different divisions including high school boys, high school girls, men's division, women's division, men over 30 and women over 30.

The games will start at 6 p.m. at the Kenan College East Campus. Rain-outs will be made up the next day at the same scheduled time.

The \$400 registration fee includes league insurance, referee fees, 12 Reebok T-shirts per team and trophies for first- and second-place teams.

More information may be obtained by calling Tony Ochrimenko at 908-527-2934.

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Prevention is key to combatting burglaries

Several million residential burglaries occurred last year — about one every six seconds. Unfortunately, the worst is yet to come, as the U.S. Department of Justice projects that three out of four homes will be burglarized during the next 20 years.

How can you protect yourself?

"The best defense is to be alert all the time," says Mike Einstein, director of consumer product marketing for Invenite Inc., a manufacturer of home security and lighting control products. "Since that's not practical, the next best solution is to make it look like you're home when you're not."

Burglars generally want to work quietly, quickly and unobtrusively. The challenge for homeowners is to either discourage burglars before they strike or scare them away by drawing attention to them.

Household timers can play a key role in giving homes a "lived-in" look. For example, set a lamp and appliance timer to turn a television on in the family room at 7:30 p.m. and off at 10 p.m. A bedroom timer can turn a light on at 10 p.m. and off 30 minutes later.

For added security when away from home, Einstein recommends using security timers with a random pattern that turns them on and off at slightly different times each day, eliminating a predictable "time-controlled" look. Another option is a programmable timer that allows for scheduling "what-if" dials, each day, making it perfect for vacations.

"While a house filled with light makes burglars less inviting to potential burglars, sound-activated security switches provide an extra measure of deterrence. These devices are designed to turn on lights when sound is detected. They feature an adjustable sound-sensing setting and also help save energy by turning lights on only when they're needed."

According to Einstein, the most fundamental step homeowners can take to discourage burglars is to make their homes less inviting to burglars. He suggests installing a floodlight in dark alleys or walkways that could be inviting to a burglar.

Similarly, low voltage outdoor lights can be used to highlight landscaping. Because the lights use 12-volt current, a typical set costs just pennies per light to operate. Installation requires a few basic tools.

Another everyday tip: a friend or relative who has been burglarized, said Einstein. "Often, it will happen this year or next to someone you know. When you consider that the average value of items stolen in a burglary is about \$1,000, the cost of protecting your home is a worthwhile investment. It's certainly much less expensive than gauding that you won't be victimized."

Hot tips to beat the heat

With rising summer temperatures just around the corner, now is the time to make sure your cooling equipment can keep your unit running efficiently this summer and help you avoid costly repairs, said Joseph DiGangi, president of Polar Air, in Union.

Most cooling systems require very little owner maintenance. However, operating your unit while dirty can result in an unnecessary loss of efficiency and can damage the unit.

"Consumers generally don't realize they play a vital role in making sure their cooling systems operate at peak performance to maximize home comfort and money savings," DiGangi said.

Although it's best if a qualified service technician handles major maintenance tasks, service experts at Polar Air offer homeowners these tips to ensure a more comfortable summer:

- Trim bushes and shrubbery surrounding outdoor units to prevent airflow obstruction.
- Make sure your outdoor coil is free from grass clippings, leaves and other debris.
- Make sure your indoor unit's filter and blower are clean.
- Keep in mind, a properly ventilated attic can reduce your system's cooling load.

"The best thing you can do is to employ a qualified, reputable air conditioning contractor to check your system's refrigerant charge and operating safety controls. Only then will you get the efficiency you paid for," DiGangi said.

Polar Air, at 905 Jefferson Ave., Union, specializes in installing and servicing Lennox high-efficiency comfort systems. Polar Air was established in 1975, and services Union, West Essex, and Meric counties.

Company is family tradition

The Antonelli name has been a tradition in flooring, starting with its founding father in 1910.

Through the years, there has been six Antonelli brothers and today the third generation carries on in flooring.

Don Antonelli conducts and guides the sales to service the customers' basic needs. Antonelli has been doing this for 36 years and therefore does not require high-pressure, commissioned sales people.

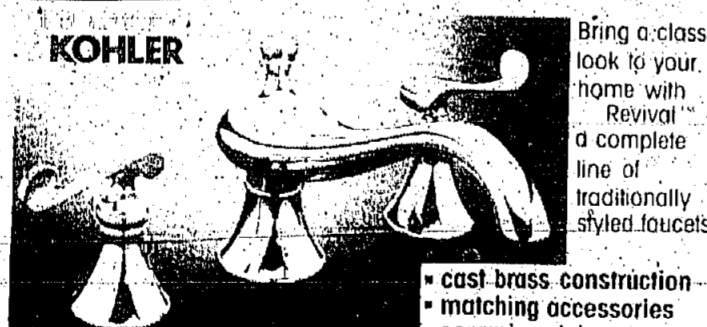
Don Antonelli Royal Linoleum does not use flooring subcontractors, he's personally on the job to supervise his employees.

After the customer gives floor sizes and quality if possible — Antonelli will quote prices over the phone, and if they are agreeable, he will come to the home with samples, take final measurements and consummate the sale.

After 85 years of family experience, Don Antonelli Royal Linoleum is the company to make purchases and to save money simply because it doesn't employ high pressure salespeople or floor sub-contractors.

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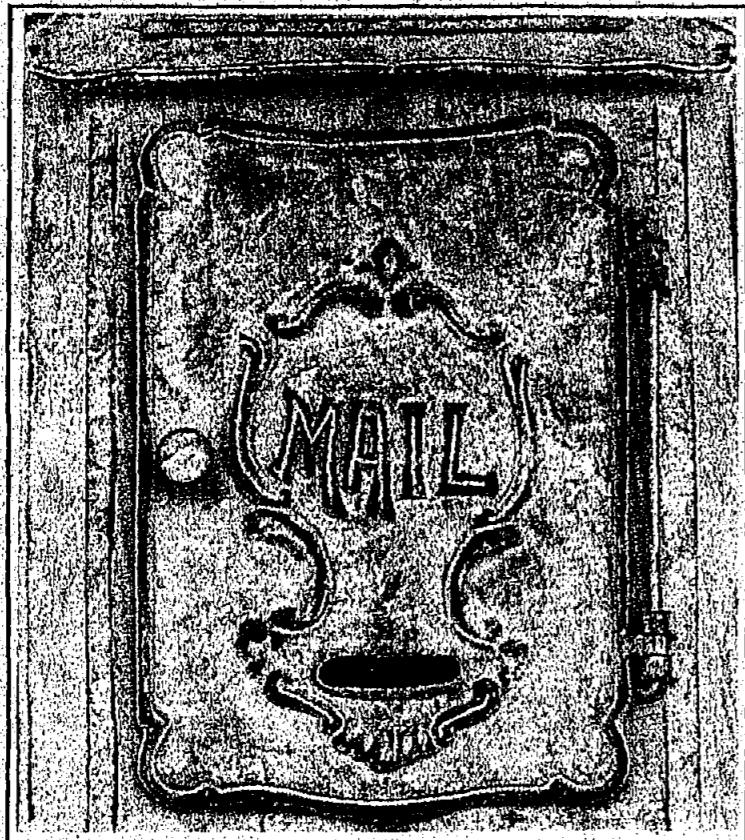
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HOME & GARDEN — Tuesday, April 13, 1988 — PAGE 41



FIRST CLASS MAIL — This attractive mailbox by Virginia Metalcrafters is made of cast aluminum with Verdé finish and is available at Summit Fireplace Centre, 49 Summit Ave., Summit.

Company offers high grade fuel at premium prices

Enjoying success for nearly 60 years by supplying premium grade fuel oil for home and office at competitive rates is something of which Simone Bros. Fuel Oil Company can be proud.

"We are an established company that goes beyond others by providing a full line of services and quality grade fuel oil at the lowest price available," said Joe Simone, president.

"Our business is built on providing personalized service. As owners, we are always available to talk with our customers. They're not just a number," Simone said. "We are very conscious of our clients and their needs, and try to respond to them accordingly."

Located at 1405 Harding Ave., Linden, Simone Bros. Fuel has a staff of trained technicians that provide 24-hour emergency service, in addition to routine maintenance and service. Servicing Union and Middlesex counties, Simone Brothers operates a trucking fleet of 10.

Simone Brothers Fuel also offers automatic delivery, service contracts, budget plans, and boiler and furnace installations. Simone Brothers Fuel purchases all products from major suppliers which allows them to verify the quality and grade.

"We do not purchase second-hand fuels because you never know what you're buying. We buy from the same suppliers and have developed a relationship of trust with them that we can pass along to our customers," Simone said.

In addition to taking pride in his success as an entrepreneur, Joe Simone takes pride in his facility and welcomes all potential customers to visit his location.

Company makes kitchens modern

Since 1941, Economy Kitchens, Inc. has been remodeling and upgrading the cabinets in the cooking areas of homes. Its professional staff will completely remount existing cabinets or refect current ones in a modern, exciting kitchen today for a free estimate at Economy Kitchens, located at 431 N. Wood Ave., Linden. It is a member of the National Kitchen and Bath Association and you can visit the showroom factory Monday through Sunday from 9 a.m. to 5 p.m. It also accepts evening appointments. Call Economy Kitchens today for a free estimate at (908) 441-6088.

Variety of options exist for designing windows

Window designs today offer creative and distinctive possibilities which can be overwhelming to many.

At Laura's Interior Design, it is essential to understand the principles of good window treatment design by carefully evaluating basic benefits such as privacy, energy efficiency and aesthetics.

To simplify window treatments can be separated into two categories: soft window treatments and hard window treatments. Soft window treatments include draperies, top treatments and shades — all of which are made of fabric. The choices within these three major categories are broad and diverse because of the unlimited spectrum of fabrics. Today we can find decorative and functional fabrics in an overwhelming array of colors, patterns and textures. Many of the soft window treatments seen today reflect the rich and diverse history of many cultures, from the formal elegance of the Italian and French Renaissance to a more simplistic period of Early American.

