

Record-Press

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Ready to rumble

After a stellar 2003 season, quarterback Dan LaForge and the Scotch Plains-Fanwood Raiders open the new season at East Side Friday night. For that story and much more on the new fall season, see Sports, Page C-1.



Fun and games in Scotch Plains

Gameland, a new place to find high-end coffee and high-speed computers, opened recently on Park Avenue. For more on Mitchell and Cheryl Brunel's enterprise, see Page A-3.



A good way to end the summer

The annual Labor Day Italian Festival returned to St. Bartholomew's Church over the weekend, providing a last bit of summer fun before the fall sets in. See pictures from the event on Page B-1.

REMINDER

Got screened for hypertension

There will be a free hypertension screening for Scotch Plains residents 10 a.m.-noon Monday in the Community Room of the Scotch Plains Public Library, located at 1927 Bartle Ave.

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Council hears report on project's finances

By BRAD BISHOP
THE RECORD-PRESS

WESTFIELD — The town's proposed redevelopment project at Prospect and Elm Streets would be self-supporting if coupled with wide-ranging parking rate increases, a consultant told the Town Council at its first public meeting in over a month.

Tim Tracy of Desman Associates presented a comprehensive parking management model, picking up on an outline presented by Mayor Greg McDermott before the council's summer break.

In the presentation, which assumed the town will proceed with construction of a 490-space parking lot, 19 condominium units, and 3,000 square feet of

retail on municipal parking lots between Prospect and Elm Streets, Tracy proposed the town reconfigure several public parking facilities and raise parking fees. The fate of that project may hinge on the results of a non-binding referendum on the ballot Nov. 2.

Combined with the municipal parking lot behind Barron's Drug Store, a parking deck would create a large downtown parking facility, according to the report.

Tracy said the town should move the 89 employee permits currently assigned to the North Avenue train station lot over to the new parking facility, maintaining the 85 employee spaces the newly constructed deck would replace.

The plan proposes reserving 19 spaces for the new owners of condominiums constructed in conjunction with the project, adding 75 new permit spaces, adding 100 short-term parking spaces, and maintaining the current 148 long-term metered spaces.

The combined parking management plan envisions the creation of 89 additional commuter spaces (or 135 permits at the planned oversell rate), 94 new all-day employee spaces (105 permits at the oversell rate), and 100 new metered spaces for downtown shoppers. The plan would increase downtown parking capacity by 17 percent, according to the report.

(Continued on page A-3)

Parking management efforts updated, as well

WESTFIELD — Town Administrator Jim Gildea updated the Town Council on parking management statistics at a conference meeting Tuesday night.

The council has recommended the town's parking department increase the rate of oversell at the South Avenue train station parking lot. In the lot, which has a capacity of 540 spaces, 460 of which are devoted to commuter parking, the council wants to sell 700 permit spaces to reach an oversell rate of 52 percent. 669 permits have currently been sold for the parking lot.

Gildea said two letters have been sent to the 660 residents on the waiting list for spaces at the train station lot. Of those that

(Continued on page A-2)

Back to school, for the first time



The first Wednesday after Labor Day is often overwhelming enough if you're a student, but for new kindergarteners the experience can approach a whole new level. At Westfield's Jefferson Elementary School, Erica Cheung (right), who's not quite 5, got a pep talk from her mom Dana before heading into Mrs. Ho's classroom. For Erica's classmate Brianna Muselli, left, having an apple nametag seemed to make the process a little easier.



NICOLE DIMELLA/STAFF PHOTOGRAPHER

Ferguson, Brozak take to the airwaves

By BRAD BISHOP
THE RECORD-PRESS

Although the onset of Labor Day typically marks the beginning of the political campaign season, both U.S. Rep. Mike Ferguson (R-7th District) and his Democratic challenger Steve Brozak have already been on the campaign trail for weeks.

Brozak, a Westfield resident who has characterized himself as a "conservative Democrat," has kept an especially high profile. He was featured on the front page of the Wall Street Journal; gave a speech at the Democratic National Convention; presented a public rebuttal speech during the Republican National Convention; and appeared on CNN, UPN, and Fox.

Yet the question remains — can a Democrat, even with all the national recognition lavished on Brozak, truly compete in a district that went for Bush in the 2000 presidential election?

Ferguson defeated Democrat Tim Carden by 17 points in his 2002 re-election campaign, and appears to hold an enormous financial advantage over Brozak. As of June 30, the last date at

which candidates had to report on their fundraising activity, Ferguson had about \$1 million cash on hand compared to Brozak's \$205,000.

Though fundraising expectations for Brozak have been high, Ferguson's campaign manager Amanda Woloshen pointed out that Brozak has taken in only half the money Carden's campaign had generated by that point in 2002. Campaigns will be required to report fundraising totals again at the end of the month.

Regardless of where they currently stand financially, both campaigns have devoted funds for television commercials on cable stations throughout the 7th District, which includes portions of Union, Somerset, Hunterdon, and Middlesex counties.

One Ferguson ad focuses on his background as a teacher and touts a voting record that "reduces class sizes" and "strengthens accountability." Another ad backs Ferguson's dedication to the military and claims he "voted to give our troops the tools they need to win

(Continued on page A-2)

Deer control remains a top priority for SP Council

By GREG MARX
THE RECORD-PRESS

SCOTCH PLAINS — Township officials expect to meet sometime in the next few weeks with county representatives to again press the case for a deer-management program on the south side of the municipality, Mayor Martin Marks said at a council meeting Tuesday.

The township has already received conceptual support from the county for the project, but local officials are anxious to move ahead with efforts to curb what Marks called "a health hazard."

While the county has for some years had an organized hunt to cull the deer population

at Watchung Reservation, there is not a similar program to manage the population that resides in and around the Ash Brook Reservation, which is located almost entirely on the south side of Scotch Plains.

But with the number of deer in that part of town increasing steadily, and with the animals becoming a more visible presence in roads and backyards, even during daylight hours, Marks and the rest of the Township Council believe a hunt is necessary.

"It's said that it's come to this, but it's a health hazard," Marks said.

He said he believes there were about 70 deer-related accidents on local roads in 2002, and while numbers for 2003 were not immediately available, during the most recent

spring and summer Marks said he "saw at least one a day dead in the road."

The animal's presence on local roadways makes a serious human injury "only a matter of time," he said.

Some residents have requested "deer crossing" signs in their neighborhoods, but "at this point, every roadway we have is a deer crossing area," Marks added.

As the Ash Brook population has grown, some of the animals appear to have taken up residence in small, wooded areas in the surrounding neighborhoods, local officials said — a process that has been helped along by the fact that some residents offer the deer food.

Marks said he has been told by experts on the issue that a sustained, several-years-

long program to bring down the number of deer should allow the population to leave local neighborhoods and return to the reservation.

A ground census confirmed that the number of deer in the area is indeed in excess of state guidelines for a healthy population, he said. The next step in the process will be a more sophisticated aerial census, which cannot be undertaken until the leaves fall from the trees.

Assuming the aerial census confirms the population is too large, a hunt could happen this winter, Marks said. He said there is the possibility of a "financial partnership" between the county and municipality to pay for the process.

Café's demise raises tough questions about downtown

By BRAD BISHOP
THE RECORD-PRESS

SCOTCH PLAINS — A "grand opening" banner adorned with festive triangle-shaped red and yellow ribbon still dangled quietly in front of the Divine Essence Café, even as owner Crystal Smith busied herself sweeping debris from the floor and negotiating the sale of the last remaining pieces of furniture from her now-defunct East Second Street coffee house.

"I'm hoping to be out of here by the end of today," Smith said last Friday. "I'm going to take some time off and regroup, just think about the next chapter in my life."

Smith's café, an upscale, swanky coffee house and restaurant, opened in February. But after just six months, Smith decided to close the doors to an establishment many business leaders thought would fit perfectly into their vision of a revitalized downtown.

"It was the ideal business for our downtown, it was a real draw," said Councilwoman Nancy Malool. "It was just the kind of thing that could bring people

downtown."

"It was more upscale, and a little different," said Steve Goldberg, president of the Business and Professional Association. "It was a place you could have a cup of coffee after 4 p.m., and the location was good...We all thought (the café) would be a tremendous asset to town."

Divine Essence featured rare international coffees, salads, soups and sandwiches, all served in a warm, elegant, earth-toned atmosphere. Couches and coffee tables created a relaxing atmosphere near the café's entrance, while tables and a coffee bar provided patrons a more traditional restaurant setting.

And the eatery brought new customers into town at night, too, providing a stage for poetry readings, folk singers, jazz artists and other musicians. Smith had hoped to display paintings and sculptures created by local artists, increasing exposure for their talents.

But anemic business during the summer months prompted Smith, a township resident and former corporate executive,

(Continued on page A-2)



GEORGE PACIELLO / STAFF PHOTOGRAPHER
Instead of developing into a vibrant downtown destination as downtown boosters had hoped, the Divine Essence Café closed its doors after six months of operation last week.

Services mark 9/11 anniversary

Westfield and Scotch Plains will each hold small services this Saturday to commemorate the third anniversary of the Sept. 11 terrorist attacks.

The Scotch Plains ceremony will begin at 8 a.m. at Memorial Park. It will include a prayer program and the laying of three wreaths in memory of the local residents who were killed on that day. The opening game of the recreation soccer league will begin at the conclusion of the service.

In Westfield, the interfaith memorial service will begin at 1 p.m. at the Sept. 11 memorial on North Avenue, rain or shine. Honor guards from the local police and fire departments will be on hand for the occasion.

Each of the programs is expected to be brief, lasting no more than 20-25 minutes.

Café's demise raises tough questions

(Continued from page A-1)

to pull the plug on her project. "We just couldn't make a go of it," she said. "In this town there is absolutely no foot traffic... We were counting on people stopping by (on their way downtown) and coming in, but it didn't happen for us."

Smith's café opened while a special committee was brainstorming ideas to revitalize a downtown observers say provides some important services but cannot attract needed customers.

That committee, made up of business and property owners, analyzed ways to improve the downtown for more than six months. It eventually recommended that the township should create a special improvement district (SID) and hire a professional manager to attract new businesses and market the district to consumers.

But at two contentious Township Council public hearings a large group of downtown property owners flooded the municipal building, arguing assessments levied by a SID would be an unnecessary encumbrance. The organized opposition, combined with a lack of enthusiasm for a SID by the business community as a whole, prompted the council to vote against creating the district.

But, although the SID was rejected — at least for the time being — the problems that prompted local officials to consider the idea remain.

Besides the lack of foot traffic, the downtown lacks a diverse mix of retailers that could bring new customers into town — though it's not immediately apparent how to get one without the other. And although the business district is hardly a blighted area, the downtown's physical character should be improved and made a more attractive place to shop, advocates say.

Goldberg said the downtown has numerous positives, including successful stores that sell collectibles and antiques. And interesting new businesses are continuing to test the township's downtown market, such as Gameland on Park Avenue, which opened last week (See story on Page A-3).

Even Smith said the township has "very strong demographics" which should lead to a successful downtown. But without a destination retailer such as an upscale clothing store, the

township will continue to have difficulty attracting shoppers from nearby business districts such as Westfield, Goldberg said.

"I think people still use Westfield as a downtown shopping area, and until the downtown becomes more walker-friendly, it will be difficult" to attract more customers, Goldberg said.

"Scotch Plains is going to have to come up with a different way to manage the downtown," Smith said. "We need a business manager to encourage different types of vendors to come in."

Smith also said the downtown business community lacks cohesiveness, that new businesses "are on their own" when they set up shop downtown.

Addressing problems like these would likely have been a priority for a SID manager, Malool said. But without the support of the business community, the council was not going to force a SID on the downtown.

And oddly, Malool said, though Smith was asked to come to the public hearings in support of the SID several times, she never did. "If (Smith) and people like her who supported the SID had come to (public meetings) the fate of the SID might have been different, she said.

The perception that an exclusive clique exists among downtown stakeholders was also frequently voiced at the SID hearings in May. Goldberg acknowledged that while the BPA invites anyone who has a stake in downtown to participate, a small group of people have usually been involved with BPA-related events.

But the BPA can't bring the downtown community together unless more people are willing to give their time to the organization, Goldberg said. The BPA will be holding a meeting in October to discuss the future of the group and get an idea about what changes — if any — the business community wants.

"We want to get input from folks, but we don't know what to do at this point," said Goldberg. "Sometimes it feels like we're spitting in the wind, and it comes back in our face."

For business owners like Smith, who tried to advertise and promote her café virtually alone, a downtown community willing to pool its money or time to market itself could mean the difference between success and failure.

"Up to the last day, we had residents coming by that said 'We didn't know you were here.' It's very easy to be missed in Scotch Plains," she said.

Parking management efforts updated

(Continued from page A-1)

responded, 542 wish to remain on the wait list and 50 asked to be removed from the list. 68 residents did not respond to the letters.

In the first week of August, the town offered to sell 50 additional permits for the lot to residents on the wait list. As of Tuesday, 17 had accepted the offer, and 3 declined. 30 have yet to respond to the offer, so the parking department will be attempting to contact them to ascertain their interest.

But Gildea was hopeful that with an 85 percent acceptance rate, the stated goal of selling 700 permits would be accomplished soon.

"If we get the same rate on the first 20 we sent out, we could be in the 690s very quickly," Gildea said. "We're filling up the lot."

Councilman Sal Caruana said the town's original redevelopment proposal, which envisioned a large parking structure on South Avenue, would have required 600 new permit buyers. He pointed out the new wait list is likely smaller than that number, even with the addition of 35

new names over the course of the summer.

At the Watterson Street lot, 132 permits have been sold for 104 available parking spaces. The town is not increasing the overall rate at the lot because of ongoing construction at the South Avenue traffic circle; a portion of the lot is temporarily being used for equipment and vehicle storage.

Parking Director John Morgan said the parking wait list includes three separate lists: residents who already have permits at the Watterson Street lot, residents who want to be considered for the South Avenue lot only, and residents who seek permits for either lot. At the top of all three lists are names originally put on the list at the end of 2000 or the beginning of 2001.

Annual and semi-annual permits at the Watterson Street lot are sold at a reduced rate.

The town began a daily permit program at the beginning of August. For \$5, the town is selling permits to commuters between 7-9 a.m. weekdays. In the first three weeks of the program, the town has sold between 60 and 75 daily permits per week

at the South Avenue parking lot.

The town is also beginning an overnight parking system, selling annual parking permits to downtown residents for \$360 a year. The program, which has drawn numerous complaints from downtown residents, would allow permit holders to park overnight in the lot behind Barron's Drug Store. So far, 12 residents have purchased permits for the so-called "night owl" program.

Although overnight parking has never been officially permitted in public parking lots, the prohibition has been loosely enforced. The town will begin enforcing the overnight parking laws in the next week or two; currently, police are leaving warning notices on cars parked overnight in municipal lots.

Gildea said he also plans to alter parking signage downtown to better indicate available parking options. Several residents have complained that some existing signs, particularly in the Prospect Street employee parking lot, give shoppers the mistaken impression they cannot park in certain lots over the weekend. — Brad Bishop

Airwaves

(Continued from page A-1)

the war on terror."

The Brozak campaign, however, has countered with an ad attacking a congressional appropriation formula that resulted in New Jersey being relegated to 41st in per capita homeland security funding; Wyoming is ranked first, a feature the campaign put to visual effect with contrasting images of New Jersey's urban landscape and Wyoming's cattle ranches.

"There are more bins being protected in Wyoming than people in the state of New Jersey," said

Brozak staffer Julie Roginsky. She said Brozak will continue to attack Ferguson's voting record, which she says has coincided with the Bush administration's position 92 percent of the time.

Brozak, a retired Marine, said Ferguson voted to provide only half the increase in health care funding deemed necessary by the House Veterans Affairs Committee. He attacked Ferguson's cozy relationship with pharmaceutical companies, assailed the congressman's opposition to unrestrained stem cell research and decried Ferguson's record on airline security.

"How do you justify not being prepared to do bag screening at airports? Where is (Ferguson's) voice

out there voicing the concerns and security interests of the 7th District?" Brozak said.

In response, Woloshen pointed to Ferguson's efforts to secure homeland security grants across the district, including a \$75,000 grant for the Garwood Fire Department and \$134,000 for the Westfield Fire Department.

And she said Brozak would roll back tax cuts Ferguson endorsed for a district that has among the highest median incomes in New Jersey.

