

**Pinned**  
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own wrestling tourney  
See Sports, page A-9



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# The Westfield Record

Vol. 4, No. 1

Thursday, January 7, 1993

A Forbes Newspaper 50 cents

## Briefs

### Broadway show seats available

The Westfield Recreation Commission is offering Broadway theater tickets and bus transportation to *Phantom of the Opera* March 18.

The bus leaves from the Westfield Memorial Pool Complex on Scotch Plains Avenue at 6 p.m. for the 8 p.m. performance, and will return about 11:30 p.m.

Tickets are on sale now on a first-come basis at the recreation department at \$75 a person. Make checks payable to: Westfield Recreation Department, 425 E. Broad St., Westfield 07080. For more information call 789-4086.

### Westfield Y preschool sign-ups

Registration for pre-school at the Westfield Y will be held Monday at 7:30 p.m. Call 233-2700 for additional information.

### Piano recital on Sunday

Students of Anita Juntila will present a piano recital 2:30 p.m. Sunday at the First United Methodist Church in Westfield.

Performing solos and duets will be: Alison Yuhas, Tim Heine, Jennifer and Allison Mack, Leanne Jernigan, Emily Kahn, James Gordon, Stephanie Breakstone, Orin Malmgren, James Spaul, Christopher Kearney, Scott and Rose Hamilton, Christie Kurtz, Abby Stoller, Albert, Benjamin, and Margaret Wei, Ted Bowne, Catherine Hogen, Alecia Stoll, Laura Sweeney, Tara Juntila, Joyce Lee, Margaret Kostro, Lauren Calero, Maria Hrinewski, Maria Dalrymple, Katie Eisenbarth and Elena Mancore.

### Hear the story of 1991 massacre

Alan Naim, a writer for *New Yorker*, will speak on East Timor — The Other Bosnia, at the Christian Forum of Westfield Presbyterian Church 9:15 a.m. Sunday in the Jim Cole room of the church.

Mr. Naim, who also has written for *The New York Times*, *Washington Post*, *Harper's* and *Nation*, will tell of the 1991 massacre of several hundred people at a demonstration in East Timor which he witnessed (and received a fractured skull), and its history. He will show a video-tape taken during the massacre and other smuggled out of the country.

### First-time moms learn trade tricks

The Westfield Memorial Library Children's Department will present a program for first-time mothers and other adults at 7 p.m., Jan. 20, where the best books for babies will be introduced and discussed. Finger-plays, nursery rhymes and other ways to introduce literature to babies will be featured.

Registration begins Jan. 11. Call 789-4090.

### After-school stop for kids in winter

The Westfield Recreation Commission is offering its Co-ed After School Program for Westfield students in grades 3-5. The program began Jan. 4 and will be held through March 26 at many of the elementary schools in town, from 3-4:30 p.m.

While there is no fee for the program, parents are asked to register their child with the instructor at the first scheduled session. There will be no activities conducted on registration day. The program is not held when schools are closed; parents should check with the Recreation Office at 789-4080 for cancellations.



Overlook Hospital's Jeanne Kerwin, second from right, instructs several members of the Westfield First Aid Squad on the use of a defibrillator. Once limited to hospital-certified paramedics, the local first aid squad now sports its own improved defibrillation machine. It's designed to save precious minutes and the lives of heart attack victims.

## Aid squad's new equipment, training could help save lives

By ELIZABETH GROMEX  
THE RECORD

Thanks to recent training of the Westfield First Aid Squad and advances in medical technology, hearts in Westfield will not skip a beat — even if it is during cardiac arrest.

The squad was trained this week on the use of the new semiautomatic defibrillator by members of the staff of Overlook Hospital. Before the invention of this device, only paramedics could use traditional defibrillators — in spite of the fact that the first aid squad is usually first on the scene to treat heart ailments.

A defibrillator, which many associate with hospital scenes on television shows when the doctor yells "clear" and shocks the patient, requires the ability to analyze heart rhythms. The machine, which shocks the heart with electric current, is used on patients suffering heart attacks or irregular heartbeats.

Paramedics are called to the scene of life-threatening situations, but their response time is longer because they cover a greater area than the local first aid squad. They act as a "travelling emergency room" and have more equipment, including a link to doctors in the emergency room.

Now, the new semiautomatic defibrillators can be operated by trained personnel from the squad, right at the scene. The patient benefits because the process can begin before arrival at the hospital and the time element is crucial in situations where there may be a loss of oxygen to the brain.

"Most of the time, we get there before the advance unit does," Peter Jackson, day lieutenant of the first aid squad, said. "We're not guaranteed the closest medic unit from the closest hospital. It's a couple of minutes, but that's a big difference."

Mr. Jackson said the Westfield rescue squad averages 75 cardiac calls each year, and about half of those require a defibrillator.

"It's fair to say it could make a difference of at least a few lives during the current year," he said.

According to a statement from Overlook, 1,000 heart attack victims die each year in the United States because they could not reach a hospital in time and cardiac arrest patients will have a better chance of survival because of the new machine.

Westfield's volunteer squad has more than 85 members and is one of the first in the state to purchase this equipment, which costs about \$15,000. Training is provided by the hospital through a state grant.

*'It could make a difference of at least a few lives'*

—Peter Jackson  
Squad member

## Shop-Rite wants to call town home

By ELIZABETH GROMEX  
THE RECORD

Another supermarket may soon call Westfield home.

Shop-Rite has submitted a proposal to the Planning Board to build a 60,712-square-foot store on North Avenue, near the Garwood border — so near, in fact, that the part of the building and all of the parking lot will be in Garwood.

While this is a permitted use of the land, where the Westfield Lumber Yard and Home Center currently stands, variances will be needed for the amount of space the building will be set back from the road and for signs that will be on the side of the building, according to town officials.

Permission must be granted by both Westfield and Garwood before construction begins. The Westfield Planning Board has not begun hearings on the proposal yet.

(The supermarket chain) just recently submitted the application for construction," Town Engineer Ed

Gottko said.

All residents or business owners within 200 feet of the property will be notified of the hearings. At those hearings, the supermarket will explain the hours of business produce several witnesses, including traffic engineers who will explain the store's impact on the number of cars on North Avenue.

The board can approve the plan as is, or make a list of adjustments which would make it acceptable. For example, the plan calls for the building to meet the edge of the property, although Westfield zoning laws call for a setback. If the board does not grant the required variances, Shop-Rite can either make the changes, or find a new site.

Except for the loading area, Westfield's part of the project will be entirely structure. All the parking, and consequently the need for traffic control and drainage problems will fall on Garwood.

Shop-Rite will join two other Westfield food markets — Mayfair Foodtown and A&P. It could also rival King's supermarket in Garwood and a proposed Waldbaum's in Cranford.

## LaPorta calls for 'overhaul' of procedure

By ELIZABETH GROMEX  
THE RECORD

The Town Council started off the New Year with fireworks; however, they were contained inside the council chambers.

The new council, which consists of the same faces except for the addition of First Ward councilman Anthony LaPorta, began the year's business with the appointments of town officials and board members.

Mr. LaPorta questioned Mayor Garland "Bud" Boothe and the council on the process by which the appointees are chosen. He said he submitted the resumes of three people he considered qualified to take appointments that were open, but he did not see any resumes or qualifications for any of the people selected to fill the posts. He suggested the process needed an "overhaul."

Mayor Boothe explained that he confers with other board members for reappointments and with appointees themselves. The mayor also stated these are all volunteer positions, and Westfield has no shortage of qualified people. He added he "inherited" a stack of resumes from his predecessor, Rich Bagger. He made the "most ap-

propriate choice" in candidates for the position, he said.

Third Ward Councilman Ken MacRitchie called for greater council involvement in the process.

"The system of checks and balances will be greatly enhanced by council involvement," Mr. MacRitchie said.

The mayor noted any debate of the council as a whole would be subject to the Sunshine Law, which provides for a public session when the council meets as a whole. He added he did not think such a forum would be appropriate for the discussion.

When the mayor opened the debate for the appointments of town officials, Mr. LaPorta raised the ethical question of town-appointed employees contributing to political causes. Mayor Boothe called Mr. LaPorta out of order in any inference he was making.

Councilman MacRitchie took up the conversation, calling the topic "highly appropriate." He was also called out of order by the mayor.

After the meeting both councilmen explained any contribution to a political party "hints at impropriety." They provided copies of itemized receipts from the town Republican. (Please turn to page A-3)

## November date 'realistic' for completing addition

By MARGARET DOWLING  
THE CHRONICLE

School Superintendent Mark Smith reported on the positive progress of the Washington School addition at Tuesday night's Board of Education meeting.

Mr. Smith said the board was following a "very realistic schedule" in anticipating a Nov. 23 completion date.

"If we could have it Sept. 8, that would be terrific, he said, but the November date is more likely for

the four-room addition. The board is looking for a temporary classroom location, possibly by using the library for two months, Mr. Smith said. They will also consider moving a fifth-grade class to the Wilson School for that time.

The superintendent pointed out that the new addition, budgeted at \$568,000, was due to a "sharp increase in elementary enrollment" and that it was funded by surplus. Assistant Superintendent Robert Rader said that this made the pro-

(Please turn to page A-2)

## INSIDE

TO SUBSCRIBE CALL 1-800-300-9321

**MIXED RESULTS:** Westfield store owners sound off about this year's holiday shopping season. While business picked over last year, most shop owners said business still falls short of better times gone by. A-3

**CORNHUSKER FANS:** The Miller-Cory Museum will sport a collection of cornhusker exhibits this weekend. A-6

**KUDOS:** Two Westfield real-

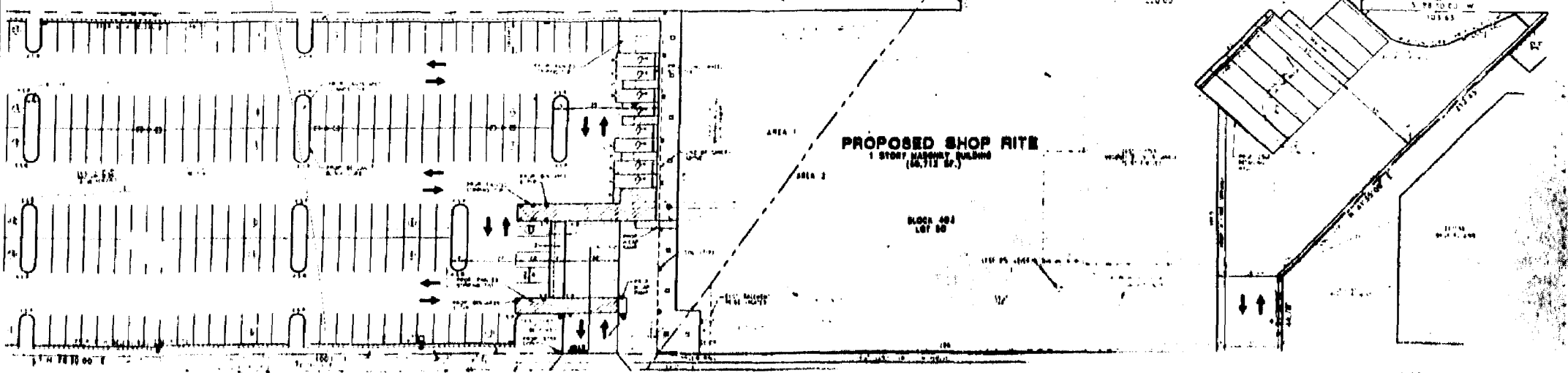
tors garner year-end honors from the Westfield Board of Realtors. Both have received similar awards in the past. A-11

### SPORTS

**A BIG WIN:** The Westfield High School Girls Varsity basketball team swamped Elizabeth Tuesday. The upset victory ended a long losing streak. A-9

**Business:** A-11  
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A preliminary site plan drawing of the proposed Shop-Rite supermarket on North Avenue. Plans call for the building and parking lot to straddle the Westfield-Garwood border, as shown.

# Thrown object damages windshield post, hood of car

**January 4**  
A Scotch Plains resident reported a vehicle was damaged at the corner of Central Avenue and Grove Street when an unknown object was thrown at it, causing damage to the windshield post and the hood.

A pocketbook was reported stolen at A&P on Elm Street.

Melissa Bates, 27, of Highlands, was arrested for driving on

## Police log

the revoked list, second offense. Subject posted 10 percent of the \$100 bail. The vehicle was impounded.

**December 29**  
Carol Struthers, age 31, of Orange, N.J., was arrested for shoplifting at Lord & Taylor. The suspect posted \$275 bail.

Charles Storck, age 36, of Elizabeth, was arrested at the Elizabeth Police Department on a contempt of court warrant from the Westfield Municipal Court for traffic violations. He was held in lieu of posting \$250 bail.

**January 2**  
Jesse Christopher, of Plainfield, was arrested for lewdness.

A Webster Place resident reported their front porch light was

smashed.  
A West Dudley Place resident reported damage to their mailbox.

A Lincoln Road resident reported the theft of a garage door opener from a vehicle parked at the residence.

**January 1**  
Three juveniles were arrested for criminal mischief at the Temple Emanuel. They knocked over bar-

ricades on the driveway. They were turned over to their parents.

**December 29**  
An Elizabeth Avenue resident reported damage to their house and items removed as a result of an unauthorized juvenile party.

A Lawnside Place resident reported an AM-FM radio was stolen out of a vehicle parked at the South Side Train station.

Lord & Taylor and A&P signed

shoplifting complaints against Cynthia Thomas. The suspect was transported to county jail.

A St. Mark's Avenue resident reported that their cleaning lady removed items from the residence without permission.

**December 28**  
A juvenile was assaulted at the corner of Cacciola Place and Sterling Place. The victim was transported to Union Memorial Hospital. An investigation is continuing.

## Holidays prove quiet except for oven fire

The holiday season was quiet for the fire department. They did extinguish an oven fire on the 800 block of Forest Avenue on December 28 and a car fire on the 500 block of South Avenue on January 2.

In other action on the fire log, the department:

**January 3**  
Responded to an alarm system malfunction on the 100 block of Sandyhill Road.

**January 2**  
Responded to a smoke detector activation on the 100 block of Plymouth Road.

Conducted a smoke odor investigation on the 100 block of Elm Street.

Investigated an alarm system malfunction on the 800 block of Bradford Avenue.

Responded to an unintentional alarm on the 700 block of Norman Place.

**January 1**  
Assisted a locked out resident on the 700 block of Belvidere Avenue.

**December 31**  
Was on the scene of a water condition on the 200 block of Prospect Street.

Investigated a smoke detector activation on the 100 block of Plymouth Road.

Responded to an unintentional alarm on the 100 block of Golf Edge.

**December 29**  
Assisted at a motor vehicle accident on the 300 block of South Dudley Avenue.

Responded to an alarm activa-

## Fire log

tion on the 100 block of Hawthorne Drive.

**December 29**  
Responded to an alarm activation at Jefferson Elementary School.

Investigated an unintentional alarm on the 400 block of Kimball Avenue.

Responded to an alarm system malfunction on the 100 block of East Broad Street.

**December 28**  
Responded to an alarm system malfunction on the 100 block of East Broad Street.

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## Lufthansa, Forbes announce European tour

Lufthansa German Airlines, together with Forbes Newspapers, are cosponsoring a first class tour of "Romantic Europe" this spring.

Readers, along with their friends and family, are invited to join our group on the 10-day European adventure.

The tour, scheduled to depart Newark International Airport May 3, will visit Germany and Austria. Arrangements have been made to travel to some of the most beautiful and historic cities in all of Europe such as Munich, Rothenburg, Oberammergau, Garmisch-Partenkirchen, Salzburg and Innsbruck.

The tour is being offered exclusively in our readership area and offers tour participants an opportunity to meet other area residents who also like to travel.

The group will enjoy uninterrupted, four-night stays in both Munich and Salzburg. Our tour participants will experience the highlights that each of these magnificent cities has to offer. Then, using each city as a

base, excursions will be made to the surrounding areas, returning back to the hotel later in the day. This will alleviate time consuming packing and unpacking and offers a more enjoyable travel experience.

The first stop on the tour will be Munich, the capital of Bavaria, where arrangements have been made to visit the famed glockenspiel at the Marienplatz and the 16th-century Nymphenburg Palace. The group will also enjoy a memorable evening at one of Munich's popular beer gardens.

While visiting Munich, readers turned adventurers will enjoy excursions to some of Germany's most famous sights. Our group will travel the world famous Romantic Road on our way to the picturesque medieval towns of Dinkelsbühl and Rothenburg.

On a separate day trip, our group will ex-

perience the incredible extravaganza of old world architecture of the castles of Hohen-schwangau and Neuschwanstein. These fairy tale castles, built by Mad Ludwig II, were the king's final effort to recapture a bygone era. The group will also visit the small Ger-

man village of Oberammergau, known worldwide for its passion play and its decorative wood carvings.

The next stop will be Garmisch-Partenkirchen, the famous Alpine resort which is dominated by the Zugspitze, Germany's highest mountain. Afterwards, travelers from our area will visit the 700-year-old city of Innsbruck, capital of Tyrol and Maria Theresa's favorite city. Sightseeing here will include the "Hofburg" Imperial Palace and the world famous Golden Roof.

Continuing to Salzburg, the group will

enjoy the scenic highlights of the "City of Mozart," including the Hohensalzburg Fortress, one of the largest in all of Europe. The group will also enjoy many of the sights and places closely associated with *The Sound of Music*.

Additional day trips planned will include visits to The Eagles Nest, Berchtesgaden and the picturesque Lake District.

Tour arrangements include round-trip airfare from Newark, accommodations in first class hotels, buffet breakfast daily, dinners, sightseeing and more for just \$1,985.00 per person. These arrangements are offered on a first come, first served basis. Those who are interested in joining the group should make their reservations as early as possible.

For further information regarding the "Romantic Europe Tour," please contact your travel agent or call the Romantic Tour Hotline at (703) 644-3179 or (800) 523-6767.

**Munich, Salzburg will serve as bases for "Romantic" tour participants on 10-day European adventure this spring**

## November date

(Continued from page A-1)  
was speedy, since no financing was needed.

The addition will be slightly higher and have a peak, he said, so people will see the addition and not the existing school from the front. Some fancy brick work has been eliminated to save money.

The project has a \$50,000 contingency fund built in, but Mr. Rader said that part of that "comfort cushion" was already being used to pay for relocation of a catch basin and drain pipe currently under the addition's site. The project's architect will also review storage areas at the Franklin School in an attempt to create another classroom, Mr. Smith said.

In another matter, the board discussed the proposed draft of the 1993-94 school calendar which is due to be approved at the Feb. 9 meeting. The most important change in this calendar is from a week-long vacation in late February to a four-day weekend from Feb. 19-22, Mr. Smith said.

Michael Selter, president of the Westfield Educational Association, and Washington School Principal Ken Wark said that they preferred a full week of vacation in February since that is flu season.

The board also discussed continuing to start school the week before Labor Day as it did this year. This September, Labor Day is later, leading to a suggested Sept. 8 opening date.

Right now, the teacher's contracts traditionally run Sept. 1-June 30, Mr. Selter said. The school board can set a school opening date without consulting the teachers' union.

Also, Finance Chairman G. Bruce McFadden reported on the timetable for the 1993-94 budget process. At least three public meetings will be held to discuss the budget, Feb. 2, 9 and 23. The board expects to approve a tentative budget March 2 and submit it to the county superintendent by the March 8 deadline. The formal public hearing will be March 23, with the school election on April 20.

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# Mixed reviews by merchants

For some, holiday business went well; for others so-so

By ELIZABETH GRONIK  
THE RECORD

Westfield shoppers spent the last few days before Christmas running around town trying to find practical gifts to give, according to a sampling of merchants.

Sales improved somewhat this year, compared to last year, but they were not near more successful holiday shopping seasons in years past.

Geraldine Most, co-owner of Choo Choo's, a children's boutique on Elm Street, said that there did not seem to be as much traffic. Her regular customers still bought gifts there, but foot traffic was slight.

"There were less people buying less things," the store's other owner, Howard Most said.

"It was slower than it should be at Christmas time," Mrs. Most said. "There were less people asking 'what's on sale?'"

At Nirvana, on East Broad Street, people were most attracted to the jewelry, which co-owner Anita Dhakwa said is reasonably priced because they import it themselves from countries such as Nepal.

"We tried to price it as low as possible so everyone can afford it," Ms. Dhakwa said.

Although the traditional "returning season" was already in full swing, Ms. Dhakwa said they had only a few returns. She added that their first Christmas in Westfield was "very good and really busy."

Boundary Bay, on Quimby Street, also had a successful first holiday season. The store, which specializes in men's shirts and sweaters, only had one rack of sweaters left last week. Manager Beth Papp said she was surprised at the number of out-of-towners

who came to Westfield to avoid shopping at the mall.

No matter where they shopped, customers seemed to be looking for functional items. At Celtic Imports, Ltd., on Prospect Street, gift buyers went for Irish sweaters or imported food items more than expensive Tipperary crystal or Bealek china, according to owner Jim Gikles. He added that the season was off to a slow start, and he was surprised business improved so much near Christmas.

Temptations, on East Broad Street, also found customers buying practical rather than frivolous gifts. The owner, Marilyn Evangelista, said people purchased more "everyday" items than those exclusively for the holidays. Shoppers were also more conservative and careful about their choices. She noted that being open nights and weekends did not matter to her customers, most of whom can complete their shopping during regular hours.

Along the lines of the practical, Woodfield's owner, Linda Woodfield-Stern, said she sold many mixers and food processors. Business this season was "a little bit better," she said, but the official tallies were not completed yet.

No matter how people are saving buying other gifts, there usually is enough left over to buy a card. At Pickwick Village, owners Marie and Frank Delfino said that although it seemed like a late shopping season, it was a good one. They also called it "food for thought" that they sold out of money holder cards twice. They offered the explanation that maybe people thought it was safer to give money and let their recipients buy what they need, rather than to give a frivolous gift.



SHARON WILSON/THE RECORD  
Councilman Tony LaPorta takes his oath of office Tuesday. Mr. LaPorta is the first Democrat in Westfield's history to represent the First Ward.

## Procedure

(Continued from page A-1)  
lican Committee, which lists Town Administrator Jack Malley as a contributor from the last three years. But Mr. MacRitchie emphatically pointed out there is no question of improper conduct on Mr. Malley's part.

"Jack is squeaky clean; the party is not," Mr. MacRitchie said.

All the appointments were passed without debate, except for the position of public defender. In a letter to the mayor, Mr. MacRitchie recommended George Cornell III not be appointed to the post. Among his objections was the attorney's involvement with the political organization, Westfield Integrity In Government Council, which raised questions about Mr. MacRitchie's ethics during his 1991 re-election campaign. This group, according to Mr. MacRitchie's letter, was "a completely phony organization, operating as a front for the Westfield Town Republican."

Fourth Ward Councilman Michael Panagos said he had seen Mr. Cornell's resume and was satisfied with his "extensive experience in municipal court matters."

Mr. Cornell's appointment as public defender was approved by a 6-3 council vote. Third Ward Councilman Gary Jenkins joined Mr. MacRitchie and Mr. LaPorta in voting against Mr. Cornell.



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**PHONE:** (908) 545-6482

# Commentary

## 'People don't understand' What is that strange intoxication that can turn a firebrand vote-getter into mush?

Let's say a town government gets high-handed and plows right ahead and completes a project over the open objections of a sizable bloc of citizens. A citizen in that group gets mad, runs for office and wins on a platform of a common sense government that listens.

On New Year's Day, the firebrand is sworn into office, appointed to a committee in charge of his pet peeve area, and by January 15th he's already lost the fire in his belly and eye.

You can almost hear our mythical town candidate-now-official saying, "People don't understand."

- ☑ how the state mandates such-and-such;
- ☑ how the union won't let our police do this-and-that;
- ☑ how the budget cap makes umpty-ump campaign promises hard to deliver;
- ☑ how the municipality's attorney has advised that voting this way or that on a hot topic will get the town sued, and
- ☑ how town workers won't do Saturday services or some such program, because their Trenton union boss told them it's not in their contract.

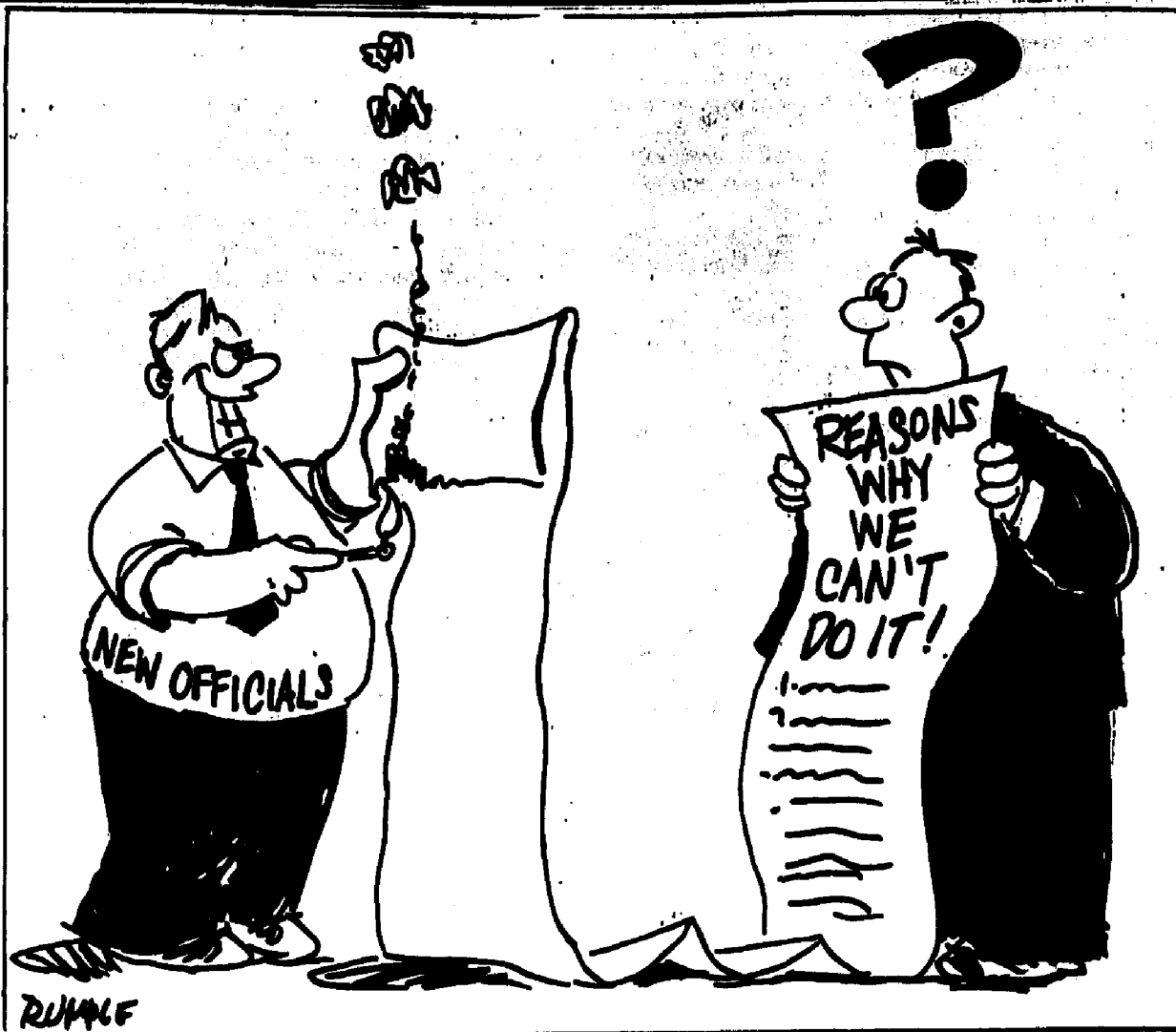
Where has our firebrand gone? The Bible's

still warm from his hand at the swearing-in, and already "that rhetoric" is coming from him!

There is an intoxicating pollutant to blame in this familiar behavior change. It's the overwhelming volume of plain old facts, force of contracts and law, the litigious society in which we suffer, and the realization that there really are many sides to every issue, each with persuasive proponents. These turn our firebrand ashen-faced, and after a while he gets to enjoy knowing the technical reason for copping out on many campaign ideals. He's drunk with knowledge and powerless to move.

Well, here's a belated toast to the newly sworn town leaders: Westfield's Council members Anthony LaPorta, Jim Gruba, Gary Jenkins, and Michael Panagos, and Mayor Garland "Bud" Boothe.

"People DO understand and know what they want. Lash yourself to the mast of common sense and don't solve every problem by spending more money or voting to avoid a lawsuit. Talk to the people first; maybe they can help. And stay sober!"



### Letters to the editor

#### A warning about Central and South

The Record:

At the risk of being offensively repetitive and persistent, I wish to inform anyone who drives in Westfield of the ever-increasing danger to motorists traversing Central Avenue at the South Avenue intersection of my town. I travel that way Monday through Friday, making that left turn four times daily as I drive to Westfield Orthopedics at 8:50 a.m. 12:50 p.m., 1:50 and 4:50 p.m. on every weekday and consider this travel as my expertise in the ebb and flow of the nearly constant stream of fast-moving traffic at the intersection. The speed posted is 35 mph for the South Avenue leg and 25 mph on the Central Avenue leg. These speeds, I might add while realistically considering the traffic volume, are rarely adhered to by the busy drivers who use Central Avenue as a shortcut to other major arteries north and south of town.

Inevitably, a few drivers ignore the amber signal, or worse, ignore the red at almost every light change, leading to panic, confusion, hesitation and indecision as drivers in both directions try to outguess one another or argue for dominance with 3,000-pound weapons as their persuaders.

Clearly, there is enough stink in the air here to install a three-way traffic light and a temporary more persistent police enforcement presence to make that intersection more safe and usable.

GEORGE VAN HECKE SR.  
146 Harrison Ave.  
Westfield

## Widened road leads to havoc in nature

By DAVID F. MOORE

EXECUTIVE DIRECTOR  
New Jersey Conservation Foundation

It rained recently and, driving down a newly-widened road near my home, I saw a graphic example of why we all must pay a lot more attention to basic care of our local environments.

The rain runoff from the new pavement ran to a small stream which flows beneath the road. Upstream from the road, it flowed gently as usual. But, on the downstream side of the road, it became a miniature torrent.

In all, the road widening had added only about half an acre of pavement, a foot or two on each side. But, without a means to slow escape of the higher volume of water, nature's control of pollution was erased.

Allowed to flow gently, the brook and its population of micro-organisms can clean up pollution at no cost to us taxpayers.

It is not hard to overload the natural system, so much so that recovery is impossible. The worst problem is pavement. It appears innocent enough, seemingly stable and benign, but its looks are deceiving.

Rainwater, hitting the road, has no chance to get soaked up by grass and leaves, as it does in the woods. In woodland, the surface area available for rain evaporation and absorption is many times greater than on paved areas.

When rain hits the pavement, with nothing to hold it back, gravity sends it rushing off to the curb, carrying with it a myriad of bits of tires, paint chips, oil and antifreeze drippings, the fallout from vehicle exhaust, dog manure, wildlife casu-

alties, discarded trash and bits of the pavement itself.

This foul cocktail is washed off, with no chance of nature's biological treatment, into the nearest storm drain and then into the nearest stream or brook.

By now the polluted runoff water is vastly increased in volume and speed, tearing away at the stream-banks and, in doing so, adding silt and other streamside debris as it goes.

Because of its flooding rush, the microscopic creatures of decay which normally decompose pollution have no chance to act. They need quiet time and stable flow to do their thing efficiently, not the flood/drought cycle caused by pavement runoff.

Soon the increased erosion eats out streambanks so that trees begin to fall. Loss of trees increases sunlight and warms the water, making it even more difficult for stream biota to survive. But all is not lost at this point, for the fallen trees dam up the brook, slowing it down and creating little waterfalls. These add oxygen to the water, enhancing bacterial action against pollution.

Of course, people, being what they are, want this rushing torrent to move quickly away. So they remove the obstructions and thus increase the problems for those downstream.

Of course, pavement isn't the only water pollution problem: Silt washing from construction and agriculture and too many pesticide and fertilizer applications gang up against nature's purification efforts.

The federal Water Pollution Control Act seeks to get solutions to these problems. We have the technology to detain stormwater flows, to treat them, and to reduce the increase in volume.

The State of New Jersey has started to deal with the problem by shaping new regulations. But, we have a long way to go before we render all of our waterways fit to fish and swim in, the goal we've set for ourselves in the federal act.

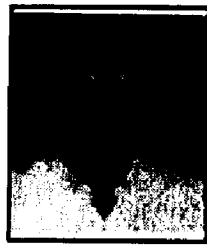
Mother Nature has a wonderful way of repairing environmental damage, if only given a chance. Think about what the Pinelands looked like in the middle of last century.

Now all that remains of many of the iron-mining and smelting towns are small islands of unusual vegetation and some mounds and depressions where buildings once stood. The same goes for the Highlands, where the iron industry flourished in the last century, but now woods cover the remains.

We can coexist with Mother Nature if only we do not smother her with rubbish!

### Viewpoint

#### Question: Do you prefer winter or summer for vacation?



Leonard Moore  
Westfield  
"I prefer a winter vacation because I like New Jersey in the summer."



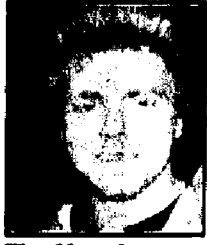
Cindy Breakin  
Westfield  
"Summer, I'm definitely a summer person. I like the beach and the days are longer."



Bob Jagusak  
Cranford  
"Most of my trips are in the winter. My family all still live in Cranford. I take three weeks every year during the holiday season to get back with the family."



Thomas Downey  
Cranford  
"It depends on where you are going. My two favorite places to go are Ireland and Africa. I'd go to Africa in May, during the animal season. That's the time to get pictures. Ireland I'd go to during the summer."



Tim Maraden  
Cranford  
"Definitely during the winter. The weather here is ugly, it's gray and depressing most of the time. It's good to get away then. I plan on going to visit my brother in Florida soon."

Interviews and photographs by Union County news staff of Forbes Newspapers

### Our policy on corrections

The Record will promptly correct errors of fact, context or presentation and clarify any news content that confuses or misleads readers. Please report errors to Record editor Ed Carroll by phone at 276-6000, or by mail at P.O. Box 2790, or through the slot at the office at 231 Elmer St. All corrections and clarifications will appear in this space.

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# Medical industry looks askance as disease reaches epidemic

## To The Record:

In 10 short years, over half a million people in the U.S. have been infected with this serious disease. It may be easily treated if it's acknowledged early, but all too often it isn't recognized in time. It's debilitating effects include nervous system damage, severe musculoskeletal pain and occasionally cardiac abnormalities. And, if you live in the northeastern United States, there's a good chance it's waiting for you in your back yard.

Give up? It's Lyme disease, and it's running neck and neck with AIDS for the dubious title of fastest growing infectious disease in the country.

The disease is a bacteria carried primarily by deer, mice, rabbits, raccoons, dogs, horses, cattle and birds. It is transmitted to humans and other animals through the bite of a tick, which carries the disease between species. The primary tick vector is the deer tick, and it's as small as the tip of a pencil.

The tick bite is painless, thanks to its secretion of a chemical that numbs the pain when it sinks its mouth in your skin.

If the disease is not promptly

## Letter to the editor

recognized, the cost of treatment can be staggering. A recent study found that the cost of LD to society is comparable to the cost of AIDS (over \$1 billion annually).

Insurers are not interested in dealing with another expensive epidemic. In their efforts to keep LD expenses down, they have enlisted the help of some controversial doctors from around the state who deny that LD is a major problem. These so-called "experts" have declared that LD is cured with 28 days of antibiotics.

What a coincidence: a panel appointed by insurers has concluded that LD does not require large expenditures. Last year several published papers refuted the 28-day theory by documenting that the bacteria can survive in the body after 28 days of antibiotics.

Despite these findings, the insurers are sticking to their highly disputed theory. They routinely deny treatment to sick patients using the 28-day theory to justify

their actions. My former insurer, the RCHP HMO, even went a step further.

They spent long hours trying to convince me that I wasn't infected. They referred me to a psychologist, implying that I was making up the symptoms. They only agreed to treat me after I was properly diagnosed at the world renowned SUNY Stony Brook Lyme Disease on Long Island. After six weeks of treatment (they told me they were being generous), they refused to pay for my follow-up treatment with a Lyme specialist. They also refused to pay the Stony Brook bill.

I was lucky. I have met patients who have shouldered thousands of dollars of bills, including prohibitively expensive intravenous therapy. Some have even contemplated filing for Chapter 11 bankruptcy.

New Jersey State Senator John Bennett (R-Monmouth) caught on to this injustice and proposed a bill that would stop insurers from de-

nying patients coverage. The bill, introduced last November, states that insurers must pay for LD treatment that is deemed necessary by the patient's doctor. The bill (S-1297) was well received and ready for a vote in December until the insurers tossed a bombshell into the area.

They had an amendment submitted that would create a "triangular committee" that would "review" a doctor's request to have treatment prolonged after 28 days. The committee would consist of the doctor, a representative from the Department of Health, and a representative from the insurance company.

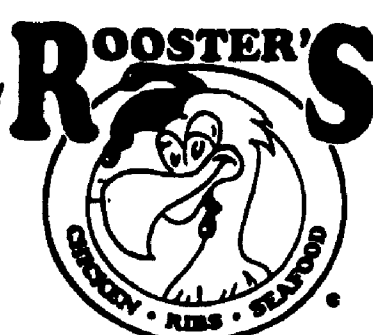
This is simply obscene. What doctor has the time to waste a full day in Trenton with a "triangular committee" for every chronic LD patient they treat?