The one style which continues to be popular are the swags and cascades — sometimes referred to as festoons and pleats. In nearly every historic period, the swag has graced windows to a lesser or greater degree of formality and this is the aspect that has gained them such popularity — from the formal design of traditional swags and cascades, to the casual scarf and pole wrap designs. Decorative rods have increased in popularity and help enhance draperies. Weighted iron and brass poles create an old world style treatment. With wood poles, the options in color and texture become endless. Recently, companies have expanded their line of rod sizes and decorative finishes for an individualistic appeal. Look for more attention to be drawn in these fancy rods in the future.

Fabric shades are available in a variety of styles, from frilly and feminine, to tailored and sleek. These shades are far more costly than vinyl and pleated shades but they have much to offer as well.

Fabric shades have a three-dimensional quality because fabric itself is not flat. It is important to select the proper fabric for these shades to avoid costly errors. Fabric shades generally draw up from the bottom, allowing you to control the amount of light that enters the room. Fabric shades also offer excellent insulation.

Hard window treatments are equally as important as fabric treatments and have lasted throughout the years, proving their worth in terms of beauty, durability and ease of maintenance. Hard treatments such as blinds, shades and shutters are made of metal, fabric or wood.

Metal blinds such as the micro- and mini-blinds have been an ongoing force in today's market. These blinds vary in quality, which is reflected in the price; it is important to select a blind that fits your need. Manufacturers continue to improve vertical blinds. Offered in a

variety of textures, patterns and colors, the product fits someone requiring a tailored clean look.

If there is one category taken by sheer it would certainly be with shades. Far from the simple roller shades, electric and pleated shades continue to increase in popularity since their introduction in the early 1980's. Made of 100 percent polyester fabric, these shades provide durability and easy maintenance.

Hunter Douglas introduced a superior product with the silhouette shade, a functional shade with the appeal of a delicate sheer. Just this year, these shades offered a room-darkening option. These shades are high-priced and do not fit everyone's budget.

This year, Hunter Douglas offers a new product with the vignette shade, a high-priced shade that resembles the fabric roman shades. Offered in a satin and basket weave finish, these shades may become the latest item in window fashions.

Wood blinds and shutters offer a bold and rustic look, and are offered in a variety of stains and finishes to create the look you desire.

Laura's Interior Design can help you create the appropriate treatment that will fit your needs and budget. The showroom is located at 330-A Springfield Ave., Summit. A free in-home consultation is available by calling 908-277-3331.

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PAGE 51 — HOME & GARDEN — Thursday, April 14, 1988

Home's worth grows with landscaping

Steve Shields of Shields Landscape Contracting has been improving the look in residential and commercial properties since 1982.

He began doing lawn maintenance through high school and summers during college. Graduating from Boston College, where he took extensive courses in design, he established Shields Landscape Contracting. What he thinks sets him apart from other landscapers is his creative design ability. Shields works closely with his customers in creating the most appropriate landscape for their particular establishment.

"Some people do not realize that certain layouts do not do justice for the specific looking. In other words, you should not design a modern look for a colonial house," Shields said.

Shields Landscape Contracting does weekly maintenance and cleanups, fence installation, lawn renovations, seeding and sodding, tree work, retortilling and chipping. His specialty includes designing shrub and treescapes, rock gardens, retention walls, watercourses and garden installations.

"The most exciting part of this business is watching my customers' expression upon seeing their new creation," Shields said.

Investing in a landscape upgrade



Steve Shields is the owner of Shields Landscape Contracting in Cranford.

increases the value of one's property by as much as 25 percent.

"Shields' establishment is located in Cranford; however, he works throughout the state. He said that no matter how big or small, everyone should keep their

property well-maintained and landscaped. "It does not cost a fortune to plant some perennials or mulch. Landscape and watch your investment blossom," he said.

Product lines are upgraded

Congoleum Corporation, of Mooresville has expanded its Medallist product line by adding the new design "Brittany." In addition, new colorations have been added to the existing Medallist "Terra" and "Marketplace" patterns.

"Medallist" has consistently performed well for no since its introduction in 1989," said Leonard Landovitz, Congoleum vice president of product styling and design. "We felt that by incorporating these exciting new design elements, which represent the best of current, ongoing research into our customers' color and design preferences, we could make an already winning line into a real champion."

Brittany, a contemporary-style design, is offered in four colorations: Rose/Swedish Blue, Teal/Maple, Midnight Green/Navy and Black/Charcoal.

The new colorations have been added to broaden and update existing patterns include Warm White, which has been added to "Terra" and "Light Platinum," added to "Marketplace."

Medallist sheet vinyl flooring offers a no-wax, satin-gloss finish and the Step Midlow Protection. The product's Chromalux wearlayer finishes it with superior stain resistance. The product also offers a 10-year, limited warranty against wear and manufacturing defects, and 5-year warranty coverage on the Step features.

The Medallist line is available in 6- and 12-foot widths for virtually seamless installation.

New flooring is part of any decorating scheme

Most people probably don't think about flooring often, but getting it right can give an unexpected boost to any room. It will freshen it up and help more clearly tie together a decorating scheme.

Commonly, it is the kitchen and bath that homeowners remand. These rooms are probably the ones that get the most use, are considered the "showcase" rooms of the home that help it sell when it is put on the market, and they are also the rooms which guests see most often. Yes, even the kitchen, as it has in recent years become not only a place to cook food, but where family and friends gather in a casual and impetuous space, to share in preparing a meal and have conversation. When having a casual party in the home, it's the kitchen where most people congregate.

With this in mind, flooring is needed for the kitchen or for the bath that looks good enough for guests, can stand up to the added wear and tear, and most importantly, minimize the time needed to spend to keep it looking tidy. A sensible choice that has come a long way in terms of style and durability, is resilient, or vinyl flooring. The Resilient Floor Covering Institute, a professional association of resilient flooring manufacturers, offers the following suggestions to help make choosing the right flooring a little easier.

Vinyl tile or sheet vinyl? Each offers specific features one may find preferable to suit their needs. Sheet vinyl, for instance, can be installed quickly and offers a clean, virtually seamless look. It is generally available in

both 6- and 12-foot widths. Vinyl tile, on the other hand, offers unlimited customizing options and do-it-yourself possibilities. It will freshen it up and help more clearly tie together a decorating scheme.

How flexible is your budget? Will your budget determine the "look" you want or will the "look" determine the budget? Also, in general, vinyl tile is sold by the square foot, sheet vinyl by the square yard. Be careful to calculate the cost of the different flooring being considered in terms of one measure or the other. Whether going high-end or low, an easy-to-test product, there are a broad selection of styles choices.

One of the prime benefits of any resilient flooring is its durability and soft, stain and scratch resistance. This translates to a low level of maintenance as compared with other types of flooring that may require substantial upkeep, like waxing, polishing and buffing. A recent RFI survey shows that consumers find vinyl flooring easiest to maintain, a finding supported by vinyl's 72 percent market share in kitchens. This is so because vinyl flooring is an entirely maintenance-free product, and manufacturers have been able to develop scuff and stain resistant features to keep step with people's needs for two-for-one household products.

If the safety of children and pets will be key to flooring choice, resilient flooring can provide somewhat more cushioning against their needs. Sheet vinyl, for instance, can be installed quickly and offers a clean, virtually seamless look. It is generally available in

resilient floor will be less likely to break and shatter as they would on very hard surfaces like ceramic or marble.

Design options are extensive. Today, there are more choices than ever before in resilient flooring. In both sheet and tile form, choose from marble, terrazzo, wood, stone, travertine or colorful all-over pattern designs or geometrics. Vinyl tile offers opportunities to create accent borders and bases with special feature strips and shapes that can be purchased with the tile.

If budget is a concern, do-it-yourself installation can be a good place to save. While a cut piece of sheet vinyl is a bit more tricky and perhaps best handled by a professional, all manufacturers provide installation instructions. Do not sacrifice style,

however, when doing it yourself. The selections available in D-I-Y vinyl tile are quite extensive.

There are a myriad of resilient flooring choices available today. Finding a flooring design and color that coordinates with other decorative finishes like countertops, wall coverings, window coverings and cabinets. Do sure to bring swatches and samples with when visiting a flooring retailer, including carpet swatches from adjoining rooms. A reliable flooring agent should also be able to provide samples to take home, as well.

All resilient flooring manufacturers offer warranties on their products. The more expensive the product, the more extensive the warranty coverage. Note the terms of the warranty of any floor purchased.



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1 THURSDAY, APRIL 13, 1995 — PAGE 80

Options are plentiful when selecting a new floor

Anyone who has decided to go with a new floor, whether it is in the kitchen, bath or any other room, don't puzzle over how to handle it with an existing home style or with an entirely new plan or remodeling project.

The Resilient Floor Covering Institute, a professional association of vinyl flooring manufacturers, offers the following suggestions to smooth the process:

Top down or bottom up? When remodeling a room entirely or planning a brand-new home, it can be helpful to decide right away if flooring will be a background element or a strong design statement that actively supports the rest of the decorating scheme. More than half or 50 percent of respondents to a recent RFI survey said buying new flooring was part of a larger remodeling project involving the replacement of cabinets, fixtures, appliances and other room elements.

If it is preferable that flooring like a black seat, then pick a muted and neutral pattern and color with a lot of flexibility and plan the rest of the room from there. Otherwise, wait until the major elements of the plan have been worked out — for instance, cabinetry, flooring in adjoining rooms, appliance colors and counter tops — before trying to bring in the flooring. This is a safe way to proceed if opting for resilient flooring because of the incredible vast numbers of designs and colors available, probably more than any other type of flooring. Plus, many resilient flooring manufacturers are now working together with manufacturers of other decorative home products like wall-

coverings and counter laminates to make the selection process easier.

Decide on an overall plan before going to the stores. It is a good idea to have a general idea of the look being sought, be it contemporary, eclectic, country, or traditional, so as not to be overwhelmed with the number of choices, not only in resilient flooring, but with wallcovering samples, books, paint chips, cabinet finishes, window treatments — blinds, fabric, roll up shades, etc. — and on and on. Narrow the field by style, general pattern type and by color, and save a lot of time and agonizing over choices.

