MARCH 1996

Success on illegal students shows board hypocrisy

See 'Honestly Belleville,' page 4

Montagna embarrasses Belleville, local athletes

See 'Buc Shots', page 17

Conte advances to state wrestling tourney See Sports, Page 17

Belleville Times

87th Year No.22

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Thursday, March 7, 1996

50c

Trains may scare of Macy's developer...

Council not hopping aboard NJT rail plan

Several Council members said they were not convinced that Belleville will benefit from New Jersey Transit's proposed plan to place a light rail train line and rail vehicle service facility in the Silver

A major potential stumbling block was revealed at the meeting, with a representative for a developer looking to put retail stores in the former Macy's property warning that the developer might cancel the project because of the NJT plan. NJT representatives announced

Silver Lake Civic Assn. prepares protest of NJT

By Natalie Waldron A majority of members in the Silver Lake Civic Association (SLCA) agreed at their monthly Monday night meeting that they would fight back against New Jersey Transit's plan to put its Light Rail Train Base Facility in their neighborhood.

their neighborhood.

The site would ahut a proposed retail re-development plan for the old Macy's property, which may discourage the re-development. (See related story, this page.) The train repair yard would be near Franklin and Magnolia Streets in Belleville.

Belleville,

About 25 members at the meeting agreed that they would attend the next town council meeting to protest the rail base facility.

"We feel this is our last hurrah and we will chain ourselves to the tracks if that is what it takes," said Marie Strumolo Burke, president of the Silver Lake Civic Association. the Silver Lake Civic Association.
"It is going to break up an area. We have senior citizens, children and houses in this area. We are working on trying to revitalize the area and this will destroy our community. They will make this area a junk ard by putting a storage facility

here."
Members were concerned with
the power of NJ Transit. "Since this concerns NJ Transit it does not have to pass the planning board," said Sam Papa, a trustee and chair-man of the Belleville Planning

"Anytime people are fighting like this when there are other peo-ple's jobs and money involved, there is no way you can win. There is just too much money involved," said Nelson Williams, an SLCA member.

The organization voiced three

other concerns: a loss of parking spaces, a decrease in their chil-dren's safety and a decline in business activity in the area

"One of our main concerns is that on Franklin Street — which is our business district — it is very congested right mow during business hours from three to five. One of the proposals NJ transit came up with is that they want to take four to five parking spots from our district. We can't find parking spaces as it is," said Dennis Forlenzo, vice-president of the Silver Lake Civic Association. Civic Association.

Forlenzo said he was afraid of area businesses leaving if the light rail base becomes a part of the (continued on page 2)

sion their company's desire to pur chase as much as half of the avail

Michael Turner, public relations representative for the developer, said "This developer will not build if part of the property is missing."

He added that "The property may not be as attractive if a rail

may not be as attractive if a rail yard is visible to upscale shoppers, and renters may not rent from us."

The plan would re-develop the former Macy's industrial warehouse property on Franklin Street, from Maioran Place past the Belleville border near Naples Avenue through Watessing Avenue in Bloomfield, as three or four laces begain reall stores.

in Bloomfield, as three or four large bargain retail stores.

The Council agreed that the first priority was to add ratable properties to the township, although the Macy's plan puts only 10 percent of the retail property in Belleville.

Mayor Jim Messina, who has refused to flatly oppose the NJT plan, said the new tetail project would have similar impacts on traffic.

"Mass transit is the thing of the future," Messina said, "I may be wrong, and it may cost me an elec-

Don't Let N.J. Transit Railroad You!!



Balleville/Blo Light Rail Base

SLCA OPPOSES YARD The Silver Lake Civic Association has posted these signs in the district opposing the NJ Transit rail yard.

ition, but I'm not going to be close minded about this."
"Our major-problem is in attracting ratables for the six years I have been here," Messina continued, "I am more in favor of acquisition and development. We lose hundreds of thousands in revenue every year in pax apneals, and

every year in tax appeals, and we've got to make it up." He said "We do not want to jeopardize the Macy's project." Councilman Joseph Scaperrotta and Councilwoman Angie

Paserchia stated opposition to the plan while Deputy Mayor Thomas Spillane and Township Manager Stephen Cuccio said the plan did not offer residents any reason to

The Silver Lake Civic Association, led by *Belleville Times* columnist Marie Strumolo Burke, have continued vocal opposition saying the area needs ratables properties, "not vagrants, crime, litter and noise," producing newspaper stories about the poor maintenance of NJ Transit facilities the group said would lower property values. (See related story, page 1.)

Larry Walsh of the Silver Lake

Mattia). Details in sports, page 17.

Budget debate fuels talk of \$1mil. return...

Mazzuca muses on fate of still vacant School #1

By Richard Dickon

Possible plans for the vacant School #1 emerged in the midst of heated debate on the \$33 million tentative 1996-97 school budget, which would increase taxes an average of \$136 for the township average home assessed at \$40,000.

After Board trustee Thomas Fuscaldo criticized the budget for not addressing overcrowding or the fate of School #1, School Board President Ralph Mazzuca said several options are being considered for School #1.

Some possible plans would off-set the costs of renovations, which would exceed \$1 million, Mazzuca

School officials are once again discussing possibly returning School #1 to active status as a neighborhood school, or maybe

selling the school.

As Chairman of the school board's building and grounds committee, Mazzuca said that four

years ago, costs of renovating and "retrofitting" the building to meet updated safety standards would have cost about \$685,000, without installing new, energy-efficient

"We are waiting for estimates on costs, and plans from architects, and we will see what we can do inhouse, to save money, from Mr. (School Board Business Administrator Edward) Appleton." Mazzuca said, "Our vision as a board is to do what is best for the district, and the best investment is property. This is a large piece of property."

Mazzuca said after renovating the school, it may be combined

Mazzuca sau arter renovatione the school, it may be combined with School #9, and the district may begin bringing back tuition students, now sent out of unstruf, at great cost. If even one third of the estimated 100 tuition students return to Belleville, the costs of renovation could be offset, (continued on page 3)

Notari's study finds test scores higher...

Middle school tracking gets high marks to stay

After studying the issue for sev-eral months, School Board Vice President John Notari's special committee has recommended that the school district continue to use "tracking" in Middle School cur-

In a report at the Feb. 26 Board of Education meeting, Notari said the committee "recommends leav-

the committee "recommends leav-ing (tracking) as it exists."

Notari, who teaches in the Clifton school system, was part of a committee that included Middle School Principal Rocco Cafone and other school personnel. Notari cred-ited, parent Clarice Andreola for bringing the question to his atten-tion.

"Tracks" refer to specific pat-terns of instruction that allow teach-ers to "assist (a child) educationally, according to his or her abilities" and

according to his or her abilities" and to "instruct a class at a. specific pace," according to Notari.

One major factor in the committee's urigin the district to keep tracking is the success of middle school students in the Early Warning Test (EWT), which places students who score poorly in reme-

"The students EWT scores did fall in the high percentile," Notari said, explaining that using a particsaid, explaining that using a particular track gives the students "the skills necessary for the test, but we're not teaching the test."

The Bloomfield Middle School, which Notari's committee visited as

a source of comparison, has elimi-nated tracking, but students EWT scores were lower. Another advantage to tracking in

curriculum is that it "assists in plac-ing new students, who may not be up to our academic standards," Notari said.

committee was equality of teaching - are all students being taught the

- are an students being taught the same amount.

"Teachers showed us that the same amount was being taught in each track," Notari said, "It has to be taught at a different pace (in the different tracks), and each instructor brings his or her own style. It is up to the skill and creativity of the edu-

Concluding his report, Notari quoted Cafone, half-jokingly say-ing, "If it ain't broke, Jon't fix it."

Seeking \$13,472 in unpaid tuition...

Schools file charges on 6 illegal students

By Richard Dickon and Natalie Waldron The Board of Education has filed criminal and theft of service charges against six non-residents who allegedly enrolled their chil-dren illegally in the school system. With the school board facing an investigation linked to its residency

committee's search to remove stu dents illegally attending district schools, the Board announced in February that the district has caught nine illegal students in its school system so far this year, and hoped to save the school district thou-sands of dollars, according to Dr. Joseph Ciccone, assistant Superintendent.

The state Attorney General's Office has formally asked the Essex County Prosecutor's Office to review a complaint that the Belleville School Board violated the open public meetings act by discussing the dismissal of two board trustees from the residency

Still, the drive to remove illegal students continues, with officials seeking a total of \$13,472 in tuition reimbursement, to insure the tax-payers that money they are spend-

payers that money they are spend-ing for education is being spent on residents of this community.

Through the efforts of school personnel, local municipal officials and members of the residency committee, an increased, stepped-up vigilance has resulted in the removal of 30 students from the district, according to school admin-istrative officials.

The bulk of those students were detected while Board trustees Thomas Fuscaldo and Barbara Cicalese were still on the residency ee, as were residents Andreola and Judy committee

Fuscaldo and Cicalese were dumped from the committee for trying to meet with a Council com-mittee including Councilman Joseph Scaperrotta, a political

Ralph Mazzuca and Board trustee Frank Montagna. Andreola and Fisicaro quit in protest, calling Montagna a liar.

Montagna a liar.

The two trustees have since filed their complaint.

For the upcoming kindergarten registration during the month of April, each parent/guardian will complete a residency questionnaire and provide at least three of the following documents: an income tax return; department store or credit control of the c card bill; a currently effective lease or recorded deed which includes the name of the children; a property tax bill, a water bill and Medicaid

All residencies will be verified through the Township Tax Assessor and Building Code Enforcement offices. Also, a nota-rized affidavit from the landlord

will be required for all tenants.

An illegal student is one who has attempted to receive an educa-

St. Patrick's Day Parade slated for March 9

The Nutley Irish American Association announces that the 18th Annual St, Patrick's Day Parade will commence on Saturday, March 9th at 1 p.m. from Franklin Avenue in Nutley.

(For details on this year's Grand Marshal, see page 2 3.) There will be a post parade party at VFW Post 493, 271 Washington Ave., Nutley, from 3

Entertainment will be provided by Bobby Byrne, along with beer, wine, soda and hot dogs. Donation is \$15, if purchased in advance, and \$20 at the door.

For tickets, call Jack O'Connell at 759-4953 or Mary Ann Kane at



I INCOLN LIVES - To celebrate Abraham Lincoln's birthday, Mrs. Diana Nieradka's Second Grade English as Second Language (ESL) students and sirs. Michelle Addis Fourth Grade Basic Skills students joined together to learn about Abraham Lincoln's life. Pictured hers are: (front) Jeonifer Robertello, Jessica Colon, and (back) Anthony Canova. For

Silver Lake Civic Assn. prepares protest of NJT

(continued from page 1)

"Another reason to stop the trains is to save the school children because the rail is close to the school," said Leslie Contaldi, an SLCA member

Forlenzo added, "Every three minutes a trolley is going to come through stopping traffic and that means there will be cars that think

they can beat the trains. Children

will be crossing that street."

Burke said that she was going to try to get School #4 involved in preventing the Light Rail Base Facility from entering the commu-

"The town Council respects only one thing -- numbers, and they are not going to stop, so we must be strong," Papa said.

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T'S STORY HOUR TIME! - Frederick Lewis, head of Children's Services at the Belleville Public Library and Information Center, is seen conducting story hour at the library, developing an interest in books and reading. Residents are reminded to sign up for the preschool, toddler and special afterschool storytimes at the library. Those who read avidly generally do well in school, according to library officials

Belleville Police Blotter:

Officer Xenios arrested Mary Ann Strigari, 45, of Belleville after she attempted to cash stolen checks at a Union Avenue store.

The store clerk notified police after he refused to cash the checks

to Strigari.

Police apprehended her down the street and found a hypodermic

needle in her possession.

• Henry Roos, 27, of Belleville for possession of a controlled dan-

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gerous substance and aggravated assault Feb. 27.

Detectives Guiliano and Gazzo

bserved Roos involved in a drug

transaction on the corner of Washington and William streets. They stopped his vehicle and observed him stuffing something in

observed him stuffing something in his sock, police said.

The found three clear plastic vials of cocaine in his vehicle. Also, when Roos was brought back into police headquarters he began to punch and kick the detectives, police said.

Roos was charged with posses-

Roos was charged with posses-sion of CDS and two counts of aggravated assault. His bail is set at

Robert Lagrutta, 36, of Clifton as arrested for possession of CDS

Detectives Capece and Guiliano found Lagrutta in possession of two wax fold packets of heroin marked

• Rita Santos, 48, of Newark was rested Mar. 2 for possession of

stopped Santos on the Corner of Mill and Union streets.

She threw something to the ground as the officers approached her. The officers found five foil

packages containing what is believed to be heroin, police said. She was charged for possession of CDS, possession with intent to distribute and possession within 1,000 feet of a school zone.

Two brother were arrested by Detectives Guiliano and Capece for possession of CDS Mar. 4.

Jeffrey, 24, of Belleville and Fred Ellis, 33, of Bloomfield were arrested for possession of seven wax fold packets of heroin (which were marked "Stay High"), police

Jeffrey Ellis was also wanted for two contempt of court warrants. He is being held on \$4,000 bail.

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ICE CUBES

Council asked to hop aboard NJT rail plan

(continued from page 1)

District Partnership has said that the 30 or so acres of available prop-erty in the district could very well be condemned and built on by NJT, and if the plan becomes a reality, Silver Lake should try and get as much as possible for the communi-

Walsh and the business partner-ship has asked for street frontage, small volume retail stores to continue the business area on Franklin

Street, as part of NJT's proposal.

Scaperrotta's heated exchange with NJT officials included the Turner, and he added, "We can reap substantially more in ratables. It will be a junkyard."

Messina said Scaperrotta was

out of order after his "junkyard

Comments.

Paserchia is introducing a resolution to oppose the NJT plans at the March 12 public meeting.

"The new shopping area will bring additional ratables to Belleville," Paserchia said, "Right now, Belleville needs more ratables now, Belleville needs more ratables in order to stabilize our property taxes, not a rail repair yard, If NIT were to move forward with this proposal, the entire neighborhood would be devastated."

She she "was not pleased that NIT has been ignoring residents in the area. I have received literally hundreds of phone calls from critical to the control of the control

ens in the area who cannot get answers they are looking for. The citizens have a right to know what's being planned, and their concerns should be listened to."

concerns should be listened to."
Deputy Mayor Thomas Spillane
repeatedly asked the NJT representatives for reasons why the Council
should support the plan. "I am desperately looking for some reason
not to oppose this plan," he said,
adding that none of the answers
were satisfactory.
Councilman Bill Cook said he
was concerned that the rail line

was concerned that the rail line would be extended west or south, which could bring trains through Belleville every three minutes during peak hours.

The same thing would happen if Bloomfield were to ask for a station, Cook said.

tion, Cook said.

Speaking of the link to Newark,
Cook said, "I have concerns for
security, especially in the evening."

Dr. Jerome M. Lutin, senior
director of NJT's NewarkElizabeth Rail Link Division, said the agency's 131-member police

securing the facilities.

Councilman Victor Canning has said previously he has attended several meetings on the plan, and that as a Planning Board member, he was-on a committee that studied NITrinsit.

He said he has serious reservations about NIT putting out facts and providing be k-up information specific to Belleville, adding that he needs a lot of convincing, that NIT has not proven anything, and that there will be serious problems for the neighborhood.

that there will be serious problems for the neighborhood. Walsh said a distinction can be made between above-ground, light rail trains and subways, citing a Montclair light rail station that is monician light ran station that is near a school and in the middle of a business area as an example of a well-maintained NJT property. The SLDP are businessmen with

an investment in the community Walsh said, and the group is look-ing at what makes the whole area stronger and promotes a good

Lutin reiterated positive impacts the project would have on property

as a feature when selling their homes, because it gives their house an advantage, Lutin said.

The safety record of light rail

systems was emphasized by Lutin; who cited a report from the Federal Transit Administration saying that light rail transit systems report an average of 6.43 accidents per million miles, a rate that is much safer than driving.

An environmental consultant said the vehicle base facility allows the opportunity for economic growth and increases the value of land in the area.

The vehicle base facility is the anchor at the site and it would be buffered from the community by other buildings, landscaping and compatible land uses, according to

As for security, officials

Buses and the trains are to have
state-of-the-art radics to report
emergencies and criminal activi-

The proposed Newark-Elizabeth Rail Link is configured as an exten-sion of the Newark subway, to connect the Broad Street Station on the Morris and Essex Lines to Newark Penn Station on the Northeast Corridor and link major activity, center within downtown Newark to Newark International Airport.

Officials stressed that all plans

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Belleville Senior

News

By Joseph Restaine



WINGS
Oh, to catch the winds of flight And soar where eagles go,
To leave the woes of troubled souls
Behind me far below Benind me far below
Tel listen to the song of birds
And sail in endless flight
Then chase the sun through cloudy paths
And play with stars at night
The boundless heavens for my home
The breeze to lift me high Ine breeze to lift me high
To rose above my mortal bonds
And never have to die
Knowing I had found the way
To trails where angels trod
And when my wings could fly no more
I'd take the hand of God!
By C. David Hay
Sorry, to hear Mary Elegrach is back

By C. David Hay

Sorry to hear Mary Florzack is back in the hospital. Ed

Leonard is also in the hospital as well as Jean Torremeo and

Sam Cocuzzo.

Welcome back to Marion Maggio, Jim Troiano, Jeanne Bugan and Sal Calabro.

Bugan and Sal Calabro.

Get well wishes to my wife Mary Restaino and to my neighbor Madelain Arenicki.

Happy birthday to the following: Marco Splendoria, Marion Kasasurba, George Cosenza, Lou Melchione, Louis Rinaldi, Arnold Salerno and last but not least, Andy Lordi.

Talking about Lordi, Andy's wife Marge was appointed a trustee of the Belleville Library and Information Center. Marge is very active with the library and is very deserving of this honor. I know she will do a bang up job. Congratulations.

Andy, who is a brother member in the Belleville Old Guard, informs me that his grandson, Dan Brunello, a former pitcher

on the Belleville High School team, now a fres

on the Bellev. ** High School team, now a freshman at Columbia University, will be in "spring training" in Florida with the Columbia University baseball team.

On March 10 at 3 p.m. at the Sacred Heart Church, Broad and Liberty Streets, Bloomfield, the Bloomfield Civic Chorus and Bloomfield Symphony Orchestra will have their joint concert. The theme will be wedding music, Erryia DeLuca, a member of the Tuesday and Friday Senior Clubs, will be singing with the chorus.

Seniors and townspeople beware:
Phone calls are being made by some persons saying that
they are representing police or firemen organizations and ask
you to donate money to their organization. Do not be conned
by these callers. Before you donate any money call the police
or fire department to verify the callers identity. Beware!
This past week I was saddened by the tragic death of John
DeMark. John was a fellow member of the Belleville Old
Guard. He was our chaplain and also led us in our daily singa-long. John was truly a remarkable and active person. He
belonged to many prominent organizations, among them the
Nutley Old Guard. John was truly a remarkable person and

belonged to many prominent organizations, among them the Nutley Old Guard. John was truly a remarkable person and will be missed by his family and many friends. I know that someday we will meet up with John and he will be leading the choir up in the deep blue yonder. Rest in peace, John.