It is imperative that S-1297 be passed with no amendments. Please urge your state senator to support this bill.

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# Community Life



Volunteer Eileen O'Shea, left, will create cornhusk figures Sunday at the Miller-Cory House Museum.

## Cornhusk figure making topic at Miller-Cory House Sunday

The Miller-Cory House Museum at 614 Mountain Ave. will feature cornhusk figures 2-4 p.m. Sunday. The last tour will begin at 3:30 p.m.

Eileen O'Shea of Summit will show visitors, step-by-step, how to create unique shapes from cornhusks. Mrs. O'Shea has served the museum in many capacities, including as a craft demonstrator for the museum's outreach program to schools.

Corn and its parts had an almost unlimited number of uses for farmers such as the Millers and Corys. Cornhusks were often used to stuff mattresses as well as being made into dolls and other toys.

Life during the winter months will be explained by Chris Glazer of Cranford and Nancy Schmidt of Mountaintop while they guide visitors through the rooms of the 18th century farmhouse, a private home until 1972.

Although open hearth cooking demonstrations at the museum cease during the winter, a close-up presentation of a colonial cooking technique will take place each Sunday in the main house. The museum and gift shop close at 4 p.m. during January and February.

Visitors are invited to learn about winter life in early New Jersey at the museum. Call 232-1776.

## Discount ski ticket program now under way

The Westfield Recreation Commission has announced that it will offer discounted ski tickets to residents of Westfield to the following locations:

Jack Frost/Big Boulder, Blakeslee, Pa.: most weekdays: gate price — \$27; reduced price — \$19; most Sundays: gate price — \$35; reduced price — \$25; most Saturdays: gate price — \$35; reduced price — \$29.

Shawnee Mountain, Shawnee on Delaware, Pa.: weekdays: gate price — \$30; reduced price — \$19; weekend/holidays: gate price — \$35; reduced price — \$29.

Vernon Valley/Great Gorge, McAfee: weekdays: gate price — \$34; reduced price — \$22; weekend/holidays: gate price — \$38; reduced price — \$28.

Blue Mountain, Palmerton, Pa.: midweek/twilight: gate price — \$27; reduced price — \$22; weekend/holidays: gate price — \$38; reduced price — \$31.

Montage Ski Area, Scranton, Pa.: midweek: gate price — \$26; reduced price — \$20; weekend: gate price — \$33; reduced price — \$26.

Hidden Valley, Vernon: midweek: gate price — \$30; reduced price — \$17; weekend: gate price — \$35; reduced price — \$30.

## There's still time to sign on to rec programs

The Westfield Recreation Commission is still accepting registration for a wide variety of programs held during the winter session which began Jan. 4.

Programs include step aerobics, aerobics, pottery, sculpture, drop-in basketball, drop-in volleyball, ballet, children's instrument workshop and the community concert band.

Also beginning later in January are indoor batting,

indoor field hockey and indoor hitted and pitchers clinic.

Each of these programs are held on various week-day evenings at a variety of locations. The registration fee varies depending on the program.

To register, stop by the recreation office on the second floor of the municipal building or consult the brochure to mail in registration. Call 789-4080.

## Renowned birder to address garden club

The Rake and Hoe Garden Club of Westfield will meet 12:30 p.m. Wednesday at the Westfield Y.

The program will be presented by Richard Kane, director of conservation for the New Jersey Audubon Society. He is also director of Scherman Hoffman Sanctuaries in Bernardsville and editor of *Records of New Jersey Birds*, which is the society's quarterly on bird status and populations in New Jersey. He is the

voice of New Jersey Audubon, the weekly birding hotline, 766-2661. He represents the society on various public bodies, state advisory councils and coalitions. Mr. Kane has led trips to Australia and Africa and is the author of numerous articles on conservation and birds.

The hostesses will be Nancy McCool, Bonnie Geisler and Danielle Walsh. Lori Grow will create the centerpiece.

## Cranford artist Lowe to judge Westfielders' exhibition

Joe Hing Lowe, noted artist from Cranford, has been selected to judge the Westfield Art Association members' exhibition. The opening reception will begin Sunday, Jan. 10, and the show continues through Jan. 30 at the Watchung Arts Center, 18 Stirling Road, Watchung. Call 753-0180.

Mr. Lowe has won a five-year scholarship from the prestigious Salmagundi Club and has taught art in New York City and at his private studio. His art career spans more than 30 years. Many of his works are in public and private collections, including Union County College.

## Religion

### New ministers to be commissioned

The Rev. David F. Harwood, senior minister of First United Methodist Church, will preach Sunday on *The Body Shop* Sunday.

Each Sunday there is church school for all ages at 9:15 a.m. Continuing education classes for adults: 1. Jeremiah; 2. I Never Know What To Do or Say. Fellowship time in the fellowship room, an informal gathering of the community and visitors, begins at 10:15 a.m. Morning worship will be at 10:45 a.m. with child care. This Sunday, the first Sunday after Epiphany, commissioning of the new Stephen ministers will take place during the worship service.

Events include: Sunday, Stephen ministry pot luck supper at Helen Spooner's, 5 p.m.; Tuesday, Disciple Bible Study, 12:30 p.m.; primary and Wesley choirs and Kids Discover and Create, 3:15 p.m.; Fife and Drum, 7 p.m.; church meeting night, 8 p.m.; Wednesday, career

enhancement seminar, 8:30 a.m.; youth choir, 6 p.m.; Stephen Ministry training, 7:30 p.m.; Disciple Bible Study, 7:30 p.m.; retreat team for women, 8 p.m.; Thursday, United Methodist Women meeting, 9:30 a.m.; Laboratory School, 6 p.m.; Oratorio Singers, 7:30 p.m.; finance committee, 7:30 p.m.; Sanctuary Choir, 8:45 p.m.; Friday, Senior Fellowship, noon; Laboratory School, 6 p.m.; Saturday: Laboratory School, 8:30 a.m.

### Baptism set Sunday at Presbyterian Church

Dr. William Ross Forbes will preach at both the 8 a.m. and 10:30 a.m. worship services Sunday at The Presbyterian Church with the Sacrament of Baptism to be administered at 10:30 a.m.

At 9 a.m. the Inquirers' Class will meet for those interested in church membership. Adult education classes, the confirmation class and Sunday School for children and youth will meet at 9:15 a.m.

Church school classes (cribbery through grade 3) will meet at 10:30 a.m. At 5 p.m. the junior high choir will rehearse. The senior high choir and union High Fellowship will meet at 6 p.m. while the Senior High Fellowship will meet at 7:30 p.m.

Evening prayer services will resume Wednesday at 7:30 p.m. Following the service two adult studies will be offered: a study on Revelation and a study of the Gospel of John. All are welcome to attend.

### Service planned at Baptist Home

The Rev. Dr. Robert Harvey will preach at the 10:30 a.m. Sunday worship service at the First Baptist Church of Westfield. The Chancel Choir will provide musical leadership. Dr. Harvey also will conduct a chapel service at 3 p.m. Sunday at the Baptist Home in Newark.

Church school for children, youth and adults begins at 9 a.m. Sunday. Adult education includes the pastor's class on the Gospel of Mark, the Journeys Class on the leaders of Israel, and the adult forum on issues of current interest. Nursery is staffed from 9-11:30 a.m.

## Night Place returns next Friday night at Edison School

After breaking for the holiday season, the Night Place returns Friday, Jan. 15. The program, sponsored by the Westfield Recreation Commission and the PTC Night Place Committee, will be held at

Edison Intermediate School 7:30-9:30 p.m. for students in grades 6-8.

The Night Place features a variety of activities including a disc jockey with dancing, food, table tennis, basketball, movies, vol-

leyball, games and more. Tickets will be on sale at the intermediate schools the week of the event.

A large crowd is expected and students are encouraged to purchase tickets in advance. Call 789-4080.



MARINA YU

## Marina Yu, brothers play in concerts around county

Marina Yu and her twin brothers Peter and Allen were invited to perform in the Union Symphony Orchestra's Dec. 13 concert at Kawameeh Junior High School in Union.

Thomas Lindsay conducted the orchestra. Marina, a concert mistress of New Jersey Youth Symphony in 1990, also plays in her school orchestra.

Ms. Yu has multiple talents in violin and piano. She played Franz Liszt's Hungarian Fantasia in an early December concert at the First United Methodist Church in Westfield.

Her private music teachers for piano are Dr. Fred Gajewski and Steven Wolosonolich of Westfield. Her violin teachers are Mrs. L. Schnable and Leon Wong of Fanwood.



HEIDI HYLAN and STEPHEN MOTYCZKA

## Heidi Hylan plans to wed Stephen Motyczka in fall

Mr. and Mrs. Robert C. Hylan of Westfield announce the engagement of their daughter, Heidi Pamela, to Stephen Motyczka, son of Mr. and Mrs. Stefan Motyczka of Garwood.

The future bride, a 1980 graduate of Westfield High School, received an interior design degree magna cum laude from Kean College. She is employed by R. H. Macy & Co. Inc., New York City, as a senior store designer. Her professional affiliations include ASD, ISP and the Westfield Art Association.

Her fiancé is a 1979 graduate of David Brearley Regional High School, Kenilworth, and Union County College. He is employed by the State of New Jersey in the Department of Law and Safety. A September 1993 wedding is planned.

## THIS WEEK

gins at 7:30 in Patton Hall of the First Congregational Church. The sessions continue Jan. 17, 24, Feb. 7, 21 and 28.

☑ Support group — Visions, a support group for people who are separated, divorced or widowed, meets at 7 p.m. at St. Helen's Parish Center, 1600 Rahway Ave. Today's discussion is setting goals for 1993 and beyond. 322-7762 after 8 p.m.

### THURSDAY JAN. 7

☑ Choir rehearsals — Singers are invited to join the Oratorio Singers Thursdays, beginning today, at 7:30 p.m. at the First United Methodist Church choir room to rehearse Mendelssohn's *Elijah* for a March 28 performance.

### SUNDAY JAN. 10

☑ Cornhusk dolls — Instruction in making cornhusk dolls is the feature at the open house 2-4 p.m. at the Miller-Cory House Museum, 614 Mountain Ave.

☑ Coping with adolescents — A six-session workshop for parents on understanding adolescence be-

### MONDAY JAN. 11

☑ All about budgets — Schools Superintendent Mark Smith and Municipal Administrator John Malloy Jr. discuss their respective budgets and tax structure at the monthly meeting of the Woman's Club of Westfield at 1:15 p.m. at the clubhouse, 318 S. Euclid Ave. Members' husbands are welcome.

### TUESDAY JAN. 12

☑ Southern species — Birding in Florida is the topic for the 8 p.m. meeting of the Echo Lake Naturalists at The Presbyterian Church, Mountain Avenue. The speaker is William Leaning, a world traveler and member of Summit Nature Club.

### WEDNESDAY JAN. 13

☑ La Leche League meets at 9:30 a.m. at the First Baptist Church, 170 St., Westfield, for a toddler meeting. Call 757-9828, or 708-4171.

### THURSDAY JAN. 14

☑ La Leche League of Westfield meets at 8 p.m. at 257 Scotch Plains Ave., Westfield, to discuss the advantages of breastfeeding to mother and baby. 233-7363 or 654-3099.

### FRIDAY JAN. 15

☑ Night Place returns to Edison Intermediate School 7:30-9:30 p.m. for students in grades 6-8. The program is sponsored by the Westfield Recreation Commission and the PTC Night Place Committee. Tickets are on sale at the intermediate schools. 789-4080.

### SATURDAY JAN. 16

☑ Choral works — The Choral Art Society of New Jersey presents Puccini's *Messa di Gloria* and Verdi's *Four Sacred Pieces* at 8 p.m. at The Presbyterian Church, Mountain Avenue, Westfield. Call 322-7240 for tickets.

### UPCOMING

☑ Books for babies — The Westfield Memorial Library children's department presents a program for first-time mothers and others Wednesday, Jan. 20, at 7 p.m. when the best books for babies will be introduced and discussed. Finger-plays, nursery rhymes and other ways to introduce literature will be featured. Registration begins Jan. 11. 789-4080.



# Scholarship fund expanded

An existing scholarship fund administered by the Westfield Foundation has been expanded and renamed the Thelma and Noel Taylor Memorial Scholarship Fund.

The Thelma C. Taylor Memorial Award for Excellence in Literature, established in 1989, was made possible through a fund created with the Westfield Foundation after Mrs. Taylor's death by her husband Noel and other family members and friends.

Following the death of Mr. Taylor last September, their children, Dr. Beryl Taylor and Professor Mark Taylor, renamed the fund, increased the monetary size of it, and changed the purpose of the award to honor the memories of both of their parents.

Mrs. Taylor was a much loved teacher of English at Westfield High School for many years, and her memorial award honored a graduating Westfield High School senior who "demonstrated outstanding work in the study of literature."

Noel A. Taylor was an admired and beloved science teacher at the high school, and was active in the preservation of Brightwood Park.

The changed scholarship fund will reflect the contributions to Westfield of both Mr. and Mrs. Taylor, the citation reads, in part: The Taylors "were teachers with an extraordinary gift for communicating their love of science and literature to their students. They were sincerely dedicated to

excellence in education." For the Taylors, "the study of science and literature was never an end in itself, but was always a means by which they helped young people explore life's recurrent questions and enduring values."

The Thelma and Noel Taylor Scholarship Fund will now be awarded annually to a Westfield High School graduating senior or seniors who have "demonstrated outstanding work in the study of science or literature."

Anyone wishing to contribute to the fund or to learn more about establishing a fund within the Westfield Foundation should contact the Executive Director, The Westfield Foundation, Box 2295, Westfield 07091.

## Rockwell remembered



Anne Marie Garrigan recently displayed her collection of Norman Rockwell memorabilia in the showcase at the Westfield Memorial Library. This showcase is used to recognize local artists and craftsmen, hobbies and interests of the library community. Ms. Garrigan, a member of the Friends of the Library board, is responsible for this service.

## LWV offers handbook

The Westfield Area League of Women Voters announces the sale of the 1993 New Jersey Citizens Handbook.

The handbook costs \$3 and is at the following stores: Marine Avenue Bookstore, 40 S. Marine Ave., Fanwood; Seaton's, 137 Central Ave., Westfield; and Leader Store, 109 E. Broad St., Westfield.

The New Jersey Citizens Handbook is compiled by the New Jersey League of Women Voters and identifies New Jersey Congressional and legislative districts along with respective senators, representatives and assembly members.

A convenient date planner is included as well as other pertinent governmental information. Call Donna McDonald, 322-7013.

## Club to hear program on the history of flags

Mrs. Edwin DeGoff and Mrs. W.J. Campbell will present the history of flags to the International Affairs Department of the Woman's Club of Westfield Wednesday at 10 a.m.

Mrs. DeGoff will delve into history dating back to 1126 B.C. and the Chou Dynasty. Mrs. Campbell will explain the significance of the symbols and the colors of several European countries.

At 1 p.m. Jan. 15 Mrs. Ethel Henry will present to the Antiques Department a program of slides. She will also display paperweights from her collection. Tea will be served by the department's hospitality committee.

Mrs. Howard K. Ureizer will present to the American Home Life and Social Services departments an intriguing program, "Famous People You've Never Heard Of," Jan. 18 at 1 p.m. Guests are

welcome. Mrs. Frederick A. Egner and Mrs. Luther S. Hafer will be hostesses for tea following the meeting.

The Arts and Crafts Department will meet Jan. 20 at 9:30 a.m. and make plans for entries in the District Achievement Day, April 27. Department members will also make decisions on programs for the remainder of the year. Guests are welcome.

Linda McTeague of the Department of Parks and Recreation of Union County will present a talk on "Will They Restore the Deserted Village?" to the Fortnightly Group Jan. 20 at 8 p.m. There will be a monthly business meeting prior to the lecture.

The Literature Department will hear a talk by Mrs. Vincent Postian on Eugene O'Neill, playwright and four-time winner of the Pulitzer Prize, Jan. 25 at 1 p.m.

## Painting, drawing lessons begin Jan. 13 for grades 3-5

The Westfield Recreation Commission has introduced an all-new Art for Fun program which will begin Jan. 13. This program is offered to Westfield youth in grades 3-5 and will introduce them to various aspects of drawing and painting.

The program will be held in the Elm Street School third floor art room each Wednesday from 4:30-5:30 p.m. through March 24. The

instructor is Westfield resident Michelle Ceklosky, who holds an art degree from Monmouth College.

The cost is \$25 and enrollment is limited to 15 students. Registration is on a first come, first serve basis until the maximum is reached. For information or to register, stop by the recreation department in the municipal building or call 789-4080.

## PRE-DANCE FOR 3 YEAR OLDS

8 weeks...\$48.00  
Classes  
Thurs at 10:15  
and 11:00 am  
Sat 9:15 am

*The Yvette*  
DANCE STUDIO  
118 Walnut Avenue • Cranford  
Classes Beginning Jan. 7

## review courses Raise Your Scores... Techniques won't

Marcia Lawrence, M.A., author of *How to Take the SAT*, and George Kaplan, M.A., announce the opening of registration for the only course that teaches you the psychology behind the test that will overcome your fears and help increase your scores. You'll find out how to recognize clues to answers and tick questions, how to deal with multiple choice and math "stumpers", how to digest material quickly and efficiently, how to locate every answer in the reading comprehension question—every technique and strategy you'll need to raise your scores.

LAWRENCE  
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HOW TO  
TAKE THE  
SAT

Starting Date  
Jan. 20, 1993

7-10 p.m. 7 weeks  
Where: Temple Emanuel-El  
758 E. Broad St., Westfield  
F.F. Info: Ann Glickman 322-4245

## LOSE THOSE POUNDS

8 and 16 week, personalized and group programs to satisfy all your nutritional and dietary needs.

- Nutritional Guidance
- Permanent Dietary Success
- Overcoming Bingeing
- Stress Reduction
- Eating Disorders
- Cholesterol
- Hypertension
- Diabetes
- Meal Planning

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Dietician/Nutritionist

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## Ballroom Dancing



Classes for the beginner and advanced beginner who want to learn the basics of fox trot, mambo, disco, jitterbug, cha-cha, swing and merengue

Thursdays — 8:30 p.m.

4 weeks • \$45 per couple • \$25 per single

To Register & For Further Info: 276-3539

The YVETTE DANCE STUDIO  
118 Walnut Avenue • Cranford

Classes begin Jan. 14

# LOCAL MOVIE TIMES

FOR THE WEEK OF FRIDAY, JAN. 8-THURSDAY, JAN. 14

Schedules are subject to last-minute changes.

## WINDY HILLS

AMC HEADQUARTERS 10

72 Headquarters Plaza

Montclair (201) 292-0606

•Chaplin (PG-13) Friday: 4:20, 7:20, 10:20 p.m. Saturday: 1:10, 4:20, 7:20, 10:20 p.m. Sunday: 1:50, 5:10, 8:10 p.m. Monday-Thursday: 5:10, 8 p.m.

•Toys (PG-13) Friday: 5:10, 8:10, 10:10 p.m. Saturday: 1:30, 5:10, 8:10 p.m. Monday-Thursday: 5:40, 8:10 p.m.

•The Muppet Christmas Carol (G) Saturday: 1:30 p.m. Sunday: 1:30, 3:40 p.m.

•Forever Young (PG) Friday: 5:10, 8:10, 10:10 p.m. Saturday: 1:30, 5:10, 8:10 p.m. Monday-Thursday: 5:40, 8:10 p.m.

•A Few Good Men (R) Friday-Thursday: 1:10, 4:10, 7:10, 9:40 p.m. Late show Friday and Saturday at 12:15 a.m.

•The Distinguished Gentleman (R) Friday-Thursday: 1:15, 3:30, 5:45, 8:10, 10:15 p.m. Late show Friday and Saturday at 12:15 a.m.

•The Bodyguard (R) Friday-Thursday: 1:20, 4:10, 7:05, 9:35 p.m. Late show Friday and Saturday at 12:05 a.m.

•Neddy (G) Friday-Thursday: 1:05, 3:05, 5:05, 7:05 p.m. Late show Friday and Saturday at 11 p.m.

•Home Alone 2 (PG) Friday-Thursday: 1:30, 3:30, 5:30, 8:10, 10:15 p.m. Late show Friday and Saturday at 12:30 a.m.

•Malcolm X (PG-13) Friday-Thursday: 1:10, 3:10, 5:10, 7:10, 9:10 p.m.

•Trespass (R) Friday-Thursday: 1:10, 3:10, 5:10, 7:10, 9:10 p.m. Late show Friday and Saturday at 12:05 a.m.

•Neddy (G) Friday-Thursday: 1:05, 3:05, 5:05, 7:05 p.m. Late show Friday and Saturday at 11 p.m.

•Home Alone 2 (PG) Friday-Thursday: 1:30, 3:30, 5:30, 8:10, 10:15 p.m. Late show Friday and Saturday at 12:30 a.m.

•Malcolm X (PG-13) Friday-Thursday: 1:10, 3:10, 5:10, 7:10, 9:10 p.m.

•Trespass (R) Friday-Thursday: 1:10, 3:10, 5:10, 7:10, 9:10 p.m. Late show Friday and Saturday at 12:05 a.m.

•Neddy (G) Friday-Thursday: 1:05, 3:05, 5:05, 7:05 p.m. Late show Friday and Saturday at 11 p.m.

•Home Alone 2 (PG) Friday-Thursday: 1:30, 3:30, 5:30, 8:10, 10:15 p.m. Late show Friday and Saturday at 12:30 a.m.

•Malcolm X (PG-13) Friday-Thursday: 1:10, 3:10, 5:10, 7:10, 9:10 p.m.

•Trespass (R) Friday-Thursday: 1:10, 3:10, 5:10, 7:10, 9:10 p.m. Late show Friday and Saturday at 12:05 a.m.

•Neddy (G) Friday-Thursday: 1:05, 3:05, 5:05, 7:05 p.m. Late show Friday and Saturday at 11 p.m.

•Home Alone 2 (PG) Friday-Thursday: 1:30, 3:30, 5:30, 8:10, 10:15 p.m. Late show Friday and Saturday at 12:30 a.m.

•Malcolm X (PG-13) Friday-Thursday: 1:10, 3:10, 5:10, 7:10, 9:10 p.m.

•Trespass (R) Friday-Thursday: 1:10, 3:10, 5:10, 7:10, 9:10 p.m. Late show Friday and Saturday at 12:05 a.m.

•Neddy (G) Friday-Thursday: 1:05, 3:05, 5:05, 7:05 p.m. Late show Friday and Saturday at 11 p.m.

•Home Alone 2 (PG) Friday-Thursday: 1:30, 3:30, 5:30, 8:10, 10:15 p.m. Late show Friday and Saturday at 12:30 a.m.

•Malcolm X (PG-13) Friday-Thursday: 1:10, 3:10, 5:10, 7:10, 9:10 p.m.

•Trespass (R) Friday-Thursday: 1:10, 3:10, 5:10, 7:10, 9:10 p.m. Late show Friday and Saturday at 12:05 a.m.

•Neddy (G) Friday-Thursday: 1:05, 3:05, 5:05, 7:05 p.m. Late show Friday and Saturday at 11 p.m.

•Home Alone 2 (PG) Friday-Thursday: 1:30, 3:30, 5:30, 8:10, 10:15 p.m. Late show Friday and Saturday at 12:30 a.m.

•Malcolm X (PG-13) Friday-Thursday: 1:10, 3:10, 5:10, 7:10, 9:10 p.m.

•Trespass (R) Friday-Thursday: 1:10, 3:10, 5:10, 7:10, 9:10 p.m. Late show Friday and Saturday at 12:05 a.m.

•Neddy (G) Friday-Thursday: 1:05, 3:05, 5:05, 7:05 p.m. Late show Friday and Saturday at 11 p.m.

•Home Alone 2 (PG) Friday-Thursday: 1:30, 3:30, 5:30, 8:10, 10:15 p.m. Late show Friday and Saturday at 12:30 a.m.

•Malcolm X (PG-13) Friday-Thursday: 1:10, 3:10, 5:10, 7:10, 9:10 p.m.

•Trespass (R) Friday-Thursday: 1:10, 3:10, 5:10, 7:10, 9:10 p.m. Late show Friday and Saturday at 12:05 a.m.

•Neddy (G) Friday-Thursday: 1:05, 3:05, 5:05, 7:05 p.m. Late show Friday and Saturday at 11 p.m.

•Home Alone 2 (PG) Friday-Thursday: 1:30, 3:30, 5:30, 8:10, 10:15 p.m. Late show Friday and Saturday at 12:30 a.m.

•Forever Young (PG) Friday-Thursday: 1:10, 3:20, 5:30, 7:45, 9:55 p.m.

•Neddy (G) Friday-Thursday: 1:05, 3:05, 5:05, 7:05 p.m. Late show Friday and Saturday at 11:45 p.m.

•A Few Good Men (R) Friday-Thursday: 1:10, 4:10, 7:10, 9:40 p.m. Late show Friday and Saturday at 12:15 a.m.

•Home Alone 2 (PG) Friday-Thursday: 1:30, 3:30, 5:30, 8:10, 10:15 p.m. Late show Friday and Saturday at 12:30 a.m.

•The Muppet Christmas Carol (G) Friday-Thursday: 1:30, 3:30, 5:30, 8:10, 10:15 p.m. Late show Friday and Saturday at 12:30 a.m.

•Trespass (R) Friday-Thursday: 1:10, 3:10, 5:10, 7:10, 9:10 p.m. Late show Friday and Saturday at 12:05 a.m.

•The Bodyguard (R) Friday-Thursday: 1:20, 4:10, 7:05, 9:35 p.m. Late show Friday and Saturday at 12:05 a.m.

•Chaplin (PG-13) Friday-Thursday: 1:15, 4:20, 7:20, 10:10 p.m.

•Hoffa (R) Friday-Thursday: 1:15, 4:30, 7:25, 10:15 p.m.

•The Muppet Christmas Carol (G) Friday-Thursday: 1:30, 3:30, 5:30 p.m.

•Leopold (PG-13) Friday-Thursday: 1:15, 3:20, 5:30, 7:50, 10:05 p.m.

•Scent of a Woman (R) Friday-Thursday: 1:15, 3:20, 5:30, 7:50, 10:05 p.m.

•Hoffa (R) Friday-Thursday: 1:15, 4:15, 7:20, 10 p.m.

•Used People (PG-13) Friday-Thursday: 1:30, 3:30, 5:30, 8:10, 10:15 p.m.

•DUNELLEN THEATRE

458 North Ave., Dunellen (908) 968-3331

•Call theater for showtimes.

KENDALL PARK CINEMA

3580 Route 27, Kendall Park (908) 422-2444

•Chaplin (PG-13) Friday, Saturday: 1:10, 4:15, 7:20 p.m. Sunday: 1:30, 4:35, 7:40 p.m. Monday-Thursday: 7:45 p.m.

•A Few Good Men (R) Friday, Saturday: 1:10, 4:15, 7:20 p.m. Sunday: 1:30, 4:35, 7:40 p.m. Monday-Thursday: 7:45 p.m.

•Aladdin (G) Friday, Saturday: 1:15, 3:10, 5:10, 7:10, 9:10 p.m. Sunday: 1:15, 3:10, 5:10, 7:10, 9:10 p.m. Monday-Thursday: 7:30 p.m.

•The Lover (R) Friday, Saturday: 4:10, 8:15 p.m. Sunday: 3:25, 7:30 p.m. Monday-Thursday: 7:15 p.m.

•The Distinguished Gentleman (R) Friday, Saturday: 2:05, 6:10, 10:15 p.m. Sunday: 1:20, 5:25, 9:30 p.m. Monday-Thursday: 9:10 p.m.

•Leopold (PG-13) Friday, Saturday: 1:15, 3:05, 5:05, 7:05, 9:45 p.m. Sunday: 2:05, 4:15, 6:15, 8:15 p.m. Monday-Thursday: 8:15 p.m.

•Home Alone 2 (PG) Friday, Saturday: 1:30, 4:15, 7:25, 9:45 p.m. Sunday: 1:30, 4:40, 7:50 p.m. Monday-Thursday: 7:30 p.m.

•Hoffa (R) Friday, Saturday: 1:15, 4:20, 7:25, 10:30 p.m. Sunday: 1:30, 4:35, 7:40 p.m. Monday-Thursday: 7:40 p.m.

•MIDDLESEX MALL CINEMAS

Station and Hedley roads South Plainfield (908) 753-2246

•A Few Good Men (R) Friday: 8:10, 10:20 p.m. Saturday: 2:15, 5:15, 8:15 p.m. Monday-Thursday: 8:30, 8 p.m.

•Leap of Faith (PG-13) Friday: 8:10, 10:30 p.m. Saturday: 12:15, 3:15, 6:15, 8:30 p.m. Monday-Thursday: 8:30, 8 p.m.

•Home Alone 2 (PG) Friday: 8:15, 9:30 p.m. Saturday: 12:30, 3:30, 6:15, 9:30 p.m. Monday-Thursday: 8:30, 8 p.m.

•Movie CITY

1665 Oak Tree Rd., Edison (908) 549-6666

•Call theater for showtimes.

MOVIE CITY

Oak Tree Center 1665 Oak Tree Rd., Edison (908) 549-6666

•Call theater for showtimes.

MOVIE CITY

Oak Tree Center 1665 Oak Tree Rd., Edison (908) 549-6666

•Call theater for showtimes.

MOVIE CITY

•Hoffa (R) Friday, Saturday: 1:40, 4:20, 7:05, 9:45 p.m. Sunday: 1:30, 4:10, 6:50, 9:30 p.m. Monday-Thursday: 8 p.m.

•MIDDLESEX MALL CINEMAS

Station and Hedley roads South Plainfield (908) 753-2246

•A Few Good Men (R) Friday: 8:10, 10:20 p.m. Saturday: 2:15, 5:15, 8:15 p.m. Monday-Thursday: 8:30, 8 p.m.

•Leap of Faith (PG-13) Friday: 8:10, 10:30 p.m. Saturday: 12:15, 3:15, 6:15, 8:30 p.m. Monday-Thursday: 8:30, 8 p.m.

•Home Alone 2 (PG) Friday: 8:15, 9:30 p.m. Saturday: 12:30, 3:30, 6:15, 9:30 p.m. Monday-Thursday: 8:30, 8 p.m.

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## 'Stella' Pernell, at 92

### Most recently a Westfield resident

Castella (Stella) Pernell, 92, who had been a resident of the Meridian Nursing Center-Westfield for the past two years, died Dec. 25, 1992 at Overlook Hospital.

A native of Staunton, Va., Mrs. Pernell lived in Cranford and Plainfield before she entered the nursing home. She was a member of the United Presbyterian Church, Plainfield.

## Mauro Novello, 55

### Punch press operator; avid athlete

Mauro A. Novello, 55, a punch press operator for 10 years with the Williams & Nettle Co. of Berkeley Heights, died Dec. 30, 1992 at his home.

Mr. Novello was born in Plainfield and lived in Westfield for most of his life. An avid bowler, he played baseball with the Westfield Hawks of the Union County Baseball League and softball with a team in the Plainfield Industrial Softball League.

## Marguerite Andrew, 86

Marguerite L. Andrew, 86, who once resided in this community, died Dec. 31, 1992 at White Plains Hospital Center, White Plains, N.Y.

Mrs. Andrew was born in Plainfield and lived in Westfield before moving to White Plains in 1957.

Her husband, George H. Andrew, died in 1978.

## Church workshop to focus on adolescent years

The First Congregational Church of Westfield will sponsor a program on understanding adolescence, The Adolescent Years: A Workshop.

Beginning Sunday, the Rev. Marc Trister, associate pastor, will coordinate workshops on six Sunday evenings at 7:30 p.m. in Patton Hall exploring important aspects of adolescent life and behavior. Each session will include a knowledgeable speaker and time for questions, discussion and support.

## Obituaries

## Carolyn MacCowan, 87

### Teacher; oldest member of local church

Carolyn D. MacCowan, 87, a retired teacher and the oldest continuous member of the Presbyterian Church on Mountain Avenue, died Dec. 27, 1992 at King James Nursing Center of Chatham.

She was born in Westfield and lived in the town all her life.

Mrs. MacCowan taught kindergarten classes in the Plainfield public school system until her retirement in 1970. She graduated from Penn Hall, a private school in Chambersburg, Pa., and from Wheelock College.

## Thomas Anthony Rotella, 32

### Toy store manager; WHS alumnus

Thomas Anthony (Tom) Rotella, 32, a toy store manager who graduated from Westfield High School in 1979, died Dec. 28, 1992 at his home in Greenwood, S.C.

Mr. Rotella was born in Westfield and lived in the town before moving to Greenwood. He attended Fairleigh Dickinson University, Madison, and had been the manager of a Key Bee Toys store in Greenville, S.C.

Surviving are his parents, Michael V. Rotella and Ann Seppa Rotella, with whom the late Mr. Rotella lived; five brothers, Anthony

## Leo Richman, at 59

### Westfield insurance agent

Leo Richman, 59, an insurance agent with his own agency in Westfield for more than 30 years, died Jan. 2, 1993 at Overlook Hospital.

Mr. Richman, who was born in Newark, lived in Florida and Elizabeth before moving to Westfield.

He was a member of Temple Emanuel-El and belonged to its Men's Club. Mr. Richman also held membership in the Westfield Mountaintop lodge of B'nai B'rith and the Composite Lodge, Free & Accepted Masons.

## Dorothy A.C. Stecker, 80

### Active in community center programs

Dorothy A.C. Stecker, 80, who participated in programs at the Westfield Community Center, died Dec. 30, 1992 at the Meridian Nursing Center-Westfield.

Mrs. Stecker was born in Allentown, Pa., and had lived in Westfield since 1978.

Her husband, Paul D. Stecker, is deceased.

She is survived by two daughters, Nancy Wabert and Kathryn Johnston; a son, Davis Stecker; six grandchildren; and a great-grandchild.

## William Arthur Graham Jr.

### At 71; hospital biomedical technician

William Arthur Graham Jr., 71, a biomedical technician at Elizabeth General Medical Center, died Dec. 28, 1992 at that hospital.

Mr. Graham, who was born in Brooklyn, lived in Westfield from 1926 until he moved to Scotch Plains in 1956.

He joined the staff of Alexian Brothers Hospital, Elizabeth, in 1972 and continued on its staff after the hospital became Elizabeth General Medical Center-East. Mr. Graham had been an electrical engineer with Weston Instruments in Newark from 1952-1972.

A 1940 graduate of Westfield High School, Mr. Graham also graduated from Union College (now Union County College) and attended the Newark campus of Rutgers University. He served in the Army during World War II.

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Isalah Smithson, center, tries out his new 10-speed bike as General Cinema Assistant Manager Michelle Davis, left, looks on.



Michelle Davis, left, presents Mary McDonald with her Dinner Cruise gift certificate.

Thank you two the over 1,000 Forbes Newspapers readers who played the game and congratulations, once again, to the 42 lucky winners.

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## You said it:

"I hope this gets us ready for the rest of the season. After coming back against West Orange and winning today, this should make the girls know how it feels to win."

—Linda King  
Westfield's girls' basketball coach  
on her team's victory over Elizabeth

## Sports

## SIDELINES

## Maccabiah bound

Julian Burnstein, a Westfield resident, was appointed to the 1993 United States Maccabiah Masters swimming team. Burnstein, a freestyle swimmer who swims at the Westfield Y, was selected to participate in the 14th edition of the games this July in Israel. He has competed in distances ranging from 50 yard sprints through 1,500 meters.

The Maccabiah Games are the central sporting event of world Jewry. More than 5,000 athletes representing over 50 nations in 37 sports will compete in this world class event.

A committee has been formed to help raise funds to enable Burnstein to train for this event and join the United States team. Donations may be sent to the Ad Hoc Committee for Julie Burnstein, 784 Carleton Road, Westfield, NJ 07090. For further information, contact Harvey Davidson at (908) 232-9119.

## W.H.S. captains

Westfield High School is pleased to announce elected captains for teams participating in the winter sports season: Boys' Basketball: Rob Moore, Michael and Matt Commandini; Girls' Basketball: Erin Allebaugh, Julia Cerefe and Amy Gallagher; Wrestling: Seth Coren and Chris Posey; Bowling: Michael Pass; Boys' Swimming: Pete Calanzano and Joel Pargot; Girls' Swimming: Susan Rodihan and Wendy Jebens.

## Tennis anyone?

The Pingry School in Martinsville is seeking applications for the position of Head Boys Tennis Coach for the upcoming 1993 spring season. Interested applicants should send a brief letter and resume to: The Pingry School, Director of Athletics, Martinsville Road, Martinsville, N.J. 08836. The phone number is (908) 647-0417.

## The Hot Spot



This weekend at the Dunn Sports Center in Elizabeth, the boys and girls track team will participate in the Union County Indoor Relays. The girls competition will begin tomorrow at 4 p.m., while the boys will start Saturday at 8 p.m. Last season, the Blue Devil girls tied with Plainfield for second place, finishing 10 points behind Elizabeth. The highlight for the girls came in the 1-mile run, where Cate Robinson and Noelle Nolas finished first and second. Meanwhile, an injury-depleted boys team placed fifth.

## Inside

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☐ Last Week's Results .. A-10

## Got a score to report?

Call Kip Kudluk at 276-6000 or fax to: 276-6220. Our address is: 102 Walnut Ave., Cranford, N.J. 07016.

