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# RAHWAY PROGRESS

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## Coast Guard surveys Lawrence Street span

### Drawbridge needs to be reconstructed

By Sean Daily Staff Writer

Local residents who frequently use Route 149 are well aware of its traffic. Now, however, plans for an expansion of the Lawrence Street span may help ease that traffic.

Officials from the Coast Guard were in Rahway last Wednesday as part of the public comment period on the Lawrence Street bridge. The bridge is one of the few roads that lead to Route 149 — particularly to the northbound lane.

According to Gary Kaseoff, bridge administrator for the first Coast Guard District, the Coast Guard was there to "take a look at the area." The visit was part of the public comment period on a navigable waters permit for a replacement for the Lawrence Street bridge, which spans the Rahway River.

The bridge was closed since last September, when a routine inspection revealed structural damage caused by vehicles that exceeded the bridge's weight limit.

Construction of a new bridge must wait until the Coast Guard issues the navigable waters permit. This permit is necessary for bridges spanning a body of water that is affected by tides or has historically been used for commerce.

Those waters are regulated by the Coast Guard.

Before the permit can be issued, there must be a public comment period, of which last week's visit was a part. Such public comment periods typically last 30 days.

According to Kaseoff, the public comment period should end around Nov. 20. If there are no negative comments from the public about the permit, it is, in the permit should be issued by the end of the year; no further Coast Guard permits are required for the replacement bridge to be built.

Kaseoff added that there are always some negative comments in these information-gathering periods.

As an example, he pointed out that the now-closed bridge is about 70 years old; there could be an issue over whether it is a historic structure.

The bridge was a "wing bridge," a form of drawbridge, until 1909, and this may be another issue that could be raised.

The Lawrence Street bridge, as a wing bridge, permitted larger craft to pass over the Rahway River. Since it's been closed, larger craft have had to use the other bridge.

The replacement bridge could be built as a fixed bridge in order to reduce costs. But Kaseoff said that this could hamper plans to revitalize both banks of the river.

Since the bridge has closed, much of the traffic that used to use the bridge has been diverted to the other bridge. This has helped the owner and the community control the land on along the river and, if there is a marina nearby, that's certainly indicative.

Kaseoff replied to this by saying, "It's got to be a definite plan. The

## Church fair

### Tickets on sale

St. Paul's Church, 80 Elm Ave. in Rahway, will hold its annual Fall Fair on Nov. 1 from 10 a.m. to 7 p.m. There will be holiday crafts, Grandma's Attic, a mini-Tickety Toy, etc. For reservations or more information call Betty at (732) 982-9965.

Rahway Hospital Foundation announces the availability of tickets to the 1997 Holiday Concert performed by The Orchestra of St. Peter by the recognized conductor, Rev. Alphonsus Stephenson. The fundraising event will be held at the Union County Arts Center, Rahway, Dec. 10 at 8 p.m.

The Holiday concert has become an annual tradition in which the community joins together to enjoy classic holiday music for the benefit of the local hospital. The Dec. 10 concert is fully underwritten by The Rahway Savings Institution. All proceeds from this event will go to the Rahway Hospital Foundation in its support of the activities and services of Rahway Hospital. Tickets are priced at \$25, \$50 and \$15. Tickets for the concert are on sale in Rahway Hospital Foundation's Development Office (732) 499-6135, and can also be purchased at Union County Arts Center Box Office, 1601 Irving St. (732) 499-8226.

## Spending package leaves \$1.3 million in surplus

By Sean Daily Staff Writer

Taxes are to drop an average of \$29 this year, but the way it will be done leaves a surplus of one city.

It was announced last week that the city will have a surplus of \$1.3 million in 1997. Mayor James Kennedy said this week that this is not the case — that townsmen will pay 2.2 cents less per \$100 of assessed value on their homes this year. The owner of the average Rahway home, worth \$155,000, will pay \$1,515 in taxes this year, down \$29 from last year's tax bill.

The proposed \$26,549,610 budget is \$315,766 greater than the budget for the 1996-97 fiscal year, up 1.2 percent.

Total taxes will be lower this year, with \$12,974,596 total being raised; this amount is 3 percent, or \$39,477, lower than last year's total tax levy. The increase in the budget is being funded in part by a \$1.5 million infusion of cash from the city's surplus.

According to Kennedy, this is smaller than the surplus used to balance the budget in previous years. Last year, the city used \$1.7 million in surplus.

But this \$1.3 million represents all of the money in the city's cash reserves, a move that has Councilman Frank Janusz concerned.

"Were't we criticized for taking

## Vets association links Agent Orange to health disorders

By Elaine Ingalls Staff Writer

Because of the ailments associated with exposure to the war chemical Agent Orange, local veterans have been fighting to force the Veterans Administration to recognize and compensate the men and women who were exposed to herbicides during the Vietnam Conflict.

In 1991, he decided that he had been too long and became an active member of his local chapter.

From there, he became the local chairman of the Agent Orange/Dioxin Committee. And through this position, he's been able to give local veterans the hope of obtaining the financial compensation due them from the government.

The Department of Veterans Affairs has devised a list of diseases that they will acknowledge as caused by or a direct result of herbicide exposure. This list includes leukemia, non-Hodgkin's lymphoma, Hodgkin's Disease, soft tissue sarcoma, multiple myeloma, respiratory cancers including cancers of the lung, larynx, trachea, and bronchus, prostate cancer, acute or sub-acute peripheral neuropathy, and in the children of Agent Orange veterans.

With the inclusion of Spina B11-da, this is the first time ever that the Department of Veterans Affairs has acknowledged that the child of a veteran could possibly have a service-related disorder due to herbicide exposure.

## Real-life murder mystery hits home

By Sean Daily Staff Writer

Rahway has a 135-year-old lady of mystery.

She lies in Rahway Cemetery, the apparent victim of a particularly brutal murder on March 25, 1887. The killer is that no one knows who she is — except that she was in early 20s.

Yet she still makes headlines, even today. The most recent was in issue No. 9 of *Wired NJ* magazine, their annual "Mystery Solver" issue, "The Murder Mystery of Rahway," it said.

Ed O'Donnell has been caretaker at the cemetery for about five years. When the *Rahway Progress* talked to him on Tuesday he was digging a grave.

He knows about the woman's grave. It's on a small hill in the cemetery near a water tower. The stone is old and weathered, in contrast to the newer-looking stones around it. It says, "An Unknown Woman Found Dead March 25, 1887."

O'Donnell said her death was a historic event in Rahway.

See BIRTH, Page 2

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**How to reach us:**  
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Our main phone number, 908-686-7700 is equipped with a voice mail system to better serve our customers during regular business hours, a receptionist will answer your call. During the evening when the office is closed, your call will be answered by an automated recipient.

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News releases of general interest must be in our office by Friday at noon to be considered for publication the following week. Pictures must be black and white glossy prints. For further information or to report a breaking news story, call 908-686-7700 and ask for Editorial.

**Letters to the editor:**  
The Progress is an open forum for opinions and welcomes letters to the editor. Letters should be typed double spaced, must be signed, and should be accompanied by an address and daytime phone number for verification. Letters and columns 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.  
The Progress accepts opinion pieces by e-mail. Our address is WJ02@localsource.com.  
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**To place a display ad:**  
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## Birth defect award may set precedent

(Continued from Page 1)  
Agent Orange Commission and the Department of Military and Veterans Affairs announced the award of a \$48,000 contract to the Association of Birth Defect Children located in Orlando, Fla. This is a significant triumph for those working with the herbicide exposure cases. This financial award allows people to register more children in the National Birth Defects Registry thereby expanding the registry. The expansion will allow researchers to determine if the current pattern of disabilities in the children of Vietnam veterans exposed to Agent Orange remains the same.  
The Association of Birth Defect Children would also like to encourage non-veterans to register their birth defect children thereby creating a control group. This would enable them to determine changing factors or higher incidences of disease in the children of Vietnam veterans.  
Echstein said, "We will be reaching out to families in New Jersey to increase the number of New Jersey registrants to at least 700. This will

## 'Unsolved Mysteries' may take Railway case

(Continued from Page 1)  
black straw hat with red velvet trimmings and a black willow. Scorsman doubted that DNA fingerprinting would be much help "unless you have the DNA of the other person," he said.  
There are a number of unknown people in the country, but the people had fallen off trains or had been found dead, said O'Donnell. None of them had been murdered.  
He added, "With today's forensic and with DNA, who knows?"  
Scorsman doubted that DNA fingerprinting would be much help "unless you have the DNA of the other person," he said.  
There are a number of unknown people in the country, but the people had fallen off trains or had been found dead, said O'Donnell. None of them had been murdered.

way News Record, published on May 27, 1948, noted that the victim of the "Railway Girl Murder" probably was a stranger. Railway was a small town and there were no automobiles; you had to walk or ride a horse or carriage to work.  
O'Donnell agreed, pointing out her "European hair and dress."  
"I think in that day and age, people migrated over here because this was the New World," he said, "and she was killed in probably a moment of great joy for her."  
Scorsman isn't so sure about that. "I definitely believe there was some kind of cover-up by local police or officials," he said. "It was definitely a local scene."  
Scorsman pointed to the fact that she had a "beaker of eggs" she had probably been at a grocer or farmer right before the murder.  
A member of the investigating jury, Mark Keefe, did say that he saw the woman's basket at Balzer's Grocery Store and that a Mrs. Baker had rented the lid. This was denied by a store clerk.  
"Whatever happened to her, it caused a sensation. It was like when (Princess) Diana died," said O'Donnell.  
Thousands of people, some from Canada, showed up in Railway to catch a glimpse of her at Ryan's Mergue. Her picture was shown at the 1887 Chicago World's Fair, said Scorsman, and an artist's rendition was shown in a national magazine, Police Gazette. Richard K. Fox, who signed the article, stated that he would offer a \$250 reward to anyone who would offer information that would lead to her murderer's conviction.  
She was finally buried on May 2, 1887, over a month after she was murdered. Her grave stone was donated by the city.  
O'Donnell, who seems to care a lot about the unknown woman, is hoping the case will be taken up by the television series "Unsolved Mysteries." A spokesman for the Railway Historical Society said "America's Most Wanted" may be doing a segment about her.  
"I hope even some sort of group would take this as their challenge," he said.

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## COMMUNITY CALENDAR

The Community Calendar is prepared by the Railway Progress to inform residents of various community activities and governmental meetings. To give you community events the publicity they deserve, mail your schedule to Railway Progress, Attention: Chris Szwaj, managing editor, P.O. Box 3109, Union, 07083.  
• There will be a spaghetti dinner at the American Legion Post 3 in Railway to support Project Graduation. All tickets purchased before Oct. 24 are \$5. The cost for tickets at the door is \$6. Call Ginny at 574-1037 or Linda at 499-9499 for tickets.  
• Monday  
• Railway Division of Parks and Recreation has announced that it will sponsor two Halloween contests. The contests are Exterior Home Decorating and Pumpkin Decorating.  
• The Home Decorating contest is divided into two categories, the "Scenes" and the "Most Creative Original." All sites must be visible from the street and entries must be received by the Recreation Division by Oct. 27.  
• The Pumpkin Decorating contest is also divided into two categories, the "Best Carver" and the "Best Painted." For this contest, a photograph must be submitted to the Recreation Division by Nov. 3, include name, address and telephone number on the entry. Registration forms can be picked up at the Division Office, 1 City Hall Plaza, Railway. Participants must be Railway residents. For more information call 827-2045.  
• Nov. 1  
• The Railway Kiwanis Club is holding a Harvest Moon Ball on Nov. 1 at the Green Center, 640 Madison Hill Road, Clark from 7 to 11 p.m. There will be a 17-piece band playing hits from the '40s. Cost is \$22 per person. For more information call (908) 388-3172.  
• The National Council of Negro Women Inc. Railway Chapter will host a membership tea on Nov. 9 at 4 p.m. at AME Church, 253 Central Ave., Railway. All members and prospective members are invited to discuss the following programs: Christmas party for seniors, teenage awareness program, teenage parent and Adopt-A-Senior. Refreshments will be served and admission is free. For more information call 381-3584 or 382-3309.  
• Nov. 15  
• Railway Hospital Foundation's Annual Fashion Show and Luncheon Committee is accepting reservations for its sixth annual fund-raising event for the benefit of the hospital.  
• Nov. 19  
• The Board of Trustees of the Railway Center Management Corporation, 71A Railway Center Partnership will meet at 7 p.m. in the El Bodegon Restaurant, 169 W. Main St., Railway on the following dates: Nov. 19 and Dec. 17. For further information, call (908) 396-3545.  
• Nov. 27  
• Railway Division of Parks and Recreation announced that it is sponsoring a Railway Day at Disney on Ice - Hercules on Nov. 27 at the 7:30 p.m. show at the Continental Airlines Arena. In conjunction with Railway Day, the Division is providing a ticket Special Courtesy Coupon that will allow the public to purchase and price tickets for a flat \$9.50. Tickets purchased with the Railway coupon and only good at the show, 7:30 p.m. performance, call the Division Office at City Hall. For more information on the Special Courtesy Coupon, call the Division at 827-2045.

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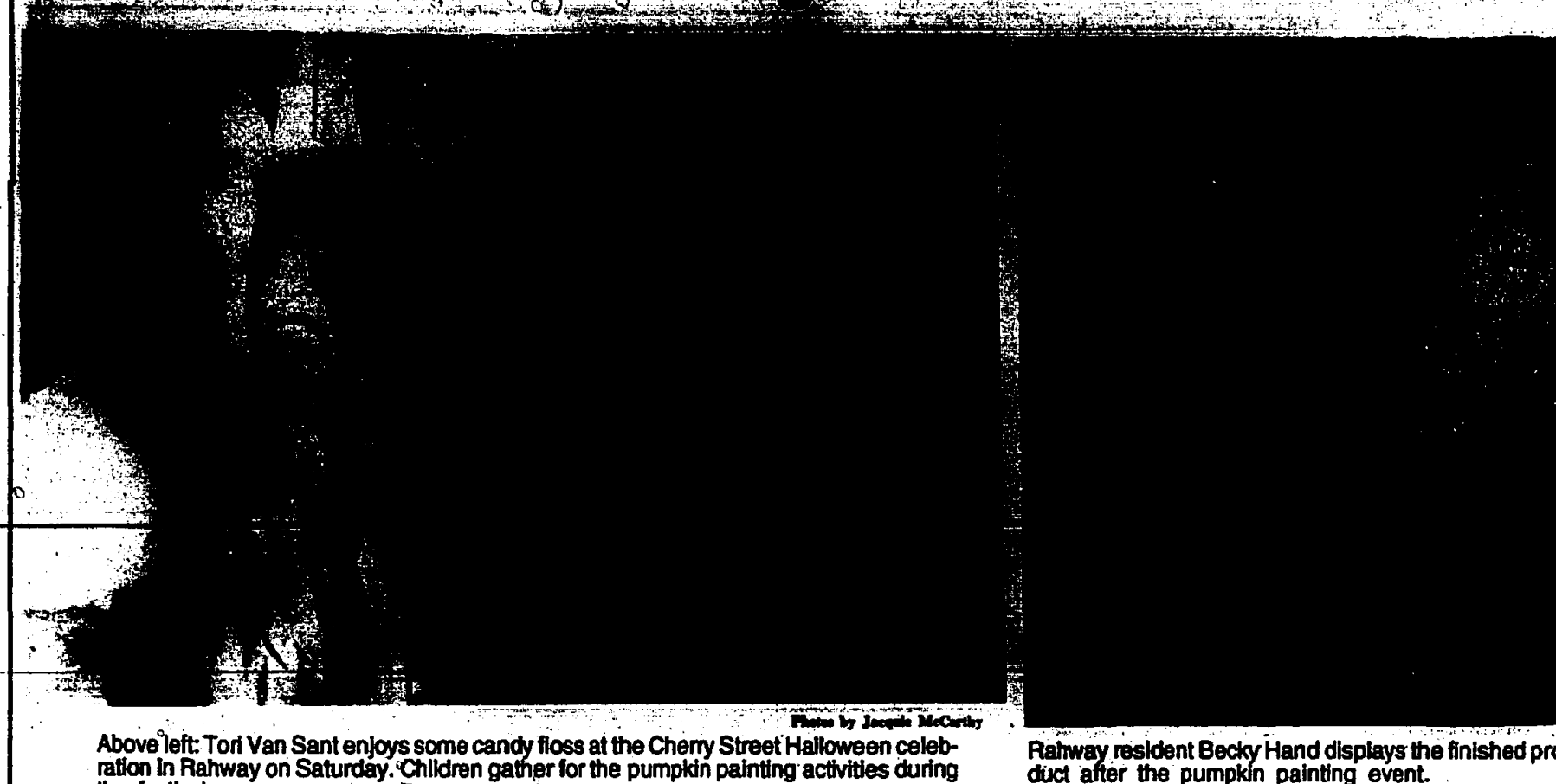
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## Halloween festival brings some creative cheer



Above left: Tori Van Sant enjoys some candy floss at the Cherry Street Halloween celebration in Railway on Saturday. Children gather for the pumpkin painting activities during the festival. Photo by Joseph McCarthy. Railway resident Becky Hard displays the finished product after the pumpkin painting event.