"Brozak is a liberal Democrat who was endorsed by Howard Dean," Woloshen said. "Like Dean he says he wants to raise taxes on workers and families," she continued, highlighting Ferguson's votes to double the child tax credit to \$1,000, eliminate the marriage penalty, cut capital gains taxes and reduce taxes on 401(k) plans.

Though both campaigns have been publicly debating the issues in the media for weeks, they appear to agree a formal debate should be held in the coming months. Brozak's campaign has requested a series of five debates; Ferguson's campaign confirmed that a debate would be held before the election but declined to say how many debates would be scheduled or whether they would be televised.

Brozak was scheduled to hold a fundraiser with retired general and former presidential candidate Wesley Clark on Wednesday and has pledged to continue his very active schedule in the weeks leading up to the election. His website indicates a Sunday Brunch will be held in Westfield with U.S. Rep. Steve Rothman (D-9) on Sunday, Sept. 19.

"The tempo has been very busy, but we're going to kick this up several notches," Brozak said.

BARGAINS OF THE MONTH

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A new home for coffee lovers, computer geeks

Gameland opens in Scotch Plains

By BRAD BISHOP
THE RECORD-PRESS

SCOTCH PLAINS — A Park Avenue business that opened up its doors last week aims to transplant a high-tech West Coast phenomenon to New Jersey.

Gameland, an unusual hybrid cafe at which computer gaming enthusiasts rub elbows with gourmet coffee and pastry lovers, opened its doors last Thursday. The store's owners, Fanwood residents Mitchell and Cheryl Bruntel, say the concept is very popular in Korea and is increasingly popping up in California.

But their inspiration came from one of their favorite coffee houses in New York. The Bruntels said Moomoun's in the Village offered customers a variety of different ethnic foods and a great selection of board games.

"We want this to be a place where people can come in and hang out, kind of the way they did at Moomoun's," Cheryl said.

"But we're not trying to be an Internet cafe," Mitchell explained.

"Most of the Internet cafes I've seen either have bad coffee or bad technology or both," he continued. "We're trying to do two state-of-the-art businesses."



Gameland serves up gourmet coffee and treats, but the main attraction may be the computers.

Customers can choose any of the 25 to 30 games from the cafe's network, and compete against someone as close as one terminal away or as far off as another country. Computer gaming, the Bruntels say, has developed into a culture all of its own.

"It's a social experience," said Cheryl, explaining the allure of playing computer games in a friendly, public atmosphere. "After all, why would people go to a movie theater when they can rent a DVD at home?"

"We're basically what replaced the arcade," Mitchell said.

For video game fans, the cafe will soon feature a section for Xbox fans in the rear of the building. That area may be open when the couple holds the business's grand opening later in the month.

But Gameland offers more

than just video games for its customers. Internet-browsing, imaging, and practically every kind of computer application can be done on the company's network. Customers can pay for the use of computer terminals by the hour, or purchase weekly or monthly passes, the Bruntels said.

The couple hopes their cafe becomes a destination for middle school and high school students who want a place to hang out after school. They pointed out that the computers can be used to complete many school projects. And the cafe will be offering educational games as part of an after school program they are developing.

The cafe's other specialty, of course, is the coffee. The company offers hot and cold drinks such as the "Cool-aah," the "Crunchy-Munchy," and the "Foozy."

Coffee specials include "Jamaican Me Crazy," "Jungle Nut," and a menu that will include other weekly specials. All muffins and other treats are baked at the cafe.

"We hope people see us as coffee experts," Mitchell said.

"We've attended seminars and taken training courses," said Cheryl. "It's more than going to a wholesaler, buying beans and turning them into coffee."

A customer from Little Falls paused his own game long enough to explain that the cafe is exciting and original, and pointed out he would be willing to make a visit all the way from Essex County.

"I manage two cafes in Little Falls and I've never seen anything like this," he said. "I would definitely look at opening something like this (myself) — it's a very happening place, bright and colorful."

Board hearing on Broad St. project pushed back to Oct.

By BRAD BISHOP
THE RECORD-PRESS

WESTFIELD — A developer proposing to construct a three-story, mixed-use building on East Broad Street has postponed a Planning Board hearing until at least October.

The proposal by A&R Westfield Broad Street, LLC to build a 40-foot tall building on an existing 18-space parking lot between Verizon and Hunan Wok III was scheduled to be heard at the board's regular meeting Thursday night. But the applicant asked the hearing be delayed, and requested a special hearing be held in October.

The developer is proposing to construct a building that would include about 1,200 square feet of ground floor retail and eight apartment units on the second and third floors. The facility will preserve 10 parking spaces, though those spaces require variances for approval because of a tight configuration.

Because the 18 parking spaces were originally approved for use by employees of the PNC bank building back in 1975, elimination of spaces would change the conditions of that building's approval.

Therefore, the developer — who also holds an ownership interest in the PNC building — is attempting to reclassify the building's second and third floors as storage space, thereby reducing parking demand to a point that existing on-site parking would meet code.

The developer intends to file a future application to allow condominium units on the second and third floors of the PNC building.

An engineer hired by the developer has recently filed a report claiming "the overall development plan will not significantly change the site's rate or quantity of runoff" with construction of a new storm sewer on the site.

An evaluation of the project by Town Planner Blais Brancheau is expected by the end of the month. A summary by the Board of Architectural Review opposes the project, arguing the building would tower over nearby single-story buildings and negatively impact pedestrian safety by creating a narrow sidewalk.

At a concept hearing on the development in May, A&R principal Irwin Ackerman presented professionals who argued the building would make the streetscape continuous, provide a retail use encouraged by the land use ordinance, and add needed residential units to the town's housing stock.

The project's file is available to the public between 8:30 a.m. and 4:30 p.m. at the public works building on North Avenue.

Town Council hears report on project's finances

(Continued from page A-1)

The project's financing, long a point of contention between deck opponents and supporters, relies on a nearly across-the-board increase in parking fees. Daily commuter and employee parking permits, now sold for \$702 per year, would be increased by \$6.50 per month to reach an annual cost of \$780.

And on-street parking meters would increase from 50 cents per hour to 75 cents per hour. To encourage shoppers to park off the street, short-term meters at municipal lots would remain at 50 cents per hour.

This additional revenue, combined with payments in lieu of

taxes from developer HKT Nassau and other increases in parking-related revenue — new technology and stepped-up enforcement are expected to bring revenues well above the \$1.2 million anticipated in 2004 — would be enough to cover the debt service, maintenance, and operating costs created by the project, according to a memorandum to the council written by McDermott.

In objecting to at least one element of the plan, Councilman Sal Caruana said any unanticipated parking revenue would ordinarily be allocated to offset the property tax burden for residents.

"We're taking \$300,000 of

their money and funneling it over to this project," Caruana said. "The statement that the Westfield taxpayer is not bearing the burden of this project is wrong."

But Councilman Larry Goldman countered that much of the parking revenue surplus is attributable to increases in parking fees originally put in place to finance a parking structure of some kind.

"(They) would not have been put in place unless some kind of a parking structure was anticipated," Goldman said.

And McDermott argued that when all costs are considered, the project would be self-supporting even without dedicating

\$2.2 million gained in revenue from land sold to the developer. An earlier financing plan for a redevelopment project that included a second, larger facility on South Avenue would have relied on land sales to offset costs.

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Fundraisers in Fanwood

FANWOOD — The campaign for two seats on the Borough Council is getting underway in earnest, as both parties have events planned to raise funds and introduce their candidates.

Democratic incumbents Kathy Mitchell and Joseph Higgins were scheduled to host a fundraiser at the Sun Tavern 7-9 p.m. Thursday, Sept. 9, with a suggested donation of \$35. For more information about the Committee to Elect Mitchell and Higgins, contact Bill Populus at (908) 789-7577 or visit their web site at www.Fanwooddems.com.

Republicans will host a "meet and greet" 2-6 p.m. Sunday, Sept. 12 at the home of Karen Paardecamp to introduce candidates Maureen Mawby and Joel Stroz. The price is \$10 per person. Call (908) 889-9544 for additional information.

And a GOP fundraiser will be held 6:30 p.m. Monday, Sept. 20 at Il Sogno on South Avenue. The price is \$30. To register, call (908) 889-4300 or e-mail claypierce@aol.com by Sept. 17.

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Commentary

Remembering September 11th

To the incredible tragedy and outrage of the terrorist attacks on the World Trade Center and the Pentagon, a tiny injustice was added by a quirk of timing. The attacks, of course, occurred on Sept. 11, 2001 — meaning the anniversary will always fall just after Labor Day, just as the political campaign season is getting under way.

It is natural and right that our elected officials will talk about Sept. 11 — they would be derelict not to. But to any politician prone to wrapping himself in the flag — that is, most of them — the temptation to associate oneself, usually undeservedly, with the heroism demonstrated on that day can be great. Combined with the pressure of the campaign season, it can be overwhelming.

The result is a steady stream of political banalities that serves to obscure the meaning of what happened that day rather than amplify it, a string of homilies on the American spirit combined with the mantra, "9/11 changed everything." Members of both political parties have contributed to this phenomenon, but it was perhaps most clearly demonstrated at the recent Republican National Convention in New York City, when some speakers seemed almost wistful for that day and the weeks that followed.

Perhaps it rings false when many politicians talk about Sept. 11 because there is no way for them — or this page, for that matter — to articulate what Americans, and residents of this area in particular, already know: while 9/11 did in fact "change everything," that change was felt more keenly by some. And there should be no way to co-opt the emotional power of their grief for any political purpose or campaign, no matter how well-intentioned.

That day should be remembered not through the elaborate spectacle of political theater, but by way of reflection about the lives that were cut short, the families that were torn apart, and the extraordinary, community-based efforts, some of which are still ongoing, to come to their aid.

A number of low-key remembrance services in the area this weekend recognize that what is needed, more than political rhetoric, is a solemn moment to pause as a community, to recognize the losses suffered and sacrifices made, to express gratitude for what we still have, and to ask what more we can do to help those in need.

Americans don't need lectures or speeches about the "American spirit," after all. They're too busy demonstrating it.



Letters to the editor

Efforts persist on behalf of families

To The Record-Press:

As we approach the third anniversary of Sept. 11, 2001, we all remember clearly where we were that day when the devastating news hit us hard, and the subsequent call to action that our community heeded to help our local families.

As director of the United Fund of Westfield, it has been my honor to work closely with our 12 Westfield families whom I have grown to love and respect. To help these families in crisis, our September 11th Committee used their extensive professionalism and volunteerism to develop a plan to respond to the families' financial and emotional needs. This document became a model for dozens of United Ways in the metropolitan area and for anyone who requested our help.

Our service agencies, supported by the community through the United Fund of Westfield, also were invaluable in providing everything from on-going counseling to transportation to Ground Zero to anything to help them maintain some sense of balance.

Our community is one of caring. That is why my job is so rewarding. When two out of three Westfielders call on us for help everyday, the United Fund and its 20 agencies can respond because of the support of our community.

We continue to respond to our 9/11 families. We continue to have a monthly support group that meets in the Westfield United Fund office. Some of our families have moved, some have remarried, and some have had babies, and all are trying to move ahead. We all still keep in touch, because there is a bond that will always be there.

We made a promise to our families in 2001 that we still hold to: we are here for you now, and we are prepared to be with you for all of the tomorrows to support you emotionally and financially. We will get through this together, and that is exactly what we are doing.

LINDA MAGGIO
Executive Director
United Fund of Westfield

Opponent: Freeholders abuse office

To The Record-Press:

I read Kurt Mueller's Aug. 27 letter to the editor that appeared in your paper with great interest. It seemed that Mr. Muller felt the "free" concert, paid for by taxpayer dollars, was more of a political convention for the Democratic candidates for the Union County Board of Freeholders.

I, a candidate for freeholder on the Republican ticket, attended that concert and agree with Mr. Muller's assessment.

I also attended the "free" concert in the public park the following week. I came prepared to hand out my palm card just as they did the week before, but I was told by a county official who organized the event that I was not allowed to pass out my literature. I was then escorted from the audience.

The issue of tax dollars being used in campaigns is an obvious offense that is easily masked through the guise of public information and special events. The nine-member Union County freeholder board is made up entirely of Democrats. Their department is nothing less than a campaign headquarters and their war chest is the county coffers.

Using public resources for political gain is outrageous enough. Denying a citizen his free speech rights at a public event in a public park is outright unconstitutional.

There is no balance of power in Union County, and the elected officials are running slipshod with the public trust.

JOE RENNA
Cranford

Jersey Boy



Mike Deak

Getting inside the hamster cage

No matter how much I make my brain grunt, I can not conjure any pleasant memories of high school.

It was not the fault of Somerville High School. It was (and is) a great school offering a fine education. It was my fault that those four years were (and are) a vacuum. I never grasped the concept of "high school" and I never quite figured out what my role should be. It didn't help that I was a funny-looking, funny-sounding nerd with too much book smarts and no street smarts. Sure, in the long run I ended up going to a great college and having a semi-respectable job, but I didn't have what is commonly considered the fun of the high school experience. It just was not meant for me.

I think I realized that early on in my high school days, back in the fall of 1970. Just a few weeks after school started, my teeth were liberated from braces and I was picked to serve on something called the Student Grievance Committee on the basis of an essay I had written (a portent for the future when everything good in my life came from my writing ability). But I still couldn't find a comfortable part in the unfolding reality show of high school; I felt like a misplaced and forgotten hamster looking into the cage where the happy hamsters were and wishing I was imprisoned there too.

I guess that was the reason why I wanted to go to the first football game between Somerville and Immaculata at Brooks Field on Oct. 23, 1970, just three days short of my 14th birthday. Going to a football game was part of the high school experience; it was a hole in the hamster cage. (It would be eons — at least in teenage time — before I realized the football game was not as important as what happened after the game. I really was a slow learner.)

But it wasn't easy going to a game. I lived in Neshanic Station in the remote southeast corner of Branchburg where you could still hear roosters announce the dawn, so you had to get a parent to make the 20-minute drive, then have the parent either hang around or time a return for the end of the game ("Here's a dime. Call at the end of the third quarter.") So I remember waiting in the frosty penumbra of the streetlight at the corner for Barry Totten (sorry for dragging you into this column, Barry) and his father to pick me up for the drive to the bright lights of Brooks Field.

We knew this was going to be a big game — we even had a pep rally in the gym that afternoon — and there was a deep disdain between students of both schools. I don't know whether the source of that disdain was anything more meaningful than the natural adolescent tendency for artificial rivalry. Or it might have been an unsaid and undefined tension rising from the crazy political currents of the time — the conservative Immaculata versus the liberal Somerville. All I knew was that we wanted to destroy Immaculata.

Not surprisingly I remember little of the game, except that Somerville, with one of its best teams in years, had an easy time with Billy Setzer — also from Neshanic Station! — and Dale Robinson running all over the Spartans. I remember having trouble finding my newfound Somerville friends in the teeming crowd and having trouble making eye contact with the girls who faintly stirred my blood. I felt overwhelmed and slightly lost and when the game was over, I still felt like an outsider because I wasn't walking home like everyone else, but was being driven back to the dark and empty boondocks.

Yet that game remains one of the less unpleasant memories of high school. After all, thrashing Immaculata was always a good feeling, and I do remember thinking, "This is what high school is all about!"

That evening also turned out, through the perspective of decades since, to be a turning point. I realized I would never be the jigsaw piece that completes the picture and that I was always going to be an outsider — a trait, like my writing ability, essential to be a successful journalist — yet, after these years, I still yearn to be in cage with all the happy hamsters.

The Record-Press is here for you

The following information should help you get your ideas and community news into *The Record-Press*:

Call Editor Gregory Marx at (732) 396-4219 with story suggestions, questions or comments. For sports, call (732) 396-4202.

Our address: *The Record-Press*, 301 Central Ave., Clark, NJ, 07066.

Our fax number is (732) 574-2613.

Our e-mail address is union@njnpublishing.com.

Deadlines

The deadline for submitting articles and press releases to *The Record-Press* is 5 p.m. Friday.

The deadline for submitting letters to the editor is 10 a.m. Monday.

Correction policy

The Record-Press will correct errors of fact, context or presentation and clarify any news content that confuses or misleads readers. Please report errors to Editor Greg Marx at (732) 396-4219.

Letter policy

Letters may be edited for content, brevity, good taste and libel. Letters should be typewritten and include the writer's daytime telephone number for verification, if necessary.

Send letters to the above address or fax number.

Photographs

We welcome submitted photos — color or black-and-white — of community events. Individuals in the photos should be identified and clearly visible. If you would like a reprint of a photograph taken by a staff photographer that appeared in *The Record-Press*, call the photo department at (908) 575-6708 for a reprint request form.



