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How to reach us:
Our offices are located at 1291 Stuyvesant Avenue, Union, N.J. 07083. We are open from 9 a.m. to 5 p.m. every weekday. Call us at one of the telephone numbers listed below.

Voice Mail:
Our main phone number, 908-686-7700 is equipped with a voice mail system to better serve our customers. During our regular business hours you will receive a message when you call. After hours you will receive a recorded message when you call. During the evening or when the office is closed your call will be answered by an automated receptionist.

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News Items:
News releases of general interest must be in our office by Friday noon to be considered for publication the following week. Photos must be black and white glossy prints. For further information or to report a breaking news story please call 1-800-686-7700 and ask for the news department.

Letters to the editor:
The Leader provides an open forum for opinions and welcomes letters to the editor. Letters must be typed double-spaced if possible, must be signed, and should be accompanied by an address and daytime phone number for verification. For longer submissions, be sure to include an occasional column for readers on the Editorial page. Letters and the Guest Column must be in our office by 9 a.m. Monday to be considered for publication that week. They are subject to editing for length and clarity.

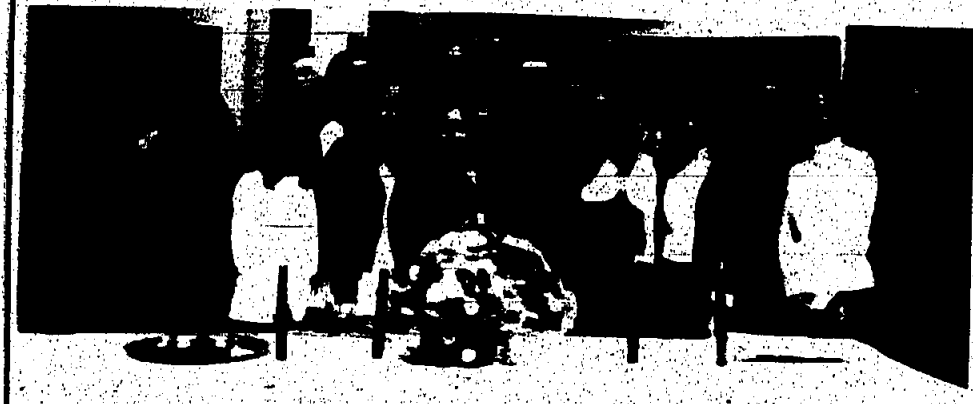
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Display advertising for placement in the general news section of the Leader must be in our office by Monday at 5 p.m. for publication that week. Advertising for placement in the B-Section must be in our office by Monday at noon. An advertising representative will gladly assist you in preparing your message. Please call 1-800-686-7700 for an appointment. Ask for the display advertising department.

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The Leader has a large, well-read classified advertising section. Advertisements must be in our office by Tuesday at 3 p.m. for publication that week. Classified ads are payable in advance. We accept VISA and Mastercard. A classified representative will gladly assist you in preparing your message. Please stop by our office during regular business hours or call 1-800-686-7700, Monday to Friday from 9 a.m. to 5 p.m.

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Honored scholars



The newest members of the Union County High School Honor Society celebrate their recent induction. Adam Lieb, left, Julie Kessel, Laura Schachman, Ann Gattinelli, Iga Elidzinska, Margaret Jamniewski, Meredith Pincus, Thomas Kubicz, Sarah Wnek, Jackie Zika, Danae Blodgett, Elizabeth Kessel, Vinay Vaswani, Jill Palais, Gayle Rozan, Rachel Marx and Michelle Lytle were chosen for their proven record of excellence in the areas of scholarship, leadership, character and service.

Correction

The above picture is being reprinted due to the permission of Mr. Kessel's name in last week's Springfield Leader.

Children showing benefits of 'Sensitivity' events

(Continued from Page 1)
The theme of "Celebrating-Differences" instead of focusing on the many different holidays that take place during this season, the children will learn about handicaps or disabilities that may make some children different from them, according to Union County Committee member Judy Cariani.

"We want them to learn that their differences are not just about getting gifts," Cariani said. "It's about helping and caring for each other."

During December, students at the Caldwell School will be involved in a project to give the patients at Children's Specialized Hospital in Mount Pleasant a present. Students will perform chore at home in exchange for money that will be put toward a present. There will be a collection box located in the school building for the presents.

This year's theme was centered on the reading by fourth-grade students Lisa Lisowski and Keith Garcia of a poem written by a young patient titled "My Wheelchair." Lisa Lisowski said, "I was inspired by the poem because it was written by a person with a disability who wants to be no different from anyone else."

Resident finds spiritual calling

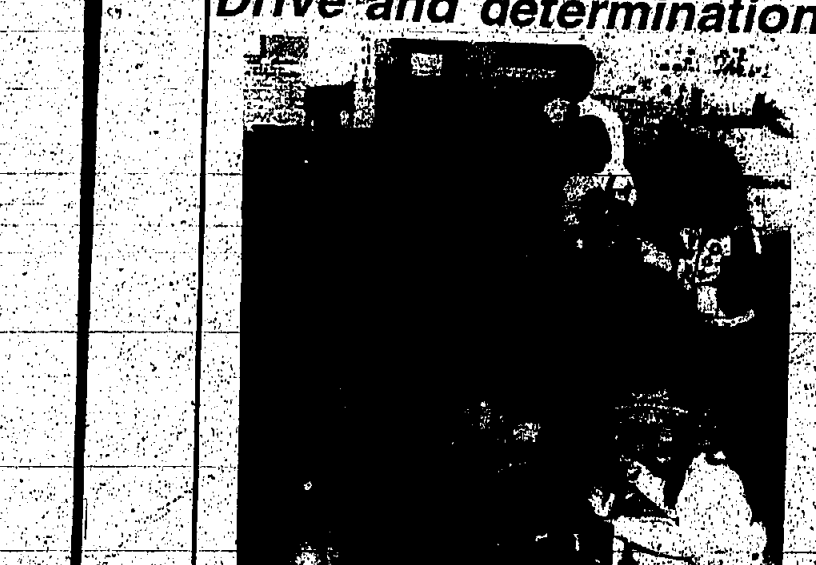
(Continued from Page 1)
"My Uncle Milt Hammer was very involved in Bible crossword puzzles, published all over the world. Although not a religious man, he was a man who did most of his Bible studying informally. He had had polio as a child and his physical obstacles he only looked at as challenges to deal with. His quick wit, sense of humor, humility and his gift of listening drew people to him. He encouraged me to strive to fulfill my ambitions. I know, Dec. 9th, he will be proud of me because on this day by tradition, I will assume the obligations of observing all the commandments incumbent upon all Jews. So, my dear, Uncle Milt, you have left many dark passages in my life, and I hope, wherever you are, you can rejoice with me one more time," she said.

She mentioned that "my family has always been very close with Milt. Hammer. My father spoke to him nearly every day of his life."

Brooks, who lived in Hillside as a youngster, graduated from Hillside High School. She then went to the University of Miami for one year in Florida, where she majored in education. She graduated from Keon College of New Jersey in Union and earned a master's degree there as well. She has been with the East Orange Board of Education for the past 20 years.

"I started as a teacher and a reading specialist," she recalled, "and now I'm a learning consultant. I love it! I really feel at home here in the school system. Actually," she said solemnly, "I'm paralleling my uncle's career by becoming involved with the physical, mentally, socially challenged students. They feel a way of life. How you become a Jew is a way of life. How you choose whether to embrace it. Next, you learn about its rich history."

Drive and determination



Members of the Student Council pack boxes with "Carnival food" donated to benefit local families in need. This program was sponsored by the school in conjunction with Calvary Tabernacle in Elizabeth and University Hospital in Newark. Clockwise from top: are Student Council Advisor Stephen Presa, Gabriella Cohen, Jarrod Weiss, Erin O'Connor, Dara Poltrock, Abby Nadal, Larry Fish, Sara Steilman and Marisa Blanco.

Sony Electronics opens Mountain Avenue center

Sony Electronics Inc. will hold the grand opening of its newest service center at 899 Mountain Ave. in the "Echo" Plaza Shopping Center on Saturday from 9 a.m. to 3 p.m. Refinements will be available.

"The company has served the people of Union County for the past five years with a facility previously located in the Bradford Shopping Center. Regular hours of operation for the new facility, beginning Monday, will be 9 a.m. to 5 p.m. on weekdays, 10 a.m. to 2 p.m. on Saturdays.

In addition to the repair of all Sony Electronic products, the service center has available many Sony Accessories to maximize enjoyment of any Sony Consumer Product, including video lighters and "bears," carrying cases, rechargeable audio cassette batteries, patch cords and blank tapes.

For more information, call (800) 282-2848.

Local printer joins coats for kids campaign

GT Distinctive Printing of Springfield has joined Mix 105 WMSV by becoming a designated drop-off location for their Coats for Kids Campaign. Area residents may stop by Mix 105 or like-numbered coast through Dec. 21.

"Many of us here at GT Distinctive Printing have children of our own and feel as though if we could get our children as well as the community involved, we could help a lot of children stay warm this winter," stated Terry Taylor, co-owner.

Anyone who has a child-sized coat that they would like to donate should stop by GT Distinctive Printing at 36 Commerce St. or call 467-1800.

Miller-Cory House offers traditional Christmas dinner

The Miller-Cory House Museum will celebrate a Swedish Christmas on Sunday from 2 to 5 p.m. at 614 Mountain Ave., Westfield.

Max Frank of Cranford will explain Swedish Christmas customs as celebrated in early New Jersey. Swedish children received their holiday gifts on Wednesday, a festival of fire and light known as St. Lucy's Day. Two coronations took place on this day, one in the home and one in the church.

Early in the morning, usually the youngest female child in the family was dressed in a white gown, perhaps ornamented with glittering stars and a billowy crown fitted with lighted candles. She would bring hot beverages and food to family members, guests and servants.

Ellen Hess of Cranford and Penny Mash of Elizabeth will prepare a traditional Swedish Christmas dinner over the open hearth using authentic recipes and techniques. Visitors can sample these creations.

The gift shop is stocked with many items such as dried foods, teas, nesting material, cookbooks, Colonial reproductions, crafts and games.

Trunks of the restored farmhouse will be conducted throughout the afternoon by authentically costumed volunteers. The last tour begins at 4:30 p.m.

Visitors will be able to learn about other aspects of life during the early American period by participating in guided tours by costumed docents through the rooms of the 1740 farmhouse.

Admission to the museum and its grounds is \$1 for adults, 50 cents for children over 6.

Neighborhood streams suffer from human polluters

At the Sierra Club's Loantaka Group's monthly meeting in the Clark Memorial Building, the group discussed local efforts to restore creeks and rivers to a more healthy state and how important it is for the average citizen to become more aware and responsible for their activities and what affect they have on their neighborhood streams.

"Many of the problems our streams and lakes face today," says Dominick Villano, the group's chairperson, "are actually results from rain-water-washing pollutants, such as road salt and petroleum products."

"Echo Lake" in Mountaintide/Westfield is a prime example of government being blamed for the errors of individual citizens. The overabundance of lawn fertilizers leads to such degradation.

The Sierra Club is now enlisting citizens that want to help restore their local streamways. Anyone interested in joining should call (908) 654-9420.

Hockey dinner benefits Children's Specialized Hospital

The New Jersey Devils have selected the Children's Miracle Network as the beneficiary of its annual "Tip-A-Devil" charity dinner. This season's dinner will be held Tuesday at Mayfair Farms in West Orange. Doors will open at 7 p.m. and a buffet dinner will be served beginning at 7:30 p.m.

North American west-coast sports organization which actively provides better health care to children through its associated hospitals. The New Jersey Devils will be donating \$50,000 to the Children's Miracle Network for the first time, featuring many new attractions this year.

The dinner, which is benefiting the Children's Specialized Hospital in Mount Pleasant, New Jersey and Children's Hospital of New Jersey in Newark.

All of the Devil players will be on hand to serve food, drinks and participate in the fund-raiser. Tickets for the dinner are priced at \$75 for adults and \$50 for children 14 and under and can be purchased by sending a check of money order to "Tip-A-Devil" dinner, c/o New Jersey Devils, Meadowlands Arena, P.O. Box 504, East Rutherford, NJ 07073.

Those wishing to attend should include their name, address, telephone number and number of guests with their payment. They will receive a confirmation by mail prior to the event.

The dinner, which is benefiting the Children's Specialized Hospital in Mount Pleasant, New Jersey and Children's Hospital of New Jersey in Newark.

Recent exhibitors of her work include The Palmer Museum, Springfield; Watchung Art Gallery; Les Malin Gallery, Union; National Museum for Jewish Women, West Orange; and Hiddash Art Show, Westfield.

Artwork by Sylvia Coughlin, also on display next month, focuses on capturing light shining through transparent and translucent objects, the appearance of objects beneath the surface of the water in streams and lakes. She works on location and from still-life compositions.

Coughlin received training at the Newark School of Fine and Industrial Arts, attending nights while working full time. She then studied painting and sculpture at Columbia University. She has studied oil painting with

Hospital displays local artists' work

The work of two local artists will be on display at Children's Specialized Hospital throughout December. One exhibit, consisting of paintings and monotypes, is titled "Life and Art." The artwork was created by borough resident Doris Krueger.

She is a graduate of the University of Southern California, California School of Art, Los Angeles; Rider College and the Art Students League, New York City.

She is a sculpture painter whose artwork relates to nature and mankind, nature and floral and figure. She is represented by the Pointin Gallery of Millburn and is a member of the New Jersey Center of Visual Arts in Summit.

Recent exhibitors of her work include The Palmer Museum, Springfield; Watchung Art Gallery; Les Malin Gallery, Union; National Museum for Jewish Women, West Orange; and Hiddash Art Show, Westfield.

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Post office extends holiday hours

The post office is extending its business hours to help make the holiday mailing season more convenient for customers.

"The Postal Service wants to make sure that our customers who have a special occasion to mail, such as Christmas cards, can do so with ease and convenience," said Postmaster William Daniels. "Daniels said, "We will still be providing our other convenient services to our customers, such as Stamp By Mail, Stamp By Phone, overnight Express Mail and Priority Mail, which allows customers to send any package weighing up to two pounds anywhere in the country between two metropolitan areas for less than \$35."

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Customers are advised to stop by or phone the post office for more information.

Depression doesn't take a break during the holidays.

Depression affects millions of people each year. For some, the holidays compound the feeling, making them an even more difficult time to cope.

If you or someone you care about is suffering from an emotional problem such as depression, the Department of Psychiatry and Behavioral Health Services at Overlook Hospital can help.

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- Early Intervention
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- Affiliate

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Thanksgiving treat



Courtesy of Deerfield School
Scott Ecker, left, and Brenton Rehm, MOPPEY students at Deerfield School, show off the stuffed turkeys they created for Thanksgiving.

Library to host art exhibitions

Several art exhibits and theatrical performances have been planned for the Donald B. Palmer Museum of the Springfield Public Library during upcoming months.

"Shadows and Memories," a photography exhibit by Nancy Ott of Clifton, will be held Saturday through Jan. 4.

Ott also teaches at national photography workshops each year. She has been affiliated for many years with the Ansel Adams Workshop in California and is also on the faculty of the "Visual Arts Center for Visual Arts in Summit, the Summit Area Community Schools and the Watching Adult School.