## Devils are tourney bridesmaids

## Roselle Park wins Westfield wrestling meet

By KIP KUDLUK  
THE RECORD

Holiday tournament hosts typically pound upon the schools they were so gracious to invite, fattening up the won-lost record in preparation for the conference schedule that lies directly ahead.

So, perhaps it's not surprising that the Blue Devils wrestlers were disappointed with their second place finish in the 8th Annual Westfield Invitational last Wednesday.

But, it's not as if Westfield invited a bunch weak sisters to their gym. On the contrary, Roselle Park, Howell, Dover and Morristown have always been traditionally strong in wrestling.

Roselle Park proved its proficiency on the mat, winning the team title with a total of 173 points. Westfield, which finished eight points behind the Panthers and half a point ahead of Howell, last year's champion, wasn't thrilled about being the runner-up.

"Our team didn't have a really good tournament," said Blue Devils Head Coach Don MacDonald. "We were upset in a few places and lost a couple of tough bouts. It was not a strong team effort. I can't point to one particular reason. It just wasn't our day."

"We really should've won," said Westfield junior Paul Baly. "Some bad breaks went our way. We have a strong team, but everyone might have gotten a little too cocky."

Despite the team's downcast mood, a couple of surprises and some things which held true to form enabled Westfield to capture three individual titles, two seconds and one third place finish.

The most dominant performance by a Blue Devil wrestler was turned in by 140-pound freshman Cory Posey. Posey pinned two opponents and defeated another by technical fall, wrestling a total of 5:47 in his three bouts. Posey was selected by the eight coaches as the tournament's Most Outstanding Wrestler.

"I guess a lot of people don't think freshman can be good at the varsity level," said Posey, who is undefeated in seven matches. "But, I'm just doing my best."

Posey displayed plenty of skill and quickness in defeating Roselle



Mike Liggers puts a hold on Roselle Park's Pat McCafferty during the Westfield Invitational Tournament last week. Liggers, wrestling at 145 pounds, lost by pin at 5:23. He rebounded to win a bout in wrestle-backs, pinning Piscataway's Davlon Swiney in 3:56.

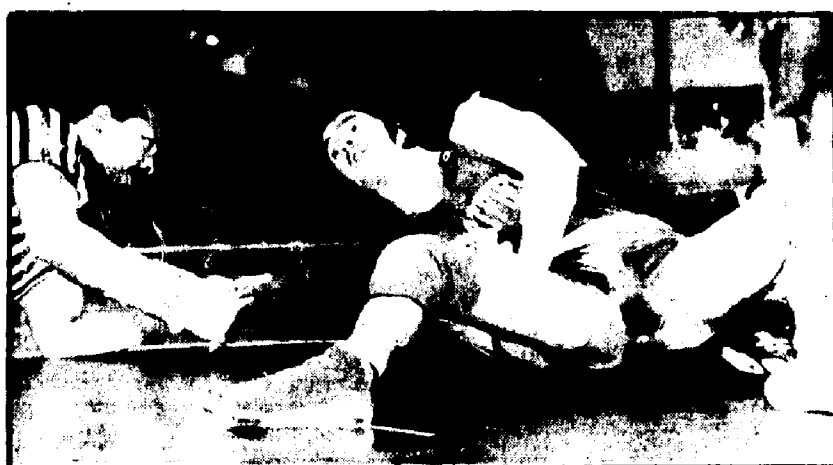
Catholic's Giovanni Duran in the finals. Late in the first period, Posey worked Duran over with a couple a front headlocks before applying an arm bar. With Posey enjoying the upper hand, the freshman suddenly flipped Duran onto his shoulders with an all-overhead and held on for the pin at 1:58.

In the surprise of the day, Baly claimed the 171-pound title by virtue of winning a pair of close decisions. Following his second period pin of Princeton's Garritt Roberts in the first round, the junior bested Everton Heron of Morristown, 9-7.

In the finals, Baly rallied to score three points in the final 38 seconds, upsetting No. 1 seed Thermon Perry of Howell, 9-8. After an injury timeout, Baly came out very aggressive and shot at Perry's legs, eventually lifting him up and taking him down to score two points with eight seconds left.

"I just got a boost of adrenaline and hit him off the mat," said Baly, who won his first individual championship at the varsity level. "He (Perry) was pretty strong, so I knew I'd have to shoot low."

Minutes after Baly's dramatic victory, senior Seth Coren exhibited great strength in defeating Morristown heavyweight Jason Allen, who outweighed Coren by about 40 pounds.



Senior Chris Posey wrestled gamely in the 135-pound final, but lost to Howell's Keith Swistock in the final seconds, 8-6.

Coren took down the bulky Allen twice before using the hammerlock to set up the West Essex pin. Coren's second pin of the day came at 2:50.

"I try not to get underneath and force him to wrestle my style," said Coren about going up against bigger foes. "He was quick, but wrestling is as much mental as it is physical."

In the 135-pound finals, Westfield's Chris Posey and Howell's

Keith Swistock put on quite an exciting show. Each wrestler dispatched their first two opponents with ease, setting up an interesting final.

Trailing, 4-2, after one period, Posey scored two points in the last five seconds of the second period to take a 5-4 lead entering the third.

Swistock, who won last year's 125-pound title before sustaining a (Please turn to page A-10)



Westfield's Chris Manos will swim the 200 freestyle and 100 breaststroke events in the Pirate Invitational, hoping to help the Blue Devils to their fourth-straight meet victory.

the 100 breast and try to put it out of reach so no one gets it in a while," said Schwartz.

Darren Hertell, the senior who has been chosen as the meet's Most Outstanding Swimmer two years in a row, has broken the existing meet record in the 100-yard backstroke in each of the past two seasons. Hertell, who will also go after the title in the 200-yard individual medley, does not feel any pressure to claim a third consecutive MVP award.

In fact, Hertell will not be as focused on this meet as well as he has in the past. The current W.H.S. record holder in the 100 back and the 200 IM has been concentrating his efforts toward a national team

competition which will take place in one month in Syracuse. He will represent the Phoenix Aquatic Club.

"I hope people aren't expecting me to win the MVP, but I'm sure they are," said Hertell. "I want to do well and, hopefully, win. But, I don't expect fast times."

"I hope he gets it," said Schwartz about Hertell winning the MVP. "I think he's got a damn good shot at it because he's so versatile. That would be great if he got it. It would add so much to the meet."

Tim Smith is a threat to come away with either the 100- or 200-yard freestyle titles. Ted Pollack will compete in the 200 and 500 (Please turn to page A-10)

## Devils defense

## Girls hoops rips Elizabeth, goes to 2-3

By AMY KORCHAK  
THE RECORD

Success came early for the Westfield girls' basketball team in their 52-36 victory over Elizabeth Tuesday in the Blue Devils' home opener.

Tough play and hard defense enabled the Blue Devils to emerge with their first victory over the Minutemen in at least five years.

## H.S. ROUNDUP

Right from the opening tip-off Westfield's tenacious defense forced Elizabeth into 13 turnovers in the first eight minutes, helping them race out to a 14-2 lead after the first quarter.

"Our key factor in our victory was our defense, along with us taking advantage of the Elizabeth turnovers," said senior center Erin Allebaugh, who had nine points.

The half ended with Westfield holding a 27-14 advantage. The defense did not let down the entire game. The Blue Devils created a total 39 Elizabeth turnovers — the single most important factor in the outcome.

Elizabeth cut the deficit to 39-30 three minutes into the fourth quarter. However, Amy Gallagher drained a four-foot jumper and junior Abby Bomba hit a pair of long range jump shots to quell the Minutemen rally.

Westfield's leading scorer was Bomba, who scored nine of her 11 points from the three point range. Other scorers included Taryn McKenna with 10 points, and Shi-Kia Carter and Gallagher, who had eight points apiece. Senior Julia Cerefe played outstanding defense, coming away with a team-high eight steals.

"I hope this gets us ready for the rest of the season. After coming back against (Please turn to page A-10)

## Moeller shows winning spirit with winning teams

The nationwide American Legion baseball program, which started in 1925, currently has more than 4,000 teams and over 80,000 players participating every year. Over the past 37 years, Westfield's Al Moeller has played a significant role in the program on both the local and national level.

Moeller has been either a coach or manager of Westfield's Martin Wallberg American Legion Post No. 3 team since 1956. His teams have won over 500 games, including 14 Union County championships, four district titles and three second place finishes in the state.

Moeller was the national vice commander in 1972-73, was appointed to the six member National Baseball Committee in 1964 and was selected as vice chairman of the committee in 1974. In addition to being a member of the National Rules Committee, he was appointed to the three member National Court of Appeals, which has the final say on any American Legion baseball dispute.

Locally, he was chairman of Union County Legion baseball for 22 years and has been chairman of the State Legion Baseball Scholarship Committee since its inception 17 years ago. As a youth in Jersey City, he played baseball on the local American Legion team in 1934-35.

"I'll be back with the team next season," said Moeller. "It's been most rewarding to see young athletes change into young men. A mother once said to me that being involved with the American Legion



by Al Lies

baseball program for two years had done more for her son than she was able to do in 18 years."

Moeller, who is 74 years old, has been a Westfield resident for 41

years. He retired from the Hallmark Card Company in 1983.

During World War II he entered the United States Army as a private and was discharged as a captain. He served in Europe as a paratrooper with the 17th Air Borne Division, earning a Bronze Star medal during the "Battle of the Bulge" in France. After the war ended, he coached baseball and basketball for his division's teams while he was still in the Army.

At Westfield, his teams have produced a number of athletes who went on to play professional baseball at the major and minor league level. The most famous is current New York Mets manager Jeff Torborg.

Other former pros include Jeff Stember (San Francisco Giants organization), Kevin Smith (Seattle Mariners), Mike Murray (Chicago White Sox) and Dick Meyers and Steve Tebbets, both of whom played with several clubs.

In 1981, Moeller received the "Best Friend Award" for his efforts in helping raise money for the Special Olympics. This season he will be active in supporting Project 93, an undertaking in which Westfield baseball parents are seeking funds to help finance the renovation of the high school field behind the Edison Intermediate School.

## Roundup

(Continued from page A-9)

West Orange and winning today, this should make the girls know how it feels to win," said Westfield Head Coach Linda King.

Last Wednesday, the Blue Devils were blown out of the starting gate by Livingston in the championship game of the West Orange Holiday Tournament. The Lancers (4-0) raced out to a 28-8 lead after eight minutes and extended the bulge to 41-14 at halftime.

"They're an excellent team. They just outplayed us," said King. "Their guards outran us. They're top all-state players and they handled us very well. Our girls had a lot of heart. They didn't stop playing until the final whistle."

Westfield got on track in the second half, outscoring Livingston, 34-27. But, the damage had already been done and Livingston won the tournament for the fourth straight season by a final score of 68-48.

"We performed well against a good team," said McKenna, who was Westfield second leading scorer with nine points. "The second half really showed our ability as a team."

With the Blue Devils showing their ability to defeat good teams, they have an opportunity to even their record at 3-3 at Union 4 p.m.

### Comandini injury puts

#### Westfield "O" in a bind

A shoulder injury to Mike Comandini in Tuesday's game at Elizabeth left the Blue Devils without their leading scorer and go-to man on offense.

The senior, who averaged 21 points in the first three games of the season, sustained sprained ligaments in the AC joint of his right shoulder while going after a loose ball late in the first quarter. Comandini tried to return in the second half, but he said he experienced too much pain. The guard currently has his arm in a sling and is expected to be out one to two weeks.

"I ran to go after the loose ball and No. 14 of Elizabeth ran after it too. He rammed into my shoulder and that's how I got hurt," said Comandini, who will undergo rehabilitation work this week.

Without their main offensive



Junior Abby Bomba sealed Westfield's upset victory over Elizabeth by canning two long-range jump shots in the fourth quarter Tuesday. The Blue Devils (2-3) won, 52-36.

producer, Westfield buckled under the defensive pressure applied by the Minutemen. When Comandini left the game, the score was tied, 10-10.

Turnovers, a lack of confidence and superior offensive rebounding by Elizabeth turned a close game into a rout. The Minutemen (6-0) outscored the Blue Devils 21-6 in the second quarter and literally ran away to a 70-31 victory.

"After the injury the kids looked out of it," said head coach Stew Carey. "There was just no offense on the floor because the kids are used to Mike doing it all. We just had no one to go to and I think (point guard) Marc Koslowsky got frustrated because of that."

"The turnovers hurt us a lot, but the injury took us right out of our offense. And once Elizabeth missed, it was the same old story of them getting the offensive rebound."

Before the mishap, Comandini scored eight points. He ended up leading Westfield in scoring. Mike Checkett added seven points.

Last Wednesday a destructive run which began late in the first half and continued early in the second half did in Westfield in the championship game of the William Buglovsky Holiday Tournament in Perth Amboy.

Despite being outscored by Perth Amboy on the offensive glass, 23-4, in the first half, the Blue Devils held a 31-29 lead with

1:40 remaining in the second quarter. But, Westfield missed four free throws, committed a pair of turnovers which led to some easy baskets and watched Adam Rivers toss in a prayer before the buzzer to give the Panthers a 37-31 lead at the break.

The start of the second half only brought more misery for the Blue Devils. Perth Amboy (4-0) broke the game open by scoring the first dozen points of the third quarter, giving the host school a 49-31 lead. Westfield could not recover and lost, 82-66.

Once again, Mike Comandini scored the bulk of the points for Westfield. The senior guard poured in a season-high 27 points. Matt Comandini netted 13 points.

### Devil girls deal Union swimmers first loss

By SASKIA RILEY

THE RECORD

Westfield extended its perfect record to 3-0 on Tuesday by crushing visiting Union, 106-62, spoiling the Farmers' previously undefeated 4-0 record.

As in most of their meets, the Blue Devils held a narrow victory before a midway break. But, Westfield padded its cushion with depth in the specialty strokes.

"We have phenomenal depth," said Blue Devils Head coach Stacey Hegna. "No team will be able to stop us now."

Due to the break provided by the Christmas vacation, most of the swimmers' times were off. However, Westfield was still sharp enough to secure the victory.

Many swimmers contributed to the triumph with personal victories. Winners included: junior Bronwyn May in the 200 and 100-yard freestyle (2:06.30, 58.59), sophomore Jill Smith in the 50 free (26.26), freshman Anne Teitelbaum in the 500 free (5:25.06) and senior Sarah Showfety in the 100-yard breaststroke (1:20.33).

However, a meet is not won solely with first place finishes. Those who helped with important second place finishes were: Teitelbaum in the 200-yard individual medley (2:23.90), sophomore Lisa Olden in the 100-yard butterfly (1:07.28), Smith in the 100 free (59.50) and junior Saskia Riley in the 100-yard

backstroke (1:07.02).

Third place finishers were: Olden in the 200 free (2:13.52), Riley in the 200 IM (2:32.74), sophomore Jen O'Brien in the 100 fly (1:11.80), sophomore Caitlin Jordan in the 500 free (6:19.22) and senior co-captain Wendy Jebens in the 100 back (1:12.36).

Westfield won every relay event, picking up eight points for each first place finish. The medley relay of Riley, Showfety, Olden and sophomore Laura Todd won by two seconds, finishing in 2:04.08. Showfety, Jebens, freshman Marnie O'Keefe and Smith teamed up to win the 200 free relay by nearly 23 seconds (1:31.54).

The final event, the 400 free relay, was Farmer's final opportunity to redeem themselves. But, they were thwarted by Hay, Teitelbaum, Riley and Olden (3:58.50). Today, the Blue Devils face Summit at the Westfield YMCA at 2:30 p.m.

### No surprises here: Devils crush Farmers

By IVY CHARNATZ

THE RECORD

When the Westfield High School boys swim team faced Union at the Westfield YMCA last Tuesday, it didn't take anyone too long to see who would come out on top. To absolutely no one's surprise, it was the Blue Devils who emerged victorious in an expected 111-59 triumph.

The Blue Devils (3-0) won all but one of the 11 events and picked up many second and third place finishes along the way.

Ted Fellack had a great meet, winning the 100-yard butterfly (56.92), and assisting in two other first place finishes — the 200 medley relay (1:47.12), and the 200-yard freestyle relay (1:37.05). Other swimmers who took part in the relay victories were: Darren Hertel, Chris Manos, Tim Smith, Dan Zemsky, and Robbie Schundler.

Additional first place triumphs were claimed by: Tom Mann in the 200 free (1:52.63) and 500 free (4:58.10), Hertel in the 200-yard individual medley (2:10.66), Smith in the 100 free (52.74), Dave Schwartz in the 100-yard breaststroke (1:06.89) and Brian Ramsthaler in the 100-yard backstroke (59.24).

The 400 free relay team, consisting of Smith, Joel Pargot, Ramsthaler, and Andy Larsen also came out on top, finishing in 3:46.94.

Nice times were also recorded in the 100 free by Manos (52.89), and Ramsthaler (52.78), earning them second and third place finishes, respectively.

Impressive finishes were turned in by Pargot in the 500 free (5:29.91), Schwartz in the 300 free (1:54.04), Hertel in the 100-yard butterfly (57.29), Rasty Schundler in the 100 back (1:02.12) and Jon Jones (1:09.22) and Andy Hughes (1:04.18) in the 100 breast.

Third place finishes were also earned by each relay team. Rasty Schundler, Hughes, Zemsky, and Rob Schundler completed the medley relay in 1:53.33, while Walt Kapuscinski, Louis Guzzetti, Frank Coppa and Hughes finished the 200 free relay in 1:42.04. Kapuscinski, Guzzetti, Coppa and Brendan Lechner swam the 400 free relay in 3:47.23.

"It got pretty close there," said Westfield Head Coach Chris McGiffin, referring to the four point lead the Blue Devils held after the 50 free. "But, we came back and swept them in the 100 free, which changed our momentum. That's when I think we really took control."

"As a team this year, we are better prepared for any upcoming challenges," said sophomore sprinter Kevin Aldrich. "This meet was an opportunity to see where we are in the season, and for us to look at our chances to defend our Pirate Invitational title."

The Blue Devils will meet Summit at the Westfield YMCA today, at 2:30.

### Bowlers roll past Seton Hall in season opener

Westfield cruised past non-conference opponent Seton Hall Prep, 7-0, Monday at Clark Lanes in the season opener for both teams. The Blue Devils (1-0) were never seriously threatened in any of the three games, winning by an average of 165.3 pins per game.

Westfield's series of 2672, an average of 891 a game, was the best in the Watchung Conference after the first day of action. Junior Matt Masine rebounded from a shaky start to post scores of 214 and 203 in his final two games. Senior Greg Rhodes rolled a 562 series (179, 191, 192) and captain Mike Pass bowled a 207.

"Nobody had a good first game," said Westfield Head Coach Mike Thron. "There were a lot of first game jitters. If you take the last two games (907 and 940) our average was 923, which is where we'd like to be."

On the junior varsity, John Szurlej's 521 series (174, 169, 178) was not enough for the Blue Devils. Westfield lost, 7-0, to a Seton Hall Prep JV team which bowled better than its varsity (2155 total to the varsity's 2116).

Westfield begins its Watchung Conference schedule today at 3:15 when it squares off against Union at Clark Lanes.

## Swim meet

(Continued from page A-9)

free, while Tom Mann will vie for first in the 200 IM and 100-yard butterfly.

Dan Zemsky will be entered in the 50 and 100 free. Walt Kapuscinski will participate in the 50 free and 100 fly and Robbie Schundler will go in the 100 back and 100 fly. Chris Manos will swim in the 200 free and 100 breast.

The 400 free and medley relays appear ready to win titles. Hertel, Schwartz, Smith, Mann and Pollock will probably be swimming in these events.

"Everyone's really psyched," said Schwartz. "We started thinking about the Pirate a long time ago and we want to do something no one's done before (win four straight titles). This is our last year and I consider my class a different bunch. We have different characteristics, but we all come together in the big meets and dominate."

## Wrestling

(Continued from page A-9)

serious ankle injury later in the season, recorded two points on a reversal 15 seconds into the final period. After allowing one point on an escape, Swistock broke the 6-4 deadlock by taking down Posey and scoring two points with three seconds left.

Jeff Checchio pleasantly surprised the home fans by reaching the 112-pound finals. But, in his final bout the sophomore succumbed to Ian Reddy of Princeton, 9-1. The methodical Reddy used his strength to stay on top of Checchio throughout the match, allowing his only point on an unnecessary roughness call with four seconds left in the second period.

"He was pretty strong and he put in a lot of leg shots," said Checchio of Reddy. "He was slippery and he got out of anything I tried. But, I'm still happy with the way I wrestled."

In other weight classes, Kevin Sullivan pinned Jason Pania of Roselle Park at 4:05 of the 103-pound consolation finals to finish in third place. Brian Buldo lost two of three bouts and placed fourth following his 11-9 loss to Morristown's Marcus Getkin in the consolation finals.

Jamie Haganboom also went 1-2 on the day at 125 pounds, as did 130 pounder Paul Hayes, 145 pounder Mike Liggers and 160 pounder Tom Whelan. Lance Kovacs recovered from an overtime loss in the first round to win two consecutive matches and place fifth at 152 pounds.

In the junior varsity tournament, Westfield's Jim Flood (145) was chosen as the tournament's Most Outstanding Wrestler, while teammate Frank DiGiovanni placed second at 189 pounds. In the team competition, Roselle Park finished first and the Blue Devils placed fourth.

### High School Results

Week of Dec. 29-Jan. 5

WESTFIELD

Boys Basketball (1-3)

Elizabeth 70, Westfield 31

Girls Basketball (2-3)

Westfield 52, Elizabeth 36

Livingston 55, Westfield 44

Wrestling (2-0)

2nd in Westfield Tournament with 166 pts.

Boys Swimming (2-0)

Westfield 111, Union 56

Girls Swimming (2-0)

Westfield 104, Union 62

Bowling (1-0)

Westfield 7, Seton Hall Prep 0

### Sports Calendar

Jan. 7-13

All times P.M. unless otherwise noted

THURSDAY, Jan. 7

Boys Basketball

Westfield (Var. JV & Fresh) vs. Union, 4

Girls Basketball

Westfield (Var. JV & Fresh) at Union, 4

Boys & Girls Swimming

Westfield vs. Summit, 2:30

Bowling

Westfield vs. Summit, 3:15

FRIDAY, Jan. 8

Boys Basketball

Westfield (Fresh) vs. Plainfield, 4

Wrestling

Westfield (Var) at Hunterdon Central, 7

Westfield (JV) at Hunterdon Central, 5:30

Girls Track

Union County Relays at Dunn Arena, 4

SATURDAY, Jan. 9

Boys Basketball

Westfield (Var) vs. Plainfield, 7:30

Westfield (JV) vs. Plainfield, 6

Girls Basketball

Westfield (Var) at Plainfield, 2

Westfield (JV) at Plainfield, 12:30

Boys Swimming

Pirate Invitational at West Windsor-Plainsboro H.S., 10 A.M.

Boys Track

Union County Relays at Dunn Arena, 6

MONDAY, Jan. 11

Wrestling

Westfield (Var) at Parsippany, 5:30

Westfield (JV) at Parsippany, 4

Bowling

Westfield vs. Rahway, 3:15

TUESDAY, Jan. 12

Boys Basketball

Westfield (Var & JV) at East Side, 4

Girls Basketball

Westfield (Var) vs. East Side, 4

Westfield (Fresh) vs. Kearny, 4

Boys Swimming

Westfield vs. Scotch Plains-Fanwood, 2:30

Girls Swimming

Westfield at Mountain Lakes, 3

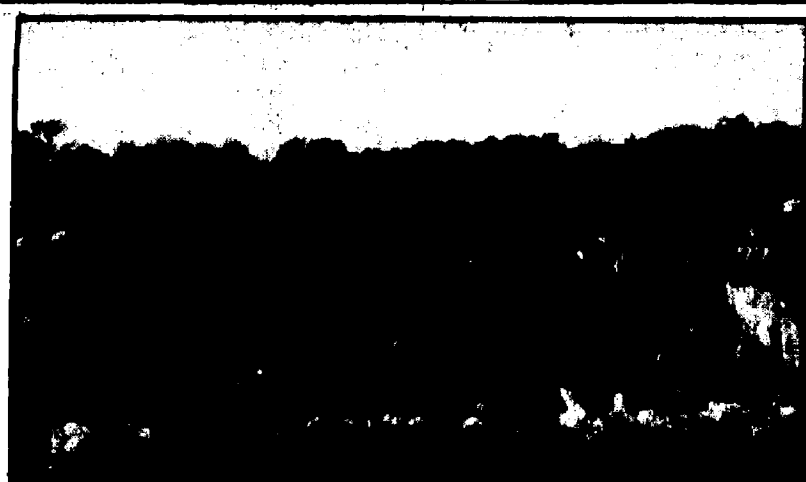
WEDNESDAY, Jan. 13

Wrestling

Westfield (Var, JV & Fresh) vs. Irvington, 4

Boys & Girls Track

Westfield vs. Union, 3



The 1992 PAL 'A' Team: (front) Erik Willyard, Ryan Harmer, Jesse Kelsner, Mike Urcloull, Josh Silverstein, Billy Ganun, John Triars, Stephan Taranto, Ted Goss; (middle) Mark Juella, Kevin Whalen, John Faggins, Tony Reggio, Chris Guerin, Bill Hedden, Kevin Dowling, Josh McMahon, Bernard Williams; (back) Coach Ken Caltocca, Coach Tim Doerr, Robert Tyson, Brendon Hickey, Bill Sweeney, Rob Jessup, Nick Constantino, Jason Murray, Jason Yarul, Don Maron, Steve Comitini, Mike Runfola, Dan Norton, Coach Joe Walsh.

# EFINGER'S

## ATHLETE OF THE WEEK



### CORY POSEY WESTFIELD

The freshman made quite a splash in last week's Westfield Invitational. The 140 pounder was selected as the tournament's Most Outstanding Wrestler after easily defeating his three opponents in a combined time of 5:47. Posey pinned Giovanni Duran of Roselle Catholic in the finals at 1:58.

"As chosen by Forbes Newspapers' Sports Dept."

# EFINGER'S

## ATHLETE OF THE MONTH



### PAT WILDE SOMERVILLE

The 171-pounder on Somerville High's wrestling team, Wilde is unbeaten this season and last week earned the "Outstanding Wrestler" award at the annual Somerset County Tournament. In the SCT, Wilde needed just five minutes to pin three opponents, including a 1:47 triumph over Bound Brook's Greg Beatty in the finals.

"As chosen by Forbes Newspapers' Sports Dept."



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• Be descriptive. List the best features of your item first.  
• Use only standard abbreviations.  
• Always state the price of a sale item and, if you're flexible on price, include "negotiable" in your ad.  
• Be sure to include your phone number and times to call.  
• Including the word "please" in your ad increases response.

## AD RATES

### PRIVATE PARTY

\*\$11.65  
Each week for 3 weeks  
For four lines, additional lines \$1.05 each week.  
PAY IN ADVANCE AND SAVE 10%!

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\*\$14.90  
Each week for 3 weeks  
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PAY IN ADVANCE AND SAVE 10%!

**DEADLINES:** The deadline for in-column Classifieds is 4 PM on Mondays. The deadline for classified display is 5 PM on Fridays.

**CANCELLATIONS:** Accepted up to 4 P.M. Monday prior to publication.

**ADJUSTMENTS:** We make every effort to avoid mistakes in your Classified Advertisement.

Please check your advertisement the first week it runs. Errors in advertisements running more than one time must be corrected before the second insertion or correction allowance cannot be made. Correction allowance for errors shall not exceed the cost of the advertisement.

**PAYABLE IN ADVANCE:** All ads for Garage Sales.

**Employment Wanted, Wanted to Rent, Houses to Share or Apartments to Share.** All ads when moving, all ads to addresses outside of New Jersey.

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• All capital or bold letters  
\$50 per line, per week

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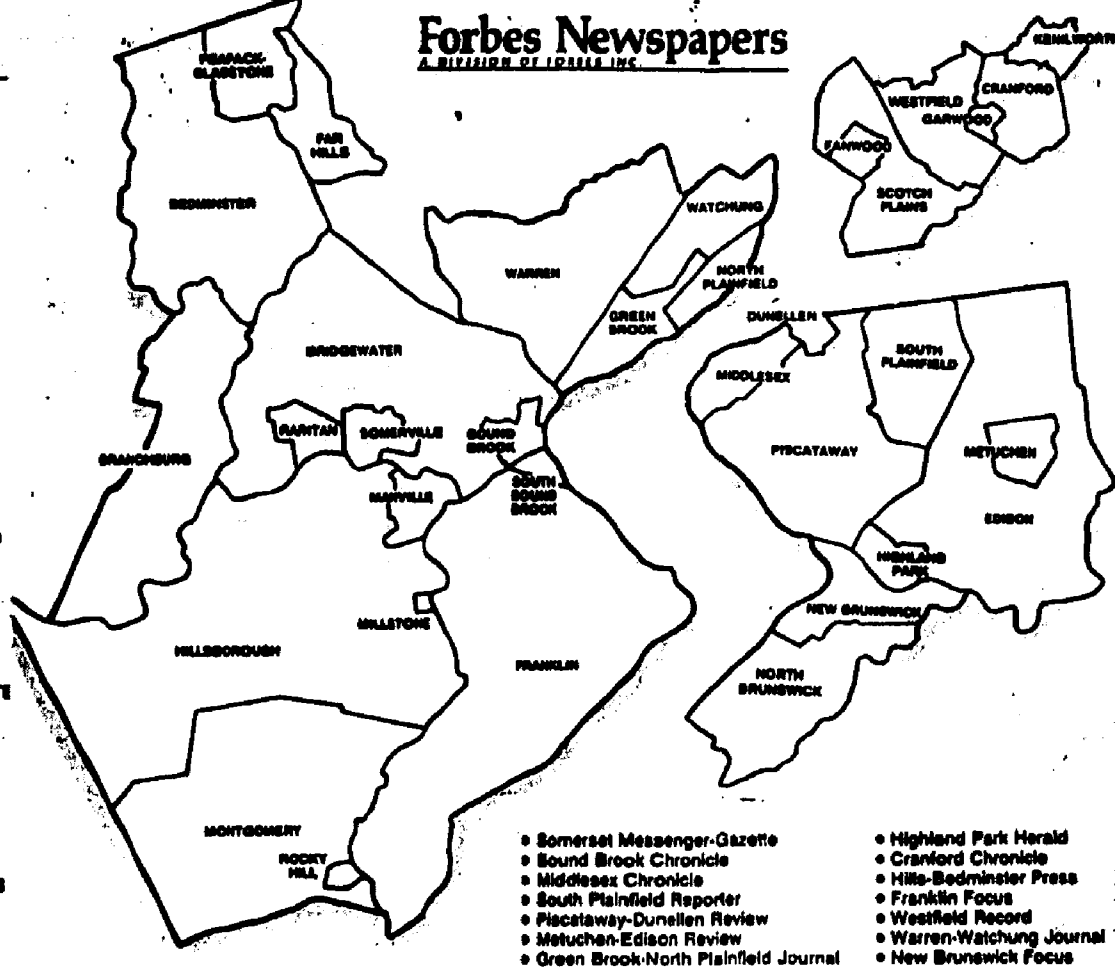
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**HILLSBOROUGH** - 6 mo. old gray tabby kitten, female red tabby. Missing from Cross Roads. Call 908-223-2236.

**LOST** - Cat, female in So. Plainfield. Missing from Cross Roads. Call 908-223-2236.

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**PRAYER TO THE BLESSED VIRGIN** (Never known to fail). Oh, most beautiful flower of Heaven, blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me and hear me, herein you are my mother. Oh, Holy Mary, Mother of God, Queen of Heaven and Earth! I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, show me herein you are my mother. Oh, Mary, conceived without sin, pray for us who have recourse to thee (3x). Holy Spirit, you who solve all problems, light all roads so that I can attain my goal. You who gave me the divine gift to forgive and forget all evil against me and that in all instances in my life you are with me, I want in this short prayer to thank you for all things as you confirm once again that I am separated from you in eternal glory. Thank you for your mercy toward me and mine. The person must be published after 3 consecutive days. After 3 days, the request will be granted. This prayer must be published after the favor is granted. P.M.

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## 1000 Antiques

**WASHER** - 375. Dryer, 300. Stove, 175. Dishwasher, 175. Call 908-218-9000.

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## 1000 Garage Sales

**NOTICE: AN GARAGE SALES** advertisements are PAYABLE IN ADVANCE by cash, check, VISA or MasterCard. Call 908-218-9000.

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**NOTICE: AN GARAGE SALES**



# Employment Guide

## 4150 Instruction/Education

**ART CLASSES**—Adults, children, drawing, painting, pottery. Beginner, intermediate, advanced. Opened. Experienced artist/teacher. 908-423-1831.

**BOBBI'S A PARALEGAL**—Join America's fastest growing profession. Lawyer instructed home study. The finest paralegal program available. C.O.D. Atlanta. Free catalogues. 908-952-7070 Dept. LA721.

**DRUM LESSONS**—In the style of today's leading drummers. Latin, Salsa, Latin, & Fusion. All levels. Beginners to Advanced in your home. 908-753-7814.

**DRUM LESSONS**—Well known live/recorded drummer taking on new students. All styles. Serious students only. No "hand" or "beat" lessons. Call Joe 908-753-7814.

**GUITAR LESSONS**—Various styles. Private instruction. Call Joe 908-753-7814.

**MATH TUTORING**—grades 6 to college. Pre algebra to calculus. I'm a Certified high school teacher w/yr. of tutoring exp. Call Joe 908-753-7814.

**MATH TUTOR**—Algebra, Trigonometry, Pre-Calculus, Calculus. Call Joe 908-753-7814.

**PIANO INSTRUCTION**—Diane Olsen. 20 yrs. exp. teaching. 908-952-7070.

**PIANO LESSONS**—In home. Branchburg, Hillsborough and area. Call Joe 908-753-7814.

**PIANO—ALL STYLES**—All ages. At your place. Degree (BA/MF), 20 yrs. exp., private, college & university. 908-952-7070.

**SPECIAL TRAINING**—WORLD PERFECT. 908-952-7070.

**TUTORING**—Math, grades thru 12. In math teacher, will also train on most textbooks. Call Joe 908-753-7814.

**TUTORING**—Reading, Math in your home. 10 yrs. public school experience. Certified K-8 & H.S. Math: M.A. degree. Call Joe 908-753-7814.

## 4160 Legal Services

**ATTORNEY HOUSE**—CALL: Will (from 970), Chas. (from 970), in-house attorneys (from 970). Call for most legal services. 908-952-7070.

**4180 Loans & Finance**

**\$88 AVOID \$88 BANKRUPTCY**—FREE Consultation. 1-800-674-3281. Financial Fitness of N.J.

**4170 Miscellaneous Services**

**ACCURATE TOWING**—CASH PAID. For your junk, disabled cars & trucks. Free pickup. Local & long distance towing. Call 747-3817.

**CLEANUP & LIGHT MAINTENANCE**—of all types. Free estimates. Insured. Free pickup. Call 747-3817.

**CUSTOM SLIPCOVERS**—Draperies, upholstery. Your fabric, color, pattern. Call 747-3817.

**DON'T LEAVE YOUR HOME UNATTENDED**—Responsible, dependable woman 25, will give you peace of mind by staying with your house (and your pets) while you away. Call Vikki at 908-273-8378.

**DRIVEWAY/PARKING LOT SEAL COATING**—Residential/Commercial. See our display at the Business Service Directory in your local Forbess Newspapers Classifieds. Free estimates. Fully insured. CHERRY SEAL, 908-273-8378.

**GUTTER MAN**—Cleans, repairs & installs leaders & gutters. Free Estimates. 908-753-1810.

**JUNK REMOVAL**—Auto, furniture, backyards. Call Joe 267-1281.

**JUNK REMOVAL—T L C**—Big and small, house & commercial, do it all. Call 753-8424.

**ADVERTISE**—In the Classified!

## 4190 Lawn Mower Repair

**LAWN MOWER REPAIR**—Tom's Lawn Mower Service. 908-952-7070.

**MOVING**—Select the best mover. 908-952-7070.

**SUMMER CLEAN UP**—Attics, basements, garages & porches. Free estimates. Fully insured. Call 908-753-7814.

**TANK REMOVAL**—Site work. Drains work. Free estimates. OSHA Approved. Call 908-753-7814.

**TELEPHONE JACKS**—REPLACED—moved, repaired. Free pickup. Call 908-753-7814.

**WHY LEAVE YOUR HOME UNATTENDED?**—Responsible, dependable man 35, will give you peace of mind by staying in your home (with your pets) while you away. Reasonable rates. Call 908-273-8378.

**4190 Party & Entertainment Services**

**BALLOON**—Flights leave our own island. 908-273-8378.

**TRAVEL PHOTOGRAPHY**—We Come To You! Specializing in: Portraits, Individual, Family, Engagement, Baby, Pet and Home Glamour. 908-273-8378.

**REGISTERED ARCHITECT**—NJ, NY & PA. Consultation by appt. only. Free. New client, or old. Call 908-464-5555. Free Estimates.

**TRAVEL PHOTOGRAPHY**—We Come To You! Specializing in: Portraits, Individual, Family, Engagement, Baby, Pet and Home Glamour. 908-273-8378.