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SATURDAY IS THE THIRD ANNIVERSARY OF THE SEPT. 11 ATTACKS. HOW HAS THAT DAY CHANGED YOUR LIFE?



JULIUS CARALLO
Roselle

People are not going on vacation because of the stress level of traveling and the fear factor of September 11. Personally, I'm nervous about traveling into the city.



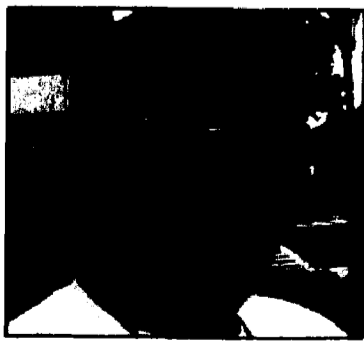
MAUREEN HANSON
works in Cranford

Since Sept. 11 the economy has not been the same — we're more cautious with everything, right down to the amount of money we're spending.



LAURIE CHARKOWSKY
Cranford

You don't feel that safety net anymore, and there is a lot of fear and insecurity about the world. You think twice about traveling...and I think Sept. 11 has affected the economy. The terrorists did what they set out to do.



RAY BRIBESCA
Cranford

My life has changed a lot. When I board a plane, I look at the next guy a little harder than I used to. Before, I would get on the plane and just fall asleep.



GARY NAGAN
Fanwood

I would say there has been no real change (in my life).



HERB WAY
Scotch Plains

Our government has become totally paranoid and there has been a wholesale attack on our First Amendment rights. This kind of behavior dishonors the people who died on Sept. 11 — when (the government) makes you live in fear, the terrorists have won.

Learn how to manage difficult clients

WESTFIELD — The Westfield Area Chamber of Commerce (WACC) invites members and non-members to a valuable networking breakfast and workshop titled "Managing Difficult Clients," with executive coach Debra Hirsch.

This intensive program will be offered 9:30-11:30 a.m. Tuesday, Sept. 21 in the conference room at the Downtown Westfield Corporation offices, 105 Elm Street.

A light continental breakfast will be served.

Participants will learn to develop more productive relationships with clients, handle conflict more effectively, turn a "bad" conversation into a good one and develop win/win alternatives.

The program is designed to benefit businesses by helping owners and managers retain clients longer, be more productive, and reduce stress.

A Wharton School graduate, Hirsch has 17 years of experience working with dozens of clients as a senior executive of a top New York Advertising Agency.

She built strong working relationships with numerous clients, including Procter and Gamble, General Mills, Pillsbury, PaineWeber, and Burger King, and coached her staff to do the same.

She left the advertising business in 2002 and received coaching training from one of the nation's leading coaching schools. She has been doing both business and personal coaching for the past two years.

WACC members may participate at no charge. There is a \$10 fee for non-members.

For more information or to reserve a space, please contact the Chamber office by Sept. 15 at (908) 233-3021.

Police Log

WESTFIELD

A Sandra Circle resident reported Sept. 1 her vehicle was stolen while parked in front of her home.

On Sept. 1, a Prospect Street resident reported the theft of several glass goblets, trays, and some silver spoons from different parts of her home.

Two individuals reported their bikes were stolen from in front of a North Avenue eating establishment on Sept. 2.

Reported stolen were a blue 24-inch, 21-speed woman's Schwinn and a blue 24-inch, 21-speed woman's Ariens.

A resident on the 1000 block of Irving Avenue reported the theft of a Honda Civic Sunday. Also reported stolen was a DVD player from inside the victim's residence.

Officers arrested Amy Matlosz of Westfield for possession of heroin on Sunday.

Matlosz was held on \$10,000 bail, and was also held on an outstanding warrant out of Elizabeth.

Helen Ekweonu, 22, of Newark was arrested for shoplifting at a business on North Avenue on Monday. She was released after posting \$300 bail.

Ekweonu was also arrested on an active warrant issued by the Woodbridge Municipal Court; she was released from that municipality after posting \$500 bail.

Lindsay Garner, 28, of Westfield was arrested for driving while intoxicated on Monday. Breath test results indicated a blood alcohol content of .23, police said. Garner was issued a summons and released to a responsible adult.

LEGALS

LEGAL NOTICE
WESTFIELD PLANNING BOARD
SPECIAL MEETING
Notice is hereby given that the Westfield Planning Board will hold a Special Meeting on Monday, September 20, 2004, at 8:00 p.m. in Council Chambers, 425 East Broad Street to discuss the following:
Planning Board to review and discuss draft ordinance prepared by Town Planner, Blais Branchau at the request of the Code Review and Town Property Committee of the Town Council, which would create a new conditional use for age restricted housing for proposed development on Prospect Street.
Kenneth B. Marsh, Secretary
Westfield Planning Board
RP4 JT 9-10-04



Council recognizes Scouting volunteers

The Girl Scout Appreciation Pin was recently presented to Jeannine Hughes, Brenda Ames, Kathy Kattak, Melanie Grencl and Janet Smith in recognition of their outstanding contribution and service in promoting the program, goals and ideals of Girl Scouts in Westfield. Given by the Girl Scouts of Washington Rock Council, Inc. at the annual Adults Awards and Recognition evening, the Girl Scout Appreciation Pin recognizes adults who have delivered outstanding service to at least one service unit or program delivery audience.

Jaycees raffle tradition is revived

The Westfield Jaycees and CONTACT We Care, the 24-hour crisis hotline, are teaming up to revive an annual tradition by selling a limited issue of 400 tickets for a chance to win a 2004 Mercedes C230 Sport Sedan from InterCar Mercedes Benz of Newton. The proceeds will benefit both CONTACT We Care and the Westfield Jaycees Foundation scholarship fund.

Each of the 400 tickets available sells for \$185 and admits two people to a gala dinner dance at Temple Emanu-El in Westfield on Saturday, Oct. 23.

All 400 tickets will be drawn over the course of the evening, with the first ticket and many others winning a variety of door prizes. The last ticket left in the

barrel, to be drawn just before midnight, will win the Mercedes, which has a retail value of \$34,700.

The event will feature food by Al's Prime Meats of Garwood, music by DJ Jon-Roc, and beer, wine, and soft drinks.

Jeff Stirrat, chairman of the board of directors of CONTACT We Care and a member of the Westfield Jaycees, is organizing the new Mercedes raffle.

Stirrat had always been fond of the event and as people asked him, "Whatever happened to that great raffle you guys used to do?" he realized it would make a marvelous fundraiser for CONTACT as well as the Jaycees. With that inspiration, the raffle was reborn.

"The Mercedes raffle will be

the most significant fundraising event for the Westfield Jaycees Foundation Scholarship Fund this year," said Jeff Pinkin, president of the Westfield Jaycees. Westfield Jaycees Scholarships are awarded to students in need.

CONTACT We Care is a 24-hour crisis hotline. Highly-trained volunteers provide crisis intervention, reassurance, support, and information and referrals on community resources to callers throughout New Jersey. It is a United Way agency affiliated with CONTACT USA, Lifeline International, the Kristen Brook Hope Line Network (1-800-SUICIDE), and the American Association of Suicidology.

One of its primary missions is to prevent suicide by offering an active, caring listening resource to callers in emotional distress. It also reaches out to the homebound elderly through Senior Ring and Care Ring programs.

Information about the raffle is available at (908) 301-1899.

Welcome Tea is Sept. 23

FANWOOD — The Scotch Plains-Fanwood Newcomers' Club invites new residents and those who have been through a recent lifestyle change such as a marriage, a new baby, or change of employment to attend the annual September Welcome Tea.

It will be held at 8 p.m. Sept. 23 at Fanwood Presbyterian Church. At the Tea, current club members will highlight the year's upcoming activities such as book discussions, bowling, gardening, cooking, playgroups, and scrap-booking.

In an effort to welcome new residents to the area, local businesses are donating gifts for the event.

The Scotch Plains-Fanwood Newcomers' Club, a non-profit social organization, offers daytime and evening activities for women and their children.

For more information about the club or the upcoming September Welcome Tea, see the club website at <http://scotch-plains.com/newcomers/> or contact Diane McGuinness at (908) 389-9475.

Carpal Tunnel Code May Have Finally Been Cracked

Clark, N.J. - "Until now only a small number of lucky patients have been exposed to this amazing discovery that has literally "cracked the code" for these carpal tunnel sufferers. Now with the unexpected release of this little known information, you may be able to say goodbye to your carpal tunnel symptoms. Best of all you can check it out for yourself for FREE if you like...in the revolutionary new 8 page report, "The Amazing Missing Link to Solving Carpal Tunnel Without Drugs or Surgery." For your free copy, just call toll-free 1-800-286-4937 and listen to the 24 hr recorded message for all the details. Call now, supply is limited.

Westfield Railroad Days Ride The Steam Train



Enjoy a 1.5 hour trip on the Scenic Raritan Valley Line from Westfield through the countryside of Middlesex and Somerset County towards North Branch and return. The train will be pulled by Susquehanna STEAM LOCOMOTIVE #142 and will consist of vintage cars, Diner and a Gift Shop. The train ride will be the centerpiece of the "Railroad Sales Days" promotions. Come "Discover Westfield" and kick off Westfield's Adams Family celebrations.

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Ellsberg's life is subject of two talks by Boothe

WESTFIELD — The extraordinary life of Edward Ellsberg, a Westfielder involved in perhaps the most important day in the 20th century, D-Day, and the biggest issue in the town in the century, whether and where to locate a replacement for the Elm Street High School, will be presented by former Mayor Bud Boothe in two separate programs for the Westfield Historical Society. Both programs will be on Friday evenings, 7:30 p.m. in the Community Room of the Westfield Municipal Building.

The first program, dealing with Ellsberg and his role during the D-Day invasion, will be on Sept. 17. The other program, dealing with his decision while on the Westfield Board of Education, will be on Nov. 19.

Known as Commander Ellsberg, the career Navy salvage expert gave key advice that contributed to the success of the D-Day invasion, notwithstanding sticky issues between Britain and the U.S. and the respective military leaders. He was heavily involved in getting two prefabricated "Mulberry harbors" up and moved from England to the invasion coast.

In this month's program, Boothe will discuss Ellsberg's Naval career, including interwar submarine salvages and harbor clearings in the Red Sea and North Africa. The main focus will be an explanation of the Mulberry Harbors and how the project almost failed. Participants included both the King and Winston Churchill.

Boothe admits to being an Ellsberg van and follower for more

than 40 years. "I knew he had lived in Westfield before and during World War II, and when I learned he had been on our Board of Education, I had to do a program on his contributions to the war and to the community. Ellsberg is a fascinating person, and a very comprehensive and easy to find website about this career and family is on the web. He died in 1982 at 91."

On the Nov. 19 program, Boothe will discuss Ellsberg's importance to the Town of Westfield while serving on the Board of Education from 1935-39. Although he says he couldn't find any discussion of what Ellsberg did on the board during that period, he knows it was during the Depression and while the board was struggling over whether to replace, expand or keep the high school in the Elm Street building. Boothe believes today's residents will be amazed at some of the alternatives and sites that were considered. He will discuss Ellsberg's fight with the Board on a site that finally went to the voters, who sided with him 4-1.

Those interested may want to visit the "official Edward Ellsberg" web site, created by his grandson Ted Pollard, and peruse the 100 letters he wrote to his wife in Westfield from D-Day England, under the tab, "Normandy Letters" — covering FDR's quest for a fourth term to German generals to family affairs to fixing the family furnace.

The program is open to the public, and veterans of the D-Day invasion and their families and World War II buffs are invited to come and participate.

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The Star-Ledger
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This week

**THURSDAY
SEPT. 9**

AUTHOR APPEARANCE — by amateur historian Feather Schwartz Foster, at the paid-up membership dinner of Congregation Beth Israel's Hazak social group. Foster will discuss her book "Ladies: A Conjecture of Personalities." 6 p.m. \$7 members, \$10 non-members. Congregation Beth Israel, 18 Shalom Way, Scotch Plains. (908) 889-1830.

CARRIAGE HOUSE POETRY READING — featuring B.J. Ward, visiting professor of creative writing at Richard Stockton College. 8-10 p.m. Patricia M. Kuran Cultural Arts Center, Watron Road, Fanwood. Free. For more, call (908) 889-7223.

MEET AND GREET — get to know Fanwood Democratic Borough Council candidates Kathy Mitchell and Joseph Higgins. Sun Tavern, 15 South Ave., Fanwood. 7-9 p.m. \$35 suggested donation. (908) 789-7577.

**SATURDAY
SEPT. 11**

FALL FISHING DERBY — for People with Disabilities; an

annual event sponsored by The Union County Board of Chosen Freeholders and the Newark Bait and Flycasters Club. 10 a.m.-2 p.m. Echo Lake Park, Mountainside/Westfield border. Register at (908) 527-4096.

'SALT LAKE CITY LIBRARY' — a talk on planning your trip to the genealogical treasure trove, hosted by the Genealogical Society of the West Fields. Program Room at the Westfield Memorial Library. (732) 793-7513.

**MONDAY
SEPT. 13**

KNIGHTS OF COLUMBUS GOLF OUTING — sponsored by the Council 6226 of Cranford. 1 p.m. High Bridge Hill Country Club, High Bridge. \$125 per golfer. (908) 276-6189 or (908) 709-1550.

GOLF OUTING — 18th annual event to benefit the Linden-based Center for Hope Hospice & Palliative Care. Roselle Golf Club \$150 for the full day, \$60 for dinner only. (732) 244-1044.

HYPERTENSION SCREENING — free clinic for Scotch Plains residents. 10 a.m.-noon. Scotch Plains Public Library Community Room, 1927 Bartle Ave. **WESTFIELD AARP MEET-**

ING — featuring guest speaker Dr. Jon Salisbury, who founded Visiting Physician Services. Social period begins 1 p.m. Presbyterian Church, Broad Street and Mountain Avenue. (908) 232-1362. **'ELEMENTARY CURRICULUM EXTRAVAGANZA'** — for parents of elementary-school children in Westfield 7-8 p.m. Westfield High School, Dorian Road.

Edward Ellsberg. Hosted by the Westfield Historical Society. 7:30 p.m. Community Room, Westfield Municipal Building.

**SATURDAY
SEPT. 18**

KIDS KINGDOM — the "Traveling Jubilee" returns to Union County, bringing clowns, jugglers, pony rides and more. Noon-6 p.m. Nomahegan Park, Cranford. Free admission. (908) 436-2900.

GARAGE SALE — benefiting the First Unitarian Society of Plainfield. 9 a.m.-3 p.m. 123 Second St., Fanwood. (908) 756-0750.

SUMMER AT THE BANDSTAND CONCERT — featuring Nashville-based singer/songwriter Mark Johnson. 3-5 p.m. Free. Kuran Arts Center, on Watson Road on the grounds of Fanwood Borough Hall. (908) 889-7223 or (908) 889-5298.

**SUNDAY
SEPT. 19**

USED CLOTHING DRIVE — sponsored by Temple Shalom of Fanwood. 9 a.m.-12:30 p.m. Union Catholic High School, 1600 Martine Ave., Scotch Plains. Proceeds will be distributed in impoverished areas of Africa and Eastern Europ. (908) 889-7467.

p.m. For more information, call (908) 754-7422 or (908) 754-7826 or e-mail ponell@arcunion.org.

ART EXHIBIT/AUCTION — and wine and cheese reception, featuring Italian artist Guido Borelli da Caluso. A benefit program for the Kenilworth Historical Society's "Restore the House" campaign. 7 p.m. Oct. 1. Schering-Plough complex, 2000 Galloping Hill Road, Kenilworth.

FANNY WOOD DAY CELEBRATION — ninth annual event celebrating Fanwood's history, this year featuring a beard-growing contest. Oct. 3. (908) 889-6072.

SIDEWALK ART SHOW AND SALE — in downtown Westfield, with prizes totaling \$1,500. 10 a.m.-5 p.m. Oct. 9; registration closes Oct. 1. For an application, call (908) 233-1849, (908) 789-9444, or (908) 233-3021.

TRICKY TRAY GIFT AUCTION — third annual event to benefit the Cerebral Palsy League. Oct. 24. Donations are now being accepted; call Melissa Taveras at (908) 709-1800, ext. 115.

ONE-DAY PILGRIMAGE — to the Basilica of the National Shrine of the Immaculate Conception in Washington, D.C. Oct. 30. Sponsored by St. Anne's Church, Garwood. \$30 per person includes box meal and bus transportation. (908) 789-0414.