The photographs in this exhibit are from a portfolio called "Shadows and Memories." The images shown were created during a period of five years in which she was a ghost town in Dodge, Ca.

The collection features portraits of artists and architecture which in turn represent a portrait of a group of people during the Gold Rush era. Ott said, "Like some of the early adventures, I also made quite a discovery. The reward of a photographer though was not gold, but instead became a bounty of photographs while completing this portfolio. I have developed a great deal of interest in the value of this town and feel the need to recognize the energy and vitality of these people."

"Shadows and Memories" opens to the public with a "meet the artist" reception Saturday at 2 p.m.

An Evening of "Pleasant Plays" will be presented at the museum on Monday at 7:30 p.m. This is a free performance open to all.

The one-act plays were all written by Springfield resident Sid Frank. Performers will include Murray and Rosa Stab of Mountaineers; Margret Gest of Springfield and Frank Frank has had a long career in theater and recording. He wrote the book and lyrics for a series of educational musical presentations including "They Know New Brunswick" for the city's tenement, and "Rebel," a musical adaptation of George Bernard Shaw's play "The Devil's Disciple."

He also penned "Gold Pieces" and "The Wizard of Oz," both children's musicals.

Frank also has written the lyrics for songs recorded by Johnny Ray, Frank Sinatra, Billy Eckstine and Sarah Vaughn as well as scripts and lyrics for 40 children's records.

The Donald B. Palmer Museum is located in the Springfield Free Public Library, 66 Mountain Ave. Hours are from 10 a.m. to 8:30 p.m. Mondays, Wednesdays and Thursdays; and from 10 a.m. to 4:30 p.m. Tuesdays and Saturdays.

people in the news

Borough artist receives honor during reception

Brooke Gardiner of Mountaineers will be among seven artists that will be honored during a champagne reception at The Eugene Gallery, 501 Park Ave., Scotch Plains, on Friday from 5 to 8 p.m. Her honored artwork is a glass-blown sculpture.

Other featured artists include Joseph Spole of Elizabeth, glass and furniture design; Salvatore Lumetta of Scotch Plains, oils; Sonya S. Grossman of Oakhurst, abstract oils; Shelby Sacks of Deal, abstract oils; and Steve Kotodaj and Susan Gallagher of New York City, jewelry.

Township lawyer speaks during bar convention

Kenneth S. Javerbaum, senior partner in the Springfield firm of Javerbaum Wurgaft & Hicks, was a principal speaker Nov. 8-11 before an overflow crowd of judges, court administrators and lawyers during the mid-year convention of the New Jersey State Bar Association in California.

The San Francisco convention on four recent decisions by the New Jersey Supreme Court that have profoundly affected ethical standards for attorneys as well as potential malpractice claims brought against them in this area before the New Jersey Supreme Court.

Javerbaum addressed the San Francisco convention on four recent decisions by the New Jersey Supreme Court that have profoundly affected ethical standards for attorneys as well as potential malpractice claims brought against them in this area before the New Jersey Supreme Court.

The Springfield attorney, who is a certified trial attorney, has achieved statewide prominence for his representation of victims of catastrophic injuries and persons harmed by legal malpractice. He has long been active in numerous county, state and national bar activities.

He currently serves as president of the Richard J. Hagles Inn of Court, a two-year (Innis County) program in which senior members of the bar and judiciary share their knowledge and experience with newly admitted attorneys.

Homeless get help from local students

Students at Deerfield School in Mountaineers took third prize in the central region of the state for the planning of a project to help mankind.

The 19 students, who are among 5000 New Jersey fourth-graders participating in the "Together We Can Make a Difference" program, will collect hygiene products throughout the year for homeless people at the Plainfield YMCA.

The "Together We Can Make a Difference" program is sponsored by the New Jersey Chapter of the National Society of Fund-Raising Executives and NatWest Bank, in conjunction with the Rotary Clubs of New Jersey, to foster a new generation of philanthropists.

Rewards judge the projects on the basis of their potential benefit to others, quality of planning, presentation and creativity. First, second- and third-place winners were chosen in each of three regions — north, south and central New Jersey.

The nine winning classes received their awards during the Philanthropy Day in New Jersey Celebration held Nov. 16 at the Somerset Radisson Hotel. Following a videotape message from First Lady Hillary Clinton encouraging philanthropy, the students heard laudatory addresses from Rowena Maulden, executive director of the Department of Innovative Programs, New Jersey Commission on National Service; Chan Peterson, senior vice president of NatWest Bank; and Kent Anderson, executive director of the district 7490.

All participating classes will now implement their projects. In November, projects will be judged again, this time on the basis of their effectiveness.

Red Cross elects new officers

The Westfield Mountaineers Chapter of the American Red Cross held its Annual Meeting and Luncheon recently to recognize chapter service volunteers and members of the board for their terms of office.

The following officers were elected for 1995-96: Edward Gottko, chapter chairman; Dennis Kinsella, past chairman; Dr. John Tabachnick, first vice chairman; Kevin J. O'Neill, second vice chairman; Dr. William Borsari, third vice chairman; secretary; George Gately, treasurer; James Davis, assistant treasurer; and James Flynn, legal counsel.

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OPINION PAGE

Once isn't enough

Each year, civic-minded members of the community band together to wipe out the litter and garbage that have become a blight on their surrounding neighborhoods. Residents pitch in to wipe away the ugliness of trash and to preserve the beauty that makes their town special and endearing.

Clean Community Day, as it has been named, brings out the best in all those involved while cleaning the area. Local residents, most notably the children who participate through the local troops and packs of the Boy and Girl Scouts, learn community spirit and pride while making their town a more attractive place to live.

The question then must stand, "Where has these people been all year?" The quick fix, a symbol of our times, has surfaced in the area of local community maintenance. Instead of taking care of business on an annual basis, everyone opts for the easy route.

Clean Community Day, though these community events while undertaking, is essentially a one-shot attempt at atoning for the other 364 days everyone spent not caring about the garbage that was piling up around them. Instead of doing their duty as responsible citizens and cleaning after themselves or each other all year, citizens have allowed enough refuse to pile up that an entire day needs to be set aside to take care of it. And, as anyone will tell you, one day is not enough.

It is not realistic to assume that you can ignore — or worse, contribute to — the mountain of food wrappers, paper, beverage containers and other throw-aways all year, then spend one day trucking down to some scenic town to its original splendor and rest in its peaceful, destructive ways the very next day.

The blame for this neglect cannot fall on any one resident; the entire community must take responsibility for the appearance of their town. One spring day of litter-busting is not and never will be sufficient to atone for a year of littering and other community neglect. The only way to ultimately include a year-round program that would continually tackle the growing trash problem, is with a program that would require money unless it's a volunteer effort.

Grants provided by state government for such area efforts, such as the Adopt-A-Highway program and Clean Community Day itself as well as other litter collection and prevention measures.

Funds for programs established in the past by the community can go a long way toward lessening the pressure put on Clean Community Day participants, but as often is the case, grants can only go so far.

All the organizations and private citizens who participated in this year's Clean Community Day should be commended for the fantastic job they did. However, the job, however, that should not have needed to be done. In essence, a day set aside for mass community cleaning should not be necessary if the problem is taken care of all year.

If, instead of dropping litter on the ground, pedestrians would walk that extra few feet to a garbage can, if people who saw litter lying around would make it upon themselves to dispose of it instead of assuming that it is not "their responsibility" and the "next guy" will get it, half of the problem would be solved.

The next time you pass a bit of litter blowing along by your feet, assume that the "next guy" is most likely thinking the same thing you are: "It's not my problem. Someone else will get it."

It is this kind of apathy and habitual mind-passing that leads to the destruction of a community's beauty. Before this happens, action must be taken. It will be the most difficult to engender pride in one's hometown when that hometown is buried in garbage.

What's your opinion about this subject? Write to (608) 688-9898, and enter Selection 1600. Use our interactive hotline to express your opinions about this and other local issues. Responses will be published next week.

"We stand indeed on holy ground when we approach the sublime company of those who, through the ages, have striven to secure, not only for themselves, but for all mankind, the right of unfettered utterance on every theme."
—James F. Morton

Springfield Leader
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FUND-RAISING AWARD
Township resident Ira Geller, right, receives an award for outstanding fundraising on behalf of Community Access. Looking on is Union Center National Bank Chief Executive Officer and President John Davis who also was honored by the agency during its 15th Annual Gala Dinner. This ceremony is held each year to reach a number of varied goals, including raising money to offset state and federal cuts to nonprofit agencies and to thank members of the political and business communities who have helped the agency grow, according to Executive Director Sidney Blanchard.

Speak out

Last week, we said residents should support the deregulation of the Union Regional High School District. The following are responses to that opinion.

Smaller is better

The article for deregulation because the elementary and middle schools are wonderful with the high PTA. There's no reason why the high school can't be the same. Smaller is better. We have nothing to lose by trying to get Springfield people to agree about things, and it's better when the other towns decide to do something. At your meeting, an absence of 50 will probably happen. We should control a high school is a better idea. We should control it.

Let's control destiny

This region has been in place for a long time, and I am unhappy with it. Ever since I moved into Springfield 13 years ago, I've heard complaints about the school system. Do you want to have your child or send them to a private school that you can't afford?

Great school system

Further deregulation because Springfield schools should have control of their own high school education, yet the other towns seem to always defeat the budget. What my town votes for is drafted in order to come to an agreement. I don't like this process. It means we always have to come down to close to the lowest level of educational support that another town would agree to. I want more control of my Springfield school board and my budget. I want local people who have Springfield's best interest at heart, not another town which has its own agenda.

Unfair editorials mar democracy

In the past several months I have read the Springfield Leader's editorial pages with dismay. Never in the 30 years during which I have been involved in the local, state and national Democratic Party have I seen anything so blatantly biased and so regularly appearing in your newspaper.

Bergen editorials right on target

Very few know or have worked with Bruce Bergen in Springfield's government. I was disappointed with the two editorials in last week's Springfield Leader. The two editorials, "Bergen Strikes Again" and "Bergen Must Go" are both on target. As a former Democratic leader, office holder and a one-time supporter of Bruce Bergen, I can speak with absolute authority. When I supported him for township attorney, I had no idea what a mistake that was. I also had no idea about the amount of controversy Bruce himself would bring upon himself and our township. He was and is the wrong person for the position of township attorney, a most unenviable position.

Please, no more Bergen

Enough is enough. We call upon Bruce Bergen to step aside on Jan. 1 as Springfield's township attorney in the best interest of our community. In last week's Springfield Leader, two editorials were devoted to Bergen and we could not agree more with the contents of both. The basic problem with him is that he doesn't know when to walk away from politics when it could involve his duties as Springfield's township attorney. We think it is clear that Bergen still is the leader of the local Democratic Party and that Lee Eisen is chairman in name only.

Where are results of ELEC probe?

On Oct. 12, we called on the investigation by the state Election Law Enforcement Commission of the Springfield Democratic Party, you said you would publish the results of the probe. I see that your "Yes" article and that extended as far as to publish the results of the ELEC probe. In your Oct. 12 editorial you also said that the Democratic's compliance with the state's request was an admission of guilt. It seems you were concerned the word "compliance" was an admission of guilt. Compliance is cooperative, not a confession of guilt. It is also worth noting that the results of the first charge, which resulted in a \$75 fine. This fine was a downward referral to in the Springfield Leader as a "large amount of money," a "great deal of money," etc.

chial support is determined is fair. Why should one town pay more per child for the same education that another town pays? This formula was decided upon many years ago and may have been fair at that time, but it certainly is not fair today.

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OP-ED PAGE

Beatles helped American people to see themselves anew

Paul McCartney limited Little Richard's and Jerry Lee Lewis' vocal mannerisms without quite capturing any of their madness or menace. He really was a great singer. Paul was the professional entertainer. He could have been an actor or a TV variety show host. Leslie set up an altar to Paul on top of her dresser, complete with framed photographs, incense and voice cassettes.

Letters to the editor

Library a source of township pride

As president, I would like to take this opportunity to thank the devoted members of the Springfield Public Library board of trustees for their hard work. The year is winding down and soon the holiday season will be upon us. As I look back on that which has been accomplished in our library during 1995, I can't help but feel that the wonderful holiday spirit of giving has existed on our board the entire year. Nowhere can one find a more dedicated, hard-working group.

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the ramp and the limo, George Harrison stopped, kissed her on the cheek, and signed his autograph. Three hours later, after she was back home, Maureen became hysterical. She remained hysterical until she passed out from exhaustion, with Janine holding gold compresses to her head. For this encounter with one of the fab four, she received the jealousy and envy of many of her classmates, with the exception of Janine, Leslie and Amy. I bet she still has that autograph. Amy adored Ringo above all. No one ever figured out why.

Letters to the editor

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As the year comes to a close, so does my term as president. It has been a most gratifying and exciting experience working with this board and our director. Living as we are in an age of runaway technology, it was especially rewarding to see the Springfield Public Library get ready to enter the 21st century by becoming automated and getting on the Internet. I am certain that our successor will enjoy the same cooperation from the board and experience the same feelings of fulfillment.

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5/30	6.75%	6.99%	1	\$6.49

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EQUAL HOUSING LENDER

locking toward new possibilities. The Beatles never really left; they have flowed through the current of popular culture for years as nostalgic reminders of unmet promises and unfulfilled dreams. They deserve our gratitude because they helped Americans see itself with new eyes and hear itself with new ears. John Lennon was correct in their prime, they were more popular than Jesus among American kids.

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EQUAL HOUSING LENDER

Weight loss programs, counseling available at Overlook Hospital

In an effort to help improve the health of the community, Overlook Hospital will be offering weight-loss programs during the upcoming year.

The HealthyLife Weigh program, Personal Fitness Counseling, and Personal Nutrition Counseling are just three of the programs Overlook provides for those seeking to improve their health through weight management.

HealthyLife Weigh, which will begin on Jan. 16 in the evening, is designed to educate participants in nutrition and exercise. Part of the

program involves meeting with a dietitian once a week to educate participants on guidelines they should follow for a healthy diet.

"My purpose is to provide participants with the tools they need to eat in a healthy manner," said Christine Scott, registered dietitian from Overlook. "We discuss how to make healthy food choices as well as guidelines needed to modify eating habits which have led to weight gain. Emotional eating and food triggers are just some of the behaviors that we try to identify so participants can adopt healthy

modifications that they can live with and enjoy."

The HealthyLife Weigh program also provides exercise classes twice a week. "One of the benefits of a healthy exercise regime, beside the weight loss, is an increase in energy," said Mary McLaughlin, exercise physiologist. "Our program teaches individuals techniques such as how to monitor their heart rate during exercise, how to exercise without over-exercising themselves, and how to increase strength and flexibility. We provide the opportunity to exercise during

before, so the techniques and tips I am learning have given me the confidence needed in looking for a place to exercise on my own. This program is really like having your own personal trainer and nutritionist, and there is the added support given with other classmates that are in similar situations and want solutions as well."

The Personal Fitness Counseling and Personal Nutrition Counseling programs, available for registration anytime, are designed to offer personalized guidelines for weight loss. Participants meet one-on-one with a diet-

itian or an exercise physiologist who guides them in the management of their own diet and exercise goals.