## Battleship Commission receives local support

Operation "Big N" - Bring Me Home. Through this project, they are bringing the phenomenal history of this battleship to the fore.  
The USS New Jersey is one of four battleships in the 45,000-ton Iowa class. Included in this category are the USS Wisconsin, the USS Missouri, the USS Texas and the USS New York. She is considered to be the most decorated battleship in the world. She is also the first battleship to serve in three consecutive wars, World War II, the Korean Conflict and the Vietnam Conflict. The USS New Jersey was believed to be in permanent retirement after the Vietnam conflict, so the Historical Society was petitioned to start the process of bringing the battleship back to its home state. But, in the 1980s, the New Jersey along with her sister ships were re-acquired due to the ongoing presence of the Soviet military and navy presence.  
The USS New Jersey and her sister ships, the New Jersey being in the best condition, were modernized and set out to sail the seas once again. They painted the globe waters bringing peace against the aggression of others.  
In 1991, the New Jersey was once again decommissioned and many thought she would go to scrap. Then the numerous campaigns began to

bring the decorated battleship to its true home.  
Misses said, "This project has received overwhelming support from towns over the state. They have signed resolutions to support this project 100 percent. Because of my wonderful childhood memories and the history involved with this ship, I feel that it's important to preserve the USS New Jersey in New Jersey."  
He added, "Ultimately, I'd like to see the ship docked at Liberty State Park since it's our state park. But my main desire is to see the USS New Jersey brought home."  
The USS New Jersey, one of four battleships in the 45,000-ton Iowa class, may be returned to a state port. Included in this category are the USS Wisconsin and the USS Missouri. She is considered to be the most decorated battleship in the world.  
Misses said, "This project has received overwhelming support from towns over the state. They have signed resolutions to support this project 100 percent. Because of my wonderful childhood memories and the history involved with this ship, I feel that it's important to preserve the USS New Jersey in New Jersey."  
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## Taxi cab driver recovers

Despite being robbed and stabbed by two assailants, the Railway cabbie is on his way to recovery.  
Larry Bodine, the young man's father, said, "He underwent a second surgery last Thursday for an infection, but I'm told stomach wounds tend to be that way. All in all, he's doing much better."  
"He was going to come home the other day, but then I got a phone call saying that they were wheeling him into surgery because they had found some infection. I was glad because he didn't really look well, except to come home, he still looked sick. Actually, I'm glad they're watching him more closely now because they almost missed this problem."  
Bodine's son, Heath, was robbed and stabbed allegedly by two men from Newark. Willis E. Wright, 29 and Joseph Garza, 30, have been charged with the attempted murder of Heath Bodine. They have also been charged with aggravated assault, carrying a weapon, possession of a weapon for an unlawful purpose. Both are being held at the Union County Jail in Elizabeth on \$250,000 bail each.  
Larry Bodine said, "I'm so proud of him. He's been tough. He talks to his doctors about almost all of the procedures that they need to do. He hasn't been a winner, but he does tell me how he's feeling."  
He added, "It has been sick to his stomach, but that's normal for this kind of wound. But he has been eating some solid foods which is very good."  
"Heath was moved from intensive care to a private room yesterday. Hopefully he'll be home within a few days, or maybe by the weekend. I think that will make him feel better. He's really back down to reality now. About three days after the stabbing, I was real chipper and upbeat. I guess that he was just happy to be alive. But now, I think he really understands what happened and really is sinking in. Since then, he seems to be focusing on getting home."

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COMMUNITY FORUM

Volunteering may be for you

Images of a desperate and confused person usually makes people want to contribute to helping that person. But how many of us really respond? Contact We Care, the 24-hour telephone crisis hot line that serves residents of Union County and beyond, needs volunteers willing to help people through a range of crises, or just to talk to someone who doesn't have much social interaction.

It is unfortunate that Contact We Care cannot be open 24 hours because there are only enough volunteers to stay open two or three nights a week. This can be remedied if people would sacrifice just a few hours of their time during the weekend. Residents who are interested in volunteering can call (908) 889-4140. The hot line is (908) 232-2880.

This issue has an urgency as volunteers are right now being offered an accelerated training session. Helpers can get some of their training on the job in areas not familiar to everyone. The effort it takes to learn everything concerning active listening, grief and loneliness, mental illness, the elderly, suicide, has a remarkable reward. There simply is no equal worth to that of helping a stranger in need.

We urge people to become volunteers to do something like listen to callers and, if necessary, refer them to people and organizations who can help them. In providing a voice to someone whose world is empty, you really can make an immediate and positive impact on someone's search for well-being.

This phone service truly affects our community. The hot line fields an average of 40 calls per day; callers range from people who are suicidal or in crisis to people who call in "on a fairly regular basis" and don't have much social contact. These could be ordinary people suffering because they can't find comfort from their family or neighbors.

Contact We Care is part of a larger network of eight Contact hot lines throughout the state; covering Cherry Hill to northern New Jersey. Contact We Care cares for central New Jersey and is the Union County name for the hot line.

Contact We Care has flexible scheduling; volunteers can pick the times that they are available to work around their jobs or whatever. Volunteers are especially needed during the weekend and for the night shift, 11 p.m. to 7 a.m.

Pro-lifers can have good hearts too

The Rose Garden Home has been trying to get out a very serious message. The message is this: There is a place that local residents can get support during a pregnancy. Located in Rahway, this place is to help women raise their babies and to help them after birth. Although the center does not pay for medical care, it does do a lot of work with Rahway Hospital, which serves nearby communities of Clark and Linden.

Some people who are opposed to abortion demonstrate their beliefs by bombing clinics or threatening doctors at those abortion clinics. But it is important that the Rose Garden Home not be categorized with such destructive and hypocritical views. The home is run by people who are of the Catholic faith, people who are anti-abortion or "pro-life." But it is not affiliated with any church and there are no attempts to convert anyone. Simply put, it is a non-profit organization that runs strictly on donations and it takes in anyone of any race, gender or faith.

It seems there is a harsh stigma that goes along with those who are pro-life. But the outreach arms of the people who run the Rose Garden Home completely contradict that notion. For example, the home welcomes more than just women. Recently, the folks at the home served a man who walked in looking for a job. In an impressive attempt to aid this gentleman, they referred him to someone who could help him better.

In addition, the center offers services such as free pregnancy testing and support groups and tries to find housing for pregnant women. Moreover, it provides free transportation to and from medical appointments. There is also information and counseling on parenting skills and adoption and post-abortion counseling. The group also has a number of discussion groups for people with Alzheimer's Disease and Project Jessica for friends and families of handicapped children or who are expecting handicapped children. Teenagers can get information on self-esteem and peer pressure for teens.

It is important to note that the center is planning to open a home for unwed mothers that will provide housing for mothers and children for up to two years after birth. All residents would be trained in some skill that will let them provide for their families. But, until then, the Rose Garden Home places pregnant women who need housing in existing homes for unwed mothers. We encourage residents to support the Rose Garden and commend the members of this community service in their cause.

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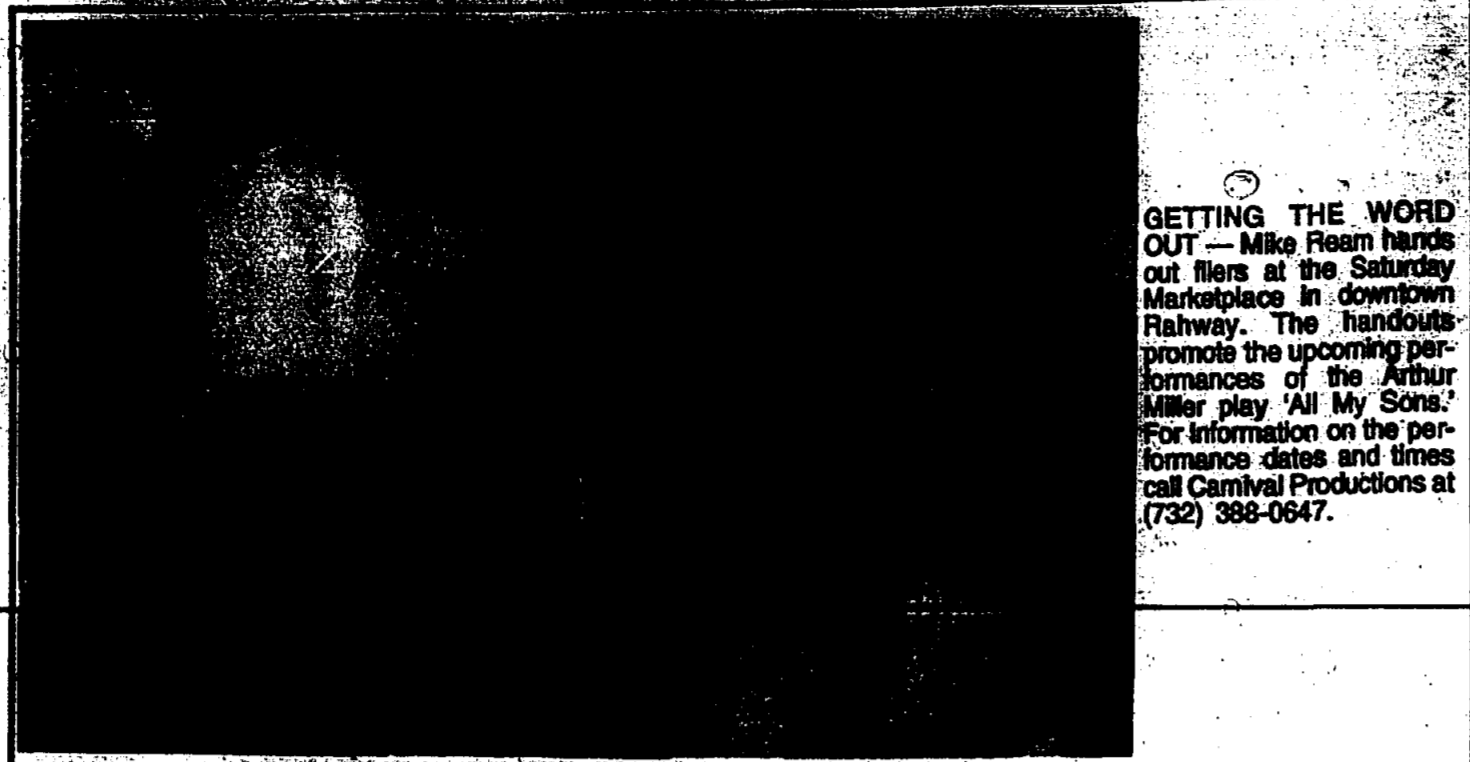
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GETTING THE WORD OUT — Mike Ryan hands out items at the Saturday Marketplace in downtown Rahway. The handouts promote the upcoming performances of the Arthur Miller play 'All My Sons.' For information on the performance dates and times call Carnival Productions at (732) 386-0647.

CANDIDATES

Ann Conti

I have served the people of Union County as surrogate since 1983, and I am proud of the reputation my office has earned over the past 13 years for efficient and compassionate service. I have identified three programs as priorities that will be continued and completed over the next five years: conversion of the three computer systems in my office into one IBM-compatible system. This includes converting the manually prepared index of surrogate records from 1836 into our current computerized index, which will give us one of the most cost- and time-efficient programs in the state;

Peter Lijoi

The three primary issues that Union County faces as we approach the year 2000 include: a reinvigorating government and eliminating duplicative services and fostering policies of inclusion; embracing technology to provide essential public services at the lowest possible cost; and privatization of public services, such as sewer, record-keeping and waste disposal.

Ann Conti

Incompetent persons and is operated at no expense to the taxpayer. Most importantly, I have learned that the Surrogate's Office must be administered with compassion. At times of major change — adoption, guardianship, and deaths — those who use the Surrogate's Office must be treated as individuals with special needs.

Peter Lijoi

government years ago, as an example. The main "bug" or "bugger" was technology-based companies in our county on how to utilize modern technology to make local government more efficient, responsive and accessible to the people.

LETTER TO THE EDITOR

A voter poses questions

To the Editor: This letter is intended to be a non-partisan effort to learn the stands on New Jersey issues by state candidates which concern our voters. The election is on Nov. 4, but aside from many comments by gubernatorial candidates, little has been heard from candidates on the legislative level. I encourage replies to my questions: What will you do to lower automobile insurance costs? What will you do to lower real estate taxes on my home? This is a state as well as a local issue. I have visited seven states this year, and have asked persons with houses and properties similar to mine. They have property taxes of 50 percent or less and seem to have good schools, police and fire protection, and other public needs.

Wanted: local columnists

The Rahway Progress is searching for local columnists to write for the Community Forum Page. Prospective writers will contribute monthly, or more frequently if so desired. Columnists will write of local issues, current events or just a day in the life; your goal will be to inform, entertain and engage the reader. No politicians, please. Anyone willing to try should call Regional Editor Jay Hochberg at (908) 886-7700 ext. 328 during business hours.

VIEW POINT

QUESTION OF THE WEEK

Do you think a sale of the incinerator will cause an increase in truck traffic? Responses will be published next week. Polls close Monday at noon. Calls are free. Touch-tone phones only.

LAST WEEK'S RESULTS

Are your leaves being collected promptly? YES — 50% NO — 50%

Rahway Progress logo and contact information for the newspaper, including publisher, editor, and advertising manager details.

EDUCATION



Arthur L. Johnson High School Special Education Teacher Kristine Siegel, left; Anita O'Neill, Learning Consultant; history teacher Arlene Della Corra, and Charles Drewes, school psychologist, look over class lists. The Special Education Services of ALJ hosted an articulation day recently as an assistance to classroom teachers whose students have been classified as having various learning problems.

STUDENT UPDATE

Masters completed: Michael D'Angelo of Clark recently completed a masters of psychology at Virginia Commonwealth University and is presently a first-year medical student at the Medical College of Virginia.

Congress employs D'Angelo: Wayne D'Angelo of Clark is a 1997 graduate of the University of Scranton with a bachelor of arts degree in history. He presently resides in Washington D.C. and is employed as the Congressional Liaison for Gov. Frank R. R. Wayne is a 1993 graduate of Arthur L. Johnson Regional High School.

Top Revolution



The Rahway Revolution, a Rahway youth soccer association's U-9 Boys traveling team, took first place in the East Brunswick Labor Day tournament. The revolution also won the 13th annual Piscataway tournament on Sept. 6. They are currently 5-0 in regular season play. From left are, team players kneeling: Connor McGrath, Matt Flood, Daniel Rasilo, Joseph Sorino, Craig Ludington, Chris Raily. Team players standing: Bryan Godfrey, Danny Woodrow, Michael Samson, Danny Wargo, Coaches are Frank Sorino, Rasilo, Tom Woodrow.

MESSAGE: A notice regarding a meeting or event, including contact information for the organizer.

NOVELL CNE & MICROSOFT MCSE CERTIFICATION TRAINING: Advertisement for computer training courses, including details on course content and contact information for LANOP.

FOUNDATION CELEBRATES: Advertisement for the Rahway Foundation for Educational Advancement, highlighting their 25th anniversary and the 'GET ONE FREE' promotion on heating oil and services.

'FIGHTING FOR OUR FUTURE': Political advertisement for the Lesniak, Cohen & Suliga team, promoting their campaign for November 4th and listing their endorsements.

DON'T GET BLOWN AWAY BY YOUR COMPETITORS: Advertisement for winter home services, including heating oil and furnace maintenance, with a 'BUY UNION & ESSEX' promotion.

# Vacant Allen Street home receives unwanted visitor

**Police blotter**

On Oct. 12, an unknown suspect attempted to burglarize an Essex Street residence. The victim reported that an attempt to gain entry was made by placing a broken ladder against the house and removing the window screen. Entry was not gained.

On Oct. 10, a resident of Essex Street reported the theft of a roll of quarters from a tray he kept in his bedroom. There was no sign of forced entry.

On Oct. 10, a burglary was reported to a residence on Barnet Street.

On Oct. 10, an AM/FM cassette radio was taken from the backyard of a Prico Street residence. There are no suspects.

On Oct. 12, police responded to an Allen Street address to investigate a report of suspicious sounds coming from an apartment that is supposed to be vacant. The tenant was on vacation. The neighbor heard sounds that resembled footsteps. There were no signs of forced entry. When the officer looked through the front window, he noticed that a television had been removed from a stand and that a picture frame was lying on the floor. The Railway Fire Department was notified.

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# Kitchen fires cause alarm

**Fire blotter**

Firefighters responded to 38 calls last week, but most of these were minor incidents. Some of the more notable ones were:

Firefighters responded to two food fires on Oct. 10. Both were within two hours of each other. The first was at 5 p.m. on the 200 block of Central Avenue. An occupant of a house there had called a neighbor with food on the stove. There was smoke but no damage.

The next was at 6:30 p.m. in the 400 block of W. Scott Avenue. A stove had been left on and melted a plastic dish. The fire was put out by the occupant. There was no damage from this fire-fighter.

## FIRE BLOTTER

The fire was reported at 5:30 p.m. on Oct. 13. Dodman called it a "kitchen fire."

Dodman said that fire was possibly lit intentionally, but could also have been an accident. The weather had been dry up to then and the leaves could have been ignited by a cigarette.

A West Lake Avenue house was evacuated at 12 p.m. because of a gas leak on Oct. 14.

The leak occurred in the 500 block of West Lake Avenue in a house. According to Dodman, the leak was caused by a faulty fitting that was repaired by Elizabethton Gas. The homeowner was only a precaution, he said.

# OBITUARIES

**Frank DeJussis**  
Frank DeJussis, 44, of Avenel, formerly of Rahway, died Oct. 12 in Rahway Hospital.

Born in the Bronx, Mr. DeJussis lived in Rahway before moving to Avenel eight years ago. He was a senior analyst for the state of New Jersey, working in the Union County Court House, Elizabeth, for 10 years.