Vinyl tile vs. sheet vinyl? If there is already a lot of pattern/decorative elements in the room being redecorated — e.g., recessed frames, pictures, built-in groutwork, borders, chair rails, cooking pot racks — it may be best to go with a more neutral flooring design. A sheet vinyl, which offers a clean look with a minimum of seams — sheet vinyl generally comes in 6- and 12-foot widths, so that waste is minimized in purchasing and installing it — is an "all-over" pebble or other small-scale pattern, with the small color chips or shapes that make up the design, being selected.

Or, if your room has a cohesive or neutral look confined to a few colors and simple patterns and designs, the flooring selected can help tie it together and create a statement or a consistent look. With vinyl tile, many manufacturers now offer a good selection of border strips and insets. Or simply create a

Firm keeps temperatures comfortable

Clarke Engineering Co., a Linden heating and air conditioning contract firm, was founded more than 42 years ago by H.G. Clarke, the company's president.

The company's commitment was to service businesses and industry in central New Jersey as well as perform residential installations. Clarke said he has seen tremendous changes in the industry throughout the years. "Not too many homes were air conditioned then and we usually had to adapt commercial units for residential use. Most even had air conditioning systems with water-cooled, and frequently small cooling towers,"

"Our sales personnel are all highly trained and select and specify the proper equipment for each installation. We install the highest quality heating and air conditioning systems, humidifiers, air cleaners and purifiers, attic ventilators, fans, night setback thermostats, and other modern day equipment. Today's technology provides us with variable speed fans and compressors motors, and sophisticated materials to provide almost 100 percent efficiency," Clarke said.

For more information, call (201) 333-7880.

Correction policy

It is the policy of this newspaper to correct all significant errors that are brought to the editor's attention. If you believe that we have made such an error, please write Tom Casavan, editor, 1291 Skyway Ave., Union, 07083, or call him at (609-770) weekdays before 5 p.m.

New paint is environmentally-friendly

Benjamin Moore's, one of the country's leading paint manufacturers, has introduced Pristine, a line of interior latex paint which, unlike conventional latex paints, is solvent-free with no volatile organic compounds, virtually odor-free during application and has no lingering odor. Pristine products require less drying time than other paints, making them ideal for areas which require a short turnaround time such as children's rooms, restaurants, hotels, offices and health care facilities.

Pristine made its debut in New York and Los Angeles in October, 1994 in more than 900 colors, three finishes — flat, eggshell and semi-gloss — as well as a primer-sealer for each installation. We install the highest quality heating and air conditioning systems, humidifiers, air cleaners and purifiers, attic ventilators, fans, night setback thermostats, and other modern day equipment. Today's technology provides us with variable speed fans and compressors motors, and sophisticated materials to provide almost 100 percent efficiency," Clarke said.

For more information, call (201) 333-7880.

"For a large part of this century, alkyd or oil-based paints were manufactured and used, providing good penetration, durability and color retention," said Tom Opletz, Benjamin Moore's vice president of manufacturing and technology. "In the '50s, latex was developed. This technology grew and rapidly achieved popularity for its ease of application, and soap and water cleanup. Water-borne paint systems continued to improve and today perform in many cases equal to or better than alkyd coatings. And now Pristine is the next generation of paint."

Pristine is manufactured using equipment dedicated exclusively for these products, with a segregated filling line from which the product is poured into its quart, gallon and five gallon containers, thus assuring "pristine" conditions.

Long before the EPA was formed, Benjamin Moore took its environmental responsibilities seriously, according to Opletz. Harmful ingredients such as lead, mercury and certain types of pigments were removed from Benjamin Moore products more than 20 years ago. All Pristine products are formulated without using volatile organic compounds. VOCs are carbon-containing chemicals that, under normal conditions, evaporate into the atmosphere. Examples of VOCs include gasoline, alcohol, paint thinner and other types of solvents.

While oil-based paints typically contribute large amounts of VOCs by virtue of their requirement for petroleum solvents, latex paints, with water as their primary diluent,

Yorkshire Woods offers luxury

Yorkshire Woods Residential brings its reputation for dramatic floorplan designs and high quality to the Princeton area. Yorkshire Woods, a new community of single-family luxury homes will feature 108 homesites nestled against the heavily wooded hills of Montgomery Township.

Priced from the low \$200's, Yorkshire Woods will offer six different styles of 3- and 4-bedroom homes, all with 2 1/2-bath, owners' suites with luxury closets, granite accents, soaring vaulted spaces and a host of designed-in amenities are included as standard.

Outside, adults and children alike can take advantage of Yorkshire Woods' private recreational center with tennis courts, full-court basketball, a safety-surfaced hot lot playground and a picnic pavilion for summer barbecues, birthday parties and live entertainment.

For more information on Yorkshire Woods, call (609) 538-0244 or (609) 520-1441.

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Gutter Helmet: the solution to clogged gutter problems

A new and different device promises to make cleaning rain gutters a chore of the past. The U.S. and Canada patent office have granted patents on a unique gutter and add-on system—the Gutter Helmet.

Homeowners cannot simply ignore gutters, stuffed full of leaves, pine needles and twigs. In the spring the gutters become full of wet peels that form a paste and block the down-spiral straps, so seal off screens that may be installed over the top of gutters.

If the homeowner fails to clean out the gutter, water runs over both the front and back of the gutter, causing the fascia board to rot, damaging plants, and leaking into basements and crawl spaces.

Cleaning the gutter generally involves at least two trips up and down the ladder, often a dangerous and unpleasant experience.

Working from the roof, which can be awkward and risky, results in a substantially shorter shingle life. And the hail never to the overflowing and freezing conditions, even when the gutters are only partially filled. The only effective solution lies in preventing debris from entering the gutter.

Homeowners report that Gutter Helmet covers keep the gutters clean season after season even in areas where pine needles, leaves and seed pods are heavy.

Unlike the various screens and burlap devices, Gutter Helmet is made of impervious aluminum that induces rain water into the gutter trough. Debris landing on it falls over the side or is blown away by the wind.

Tests simulating the heaviest rainfall experienced in North America, those on the Gulf Coast, have demonstrated that the Gutter Helmet can accommodate flow of equal and greater magnitude.

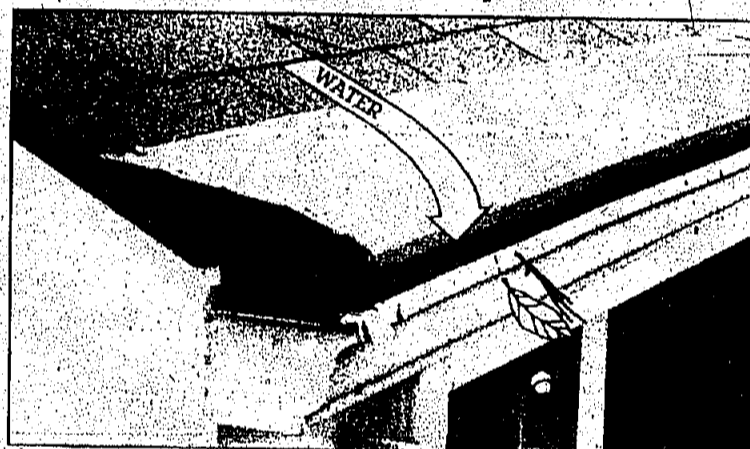
Dunkin's skeptics, the developer has devised a simple "sink demonstrator" for use under the faucet in a kitchen sink. There the ability of the device to convey large quantities of water around the nose is evident.

The installation is hardly seen on the house. According to homeowners, visitors fail to notice the Gutter Helmet installations.

In most installations, only the "nose" is visible and since covers come in a variety of colors, they blend in with the shingle color. Gutter Helmet is compatible with existing installations and requires no moving or modification of existing gutters.

American Metal Products, a division of Masco Corporation which manufactures Gutter Helmet, gives a written warranty. It states the system is guaranteed to keep your gutter free flowing in your money back.

New Jersey residents no longer have to worry about getting on the roof to clean gutters. For a free estimate and demonstration, call Precision Aluminum at (908) 499-0814.



Gutter Helmet is a low investment gutter add-on. It installs over existing water gutters to keep out leaves, pine needles and other debris. Water flows around and into the gutters.

Cultivars make gardening easy

Choosing the right plants and trees for your lawn or garden is ever easier than before, thanks to "cultivars" of native plants. Here, the American Association of Nurserymen answers questions about cultivars, native plants and plant selection.

What is a cultivar?
Cultivar, short for cultivated variety, refers to plants that have been selected for specific characteristics by nursery people.

When you select a cultivar, you can be certain you're getting a plant that will do what you need it to do.

For example, a flowering plant might be cultivated to be more fragrant and less susceptible to cold, or a vegetable to withstand drought while not succumbing easily to pests.

What are the benefits of selecting cultivars?
When you select a cultivar, you can be certain you're getting a plant that will do what you need it to do.

Energy is lost through window leaks

Most homeowners know that air infiltration through windows and doors is one of a home's leading causes of energy loss.

However, many of these same homeowners probably do not know how to determine if their windows and doors are leaking or not.

To help them save energy, Mackinburg-Duncan, one of the country's largest manufacturers of do-it-yourself weatherproofing products, offers three ways to check the tightness of windows and doors:

- Place a dollar bill between the door and door frame or between the window sash and sill. With the door or window closed, attempt to remove the dollar bill. If it slides out easily, energy is being lost.
- Shine a flashlight around the edges of your door at night. If light can be seen from the other side, then energy is being lost.
- Pass a moist hand around your doors' edges and windows. If draft is felt, energy is being lost.

If any doors fail these tests, experts at M-D suggest installing a new threshold, door sweep or new door jamb weatherstripping depending on where the air is infiltrating the home.

Thresholds are installed on the floor across the bottom of the door frame. Door sweeps are installed on the bottom inside of the door to provide a tight seal between the door and the door stop. Door jamb weatherstripping is fastened to the inside of the door frame along the door stop. All three seal out cold air in winter and hot air in summer.

Air infiltration around windows may be eliminated through the use of a weatherstripping tape. One of the more popular versions of this energy saver is foam tapes. These tapes are installed on the bottom of the window sash in the foam is compressed against the sill when the window is closed.

Another type of weatherstripping tape is made of flexible polypropylene and looks like a "V" placed on its side. With the point of the "V" facing the inside of the house, this tape is installed on the window sill where the window meets the sill.