"Rather than attending a class every week, the participant buys a set of number of hours initially, to be used to their discretion, and additional hours can be purchased if necessary," said Scott. "They can buy fitness counseling or nutrition counseling, or both."

These programs are designed for individuals who prefer a personalized setting over the classroom environment, according to McLaughlin.

Overlook builds hospice room with donor's gift

A private donor's gift is making possible the decor of Overlook Hospital's first in-home hospice room. The room's dedication occurs as part of the celebration of National Hospice and Home Care Month's theme: "Reclaim the Spirit of Life."

"When faced with a chronic or terminal illness, many patients and family members tend to dwell on possible losses rather than making the most of the life that remains," stated Judith Gordon, administrative director of Overlook's Hospice Department, stated.

Hospice and Home Care help patients reclaim this spirit of life. It helps patients and families understand that even though death can lead to sadness, pain and hopelessness, it can also lead to opportunities for reminiscence, laughter and reunion.

"We hope to give patients and their significant others opportunities to reclaim their spirit of life," Gordon said.

The interdisciplinary team caring approach helps patients, as well as their family members, with what may be one of the toughest transitions in life.

"We are able to do so by eliminating the physical pain associated with an illness, as well as supplying necessary psychological, spiritual and emotional support to a patient and family can concentrate on life," Lynn O'Brien, director of the department's Professional Services, said. "Overlook's program is primarily based in the home and treats the person, not only the disease, focuses on the family, not only the individual, and emphasizes the quality of life, not only the duration."

National Hospice and Home Care Month is an opportunity to enhance public awareness about hospice and home care.

"We also pay tribute to the thousands of caregivers who devote their time, love and support to the ill and their children," O'Brien said.

The Special Hospice Room also was dedicated during the month. The decorations given to the hospital room, a feeling of home-like comfort, were given anonymously to Overlook by family in honor of the care received by their family member, a patient on the Hospice service.

Thanksgiving was brighter for families

Thanksgiving was a little brighter for seven families in Essex and Union counties thanks to the Northern New Jersey Eye Institute.

This year the physicians, staff and members of the Cataract Support Group donated food and their time to prepare and deliver boxes overflowing with everything needed for a Thanksgiving Day meal. These were treats for the children and adults alike.

The institute has sponsored Thanksgiving Day-meals for needy families for several years. This year the donation drive was headed by Doris Tepperman, an institute employee and Peggy Kirschenbaum, a long-time Cataract Support Group member. The Cataract Support Group is made up of patients who have had their cataracts removed by institute doctors.

The Northern New Jersey Eye Institute, located at 71 Second St. in South Orange, gives back to the community in several ways during the year. It has been a long-standing policy to donate a tree or gifts to the needy during the holiday, said Dr. John W. Norris, Dr. Donald C. Spier added that once a year the institute's doctors provide free cataract and implant surgery to those who have no means to pay.

For information about a free eye health screening or additional information, call (201) 763-2203 and ask for Christine.

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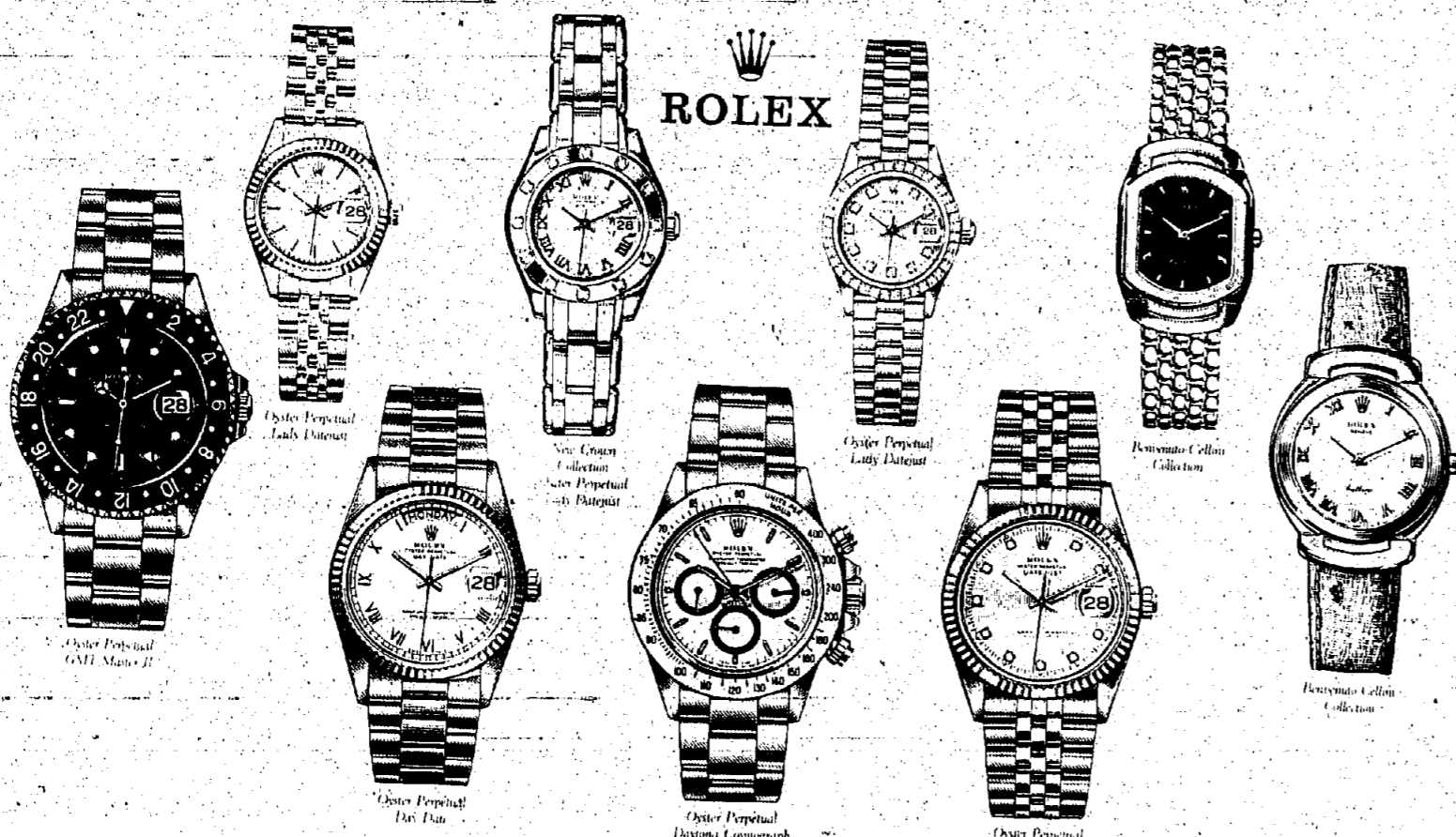
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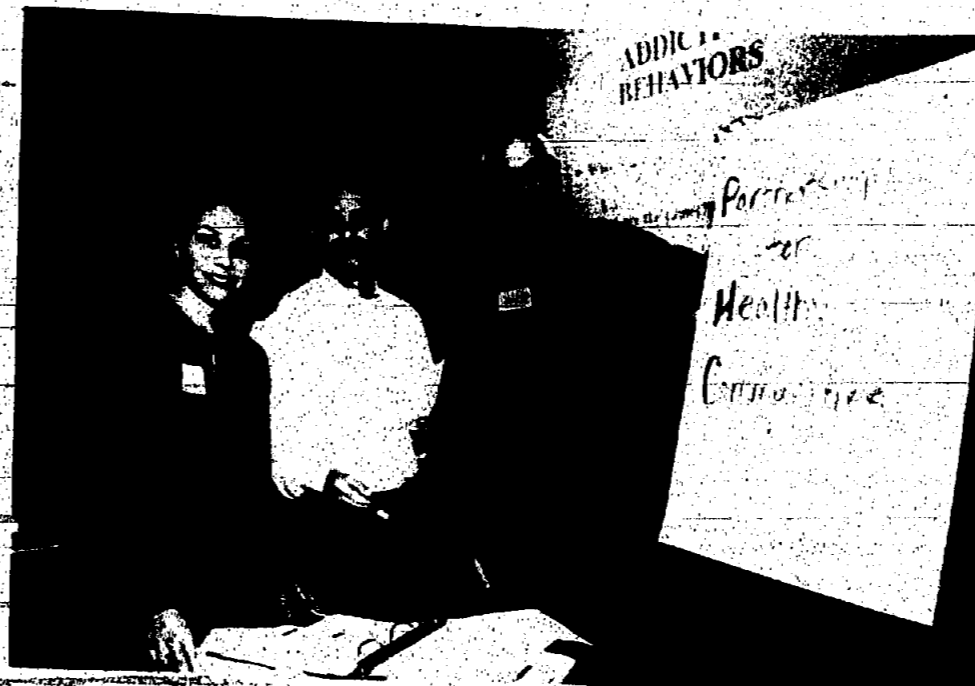
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Partnership for Healthy Communities has completed research on local health needs which are not being met. From left are Essex Community Committee Co-Chairs Ann Marie Mazzaro, executive director of the YWCA in Montclair, Roger Cost, executive director of the United Way of North Essex in Montclair, and the chairman of the North Central Community Committee, Robert C. Reiss.

Partnership reports on community needs

During the summer, area residents were surveyed to gain insight into the health care needs they were not getting. Statistics compiled from their responses included the following:

- Thirty-one percent of the children in our service area have asthma.
- There is a significant number of stress in the households of three in five residents.
- Fifty-eight percent of residents are trying to lose weight, an average of 20 pounds each.
- Violent or abusive behavior has been diagnosed in over 5 percent of our households, nearly twice the state and national averages.

The survey was the first part of a

partnership effort conducted by the Partnership for Healthy Communities, an initiative spearheaded by a community committee comprised of 50 diverse stakeholders and leaders. The partnership was formed with the goal of improving the health status of our community and was co-sponsored by Overlook Hospital in Summit and Montclair Hospital in Glen Ridge/Montclair. The intent of the Partnership is to define unmet, health-related needs of community residents, and the business they may face when seeking care. The project covers 19 municipalities surrounding Overlook Hospital and the 16 municipalities surrounding Montclair Hospital. Building on statistical information currently available from local and state health departments, the Partnership for Healthy Communities had a two-pronged approach to learning more about the community's perceived health needs.

"We began with the survey method randomly to area residents, and then held focus groups based upon issues which surfaced from the surveys," said Roger Cost, Essex community committee co-chairman and executive director of the United Way of North Essex in Montclair. "The surveys were completed by individuals in over 1,300 households, and we were successful in meeting our goal of reaching all segments of our diverse community."

Divorcees group meets Mondays

Mount Airy, N.J., a nonprofit organization, was started more than 10 years ago to provide support to men and women going through the pain associated with separation and divorce. This is accomplished through small group discussions, guest speakers, weekly co-ed social activities and contact with other members that can be used at any time to reach out to a non-judgmental voice that can provide the understanding and empathy needed to help members through the crisis at hand.

MASH invites prospective new members to call (908) 369-6158 for more information.

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SPORTS

Summit forced turnovers, played tough D

By Michael Ziegler
Assistant Sports Editor

SUMMIT — Both teams knew they would be facing their toughest opponent of the season and expected a close game dominated by the defense. However, each team also brought an explosive offense which could turn around a game in a matter of seconds.

Saturday at Talbot Field, on a glorious day for high school football, they got what they expected.

The North Jersey, Section 2, Group 2 final between Johnson Regional and Summit high schools showcased every aspect of football played at its best — offense, defense and special teams.

The game had something for every spectator, and when the final whistle sounded, Johnson Regional had won its first state playoff championship in school history — defeating the two-time defending champions 21-6.



Steve Schroeder had plenty of time to throw the ball in the first half but Johnson put pressure on him in the second half as Summit fell 21-6.

Johnson won pre-playoffs state championships in 1969 and 1970 in North Jersey, Section 2, Group 3. High school football playoffs did not start in New Jersey until 1974.

Saturday, it was not Frank Mentzel, Dan Lueddeke or Greg Layden getting it done. It was Joe Aleffi, 24 rushes for 158 yards and a touchdown.

"All year long, we've told our kids to always be ready because they could be called upon to do the job and Joe kept believing all year," Johnson coach Bob Taylor said. "They looked to contain Frank and we were smart to go to Joe."

But in order for a running back to have a big day, the offensive line must have won.

Summit coach Ray McCran also recognized the job Johnson's offensive line did for its running back.

"When you win a game like this it is unfair to point out one or two kids as the reason the team won," McCran said. "Aleffi had a great football game, but the kids on that offensive line were blocking for him and he was running behind them."

H.S. Football

It was also a good job by the coaching staff to design a play which Summit had difficulty stopping. Time after time Aleffi ran through the defensive line — a line which has stopped team all season, said Taylor.

"Everyone has had trouble running up the middle against Summit because their linebackers fill the holes so quickly," Taylor said. "We put in a special play, a make shift draw play, to get into the hole quickly by forcing the linebackers to honor the pass."

Although Summit didn't score until late in the first half, it nearly put Johnson behind for the first time all season on the opening kick off when John Brown raced 79 yards to the 11-yard line. But the Crusader defense stiffened up and set the tone for the game by stopping the Hilltoppers twice from the one-yard-line and getting the ball back on downs.

"We worked on that all week and thought we had a good scheme to stop their returner," Taylor said. "They've got Alfie Critelli in the middle of that wedge and they popped it on us."

Johnson took the lead for good with 2:32 left in the first quarter on its second possession. Starting at their own 29, the Crusaders marched down with Mentzel and Aleffi, setting up second-and-five from the Summit 20. Lueddeke then went 14 yards on the option and Mentzel went in from the three on the next play. Jason Hasler's kick made it 7-0.

Following Summit's second punt, Johnson drove 89 yards in 10 plays to take a 14-0 lead with 6:10 left in the half. Lueddeke's 29-yard pass to Nick DeCorso set up Mentzel's second score of the day, this time from the two.

Johnson looked to dominate, but the Hilltoppers had other plans.

On third-and-eight from his own 37, Lueddeke looked for Layden over the middle, but never saw Schroeder lying in wait. He picked off the pass and moved to the Crusaders' 42. One play later, the quick-strike offense got on the board when Schroeder found Kevin Schmidt. Schmidt jumped up over Layden at the ten, gathered in the pass and fell into the end zone for the score. The kick was blocked for a 14-6 Johnson lead, and Summit was back in it.

"I am very proud of how our kids stuck with it and never got down," McCran said. "There was never a doubt in my mind that we were still in the game. We went down 14 points and could have packed it in, but the kids knew they could come back, get the quick touchdown and then went after it. Unfortunately, Johnson adjusted its defensive scheme at the half and Schroeder never had time to throw the rest of the game."



Kevin Schmidt looks for approval after hauling in Schroeder's 42-yard touchdown pass in the second quarter for Summit's only points.