Mr. DeJussis also taught computer science at the Elizabeth and Cranford campuses of Union County College. He served in the Air Force during peacetime.

Surviving are his wife, Arlene; a stepdaughter, Renee; his mother, Carmen Robles; and a brother, Henry Alonzo.

**Theodore J. Baszak**  
Theodore J. Baszak, 72, of Linden, formerly of Clark, died Oct. 15 in Elizabeth General Medical Center, Elizabeth.

Born in Elizabeth, Mr. Baszak lived in Clark before moving to Linden three years ago. He was a machinist in the Air Force during peacetime, for many years before retiring.

Surviving are his sister, Helen T., and a brother, William.

**Winifred Federowsky**  
Winifred Federowsky, 74, of Clark died Oct. 15 in Rumson Specialist Hospital, Berkeley Heights.

Born in Rahway, Mrs. Federowsky lived in Rumson before moving to Clark 26 years ago.

Surviving are her husband, Nicholas, a son, Alan, and a brother, Robert Godfrey.

**Oscar Lawson**  
Oscar Lawson, 73, of Willingboro, formerly of Rahway, died Oct. 14 at home.

Born in Unadilla, Ga., Mr. Lawson lived in Rahway before moving to Willingboro in 1987. He was a mechanic for New Car Carriers, Kearny, before retiring. Mr. Lawson served as a deacon at the Friendship Baptist Church, Rahway.

Surviving are his wife of 51 years, Gloria; two daughters, Deborah J. Moore-Harris and Deborah Chin; four sons, Oscar Jr., Carey L., Eugene and

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

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Assemblyman RICH BAGGER  
Assemblyman ALAN AUGUSTINE

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**\*\*\* A RECORD OF ACHIEVEMENT \*\*\***

Restored the property tax deduction  
Cut State income tax by 30%  
Protected educational excellence in local schools  
Eliminated car insurance surcharges & automatic rate increases  
Enacted "No Early Release Act" to keep violent criminals out of our neighborhoods

**VOTE REPUBLICAN NOVEMBER 4**

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# SPORTS

## Clark Dolphins boot Colonia

The following are Clark Soccer Club results of games played last week:

**INTER-COUNTY**  
Clark Dolphins 3, Colonia 0  
After a scoreless first half, Ryan Casey made a beautiful run, evading several defenders before slotting home the first goal of the game and setting the tone for a dominant second half by the Dolphins. Steve Molinsky added two goals for the Dolphins to seal the victory. As usual, Mike Glackin, the "Secretary of Defense," kept things quiet for the Dolphin goal-tenders. Solid midfield play by Mike Coler, Jessica Seltzer and Kelly Reynolds helped maintain possession of the ball throughout the second half.

**DIVISION 3**  
Rem's Optical 4, General Locksmith 0  
Tommy Kieran led the offensive surge with his first hat-trick. Walter Merfret scored twice, once on an assist from his brother Mike, who also scored a goal. David Turon and Matt Brown were each found the back of the net once. Robert Perez and Jonathan Lanigan played well defensively.

**DIVISION 2**  
Merchants of Venice 6, Rita's Italian Ice 0  
Stephan Miranda's first and second goals of the season helped Merchants of Venice to victory. Shane McDonough and Shane Bodie, who assisted on one of Miranda's goals, scored two goals apiece. Christopher Pizzaro and Andrew Wagner exhibited composure under pressure at the other end of the field, stopping several shots on goal. Rachel Gromano and Keaton-Mooney also proved to be spectacular defensive performances.

**DIVISION 1**  
Dairy Queen 3, Vaccaro's Bakery 2  
Daniel Camporese slammed two goals into the back of the net in the win. Daniel was assisted by Ilijan Jovanovic, Steven Vinnagren and Dana Braithwaite. Chris Estroves also

## SPORTS

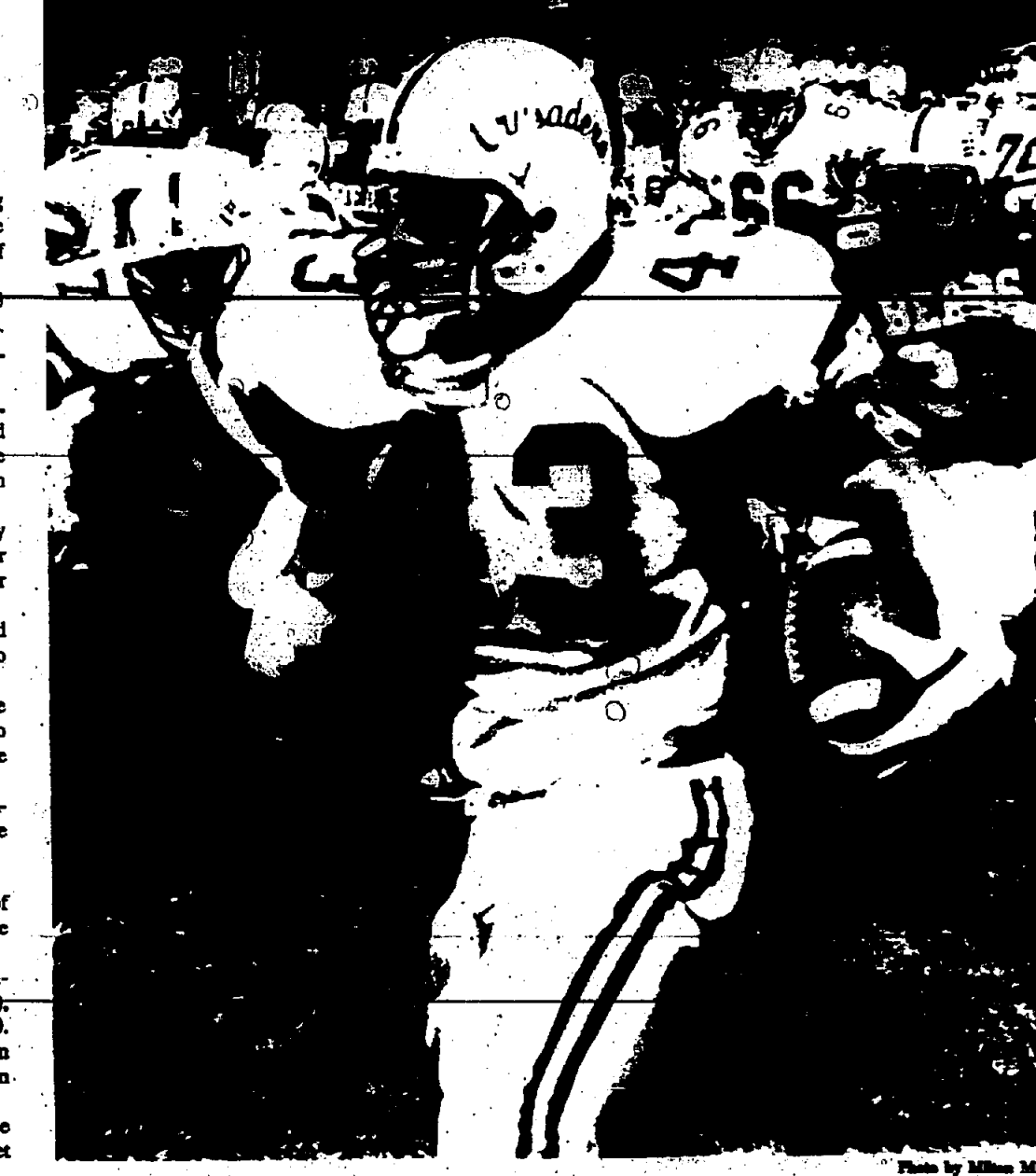
H.S. Football  
Saturday Afternoon  
Roselle at Johnson, 1:00  
Newark East Side at Rahway, 1:30

# Crusaders keep on rolling

## Johnson moves to 4-0 after blanking Central

Rolling, Rolling, Rolling.  
That's exactly what the Johnson High School football team has been doing since winning by one point on opening day. Last week was no different for the Crusaders as they topped a tough Newark Central team 14-0 on their home turf at Utermann Field to remain undefeated at 4-0.

Eric Guntner was named MVP for his 133 yards and a touchdown on 26 carries, but the defense is really the story here.



JOHNSON SENIOR RUNNING BACK ERIC GUNTNER SCORED THE NINTH TOUCHDOWN OF THE SEASON IN HELPING THE CRUSADERS GET PAST NEWARK CENTRAL 14-0 IN MOUNTAIN VALLEY CONFERENCE-MOUNTAIN DIVISION ACTION AT UTERMANN FIELD.

## High School Football

Johnson held Central to a minuscule 50 total yards of offense and limited Abdul Chary, one of the area's top running backs to just 59 yards rushing. The Crusaders also completely shut down the potent passing game of Saladeen Moore, who threw for only two yards on the afternoon.

"Our goal was to pursue well and run to the ball and I think we did that very effectively," said head coach Bob Taylor, who noted that his team was up for the challenge of playing at Utermann Field, which can be a difficult place for the visiting team to pull off a victory.

Johnson was spurred defensively by the play of tackles Adam Zambato and Mike Hink, who registered two tackles apiece. James Crater and Rob Sypko also batted down Central's Saladeen Moore in the backfield for a sack.

Ligabacker Brian Drake once again proved that running is his side of the field is a gimnast, racking up eight solo tackles and two assists. Drake also showed off his offensive skills by scoring Johnson's second touchdown of the day on a 37-yard pass from Dennis Bowden twice for 32 yards, completed four of 11 passes for 81 yards and was not picked off. He ran the ball five times for 34 yards.

"He's upgrading his level of play every game," Taylor said.

Ryan Garner also ran the ball well (10-51) behind the strong blocking of Phil, Jerry Dentillo and Niclas Kluckner, who helped Johnson to 243 yards on the ground.

Johnson will undoubtedly have revenge on its mind Saturday when the Crusaders return home after a three-game road trip to face the Roselle Rams (6-1), who were defeated for the first time Saturday by Governor Livingston (9-0). The Rams pulled off one of the biggest upsets of the 1997 football season when they ended Johnson's 18-game winning streak with a 22-21 victory in Roselle.

"They turned the lights out on a big star for us last year," Taylor said. "We were hoping they would still be undefeated, but we don't need much to get motivated for this game."

"We're excited about being home and we're going to look to bring the level up against a playoff caliber team. We're on a drive for a championship and we won't be contented at it."

# Qualskie and Black prove to be formidable tandem

## Spark highly successful Johnson squad

Johnson's offense was led by senior quarterback Jason Qualskie and senior running back Gaby White. Qualskie completed 10 of 13 passes for 103 yards and a touchdown. White rushed for 103 yards and a touchdown.

Senior defensive end Jason Qualskie is looking to get back to the championship game for the first time since 1991 when they were defeated 1-0 by Westfield in a year it went 22-21. Westfield is the team's top seed again this year.

Junior Eric Black scored twice for Johnson and junior Kellian Brennan increased her team-leading total to eight with four in the victory over Rahway. Sophomore Lindsey Carrick added a sixth and final score for Johnson, which scored all six goals in the first half.

Qualskie and Black's dominance in the opening round of the tournament should count as no surprise. Qualskie leads the team with 21 goals and Black, who scored 27 goals last season, is not far behind with 16.

"Eric is an outstanding athlete and Meredith is a great scorer with a strong, powerful foot who has blossomed in our 4-4-2," Johnson head coach Art Krupp said. "Together they would start for any top-tier team. She's going to be a big star for us in the years to come."

The remainder of the roster consists of: senior Heather Olson, Sarah Presti, sophomore Tara Guntner, junior Jessica White, sophomore Sarah Ciccolilli, Kelly Ferraro, Rachel Heller, Jennifer Strunk and Megan Steier.

## H.S. Girls' Soccer

Carrick's goal against Rahway, her second of the season, propelled her into third place among the team leaders.

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# Indians suffer third consecutive defeat

## Rahway defense played better

The Rahway High School football team was defeated for the third consecutive time last weekend, Shabazz plowing a 21-0 loss to the Indians at the Bulldogs (1-3) scored on the first play from scrimmage, when Karri Little broke from the 78 yard touchdown run, and never looked back in leading the Indians to 1-3. Little also scored on a 31-yard run and amassed 110 yards rushing on 10 carries.

Despite the three-game skid, things aren't quite bad as they might seem in the Rahway defense, which had allowed 76 points in its first three games against Kerry and Westfield, took some steps towards getting back on track.

## High School Football

The "D" held Shabazz to one love score in the first half and kept the score 14-0 until Hassan Edwards scored on a 37-yard run with just 40 seconds remaining in the game.

"We look at this in terms of a plus for us because our defense played much better," Rahway head coach Mike Puzko said.

The offense, however, is a different story.

After scoring 31 points in the season-opener against Snyder, Rahway has managed just seven points since. If quarterback Brandon Thomas can't get the offense going soon, Puzko said he may turn to sophomore Steve Brown, who has seen limited action this year but been impressive at times.

Igniting the offense shouldn't be too difficult for the Indians this Saturday when they take on a struggling Newark East Side club at home. The Indians dominated the Red Raiders by a convincing 29-6 score in 1996.

"Hopefully we can get in there and get a win," Puzko said. "We're looking to start winning positive."

East Side, 0-4, is coming off a 35-0 loss to Linden.

# Rahway boys', Johnson girls' advanced

Both soccer Union County Tournament teams were seeded last week as Scotch Plains earned the top spot on the boys' side and defending state champion Westfield on the girls' side.

The Rahway boys' and Johnson girls' teams advanced to quarterfinal-round play, scheduled for this Saturday.

Rahway's boys' team defeated Roselle Catholic 4-2 behind two goals from Shawn Snaber. The Indians will host Elizabeth Saturday.

Johnson's girls' team defeated Westfield 1-0 behind three goals from Meredith Qualskie, two by Erin Black and one by Lindsey Carrick. Kassy Petrocki scored for Rahway. The Crusaders host Union Saturday.

Here's a look at each tournament:

**BOYS'**  
Top 8 Seeds: 1-Scott Plains, 2-Westfield, 3-Rahway, 4-Plainfield, 5-Cranford, 6-Elizabeth, 7-Roselle Park, 8-New Providence.

First Round: (last Friday) Plainfield 2, Hillside 0. (Last Saturday) Roselle Park 3, Union 2; Cranford 4, Summit 0; Scotch Plains 5, Linden 0; Elizabeth 8, Gov. Livingston 3; Westfield 6, Bristley 0; New Providence 3, Johnson 2; Rahway 4, Roselle Catholic.

Johnson's girls' team defeated Westfield 1-0 behind three goals from Meredith Qualskie, two by Erin Black and one by Lindsey Carrick. Kassy Petrocki scored for Rahway. The Crusaders host Union Saturday.

Here's a look at each tournament:

**GIRLS'**  
Top 8 Seeds: 1-Westfield, 2-Union Catholic, 3-Cranford, 4-Johnson, 5-Union, 6-Oak Knoll, 7-Governor Livingston, 8-Summit.

First Round: (last Friday) Cranford 8, Roselle Park 0; Union 6, Linden 0; Mother Seton 3; Elizabeth 1. (Last Saturday) Scotch Plains 1, Summit 0; Johnson 5, Rahway 1; Union Catholic 9, Roselle Catholic 0; Oak Knoll 6, Kent Place 1; Westfield 9, Mother Seton 0; Governor Livingston 4, New Providence 0.

Saturday's Quarterfinals (7 of the top 8 seeds advanced): Scotch Plains at 1-Westfield, 7-Governor Livingston at 2-Union Catholic, 4-Dale Kent at 3-Cranford, 5-Union at 4-Johnson.

The semifinals are scheduled for Friday, Oct. 31 at Union at 5 and 7 p.m. and the final for Saturday, Nov. 8.



The Rahway High School boys' soccer team, seeded third, will host sixth-seeded Elizabeth in a Union County Tournament quarterfinal-round game this Saturday.



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"Many patients continue to be reluctant to go through with the procedure if they have to use a superconductive "tunnel-type" machine," said Dr. Traflet. "However, MRIs have come a long way in the past few years, and are now much more comfortable."

Dr. Traflet is the medical director of Magnetic Resonance of New Jersey, a facility that offers patients the choice of two MRI machines: closed, with the largest opening available and at a fast scan time; or a completely open-air MRI.

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This fall, MRNJ will be opening a third open MRI facility in Westfield.

*'Many patients continue to be reluctant. However, MRIs have come a long way and are now much more comfortable.'*

— Dr. Robert Traflet, board certified radiologist

**For many, alternative care accompanies medicine**

Last year, Americans spent over \$20 billion on alternative medical care, much of it out of their own pockets. More and more, people in pursuit of good health are looking to alternative treatments and therapies to complement traditional medicine.

But what exactly is alternative medicine? Alternative medicine is a catch-all term for a variety of therapies, the most common of which are acupuncture, chiropractic, chiropractic, biofeedback and massage. Some of these therapies go back two thousand years. In some countries, these therapies are still considered standard.

Some alternative therapies are based on recent discoveries. In the U.S., most have been relegated to the margins of conventional, or allopathic, medicine.

"This was not always the case. At the beginning of the 20th century, many American doctors routinely used homopathy, herbal concoctions and folk remedies. With the advent of modern drugs, especially antibiotics in the 1950s, and improved anesthetic techniques that allowed more invasive techniques, drugs and surgery became the conventional way to treat illness.