FAITH IN WESTFIELD AWARDS DINNER — annual event presented by the Westfield Area Chamber of Commerce. Nov. 1. For more information, (908) 233-3021.

Health & Fitness

Many activities planned for Assisted Living Week

FANWOOD — National Assisted Living Week takes place Sept. 12-18, and The Chelsea at Fanwood has planned entertainment and themed events, which are free and open to the public. Visitors are welcome all week. On Sept. 13 there will be a book signing at 2 p.m. with Donald Weill,

author of *The Older I Get... Lighter Verse from a Senior Perspective*. Weill will read excerpts of his poetry about growing old with grace and humor. At 7 p.m. that night, Dr. Joel Simpson will discuss the evolution of jazz through live performances and recordings.

A hearing aid workshop is

planned for 10 a.m. Sept. 14 with Erich H. Golden, hearing aid specialist with the Westfield Hearing Aid Center.

Tai Chi will be taught at 11 a.m. Sept. 15, and an Indian heritage workshop will be conducted at 2 p.m. that day focusing on Unlearning Indian Stereotypes, an interactive program with costumes and instruments.

At 10 a.m. Sept. 16, a "Tea from Many Lands" lecture and tea party will be hosted by Judith Krall-Russo, food historian and tea specialist. Take a trip around the world to discover various tea customs and rituals.

Learn about "Life Before Supermarkets" at 10 a.m. Sept. 17. How did early farmers utilize nature to supplement meals from crops and animals? The speaker will be Horace Hoffman, who will bring old-time crafts and tools. At 2 p.m., there will be a K-T fashion show and sale with the full line of Alfred Dunner clothing in different sizes.

A fall herb festival and sale will be take place at 2 p.m. Sept. 18 with Cheryl Wiley, herb grower, presenting a lecture on techniques and tips in the garden.

The Chelsea at Fanwood is located at 295 South Ave.

Open house planned at Ladies Workout Express

GARWOOD — Ladies Workout Express, located in Garwood Plaza, invites women from the community to join in celebrating its anniversary.

The first open house for the public will be held 3-6 p.m. Sept. 18 and 19. Visitors will have an opportunity to meet the staff and Pilates instructors and win free membership or manicures, receive a free skin care analysis, enjoy healthy food and snacks, get a free spinal screening. Other prizes include free tanning packages from Garwood's Hollywood

Tan. This event is the last opportunity to sign up with no sign-up fee. Memberships are guaranteed for as low as \$29.95 per month.

Ladies Workout Express of Garwood offers 30-minute circuit training and caters to women only, featuring a full 24-station circuit and 10 different levels of resistance on each piece of equipment.

Cardio activities are enhanced with more caloric burn by interval training with steps and weights, burning as much as 600 to 900 calories throughout the day because of the elevated metabolism.

Members never plateau with LWE, because there are four different workouts that are alternated to keep those muscles guessing.

Ladies Workout Express offers Pilates class once a week on Tuesday evenings from 8 to 9, taught by a certified Pilates instructor. Non-members are welcome.

LWE of Garwood is open 7 a.m. to 9 p.m. Monday, Wednesday and Friday; 7 a.m.-7:30 p.m. Tuesdays (with Pilates class 8-9 p.m.); and 8 a.m. to 2 p.m. on Saturday and Sunday.

'Learn' about communicable diseases

SCOTCH PLAINS — LEARN, the League for the Educational Advancement for Registered Nurses will present "Changes in the Prevention of Childhood Communicable Diseases," at 7:45 p.m. Sept. 27 at All Saints Church, 559 Park Ave.

Speaker Marie Kassai, an infection control professional since 1961, is certified by the NJ Department of Health and Senior Services as an HIV Counselor as well as in infection control. She is a consultant to several agencies and institutions.

LEARN, a not-for-profit professional organization for NJ Registered Nurses, provides eight educational programs on current nursing topics, during the academic year. Each offering is approved for continuing education contact hours by the New Jersey State Nurses Association. For more information, is call (908) 272-7239 or (908) 754-9499.

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SPOTLIGHT ON: **SPORTS MEDICINE**

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PRESCRIPTION FOR ARTHRITIC KNEES

In light of the facts that side effects often limit the use of drug therapy and surgical intervention may be ineffective for mild-to-moderate knee arthritis, the best course of action may be diet and exercise. The Arthritis, Diet, and Activity Promotion Trial (ADAPT), which involved 316 overweight adults with knee arthritis, showed that a combination of diet and exercise is better than either alone at achieving functional improvements in overweight adults with arthritis. The exercise program involved three weekly hour-long sessions that focused on aerobic and resistance training. The diet program was instituted with the goal of maintaining an average 5% weight loss during an 18-month period.


Subjects in the diet-plus-exercise group reported the biggest improvements in physical function. The combination of exercise and a diet will help overweight patients with knee arthritis to restore function. Make sure to have your physician approve your diet and exercise program. At BELL REHABILITATION & SPORTS MEDICINE, located at 777 Walnut Ave., Cranford, we will create a personalized approach for each patient, because everyone has a different lifestyle, background, and needs. You can reach us by calling (908) 272-5955. Most private insurances are accepted. Auto Insurance Claims are our specialty, and we will submit your bills for compensation. No faults & Medicare.

P.S. Both weight loss and strength training help reduce stress on knee joints.

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Community Life

Briefs

Scouts' popcorn sale is this weekend

WESTFIELD — Boy Scout Troop 77 of St. Paul's Church will be selling popcorn at Drug Fair, located at 260 North Ave., from 9 a.m.-4 p.m. Saturday and Sunday. The popcorn sale is the Troop's major fund raiser each year. The money raised will be used to offset expenses for camping, equipment, community projects, as well as helping the local council. Residents who are unable to purchase popcorn this weekend but would like to order some should e-mail gryan@comcast.net to place an order.

Thrift Shop re-opens with new inventory

FANWOOD — The Thrift Shop at Fanwood Presbyterian Church will re-open Wednesday, completely restocked with fall and winter clothes. Available at reasonable prices are clothing for men, women and children; shoes, purses, linens, dishes and other kitchen items, jewelry, books, greeting cards and knick-knacks. Items are sorted, priced and brought into the sales room throughout the day. The entrance to the shop is on MacDermott Place in Fanwood. The Thrift Shop is open every Wednesday from 10 a.m. to 4 p.m. Donations are accepted on Wednesdays during the Thrift Shop's regular business hours. All donated items must be clean and in good condition. All proceeds from sales are used to support the Fanwood Presbyterian Church Food Bank and selected local charities. None of the proceeds are used for church administration. The Thrift Shop is staffed by volunteers.

Back-to-School Nights begin next week

WESTFIELD — Parents and guardians of public school students in Westfield are invited to Back-to-School Nights scheduled on the following dates in September: The programs get underway next week and will be held according to the following schedule: Washington School: K-Gr. 1, 7:30 p.m. Sept. 14; Gr. 2-4, 7-9 p.m. Sept. 23; Gr. 5, 7:30 p.m. Sept. 20. Franklin School: K-Gr. 2, 7 p.m. Sept. 22; Gr. 3-5, 7 p.m. Sept. 23. Jefferson School: K (a.m.) and Gr. 1-2, 7:30-8 p.m. Sept. 23; K (p.m.) and Gr. 3-5, 8:15-8:45 p.m. Sept. 23. McKinley School: K (a.m.) and Gr. 1-3, 7 p.m. Sept. 23; K (p.m.) and Gr. 4-5, 8:30 p.m. Sept. 23. Tamaques School: K-Gr. 2, 8:15 p.m. Sept. 23; Gr. 3-5, 7:30 p.m. Sept. 23. Wilson School: K-Gr. 2, 8-8:45 p.m. Sept. 23; Gr. 3-5, 7-7:45 p.m. Sept. 23. Edison School: 7 p.m. Sept. 28. Roosevelt School: 7 p.m. Sept. 28. Westfield High School: 7:30 p.m. Sept. 30.

Gem show is Saturday at the train station

FANWOOD — The New Jersey Mineralogical Society will hold its annual gem and mineral show 10 a.m.-5 p.m. Saturday at the Fanwood train station, Martine and North avenues, Fanwood. Admission is free. The rain date is Sunday. There will be dealers with a large variety of specimens, including fossils and jewelry. For more information, call Rusty at (732) 469-1047.

Iraq's Jews the topic of Hadassah program

WESTFIELD — The Westfield Chapter of Hadassah invites members and guests to a program titled "The Jews of Iraq." Guest speaker Tamara Ruben, born in Iraq and raised in Israel, is now director of education at Temple Emanu-El in Westfield. The program will be held Sept. 27 at Temple Emanu-El, following a noon lunch with the Sisterhood in the Succah. Following the program, dessert and coffee will be served. For further information, call Program Chairpersons Betty Dubman at (908) 561-4388 or Tanyaa Whellan at (908) 232-4919.

Singer/songwriter to perform in Fanwood

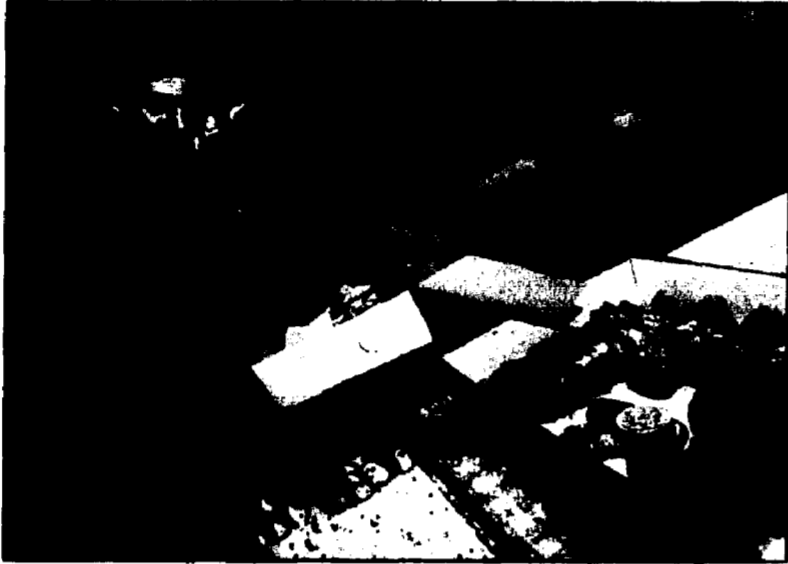
FANWOOD — The Fanwood Cultural Arts Committee is pleased to invite the public to its Fourth Annual Summer at the Bandstand Concert from 3-5 p.m. Saturday, Sept. 18. The featured performer will be Nashville singer/songwriter/guitarist Mark Johnson, accompanied by Hank Bones on stand-up bass. Mark Johnson has performed with legendary singers such as Marianne Faithfull and has written songs for a variety of artists, including blues legend Paul Butterfield, Dave Edmunds, and The Smithereens.

His songs were featured on Disney's companion CD to the hit movie "Finding Nemo," entitled "Ocean Favorites." He has won the BMI Best New Songwriter Award, was nominated for best rock vocalist/New York Music Award, and his song "Love Radiates Around" (sung by The Roches) was nominated for best song of the year. Johnson's 1998 classic "12 in a Room" received national attention when Musician Magazine gave it a full-page lead review, and it was included in Goldmine Magazine's Top 50 Power Pop CDs of all time.

Johnson's evocative style is tightly packed with poetic lyrics and hauntingly beautiful melodies. As Steve Guttenberg wrote in Listener Magazine, "There is something about his voice — the man possesses the sort of idealized rock/pop instrument that can do no wrong. He's singing pop, but his intensity is closer to R&B. You can hear him working stuff out through his songs. It's all for real." Strong Recordings of Nashville is scheduling the release of Johnson's new CD for next spring. Called "Green Summer Rain," the CD cover will feature artwork by internationally acclaimed

Plainfield artist Maria Mijares. Weather permitting, the Fanwood performance will be held outdoors on the patio of the Kuran Arts Center, located on Watson Road on the grounds of Fanwood Borough Hall. Guests are invited to bring lawn chairs and blankets. If the weather is inclement, the concert will take place inside the Kuran Center. Admission to the Sept. 18 concert is free. For more information, call Adele Kenny at (908) 889-7223 or Tom Plante at (908) 889-5298.

At St. Bart's festival, everyone's Italian



NICOLE DIMELLA/STAFF PHOTOGRAPHER
The annual Labor Day Italian festival at St. Bartholomew's Church in Scotch Plains kicked off over the weekend, offering guests lots of tasty treats and family fun. Above, Fanwood's Chris Gigli volunteers inside the pastry tent, filling a box with cannolis. At right, festival-goers compete to win prizes at a carnival game.



Russian singers to appear at All Saints'

SCOTCH PLAINS — At 8 p.m. Saturday, Sept. 18, Lyra, a Russian a cappella vocal-group from St. Petersburg, will be performing in Lea Hall at All Saints' Episcopal Church. For information on tickets, which cost \$10 each, call the church at (908) 322-8047. The group consists of five members, two female and three male, who are educated either as opera singers or as choir conductors in the St. Petersburg Conservatory. Their repertoire consists of sacred, folk, and secular Russian choir music, as well as romances



Lyra will perform at All Saints Church, located at 559 Park Ave. in Scotch Plains on Sept. 18. For tickets, call the church at (908) 322-8047. and arias from the operas of Russian composers. They perform the works of Bortnjansky, Chesnokov, Gretchaninov, Stravinsky, Taneev, Tchaikovsky, and Rakhmaninov, to name a few. Lyra's main objective is exploring and popularizing Russian choir music. More information about the group, including samples of their music, can be found at their website at www.lyra-online.org. All Saints' is one of about 50 stops in the group's tour up and down the East Coast during the late summer and early fall. The group has performed in many parts of the world — beyond Russia in many parts of Europe and the United States. All Saints' is located at 559 Park Ave.

4 author appearances at book store Saturday

WESTFIELD — The Town Book Store of Westfield will host four book signings this weekend to kick off its month-long 70th anniversary celebration. This Saturday, from 11 a.m. to 1 p.m., Karen Rostoker-Gruber will be in the store to promote her new children's picture book, *Rooster Can't Cuck-a-Doodle-Do*. Rostoker-Gruber is also the author of *Food Fright!* and *Mouth Watering Novelty Book*. Also from 11 a.m. to 1 p.m., Diane Ochiltree will be in the store to sign copies of her new children's picture book, *Sixteen Runaway Pumpkins*. Then, from 2-4 p.m., Laura Anne Gilman will be in the store to promote her novel, *Staying Dead*. As a Retriever, Wren Valere specializes in finding things gone missing and then bringing them back, no questions asked. Normally her job is stimulating, challenging and only a little bit dangerous. But for a case regarding a cornerstone with a stolen spell, there's a magical complication and Wren's unique abilities aren't enough, so she turns to some friends: a demon, a mage who has lost her mind, and a few others. Sometimes what a woman has to do to get the job done is enough to give even Wren nightmares. Also from 2-4 p.m., Keith R. DeCandido will be in the store to sign copies of his novel, *Dragon Precinct*. Combining high fantasy with a police procedural, *Dragon Precinct* tells the story of a heroic quest in which the heroes are being killed one by one. Forensics shows nothing — no signs of who killed them, but no sign of magic, either. Unfortunately, the questers are also national heroes and friends of the Lord and Lady, so the heat is on Torin and Danthres to solve the murders before all of them are murdered. For more information, call (908) 233-3535.