HILLTOPPERS FOOTBALL

GAME ELEVEN
Johnson 21, Summit 6

FIRST DOWNS: Johnson 17, Summit 5

RUSHING YARDS: Johnson 46-289, Summit 20-29

PASSING YARDS: Johnson 4-11-1, Summit 1-1-0

PASSING YARDS: Johnson 28, Summit 88

FUMBLES-LOST: Johnson 4-3, Summit 2-1

POINTS BY: Johnson 2-36-5, Summit 6-27-8

PENALTIES: Johnson 4-23, Summit 3-23

TELETYPE

Johnson (11-0) 8 7 0 — 21
Summit (8-3) 0 6 0 0 — 6

Johnson — Mentzel 3 run, kick failed (7-6-0)
(First quarter: 10 plays, 71 yards, 3:42 used)
Johnson — Mentzel 3 run, Lueddeke run (7-14-0)
(Second quarter: 10 plays, 89 yards, 3:17 used)
Summit — Schroeder 42 pass, Schroeder, kick failed (7-14-0)
(Second quarter: 1 play, 29 yards)
Johnson — Aleffi 7 run, Hasler kick (1-21-6)
(Third quarter: 8 plays, 49 yards, 3:54 used)

RUSHING: Johnson — Joe Aleffi 24-158, one touchdown; Dan Lueddeke 7-73; Frank Mentzel 15-38, two touchdowns (46-289); first half 21-140 second half 25-110. Summit — Kawon Foushee 12-39; Jeff Lovell 2-5; John Brown 1-1; Steve Schroeder 5-116 (20-29); first half 14-42 second half 6-13.

PASSING: Johnson — Dan Lueddeke 4-11-1, 58 yards, Summit — 6-16-1, 88 yards, one touchdown.

RECEIVING: Johnson — Greg Layden 3-30; Nick DeCorso 1-28. Summit — Clark Melrose 2-7; Kevin Schmidt 1-42, one touchdown; Jamal Stewart 1-33; Peter Torres 1-16; Kawon Foushee 1-10.

INTERCEPTIONS: Johnson — Greg Layden, Summit — Steve Schroeder.

FUMBLE RECOVERIES: Johnson — Giamther Kryson, Summit — Jamal Stewart, Jeff Lovell, Alfie Critelli.

KICK RETURNS: Johnson — Greg Layden 2-43, Summit — John Brown 1-79; Jose Valentin 1-15; Kawon Foushee 1-0.

— MICHAEL ZIEGLER

Summit can be proud

Despite its 21-6 loss to Johnson Regional, the Summit football team can be proud of the way it played. With a 7-1 record at the cutoff date, the Hilltoppers returned to the playoffs for a fifth straight season. And by defeating West Essex 7-0 in the first round of the North Jersey, Section 2, Group 2 playoffs, Summit returned to the championship game for the fourth straight year.

For the seniors on the team, they can hold their heads high. They helped Summit post an impressive 37-12 mark the past four seasons, sparking the Hilltoppers to two state championships and one undefeated season.

1995 Results

- (I) Summit 28, Cranford 0
- (II) Linden 7, Summit 0
- (III) Summit 11, East Side 7
- (A) Summit 6, Shabazz 0
- (II) Summit 28, Scotch Plains 7
- (H) Summit 27, Hanover Park 8
- (A) Summit 27, Westfield 13
- (A) Summit 35, Rahway 0
- (I) Summit 7, West Essex 0
- (H) Irvington 22, Summit 6
- (II) Johnson 21, Summit 6
- Records: 6-3
- Home: 5-2
- Away: 3-1
- Regular Season: 7-2
- Playoffs: 1-1
- Watchung-National: Champs
- Points for: 183
- Points against: 85
- Shutouts: 4



UNDEFEATED SEASON — The Deerfield Field Hockey team went undefeated this year. Front row, from left, are: Coach DeCastro, Nicole Kress, Katie Gritti, Gina DeCastro, Danielle Denny, Robyn Juba, Cindy Fisher and Marisa Rivieccio. In back, from left, Kristin Grammenos, Shannon Murphy, Laina Corsi, Jaclyn Olando, Alison Divito, Kristen Heuser, Lauren Beasley, Shannon Moore, Stephanie Scasso, Courtney Volpe, Kristen Bokko Kerl Moore and Kimberly Garaghty. Missing from photo is Jaime Kardos.

Three-year-old team undefeated

Mountainside's Deerfield School's Field Hockey team went undefeated this year at 9-0-1 and scored 25 goals while holding its opponents to just four in its third year under the direction of裴裴 DeCastro.

The high scorer was Gina DeCastro with 11 goals, setting a school record while adding to her 11 last year. Robyn Juba scored eight goals, and Cindy Fisher and Marisa Rivieccio both had three.

Great defense added to this team with Stephanie Scasso and Tina Grammenos at fullback, and Nicole Kress did an outstanding job averaging two saves a game.

LAST MINUTE HOLIDAY GIFT GUIDE

from WORRALL COMMUNITY NEWSPAPERS

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

DECEMBER 7, 1995

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A Handmade Ornament Can Enhance Holiday Decorations
 Decorating is a fun tradition during the holidays. This snowman ornament can add a handmade touch to your Christmas tree or any part of your home.

- HOLIDAY SNOWMAN ORNAMENT**
 By Denise Shearer
 Society of Craft Designers
- Materials:**
 Loctite® Quicktite® Super Glue
 3 1/2-inch square of natural baling
 5-inch diameter grapevine wreath
 3 1/2-inch length paper-covered wire (natural)
 5 1/2-inch length of mini pine garland
 Red berries on wire
 Silver star wire garland
 Scrap piece of flannel or cloth
 Yo-yo
 238-inch black buttons
 Candy cane accessory
 8-inch length of natural raffia
 Twine
 Red-tipped pen
 Scissors
 Pencil

Instructions:
 Trace an outline of a snowman onto the square of baling paper. Cut out the snowman. Fold over and apply Quicktite Super Glue to adhere in place. Apply Quicktite to the back of the black buttons, and place on belly of snowman. Take help-up pen, and draw lines on the outside to indicate stitching. Draw two dots on face for eyes. Using Quicktite, adhere the candy cane.
 To assemble the tree, take the 3 1/2-inch length of paper wire and straighten. Cut the pine garland into three lengths: 1 inch, 2 inches and 2 1/2 inches. Apply Quicktite to the back of the yo-yo, and attach about 3/4 inch down from the top of the paper wire. Do this with the 2-inch length, and then the 2 1/2-inch length, leaving 1/2-inch space between each. Apply the raffia, and tie into a bow. Now, you're ready to assemble. Take the red berries, and with Quicktite, glue to the bottom around the top part of the wreath, starting behind the top of the snowman with Quicktite. Now, take the star garland, and wrap garland to adhere in place. Tie a piece of twine to the back of the wreath, and display it proudly on your holiday tree or front door, or give it to someone special.

Give your home a festive touch with the Holiday Snowman Ornament.

Holiday shoppers avoiding crowds

In order to make holiday shopping quick and stress-free, more and more consumers are avoiding crowded stores by choosing convenient and distinctive gifts available by phone or mail.
 According to Simmons Market Research Bureau, 54 percent of the United States adult population ordered merchandise or services by phone or mail in 1994. As a result, more companies are offering a wide variety of unique products that can be enjoyed all year long.
 For instance, a gift membership to Beer Across America, the original mail order microbrewery beer-of-the-month club, includes two six-packs, one from each of two different microbreweries, offering a wide variety of unique products that can be enjoyed all year long.
 A membership to Coffee Quest, a premier gourmet coffee-of-the-month club, provides coffee lovers with two pounds of regular or decaffeinated world class coffee, whole bean or ground, each month from select coffee growing nations around the world.

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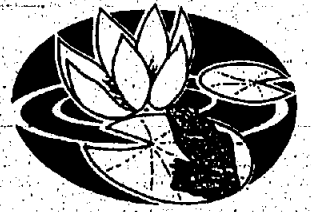
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While the holiday season can be fun and exciting, it sometimes leads to tension and stress for children, parents and adult survivors of childhood abuse through the Childhelp IOF. The Childhelp IOF Foresters Hotline is the largest toll-free national child-abuse crisis hotline in North America. It is available to help 24 hours a day, 365 days a year. Callers have access to counseling professionals, referral services and reporting services. All calls are confidential.

Hotline counselors have a minimum of a master's degree in psychology or a related field, and many hold doctorates. Each receives specialized hotline training. Counselors who speak English, Spanish and French are available. A language line that can provide translation of more than 140 languages within a minute of the call is also available.

If you or someone you know needs help — any time of the day or night — call 1-800-4-A-CHILD.

The IOF Foresters is one of the world's oldest and largest not-for-profit fraternal benefit societies dedicated to supporting projects that help strengthen family life.

Fishtanks offer hobby that's easy on nerves

Of all Christmas presents, perhaps the most beloved is a living gift, like an aquarium filled with tropical fish. Colorful, varied and sure to be enjoyed by the recipient, it's also easy to maintain and adds a decorative touch to any family room, living room or den. In fact, a recent study by researchers at the University of Pennsylvania concluded that an aquarium is even a benefit in relieving stress.

Throughout the United States, 10 million aquariums are in homes, offices, restaurants and hotels.

In order to select the best aquarium for the money, one that's filled with colorful tropical fish and is easy to maintain, it's a good idea to do a little investigating. First, you will want to locate a good dealer in your area. If you have a friend who has an aquarium, ask for a reference. Otherwise, the phone book lists most tropical fish retailers maintaining an aquarium.

One basic rule to follow, however, is to buy the largest aquarium possible, since the greater the water environment, the less chance of water problems.

If you receive an aquarium as a gift, you must assume all the responsibilities for maintenance.

When determining where to put your new aquarium, you should consider several factors. You will not want to put it in direct sunlight, since this will cause algae to grow on the glass and plastic accessories.

You also will not want to put it on your best carpeting, since it is possible for water to splash on the floor during water changes. And, be sure to put the aquarium on a firm surface.

After deciding on the aquarium, the first accessory will be a tightly fitting canopy cover equipped with a fluorescent fixture. Fluorescent fixtures throw off a cool light and will not cause fluctuations in the water temperature.

A recent development in this technology is the liquid crystal digital thermometer, which affixes to the outside of the aquarium, yet measures most accurately the water temperature.

A quality filter also is needed. A dealer can give proper advice, since there are several types of filters and needs will vary with the size of the aquarium. If keeping a lot of fish, decreasing an aquarium is great fun. There are multicolored gravels, highly decorative backgrounds, and hundreds of ornaments, as well as plastic plants to real in reproduction that it's almost impossible to distinguish them from live plants.

Most good retailers will have a complete assortment, and your selection should be based on the size of the aquarium and the amount of money spent.

Once the aquarium is set up, add a chlorine neutralizer to the water and only a few fish. These few fish will help develop the biological conditions necessary to maintain a fully stocked aquarium.

After three to four weeks, assuming everything is functioning properly, you then can go ahead and add more fish.

Aquarium maintenance is a lot easier than people think. Every two weeks, a partial water change (not greater than 20 percent), by siphoning the water from the bottom of the tank and removing it, with the water, from the aquarium. On a monthly basis, the filter will require minimal maintenance. That's all there is.

Following this simple routine, chances of fish disease or any other aquarium problems maintaining their aquariums.



An aquarium filled with tropical fish makes an ideal Christmas present. Adults will appreciate it as an eye-catching conversation piece, while an aquarium provides an excellent learning experience for children that is also an enjoyable hobby. For more information on starting an aquarium, Tetra Sales offers a full-color booklet for beginners. Write to Tetra/Secundaria, 3001 Commerce St., Blacksburg, VA 24060-6671.

Fishtanks offer hobby that's easy on nerves

(Continued from Page 8)

On a daily basis, of course, fish should be fed a good-quality flake food which will provide a complete diet for almost all fish.

Tropical fish are beautiful — they are easy to maintain and provide a relaxing hobby. For more information, write Tetra/Secundaria, 3001 Commerce St., Blacksburg, VA, 24060-6671, and request a free full-color starter booklet including illustrations and complete information on 30 popular tropical fish.

All that glitters...

The Mickey & Co. jewelry collection is the inspiration for new tips and holiday glitter. It is as much about the simple as the complex. The simple dressing accessories do everything this holiday season, giving a stand-out sparkle to the monochromatic evening wardrobe.

- During the holidays when the dress switches to evening attire, don't let your dress wear you. Stick with simplicity, using simple accessories to make your fashion statement.
- Brighten up any evening ensemble with jewelry that expresses your individualism. Costume jewelry that speaks to your lighter side is one way to personalize your evening look. Sterling silver, onyx and marble jewelry featuring Mickey Mouse as well as other pieces featuring the Disney characters in new colored crystal, celebrate the end of the year with shimmer and in the new one in style.
- Sometimes, it's not what you wear but what you wear with Mickey & Co. has sparkling evening bags just for the season. Choose a textured, pose crystal bag in the shape of Mickey Mouse's head and watch the festive party atmosphere including complete, statement, lipstick, and ead cases for glamorous occasions and holiday fun.
- Try finger rings, for dramatic evening affairs. Multiple of various lengths can be worn together and attention can be drawn to the hand, adding glitter to your evening.
- These earrings complement your evening attire. Multiple of various lengths can be worn together and attention can be drawn to the hand, adding glitter to your evening.

'Tis the season for plastic bags?

Along with the gifts, the food and the shopping, there's one more thing shoppers will bring home this holiday season — and that's plastic bags.

Plastic bags are now the choice of retailers, manufacturers, and consumers are discovering that they're as handy at home as they are at the store. The Plastic Bag Association has some suggestions for ways you can use your plastic bags this holiday season:

- Protect gifts you send through the mail with plastic bags — packing material. Once your packages arrive, the bags are ready for reuse or recycling.
- If you're traveling by air, plastic bags make great carry-on containers. They're lightweight and easy to carry, and they fit conveniently under seats and in overhead storage compartments.

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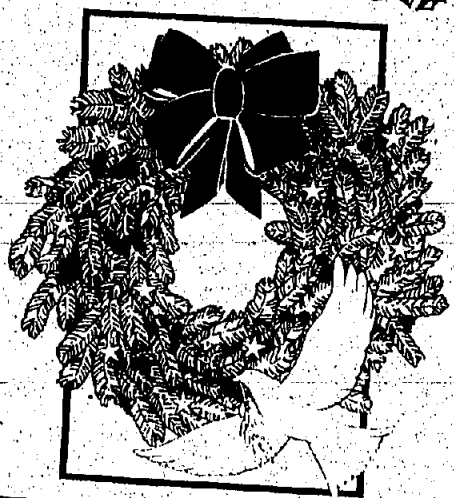
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• BILINGUAL SERVICE AVAILABLE • 24 Hour Service, 7 Days a Week

To Your Health!

The Union County Medical Society is pleased to offer our physician referral service. Verified medical training information will be provided for physicians in all specialties. Our members voluntarily accept jurisdiction of the Society in all areas of professional conduct.

For doctors in your area, call:
UNION COUNTY MEDICAL SOCIETY
908-789-8603
Monday through Friday, 10 a.m.-4 p.m.

"We want to take a vacation. But who will take care of Mom?"

MedBridge
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Taking a vacation or getting away for an extended period of time can be difficult when you're caring for a loved one at home. But with our Respite Nursing Care Program, you can take the time you need, and feel confident that your loved one is in the hands of professional, caring people, 24 hours a day.