Despite advances in technology that have improved diagnosis, conventional medicine can fall short. Its failure to provide cures to high-profile diseases such as AIDS and cancer demonstrates that conventional medicine has its limitations. "The problem with conventional medicine is that it has focused on a 'cure' model following the success of antibiotic therapy, but the kinds of health problems most people encounter are progressive, chronic, deteriorating and not subject to cure," said Dr. David Spiegel, professor of Psychiatry and Behavioral Sciences, Stanford University, at a recent California Board of Medicine conference on alternative medicine.

"Conventional medicine is about getting rid of disease, while alternative medicine is about the potential to be well," said Dr. Jan Teitelbaum, a New York chiropractor who says many people come to his practice not to get rid of their back pain, but stay healthy.

The desire to stay healthy and active leads many to seek alternatives. The movement is driven in part by the Baby Boomer generation and its increasing demographic clout. This generation grew up questioning established procedures and is comfortable with new experiences. Over preoccupied with preserving their youthful vitality, boomers are now concerned with avoiding the medicine-dependent old age experienced by many of their parents.

The trend is also driven by the increased awareness of the health practices of other cultures. The fitness, increased tourism and immigration have opened national borders and brought us into contact with other ways of life.

Once cynical about alternative therapies, today's medical profession is recognizing their value. Managing high blood pressure through meditation or using biofeedback to treat bowel disorders without surgery are examples of the non-invasive types of treatment offered by alternative medicine. Coupled with the increased consumer

demand for alternatives - 70 percent of health maintenance organizations reported increased requests for alternative care - health planners see the emergence of "complementary" or "integrative" medicine. More and more health plans are beginning to recognize the need to offer health consumers a wider choice of treatment options. One such health plan located in our own backyard, Oxford Health Plans, Inc., headquartered in Newell, CT, was the nation's first health plan to offer a comprehensive network of credentialed alternative medicine providers, including 2,000 chiropractors, acupuncturists, yoga instructors, naturopathic physicians, massage therapists and nutritionists located throughout New Jersey, New York, Connecticut, Philadelphia, New Hampshire and Florida.

But how is the public to know which models to use? Health planners see the public becoming more and more involved with it's own care as access to information and cost consciousness about expensive treatments increases. Knowledge, then, is the key to choosing alternatives.

A acupuncture has been used in China for thousands of years and in Western Europe for several hundred years. The insertion of tiny, hair-thin needles into specific points of the body is based on the belief that qi, pronounced chi, or vital energy, is responsible for health, and that an imbalance of qi results in illness. Acupuncture is used to restore the flow of qi through the body's channels.

• Chiropractic operates on the theory that improper alignment of the bones of the spine and the spinal cord they protect is a primary cause of disease. Chiropractors apply pressure in a specific manner to realign the vertebrae in the spinal column.

• Herbal medicine is used by about 80 percent of the world's population. It uses plants as the source for medicine. In fact, 77 percent of conventional medicine's 150 most commonly prescribed drugs are of plant origin.

• Homeopathy is based on the idea that a substance that causes adverse reactions when given in large doses to a healthy person can cure these same symptoms when given in small doses. For instance, quinine, which causes malarial symptoms when ingested in large doses, can in small doses be used as a cure.

• Neurophysio-medicine attempts to restore overall health instead of suppressing key symptoms. Practitioners seek to find the underlying cause of a condition and apply a variety of treatments intended to work the body's natural healing mechanisms.

• Massage Therapy is the direct mechanical effect of rhythmically applied pressure which, depending upon its form, has its own unique theoretical and philosophical perspective. Massage therapy is most commonly used to reduce muscle fatigue and pain caused by normal movement, strenuous activity or daily stress. Massage therapy can also be used to elicit the relaxation response of the nervous system which, in turn, strengthens the body's immune system.

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## St. Joseph's offers pediatric heart care

One of the sweetest sounds to a parent's ears is the first audible heartbeat of an unborn child through the obstetrician's stethoscope. That faint "lub-dub" is what tells Mom and Dad-to-be, "Yes, I am really here."

But what happens when that same little heart shows an abnormality in rhythm or function? What does a parent do if a new infant comes into the world a defect or malformation of its tiny heart?

While the majority of infants are born with strong, healthy hearts, eight out of every 1,000 children have heart defects present before birth.

But the joy need not turn to fear. Advances in medical research and high-tech procedures - even before birth - are available to correct most cardiac-related problems for infants and children.

According to Dr. John Messina, chief of Pediatric Cardiology at St. Joseph's Children's Hospital in Paterson, an affiliate of The Mount Sinai Medical Center in New York, special equipment designed for even the tiniest of patients gives medical personnel the ability to detect problems prior to the baby's birth. "State-of-the-art equipment, like pediatric EKG, fetal echocardiogram and boiler monitoring helps to ensure the highest level of specialized care," stated Dr. Messina.

And this kind of care can be especially reassuring to parents as well as vital to the little patients.

The development of the fetal heart is a very complex process. The human heart begins to develop from a single tube in about the third week of pregnancy and starts beating

**Disturbances in the mother's oxygen supply, infections, drugs, smoking and nutritional deficiencies are factors that harm the fetal heart, especially during the first three months of pregnancy.**

about the fourth week, even though a fetal heartbeat is not detected until the tenth to 12th week. The tube twists and divides in such a fashion as to form four chambers, valves, and other parts. Since the developing fetus gets its oxygen from the mother's blood, the fetal circulation bypasses the lungs via a short vessel or duct, that links the aorta, the main artery, and the pulmonary artery.

In the normal course of events, this duct closes shortly after birth and the infant heart, lungs and circulatory system begins to function on their own.

Since the heart's development is so complex, many circumstances can affect its progress. "Therefore, it is understandable that defects occur with some frequency.

Disturbances in the mother's oxygen supply, infections, drugs, smoking and nutritional deficiencies are among the major factors that can harm the fetal heart, especially during the first three months of pregnancy when the heart is undergoing its basic formation.

Genetics or heredity also play a role in causing heart defects. In about 97 percent of

the babies born with congenital defects, the specific cause of the abnormality cannot be identified; in a small number, the defect can be traced to a specific cause, such as the mother's having rubella or chromosomal abnormalities.

Most congenital heart defects involve either an obstruction to blood flow or an abnormal routing of blood through the heart chambers; a small number of babies are born with disturbances of the heart's normal rhythm.

Some congenital heart abnormalities may be so mild that they are barely noticeable; others may correct themselves in time. However, there are others that are serious enough to be life threatening or to interfere with normal growth and development.

"Cardiac defects don't discriminate," commented Dr. Messina. "We see heart problems in children of all races, all socioeconomic backgrounds, and in all environments," he added.

Diagnosing treating heart problems as early as possible is key to turning around a child's life, and helping that child to have a happy, healthy future.

## Women's group features speaker at next meeting

Dr. Sarah Roshan, will discuss "Women's Health Issues — Local, National and International" at the Oct. 30 dinner meeting of Executive Women of New Jersey. Dr. Roshan is a Board Certified Obstetrician and Gynecologist, a Fellow of the American College of Obstetrics and Gynecology and the American College of Surgeons. Presently, Dr. Roshan is an Attending Physician at Overlook Hospital in Summit.

Dr. Roshan founded and is president of the International Health Awareness Network, which is a non-profit organization dedicated to improving the health and welfare of women and children, particularly in developing countries.

As a non-governmental organization's delegate to the United Nations since 1987, Dr. Roshan has been in the forefront of health issues affecting women locally, nationally and internationally. The program begins at 6 p.m. at the Short Hills Hilton. Cost for the evening is \$25 for members and \$35 for non-members, including dinner. Advanced reservations are required. For additional information regarding the program or membership, call the EWNJ office, (908) 530-4098.

Executive Women of New Jersey is an organization designed to promote the advancement for women.

## New front opens in war against prostate cancer

The Prostate Center of the New Jersey, a medical service providing diagnosis and treatment of benign and malignant prostate disorders as well as counseling for patients and their families, has opened in Livingston.

Louis C. Galderi, M.D., and Matthew L.S. Wang, M.D., are co-medical directors of the center, which is a service of Physicians in Urology, P.A.

Though prostate cancer is the second leading cause of cancer death in men, the symptoms common to the disease do not always reflect malignancy, according to Dr. Galderi. Prostate problems occur primarily in men over 50 and can result in symptoms such as difficulty urinating, pain while urinating, the need to urinate frequently, especially at night; painful ejaculation, and pain in the lower back or pelvis. An annual prostate examination is recommended for all men beginning at age 40. "With early detection and treatment, the chances of surviving prostate cancer are ninety percent," Dr. Galderi said.

Non-malignant conditions of the prostate, points out Dr. Wang, M.D., which are quite common, include prostatitis, an inflammation or infection of the gland usually caused by a bacterial infection, and Benign Prostatic Hypertrophy or BPH, which is an enlargement of the prostate. Enlargement, Dr. Wang explains, occurs as a natural result of aging.

Physicians at The Prostate Center of New Jersey, board-certified urologists who serve the staffs of Saint Barnabas Medical Center and Overlook Hospital, utilize advanced diagnostic tools to evaluate patients including ultrasound, uriflow, uroynamics, Prostate Specific Antigen blood test, and a wide range of comprehensive laboratory tests.

Physicians employ a wide range of treatment options ranging from "watchful waiting" to advanced therapies, radioactive seed implantation and surgical procedures. The Center's medical staff participates in national prostate cancer research studies and patients may qualify to participate in clinical trials for new medications being developed for both benign prostate disease and prostate cancer.

In addition to medical diagnosis and treatment, The Prostate Center of New Jersey provides counseling for patients and families. According to Ginger P. Archer, MSW, a counselor at the Center, "Just at the time when interpersonal communication is most needed, it often breaks down. If cancer is diagnosed, an entire new set of fears and conceptions must be dealt with immediately and effectively." Archer, a clinical social worker, is available to provide individual and family counseling at the patient's request.

To request information, or to make an appointment, call The Prostate Center of New Jersey at (800) 953-7770.

## Advice on Funeral Planning

Because families must arrange a funeral service when they are most vulnerable emotionally, it's important to make decisions based on one's own past experience and good judgment.

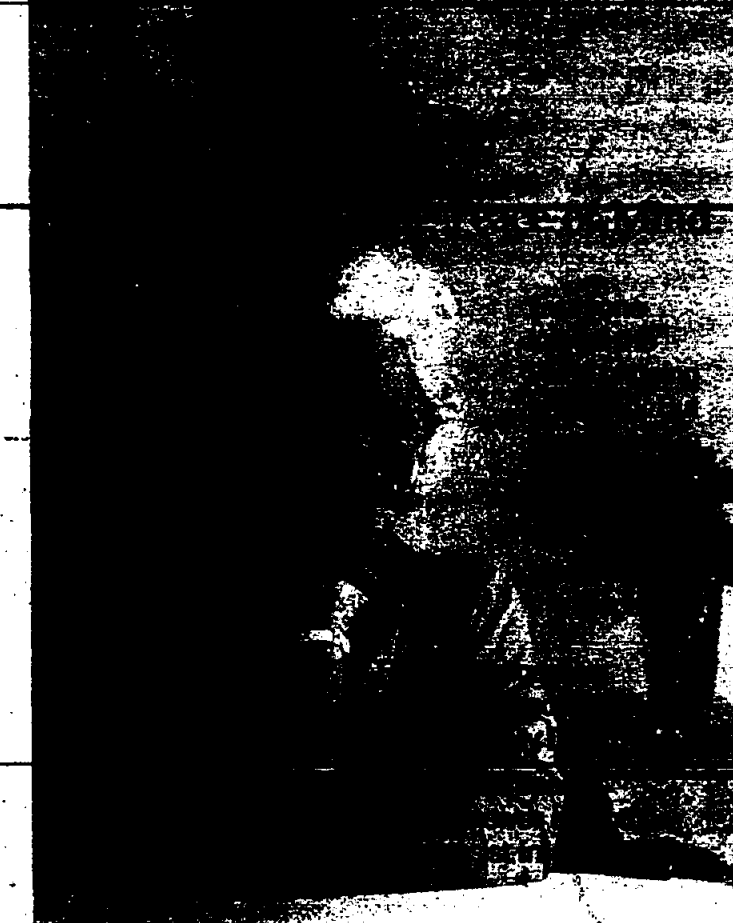
"That's the advice of Shige Y. Barth III, partner in Hasbrouck Barth of Union, Smith and Smith of Springfield and Brough Funeral Home in Summit. "When families choose a funeral director at the time of a death, they should seek out a home in which they feel comfortable as a result of their own experience in visiting friends and relatives who have lost loved ones," Barth says.

As a third-generation principal of a 65-year old family establishment, Barth believes that those who must make arrangements at the time of need should also consult a trusted friend or relative who has been involved in planning a funeral in the recent past. "I'd suggest that they ask the friend or relative if they had felt comfortable with the professionalism of the funeral director and the sensitivity of the staff," Barth continues. "If the individual consulted shares the same values, the comments should weigh heavily in the decision-making process."

Although most funerals are arranged at the time of a death, a growing number of thoughtful individuals are pre-planning their own arrangements. Barth points out, "By pre-arranging a funeral, one is assured of having precisely the type of service he or she would prefer - and avoid leaving the decisions to others who might not be familiar with the wishes of the deceased."

"Pre-arranging one's funeral is really nothing more than sensible planning. Just as making out a will or purchasing life insurance are steps most prudent people take," Barth notes.

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## Doctor offers emergency room common sense

Many people think of emergency rooms in terms of television dramas like "ER" and Rescue 911. Although the heart-pounding action of these shows can have you on the edge of your seat, have you ever wondered what to expect if you or a loved one has a medical emergency? The following information is provided by Union Hospital's Chairman and Medical Director of Emergency Services John Bertolini, M.D., to ease the hesitation that most people feel when they are unsure if they need to visit an emergency room.

Dr. Bertolini advises that before an emergency situation arises, talk with your primary care physician about what you should do if you or someone in your family needs unattended emergency care. "Your physician can best advise you as to when you should call his or her office or head straight for the emergency room," said Dr. Bertolini. "One physician will also be able to advise you as to the particular requirements of your medical insurance. Certain health plans require notification either before or within a certain time frame after a visit to the Emergency Department."

According to the American College of Emergency Physicians warning signs of a possible medical emergency include: difficulty breathing or shortness of breath, chest or upper abdominal pain, fainting, sudden dizziness, weakness or change in vision, sudden severe pain anywhere in the body, uncontrollable bleeding, severe or persistent vomiting, coughing up or vomiting blood, or unconsciousness. Other situations requiring

emergency care include snake or animal bites, poisoning, drug overdoses, broken bones and bullet or stab wounds.

Upon arriving at the hospital you will be greeted by a trained registered nurse who will assess the severity of your problem in a process called triage. A medical history will be taken. Vital signs — blood pressure, pulse — will be checked and a brief exam performed. If your condition permits, a clerk will obtain information which will allow a medical record to be made. No one who comes to the emergency department will be refused examination because of a lack of insurance or inability to pay.

Most patients are generally seen in the order which they arrive in the Emergency Department. However, patients with relatively less severe problems may have to wait if a more serious emergency comes in. "The Emergency Department staff must treat and stabilize the sickest or most gravely injured patients first, no matter when they arrive," said Dr. Bertolini. "In life-threatening situations, time is of the essence and every second counts. Our patients understanding this, and would want the same for themselves or their families if the situation was reversed."

When it is your turn, you will be treated by an Emergency Department physician. If the physician decides to admit you, you will stay at the hospital. If admission is not necessary, a discharge nurse will explain how to take care of yourself at home. If your condition deteriorates after you leave the Emergency Department, call the hospital

and request instructions. The Emergency Services Department of Union Hospital is comprised of board certified emergency physicians, registered nurses, technicians and secretaries experienced in treating patients with emergency health conditions. They have access to the latest medical technology as well as all the resources of the Saint Barnabas Health Care System. Union Hospital, an affiliate of the Saint Barnabas Health Care System, is located at 1000 Gallop Hill Road in Union. If you need assistance in finding a physician, call Care Finders, Union Hospital's physician referral service, at (908) 688-8777.

## Course at Union Hospital teaches baby-sitter safety

Can your babysitter perform basic life-saving techniques, such as the Heimlich maneuver? Does your babysitter know what to do if a child swallows a poisonous substance? Does he or she know what steps to take in case of a fire? If the answer to any of these questions is no, you may be putting your child at risk.

The Safe Sitter course at Union Hospital can provide your babysitter with the first aid and emergency skills needed to help ensure your child's safety. Safe Sitter teaches young people, aged 11 and older, to handle potential minor emergencies, as well as life-threatening situations which can occur while they are babysitting. Certified instructors lead lessons in safety and security precautions; hands-on rescue breathing; care for a choking infant or child; recognizing emergencies, and calling for emergency help. In addition, they teach the basics of traditional child care, including how to feed and diaper an infant.

The Safe Sitter program was founded by pediatrician Patricia Kenner, M.D., after she learned of the accidental death of one of her colleague's children while in the care of a babysitter. Kenner's goal is to circumvent unnecessary disasters.

"The skills which participants learn in the course will be useful to them throughout their lives," said Union Hospital Volunteer Services Director Joanne Trumbull, who organizes Union Hospital's Safe Sitter program.

The Safe Sitter course is held four times a year at Union Hospital, and according to Trumbull, it has received an overwhelming response. "Apparently, the program has become invaluable to many parents in the community" she said.