For additional information on how to save energy through weatherproofing of doors and windows call 1-800-368-3371 or write to Mackinburg-Duncan, P.O. Box 35-188, Oklahoma City, Okla. 73125.

Find the finishing touches at Mitchell and Zaldivar

Mitchell and Zaldivar, purveyors of fine antiques, decorative accessories and wonderful gifts, will help anyone to put the finishing touches on any room in the house.

Here one will find not only exquisite, authentic European and Victorian furniture, but also breathtaking original oil paintings and a large unlearned assembly of antique lighting and mirrors. In addition, there is an array of splendid accent pieces and great gifts to fit any budget.

Inside and out the store, owned by Joseph Mitchell and Alex Zaldivar, reflects their highly refined eyes, the result of years of decorating and collecting, as well as the great influence of growing up in Europe. There are numerous treasures to be found at Mitchell and Zaldivar, including wonderful pillows in needlepoint, tapestry, embroidery, wool, silk, satin and antique fabric to accent any decor. Choose from an incredible selection of old and new glassware, silver, china, linens and textiles, and even estate jewelry.

Also featured is a vast selection of reproduction and antique frames made of pewter, gold leaf, brass, porcelain, wood inlay and much more. Limoges and other hand-crafted hard-to-find boxes are also available.

The list is endless: 19th and 20th century perfume bottles, hair hangers, tassels, French ribbon chignons, ornaments, sevens, Dresden, porian and bisque porcelains, and

the shop is open Monday to Saturday from 10 a.m. to 6 p.m.

Mitchell and Zaldivar is located at 202 Bellevue Ave., Upper Merion, Pa. For more information, call 763-3680.

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.

General or spot news: Chris Gatto, regional editor.
Sports news: Jim Parachini, sports editor.
Arts and entertainment news: Lisa Ann Ratto, arts and entertainment editor.
Problems: Tom Canavan, editor.

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Greenery can help conserve energy

This spring when you landscape around your home, keep in mind that while planting trees and shrubs improves the appearance of your home, they also can be used as an energy-saving tool. Public Service Electric & Gas Company has some tips for the energy-conscious gardener.

Trees, shrubs and plants help insulate homes from the outside climate by blocking out the sun's heat in the summer and keeping the heat inside during the winter. The four factors listed in heat-radiating objects. By using trees, rocks and other hedges, these factors can be controlled through landscaping.

When the ideal plants are properly placed, they can reduce a home's energy costs by 10 to 20 percent during the winter months. One tree can absorb the same amount of British Thermal Units in a given day as five air conditioners running for 20 hours.

Before planting anything, first examine the climate and decide on the types of trees needed to plant to maximize comfort in the home.

There are four types of climates in the United States: cool, temperate, hot and humid and hot. New Jersey's climate is in the temperate region and consists of contrasting seasons. When landscaping, major goals are to maximize the sun's rays in the winter, while blocking the wind and forced breezes, and reducing the sun's heat in the summer, while blocking the light.

In the temperate region, plant low density, low crowned trees to the east and west. This will help filter the sun's rays during the summer months without blocking the light. High-crowned, deciduous trees, such as the Norway Maple, placed on the south side create out 95 percent of the visible radiation and 75 percent of the full radiation with their multitude of branches and leaves. They also improve ventilation in the summer by allowing breezes to pass under their canopy.

Western exposures can overheat during the summer months and experience excessive glare in the winter. Short conifers and deciduous trees and shrubs planted on the northern and northwestern sides can help diminish these problems.

Evergreens and shrubs planted along the home's foundation may also act to insulate the home. Growing vines on the outside of walls will protect the home from sun and wind.



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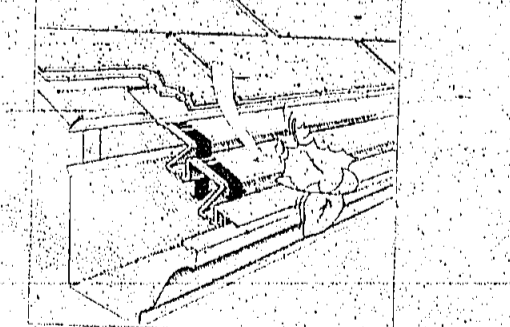
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Beautiful cabinetry is a lasting investment

Crincoli Woodwork Co. is a distinguished custom furniture company whose facility is a two-story brick building on Route 1 & D in Elizabeth, two miles south of Newark Airport. Although the company has been in the United States for more than 30 years, it is like a well-kept secret among the most discerning exclusive homeowners. Peter Crincoli, the company president and owner, has an established reputation for producing unsurpassed quality custom cabinetry. His cabinetry is made by the highest standards possible.

The custom cabinetry is produced in a 17,000 square foot state-of-the-art factory which includes a separate finishing room. Under the supervision of Crincoli, talented European craftsmen apply their skills to produce some of the most extraordinary custom cabinetry one can own. The cabinetry is made from special woods such as maple, cherry, oak, birch, poplar, walnut, mahogany and white ash, as well as exotic wood veneers such as ebony, rosewood, mahogany, mahogany, burl, olive, hawthorn, bubinga, cypress, peachwood, pecan, hickory, maple, oak and ebonywood. Many more exotic woods and wood veneers are used by Crincoli Woodwork Co. All types of stains and finishes are applied by hand to the furniture. The company has professional home remodelers and installers who complete all home remodeling and installations in the same high standards as the cabinets they manufacture.

Crincoli Woodwork has a staff of award-winning designers to assist clients with the design of their custom cabinetry and room layouts. In addition to producing cabinetry designed by their own designers, the company works with renowned architects and interior designers whose work regularly appears in design magazines. Kitchen cabinetry is a major percentage of the custom cabinetry Crincoli Woodwork produces; however, they can manufacture any custom furniture, such as media centers, bedroom furniture, bathroom vanities, wall units and bars. Peter Crincoli is involved with the final design and production of all custom cabinetry the company produces as well as with the remodeling and installation they complete. High quality is the trademark of Crincoli Woodwork and Peter Crincoli ensures that the highest standards are always met. Cabinetry by Crincoli Woodwork has been featured in several magazine design editorial sections.

Custom cabinetry by Crincoli Woodwork is an investment that lasts a lifetime. The company recently expanded its 2,000 square foot showroom to include two additional lines of cabinetry — in addition to Crincoli cabinetry. The new cabinet lines, which are also quality made, are the Wood-Mark and Brookhaven lines. The showroom is open to the public Monday-Friday from 10 a.m. to 5 p.m. and Saturday from 10 a.m. to 4 p.m. Other times are available by appointment only. The designers can assist clients on their first visit to the showroom if an

appointment is made in advance.

Homeowners from New Jersey and New York have had custom cabinetry manufactured and home remodeling completed by Crincoli Woodwork. Clients from as far as Florida and Bermuda have gone to Crincoli Woodwork. It is common for clients to refer their family and friends to Crincoli Woodwork due to the extreme satisfaction they have with the work they receive from the company. Many second generations of clients go to Crincoli Woodwork for custom cabinetry and remodeling for their homes. Former clients clients themselves, even return for additional cabinetry for their homes. One client, from Woodcliff, had cabinetry manufactured by Crincoli Woodwork for his home 22 years ago and recently returned to the company for a custom-built media center. This client stated that he has enjoyed his Crincoli custom cabinetry for the past 22 years and expects to get the same enjoyment from the media center he just

purchased. He stated that he would not even think of going somewhere else since he knows and wants the quality Crincoli Woodwork produces. Clients repeatedly speak about the lasting beauty and quality of the custom cabinetry they purchased from Crincoli Woodwork.

A visit to the showroom causes one to realize that this is a unique company. The displays in the showroom are set up as beautifully as they would be in the home. Crincoli Woodwork puts care into every stage of production for the projects it completes. The planning and design, the manufacturing and the remodeling and installation stages all work under the same high standards the company is known for. Cabinetry by this full-service custom furniture manufacturer is as beautiful as any fine piece of art.

Visit the showroom at 160 Spring St., Elizabeth, or call for an appointment at (908) 352-9312.

Gardening is all in the family

One of the many challenges of parenting is providing your children with wholesome, inexpensive, and enjoyable activities. Thanks to gardening, you can provide your kids with hours of fun right in their own backyard.

that provide birthday parties, children's gardening newsletters and discounts on tools designed for little hands. Encourage your children to browse through the gardening books, and show them the wealth of plants and flowers that grow well in your local area.

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• Step 2 — Once you've stimulated the interest of your kids, ask them what type of garden they'd prefer.

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Feeding birds all year is best for survival

Wild Birds Unlimited, a store which caters to the hobby of backyard bird feeding, is often asked the question, "When should I stop feeding the birds?" The answer is to feed them all year long.

According to Nancy Schneck, owner of Wild Birds Unlimited, the early spring months are often the leanest months for wildlife. Most wild fruits and seeds have been eaten, and no spring buds, insects or seeds have become available. In many ways, feeding birds in early spring helps the birds survive worse than any other time of the year. From now and into early summer, feeding activity should be heavy. The process of mating and nesting causes them to expend

extra energy. This energy is not available until the birds are in the nest and the young are hatched. Remember, birds eat in cycles throughout the day. The first few early morning hours starting just before dawn bring the heaviest activity. This will weaken quite a bit until evening hours, which is the second most active time of the day.

Enjoyment of bird feeding increases when the birds are at the most colorful and active stage of the year. The bird that stayed the winter now sings songs that were not heard previously. These birds may exhibit brilliant colors to attract a mate.

Many new birds may start to come into yards either as migrants traveling through

or summer residents returning for the season.

Much enjoyment can come from watching spring and summer behavior that differs substantially from winter behavior. Courtship, nest-building, raising their young and territorial defenses can lead people much about wildlife and themselves. Inviting birds to backyards can help to control insects without the use of pesticides. Many seed-eating birds also eat insects and must feed them in their nestlings.

Attracting birds to local yards is a reminder that any effort made to preserve or help preserve nature is rewarded ten-fold. Nature

responds with beauty, diversity and an increased quality in the environment.

This column represents the views and professional advice of Nancy Schneck, owner of Wild Birds Unlimited. If you have any questions, call Nancy at (908) 233-6904 or visit Wild Birds Unlimited at 2520 U.S. Highway 22 East, Scotch Plains.