The minute you stop smoking: In 8 hours the oxygen and carbon dioxide levels in your blood normalize. In one day your sense of smell and taste improves. Nerve endings start to regrow. In two weeks to three months your circulation becomes better and breathing improves; it becomes easier to regrow. In two weeks to three months your circulation becomes better and breathing improves; it becomes easier to regrow. In two weeks to three months your circulation becomes better and fatigue decreases and you have more energy. In one year, happy birthday! Your risk of heart disease is now less than half what it was a year ago. Knowing all this why not stop smoking now and make a better life for you and those you love.

Tid bit: "Other things may change us but we start and end with family."

Keep Belleville Beautiful

Keep Belleville Beautiful

Mazzuca muses on School #1 fate

for the board to discuss what to do with the vacant school, now being used for storage after previously housing the Board of Education's administrative offices. The admin-

Board trustee Lou Pallante a buildings and grounds committee member, has the committee will have input in the decision on School #1.

School #1.

Last October, Superintendent of
Schools Michael A. Lally said the
district has "moved more closely to
the neighborhood school concept"
in recent years, placing children in
schools that are in closer proximity

to their homes.

He said the district does not want to move students after they've started, but the district is

meying in the district is moving in the direction of honor-ing neighborhood childzen. School board trustee Frank Montagna has said bringing neigh-borhood schools back would eliminate a lot of busing

Cavanaugh honored as Grand Marshal of St. Pat's

James A. Cavanaugh, Essex ounty Freeholder will be Grand Marshal of the 18th Annual Nutley/Belleville St. Patrick's Day Parade, this Saturday. "I've been involved in watching

grand marshals being named and now I'm absolutely thrilled to be on the receiving end," Cavanaugh said from his office Mar. 4.

"My Irish heritage is deep and I honestly feel much more appreciative to be honored this way," he

To many Irish-Americans this holiday means much more than a celebration. Cavanaugh is no differ-

way of keeping tradition alive and it goes beyond a celebration,"
Cavanaugh continued. "All the hardships of our ancestors have given us a better life."

given us a better life.

"Whether you're Irish Catholic
or Protestant, this country doesn't

discriminate," Cavanaugh said.
This honor goes beyond his indiridual achievement. Cavanaugh's great grandfather, Keran came to America in 1867 and eventually settled in Newark's Ironbound section (which used to be a large Irish community up until the late 60's and 70's).

Cavanaugh's father, Joseph influenced him with his spirit, dignity, hard work and civic minded

'It's a thrill to dedicate this to

"It's a thrill to dedicate this to the memory of my father (who passed away in 1994), a great Irish man," Cavanaugh said. "I'd also like to congratulate Mary Mooney for being Deputy Grand Marshal and Tom Cusick of the Irish-American Association,"

the Irish-American Association," Cavanaugh added. The parade starts at 1 p.m. and begins at the corner of Brookline Avenue and Harrison Street, runs on Centre Street and finishes on Franklin Avenue.

Nicole Fitzgerald Hair Stylist

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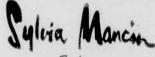
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(continued from page 1)

"If we add other tuition stu-dents, we could make some money," Mazzuca added. Last November, Fuscaldo called

administrative offices. The administrative offices have since moved to new quarters in the high school. The board should look at either making it a school again, divesting the school or putting it for sale on the open market, Fuscaldo has said. He said the decision needs to be made so that any money garnered from sale of the building could be used as revenue in the next school budget and ease the tax burden.

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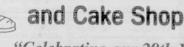
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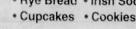
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OUR OPINION

Council should strive for ratables in Silver Lake, oppose NJT yard

Several Council members have expressed skepticism, if not outright disdain for New Jersey Transit's proposed plan to place a light rail train line and rail vehicle service facility in the Silver Lake district. With the revelation of a major potential stumbling block, that the developer looking to put retail stores in the former Macy's property threatening to cancel the project because of the NJT plan, the Council should unite to oppose the rail yard and renew efforts to get maximum ratable value for the property.

NJT representatives announced their company's desire to purchase as much as half of the available Potamkin auto dealer ship property, prompting a representative for the developer to state, in no uncertain terms, that this developer will not build if part of the property is missing. He added that the property may not be as attractive if a rail yard is visible to upscale shoppers and retail renters may be turned off as well. The plan would re-develop the former Macy's industrial warehouse property on Franklin Street, from Maioran Place past the Belleville border near Naples Ave through Watessing Avenue in Bloomfield, ee or four large bargain retail stores

Following the revelation about the developer leaving, the Council agreed that the first priority was to add ratable proper ties to the township, although the Macy's plan puts only 10 percent of the retail propin Belleville. Mayor Jim Messina. First Ward and Silver Lake Council repre sentative, has refused to flatly oppose the NJT plan, despite possible harm to his re-election campaign. We agree with Messina that mass transit will be the wave of the future, but mass transit in New Jersey is so muddled and inadequate it is hard to imagine the placement of a rail yard (and possi-bly a train stop in the future) as heralding a transit for Belleville

As Council members Joseph Scaperrotta and Angie Paserchia noted in decisively opposing the plans, and Deputy Mayor Thomas Spillane and Council members Bill Cook and Victor Canning noted in their questioning of the project, NJT has offered no tangible benefits for Belleville, while many other NJT stations are in deplorable condition and invite vagrancy

The Silver Lake Civic Association, led by Belleville Times columnist Marie Strumolo Burke, has continued vocal opposition, saying the area needs ratables properties, not vagrants, crime, litter and noise. That is a formidable list of potential problems the project can bring, with no such positive list to even begin to balance

Larry Walsh of the Silver Lake District Partnership has a very valid point, that the 30 or so acres of available property in the district could very well be condemned and built on by NJT, and if the plan becomes a reality, Silver Lake should try and get as much as possible for the com

If something is so blatantly wrong for a neighborhood, however, and now will likely drive out a needed developer with poten tial for ratable properties, the township should unite in opposition. NJT may have a free hand to do what it wants, but strong vocal opposition is the only hope to thwart the effort or, at least, improve the outlofor Silver Lake, should the project be forced on the district. The Council should act swiftly and as one to rally opposition to

The assault on brainpower

The fashior among the radio talk show Pooh Bahs and a ot of Republican politicians is to dismiss people as "intellectuals".

"He's just an intellectual," Mr. Rush

Limbaugh said of Secretary of Labor Robert

"Bill Clinton is in the hands of a liberal intellectual elite who want to tell you how to run your lives," said the Chairman of the

Republican National Committee.

Like the word "liberal", the word "intellectual" is used to discredit whoever the speaker wishes to denigrate.

At a time when America's greatest need is brainpower, if it hopes to stay competitive in the world, an assault on brainpower goes

It is reflected in the attacks on student loans. A Midwest Congressman made this argument against them. "Why should some guy working in a factory pay for some guy to go to college who'll make a million dollars more than him in his lifetime?"

It is reflected in the attacks on public television. It was House Speaker Newt Gingrich who said, "Why should some farmer in Georgia pay for an elitist ballet program that he will never see?"

It is an argument that reflects the contempt felt for the speaker's audience

It is the argument that "a real man doesn't eat quiche. A real man isn't an

Abraham Lincoln was probably one of the greatest intellectuals of the 19th Century.

The Founding Fathers were intellectuals Washington, Jefferson, Madison, Franklin, Hamilton - what else were they but thinkers and observers who came conclusions about the rature of man and the nature of freedom.

Is it astounding to believe that there are farmers who enjoy Pavarotti? Seamstresses who love ballet? Factory workers who encourage college education for those who need financial assistance to pay tuition?

What did the GI Bill do but unleash the intellectual force of millions of Americans who would not otherwise have had the chance for higher education, and what the Declaration of Independence and the Constitution did for America in the 18th Century, the GI Bill did for America in the

The goal of American government should be to seek out and nurture intellectual achievement wherever it is found, and bring it to the forefront

It can emerge from a frontier log cabin, a ghetto apartment or a Georgia farm.

It requires a climate of free inquiry, a

climate of challenge with which many are not happy. We do not make progress by repeating rote. Or fearing to deviate from the established verities. That leaves us no further ahead than when we started, and lack of

We need intellectuals for the same reason we need beacon lights. They lead the

'Honestly Belleville' By Richard Dickon

Removal of more illegal students illustrates effectiveness of banned residency members

school system. This comes with the scho-board facing an investigation linked to its res dency committee's search to remove students

illegally attending district schools.

The state Attorney General's Office has for mally asked the Essex County Prosecutor's many asked the Essex County Prosecutor's Office to review a complaint that the Belleville School Board violated the open public meetings act by discussing the dismissal of two board trustees from the residency committee behind closed doors, and has taken testimony from school board members Thomas Fuscaldo and Barbara Cicalese on their complaint.

Still, the drive to remove illegal students tinues, with officials seeking a total of \$13,472 in tuition reimbursement, to insure the taxpayers that money they are spending for education is being spent on residents of this community. The part of the story that illustrates the hypocrisy inherent in the removal of the two board men comes when the board recognize efforts of school personnel, local municipal offi cials and members of the residency committee for an increased, stepped-up vigilance that has resulted in the removal of 30 students from the

The board continues to embarrass itself and the town by talking out of both sides of its majority's mouth, recognizing that the bulk of those students were detected while Board trustees Thomas Fuscaldo and Barbara Cicalese were still on the residency committee, as were residents Clarice Andreola and Judy Fisicaro. Fuscaldo and Cicalese were dumped from the committee for trying to meet with a Council committee including Councilman Joseph Scaperrotta, a political enemy of School Board President Ralph Mazzuca and Board trustee Frank Montagna. Andreola and Fisicaro quit in protest, calling Montagna a liar.

The board's "public relations" goes on to hail the new residency requirements for the upcoming kindergarten registration during the month of April. Again, these new-and-improved

This week, the Board of Education is proudly trumpeting the filing of criminal and theft of mittee members efforts. The final act of service charges against six non-residents who allegedly enrolled their children illegally in the Township Tax Assessor and Building Code Enforcement offices. The two trustees were expelled from the committee for having the audacity to call for cooperation between the township Council and the school board.

The fact that the Board of Education is releas ing this information freely represents progress, but the district is contradicting its alleged school board leadership and majority by lauding the efforts of a committee gutted by that same board majority for what is becoming more and more clearly purely political dirty tricks...

Board trustee Frank Montagna this week was

the recipient of a formal complaint by former the recipient of a formal compliant by former School Board President Gabe Nazziola made to the Ethics Commission of New Jersey about Montagna's wife's earning about \$50 as a ticket seller last fall. No story appears this week because we are awaiting the full documents

No one got rich on this job, and Nazziola himself has been the victim of accusations that he used his influence to get family members work with the school district. No truth was ever found in the accusations against Nazziola, and tound in the accusations against Nazziota, and the small amount of pay involved in this situa-tion makes it seem like a vindictive, petty attempt on Nazziola's part, and drags him down to the same level as those who earlier impeached his character. Montagna has been taken to task often in this column, and is the subject of this week's "Buc Shots" sports column on a different matter, but this seems like an attempt at bashing by Nazziola. More on this as

The name of this column has changed, necessituted by on-going events involving local politicians. It is the intent of this column to continue highlighting those who do good things in Belleville, but with elections around the corner, it has become necessary to separate fact from fiction virtually every week.



Things By Frank Orechio

A feature of the Nutley Sun, Bloomfield Life, Belleville Times and Glen Ridge Voice

US SENATOR BOB

DOLE enjoys the strong support of the powerful Essex County GOP Chairman John Renna despite the fact that Jersey native, financial guru Malcolm "Steve" Forbes, Jr., will not only field a slate of delegates in the New Jersey Primary but will be an active player at the San Diego Convention this August Speaking in support of Dole's candidacy, Renna stated, "It is not the age of the man, it's the man for the age."

Renna is faced with a problem arising out of a surplus of good-ies. There are two Nutleyites who have been encouraged to seek the Freeholder nomination to run against Bloomfield's Louise Palagano. Renna is carry-ing on discussions with Nutley's Dr. Joseph Scarpelli and Mauro

Dr. Joseph Scarpelli and Mauro Tucci, Cnairman of the Essex County Utilities Authority. The impetus of the November 1996 Presidential Election will provide Renna with an opportunity to play an important part in the 1997 Gubernatorial Election, Democrats have not selected a candidate to oppose Governor Whitman, although there are at least three elected officials interested in taking on the challenge. Although Renna in the past has indicated the planned to retire, it appears that he will continue through the 1997 Gubernatorial Election. There is no person on Election. There is no person or the horizon who remotely car lead a party rebellion Bloomfield's Ralph Salerno was the last to attempt to replace Renna, but in the end, he made the inevitable deal with Renna which, for all intents and purposes, left Salerno holding me nag while Renna remained on the throne. Even Salerno's patron saint, the Honorable Phil Angarone, Whitman's Deputy Chief of Saff, does not want to see a challenge to Renna's le-u-ership. This being the case, there is little incentive for anyone to

Not too long ago, Renna came through a serious operation involving a triple by-pass. He is past decade. Renna is an artful leader who has been helped in no large part by his chief advisor, Republican Town



Republican presidential nomina-tion is making the candidates

look bad - and they do it all by themselves without any outside help. Every one of the major candidates has accused each other with charges amounting to character weakness, lies, distor character weakness, ites, distor-tions, misrepresentations and the list goes on and on. When the Primary Elections are over and the San Diego Convention anoints the winner as its nominee for president of the United States, it will be someone who carries a heavy burden if that person is one of the Primary candidates.

Pat Buchanan will never be chosen by the Convention. He knows it, we know it and the world knows it. But as Pat world knows it. But as Pat proved four years ago, he does n't care. He is creating his foot-note in history, and that apparent-ly feeds his ego. Lamar Alexander who is endorsed by New Jersey's Tom Kean hasn't got a Chinaman's chance to be nominated. In all of the contests to date, he has never finished to date, he has never finished first. More often than not, he has been third and fourth even with only four candidates in the race. As long as he stays in the contest, As long as he stays in the comest, he only hurts Bob Dole. The Primary should be a clash of two ideologies - Dole vs. Buchman. This ideal match-up will never happen because Steve Forbes said - and I believe him -"I'm in for the duration." If that be so, then Governor Whitman has a problem. If we take Forbes at his word, in all likelihood, there will be a delegation from New Jersey be a delegation from New Jersey which will campaign as Forbes delegates. Given his money and his nativity, Forbes has a good his nativity, Forbes has a good chance of upsetting the applecant in New Jersey, beating out Bob Dole and as a result, makes himself a major candidate. If Forbes runs in New Jersey with a slate of delegate candidates-at-large and in the congressional districts, be will present a serious threat to a Dole slate ted by Governor Whitman. So foiks, take your seats up in the grandstand and enjoy yourselves as the political purade marches on for it has a long way to go.

long way to go

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YOUR OPINION

Organizers of Wish Tree campaign say thank you for public support

To the editor:
As I write this letter yet another snowstorm has blanketed the area, making this the fourth snowiest sea-son on record and our best Wish Tree Campaign to date.

Tree Campaign to date. I wanted to take this opportunity to thank all of our Wish Tree banks: Chemical of West Caldwell and Verona; First DeWitt of West Caldwell, Bloomfield, Belleville, and Cedar Grove; Midlantic of Bloomfield, Caldwell, Cedar Grove, Fairfield, Glen Ridge, Millburn, Orange, South Orange, Millburn, Orange, South Orange, Penn Federal of Caldwell and Verona; Summit of Roseland, West Orange, Fairfield, Millburn, Fairfield, Millburn Maplewood, and Livingston; Valley National of West Caldwell, Belleville and Bloomfield; and West Jersey Community of Fairfield.

Fairfield.

Their dedication to our program helped raise almost \$26,000 for our West Essex Hospice Children's Bereaewment Program.

Their efforts, coupled with the efforts of my committee of dedicated and enthusiastic fund-raising volunteers; Joan Metrione of Caldwell, Sally Munson and Mariberth Fortunato of Essex Fells, Lois Cullum of Sea Girt, formerly of Essex Fells, and Madeline of Essex Fells, and Madeline Sagorin and Beth Buzaid, both of Verona, resulted in added services for children who are grieving for

lost family members.

I would be remiss if I did not mention our wonderful and generous merchants who donated specially-prepared foods, libations, door prizes, and services for the kickoff event at the Van Vleck House and Gardens.

A special "thank you" goes to King's in West Caldwell; H.E. Schanz Company and Vila Meats in Caldwell; Alex, Bangz, Chef Express, Flowers by Mary McGeown, La Cosmetique, Montclair "Operetta Club, Starbucks, Stone Balloon, Taste of Asia, the Bailey, Angelbeck's, Blue Sky Cafe, Fresh Fields, Il Bacio, Lotsa Pasta, Nicolo's Bakery, the Cheese 'Shon, and the Petite Cheese Shop, and the Petite Gourmet, all in Montclair; the Basking Ridge and Essex Fells country clubs; Joseph's Fine Dining in Glen Ridge; the New Jersey Devils and the New York Giants; the Short Hills Hilton, and Bloomingdale's in The Mall at Short Hills; Trattoria Belle Gente, Celentano's, DiPaolo's Bakery, Eight Hills Caterers, Hillcrest Farms, Mardi Gras, Nature's Corner, and Richfield Regency, all Verona; La Grande Maison, Mayfair Farms, and Metropolitan Plant Exchange, all in West Orange; Mastriano Deli and ShopRite in Bloomfield; Nana's in

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school students in pre-K (age 4)
Place, during
through 9th grade. Classes for preK. through grade 6 are held on
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The stopped by grade are held on
Tuesday evenings. It is necessary to
re-register your child(ren) for each
235-1100.

Registrations are being accepted at the Parish Center, 145 St. Mary's Place, during the hours of 9:30 a.m. - 1:30 p.m. on Sunday, April 14 after each Mass in the Church Hall or by special appointment. For further information, call Brian Lynch or Colleen Whipple at 667-8239 or 235-1100.

Livingston: and Durkin's Irish Pub

from Celine's Things, also

the center of our name - for everyone in this community exemplifies the true meaning of this word, and through their donations have pro-vided many children with necessary

West Essex Community Health

To the editor:

On Saturday night, Feb. 24, my sister Grace and I had the privilege of being a member of the audience at the 1996 Miss Essex County Scholarship Pageant, held at in Cedar Knolls.

And this year's Wish Tree was decorated with beautiful ornaments To be honest, I had never heard

of this pageant before, but read about it in the local newspapers. Seeing the name Christopher Roemmele in the articles triggered I am proud that "community" is my interest because of my association with Mr. Russell Roemmele the late editor of the Worrall news-papers. Christopher is Russell's son, and in his articles telling about the pageant he asked for sponsors and business owners who would offer some contribution to the win-Janice Breen, President and

ner.
I immediately called and asked

how I personally could be of help and my business, Cabaret Cutters in Nutley, Personally, Christopher said the presence of some people at the pageant would be great, and I offered hair care products to the

Essex County Scholarship pageant

called a 'wonderful' experience

winner.