## Seniors largely at risk for improper nutrition

Good eating habits and proper nutrition are vital for feeling healthy and alert no matter how old you are, but sometimes you can't control how much you eat or when you have time to eat. This makes getting the proper nutrients to stay healthy difficult and if this happens as contributing factors, 18 percent of people over 60 ingest fewer than 1,000 calories a day. Due to a poor diet or other reasons they are not getting proper amounts of vital nutrients that are needed. Here are the main causes of poor nutrition among the elderly:

- Isolation and depression. Seniors who live alone tend to eat faster and consume less food than those who have dining companions. Feelings of loneliness or depression may also decrease appetite.

- Acute or chronic diseases or conditions. Illnesses like Parkinson's disease, cancer and heart disease often affect appetite, while arthritis may impair a person's mobility, making it difficult to shop for groceries or prepare meals.

- Poverty. Many seniors have accompanying economic hardship. Faced with a lack of funds, some seniors sacrifice food to pay other bills.

- Dependence. Those who are physically unable to prepare their own meals risk malnutrition.

- Medications. Some drugs suppress appetite or have side effects that make eating difficult, such as mouth sores, nausea or vomiting.

- Alcohol abuse. Heavy drinkers tend to eat less.
- Dental problems. Ill-fitting dentures and missing, loose or rotten teeth make it hard to eat.

- Sensory impairment. There is often a loss of pleasure in eating food when it doesn't smell, look or taste as good as it used to.

The elderly must overcome poor nutrition by adjusting their eating habits," explained Leslie Kilien, R.D., coordinator of Clinical Nutrition at Union Hospital. "Considering that malnourished patients take 40 percent longer to recover from illness and have two to three times more complications, the condition is often easier to prevent than treat. Fairly simple approaches often go a long way toward improving nutritional status." Mrs. Kilien suggests the following as

possible solutions for increasing appetite and achieving better nutrition:

- Make sure your dentures fit properly. Brush and floss your teeth every day and get regular dental checkups.

- Drink plenty of liquids to counteract dry mouth, a common side effect of many medications that diminish appetite.

- If you're too tired to prepare a meal in the evening, eat your main meal for lunch or make supper in advance.

- Visit Union Hospital for a Senior Supper. Served seven days a week, Union Hospital's cafeteria provides a healthy well-balanced meal at a discount price to senior citizens.

- If food shopping and preparation is difficult, recruit a family member or hire a caregiver to help purchase groceries or make meals. Consider food programs such as Meals on Wheels — consult your local agency on aging for details.

- Participate in meals and other activities at a local senior citizens center to alleviate loneliness.

- Take nutritional supplements for extra calories, vitamins and minerals. They are not substitutes for a well-balanced diet, however.

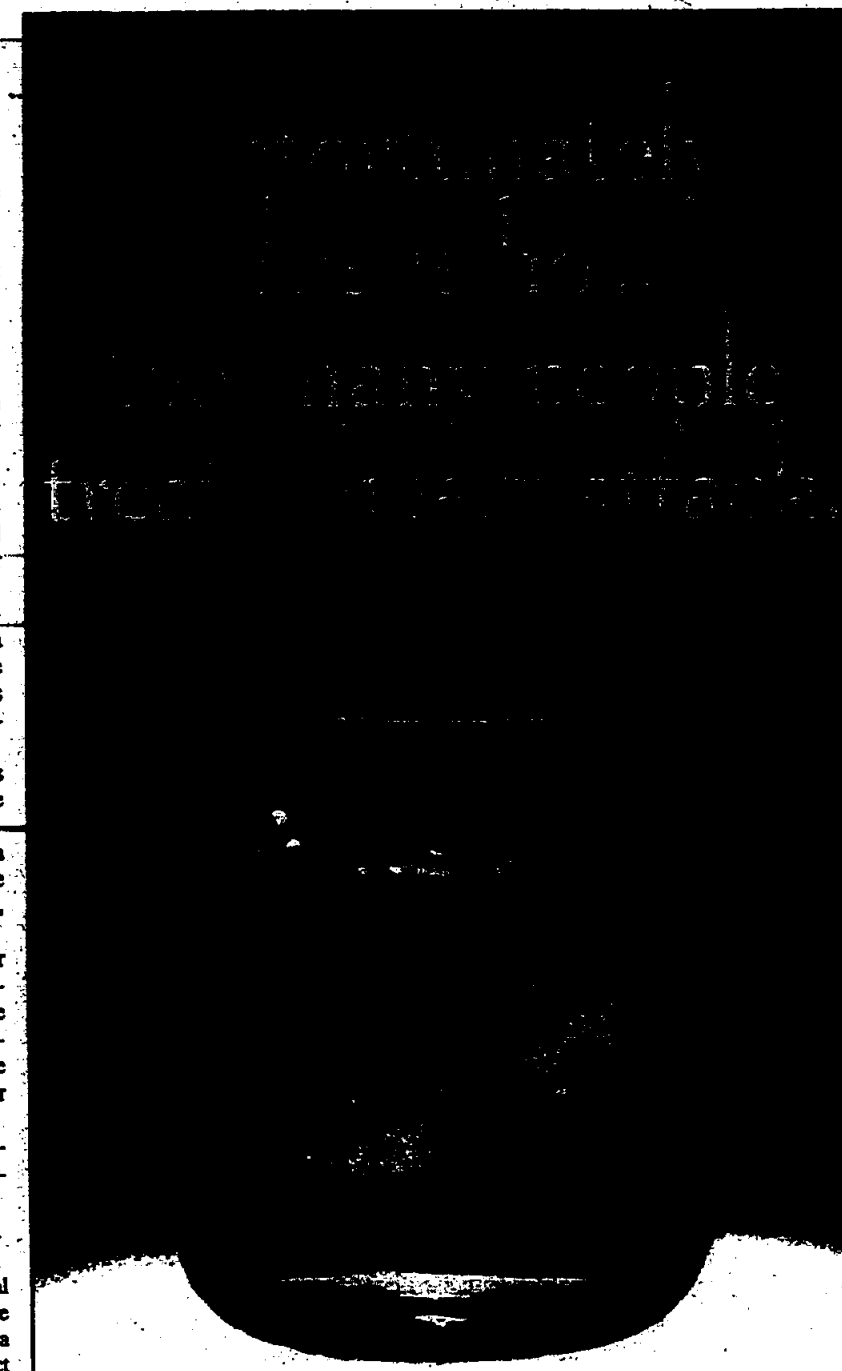
For more information regarding proper nutrition, consult your physician. For assistance in obtaining a physician, contact Care Finders, Union Hospital's physician referral service, at (908) 688-8777. For more information on Union Hospital's Senior Supper program, call (908) 964-0444.

Union Hospital, located at 1000 Gallop Hill Road, is an affiliate of the Saint Barnabas Health Care System.

### What is physical therapy?

Physical therapy is made up of several components. The personalized exercise program enables the therapist to develop a routine to strengthen muscles and correct

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Every day, hundreds of people experiencing a heart attack believe it to be "just indigestion". That's why it's so important that you get to a hospital that can not only diagnose your problem correctly, but treat it — fast!

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## Elizabeth General and St. Elizabeth to merge

Having one of the biggest changes in healthcare in the area, officials at Elizabeth General Medical Center and St. Elizabeth Hospital have signed a "Memorandum of Understanding" expressing their intent to proceed with a consolidation into one hospital corporation under a single parent organization.

The new hospital will be a Catholic institution, and the private, not-for-profit, voluntary status of both hospitals will be preserved in the new non-profit voluntary entity.

Both hospitals have entered into this process as partners and will share equally in the governance of the new system. As part of the agreement, Sister Elizabeth Ann Maloney, president of St. Elizabeth Hospital, will become the chairman of the governing board of the parent organization and David A. Fletcher, president and chief executive officer of Elizabeth General Medical Center, will become the parent's president and chief executive.

The exclusivity of discussions between the two hospitals had been temporarily suspended last year over issues relating to the Catholic character of the parent organization.

The two presidents expressed their desire to have resolved this issue to the satisfaction of both hospitals and the Church by designating the parent as an entity that will follow the official teachings of the Catholic Church. The next phase of the consolidation plan is likely to take up to four months. The Memorandum of Understanding marks the beginning of the formal process which is

expected to result in a "definitive agreement" which must be approved by both governing boards. Following approval of the "definitive agreement" the transition process commences in full.

"Key members of the governing bodies of both hospitals have spent months discussing this matter to ensure that we make the right move for our hospitals, physicians and the community we jointly serve," the two presidents explained, adding that the Memorandum of Understanding encompasses the input and approval from the highest levels of both organizations from various regulatory bodies and from the Church.

They continued, "Our two hospitals have a rich history of service to the region. By combining our resources and strengths we can bring our fine array of services to an even higher level than we could have done independently. We are also bringing a united approach to introducing other services into the community such as wellness and prevention services. This concept also has the potential to enhance the value of the care we provide by lowering costs."

"Historically, both hospitals have shared the mission of providing for the healthcare needs of our communities. Just as these needs have changed dramatically over the last several years, so too must our institutions. We believe strongly that by bringing our hospitals together we will be better able to enhance a common mission and to provide new, broader services to improve the health status of the communities we serve."

Both presidents emphasized that the new hospital will incorporate St. Elizabeth Hospital's Catholic healthcare mission through sponsorship by the Sisters of Charity as well as the mission of Elizabeth General Medical Center which has guided the institution since its founding in 1879. St. Elizabeth Hospital was established in 1905. Members of management, the governing boards and medical staffs of both hospitals have been active since discussions were first initiated between the hospitals two years ago. Representatives of these groups will continue to address and resolve matters

relating to operations, medical affairs, strategic issues, finance and consolidation management.

At this time there have been no final decisions regarding consolidation of specific services and staff. The presidents stated: "We believe that this development will provide greater opportunities for growth and meeting community needs in the years ahead. This growth and development of new services will offer our employees opportunities to develop and apply new skills and capabilities."

### What St. Elizabeth's brings to the table

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- **Health and Rehabilitation Center** — providing a full range of fitness, therapeutic exercise and wellness programs.
- **Health Centers** — a continuum of care is provided in private medical office settings offering services in family practice, women's health and pediatric health.
- **Heart Center** — offering an interdisciplinary approach to the prevention, diagnosis and treatment of heart disease offering a Chest Pain Center, diagnostic testing including cardiac catheterization, preventive-based screenings and cardiac rehab.
- **Magnetic Resonance Imaging** — an advanced technology of diagnostic imaging using magnetic and radio frequency fields to image body tissue in a non-invasive manner.
- **Satan Center for Chemical Dependency** — providing a variety of levels of care including detoxification, partial hospitalization, intensive outpatient services and outpatient recovery programs.
- **Radiological Services** — offering full radiological services including CT scanner, ultra sound services, accredited mammographic imaging services; and stereotactic breast biopsy.

## Young allergy sufferers create education calendar

Suffering from itchy eyes, many noses, and sneezing proved to be a good thing for the 15 young allergy sufferers, ages 6 to 12, who were recognized as winners of the first "Young Artists Against Allergies" calendar, available this month.

Invented by Schering Laboratories, marketer of Claritin, loratadine, syrup 10 mg/10 mL, to visually portray the impact allergies have on their lives, the winners' selections highlight a broad range of physical and emotional challenges faced by allergic children which parents and educators should be aware of as the high-allergy, back-to-school season rapidly approaches.

Some of the contest winners said that they had less self-confidence when they were suffering from allergies. In her own words, one contest winner often "feels like everyone is staring at her because her nose is so red." Other contest winners focused on how their eyes "got all itchy, watery and red during the spring and summer." Still other contest winners talked about how their friends see their allergies, with one saying that her "friends see their allergies," one saying that her "friends think she is always crying when she sneezes from allergies."

None of the children's sentiments surprise allergy experts. Seasonal allergies may have a negative impact on a child's ability to learn and perform in school. According to Philip Fireman, M.D., professor of Pediatrics and Medicine, University of Pittsburgh School of Medicine, "Seasonal allergies can be associated with a host of serious and long-term conditions like sinusitis, frequent headaches, nasal polyps, dizziness and even hearing loss. Proper diagnosis and treatment are imperative."

The calendar design contest and resulting calendar were created to help open a dialogue between children and their parents about allergies. In addition to the children's artwork, the calendar includes valuable allergy management tips and resource information for parents and children. It is available free by calling (800) 762-4545.

The U.S. winners were selected from over 100,000 entries received from across the United States and Japan. Five entries were chosen from each of three age groups: 6 to 7 years, 8 to 10 years, and 11 to 12 years. Judging criteria included the child's creativity, presentation of ideas, originality and the extent to which the drawing expressed the child's feelings about his or her allergies.

The judging panel for the "Young Artists Against Allergies" Calendar Design Contest included Dr. Fireman; Rex Barron, illustrator of children's books, including "I'm the Flying Bowling Ball," "The Day the Daisies Danced," and "Egbert: The Slightly Cracked Egg," published by G.P. Putnam's Sons; and representatives from the Asthma and Allergy Foundation of America, Allergy and Asthma Network/Mothers of Asthmatics, and the National Association of School Nurses.

Schering Laboratories is the U.S. prescription pharmaceutical marketing arm of Schering-Plough Corporation of Kenilworth, a research-based company engaged in the discovery, development, manufacturing and marketing of pharmaceutical and healthcare products worldwide.

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## Winchester Gardens allows residents to 'age in place'

Today's trend for seniors to retire and live in the same region, where they worked and raised families is growing in New Jersey and across the US. Called "aging in place," many older adults choose retirement housing near their children, friends, religious groups and doctors rather than face a resettlement to the traditional retirement states of Florida, Arizona and southern California. Continuing Care Retirement communities are growing in number in northern New Jersey. One of the oldest is Ward Homestead, now expanding to incorporate Winchester Gardens for a full-service community.

When the Ward Homestead was incorporated in 1921 and named for former Governor Marcus Ward of New Jersey, it was the beginning of a legacy to the town of Maplewood. This legacy came through the governor's son, Marcus Ward, Jr. who left his wealth in a way that would have a long-lasting and unique impact on Maplewood and all the surrounding towns — the building of a solid and respectable retirement community.

Ward's executor of his estate chose the famed New York architect John Russell Pope to head the project. His design grouped the buildings in such a way as to create a serene estate-like environment. Expansive, natural park-like grounds complete with walking trails were designed by Frederick Law Olmstead, designer of Central Park, and along with Pope's use of stone, brick and slate gave the community an old-world elegance. It finally opened its doors in August 1927 to accommodate 80 gentlemen from the area.

Today, Winchester Gardens is expanding to continue to serve the needs of older adults. Many from the area live in a gracious style at Winchester Gardens in the new villas, and soon the apartments will be completed. Winchester Gardens is more than an address, it is a lifestyle. The renovated community center will include a beautiful dining room with glass walls that face a courtyard garden, a modern swimming pool and exercise complex, new library, the famous Great Hall for gatherings and concerts, meeting rooms, game room, and much more. The villas are 95 percent reserved with many already occupied. The Duffield apartment is 83 percent reserved and open in Jan. There are still some choice locations for Penthouse and one two-bedroom apartments available in The Duffield and The Johnson buildings.

This complete program is rounded out by residents having guaranteed access to quality on-site health care. Piney Downs Assisted Living is part of the comprehensive supportive and nursing services offered by a staff of caring professionals, an individualized health care approach where your entrance fee can be used to pay for your care and you do not pre-pay for someone else's. Piney Downs Assisted Living at Winchester Gardens also offers specialized, supportive care for residents with Alzheimer's and other cognitive impairment in a secure environment.

The services at Winchester Gardens allow residents lots of free time to enjoy favorite pastimes. Full maintenance services inside and out, linen, housekeeping, heat and electric, 24-hour security, healthcare on-site if needed, and one meal per day are all included in the



monthly service fee. It is all within the town of Maplewood, celebrating its 75th anniversary year, plus so close to all that metropolitan New York has to offer with the Mid-Town Direct line coming right to the village station.

All things are coming together for Lucille and Jack Chance as they relax in their new villa at Winchester Gardens at Ward Homestead and watch the progress. They still go back to Montclair twice a week for community activities. This was where Jack grew up and it became their home town for 45 years. Lucille grew up in Glen Ridge, Jack ran his own company of manufacturing sales reps for industrial components until his retirement.

New villa residents since February of this year, Jack and Lucille have had time to do some unpacking and enjoy themselves at a leisurely pace.

"We've enjoyed being pioneers and watching the last four groups of villas being built," remarked Jack Chance.

Winchester Gardens holds monthly Open Houses at the New Marketing Information Center. The next Open House will be held Nov. 12 from 10 a.m. to 3 p.m., and Informational Seminars will be held Nov. 6 at 2 p.m. and Nov. 18 at 10 a.m. Call (800) 887-7502 for reservations.

### Winchester Gardens is Today's Ward Homestead We've Brought New Life to a Great Retirement Tradition

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## Seniors who live independently need to keep their spirits up

Up to 15 percent of people over 65 who live independently experience depressive symptoms which significantly affect the quality of their lives. Yet depression often goes unrecognized in this population.

"There are several reasons for this, including the fact that depression in advanced age often presents differently than in younger people," said Edward Kim, M.D., at a presentation sponsored by the Senior Health program, held at Saint Barnabas Medical Center. Dr. Kim, who is medical director of Geriatric Psychiatry at Saint Barnabas, explained that "Overt feelings of sadness may be absent. Instead, apathy and feelings of suspicion or boredom may be discomfort such as stomach or back pain with no identifiable cause."

Furthermore, anxiety, sleeplessness and irritability — common depressive symptoms — tend to be treated symptomatically with tranquilizing medications which do nothing to treat the underlying depression. Social isolation and apathy may be explained away as a product of old age or a diminishing circle of friends. Finally, there is a general public misconception that depression is a "natural" and "normal" consequence of aging.