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May You Be Blessed
With The True Holiday Spirit
from your
HEALTH CARE SPECIALISTS



We Wish All A
Happy-Holiday
and
Healthy 1996

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WISHES YOU A HAPPY HOLIDAY

854 Mountain Avenue
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Office Hours By Appointment



HOLIDAY HORRORS?

Your days are packed from dawn 'til way after dark. Not a single gift is under the sad looking tree in your living room. And Aunt Ethel and her dog will arrive any minute. It's enough to give anyone tinsel terror.

- Here are some suggested holiday coping strategies:
- Make lists and check off what you finish.
 - Set a budget you can live with.
 - Keep expectations reasonable, then you won't be disappointed if Mom fails again-to compliment your children.
 - Remember, perfection is a goal not a reality.
 - When you need time out, take it.

The staff of Charter Behavioral Health System of New Jersey wishes everyone happy holidays. But if you need help, call 1-800-CHARTER.

Charter Behavioral Health System of New Jersey
19 Prospect Street, Summit, NJ, 07902-0100

May You Be Blessed
With The True Holiday Spirit

FROM YOUR HEALTH CARE SPECIALIST



St. Elizabeth Hospital
225 Williamson Street
Elizabeth, N.J. 07207
(908) 527-5000

St. Elizabeth Hospital is a private, not-for-profit, acute care Catholic facility with 325 beds, 24 well-newborn bassinets, and seven intermediate-care bassinets. Sponsored by the Sisters of Charity of Saint Elizabeth, it is eastern Union County's teaching hospital.

Providing:

- **Diabetes Management Center** — utilizing in-patient and out-patient programs to help people develop skills to cope and live successfully with diabetes.
- **Family-Oriented Maternity Services** — a modern, medically advanced maternity program featuring Labor, Delivery, Recovery Rooms (LDRs); a full Midwifery Program; and specialized services for high-risk moms.
- **Health and Rehabilitation Center** — providing a full range of fitness, therapeutic exercise and wellness programs.
- **Heart Center** — offering an interdisciplinary approach to the prevention, diagnosis and treatment of heart disease.
- **Parkside/Seton Center for Chemical Dependency** — providing a variety of levels of care including detoxification, partial hospitalization (day treatment), intensive outpatient services and outpatient recovery programs.
- **Radiological Services** — offering full radiological services including open gantry MRI; CT scanner; ultra sound services; and accredited mammographic imaging services.
- **Additional Specialties Include:**
 - 24-Hour Emergency Care Center
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 - Same-Day Surgery
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— St. Elizabeth Hospital
Uniting Medical Technology With Human Compassion

**During the holiday bustle
it's good to take a breather**

It's your favorite time of year — the holidays. So now, in addition to your normal run of activities like grocery shopping, washing, chauffeuring the kids, walking the dog and cleaning the house, there are even more things to do. Things like gift-shopping, gift-wrapping, party-planning, holiday decorating, and so on. All these things all have kept to the top of the list. And you'll get it all done.

But not without making sure you take some time for yourself — every day. It doesn't matter if it's 10 minutes or a full hour.

It's easy to give your self all for other people, but how do you nurture yourself? Think reward. Think indulgence. Do something luxurious just for you.

- **Like breathing deeply.** You'd be surprised how good you feel if you just take a deep breath and exhale. Sit down, relax your arms and legs, and close your eyes. Then, slowly breathe in through your nose and out through your mouth. Do it as many times as it takes to begin to feel your shoulders — and your mind. It's amazing how tense you get without really knowing it.
- **Or try candle massage.** Get into those soft, friendly cushions, and just close your eyes. Then, trace on your favorite music. A mere 15 minutes can make a huge difference in how you feel at the end of the day.
- **Reading a good mystery is a terrific way to retreat from the chaos of the day, even if it's just for a little while.** Mystery novels seem to be smaller than comparing them to "noise" in the clutter of the latest who-dunnit.
- **Last but not least, take a breather with the perfect hot-coffee beverage.** The one that takes you away instantly, pumps your soul and helps you celebrate your time alone. That's just what happens when you drink a cup of Swiss Miss Premium Cocoa, an indulgent, luxurious, and exceptionally delicious in a cup.

Try all these elegantly aromatic flavors: Swiss Chocolate Truffle, Chocolate Raspberry Truffle and Chocolate English Toffee. Made by master confectioners from the finest chocolate, these instant coffees are perfect anytime — especially during the holidays.

Being good to yourself is one of the kindest things a person learns to do. But it can be done. With Swiss Miss Premium Cocoa, every day can be a day for you. They're so good, in fact, you might consider leaving some out for Santa.

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Get it in Our Business

We have a full line of accessories for your phones and pagers

SALE ENDS 12/31/95

With accessories package, shoppers save

Bundling, a red-hot promotional technique from manufacturers of computer software and accessories, can save holiday shoppers just that — a bundle of money. Bundles are packaged combinations of popular software programs or PC accessories offered at irresistible prices. Typical of the value-priced bundles available at mass merchandising outlets everywhere is the MediaMate WorkPak Computer Accessories Kit. An ideal starter kit for personal computer users, it contains five basic computer accessories worth \$42. Suggested retail price is \$39.95. At \$20 or less — a price shoppers are likely to find at many office superstores and warehouse clubs — it's a steal.

Why would manufacturers and sellers offer such irresistible prices? "Bundles attract customers and create foot traffic in stores during peak selling seasons," says Hunt Data Products Marketing Manager Scott Venella.

Bundles offer the right product mix at the right price. A copy clip positions copy for comfortable viewing. A multimedia storage box organizes and protects diskettes, data cards, Zip disks and CDs. A 3.25-inch Disk Traveler carrying case safely transports five diskettes. A FastTrac compact mouse pad optimizes the mouse's performance in less space, and a PowerTamer 3-outlet plug-in surge protector safeguards equipment from dangerous power surges.

"Who add to office clutter with another do-nothing gadget or desk accessory when you can give a co-worker, friend or relative a gift that simplifies life at the PC?" Venella asks. A one-size-fits-all gift, the WorkPak is just as appropriate for the seasoned PC user as it is for the novice. For shoppers who are short on time, cash and gift-giving ideas, bundles are a quick, easy and economical solution.



Shoppers can save a bundle on the MediaMate WorkPak Computer Accessories Kit. Ideal for every PC user, the specially priced promotional bundle contains a copy clip, compact mouse pad, multimedia storage box, Disk Traveler case and PowerTamer three-outlet surge protector.

Send Santa a message

Christmas may just be right around the corner, but it is not too late to make that special child happy with a Christmas treat from Santa's Village. The Arthritis Foundation, New Jersey Chapter will send a special message from Santa to children whose families make a contribution to help people with arthritis.

For a \$4 donation per child, the chapter will send a personalized letter and small gift from Santa to any child designated by the donor. Different letters and gifts are available so that children in the same family receive a unique message.

To send a letter and gift from Santa, contributions should be made out to the Arthritis Foundation, and mailed along with the child's name, address, age and sex to: Santa's Village, Arthritis Foundation, New Jersey Chapter, 496 N. Kings Highway, Suite 222, Cherry Hill, 08034.

SEASON'S FEASTINGS

<p>GOOD EATS Low Fat Gourmet Food Country Sandwiches Soup, Salad Sub/Hero Sandwiches Take Home Entrees Desserts</p> <p>GOOD EATS 2717A Morris Ave. Union, NJ 07083 (908) 686-4446</p>	<p>TIFFANY'S Casual Dining and Bar</p> <p>Prime Rib Dinner \$9.95</p> <p>KIDS MEALS 99¢ WEDNESDAYS</p> <p>Fresh Made Salads • Gourmet Pizza & Pastas • Fresh Seafood Burgers & Steaks • Specialty Cocktails Children's Menu</p> <p>477 Springfield Ave • Summit (908) 277-0220 1637 Vauxhall Rd • Union (908) 688-6666</p>	<p>CHENILLE'S SEAFOOD & STEAKHOUSE (Formerly Hillside Seafood)</p> <p>1114 Liberty Ave • Hillside • 352-5234</p> <p>SEASON'S GREETINGS BUY 1 ENTREE: 1/2 Off 2nd Entree of equal or lesser value</p> <p>Private Room Available For Your Holiday Party Party Platters Available Fish Market Still Available</p>
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FOR YOUR HAPPY HOLIDAY DELIGHTS

<p>Il Sapore D'Italia 34 MAPLE ST. Enterprise Mall SUMMIT 522-0636</p> <p>HAPPY HOLIDAYS Reservations now being accepted for Holiday parties and NEW YEAR'S EVE</p>	<p>SCOTTY'S "A Place for Steak" 595 MORRIS AVE. SPRINGFIELD, NJ 07081 (201) 376-3840</p> <p>24 oz. STEAK \$10⁹⁵</p>
<p><i>Garden Restaurant</i> EXPERIENCE THE ART OF COOKING</p> <p>SEASON'S GREETINGS</p> <p>943 Magic Ave • Union (908) 558-0101</p>	<p>NUNO'S PAVILION Restaurant & Banquet Room Portuguese American/Italian</p> <p>HAPPY HOLIDAYS</p> <p>300 Roselle St., Linden (908) 925-2544</p>
<p>LOUISIANA BISTRO Featuring Exciting Authentic Cajun Cuisine</p> <p>BEST HOLIDAY WISHES</p> <p>250 Morris Ave., Springfield (201) 259-1133 • (201) 379-0450</p>	<p>Amici RESTAURANT</p> <p>ITALIAN-CONTINENTAL CUISINE</p> <p>RESERVE NOW FOR YOUR HOLIDAY PARTIES 25-175 people</p> <p>1700 W. Elizabeth Ave. LINDEN NJ 07036 862-0020</p>

FOR THE FAMILY & FRIENDS who have EVERYTHING GIFT CERTIFICATES AVAILABLE at this FINE RESTAURANTS

Do-it-yourself information now available on software

Software is joining power saws and cordless drills on the holiday wish lists of America's increasingly high-tech do-it-yourselfers. Little wonder, too, today's multimedia software can help the average handyman do anything from fix a leaky faucet to design, finance and build a dream home complete with landscaping.

Once limited to the affluent and educated, computers are now household appliances in many United States homes. In fact, one recent study suggests that working-class families, not doctors and lawyers, make up the fastest-growing segment of the \$20-plus billion home computer market. These same Americans are shelling the record amounts on do-it-yourself home improvements — \$30 billion in 1995 alone.

Software is not only the perfect gift but an excellent teaching tool as well. Because it combines words, pictures and videos, it can teach repair techniques better than conventional "how-to" books. For example, where a book must rely on words and still pictures, software might include animations and videos on how to install a light switch properly. Software also excels at project planning, estimating the amount and cost of lumber, paint and other materials to calculating the monthly interest payments on a home improvement loan — with incredible speed and accuracy.

Following are three packages guaranteed

Software is not only the perfect gift but an excellent teaching tool as well.

to please the high-tech do-it-yourselfer on your holiday shopping list. Each works on any home computer (Windows or Macintosh) equipped with a CD-ROM drive, costs less than \$50, and is available at leading book and software stores or by calling toll-free (800) 359-7272.

"Home Improvement 1-2-3" is the definite work on how to fix just about anything around the house. Developed jointly by The Home Depot and Mallico Publishing, it leads users step-by-step through more than 250 home repair projects.

"Better Homes and Gardens Planning Your Home" guides users through all aspects of selecting, building, financing, planning and designing their dream homes. Advanced 3D technology even lets users "walk through" a variety of showcase homes in order to gain a better understanding of current home styles and design highlights. Once the home is built, "Better Homes and Gardens Complete Guide to Gardening" helps users plant and grow magnificent gardens in virtually any climate or season.

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HAPPY HOLIDAYS FROM OUR FAMILY TO YOURS



Bottom Row (L to R): Edwin Spinelli, Linda Cavallaro, Fred J. Chemidlin Sr. (President), Jo DeBryne, David S. Macdonald Top Row (L to R): Michael Cezayirli, Diana Cillario, Joseph P. Chemidlin (V.P.), Nera Flanzer, John E. Mihaljan

Family Investors Company would like to extend our warmest wishes for a happy and healthy holiday season to you and your family.

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- 4262 Outdoor Decoration Ideas
- 4263 Indoor Decoration Ideas (Lights)
- 4264 Making The Christmas Wreath
- 4265 Holiday Games For The Kids
- 4266 Hostess Free Holiday Tips
- 4267 Gift Wrapping
- 4268 House To House Parties
- 4269 The Holidays And Alcohol
- 4281 Decoration Safety
- 4282 Collectible Glass Ornaments
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COME SEE OUR HOLIDAY TREASURES in CRANFORD

<p style="text-align: center;">DIAMONDS</p> <p>115 N. Union Ave. Cranford, NJ 908-709-3295</p> <p>Give the Gift that Gives All Year Long A Homebrew Kit</p> <p>Over 70 most popular, 25 ounce of yeast, 32 kinds of grain, 18 varieties of fresh hops and a wide selection of equipment for beginners to advanced brewers.</p> <p>CHRISTMAS SPECIAL \$80.00 The Homebrew Kit includes all you need to brew your own beer. Includes 16 lbs. of beer, 2 lbs. of yeast, 100 oz. of hops and 100 oz. of malt. Also includes a quality gift of the year.</p>	<p style="text-align: center;">Gateway Minerals & Gifts</p> <p>Unique Gift Ideas Stop in Today!</p> <ul style="list-style-type: none"> • Porcelain Nite Lites • Marcasite Jewelry • Agate Bookends • Sand Design Pictures <p>105 NORTH UNION AVE. CRANFORD 276-7570</p>	<p style="text-align: center;">County Folk Art Cranberry Lane</p> <p>Holiday Hours: Mon-Thurs 10-5, Thurs & Fri 10-4, Open Wed.</p> <p>PEWTER POTTERY BEARS DOLLS</p> <p>SANTAS ANGELS SNOWMEN YANKEE CANDLES</p> <p>111 North Union Avenue Cranford, N.J. 07016</p>
<p style="text-align: center;">EDUCATIONAL & UNIQUE HOLIDAY GIFT IDEAS</p> <p>NATIVE ARTS & CRAFTS OF THE AMERICAS</p> <p>WESTERN ACCESSORIES & GREETING CARDS</p> <p>CEREMONIAL SHEDDING HERBS & INCENSE</p> <p>7 No. Union Ave. Cranford 908-709-4050 Mon - Fri. 10-7 Sat 10-5 Sun 12-4</p>	<p style="text-align: center;">FOUR D JEWELERS Inc.</p> <p>105 N. Union Ave. 276-5652</p> <ul style="list-style-type: none"> • Diamonds • Colored Stones • Appraisals • Repair • Estate Jewelry <p>Donald J. Tomase G.G. M.D.J.A. Graduate GIA Certified Appraiser (N.J.)</p> <p>Hours: Mon-Fri 10-6 Sat 10-6 Thurs 11-8 Sun 12-4</p>	<p style="text-align: center;">Sweet 'n Fancy Emporium</p> <p>117 North Ave., Cranford (908) 272-0848</p> <p>PRE-BAKED GINGER BREAD HOUSE KITS:</p> <p>Includes: Pre-Baked & Fanned Gingerbread Pieces, icing, candy, tools and Krazy to Follow instructions.</p> <p>• Holiday Gourmet Fruit Basket • Goetz's Jelly Belly Beans • Bimbi Liquor Truffles • Wilson Cakes Supplies • Chocolate Pays & Novelties • Candy Crafting Supplies</p> <p>• Dishes • Chocolate</p> <p>American Express Accepted</p> <p>Hours: Mon-Fri 10-6 Sat 10-6 Thurs 11-8 Sun 12-4</p>

Guides to relationships top the book gift-list

Six best-selling books on love and relationships stand head and shoulders above the hundreds of self-help titles that confront you from the bookstore shelves.