To our surprise, we saw Essex County young ladies, includ-ing Michele Lee Arlen of Nutley and Tiffany Parker of Belleville, who all excelled, from the swimsuit competition, to talent competition to the evening gown and question competition. Everyone was fantas-tic, and at this point we were glad not to be judges. Not only did we get to see these wonderful young ladies, but Miss New Jersey 1995, Dena Querubin, was the master of ceremonies, and we were entertained by the group Remembrance.

for the pageant he put together which not only included the girls from Essex County but winners from nearby counties who will compete June 1 for the title of Miss New Jersey. It took many people, including a choreographer, a stage crew from Bloomfield Middle School, judges, a programmer, auditors and tabulators, plus other businesses who helped contribute to

To our surprise, there were not many people in attendance, and for only \$6 you could not ask for a bet-ter night out. Perhaps next year, more people will be aware of this event and help to make it a bigger

Angela Cuozzo-Zarro

Cicalese explains why she is not running

I would like to announce that I will not be seeking re-election to the Belleville Board of Education.

the Belleville Board of Education.
Although, over the past monts,
people with whom I have spoken to
have offered their support for my
re-election, I am sorty to disappoint
you. It was with much arduous
thought and consideration to you,
the people of Belleville, that I have
made this decision.

This past year my health was in jeopardy, and after two major operations I am gaining my strength, but now the health of my stepmother is in question. The concerns for my ended family must be my first

You, the people of Belleville, deserve the best of my ability as a full-time board member. If I was to be called away to care for my family member, it would be unfair to Board of Education and administra-tion, teachers and personnel of the school district and certainly the children who bring so much pride

children who bring so much pride to this district.

I especially want to thank the parents and taxpayers of Belleville who put their confidence in me, when you elected me into this office. I truly tried to serve with your best interest in mind.

Also I wish the new board.

your best interest in mind.

Also, I wish the new board
members well.

In conclusion, please keep this
thought in mind: while I am taking
this time to fully recuperate my
strength and to help my stepmother,
I will keep abreast of the issues. If it
is God's will, I will not rule out any
future endeavors to nublic service. future endeavors to public service

I thank you and may God bless

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Move over, Lois Lane, I have a press card

I finally arrived. It s official, Just-

call me Lois Lane.

Boy, was I flabbergasted when I opened my mail. Why? Because the contents were official credentials signifying that I am an "honest-to-God" columnist. There was a press God" columnist. There was a press card for my car along with an LD. with a chain attached so that I can wear it around my neck, just like the "real guys" and all comple-ments of the Belleville Times. "It's ments of the Belleville Times. "It's the real thing," guys and girls, signed by the State Police and the Police Chief's Association. Thanks, Frank Orechio, you made my day.

And by the way, just call me Lois Lane. Now all I need is a "Superman." Oh, that's right I already have one.

The Timeless Tavern

Did you know that the Belmont Tavern was written up by the Times? No, not the Belleville Times, The New York Times!

In the article, they referred to the Belmont as "the timeless tavern."

Columnist Fran Schumer captured the Belmont to a "T." She said that "neverly average and the second that the secon said that "nearly everyone asks for 'the usual,' but don't ask for dessert." The 'regulars' at the Belmont know that they don't offer dessert nor regular coffee... only

espresso.

The specialty of the house is "Stretch's Chicken Savoy," named after the late Carlo (Stretch) Verdicchio, a cook and entertainer. The Chicken Savoy is made with garlic, oil, vinegar and other ingredients the staff will not tell.

Another favorite is their cavatelior ziti, with ricotta. ..! call it pot cheese. And Charlie and my favorite... clams oreganato. Himm, homm, good!

hmm, good!

Everyone asks how the Chicken Savoy is made... I ask about the clams. It's a secret, and no one's talking.

The decor is informal, but as

'Cowboys' says, the tavern does have personality. And that it does. I

Gorgot — not everyone knows who 'Cowboy' is. His baptismal name is Thomas Cuomo. Be prepared when you visit the Belmont to hear this weird-sound-ing clanking cowhell that alerts the waitress that the "soup is on" and to dish it out. It's really a classic as something to see and hear. It makes for the charm and atmosphere of the Belmont.

The hosts are, of course, the Cuomos. The King, Cowboy. A nicer man you couldn't find; his brother, John, is a true gentleman, and what shall I call Jimmy... "The

The New York Times sums it up by saying, "The atmosphere... all in the family; the service... no-non-sense professionals, overall rating... good."

So, may I suggest for all those who have never been there, make it your business to do so. I promise it will be an experience.

Oops, I almost forgot to tell you tere it is located: Bloomfield

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After school plan offered at church

MIDDLE SCHOOL CHORUS SERENADES AARP - At a recent meeting of the Belleville A.A.R.P., Robert Gizzi, of the Belleville Middle School Department led the Belleville Middle School Chorus in a special program for the Belleville A.A.R.P., Chapter 2051. A.A.R.P. said they thoroughly enjoyed the music.

full swing this week at local schools, working parents are facing child-care concerns for the fall.

Linda Townsend, director of the After School Program (ASP) at Franklin Reformed Church, Nutley, has a solution to those concerns. The ASP has been serving Nutley and Belleville residents for 10 years, providing quality child-care in a caring environment.

The state-certified program has a teacher/child ratio, and pro vides daily pick-up from all five Nutley elementary schools, and some Belleville schools. Kindergartners are picked up from teachers help the children with their

homework, and a snack is provided. Space is limited, so kindergarten parents are encouraged to call 667-7055 for further information and a registration form. Franklin Reformed Church is located at the corners of Church and Prospects

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val Cutlets 5lbs. & up \$4.99lb eal Stew 5lbs & up \$3.39lb. Pork Cutlets . . . 5lbs. & up \$2.79lb. (Italian Sausage . .5lbs. & up \$1.99lb. Chicken Cutlets . .5lbs & up \$2.99lb. Chicken Legs ... 5lbs. & up 99lb Cube Steaks . . . 5lbs & up \$2.99lb. Chop Meat 5lbs. & up \$1.69lb.

Pepper Steak 5lbs & up \$2.69lb. ***** * March Catering Specials

HOT & COLD BUFFET #1

Baked ZitiRavioliSausage & PeppersItalian Hot Dogs

BBQ Chicken
 Meatballs w/Sauce
 Roast Beef & Gravy
 Chicken Nuggets

Chicken Cacciatore
 w/Noodles
 Sliced Turkey & Gravy
 Sliced Virginia Ham

Ham, Pepperoni, Turkey, Salami, American Chee Swiss Cheese, Cappicola

\$6.95 per person

HOT & COLD BUFFET #2

15 PERSON MINIMUM-Swedish Meathalls

Stuffed Shells

Cavatelli & Broccoli

• Eggplant Parmigiana

· Chicken Oreganato

* Fried Chicken . Roast Beef & Gravy · Veal & Peppers

Red Roasted Potatoes

Roast Beef, Ham, Eblogna, Turkey, Pastrami, Salami, Corned Beef, Swiss Cheese, Provolone Cheese, American Cheese

des: Potato & Macaroni Salads, Pickles, Olives, Tossod So Rye Bread, Dressings & Paperware, 40 or More People & Hot Selection. Coffee Included with 30 or More Queets.

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PLAN #1

5 is Sirloin or Shell Steak

40s. Pork Chops os. Oven or Pot Roast

tos. Chop Meat or Patties

Lbs. Chicken Whole or Cut

26 Lbs. Trin ed Weight

\$64.95

PLAN #5

1 Lb. Chicken Cutlets 1 Lb. Veal Cutlets 2 Lbs. Chop Meai 1 Lb. Beef Stew

1 Lb. Pepper Steak 2 Lbs. Chicken legs

ed Weight \$25.99

PLAN #2

3 Lbs. London Broil

6 Lbs. Pork Roast

4 Lbs. Beef Stew

4 Lbs. Hot Dogs

3 Lbs. Italian Sausage

3 Lbs. Lamb Chops

23 Lbs. Trimmed Weight

\$69.95

PLAN #6

2 Lbs. Cube Steak 2 Lbs. Chop Meat 2 Lbs. Oven or Pot Roast 2 Lbs. Sousage 2 Lbs. Chicken Cutlets 2 Lbs. Hot Dogs 2 Lbs. Chicken Breast 1 Lb. Veal Cutlets

15 Liss. Trimmed Welchi \$43.95

PLAN #3

2 Lbs. Chop Meat

2 Lbs. Italian Sausage

2 Lbs. Hot Dogs

2 Lbs. Oven or Pot Roast

2 Lbs. Chicken Cutlets 10 Lbs. Trimmed Weigh

\$29.95

PLAN #7

2 Lbs. Country Style Spare Ribs 2 Lbs. Chop Meat 3 Lbs. Chicken Legs 3 Lbs. Chicken Brea 2 Lbs. Cube Steak 2 Lbs. Beef Stew

2 Lbs. Hot Dogs 20 Lbs. Trims

PLAN #4

2 Lbs. Chicken Cutlets

3 Lbs. Chop Meat or Patties

6 Lbs. Chicken Whole or Cut

4 Lbs. Pork Chops 5 Lbs. Pot or Oven Roast

20 Lbs. Trimmed Weight

\$45.95

PLAN #8

PLAN #6
1 Lb. Chop Meat
1 Lb. Chloken Cutlet
1 Lb. Beef Stew
1 Lb. Pepper Steck
1 Lb. Hot Dogs
1 Lb. Hotlan Sausage
1 Lb. Cube Steak
1 Lb. Pork Cutlets

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AMERICA -



ROTARIANS HOST STUDENT CAREER DAY - Students were given insights into several professions during Career Awareness Day, sponsored by the Rotary Club of Belleville. Students learned about banking, architecture, patent altorney, civil law, power technology, electrical manufacturing, chivopractic medicine, and veterinary medicine. Pictured are (left to rigàt): First row, Dana Martinez, Victoria Riley, Toni Ann Ferranti; Second row, Joseph Marino, Director of Special Services, Michael Pesena, Nadia Akban, Angelo Russamanno, Peter Areco, and Karen Cervas, Marino was recently installed as a member by Ross Redmond, past district 7470 governor.

GRAND OPENING IN NUTLEY!

*Bose Weight Naturally



ROTARY HAILS FUTURE LEADER - Ram Parekh (left), a student at Belleville High School we the Belleville Rotary Leadership Award in 1995, is lauded by Dr. Anthony Chircio, now retires Secial Education Director for the Belleville Public Sihools. Ram socred 1300 on the Scholastic Aptitudele and is attending Brown University, Seventy high schools from District 7470, of which Belleville is a henber, were enthusiastically involved. The students had an opportunity to interact with high school lagers as

Assembly OK's bill allowing release of child abuse reports cern in New Jersey," said DiGaetano. R-Bergen, Essex, Passaic. "We ned to have access to these reports invoder to keep our children safe than abusers. The information in the reports is cruical, particularly by organizations looking to hire embyces to work with children and fe the prosecution of those who abbe children." The Department of Human

In an effort to better protect chil-dren from child abuse, legislation co-sponsored by Assembly Majority Leader Paul DiGaetano that would allow the disclosure of child abuse reports to certain entities was approved by the Assembly

The bill, A-971, would allow the disclosure of child abuse reports for background checks and screenings of individuals seeking employment in children's services; for discipli-nary, administrative or judicial pro-ceedings involving employees of ceedings involving employees of children service organizations; to the Office of Administrative Law for child abuse cases; and to indi-viduals appealing a finding of child abuse or neglect.

Under the measure, the informa-tion found in the records may be disclosed if access to the informa-

tion is deemed necessary.

"Child abuse is a serious con

Marine promoted

Marine Lance Cpl. Ariel F.
Valenti, son of Maria J. Sanabria of
Magnolia St., Belleville, recently
was promoted to his present rank
while serving with 1st Battalion,
11th Marines, 1st Marine Division,
Camp Pendleton, Calif.
Valenti was promoted based on
sistained superior job performance
and proficiency in his designated
specialty.

specialty.

The 1992 graduate of Belleville
High School joined the Marine
Corps in November 1994.

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Services has expressed strong need for this legislation. Gaetano

noted that in certain case keeping the records closed oftenesults in

nore harm than goodAllowing access to child abuse norts will result in better security at protec-

tion for the children of o state The bill was passed by vote of 76-0 and now heads to be Senate for consideration.

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Pictured with his art at a recent exhibition of his work at the Belleville Public Library and Information Center is artist Jose Cruz. His exhibition is entitled, "Cruz A La

Calendar of Events

Trustees Gallery: An art exhibit by Carolyn Lackey is currently on exhibition in the Trustees Gallery of the Belleville Public Library and Information Center, 221 Washington Avenue.

Exhibit Cases: "Autographed Broadway Playbills and Programs" by Cindy LaRue, acquisitions and reference librarian, are currently on exhibit at the library.

Clar. Maass Hospital Volunteers from the Clara Maass Medical Center are currently exhibiting at the library. The exhibit has been arranged by Marlene French, director of volunteers.

March 7 - "Computers for Mom and Me" will be disssed at 10:30 a.m. at the library.
The film "The Song of Bernadette" will be shown at 1 p.m.

An afterschool storyhour will take place at 4 p.m. in the Jarres J. Cozzarelli Jr. Children's Room.

March 8 - The Musical Film Class Series features the film

March 9 - "Hands Together," a special crafts program for ages 3-6, will take place from 10-10:30 a.m. in the James J. Cozzarelli Jr. Children's Room.

"Mixed Media," and arts program for children ages six through nine will take place from 11-11:45 a.m. in the James J. Cozzarelli Jr. Children's Room.

The English for the Foreign Born Program will be taught for beginners and intermediates, 10 a.m.-12 p.m. at the library. Stories Alive for Children, ages 7-13, will take place 2:15-3 cm. at the library. 3 p.m. at the library

March 11 - "Poetry for, About, and by Women" will be discussed by Adrea Cohen, library director, in a special pro-

discussed by Aurea Conen, norary director, in a special program at 1 p.m. at the library.

A crafts program will take place at the Shafter Branch in Silver Lake, 30 Magnolia St., at 3:25 p.m.

Printmaking for ages 8-13 will take place 7:30-8:15 p.m. in the James J. Cozzarelli Jr. Children's Room.

March 12 - Lisa DeFabbi of Discovery Toys will present a program for parents and grandparents at 10:30 a.m. at the

The Opera Film Class features the opera "Lisa Miller" at

The English for the Foreign Born Class will take place from 6:30-8:30 p.m. at the library. Call 450-3434 to register.

March 13 - A slide presentation by Frederick Dammont will take place on Alberta, Canada, at 1 p.m. at the library. The Library Board of Trustees will meet at 7 p.m. at the

March 14 - "The Trial of Susan B. Anthony" will be per-formed by Act One Presentations at 1 p.m. at the library. Lisa DeFabbi will discuss Discovery Toys with parents and



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BOOK MARKS

March art for varying ages

Revitalize your talents and participate in the March Art Series to be held on Mondays and Saturdays during the month of March in the James J. Cozzarelli Jr. Children's Room. Registration is ongoing and will continue until the classes are filled. Classes begin on Saturday, March 9, and Monday. March 11, and will continue for four weeks.

The classes for the March Art Series include: "Hands Together," for agest three-is, wars of ages, accompanied by an

The classes for the March Art Series include: "Hands Together" for ages three-six years of age, accompanied by an adult on Saturday, 10-10:30 a.m., a cooperative art experience; "Mixed Media" for ages 6-11 on Saturdays, 11-11:45 a.m., using more than one technique to create an effect; and "Stories Alive" for ages 7-13, which will explore various ways of bringing a story to life, 2:15-3 p.m.
"Stories Alive" will combine acting, puppetry, painting and storytelling, and will have a finale, to which guests will be invited.

"Printmaking" for ages 8-13 will include some new as well as familiar techniques. This class will be held on Mondays, from 7:30-8:15 p.m. Take this opportunity to create a master-

Supplies will be provided.

English for the Foreign Born

Library, the Belleville Public Library and Information Center, 221 Washington Avenue, is providing English classes for the foreign born, taught by Sola Armenious on Tuesdays from 630-830 p.m. and on Saturdays from 10 a.m.-12 noon for beginners and intermediates. When a coordinator is hired for volunteers, individual tutorial will also be available. Call Dr. Ming Bao at 450-3434 if you are interested in volunteering to teach the foreign born.



Mayor James Messina, a trustee of the library, examines the new computer LAN, recently established at the Belleville Public Library and Information Center. With a \$20,000 grant from INFOLINK, the library's regional library, the Belleville Public Library and Information Center will have full access to the Internet.

Italian, Spanish books offered

A collection of Italian and Spanish books, provided by the Newark Public Library on loan, is currently available at the Belleville Public Library and Information Center.

The loan was made possible through the efforts of Frederick Lewis, branch librarian.

If you are interested in books in your native language, speak to Mr. Lewis and he will try to arrange a loan. Indicate whether you want fiction or non-fiction. You can call Mr. Lewis at 450-3438, 1-5 p.m., at the Shafter Branch Library, 30



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PBA Local #28 is hosting

The Belleville Police Benevolent Association Local #28 is hosting its 86th Annual P.B.A. Ball on Saturday, March 23, from 7 p.m. to midnight.

The dinner/dance will be held at the Chandelier Restaurant, located at 340 Franklin Ave. Tickets are now available at \$75 per person.

Anyone wishing to attend or needing additional information

may contact Det. Jim Giuliano at 450-3364/3363 or Officer Anthony Weiners at 450-1033.

St. Peter's sports aerobic program

The St. Peter's Sports Association is sponsoring its Aerobic Exercise Program on Monday evenings at 7 to 8 p.m. in the school gym on William Street.

The program can be altered to fit individual needs. Cost is \$35 for the 10-week sessions. Contact Barbara for more information at

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School #7 students join forces to celebrate Lincoln's legacy



LINCOLN LOGGED - To celebrate Abraham Lincoln's birthday, Mrs. Diana Nieradka's Second Grade English as Second Language (ESL) students and Mrs. Michelle Addis Fourth Grade Basic Skills students joined together to learn about Abraham Lincoln's life. They listened to his story and shared in a question and answer discussion. Later, they worked cooperatively to build log cabins of pretzel logs, chocolate frosting and graham crackers. The students said they enjoyed going back in time, building log cabins and tasting these delicious projects. Pictured (above) are, front row, Rajh Odi, Roger Gall, Janet Indrogo, Jisah Romero, David Conte, Manuel Veliz, Jessica Cobianci and Anthony Canova. In the back row are Orguida Matos, Ana Balagtas, Jessica Colon and Jennifer Robertello. At left is Mrs Nieradka. At right, is Mrs. Addis. Pictured (below) are, left to right, Janet Idrogo, Ana Balagtas, Roger Gall, and Rajh Odi. In the background is David Conte. Students and faculty wish Mrs. Nieradka well on her upcoming maternity



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(Chicken, Pork, Beel or Shrimp) w. Chinese Veg. L17.