This newspaper is a reliable means of researching the community market. To burst your business in the community, call our ad department at 908-686-7700 today.

Programs provide funds for home repairs

Most homeowners are aware that regardless of their income there are federal, state and local programs that will help them repair and remodel their houses.

Government at all levels recognizes that neighborhoods are the basis of life in our country. When a neighborhood deteriorates, many things happen both physically and socially. When the homes look shabby, a neighborhood seems more attractive to crime and criminals. An area in decline is like a spreading cancer. As homes become shabbily looking and in need of maintenance, the residents lose their desire to keep up the neighborhood. Streets become receptacles for trash, schools lower their standards and

the selling price of homes in the area drops sharply. This accelerates the cycle of degeneration.

In order to keep and maintain the nation's housing and neighborhoods, government at all levels have programs to give homeowners money — that does not have to be repaid — for repairs or to lend them money at below-market levels or at no interest. In many areas utility companies will either do energy conservation work free or at low cost and in other places will lend homeowners money at no interest to pay the contractor of their choice for the necessary work. In addition there are tax incentives to promote energy

efficient energy use.

These programs are not restricted to low-income people, slum areas or urban neighborhoods. Owners of single- or multi-family dwellings are eligible. While the grants do not have to be repaid, most of the loans offer low- or no interest, long terms and low payments.

Some of the other home improvements covered under these programs are attic and wall insulation, new windows, exterior siding, security doors and locks, window guards, sidewalks and driveway work, baby-risers and kitchens, electrical and plumbing, new roofs, gutters and downspouts.

Consumer Education Research Center, a national non-profit consumer group founded in 1969, has published a 208-page edition of Consumer Guide to Home Repair Grants and Subsidized Loans. It is available for \$16.95 plus \$3 postage and handling from CERC Grants, 350 Scotland Road, Orange 07050 or by calling (800) 872-0121. The booklet lists more than 7,000 sources of loan and grant programs offered by federal, state and local government, utility companies and others; typical programs offered and how to qualify. Form letters for inquiries to these loan and grant sources are included as well as detailed instructions on determining debt-to-income ratio for eligibility.

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From The Editor's Notebook
By Tom Cavanaugh
Editor In Chief

I was raised as a Catholic, so it goes without saying that these next four days are very important to my family.

We're in the middle of Holy Week, which ends Sunday with Easter, or the resurrection of Christ. In elementary school, St. Leo's in Irvington, we attended classes for half a day on Holy Thursday before having off on Good Friday. I recall our class marching single file from the school building to the church across the courtyard each of the days of Holy Week to say the Stations of the Cross before hearing Mass.

At home, Holy Week was recognized beginning with Good Friday, when we were forbidden to eat anything between noon and 3 p.m., the time of day when Jesus was dying on the cross. After 3 p.m., we could eat, but we were forbidden to eat meat, a tradition that is carried throughout my family to this day, and among many Catholic families.

Easter was a time for the Bunni and the colored eggs. It was the day my sisters, my brother and I would wake up to find Easter baskets filled with milk chocolate, white chocolate, jelly beans and marshmallows, chicks, which are still my favorite to this day. Leave me alone and I can knock off a package of 12 in less than an hour. The bunny aside to Easter it that our six-month visit to the dentist always occurred during the week after we received the basket of candy.

Easter meant dressing up in our Sunday best and going to church before going to my grandmother's apartment in the Wallburg section of Newark for our traditional St. Patrick's breakfast, which included ham, Scotch, kasha — which is an egg and milk confection that is the most "hard-thing you could ever eat, but it's good — and, of course, the dyed "but blessed" eggs. My grandmother's apartment, a small living-room opening to a small back area, a small kitchen and two bedrooms, housed my grandmother, her three daughters, their husbands, and her nine grandchildren — all stay. My parents, my aunt and uncle would join Easter for Sundays. Imagine what it must have been like for them to have nine kids playing in the "spare" bedroom.

As we grew older, Easter became shared among my mother and her two sisters. It was to their houses we would go, instead of my grandmother's apartment. As I've grown older, I'll admit that I've become much less religious than I used to be, and Easter has taken on a different meaning. The holiday has become a remembrance of my grandmother, the only grandparent I ever knew, who died five years ago Tuesday at 77 years old.

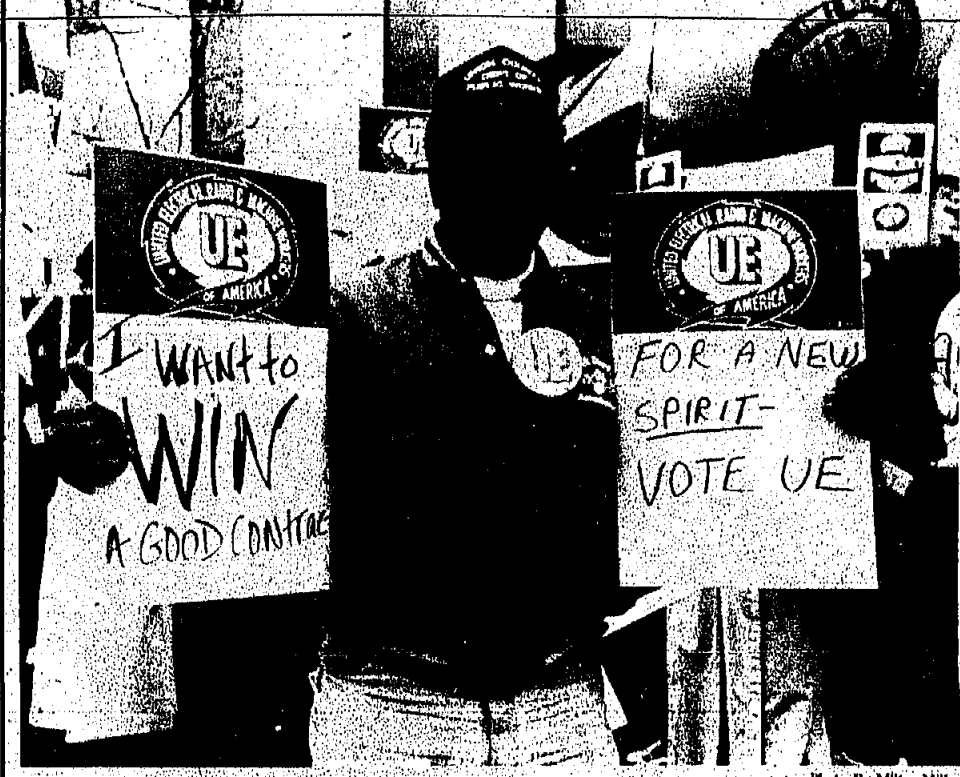
When I think of Easter, I no longer think of the baskets, or the dyed eggs, or the new clothes. I think of my grandmother and apartment No. 10 in the Brickley Court apartments in Wallburg with the scent of cedar always present. I think of the photographs that were taken of her with her grandchildren — one with all nine, one with my four cousins from one aunt, one with my one cousin from another aunt, and one with my sisters, my brother and me.

She was our family's matriarch, Petite, but tough. She worked as a clerk for Woolworth's on Broad Street in Newark until her retirement, and she was notorious for catching shoplifters. Never having driven a car or obtained a license, she took a bus every day up South Orange Avenue, despite how hard it made the city had become.

She was a tough lady, but had a heart of gold when it came to her family. It was her drive, courage and strong family values that have kept me grandkids in check and as close as we are today, even without her.

Happy Easter, Gram, I still think about you.

Making the grade?



Union County Division of Public Works employee Rick Jones offers his sentiments as to whether county workers should switch bargaining units. County employees will be asked to vote on Wednesday to determine if they would like to be represented by the United Electrical, Radio and Machine Workers of America or remain with their current association, according to UE spokesperson Annmarie Draham. A number of the 800 workers who are currently represented by NISCA Council B participated in a rally outside the county's Administration Building in Elizabeth on Monday, where they unveiled a report card rating the NISCA's performance a failure.

Photo by William Mills

Jaspan may enter freeholder contest

By Sean F. Carr
Staff Writer

Elizabeth City Councilman Bob Jaspan said this week he may challenge the party-backed candidates for the Democratic nomination for a seat on the Union County Board of Chosen Freeholders.

"People are urging me to run," he said. "I've been giving it a lot of consideration."

Jaspan said he will make his decision, known Friday.



Bob Jaspan eyes county seat

If he runs, Jaspan will face an uphill struggle against Freeholder David Sullivan of Elizabeth, Walter McNeil of Plainfield and Carol Cohen of Westfield for the Democratic nomination for the three freeholder seats on the ballot. Sullivan, McNeil and Cohen won the party's endorsement last week.

Freeholders Elmer Brill and Walter McCloskey are not seeking re-election.

"I think I have more to offer," than the other candidates, Jaspan said. He said supporters in several municipalities in the county have asked him to run.

As a freeholder, Jaspan said he would support mass transit efforts, including the planned Newark-Elizabeth Rail Link and proposed light rail extensions from Elizabeth through Cranford, Summit and other municipalities. He said he would like to see more county involvement in the operations of the county interlocking railway.

Jaspan said he opposed this year's deer hunt in the Watching Reservation and supported other measures, such as trapping and relocating the deer. "I think there are other ways to handle the deer population," he said.

Jaspan, a business owner in the city's Elmura section and a former member of the Planning Board, was elected to City Council in 1990 and re-elected in 1994. He lost a three-way primary battle for mayor in 1992 against current Mayor J. Christian Delwege, then a councilman, and then-Mayor Thomas G. Dunn Sr. In 1993, he backed a petition movement to change the city to a non-partisan form of government.

O'Keeffe appointed county deputy clerk

Former Union County Freeholder Paul J. O'Keeffe has been appointed deputy county clerk, replacing John Hillaris who resigned to accept a position in Union County with the New Jersey Superior Court.

Union County Clerk Walter C. Hartigan made an announcement last week, formalizing O'Keeffe's appointment.

O'Keeffe has a vast amount of experience both in public service and the business community.

He recently served two terms as mayor of Plainfield and has 20 years of business experience in the Mortgage Industry.