Westfield Area AARP plans fall trips, will meet Monday

WESTFIELD — The Westfield Area AARP Chapter 4137 will hold its next general meeting Monday in the newly renovated Presbyterian Church Assembly Hall on the corner of Broad Street and Mountain Avenue in Westfield. Ample parking spaces are available, and guests and potential members are invited. The social period with refreshments will begin at 1 p.m. A brief business meeting will start at 1:30 p.m. followed by a special program. The guest speaker will be Dr. Jon Salisbury, who founded Visiting Physician Services, which serves Medicare patients in Union, Essex, Hudson, Middlesex, Monmouth, Ocean, and Somerset counties. President William Lemke stated, "This organization is a revival of a medical board-certified doctor coming to one's home to give medical care, as was the practice years ago. This is for Medicare persons, and is helpful to the homebound and/or handicapped. They are well-equipped, complete with a portable X-ray." Community Service Chairman Skeets Kuzmuk

requested members to donate canned and boxed grocery items to benefit homeless and needy adults and children. Wool donations are needed by the Knitting Group. Trips and Tours Chairperson Marie Stauder is taking reservations for a bus trip to Chicago and nearby areas for six days and seven nights Oct. 10-16. The excursion will include most meals, including one dinner at the famous Tommy Gun's Restaurant, plus a guided tour of Chicago, the Navy Pier, the Art Institute, cruise on Lake Michigan, a visit to Harrah's casino, a private organ concert and tour of the Rialto Square Theater, and a guided visit of Notre Dame University on the way home. The cost will be \$483 double occupancy and \$632 for singles. Reservations will be taken by telephone and mail or at the meeting; to reserve by phone, call Stauder at (908) 889-6769. There will be a day trip on Sept. 29 to the Hunterdon Hills Playhouse for luncheon and comedy "Any Wednesday." A choice of five entrees will be offered with appetizer, salad,

homemade breads, a wide selection of desserts, and coffee or tea. The cost is \$58, which includes the meal, the show, all gratuities, and the bus ride. The bus will leave Westfield at 10 a.m. and return approximately at 4:30 p.m. For reservations or more information, members and non-members may call (908) 232-1362 or make them at the meeting. On Nov. 16, another day trip is scheduled for the Brownstone for a special Hawaiian Feast plus an all-star revue titled, "The Road to Waikiki." Uncle Floyd Vivino with his ukulele will lead a cast of dancers, vocalists, and comics supported by a live band. There will be music for dancing with handsome male dance hosts available for the single ladies. The luncheon menu has a one-hour open bar for wine and mixed drinks, beer and soda on tables constantly, fresh fruit cup, garden salad, hone glazed ham and chicken teriyaki, dessert, coffee and tea. The cost is \$56 per person for the entire day, including gratuities. Reservations may be made at the meeting or by calling (908) 232-1362.

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Briefs

Irish author to discuss new novel

Peter Sheridan, acclaimed Irish actor, playwright and author, will be appearing at the Cranford Community Center, located at 220 Walnut Ave. at 7 p.m. Monday. He will talk about his debut novel, Every Inch Of Her.

Preceding the talk will be a concert of Irish music. The event is free and open to the public. For further information, call The Emerald Cottage at (908) 272-7770.

Every Inch Of Her, through remarkable characters, explores with humor, poignancy, and light the universal themes of family, love and forgiveness, all against the vivid backdrop of Dublin, Ireland.

Chansonettes prepare for holiday program

The Chansonettes of Westfield will begin rehearsals shortly for the upcoming holiday program.

The theme for this season is "Fa La La Holiday." The selection of music portrays the spirit of the holidays with its lightness and fun with such songs as "Twelve Days After Christmas," and "Noel Cha Cha."

The group is made up of women who enjoy singing for fun. They rehearse every Wednesday at 7:30 p.m. at the Presbyterian Church on Mountain Avenue in Westfield.

For more information about the group, to join or to book a performance, call Nancy Lau at (908) 654-5130 or Jane Walsweer at (908) 237-4531.

The Chansonettes are under the direction of Jean Schork and accompanied by Mary Ellen Freda.

Drumming circle at Internet Lounge

The Internet Lounge, located at 256 South Ave. in Fanwood, will be hosting a drumming circle night at 7:30 p.m. Sunday. Area residents are invited to join in for a cup of gourmet coffee and a wide variety of organic foods and try the ancient art of drumming.

There's no cover charge, so residents can spend a few hours in a friendly relaxed atmosphere, make new friends, surf the web or play a game of Diablo2, NeverWinterNights, Battlefield, WarCraft or Counter-Strike.

To ask about a schedule of events, call at (908) 490-1234 or visit www.theinternetlounge.com.

Singers invited to join Glee Club

The Westfield Glee Club will resume rehearsals 8 p.m. Wednesday at the Presbyterian Church Choir Room in Westfield.

Male and female, adult and student singers are invited.

Director Thomas Booth will introduce the winter program, to be performed on Dec. 4 and 5. The choral sections of the program will include seasonal, classical, traditional and popular songs. Additional sections will be performed by special artists.

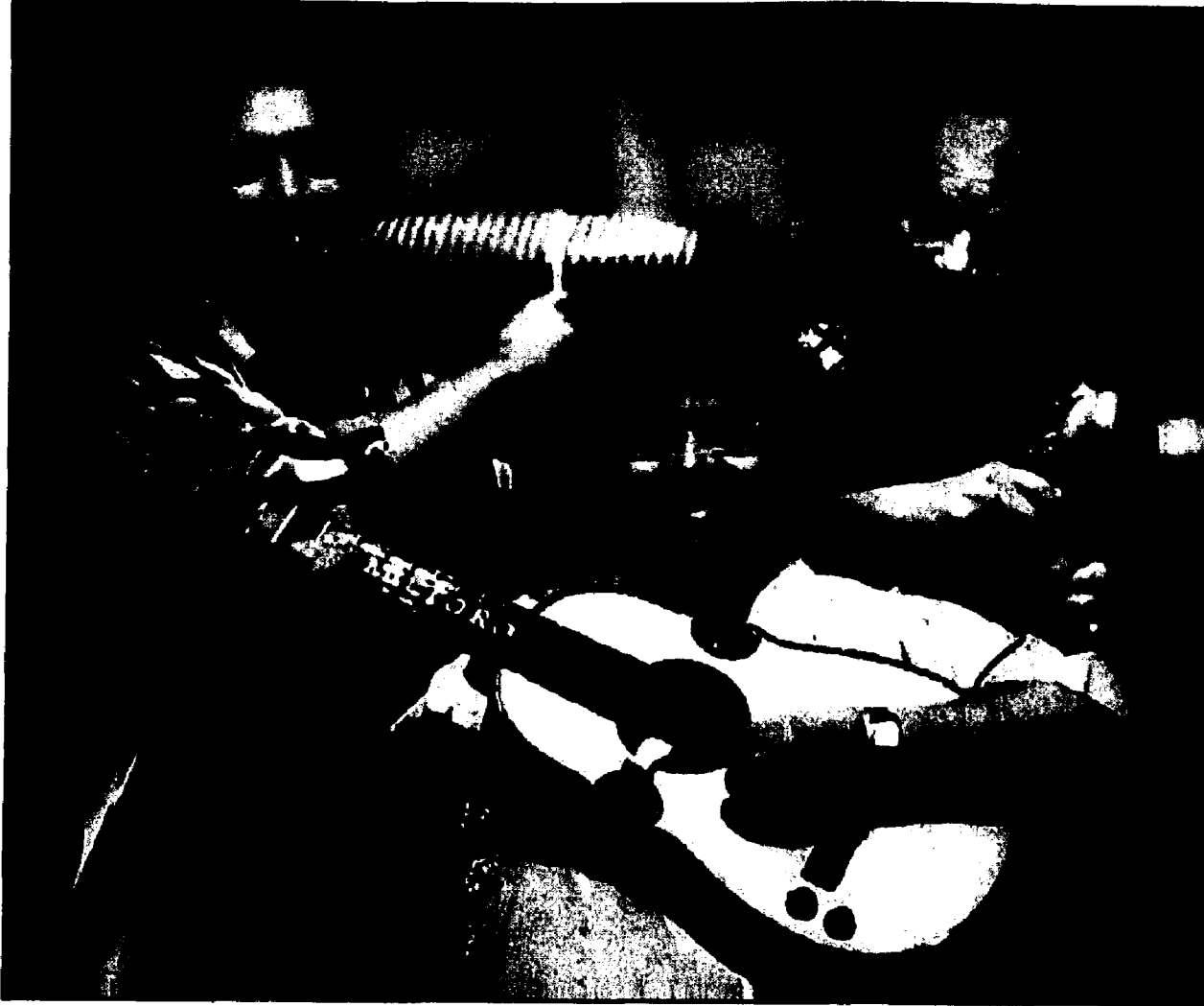
For additional information call Dale Juntilla at (908) 232-0673.

Distinguished artist to lead demonstration

The Scotch Plains and Fanwood Arts Association will feature S. Allyn Schaeffer as its guest demonstrator at the next general meeting, 7:30 p.m. Wednesday in the Fanwood Community Center on North Avenue.

A distinguished Fanwood resident, Schaeffer is a life member of the Pastel Society of America and in 1988 was awarded the title of Master Pastelist. He is also a member and on the board of directors of the Salmagundi Club and Hudson Valley Art Association. The author of many books on painting and pastel, Schaeffer has been included in the "Who's Who in American Art-21st Edition" and "Fieldings Dictionary of American Painters."

The public is invited. For more information call Tom Yeager at (908) 322-5438.



David Gonzalez, Larry Harlow and the Latin Legends Band bring their talents to the Union County Arts Center later this month.

Concert Band performs Sunday

The NJWA Concert Band, under the direction of Howard Toplansky, has announced the beginning of its 2004-2005 concert series. The series kicks off at 2 p.m. Sunday at the YM-YWHA, 501 Green Lane in Union with soloists Greg Salmon on tenor saxophone and Debbie Toplansky on clarinet.

Now in its ninth year, the Concert Band boasts a 75-piece band composed of musicians from Union, Middlesex, Hudson, and Essex counties. Sunday's concert will include Bach's "Prelude and Fugue in G Minor," "Sleeping Beauty Waltz," "Entrance March from 'The Gypsy Baron' by Strauss as well as selections from Irving Berlin, George Gershwin, and Henry Fillmore.

"As a Concert Band we have a great deal of latitude regarding the music we choose. Our concerts might feature ragtime selections by Joplin, melodic popular music such as 'My Fair Lady' by Lerner, classical sonorous music by Bach, lively marches by Sousa, and ballet music by Tchaikovsky. That's the beauty of the Concert Band experience. We appeal to all musical tastes," said Toplansky.

"We are grateful for the support that Brian Fox, director of the Green Lane Y, and Jani Kovacs-Jones, director of programming, have given us in sponsoring additional Sunday concerts slated for Nov. 7, Dec. 5, Dec. 12 and Feb. 6 and April 3 of next year. The band is already working on new musical selections, as each of the concerts will feature different music."



Concert Band Director Howard Toplansky with soloists Greg Salmon on tenor saxophone and Debbie Toplansky on clarinet.

Other concerts include: Oct. 10, United Methodist Church, Cranford, 2 p.m.; Oct. 23, Brearley High School, Kenilworth, 7:30 p.m.; Nov. 14, and Congregation Beth Israel, Scotch Plains, 2:30 p.m. Concerts slated for the 2005 year include: March 12, Brearley High School, Kenilworth, 7:30 p.m.; April 10, Congregation Beth Israel, Scotch Plains, 2:30 p.m.; and June 4, Brearley High School, Kenilworth, 7:30 p.m.

In addition to such cultural series, the Concert Band helps raise funds as part of its benefit Concert Series. The band has assisted service organizations such as Key Clubs, Rotary Clubs, PTAs, firefighters, and ambulance squads in their fundraising efforts. Anyone interested in raising funds for a

worthy organization should call (908) 964-1793 for further information.

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Briefs

Irish author to discuss new novel

Peter Sheridan, acclaimed Irish actor, playwright and author, will be appearing at the Cranford Community Center, located at 220 Walnut Ave. at 7 p.m. Monday. He will talk about his debut novel, *Every Inch Of Her*.

Preceding the talk will be a concert of Irish music. The event is free and open to the public. For further information, call The Emerald Cottage at (908) 272-7770.

Every Inch Of Her, through remarkable characters, explores with humor, poignancy, and light the universal themes of family, love and forgiveness, all against the vivid backdrop of Dublin, Ireland.

Chansonettes prepare for holiday program

The Chansonettes of Westfield will begin rehearsals shortly for the upcoming holiday program.

The theme for this season is "Fa La La Holiday." The selection of music portrays the spirit of the holidays with its lightness and fun with such songs as "Twelve Days After Christmas," and "Noel Cha Cha."

The group is made up of women who enjoy singing for fun. They rehearse every Wednesday at 7:30 p.m. at the Presbyterian Church on Mountain Avenue in Westfield.

For more information about the group, to join or to book a performance, call Nancy Lau at (908) 654-5130 or Jane Walsweer at (908) 237-4531.

The Chansonettes are under the direction of Jean Schork and accompanied by Mary Ellen Freda.

Drumming circle at Internet Lounge

The Internet Lounge, located at 256 South Ave. in Fanwood, will be hosting a drumming circle night at 7:30 p.m. Sunday. Area residents are invited to join in for a cup of gourmet coffee and a wide variety of organic foods and try the ancient art of drumming.

There's no cover charge, so residents can spend a few hours in a friendly relaxed atmosphere, make new friends, surf the web or play a game of Diablo2, NeverWinterNights, Battlefield, WarCraft or Counter-Strike.

To ask about a schedule of events, call at (908) 490-1234 or visit www.theinternetlounge.com.

Singers invited to join Glee Club

The Westfield Glee Club will resume rehearsals 8 p.m. Wednesday at the Presbyterian Church Choir Room in Westfield. Male and female, adult and student singers are invited.

Director Thomas Booth will introduce the winter program, to be performed on Dec. 4 and 5. The choral sections of the program will include seasonal, classical, traditional and popular songs. Additional sections will be performed by special artists.

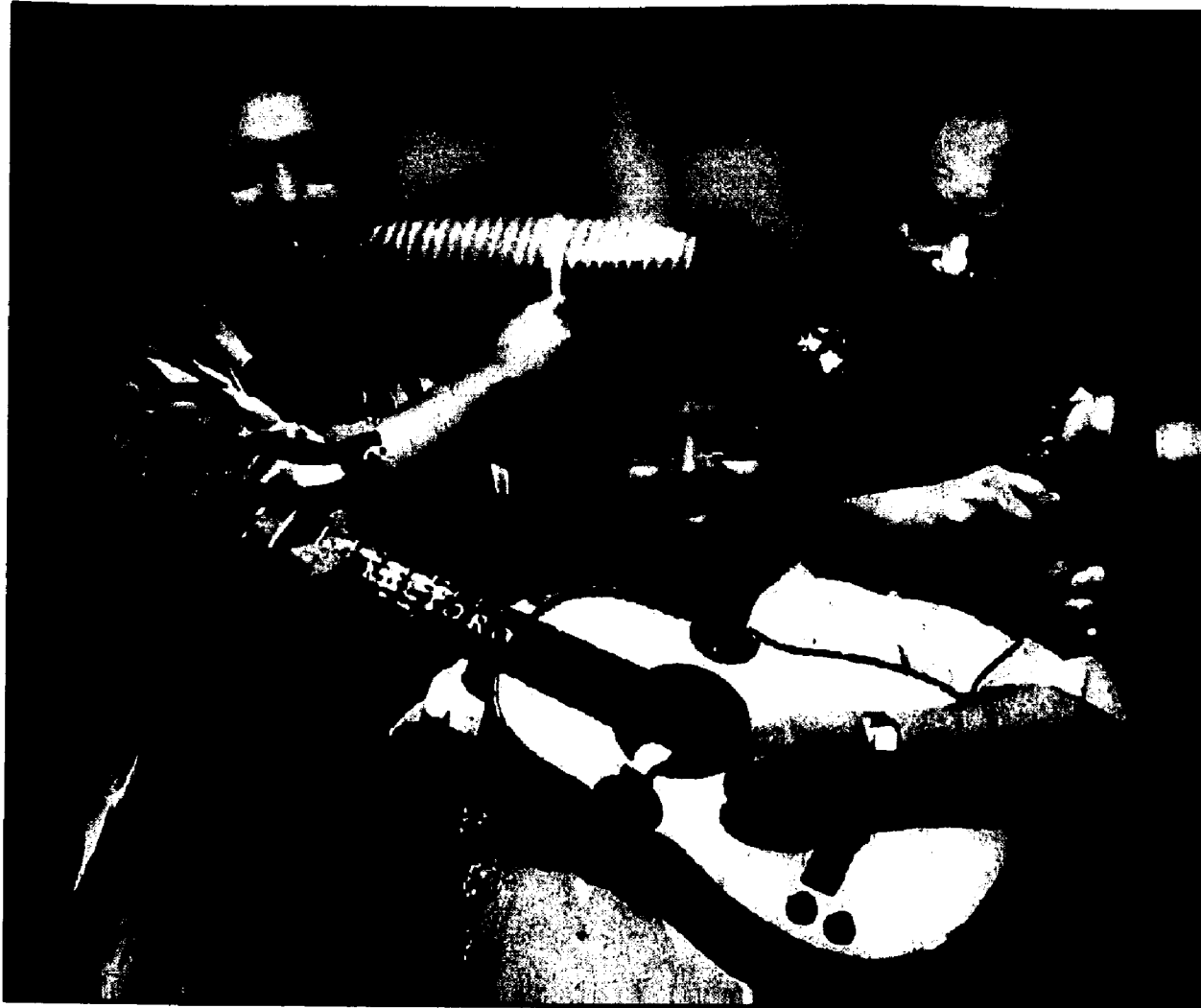
For additional information call Dale Juntilla at (908) 232-0673.