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## 4200 Party & Entertainment Services

**BIRTHDAY PARTY ENTERTAINMENT**—For children (4 & up). Fun, fast, easy to set up. Call 908-952-7070.

**COMICS**—For all occasions. 908-952-7070.

**I CAN DRAW ANYTHING**—Portraits, Pets, Home, etc. Character Sketches for Parties. Reasonable. 908-952-7070.

**PARTY PLAYERS**—run the fun! "FREE CAFE" with 3/4" advanced booking. 908-952-7070.

**PUDDING**—My-Tue-Pine Cleaners. Reputation speaks for itself all occasions. 908-952-7070.

**REGISTERED ARCHITECT**—NJ, NY & PA. Consultation by appt. only. Free. New client, or old. Call 908-464-5555. Free Estimates.

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## 4210 Computer Training and Services

**COMPUTER TRAINING**—Wordprocessing, Spreadsheets, Databases. One-on-One. Available. Call 908-952-7070.

**LEARN MASSAGE**—3 Wt. Course, Books. 908-952-7070.

**CHILD CARE WANTED**—Call 908-952-7070.

**BABYSITTER**—baby-sitter needed in Pleasantville for two older school age girls. 3 to 4 morn. w/ht. 7:30 am. Reduces w/o. own transp. ref. interview. Call for interview. 908-952-7070.

**CHILD CARE NEEDED**—for our 2 sons, ages 1 1/2 & 3 in our Branchburg home. 3 days a week. 7am-5pm, non smoker, own transp. req. We are looking for mature individual for long term commitment. \$8.00 per hour. 908-753-8378.

**PANTRY**—looking for quality care for my 4 mo. & 2 yr. old. Live-in/out. Warm, responsible, energetic & experienced non-smoker. 908-952-7070.

**MATURE, LOVING**—non-smoker to care for infant in our Branchburg home. Hrs. 7:30AM-3:30PM. Message 908-952-7070.

**HANDYMAN PAIR**—FT. Lee, NJ. 2 men. non-smoker, must drive, for 3 yr. old & 18 mos. w/ht. housekeeping. Refs. 908-234-1822, after 7pm.

**DID YOU KNOW**... that an ad in this local paper also goes into 16 other local papers? Reach over 400,000 readers with one call! 1-800-559-9495.

**APPRaisal TRAINER**—Local office of National Organization looking for 2 full time career minded individuals willing to work hard & be trained. Earn while you learn! Potential first year earnings up to \$25,000. Call Paul S. at 908-273-8378.

**AQUATICS DIRECTOR**—applications are being accepted for Aquatics Director for the

## 4220 Employment General

**\$200 - \$500 WEEKLY**—Assemble products at home. No selling. You're paid direct. Fully guaranteed. FREE information - 24 hour hotline. (801) 579-9999.

**NEW EASY**—Many hours, any time. Easy Assembly. 908-952-7070.

**Easy Crafts**—908-952-7070.

**Easy Jewelry**—908-952-7070.

**Easy Electronics**—908-952-7070.

**Easy Wood Assembly**—908-952-7070.

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## 4230 Employment General

**Metuchen Municipal Swimming Pool**—Applicants must have first aid, CPR & WSI Certification. Some coaching or competitive swimming experience is desired. For further info, please contact Pool Office, Borough Hall Metuchen, 12PM-4PM, 908-832-6817.

**ASSISTANT FASHION DESIGNER**—Active professional company seeks 2 Asst. designers in all areas of product development. Sketching, designing, flat mechanicals, spec writing, follow-through. Good communication skills a must. Will train in all areas, but design degree required. Great opportunity for growth in rapidly expanding company. Contact Carol at (908) 951-1



<p><b>5050 Employment-General</b></p> <p><b>Editorial</b> General assignment reporter wanted by award-winning newspaper group. One year experience or recent college grad. Call Michael Deak, Middlesex County Editor, Forbes Newspaper, 908-722-3000, ext. 5555.</p> <p><b>DRIVERS</b>— Tow truck, flat bed, afternoons nights, weekends. Must be 18 w/valid DL also motorcycle knowledge. A + Call 535-3525</p> <p><b>DRIVER</b>— Tractor-tank trailer, non hazardous, local work, must have clean CDL w/anker endorsement. Drug screen required. 908-434-8995 SJA-SF2</p> <p><b>EASY ASSEMBLY</b> any hours, \$339.84 week, 14 family of 3 earns \$1200 monthly. For info, call 801-375-8900 Copy-right NJ018182</p> <p><b>ELECTRICIAN</b>— exp. in res. &amp; comm. wiring. For appt. call Krig Electric (in Flemington) 782-4330</p> <p><b>ETIENNE AIGNER</b>, manufacturer of women's quality shoes and accessories has openings in Edison, NJ. Store and sales must be willing to provide our customers with prompt, courteous &amp; continual service. Exp. pref. We offer a competitive starting rate, pleasant working env., an exc. incentive pkg. to all employees. We are currently seeking:</p> <p><b>3RD KEY ENTRY LEVEL MANAGEMENT</b></p> <p><b>P/T SALES ASSOCIATES</b> If you are interested in joining an exciting and growing organization, APPLY IN PERSON AT: ETIENNE AIGNER, 47 Brunswick Ave., Edison, NJ 08818 OR CALL: (908) 248-1945</p> <p><b>HAIR DRESSER WANTED</b>— w/following, PT, in New Brunswick. Please call 908-626-4006</p> <p><b>HAIRDRESSER W/HAIR EXP.</b>— excellent salary + commission. Bridgewater, NJ 908-722-7373</p> <p><b>HAIRDRESSER WANTED</b>— PT/FT, preferably with some following. Negotiable pay. So. Plainfield area. 908-786-4330</p> <p><b>HAIRDRESSER</b>— Looking for a change? Exceptional opportunity. Phone Theresa at 908-234-2121. All calls confidential.</p> <p><b>HOUSE INSPECTORS</b>— No exp. necessary. Up to \$800/wk. Will train. Call 219-768-6449, ext. H489, 9am to 5pm 7 days.</p> <p><b>INSTRUCTOR</b>— Black belt, any style. Will train the right person. Call for interview 908-757-8555</p> <p><b>INSURANCE ADJUSTER</b>— w/worker comp exp. for Union-Middlesex office, call or write Pro-Claims Inc., P.O. Box 525, Valley Forge, PA, 18482, or call (215) 935-1901</p> <p><b>LANDSCAPE MAINTENANCE SUPERVISOR</b> Large building services company seeks individuals with knowledge and equipment &amp; plant material. CDL &amp; pesticide license preferred. Salary, year round position. Benefits &amp; advance opportunities. 908-548-5372</p> <p><b>LAW ENFORCEMENT JOBS</b> NO EXP. NECESSARY Now hiring U.S. Customs, Officers, etc. For info, call: 219-736-7030, ext. 2935 9am-9pm 7 days.</p> <p><b>LAW ENFORCEMENT JOBS</b> NO EXP. NECESSARY Now hiring U.S. Customs, Officers, etc. For info call (219) 736-7030 ext. 1244, 9AM-9PM, 7 days.</p> <p><b>Use Your Card...</b> MasterCard VISA Quick And Convenient!</p>	<p><b>5050 Employment-General</b></p> <p><b>MICROFILM TECHNICIAN</b>— Duties include microfilming, developing and duplicating film and delivering. Requires the ability to lift cartons of paper. Good driving record and good job references a must. Will train. \$7/hr., Somerville area. Call 908-722-3033.</p> <p><b>LEGAL SECRETARY</b> Real estate and litigation required. Call 722-1743</p> <p><b>MANAGEMENT</b> 2 year program with a salary of \$60K+. Call 725-4554 ext. 204, and ask for Craig.</p> <p><b>MILLWRIGHT</b>— DIVERSIFIED CONTRACTOR seeking conscious, ambitious, sober, company. Knowledge of general construction, electrical, mechanical &amp; carpentry. Call 7 pm, 908-368-4589</p> <p><b>MODELS</b> (female 5'6" &amp; up; guys 5'6" &amp; up) Wanted for exciting fashion show season. Exp. pref. but not nec. Must be outgoing, love music &amp; dance. Call Runway Magic 908-585-7800 after 2PM for appt.</p> <p><b>MOMS</b>— hires your chance to make about \$200-\$300/wk. Working 10-12 hrs. in res. cleaning. If you are very responsible &amp; want to make the \$85. Pls. call for info. 908-781-0170</p> <p><b>MODEL/ACTRESS</b>— Top photographer holding open call screening for models, all ages &amp; types. Call (908) 232-2162</p> <p><b>NEW YEAR NEW CAREER</b> Part time &amp; full time positions for telemarketing positions in Union based company. Exper. an advantage but not essential as training given. Exc. pay pkg. for the right people. Call for further info &amp; int. Call 586-7588</p> <p><b>NOW HIRING</b> Full or part-time for the following positions: Host/Hostess and Closers.</p> <p><b>NEW POSITION</b> Nightshift - Now Hiring "SERVERS" for our NEW DINNER MENU Please call: LUGER KING 184 Route 22 West Greenbrook, NJ (908) 925-5668</p> <p><b>NOW HIRING</b>— Come join us at our Attractive New Location. We are looking for a Licensed Real Estate Sales Associate. Call for Confidential Interview, ask Manager, THE PRUDENTIAL PIONEER REAL ESTATE 658-4300</p> <p><b>PARK RANGERS</b> Game wardens, security, maintenance, etc. No exp. necessary. For info, call 219-769-8649, ext. 9189 9am-5pm 7 DAYS.</p> <p><b>PART TIME DRIVER</b>— for light deliveries. Cranford to Manhattan on an "on-call" basis. Must know Manhattan &amp; have clean driving record. Must be 21 or older. TSI Graphics, 70 Jackson Dr., Cranford, 272-2520</p> <p><b>POOL MANAGER</b> applications are now being accepted for a manager &amp; assistant manager for the Metuchen Municipal Swimming Pool. Interested parties please send resumes to the Pool Office Manager, P.O. Box 592, Metuchen, NJ 08840</p> <p><b>PRESSER</b>— Experienced for new Dry Cleaning Store in Somerset area. Please call 908-453-3385</p> <p><b>REAL ESTATE CAREER WEIDEL REALTORS</b>, Hillsborough. We are looking for good people to join our sales staff. Whether licensed or unlicensed, we can get you started in a successful Real Estate Career. Flex-hours, unlimited earning potential &amp; hands-on training. Call Judi Hill, Manager, 359-7100</p> <p><b>REAL ESTATE SALES</b> Maximize your earning potential. Plenty of floor time, plenty of leads - higher earnings. Join Century 21 McGee Realtors 908-525-4400 1035 Rt. 202 Branchburg.</p>	<p><b>5050 Employment-General</b></p> <p><b>RESIDENTIAL CLEANING CO.</b>— looking for a supervisor w/valid NJ lic. for cleaners, very responsible person to work on a base salary &amp; comm. Guarantee over \$250/wk. M-F 8-5PM. Call 908-781-0170 14 mg</p> <p><b>SALES</b></p> <p><b>GOLDEN OPPORTUNITY</b> Immediate openings for career minded individuals who can train and manage a sales force. WILL TRAIN. Call 908-454-8448 ask for Mark</p> <p><b>SALES ADVERTISING</b> NO EXP. NECI Looking for a new career Venture no further! Inquire to GETTING TO KNOW YOU, a unique, women-oriented advertising company. Car required.</p> <p><b>MODELS</b> (female 5'6" &amp; up; guys 5'6" &amp; up) Wanted for exciting fashion show season. Exp. pref. but not nec. Must be outgoing, love music &amp; dance. Call Runway Magic 908-585-7800 after 2PM for appt.</p> <p><b>MOMS</b>— hires your chance to make about \$200-\$300/wk. Working 10-12 hrs. in res. cleaning. If you are very responsible &amp; want to make the \$85. Pls. call for info. 908-781-0170</p> <p><b>MODEL/ACTRESS</b>— Top photographer holding open call screening for models, all ages &amp; types. 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Must know Manhattan &amp; have clean driving record. Must be 21 or older. TSI Graphics, 70 Jackson Dr., Cranford, 272-2520</p> <p><b>POOL MANAGER</b> applications are now being accepted for a manager &amp; assistant manager for the Metuchen Municipal Swimming Pool. Interested parties please send resumes to the Pool Office Manager, P.O. Box 592, Metuchen, NJ 08840</p> <p><b>PRESSER</b>— Experienced for new Dry Cleaning Store in Somerset area. Please call 908-453-3385</p> <p><b>REAL ESTATE CAREER WEIDEL REALTORS</b>, Hillsborough. We are looking for good people to join our sales staff. Whether licensed or unlicensed, we can get you started in a successful Real Estate Career. Flex-hours, unlimited earning potential &amp; hands-on training. Call Judi Hill, Manager, 359-7100</p> <p><b>REAL ESTATE SALES</b> Maximize your earning potential. Plenty of floor time, plenty of leads - higher earnings. Join Century 21 McGee Realtors 908-525-4400 1035 Rt. 202 Branchburg.</p>	<p><b>5050 Employment-General</b></p> <p><b>SALES/SALES MANAGEMENT</b> IMMEDIATE OPENING. Are you ready to earn between \$30,000 - \$50,000 your first year &amp; \$50,000-\$80,000 your second year; then we'd like to speak to you. The leading NATIONAL REAL ESTATE office in NJ is looking for 2 CAREER minded people for residential, new homes sales, commercial investment sales &amp; leasing in Central Jersey area. WE WILL GET YOU LICENSED AND TRAIN YOU. For confidential interview, call Ken Worden at Century 21, Worden &amp; Green, 908-674-4700</p> <p><b>SECRETARIES W/W.P.</b> High Power Tempa needs Dependable, Qualified Temporary Employees to fill job orders from our client companies in this area.</p> <p><b>HIGH POWER TEMPS</b> 185 East Union Ave. Bound Brook, NJ 08805 908-550-0128</p> <p><b>Secretary/Office Assistant</b>— 2 Positions. Somerset County firm, 1st office exp. needed. 185 Heavy Woodcock and good secretary skills needed. 24hr. Call Karin 908-550-7399 Preferred Placement, 57 Mountain Blvd., Warren.</p> <p><b>SECRETARY</b>— Fully computerized CPA firm in Somerville area seeks motivated individual for a full-time secretarial/data-entry position. Computer knowledge and typing a must. Benefits. Send resume and salary requirements to: Wagner &amp; Co., 1501 Rt. 28, Somerville, NJ 08876.</p> <p><b>START NOW</b> Full &amp; Part Time All shifts avail. Ideal for students, 2nd income or career. \$11.00/hr. Advancement. Will train. 908-784-5555</p>	<p><b>5050 Employment-General</b></p> <p><b>SENIOR SECRETARY</b>— small prof. office seeks responsible independent person. Responsibilities include correspondence, phone, assists sales dept. and maintains records. Type 85 WPM, knowledge of PC-WP, and MS DOS. preferred. Respond: P.O. 598, Passaic, NJ 07657</p> <p><b>TEMPORARY EMPLOYMENT</b> Year-round Assignments ★ Light Industrial ★ General Utility ★ Food Service Industry Call 185, Prep. Servers, waiters/waitresses, cashiers, dishwashers, grill cooks. Own transportation a must.</p> <p><b>THE CONSORTIUM</b> 908-707-5778</p> <p><b>THIRD OF BEING LOST IN THE CROWD?</b> Business is booming! Growing real estate co. needs 3 reliable, ambitious sales people. We offer extensive in-house training, 100% commission. Come show off your talents for a confidential int. call today! 782-1111</p> <p><b>TO ANYONE WHO WOULD LIKE TO HAVE A HIGHER QUALITY LIFESTYLE</b> Kim &amp; I have found a way to be able to make more money than we could ever spend, and have all the free time to enjoy it with our family &amp; friends. GIVE US A CALL AT 572-1214. We will treat you like family &amp; show you how you can do it too! Recorded message. Here is the time, Frank &amp; Kim</p> <p><b>UNDERCOVER WARR</b> PT sales agents needed. Hostesses receive free lingerie. For an evening of fun, fashion &amp; fantasy Call Jean 908-697-9755</p>	<p><b>5050 Employment-General</b></p> <p><b>TRUCK DRIVERS</b>— The National Service Division of North American Van Lines, Inc. needs owner/operators immediately. Up to \$5,000 contract signing bonus and \$500-\$1,000 guaranteed annual offering per year for top quality Van Operators with 2 years experience in household goods or electronics. For more info call: Toll-free Training is available. Lease or purchase avail. 1-800-948-8147 Dept. V-785</p> <p><b>WILLIE'S TAVERN</b> is looking for day and night servers, PT/FT. Experienced and Non-exp'd welcome. If you're ready to be challenged, apply in person. Rt. 282, Somerset, Mon-Sat 5-4PM</p> <p><b>WAITERS/WAITRESSES</b> Part Time/Weekend days. The 555-5555</p> <p><b>WAITERS/WAITRESSES</b>— 6-10 PM or part time at Sally Lanna Tea Rooms, Chester, Call 908-478-7751 or 908-979-5555 even.</p> <p><b>WAITRESSES/WAITERS</b> Experience only. PARK CHESTER DOWN Route 282, Chester 979-7455 or apply in person</p> <p><b>WAREHOUSE PERSON</b>— no exp. necessary. PT. 8AM-5:30PM House of Lights Rt. 22 E. Green Brook. Ask for Jack 908-783-9000</p> <p><b>WORK AT HOME</b> assembly, crafts, typing &amp; more, up to \$200+ a week possible. For info, write: SOURCE, P.O. Box 18128, SEPT 908-5355, NEW BRUNSWICK, NJ, 08905</p> <p><b>5050 Employment-Health Care</b></p> <p><b>DENTAL ORAL SURGERY OFFICE</b> Flexible hrs., part-time assistant. Will train. Call 908-694-6000.</p>	<p><b>5050 Employment-Health Care</b></p> <p><b>ATTENTION FUTURE HOME HEALTH AGENTS</b> GMA's Are you looking for flexible work hours? Are you caring &amp; responsible? Are you available for frequent work history required?</p> <p>Work assignments available throughout Union &amp; Northern Middlesex Counties</p> <p>Training classes start February 8 in Westfield for 3 weeks and are held on Monday-Friday, 8am-5:30pm.</p> <p>WE WILL BE INTERVIEWING AT OUR WESTFIELD OFFICE January 11, 14 and 18.</p> <p>10AM-5PM</p> <p>Interviewing at: Grant &amp; Grant, 483 West Seventh Street, Plainfield, N.J. on January 12 10-1PM SHARP!</p> <p>Call Kim for requirement information, appointment, and directions. (908) 694-7032</p> <p><b>patent care inc.</b> 107 E. Broad St. Westfield</p> <p><b>MEDICAL ASSISTANT/PT</b>— also part time receptionist needed for a busy internal medicine office in Union County. EKG, Venp., &amp; typing a must. Comparable salary &amp; benefits w/exp. Send resume to P.O. Box 1894, Cranford, NJ 07016</p> <p><b>NURSES</b>— &amp; aides needed for ten yr. old child PT. Call weekdays, aft. 6:30 weekends, aft. 10: 463-1369</p>	<p><b>5050 Part-Time Employment</b></p> <p><b>GOPE!</b> You want too fast! The winner's name is somewhere before this point.</p> <p><b>ADULT AIDE AND/OR NIGHT SCHOOL, JR. OR SR.</b>— for before and after school programs held at the Bedminster Elementary School. Hours 7 am to 9 am and 3 pm to 6 pm, Mon. thru Fri. when school is in session. Start immediately. Contact: JoAnne for Community Adult Education, 271-2844</p> <p><b>AVON SALES</b>— All areas. For information call 1-800-555-3355</p> <p><b>BOOKKEEPER</b>— PT flex hrs. Must have P/C exp. Preferably w/OVP &amp; WordPerfect. Westfield. Flex hrs. salary open depending on exp. Please reply to: Box 124, 400 Brunswick Ave., P.O. Box 698, Somerville, NJ 08876.</p> <p><b>CHILD CARE</b>— experienced infant/toddler caregiver for Somerville area preschool. Part time 3-5:30 with expanded hours possible. Call 704-8989</p> <p><b>DRIVERS</b>— Must have clean driving record. Will help get CDL license. For more info call 908-655-4944, ask for Maryanne or 484-8983, ask for Nancy.</p> <p><b>EXPERT SEWER</b> to work out of your home or Window Dressing Business 908-336-0179</p> <p><b>FOOD SERVICE EMPLOYEE</b>— needed for Readington School Cafeteria. Call bet. 8-10am, 908-534-2113.</p> <p><b>INTRODUCTIONS...</b> A way for people to meet people, every week in your local Forbes newspaper. The ad is free, then one call does it all! 1-800-555-6666</p>	<p><b>5050 Part-Time Employment</b></p> <p><b>GROOMER</b>— All breeds Dogs &amp; Cats. Experienced only. 908-655-5555.</p> <p><b>LEAD GUITAR</b>— for working aggressive rock/Alternative band. Please call 908-555-0225.</p> <p><b>LAUNDRYMAST</b>— at-tendant in Middlesex. Wash &amp; fold, plus bonus if you like to iron. Must be able to work Sat. &amp; Sun. An. Bonus salary 908-555-5515</p> <p><b>MAKE YOUR DASH FOR EXTRA CASH</b>— As a part-time Forbes Newspaper telemarketing representative.</p> <p>\$7.00 per hour plus excellent commission structure. Call John or Glen at 1-800-555-6661 or 908-781-7930 ext. 7305.</p> <p><b>PART TIME CLERICAL</b> responsible people needed to work in a New Brunswick area hospital for a TV phone rental Co. Excellent communication, math &amp; organizational skills necessary. Need appearance and proper attire. Daily 9:00/ hr. paid holiday &amp; vacation. Flexible days 8am-3pm including one weekend day or Fri. Sat. Sun. 9-5pm. For a local interview, call weekdays 201-522-2316</p> <p><b>PHONE SALES HELP</b>— for fund-raising. Easy work from 5:30-9PM Sat. 9-12Noon, \$8+/hr. Exp. a plus but not nec. Seats going fast in our Westfield office. Please call 908-517-0009</p> <p><b>RECEPTIONIST/ MEDICAL ASST.</b>— w/ train nature, responsible individual. Mon., Tues, Thurs. 1:30-4:30 pm; Wed. 10-3. Call 908-722-7890.</p> <p><b>PHONE SALES HELP</b>— for fund-raising. Easy work from 5:30-9PM Sat. 9-12Noon, \$8+/hr. Exp. a plus but not nec. Seats going fast in our So. Plainfield office. Please call 201-505-5377</p>	<p><b>5050 Part-Time Employment</b></p> <p><b>SECT./ADMIN. ASST.</b>— flexible, organized self starter. Require good phone, laptop skills. Computer literate or willing to learn. Small professional office developing 2 new ventures, excellent potential. 1 to 10 hrs/wk to start. 908-555-5575</p> <p><b>TEACHER</b> Part time position. Must be ESL Certified. Duplicate certification (ESL/ Special Ed.) preferred. Deadline for applications 1/15/93. Call by Mail/Phone 725-5555 for application. Branchburg Township School District. SOE/MF</p> <p>Telemarketing</p> <p><b>MAKE YOUR DASH FOR EXTRA CASH</b> As a part-time Forbes Newspaper telemarketing representative.</p> <p>\$7.00 per hour plus excellent commission structure. Call John or Glen at 1-800-555-6661 or 908-781-7930 ext. 7305.</p> <p><b>TELEMARKETING</b>— 20 people needed. Immediate. 17 nights, 36 hrs. w/ing to train. Call after 5:30 pm, 908-787-0100.</p> <p><b>WAITRESSES</b>— Part Time flex. hrs. Experience a must. So. Plainfield. 908-787-3308</p> <p><b>5050 Employment Wanted</b></p> <p><b>NOTICE: AN EMPLOYMENT WANTED advertisement is PAYABLE IN ADVANCE</b> by cash, check, VISA or MasterCard. For a quote on cost, please call 1-800-555-9495.</p> <p><b>HOUSEKEEPERS, NANNIES, NURSES AIDES AVAILABLE</b>— Women of all nationalities. Applicants screened. Lic.-bonded. Aurora Agency, Long Branch, 908-525-5568</p> <p>Advertise in the Classified!</p>
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## Forbes Newspapers

# Heart To Heart

Valentine's Day is  
Sunday, February 14th  
Send A Message of Love

Place a Valentine message to the special people in your life! Your "special someone" will receive a card to make sure that they won't miss your message. Heart To Heart

messages will be printed on February 10th-12th in our classified section. Here are some ads from last year to help you get started.

**DAND,**  
When I was little I used to dream about a prince who was handsome, caring & loving. As I got older I thought the dream was over until I fell in love with you, my Special Prince Charming!

**DEAR DADDY,**  
Roses are red  
Violets are blue  
You're the sweetest  
Dad in world  
& I love you  
LOVE WORM

**LISA**  
**BEAN HEAD,** you're a breath of fresh air when the world around me stinks. **MUSH FACE**

**ALLYSON,** You'll always be my baby & my 'Morning Glory'. Stay sweet. Love, MOM



Call in your ad  
and pay by  
Visa or MasterCard  
and receive 10% discount

1-800-559-9495

Somerset Messenger-Gazette • Bound Brook Chronicle • Middlesex Chronicle  
Piscataway-Dunellen-Row • Metuchen-Edison Review • South Plainfield Reporter • Green Brook-North Plainfield Journal • Highland Park Herald • The Hills-Bedminster Press • Cranford Chronicle • Franklin Focus • Scotch Plains-Fanwood Press • The Westfield Record • Warren-Watching Journal • New Brunswick Focus • Somerset Guide • Middlesex Guide

### SECURITY OFFICERS PART TIME & FULL TIME

Above average starting rates for qualified Security Officers. Assignments with one of the most prestigious companies in the state. We offer:

- HEALTH INSURANCE
- LIFE INSURANCE
- VACATION
- HOLIDAYS

Call (908) 981-1995 for information

**WELLS FARGO GUARD SERVICES**  
Equal Opportunity Employer

### LOVE YOUR CAREER AS A FIELD MANAGER

Growth opportunity for organized individual with leadership qualities. We seek self-motivated people capable of recruiting, training and motivating others in the advertising/growing service field. Car necessary. We offer salary, bonus opportunity and benefits. Direct sales and/or recruiting experience a plus. Ask for Sue Alsbury.

### AS A REPRESENTATIVE

A high-earning, prestigious opportunity awaits you in this area. Meet exciting people as you manage your own sales work week. Represent local businesses and profit! Individuals when you call on U.S. Citizens, engaged women, new parents and movers. Ask for Kate Corrier.

**WELCOME WAGON**  
INTERNATIONAL INC.  
201-208-8254 or 908-722-6674



# Automotive Guide



THE NEW SAAB 9000 sedan combines a little old, a little new and a lot of car.

## The Saab 9000CSE is revised, updated for '93

By BILL RUGG  
FORBES NEWSPAPERS

After establishing a reputation as a successful aircraft manufacturer, Saab first started building cars in 1949. From the start it has been known as a producer of interesting and unique products, starting with the early 90 series up through the new 1993 9000CS. Each model has enjoyed a highly recognizable profile, as well as some innovative platforms, power plants and electronics. The first 9000s were displayed to the world press in 1984, and a year later debuted in the U.S. The 1993 CS marks the second generation 9000, and the introduction of several revisions and enhancements. Among them are: significantly revised five-door hatchback styling; 25 percent improvement in structural rigidity; a new interior ventilation filter; a new Trionic engine management system that integrates ignition, fuel injection and knock control systems thus maximizing fuel efficiency and reducing exhaust emissions; and improving noise and vibration abatement. And so Saab's goal of distinctive styling, high safety standards and good performance and handling is enhanced.

### APPEARANCE

The 1993 9000 CS is lower in front and higher in back. It retains the familiar Saab grille and logo, while the wraparound front lights are lower and wider and each has its own wiper. The spoiler has integral driving lights and the wide mirrors are designed to reduce wind noise. All trim is black, and the rocker panel area is coated with plastic for minor body damage reduction.

### COMFORT

The 9000CSE is a full size luxury car, and as such is fully equipped with all of the items now expected in this type of vehicle. Leather is standard, as are air conditioning, the stereo system and a glass sunroof. There's ducting for passengers in the back, and their seats fold forward for added storage. All controls and gauges are ergonomically located and locks, windows and mirrors are power operated. All seating is quite comfortable, and the hatchback has a pulldown.

### ROADABILITY

Whether on the highway or back country roads, the 9000CS exhibits excellent road holding manners thanks to its time proven suspension layout, aided by power-assisted steering and Pirelli P4000 205/50ZR15 performance tires. Disc brakes and an anti-skid braking system insure safe stopping. Passenger safety is enhanced by integrated safety-cage construction which now includes a built-in roll-over bar over the rear seat. A driver's air bag and 3-point seat belts also contribute to safety. Road noise is minimal and vision is excellent.

### PERFORMANCE

Saab's turbocharged 2.3 liter, 16-valve, double overhead cam engine develops 200 horsepower. The Trionic system has a 32-bit microprocessor that monitors drivers habits and stores information for later use in similar situations. The electronically controlled automatic transmission moves smoothly up and down through the gears, and there's plenty of torque for heavy traffic mobility.

### SUGGESTIONS

Add beverage holders for driver and passengers.

### ECONOMY

EPA ratings are 18 city/24 highway. I averaged 22.5 mpg.

### CONCLUSION

Coincident with its partnership with GM, Saab has started a 10 year product development program leading towards a three-car range. Added to the current 900 and 9000, a higher segment model is being studied for future development. Also in this period it plans to present either a new car or an important technical innovation each year. For 1993 it has presented at least two items the 9000CS and CSE, plus the Trionic engine management system.

### PRICE AS TESTED

\$36,415 including automatic 4-speed transmission.

### BASE PRICE

\$35,055 with all of the luxury CSE equipment.

## TEST DRIVE

### SAAB 9000CSE HATCHBACK

#### Specifications

Base price - \$35,055

Price as tested - \$36,416

Engine type - I-4, dohc 16v, oil\*

Engine Size - 2.3 liters/140 cid

Horsepower - 200 @ 5,000 rpm

Torque (ft/lbs) - 222 @ 2,000 rpm

Wheelbase/length - 105 inch/187 inch

Transmission - four-speed auto w/od

Curb weight - 3,240 lbs.

Pounds/HP - 16

Fuel capacity - 17 gal.

Fuel requirement - unleaded 87 thru 92 octane)

Tires - Pirelli P4000 205/50ZR15

Brakes - anti-lock standard

disc/disc Drive train - front engine/ front drive

Performance - 0-60 mph - 7.8 sec

1/4 mile (E.T.) - 15.3 sec.

EPA economy, mpg city/ highway/observed - 18/24/

22.5

Drag coefficient (Cd) - .33

\*oil= Trionic engine management system

See the 1993 Saab 9000CSE

Hatchback at the following local

dealership: JMK Auto Sales, 391

Route 22 E., Springfield.

Passing the torch  
New generation should study  
some old auto traditions. Page U-3

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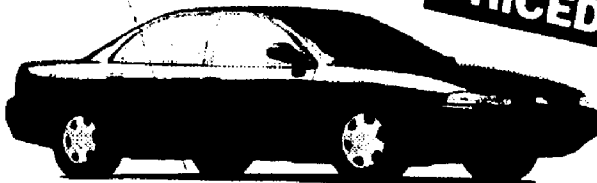
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# Passing the torch

By BOB HARRIS

FORBES NEWSPAPERS

During the recent election much was made of the fact Bill Clinton and Al Gore are members of that cultural offshoot the American Baby Boomer class. Born after The War (the one you have to be around 60 to even remember), they have somewhat different outlooks from their predecessors on a plethora of more and customs.

But as the population advances in age, most of our younger citizens will not know from firsthand experience some of the automotive traditions the rest of us recall with fond memories. It's not hard to understand the reasons and causes: television has changed our entertainment needs, ecological concerns have altered many of the pastimes we used to engage in and changing laws have made some of the old ways illegal.

So our younger readers will know and understand what automotive customs were followed during the past half century, I'll explain some of them and let them determine for themselves if they missed anything.

## BUY THE BRAND YOUR DAD

**DID:** It was traditional your make of car was the same one "your" family bought. My father was a Ford man when I was a kid and of course, that was the brand that my brother and I gravitated towards when we were young. My earliest vehicular recollections are Model A-related and I still get a "little boy" feeling when I run my hand over mohair upholstery. We all learned to drive in Fords and even got into playground fights over which brand of car was superior. In those days, Ford and Chevrolet supporters were in about equal number in our neighborhood so the results were

usually a tie-up. Gary Wizenburg's family was Buick-oriented and Gary told me he thought he'd died and gone to heaven when he got the job as head of Buick public relations on the West Coast a few years ago.

**GO TO THE DEALERSHIP TO SEE THE NEW CARS:** It was a really big deal when the new cars came out and were displayed on the showroom floors of our local dealerships. We didn't have to be told that they had arrived: October night skies were filled with the piercing beams of Army surplus searchlights. Follow them to their bases and you'd find the new Hudson, Nash or Studebaker. It was a family affair and we'd even forgo *The Jack Benny Show* on the radio to see what the new cars looked like. We'd pick up the brochures that were available for later perusal, and some dealerships even handed out models of their offerings. I wish I had the foresight to keep them.

**GO FOR A FAMILY RIDE:** Simply driving around town was an event in the old days. After dinner dad would recommend a jaunt to just take in the sights. It usually took a hour or so and kids would get to know other neighborhoods during the course of childhood. My dad would tour the Oakland/Berkeley Hills during the warm summer evenings and point out the homes of local bigwigs or areas of the town where he used to deliver newspapers or where some major fire had occurred 20 years before. It was Living History and I can still pick out the locations to this day.

**TUNE THE CAR ON SATURDAY:** Saturday mornings used to be spent under the hood pulling spark plugs or covered with soap suds. Maintaining the family car was a tradition and few cars were so mean and un-

likely that they were ignored. An old toothbrush was used to scrub between the spokes that held the wire wheels together. Having an unrightly car was akin to having holes in your socks. Jacques Hurgendaguy is a well-known exotico and classic car collector and has owned some of the most desirable cars in the world but he told me he still spends Saturday mornings cleaning his "driver" which at that time was a '67 Olds 442, as I recall.

**BORROW THE FAMILY CAR FOR A DATE:** Today most kids wouldn't consider borrowing the family Buick for a date: they have their own cars by the time they're 16. "Back when," the family car was loaned out only if the petitioner got good grades, his room was clean (girls weren't driving as much then) and the necessary household chores had been done the previous week. And since jobs for kids were pretty scarce, the request for wheels was usually followed by a request for a few bucks for movie tickets and a burger afterwards.

**FRIDAY NIGHT CRUISE:** Cruising was a right in the '50s. Kids would pile into a car (even the family car qualified as a cruiser) and several trips up and down Colorado Boulevard or Main Street or whatever the local cruise street happened to be were a weekend necessity. You tried to look cool, stay out of the way of the tough guys and hope that members of the opposite sex were watching. Times have changed and cruising is now illegal in most towns and cities for safety reasons.

We can't go back - and most of us wouldn't want to. Once is fun; twice would be torture. I wonder that takes today's 16 year olds will pass on to their grandchildren.

# Blue engine smoke not a very good sign

By BOB HARRIS

FORBES NEWSPAPERS

**Q.** I have a 1988 30 foot Class A motor home with a 454 CID Chevrolet engine and a T-400 transmission. It has 29,000 miles on it. It uses a quart of oil every 1,200 to 1,500 miles. Recently I took a trip and noticed while cruising, at the moment I let my foot off the accelerator, a puff of blue smoke would come out of the passenger's side of the engine. It had been 18,000 miles since a tune-up, so I put in new spark plugs, distributor cap and rotor. I noticed when the plugs were removed three plugs on the passenger's side were badly carboned. The driver's side plugs were clean. I had used leaded fuel until they took the lead out of our gasoline. What would be causing the puff of smoke and why would three spark plugs be carboned on the passenger side of the engine while the other side plugs are clean?

J.T.

Oakley, CA

**A.** The usual rule is blue smoke coming from a tail pipe is caused by oil burning in the combustion chambers. White smoke is usually antifreeze or water vapor coming from the engine and black smoke is excessive fuel (gasoline) going through the system. Excessive oil can get into the combustion chamber when you lift your foot off the accelerator if the piston rings are weak or if the valve stem seals have become worn or have broken. The valve stem seal problem is not

## Automotive Q & A

uncommon in Chevy V8s although your 454 doesn't have very many miles. If you're getting 1,200 mile to the quart, I wouldn't do a "fix" until it gets lots worse: oil is cheaper than repairs. You could do a dry-and-wet compression check or a cylinder leak-down test to determine if the rings are bad. If the valve stem seals are gone, they can be replaced without having to remove the heads unless the quarters are too cramped.

**Q.** I've had a vibration in the steering wheel of my '87 Subaru ever since I took it into our local Firestone store for a tuneup and a had a rotation of the tires. I returned to complain and was told that the balance of both fronts were off by nearly an ounce each. After a balancing the vibration was not much better. They tried new tires to see if that would help. It didn't, so they put my old tires back on. They did everything they could to solve the problem. Firestone has taken care of my car for about 20 years but I've learned a lesson. The car has 26,500 miles.

M.G.

Colorado Springs, CO

**A.** It's one thing for a shop not to be able to fix a car's problem but it's something else to not be able to cure a problem that a shop causes. If the problem wasn't there

when you took it in and the shop can't right it's wrong, tell the manager you plan to take the car to another shop, get it fixed and you expect his shop to pay for it. If you get turned down, call or write your district Firestone representative's office to see what response you get there. Your wheels could be bent, the front hubs could be "tweaked" from front lug nuts or bolts being overtightened, the tires could be out of round or any combination of these could be the cause. To say "We don't know" is unprofessional.