Hartigan indicates that O'Keeffe brings to the office a broad wealth of talent as an administrator as well as a hands-on operator, already showing an interest in the statutory duties handed by county clerk offices.

O'Keeffe resides in Plainfield with his wife, Dolores, and sons Kevin and Patrick.



Paul O'Keeffe

Health fair is scheduled for county vo-tech site

The first annual Union County Health Fair will be sponsored by the Union County Vocational-Technical Schools on April 22 from 10 a.m. to 3 p.m. The event will be held in Haxel Hall, 1776 Ravinia Road, of the CVTC campus.

This fair, more than 30 organizations, physicians, hospitals, police departments, emergency and service units as well as other groups and individuals involved in the areas of health, fitness and nutrition will participate in the fair.

The following is a partial listing of the test and screening areas: blood pressure; prostate problems; breast cancer; eye, ear, nose and throat; diabetes.

There also will be lectures, exhibits, displays and demonstrations along with audio and visual presentations. Nutrition and physical fitness experts will be on hand to provide guidance toward proper diet and exercise. Also available will be information regarding studies and training leading to a career in health and other fields.

Further details about the fair will be forthcoming. The fair is being offered as a community service by the Union County Vocational-Technical Schools.

ID plan targets missing kids

The Union County Commission on Child Abuse and Missing Children, in cooperation with the Union County Sheriff's Office, has scheduled a visit to Toys-R-Us on Morris Avenue and Union 22 East in Union for April 20 from noon to 3 p.m.

This program, "Project Identification," is part of a continuing effort by Sheriff Ralph Froelich and Commissioner Jill Knabecker to utilize present day technology to help safeguard children.

Anyone interested in this program should bring their children, ages 4-12, to Toys-R-Us. Children will be printed and taped on a first-come, first-serve basis.

Resource center open for business

An open house for the newly organized Family Development Program Resource Center and Immunization Clinic will be held at 2 p.m. today at the Division of Social Services, 342 Westmaster Ave., Elizabeth.

The center is sponsored by the Union County Department of Human Services, the Board of Chosen Freeholders, county manager and Runnicke Specialized Hospital of Union County.

Union County Manager Ann Darn said the goal of the PDP "will be for local recipients of Aid to Families with Dependent Children to become productive, independent, contributing members of the community. We also hope to have all children under five having welfare reform services at one location," said Freeholder Chairman Linda Di Giovanni. "This effect has culminated in the creation of a 'one stop shopping' approach designed to simplify direct customer access to our local provider network."

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Committee against hate takes crack at prevention

A program organized by the Union County Committee Against Hate will be held from April 24-30. It will serve as an adjunct to the commemorative ceremonies, which still be held throughout New Jersey during that week.

The week, dubbed Holocaust Remembrance Week, will serve as a reminder of the heinous killing of Jews by Nazis during World War II. The program is aimed at preventing new attacks, both verbal and physical, on groups and individuals because of economic status, race, religion, ethnicity or sexual orientation.

For that program, the committee plans to invite three members of the Human Rights Coalition of Billings, Mont., an organization that was formed after acts of intimidation and violence toward African-Americans, Native Americans, Jews, gays, Hispanics and others in that city were perpetrated by Skinheads, Klansmen and other hate groups.

The coalition, by its formation and actions, notified well-hidden but very active hate mongers that Billings would not harbor or tolerate the hatred that was becoming progressively more vicious and dangerous, according to a statement released by the coalition.

The program will include videotaping an interview for public broadcast over cable and public television, and appearances by the coalition at churches, synagogues and schools in Westfield, Clark and other areas. The highlight of the visit will be a community forum on April 27 at 7:30 p.m. at Temple Emanu-El, 756 East Broad St., Westfield.

On Nov. 23, 1988, hate crimes and other racial attacks were printed on the calendar of Westfield High School. Members of the religious community in Westfield issued a statement condemning the act, and say they intend to "take a leading role" in the effort to build tolerance and mutual respect.

Through this program, which is open to all, the committee hopes communities will learn what they can do to combat hate in their neighborhoods.



Union County Freeholder Chairwoman Linda Di Giovanni, left, and Union County Manager Ann Baran, second from left, join Gladys Kramiec, director of the National Council on Alcoholism and Drug Dependence of Union County, Inc., in declaring April "Alcohol Awareness Month" during the "Facing Reality" conference held March 31 at the Coachman, Cranford. More than 200 people attended the training conference, given by Dr. William Glasser, and sponsored by the NCADD and several area medical centers.

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COUNTY NEWS

Commission gains funds to support arts groups

The New Jersey State Council on the Arts awarded \$5,000 in federal and matching funds to the Union County Cultural & Heritage Commission during a meeting at Crossroads Theater in New Brunswick.

Phillips named 'fun run' committee chair

Union County College Dean of Student Services Wynn Phillips, an Ocean Township resident, for the 11th straight year will serve as chairman of the college's annual 5-K Spring Run Race Committee.

SAM & ANDY'S FRUIT & FLOWER SHOP. OPEN EASTER SUNDAY til 4 PM. Fruit Baskets, Lilies, Dried Fruit Trays, Easter Candy Baskets, Palm-Crosses, Balloons, Gourmet Baskets & Nut Trays.

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COUNTY NEWS

School board elections set for Tuesday

On Tuesday, voters in more than 550 of New Jersey's 608 local school districts will choose men and women to serve on their local school boards.

WalkAmerica Month proclaimed for April

Gov. Christine Whitman has proclaimed April 1995 as "March of Dimes WalkAmerica for Healthier Babies Month."

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ARTS & ENTERTAINMENT

Union resident juggles comedy and the theater

By Lisa Ann Battito
Arts and Entertainment Editor
Ron Yacovetti of Union owes his success as a stand-up comedian to a college professor.

Yacovetti said he was inspired by a stand-up comedian in Union College in the 1960s. He is a founding member of Saucer of Milk Productions, a company which was developed to create and stage original pieces.

Yacovetti will be committed to his lead role in "Dead Air" and plans on having a hand in bringing other pieces to the stage. He has no future intentions of turning in his microphone, for sure.

Yacovetti said he would like to try both and work in television as a stand-up comic. He said he would like to try both and work in television as a stand-up comic.



Ron Yacovetti



Performers breathe life into classic

Lee Merrill, as Fiona MacLaren and Joseph Mahowald as Tommy Albright sing "The Heather on the Hill" in a scene from "Bridgdon" at the Paper Mill Playhouse.

"Bridgdon," as presented at the Paper Mill Playhouse, Milburn, is a timeless, English production, which has not lost its charm from the time it was first produced on Broadway in 1947.

Another scene stealer is the excellent young dancer Alex Sanchez, who plays Harry Heaton, so happily in love with the bride-to-be Jean MacLaren.

The two Americans, Tommy Albright, wonderfully portrayed by Lee Merrill, and Jeff Douglas, in a dumpy performance by P.J. Benjamin.

Yacovetti said he would like to try both and work in television as a stand-up comic. He said he would like to try both and work in television as a stand-up comic.

Paper Mill hosts food fest

On June 13, beginning at 6 p.m., performing arts professionals will be joined by local arts professionals as Paper Mill Playhouse presents its international food festival.

Rembrandt sketches on display

Natalie D'Alessio of Marino Galleries, in association with Jacques-Paul Adams, international art dealer from Paris, has announced an exclusive exhibition of a rare collection of sketches by Rembrandt.

Classical to unrel

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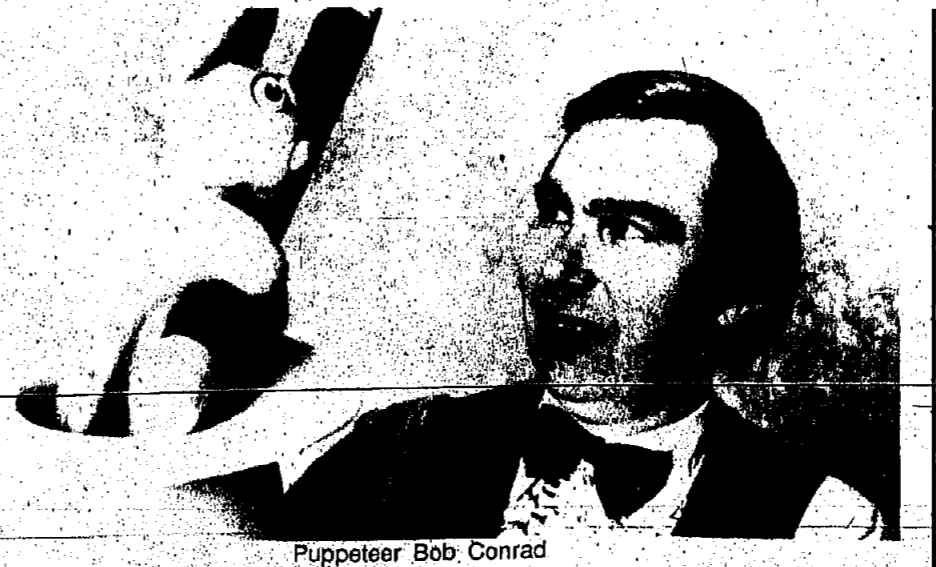
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ARTS & ENTERTAINMENT

Puppet show set for Union

Puppeteer Bob Conrad, director of "Conrad's Puppet Theater" will present a show titled, "Puppets, Puppets, Puppets" on Wednesday at 1 p.m. at Connecticut Farms Elementary School.



Puppeteer Bob Conrad

Musical nun will sing at cathedral

Sister Germaine Fritz, OSB, the prioress of St. Walburga Monastery in Elizabeth, has the number one recording on "Billboard's" Crossover Chart in Europe and the United States.

The live concert will feature Hildgard's 800 year old chants, which have been arranged in a contemporary landscape of world beat rhythms.

The concert will benefit Beneficent Hospital in Kingston, N.Y., and is sponsored in part by Angel Records, CHT, Budd & De Maria, Hugh Kelly, and WDSB-FM, Woodstock.

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Arts Calendar

The Arts Calendar is prepared each week and highlights events in and around Union County. To avoid conflicts in scheduling local events, please post dates, times and places as early as possible and send to Arts and Entertainment Editor, Worrall Community Newspapers, P.O. Box 3109, Union 07083.