Shrimp w. Lobster Sauce (Chicken, Pork, Beef, Shrimp) w. Broccoli Barbecued Spare Ribs

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L15. * Kung Po Twin (Chicken & Shrimp L16. Cashew Chicken



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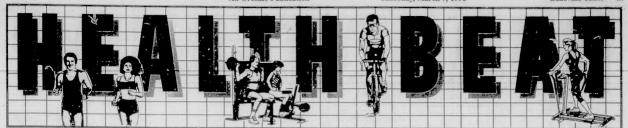
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According to midwives

Too much technology interferes with childbirth experience

Women's History Month is a in the hospital for 48 hours. Even time to educate women on their options for childbirth. Excessive technological interference during childbirth may shake women's constalfed by midwives. childbirth may shake women's con-fidence in their own ability to give birth, diluting the birth experience

birth, diluting the birth experience to a passive one, says nurse mid-wife Dianne S, Moore, CNM, MPH, PhD, Director of the Birth Center at The Beth.

"Many obstetricians have come to rely, heavily on technology to monitor a woman's and a baby's progress from the moment the expectant mother enters the hospital," says Dr. Moore. "Ultimately, it is a highly interventive approach to childbirth, and one that has in no small way contributed to the unnecessarily high Cesarean section rates in this state and around

unnecessarily high Cesarean section rates in this state and around the country."

Dr. Moore stresses that some form of monitoring program is necessary, but that too often, in today's hospital setting, technology leads to aggressive intervention, such as C-sections or the use of forceps or drugs to speed delivery.

"We've raised a whole generation of women — and physicians —

"We've raised a whole genera-tion of women – and physicians – who are programmed to view childbirth from a technological standpoint, de-emphasizing the fact that it is a natural part of life. Then, hypocritically, women are told that they should be ready to leave a hospital within 24 hours."

Dr. Moore joined many women statewide who applauded the state's efforts to ensure that women

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"Our patients usually opt to leave the birth center about six to 12 hours after birth. This is in stack contrast to women in hospital setcontrast to women in hospital set-tings who tend to feel extreme exhaustion and weakness after childbirth."

Dr. Moore attributes this differ-ence to the fact that midwives are

constantly affirming women in their ability to give birth. "An affirmative atmosphere, with compassion and genuine caring for the mother, works won-ders," says Dr. Moore. "This Women's History Month, women should learn more about their options for childbirth. Many women do not realize that they may choose a birth center, a hospital, or a home birth. The options are there – and they offer very different experiences for the mother

ferent experiences for the mother and the family."

The Birth Center at The Beth, Inc., located in Newark, is a 501(c3), not-for-profit, licensed freestanding birth center. Staffed by certified nurse midwives (CNMs), the center is founded on the philosophy that birth is a natural part of life. The midwives instill confidence in a woman in her own ability to give birth, and promote nospital within 24 hours."

Dr. Moore joined many women statewide who applauded the state's efforts to ensure that women whe are covered under managed care plans have the option to stay

1. Continence in a woman in her own ability to give birth, and promote active birth, and promote active birth, and promote including birth, and promote active birth, and promote with birth, and promote active birth, and promote child. Open House is every Tuesday at 7 pm. For more information on midwifery, call 1-800-



Migraine headaches Part one - proper diagnosis

Jackie had been to her doctor repeatedly to get rid of the pain from her migraine headache. First she was given various prescription medications which didn't help. Next, her doctor tried antibiotics for a possible sinus infection. When that didn't work, he gave her a shot of Imitrex, which caused chest pain. Feeling frustrated, she asked a friend and fellow headache-sufferer for advice. Her friend suggested Jackie see Sylvain Junger, M.D., at the Pain and Headache Treatment Center of North Central Neurology.

Jackie descripted sewere pain in the global was allow among the lackie described sewere pain in the global was a like among the lackie described sewere pain in the global was a like among the lackie described sewere pain in the global was a like among the lackie described sewere pain in the global was a like among the lackie described sewere pain in the global was a like among the lackie described sewere pain in the global was a like among the lackie described sewere pain in the global was a like among the lackie described sewere pain in the global was a like among the lackie described sewere pain in the global was a like among the lackie described sewere pain in the global was a lackied described sewere pain in the global was a lackied described sewere pain in the global was a lackied described sewere pain in the global was a lackied described sewere pain in the global was a lackied described sewere pain in the global was a lackied described sewere pain in the global was a lackied described sewere pain in the global was a lackied described sewere pain in the global was a lackied described was a lackied described sewere pain in the global was a lackied described was a lackied

North Central Neurology. Jackie described severe pain in the right eye "like someone had a hook in it." This was associated with neck discomfort and nausea. Dr. Junger found a tender spot in the back of her skull which was sensitive to pressure and reproduced her pain. Jackie was relieved to find out that the headache was due to an inflamed nerve at the base of the skull. With a single injection of a local anesthetic in the back of the head, Jackie's

ingle injection of a local adequate in the back of the floor, stack-leadaches completely resolved.

Jackie was surprised to learn from Dr, Junger that there is no suching as a "migraine." Rather, there are over a dozen distinct headact.

The surprise of the floor types an a fige fumper together. Amy crimicans were these networking the types as a single entity resulting in a non-specific treatment approach. In Jackie's case, by recognizing that the pain in the eye was referred from another location, a diagnosis of Occipital Neuralgie Migraine was made Having made the diagnosis, all it took was a single nerve block and with in minutes, her headache was gone! Treatments directed to the individua "migraine" subtype result in better control and sometimes elimination of the soils.

Teight months later, soon after Jackie became pregnant, she developes nother severe headache. Although she could not take medications, sh was pleased to learn that the could receive her treatments since no sys-emic drugs were involved. Once more, Jackie was treated with a nervo lock with complete elimination of her pain. Depending on the specifingraine subtype, patients, who for one reason or another cannot tak

rugs, can receive treatments.

The next issue of All That Nerve will discuss medications in the treat nent of migratine headaches and refute some commonly held myths specially some myths that the drug companies would like us to believe.



Job Haines planning summer renovations

The Job Haines Home is currently in the process of reviewing finalized plans for the construction and renovation project scheduled to begin this summer. The overall goal of the project is to add assisted living to the services provided by the Home. Assisted living is designed to provide supportive services to the elderly such as personal care, dining and medication supervision, in an apartment-like setting as an alternative to traditional nursing home care.

home care.

In considering the final plans, the Trustees and management of the Home remain dedicated to ensuring

the I rustees and management on the Home remain dedicated to ensuring the following design goals: 1) The assisted living wings will retain a residential flavor, and 2) both the inside and ougside of the additions will blend naturally with the origi-nal Victorian design and decor which makes the Home unique. Says Executive Director Says Executive Director Says Executive Director hedged of the new buildings elimi-nates the single long corridor, which embodies the 'institutional look.' Rather, the architects have designed small clusters of apart-ment-like units. These clusters, called 'neighborhoods', are certered around a comfortable living area. People will have the opportu-nity to meet their 'neighbors' here or seek the privacy of their individor seek the privacy of their individ-ual apartments as they desire."

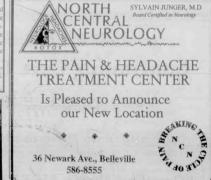
Further, the project is designed to create a "residential scaled vil-

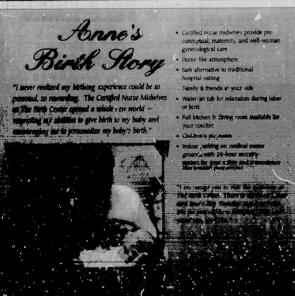
lage." The concept is to preserve individual independence by providing services themselves rather than rely on family members to run errands for them. Proposed services include: a barber/beauty shop, a convenience store and a health clinic for doctors' appointments. Individual mail boxes and some beaching exprises will last be proposed. banking services will also be pro-

Construction of the project is expected to continue over three years in three separate phases. The first phase of construction will consist of a new nursing unit, which will provide traditional nursing home care, and one wing of assistabilities. nome care, and one wing of assisted living. The second phase will be comprised entirely of assisted living units. The final phase will complete the project with a renovation of the 1902 building, in keeping

of the 1902 building, in keeping with the original design and decor.
Additional assisted living accommodations will be available in this section of the building.
Incorporated in 1897, the Job Haines Home will soon be celebrating a centennial. Harrold says, "It is a happy coincidence that we will be celebrating a centennial as we look forward to opening the first completed wing of construction." The Trustees and management of the Home are working now on plans to Home are working now on plans to celeurate the centennial which will honor the Home's historic past and inaugurate its "Second Century" of

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Board Certified Chiropractic Neurologist

To Advertise in Health Beat

The 90's has been dedicated to the decade of the brain, at a time when it has become apropos to discuss with openness mental diseases that have surfaced. Conditions such as Alzheimer's, Parkinson's, Mental Depression and emotional disturbances are just a few that seem to dominate the airwaves. As science continues to evolve to look for better ways of treatment of some of these conditions, Chiropractic must not be overlooked.

Chiropractic, to many people, involves the treatment for disorders that mainly effect the spine, such as

involves the treatment for disorders that mainly effect the spine, such as neck and back aches, sprains and strains type injuries. When understood in its proper scientific form, Chiropractic is an offensive sci-Chrropractic is an offensive science, art and philosophy that can stimulate the nervous system. When stimulating the nervous system, one must take into account the brain, since the brain is made up of brain, since the brain is made up of nervous tissue. When Chiropractic adjustment procedures are done it becomes obvious that if the ner-vous system can be stimulated, then the brain must be stimulated.

then the brain must be stimulated.
One study showed stimulation of certain brainwave patterns after Chiropractic manipulation or adjustment procedures were done. This in itself shows the essence of Chiropractic and its ability to cause changes in electrical patterns in the brain. Its factual that around the sixth decade of life is when most Alzheimer patients begin to notice symptoms. It is also factual during symptoms. It is also factual during this decade the neck, which has the most joints in the body, also begins to deteriorate. The correlation is

ings attached to them which signal into the spinal cord and send impulses up and down the spinal cord and into the brain. When the joints become degenerated, as in osteoarthritis, these joints do not signal upon movement, and thus, a certain amount of impulses are lost

certain amount of impulses are lost that could have gone to the brain and the rest of the spinal cord.

The majority of brain activity or stimulation is dependent upon osteoarthritic due to lack of movement, it would make sense that the brain is receiving less stimulation than it has previously. As a result, brain cells are unable to function the way they once did, and the symptoms from confusion to mood symptoms from confusion to mood changes, loss of memory can begin to manifest. Of course, Chiropractic care from a very young age would nopefully slow down the process of joint degeneration and breakdown. Since many people do not start Chiropractic care early, we have to deal with changes that have already taken place. It becomes quite crucial to have an understanding of how Chiropractic can stimulate the brain. Chiropractic manipulation or adjustment procedures becomes almost a necessity.

Loss of balance (ataxia), is a

Loss of balance (ataxia), is a prime example of other conditions which are caused form joint degen eration and lack of nerve stimula tion. Of course, there are many reasons for some of these conditions that we have stated and a good examination would help to determine that. When thinking of Chiropractic, don't only think of a science that can reduce sprains and strains, but in doing that stimulation of the nervous system is one of its greatest effects.

Paul F. Stefanelli, D.C., D.A.C.N.B. is a Board Certified Chiropractic Neurologist who has been practicing at 567 Franklin Avenue, Belleville for the past 10 years. Dr. Stefanelli's office has a very courteous staff consisting of

years. Dr. definition of the mass of two certifies massage therapists, as well as Cybex rehabilitation equipment and a full insurance depart-

If you have any further ques-tions, please feel free to contact our office at (201) 450-1003.

Panic Disorder

It's Real It's Treatable

1-800-64-PANIC.

Nutrition On-line

By Michael A. DeAngelis

A feature of The Nutley Sun, Belleville Times, Bloomfield Life and Glen Ridge Voice

The Food and Drug Administration has approved a fat substitute called olestra.

Often the new advances in food technology are something to be celebrated; however, olestra poses some problems and myster-

Olestra is a product that can be used to make all sorts of foods like fat free potato chips and other fried items. However, some studies have shown drastic problems with olestra.

lems with olestra.

First, when most people hear
the words "fat free" they think
they could eat all they want.
However, calories are still present. Olestra may be interpreted
by some people as the green light
to overeat.

Second, olestra passes through
the dienstive tract untouched.

Second, desar passes involved.

This is a problem since it may bind certain nutrients as they pass along the digestive tract causing deficiencies and low levels of absorption. One such nutrient is

absorption. One such nutrient is beta carotene. Olestra has also been found to cause diarrhea. Excessive diar-rhea can lead to dehydration, bleeding, and loss of electrolytes, vitamins and minerals. This per-haps is the most severe of all side

Unfortunately, the FDA feels that olestra is safe enough to allow it to infiltrate our food sup-

Not a lot of research exists for olestra and so many individuals are concerned with the effect it will have on the human body. Remember, it is highly synthetic and we have no real experience with completing as a constant of the control of the con with something as severely syn-

This is par for the course for the FDA especially since they approved a sweetener discovered when a chemist licked his fingers in the lab (aspartame). It seems strange, but it has happened.

So, how can you manage olestra in the diet? Here are a

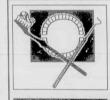
few suggestions.

*Use products with olestra in moderate amounts if at all to prevent side effects.

*Instead of chips as a snack

*Anstead of chips as a shack have pretzels or even better eat celery or carrot sticks. *As with any fat free food, limit the amount that you eat since it will still have significant calories. Fat free potato chips

calories. Fat free potato chips still have calories. Although more research will help us understand olestra, olestra containing foods, if used wisely, can be used in a healthy diet.



A GOOD DEWLIST IS EASY TO FIND

Adult Half-Price Offer Kids Half-Price Offer

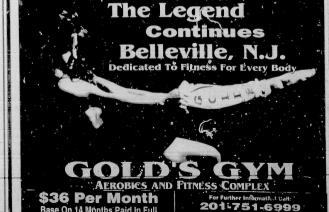
Dr. Elaine S. Tremarco - General, Family & Cosmetic Dentistry

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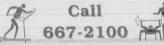
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Dr. Paul Stefanelli





Clara Maass **Continuing Care Center** Vocational School

cordially invites you to attend the

"Certified Nurse Aide Program" Open House

Thursday, March 14, 1996

2:00p.m. - 6:00 p.m.

Continuing Care Center Lobby

Clara Maass Health System, Inc. One Clara Maass Drive Belleville, NJ 07109

Public Invited

RSVP: 450-2900



Park Manor appoints new medical director



Park Manor Nursing Home, located at 23 Park Place in Bloomfield, is pleased to announce the appointment of Dr. John Kelly

to the position of medical director.

to the position of medical director.

Dr. Kelly, whose private practice is located in Bloomfield, was born and raised in Nutley. He contuces to reside there with his wife, Cindy, and their six children.

Dr. Kelly is a dedicated physician with many years of experience with the geriatric population. He is affiliated with several area hospitals.

Committed to meeting the needs of the community, he makes house calls to his patients who find it difficult to leave their homes.

neult to leave their homes.

Dr. Kelly's presence at Park
Manor will enhance the already
outstanding team of professionals
who provide nurturing, loving care
to our residents.

Female volunteers sought for research study

Volunteers are currently being sought to participate in a clinical study comparing two medications for the treatment of vaginal yeast infections (vulvovaginal candidia-

sis).

Essex Texting Clinic, Inc., located in Verona, is conducting the study under the medical direction of Dr. Sofia Anthony, M.D., who must qualify all patients before enrollment.

Three out of four adult women experience at least one episode of vulvovaginal candidiasis during their lifetime, and 400%, is 50%, of their lifetime, and 400%, is 50%, of

their lifetime, and 40% to 50% of these women suffer a second episode.

Women, 18 years of age or women, 18 years of age or older, experiencing vaginal itching, burning or irritation, may be qualified to participate. Women with any of these symptoms may be eligible to enroll into the study which provides for free medical explana-tions, laboratory tests and study treatment drug. Patients will also be given financial compensation (up to \$75) for their time and trav-

As part of the study, all patients will receive seven days of treat-

ment, and must make three visits to Essex Testing Clinic; on day one to qualify, again approximately eight quarity, again approximately eight days after treatment and again approximately 30 days after treat-ment. At these visits, patients will be given a pelvic examination, which will include microscopic

laboaratory tests to verify diagnosis and treatment success.
Essex Testing Clinic is one of the leading clinical testing laboratories worldwide in the areas of pharmaceuticals, cosmetics and tolerates. De Arthony has extensive pharmaceuticals, cosmetics and toi-letries. Dr. Anthony has extensive background in clinical investiga-tion and is the director of Mountainside Family Practice Residency Training Program, which is spensored by Mountain-side Hospital in Moniclair. Both organizations are located at 799 Bloomfield Ave., Verona, where all medical examinations will take place.

will take place.

Women who think they might have vulvovaginal candidiasis and are interested in learning more about this study should contact Jo Anne at Essex Testing Clinic at

Rest assured knowing that you made the right choice. At *Park Manor Nursing Home* we take pride in helping people feel at home. We offer a gracious victorian environment with an assortment of activities and options found only at fine old hotels. At *Park Manor* we take the confusion out of choosing the right Nursing Home with devoted conscientious

The Right CHOICE at

The Right Time.

caregivers that work specifically for you

Dina Matos joins Columbus Hospital as director of patient and public relations

Columbus Hospital in Newark

Columbus Hospital in Newark has announced the recent appointment of Dina Matos as director of patient and public relations.

Prior to joining Columbus Hospital, Matos was at St. James Hospital, Matos was at St. James Hospital in Newark, where she held the position of manager of public and professional relations.

In her new position, she is responsible for the patient relations program, public relations, and community relations. Her duties include monitoring and expanding the patient relations program to better serve the needs of the hospital's diverse patient population, tal's diverse patient population, disseminating information on hos-pital services and programs, and developing community outreach

developing community outreach programs.

"It is exciting for me to be part of a growing community hospital, dedicated to providing quality health care services in a home-like environment," she said.

"One of the things that has when the here, is walking through the halls and hearing the patients call the staff by their first names and vice versa. This is an example of the committed and caring relationships that exist hetween the patients and staff. It is like one big family," said Matos.

Columbus Hospital was one of the first hospitals in the state to initiate a patient relations program. The program has been extremely successful and Matos is committed to continue providing the same

successful and Matos is committed to continue providing the same high-quality service that has been available to patients.

"We have a very successful patient relations program. The patients welcome our daily visits and know that they can always count on us to assist them with their needs. This will not change;



the only difference is that we no have a tri-lingual department whice enables us to communicate with the patients in their own language.

the patients in their own language," said Matos.

Matos' goals include the implementation of a number of community outreach programs in 1996. Plans are underway for a senior membership program, and other programs to benefit women and children.

"Here at Columbus Hospital, we are fortunate to have the support of the community; now it's time for us to give something back. That is, why we will be implementing outreach programs which will enable us to provide the much-needed health care information and services—that—the—community deserves," said Matos.

Matos is active in a number of community programs and organizations, including the Portriguese American Congress of New Jersey, where she holds the position of vice president. Here at Columbus Hospital, we

vice president.