Depression is a significant cause of disability in all age groups, but particularly in older individuals. The physical effects of this condition include sleep problems, weight loss, low energy and impaired concentration. People who have pre-existing physical or cognitive impairment may experience a drastic decrease in their level of functional independence.

"There are a number of medical conditions which significantly increase the risk of depression, usually due to effects upon brain chemistry," said Dr. Kim. These include:

- Stroke
- Parkinson's disease
- Alzheimer's disease
- Huntington's disease
- Vascular Dementia — "hardening of the arteries"
- Heart disease

Changes in life which accompany advancing age may threaten emotional well-being, increasing the risk of depression. Retirement may be seen as a loss of productivity and usefulness in workaholics for whom career has been a central aspect of identity and self worth. Furthermore, loss of friends and family through disability and death challenges people to develop new relationships, and greater personal independence.

## Medical students learn benefits of massage

When medical students want to know more about massage therapy, or when physicians and nurses do, or when patients and families do, they call Susan and Robert Edwards. The Edwards are the directors of the Somerset School of Massage Therapy. For the second year in a row, Robert Edwards has been invited to explain the medical benefits of massage to medical students at University of Medicine and Dentistry of New Jersey, located in Newark.

"We're seeing an ever-increasing use of massage therapy as a complement to hospital-based medicine," Mr. Edwards says. "Massage therapy is conducted as a preventive measure for people with stress-related conditions. Myofascial and neuromuscular massage are used as adjunct therapy to reduce healing time for injuries and surgeries. Specialty applications such as prenatal, infant, pediatric and sports massage are growing as well."

The Edwards explain that professional massage therapists assess patients and plan treatments accordingly, keeping detailed records of a patient's progress. Although medical journals have published the results of research on massage therapy, physicians and medical students typically want to know when to refer their patients for massage therapy, how to integrate it with other treatments, and how it effects recovery.

"Demonstration is the most popular part of these presentations," Edwards continues. "We often ask our massage therapy students to join us. Our students participate by performing seated massage on members of the audience using on-site massage chairs. At UMDNJ, we managed more than 25 medical students plus two security guards who really wanted to be included!"

In addition to the presentation at UMDNJ, the Edwards have recently appeared at Robert Wood Johnson University Hospital and Warren Hospital in Phillipsburg, where Susan described the techniques and benefits of reflexology massage. She also talked about the history of massage and the transition to scientifically-based modern techniques. "The licensing and national certification of massage therapists have been important to the growth of the field and its acceptance by mainstream medicine."

Modern massage therapy education requires detailed coursework in anatomy and physiology as well as hands-on massage methods, and includes training in the business of running a private practice, adding up to between five and six hundred hours of training.

Presently, 50 of the nation's 135 medical schools have added alternative therapies to their curriculums, and the National Institutes of Health have recommended that all medical and nursing students be introduced to massage and other alternative theories and techniques.

For more information, contact the Somerset School of Massage Therapy at (908) 356-0787.

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## Retirement community offers total 'lifecare'

"Your 'Golden Years' should be free from worry. Seniors should not have to worry about their future emotional, physical or financial needs," says Noreen Wendi, marketing director of the Fritz Reuter Lifecare Retirement Community.

"Total continuous care for life is available under one roof. Our facility has 100 years of experience in the field of health care. It has been in existence since 1897 and has always been a retirement home with a skilled nursing wing," Wendi said. "It is a charitable not-for-profit organization supported by tax deductible donations, etc. The Fritz Reuter Alzheimer celebrated its 100th Jubilee on June 1, 1997.

"There are 3 levels of care...total independent apartments, residential care and skilled nursing care. The independent apartments were built 5 five years ago and consist of studio, 1 and 2 bedrooms. Residents moving into the apartments may live independently for as long as they are able. The main meal is included in the entrance fee and is served in our beautiful dining room. Housekeeping and laundry services are available as well as activities, beauty parlor, bank, billiards, arts and crafts, exercise equipment and classes, music, library and sleep-locks. Each apartment is equipped with an emergency call bell system in each bedroom and bathroom.

"If residents can no longer manage living in the apartment, they may then be transferred to our residential facility. In the residential facility residents receive a private room with bath, 3 meals served in our beautiful dining room, housekeeping and laundry.



At Fritz Reuter Lifecare Retirement Community, residents may live independently in apartments for as long as they are able. The community is located at 3161 Kennedy Boulevard, North Bergen. For information, call (201) 867-3585.

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## NEWS CLIPS

### Players wanted

The Mental Health Players of Union County are educational volunteer performers using interactive discussion to depict stressful situations such as mental illness, AIDS, suicide, alcoholism, coping with a mentally ill friend or relative, dealing with the hyperactive child, pressure in the work place, divorce and their effects on the family. Their presentations engage the audience emotionally, making them aware of their attitudes and reactions in similar circumstances.

The group's members include housewives, actors, police officers, lawyers, social workers, therapists, students, teachers and mental health professionals. They welcome volunteers of all ages who like to act and are interested in mental health.

If you are interested in becoming a Mental Health Player or would like more information, call Rosario Torres at (908) 272-0300.

### Alzheimer's support

Alzheimer's support groups are sponsored by the Northern New Jersey Alzheimer's Association on the second Monday of the month at 1:30 p.m. and 7 p.m., by Westfield Center, Genesis ElderCare Network, located at 1515 Lanark Mill Road, Westfield. The meeting is open to the public. If you are a caregiver or if you know someone who is suffering from Alzheimer's disease or a related dementia, you will find this group discussion helpful. Guest speakers often address the meeting and provide helpful information. Call (908) 233-9700 for further details.

### Cancer support group

Pathways invites women who have or have had breast cancer to join one of the organization's support groups. Meetings are free and will be held at one of Pathways' three sponsoring agencies — the Summit YWCA, the Resource Center for Women at Calvary Episcopal Church, or Overlook Hospital.

Call Margaret Meola, director of Pathways, at (908) 277-3563 to register for any of these groups or for more information about Pathways.

"Facing Breast Cancer Together," for women who have been recently diagnosed, is an 8-week series that meets on Thursdays from 5:30 to 7 p.m. at the Summit YWCA. Topics will include breast cancer treatments, communication with the health care system, coping strategies, and issues involving families and friends. Vaughan Schwarz, PhD will facilitate.

"Living with Breast Cancer," is a weekly support group for women with nonrecurrent breast cancer that offers a safe, supportive environment in which to share resources and ways of coping. This group discusses living with the ongoing issues of breast cancer. Facilitators are Mary Hill, RN, MSN and Kay English, MSW.

"Adjusting to Recurrent Breast Cancer," meets twice a month and is for women with recurrent or metastatic breast cancer. Discussion will include ways of regaining a sense of control in one's life and education about recurrent breast cancer issues. Virginia Bama, LCSW, MSW will facilitate. Pathways provides non-medical breast

cancer resources to women and their families. It is sponsored and coordinated by Overlook Health System, the Resource Center for Women and the YWCA, all of Summit. The organization sponsors support groups, physical fitness and rehabilitation programs and breast cancer awareness efforts. Pathways also maintains a lending library of breast cancer information and books that are available to the public. Pathways has a variety of areas in which volunteers are essential. Anyone interested in donating her or his time or services should call Pathways.

### Photo tribute

For its second year, Pathways will be displaying a photographic tribute during October in observance of National Breast Cancer Awareness Month. It is an exhibit of photographs of breast cancer survivors and loved ones lost to breast cancer and will be displayed at the Summit YMCA during October.

Last year there was a wonderful response which created a moving tribute and prompted awareness of the disease. This year, Pathways hopes to display more pictures this year. Stop by the YMCA lobby at 79 Maple St. to see the exhibit. For additional information, call (908) 277-3663.

### Yoga classes

A new series of yoga classes has begun at the YM-YWHA of Union County.

"Grow Young with Yoga" is a beginners class perfect for anyone, at any age, who wants to look and feel their best, learn to relax and develop greater mental clarity.

The instructor is Paula Borstein, a teacher of yoga, meditation and creative movement for adults and children.

The one-hour classes meet Monday evenings at 7:30 p.m. for ten sessions. The fee is \$35 for Y members, \$55 for others.

The Healing Circle will meet the first Tuesday of every month. The Circle is a safe, comfortable space for relaxation and renewal. Participants will learn how to ease tension and pain and discover their own inner guide to health and well being.

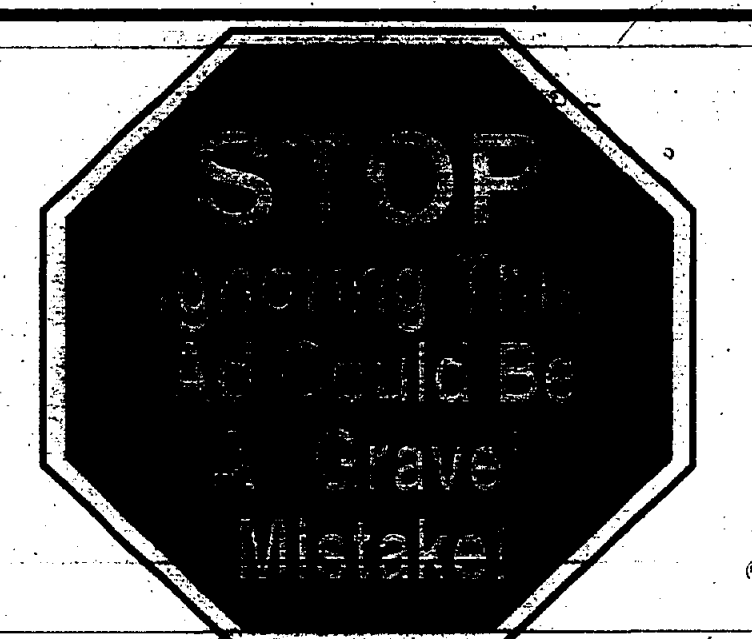
Participants should wear loose, comfortable clothing and bring a towel or mat. The Circle is open to all. It is free to Y members. There is a \$5 fee for non-members, but no one will be turned away.

To register for the Monday evening class, call the YM-YWHA at (908) 289-8112. The YM-YWHA of Union County is located at 501 Green Lane in Union Township.

For more information about yoga classes or the Healing Circle, call the instructor at (908) 289-3584.

### '98 Safety Calendars

The Eastern Union County chapter of the American Red Cross is now selling 1998 Child Safety Calendars to raise much needed funds. The calendars have been jointly developed by Red Cross and Eastern Medical Corporation and include a free detachable guide-reference guide called "Lifesaving First Aid for Children." Prevention steps that you can take to make 1998 a safer year for children are also included.



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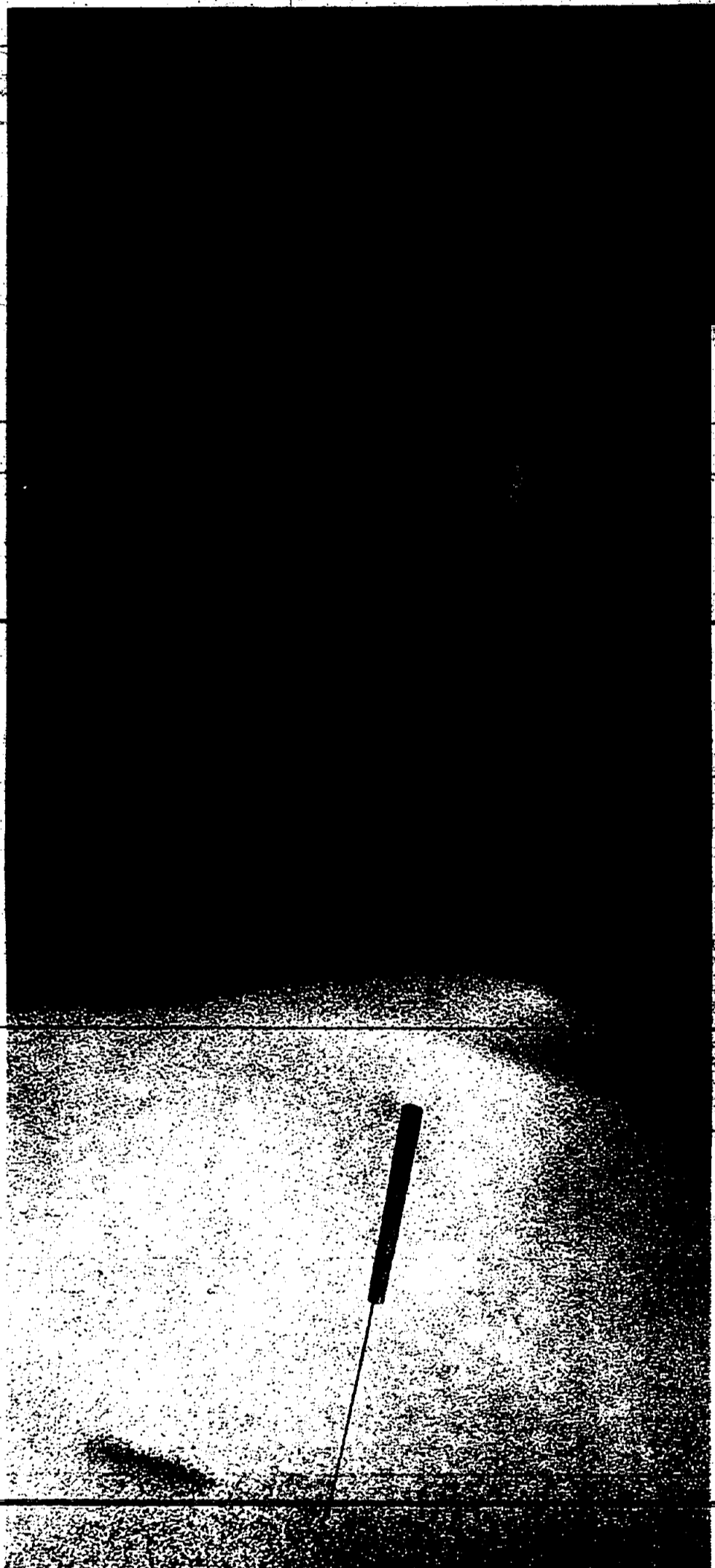
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### In school, law is not kids' stuff

When you believe in alternative medicine, I report on activity. The Jersey Shore Bar Foundation is sending a leave-plus to districts in the hope that you will be taught the vagaries of America's judicial system. In the first grade, students will see Goldilocks on trial for breaking and entering, theft and vandalism. Second-graders will get the bottom of "The Case of the Missing Puppy."

In "The People v. Goldilocks, the defendant" — a boy of European descent, no doubt — will have a tough time trying to force the value of our racist, sexist society on a jury.

Conversely, the defense should have it easy. Not shackled with the burden of proof, counsel could draw into the psychology of the defendant and the sociology of the times.

### Common Sense

By Jay Hochberg  
Regional Editor

Perhaps the accused didn't understand our Anglo-Saxon patriarchal customs regarding private property. What do we really know about Goldilocks? What is her family background? Had she the economic resources to support her? What would be the victim of the crime? What social forces drove her to this? The defendant will say, according to the lesson-plan, that she was "tired, hungry and desperate." Surely there must be some sort of abuse or dysfunction in her past. Where were the state and county governments, with their Food Stamp and education and job training programs, during all of this?

"Ons and boys of the jury," defense counsel could say, "legality is the state law so case. Because of the absence of a videotape of the 'crime' and any credible DNA evidence, the state is relying on the testimony of the 'victim' — those three scary bears."

Testifying for the prosecution, animal rights activists will say Goldilocks' actions represent another encroachment into the habitat of wildlife. The verdict not guilty, because Goldilocks said she was sorry and didn't really mean to hurt anyone.

In "The Case of the Missing Puppy," 13-year-old Amanda was hired by Mr. and Mrs. Green to babysit for their son and his dalmatian, named Spot. While preparing lunch for the boy, Spot got loose and ran away.

It's a tough case to call. By finding Spot, the defendant would have a 13-year-old for falling to secure the dog, implying that a boy might have, which is bad. But, by not securing the animal, she was not cruel to the animal, which is good.

By finding for Amanda, the jury would hold the Greens accountable for employing a 13-year-old, while raising questions of child labor and Social Security taxes, which is bad. But, by giving her the opportunity, the Greens only tried to boost the self-esteem of the girl, which is good.

Isn't the children the losers in this case? By being indoctrinated in this manner, they'll be turned into judges of the attitudes, values and behavior of others.

If diversity is our strong point, isn't a mock trial a moot lesson in civics? Aren't we all unique and members of different cultures, and consequently should be exempt from the restrictions of any single standard? Shouldn't the legal profession explain this to create multiple legal systems in the united states of America?

### Night makes right



Philanthropist Walter Michael Baran, center, between Nancy Fischer and Bill Baran, both county employees at Runnels Specialized Hospital who've completed the Public Management Program at Kean University. This is an example of Kean and the County of Union working together to improve government. Michael said, "It is difficult to work fulltime, while completing a course of study at night, but the rewards are certainly worth the effort." At left is Jon Erickson, director of Kean's Masters in Public Administration Program; at right is County Manager Michael Lapoff.

### Former county manager feted

By Jim Hagle  
Staff Writer

Former County Manager Ann Baran was honored Oct. 15 by Community Access Unlimited for her work on behalf of the disabled.

Baran, now the director of Kean University's Gateway Institute, was given the Public Leadership Award at a banquet held at L'Affaire in Montclair.

Baran, originally from Milltown, began her term as county manager in 1991. However, she has been affiliated with Union County politics since 1985.