**Q.** My '88 Toyota Corolla has squeaking front brakes. I had it inspected and was told there was lots of wear left on the pads. The shop did some adjustments of the front brakes and relined the rear. I complained about the squeak but was told the rotors were glazed and squeak was common with metallic pads. They tried roughing-up the rotor but it didn't work. Must I let this noise persist until the front pads need replacing? Could the front rotors be deglazed by machining?

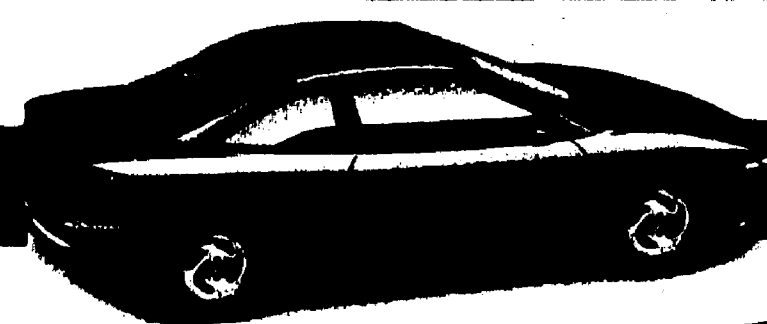
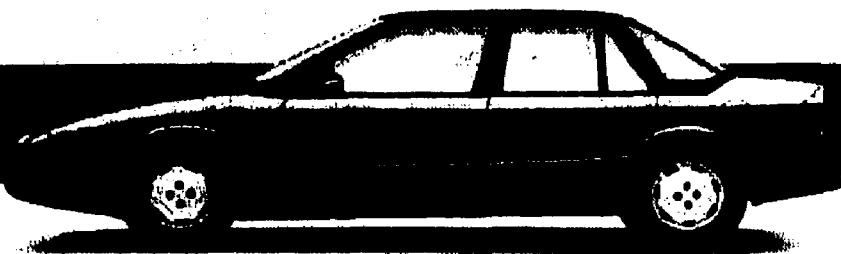
R.M.

Pittsford, NY

**A.** Yes, but if you have all that work you'd be best off to have the pads replaced with "softer" units while they're off. Once pads and rotors get glazed (surface-hardened) together, the only sure cure is to do the job completely. If you can stand the noise, I'd let them go.

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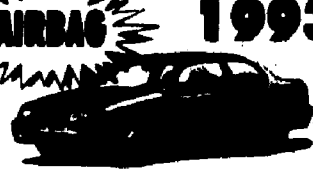
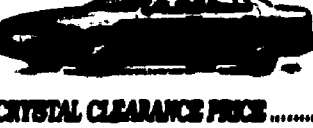
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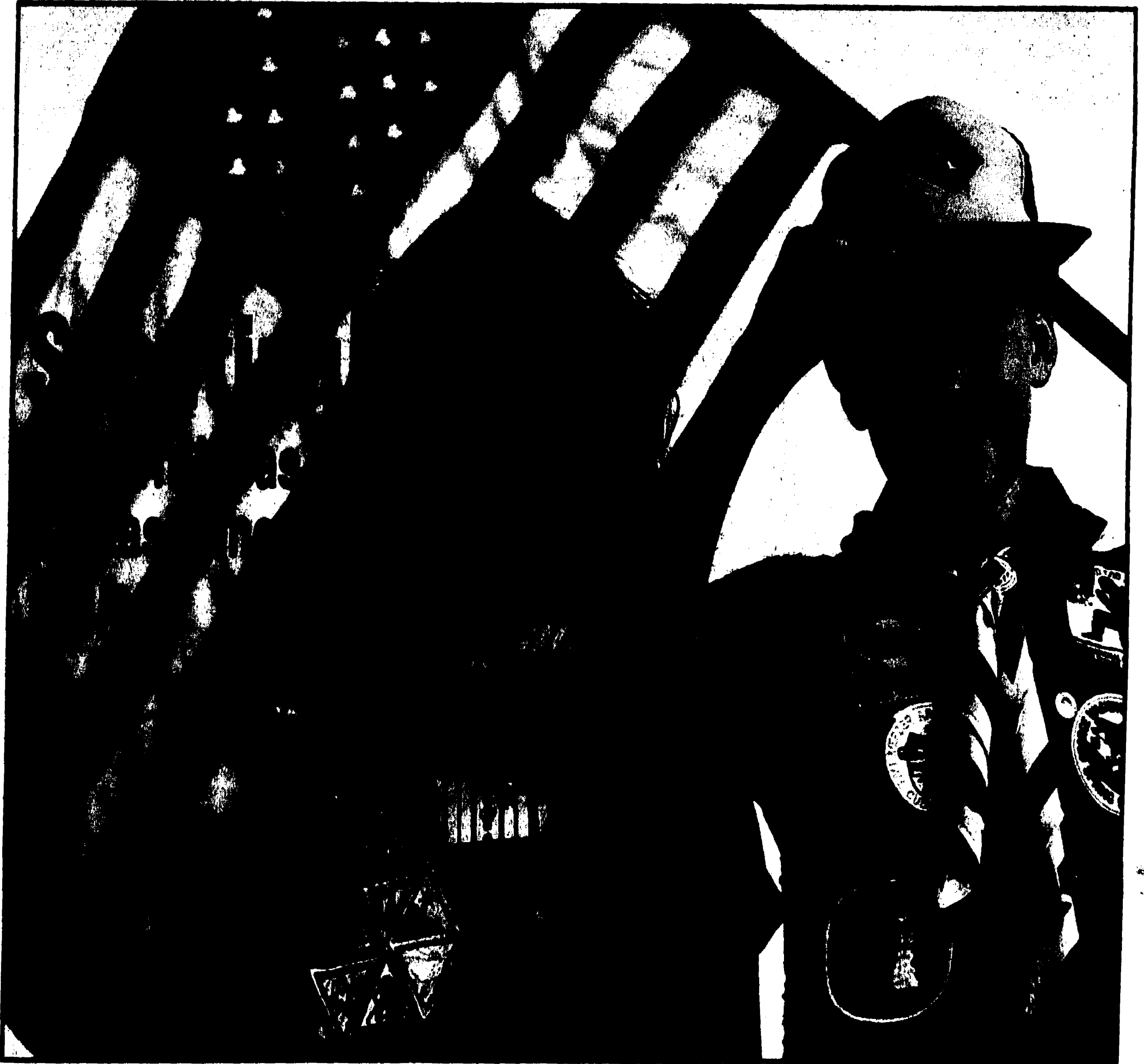






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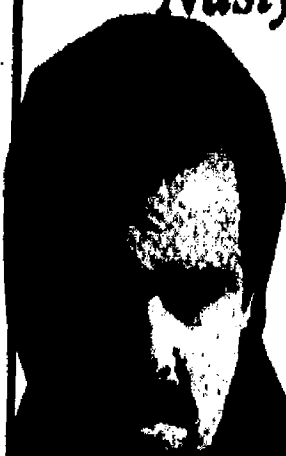
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Blues*

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Members of Boy Scout Troop 80 in Somerville help unload over six tons of food collected for the local food bank.

SHARON WILSON/WEKENDPLUS

On my honor  
I will do my best  
to do my duty  
to God and my country  
and to obey  
the Scout Law  
To help other people  
at all times  
To keep myself  
physically strong  
mentally awake  
and morally straight

— The Boy Scout Oath



JABARI S. JONES

## Scouts still know how to breed heroes

The scouts have modernized; no doubt about it. But when it comes to old-fashioned, All-American heroes and heroines, there still isn't a better place to shop.

Take Jabari S. Jones of Somerset, who was awarded the Boy Scouts' highest special honor — the Medal of Honor — in a ceremony last month.

Jones, a senior at Franklin High School and a member of Troop 113 in Somerset, was honored for rescuing a fellow scout who fell through thin ice on a lake at Kittatinny Mountain Scout Reservation during the Scout's Klondike Derby last February.

The award, according to local, recognizes resourcefulness and skill at the risk of the scout's own safety.

# Keeping pace with the modern world

*The new breed of boy and girl scouts are working together to make a difference*

By WILLIAM WESTHOVEN  
WeekendPlus Editor

Some things never change, and others do. In the case of the Boy Scouts of America, they've done both.

Along with the Girls Scouts of America, the Boy Scouts have recognized that as the world changes, there are new and different skills required to fulfill the motto *Be Prepared*.

"Our programs have changed dramatically as the world has, but the core concept has remained the same," said Blake Lewis, national spokesperson for the Boy Scouts of America. "To provide a program for community organizations that offer effective character, citizenship, and personal fitness training for youth."

Of course, when the Boy Scouts began in 1910, it was a very different world. Training and activity concentrated on outdoor activities that developed skills in young men with the aim of giving them a sense of enjoyment, fellowship and "a code of conduct for everyday living." These activities remain a staple of scouting, but more as a means of recreation than as a method of developing necessary survival skills.

These days, thankfully, few children need worry about shelter, warmth and hunting for food, but there are many other skills required for coping, and thriving, in modern society. Several of those skills are reflected by the latest merit badge programs instituted by the Boy Scouts — Auto Mechanics, Family Life, Medicine, and Communications.

Take Family Life, for instance, whose requirements include:

- Discussing what a family is and how the actions of one member can affect other members.
- Listing 10 reasons why you are important to your family.
- Deciding and carrying out a project around the house that would benefit the family.
- Planning and carrying out a project that involves the participation of the family.
- Discussing with a merit badge counselor how to plan and carry out a family discussion, and then carry out a family discussion including the following subjects: drug abuse; understanding the growing-up process, how the body changes, and making responsible decisions dealing with sex; and personal and family finances.

Yes, scouting is a lot more than soap-box derbies and campfire sing-alongs these days.

"When I was a scout, I saw a lot of typical crafts and things," said Mary Ellen Comollo, leader of Cub Scout Bear Den 4 in Montgomery, which includes her son, Drew. "A lot of the activities these days are designed more to teach self-motivation and independence. They collect their own dues and take their own attendance at meetings, even on the Cub Scout and Brownie level. I think it helps. The kids are involved with decision making and making decisions in groups. They are very involved with organizing trips, figuring the cost and raising the funds. With adult guidance, of course."

Comollo, whose daughter, Maren, is a member of Girl Scout Junior Troop 15 in Montgomery, also observed that service to the community is a much bigger priority with both the Boy and Girls Scouts than when

she was a scout herself.

"We've collected food and made meals, we help the rescue squad with drills, things like that," she said.

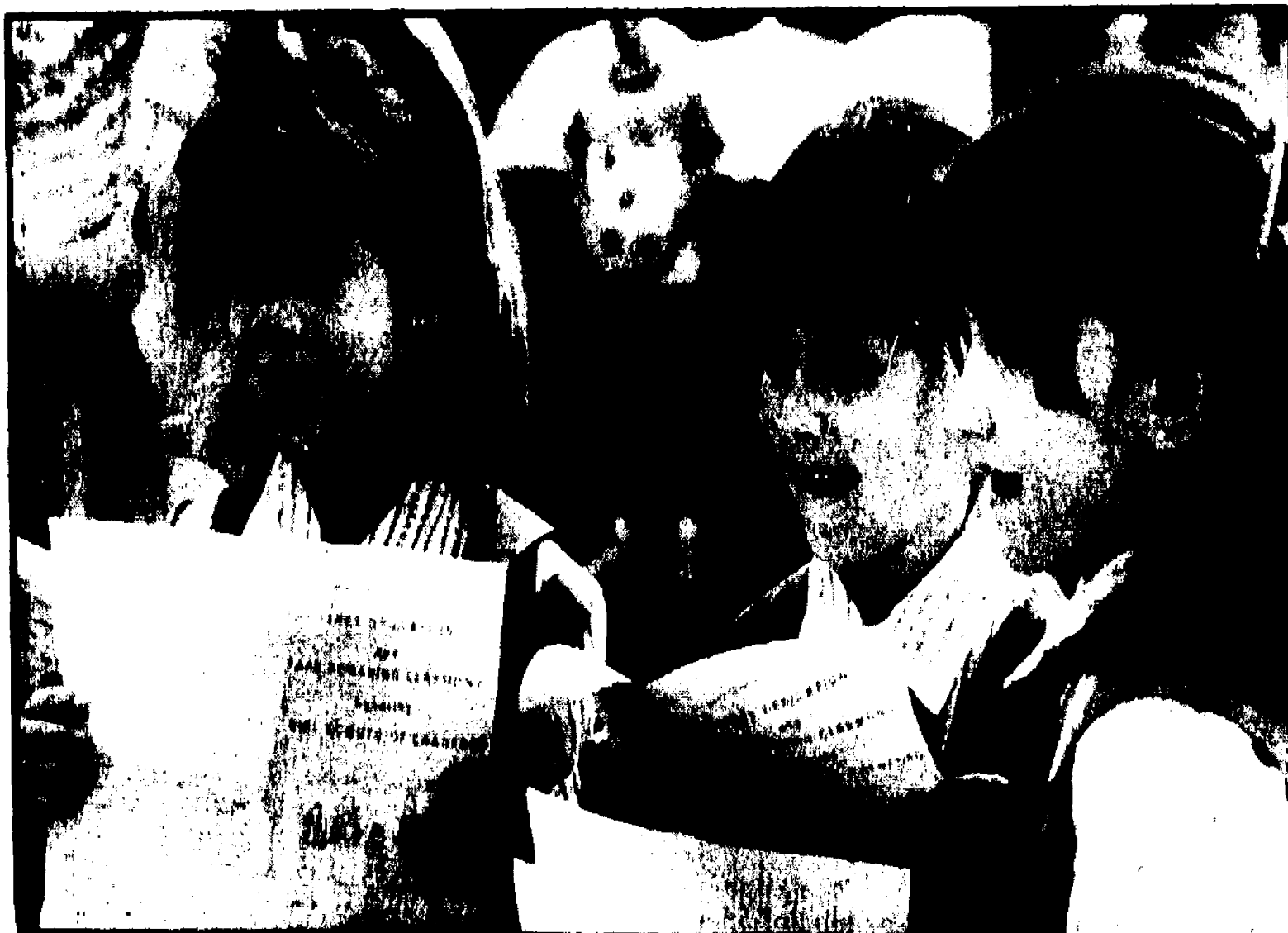
"We try to organize a service activity every month or so," said Jo-Ann Stecian, leader of Service Unit 10 of Brownie Troop 256 in the Bound Brook area. "I think it's good for the kids. It helps them to feel good about themselves when they are helping others."

The increase in service activities among scouting organizations is not only a humanitarian one, but a practical one as well.

"A few years back, we started the formation of something we called the 'Unacceptables,'" said Lewis. "We looked at our resources — we have 5½ million registered members and adult volunteers — and committed them to five major issues: homelessness, hunger, drug abuse, child abuse and unemployment. These are issues that concern not only the scouts, but all of society, and we want to invest our significant resources to eliminate them from society."

All of which has helped the scouts to reaffirm their position in the '90s as a significant force in society.

"I think there was a real waning of interest in scouting in the '60s and '70s," said Comollo. "But as a parent, I see a resurgence now of interest both among the kids and the parents."



DARYL STONE/WEKENDPLUS

Brianne Hickey, Michelle Buontempo and Jillian Widdows of Brownie Troop 665 sing songs at a park ceremony honoring the Girl Scouts of Cranford



# V E N T S

## The big deal about 'Small Art'

*Local artists present their own works at B. Beamsderfer Gallery*

**T**he work of more than a dozen local artists will be on display in a special exhibition beginning Thursday, Jan. 7, at the B. Beamsderfer Gallery in Highland Park.

The show, titled "Small Drawings," carries a theme of "drawings as works and ideas." It was conceived to display a representative sample of diverse approaches contemporary artists use, whether the small drawing format is intended as a finished product or as a step in the creative process of conceiving another work.

Historically, drawings and sketches have been narrowly defined by their technique of mark-making or medium, but modern artists can also define drawings as the process of image-gathering, a way of concretizing expression or thought in visual terms, or as experimentation in other media or content.

"Small Works" can also provide insight for the viewer into a detailed look at the artists' process.

The show includes artists representing a variety of media and vocation, including photographers, sculptors, ceramicists, filmmakers, musicians, teachers, critics as well as both graphic and fine artists.

The juried show is curated by Bob Paige, co-founder of A.R.T. (Artists Representing Themselves); Deborah Pohl, a recipient of a fellowship by the State Council of the Arts; and Evan Brownstein, owner and director of the B. Beamsderfer Gallery.

The artists include Ruth Borgenicht on Highland Park, Donald Bruno of Edison, Katherine Bruce of Princeton, Lenore Duensing of Milford, Cynthia Edwards of Somerset, Pam Farrell of Branchburg, Colleen Frendak of Basking Ridge, Diana Gonzalez Gandolfi of Highland Park, Joan Hierholzer of Pittstown, Joan Juliet Labette of Middletown, Robert Mahon of Stockton, Glenn Mason of East Brunswick, Jeffrey Mason of Cranford, Robin Middleman of Roosevelt, Aydan Ozalp of Edison, Patricia Rosenblad of North Brunswick, Andrea Schwartz of Cherry Hill, Jude Schwendenwein of Hightstown, Coleen Tyler of Highland Park, Felicia Van Bork of Highland Park, Frank Zeretski of Edison and Paige.

A reception, open to the public, will launch the show Sunday, Jan. 10, 1-5 p.m. The show will continue through Feb. 11 during regular hours at the gallery, which is open Mondays, Tuesdays, Wednesdays, Fridays and Saturdays, 10 a.m.-5 p.m.; Thursdays 10 a.m.-7 p.m.; and by appointment.

**SMALL DRAWINGS**, Jan. 7-Feb. 11 at B. Beamsderfer Gallery, 6 North Second Ave., Highland Park. (908) 249-6971.



**"Portrait of Alice Aycock,"** a pen and ink drawing by Robin Middleman of Roosevelt, is part of the "Small Drawings" exhibition that debuts Thursday, Jan. 7, at the B. Beamsderfer Gallery in Highland Park. The show, which features the works of more than a dozen local artists, will continue through Feb. 11.

## Galleries

### B. BEAMSDERFER GALLERY

6 North Second Ave.  
Highland Park  
(908) 249-6791  
Monday, Tuesday, Wednesday, Friday, and Saturday from 10 a.m.-5 p.m.; Thursday from 10 a.m.-7 p.m. Also open by appointment.  
\*Small Drawings, Jan. 7-Feb. 11. Reception from 1-5 p.m. Jan. 10.

### CORYELL GALLERY AT THE PORKYARD

8 Coryell St., Lambertville  
(609) 397-0804  
Wednesday through Sunday from 11 a.m.-5 p.m.  
\*Paintings by Katharine Renninger and Randolph Bye, through Jan. 10.

### COSTER'S GALLERY

233 Raritan Ave.  
Highland Park  
(908) 247-2345  
Monday through Friday from 10 a.m.-5 p.m., Saturday from 10 a.m.-4 p.m.  
\*Works by students of art teacher Dorothy Yung, through Jan. 11.

### HUNTERDON ART CENTER

7 Lower Center St., Clinton  
(908) 735-8415  
Thursday and Friday from 12:30-4:30 p.m., Saturday and Sunday from 1-5 p.m. Admission \$3.  
\*Members' show, Jan. 17-Feb. 14.

### HUNTERDON COUNTY LIBRARY

Route 12, Flemington

(908) 788-1444

Open during library hours.  
\*Comic books from the Dan Goulding collection, through Jan. 30.  
\*Oil paintings by Vincent Gross, through Jan. 30.

### A.J. LEDERMAN FINE ART

309 Court St., Hoboken  
(201) 659-3570  
Thursday and Friday from noon-7 p.m., Saturday and Sunday from noon-5 p.m. Also open by appointment.  
\*The Gift of Art, affordable art and crafts, through Feb. 14.

### HOWARD MANN ART CENTER

45 North Main St.  
Lambertville  
(609) 397-2300  
Wednesday through Sunday from noon-5 p.m.  
\*Childhood "Joys of the Season," through Jan. 17.

### MORTIMER GALLERY

601 St. Bernard's School  
St. Bernard's Rd., Gladstone  
(908) 234-2345  
Open to the public Thursday and Sunday from 2-4 p.m.  
\*Retrospective of Marion Mader, Jan. 7-March 3. Gallery talk by Michael Bzdak at 2:30 p.m. Jan. 10; reception from 3:30-5:30 p.m. Jan. 10.

### NEW JERSEY CENTER FOR VISUAL ARTS

68 Elm St., Summit

(908) 273-9121  
Monday through Friday from noon-4 p.m., Saturday and Sunday from 2-4 p.m. Closed Jan. 18. Free admission.  
\*Editions IV of works by women artists, through Feb. 4.

### N.J. DESIGNER CRAFTSMEN

65 Church St., New Brunswick  
(908) 246-4066  
Monday through Saturday from noon-6 p.m. Free admission.  
\*Works "In Search of Excellence," Jan. 16-Feb. 27. Reception from 4-6 p.m. Jan. 16.

### PALETTE PLACE ART GALLERY

103 Bayard St.  
New Brunswick  
(908) 545-8833  
Tuesday through Friday from 4-8 p.m., Saturday from 10 a.m.-2 p.m.  
\*Juried exhibition of black-and-white art, through Jan. 23.

### QUETUDE GARDEN GALLERY

24 Fern Rd., East Brunswick  
(908) 257-4340  
Open by appointment only.  
\*Sculpture of "Winter Wonders," through Jan. 31.

### RIDER COLLEGE

Student Center Art Gallery  
Route 206, Lawrenceville

(609) 896-5327

Monday through Thursday from noon-2 p.m. and 6-8 p.m.; Friday through Sunday from 2-5 p.m. Free admission.

### Trenton Artists Workshop Association show, through Feb. 7.

### ROSSELLE PUBLIC LIBRARY

104 West Fourth Ave., Roselle  
(908) 245-5809  
Open during library hours.  
\*Raritan Center archeology excavation, through Jan. 30.

### TUCKER ANTHONY

100 Nassau St., Princeton  
(609) 924-0314  
Open during office hours.  
\*Black-and-white photographic "Gargoyles" by Wink Einthoven, through Jan. 29.

### WATCHUNG ARTS CENTER

18 Stirling Rd., Watchung  
(908) 753-0190  
Tuesday-Friday and Sunday from 1-4 p.m., Saturday from 11 a.m.-4 p.m. Also open during intermission of concerts.  
\*Westfield Art Association members' show, Jan. 10-30. Reception from 1-4 p.m. Jan. 10.

## Aquarium

### N.J. STATE AQUARIUM

1 Riverside Dr., Camden  
(609) 365-3300

\*Seals, sharks, and other wonders of the water. Open every day from 9:30 a.m.-5:30 p.m. Closed Jan. 18. Adults \$8.50, senior citizens and students \$7, children 2-11 \$5.50, children under 2 free; parking \$4-\$7. Group rates available. Directions: N.J. Turnpike to Exit 4, then I-295 South to I-676 North.

## Stargazing

### N.J. STATE MUSEUM

205 West State St., Trenton  
(609) 292-6333  
\*Laser Drive 3-D, laser light show with holograms, Fridays, Saturdays, and Sundays, Jan. 23-March 28. Admission \$6.50, discounts available; call for showtimes.

### RARITAN VALLEY COMMUNITY COLLEGE

Route 28, Branchburg  
(908) 231-8005  
Adults \$4, senior citizens and children \$3.50.  
\*Life Beyond Earth, 7 p.m. Friday and 2 p.m. Saturday, Jan. 8-Feb. 6.  
\*The Magic Sky, 1 and 3 p.m. Saturday, Jan. 9-Feb. 6.

Mark your calendar

## Museums

### MUSEUMS

#### THE ART MUSEUM

Princeton University  
(609) 235-3788  
Tuesday through Saturday from 10 a.m.-5 p.m., Sunday from 1-5 p.m. Free admission. West-ern European paintings, sculpture and decorative art from 19th and 20th centuries; also pre-Columbian art and art of the Americas.  
•Works by Susan Fralinger and George L.K. Morris, through Jan. 24.  
•"The Art of Holy Russia," through Feb. 7.

#### EAST JERSEY OLIVE TOWNE

Johnson Park  
River Rd., Piscataway  
(908) 463-8077  
Village composed of relocated 18th century structures set near the headquarters of the county park police. No tours offered at present. Gift shop closed until further notice.

#### EDISON NATIONAL

HISTORIC SITE  
Main St., West Orange  
(201) 738-8080  
Workshop with inventions of Thomas A. Edison. Open every day from 9 a.m.-5 p.m. Closed Jan. 18. Adults \$2, children and senior citizens free.  
•How Edison celebrated Christmas at Glenmont, through Jan. 9.

#### GREAT SWAMP OUTDOOR

EDUCATION CENTER  
247 Southern Blvd., Chatham  
(201) 636-8829  
Open every day from 9 a.m.-4:30 p.m. Registration required

for programs.

•How sap is collected from trees, 2 p.m. Saturday and Sunday, through Feb. 28.  
•Night hike in the Great Swamp, 7 p.m. Jan. 14.  
•Works by James Powles, through Jan. 31.

#### HOBOKEN

HERITAGE CENTER  
300 Somerset St.  
New Brunswick  
(908) 840-5777  
Tuesday through Saturday from 11 a.m.-4 p.m.  
•"Budapest 1900: In Photographs," through Jan. 31.

#### MAIN STREET

ANTIQUE CENTER  
148 Main St., Flemington  
(908) 788-6767  
Antiques and collectibles from two centuries. Daily (except Tuesday) from 10 a.m.-5 p.m. Free admission.

#### METLAK HOUSE

1261 River Rd., Piscataway  
(908) 463-8363  
Piscataway Township historic museum, with permanent exhibition of life in the town's early days. Thursday through Saturday from noon-5 p.m., Sunday from 11 a.m.-4 p.m.

#### MIDDLESEX COUNTY MUSEUM

Cornelius Law House  
1225 River Rd., Piscataway  
(908) 745-4177  
Daily (except Monday) from 1-4 p.m. Free admission.

•"Echoes of a Storyteller," legends, mythology, and games of New Jersey, through July 18.

#### MILLER-CORY HOUSE MUSEUM

614 Mountain Ave., Westfield

(908) 232-1778  
Restoration of 18th-century New Jersey house. Open Sundays from 2-5 p.m. beginning Jan. 10.  
•Figures made from cornhusks, Jan. 10.

#### MONMOUTH MUSEUM

Brookdale Community College  
Route 530, Lincroft  
(908) 747-2266  
Main galleries open Tuesday through Saturday from 10 a.m.-4:30 p.m., Sunday from 1-5 p.m. Becker Children's Wing open to the public daily (except Monday) from 2-4:30 p.m. Free admission for members. Non-member admission: adults \$2, senior citizens and children \$1.50.  
•Illustrations by Tonia dePaola, through Jan. 17.  
•"The First Eye," how children see the world in art, through Jan. 31.

#### MONTECLAIR ART MUSEUM

3 South Mountain Ave.  
Montclair  
(201) 746-6555  
Tuesday, Wednesday, Friday, and Saturday from 11 a.m.-5 p.m.; Thursday and Sunday from 1-5 p.m. Free admission for members. Non-member admission: adults \$4, senior citizens and students \$2, children free. Free admission for all on Saturday.  
•Paintings by Dario Suro, Robert Estephan, and Juan Sanchez, through Jan. 10. Related symposium at 1 p.m. Jan. 10.  
•"Anatomy of a Painting" by

John George Brown and William Morris Hunt, through Jan. 17.  
•"Serafin-Bonemini," art forms done naturally by Vera Mend-Schoot, through Jan. 17. Gallery talk at 3 p.m. Jan. 17.  
•Paintings by Reginald Marsh, through Jan. 24.  
•Paintings of seasons by Robert Kuehner, through March 7.  
•Immigrant artists from Smibert to the present, through March 28. Gallery talk by Alejandro Arreola at 3 p.m. Jan. 24.  
•Plains Indian art from the museum's collection, through June 27.

#### MORRIS MUSEUM

9 Normandy Heights Rd.  
Morristown  
(201) 538-0454  
Monday through Saturday from 10 a.m.-5 p.m., Sunday from 1-5 p.m. Free admission for members. Non-member admission: adults \$4, senior citizens and children \$2.  
•Permanent gallery exhibits: dinosaurs, live animals, five senses (for children 3-6), mammals, model trains, history, North American Indians, Wood-land Indians, rocks and minerals.  
•New Jersey quilts from 1777-1950, through Feb. 14. Lectures at 1, 2:15, and 3 p.m. Jan. 9; reception from 6-8 p.m. Jan. 9.

#### MUSEUM OF EARLY

TRADES AND CRAFTS  
9 Main St., Madison  
(201) 377-2982  
Exhibits portray the role of crafts people in the 18th and

19th centuries. Tuesday through Saturday from 10 a.m.-4 p.m., Sunday from 2-5 p.m. Free admission for members. Non-member admission: adults \$2, children \$1.

#### N.J. AUDUBON SOCIETY

11 Hartsdale Rd.  
Somerville  
(908) 786-5787  
Nature walks (free admission), 8 a.m. Fridays and Saturdays.  
•Night hike in the sanctuary, 7 p.m. Jan. 9. Members \$5, non-members \$7; bring flashlights.

#### N.J. CHILDREN'S MUSEUM

999 Industrial Ave., Paramus  
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•Japan and origami, Jan. 9, 10.  
•Martin Luther King celebration, Jan. 16, 17.  
•Model trains, Jan. 23, 24.

#### N.J. HISTORICAL SOCIETY

230 Broadway, Newark  
(201) 483-3639  
Wednesday through Friday from 10 a.m.-4 p.m., third Saturday of the month from 10 a.m.-4 p.m. Closed Jan. 1. Guided tours by appointment. Admission free for society members, \$3 for non-members.  
•"Tender in Years," childhood in 19th-century New Jersey, on-going.

#### N.J. STATE MUSEUM

205 West State St., Trenton  
(609) 292-6484

Tuesday through Saturday from 9 a.m.-4:45 p.m., Sunday from noon-5 p.m. Closed Jan. 18. Free admission.  
•"Weaving Around the World," through Jan. 31.  
•Posters by Ben Shahn, through Feb. 7.  
•"Christopher Columbus and the Age of Exploration," through March 7.

#### NEWARK MUSEUM

48 Washington St., Newark  
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•Chinese "Court Costumes of the Celestial Kingdom," through Jan. 3.  
•"Stepping Into Ancient Egypt," through Dec. 1993.

#### OLD SARATOGA MUSEUM

Barack St., Trenton  
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PROF. ORIENTAL SF-40ish, looks 20ish, trust-worthy, sexy, shapely, healthy, who enjoys learning, reading, dancing & fine dining, seeks kind, caring, sociable, cultured, handsome, fit, M/F, college educated, non-sports nut, SWM, over 5'10", 35-45 yrs old, for friendship, love & marriage, if this sounds like you, then call ext.4275

SWM- 38, 5FT 10, 210 lb., man with good job, good heart, good build, good morals and weak in the knees for romance, in search of 28-35 year old SDBF or Mississippi Masala type woman for a serious one on one never a doubt love affair. 150 lb. limit. Call ext.4358

SWM- 25, 5'5", blue eyed brunette, looking for that special man to make my heart go pitter patter, by day I'm a working woman of the nine-ties, otherwise I kick off the heels, toss the suit & relax. I enjoy bowling when it's cold outside, tennis when it's warm, A Sunday afternoon watching football or basketball, happy hours, softball, & shooting pool with co-workers. I enjoy dining out, & stargazing romantic nights at the beach. I must warn you, I'm a traditionalist, value morals, especially of family & was raised to be a young lady. So if there is any SWM, 26-30, 5'10" +, who is caring, trusting, fun-loving, a gentleman who is not Extinct!! Please call, lets do lunch & see what happens!

SWM- 42, mother of 2 infants, looking for tall (approx. 6 ft.) semi-overweight SWM, to enjoy each other, dining, movies, & other things forty something does. must be educated, employed, white personally. Drug/alcohol FREE!! Not afraid of commitment, if this sounds good to you then call ext.4274

SWM- 22, 5'9", black hair, brown eyes, self employed, stable, great sense of humor. Interests include: music, movies, sports, weekend getaways. In search of SWF, 18-24, non-smoker with similar interests. Please reply to Ext. 3324.

SWM- 38, down to earth, beautiful, wavy, light brown, shoulder length hair and brown eyes. 5' 6", larger frame but not obese, a smoker, attractive, likes cooking, staying home for a quiet evening w/ movie or going out. Works off-hours but kind of a night owl. Looking for a sincere, honest, S/DWM, kids ok, 30-45 who knows how to treat a lady, 5' 10" and over, average or solid larger frame, who wants a one on one relationship. No head games please. Only serious minded callers need call- ext 3806.

SWM, CATHOLIC, 54- non-drinker, non-smoker, health conscious seeks honest, open, sincere, practicing Catholic woman, with similar qualities Reply ext. 3475.

SWM- Young 34, brown hair & eyes, loves Romantic evenings, red carnations, actress & former dancer, now wheelchair bound, loves all types of music especially 70's rock, if you are a SWM, mature 20 something, intelligent, non-smoker, has a life and is willing to share it, willing to take a chance, and be friends first then please call ext. 4258

SWM- 31 5' 10, I am sensitive, honest, caring, I enjoy flea markets, walking, bike riding, motor sports, beaches, good friends, good conversation, good food, movies, TV, comedy, rock & country music, quiet nights, & I love animals, seeking a S/DWF to spend time with & possibly develop a relationship. Please call ext 4068

SWM- 32, 6'1", 180 lbs., brown hair, green eyes. Attractive, college educated professional, with a sense of humor, & a variety of interests seeks a pretty SF, 25-35, for friendship & eventually relationship. Must be flexible & willing to build a relationship based on trust & mutual respect. please respond for further details ext.4277

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# I D E O

## Just wild about Shari

Shari Lewis is reaching a new generation

By JEFFREY COHEN  
WeekendPlus Film Critic

**N**ame a TV personality who's the executive producer and creator of her own show, works with a member of her family and asks more from her audience than just passive viewing.

No, it's not Roseanne Arnold. It's Shari Lewis.

Yes, that Shari Lewis. The one you remember from your childhood, with Lamb Chop, Hush Puppy and Charlie Horse. And she's back, mesmerizing a whole new generation of preschoolers, with a PBS series, *Lamb Chop's Play-Along*, that shows every morning at 8:30 a.m. on Channel 13 in this area.

Now in her late 50s, Lewis refuses to stand still. Her show, which involves her concept, often her writing, her singing, her dancing and her ventriloquism, along with producing chores, invites — no, demands — her young audience participate, not just sitting on the couch and letting the whole thing happen.

"I look into the camera and ask the children to do something along with me," Lewis explains. "I just communicate across that TV camera. I'm just simply good at that."

Indeed, the show often asks its audience to sing along, to respond and help tell a story, to get up and dance, to tell a joke and to use household items to make toys and games for those few hours when *Play-Along* isn't on the air. The amazing part is how successfully it brings the youngest viewers in.

For many parents, the show also allows them to share a piece of their childhood with their children. Lamb Chop, the perpetually three-year-old puppet bearing an eerie resemblance to a sock with eyes, is practically a national treasure. And the lightning-fast repartee among the characters, almost all of whom share Lewis's voice, is still funny for grownups as children listen to the story.

"If the parents sit down and watch TV with the kids because they're not bored, they'll learn a lot about their kids," Lewis explains. "I'm very careful not to limit the age range to pre-schoolers, because there are children in grade school or whatever who might watch and be fascinated by the games or the jokes."

The key is getting children to do something other than act as couch potato. While Lewis has complimentary words for many of her TV colleagues, she felt that the audience was not being prodded to participate, but to memorize. *Lamb Chop* is her answer to that.

"We knew we wanted to use audience participation when we started the show," said Mallory Marcher, senior writer on *Lamb Chop* and also, by coincidence, Lewis's daughter. "We prefer to use the term 'stimulate.' When you do it right, you're using television at its best. Ninety-five percent of the show uses some sort of participation, and the other five is jokes we hope the children will tell someone after the show's over."

Lewis approached PBS with the idea for a children's show two years ago, and was given the go-ahead after securing financing from a Canadian production company, Paragon Entertainment. *Lamb Chop* began airing a year ago, and is now starting its second season with 35 new shows that will be added to the original 30.

But Lewis, with amounts of energy that would leave people half her



Shari Lewis and her pal, Lamb Chop, are back on the air with a new children's show, *Lamb Chop's Play-Along*, which is seen locally on PBS (Channel 13).

age in the dust (it's no wonder she wants children to participate in her show; she's constantly participating in something), doesn't stop with the daily PBS show. She makes countless personal appearances (recently riding a float in the Macy's Thanksgiving parade), has written for other television shows — including "The Lights of Zetar," a classic Star Trek from 1968, for you trivia buffs — and conducts symphony orchestras. When she's not entertaining at the White House.

She also puts out videocassettes for children, which regularly win awards, and has collected seven Emmys since 1957. She's written 51 books, made records, danced and sung on the Las Vegas stage; whenever someone told Shari Lewis she couldn't do something, she simply found a way around them and did it anyway. But *Play-Along* is the show she devotes most of her time and boundless energy to producing. It's clearly what she's been building toward for a number of years, and now that it's a reality, the response has been enough to bring Lewis back to her days on *The Shari Lewis Show* in 1957, after introducing Lamb Chop on Captain Kangaroo.