Matos was raised in Newark before moving to Elizabeth where she currently lives.

City of Hope class and open house at center

of Hope Hi/Lo aerobic master class with Maureen Brady Saturday, March 16th from 12:30 to 1:30 p.m.

A donation of \$10 will go to HIV/AIDS and related cancers to benefit the City of Hope National Medical Center and Beckman

Research Institute.

Space will be limited to the first 50 participants. Donations will be accepted with gratitude for nonclass participants.

class participants.
The Fitness Center for women is located at 462 Broad Street, Bloomfield, N.J. Call today for registration information at 429-2808.
Open House will be held March, 25 from 9 a.m. to 9:30 p.m. Please call for special events and times.
Refreshments will be served and free teshirs to any women, who free t-shirts to any women who enrolls that day. Come enjoy the spirit of excellence.



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FREE 3 Personal Treining Sessions

th enrollment. Hours & amenities very per la

1 de

Clara Maass Vocational School will hold open house

The Clara Maass Continuing Care Center Vocational School will Care Center Vocational School Will hold an open house on Thursday, March 14 from 2p.m. to 6 p.m. in the main lobby of the Continuing Care Center, One Clara Maass Drive, Belleville, All are welcome.

The vocational school program at the Clara Maass Continuing Care Center prepares individuals to become New Jersey Certified Nurse

The program is approved by the New Jersey State Department of Health, and the New Jersey Department of Education, Division Vocational Education.

school is an equal opportunity insti-tution, admitting students without regard to race, creed, sex, color, or

national origin.

At the open house interested individuals will have the opportunity to meet the school's instructors, administrators and former students. In addition, an overview of the program and a tour of the facilities will be provided.

For more information about the Clara Mass Continuing Care Center Vocational School or to register for the open house, please call (201) 450-2900.

*FACTS ON **AFITHESS**

Minor Injuries by Greg Lynn Head Athletic Trainer Cincinnati Reds

Cincinnati Reds

(NAPS)—The best way to avoid a minor strain or sprain is to make sure you stretch out and warm up before exercising. Even if you do experience a minor problem, it's okay to continue your exercise routine.

If you've injured a joint or muscle, the best thing to do is to apply ice immediately. After 48 hours, heat may be applied, which helps promote healths and soothes aching muscles. If pain or swelling persists, it is best to consult a physician.

When getting back into your sports regime after injury it's a good iden to use health supports which can be mede of either elas-

tic or Neoprene, a cushiony foam that allows injured tissue to rest and heal. For tennis and squash players, there are supports from Futuro such as Dual Tension Wrist Supports, Wrap-Around Wrist Supports and Elbow Supports.

Runners and roller bladers who often suffer from knee problems should consider Knee Supports which provide firm support for stiff, swollen and painful knees. The Neoprene Knee Stabilizer with Open Patella Support from Futuro has an extra ring of padding that supplies extra compression and support to ligament and cartilage around the kneecap.

Free Brochure
For a free brochure on how to choose the health support to suit, yur needs, send a self-addressed, stamped envelope to Greg Lynn, cfo G.S. Schwartz & Co., 1 Madison Avenue, 12th Floor, New York, NY 10010.

If you are suffering from signs and symptoms of a **Vaginal Yeast Infection**

You may qualify to participate in a medical research study comparing two medications

Qualified patients will receive a free physical exam, free laboratory tests, free study medication, and monetary compensation (up to \$75.00) for their time and travel.



For a confidential interview, please call JoAnne® (201) 857-9248

Essex Testing Clinic, Inc. 799 Bloomfield Avenue Verona, NJ 07044

unstoppable HEADACHES and PAIN stop here.

You've tried over-the-counter medications. Bed rest. Cold compresses. Yet the pain goes on.

It stops here. The Headache and Pain Management Center at Mountainside Hospital offers a unique approach to accurately diagnose and successfully treat all types of chronic headaches and pain.

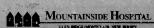
Our multi-disciplinary team of medical specialists thoroughly evaluates your pa from every aspect. Then a perso

treatment plan is MEADACHE and Call today

proven techniques in

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We won't stop...until you feel better



in the Events area

Meetings ...

Nutley Branch AAUW, 8 p.m. March 7, Nutley Museum, Church Street

Roche Retiree Club, 1 p.m. March 9, Building 7.6 auditorium. F Dammont, award-winning photographer, will present travelogue on Greece Refreshments

Nutley AARP, 1 p.m. March 14, Parks and Rec, 44 Park Ave. Topic: Met Life's Annuity. To join, bring National membership card and \$3 dues.

Stuart E. Edgar Auxiliary, VFW Post 493, Nutley, 8 p.m. second Mondays, post home, 271 Washington Ave. Membership open. Write to the auxiliary at 376 Chesmut St., Nutley, NJ 07110.

Glen Ridge Seniors, meets lower level, Glen Ridge Congregational Church, 195 Ridgewood Ave. March 11: 18th annual luncheon at the club, S12. "Humdingers" will entertain. Reservations to Norma Phillips, 33 Barnett St., Glen Ridge, before March 4; March 14: celebrate St. Patrick's Day at the Tides. Corned beef and cabbage plus Mike Byrne and his Green Derby Band, Irish bagpipers, songs by Marilyn Will. Call Marge Burdick at 746-5382.

Tri-County Camera Club, 8 p.m. Tuesdays, Nutley Historical Muse 65 Church St. For info, call 667-0325 or 751-6795.

Catholic Daughters of the Americas, Court Gratia, 8 p.m. first Monday, St. Mary's School Hall, Msgr. Owens Place, Nutley. Social third

Woman's Club of Belleville, 7:30 p.m. second Mondays, clubhouse, 51

St. Peter's Rosary Society, 7:30 p.m. first Monday after first Sunday, St Peter's School cafeteria. All women of the parish invited.

Essex County Federation of Sportsmen's Club, 8:30 p.m. first Tuesdays, Bloomfield Civic Center, 84 Broad St.

Belleville Kiwanis Club, 6:30 p.m. Thursdays, Gondola Restaurant, Franklin Ave., Nutley. Call Nino Bucciarelli at 751-2110 or Vince Sorrentino at 759-6475 for info.

Bloomfield High School Alumni Association, 7:30 p.m. third Wednesdays, Bloomfield Civic Center, 84 Broad St

Bloomfield Kiwanis Club, noon Thursdays, Bloomfield College Student Center, Liberty St. For information, call Dr. Carl J. Schopfer, M.D., at 743-7777.

Nutley Amvet Auxiliary Post #30, 6:30 p.m. first Tuesdays except July and August, Amvet post, 184 Park Ave.

Montclair Camera Guild, 8 p.m. second and fourth Thursdays, United Methodist Church, 24 North Fullerton Ave., Montclair, For info, call Joan at 743-7020 or Karen at 783-3619.

Monday Night Writers, 8 to 9:30 p.m. second Mondays, Starbucks, 572 Valley Road, Upper Montclair. All writers of poetry, fiction, articles we come. Share your work with other local artists.

Nutley Junior Women's Club, 8 p.m. first Mondays except July and August, Vreeland House, 216 Chestnut St. (next to police station). Membership open 18 to 40. For info, call 667-3899.

Fairs, flea markets, rummage...

Spring fashions at Bloomfield Presbyterian Church on the Green Thrift Shop, 147 Broad St. 10 to 3 Wednesdays and Fridays, 10 to noon Saturdays, beginning March 3.

Rummage sale, 9:30 a.m. to 2 p.m. March 8, Wesley United Methodist Church, 225 Washington Ave., Belleville.

11th annual craft fair, 10 a.m. to 4 p.m. March 9, Brookdale School 1230 Broad St., Bloomfield. Sponsored by Home and School Assoc. Free

Flea market, craft show, 9 a.m. to 5 p.m. March 10, Belleville High School, 100 Passaic Ave. (off Joralemon St.) Over 100 vendors. Fundraiser for BHS Music Parents Assoc.

Rummage sale, 10 a.m. to 4 p.m. March 15, 10 a.m. to 3 p.m. March 16, Montgomery Presbyterian Church, 638 Mill St., Belleville. For info, call 759-7414 or 743-7042.

Fundraisers...

Murder at the Mansion, March 15, April 12, May 10, June 21, Oakeside Bloomfield Cultural Center, 240 Belleville Ave. Buffet, dancing, "murderous intrigue." \$45 prepaid. Cash bar. For reservations, call 429-0960.

Belleville Middle School fundraiser, 7 p.m. March 8, Kings Court, Lyndhurst. Sponsored by Home and School Assoc. Dinner, door prizes All proceeds benefit building fund. \$13. For tickets, call 450-3532 or 751-9465.

Pasta dinner, 1 to 6 p.m. March 10, Amvet Post 30, 184 Park Ave., Nutiey, Salad, pasta, dessert, beverages. \$6 adult, \$3 children. Proceeds to scholarship fund. Sponsored by auxiliary. For info., call Mary at 751-4417 or Ann at 667-7829.

19th annual Chinese auction, March 15, St. Thomas the Apostle School, 60 Byrd Ave., Bloomfield, Gifts, refreshments. \$7.50. Reservations required. Call 338-8612 or 893-0066.

Ides of March dance, 8 p.m. to midnight March 15, Christ Church Parish Hall, 74 Park Ave., Glen Ridge/Montelair. DJ, buffet dinner, door prizes. \$22.50. For tickets or more info, call Betsy Ginsburg at 743-0729 or Nancy McMahon at 680-1397. Sponsored by The Nursery School at Christ Church.

Chuck Wagon dinner, 6:30 p.m. March 16, St. Paul's Congregational Church, Franklin Ave. (between High and Kingsland), Nutley, \$10 adults, \$5 kids under 10, Mens: Texas roast, red potatoes, baked beans, applesauce, colestaw, combread, beverage, homemade desserts. Ticket deadline: March 10. Call the church office at 667-4812. No tickets at the

Easter sale and luncheon, 11:30 a.m. to 1 p.m. March 21, Woman's Club of Nudey, 216 Chestnut St. Pot roast, mashed politices, vegetable, cole slaw, roll/butter, dessert, offee/tea. \$5.50. For reservations, call 667-7120, 667-0211 or 667-1161.

Spring boutique, 6:30 p.m. March 22, Branch Brook Manor, 13 Washington Ave, Belleville, Sponsored by Woman's Club of Belleville. \$12 includes din.er and shopping. For tickets, call Marlene at 751-3748 or Barbara at 759-0219.

"Just Desserts," sponsored by Nutley Branch AAUW, 3 to 5 p.m. March 24, Valley National Bank, Franklin Ave., Nutley. \$5. Sample favorite desserts prepared by members. Proceeds to education fund.

Annual Scholarship Fashion Show, 7:30 p.m. March 29, Nutley Elks, 242 Chestnut St. Fashions by Dress Barn of Clifton, St. Refreshments, For reservations, call 667-4183, 235-0871 or 661-2920. Sponsored by Elks Ladies Auxiliary.

A Night With Bobby Byrne, 8:30 p.m. to 12:30 a.m. March 30, Truffle Caterers Inc., 100 Newark Ave., Belleville. Sponsored by Silver Lake Civic Assoc. \$20. Finger sandwiches, salads, beer, soda, coffee and dessert. For tickets, call Angela Cuozzo-Zarra at 759-2703. All tickets must be paid by March 11.

Weekly luncheon, 11:30 a.m. to 1 p.m. Fridays, Glen Ridge Congregational Church, 195 Ridgewood Ave. \$6. Open to the public, For Congregational Church, 19 reservations, call 743-5596

Entertainment '96 discount books, \$40. Available through Good Shepherd Academy, 667-2049 or 667-5081; American Cancer 736-7770; Belleville Boy Scout Troop #301, 759-3590 after 5 p.m.

"42 Dining Out books, now on sale to benefit Van Riper Trust. Discounts for 42 restaurants in Bloomfield, Montclair, Clifton, Passaic, Meadowlands and more, \$10. To order, call 235-9461.

Other events...

Free health screenings, Montclair Community Hospital, 120 Harrison Ave. Appointments mandatory, Call 744-7300, ext. 4296, 10 a.m. to 2 p.m. Monday through Friday, Volunteers needed for Outreach program. Call Marie Oropollo at 746-4644 after 230 p.m. March 16: skin cancer; March 23: eye problems; March 25: foot problems.

Registration for Challenger Division. Bloomfield Southern Little League, for children 5-18 with physical, emotional or mental disability who live in Essex County, Kearny or Harrison, Sat. March 2 and Sat. March 9, 10 am, 10 2 pm, Firebneus Station #1, Watessing Ave., across from Foodtown (off Bloomfield Ave.). For more info, call 429-9863 and leave mesage. Minimal fee. Opening day: April 20

"Not Just Puppets," professional children's theatre group, 10:30 am March 9. Watchung Co-Operative Pre-School. Art forms storytelling sing-a-long, creative dramatics and puppet play, 53 per child over 1 year Bake sale. 71 Mt. Hebron Road, Upper Montclair. For info, call 783-4535.

Annual joint concert, Bloomfield Civic Chorus and Bloomfield Symphony, 3 p.m. March 10, Sacred Heart Church, Broad and Liberty streets, Bloomfield. Theme; wedding music.

Free workshop on parenting, 8 to 9:30 p.m. March 14, Parents Place, Inc., 1 Munn St., Montelair. "Sharing the Caring...and the Myth of Mary Poppius." For info, call 744-0734.

Winter concert by Bloomfield Youth Band, 8 p.m. March 15 Bloomfield Middle School, 60 Huck Road. \$3. For more info, call 338-

St. Joseph's Day Altar, March 17, St. Thomas the Apostle Church, 60 Byrd Ave., Bloomfield, Mass at noon followed by program at 1 p.m. Purpose: to provide food and donations to charity. To donate, send checks to UNICO A.C.E.S., 102 Broad St., Bloomfield, 07003. For info, call

Trip to Catskills, sponsored by Bloomfield Senior Citizens Association, March 20-22, \$205 single occupancy, \$155 double, \$145 triple. For reservations, call 338-6089 or 743-3332.

Aerobic exercise program, sponsored by St. Peter's Sports Association, Belleville, 7 to 8 p.m. Mondays, school gym. \$35 per 10-week session. Call Barbara at 751-6469 for info.

Volunteers needed at Montclair Community Hospital, 120 Harrison Ave, To staff reception desk Mondays noon to 4 p.m. and Wednesdays 9 a.m. to 12;30 p.m. Four hour position in hospital's business office at 14 S. Park St., one or two days a week. For info, call 744-7300, ext. 4279; to work in community cafe, 11 a.m. to 2 p.m. Duties include cash register, order taking, recording gift purchases. For info, call 744-7300, ext. 4279.

After school program at Glen Ridge Library, Thursdays and Fridays, 3:30 to 4:30 p.m. Full length feature movies shown in two parts. Sign up and tickets in Children's Room.

Dapper Dans of Harmony invite male singers to join regardless of age or experience. Ability to read music not required. For info, call Pete Wall at 845-5353.

Walking and Fitness Club, 8 a.m. Tuesdays and Thursdays, rain or shine, Nutley Chapter, American Red Cross. No cost. Call 667-3818

Weekly bridge games, 12 noon, Tuesdays and 7:30 p.m. Fridays, Bloomfield Civic Center, 84 Broad St. .

Widowed Persons Service, an outreach program in which trained wid owed volunteers offer support to newly widowed persons, urgently needs volunteers. No age restriction, free. For info, call Retired and Senior Volunteer Program (RSVP) at 673-0640 or the local AARP representative

Volunteer drivers needed by American Cancer Society, March 18-22. To deliver orders of daffodils to different locations around Essex County, Call Venessa Zipfel at 736-7770.

Poison hotline: 1-800-POISON-1. 24 hours a day, 7 days a week.

Support groups...

Support groups...

Narcottes Anonymous meeting list: BELLEVILLE: Monday, 8 p.m., Fewsmith Presbyterian Church, Union Ave. and Little St. Open/book/discussion meeting; Tuesday, 8 p.m., Clara Maass Medical Center, 1 Franklin Ave., Branch Brook Room, Education Center, Men's meeting, Open/discussion; Thursday, 8 p.m., Fewsmith Presbyterian Church, Union Ave. and Little St. Open/topic/discussion meeting; Friday, 8 p.m., St. Peter's Church, rear basement, Williams St. Open/discussion. NUT-LEY; Sunday, 7:39 p.m., Franklin Reformed Church, Hillside Crescent. Open/mediation/discussion; Monday, 7:39 p.m., St. Paul's Congregational Church, 200 Highfield Lane. Women's meeting, Topic meeting/open discussion; Honday, 7:30 p.m., Grace Episcopal Church, 200 Highfield Lane. Women's meeting. Topic meeting/open discussion; Open to addicts and those who think they have a problem with drugs; Tuesday, 7:30 p.m., Grace Episcopal Church, 200 Highfield Lane. Women's meeting. Topic meeting/open discussion; Open to addicts and those who think they have a problem with drugs; Friday, 7:45 p.m., Franklin Reformed Church, Hillside Crescent. Women's meeting. Open/discussion.

Gamblers Anonymous, 8 p.m. Mondays, 8:30 p.m. Fridays, St. Paul's Congregational Church, Franklin Ave. and St. Paul's Place, Nutley, 2nd Clore. Meetings open to anyone with a gambling problem or those who think they might have a problem. Topic/therapy; 8:30 p.m. Tuesdays, 88:30 p.m. Thursdays, Bethany United Presbyterian Church, 293 West Passaic Ave., Bloomfield. For info on any group, call 1-800-GA-LIVES.

Gamanon, to offer hope and understanding to loved ones of compulsive gamblers, 8 p.m. Mondays, 8:30 p.m. Fridays, St. Paul's Congregational Church, Franklin Ave. and St. Paul's Place, Nutley.

Alcoholics Anonymous, 8 p.m. Mondays, St. Mary's Church basement, Msgr. Owens Place, Nutley; 8:30 p.m. Tuesdays, Christ Church, 74 Park Ave., Bloomfield/Glen Ridge (Gay); 9 p.m. Tuesdays, Vincent United Methodist Church, 100 Vincent Place, Nutley (behind public library); Glen Ridge Congregational Church, 195 Ridgewood Ave., Glen Ridge; 7:30 p.m. Wednesdays, 2nd floor, St. Paul's Congregational Church, Franklin Ave. and St. Paul's Place, Nutley; 9 p.m. Frialays, Grace Episcopal Church, 200 Highfield Lane, Nutley; 9 p.m. Saturdays, Christ Church, 74 Park Ave., Bloomfield/Glen Ridge.

Friends for Life, for oncology patients, family and friends, 6:30 p.m. first and third Wednesdays, Branch Brook room, Clara Maass Medical Center, Belleville. For info, call Ann Shaftie or Donna Rainoue at 450-2210.

New Jersey Chapter of NAAFA (National Association to Advance Fat Acceptance), social events, human rights information, monthly newsletter. For more information, call 927-3103.