Distinguished artist to lead demonstration

The Scotch Plains and Fanwood Arts Association will feature S. Allyn Schaeffer as at guest demonstrator at the next general meeting, 7:30 p.m. Wednesday in the Fanwood Community Center on North Avenue.

A distinguished Fanwood resident, Schaeffer is a life member of the Pastel Society of America and in 1988 was awarded the title of Master Pastellist. He is also a member and on the board of directors of the Salmagundi Club and Hudson Valley Art Association. The author of many books on painting and pastel, Schaeffer has been included in the "Who's Who in American Art-21st Edition" and "Fieldings Dictionary of American Painters."

The public is invited. For more information call Tom Yeager at (908) 322-5438.



David Gonzalez, Larry Harlow and the Latin Legends Band bring their talents to the Union County Arts Center later this month.

Concert Band performs Sunday

The NJWA Concert Band, under the direction of Howard Toplansky, has announced the beginning of its 2004-2005 concert series. The series kicks off at 2 p.m. Sunday at the YM-YWHA, 501 Green Lane in Union with soloists Greg Salmon on tenor saxophone and Debbie Toplansky on clarinet.

Now in its ninth year, the Concert Band boasts a 75-piece band composed of musicians from Union, Middlesex, Hudson, and Essex counties. Sunday's concert will include Bach's "Prelude and Fugue in G Minor," "Sleeping Beauty Waltz," "Entrance March from 'The Gypsy Baron'" by Strauss as well as selections from Irving Berlin, George Gershwin, and Henry Fillmore.

"As a Concert Band we have a great deal of latitude regarding the music we choose. Our concerts might feature ragtime selections by Joplin, melodic popular music such as 'My Fair Lady' by Lerner, classical sonorous music by Bach, lively marches by Sousa, and ballet music by Tchaikovsky. That's the beauty of the Concert Band experience. We appeal to all musical tastes," said Toplansky.

"We are grateful for the support that Brian Fox, director of the Green Lane Y, and Jani Kovacs-Jones, director of programming, have given us in sponsoring additional Sunday concerts slated for Nov. 7, Dec. 5, Dec. 12 and Feb. 6 and April 3 of next year. The band is already working on new musical selections, as each of the concerts will feature different music."



Concert Band Director Howard Toplansky with soloists Greg Salmon on tenor saxophone and Debbie Toplansky on clarinet.

Other concerts include: Oct. 10, United Methodist Church, Cranford, 2 p.m.; Oct. 23, Brearley High School, Kenilworth, 7:30 p.m.; Nov. 14, and Congregation Beth Israel, Scotch Plains, 2:30 p.m. Concerts slated for the 2005 year include: March 12, Brearley High School, Kenilworth, 7:30 p.m.; April 10, Congregation Beth Israel, Scotch Plains, 2:30 p.m.; and June 4, Brearley High School, Kenilworth, 7:30 p.m.

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Under Kapner's tutelage, young Westfield team strives for success

By DAVID LAZANUS
CORRESPONDENT

WESTFIELD — Despite being one of the most successful soccer coaches in the state over the past

twenty five years Westfield High School boys soccer coach George Kapner considers himself a teacher first.

Kapner is most proud of the teaching awards he has garnered as a math instructor over the past 31 years, including five mentions in the annual "Who's Who of American Teachers."

With a 172-60-22 record the past 13 years as boys' coach, Kapner has also done a pretty

BOYS SOCCER

good job of imparting his wisdom to his players.

For all the program's success, Kapner sees a challenge competing against schools with more vigorous summer programs.

"It is important to note, however, that we are a program that allows our students maximum flexibility to experience the sum-

mer months as young adults and not just soccer players. In that regard, we are, in soccer terms, not as far along in training as some of our opponents," said Kapner who realizes the massive graduation losses from a 12-6-1 season could make the beginning of the 2004 campaign challenging.

Last season the Blue Devils got off to an uncharacteristically slow start before catching fire in midseason, winning seven straight games. However, an upset loss to New Providence in the second round of the Union County Tournament and 5-2 thumping in the second round of the state tournament by Group 4 finalist Bridgewater Raritan gave the end of the season a bitter taste.

Asked what went wrong in 2003, Kapner replied, "A variety of things. Injuries, suspensions, a lack of chemistry, excellent competition to name a few."

Kapner must now find ways to replace the all-around talent of two-time All-Union County sweeper Brendan Egan (brother of Westfield girls' soccer coach Katie Egan), all-county midfielder Lee Tomasso and second-team all-county midfielder Matt McManus.

"We lost some solid senior leadership. We're going to be very young this year," said Kapner.

Two scrimmages have helped sort out numerous competitors for starting positions, although returning starters such as seniors Billy Billy Schoenbach, Brady Lau, Tom Tresnan, junior Tom Taylor and sophomore Chris Mattess gave the team a good nucleus.

Schoenbach scored goals in both state tournament games last year and will be looked on to provide offensive and defensive leadership.

Senior Jeff Greenlaw, who backed up Brian Pirot last year,

is likely to be the starting goalkeeper. Seniors Joe Geissler and Steve Lynes are likely to join returning starters Tresnana and Mattes as starting fullbacks and junior Matt Melino and sophomore Vincent Clarke are likely to join Taylor and Schoenbach in midfield while sophomore Tom Parkinson joins Lau at striker.

This early in the season, Kapner said it remains to be seen which type of team this group will evolve into.

"No specific season comes to mind but over the years, every possibility has occurred, meaning, there have been years where we were optimistic and succeeded, years where we were optimistic and didn't meet expectations, years where we were inexperienced and succeeded and years where we were inexperienced and struggled," he said. When you have coached as long as Kapner you're ready for anything.

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Genealogy group to begin new season Saturday

The first fall meeting of the Genealogical Society of the West Fields will take place Saturday in the Program Room at the Westfield Memorial Library. The public is cordially invited to attend. The speaker will be Nancy Fratt, presenting her program "Planning Your Trip to the Salt Lake City Library." The library is world renowned for its genealogical records and continues to make significant changes and additions to it. Fratt is a co-founder of the Genealogical Society of the West Fields and was its first president. She has been a family genealogist for many years, and has made her 29th trip to Salt Lake recently. In those years she has been able to copy many marriage, baptismal and other records and genealogical collections for Westfield and Union County, which have been stored in the Westfield and other libraries and local organizations to be more accessible to historians and genealogists. She also belonged to the Friends of the Westfield Memorial Library and was a volunteer in its History Room for many years. In addition, the Genealogical Society

also recently installed its officers and trustees for the 2004-2005 year. The new officers are Barbara McIntyre, president; Martha Cease, corresponding secretary; Richard Barker, recording secretary; and Ed Witte, treasurer. Richard Underhill, Robert Miller and Elizabeth Youngs were elected as trustees. This year, the society will celebrate the 25th anniversary of its founding. Special awards and surprises are being planned for a luncheon meeting. For further information on the society, call Marty Unfried at (732) 793-7513.

Special programs and events are also planned for various times during the year. Registration is next Sunday during coffee hour, which follows the 10 a.m. service. There will be refreshments, games and prizes, and the teachers will be available to answer questions and help place new students. Sunday School begins at 9:45 a.m. on Sept. 19. For more information, call (908) 322-8047. Beth Wojcio is Sunday School director. The church is located at 559 Park Ave.

Sunday School registration begins this weekend

SCOTCH PLAINS — A new season of Sunday School is about to begin at All Saints' Episcopal Church, with programs for children of all ages. The focus at every level is Bible stories, with the goal of helping students get to know the people and events of Holy Scripture. Classes begin at 9:45 a.m., when all but the youngest (nursery and pre-k/kindergarten) gather together to discuss and learn about life lessons. At 10 a.m., the classes separate for their

own grade-appropriate teaching. Arts and crafts are featured, and for those who arrive between 9:30 and 9:45 a.m., there is hymn singing. All students go into church mid-way through the morning service to share the Holy Eucharist. Sunday School meets every week except on the first Sunday of each month, when the children are in church for the entire service, reading lessons and participating in other ways.

Special programs and events are also planned for various times during the year. Registration is next Sunday during coffee hour, which follows the 10 a.m. service. There will be refreshments, games and prizes, and the teachers will be available to answer questions and help place new students. Sunday School begins at 9:45 a.m. on Sept. 19. For more information, call (908) 322-8047. Beth Wojcio is Sunday School director. The church is located at 559 Park Ave.

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back-to-school



Fusion Dance Theatre gives new life to an old building

KENILWORTH — Fusion Dance Theatre directors Sharon Rauber and Jarrod Harden have transformed a former industrial space in the borough into a haven for the performing arts.

At first glance at their new location, the artistic team was hesitant that a dance studio could ever be created from their lackluster surroundings. But with a little elbow grease and a lot of imagination, the space has come alive.

In the vision of what Harden and Rauber dreamed Fusion could become, they shared the idea to create a space that would spark creativity in a warm atmosphere.

"We're positive, high-energy people, so we wanted to reflect that in our space," says Harden. An inviting waiting room, cheerful color scheme, and spacious dance studios do just that.

"For children who are shy and tentative in new surroundings, we hope to make them feel welcome and comfortable at dance class," adds Rauber. "We support a family environment at Fusion. We want everyone to feel at home."

By offering a variety of classes to all levels and ages, Fusion Dance Theatre also appeals to the new dancers in the community. For teenagers who have always wanted to try dance but don't want to dance with young children, teen beginner classes are available. For adults who want to exercise in a fun, relaxed atmosphere, aerobics, Pilates, and an array of adult dance classes are available. For the young at heart who remember the rapid taps of Ann Miller and the style of Fred Astaire, Golden Girls (and guys) of tap classes are avail-

able. For young boys who want to dance like Justin Timberlake without having to take intimidating classes full of girls, Boys Jump, Tumble and Tap and Hip-Hop classes are available. Everyone has a place of his or her own at Fusion.

In addition to the recreational dance program, Fusion Dance Theatre offers a dance company program. The students who participate in the dance company take a required amount of technique classes per week, and also learn choreography to be performed throughout the dance season.

The Fusion Dance Company will participate in dance competitions — however, "It's important for the students to realize dance is not just about trophies and sparkly costumes," says Rauber. "Dance is also about how you can reach people with your art form, and give back to the community by working as a team."

The Fusion Dance Company will perform at hospitals and nursing homes, as well as fundraisers together to avoid costly competition, costume, and convention fees. A goal of the Fusion Dance Company is to do benefit performances for the sick and homeless.

"Dance is a positive activity for young people, and we want to spread that positive energy throughout the community," says Harden. "You're only as good as what you can give back."

For more information or to register for classes, call (908) 620-1000. Or, visit Fusion Dance Theatre at 753 Boulevard in Kenilworth, behind Karate World, or e-mail the staff at fusion-dance04@aol.com.



Though they may not always have the vocabulary to express it, kids often have concerns about starting a new school year.

Under vague answers, real fears

(ARA) — The most common question your child faces from adults this time of year is, "Are you excited to go back to school?" Often, as parents, we are surprised to hear our son's or daughter's response of "no." It's an answer that, while common, may signal serious concerns about starting a new school year.

Parents often assume when children answer no to this question, it is because they don't want to go back to work. It is a classic case of using adult logic to answer a child's concerns. Adults view the response as meaning, "I had a nice long summer filled with fun and now I have to go back to work, which is a lot less fun." Realistically, however, our children are not using adult logic, and it's up to moms and dads to decode the hidden meaning.

"We have to find out what their real worries are," says Jennifer McEldowney, director of No Disposable Kids, a non-profit training program of Starr Commonwealth providing parents and teachers with practical tools for helping children in conflict. "Kids talk to us with the language skills they have and not with the

communication abilities of an adult. Our ability to decode their inner logic is what can help them look forward to a new school year."

According to McEldowney, vague answers are a common signal that there are worries your child can't express. "A new school year can come with a lot of new anxieties," she says. "They can range from worries about arguments with friends, fear of bullies, fear of success and worries about not getting good grades."

"Children can also be concerned about being in a new classroom with a new teacher," McEldowney adds. "They may have heard stories about their new teacher from other students, or be worried that their best friends won't be in the same classroom as they are. Other anxieties include being compared to an older sibling who had the same teacher."

So how do we know when our children are facing anxieties they aren't expressing to their moms and dads? One way is to observe more than just what they say. Careful listening is central to the belief that children in stress need to talk.

"Truly listening to your child

while washing the dishes or balancing the checkbook just doesn't work," McEldowney says. Instead, sit down with your child, convey support and interest, "be there" psychologically, and encourage dialogue and keep it going.

A tool for improving your parental attending skills is to remember the R.U.L.E.S., which stands for:

R - RELAX, don't fidget
U - UNASSUMING posture (open)

L - LEAN forward slightly
E - EYE contact-varied gaze
S - SQUARELY face your child
"By practicing these skills when your child faces back to school worries, you will also be opening the lines of communication and creating or maintaining a strong relationship that will make it easier to address future concerns your child has throughout the school year and beyond," says McEldowney.

For more information about the training programs of No Disposable Kids, which has worked with schools and community groups throughout the country, visit their website at www.ndk.org or call (800) 315-8640.

This article is courtesy of ARA Content.

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Open house at Watch Me Grow

CRANFORD — The Watch Me Grow Nursery School, located at 338 Walnut Ave., is accepting registration for the 2004-2005 school year.

There are several openings in the 2-, 3-, and 4-year-old classes. The regular school day begins at 9 a.m. and ends at 11:30 a.m. Monday through Friday.

Two-year-olds attend on Tuesday and Thursday, and 3-year-olds attend on Monday, Wednesday and Friday.

The 4-year-old or pre-k students may attend three, four, or five days a week.

The school offers early drop-off beginning at 7:45 a.m. and extended hours to 6 p.m. or later if needed. From 11:30 a.m. to 12:30 p.m., students are treated to a hot lunch during "Lunch Bunch." Students may remain in school for play/nap time from 12:30-2 p.m.

Every day, a special enrichment class in either cooking, arts/crafts, dancing, or music will be offered from 1:45-2:45 p.m. Extended care begins at 3 p.m. The nursery school offers very flexible schedules for parents.

At Watch Me Grow Nursery School there are three loving, experienced educators who have been on staff for more than 10 years. The school is certified by DYFS, and the teachers are always working to expand the curriculum and find new ways to educate their students.

The curriculum incorporates all of the different learning styles of the students. Classroom space has become little-people oriented and accessible to help facilitate multiple independent learning experiences.

Every Friday morning, students learn songs, dance, hear a story, and enjoy a snack while welcoming Shabbat with Cantor Frank. Mel Frieda teaches students music in her weekly classes.

Registration throughout the school year is ongoing. The school year begins Thursday, Sept. 9. An open house and parent orientation will be held at Temple Beth-El Mevor Chayim on Sept. 8 at 7 p.m.; those planning to attend should call ahead to register.

To ask any questions or to stop by and see some of the exciting programs, call Sidney at (908) 276-6570.

Watch Me Grow Nursery School

Welcomes you to
"Parent Orientation and an Open House"



Wednesday, September 8, 2004
at 7:00 p.m.

In the Nursery School Classrooms

Come and greet your child's teachers.

338 Walnut Ave., Cranford
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Nursery School begins on Thursday, September 9, 2004

back-to-school



Kids headed to the field? Take steps to prevent brain injury

With the school year fast approaching, kids are getting back to the books and enjoying all of their favorite extracurricular activities, including team sports.

With sports injuries being one of the leading causes of Traumatic Brain Injuries (TBIs), knowing what precautions to take can help prevent serious brain injuries.

As reported by the Brain Injury Association of America, there are approximately 5.3 million Americans living with a disability caused by TBIs. In fact, the Centers for Disease Control and Prevention states that in the United States alone, sports-related concussions have reached epidemic proportions. How does this relate to children? TBIs are the number one cause of death and disability in children and adolescents in the United States.

According to www.kidssource.com, more than one million children incur head injuries each year, but many who experience mild injuries never even consult with a medical professional after the incident.

Atlantic NeuroSurgical Specialists (ANS), one of the Northeast's leading pediatric and adult neurosurgery firms, has put together some information on preventing and recognizing TBIs.