RECIPE OF THE WEEK

COMPLIMENTS OF THE GARDEN RESTAURANT
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DINING OUT

ARTS & ENTERTAINMENT

Play makes its debut in state

On April 22 and 23, the Ridgewood Gilbert & Sullivan Opera Company will reach a milestone in its 58-year history when it presents what it believes to be a world premiere: a double bill comprised of the first surviving collaboration of William S. Gilbert and Arthur Sullivan, "Trial by Jury" and their last, "The Grand Duke."

This production marks the company's first presentation of either of the existing Grand S operas. They also believe this to be the New Jersey premiere of "The Grand Duke." It will take place at Benjamin Franklin Middle School in Ridgewood on April 22 and 23. Continuing their policy of recent years, all children 12 and under will be admitted free at the Sunday performance when accompanied by an adult.

"Trial by Jury," written in 1875, is a satire of the judicial system in Victorian England which depicts a coach of promise case featuring entertaining characters, music and an amusing setting for all concerned.

During their years of further collaboration, Gilbert and Sullivan respected each other's talent but they were never close friends. In 1880, with 12 shows behind them, including "Mikado" and "H.M.S. Pinafore," they let their differences break up their partnership. When neither found much success without the other, they resorted to writing "Utopia Limited" in 1893 and then "The Grand Duke" in 1906.

"The Grand Duke" was originally a two-act opera but it was presented in a one-act version in this production. Set in the mythical Grand Duchy of Plooming-floaberming, the members of a resident theatrical troupe plot to overthrow the despotic Grand Duke Roudolph. When their piece is discovered, they must fight a scurrily distant duel of playing cards instead of pistole. Meanwhile, the Grand Duke has problems of his own — His plans to wed the wealthy Baroness von Krakenfeld are upset when she discovers he was betrothed in infancy to the Princess of Montic Carlo. By the end of the opera, when several people have claimed and relinquished the titles of Grand Duke and Grand Duchess, order is restored in typical Gilbert and Sullivan fashion.

Tickets for "The Grand Duke" and "Trial by Jury" are \$10 for adults, \$5 for seniors and \$2 for children. If ordered in advance by sending a check to Evelyn Plunkett, 995 Clinton Ave., Wyckoff 07481. They are also available at two stores in Ridgewood: for the advance sale discount price, Annie Hill's Boutique, 59-R Ridgewood Ave., and Great Exports from Precision Homewares, 36 N. Maple Ave., in the Kings Shopping Center. Tickets will cost an additional \$2 when purchased at the box office. For further details, call 800-366-5555.

The Ridgewood Gilbert & Sullivan Opera Company was founded in 1938, by Ridgewood residents Kay and Jack Etkin, and was recently honored with a special award from the Ridgewood Arts Council for its contributions to the community.

Your business can grow with more customers. Reach the potential customers in your newspaper with an ad by calling 1-800-361-8911.



Jazz band slates coffeehouse concert

The cool sounds of New York City jazz come to central New Jersey on April 22 as The Times Coffeehouse in Scotch Plains hosts a special concert with Joshua, a six-piece band from Brooklyn, N.Y. Joshua features instrumental jazz arrangements of traditional jazz and contemporary Christian songs as well as original tunes.

Joshua has made two prior appearances at The Times in May 1994 and January 1993, following their victory as best instrumentalists in StarSong Communications' 700 Club's "1992 New Artist Search." The group appeared twice in the nationally televised competition, once in the instrumental finals, and once in the overall finals. The program was carried on the Family Channel. Composed of drums, percussion, bass, guitar, keyboards and saxophone, the group was only last performed in Scotch Plains in the wealthy Barroness von Krakenfeld are upset when she discovers he was betrothed in infancy to the Princess of Montic Carlo. By the end of the opera, when several people have claimed and relinquished the titles of Grand Duke and Grand Duchess, order is restored in typical Gilbert and Sullivan fashion.

The Times, which feature music and food, will also feature a special presentation of the band's music in a concert format in the 1,400 seat sanctuary of Evangelical Church. Food will not be served and admission is general seating.

Done's open at 7 p.m., with the program starting at 8 p.m. Admission is \$7 at the door. The Times is located at Evangelical Church, 1251 Terrill Road, Scotch Plains. For more information, call (908) 322-9300.

Advertisement for Lisa Battito, Editor of Worrall Community Newspapers. Includes contact information for various regional offices like Springfield and Kenilworth.

Advertisement for STAR OF JRDJA Exotic Indian Cuisine. Features a 'LUNCH BUFFET \$5.95' and 'BUY 1 ENTREE GET 1 FREE' offer. Lists locations in Springfield and Kenilworth.

Advertisement for Celebrate Easter Sunday With Us! at Chestnut Tavern & Restaurant. Features 'COMPLETE DINNER SPECIALS' and a tribute to Elvis. Located at 660 Chestnut Street, Union.



horoscope

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CANCER - June 22/July 22
Communication is very important in a love relationship...
LEO - July 23/August 23
Manipulating others to get your way is not the best way...
VIRGO - Aug 24/Sept 23
Playing it safe won't lead to big advancement...
LIBRA - Sept 24/Oct 23
It will be a relaxing and fun-filled time...
SCORPIO - Oct 24/Nov 22
You will be recognized for hard work...
SAGITTARIUS - Nov 23/Dec 21
Before you get caught with your foot in your mouth...
CAPRICORN - Dec 22/Jan 20
Show appreciation to someone who has helped you...
AQUARIUS - Jan 21/Feb 18
It's a good week with a few rough spots...
PISCES - Feb 19/March 20
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ARTS & ENTERTAINMENT

Artist will exhibit work in local gallery

The Westfield Art gallery, in association with the New Jersey Workshop for the Arts, has announced that Roy Steinberg, a painter from Edison, will exhibit his work at the gallery through May 5. An opening reception for the exhibit will be held on April 9. The exhibit will feature a wide variety of neo-expressionist oil paintings by the artist, several of which are reminiscent of the New York of Abstract Art typified by Clifford Still and Robert Motherwell.

Concert will aid temple

Concert by the Temple Sinai, Summit, will take the lead in presenting their second fund-raising concert for the temple with a program of vocal and instrumental music on May 6 at 7:30 p.m. Tickets are priced at \$15 for members and \$25 for non-members. The event will be conducted by Michael Trimble, Kordan's husband, and a musician and teacher. Assisting artists will be Joanna Pankova, soprano, and Margaret Taniguchi, mezzo-soprano, both of Boston; Todd Kowallik, tenor, of Princeton; and Gregory Wright, baritone, of New York. David Mallo, will be the accompanist. All are young artists on the threshold of their careers.

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ARTS & ENTERTAINMENT

Artist will exhibit work in local gallery

The Westfield Art Gallery presents the works of different artists every month. The gallery is located at 152 E. Broad St., Westfield, Gallery hours: Tuesday, 3:30 p.m.-9 p.m.; Friday, 3:30 p.m.-6 p.m.; and weekends, 1 p.m.-4 p.m. For additional information call (908) 789-9095. The gallery is sponsored by the New Jersey Workshop for the Arts, a nonprofit educational organization established in 1972 by Theodore K. Schloberg, director. Funding for the gallery's monthly exhibitions has been made possible in part by the New Jersey State Council on the Arts through a grant administered by the Union County Office of Cultural and Heritage Affairs.

Advertisement for New Jersey Mirror & Glass Inc. listing services like custom window doors, window glass replacement, and contact info: 201-926-0394, 768 B Ramsey Ave., Hillside, NJ.

Advertisement for SUMMER CAMP and DAYCARE. Includes contact info for St. Joseph's School and Karate Center Inc.

Advertisement for Olive Tree Summer Fun! and Child Care by Maplewood Mom. Includes contact info and details about programs.

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WORRAL COMMUNITY NEWSPAPERS

Union Leader, Kenilworth Leader, Roselle Park Leader, Summit Observer, Springfield Leader, Mountainside Echo, Elizabeth Gazette, Roselle Spectator, Rahway Progress, Clark Eagle, Hillside Leader, Linden Leader

Dining Review April 13, 1995

The Rustic Mill, 109 North Ave., Cranford, provides a safe haven for healthy eaters. A member of the Wellness Works Program initiated by HIP Health Plan of New Jersey, The Rustic Mill serves up balanced meals for the health-conscious and traditional favorites for those who prefer a diet of milkshakes and cheseeburgers. Patron can choose a variety of foods from the reasonably priced menu at The Rustic Mill. Appetizers like potato skins, calanari rings and fried vegetable go for under \$5. The menu also is littered with American standards like the California cheseeburger and various deli sandwiches, not to mention the salad, 'boutique' and chesee omelette.

For those who prefer to "lighten up with healthy attitudes," there is the menu created by registered dietician Carol Viozor which includes nutritious items like the turkey burger or the hot vegetable platter. The ever-popular veggie burger is not store-bought like in other restaurants. At The Rustic Mill, the veggie burger, served on pita bread, is made in-house to preserve its tasty, homemade flavor. Breakfast is served all day at The Rustic Mill. Classics omelettes, all natural Belgian waffles and pancakes litter the breakfast menu.

The dessert menu offers "sweet endings" like apple crumb cake or fruit strudel. The creamy chocolate pudding is a favorite. Lucky patrons may be surprised with a happy face made of whipped cream, decorated with the chesee pudding. Friendly service and a bright, welcoming atmosphere, make The Rustic Mill an ideal eating place for any family. Hours are 6:30 a.m. to 2 a.m.

This column is intended to inform our readers about dining opportunities in the area.

Large advertisement for Worrall Community Newspapers. Features 'Special Long distance Rate on your residential Phone Bill is now available to all valued readers of Worrall Community Newspapers!' and lists various newspaper titles.

Large advertisement for Vitamin Factory. Features '15% OFF ALL CAMOCARE PRODUCTS' and lists various vitamins and supplements with prices.

Advertisement for MDC (Mirror, Door, Case) listing services and contact info: 201-926-0394, 400 Winans Ave., Hillside.

Advertisement for Karate Center Inc. listing classes and contact info: 1495 Main Street, Rahway, NJ.

Advertisement for Olive Tree Summer Fun! and Child Care by Maplewood Mom.