Overeaters Anonymous, self-help group for compulsive overeaters or people with eating disorders, Tuesdays, Presbyterian Church on the Green Parish House, Broad St., Bloomfield (7:30 to 9 p.m.); Wednesdays, Christ Church, Park and Bloomfield avenues (opposite Grand Union), Bloomfield/Glen Ridge (8 p.m.). For more information, call 746-4658; Fridays, Grace Episcopal Church, 200 Highfield Lane, Nutter (7:30 p.m.)

Bereavement Support Group, 7:30 p.m. 2nd Monday, Parish Ceñter, St. Mary's Church, 145 St. Mary's Place, Nutley. For more info, call 235-1100. March 11: Personal loss in living with HIV/AIDS; guest speaker: Brother Joseph McAlister, program director, Catholic Community Services AIDS Support Center, Newark.

Living With Cancer, for cancer patients and their families, 7 to 8:30 p.m. second and fourth Wednesdays, waiting area of Radiation Oncology Dept., Mountainside Hospital, Glen Ridge/Montclair. 429-6905 or 429-

Parkinson Support Group, 10 a.m. third Saturdays, private dining room, Mountainside Hospital, Glen Ridge/Montelair. Exercise and speech therapy groups meet weekly as well as monthly meetings for caregivers. Call 256-1011 for information.



News Happening In Your AREA? Call Natalie Waldron, Executive Producer

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Marian Talty married to Robert Hutchison

St. Lucy's Church, Newark, was the setting December 29 for the marriage of Marian Talty, daughter marriage of Marian Tally, daughter of the late Muriel and Eugene Tally of Summit, to Robert W. Hutchison, son of Andrea Napolitano of Belleville and Robert Hutchison of Jefferson

Robert Hutchison of Jefferson Township.

The Rev, Joseph Granato performed the ceremony which was followed by a reception at Richfield Regency, Verona.

Escorted by her brother, Frank Tahy, the bride wore a traditional wedding gown accented with pearls, sequins and lace and fashioned with a cathedral train. A beaded crown held her floor length weil and she carried white roses and stephanotis.

Matron of honor was the bride's

stephanotis.
Matron of honor was the bride's
Sister, MaryGene DelleDonne of
Summit, Bridesmaids included
Beth DiBenedetto of New
Providence, Valerie Hutchison of
Belleville, Lois Talty of Middlesex,
Kathy Mandel of Hoboken, Debbie
Vartan of Summit, Laurie
VanValkenburgh of Bridgewater,
Rita DelleDonne of Union and Rita DelleDonne of Union and Nancy Patikowski of Summit. Danielle DelleDonne of Summit

was junior bridesmaid and Cara Talty of Middlesex was flower girl. They were in emerald green vel-

vet gowns and carried poinsettias and holly.

Gerard Corbo of Belleville Gerard Corbo of Belleville, served as best man, Groomsmen were Jack Cluen of Belleville, Tony DelleDonne of Summit, John DiBenedetto of New Providence, Tim Nielsen of Belleville, Mark Huamani of Verona, Sal D'Amore of North Bergen, Gene DeSimone of Nutley and Steve Kraemer of Plagstaff, Arizona, Brian and SeamHutchison of Jefferson Township were junior groomsman and ring-bearer respectively.

Mrs. Hutchison, an alumna of Summit High School and Katharine Gibbs Business School, is a secretary with Ciba Pharmaceuticals, Summit.

Mr. Hutchison, a graduate of Belleville HighSchool and Fairleigh Dickinson University, is a student at New York College of Podiatric Medicine.

The couple honeymoonted on a Carribean cruise and at Disney World and have made their home is Delbailtie.

honeymoon in Bermuda

Lisa Ann Trabucco, daughter of Mr. and Mrs. Louis Trabucco of Belleville, became the bride recently of Joseph Anthony Farinella, III, son of Mr. and Mrs. Joseph Parinella, Ir. of Bloomfield.

The Rev. Mark O'Connell performed the ceremony which was followed by a reception at the Bethwood, Totowa.

Escorted by her father, the bride.

bride, was flower girl.

They were in black velvet gowns accented with rhinestones. Headpieces were white silk roses

with pearls. The flower girl was in a long white gown.

Moses Hernandez of Elizabeth was best man. Ushering were Michael Esposito of Belleville and Michael Lemongello of Toms River, brothers-in-law of the bride, Chris Hammel and Gene Stevenson. Junior ushers were chulony Damiano, cousin of the groom, and Christopher Trabucco and Jeffrey Keller, nephews of the bride.

bride.

Mrs. Trabucco chose a black gown accented with multi-colored sequins while the groom's mother wore a turquoise gown with sequined jacket. Corsages were white roses. Mrs. Farinella, an alumna of

Cathy Battista bride of Nick Gingerelli

Cathy Battista, daughter of Mr. and Mrs. Michael Battista of Belleville, and Nick Gingerelli, son of Mrs. Helen Gingerelli Longobardi and the late Frank Gingerelli, were married in Holy Family Church, Nutley.

The Rev, Al Malgri performed the ceremony which was followed.

the ceremony which was followed by a reception at Landmark, East Rutherford.

Escorted by her father, the bride Escorted by her father, the brude wore a long sleeved gown with a sweetheart neckline. It was accentified with Alencon lace and handbeaded with pearls and crystals. A matching headpiece held her veil and she carried a cascade of roses, acceptance with beater.

and she carried a cascade of roses, stephanotis, gardenias and dendro-bium orchids.

Debbie Gumbrecht of West Orange was her sister's matron of honor. Bridesmaids included Theresa Lennon, Sue Anne Battista, Mary Ann Gingerelli, Cammy Gingerelli, Lisa Kotch-kowski and Beth Cantarella, all of Belleville, Loir Valentini of Nutley. Belleville, Lori Valentini of Nutley Benevine, Lori valentini of Nulley, Tricia Schaefer of East Windsor and Angela Wertz of Clifton. Kristy Gingerelli was flower girl. The honor attendant was in a long black shantung suit and car-ried calla lilies. The bridesmaids

CASEY, a handsome two-year-old Yellow Lab mix with a beau-

(908) 688-1073. Update: Bridget, the puppy with the broken pelvis and Rudy, the blind Chow mix, still need homes. Also, over \$2000 has been donated by gen erous readers for Tiger's hip

surgery. Thank you so much!

wore black suits trimmed in white chiffon and the flower girl was in a long white shantung suit. They carried single calla lilies.

ried single culla lilies.
Frank Gingerelli of Highland
Lakes was his brother's best man.
Ushering were Guy and Casey
Lennon, John Yaniga and Larry
Boseaino, all of Belleville, Gary
Gimbrecht of West Orange, Eddie
Stangl of Carlstadt, Chris Cifelli of
East Hanover, Vinnie Sielari of
Nutley and Jeffrey Gingerelli of
Highland Lakes, Frankie Gingerelli
was ringbearer.

as ringbearer.

Mrs. Battista chose 2 teal floor
ngth chiffon dress with beaded bodice while the groom's mother wore a light blue cocktail length

chiffon dress.

Mrs. Gingerelli, an alumna of
Belleville High School and Jersey

Bettevitte High School and Jersey City State College, is a graphic artist with Nu-vision, Linden. Mr. Gingerelli, also a Belleville High School graduate, installs auto alarms for Lojak.

The couple honeymooned at Disney World and in the Cayman Islands following the October 22 nuptials. They have made their home in Nutley



Mr. and Mrs. Farinella

Bethwood, 100wa.

Escorted by her father, the bride
wore a satin and lace gown fashioned with long puff steeves and
cathedral train and accented with
pearls and sequins. A crown headpiece held her veil and she carried
white silk expenses.

piece held her veil and she carried white silk roses.

Michele Dowd of Belleville was maid of honor, Bridesmaids including of Johns Esposito of Belleville and Mary Ann Limongello of Toms, River, sisters of the bride, and Andrea Damiano of Rahway and Charlene Farinella of Kearny, cousins of the groom. Marissa Trabucco of Belleville, niece of the bride, was flower girl.

old Yellow Lab mix with a beautiful cream-colored short coat, needs a loving family. He is very responsive to affection, protective of his family, friendly to other dogs, neutered and current with his shots. Casey and many other fine dogs and cats will be available 6 to 9 p.m. March 3 (cats only) and 11 a.m. to 3 p.m. March 9 (cats and dogs) at Pet's Mart store, Route 22 East at West End Ave., North Plainfield. Sponsored by People for Animals. For more info., call (908) 688-1073. Update: Bridget, the puppy with the broken pelvis

gown accented with multi-colored

Mrs. Farinella, an alumna of Belleville High School, is a facilities management assistant at Grand Union Headquarters, Wayne.

Mr. Farinella, a ganduate of Bloomfield High School, is self-employed in Bloomfield.

The couple honeymooned in Bermuda following the October 7 wedding. They have made their home in Bloomfield.

Stork

Club

Kane Galen Mulligan

Kane Galen Mulligan

A first child, a son, Kane Galen, was born to Mr. and Mrs. John J.

Mulligan of Bloomfield January 28 at St. Barnabas Medical Center,

Livingston. Birth weight was 8 pounds, 13 ounces.

Mrs. Mulligan is the former Eikhne Power, daughter of Angela and

Paschal Power of Duncannon, County Wexford, Ireland. She is a receptionist with Bangz Salon, Montelair, Mr. Mulligan, son of John and

Patricia Mulligan of Bloomfield, is a cosmetologist with Salon Sebastian,

Roseland.

Deven Isiah Green

GET YOUR CAREER OFF THE GROUND



The men and women of today's Navy aviation team are flying and working on some of the world's most sophisticated aircraft. They're not just good at what they do, they're 'Le best. They have to be, because they're doing it for their country. If you think you have what it takes to make it in Navy aviation, contact your local Navy recruiter. This ad is brought to you as a public service of this newspaper.

Navy. Full Speed Ahead.

Clara Maass seeks volunteers to visit homebound seniors

The Friendly Visitors Program of Clara Maass Medical Center is looking for men and women who are willing to volunteer one hour a week to improve the quality of life for a senior citizen.

Volunteers are needed to pro-

voide telephone reassurance, com-panionship and grocery shopping. Potential volunteers are inter-viewed and then matched with screened homebound seniors.

The Friendly Visitors Program is a project of the Clara Maass Volunteer Department. The program already has 60 volunteers who maintain relationships with seniors, but the need for caring, concerned volunteers outstrips the number of available volunteers.

If you believe that a quality life includes service to others, this opportunity may be for you. Volunteers receive training, support and bimonthly education/social

The Friendly Visitors Program is a well-established program known for its service throughout the area. The program has been recognized by the New Jersey Hospital Association as an outstanding volunteer community service.

To learn how you can volunteer with the Friendly Visitors Program, call the Clara Maass Medical Center Volunteer Department at 450-2150.

A first child, a son, Deven Isiah, was born to Stacey Green and Jamillah Wester of Belleville February 20 at Clara Masss Medical Center, Belleville, Birth weight was 8 pounds, 4 ounces. Grandparents are Charles and Diane Jones of Belleville and Eva Green of Roselle. Mr. Green is a telecommunication consultant with Nation 1 Telecommunications.

Nicholas Greg Cairns

A son, Nicholas Greg, was born to Mr. and Mrs. Greg Cairns of Belleville February 24 at Clara Manss Medical Center, Belleville, Birth weight was 8 pounds, 8 ounces. He joins Gina Cassatt, 15, Mary Cassatt, 13 and Jennifer Cairns, 14.

Mrs. Cairns is the former Donna Manochio, daughter of Doninick Manochio of Belleville and the late Mary Manochio Mr. Cairns, son of Donald and Concordia Cairns of Belleville, is a truck drive, with J.W. Piersen Co.

Amber Rae Ungermah

A first child, a daughter, Amber Rae, was born to Steve and Kashy
Ungern ah of Edgewater, Florida, Formerly of Bloomfield, February 15.
Birth weight was 6 pounds, 1 ounce.

Mr. Ungermah is the son of Ray and Doris Ungermah. Mrs. Ungermah is the daughter of Larraine Koliesky of Clifton and the Into Richard

ADVERTISE!

'Just Desserts' March 24 at Valley National Bank

"Just Desserts," one of the Nutley Branch Association of University Women's major fundraisers, will take place 3 to 5 p.m. Sunday, March 24 at Valley National Bank, 371 Franklin Ave.

Tickets are \$5 and may be bought at the door or by calling Charlotte Kunst at 748-9424.
Bring your friends and enjoy an array of sweets. Proceeds will go to the AAUW Education Fund.

If you are what you eat, why not cut back on fat?





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Tropicana Pure Premium

One 64-oz. Conf.

6 Thou Mor 9 Limit One Coppon Per Family Good Man 6 Thou Mor 9 Limit One Coppon Per Family Good

Belleville 3707

BUC SHOTS



Montagna's theatrics an embarrassment to Belleville

Please don't curse that boy down there, He is my son,

He's only just a boy you know, He means the world to

I did not raise my son, dear fan, For you to call him names; He may not be a superstar, It's just a high school game.

So please don't curse those boys down there, Each one's his parents' son; And win or lose or tie, you see, To us, they're NUMBER 1!

The above referenced excerpt appeared in the program from the recent regional wrestling championships, held at Passaic Valley High School. The Committee who runs this event made a special effort to remind fans that the wrestlers on the mat have worked long and hard for this moment, and chances are good that most of the wrestlers will probably lose a match along the way.

They then ask that all spectators, fans, friends, class mates and people just interested in wrestling, demonstrate the same good sportsmanship witnessed on the mats.

Guess what? Once again, the kids, the athletes that the fans are here to see, did a stand out job. They were class on the mat and conducted themselves well

The stands, where the supposed "adults" sit, was another story all together

A case in point. A wrestler from Passaic Valley and his opponent from Nutley stage a championship bout in the 130 pound weight class. The P.V. wrestler wins, which was an upset because the Nutley grappler was undefeated heading into that bout.

So what happens after this? Trouble brews in the stands and the center of this surrounds a few Bellevilleites, one of which is a sitting member of the Board of Education Frank Montagna.

match didn't even involve a Belleville wrestler. Or did it?

Oh yes, the aforementioned Nutley wrestler once was a

Belleville High School wrestler. He moved to Nutley prior to the start of this school year.

The last I checked, it was perfectly legal for a family to move to another community. It would have been nice to have him wrestling for B.H.S. this year, but he's not.

Big deal. Who cares what school this young man chooses to compete for? This is a 17 (maybe 18) year old kid. Let him do what he wants. He's not altering our lives by wrestling for Nutley

How insignificant is your life, Frank, that you have to take a certain amount of delight in this young man losing the match?

Even if you did enjoy the outcome, wouldn't the high road have been to just savor the moment without the editorial comments that at least ten people sitting in the stands heard?

Frank Montagna is a Trustee on the Belleville Board of of Belleville.

Forget the fact that you're an adult, Frank. The fact that you are a public servant of this township almost requires you to conduct yourself with a certain level of professionalism.

That means, if you want to go to a wrestling match to support our kids, then do so without the normal histrionics that usually surround you.

Scenes like the one you were involved with last week end only make our township look bad, more so beca you are a member of an esteemed Board and, hopefully, should know better.

If someone tries to provoke, why not just walk away? Why the constant need to be in the middle of some type of commotion?

I've known you a long time, Frank. I've seen you in action for many years, going back to the mid to late

You'll say that you have the best interest of our youth in mind. But when you get yourseif involved in trouble that requires police officers to sit in the stands so that more trouble doesn't erupt, you might want to take stock in what you're doing

The high school wrestling match, basketball game, baseball game, etc., is for the kids.

You want to help our kids? Stop embarrassing them.

Conte advances to state tourney

It is a bitter sweet moment when a wrestler loses in the finals of the

that his quest is not over, but has rather just begun.

Belleville's Anthony Conte v stunned in the final moments of the Region IV 103 pound champi onship bout.

After leading the entire match, 4-0, Conte's opponent, Rami Ratel of Bloomfield, received a penalty point and then escaped with 11 sec-onds to go in the match. With five seconds left on the clock, Ratel caught Conte and threw him to the mat for a five point move and the

A stunned Conte regrouped him self and did not make a seen. Took the defeat like a gentleman and a

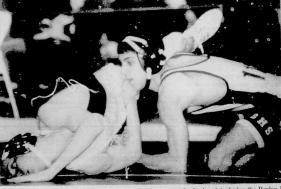
"He has bounced back quickly from the loss to Rami and he showed extreme sportsmanship after the match," added Nisivoccia. "It was hard on hime by he was

"I have been impressed with his wrestling, but I have been more impressed with the way he has handled himself. He has showed a lot

"I basically believe Anthony won this match, but his opponent scored more points," said head coach Joe Nisivoccia. "For 5 1/2

coach Joe Nisivoccia. "For 5 1/2 minutes he wrestled dominantly and with perfection."

"Rami is a dangerous wrestler though and you can't let up for a second," added Nisivoccia. "It was an exciting match, and unfortunate



tempts to turn his opponent for back Valley High School in Little Falls (Phot to by Jerry Mattia).

Conte and Ratel have developed a long history over the last two sea-sons. For the most part Conte has had Ratel's number, but on two occasions, the Bloomfield grappler has defeated Conte

Conte's record now stands at 2: 1, and he will now focus his efforts on the state tournament race

"I still believe he has excellent shot at being state champ," said Nisivoccia. "The pressure is now off of him, and he is focused. He is He is a smart kid and is very

Nisivoccia continued, "He is

machine. He has the will and he will win. I think he will win."
"Anthony has a rough road

ahead, but I just have this feeling,"

"This week, Anthony his going for the gold. He is determined and confident. He has what I have seen in former Belleville state champs, ented Nisivoccia

Unfortunately, Conte will be making the state tournate trek alone. Four other Belleville wrestlers, Lawrence Martin, Chris and Frank Zarro and Dave Paladino

rnament. Martin fell in a crucial overtime tch to Dante Cifelli of Nutley i

the consolation round.

"Martin took it well, even though he is very disappointed. I

believe he should be in the states,"

"Larry is one of the hardest workers in the room He has a lot of skill and it was a very tough weight class," added Nisivoccia.

In the quarterfinal round, both Frank and Chris Zarro we:e eliminated from the tournament.

"I would have liked to have

Frank place as a freshman," added Nisivoccia, who continued, "And Chris did a really nice job for all

Paladino had a close quarter

"Dave is a very aggressive wrestler and he had a rough match. There was a lot of hustling," com-mented Nisivoccia. "Dave had a

"It would have been great to see them all go to the states, but it has been a rough year for Belleville wrestling," said Nisivoccia. "It was the first losing season we have the distance."

"We're going to regroup and comeback," asserted Nisivoccia. "We have a great group of wrestlers returning who have now gotten a year experience. This year we rebuild."

The season has not ended yet.

The season has not ended yet.

Conte is still alive and seeks the

state tournament championship.
"I wish Anthony luck. I think
he's ready and will be champ,"
concluded Nisivoccia.

Spring sports just around corner

Despite what the weather rep may be saying this week, the spring season is just around the corner, and with it, the start of the spring sport schedule at Belleville High School

There will be plenty of sports coverage in the Belleville Times in

the next few weeks.