"We can't go out to the mall now without hearing 'Shari Lewis, Shari Lewis!'" says Marcher. "You see the little kids riding on their fathers, shoulders and pulling their hair to get a better look at Shari."

It is Lewis herself who gets the show and its response into the best perspective, never taking more credit or displaying more ego than is absolutely necessary. And if she ever does start getting a little heady on the adulation of 3-8-year-olds and their parents, life is bound to give her a reality check.

"I was in a mall not too long ago and a woman came up to me, very excited," Lewis recalled. "She ran up and looked me straight in the eye and asked, 'Are you the original Shari Lewis?'"

She starts to laugh, and you'd be comfortable leaving your child with this woman. At the very least, for 30 minutes a day.

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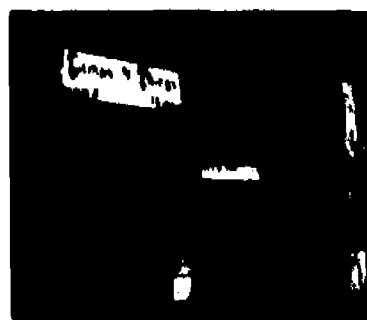
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**GARDEN STATE OUTDOOR SPORTSMEN'S SHOW**  
Exposition Hall  
Raritan Center, Edison  
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•Paradise for those who love hunting and fishing, Jan. 14-17. Admission \$7, discounts available; call for each day's hours.

**GARDEN STATE STAMP SHOW**  
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show, 11 a.m.-6 p.m. Jan. 8, 10 a.m.-5 p.m. Jan. 9, 10:30 a.m.-4:30 p.m. Jan. 10. Adults \$2, children under 12 free.

**GIANTIC CARDS, COMICS, AND COLLECTIBLES SHOW**  
Congregation Anshe Chesed  
Route 27, Linden  
(908) 486-8616, 925-8220  
•Exactly what it says, 10 a.m.-4:30 p.m. Jan. 10. Admission \$2.

**HOME REMODELING AND DECORATING SHOW**  
Trenton State College  
Route 31, Ewing  
(908) 938-3434  
•Everything you need to remodel your home, 1-10 p.m. Jan. 15, 11 a.m.-10 p.m. Jan. 16, 11 a.m.-6 p.m. Jan. 17. Adults \$6, discounts available.

**JERSEY SHORE HOME SHOW**  
Ocean Place Hilton hotel  
1 Ocean Blvd., Long Branch  
(908) 938-3434  
•Things you need before you re-decorate your home, 1-10 p.m. Jan. 22, 11 a.m.-10 p.m. Jan. 18, 11 a.m.-6 p.m. Jan. 17. Admission \$4.50.

**NEW JERSEY TRAILER AND CAMPING SHOW**  
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**STAMP, POSTCARD, AND BASEBALL CARD OPEN HOUSE**  
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38 North Main St., Milford  
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•Open house and sale for collectors, 10 a.m.-4 p.m. Jan. 10, 17. Free admission.

**SUMMER CAMP FAIR**  
Sheraton hotel  
Route 1, Iselin  
(908) 468-8910  
•Planning for kids' summer excursions, noon-4 p.m. Jan. 17. Free admission.

**WORLD OF CARDS AND COMICS**  
Middlesex Mall  
Hedley Rd., South Plainfield  
(908) 988-3886  
•Comic book and trading card show, 10 a.m.-9 p.m. Jan. 9, 11 a.m.-8 p.m. Jan. 10. Free admission.



The Jersey Central Train Show and Sale pulls into the Days Inn Coachmen Restaurant in Cranford Sunday, Jan. 10.

## Kid Stuff

**CINDERELLA**  
Sunday, Jan. 17, 1, 3:30, and 6 p.m.  
Theatre at Raritan Valley Community College  
Route 28, Branchburg  
(908) 725-3420  
•Musical portrayal of Cinderella, her Prince Charming, her Ugly Stepsisters, and her Fairy Godmother. Admission \$6.

**THE SNOW QUEEN**  
Sunday, Jan. 17, 2 p.m.  
Kean College, Union  
(908) 527-2337  
•Hans Christian Andersen's fairy tale, told with puppets. Admission \$5.

**STRAIGHTEN UP AND FLY RIGHT**  
Saturday, Jan. 9, 11 a.m. and 1 p.m.  
Montclair Kimberley Academy  
201 Valley Rd., Montclair  
(201) 744-1717  
•Folk tales told in an African-American style. Admission \$6, group rates available.

## Speakers

**HERB HAYES**  
Burgdorf Cultural Center  
10 Durand Rd., Maplewood  
(201) 763-8974  
Free lectures on musical theater with piano accompaniment, Fridays at 8 p.m.  
•"From the Black Crook Forward," Jan. 8.

**JULIUS LEBYER**  
Saturday, Jan. 9, 7:30 p.m.  
Temple Beth El  
225 East Seventh St., Plainfield  
(908) 756-2333  
•Jewish prayer with musical examples, related by a University of Massachusetts professor. Admission \$7.

**SAMUEL RHODES**  
Friday, Jan. 8, 4 p.m.  
Princeton University  
(609) 258-5000  
•Violin virtuoso with the Juilliard String Quartet conducts a master class. Free admission.

**World of Cards & Comics Convention**  
Saturday & Sunday - January 9th & 10th  
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Route 287 N - take exit for Route 529 - Dunellen. Either make a U-turn and go back over Route 287 (Middlesex Mall located on left) or go to third traffic light, make a left, go to third light, make another left, at next traffic light make one more left and the Middlesex Mall is on your right approximately one half mile down.

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- Westfield YMCA Wed., Feb. 3
- Metuchen-Edison YMCA Wed., Jan. 27
- Middlesex County College Thurs., Feb. 11

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## Natasha's Stars

**ARIES** (March 21-April 19) Now that you're finally reaping the harvest of your efforts at work, it's time to consider a much-needed vacation. Even a weekend getaway would go a long way toward recharging those creative batteries.

**TAURUS** (April 20-May 20) You may find it difficult this week to figure out what's motivating certain people's actions. Don't let this get you down. All will be clear very soon. In the meantime, try to have a relaxing, do-nothing weekend.

**GEMINI** (May 21-June 20) Romance is in the stars for you this week, whether single or attached. Take full advantage of this. Let your imagination go, and indulge all those naughty fantasies. Your partner will be more than willing.

**CANCER** (June 21-July 22) It's time to move out of the play mode and get back to reality. Take care of all that unfinished business waiting for you at work. If you don't, you'll find yourself working into the weekend.

**LEO** (July 23-August 22) This is a good week for you to take stock of your physical needs. A bit more exercise wouldn't hurt, and it would be wise to pay attention to your diet. You've been a bit negligent in that area since the holidays.

**VIRGO** (August 23-September 22) While it's "back to the drawing board" time for you, you will find yourself feeling invigorated by the challenge. As a result, you'll be burning that midnight oil. A loved one may disapprove, but all your work will pay off.

**LIBRA** (September 23-October 22) Family and friends will be impressed with how well you handle some minor disappointments. By the end of the

week, everything will be looking up once again, leaving you refreshed and relieved for the weekend's socializing. Accept invitations out, and enjoy.

**SCORPIO** (October 23-November 21) Last week, it seemed you couldn't do anything wrong if you tried. This week, events don't flow quite so smoothly. However, you're up to the challenge and find creative ways of handling it. Rest up this weekend.

**SAGITTARIUS** (November 22-December 21) The time for lying low is over. Others will look to you this week for the answers, and you'll be able to provide that much-needed leadership with your innovative approach. Higher-ups take notice, and a financial bonus could very well be in your future.

**CAPRICORN** (December 22-January 19) The beginning of the week will find you somewhat lethargic, and a bit down. However, toward mid-week, things will once again be looking up. Even better, by the weekend, you will be positively beaming. Go out and party this weekend. You deserve it.

**AQUARIUS** (January 20-February 18) You're going to have to resist the temptation to fly off in a million different directions this week. A problem at hand will require all your energy and concentration. Let that brilliant Aquarian mind do its best stuff.

**PISCES** (February 19-March 20) You are not aware of it, but a loved one is not pleased with your tendency toward picky criticisms. Think carefully about this, and you will find some of your critiques are unjustified and blown out of proportion. Spend the weekend making up hurt feelings.  
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## Curtain calls



Alexandra O'Karma is part of the impressive cast of *Don't Dress for Dinner*, a comedy from London running through Feb. 7 at the Paper Mill Playhouse in Millburn.

### NOW PLAYING

#### EDISON VALLEY PLAYHOUSE

2196 Oak Tree Rd., Edison  
(908) 755-4664  
•*Extremities*, William Mastrosi-  
more's drama of a woman taking  
revenge on the man who raped her.  
Jan. 8-17. Adults \$12, senior citi-  
zens and students \$10.

#### GEORGE STREET PLAYHOUSE

9 Livingston Ave.  
New Brunswick  
(908) 246-7717  
•*Spine*, drama written and directed  
by Bill C. Davis. Through Jan. 24.  
Admission \$30-\$16.

#### HUNTERDON HILLS

PLAYHOUSE  
Route 173, Hampton  
1-800-447-7313  
•*Please Suite*, comedy by Neil  
Simon. Through April 6. Group rates  
available; call for prices.

#### OFF-BROADWAY THEATRE

5 South Greenwood Ave.  
Hopewell  
(808) 488-2788  
•*Groucho: A Life in Revue* of "the

one, the only" Marx brother. Jan. 8-  
Feb. 13. Admission \$17.25 Satur-  
days, \$15.75 Fridays and Sundays.

#### PAPER MILL PLAYHOUSE

Brookside Dr., Millburn  
(201) 376-4343  
•*Don't Dress for Dinner*, Marc  
Camoletti's comedic menage a  
trois. Through Feb. 7. Admission  
\$41-\$26.

#### PLAYHOUSE 22

210 Dunhams Corner Rd.  
East Brunswick  
(908) 254-3939  
•*1940s Radio Hour*, musical set in  
radio days of yore. Through Jan. 10.  
Admission \$12, discounts available.

### COMING UP

#### CIRCLE PLAYERS

416 Victoria Ave., Piscataway  
(908) 968-7555  
•*All My Sons*, Arthur Miller's drama  
about life in America after World  
War II. Jan. 15-Feb. 6. Admission  
\$10, discounts available.

#### CROSSROADS THEATRE

COMPANY

7 Livingston Ave.  
New Brunswick  
(908) 249-5560

•*The Disappearance*, world premiere  
of a Ross Guy mystery adapted for  
the stage by Ruby Dee. Jan. 17-  
Feb. 21. Admission \$30-\$18.

#### EDISON VALLEY PLAYHOUSE

2196 Oak Tree Road, Edison  
(908) 755-4664  
•*Extremities*, Drama about a woman  
who imprisons a man who attempts  
to rape her. Jan. 8-17. Admission  
\$12, discounts available.

#### MAURICE LEVIN THEATRE

Jewish Community Center  
of Metropolitan New Jersey  
760 Northfield Ave.  
West Orange  
(201) 736-5029

•*King of Schnorrers*, musical about  
the Sephardic King DeCosta in Lon-  
don in 1791. Jan. 12-17. Ad-  
mission \$30, \$25; group rates  
available.

#### MCCARTER THEATRE

91 University Pl., Princeton  
(609) 683-8000  
•*Gulf War and Black*, two one-act  
plays by Joyce Carol Oates in a  
staged reading. 8 p.m. Jan. 23. Ad-  
mission \$25-\$20. Benefit tickets  
\$75, \$50; includes reception.

#### RIDER COLLEGE

Route 206, Lawrenceville  
(609) 896-5303  
•*The Meeting of Malcolm X and the  
Rev. Dr. Martin Luther King Jr.*, de-  
picted by Jeff Stetson. Student Cen-  
ter Theater, 2:30 p.m. Jan. 19. Free  
admission.  
•*Two plays, Just Friends* by William  
Aradio and *Fool for Love* by Sam  
Shepard. Fine Arts Studio Theater,  
Jan. 20-24. Admission \$5.

#### SAMPSON E. SMITH SCHOOL

1649 Amwell Rd., Somerset  
(908) 214-1065, 828-0968  
•*The King and I*, Rodgers and Ham-  
merstein's musical taken from Anna  
and the King of Siam. Jan. 23-Feb.  
14. Admission \$12 Saturdays, \$10  
Sundays; discounts available.

#### SOMERSET HILLS HOTEL

200 Liberty Corner Rd., Warren  
(908) 647-6700  
•*The Wedding*, an Italian marriage  
transformed to a dinner theater.  
7:30 p.m. Jan. 23. Admission \$45.

#### SOMERSET VALLEY PLAYERS

Amwell Rd., Neshanic  
(908) 369-7469  
•*Beyond Therapy*, Christopher Du-  
rang's comedy of a woman dating a  
boyfriend who has a boyfriend. Jan.  
22-Feb. 14. Admission \$11 Fridays  
and Saturdays, \$15 for two tickets  
Sundays.

#### STATE THEATRE

19 Livingston Ave.  
New Brunswick  
(908) 246-7469

•*The Music Man*, Meredith Willson's  
musical about the good people of  
River City. 3 and 8 p.m. Jan. 16.  
Admission \$37-\$23.

#### VILLAGERS THEATRE

475 DeMott Lane, Somerset  
(908) 873-2710  
•*A Few Good Men*, Aaron Sorkin's  
court-martial drama on which the  
movie is based. Jan. 15-Feb. 7. Ad-  
mission \$12.



See the movie, see the play. The stage version of *A Few Good Men* will be presented at the Villagers Theatre in Somerset Jan. 15-Feb. 7.

## Stage right

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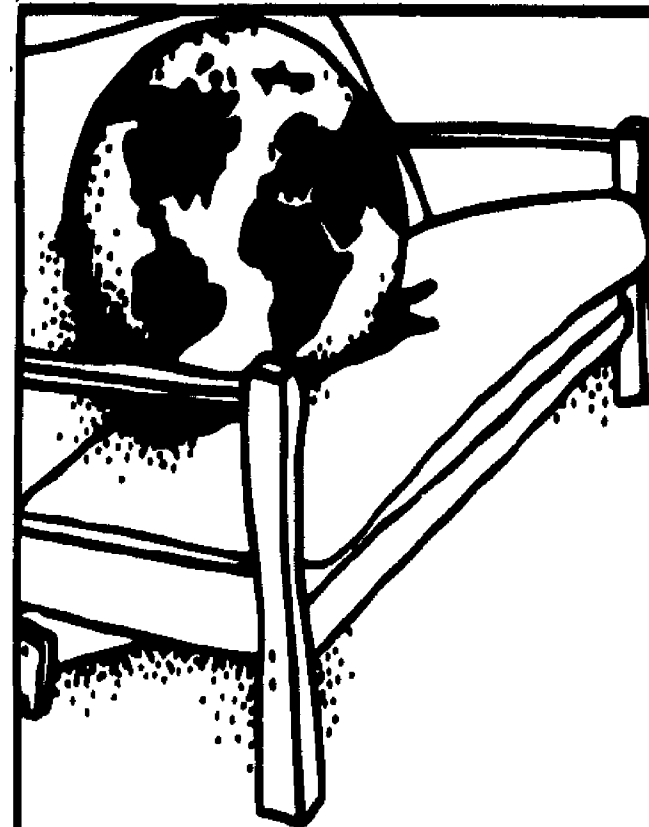
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## Nasty business

*But the blues still beckon Nasty Ned and the Famous Chili Dogs*

By WILLIAM WESTHOVEN  
WeekendPlus Editor

**T**his blues thing, it's been going on a long time for Nick Petti.

Better known as Nasty Ned, he of Nasty Ned and the Famous Chili Dogs, blues are a consuming passion he's sacrificed a lot for — time away from his family, long, lonely hours on the road and sweating through three sets a night on the dimly-lit stages of roadhouses and juke joints.

But such is the stuff that blues legends are made of, and Petti is hopeful — no, make that confident — that sooner or later, his struggle will be rewarded.

"I don't want to sound arrogant, but this band is going to make it," he said. "It has to."

And you know, it just might. After all, the blues are enjoying a renaissance, and while many of the old blues masters are reaping the rewards, many new, young bands have also taken the blues to the bank.

But Petti, whose current band recently celebrated its fifth anniversary, isn't a recent convert. "I've been listening to Muddy Waters and Howlin' Wolf since high school," said Petti, who graduated from Middlesex High School in 1970 with Chili Dog guitarist Lee Fink.

After graduation, Petti, who sings and plays harmonica, and Fink could be found on numerous occasions jamming in Mountainview Park in Middlesex, and eventually joined the same band, Shadofax (not the current band of the same name). Later, Petti and Fink formed the "R" band, which made a name for itself on the local club scene in the late '70s, but a case of wanderlust prompted Petti to leave the band and seek out other employment opportunities in the music business, working as a road manager for national touring bands including the early punk rock favorites the Tuff Darts.

He returned to the area in 1981, and after a brief flirtation with country music, finally embraced the blues as his vocation. "It was a natural progression; I had always loved the blues and had to address that," he said.

Even if you aren't a music fan, the name of Nasty Ned and the Famous Chili Dogs may spark a glimmer of recognition. That's because he borrowed the name from his business — a hot dog van, parked on South Avenue in Middlesex next to Richie's Tire Service.

"When I came back, I worked that stand for a living," said Petti. "Around the same time, Lee (Fink), who was always into the blues, too, and I decided to start a blues band. The only thing I can't figure out is why we didn't do it sooner."

Finding the remaining pieces of the Famous Chili Dog puzzle proved



Nasty Ned and the Famous Chili Dogs have won over an impressive local following, but yearn to spread their modern blues sound to a larger audience. Could 1993 be the year?

problematic — "some of the other guys in the band didn't understand what we meant by the blues" — but gradually, the lineup settled in with two additional key members, bassist/vocalist George Evers, who writes much of the band's original material, and drummer Richard Tulp.

They also evolved a highly original sound — a neat trick given the somewhat limited structure of rhythm and blues. Their self-produced tape, *A Storm is Coming*, is a cornucopia of influences ranging from classic blues to modern, blues-based acts like the Allmans, J. Geils and Southside Johnny, whose resonant vocals Petti's often resemble. There's even a hint of reggae thrown in for good measure.

These days, the band enjoys a loyal local following. Their appearance at the Red Bull back in November outdrew every national act that has played there this year.

"We have over 500 people on our mailing list," said Petti. "We have a party when we play; we become one with the audience. They reach out to us, we reach out to them, and the next thing you know, we're on the tables and they're on the stage."

But a national spotlight and record deal have eluded them, although the band hopes to begin a new recording early this year.

"I don't know what it is; we're like the black sheep around here," Petti observed. "We don't seem to get the best gigs, and even when we get our name in the paper, they don't even get our name right (that's the Famous Chili Dogs, editors)."

"But I'm telling you, this band is gonna make it. We're believe in what we're doing and we're very determined. You know, with all due modesty, this is a great band. When Lee rips into a solo, people's eyes start popping out of their heads."

Until they do, however, local music fans can have Nasty Ned and the Chili Dogs all to themselves. You can catch them at T.J.'s Hideaway in South Plainfield Friday, Jan. 9 (668-1020); at Zupko's in Dunellen Saturday, Jan. 9 (968-1020); Petey's in Manville Friday, Jan. 15 (685-9496); or the Exchange in Bridgewater Saturday, Jan. 23 (526-7090). And you won't even have to scalp tickets.

At least, not yet.

## Listen

### up

**BLUES IS BACK**  
Petti and Fink, who have been playing together since 1970, are the core of the band. Petti is the lead singer and Fink is the guitarist. They are both from the New York City area.

A record of \$50 is expected to be released in the state capital of the blues, which is a result of the band's success. The band is expected to be a major force in the blues scene.

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## Club mix

### ALE 'N WICH PUB

675 Bound Brook Rd.  
Dunellen  
(908) 968-6958

•The Blue Souls, Jan. 9.

### BIRCH HILL NIGHT CLUB

Route 9 South, Old Bridge  
(908) 536-0650

Dance party, Saturdays.

Male revue, Saturdays, Thursdays.

•Non-Fiction, Edgar Cayce, Jan. 8.

•The Party Dolls, Jan. 9.

### BOURBON STREET CAFE

Old Bay Restaurant  
61 Church St., New Brunswick  
(908) 246-3111

Blues/jazz jam session, Sundays.

### BRUNSWICK HOTEL

10 Livingston Ave.

New Brunswick

(908) 214-1717

Jazz jam session, Thursdays.

### CATCH A RISING STAR

Hyatt Regency Hotel

Route 1, West Windsor

(609) 987-8018

Headline comedy every night except Monday.

College night, Sundays and Tuesdays.

Ladies' night, Thursdays.

•Gary Delena, through Jan. 10.

•Mike Sullivan-Irwin, Jan. 12.

17.

### CHARLOTTE'S

58 South Main St., Manville  
(908) 685-9546

Live oldies bands Fridays and Saturdays.

### CHATFIELD'S

273 Main St., Gladstone

(908) 234-2080

•The VooDudes, Jan. 22.

### CITY GARDENS

1701 Calhoun St., Trenton

(609) 392-8887

95-cent dance night, Saturdays, Thursdays.

•Green Day, Shades Apart, Headstrong, Jan. 17.

•Fear, The Skatenigs, Jan. 24.

•Shudder to Think, Severin, Jan. 30.

### CLUB GENE

Route 35, Sayreville

(908) 727-3000

•Poco, Jan. 8.

•Larry Seth (Elvis tribute), Jan. 9.

•The Outlaws, Jan. 15.

•Dave Mason, Jan. 16.

•The Whispers, Jan. 21, 22.

•Gilbert Gottfried, Jan. 23.

•Little Jimmy Scott, Jan. 29.

•Johnny Maestro & The Brooklyn Bridge, Jan. 30.

### THE CLUBHOUSE

116 Watchung Ave., Plainfield

(908) 769-9267

Rave night, Thursdays.

### COMEDY BY THE CANAL

Ramada Inn

Weston Canal Rd., Somerset

(908) 560-9880

Live comedy Fridays and Saturdays.

### CORNERSTONE

25 New St., Metuchen

(908) 549-5306

Traditional jazz.

•Tom Butts-Chuck Wayne Quartet, Jan. 8.

•Jed Levy Quartet w/Lynne Arriale, Jan. 9.

•Terry Blaine Trio w/Ray Kennedy, piano, Jan. 13.

•Dan Barrett-Howard Alden

Quartet, Jan. 15.

•Harry Allen Quartet, Jan. 16.

•Kenny Davern Quartet, Jan. 20, 29.

•Mike LeDonne Quartet, Jan. 22, 23.

•Ken Peplowski Trio, Jan. 27.

•Larry Ham Quartet w/Scott Robinson, Jan. 30.

### THE EXCHANGE

Routes 202-206, Bridgewater

(908) 526-7090

Open blues jam, Tuesdays.

•Nasty Ned and the Famous Chili Dogs, Jan. 9.

### THE FAR SIDE

789 Jersey Ave.

New Brunswick

(908) 247-2995

Open-mike night, Mondays.

### FREDDY'S

1 Mill St., Bernardsville

(908) 766-6575

Country music, Saturdays.

Live comedy Sundays.

### J. AUGUST'S

19 Dennis St., New Brunswick

(908) 246-8028

Dance party, Fridays, Saturdays.

Hub City Jam, Sundays.

•The Blue Souls, Jan. 8.

### JACK O'CONNOR'S

1288 Route 22, Bridgewater

(Please turn to page 11)



## Club mix

(Continued from page 10)  
(908) 725-1500  
Piano brunch w/Gladys Richards, Sundays.  
Lou Pompilio, Tuesdays.  
Willie Lynch Trio, Thursdays.  
Rhythm & Bebe, Fridays.  
•Lost River Hall Cats, Jan. 9.  
•Wootter Street Trolley, Jan. 16.  
•Zeire, Jan. 23.  
•Spore Change (w/A.L. James), Jan. 30.  
**JOHN & PETER'S**  
96 South Main St.  
New Hope, Pa.  
(215) 862-0823  
Free admission Saturday and Sunday afternoons.  
Liberty Blues Jam, Tuesdays.  
Mountain John, Wednesdays.  
•Road Runner, Jan. 8.  
•Timm & Larsen, afternoons Jan. 9, 23.  
•Unguided Missile, evening Jan. 9.  
•The Razorbacks, afternoons Jan. 10, 24.  
•The Resonators, evening Jan. 10.  
•Iain Matthews, Jan. 11.  
•B.B. & The Stingers, Jan. 14.  
•The Conrads, Jan. 15.  
**JUNESON EDDIE'S**  
39 Route 22, Green Brook  
(908) 968-3338  
Country music, Sundays and Wednesdays.  
**MAXWELL'S**  
1039 Washington St.  
Hoboken  
(201) 798-4064  
•The Barleycorns, The Seigobillies, Jan. 8.  
•Action Swingers, Daisy Cutter, Jan. 9.  
•Gutterball (w/Steve Wynn), The Clintons, Jan. 10.  
•American Standard, Luscious Jack-



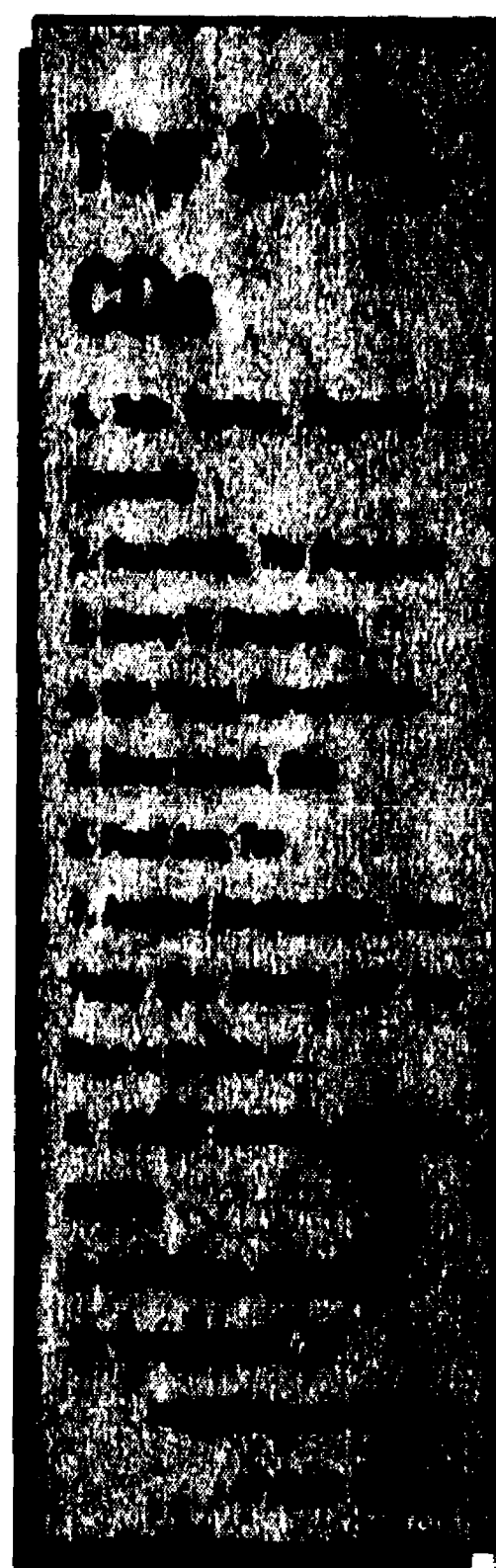
Classic country rockers Poco, featuring founding member Rusty Young and guitarist Paul Cotton, will appear at Club Bene in Sayreville Friday, Jan. 28.

son, Jan. 14.  
**NINE STREET COFFEE HOUSE**  
First Reformed Church  
9 Bayard St., New Brunswick  
(908) 699-0570  
All shows at 8:30 p.m.  
•Mike Sinatra (singer-songwriter), Jan. 9.  
**MINSTREL COFFEEHOUSE**  
Somerset County Environmental Education Center  
190 Lord Stirling Rd.

Basking Ridge  
(201) 335-9489  
All shows at 8:30 p.m.  
•Open stage, Jan. 8.  
•Jack Hardy, Jan. 15.  
**ORPHAN ANNE'S**  
1255 Valley Rd., Stirling  
(908) 647-0138  
Open jam, Sundays.  
**PLAYPEN LOUNGE**  
Route 35, Sayreville  
(908) 721-0100

•S.O.U.L.S.Y.S.T.E.M., Jan. 8.  
•Jammy, Jan. 15.  
**RANTAN RIVER CLUB**  
85 Church St., New Brunswick  
(908) 545-6110  
Dinner-dance, Fridays.  
Live comedy, Saturdays.  
**RED CAFE**  
Best Western Red Bull Inn  
1271 Route 22, Bridgewater  
(908) 704-8999  
•B.B. & The Stingers, Jan. 8.

•Solar Circus, Jan. 9.  
•The VooDudes, Jan. 15.  
**SAM'S GRILLE**  
777 Route 202, Raritan  
(908) 707-1777  
Warren Chiasson Trio, Mondays.  
**SHOGUN 27**  
3376 Route 27, Kendall Park  
(908) 422-1117  
Live comedy Fridays and Saturdays.  
**SOUTH RIVER PUB**  
66 Main St., South River  
(908) 257-0330  
John Eddie (acoustic), Tuesdays.  
Backstreets Duo, Wednesdays.  
**STANHOPE HOUSE**  
Main & High, Stanhope  
(201) 347-0458  
•Jon Paris Band, Jan. 8.  
•Johnny (Clyde) Copeland, Jan. 9.  
•Jerry Portnoy & The Streamliners, Jan. 15.  
•Loup Garou (zydeco), Jan. 16.  
**STONE PONY**  
913 Ocean Ave., Asbury Park  
(908) 775-5700  
The Fairlanes, Sundays.  
The Outcry, Thursdays.  
•American Angel, Jan. 8.  
**STRESS FACTORY**  
Clarton Hotel  
2055 Route 27, Edison  
(908) 287-3500  
Live comedy Fridays and Saturdays.  
•Gallagher II, Jan. 22, 23.  
**STUDIO 1**  
88 Verona Ave., Newark  
(201) 482-1150  
•Reignance (from The Real World on MTV), Jan. 8.  
**ZUPKO'S TAVERN**  
450 North Ave., Dunellen  
(908) 968-1020  
•Nasty Ned and the Famous Chili Dogs, Jan. 9.  
•The Blue Souls, Jan. 30.



## Soundings

**ARBORETUM CHAMBER MUSIC SOCIETY**  
Sunday, Jan. 17, 7:30 p.m.  
N.J. Center for Visual Arts  
68 Elm St., Summit  
(908) 232-1116  
•Quintet performs works by Beethoven, Schubert, Ravel, and Bruch. Adults \$16, senior citizens and students \$12.  
**BENNY BARKSDALE Jr.**  
Sunday, Jan. 10, 3 p.m.  
Borough Hall  
221 South Fifth Ave.  
Highland Park  
(908) 572-3400  
•Jazz saxophone virtuoso performs with his quartet. Free admission.  
**CAPTAIN HAWKER & THE ALL-STARS**  
Jan. 22, 7:30 p.m.  
Jan. 23, 6 and 9 p.m.  
Watchung Hills Regional High School, Warren  
(908) 561-1570  
•Fifties music and fashion, coming to life in the 90s. Admission \$9 in advance, \$12 at the door.  
**CHORAL ART SOCIETY OF NEW JERSEY**  
Saturday, Jan. 16, 8 p.m.  
Presbyterian Church  
140 Mountain Ave., Westfield  
(908) 322-7240  
•Puccini's *Messa di Gloria*, plus *Four Sacred Pieces* by Verdi. Adults \$10, senior citizens and students \$7.  
**CLARING CHAMBER PLAYERS**  
Sunday, Jan. 10, 4 p.m.  
Unitarian Church  
4 Waldron Ave., Summit  
(908) 273-3245, 277-3327  
•Piano-and-strings ensemble performs works by Mozart, Kodaly, and Schumann. Adults \$15, senior citizens \$12, students \$3.  
**CORNELL CHORUS**  
Friday, Jan. 8, 8 p.m.

Westminster Choir College  
101 Walnut Lane, Princeton  
(609) 921-2663  
•All-woman chorale from Cornell University sings works by Kodaly, Vaughan Williams, Mozart, Brahms, Salieri, and Palestrina. Admission \$5.  
**DEPAUL UNIVERSITY CHAMBER ORCHESTRA**  
Monday, Jan. 11, 8:30 p.m.  
St. Mary's Abbey, Delbarton School  
Route 24, Morristown  
(201) 538-3231  
•Performing works by Mozart, Ravel, Stravinsky, and Ott. Free admission.  
**DENNIS DOUGHERTY**  
Friday, Jan. 8, 8 p.m.  
Six Mile Run Reformed Church  
Route 27, Franklin Park  
(908) 821-1324  
•Country singer performs in a coffeehouse setting. Admission \$5 w/a donation of non-perishable food, \$6 without; other discounts available. **LEW A GERSHWIN CELEBRATION**  
Friday, Jan. 15, 8 p.m.  
State Theatre, New Brunswick  
Saturday, Jan. 16, 8 p.m.  
War Memorial, Trenton  
Sunday, Jan. 17, 3 p.m.  
Symphony Hall, Newark  
1-800-ALLEGRO  
•An American in Paris, the *Rhapsody in Blue*, and other works performed by the New Jersey Symphony Orchestra. Admission \$32-\$16, discounts available.  
**TODD MARSH**  
Saturday, Jan. 16, 8 p.m.  
Watchung Arts Center  
18 Stirling Rd., Watchung  
(908) 753-0190  
•Pianist performs works by J.S. Bach, Haydn, Chopin, and Brahms. Admission \$8.  
**MOSCOW BALALAIKAS**  
Friday, Jan. 15, 8 p.m.



"Season for Celebration" is the theme of a post-holiday concert by the Philomusica Chamber Choir, which will take place Sunday, Jan. 10, 3 p.m., at Our Lady of Hungary Catholic Church, Cortland Street, Perth Amboy. For more information, call (908) 846-4489.

Theatre at Rantan Valley Community College  
Route 28, Branchburg  
(908) 725-3420  
•Ensemble of singers and musicians from the Russian capital. Admission \$15.  
**MUSIC 213**  
Friday, Jan. 8, 8 p.m.  
Sunday, Jan. 10, 3 p.m.  
Taplin Auditorium, Princeton University  
(609) 258-5000  
•Chamber music ensemble per-

forms works by Handel, Brahms, Mendelssohn, and Poulenc (Jan. 8); Beethoven, Brahms, and Bartok (Jan. 10). Free admission.  
**N.J. CHAMBER MUSIC SOCIETY**  
Sunday, Jan. 10, 3 p.m.  
Morris Museum, Morristown  
Friday, Jan. 15, 8:30 p.m.  
Union Congregational Church, Upper Montclair  
(201) 746-6068  
•Jean Philippe Rameau's Gavotte; Debussy's *Prelude*

*rhapsodie*; Poulenc's Trio; Le tombeau de Couperin by Ravel. Admission \$12 in Morristown; adults \$16, students \$6 in Upper Montclair. (Lecture precedes Upper Montclair performance at 7:30 p.m.)  
**N.J. SYMPHONY ORCHESTRA**  
1-800-ALLEGRO  
Friday, Jan. 8, 8:30 p.m.  
Count Basie Theatre, Red Bank  
Saturday, Jan. 9, 8 p.m.  
War Memorial, Trenton  
Sunday, Jan. 10, 3 p.m.

Symphony Hall, Newark  
•The overture to *Die Meistersinger* by Wagner; Weber's Concert No. 2 in E flat major; Vaughan Williams' London Symphony No. 2 in G major. Admission \$37-\$10, discounts available.  
Thursday, Jan. 14, 8 p.m.  
Morris Museum, Morristown  
•Haydn's Sunrise String Quartet in B flat major; Schubert's String Quartet in C major; and other works. Admission \$18.

Friday, Jan. 22, 8 p.m.  
War Memorial, Trenton  
Saturday, Jan. 23, 8 p.m.  
State Theatre, New Brunswick  
Sunday, Jan. 24, 3 p.m.  
Symphony Hall, Newark  
•The overture to *Othello* by Dvorak; Schubert's Symphony No. 5 in B flat major; Beethoven's Symphony No. 7 in A major. Admission \$37-\$10, discounts available.  
**BUCKY PIZZARELLI/ HOWARD ALDEN**  
Friday, Jan. 22, 8 p.m.  
Watchung Arts Center  
18 Stirling Rd., Watchung  
(908) 753-0190  
•"Duelling guitars" of two jazz musicians. Admission \$10.  
**MARK RUSSELL**  
Wednesday, Jan. 13, 8 p.m.  
State Theatre  
19 Livingston Ave.  
New Brunswick  
(908) 246-7469  
•Humorist best known for his appearances on PBS. Admission \$26-\$20.  
**RUSSIAN NATIONAL ORCHESTRA**  
Wednesday, Jan. 20, 8 p.m.  
State Theatre  
19 Livingston Ave.  
New Brunswick  
(908) 246-7469  
•Tchaikovsky's Symphony No. 3 in D major; Prokofiev's Classical Symphony No. 1 in D major; Le poeme de l'extase by Scriabin. Admission \$32-\$23.  
**THE SPINNERS**  
Saturday, Jan. 16, 8 p.m.  
Union County Arts Center  
1601 Irving St., Rahway  
(908) 499-8226  
•R&B vocal group best known for its 70s hits, one of which turned up in a credit-card commercial. Admission \$25-\$20.