"TBIs are one of the most common conditions I see as a neurosurgeon," notes ANS neurosurgeon, Dr. Brian Beyerl. "Parents and coaches need to work together with children to ensure the safest playing conditions are being made available to today's youth. Taking very simple precautions, such as wearing the proper protective gear, can help increase a child's safety."

Dr. Beyerl suggests some preventative measures and how to identify symptoms of TBIs:

Preventative Tips:
Make sure coaches are teaching the proper technique.

Check playing equipment routinely for wear or tear.

In contact sports, wear a protective mouth guard that covers all teeth. The mouth guard can act as a shock absorber, if hit in an upward motion.

In sports conditioning, pay close attention to the neck muscles. When these muscles are strengthened, it can increase the amount of force required to cause injury, such as a concussion.

Appropriate protective gear must be worn to protect the head and neck.

Recognizing the Symptoms:

Any clear fluid or blood coming from the ears or nose.

Swelling of the scalp.

Severe headaches.

Vomiting occurs three or more times.

Blurred vision and/or dilated pupils or pupils of unequal size.

Dizziness or inability to balance properly.

Incapable of responding to others or a semi-comatose state.

Paralysis or difficulty in moving body parts.

Body numbness or tingling sensation.

ringing in the ears or changes in hearing quality.

Getting Back to the Game:

"When dealing with a TBI, it is very important to take the necessary precautions that the injury is fully healed before returning to play," says fellow ANS neurosurgeon Johnathan Baskin. "There should be an open line of communication among the physician, athletic trainer, parent and injured person, so the athlete does not risk further injury. Even if the patient is feeling 100 percent recovered, it is recommended he pass the appropriate physical before jumping back into the game."

By understanding the severity of a TBI, sports related injuries can decrease dramatically.

Established in 1958 by Henry Liss, ANS practices out of two New Jersey hospitals within Atlantic Health System: Overlook Hospital in Summit and Morristown Memorial Hospital.

ANS is proud of its relationship with the two hospitals and its physicians continue to partner with hospital administration in the drive to acquire new treatment technology.



Guitar instructor Cory Ferraro with a student at Cranford Guitar and Music Center.

Quality teachers at Cranford Guitar

GARWOOD — Guitarist Joe Ferraro founded Cranford Guitar and Music Center in 1986. Located on 56 North Avenue in Garwood, Cranford Guitar and Music Center has a reputation for top quality music instruction for drums, guitar, piano/keyboards as well as expert guitar repair services. Cranford Guitar and Music Center also deals in new, used and vintage guitars.

Ferraro is also a guitar instructor at Cranford Guitar and Music Center and is available to teach guitar on a limited basis.

Drum instructor Bob Muskus studied with famous jazz drummer Joe Morello and rock drummer Carmine Appice. Muskus combines his years of drumming experience with advanced computer technology, providing students with a unique instructional experience. Muskus can be heard performing "Pain" with his rock fusion band, "Prymaxe", featuring guitarist Joe Ferraro and bassist Bruce Szczygiel at www.cranfordguitar.com.

Guitar instructor Dave Mondragon toured nationally with E. Town Concrete as part of Ozzfest 2003. E. Town Concrete has appeared with such notable heavy metal bands as Anthrax, Slayer, Incubus, SoulFly, Adema and BioHazard. Mondragon also appeared with E. Town Concrete on MTV2's Head-Bangers Ball. E. Town Concrete is currently in the studio recording their fifth CD.

Guitar instructor Seamus Kelleher currently plays with his successful Celtic rock band out of Philadelphia called Blackthorn; more information is available at

www.irishthing.com. Kelleher began his career in Ireland opening up for Thin Lizzy and the Bay City Rollers. In 1975 he moved to New York to study music at the Mannes Conservatory of Music and the New York Guitar Institute. Kelleher has since earned a bachelor's degree in music education from Montclair State University. He recently produced a sell-out show at the Bottom Line to celebrate the life and music of Rory Gallagher.

Guitar instructor Yaron Eilam graduated from Rimon School of Jazz and Contemporary Music in Ramat Hasharon in Israel and continued his studies in the United States with guitar masters Wayne Krantz, Mike Stern, Shawn Lane and Jim Campilongo. Eilam performs regularly at popular New York City venues and has received musical reviews in various publications as well as online sources.

Piano instructor Elan Mehler recently returned from Europe, where he performed with his jazz trio at the Therme Hotel in Vals, Switzerland. Mehler has performed at the legendary Birdland in New York and was the music director for Malone's Bar in Paris for a year. Mehler received the International Association of Jazz Educators-New England award. Mehler holds a bachelor's degree in music from New York University.

Guitar instructor, Chuck Lerant began his study of the guitar at Cranford Guitar and Music Center at the age of 12. Lerant currently performs and records with the blues-rock band "The

Peasants Kings." Their debut CD is scheduled for release in early 2005.

Guitar instructor Cory Ferraro began studying with his dad, guitarist Joe Ferraro, at the age of 12. Cory attended Delaware Valley College and is currently working on his debut CD which is scheduled for release in early 2005.

Anyone interested should contact the Cranford Guitar and Music Center at (908) 232-7122 or visit www.cranfordguitar.com.

At Nazzaro Studio, adults headed back to school too

WESTFIELD — There has been growing interest among adults in taking piano lessons in the past decade. Paul Nazzaro, a local piano teacher, has noted that more and more adults are taking piano lessons, for many reasons.

Many adult piano students view taking lessons as a great stress relief from work, coming home from a difficult day at work and doing something more meaningful than watching television. They find it relaxing to hear and be able to play beautiful music, as well as it being an excellent outlet for feelings, emotion, and stress. Adults are looking for lessons that are fun, meaningful, and contribute to personal growth.

Recording personal CDs and tapes is another unique feature for adult students at the Nazzaro Music Studio. For any adult who thought it was too late to make his or her own CD, this unique feature of this studio certainly makes the practicing worthwhile to have tangible recordings to show their family and friends. Students can also compose their own music and get professional printouts of their original compositions. Many adult students have written music for their spouse or children at the studio, which is a very unique gift.

Another popular feature for the adult student at Nazzaro's studio is Repertoire Parties, which are small get-togethers to share playing and experiences with others. This is a great outlet for adults to perform for

people sharing the same musical interests, and provides the opportunity to play in a casual and relaxed setting. Adult students support each other and talk about their own experiences in practicing and playing.

There is also a greater variety of music to play now, instead of classical music being the only option. Jazz, blues, Broadway, new age, and holiday music are only a few of the choices today, although most adult students enjoy playing different styles for variety.

People who have had had experiences when they were younger are now flooding back to piano lessons, realizing the importance of music in their lives. Piano seems to be the instrument of choice for adults who have taken lessons when they were younger, as well as for ones who never had any music education at all.

Adult piano students are also interested in having a valuable hobby and secondary skill of piano playing. People enjoy playing the piano for relatives during holidays, playing with other musicians, or writing music for themselves, their spouse, or loved ones. Many adult students enjoy learning the basic chords so they can play their favorite music just by looking at the sheet music.

For more information about lessons for adult piano students, or lessons for any age, and for availability for the fall, contact Paul Nazzaro at (908)232-3310 or www.NazzaroMusic.com.

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Automotive/Classified

Lexus' 'Taste' coming to state

OLD BRIDGE — Call it the passionate pursuit of the perfect vehicle, the perfect meal, the perfect escape, and even the perfect golf swing.

When the Lexus Taste of Luxury 13-city tour stops at Old Bridge Township Raceway Park on Saturday and Sunday, guests will not only experience firsthand the automakers' full-line of vehicle models, but also surround themselves with what today's affluent consumers consider real luxury.

"The luxury market has entered a phase where experiences have become very important," said Mark Templin, vice president of marketing for Lexus. "It is oriented to a pursuit of those things that help people to savor time-vacation travel time, relaxation time—that's the real luxury. People are looking at things that make life easier or more manageable, so there is more time to enjoy one's life."

"The Taste of Luxury shows our guests that Lexus helps them attain those experiences."

According to the Census, Americans with annual incomes of \$100,000 or more, known as the "middle class luxury" category, have become a fast-growing group, accounting for 13.9 percent of all U.S. households in 2001 (up from 9 percent just 10 years earlier).

After years of studying Americans' notions about luxury, Lexus has learned that Americans today define luxury in a whole new way.

"Taste of Luxury is our opportunity to show our guests the extent to which we pursue per-

fection, and the ways in which we can enrich their lifestyle," said Templin. "In fact, at this event we are inviting them to learn more about pursuing perfection and being connoisseurs of their personal passions like travel, golf or cooking."

At the Lexus Taste of Luxury event, guests will first relax in a living room setting for a personal orientation of the day's events. They then will experience the following:

— A gallery filled with the stories behind Lexus' product (i.e., engineering, craftsmanship, technology, safety, and style) will give guests insight into Lexus' powerful commitment to pursuing the perfect vehicle.

— A sound room will highlight the Mark Levinson® sound system, and how the world's finest home audio equipment is integrated into the world's finest luxury vehicles.

— An atrium area where guests will have access to Condé Nast Traveler travel tips and learn about Lexus Luxury Hotel partners, watch Gourmet magazine chef demonstrations, and receive golf instruction brought to you by ESPN Golf Schools Presented by Lexus and editorial tips from Golf Digest.

— Guests will have an opportunity to drive three courses: Luxury Course (LS 430, GS 300, ES 330), Performance Luxury Course (SC 430, GS 430, IS 300) and the Luxury SUV Course (LX 470, GX 470, RX 330). They also may drive each segment's top competitive vehicles.



Volvo's promotional tag line says their cars are "For Life." They aren't kidding. Purchased off the showroom floor in 1965 for less than \$5,000, this 1800 Volvo has seen U.S. Presidents come and go — even men driving on the moon — and after nearly four decades and millions of miles later, this prized sports coupe owned by the Ruffolo family of Southern California with 2.5 million miles (certified by Volvo), is still running.

Volvo heads toward 3 million miles

Volvo's promotional tag line says their cars are "For Life." They aren't kidding.

Purchased off the showroom floor in 1965 for less than \$5,000, this 1800 Volvo has seen U.S. Presidents come and go — even men driving on the moon — and after nearly four decades and millions of miles later, this prized sports coupe owned by the Ruffolo family of Southern California with 2.5 million miles (certified by Volvo), runs better today than even before.

The car's engine is original with only a valve replacement made some 20 years ago to aid in switching from leaded gasoline to unleaded. The body frame and transmission are likewise original.

In January 2003, the multi-million mile Volvo went into the shop for major restoration, and 10 months later "is better than it was in 1965," says Dolf DeBruin, a master mechanic for Swedish Speed, the Perris-based Volvo automotive shop which recently completed the project.

Now driven by the family's youngest son, Southern California airline executive and three-time Olympic sportscaster Jeff Ruffolo, this 1965 1800 Volvo is much more than a family heirloom. It is a time capsule back to a period of Americana when everything was "way cool." It reflects a time when there was no Federal Express and no mobile telephones.

The year 1965 was the age of

the super sleuth which included Sean Connery as James Bond ("Thunderball") and Robert Vaughn as Napoleon Solo and David McCallum as Ilya Kuryakin in America's hottest TV show, "The Man From U.N.C.L.E." The 1800 Volvo was also made widely popular in America and the U.K. by Roger Moore in the hit TV show "The Saint."

Inspired by Volvo reputation for safety and dazzled by the car's unique body fins and high-way handling, Louis Ruffolo purchased his 1800 Volvo sports coupe for less than \$5,000 off the showroom floor in mid-1965.

An advertising salesman for an industrial dry cleaning magazine in Chicago, the elder

Ruffolo would be gone from the family home in Woodland Hills, California in the San Fernando Valley for weeks on end — driving hundreds of miles to sell print advertising to small manufacturers in rural towns in Arizona, Louisiana, Texas and Utah.

"My dad was gone for so long on his sales calls, he came home once and the dog thought he was a stranger and bit him," reminisced the younger Jeff Ruffolo. "But he didn't have a choice. In 1965 there was no global communications that we take for granted today. When you needed to see your customers, you drove. This Volvo was my dad's second skin and he took it everywhere."

DENTAL OFFICE
PT front desk w/ light assist. Tues. 3-6 and/or 1-2 Sat. 9-12. No exp. req'd. Call: 908-464-4000

MEDICAL SCHEDULER
Fit position for busy Westfield office for scheduling appointments. Pleasant working environment. Please fax resume to: 908-454-4044

RECEPTIONIST
Insurance biller, PT, for Chiropractic office in Union. Call to interview: 908-410-9002

RN/LPN OR MEDICAL ASSISTANT
3 days/wk, busy OB office. Experience necessary. Westfield area. Fax resume to: 908-233-6312

Part Time Job 288
Are you looking for a job that requires flexible hours to fit your schedule? We are looking for a dependable, energetic & fun loving individual to join our exciting curves team. Please call Jeanne for an interview at 908-272-0999

COMPANION
Part time for elderly women residing in Manor Care Nursing home on Route 22, Mountainside. Pay \$10 per hour, hours per day 2 months, flexible days per week 2 to 3. Contact 908-233-4592

HOUSE CLEANER
1 hr daily. Party pay only. Ref's. Carlisle. 908-272-8829

Childcare Wanted 288
Affordable COMPANIONS ** Agency SLOVAKIA ** Live in/out 908-654-5569

CAREGIVER
Experienced. Excellent References. Experienced. European help. 908-518-0533

CARE-GIVER
Experienced. Looking for live-out position w/ elderly or home-bound. In Kentworth area. Ext. references. 908-654-4686

CARE GIVER Full and part time in my Scotch Plains home, experience and ref. 908-233-1427

CHILD CARE
By a loving Mom in my Clark home certified/Certified Teacher. References 908-497-0930

CHILD CARE Westfield mom avail. to p/u & care for your child. Tannaguen school only. 908-518-0533

ELDER DISABILITY CARE
Exp'd English speaking European Women live in, live out. Agency 908-533-5367

EUROPEAN CARE
Companions Child Care Live in/out, Reliable Bonded - 973-777-0426 WWW.LEKON.NET

DOOR CAREGIVER looking for live in or out position to care for elderly or home bound. Car & refs. 908-337-7462 OR 732-521-7981

HOUSE CLEANING
Polish lady, exp. refs., own trans. Margaret 908/429-2095

HOUSEKEEPERS, NANNIES, COMPANIONS
All nationalities/Lic. Bonded AURORA AGENCY 170 Morris Ave. L. Br. NJ 732-222-3369

POLISH WOMAN will clean your home & office. Refs. Call & Exp. 908-962-2864

Real Estate Sales

Country Estate Foreclosure
20 Acres - \$39,900 Quality upstate NY acreage! Woods, stream, views! Twin rd, elect, clear title survey! Terms! Won't last! 877-815-5263 www.upstateNYland.com

FAMILY CABIN
14 Acres - \$49,900 New w/finish cabin! Private wooded setting. Near state land. Salmon River, snowmobiling! A perfect getaway! Financing available! Won't last! 800-260-2876 www.nooserverland.com

FLORIDA, NAPLES Live on the water! Luxury homes from \$150K. Close to beach. Condos, golfing, communities, sales/rentals. Call Sue Myhelic Gulf Breeze RE 239-216-6444

KINGWOOD TWP. 6+ acres, approx. 5 septic, approved LI. 908-812-0053

NYS LAND & CAMP BAR-GAINS, ADIRONDACKS: 11 Acres/ River, \$29,900. TUG HILL: 5 Acres/ Hemlock Lodge \$29,900. SO. TIER: 5.5 Acres/ Mt. Valley Views \$10,900. SOUTHERN ADIRONDACKS: 97 Acres/ Timberland \$199,900. FALL'S COMING! Call now. Over 50 new properties available. Call ACL 1-800-229-7843 or visit www.LandandCamps.com

SALMON RIVER GETAWAY! 15 Acres - \$15,900 Large Pond, secluded woods, walk to state land! Minutes to Salmon River! Great Snowmobiling! Terms! Hurry! 800-260-2876 www.mooserverland.com

TROPHY BUCK COUNTRY 50 Acres - \$54,900 Woods, fields, apple trees, stream! High Deer density! Terms available! Hurry! 877-815-5263 www.upstateNYland.com

Condos & Townhouses 328

LINDEN Studio apt for sale in nice quiet bldg. Conveniently located near Linden train sta., direct line to NY Penn Sta., laundry in premises. Low maint. fees, incl. HT/HW & pkg. \$79,500 Contact owner 908-531-7777

Condos & Townhouses 328

All real estate advertising in this newspaper is subject to the Federal Fair Housing Amendments Act and the New Jersey Civil Rights Law, which make it illegal to discriminate on the basis of race, color, religion, sex, national origin, marital status, creed, ancestry, marital status, affectional or sexual orientation, or national identity, or an intention to make any such preference, limitation or discrimination. Familial status includes children under the age of 18 living with parents or legal custodians, pregnant women and people securing custody of children under 18.