"1001 Ways To Be Romantic," the newest best seller in the group, is the public's top choice this season.

"Love," by beloved author Leo Buscaglia, is the classic work on the subject.

"SoulMates," by Thomas Moore, is a serious exploration of the deeper levels of love and relationships.

"The Good Marriage," by Judith Wallerstein, describes the four basic types of marriage: romantic, rescue, companionship and traditional.

"Men Are From Mars, Women Are From Venus," by John Gray, is an introductory book for couples.

"Creating Love," by John Bradshaw, is a workshop-like exploration, complete with self-inventories and exercises designed to help readers create healthy, loving relationships.

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CHRISTMAS TREES
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CHRISTMAS TREES
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- Colorado Blue Spruce - \$36.00
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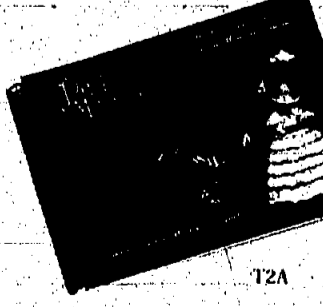
Rx **Kravet Drugs**
CARD AND GIFT SHOP

Sugar Town

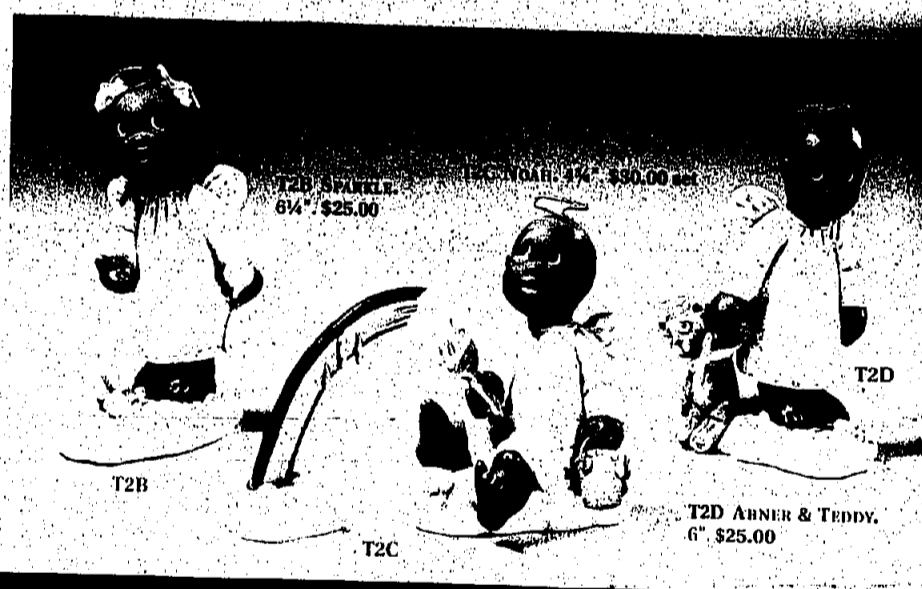
From Our Front Cover
Sugar Town™ from the *Precious Moments®* collection by Enesco.
T1A TRAIN STATION - New for 1995. 2 1/2" x 1 1/2". \$100.00
T1B HOIST NIGHTLIGHT - \$85.00
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T1H TOMMY AND DEBBIE AT THE PROMS - New for 1995. 3 1/2" x 2 1/2". \$22.50
T1J TRAIN CONDUCTOR - Limited Edition for 1995. 3 1/2" x 2 1/2". \$29.00
T1K RIVERBOAT SIGN - New for 1995. 3 1/2" x 2 1/2". \$12.00
T1L TRAIN SET - with 10 feet of track. Battery operated. plays 3 tunes. 7 1/2" x 8". \$75.00



T1A
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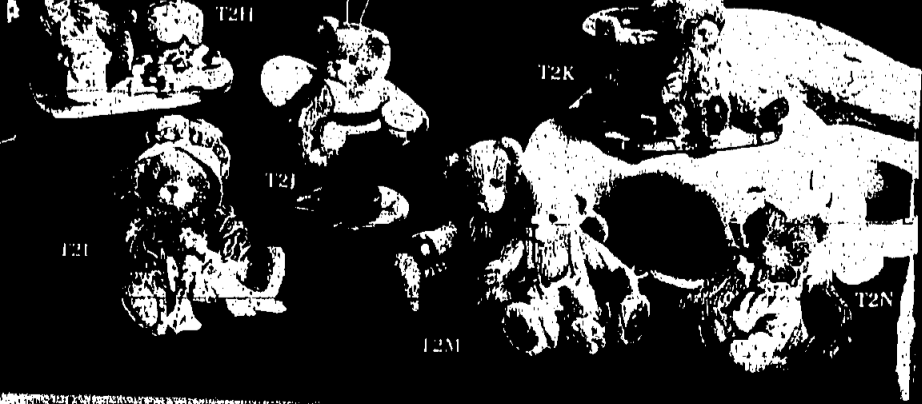
T2A
PRECIOUS MOMENTS® 1995 SEASONS MARKET PRICE GUIDE, \$19.95



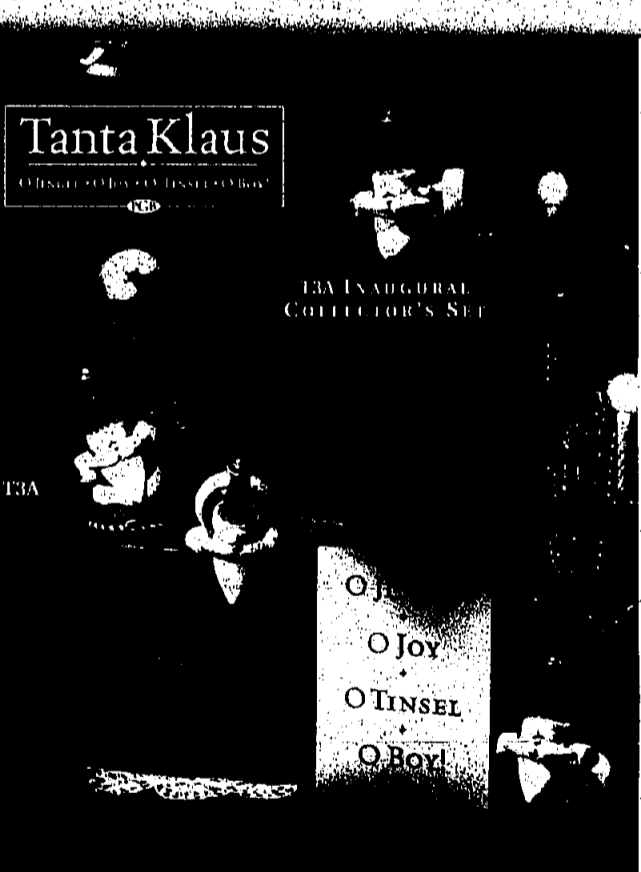
T2B
T2C
T2D
ANNIE & TEDDY, 6". \$25.00



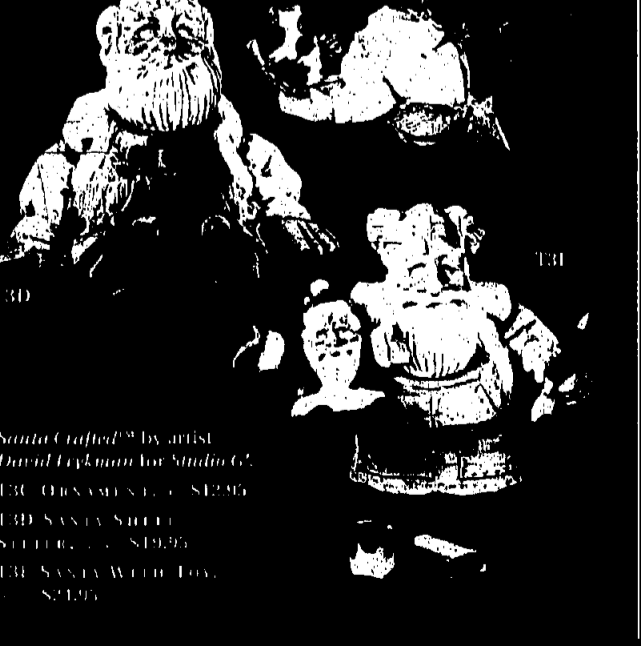
Dreamsticks™ by artist Kristin Holmes for Cast Art.
T2E A KISS FOR MAMA, Enesco for 1995. 4" x 4". \$14.95
T2F BUBBLY EYES, 3". \$9.95
T2G MAKE A WISH, 3 1/2". \$14.95



Cherished Teddies™ by artist Patricia Hillman for Enesco.
T2H HOOHAY FOR YOU, Amie P., 2 1/2". \$22.50
T2I BE MY FRIEND, Beal P., \$15.00
T2K LOVE REPAIR KIT, Koshel, 2 1/2". \$20.00
T2L LOVE SUNDAYS, Diez ERIKSON, Fossell, \$14.00
T2M WE'RE IN THIS TOGETHER, Tucker and Lewis, 1". \$25.00
T2N HEARTS, QUELLOO WE'VE, Lovell, Amy, 2 1/2". \$14.50



Tanta Klaus
 Collector's Set for 1995. \$25.00



Santa Crafted by artist David Chapman for Studio G.
T3C DEAN'S SUEDE, \$29.95
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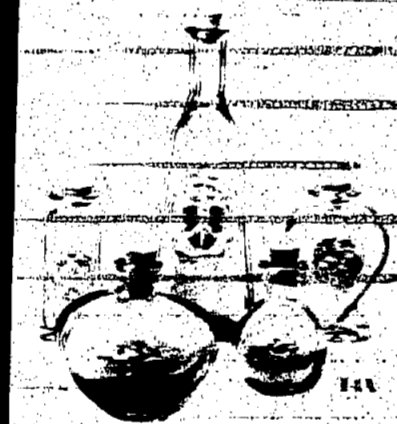


T3E
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Gifts
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T43 *Blue Starburst Chandelier*
Metal frame.
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T48 *Guardian Angel Figurine*
Ceramic. Assorted poses.
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5,000 questions and clues for people over 30.
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T5C *Ricky Raccoon, 9 1/2"* \$18.95
T5D *Rita Raccoon, 9 1/2"* \$18.95
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T4H *Lot-Face Handled Chandelier*
Wood frame. In assorted styles. Packaged with potpourri. \$14.95 ea.
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T4E *Lot-Face Handled Chandelier*
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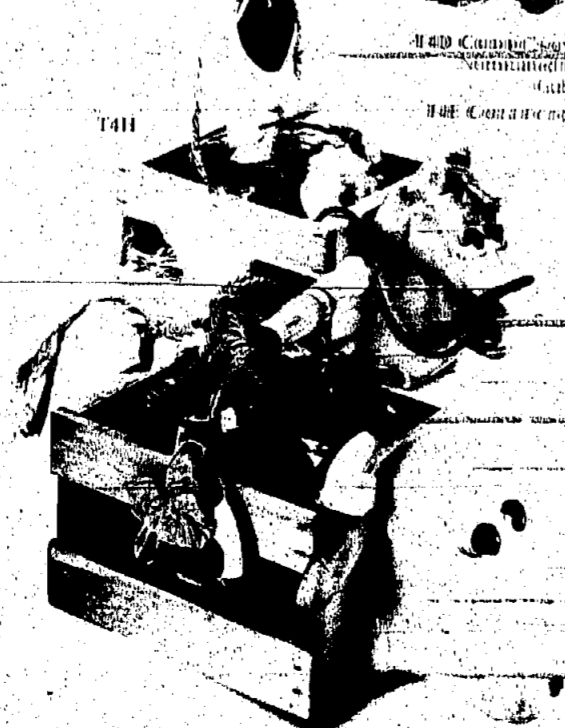
T4G *Lot-Face Handled Chandelier*
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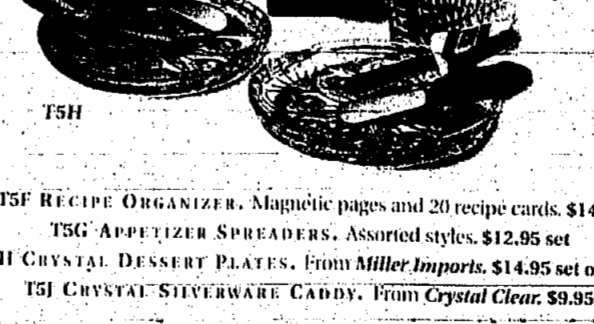
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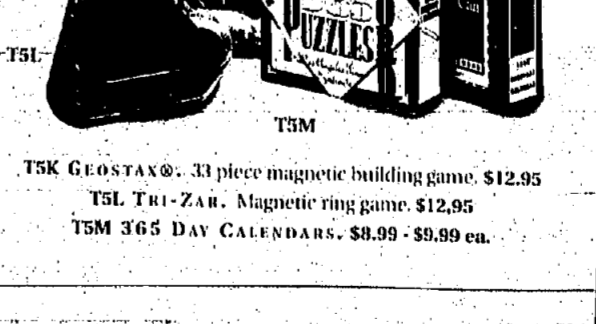
T4I *Music of Instruments Figurine*
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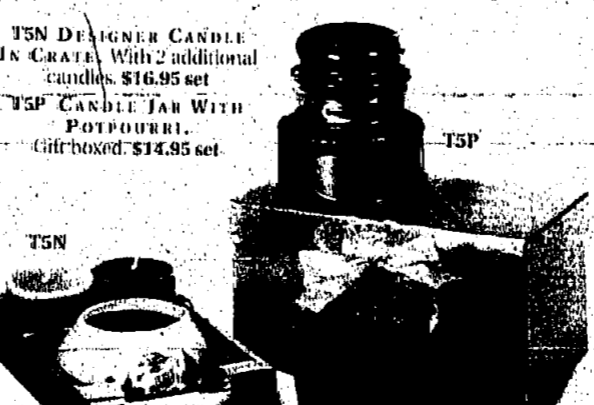
T4J *Mini Tea Pots*
4 1/2" average. \$14.95 ea.