Baran was recognized for her work in 1993, 1994, 1995, 1996, 1997, working in the County Department of Human Resources for 15 years. It was her commitment to social equality, that made her different, said a spokesperson from Community Access Unlimited.

While serving as county manager, Baran sought to "ensure that all the basic needs of the citizens were met. I

took state, county, and federal money to the social services community," Baran said. "I had to make sure that any vulnerable citizens had the resources to become independent. By vulnerable, I mean anyone who was disabled or at a major disadvantage."

Baran is director of operations at the Gateway Institute, which works to foster economic development in the region and to improve all students, socially and culturally, with projects and programs that broaden their education and allow them to interact with the community.

"The emphasis is on all students, with or without disabilities," said the director of the institution.

Also honored that night were fellow Kean professor Meyer Schreiber of South Orange, who was named Humanitarian of the Year, and Floyd Daugherty of Westfield, who was honored with a Lifetime Achievement Award. Daugherty founded Community Access Unlimited.

### Efforts to accommodate handicapped cited

Four local establishments have received awards from Union County government for their efforts to accommodate the handicapped.

Schering-Plough Corp. in Kenilworth, Union County College in Cranford, the Westfield Y in Westfield and the Olive Garden restaurant in Springfield won the second annual Access/Union County Awards.

During ceremonies at the County Administration Building in Elizabeth, they received framed resolutions from Freeholder Ed Feroce and members of the Board of Chosen Freeholders' Advisory Board on the Disabled.

"These establishments have gone beyond complying with laws established by the Americans with Disabilities Act," Feroce said of the law mandating places of public accommodation to make their facilities, goods and services accessible to the disabled.

"They have taken additional, voluntary steps to break down barriers. Not only because they were required to do so by law, but because they wanted to."

The Access/Union County Awards Program was initiated in 1990 by the Advisory Board on the Disabled, with the county Office for the Disabled and the Eastern Paralyzed Veterans Association to promote compliance with the ADA, improve access for people with disabilities and recognize establishments that take optional steps to further accommodation.

Nominations for this year's awards were made by county residents with disabilities and disability advocates. The winners were selected by a subcommittee of the Advisory Board on the Disabled.

Schering-Plough's Drug Discovery and Manufacturing Facility was recognized in the category of Private Sector, For Profit. It accommodates

### County prepares for Amtrak strike

Parking spaces, police to be available

By Sean Dally  
Staff Writer

65,000 Union County commuters could be stranded if Amtrak workers go on strike. That's "if." President Bill Clinton ordered a seven-day cooling-off period between the Brotherhood of Maintenance of Way Employees and the management of Amtrak, which began yesterday.

The union could still decide to strike after this — on Wednesday. This would mean that Union County commuters that use NJ Transit's trains would have to find another way to get to and from work.

On the county level, Freeholder Dan Sullivan said the county will try to make large county-owned parking spaces available to carpools.

Freeholder Donald Gonzalez also warned, with the increased number of vehicles on the road, that public safety could be at increased risk. Because of this, county officers including the Sheriff's Department and County Police may have to be recruited for traffic control.

"We're monitoring the situation and we want to make sure this is addressed," he said. "And if this does occur, we want to have all Union County residents' transportation needs addressed."

Amtrak does not own NJ Transit. Rather, NJ Transit uses tracks owned by Amtrak — tracks that NJ Transit needs Amtrak's permission to use. If the Brotherhood strikes, then NJ Transit, with other train companies in the Northeast, may be denied the use of Amtrak's rails.

There are a number of lines that travel through Union County. The ones that have stops here are:

- The Northeast Corridor line, which travels through Elizabeth, Linden and Rahway.
- The Raritan Valley line, which traverses Hillsdale, Union, Roselle Park, Cranford, Newark, Scotch Plains, Westfield, Newark and Plainfield.
- The Morris & Essex or M&E line, which traverses Summit and has a branch, the Gladstone branch, that traverses Berkeley Heights and New Providence. 20 percent of these trains are Midtown Direct service to Penn Station.

According to Ken Miller of NJ Transit, the M&E line will not be immune. Midtown Direct service meets the Northeast Corridor line in Kearney, which is owned by Amtrak. In case of a strike, all trains will use Hoboken.

NJ Transit will provide 511 additional buses should there be a strike. These will have NJ Transit monthly and weekly rail passes; daily bus tickets will be sold at train stations.

"On the Northeast Corridor line, NJ Transit's regular route that service will be increased in Rahway, Linden and Elizabeth on weekdays."

"On the Raritan Valley line, trains will only operate between High Bridge and Westfield on weekdays. Shuttle bus service will be available to Newark or New York from Westfield. On weekends, regular route bus service will be increased at or near train stations. There will not be extensions or additional service between the Westfield and Gladstone branches of the Gladstone and Summit stations."

"The potential impact on commuters has gotten the notice of politicians from the state level on."

"Call on President Clinton to get this thing done," said Gov. Christine Whitman on Monday. "I urge the president to use his authority to resolve this issue before it creates a commuting and economic nightmare for hundreds of thousands of Americans."

### Global warming of relations



Officials representing Union County and Wenzhou, China sign an agreement that forms a committee to promote trade and cultural and educational programs. Its benefits will be far-reaching for residents of Union County and Wenzhou, China, said Freeholder Linda Stender. Signing the papers are Zhan Youyu, chairman of the Standing Committee of the People's Congress of Wenzhou and Deputy County Manager George Devarney.

### Kean's Independent is not autonomous

By Mackay Vitale  
Staff Writer

Student newspapers serve their readers by reporting the news about campus activities and organizations. At Kean University, the Independent has not been published this year, and won't be until problems between the newspaper staff and the student government are resolved, said President Ronald L. Appelbaum.

The government, Student Organization Inc., is withholding funds until production problems are resolved. "We want the Student Organization to resolve their problems with the student newspaper," Appelbaum said.

According to officials, the newspaper frequently was published last year, and sometimes not at all. "Funding is given for 19 issues by the organization," Appelbaum said. "Last year only nine issues were produced."

"The last issue came out near a holiday during the last semester and was of little use to the campus," he added.

Recently the Student Organization hired a professional journalist to review the editorial staff and conduct an audit of management. "They say moving forward," Appelbaum said.

He said the issue was not about editorial content. "Getting the newspaper out and on time and having qualified people operate the publication are the primary concerns," Appelbaum said.

The selection of the editor in chief would be done, he said, through the faculty advisor and students selected by the newspaper and the business manager. Appelbaum also brought up the issue of liability. "The school newspaper is the publisher of record. The members of the staff are responsible for any suit brought against them. They have to be qualified to do their job."

Some concerns were raised by staff members of the Independent who argued control of certain aspects of the publication by the student government violate First Amendment rights.

"The Student Organization is responsible to make sure the decisions are made correctly and legally," Appelbaum said. The organization funds several organizations and gives approximately \$500,000 to support various groups.

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- 6. Never eat fruit and avoid home-made cookies, unless you know the neighbor well.
- 7. Consider trick-or-treating at the local stores, or attend an organized community party.

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ARTS & ENTERTAINMENT

**NIPAC opens its doors to a world of culture**

By Jacques McCarthy  
Associate Editor

It is a testament to the unwavering faith of New Jersey's arts patrons, corporate and government representatives, and a tribute to the spirit of National Arts Facilities Month of October, the New Jersey Performing Arts Center opened its doors to an expectant audience for Opening Night celebrations on Saturday.

They were not disappointed. Men in black tie and ladies in glittering gowns gathered prior to the show to sip champagne in the beautiful lobby of Prudential Hall.

The enthusiasm and positive energy was contagious as NIPAC hosts and guests opened doors at 6:30 p.m. — so contagious that the multitude remained and guests were more than content and patient during the informal seating period. The 2750-seat hall was filled to capacity, and the staff was very helpful and unobtrusive.

The first standing ovation of the evening was most appropriately for NIPAC President and CEO Lawrence P. Goldman, who spoke with feeling about NIPAC's journey from concept to reality.

"Some ideas are so powerful that they gain an inexorable momentum in their own right," said Goldman, "and I am convinced that the wisdom that emerges when diverse people work together" for a common goal. His short speech, however, stirred up the sentiment of the evening: "It's our turn."

Goldman lauded NIPAC Co-chairs Raymond G. Chambers and Dr. P. Roy Vagelos for creating more than a cultural center, and also for restoring a "sense of common humanity." "Thank you for believing in the power of an extraordinary idea," Goldman said, "that, after ten years of striving, Opening Night was only the beginning."

Goldman introduced "the real heroes" in the audience, including Governor Christine Whitman, former governors Jim Florio and Thomas Kean, Newark Mayor Sergio James, Senator Frank Lautenberg, and Congressman Donald Payne. Goldman recognized Opening Night sponsors Amelior Foundation, ATKinney, Merck, and Prudential.

NIPAC Co-chair Raymond P. Chambers, whom Goldman referred to as "the soul of the New Jersey Performing Arts Center," spoke about his youth as a native of Newark, as a student at West Side High School and later at Rutgers University School of Management.

"We should feel proud of New Jersey and Newark that we have for decades," said Chambers, "and amazed on his hope that Newark would become not only a city in which to work and study, but also to live and enjoy."

After Governor Whitman pronounced the arts center officially open, the inner curtain rose to reveal distinguished operatic recording artist Kathleen

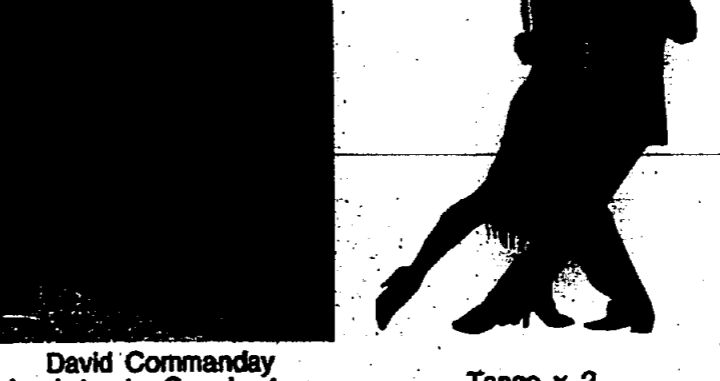
Battle, who delivered a beautiful a capella version of "Over My Head." The rest of the stage was then revealed, occupied by New Jersey Symphony Orchestra conducted by Zdenek Macal. NISO's first performance in its new home was Wagner's Prelude to Act 1 of "Die Meistersinger von Nürnberg." As befits the marvelous talents of NISO, the Orchestra went on to accompany Battle as she sang Puccini's "O Mio Babbinì" and Rossini's "Una Voce Poco Fa," directed by assistant conductor David Cofman. NISO also performed the music to American Ballet Theatre's perfect "White Swan" Pas de Deux from "Swan Lake," and backed "West Side Story," its most passionate Anita as Chita Rivera took the stage with Veges Fall.

The second half of the program opened with Newark native, tap master Sergio Glover, who performed an impassioned and motivated solo tap. Glover made his own music, and the highly interpretive dance and rhythm kept the audience entranced.

Prudential Hall is a modern building, built in an office style. It is not meant to be a monument to art, but to facilitate art. The outer glass walls allow a clear view of the surrounding Newark. Glossy cherry wood lines the interior. The hall's stadium seating on ground level, and four balcony tiers and eight open-type boxes along the back and side can accommodate up to 2750 people. Balcony seats are supplemented with lobby tiers, allowing guests to remain on an upper level while enjoying the performance. The performance hall is lined with circular rows of glittering lights, from the height of the rounds down through the balcony levels.

In addition to Prudential Hall and Theater Square, Phase One includes Victoria Theater, a 500-seat playhouse; two restaurants; and banquet and meeting facilities.

The New Jersey Performing Arts Center is located at One Centre St. on the Newark, Ironbound District. For information about performances, call (888) GO-NIPAC.



David Comanday, Assistant Conductor, NISO  
Tango x 2

Lincoln Center Jazz Orchestra had audience members tapping their toes to their spunky ragtime versions of Duke Ellington's "Dukebreak Express" and "Happy Go Lucky Local," followed by a Wynton Marsalis original, an energetic and funky piece called "Church: Renewing Vows" from the ballet "Sweet Release."

The sultry sounds of Argentine accordion followed with Tango 2, the mas-

**Union director is 'Nuts' about his newest production**

By Jacques McCarthy  
Associate Editor

It takes a tough director to deal with a tough issue like incest. Union resident Robert Peyer has what it takes. Vice President of The Philanthropists of Farwood in charge of production, Peyer has taken on the challenge of directing "Nuts," the first show of the season.

No stranger to community theater, Peyer has been acting since 1988. "I did two shows in 1988 at The Philanthropists," Peyer recalled. "The first one was 'Impeach Calla,' which later went on to Broadway, and the second one was 'Don't Drink the Water.'" Peyer said he enjoyed playing the character of Eric in "Impeach Calla," because it was an involved character.

After appearing in another production in Essex County that year, Peyer took a three-year sabbatical. Upon his return to theater, Peyer directed his first show, "Bunraku: A Play," in 1994 with new-age-dance Open Curtain Theater in Cranford. Peyer has also directed original plays for The Gemini Group of Westfield/Horseneick — "Albee Back" written by John Rupp of Gemini; "The Outlook Wasn't Bright for the Madville Nine" and "The Jerry and Lenzy Show."

In 1995, Peyer returned to The Philanthropists to help out on the set of "Busybody" when he was asked to assume production responsibilities for the company. "Nuts" is the first show he's directed for The Philanthropists.

This actor/director seems to be drawn to stories with complex characters. "I like to direct serious dramas, because I like to delve into people's backgrounds. I love psychology. I've been in therapy long enough," he laughed.

"Nuts," which was made into a film starring Richard Dreyfus and Barbra Streisand, is a play about a mother and stepfather who attempt to have their daughter committed to an institution when she is arrested for prostitution and murder.

"First of all, most of the characters have a lot of dimension; it's not like one character leads all the other characters around," said the director of "Nuts." "The audience has to really pay attention, because there's a lot going on. It's more of a reaction show," he explained. "A number of the characters have a lot of monologues and long lines, and there are emotional scenes, but you've also got to watch their faces and their body actions, and how they react when other people are on the stage."

"What had happened was, she (Claudia) was accused of prostitution and of murdering one of her kids," Peyer explained. "They took her to Bellevue, and she was very obstinate and not very cooperative."

"It deals with incest," the director continued, stating that the heart of the matter is Claudia's relationship with her mother and stepfather, Rose and Arthur Kirk. The setting for the play is a hearing to decide if Claudia is of sound mind to stand trial.



Union resident Robert Peyer is directing 'Nuts' by The Philanthropists of Farwood, opening Oct. 25.

In order to achieve the depth of emotion he was looking for, Peyer auditioned and re-auditioned the roles this summer.

"I had held four auditions and then I re-auditioned people because I wanted what I wanted," he said. "It's very particular and I know exactly what I need and what out of the characters."

Peyer said that the cast is all he could have hoped for and more. "It's probably the best cast I've ever worked with, directing or acting-wise," Peyer says proudly. "They're very professional, they're very smart, they're very good dancers, a little tweaking. They're natural actors, which I like. You don't have to lead them around onstage."

The cast of natural actors for Peyer's production are Lisa Silverman in the lead role of Claudia, Sue Barwick as the mother, Rose Kirk, Mike O'Connell of Scotch Plains as stepfather Arthur Kirk, Allan Genshenson of Linden as Dr. Rosenthal, Dennis Frosch of Westfield as Levinsky, the defense attorney, Jeff Caplan of Linden as prosecuting attorney MacMillan, and Paul Gough of Clark as the Judge. Roundout the cast are Daniela Nizarsky as the court recorder and Art Self of Berkeley Heights as Officer Harry Haggerty.

With a competent cast in place, Peyer began the process of exploring each character.

"Arthur grew up in the depression with a very demanding father. He had to earn every cent he made, he's a self-made man," Peyer said. "His big thing is to reward people with money. There's nothing wrong with rewarding people, but you don't have to do it with money. He does love them, but doesn't know how to express it, I think."

"Rose Kirk was brought up basically to be the dutiful wife, to obey what the husband says. Her first husband walked out on her. Claudia adored the first husband. She was only six-years-old, she didn't understand, and of course, she blames her mother. It's brought up in the play that he was never there, that he wasn't a good husband, but you know how children are, they hold that image."

"She had to know what was going on," Peyer continued, "but I don't think she realized it was going on that long. I think she married him because she wanted someone to take care of her and Claudia. I don't know that there was that much love between them."

"In the meantime, when these people are interrogated, Claudia is sitting at the defense table and taking it all in," said Peyer. "She may not say anything, but you've got to read in the eyes and her expression what is going on. Claudia is difficult, she goes in basically thinking that she's going to be put away. Claudia's only hope is her defense attorney, Levinsky."

"She comes out with these wise-ass remarks, and he puts her in her place. He's very much in control. He knows exactly what's going on, he's done his homework. He knows about each character and he knows the right buttons to

(See Director, Page B7)

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ARTS & ENTERTAINMENT

Open Space brings a breath of fresh air

By John Marinho
Correspondent
Many community theater companies play safe when deciding which shows to produce.

Written by Tony Kushner nearly ten years ago, "Angels in America" is a play which delivers a powerful message without preaching.

Director Buchman has done an amazing job of piecing together these diverse characters and emotional shifts into a work which is not only coherent, but unbelievably flowing and well-paced.