## Making the best of it

Charting the cinematic highs and lows of '92

By JEFFREY COHEN  
WeekendPlus Film Critic

**A**s with most years, it would be a lot easier to come up with a 10-worst list of movies than 10 best; that's not a complaint, simply a statement of fact. It's incredibly hard to make a decent — let alone great — film, and good fortune plays an enormous role: casting the right stars, getting the right script, finding a director willing to sacrifice ego for the common good. Just doesn't happen that often.

And to be fair, it didn't happen every time even in the 10 films that make up the following list.

"Ten Best" doesn't mean "all fabulous," it means "what's better than everything else we had to choose from." When the list to ponder includes such turkeys as *Cool World*, 1492: *Conquest of Paradise* and the immortal *Man Trouble*, you have to make allowances.

So, let's look at 1992: the year of the movies. And see what happened this year that was at all interesting. At all.

The following list was completely subjective; you might have thought *Home Alone 2* or *Wayne's World* was a cinematic achievement worthy of inclusion in the Hollywood Hall of Fame. More power to you. This is a critic's list, and the critic gets to choose. So there.

It's presented in alphabetical order, since comparing *Of Mice and Men* to *Honeymoon in Vegas* would be silly. It's simply the 10 movies I've decided were the best in 1992, and it's limited, by the fact that some highly acclaimed films, like *Reservoir Dogs* and *The Crying Game*, which might have been included, were not released in New Jersey during 1992. So if you can't see them without taking a train into Manhattan, we're not going to consider them. That'll teach those snooty film companies.

**1. A Few Good Men** — Rob Reiner, one of the best popular directors working today (his ex-wife Penny Marshall is another), makes a big step into the big, big leagues with this military courtroom drama in which Tom Cruise digs a little deeper than usual and Jack Nicholson (it was hard to find a movie this year that didn't have Nicholson or Goldie Hawn in it) makes what amounts to an extended cameo, but a brilliant one. Demi Moore does more than provide window dressing, a welcome change of pace for her, and Kevin Pollack, an unsung supporting player, makes a plea to be sung. Not the classic they'd like you to believe, but fine performances and gripping courtroom scenes.

**2. Aladdin** — Yes, it's animated, but not just a kid's movie. Robin Williams, in what might actually be his best role so far, steals the movie as the shape-changing genie. The songs aren't as good as those in *Beauty and the Beast* or *The Little Mermaid*, and that's why the film isn't as good as those two, either. But still head-and-shoulders above anything anybody else is offering in animation.

**3. Glengarry Glen Ross** — If David Mamet's obscenity-a-second, never-stop-talking, it's-all-such-a-metaphor style of writing is for you, this is its ultimate expression. A dream cast of Al Pacino, Jack Lemmon, Alan Arkin, Ed Harris and Alec Baldwin, among others, makes it all live. Sure to be a contender for many Oscars, if that's your litmus test of quality.

**4. Honeymoon in Vegas** — Best comedy of the year, which isn't saying much. If you haven't checked out this nutty tale of a small-time private eye (Nicholas Cage) who loses his fiancée (Sarah Jessica Parker) to a gambler (James Caan) hours before they're to be married, keep in mind it'll be available on video in February. After all, 50 skydiving Elvis impersonators can't be wrong. Writer/director Andrew Bergman proves again he's a singular talent who should make movies more often.

**5. Malcolm X** — Spike Lee's answer to Oliver Stone's *JFK*, which asked so many questions it's hard to tell which one Spike's answering. A dignified, engrossing epic of a pivotal figure in history (what would have been had Malcolm lived?), the movie is still way too long, at three hours, 21 minutes, but Denzel Washington (Best Actor frontrunner) is perfect, and Lee



Jack Nicholson was bogus in *Man Trouble*, boffo in *Hoffa*, but was even better in *A Few Good Men*, the only one of the three to make critic Jeffrey Cohen's top 10 list of 1992.

gets to how movies are actually made, and that's the really horrifying part.

**8. Proof** — An Australian movie that shows the country which gave us *Breaker Morant* still knows how to put together a drama. This small-scale film from writer-director Jocelyn Moorhouse gives us a blind photographer (yes, you read that right), the slightly twisted woman who loves him and a dim restaurant dishwasher who accidentally enters and disrupts their lives. It's all about trust, and it's not a wildly uplifting experience, even with the welcome touches of humor. Rent it.

**9. Unforgiven** — Clint Eastwood (yet another Oscar wannabe) returns to the Western, and as star/director, brings an unremitting bleakness to a tale of a bounty killer out to do in the men who disfigured a prostitute. Everybody in the movie is unforgiven, especially by themselves. And expect to see Gene Hackman doing one-armed pushups as Best Supporting Actor on a Monday night in March.

**10. Zebrahead** — Nobody went to see this charming drama of an interracial couple in a Detroit high school, and it's too bad. The humor, the true-sounding dialogue, the fresh performances and the unique vision are all worth checking out. It has a few of the genre's clichés, but most are left out. Refreshing and original.

**Runners-up** — *A League of Their Own*, *A River Runs Through It*, *Bob Roberts*, *Death Becomes Her*, *Diggstown*.

**10 Worst** (in case you were wondering) — *Alien 3*, *A Stranger Among Us*, any Christopher Columbus movie, *Cool World*, *Encino Man*, *Man Trouble*, *Mom and Dad Save the World*, *Out on a Limb*, *Shining Through*.

**Best title** — *Buffy the Vampire Slayer*.

**Worst title** — *Basic Instinct*. What does that mean?

**Worst Trend** — Movies from TV shows: *Wayne's World*, *The Addams Family*, forthcoming *The Flintstones*, *Beverly Hillsbillies*, *Wayne's World 2*, *Coneheads*, *Pai*, *The Brady Bunch*, *Sprockets*, *Star Trek: The Next Generation*, and *Gilligan's Island*. Didn't this used to work the other way around?

**Silliest Casting** — Melanie Griffith as a tough New York Cop going undercover in the Chassidic community in *A Shiksa Among Us*.

**Best Actor** — Denzel Washington, *Malcolm X*.

**Best Actress** — Was there a movie about a woman this year and I missed it?

**Best Screenplay** — *Honeymoon in Vegas*. You try writing a comedy.

**Best director** — Anthony Drazan, *Zebrahead*.

**Best Off-Camera Performance** — Robin Williams, *Aladdin*.

**Best Supporting Actor** — Gene Hackman, *Unforgiven*; Sydney Pollack, *Husbands and Wives*.

**Best Supporting Actress** — N'Bushe Wright, *Zebrahead*.

**Worst Sequel** — *Alien 3*.

**Best Song** — There wasn't any. Check out the all-star Elvis impersonators in *Honeymoon in Vegas*. Springsteen does "Viva Las Vegas." You haven't lived.

**Most Predictable Sequel** — *Home Alone 2*.

**Worst Comedy** — *Brain Donors*. A Marx Brothers movie without the Marx Brothers. What?



Al Pacino, who also scorched the screen this year in *Scent of a Woman*, cursed his way to impressive reviews in the David Mamet drama *Glengarry Glen Ross*.



## Film capsules

Capsule reviews  
by WeekendPlus staff  
Guides:

- ✓ — Recommended
- ☆ — Strongly recommended

### OPENING THIS WEEK

#### LEPROMAN

«An evil representative of the little people terrorizes a North Dakota town. Standard action/horror fare starring Warwick Davis, who played the title role in Willow. (R)

#### CURRENT FILMS

##### A FEW GOOD MEN

«A few glaring flaws in script and direction undermine, but do not spoil, this hard-driving drama starring Tom Cruise as a lazy Marine lawyer investigating the hazing death of a young leatherneck. Demi Moore co-stars as the superior officer pushing him to get to the real truth, which leads him to scene chewing officer Jack Nicholson. Wasted scenes telegraph information the audience is better off without, but solid acting by the principals and capable support by Kevin Bacon, comedian

Kevin Pollack, James Marshall (Twin Peaks) and J.T. Walsh overcome a rare bad outing by director Rob Reiner (This Is Spinal Tap, The Princess Bride, When Harry Met Sally). (R)

#### ALADDIN

«Disney does it again. Impressive followup to Beauty and the Beast is an animated retelling of the Arabian Nights fairy tale. Voices include Robin Williams as the genie. (G)

#### BRAM STOKER'S DRACULA

«Title refers to the author of the original 1897 novel, but this latest big-screen treatment of Transylvania's most-famous citizen bears the stamp of director Francis Ford Coppola. Dark, violent, bloody and very adult, the big-budget production is often incoherent as several characters babble on in a variety of dialects and accents. Impressive scenery and authentic period touches help keep the viewer's interest, as does the opening sequence, which flashes back to how the whole vampire thing got started. Not a complete disaster, but extremely disappointing. (R)

#### THE BODYGUARD

«Kevin Costner stars as a Spartan Secret Service alum who falls in love with his client, a sexy singer played by Whitney Houston in her feature film debut. (R)

#### THE DISTINGUISHED GENTLEMEN

«Eddie Murphy is back, shaking up Washington D.C. as a two-bit con man who scams his way into Congress. (R)

#### FOREVER YOUNG

«The season's big romance movie, with Mel Gibson starring as a pre-World War II test pilot. Cast includes Isabel Glasser, George Wendt and Jamie Lee Curtis. (PG)

#### HOME ALONE 2: LOST IN NEW YORK

«Mac is back — Macaulay Culkin, that is, in the long-awaited, carbon-copy sequel to Home Alone. The former's strong supporting cast, which includes Catherine O'Hara, Daniel Stern and Joe Pesci, is also back for this episode, which abandons the pint-sized hero in Manhattan after he's separated from his family while on vacation. Home Alone director Chris Columbus returns

to the helm as well. Be warned before you shell out ticket money for the whole family — you've seen all of this before. (PG)

#### GLENN BARRY GLEN ROSS

«Al Pacino, Jack Lemmon, Alec Baldwin, Ed Harris and Alan Arkin head an all-star cast in this sizzling film version of David Mamet's Pulitzer Prize-winning play about real estate movers and shakers.

#### HOPPA

«On the heels of Malcolm X comes the biography of another controversial figure in postwar American history. When it comes to dramatic punch, Hoffa delivers a haymaker with Jack Nicholson starring in the title role of the Teamsters Union power broker, who locked horns with the mob, the FBI and then U.S. District Attorney Robert F. Kennedy. Did Hoffa kill Kennedy? And who killed Hoffa, for that matter? The film is unlikely to shed any more light on the various theories than Oliver Stone did with JFK, but Hoffa, directed by and co-starring Danny DeVito (War of the Roses), promises to be absorbing dramatic entertain-

ment. (R)

#### LEAP OF FAITH

«Satirical black comedy starring Steve Martin as an unscrupulous (and previously unsuccessful) evangelist who strikes it rich flaunting bogus miracles. Supporting cast includes Debra Winger, Liam Neeson (Darkman) and Lolita Davidovich (Blaze). PG-13

#### LOWENBRO'S OIL

«Well-done, true-life story of a couple (Nick Nolte, Susan Sarandon) who refuse to believe doctors who offer no hope for their dying son. (PG-13)

#### MALCOLM X

«Spike Lee's long-awaited (and long, as in over three hours) biography of the murdered civil rights activist. Oscar-winner Denzel Washington is brilliant in the title role. Inspiring one minute, infuriating the next, Lee wisely tells the story in a mostly straightforward manner, letting the incredible history of a street punk who finds enlightenment in prison and becomes a spokesman for a generation of African-Americans speak for itself. A must-see for people of all ages and colors. (PG-13)

#### THE MUPPET CHRISTMAS CAROL

«Kermit is Bob Cratchit, Miss Piggy is the Missus and Michael

Caine is a delightfully nasty Scrooge in this Muppetized musical version of the Charles Dickens classic Christmas tale. Songs by Paul Williams are nothing to get excited about, but overall, a fine family outing. (G)

#### SCENT OF A WOMAN

«Al Pacino stars as a bitter, blind, retired Army officer who leads a young prep school student, hired to care for him at home, on a mad weekend romp through Manhattan. (R)

#### TOYS

«Robin Williams and director Barry Levinson, who last teamed up for Good Morning, Vietnam, are back at it in this fantasy-comedy about the evil heir to a toy company who wants to turn it into a war machine factory, but must first deal with lunatic employees (and relatives), played by Williams and the delightful Joan Cusack (Broadcast News). Another big-budget eccentricity in the tradition of Baron Munchausen and Brazil. (PG-13)

#### TRESPASS

«Originally scheduled for a summer release, this gritty action drama depicting an inner-city riot was shelved to avoid charges of exploiting the L.A. riots. But with its still-topical subject matter and star power from rappers Ice Cube and Ice-T (who have both proved their

acting abilities in previous films — Cube in Boyz n the Hood and T in New Jack City), it was only a matter of time before it hit the big screen. Directed by action-genre expert Walter Hill (48 Hours). (R)

#### USED PEOPLE

«Charming tale of a woman (Shirley Maclaine), unappreciated by her family, who finds romance in the arms of Marcello Mastroianni. All-star ensemble includes Oscar-winners Jessica Tandy and Kathy Bates. If you liked Fried Green Tomatoes... (PG-13)

#### REVIVALS

##### JAILHOUSE ROCK/VIVA LAS VEGAS

«A well-selected double-dip of celluloid Elvis. Don't be late or you'll miss the title song production number that opens up the former, originally released in 1957 — it's the King's best moment on film, and he reportedly choreographed it himself. Recently colorized, it will be shown here in its original black and white glory. As for Viva Las Vegas (Color; 1964), it's one of Presley's better post-Army efforts as he plays a daring race-car driver. Ann-Margaret is along for the ride. Saturday, Jan. 9, 7 p.m., at the Union County Arts Center, 1801 Irving St., Rahway. Tickets \$5. (800) 498-8226.

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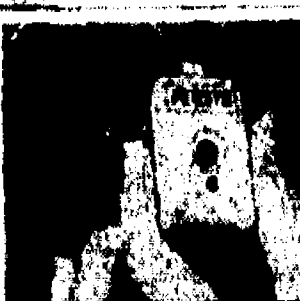
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# I N N I N G

## No place like home

Former owners welcomed back to County Line Inn

By MICKI PULSINELLI  
Culinary Correspondent

I give up. I just can't get this right. The two times I dined here, I was informed that the menu would be changing. The first time, it was called **The County Line Inn**, and had that menu, but the name and the menu was changing to Brother's.

This time, the name had already changed (since August) back to County Line Inn, but the old Brother's menu was scheduled to change after the new year.

The original owners, Joe and Mary Pirone, have returned after a three-year absence. Mary told us they owned the Inn for 18 years and in those three years away from it, she realized how much she missed working there. It was like a home to her, with customers like old friends who came to visit each night.

While we were talking to her, several customers stopped by to wish them well and tell them how delighted they were to see them back.

The main dining room is a combination of paneling and large-length mirrors between the windows that gives it a spacious look. There is a skylight in the middle of the room with a large potted tree reaching up into the skylight.

The current menu has seven appetizers (\$3.95-\$5.95) and three soups (\$1.95-\$2.95). You can order clams, oysters, escargot and baked brie in a puff pastry.

Entrees include steak and chops (nine choices from \$8.95-\$16.95), five veal selections (\$12.95-\$14.95), eight seafood choices (\$11.95-\$21.95), four poultry (\$10.95-\$14.95) and four pasta choices (\$8.95 each).

The regular menu is supplemented with nightly specials that include several appetizers and entrees. All entrees are served with bread and butter, a garden salad, vegetable and a choice of potato, rice or pasta.

The Pirones are still working on the new menu, but you can be sure that it will include their famous chateaubriand, and eggplant rollantini — two items the restaurant was known for.

Our appetizer selections included one from the regular menu (escargot for \$4.95) and one from the nightly special (king crab cocktail for



Regular customers have welcomed popular former owners Joe and Mary Pirone back to the County Line Inn in Skillman.

SHARON WILSON/WEEKENDPLUS

\$6.95). The escargot was served out of the shell in a round dish, with seasoning and garlic bread.

The king crab was served cold and in the shell. The six pieces were easy to de-shell for dipping in the mildly hot cocktail sauce.

Our salads consisted of greens, croutons, cucumbers, tomatoes and shredded cabbage. The dressing was a good balsamic vinaigrette which is also the house dressing.

For his entree, my husband had one of the nightly specials, a grilled whole rack of lamb with mint jelly. When he finished what he could with a knife, he picked up each piece and cleaned it to the bone. The lamb was excellent.

I had the grilled duck breast (\$14.95). The duck was served with bits of oranges on top and in an orange sauce. The meat was crisp outside and moist and tender inside. I was served a steak knife but didn't need it. The duck was very tasty and wasn't gamey at all.

In the spirit of the holiday season, my husband ordered an eggnog rum cheese cake for desert. He said it was light and delicious.

If you get a chance, have dinner at the County Line Inn and welcome Joe and Mary back home. They will be glad you did and they are glad to be back.

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**JERSEY JEWISH SINGLES**  
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•Dinner at Plaza Diner, Edison,

6:30 p.m. Wednesdays. (908) 753-0263.

•Champagne brunch at Holiday Inn, Raritan Center, Edison, 11 a.m. Jan. 10. Members \$14, non-members \$16. (908) 283-0779, 753-0263.

•Weekend in the Catskills, Jan. 15-17. Reservations: (908) 412-6228.

**MUSTARD SEED CHRISTIAN SINGLES**

(908) 968-3161, 214-0432  
•Tour of Duke Gardens, Hillsborough, 3 p.m. Jan. 9. Reservations required.

**PARENTS WITHOUT PARTNERS**

**Mid-Jersey Chapter 236**  
(908) 248-8840  
•Closed dance (members only) at Sheraton hotel, East Brunswick, 8 p.m. Jan. 10. New-member orientation at 7:30 p.m. Cost \$6.

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•Bowling at Manville Lanes, 1 p.m.

Jan. 24.

**SHORE SINGLES**

•Hike at Watchung Reservation, Mountainide, 11 a.m. Jan. 9. Meet in commuter lot at Garden State Parkway Exit 120. Members \$3, non-members \$4. (908) 774-6759.

•Hike at South Mountain Reservation, South Orange, 11 a.m. Jan. 23. Meet in commuter lot at Garden State Parkway Exit 120. Members \$3, non-members \$4. (908) 291-2763.

**SINGLE PROFESSIONALS**  
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•Office party at Good Time Charley's, Kingston, 6 p.m. Jan. 13. Cost \$8.

**SINGLEFACES**

(908) 462-2406  
Cost for all events \$10.

•Dances at Mayfair Farms, West Orange, 8 p.m. Jan. 8, 9 p.m. Jan. 29. Jacket required.

•Dance at Martinsville Inn, 9 p.m. Jan. 9.

•Dance at Gate House, West Orange, 8 p.m. Jan. 10.

•Dances at Essex House, West Orange, and Garden State Arts Center, Holmdel, 9 p.m. Jan. 15.

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•Rap or bridge at Central Presbyterian Church, Summit, 6:30 p.m. Sundays. Cost \$2.

•Bridge at Central Presbyterian Church, Summit, 7:15 p.m. Jan. 21. Cost \$3.

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•Hike in Jockey Hollow, Morristown, 11:30 a.m. Jan. 17. Meet in lot across from Willie's Tavern, Route 202, Bedminster. Cost \$4.

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•Dances (ages 30-50) at Basking Ridge Country Club, 8:30 p.m. Jan. 8, 22. Cost \$10; jacket and tie required. (908) 221-0047.

•Networking (ages 30-50) at Bridgewater Manor, 6 p.m. Jan. 14. Cost \$12. (908) 221-0047.

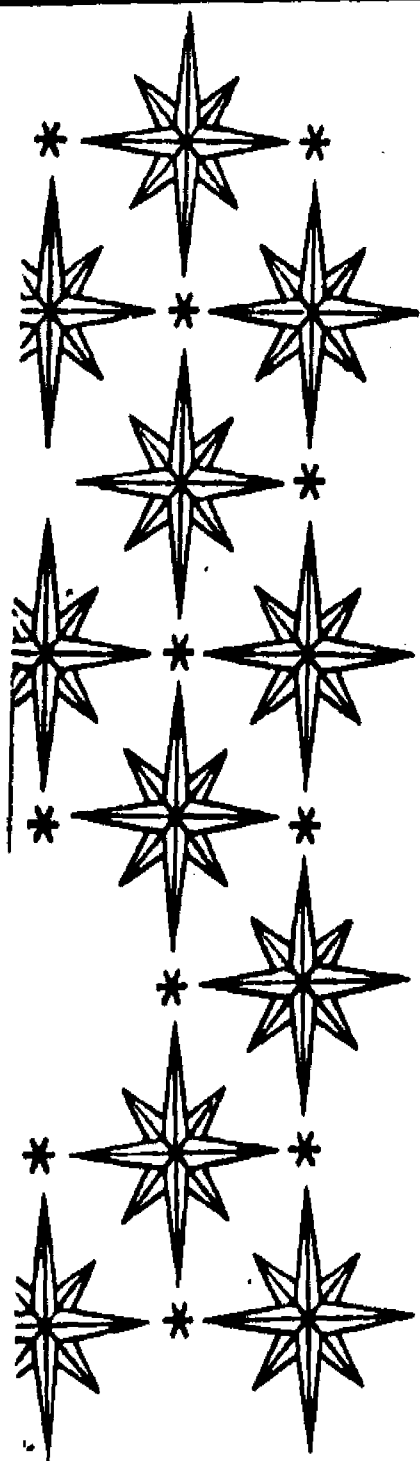
•Dance (ages 30-50) at Governor Morris Hotel, Morristown, 8:30 p.m. Jan. 15. Cost \$10; jacket and tie required. (908) 221-0047.

**WIDOWS OR WIDOWERS**

**Somerset-Hunterdon Chapter**  
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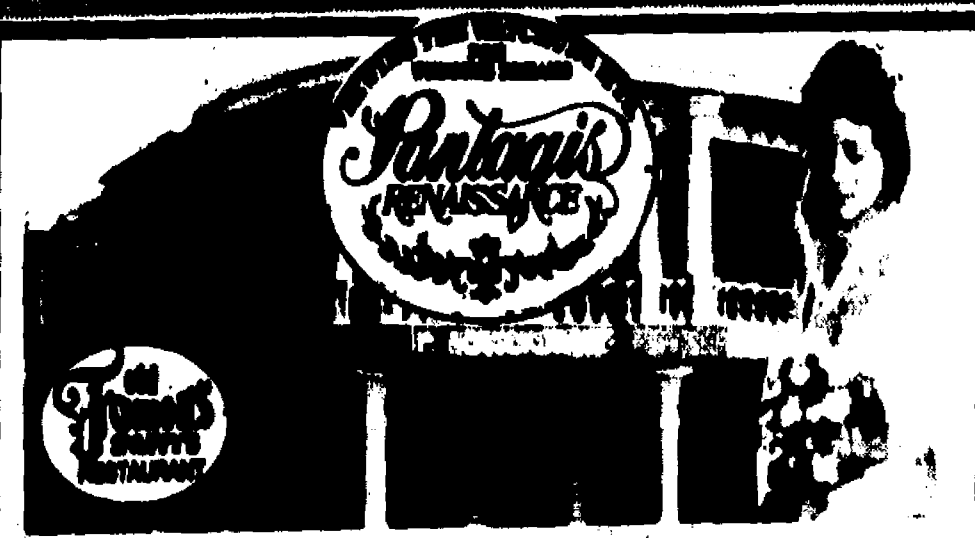
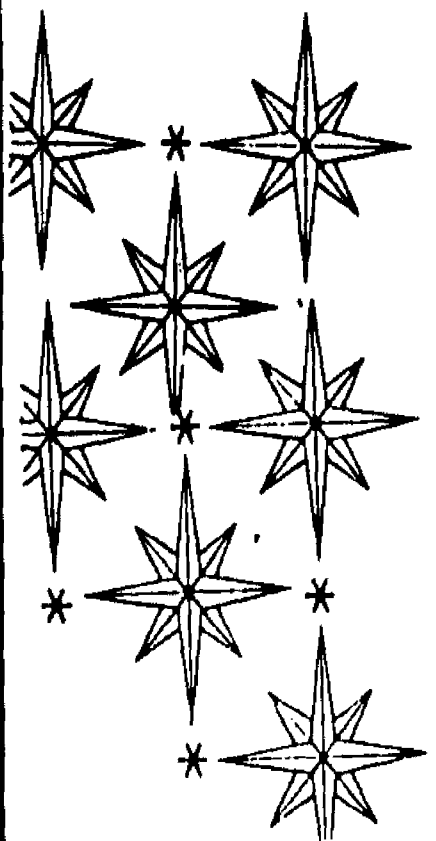




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## Wine with Reason Marilyn Cormack

I was reading one of my favorite wine rags when I came across an editorial-type article that put me on slow burn. It's been three weeks now, and I'm still burning. This gentleman wine opinion-ist was giving a big name winery a very hard time about producing a sweetish red wine. His reason for dissatisfaction was that the wine was made for "marketing considerations" and that while "Neophytes may love the wine" the daily wine drinker will not.

Why is this a problem?? Heaven knows there is a wealth of great wines for people to "trade-up" to when they find they want a little more from a wine. But, isn't it the non-wine drinker that we're supposed to be trying to seduce? In an industry that is suffering from overpricing of products and brand recognition has become cannibalism on the shelves, doesn't it make very good sense to try to broaden the general drinking base? And, what better way to do this but to create a wine that a "neophyte" will enjoy?

It seems that wine snobbery is not dead. I enjoy Chateau Haut Brion the same as any other wine enthusiast. (Perhaps not as often, but as well) However, I also get a great deal of satisfaction from watching the face of someone trying Blue Nun for the first time and loving it. If I'm drinking with them, I love it too. It's contagious!

Marketing considerations are a very big issue in an industry that has at least a million and two different chardonnays. Since I'm out here, banging a drum loudly, trying to get people to drink a merlot with their pot roast instead of orange juice, I appreciate that a few wineries are marketing to new wine drinkers.

The gentleman writing the editorial said that the winery in question did the public a disservice, because "new-to-wine drinkers deserve better". Better than what? Better than what they'll drink? Better than that which can make their exploration into wine a pleasant and easy move? Maybe what new drinkers and "neophytes" like myself need is fewer people judging our tastes and letting us enjoy what we want.

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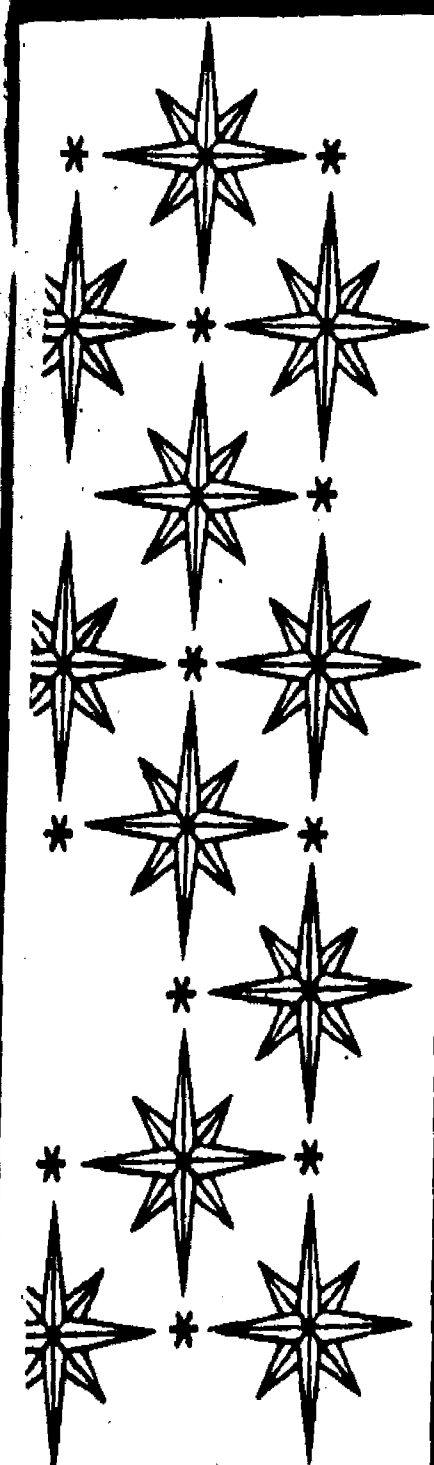
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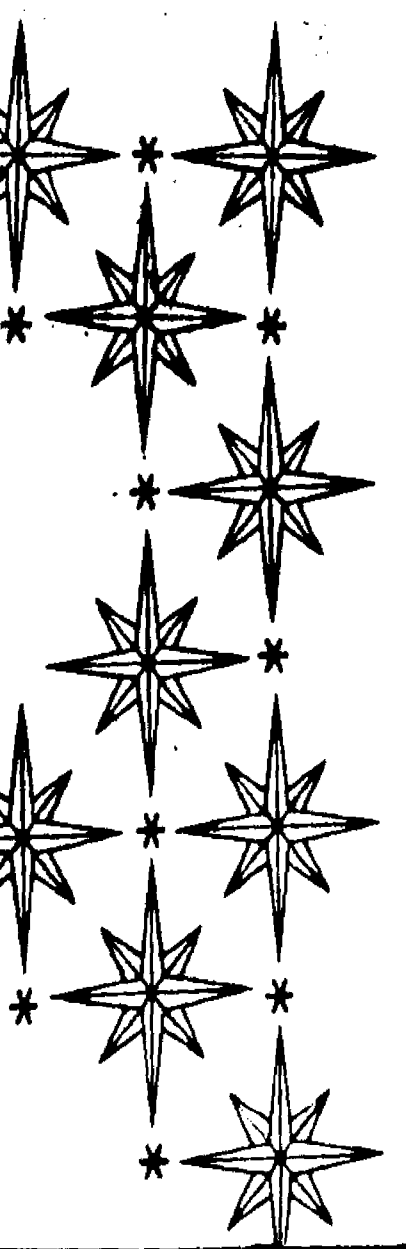
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In 1993  
Times Newspapers January, 1993

# HEALTH & FITNESS



Exercise your options when choosing exercise plan

By ELEANOR BARRETT  
FORBES NEWSPAPERS

While the pounds put on via pound cake, fruit cake or the New Year's clam bake may seem to present an overwhelming obstacle when it comes to loosing them: never fear.

Professionals at area fitness centers are offering an array of (almost painless) options to choose from in making New Year's resolutions come true.

A fairy tale is far from the reality of the fitness and wellness programs in the '90s, and the word "diet" has become taboo, said several health and fitness instructors.

The emphasis today is on health and well being, they said, rather than the acquirement of a "rock hard" body or a svelte fashion-model figure.

Gold's Gym at 363 Market St. in Kenilworth offers many types of exercise options and, according to owner Mark Szczygiel, after a work-out, his customers walk away feeling good about themselves.

One of the highlights unique to Gold's Gym is the Nutritionalysis program.

Mr. Szczygiel explained the feature as "a nutritional program, using regular food, with the goal to reduce body fat."

By consuming the correct amounts and types of food, users of the program speed up their metabolism, enabling them to burn off fat cells at a quicker rate.

In addition to their personalized atmosphere — complete with aerobics classes, body-building equipment and circuit training — Mr. Szczygiel said he expects the new affordable Nutritionalysis program to be widely recieved.

For those wishing to further "get into the swim," the Cranford Indoor Pool and Fitness Center at 401 Centennial Ave. in Cranford may be the answer.

The pool is open for lap swimming from 6-9 a.m.; 11:30 a.m.-1:30 p.m. and 4-to 6 p.m. Open lanes (for those who just want to enjoy the pool) are available from 7:30 till closing weekdays, and all day Saturday and Sunday.

According to Facility Director Ron Marotta, the center also boasts water aerobics, water walking and water step aerobics classes. There is also a fitness area furnished with a wide array of exercise and body building equipment.

The water program remains a favorite of Mr. Marotta, however.

"The advantage of exercising in the water is that it's low impact. On land, there is more stress on your joints," said he said adding that doctors recommend water (Please turn to page 11)



Harry McCarthy swims at the Cranford Indoor Pool to get some exercise. DANE MATFLERO/FORBES NEWSPAPERS

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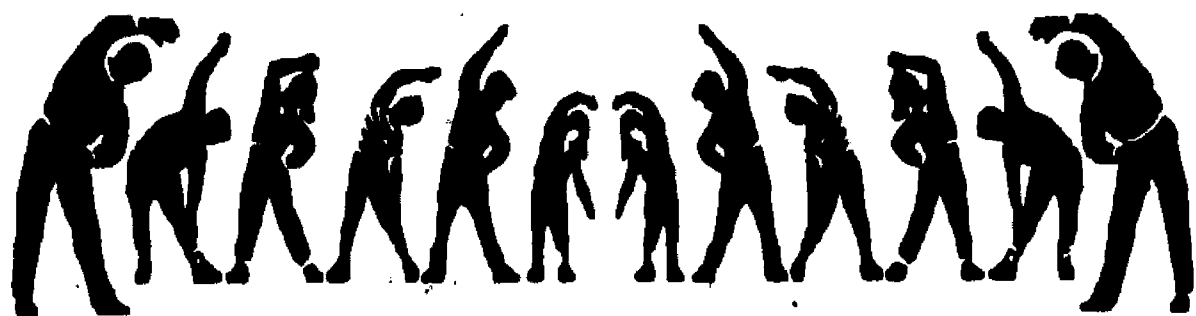
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ON OUR COVER - Taking steps toward fitness at Spa Lady located at 550 Station Road in Piscataway, our model knows that after the holidays it's a great time to start an exercise program for the year ahead. Photo by Rob Paine.

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# Setting you straight before and after a workout

By **PAT JOHNSON**  
SPECIAL CORRESPONDENT

**T**he holidays are a great excuse to consume high-calorie, high-cholesterol palate pleasers and to miss your workout session in favor of a family gathering or holiday party. With the holidays behind us, the start of a new year is the perfect time to go from fat to fit.

Whether you've been working out or are just beginning, as one of your resolutions, local chiropractors have some advice on what you should do before and after any exercise routine.

Anthony Carusone has been practicing at 329 North Ave., Garwood, for the past three years and describes chiropractic as a drug-free approach to health, dealing with the structural alignment of the spine. He says it calls on the body's natural powers to heal itself; if there is a lack of suppleness, muscles get tight and pinched nerves may result.

Dr. Carusone points out that muscles function best when warm.

"You must warm up prior to working out because if muscles are cold, they will overstretch beyond the bounds of normal movement," he says. "Your warmup stretch should imitate the movements you will use when working out; stretch

15-20 seconds per muscle — no ballistic stretching."

Dr. Carusone says chiropractors are well-trained to understand muscle function. They must complete five academic years of schooling, about 5,000 of anatomy, neurology and related studies, pass two sets of national boards and a state board, and participate in an internship before being qualified to practice.

"The difference between us and an M.D. is that M.D.s also study pharmacology," he said. "We don't because chiropractic does not use drugs in treatment."

In addition to proper warmup of the major muscles, Dr. Carusone says you should replenish the water supply lost after working out. Have water on hand during your workout, but don't gulp down a big glass of soda, for example, or you could get cramps. According to Dr. Carusone, through sweating you lose water and salt, electrolytes and minerals; the body depends on a delicate balance of electrolytes and minerals.

Cool down with similar stretching movements after working out. If you do sustain an injury, "Apply ice immediately, within the first 24-48 hours," Dr. Carusone says. "After that, apply heat if heat seems to make the soreness feel better. Rest, ice, compression, el-

evation are the steps to take. Just think of the acronym RICE, and you'll remember what to do."