In the March 14 issue, we'll have our All Area teams for girls and

our All Area teams for girls and boys basketball.

On March 21, we'll feature the All Area team for wrestling.
Then, in the March 28 issue, we'll begin full coverage of pre sea-son action for the baseball, softball, track, tennis, golf and crew teams.
The regular season commences shortly after April 1, so there isn't much time.

Mere's a quick preview of the leams. In baseball, Chuck Martin will be back for his third season as

Martin led the team to the G.N.T. title game last spring. The Bucs lost a 1-0 heartbreaker to Columbia in that sitle game.

This year, Martin will have to rebuild his pitching staff. The top three pitchers from the '95 team were graduated last spring.

In softball, Carl Corino returns for his second season as head coach

after his "retirement" prior to the '94 campaign.
Corino, who has compiled well over 300 victories in 15 seasons at B.H.S. (1980-93 and '95) will also

have a rebuilding job in store

There is some good talent for the Lady Bucs, and you can bet that Corino will have the team playing well when the season starts next

The track team will outer the '96 campaign with a lot of optimism. Head coach John Tosato has the program on an upswing. The indoor team set a number of school records

and had a good turnout.

Tosato expects the numbers to be up this spring and the Bucs should be more than competitive in the

It's been 20 years since the track m posted a winning record and '96 Bucs will be striving hard to break that streak.

Recently, a member of the Belleville Township Council expressed optimism that the track team would be able to compete at home this season. It's been eight years since the Bucs have had

Tony Salese will be back as head each of the boys tennis team. Last fall, the girls tennis team was final ly able to call B.H.S. home for its

This spring, the boys team yall-hopefully be home for its matches. The team competed at Brookdale Park the part, we see on. The winter months have been tough on road ways. Let's hope the

the team to get on the links for prac-

Gene D'Allesandro will begin his tenth season as head coach. The program has enjoyed good success in the past.

practice earlier than the other spring

sports teams.

The rowers will begin its season in late March, but most coaches will tell you that the "real" crew season commences in early May with the regatta season.

So, it should be an exciting spring at Belleville High School.

We'll have schedules of the respective teams in appending

tonis cours are in good shape following the steady snow we've endured.

Good weather is a must for the Belleville golf team. The Bucs will be partnered at (201) 759-3200.

Little is a 'herald of peace'

By Dennis Wikon, Jr.

ancient Greece, a sacred truce was called so athletes could peace-fully compete at the Olympic

called "heralds of peace

called "heraids of peace" — trav-eled Greece proclaiming the begin-ning of the truce and issuing the clarion call to the Gomes. For the Centennial Olympic Games in Atlanta, Georgia, 10,000 "heraids of peace" will trek the Olympic torch 15,000 miles across

Nutley resident Patricia Little has been chosen as one of the "heralds of peace," and will tote the Olympic torch when it winds its

Olympic torch when it winds its way through the communities of the Garden State.

Little truly exemplifies a herald for peace. The 52-year-old lifelong resident of Nutley was selected as a torchbearer through the "Community Heroes" program.

Currently, 5,500 "community heroes" have been identified through community independent of the peace of the selection of t

through community judging panels facilitated by local United Way organizations. The United Way is the provider of community support and volunteer services for the 1996 Olympic Torch Relay.

"I was very emotional when I found out I was selected," said Little. "It makes me feel like a

The Belleville A.S.A. Umpires
Association will be conducting the
A.S.A. Softball Umpire's Test on
Wednesday, April 3, 1996 at 7 p.m.
at the Rec House, which is located
on 407 Joralemon Street.
Any adult, male or female, interested in taking the test should call
the Belleville Recreation
Department at 450-3422 to obtain
an application for the test. There is
a \$30 non-refundable exam fee that
must accommany your anolication.

a \$30 non-refundable exam fee that must accompany your application. Persons who register for the test can attend the A.S.A. Softball Rules Clinics, to be given on Wednesdays, March 13, 20 and 27

at 7 p.m. at the Belleville

Recreation Department. These clinics are designed to prepare all potential umpires for the test on

American Heart Association

CANADARA

The clinics will be con ducted by Frank Dario, one of Belleville's most experienced

Ump's test to be given by Belleville A.S.A.

Newark and assists Mother Theresa's Missionaries of Charity.
"I was asked to help with the children and I teach them arts and crafts," said Little. "I just love the

crarts, said Little. "I just love the kids.
"I have learned humility from being down in Newark and working with the nuns," she added.
"Coming from a nice town like Nutley you can take things for granted. These children and people come out and stand in line at 6 a.m. for some food. "At 8-o'clock, the nuns open the doors and serve cere-al with milk and fruit."

al with milk and fruit."

On one occasion, Little recognized that the children were using telephone cord as jump rope, hangers and a soapy solution to make bubbles and rocks as toys.

"These children have absolutely nothing to play with," said Little
"My friend Gayle and I put some
money together and bought crayons
and coloring books and clay."

From that moment, Little began

teaching the children arts and "Art is a healer for me," asserted

Little's artistic talents stem from

her 7-year-old hobby/business of

The registration deadline will be March 15. The course and test are open to all persons, 18 years of age and older. A 70% passing grade will be required. Successful applicants will then be qualified to umpire A.S.A. softball after poying their membership dues, and will bursponsible for securing their own work assignments.

Challenger

Division to hold

registration

The Challenger Division of Bloomf eld Southern Little League

Bloomf.eld Southern Little League will be holding registration on Saturday, March 2 and Saturday, March 9, from 10 am. to 2 p.m. at Firehouse Station #1, Excated off Bloomfield Avenue on Watsessing Avenue across the street from Foodhown in Bloomfield.

The program is designed for children ages five to 18 with physical, emotional or mental disability.

cal, emotional or mental disability that live in Essex County, as well as Kearny and Harrison.

Questions will be answered by leaving a message at 429-9863, and

a person will gladly return your

Participants will be charged a nimal fee.

"I restore statues for people. I also restore statues that people don't want anymore and I give

"God has helped me overcome so many adversities in my life."

The Olympic flame will arrive in the United States on April 27 in Los Angeles and will travel through 42 states before it arrives in Athan's Olympic Statium for the Opening Ceremonies on July 19, where it remains a lighted bea-con until Angust 4, when it is extin-guished on the final day of the Olympics.

guished on the runs of Olympiad.
"The quality of all the people nominated as heroes is ever so impressive," said Bill Payne, president and CEO of the Atlanta of the Committee. "These deat and CEO of the Atlanta Organizing Committee. "These torchbearers represent what is best about America and are exemplary models of many heroes who every-day make significant sacrifices in

day make significant sacrifices in serving others in society."

There will be a total number of 10,000 torch bearers who will carry the 3.5 pound torch for up to one kilometer. In addition to the 5,500 "community heroes," 2,000 Olympians and other bearers, along with 2,500 individuals selected by Coca-Coll

Americans have a final chance Americans have a final chance to choose torch bearers though Coca-Cola's "Share the Spirit" program. By filling out nominating forms available at retail outlets, all Americans can nominate someone special in their lives to carry the Olympic flame.

The Belleville Recreation Department is proud to announce that applications for all recreation and softball programs are available in all public and parochial school offices and at the Recreation Department office, as of February 5, 1996.

Boys ages 7-8 can play Pea Boys ages 7-8 can play Peanut League Baseball; 9-12 year old boys can play Major/Minor League Baseball; and i3-16 year old boys are eligible for Intermediate/Senior League Baseball. Children ages 9-16 who wish to play Baseball must

try out.

Boys and girls in grades K-1
(age 5-6) can sign up for Tee-Ball.
Girls ages 7-14 can apply for all
levels of Recreation softball,
including the Suburban team.
Specific league structure/age breakdown for girls' softball will be
determined after the registration

deadline.

In order to qualify for any league, the child must reach the minimum age before August 1, 1996 and he she camest exceed the maximum age by July 31, 1996. Tee-ball is for grades X-1 only.

Boys ages 9 or older and girls ages 10 or older who are applying for basebull/solfbull must try out in order to be selected for a team. Everyone who registers by the

Everyone who registers by the March 1 deadline will be placed on

a team. All leagues are for Belleville residents only.

Rec baseball and softball

applications are available

High school freshman or junior varsity team players, or Suburban League team players (7th and 8th grade) are not eligible for the

grade) are not eligible for the
Recreation Leagues.
All applications must be
returned to the Rec House with
photo copies of their birth certificates by Friday, March 1, 1996.
Players trying out for the previqualy mentioned teams should complete recreation applications before
the March 1 deadline in case they
do not get selected for the
school/Suburban teams.
In all cases, the amplications

school/Suburban teams.

In all cases, the applications must be completed in full and signed by a parent, and all returning players must re-apply. Applications accepted after the March T deadline will be considered late and will be treated accordingly. Late applications will not be guaranteed an entry into the league.

The Rec House is located on 407 loralemon Street, and the hours.

407 Joralemon Street, and the ho friday, 8:30 a.m. to 12 noon and 1 p.m. to 4 p.m. The office will also be opened on Wednesday nights, 6

be opened on Wednesday nights, 6 p.m. to 8 p.m. for registration. All children attending required practices will play in every game. These leagues stress sportsmanship, basic skills and fun.

League directors sought by Rec Dept.

The Belleville Department of The Belleville Department of Recreation and Cultural Affairs is seeking two adults to serve as league directors for Spring Sports. The part-time positions entail supervision of league games/per-

sonnel, assigning umpires, re-scheduling rainouts and record

keeping.
Openings exist for Peanut
Baseball/Tee-Ball League Director
and for a Junior/Senior Baseball ague Director.

ably reside in Belleville and be available five nights a week and weekends. Qualified applicants must be sportsminded, responsible and must work well with people. These positions would also be good experience for a college student

majoring in recreation/physical For further information or to

apply, please contact the Recreation Department at 450

Belleville soccer seeks boys & girls

Belleville soccer is seeking boys and girls to participate in the pr

Interested children should call one either Carol at 751-7616 or Alan at 751-7876. Please leave name, telephone number and date of birth.

Applications will be accepted until March 2. Only children born prior to Aug. 1, 1990 are eligible to

Belleville Recreation Department seeks coaches for Tee-Ball Leagues

The Belleville Department of Recreation and Cultural Affairs is seeking adults to coach in its Tee-

Ball League.

Anyone interested should preferably reside in Belleville, and must available Saturdays and Sundays. available Saturdays and Sundays.

Qualified applicants must be sports minded, responsible and must work well with people.

Coaches will be working with boys and girls, ages five to six.

For further information or to apply, please contact the Recreation Department at 450-3522.

higher levels of baseball/softball for children ages seven to 14.
Certification is required and will be provided by the Recreation Department in early March. Interested candidates should call 450-3422 in order to apply.

Patricia Little

them to hospitals for people that need them," she said. Little was nominated by Lynn Faduloto, a friend and secretary at

Faduloto, a friend and secretary at Holy Family Church.

"Patty is the type of person who does so much and does not get the recognition," said Faduloto. "She is the only person I know who goes out of her way for people. She is wonderful. She has a quality that most people dou't have. most people don't have.

"Most people are tied up with their own lives, but she makes time for others. I wish I was like that." Little has been married to Pat

Little for seven years and has two children, Thomas and Maria Giangerelli.

"I thank God for everything. I don't do it alone. I do it with God

Rec Department pre-school registration is in progress

The Belleville Department of creation and Cultural Affairs is coepting registration for the pre-hool play program for four year dichildren. The program consists are only a limited number of or old children. old children. The program consists of games, stories, songs, art, out-side play when weather permits, short rest periods and occasional holiday parties especially designed for pre-school children.

for pre-school children.

A session is from 9 a.m. to
10:45 a.m. or 12:45 p.m. to 2:30
p.m., five days a week with class
limited to a maximum of 23 students in each session. The cost of
the 32 week session is \$150. The mothers of the children accepted must participate by serving one duty day about every eight or nine days according to a published schedule. School will begin on Monday, Sept. 16, 1996 and will run through May 1997. Children born between October

enter Kindergarten in September 1997 are eligible. Participants must be Belleville residents. Since there are only a limited number of open-ings, and applications will be accepted on a first-come-first-s

Children must be able to speak and understand English in order to participate. Children enrolled in the morning program cannot also be in the afternoon program, or

A \$25 deposit is required to hold your spot in the program. For further information and

enrollment, contact the Belleville Recreation Department at 450-3422 as soon as possible, Monday through Friday from 8:30 a.m. to 4 Registration is currently in

Suburban Softball registration set

There will be a registration meeting for all girls who wish to try-out for the Suburban Girls' Softball team, on Monday, March 4 at 3 p.m. in the Middle School

All girls who are Belleville resi All girls who are Belleville residents and who are presently in grades seven and eight are eligible. Try-outs are scheduled to begin on or around March 13. Registration forms must be submitted at the

TCI of Northern New Jersey Channel 20

MONDAY

6:00pm A Closer Look at Community Life 6:30pm Jersey Music & Video Spotlight

7:00pm The Mark Dacey Show

7:30pm Italics

8:00pm Film Flicks & Video Pix* 8:30pm Health Issues with Debbie DuHaime*

9:00pm SpecialProgram

9:30pm Special Program
10:00pm Jersey Music & Video Spotlight

TUESDAY

6:30pm Video Fashion 7:00pm Cappy's Casino Corner 8:00pm Uncle Floyd's New Jersey.* 8:30pm, O'Keefe Ent. Presents

9:00pm It's In The Stars Live*

10:00pm A Closer Look at Community Life

WEDNESDAY

6:00pm Back to Basics with Nancy Sabato 6:30pm A Closer Look at Community Life 7:00pm Bringing Italy to You 8:00pm Mondo Italiano 9:00pm Jersey Music & Video Sporlight

9:30pm Essex Digest

10:00pm Special Program 11:00pm Carol & Carol Psychic Call In Show

OBC-TV OUR BEST CHOICE

THURSDAY
6:00pm The Theresa Nance Ministries
6:30pm A Closer Look at Community Life

7:00pm O'Keefe Ent. Presents
7:30pm Ask the Chief with Nutley Chief De Litta and

Anthony Iannarone 8:00pm Middle Eastern TV

FRIDAY

5:00pm It's In The Stars (R) 6:00pm Ambassador of Grace

6:30pm Essex Digest 7:00pm Film Flicks & Video Pix*

:30pm O'Keefe Ent. Presents

8:00pm The Final Score 8:30pm Jersey Music & Video Spotlight

9:00pm The Mark Dacey Show* 9:30pm A Closer Look at Community Life 10:00pm Front Page Edition with Lee Spinelli*

Suburban Cable .Channel 36

SUNDAY

and the state of t

Amhassadors of Grace Ministry

9:00am Ambassadors of Grace Mir 9:30am Uncle Floyd's New Jersey*

Back to Basics with Nancy Sabato Accent on Essex County 10:00am 10:30am

Front Page Edition with Lee Spinellli* Health Issues* 11:00am

11:30am The Final Score

12noon~ 12:30pm

1:00pm Middle Eastern TV

Bringing Italy To You Carol & Carol

6:00pm Carol & Carol
6:30pm Jersey Music & Video Spotlight
7:00pm The Mark Dacey Show*
7:30pm Uncle Floyd's New Jersey*

8:00pm Mondo Italiano

9:00pm Bringing Italy To You

10:00pm O'Keefe Ent. Presents

*Programs produced By OBC

County residency requirement extended to hiring of firms

Essex County Executive James Treffinger and Freeholder President Joseph DiVincenzo have agreed to sently apply to county employ-to firms seeking to do business



tive and legislative chief announced that "insofar as permitted by the state and federal law and regula tions governing open and competitive bidding, all contracts for services entered into with the county will henceforward go only to firms and businesses which maintain offices in Essex County."

offices in Essex County."
"While state bidding laws prohibit such restrictions for most contracts as anti-competitive, we
believe there are several exceptions
to the state law involving professional services, and we intend to
require that the county government,
in such instances, will do business
only with those businesses that cononly with those businesses that contribute to the property taxes of Essex County which pay for Essex County government," they said.

"As with the timetable imposed

"As with the timetable imposed regarding residency requirements for employees, the exact same six-month period will be strictly *anforced for all businesses. If at the end of six months a business does not maintain an office in Essex Gounty, such firms shall not be eli-

gible for business with Essex County government," the statement

Treffinger stated that this new equipment to "bring business home" is a natural extension of his "Essex First" initiative which mandates strict enforcement of a mandates strict enforcement of a 1978 county law requiring all county employees to be county residents.

"Our approach is aimed, among other things, at bringing millions of tax dollars used as salaries for county employees back into the local economy," said the county

With Essex suffering the state's highest unemployment rate, it makes sense that county residents should have the first opportunity to work for their own government. And all citizens countywide will benefit from having their tax dollars reinvested in their communihe said.

DiVincenzo endorsed the "Essex First" proposals and expressed his "wholehearted support for the

enforcing the residency require enforcing the residency require-ments for county employees and businesses. Particularly in this time of financial trouble for Essex, we must do whatever we can to bring jobs and dollars back into the county. We have no choice but to con-centrate on Essex first."

The new policy regarding residency requirements for businesses will be formally stated through an executive order to be issued by Treffinger and an identical free-holder resolution which DiVincenzo said he will present at the next board meeting.

Because of state and federal law restrictions regarding open compet-itive bidding, the kinds of service titve bidding, the kinds of service contracts which will be most affected by the Treffinger-DiVincenzo policy will extend to businesses providing accounting, legal, architectural and engineering services to the county, the two officials said.



BOOKS ON PARADE - Students hold up the books they have chosen to read in the "Parade of Books" at the Shafter Branch of the Belleville Public Library and Information Center. Residents are reminded that your local Library is an excellent resource for books, videos, cassettes, compact discs and information. The library staff is there to belp, so if they do not have a book, we will get it for you from

Air pollution bill moves to Senate

State Sen. John P. Scott, R-36th, and his colleague, State Sen. Robert E. Littell, R-24th, sponsors of the "New Jersey Motorists Fairness Act," say their measure will ensure a regional solution to the Northeast's air pollution problem without placing an unfair burden on state motorists and taxpavers.

The legislation, that would delay implementation of the state's new vehicle inspection program until other states in the region join efforts to comply with federal clean air standards, was approved Feb. 22, by the Senate Natural Resources and Economics. and Economic Development

"Last summer, Northeastern states agreed to implement a regional solution in the fight against air pollution," said Scott. "It's only good sense to reevaluate New Jersey's clean air strategy in light of the dissolution of this partnership. We can't ask our motorists and taxpayers to underwrite a new inspec-tion program while their neighbors

the federal government."

Littell, co-prime sponsor with Scott, stated that the legislation simply requires that other states in the region get EPA approval on meeting federal clean air standards before New Jersey moves ahead any further with its program.

"Last year, I thought we had a plan that made sense, one that was fair and equitable, and I still think that, but only on a regional basis."

that, but only on a regional b

said Littell.