Open House 321
CLARK SUN 9/12, 12-4PM 12 Whitley Terrace \$449,000 Mint ranch in great section. 3 BR, 1.5 bath, large enclosed porch, partially finished w/fg. New in 2001: vinyl siding, C/A, & all windows. Dir. Raritan Rd to Madison Hill Rd, left on Lefters Lane, right on Whitley Ter. 732-860-9114

Homes For Sale 330
100's of Properties at Sheriff Sale www.sheriffsaleonline.com "Your Guide to NJ's Weekly Foreclosure Sales" View Foreclosure Advertisements View Sheriff Lists Buy a Foreclosure today! 1-866-NJ-Sheriff

NEW on market Farwood - Newly renovated 4BR, 2BA, CAC, Cape, 473 Terr Rd call 908-322-2628 \$329,900

Linden - 2 Family, (2) 3BR, 1.5BA units, attached 2 car gar., full fin bsmt, Wheeler Pk. \$474,900 ReMax Platinum 732-656-3133 ext 210

SCOTCH PLAINS Charming Colonial only 8 yrs old, just updated July 04. 4+ bedrooms, 3.5 baths, fin bsmt, lg fenced-in backyard, convenient to NY trans. Won't last! WRN 0667. \$699,900

COLDWELL BANKER

RESIDENTIAL BROKERAGE 908-754-7511 ColdwellBankerMoves.com

WASHINGTON immaculate 4BR colonial, 30x18 great room, oak kit, large deck off kit, lower deck by pool. Nicely landscaped. Quiet area, dead end street Asking \$325,000 Anold J Howo li Realtor 908-689-4700

Open House 321
CLARK SUN 9/12, 12-4PM 12 Whitley Terrace \$449,000

Real Estate Wanted 349
ALL CASH PAID!!! For single & multi-family homes & vacant land. Fast closings! Call Today!

ERA SUBURB REALTY AGENCY 908-322-4434

Vacation Property For Sale 388

Get front home \$249,900 Spectacular new Carolina Mtn home at 18 hole course near Asheville NC. Enjoy mild climate, great golf, low taxes & U.S. Dept. of Housing and Urban Development (HUD) at 1-800-669-9777. The HUD TTY telephone number for the hearing impaired is 212-708-1455.

ORLANDO LUXURY RESORT FURNISHED VILLAS & Single family homes 2,3,4 bedrooms \$109,900 \$189,900. Use them rent to vacationers. Lake Marion a Resort Community. Sales (888) 382-0688 /Rentals (877) 604-3500 www.lakemarion.net

Real Estate Rentals

Apartment 485
CLARK 2nd floor of two family. 6 rooms, 3 BR, central air, washer/dryer, no fee to tenant. \$150/monthly utilities. ERA Village Green Realtors. Call 732-381-7477

CRANFORD 2 Br., 2 1/2 of 2 family. Close to shopping & trans. w/d hookup. \$1300. incl heat. 1 mo. sec. Avail. now. 908-272-1083 or cell 908-370-6006

CRANFORD - 2BR apt., 1' fir., walk to trains & bus ses, no smoking, no pets. w/d, \$1200/mo + utils., 1 1/2 mo. sec. Avail. 10/01 908-2-2918

DUNELLEN area. Walk to NYC train. 5 rms, no smoke/pets, \$1,000 + util. 908/769-4751

GARWOOD 2BR, 2 1/2 of 2 fam. DW, w/d HU, off st. pg, close to shop & trans., rec updated. Avail. limited. \$1300/mo. sec. Avail. 10/1 p.m. 908-789-0234

GARWOOD 4 rms, 2 br, spic. FK, close to train. 1 1/2 mo. sec. \$1,050. mo. + utils., no pets. 908-272-8891

GARWOOD - 4 room apt. in 2 family home. own private deck, w/d, refrig, included, close to NY transportation. Avail. 10/1 \$1000/mo. Call after 5 p.m. 908-789-0234

GARWOOD APARTMENT 2 BR, large walk-in closet, living room, dining room, AC, w/d, large kitchen/pantry, 5 min. walk to train. No pets. \$1350/mo. 908-233-4067

Real Estate Wanted 349

NORTH PLAINFIELD - 5 rooms, spacious, off-street parking, carpeted. \$975/mo. 908-757-5137

NORTH PLAINFIELD - Victorian 5 rms, 1 BR, formal DR, den, \$950 + utils. NO PETS. 908-581-5085 after 6.

SCOTCH PLAINS - 1.2-3 BR apt., finest residential area. 908-251-5142

PUBLISHER'S NOTICE

All residential real estate advertising in this newspaper is subject to the Federal Fair Housing Act, the New Jersey Law Against Discrimination and Pennsylvania Human Relations Act. These laws prohibit discrimination on the basis of race, color, religion, sex, handicap, familial status, or national origin, or an intention to make any such preference, limitation, or discrimination. Familial status includes children under the age of 18 living with parents or legal guardians, pregnant women, and people securing custody of children under 18.

In addition to the protections noted above, New Jersey law prohibits discrimination based on creed, ancestry, marital status, affectional or sexual orientation, or nationality, and Pennsylvania law prohibits discrimination on the basis of age, disability or ancestry.

The newspaper will not knowingly accept or print any advertising for residential real estate which violates the law.

To report housing discrimination, call the Office of Fair Housing and Equal Opportunity at the U.S. Department of Housing and Urban Development (HUD) at 1-800-639-9777. The HUD TTY telephone number for the hearing impaired is (212) 708-1455.

In New Jersey, call the Division of Civil Rights in the Department of Law and Public Safety at (609) 984-3100. In Pennsylvania, call the Pennsylvania Human Relations Commission at (717) 787-4410 or the Fair Housing Council of Suburban Philadelphia at (610) 604-4411.

Price includes all cost to be paid for by a consumer except for tax and MV fees. 24 month lease include 10,000 miles per year w/20 cents per mile thereafter. Lessee responsible for excess wear, tear & maintenance. *Lease payment to qualified buyers. Down pymnt/1st mo./sec dep/bank fee/due @ incept: '04 Range Rover \$4909.11/\$849/\$850/\$495/\$7103.11 plus tax & MV fees. Total pymnts/total cost/residual: \$20,376/\$26,630.11/\$51,232.50. *\$10,000 on Discovery company vehicles & \$5000 on Freelander company vehicles in stock - see dealer for details. Must present ad as coupon for advertised price. Pictures are for illustration purposes only. Offer expires 7 days after publication.

2004 Discovery

Savings up to \$10,000

2004 Freelander

New 2004 Range Rover

Lease For \$849 Per Mo. 24 mos.

VIN #4A178477, S1K #240933, 8 cyl, auto, a/c, p/s/ABS/winds/lks/mirrs, am/fm s/c/D, tilt, cruise, sun roof, dual air bags, leather int., alloy whls, alarm security system. MSRP: \$74,250.

LAND-ROVER

Woodbridge
885 Route 1 & 9 South, Woodbridge • 732-634-8200
Conveniently Located at the intersection from Garden State Parkway & N.J. turnpike

SALES HOURS: Mon.-Thurs. 9:00am-8:00pm; Fri. 9:00am-6:00pm Sat. 9:00am-5:00pm
SERVICE HOURS: Mon.-Fri. 8:00am-6:00pm; Sat. 8:00am-5:00pm
www.paulmiller.com

Table with multiple columns listing various real estate properties, including addresses, descriptions, and contact information.

Large advertisement for Saab cars. Features images of a 2004 Saab 9-3 ARC Convertible and a 2005 Saab 9-2X Linear. Includes financing terms: 'SIGNED, SEALED, DELIVERED. 0% APR FINANCING UP TO 60 MONTHS ON SELECT 9' & 9'. Price \$399/24mo. Other models include 2004 Saab 9-3 and 2005 Saab 9-5 ARC Sedan at \$119/24mo and \$299/24mo. Certified Pre-Owned Saabs Available. Call For Inventory.

Advertisement for Paul Miller, Real Estate. Logo with 'PAUL MILLER' and 'SAAB'. Text: '842 Route One North, Edison • 732-287-7940 • www.paulmiller.com. SALES HOURS: Monday-Thursday 9:00am-8:00pm • Friday 9:00am-6:00pm • Saturday 9:00am-5:00pm. SERVICE HOURS: Monday-Friday 8:00am-6:00pm, Saturday 8:00am-5:00pm. GM EMPLOYEES & SUPPLIERS WELCOME'.

Advertisement for Marano & Sons Auto Sales Inc. Header: 'MARANO & SONS VISIT OUR WEBSITE: www.maranosonsauto.com'. Grid of cars for sale:

2001 NISSAN PATHFINDER SE 4dr, 4x4, auto, air, ps, pb, pw, plocks, tilt, cruise, cass, cd, moonroof, alloy wheels, step bars only 37,000 miles. VIN#1W609002	2004 CHEVY IMPALA 4dr, auto, air, ps, pb, pw, plocks, tilt, cruise, cd, only 13,000 miles. VIN#49251968	2004 JEEP LIBERTY SPORT 4dr, 4x4, V-6, auto, air, ps, pb, pw, plocks, tilt, cruise, cd, alloy wheels, 20,000 miles. VIN#4J1107841	2004 CHEVY TRAILBLAZER LS 4dr, 4x4, auto, air, ps, pb, pw, plocks, tilt, cruise, cd, leather, side air bags, 20,000 miles. VIN#4J211228	2004 NISSAN ALTIMA 2.5S 4dr, auto, air, ps, pb, pw, plocks, tilt, cruise, cd, 17,000 miles. VIN#4C165467
2004 CADILLAC SEDAN DEVILLE 4dr, auto, air, ps, pb, pw, plocks, psats, tilt, cruise, cass, cd, alloy wheels, cloth roof, chrome package, only 10,000 miles. VIN#4U114367	2004 MITSUBISHI ENDEAVOR XLS 4dr, 4x4, auto, air, ps, pb, pw, plocks, psats, tilt, cruise, cass, cd, moonroof, alloy wheels, only 11,000 miles. VIN#4X038242	2002 JEEP GRAND CHEROKEE LAREDO 4dr, 4x4, auto, air, ps, pb, pw, plocks, tilt, cruise, cass, cd, moonroof, alloy wheels, 30,000 miles. VIN#4J2C325164	2001 TOYOTA SEQUOIA 4dr, 4x4, auto, air, ps, pb, pw, plocks, psats, leather, tilt, cruise, cass, cd, moonroof, alloy wheels, 3 seats, only 28,000 miles. VIN#11764912	2004 FORD FREESTAR SE 4dr, auto, air, ps, pb, pw, plocks, tilt, cruise, cd, dual air, fold in 3rd seats, only 17,000 miles. VIN#14A844845
2003 DODGE RAM QUAD CAB 4X4 V-8, 4dr, 4x4, auto, air, ps, pb, pw, plocks, tilt, cruise, cass, cd, chrome wheels, only 16,000 miles. VIN#4M3537298	2004 DODGE DAKOTA QUAD CAB V-8, 4x4, auto, air, ps, pb, pw, plocks, tilt, cruise, cd, alloy wheels, only 17,000 miles. VIN#4F16215	2001 CHRYSLER VOYAGER V-6, auto, air, ps, pb, pw, plocks, tilt, cruise, cass, 3 seats, dual doors, 44,000 miles. VIN#1R251437	2001 NISSAN EXTERRA 4dr, 4x4, auto, air, ps, pb, tilt, cruise, cd, alloy wheels, only 19,000 miles. VIN#1C510937	2000 JEEP GRAND CHEROKEE LAREDO 4dr, 4x4, auto, air, ps, pb, pw, plocks, tilt, cruise, cass, alloy wheels, only 35,000 miles. VIN#4C263879
\$17,995	\$14,995	\$16,995	\$20,995	\$17,995
\$30,995	\$20,995	\$18,995	\$27,995	\$16,900
2003 DODGE RAM QUAD CAB 4X4 V-8, 4dr, 4x4, auto, air, ps, pb, pw, plocks, tilt, cruise, cass, cd, chrome wheels, only 16,000 miles. VIN#4M3537298	2001 FORD EXPLORER SPORT 2dr, 4x4, auto, air, ps, pb, pw, plocks, tilt, cruise, cass, cd, alloy wheels, 45,000 miles. VIN#1A191978	2001 JEEP CHEROKEE SPORT 4dr, 4x4, auto, air, ps, pb, pw, plocks, tilt, cruise, cass, only 29,000 miles. VIN#1JL58548	2003 JAGUAR X-TYPE SPECIAL 2.5, 4dr, AWD, auto, air, ps, pb, pw, plocks, psats, leather, tilt, cruise, cd, alloy wheels, moonroof, only 12,000 miles. VIN#4J3K07451	2001 FORD EXPLORER SPORT 4dr, 4x4, auto, air, ps, pb, pw, plocks, tilt, cruise, cass, cd, alloy wheels, abs, 36,000 miles. VIN#20115760
\$23,995	\$12,995	\$13,595	\$24,995	\$16,995

Large advertisement for Autosource. Header: 'SOMERSET • MIDDLESEX • UNION AUTOSOURCE CHEVROLET ROYAL CHEVROLET 1548 Route 22 East Bridgewater (732) 356-2460'. Section: 'LARGE SELECTION OF 2004 PRODUCTS AVAILABLE!!! SAVE BIG!!!'. Grid of cars for sale:

2003 NISSAN SENTRA SER 4 dr, 6spd, auto, air, ps, pb, pw, plocks, tilt, cruise, cd, sport wheels, V-pec engine, only 5,000 miles. VIN#31712777	2000 BUICK LESABRE 4dr, auto, air, ps, pb, pw, plocks, psats, tilt, cruise, cass, cd, alloy wheels, 39,000 miles. VIN#4F106129	2001 FORD TAURUS SE 4dr, auto, air, ps, pb, pw, plocks, tilt, cruise, cass, alloy wheels, 38,000 miles. VIN#1A149667	2001 FORD EXPLORER SPORT 2dr, 4x4, auto, air, ps, pb, pw, plocks, tilt, cruise, cass, cd, alloy wheels, 45,000 miles. VIN#1A191978	2001 JEEP CHEROKEE SPORT 4dr, 4x4, auto, air, ps, pb, pw, plocks, tilt, cruise, cass, only 29,000 miles. VIN#1JL58548
\$15,900	\$9,995	\$9,995	\$12,995	\$13,595
2001 LEXUS ES-300 4 dr, auto, air, ps, pb, pw, plocks, psats, leather, tilt, cruise, cass, cd, moonroof, heated seats, alloy wheels, only 36,000 miles. VIN#16101863	2000 FORD EXPLORER XLS 4dr, 4x4, auto, air, ps, pb, pw, plocks, tilt, cruise, cd, alloy wheels, 63,000 miles. VIN#1A147967	2001 CHEVY CAVALIER Z-24 Auto, auto, air, ps, pb, pw, plocks, tilt, cruise, cd, alloy wheels, moonroof, only 39,000 miles. VIN#17253398	2003 DODGE QUAD CAB 4dr, 4x4, auto, air, ps, pb, pw, plocks, tilt, cruise, cass, cd, chrome wheels, only 17,000 miles. VIN#4M35253030	2002 TOYOTA CAMRY SE 4dr, auto, air, ps, pb, pw, plocks, tilt, cruise, cass, cd, alloy wheels, abs, 36,000 miles. VIN#20115760
\$21,995	THIS WEEK ONLY!!! \$8,900	\$9,995	\$18,995	\$16,995

Advertisement for Jaguar X-Type: 'THIS WEEKS SPECIAL 2003 JAGUAR X-TYPE 2.5, 4dr, AWD, auto, air, ps, pb, pw, plocks, psats, leather, tilt, cruise, cd, alloy wheels, moonroof, only 12,000 miles. VIN#4J3K07451 \$24,995'. Price(s) include(s) all costs to be paid by the consumer except for licensing, registration & taxes. Not responsible for typographical errors.

Advertisement for Clayton Amerman Dodge: '85 Years Of Sales & Service' Main Street, Peapack (908) 234-0143. GMC COLONIAL MOTORS The Truck Experts Route 22 West, North Branch 1-800-773-8757. To Showcase Your Dealership in AUTOSOURCE Call Barbara Morgan at (908) 575-6719.