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Health & Fitness

Program helps curb miscarriages

Two years ago, physicians at Diamond Institute for Infertility developed a program dedicated to women experiencing recurrent miscarriages. Since then, many couples have become parents.

Recurrent miscarriage, or the loss of at least three first-trimester pregnancies, is one of the most heartbreaking aspects for a couple attempting to conceive," said Dr. Megan Yemini, who conducts Diamond Institute's recurrent miscarriage program with Dr. Arieh Birkenfeld. "That is why we established the Recurrent Miscarriage Program as a special component of Diamond's total infertility management."

Laura Mischelstein is recurrent miscarriage coordinator.

Based on their own advanced research, the two reproductive specialists have isolated and successfully treated several major factors in early pregnancy loss.

Many couples come away from initial miscarriages without explanations about why they occurred. Often they are advised that it just happens and to try again. Birkenfeld said, "We are so satisfied with this approach because appropriate testing can accurately reveal causal factors. These include chromosomal aberrations and hormonal irregularities as well as genetic and immunologic factors."

An autoimmune rejection of embryos and failure of women's immune systems to protect embryos can occur, he said. The latter, according to Dr. Yemini, calls for lymphocyte therapy — an immunoglobulin therapy offered at only a handful of the country's centers.

Lymphocyte therapy is a significant breakthrough for unclothed miscarriages, says Yemini, who noted that blood tests now can detect a woman's immune response to her former's white blood cells.

In normal pregnancies, the maternal immune system produces antibodies that recognize the paternal side of an embryo. The antibodies produce a protective shield that covers the

embryo and the trophoblast cells which are part of the placenta, Yemini says that, "when testing indicates, we can initiate treatment before conception or in the first six weeks of pregnancy." Therapy involves injecting maternal lymphocytes into the woman, stimulating her immune system to produce the absent shield. Yemini adds that a significant number of lymphocyte-treated patients now carry to term.

One of these patients, Susan Cichon, describes five years of attempting to conceive and to maintain pregnancies as "an emotional drain." Married in 1988, she experienced her first miscarriage early in the second month of her first pregnancy. She carried a second pregnancy 15 weeks. One of five siblings, none of whom had problems with pregnancies, Cichon did not want to wait until she fit the three-miscarriage profile. Her critical husband was convinced by RH-negative blood which builds antibodies to subsequent pregnancies.

"I didn't need these miscarriages to classify myself and I felt that I just couldn't go through the anxiety of losing another child," she says. "I wanted to be where I was confident that the physicians would give us substantial information and work with us to help me carry to term." Attending Diamond Institute's seminar, listening to the staff and other couples speak about recurrent miscarriages convinced me that I would be dealing with a knowledgeable and supportive group."

At Diamond, Cichon's case was evaluated, including testing for the lymphocyte regimen — and treated for endometriosis. She became pregnant immediately after receiving maternal lymphocytes and her husband Michael, in their early 30s, now are parents of three boys. Jennifer and Kimberly, the girls, weigh 120 and 110 pounds, respectively, and are well over five pounds a baby. Cichon said she had a hysterectomy in 1993 after the miscarriage regimen.

Broadway bound



The Employee/Resident Talent Show took place at Ashbrook Nursing and Rehabilitation Center, Scotch Plains. The show featured nine acts, including Seniors in Motion, a group of residents who sang and performed to the song 'Hands Up'.

Whiplash: More than a pain in the neck

Whiplash is a pain in the neck. What is it, and how does it happen? A sudden injury to the neck jerks your head backward and forward, throwing your neck out of balance. Because the force is so fierce and abrupt, parts of your neck can be damaged, and the neck's natural curve may be reversed, vertebrae become misaligned, the muscles and ligaments are stretched, and the discs between vertebrae are compressed. The spine may be injured, and the vertebrae may be displaced. The neck may be twisted, and the vertebrae may be fractured. The neck may be sprained, and the ligaments may be torn. The neck may be dislocated, and the vertebrae may be crushed. The neck may be broken, and the vertebrae may be shattered.

Whiplash is a common cause of neck pain. It can be caused by a sudden injury to the neck, such as a car accident, a fall, or a sports injury. Whiplash can also be caused by a sudden change in the direction of the neck, such as when a person is startled or when they are working in a repetitive motion. Whiplash can cause a variety of symptoms, including neck pain, stiffness, and difficulty moving the neck. Whiplash can also cause headaches, dizziness, and ringing in the ears. Whiplash can be a serious condition, and it is important to seek medical attention if you experience any of these symptoms.

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Health & Fitness

Blood substitute being developed

A revolutionary blood substitute with broad life-saving potential is being tested at the University of Medicine and Dentistry of New Jersey.

The unique blood product is made with a patented chemical modification process that diverts it from the body's immune system to prevent it from getting attacked as a foreign substance. The process was developed by Enzon, Inc., of Piscataway.

Calicut polyethylene glycol (PEG)-hemoglobin, the product combined the PEG chemical with bovine hemoglobin, the protein of red blood cells that carries oxygen throughout the body. UMDNJ researchers believe the product has great clinical potential, from use as an emergency blood supply to an advance in cancer treatment.

"PEG-hemoglobin is a potentially universal blood substitute," that requires no typing or cross-matching, said Richard D. Hahn, assistant director of the Clinical Research Center at the UMDNJ-Robert Wood Johnson Medical School, New Brunswick, and principal investigator of the study. "It also has a longer shelf life and may have greater oxygen-carrying capacity than human hemoglobin, which is why cow's hemoglobin was chosen."

In addition, he added, the blood substitute eliminates the possibility of acquiring a blood-borne human infection such as HIV — the AIDS virus — or viral hepatitis from a blood transfusion. "This safety factor may eventually make PEG-hemoglobin an ideal blood substitute for transfusions during trauma surgery or general surgery," he said.

PEG-hemoglobin also holds promise in cancer therapy. In laboratory studies on dogs with large, radiation-resistant solid tumors — PEG-hemoglobin combined with radiation treatments proved highly effective in killing or dramatically shrinking the tumors, said Peter O. Tombras, president and CEO of Enzon, Inc.

"When the product was injected into dogs, it traveled to the tumors where it increased the oxygen levels, making the tumors more sensitive to radiation treatments," Tombras said. "We are hopeful that the product will prove effective in treating human cancers."

PEG-hemoglobin has entered Phase I clinical trials at the medical school, the first site of the study, to determine its safety and tolerability. Phase I is the first of a three-phase drug-testing process usually required by the federal Food and Drug Administration, which must evaluate and approve each phase. The clinical trials are regulated by the FDA, which is responsible for the product's final approval.

In the study, volunteers are injected with PEG-hemoglobin once and carefully monitored for five days at the medical school's Clinical Research Center in New Brunswick. Each volunteer is given follow-up examinations weekly for three weeks to gauge their reactions to the product.

"It's very early in the study, but we have some encouraging results," Hahn said. "The six persons tested so far have had no adverse reactions attributable to the product."

PEG-hemoglobin is derived from blood cells of cows raised on federally regulated biological farms in California. It is then purified and packaged at Enzon's South Plainfield, N.J., plant. The plant can produce 400 units each unit contains one-half pint per week and will continue to supply blood product throughout the clinical testing.

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Holiday tunes



'Santa Claus is Coming to Town' was among the Christmas carols sung by children from Five Points YMCA Day Care Center, 201 Tucker Ave., during a holiday visit with residents of Cornell Hall Nursing and Rehabilitation Center and patients of Carolina Transitional Health Care Services, 234 Chestnut St. Children sing with, from left, Cornell Hall/Carolina Assistant Activities Director Alice Dennis, Cornell Hall resident Fanny Seidman, Annie Navera, a YMCA teacher, and Phyllis Eisler, YMCA Child Care director.

Poor eating habits take toll on health

You are what you eat. The phrase might sound old-fashioned but the concept behind it is certainly a fact. Medical research strongly suggests that there is a relationship between diet and health; in fact, in six of 10 leading causes of death for Americans, diet plays a major role.

At the Nutrition Information Center of North Jersey, learn the facts about healthy eating from an expert. Kathleen Banzon, a registered dietitian with a master's degree in food and nutrition from Rutgers University, has worked at the Nutrition Information Center to provide an alternative to the "diet."

Banzon believes dealing with each client as an individual and developing a meal pattern according to their needs is the key. In her seven years in the nutrition field, she observed the consequences of poor eating habits, over-

eating and non-compliance in medically prescribed diets. Her goal is to give each client that comes through her office a meal plan that will work.

Much of her practice is devoted to weight control. Society revolves around food and that offers some controls for everything.

Fat diets have resulted in unhealthy eating practices and a tendency for people to use and then regain that same 10 pounds over and over again. At NIC, effective, long term ways of managing weight through a safe program of behavior modifications, fat reduction and exercise are explained. Special attention will be given to each client's individual needs and interests.

For more information on the NIC weight control plans or other services including counseling on the relationship between diet and diseases, call (201) 561-9399.

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Real Estate

Realtor reports January as a productive month for sales

This past January was the best January for new homes sales in at least six years for Coldwell Banker Scholtz Realtors. Bob Becker, the company's president and chief operating officer, says the firm's New Homes Division wrote 12 percent more contracts than in January 1994 and the most since the division's inception six years ago.

Home is a shelter for taxes. The family home is still a sweet tax shelter with fantastic opportunities for tax deduction. "Acquisition incentives" is the tax term describing money you receive on the sale of a second home.

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Automotive

Chrysler alternative offers luxury

The all-new 1995 Chrysler Sebring offers an intelligent alternative to the sport coupe market. Luxury. Compact sport coupes are known for leading-edge design and excellent performance, but until now, few if any, have provided the amenities, roominess and ride quality associated with larger luxury automobiles.

Refining classic style. At first glance there is no denying this is a Volvo. It has the classic Volvo grill design, large glass areas for good visibility and solid appearance that makes a stylish car wonder if it wasn't made from one block of steel. There is something bluff about the new 960. The hoodlines-grill-and-fenders-are-lower-and-smoother. The front end rumpers and side molding are now color-keyed and integrated into the overall contour of the new Volvo. These enhancements make this Volvo unlike any other before.

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