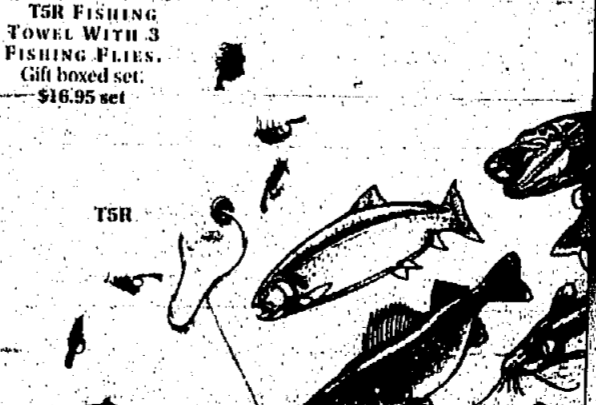
T5I *Crystal Dessert Plates*
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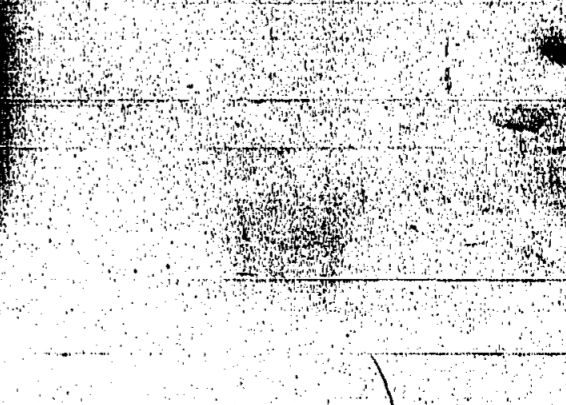
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T5P *Cashlet Jar with Potpourri*
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T6B TAPESTRY STATIONERY AND JEWEL CASE. Includes stationery, envelopes and notecards. \$14.95 set

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From The Editor's Notebook



Somebody told me this week that lawyers and journalists have a great deal in common. Phooey, I said. Put a journalist on the telephone with a lawyer and you'll get two parties who can completely loose up a conversation. Journalists usually call lawyers, especially municipal attorneys, and ask questions without admitting how much we really know. Lawyers, on the other hand, will listen to the question posed by the journalist and within seconds, we're both talking about something completely irrelevant that has nothing to do with the story we're covering. It takes the journalist, however, to steer the lawyer back on track. Neil Cohen knows what I'm talking about.

This revelation occurred during a workshop I attended this week called "Law and Journalism: A Professional Responsibility Summit for the Two Professions." There was almost an even split between the number of lawyers in the room and the number of journalists. The workshop attempted to draw similarities between the two professions and to get both professions to understand the work each does.

I don't know if it accomplished what it set out to do, but the cynic in me says it didn't. To me, lawyers, all 60,000 of whom have been admitted to the state bar, are one of the reasons why the country is in the shape it's in. "Sue him, sue her, sue them, sue everybody. What the hell! You want contracts? I'll give you contracts, but you have to appoint my nephew to this or that commission. Even though he's an idiot and has absolutely no qualifications for the post, I expect something in return for the work I'm doing." Perhaps I'm being a little extreme, but I'd be naive to say it doesn't happen, especially in politics.

The part of the summit I enjoyed most was discussion of the public's opinion about the newspaper industry today. The discussion included four concerns.

The No. 1 concern among the public about the media, according to the Journalism Resources Institute at Rutgers, is that the press would do anything to get a story. The public's concern is the press' arrogance and sensationalism, all in an effort, they say, to sell newspapers.

The No. 2 concern among the public is the media's emphasis on bad news. The public wants more positive news about their communities and the people who live in them. One way to bring more positive news into the pages of newspapers is through more reader involvement. If a crossing guard, mailman, or anyone in the neighborhood does a good deed, call the newspaper and pass along the information. Readers must realize that if a dog bites a man, that dog, and not the millions of other dogs that don't bite people, is going to get the publicity.

Newspaper people are not omnipotent. There are many stories to see EDITORS, Page B3



Union County Freeholder Chairwoman Linda DiGiovanni and Vice Chairman Ed Force, kneeling, help plant tulip bulbs at Chatfield Garden in Warinanco Park.

Gardeners mastery shines through

Visitors to Warinanco Park come spring will be able to tip-toe through the tulips. Thanks to the efforts of Union County's Division of Parks and Recreation, the Master Gardeners of Rutgers Cooperative Extension and the sheriff's Labor Assistance Program, it will be a flowery spring.

This year, the SLAP crew and the Master Gardener volunteers were assigned to help the Parks and Recreation workers on this project. SLAP is a program for non-violent offenders who might otherwise spend a few days or weeks in the county jail, doing nothing productive and possibly losing their jobs. This way they can assist on projects like these for one day a week for the length of their sentence, be it two days, 10 days, and so on, and not take up needed space in the county jail. They keep their jobs in all likelihood, and keep costs to the taxpayers down by becoming their alternate labor source. "Our aim is to do more with less, and using alternate labor, a key focus of our Total Quality Management initiative, is particularly exciting. The re-planting of the 21

tulip beds at Chatfield Garden for the annual spring bloom, which is breathtakingly beautiful, is an enormous task which usually takes at least 20 to 30 working days to complete, but by using alternate labor through TQM, we can have it finished in approximately one week."

The court-sponsored SLAP is a prime example of the county using the alternate labor pool to maintain and beautify our parks, said Union County Manager Ann Baran. "There were 14,500 tulip bulbs that had to be replanted. Thank goodness we just have to do this every three years. But it is a sight to see in the spring, and now accomplished at a lesser cost."

The court-sponsored SLAP began in Morris County about six years ago, and here in Union County in late 1993. Many of the SLAP individuals were identified for having their driver's license revoked at least three times, or lack of automobile insurance two times.

"Using alternate labor is a great way to get things done, to continue to make our parks the showplaces they are, and to save work hours," said Ed Force, liaison to the Parks and Recreation Advisory Board. "The Master Gardeners of our Rutgers Extension know their stuff, and they only needed a brief explanation on planting the tulip bulbs before they were ready to dig in with the rest of us. I am truly happy with the way the county has explored using alternate labor sources to bring the services, programs, and natural beauty to our taxpayers."

The UCUA was one of four LEX award recipients during the annual dinner held in conjunction with the New Jersey Environmental Exposition. On behalf of the Expo's Board of Trustees, Shinn presented an environmental career achievement award to Richard J. Sullivan, the first commissioner of DEP, which was established 25 years ago.

Other LEX award winners were the following: Homestead Co. of Trenton for a project that established a direct transfer of waste fiber stock from consumers' residence to the plant; Sanofi Pharmaceutical Corp. of East Hanover for an innovative technology that reduces hazardous emissions, solvent usage and disposal costs; and AT&T Bell Laboratories in Holmdel for its state-of-the-art upgrading of wastewater pre-treatment plants, which also redirects discharges from a waterbody to a public treatment plant.

Register pushing bill to merge county offices

It's likely that the Legislature will pass a bill by the end of the year requiring a merger of the offices of county Register and Clerk, and the clerk who will be sworn in on Jan. 1, is working to see that the legislation is passed. Union County Register of Deeds and Mortgagee Joanne Rajoppi, who will become clerk when the county reorganizes in January, is confident the legislation will pass. If it does, not only will she assume the duties of county clerk, but she will continue to oversee the duties she currently performs as register.

This is quite the opposite from what Rajoppi stood earlier in the year, when the bill to merge the offices was introduced in the Senate and, if passed, could have knocked Rajoppi out of a job.

But within months of the bill's introduction, County Clerk Walter Halpin announced his retirement and Rajoppi sought election to the seat he would vacate. Instead of being out of a job, or having her employment with the county be uncertain, Rajoppi is planning for the additional duties the clerk could assume after the merger.

With less than one month before she must resign from the register's post, Rajoppi said this week that she has urged the Freeholders Board to take a more proactive stand regarding the legislation by showing the Legislature about the possible cost savings of the office.

When asked if this was a change of heart from the way she felt when the bill was first introduced, Rajoppi said it wasn't. "At that time, I felt the merging of the two offices was not necessarily bad, that it might indeed save money. But all along, I wanted a transitional study done. You can't walk into an office and say we're taking it over," she said, referring to the way it seemed the county was approaching the issue.

"I didn't know back then that I would be running for clerk and would be elected clerk. I still would prefer some time to have a transition because I'm not sure as to what I am able to do to combine the offices," she said. "I couldn't expect anyone to take over this office without some knowledge of the office."

It is still time to nominate a Community Hero to carry the Olympic flame in next year's Olympic Torch Relay. In response to requests for additional time to complete nominations, the United Way of Union County has extended the deadline an additional two weeks for people to apply for the "Community Hero" torchbearer program. Entry forms must be postmarked by Dec. 15.

"We want to ensure that people who are interested in carrying the Olympic flame have ample opportunity to participate in this once-in-a-lifetime event," said Steve Empe, president of the United Way of Union County. "Many people have requested more time to participate in the entry process."

The Atlanta Committee for the Olympics Games is seeking 5,500 people whose services to others and meaningful career achievements to their community shed light into the lives of many Americans. Community Hero torchbearers will be announced in February.

There has been a terrific response of compelling stories about people who are true heroes in service to others," said Hillary Hanson, director of the 1996 Olympic Torch Relay. "We are responding to the public by extending the deadline for entries without compromising the integrity or timeline of the judging process."

Following are guidelines on how to nominate someone to carry the Olympic flame:

- Pick up an application at United Way of Union County, 33 West Grant St., Elizabeth, NJ, or call (908) 353-7171 from 9 a.m. to 5 p.m.
- Call The Arc of Union County at (908) 754-5918, YMCA of Rahway, (908) 388-0357, YMCA of Plainfield, North Plainfield, (908) 756-3836, United Fund of Westfield, (908) 233-2113, and United Way of Summit, New Providence and Berkeley Heights, (908) 771-0171.
- Submit an entry form via the Internet at: <http://www.atlanta.olympic.org>.
- Mirroring the spirit of the Olympic games, a Community Hero is someone who either:
 - Serves as a community leader, role model or mentor.
 - Performs acts of generosity or kindness, and/or
 - Performs extraordinary feats or accomplishments, locally or nationally.
- Community Heroes may be nominated by themselves or others through an official entry form that includes writing up to 100 words — two short paragraphs — describing the significance of the nominee's contribution to others in the community. People may nominate as many different Community Heroes as they like. Entries will be evaluated on content, not writing ability, by one of 147 community judging panels. Entry forms must be postmarked by Dec. 15 and received by Dec. 21. Send completed forms with essay to: Olympic Torch Relay, P.O. Box 6621, Maple Plain, Minn., 55931-6621.

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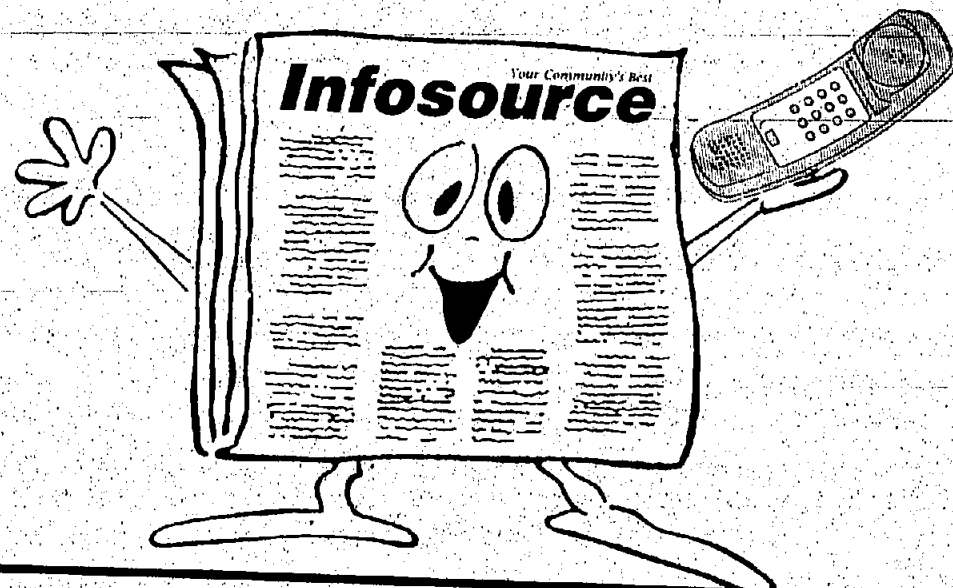
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COUNTY NEWS

Council sheds light on issue of drunk driving

In a symbolic nationwide observance to focus attention on the impaired driving issue, National Council of Alcohol and Drug Dependency of Union County is joining law enforcement, businesses, government agencies and private citizens throughout the United States in keeping their vehicle headlights on as they drive during the day on Dec. 15.

The observance is dubbed "Lights on for Life" in remembrance of persons killed and injured in alcohol-related crashes and serves as a reminder of law enforcement's watchful eye on impaired drivers. The event is part of National Drink and Drugged Driving Prevention Month, held in December, which has been designated in Union County by the Board of Chosen Freeholders. Law enforcement, anti-driving while intoxicated groups and others are participating in various activities throughout the county to draw attention to the problem in our county which resulted in 16,000 deaths last year.

This observance is important because with all the parties and celebrations during the holiday season, impaired driving is a problem. "We need to focus attention on the impaired driving issue and the responsibility of people from getting behind the wheel after drinking," said the sheriff's office.

"This sends a positive message to the community and reminds the public that drinking and driving is a dangerous activity. Law enforcement will be conducting checkpoints to reduce alcohol-related incidents on those who choose to drink and drive in our county which resulted in 16,000 deaths last year."

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Women recognized for status

The Union County on the Status of Women is sponsoring its fourth annual dinner celebration honoring women who live or work in Union County and have made a significant contribution in either their occupation or community.

Interested applicants should mail a cover letter and resume to 317 North Union Ave., Cranford, NJ 07016, or fax to (908) 272-4004, attention Erin Byrne, no later than Dec. 20. Individuals wishing to nominate someone for an award should submit their nominee's name and address with a brief description of the nominee's qualifications to the above address or fax by Sunday so that they may be contacted for additional information before the Dec. 20 deadline.

The dinner honoring "Women of Excellence" will be held on March 29 at L'Affaire in Mountaintop. Those selected to receive awards will be notified by Jan. 20. For more information on the dinner celebration or nominations call (908) 272-2141.

Bars to be schooled on holiday etiquette

In preparation for the holidays, Union County's tavern/restaurants are sponsoring a seminar on responsible hospitality practices for their bartenders, barmaids, waitresses and waiters to make certain they know when to say when. The session, under the sponsorship of the New Jersey Licensed Beverage Association, is to be held Monday at 5 p.m. at the Los Flaros tavern/restaurant at 270 Morris Ave., Elizabeth. More than 40 are expected to attend.

Ron Richardson, Elizabeth tavern owner and N.J.B.A. director, said that the meeting comes at a time when the alcohol-related highway deaths in Union County have declined and alcohol-related road fatalities in New Jersey and the nation are at their lowest points ever.

"The taverns have long been regarded as the first line of defense against drunk driving, and we're pleased to know that our efforts together with other law enforcement, state and local police, the sheriff's office, schools and generally increased public awareness are making a significant contribution to reducing drunk driving and its death toll," he said.

The seminar's objectives are to continue our efforts of professionalism, improve the employment skills of our bartenders, barmaids, waitresses and waiters, and to educate the general public on the dangers of drunk driving, provide a safe environment for patrons, and to prevent sales to minors, and the use of designated drivers and call-a-cab program.