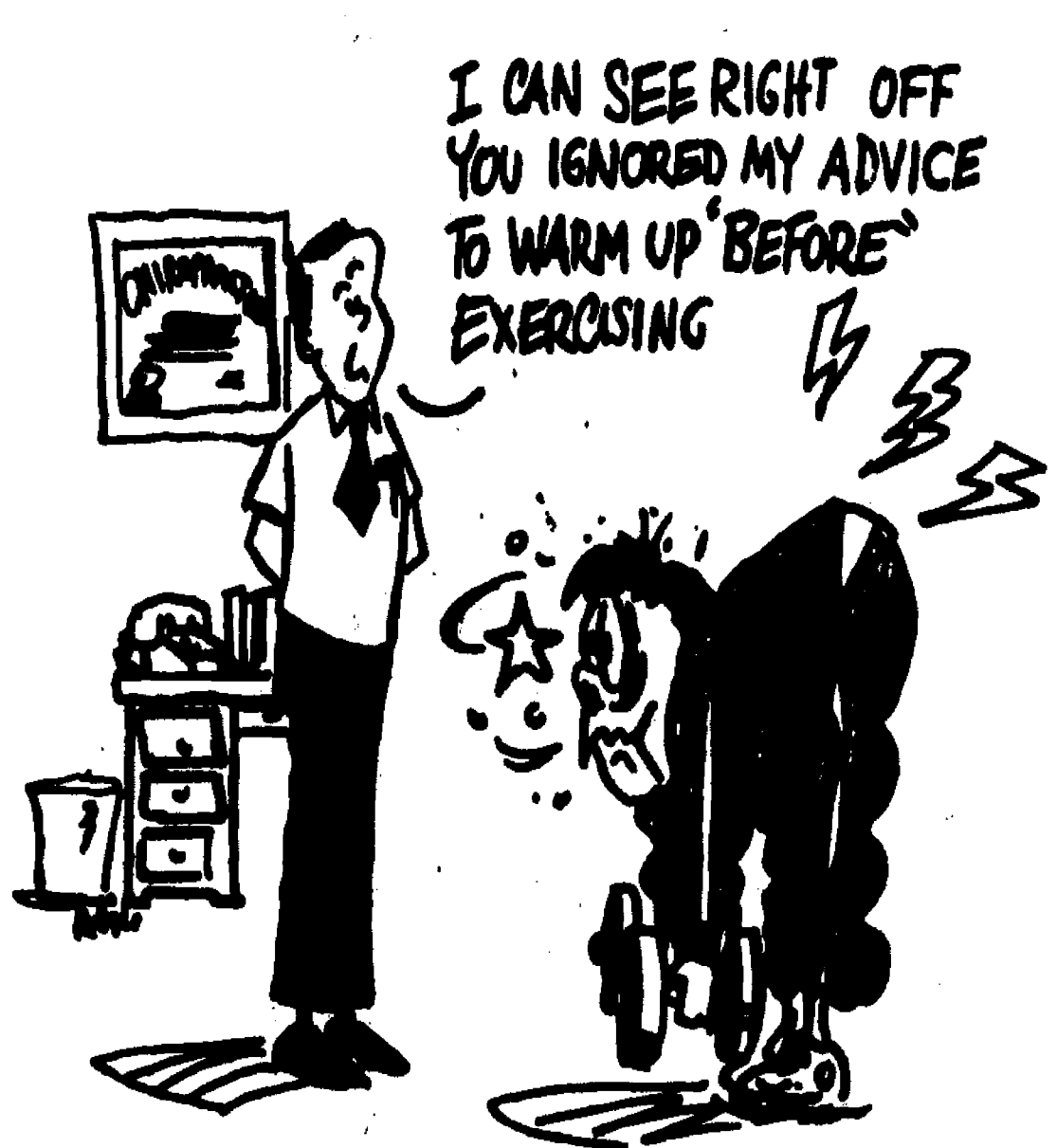
If the pain is not appreciably better after 48 hours, Dr. Carusone suggests you see a chiropractor. He believes that, particularly for back pain, patients should seek conservative care for at least four to eight weeks before pursuing measures requiring drugs or possible surgery.

Dr. Carusone says chiropractic is often effective for "Failed Back Syndrome," lower back pain and headaches.

"The nervous system controls the organs as well, so chiropractic can also be effective for such maladies as asthma, bedwetting, scoliosis and colic."

Ron Wawrzyniak, in practice at 32 Roosevelt Place in Somerville for the past five years, says most people today are looking for a good cardiovascular workout. Most of his patients are into bicycling, running, cross-training, swimming or aerobics. Any of these activities could potentially lead to injuries. Knowing what to do before and after working out could reduce the risk of injury.

Dr. Wawrzyniak says it's important to warm up and stretch the major muscles, quadriceps, hamstrings, back, shoulder, trunk and extremity muscles before working



out. You must stretch each area for at least 30 seconds — a sustained, gentle stretch to the point of the beginning of pain, not pain — and stretch both sides of the body equally.

"Walk for 10 minutes or jog in place for five minutes; soak in a tub or hot Jacuzzi for 10 minutes.

Work on the muscles you will use during your workout," he says. "To achieve any kind of benefit, an activity must be sustained for at least 20 minutes.

"Locomotion is equivalent to good health; people today are not sedentary. However, intense activity (Please turn to page 7)



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# Get health checkup, then train sensibly

By AMY GARVEY  
SPECIAL CORRESPONDENT

**O**kay, admit it. How many of you put diet and exercise on your list of New Year's resolutions? Something about the advent of a new year fills us with the best of intentions, but many of us still find ourselves back on the sofa munching potato chips by February because we can't figure out how to make an exercise program work for us. The advice of health and fitness professionals might be the first step in that jog towards a better body.

Before beginning any diet or exercise regimen, it's important to define your goals and assess your lifestyle. Trying to work down four sizes in two months, with only one day a week to exercise, is a perfect way to set yourself up for disappointment. Physical limitations and ailments must also be accounted for, so that you can benefit from exercise without injuring yourself.

Verna Cavalieri, who runs Physical Perfection, provides all prospective clients with a questionnaire to help outline weight loss and exercise goals, as well as to pinpoint potential problems.

"I need to know what a person's limitations are," she says, explaining that programs can be tailor-made to suit people with bone or joint problems, high blood pressure, and even heart trouble. The scope of exercise options enables almost anyone to work out, but Ms. Cavalieri emphasizes that those with specific problems should see a doctor before em-

barking on a strenuous exercise program.

Physical Perfection is located in Piscataway, although Ms. Cavalieri trains clients at their home or gym.

The amount of time dedicated to exercise is extremely important, even for those of us who can stick to a diet. As Randy Sorrentino and Janey Forman of

*'Exercise is the only way to get bod fat down, otherwise you'll only lose water and muscle'*

—Randy Sorrentino  
Distinctive Bodies

Distinctive Bodies in Warren explained, "Exercise is the only way to get body fat down, otherwise you'll only lose water and muscle."

Their minimum recommended goal is 45 minutes of exercise three times a week, although five workouts are optimal.

Both Ms. Sorrentino and Ms. Forman train clients at their homes or gyms, as well as one-on-one at their exercise facility. Circuit and weight training are preferred for most programs, although they emphasized that the amount of weight used is often more beneficial to the ego than the muscles; repetitions of a particular exercise, such as leg lifts, or

"reps" in work-out lingo, are more important.

Of course, while calisthenics and aerobics are undoubtedly effective, they can also get boring. Competitive sports don't have to be ruled out as a general form of exercise, and should be considered a complement to the focused muscle shaping aerobics and weight training can provide.

The Pro Tough Tennis Academy, located in the Inman Sports Club in Edison, offers a variety of programs for adults, juniors, and different ability levels. Director Jeff Brandes recommends lessons for beginners, to avoid developing bad habits or technique, the cause of injuries like tennis elbow. As with all sports, though, a warm-up is necessary.

"You have to break a sweat first," he said, perhaps jumping rope or jogging in place for seven to 10 minutes to let muscles relax. While you're still learning, it would be difficult to play tennis at a pace that would burn fat, because aerobic activity is defined as a sustained elevated heart rate for at least 20 minutes. With the proper shoes and equipment, however, even tennis can become a fun way to exercise with friends.

The options are limitless today — rent a video, join a gym, hire a trainer, or take a dance class. Once you get the kinks out and get those muscles working, exercise can become an anticipated pleasure in the middle of the work week, which gives new meaning to the phrase, "...after all, you have your health."



DIANE MATTLER/FORBES NEWSPAPERS  
Ed Cullens works out on a treadmill at the Cranford Indoor Pool in Cranford.

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# WESTFIELD



LINDA D. EPSTEIN/FORBES NEWSPAPERS  
Tom Lutz and Maggie Plotzer show off the latest in ski equipment and clothing at Summit Ski & Sport, 353 Springfield Ave., Summit.

## Exercise can cure what ails you

By CHRISTINE RITZ  
SPECIAL CORRESPONDENT

**"T**he wise for cure on exercise depend."  
Do you, like me, have a case of the post-holiday blahs? Do you feel that if you see one more spinach ball on a festive table that you, too, will turn green? Take heart, and learn from the lesson that John Dryden taught us in the quote above (from his *Epistle to John Driden of Cherterton*, written in 1700). Mr. Dryden knew what he was talking about!

Be sure to check out the capped skis at Summit Ski and Sport's two convenient locations: 353 Springfield Ave., Summit, and 108 Quimby St., Westfield. Owner Paul Phillips said that capped skis, the latest in ski technology for the '90s, have outside controls on them for better guidance. A suggested companion piece might be silicone-injected ski boots, also available at Summit Ski and Sport.

My flagging spirits received a much needed boost when I learned about all the exercise aids that are available this winter to help cure what ails you. One of the most popular items this year is the steps exercise machine, available at Drier's Sporting Goods, Blue Star Shopping Center, Route 22,

Watchung. This popular form of stationary exercise is manufactured by several reputable firms, one of whom is Reebok. The Reebok step machine, used at many spas, is accompanied by a 60-minute videotape showing a complete exercise workout. The instructor on tape takes viewers through a series of exercises on the Reebok step machine.

The Stairclimber and electric treadmill are numbered among other pieces of stationary exercise equipment that are popular this season of the great shape-up.

The nation's weak economy, coupled with an aging population, has caused some to turn to walking (at various paces) as their exercise of choice. After all, walking is free, doesn't involve much training beyond babyhood, and definitely is a low impact form of exercise.

With walking all the rage, I turned to the pros at the Walking Center, Kilmer Square, New Brunswick for the inside track on proper footwear. Co-owner Bill Rood talked about a number of things to consider in your comfort walking or exercise footwear. For one thing, if you like a "total look" in your exercise apparel from head to toe, you'll be glad to know that exercise footwear in its several forms now comes in various earth-tone shades. The plain white sneakers of yesteryear are a thing

of the past.

The Walking Center considers several factors when fitting customers with footwear. Among them are the shoes' ability to absorb shock to the foot, breathability, and cushion support. These advanced features are not found in your average sneaker, Mr. Rood added.

"Exercise walking will become more popular every year as the demographics of the U.S. are changing. We have a maturing population and the shock to the feet of running is more than the shock of running. Walking causes fewer injuries and is safer for maturing adults," Mr. Rood commented. He noted, too, that according to 1991 articles in *Walking and Consumer Reports* magazines, exercise walking is the most popular exercise in the United States for people age 30 or older.

The '90s are seeing rapid advances, too, in technical ski apparel. These developments are best seen in the new waterproof, breathable fabrics for ski apparel, some of which are also made of solar absorbing materials which absorb infrared rays from the sun and heat up the fabric.

So no matter what kind of exercise program you undertake this winter, know what it entails and what your limitations are, physically or financially.

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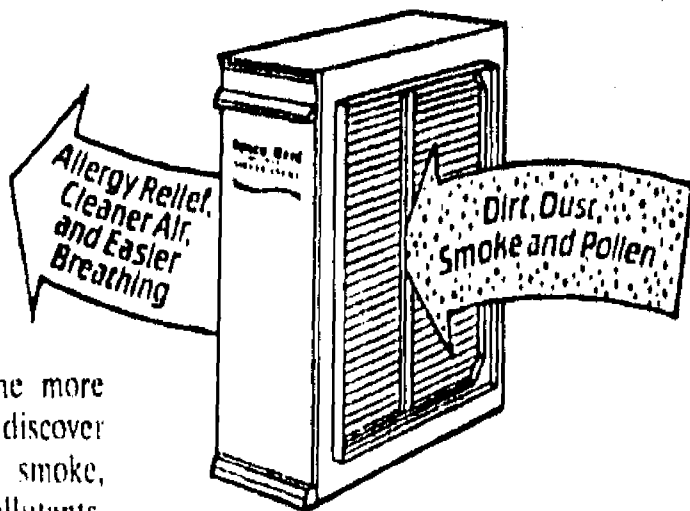
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# Add fun to your fitness regime

By **AMY GARVEY**  
SPECIAL CORRESPONDENT

**E**xercise is no longer the province of the muscle-bound beach boys of days past — exercising has become a way of life for the health-conscious society of today, as well as big business. A better body doesn't mean strictly tireless push-ups or laps around a track, although those are certainly acceptable ways to shape up. In the '90s, people seem determined to have a little fun with their fitness.

The number of gadgets and accessories available to aid your workout aren't all necessary, but some of them can spice up a boring routine or introduce you to a whole new way to shape up. Probably only the most serious swimmers need the new Wave Webs (webbed gloves to help provide resistance to the water) and only the most dedicated runners will think about a Tune Belt (a cushioned waist belt to absorb shocks to your Walkman).

Other fitness accessories, however, are mandatory for the best results.

You don't always have to set out on a 10-mile marathon to find the equipment you'd like. Frank Kuebler, the manager of Woolworth's, 151 E. Broad St., Westfield, said

his store carries the Thighmaster, the Abdomenizer, the Easy-Glide, and Jane Fonda's step platform.

"Almost everything you see on TV, we carry," he said.

This type of equipment is gener-

monitors at \$60 and up.

"For serious trainers, it's a good way to keep track of your heart rate," Bill Norris, a buyer for the store, said.

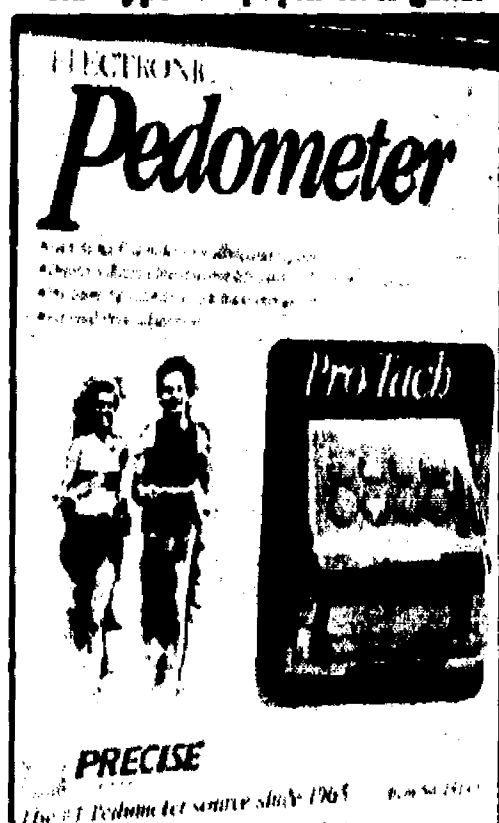
The store also offers basic accessories, such as weight gloves, as well as the aerobic step platforms that are currently popular.

Sue Raja, owner of Fitness Store USA, 3417 Route 27, Franklin Town Center, recommended pedometers for walkers and joggers, a device that keeps track of how many miles you've gone. The store also carries hand weights, which can be used to enhance many aerobic programs as well as for walking or running, and larger equipment like Stairmasters and treadmills for serious exercise buffs. She also owns Brunswick Fitness, at 455 Route 9, Englishtown.

For most strenuous sports, the most important accessory is on your feet.

"It's important for runners to have a good shoe made specifically for running," said Peter Lins, owner of Center City Sports, 358 George St., New Brunswick.

The store carries more than 800 different styles of sneakers and exercise shoes, many designed for a particular activity. Mr. Lins noted that many women now are buying cross-trainers, a shoe made to go the distance in a variety of sports.



**Pro Tech Electronic Pedometer by Precise can be used by walkers and joggers for measuring distances or allotted times.**

ally lightweight and reasonably priced, making it a good choice for those who prefer to work out at home.

Efinger's, 513 W. Union Ave., Bound Brook, carries heart rate

## Setting you straight

(Continued from page 4)

activity will cause muscle tightness and inflexibility."

He advises that cooling down after exercise is as important as warming up before and suggests that people over 30 should be extremely careful because they are prone to lower back and leg problems. He further advises not to suddenly increase the time and intensity of your workout, as in running four miles instead of your usual two because this could put too much stress on your body.

"Chiropractors deal with the biomechanics — the structural alignment, of the spine," says Dr. Wawrzyniak. "If the biomechanics are faulty, there may be joint pain, muscle imbalance and a decrease in performance. Chiropractors treat what we call Grade One and Grade Two injuries, which often result from exercise. We are trained to screen types of injuries and once people experience the treatment, they come back."

"Chiropractic treatment will maintain flexibility, particularly for the neck, shoulder and lower back muscles," he says.

Peter Wishnie, practicing at 84 Station Road, Piscataway, for the past three years, describes himself as a physician and surgeon of the foot and ankle, as well as a sports

medicine specialist. He treats athletes, triathletes, marathoners, runners, aerobic instructors, students and ballet dancers, as well as the general public. He is a member of the American Academy of Podiatric Sports Medicine and concentrates on the special preventive and rehabilitative needs of athletes.

His advice regarding what to do before and after a routine: "Warm up and cool down, stretch and loosen up thoroughly before and after — muscles get tight due to a buildup of lactic acid. A 15-minute warmup is adequate for some people; for others, a half-hour may be necessary."

Dr. Wishnie cautions, "If you haven't exercised in awhile, see your doctor first and go slowly. Know your equipment and from use it properly. Wear the proper shoe gear. Keep hydrated (drink water), but don't drink too much during exercise because you could develop cramps."

He advises geriatrics to take a stretch class and proceed slowly and cautiously; everyone can benefit from proper exercise.

Dr. Wishnie wants people, particularly those just starting an exercise regimen, to know that muscle soreness is OK for 24-48 hours after a workout, but pain is not normal and is never OK.

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# Feast of healthy culinary ideas are at bookstores

By **PAT JOHNSON**  
SPECIAL CORRESPONDENT

Once again, it's that time of year for resolutions. Some of the junk food junkies out there — and I must reluctantly include myself — may include healthy eating as an annual resolution. Food preference habits can be difficult to break.

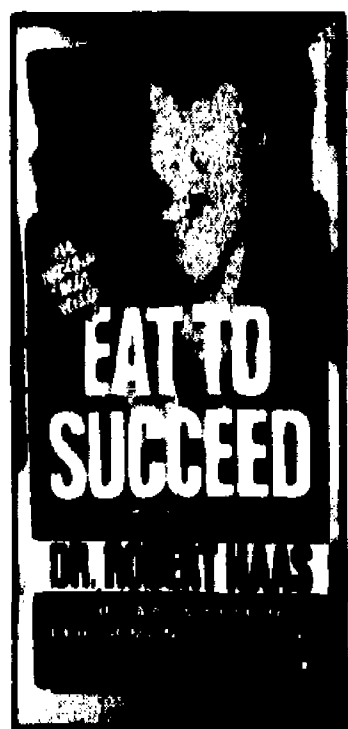
If you're like me, you have a million excuses for a less-than-balanced diet: You're too busy to eat right; you don't know what to cook; your parents invite you over for a big, fat-filled meal on Sundays and you don't want to be rude.

Whatever the reasons, perhaps the time is now to make good nutrition a priority in your life.

If you don't know where to start, delve into the wealth of books on the subject currently at your local booksellers.

Dorene Levy, buyer for Success Express, 1828 E. Second St., Scotch Plains, has a couple of suggestions. Success Express, owned by Marci Santucci, has been in business just two short months but is enjoy-

ing a successful startup. Their store is unique in that it specializes in self-help books on subjects from relationships to business success and also carries gifts, jewelry, new age music, 12-step recovery items, motivational and subliminal tapes, affirmation books and cards.



"Our items are designed to help people and make the world a better place," says Ms. Levy. "We carry things that make you feel better."

They carry several books about healthy versus unhealthy eating and the varying effects on your body.

Dorene Levy recommends *Food Addiction, the Body Knows*, a book authored by Kay Sheppard and published by Health Communications.

"This book defines addiction to food products containing sugar, wheat, fat, etc., as a chemical disorder, and calls it the Siamese twin of alcoholism, dispelling the myth that emotional rather than chemical dependency is the cause," she says.

After you read the book, according to Ms. Levy, you will know if you're addicted to food and will be given guidelines on how to

arrest the disorder.

A second book that is a popular seller at Success Express is *Parents' Nutrition Bible* by Dr. Earl Mindell, published by Hay House. The book offers guidelines to start your children out right on a lifetime of healthy eating. According to Ms. Levy, the content includes a discussion of vitamins in foods, how to buy vitamins, how to get sick kids well, how to make baby food and how to break the junk food habit.

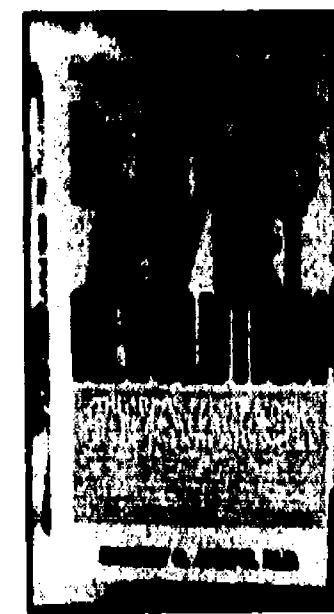
"Overall, the book tells parents how to help children reach their full potential through nutrition," Ms. Levy says. She believes parents must set a good example if they want their children to eat healthfully. If you're a junk food junkie, she says, your children probably will be too.

*Fit for Life*, written by Harvey and Marilyn Diamond and published by Warner Books, is also a big seller. Described as a total lifestyle revolution, Ms. Levy says it tells you how to change your figure and your life; how to lose weight without counting calories; and when and how, not just what to eat. It includes a permanent weight-loss plan, recipes, meal planning, exercise advice and more. Ms. Levy describes it as a "solution for looking and feeling fit."

She emphatically adds that her store is very strong in children's books focusing on self-esteem. She praises a series called *Positively Mother Goose*, which alters the age-old rhymes in a contemporary way, changing "the old woman in the shoe," for example, into "the bold woman in the shoe."

Ms. Levy sums up the uniqueness of Success Express by saying, "I have customers

say to me, 'Thank God I don't have to go to New York anymore!'"



Wendy Thomas, manager of Words and ... at 177 Washington Valley Road, Warren, describes hers as a different kind of books store. The unusual store name is meant to imply the limitless quality of books and imagination. In business for a little over one year, Ms. Thomas says 50 percent of her stock consists of children's books,

educational toys, games and software. The other half are general interest books and bestsellers.

"We are very customer/service-oriented and are happy to help with special orders," Ms. Thomas says.

Regarding books on nutrition, Ms. Thomas recommends *For Goodness Sake*, authored by Terry Blonder and published by Firefly Books. The book contains advice as well as recipes geared to the vegetarian or would-be vegetarian, with easy, tasty, low-fat, whole-grain recipes. The theory is that good food doesn't have to taste bad or bland. A lot of spices are often used in veg-

(Please turn to page 10)

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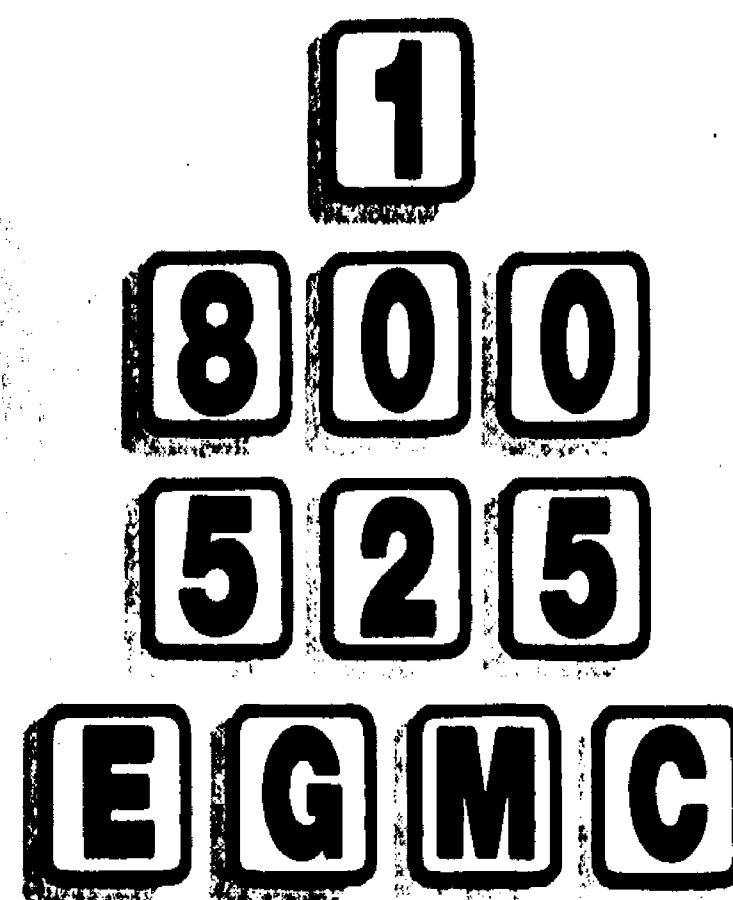
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# The newest bikes feature gear shifts that glide

By **ELEANOR BARRETT**  
FORBES NEWSPAPERS

**T**his is the year. I'm finally going to do it. Watch out, Claudia and Cynthia, 'cause here I come!

For those who have echoed similar sentiments while promising to drop pounds and inches in 1993, taking up cycling might be the perfect choice when commencing an exercise regimen.

Yes, getting up off the couch, putting on the helmet and moving limbs — which may more resemble whale blubber than anything else — may seem cumbersome at first, but consider at least one alternative:

Who wants to hit the beach this summer looking like a species that just washed up on one?

Rather, wouldn't it be swell to see those swollen thighs shrink to the point where you actually look good in bicycle shorts?

You can do it, say local merchants who offer what may be the perfect remedy to burn off superfluous lipids (i.e. FAT!).

George Johnson and Thomas Vigilanti of Cranford Bike Shop at 103 North Union Ave., Cranford have changed their business over the years to suit the changing needs of cyclists today, said Mr. Johnson.

Cranford Bike Shop is perhaps best known for its sponsorship, and co-sponsorship, respectively, of such events as the Cranford Bike Shop Racing Team and the Somerville Tour. Both events feature large numbers of cyclists who compete on several ability levels.

Closer to home, said Mr. Johnson, one of the hottest new features included in his stock is "index shifting." With index shifting, he said, gears no longer have to click into place but rather "glide" into place, thus, providing a smoother ride.

Such an attribute can enhance the biking experience of every level of cyclist, he said.

Other attributes of the sport itself provide a great way to keep one's cardiovascular system in good health, said Mr. Johnson.

As opposed to "working out" at a gym, he suggests riding a bicycle instead.

"It's much nicer to bike," said Mr. Johnson.

According to Dave Fitzhenry, owner of Highland Park Cyclery at 137 Raritan Ave., Highland Park, the sport of bicycling can be greatly enjoyed by beginners as well as seasoned cyclists.

He said the key lies in choosing the correct vehicle for the purpose in which it will be used.

He said the three most common bikes sold at his establishment are road bikes, hybrids and mountain bikes.

"We provide good service and hope that everyone who leaves the shop leaves the shop happy," said Mr. Fitzhenry.

For those in Somerset County searching for a new bike or to accessorize their present cycle, Hamilton Bicycles at 25 Hamilton St., Bound Brook is here to serve.

The bike shop has been in business some nine years, offering the latest bikes that the market has to offer.

One of the unique offerings found at



LINDA D. EPSTEIN/FORBES NEWSPAPERS

George Johnson of the Cranford Bike Shop adjusts the gears of a bicycle in the store at 103 N. Union Ave. in Cranford.

Hamilton Bicycles is specialized cycles for heart rate therapy, said owner Sam Gilbert.

The feature of heart rate therapy capable bikes is the constant heart rate a user acquires by utilizing the cycle.

The use of such a device is most helpful for those who should not strain their hearts,

said Mr. Gilbert. He added that once a desirable aerobic heart rate is arrived at, the device will ensure the rate remains stable.

Mountain bikes seem to be the biggest seller at Hamilton Bicycles, however, and the new genre provides for greater flexibility for those who wish to cycle off the beaten path.

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	Step On Up 4:00-5:00		Step On Up 4:00-5:00		
Step On Up 6:00-7:00	First Step 6:00-7:00	Step On Up 6:00-7:00	First Step 6:00-7:00	Circuit Training 6:30-7:30	
Freestyle Aerobics 7:10-8:10	Total Tone 7:10-8:10	Abs-Solution 7:10-8:10	Total Tone 7:10-8:10	Total Fitness 7:45-8:45	
Choro. Aerobics 8:20-9:20	Step Challenge 8:20-9:20	Choro. Aerobics 8:20-9:20	Step Challenge 8:20-9:20		

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☐ ALL AEROBIC AND TONING CLASSES ARE INTERCHANGEABLE

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aqua Fit 9:00-10:00	Water Walking #2 9:30-10:30	Aqua Fit 9:00-10:00	Water Walking #2 9:30-10:30	Aqua Fit 9:00-10:00
Water Walking #1 9:30-10:30	Aqua Abdominals 10:45-11:30	Water Walking #1 9:30-10:30	Aqua Abdominals 10:45-11:30	Water Walking #1 9:30-10:30
Deep Water Running 7:30-8:30	Aqua Bench 7:30-8:30	Deep Water Running 7:30-8:30	Aqua Bench 7:30-8:30	Deep Water Running 7:30-8:30

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## Skis — and skiers — must be ready

By CHRISTINE RETZ  
SPECIAL CORRESPONDENT

**N**on-skiers often have a vision of skiing that goes somewhat like this: you drive to the mountain of your choice, park the car, strap on your skis, and take the lift to the highest peak — no preparation or forethought involved.

Well, as has become a popular slang phrase, "NOT!"

At the same time, the equipment must be ready for the season. Easy Rider Ski Center, 362 North Ave. East, Cranford, specializes in ski tuning, says co-owner Tom Snyder.

"We have built our business by being experts in ski tuning and binding maintenance."

Skis and equipment that are professionally maintained are safer and will last longer. Easy Rider rents not only ski gear but also snow boards, which Mr. Snyder says are becoming more popular with every passing season.

Those who want a change of pace from downhill skiing often like to try cross country skiing which is different in many ways from its cousin. Not only is the equipment and terrain different but the body also responds in different ways, with different sets of muscles being exercised. Easy Rider also rents cross country skis

for those who want to try this sport.

However, taking that fabulous run down the slopes is the last step in the skier's journey toward a great run. An awful lot has to come before that.

Chief among the preparations is conditioning of the body and the equipment. One is just as important as the other, and both are interdependent. If one doesn't work, the other won't either.

**Skis and equipment that are professionally maintained are safer and will last longer**

One of the best ways to tone the body for the exertions involved in skiing is by rollerblading, states Ron Houghton, manager of 4 Season Ski, 83 Route 22, Green Brook, and 415 Route 18 (Village Green Shopping Center, East Brunswick). Rollerblading is a cross between ice skating and skiing and is an excellent exercise tool for skiers and non-skiers alike all year round. This form of skating also provides an excellent workout for the legs and cardiovascular system alike.

Taking its name literally, the

stores have a full stock of all the top name brand skiing equipment and apparel that will keep you on the slopes from Thanksgiving to Easter, as well as those rollerblades and related protective gear to keep you in shape from Memorial Day to Halloween.

The staff at 4 Seasons likes to see its customers on the slopes as much as possible and, realizing how expensive it can be to rent equipment at the ski resorts, has a variety of very affordable equipment rental packages for youthful skiers (who will grow out of their equipment) and novices alike who don't ski that often but who like to take advantage of the slopes when their schedules permit.

Personally, I like to go to the apres-ski room directly after breakfast, but wouldn't dream of wandering in dressed incorrectly. Someone might suspect that I was an avid non-skier! Wanting to know how best to blend in with the bona fide skiers after their return from the slopes, I turned to 4 Season for advice.

Neon colors are out this year, said Mr. Houghton, who added that the darker jewel and earth tones are found in all the fashionable ski apparel that the 4 Season stores are carrying this year.

The folks at 4 Season also foretell of a great skiing season this year.

## Feast of culinary ideas is available at bookstore

(Continued from page 8)

starian cooking.

She says a customer who teaches classes on nutritional cooking uses *For Goodness Sake* in her instruction.

A second suggested title is *The T-Factor Diet* by Martin Katz (author of *The Rotation Diet*) and published by Bantam Books.

The book includes a fat gram counter, meal plans and recipes for breakfast, lunch and dinner.

"It's basically about cutting the fat and is very popular," Ms. Thomas said.

She also recommends *When Food is Love* by Jeneen Roth, published byNAL/Dutton.

It is about compulsive overeating and the author, a sufferer, recently appeared on Oprah Winfrey's show to advise other compulsive overeaters how to break the habit.

Ms. Roth also wrote *Feeding the Hungry Heart*, another big seller.

Scott Randolph describes himself as general all-around assistant at Meluchen Book Shop, 436 Main St., Meluchen.

The store has been in operation here for 25-30 years, but has been owned by Byron Sondergard for the past 10 years.

"One nice thing about the store is that it is designed so it is easy to get baby strollers in and out and around the store," Mr. Randolph says.

The store carries a large stock of New Jersey and northeast area books, travel subjects, folklore and a very large mystery section — the store's owner is a serious mystery aficionado.

They also carry classics and have a large children's section.

# FOR YOUR HEALTH

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**Q.** I am a computer operator and get frequent neck and back pains while working. What is the cause?

**A.** Sitting incorrectly adversely affects the neck, shoulders and low back. Sitting, designed to be a restful pause between physical activities, became harmful when we began to use our minds more than our bodies in the work place. Sitting improperly causes more pain and stress than any other posture. According to the federal government, computer operators have more stressful jobs than air-traffic controllers.

The degenerative changes progress gradually (this is why sitting's effects have been virtually unnoticed); thereby affecting the quality and quantity of work. Chiropractic care can be beneficial by reducing the biomechanical stress on the body.

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**Q.** I'm 58 and my 63 year old sister has glaucoma. Does glaucoma run in families, should I be concerned?

**A.** Yes, glaucoma is nicknamed the "sneak thief" of sight and is a leading cause of blindness in the U.S. Fifty million Americans are at risk for vision loss from glaucoma. Everyone over age 60 and people with diabetes and hypertension have an increased risk for glaucoma. And, although a hereditary basis has not been established for the disease, glaucoma does tend to run in families. To be safe you should have your eyes examined through dilated pupils every year.

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**A.** Electrolysis is the only safe medically approved way to remove unwanted hair permanently.

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Discomfort is relative to each individual patient and the areas being treated. Most patients feel a slight sensation from the heat. The most sensitive areas are the upper lip and bikini line.





Theresa Lavitola uses a weight machine at Gold's Gym, 363 Market St., Kenilworth.  
DIANE MATTLERO/FORBES NEWSPAPERS

## Exercise the options

(Continued from page 2)  
therapy for patients in the process of recovering from several types of ailments and injuries.

Whatever you do, "easy does it," said Tony Posella, manager of The Racquet Club of Warren at 149 Mt. Bethel Road in Warren Township.

Mr. Posella said he recommends a fitness program which starts off easily for those who have not exercised regularly.

By beginning a program of strength train-

ing in the Racquet Club's fitness center — which boasts Nautilus equipment, Stairmasters, treadmills and Life Cycles among others — a beginner may increase strength and stamina and prepare for the vigorous pace of the aerobic offerings of the facility.

Once the body is conditioned, said Mr. Posella, a patron may wish to utilize his establishment's seven indoor tennis courts, 10 racquetball courts or the 16,000 feet of space set aside for various types of aerobics classes.

## Good diet means good health

By AMY GARVEY

SPECIAL CORRESPONDENT

There's no denying it anymore — the foods that Americans have been raised on aren't exactly the healthiest. Red meat, heavy sauces, hot French fries, and ice cream are but a few of the items doctors and nutrition experts have advised us to stay away from. Calories and fat content have combined to make Americans some of the most overweight people in the world, as well as one of the populations with the greatest occurrence of high cholesterol and heart problems.

Cutting out snacks isn't enough, however. The rest of a healthy diet must include plenty of fruits and vegetables, as well as grains. Kicking the eating habits of a lifetime can be difficult, but there are a variety of resources for people who want to lose weight, as well as eat the right foods.

Even the healthiest and most natural

foods can spell disaster for those of us who overeat. Many of us can shed the extra few pounds we gained during the holidays, but for people who need to lose a great deal of weight, more effort than cutting out snacks is required.

Westfield Diet Plan is dedicated to more than simple weight loss.

"We're known as the self-esteem group," said Maria Chororos, counselor. "It's difficult to enhance your appearance if you don't feel good about yourself."

For that reason, clients attend one-on-one counseling sessions to help identify eating behaviors, although weekly group seminars are available, as well as many workshops designed specifically for women. Food itself, of course, is still a major concern, even when you understand why you overeat.

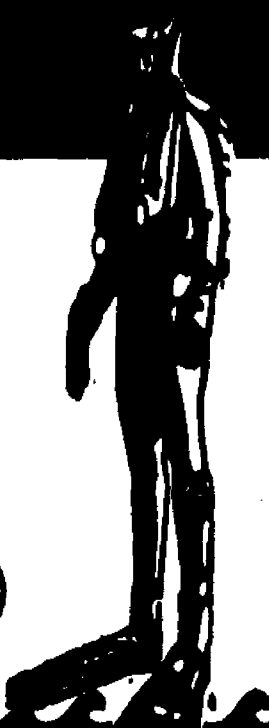
"You've got to cut down on proteins, fat and sugar, and make your diet mostly grains and vegetables," said Isabel Tabatchnick, another counselor. "Lots of water is also essential to any diet."

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Westfield YMCA	--	Feb. 3 (Wednesday)
Metuchen-Edison YMCA	--	Jan. 27 (Wednesday)
Middlesex County College	--	Feb. 11 (Thursday)



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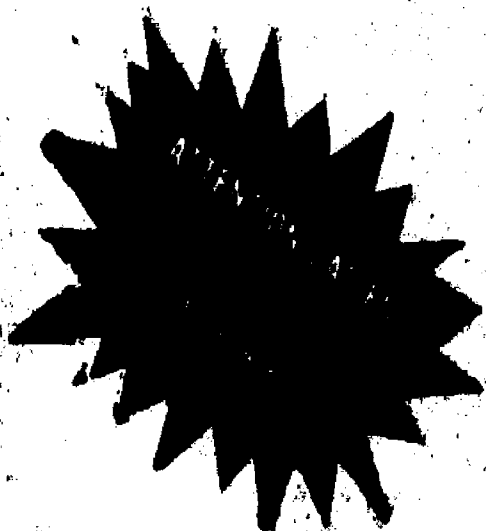
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