Players visit 'California Suite' with style

Theater View

By Faith Agnew
Correspondent

There are cynical theater-goers who believe that when it comes to pre-1980's Neil Simon comedies, they've been there, done that, got the t-shirt.

Naomi Yabloucky has skillfully directed this collection of four vignettes which all take place in Suite 203 and 204 of the Beverly Hills Hotel.

Ed Maher and Donna Snyder are the Michaels, a couple involved in a farcical infidelity. Snyder is all egotist, while Maher is buffoonish as the hapless husband.

Last but not least is the final scene, the only one with two couples. Stuart Herzkowitz and Terri Grant are the Hollidays, a vacationing couple at the end of their rope with best friends.



John Correll and Linda Bené-Correll move into 'California Suite', the season opener at Westfield Community Players.

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DINING REVIEW
October 23, 1997
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The rich tastes of Spain and the comforts of home

HOROSCOPE

Libra
Sept. 23-Oct. 23
You have been the focus of attention. People have been watching and listening to you.

Leo
July 23-Aug. 23
Take the initiative. Starting fresh or heading in a new direction could pay big dividends.

Virgo
Aug. 24-Sept. 22
You need to know for what you want before you can go after it.

Gemini
May 21-June 21
Your powers of persuasion are at high gear. People will be attracted to you and your cause.

Capricorn
Dec. 22-Jan. 20
Home and property are a top priority now. Don't put off small projects and repairs.

Aquarius
Jan. 21-Feb. 18
Now is not the time to deceive yourself. See friends and family members as they really are.

Pisces
Feb. 19-March 20
Analytical communication skills are crucial now. Your beliefs and opinions are the issue.

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Real Estate TRANSACTIONS

Real estate transactions are recorded in the office of the county clerk. Worrall Newspapers publishes an abbreviated version of all transactions recorded in the 12 Union County municipalities the newspapers cover.

Elizabeth: Rose Ruckley sold property at 317 John St. to Joseph Vitale for \$150,000 on July 17.

Clark: Paul D. and Phyllis Chamin sold property at 41 Macbeile Drive to Arthur Baruch for \$275,000 on July 15.

Summit: Charles E. and Mary L. Bayley sold property at 65 Postwood Road to Shou C. Ashby for \$772,500 on June 30.

Roselle: Gwendolyn Symes sold property at 211 E. 8th Ave. to HHS Affordable for \$90,000 on July 11.

Elizabeth: Charles E. and Mary L. Bayley sold property at 65 Postwood Road to Shou C. Ashby for \$772,500 on June 30.

Summit: Charles E. and Mary L. Bayley sold property at 65 Postwood Road to Shou C. Ashby for \$772,500 on June 30.

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Real Estate

Transactions (Continued from Page B11) to Vicent Sotillo for \$78,000 on July 2.

William and Margaret Cole sold property at 1319 Ambert Ave. to John Bolden Jr. for \$155,000 on June 30.

Thomas W. and Barbara Piotrowski sold property at 284 Parkside Drive to Marina Torres for \$240,000 on June 30.

Edward H. Brannigan Jr. sold property at 215 Longview Road to Carolyn B. Bunnell for \$149,000 on June 30.

Alfred Rafanelli sold property at 2452 Steuben St. to Kantiha S. Patel for \$223,000 on June 30.

Leo and Edith From sold property at 1218 Coolidge Ave. to Sandra Samul-Democracy for \$105,000 on June 30.

Richard Taverner sold property at 170 Burnett Ave. to Kenneth W. Adams for \$202,500 on June 30.

Gerred and Pamela T. Cozzetta sold property at 2742 Larchwood Road to Stula Jeyas for \$197,000 on June 30.

John J. and Deborah S. Vroom sold property at 1663 W. Chestnut St. to Gilbert Villaverde for \$107,000 on July 1.

Marion A.Y. Tynes sold property at 270 Beestwood Ave. to Glenn L. Hart for \$128,500 on July 8.

Rowe Chevrolet sold property at 684 Lehigh Ave. to George Krypel for \$125,000 on July 11.

Viola J. Slator sold property at 1608 May St. to Tofilio Carrasco for \$143,000 on July 11.

Jose C. Fioravanti sold property at 452 Euclid Ave. to Joanne A. Hart for \$101,500 on July 11.

Dorothy Wright and Dana Wright sold property at 576 Stratford Road to Herberto Alicia Jr. for \$157,000 on July 11.

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Who's buying? Who's selling? Worrall Newspapers publishes local real estate transactions every first and third Thursday of the month.

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Communication is the key to a well-maintained car

Communication is the key to getting your car or truck fixed right the first time, says the AAA New Jersey Automobile Club. When you take your vehicle to have it repaired, the most important thing you can do is clearly communicate why you think there's a problem. When the communication link between you, the service manager and the technician is weakened because of poor communication, the probable result is a botched job.

How can you do your part? "Tell what you know, no more," says Mike McQuoid, the club's Approved Auto Repair program coordinator. "Customers shouldn't make their own diagnosis. They should describe only the symptoms as best as they can and let the technician do the work." Clear your mind and carefully describe the symptoms as best as you can. This includes making notes if you have to. If your car squeaks, thumps or lurches, mimic the sound. If your car leaks fluid, what color is it? If there's an unusual odor, what does it smell like? If there's a vibration, what does it feel like?

Volvo renames models, but keeps quality, sales intact

Volvo's sales during calendar year 1996 showed slight increases in both the S90 and V90 product lines. The 0.6 percent increase, while statistically small, was anything but insignificant, as it was achieved with one less model being sold — this was the first model year that the S90 series was no longer sold in North America. The S90 series turned in a 15.3 percent increase over 1995, while sales of the V90 series were 29.3 percent higher than in 1995. Once again, the Volvo S90 was the U.S.'s best selling import car in the over \$25,000 class.

Sales expectations are high for 1997 as Volvo introduces its new models under new names. The 1998 S70 series, now sold as the S90 and V90, will also conform to Volvo's new naming system, but remain largely unchanged except for new interior elements. Volvo's new nomenclature is based on platform designations that denote both the type of model and its series lineage. The letter "S" signifies the model is a sedan, while "V," representing versatility, indicates the vehicle is a wagon. "C" denotes both coupe and convertible. The number following the letter provides a sense of the platform size. For example, the S90 is larger than the S70, which is in turn larger than the S40. Volvo's small platform offering which is not available in North America. The prices of the S70 and V70 Sportwagon have been increased as of the time of their August 1996 introduction. Overall, the combined upgrade pricing reflect an overall sales-weighted increase of an average of 1.1 percent.



SOLD. The lovely 4000 sq. ft. home at 25 Allen Street in Springfield was recently listed and sold through TEDESCO REALTORS. Call 973-564-8989.

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Spare some attention for your vehicle's tires

While most motorists keep a constant vigil on their car's oil and sufficient levels, exhaust system and brakes, most don't realize there's another part of their automobile that needs periodic attention: tires. "Most people don't pay much attention to their tires," said Mike McQuoid, Approved Auto Repair program coordinator for the AAA New Jersey Automobile Club in Florham Park. "They're aware of the dangers that occur when they neglect other components, such as their engine, but they don't realize that tires need attention, too."

- Keep a quality tire pressure gauge in your car and use it periodically. Tires perform better and last longer if they're properly inflated. Properly inflated tires also improve your car's fuel economy.
• Check your vehicle owner's manual for appropriate tire size and recommended pressure.
• While checking tire pressure, keep your eyes open for uneven tire wear. All grooves should be visible and worn evenly. Good tread helps you steer around corners and during sudden stops.
• If you regularly travel on high-speed highways, consider buying tires that have a high temperature resistance. This will reduce your chances of experiencing a blowout.
• Always keep an inflated full-size spare in your trunk with the appropriate tools and jack.

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### AAA tries to prepare all for chilly weather

Properly maintained vehicles can safely weather winter's chilly temperatures, but special steps are required to protect cars from the season's harshest winds, according to the American Automobile Association.

"In 1994, AAA received nearly 27 million calls for emergency road service," said George Gek, managing director of AAAA Automotive Services. "Much of that record volume is directly attributable to periods of single-digit and sub-zero temperatures in many parts of the nation."

The best strategy to combat severe winter weather is to make sure your car's battery is in proper working condition.

"Motorists should check to make sure the cable connections are tight and there is no corrosion on the terminals," said Gek. "Also, if the battery fluid level can be checked, make certain the fluid covers the battery plates."

If the engine fails to start, turn on the headlights. If the headlights work, even if they are dim, the battery power may be low and a jump start does not work, the vehicle may require service by a qualified technician.

If the temperature has been extremely low and the battery is weak, the battery could be frozen. Motorists should not attempt to jump start a frozen battery.

Motorists in the fuel line can sometimes freeze, blocking the flow of fuel and preventing engine start-up. AAA recommends adding a commercial additive containing isopropyl alcohol to the gas tank when filling up before and during periods of extreme cold weather.

For motorists who live in areas prone to extremely cold temperatures, an engine block heater that warms the engine oil can be installed to help ease cold weather starts. Even something as simple as burning a 100-watt light bulb under the hood can provide warmth to assist in starting the engine.

Severe cold also can strand motorists by causing door locks to freeze. If locks are frozen, AAA recommends motorists try using a hair dryer to heat the locks. Also, heating the tip of the door key with a match will sometimes be effective. If the lock still does not function, contact your auto club or a certified service facility for assistance.

Basic vehicle maintenance also plays a vital role in cold weather vehicle performance. In addition to the battery, ignition and cooling systems should be inspected and engine oil changed before frigid temperatures hit. Be certain the engine coolant is a 50/50 mix of anti-freeze and water. Motorists who live in areas prone to severe weather may want to change to a winter-grade oil, such as 5W-30, which performs better in winter.

AAA is a not-for-profit federation of 110 member clubs with more than 1,000 offices providing 37 million members in the United States and Canada with travel, insurance, financial and auto-related services.

### Keep car maintained for high resale

Keeping your car looking nice does more than make you feel good. It helps you get a better price when you sell. A well-maintained vehicle may be worth twice as much as a neglected one at resale time.

Dealers like a car that requires less repair. A well-maintained car on the market. One of the first places an appraiser will look, for example, is under the floor mats to check the condition of the carpeting. Take care of the interior fabric. And, to prevent rust, repair minor dings and scratches as soon as possible.

For a free illustrated pamphlet on appearance maintenance, send a self-addressed, stamped envelope to Car Care Council, Dept. N, One Geneva Lake Drive, Port Clinton, OH 43452.

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# RAHWAY PROGRESS

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### Church fair

St. Paul's Church, 80 Elm Ave. in Rahway, will hold its annual Fall Fair on Saturday from 10 a.m. to 7 p.m. There will be holiday crafts, Grandma's Attic, etc. Lunch will be available including houses, the soup and seed-wiches. There will be a dinner served at 5 p.m. Cost is \$5 for adults and \$2.50 for children. For reservation or more information call Betty at (732) 382-9265.

### Blood screening

There will be a free blood screening offered for Rahway residents at the Rahway Public Library on Tuesday from 3 to 6 p.m.

### Tickets on sale

Rahway Hospital Foundation announces the availability of tickets to the 1987 Holiday Concert performed by The Orchestra of St. Peter by the Sea under the direction of its musical conductor, Renee Sarnecki. The fundraising event will be held at Union County Arts Center, Rahway, N.J. on Nov. 14.

### Health fair provides breast cancer awareness

The 17th annual Health Fair, sponsored by the Rahway Department of Health, was held to help the many women in the community who are at risk of breast cancer.

The health fair took place at the Rahway Municipal Building on Oct. 19 and offered a selection of services to residents.

Some of the health services offered included childhood lead screening, dental and oral cancer screenings, blood pressure and a hearing screening, and blood sugar testing.

There were a number of tables providing information covering a multi-faceted approach to breast cancer prevention for growing children, fever information, and pamphlets informing the public about massage therapy and the physical as well as emotional benefits derived from it.

Flu shots were one of the popular services offered.

### DPW asks for help

The Rahway Department of Public Works needs cooperation. The department asks that all Rahway residents refrain from raking leaves/grass clippings into the street until November for the following reasons:

- Costs more for disposal;
- Obstructs catch basins and sewer lines;
- Injures neighborhood aesthetics.

It is also against the law. Yard waste is collected on your first regular garbage day on the week only. All leaves/grassclippings etc. must be placed in sturdy reusable containers or paper bags that weigh less than sixty pounds. Branches must be cut and bundled in four-foot lengths and also weigh less than 60 pounds.

The Rahway Department of Public Works appreciates cooperation in this matter.

For more information call 827-2065.

### Recycling program

The Department of Public Works/Office of Recycling announced the initiation of a pilot program for demanufacturing of consumer electronics. For more information, call Michael Smalling, recycling coordinator, at 827-2159.

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### Like sands through the hourglass



Residents participate in creative projects at the recent sand art display on Street. The crafts were part of the city's Halloween festival.

### Treasurer finds decline in city value

By Sean Dally  
Staff Writer

If you had enough money — say, \$100 million — and you owned all of the real estate in Rahway, you would have been smart to wait until this year. The total value of the city — about \$1.3 billion, according to Treasurer Frank Ruggieri — has gone down by \$110,048.33. This is less than 1 percent of the total value of the city.

According to Ruggieri, the value of the town has gone down in large part because of an uncontrollable decrease in the "taxable personal property" owned by various utilities. These include phone and gas lines and other infrastructure.

Conceding that James, on the other hand, had another reason for why the city's total valuation has gone down: "lousy management."

According to James, the total valuation of the town has gone down every year since Mayor James Kennedy has been in office. James is a critic of Kennedy and his administration.

James said the value on his home is down from \$30,000 to \$25,000, adding that he has been told that it is within \$15,000 of its appraisal. A number of homes have been physically appraised for more than

the UCVA currently pays Rahway about \$2.3 million in host community fees. They are to be used to compensate the city for "hosting" the municipal tax-exempt UCVA incinerator and a major source of revenue for the city.

But James has questioned whether the incinerator and the garbage trucks that bring it garbage have not come at a cost in property values.

"If this is one of the reasons that the valuation has gone down, then big deal if taxes are stable if we can't see off our homes," he said.

He added, "If you could ask someone if they would rather pay \$100 for taxes or sell your home for \$100,000, what do you think they would say?"

### Health fair provides breast cancer awareness

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Staff Writer

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Flu shots were one of the popular services offered.

### Council supports epilepsy research

By Laine Ingalls  
Staff Writer

The Rahway City Council passed a resolution declaring November "Epilepsy Awareness Month."

Councilman Frank James, who helped sponsor the resolution with Councilman Donald Anderson, said, "We announced this resolution to help bring awareness to a condition that is often stigmatized and overlooked by most people. I don't know how many people realize the number of people affected by this condition."

He added, "People need to be educated about the condition so that they'll know what to do if they ever encounter someone with it. Many times people see someone thrashing about on the ground with violent convulsions and they think that they're dying or on drugs or something else unrelated. If they have a very little knowledge, they can end up doing more harm than good. They need to be made aware so that they can help people with this condition."

Epilepsy is a disorder of the nervous system due to overstimulation of nerve cells in the brain. It is characterized by a varying degree of seizures. People with mild seizures tend to experience episodic loss of attention or sleepiness. Those with severe seizures tend to experience violent convulsions characterized by wild thrashing of the body, and often loss of consciousness.

Epilepsy can show up in early childhood or it can show up as late as the mid-to-late 50s. The severity of

epilepsy, at many elderly residents, is the result of getting old. Many people are willing to take a moment's rest during the season of health.

Another station was the 'Breast Cancer Awareness Booth' offered for the first time, women stopped in to speak with the representative or watch the information video about breast self-examination.

Renee Sarnecki, a registered nurse with Rahway Hospital's Breast Cancer Awareness team and the hospital representative at Sunday's health fair, said, "I've been a nurse for 12 years, but I've been part of the Outreach program at Rahway Hospital for six years. We go to women's groups and to communities to try to get the message about breast cancer prevention and early detection to save women's lives."

Community Outreach Coordinator John Marchionto and Breast Cancer Awareness instructor Renee Sarnecki promote medical awareness at the Rahway Health Fair on Sunday.

### Magnet costs alarm taxpayers

By Laine Ingalls  
Staff Writer

Though some officials have expressed concern regarding the expense of the Union County Magnet School, the school's success in attracting 300 parents and students in attendance.

The magnet school, a specialized program for students with high academic achievement, is located at the school's main campus.

The school's success in attracting 300 parents and students in attendance, a significant increase from the previous year, is a testament to the school's quality of education.

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### County forms drug strike force

By Laine Ingalls  
Staff Writer

There is a new Union County Drug Strike Force, which many feel is a much needed benefit to local communities.

The Union County Prosecutor's Office will institute a new Drug Strike Force to increase the pressure in the battle against drugs in Union County.

Lt. Raymond Tyrus, the lieutenant in charge of Narcotics in the Linden Police Department, said, "As of Nov. 1, Det. Michael Martin will be assigned to the new strike force. And we're very pleased with that decision."

He added, "Det. Martin has been assigned to me for the past one and one-half months, and I believe he is an excellent choice. He's an intelligent and aggressive officer. He's just the kind of officer who'll personally benefit from this kind of instruction, thereby helping communities to benefit from the information he'll obtain while there. It's really an excellent unit for all of Union County."

Mayor John Gregorio said, "I have to admit it was a little against my better judgment that I would have lost an officer from our department for a whole year as beneficial to our city. But, I have to say that Chief Martino really convinced me about it. He showed me that even though we'd lose an officer for a year, the benefits

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