During the 1 1/2 hours, the New Jersey tavern owners have been sponsoring the seminar, more than 250 employees have been certified in the Techniques of Alcohol Management.

OWL selects honoree who helps with housing

In the face of government initiatives that will reduce even more the income available to lower income, low survival tactics, some housing assistance programs are being cut. The OWL (Older Women's League) is proud to announce that it has selected a honoree who has helped with housing.

With this arrangement, an owner who is in danger of losing their home because of reduced income or rising taxes, or both, can share with someone who cannot afford market-rate housing. The OWL provides a safe and secure place for the elderly to live.

The honoree is Mrs. Mary Ruth. She has been a member of the OWL since 1984 and has been instrumental in helping many women in need of housing assistance. She has been a member of the OWL since 1984 and has been instrumental in helping many women in need of housing assistance.

Editor's Notebook

(Continued from Page B1)

tell in every town. Sometimes it takes a phone call to let us know about them.

The No. 3 concern among the public is that the press takes advantage of ordinary people. An example is when the media cover the funeral of a youngster and reporters stick their notebooks and pens in the face of the grieving just to get the story. We're called cold, heartless and insensitive, they say.

Reporting a tragedy and having to speak with the family of the deceased is one of the most difficult parts of this job. We do understand the pain the family is enduring, but in order to chronicle the event, we must remain objective, not insensitive, in pursuit of the story.

The No. 4 concern among the public is that the press is too concerned with the wealthy and powerful, and not concerned about regular citizens.

To a degree, I would agree with this assessment. But the reason why the press reports about people like Princess Diana, O.J. Simpson, or Donald Trump is because the general public can't get it up and causes newspapers and magazines to sell like hot potato. It's not that we're not interested in the kind of message does that give the media?

You've read the top four concerns as revealed in a survey by the Journalism Resources Institute at Rutgers. Do you share the same concerns? Are there other concerns that you feel are more important? Let us know by calling (908) 686-9898, Selection No. 8000.

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DINING/ENTERTAINMENT

Carved clothing



Muriel Castanis' sculpture "Show-Off" is among the pieces displayed in the New Jersey Center for Visual Arts exhibit titled "The Outer Layer," which runs through Jan. 1. The exhibit features the works of 11 artists. The exhibition is free and open to the public. Tours are available by appointment. The center is located at 63 Elm St. in Summit. Gallery hours: Mondays through Fridays from noon to 4 p.m.; Thursdays 7:30-9 p.m.; and Saturdays and Sundays: 2-4 p.m. For more information call 273-9121.

Kean professor's photos placed on exhibition

Tony Velez, a professor of fine arts at Kean College, has an exhibition of his work displayed at Queens College through Dec. 22. Velez, a Staten Island resident and professional photographer for 35 years, is a former adjunct professor in the Queens College art department. About 45 photographs taken as social documents of the Vietnam War era, Brooklyn's Hispanic communities, New Jersey's Latin and Caribbean folk artists and other subjects will be featured. A Vietnam War veteran, Velez will show images from 1966-67 and will include views of his involvement with the Vietnam Veterans Against the War. Velez received an M.F.A. from Brooklyn College where he studied under Walter Rosenblum. He received a New York State CAPS grant in 1983; National Endowment for the Arts Fellowship in 1984; and the New York Foundation for Further Information, call (718) 997-ARTS.

Mountainside teacher named to the board of music association

Jeanette Ferrell Maraffi of Westfield, recently was appointed to the Executive Board of the Central Jersey Music Education Association, an organization comprised of public school music educators in the counties of Hudson, Mercer, Middlesex, Monmouth, Somerset, and Union. The object of the CIMEA is to promote a spirit of fellowship among the music educators of the region, to stimulate wider public interest in music education, to seek specifically to raise the caliber of music performance and quality of music education in the schools, and to encourage the membership to continue to improve its professional status as musicians and educators. Maraffi's responsibilities as High School Vocal chairwoman and a member of the Executive Board include selecting nominees for the conductor and repertoire, attending and assisting with auditions, rehearsal and performance of the chorus, and overseeing budgetary and bookkeeping matters for the chorus. Maraffi, an accomplished singer

Festival to include rare Vivaldi opera

(Continued from Page B4) had a full house in the church because Vivaldi was a well-liked composer, and we were able to attract a good sized audience. This was a success for us, and as a result we were invited to do the second American premiere. We brought him to America, and he gave two lectures about Vivaldi at Rutgers. Florence sighed, "I love my work with the Rutgers Chorus. It's a wonderful group of students who are very committed to excellent performances. And the church is a different community that I enjoy being part of. And I can also say that this St. Stephen's choir which I work with is a very talented, dedicated group of people." When he first came to New Jersey, Florence said he settled in Summit because "a few people I was acquainted with lived in this area. So, it was natural to want to look into that area where they were. My wife of six years, Susan Mea, and who is an integral part of our concert, and I lived in Summit until we decided we needed a bigger house. You know," he smiled. "I just got in New Providence back in 1982. I hadn't come to St. Stephen's yet. I was substituting in the church in New Providence, the Faith Lutheran Church, until they were going to hire their organist, who turned out to be Susan Mea. So you can say we met each other in church. It's really wonderful," Florence exclaimed. "We can share a profession that we both love and enjoy!" Will there be a Vivaldi Fest III? Florence chuckled. "I know you were going to ask that question. I guess we could have to do a Vivaldi Fest III if we were again to be so fortunate to have the honor of giving a first American performance, but it looks as though all of Vivaldi's works have now been unearthed, edited and published. "Actually," he reminded, "the church is now getting ready to make a concert tour in Europe — in May 1997. So between now and next semester, we'll be focusing on preparing the repertoire for that European tour. And of course, my wife will be with us, and the assistant conductor, Clifford Parrish also. Just about everyone has heard and knows the concert tour in Europe which has established himself as a national concert and recording artist in the United States, Canada, Israel, Europe and South America. In 1994, St. Stephen's performed at the inauguration of Mayor Rudolph Giuliani in a rehearsal concert, as well as before 30,000 people who attended the West Branchment Concert in Central Park. In addition, St. Stephen's was featured in the Hudson City Music Hall for the HASC Concert and also appeared in the Channel Television which was broadcast live from Las Angeles. St. Stephen's has recorded three albums, the most recent one is titled "B'ezrat Hashem," and was a number one best seller in the first month of its release. This album will be available for purchase on the evening of the concert. Concert tickets are \$8 each if purchased in advance and will be \$10 each at the door on the evening of the performance. Special donations for the group are being offered. There are no reserved seats, only general admission. Doors open at 7:45 p.m. For information on ticket purchases call 687-4324.

Union's annual Israeli festival begins Saturday

The Israeli Festival of Union will present its 11th Anniversary Hanukkah Concert Saturday at 8 p.m. featuring comedian Jackie Jayson Eilat and starring singing sensation Sandy Shurady in the auditorium of Sumner Middle School located on Morris and Caldwell avenues. Eilat, a native of Hartford, Ct., began his career as an impressionist comedian, mimicking Jackie Mason, Jackie Carbone and other famous comedians. He has performed throughout the world. Alongside his famous Marco Polo and Marco Carbone in Florida. He is the recipient of the numerous appearances on television as well as having performed for many major organizations and Jewish social clubs. Eilat and Marco have been finalists for many years. Sandy Shurady, an Israeli singer and songwriter, originally began his professional career as a member of the North Communist Entertainment Group which was stationed in the Golden Kingdoms. He made his American debut as a participant in the Israeli Channel 10 Festival of Music in 1984. Since then, Shurady has established himself as a national concert and recording artist in the United States, Canada, Israel, Europe and South America. In 1994, Shurady performed at the inauguration of Mayor Rudolph Giuliani in a rehearsal concert, as well as before 30,000 people who attended the West Branchment Concert in Central Park. In addition, Shurady was a featured soloist at Radio City Music Hall for the HASC Concert and also appeared in the Channel Television which was broadcast live from Las Angeles. Shurady has recorded three albums, the most recent one is titled "B'ezrat Hashem," and was a number one best seller in the first month of its release. This album will be available for purchase on the evening of the concert. Concert tickets are \$8 each if purchased in advance and will be \$10 each at the door on the evening of the performance. Special donations for the group are being offered. There are no reserved seats, only general admission. Doors open at 7:45 p.m. For information on ticket purchases call 687-4324.

Academy's enrollment expected to double

The enrollment of the New Jersey Performing Arts Center Dance Academy, the in-school dance residency launched last year, will reach 1,600 students in 1996 — double the number of 1995. Sponsored for the second year by AT&T, NJPAC Dance Academy '96 will be offered in 16 schools in eight municipalities and includes a faculty comprised of Alvin Ailey American Dance Center dancers along with individual New Jersey artists and dance companies. The NJPAC Dance Academy, developed by the NJPAC Arts Education Department, introduces third-grade students in urban and suburban schools to the discipline of dance as an art form and as a means of self-expression. Over a 10-week period during the regular school day, participants attend two, one-hour classes per week to explore fundamentals in modern, ballet, tap or jazz. The success of our inaugural year and the continued financial support and commitment of AT&T have enabled the program to expand in 1996 to additional school districts which have not been able to include dance instruction in their regular curricula," said Philip Thomas, NJPAC's vice president of arts education. Esther Silver-Parker, AT&T's vice president for public relations, praised the results of the first dance academy program, saying "one need not be an expert to understand the excitement and enthusiasm of what an enriching life experience this educational opportunity was for them." School districts enrolled for Dance Academy '96 include Plainfield and Union. Classes begin in March of 1996. Dance Academy instructors include Cindy Nicholson, Paul McRay, New Jersey Ballet, Karen Love, Umoja Dance Company, Deborah Mitchell, New Jersey Tap Ensemble, and Paula Ysa Franklin, Pyramid Dance Company. A selection process is currently underway to choose additional dance instructors. In addition to the 10-week residency, Dance Academy '96 provides several other components, including an introductory lecture/ demonstration by the Alvin Ailey Repertory Ensemble, professional development workshops for teachers, teaching artist training sessions, parent/teacher movement classes, three master classes for the local dance community, and open house school demonstrations. The Alvin Ailey American Dance Theater will also perform three performances at Newark Symphony Hall including one mini-performance for the students, and two public performances for the general public. At the end of the school year, children with exceptional talent or enthusiasm will be selected to continue their studies in the NJPAC Summer Arts Camp. The NJPAC Arts Education Department is made possible by the support of the Victoria Foundation and NJPAC Arts Education Endowment Fund.

Holiday concert planned for FDU campus Sunday

To celebrate the holiday season, a concert "Make a Joyful Noise: Music From a Country House," will be held Sunday at 3 p.m. in the ballroom of the Vanderbilt-Township Mansion on the Florham-Madison Campus of Fairleigh Dickinson University. The Solid Brass Quintette will fill the ballroom with a blend of traditional holiday music, as well as works by Handel and music of the Renaissance. The public is invited to attend the concert, sponsored by Friends of Florham in cooperation with the Arts Council of the Morris Area. Following the concert, a reception for the audience will be held in the Great Hall of the mansion. Solid Brass has performed in more than 30 states. The ensemble members are musicians who have performed at Lincoln Center and with orchestral and chamber groups in the metropolitan area. Tickets are \$19 per person at the door. Advance reservations for general seating can be made by calling (201) 526-8663.

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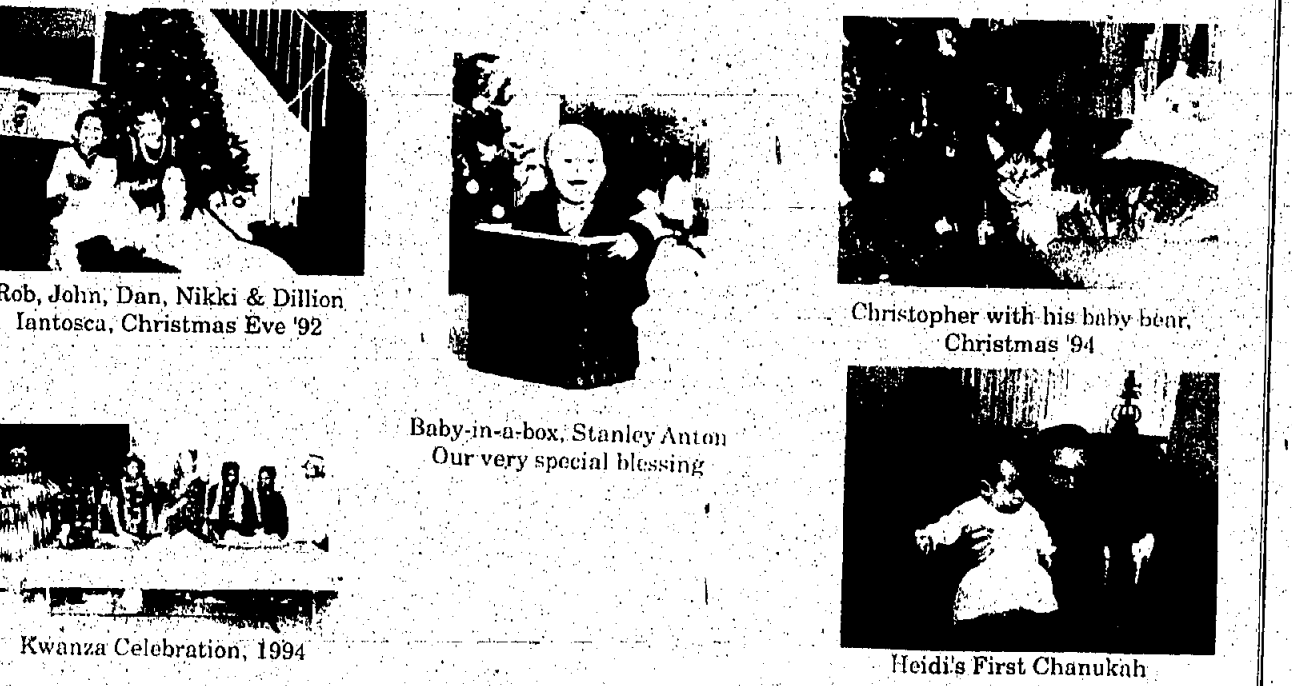
Arts commission hosts 'Season's Best' concert

The Woodbridge Township Cultural Arts Commission is sponsoring a concert of Holiday Music titled "Season's Best." The concert featuring Angela Falco on piano and flute will be held at the First Congregational Church in Woodbridge on Sunday at 7:30 p.m. The concert is free to the public. Accompanying Falco will be Jim Falco on soprano and tenor saxophone, John King on percussion, Tod Greenberg on bass and Chris Zurzolo on keyboard. Angela Falco, a pianist, flautist and composer who has recorded and performed with folk, rock and jazz groups is a graduate of the Philadelphia College of the Performing Arts, now the University of the Arts. The First Congregational Church is located at 539 Barron Ave. in Woodbridge. For more information, call the staff of the Barron Arts Center at 634-0413, weekdays from 8:30-4:30.

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Founders: Philip A. Gonzalez, Raymond Liswack, Esq., José González, Esq., Roberto Madan, Fredric Leighton, Mitchell Berenson, Tony Molinaro, Wilson Londono, Joseph Gillis, Francisco Mejia, Julio Perera y el Dr. Victor Daino.
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