Under the terms of the bill, New Jersey would not proceed with the implementation of the new inspecsystem until at least three of the r neighboring states – New k, Connecticut, Pennsylvania and Delaware, or both New York and Pennsylvania - comply with eral EPA mandates.
"There is not even a semblan

of leadership coming from the EPA on this issue. Until there is until our neighboring states follow our lead, New Jersey would be foolish to move forward," Scott

The bill moves next to the full Senate for consideration.

Treffinger angered by correction officer

at recent statements by a union offi at recent statements by a union offi-cial who accused county govern-ment of bearing responsibility for immate escapes at the jail annex and revealed that the same official is directly implicated in the leaking of confidential security information to

Corrections Officer Michael DeMeo, president of PBA Local 157, accused the county of failing to correct security problems at the county's jail annex in North Caldwell and blamed recent escape attempts on those security lapses.

mation revealed through an inde-pendent investigation I ordered into security leaks at the jail annex—an investigation that Officer DeMeo was well aware of—his comments can only be viewed as a hypocritical attempt to draw attention a

The county executive stated that the investigation found that confidential information provided by DeMeo had been disseminated among the jail inmates. The leaked information included descriptions of security procedures, staffing schedules for corrections officers annex grounds.

"The investigation, which has been proceeding for several weeks, reveals that it was Officer DeMeo who leaked this information," said Treffinger, who noted that the infor-mation made available to immates yas actually used by them in the planning and execution of a suc-cessful escape by seven inmates last

The county executive said his staff is currently investigating the possibility that the same leaked information may have also aided the escape attempt by three annex inmates this past weekend.

"Fortunately, in both escape attempts, all inmates were quickly recaptured by the police and no one was injured. But the leaking of this security information jeopardized the safety of all our citizens and endangered the lives of every cor-rections officer and municipal police officer who responded to this emergency," Treffinger said.

"We are actually in the process now of seeking all remedies avail-able under the law, including criminal proceedings against this officer for such outrageous and possibly criminal misconduct," Treffinger said. "Officer DeMeo's criticism of the county should be viewed merely for what it is-a calculated and hypocritical attempt by a disgrun-tled employee who is rightfully fearful of losing his job. His actions violated his responsibilities as a law enforcement officer and put every one of his fellow officers in dan-

Basic training completed

Marine Pvt. Dannie L. Cohen, son of Willie F. and Agnes A. Coleman of Malone Avenue, Belleville, recently completed basic training at Marine Corps Recruit Depot, Parris Island, S.C.

Cohen successfully completed 11 weeks of training designed to challenge new Marine recruits both physically and mentally.

Cohen and fellow recruits began their training at 5 a.m. by running If you like holding on to

more of your money...

Giving Us A Call!

You'll Love

three miles and performing calis-thenics. In addition to the physical conditioning program, they spent numerous hours in classroom and field assignments which included learning first aid, uniform regula icaring first aid, uniform regula-tions, combat water survival, marksmanship, hand-to-hand com-bat and assorted weapons training. He is a 1995 graduate of Belleville High School.



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> CVS 412 MAIN ST BELLEVILLE

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J & S LUNCH 31 BELLEVILLE AVE. BLOOMFIELD

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KERNER'S 126 WASHINGTON AVE. BELLEVILLE

KRAUZER'S 37 FRANKLIN ST. BELLEVILLE

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C7 FRANKLIN ST. BLOOMFIELD MARBACH'S DELI

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MOR-THAN CARDS 51 FRANKLIN ST BELLEVILLE

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COUNTY, DOCKET NO.
F-29995 LAREVIEW SAV-INGS
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Attorney
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FRONT Z PAGE PAGE EDITORIALS X

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21, 1996 Belleville Times March 7, 14, 21, 28, 1996 No. B96-92 Fee: \$82.72

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Fighting Heart Disease
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Attorne Belleville Times March 7, 14, 21, 28, 1996 Fee: \$77.08

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96-001727
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BeFeville Times March 7, 14, 21, 28, 1996 Fee: \$84.60 No. B96-145

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You must apply for an Absentee Ballot for each Election. I hereby apply for an absentee ballot for the (circle one) PRIMARY GENERAL MUNICIPAL SCHOOL DATE OF ELECTION

I live in the (circle one) CITY TOWN TOWNSHIP BOROUGH

My legal residence address including Street, Number and/or R.D. Numland Box Number is: STREET ADDRESS

ZIP CODE

STATE CHECK REASON FOR BALLOT

I am unable to vote at my regular polling place on election day beca

I expect to be absent from the State of New Jersey on election

(date of departure)
Of illness or physical disability/blindness/pregna

DATE OF BIRTH

(state reason)
(state reason)
Of observance of a religious holiday.
Of resideal attendance at a school, college or university.
Of nature and hours of my employment. der Penalty of Law, I CERTIFY that the foregoing state me are true and correct.

VOTER ONLY SIGN YOUR NAME AS IT APPEARS IN REGISTRY BOOK

PLEASE TYPE OR PRINT YOUR NAME CLEARLY

ONLY if sick or confined, a voter may apply for an apsentee ballot by authorized messenger. Messenger must be a family member or registered voter of the State of New Jersey.

VOTER: SIGN NAME ON ABOVE LINE

SIGNATURE OF MESSENGER

STREET ADDRESS STATE ZIP CODE

Garrett Ward Sr., 42

A Mass for Garrett Craig Ward
Sr., 42, of Estes, Colo., was offered
Feb. 29 in St. Anthony's Church,
Belleville, following the funeral
from the Zarro Funeral Home,
Belleville, Following Homeral
from the Zarro Funeral Home,
Belleville, Belleville, he liv

Mr. Ward, who died Feb. 24 in Bloomfield, Conn., was a truck driver and the owner of the Monford

He was a member of Truckers Owners and Opera and Operators

Association of Greeley.

Born in Belleville, he lived in Estes for 10 years.

Surviving are a son, Garrett Jr.; a

daughter, Jessica Toni, and his mother, Toni Ward.

Beulah Goodenough, 85

Memorial services for Beulah Goodenough, 85, of Belleville were held Saturday in the Fewsmith Memorial Presbyterian Church, Belleville.
Mrs. Goodenough,

Feb. 24 in Columbia Presbyt Hospital, New York City, was a first grade teacher at School No. 7, Belleville, for 40 years, retiring 20 years ago.

A member of the Belleville chapter of the American Association of Retired Persons, she as a volunteer at the Clara Maass Medical Center, Belleville, and drove for the American Red Cross of Essex County. She was a deacon at the Fewsmith Memorial Presbyterian Church and was active with the women's organizations at the

Mrs. Goodenough earned an Mrs. Goodenough earned an associate's degree in education in 1930 from Mansfield State College in Pennsylvania and a bachelor's degree in education from Newark State College in 1943.

Born in Honesdale, Pa., she lived in Newark before moving to Belleville 60 years ago.

Surviving are a daughter, Mary

Surviving are a daughter, Mary Gideon; a son, Richard, and three grandchildren.

Felix Linfante, 67

A Mass for Felix Linfante, 67, of Belleville was offered Friday in St. Peter's Church, Belleville.

The funeral was from the egaro Memorial Home. Belleville.

Linfante, who died Feb. 26 in Clara Maass Medical Center, Belleville, was a foreman in the flatware department of Tiffany & Co., Newark, where he worked for 38 years before retiring 10 years

He served in the Army during

peacetime.

Born in Newark, he moved to Belleville 44 years ago.

Surviving are his wife, Angie; two sons, Victor and Felix, and three grandchildren.

Stanley Obiurka, 78

A Mass for Stanley Obiurka, 78, of Belleville was offered Feb. 29 in St. Peter's Church, Belleville.

was from the funeral Kiernan Funeral Home, Belleville

He was a forklift operator with Thompson's Materials, Belleville,

for 25 years before retiring 18 years

Ago.

Mr. Obiurka was a corporal in the Army during World War II.

Born in Providence, R.I., he lived in Belleville for 50 years.

Surviving are a son, Stanley; two daughters, Mary Ann Harkins and Paula Croson, and six grand-children.

Gladys Louer, 86

Gladys R. Louer, 86, of Whiting died March 4 in the Bey-Lea Nursing Center, Toms River.
Services will be held at noon today in the Allwood Funeral Home, Clifton.
Mrs. Louer was a clerk for the Prudential Insurance Company, Cedar Grove, for 10 years before retiring in 1971.
She was a member for 60 years

She was a member for 60 years of the Order of Eastern Star in New Jersey, and was a past matron and former secretary of Areme Chapter

73, Belleville.

73, Belleville.

Mrs. Louer was a charter member and former secretary of Pines Chapter 290, Whiting, and a mem-

ber of Nutley Chapter 121, Nutley. She was part grand officer of the New Jersey Grand Chapter Order

Mrs. Louer was an organizer of the Meals on Wheels Program, Whiting. a member of the Manchester Chapter of the Deborah Hospital Foundation and an announcer for the Whiting cable

Born in Norwood, R.I., she lived in Belleville and Nutley before moving to Whiting 25 years ago.
Surviving are a son, Robert in

four grandchildren and a greatgrandchild.

Sacred Heart School seeks class photos

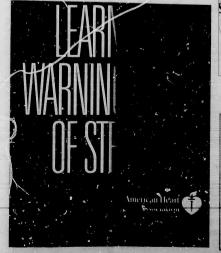
Sacred Heart School in Bloomfield is looking for alumni willing to loan the school copies of their class graduation photos for a
Wall of Recor ion.
The school is in the process of

mounting a picture of each of the graduating classes on a wall. The

school will return each photo after

school will return each photo after it is reproduced.

The school is particularly looking for photos of graduating classes through the 1950s. Those who think they can assist in the project are asked to call Principal Margaret Januaci at 743-40/5.



Obituaries

Michael Battista Jr., 58

Michael Battista Jr., 58, of Belleville died March 2 in Clara

Maass Medical Center, Belleville.

A Mass was offered Tuesday in St. Lucy's Church, Newark, following the funeral from the Zarro ing the funeral from the Zarro Funeral Home, Bloomfield.

Mr. Battista was a construction laborer with Local 342, Newark, for 10 years. He served in the Navy during the 1950s.

Mr. Battista was a member of St. Lucy's all-male chorus and the Wonder Club, Newark. Born in Newark, he lived in Belleville for 33 years. Surviving are his wife, Rita; four daughters, Theresa Lennon, Debbie Gumbrecht, Kathy Gingerelli and Sue Anne; his father, Michael Sr.; two brothers, Joseph and Ralph, and a grandchild.

Eleanor Pellegrino, 88

Eleanor Pellegrino, 88, of Belleville died March 2 in Clara Maass Medical Center, Belleville. A Mass was offered Tuesday in Holy Family Church, Nutley, fol-

Holy Family Church, Nutley, fol-lowing the funeral from the Megaro Memorial Home, Belleville.

Mr. Pellegrino worked in the production department of the Belleville Can Co. for 30 years before retiring 20 years ago.

Born in Newark, she lived in Belleville for many years. Surviving are four daughters, Dolores Loreto, Marie Davies, Eleanor Giuliano and Georgianna Eleanor Giuliano and Georgianna Green; three brothers, Ralph, Ceasare and Anthony Casale; three sisters, Angelina Landolfi, Katy Liloia and Perinna Goglio; 14 grandchildren and 11 great-grand-

Joseph Pisauro, 67

A Mass for Joseph Pisauro, 67, of Belleville was offered Monday on Believille was offered Monday in Holy Family Church, Nutley. The funeral was from the Biondi Funeral Home of Nutley.

Mr. Pisauro died Feb. 29 in Clara Maass Medical Center,

He was a new product development manager with Durex Inc., Union, where he worked for 42 years before retiring six years ago. Born in Newark, he moved to

Born in Newark, he moved to Belleville 38 years ago. Surviving are his wife, Connie; three sons, Joseph, Mark and Steven; two daughters, June DeSantis and Lauren O'Doherty; his mother, Louise; three brothers, Peter, James and Victor; two sis-ters, Lee Volante and Rae Motsch, and eight grandchildren.

John Demark, 84

Services for John Paul Demark, 84, of Belleville were held Monday in the S.W. Brown & Son Funeral Home, Nutley. Mr. Demark, who died Feb. 29

in University Hospital, Newark, was the owner of Demark Tool & Manufacturing Co., Belleville, for the last 32 years.

Previously, he had been an elec

Previously, he had been an elec-trical engineer with Western Electric, Kearny, for 20 years. Mr. Dernark graduated from the New Jersey Institute of Technology, then Newark College of Engineering, He also did post-grad-uate studies at Stevens Institute of Technology, Hoboken. Mr. Demark was a member of the Shrine Temple of Livingston Ambassador's Unit and the execu-

Ambassador's Unit and the executive meeting of the Ambassador's Unit. He was also a member of the Chanters Glee Club of Livingston the Orange Mountain Shrine Club the Jersey Commandery No. 19
Knights of Templor of Nutley, the
Royal Arch of Union Chapter No. 7
of Union, and the Masonic Lodge
107 Fa.AM of Belleville.

"Mr Deman's was a member of
the Investment Club of East
Haneyer the Draws Swaden of

the Investment Club of East Hanever, the Power Squadron of New Jersey, the Old Guard of Nutley, and the Belleville Old Guard, where he served as chaplain. Mr. Demark had been superin-endent of Grace Baptist Church, Belleville, and a former member of the Belleville Board of Education. Born in Jersey City, he lived in Belleville for 75 years. Surviving are his wife, Verna:

Surviving are his wife, Verna two daughters, Jean Zeoli and Caro Roy; five grandchildren and a great-grandchild.

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Maria Forte, 70

Maria Forte, 70, of Belleville died March 3 in Clara Maass Medical Center, Belleville.

A Mass was offered yesterday in St. Francis Xavier Church, Newark, after the funeral from the Zarro Funeral Home, Bloomfield.

Mrs. Forte was a member of the Belleville Branch Brook Senior

Citizens.

Born in Italy, she lived in Newark before moving to Belleville

30 years ago.

Surviving are her husband,
Gennaro; two sons, Joseph and
Jerry; a daughter, Carmelina
Rylick; her parents, Agostino and
Lougia DeGugliemo; three brothers, Michele, Antonio and Dicimo DeGugliemo; three sisters Giovanina Sinconolfi and Concetta and Maria DeGugliemo; 16 grand-children and three great-grandchil-

Stephen Skaleski. 62

A Mass for Stephen Skaleski, 62, of Belleville was offered Friday in the Holy Family Church, Nutley. The funeral was from the Megaro Memorial Home, Belleville

Mr. Skaleski, who died Feb. 27 in his home, was an oil pressman with the Atlas Oil Refinery Inc., Newark, for 31 years before retiring

Mr. Skaleski served in the Army

Born in Newark, he moved to Belleville several years ago.
Surviving are a son, Dr.

H. Clayton Guth, 70

Services for H. Clayton Guth, 70, of Stockholm, a former executive at Wallace & Tiernan, Inc., Belleville, were held Feb. 28 in Clover Hill Reformed Church, the Wilfred Armitage Funeral

Home, Kearny.

Mr. Guth, who died Feb. 25 in
Newton Memorial Hospital, was
vice president of Wallace & Tieman, retiring 11 years ago.

He was a former deacon at Brookdale Reformed Church, Bloomfield. Born in Kearny, Mr. Guth lived in Bloomfield before moving to

Stockholm 10 years ago.
Surviving are his wife, Audrey;
a son, Robert two daughters,
Deborah Cherry and Cathy
Sheenan, and 11 grandchildren.

Stephen; a daughter, Catherine Ann; two sisters, Julia Jachym and Olga Tallon, and two grandchil-









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Middle School students learn how to be a 10

Students at Belleville Middle chool were treated to a motiva-onal assembly by Jeff Thaxton.

tional assembly by Jeff Thaxton. Thaxton spoke about drug and alcohol abuse, self-esteem and love.

This program was geared toward developing preventive methods for countering drug/alcohol and by encouraging love of parents, indugs while believing in one's own self-worth. Throughout the presequation Thaxton stresses the importance of the student feeling his/her own self-worth.

Thaxton's presentation reached the students while entertaining them at the same time.

Students reactions were very positive. "Mr. Thaxton said I should be a 10," stated seventh-grader Kristen Perry. "His message of love your parents not drugs, will stay with me as I get older," stated Jackie Helfrich.

This was Thaxton's second appearance at Belleville Middle School. He was just as informative and entertaining each time.

DiGaetano proposes to raise senior tax deduction

Legislation sponsored by Assembly Majority Leader Paul DiGaetano, R-36th Legislative District, that would propose a conthe property tax deduction for senior and disabled citizens was Under the concurrent resolution

ACR-21, the property tax deduction would increase from \$250 to \$500 while the income eligibility requirement also would increase from \$10,000 to \$15,000. "This legislation is long over-due," said DiGaetano. "While the

deduction stays the same, the cost of living continues to rise. The current standards are too low and mist

Assembly Appropriations
Committee for consideration.



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How much of a loss will be deductible in your particular case will depend on the size of your loss relative to your income. For example, a depend on the size of your lass remarker to your income. For example, a loss of \$8,000 (after insurance reimbursement) will be partially deductible for a taxpayer with adjusted gross income of \$40,000. The same loss, however, will not be deductible for a taxpayer with adjusted gross income of \$80,000.



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Ten Energy-Saving Ideas

Using energy wisely can reduce consumption and save money on utility bills, according to the American Gas Association. Here are some tips:

1.Seal leaks around doors, windows and other openings, such as pipes or ducts — with caulking or weather-stripping.

2.Set thermostats between 65 and 70 degrees in the winter, at least 5 degrees lower when sleeping, and a 58 degrees when away from home for more than a few hours. (Warmer temperatures are recommended for homes with ill or elderly persons or infants).

3.Set water heater temperatures at 140 degrees (at 120 degrees in homes with infants or elderly persons to guard against accidental scalding), and install water-flow cestricans in showerheads and faucets.

4. Change filters or clean the filters in heating and cooling units twice a year. Close vents and doors in unseed rooms. If pipes or ducts run through unheated areas, insolate them.

5. Use drapes, shutters, awnings, shade trees, glass with reflective film or solar screens to keep sunlight out in the summer and let it in during the winter.

6. Check to see if attlic and basement (or crawl space) have the recommended level of insulation.

7. If you have a woodburning fireplace, consider installing a natural gas fireplace also will dramatically reduce the air pollution created from burning wood.

8. Consider storm or thermal windows and doors or dootle paned glass. A less-expensive alternative is plastic scheeting, which can be temporarily fastened over doors and windows to retain heat or air conditioning.

9. 3e sure that whose hours are and clothes dryers are fully loaded before running.

10. When buying new appliances, compare energy efficiency raptings and annual operating costs. A slightly higher initial cost for a high-efficiency appliance could pay isoff book in a very short time through energy savings and lower utility bills. Many matural gas utilities offer assistance and special programs designed to help consumers reduce their energy bills. Contact your local gas utility for more information.

All Furnaces Need Check-ups

All heating systems should be serviced periodically by a qualified contractor to ensure top performance, according to the American Gas Association. Such maintenance will ensure safe and efficient operation.

Heating contractors should follow the manufacturer's maintenance guidelines for each unit in accordance with local building codes and regulations, A.G.A. says.

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