

**Angry taxpayers should
thank police, firefighters.**
See 'Honestly Belleville,' page 4

**Hooray for Junior
Bucs cheerleaders**
See 'Life in Silver Lake,' page 5

**Quad-town wrestling
selections**
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Thursday, March 21, 1996

50¢

Changes aim to rid illegal residences...

Inspections bring \$'s, home improvements

By Richard Dickon

The Council's requirement that an inspection be completed before issuing a certificate of occupancy with all residence ownership title changes is increasing revenue from inspections and helping eliminate safety and other property maintenance code violations, according to township officials.

The certificate is the first step in cracking down on illegal multi-family homes and upgrading property maintenance, with plans to include inspections whenever a house or apartment changes renters.

With all the recent concerns

expressed about successful tax appeals and an overall shrinking tax revenue base, the Council now charges \$100 for a single home, \$150 for a two-family and a maximum of \$200 for multi-family dwellings, which will help offset the cost of housing inspections.

Township Manager Stephen Cuccio reported to the Council at the March 18 work session that he expects the township to raise between \$30,000 and \$35,000 in 1996 through the inspections.

He said 24 inspections were

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Schools plug future spent 'surfing the net'

By Richard Dickon

The School District's five-year plan to integrate "cutting edge" computer technologies into curriculum was outlined by Victor DePauw, chairman of the Technology Committee.

Superintendent of Schools Michael A. Lally said budget constraints may keep the district from implementing the desired programs, pointing out that last year's technology budget was already reduced by half.

"This underscores the limitations to provide equitable instruction with ever-shrinking resources," Lally said.

This year's budget only includes \$120,000 of the needed \$225,000 for technology, which Lally said is "designated as a priority. We hope to retain this figure in the budget. This is what your children will be demanded of in the workplace. It is essential, we must get in step."

DePauw offered eye-opening statistics at the Feb. 26 school board meeting, including the facts that computers now outsell televisions and nearly 100 million computers are projected to be sold in the United States by 1998.

The technology committee was charged with plotting the district's future after three access "waves" were discussed by the board in November to "surf the net" on the information superhighway.

The choices included looking each school up to an internet system, through "rather costly" subscription services, purchasing the hardware to access directly into the internet or joining a university consortium, according to Edward Appleton, school administrator.

DePauw expanded on the technology curriculum goals for the district, saying computers can help students access knowledge and put it to use. He said the district has been very limited by budget constraints in implementing the plans, relying on funding from grants.

School Board Trustee Robert Molinaro has moved forward discussions on accessing the internet, which the district had already begun, when he reported on a seminar given by the Essex County Board of Education which featured state-of-the-art computer technology applicable in the classroom.

Some of the areas DePauw mentioned as goals were improving teaching, learning, critical thinking, developing research skills, using

computers as an instructional tool, utilizing technology to break down barriers and creating an innovative learning environment and to facilitate learning.

"We would like to have students actively involved with problem solving and decision making, and get them to appreciate the lifelong need for finding and processing information as part of learning," DePauw said.

District-wide, DePauw said teacher in-service days will focus on learning to use computers as teaching tools, learning both software and other technologies.

Equipment and software purchases will be a key to implementing the program, since students, teachers and administrators all need adequate practice time. Such purchases will be a line item in each budget over the five-year period, Perkins loans from the state, which have been cut this year, have helped upgrade computers in areas such as Industrial Arts, Business and Home Economics, DePauw said.

DePauw sees an active role in assisting the district from local community service organizations, with the budget line item matching the contributions to help gradually build up the technology.

"We are looking at a stronger outreach to the business community," DePauw said, adding that unfortunately, some businesses would rather discard old equipment because of potential liability.

When new equipment comes in, DePauw said older equipment may be moved to other locations so more than one area is upgraded at the same time.

School Board Trustee Thomas Fuscaldo said that with the expected school budget problems, including the possibility of another defeated school budget, that the schools should have a "fall back" plan to solicit equipment for the private sector, if the \$200,000 is not there to purchase new equipment.

Board trustee Lou Pallante said that the board "should make a commitment about where we want to go," but first a board committee "should educate ourselves and get a working knowledge of computers."

Board President Ralph Mazzuca urged the rest of board to "take this report home and study it," noting that Perkins loans have been cut

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Dangerous duty done well...

Police commended for courage, Heroic firemen injured in blaze



HEROIC DEEDS - Three Belleville Police Officers, (pictured above, left to right) Det. Arthur Connolly, Retired Capt. Bill Escott, and Lt. Thomas Rossi were commended for their help in the arrest of a suspect charged in the brutal attempted rape and attempted murder of a female F.B.I. agent. Also, four firefighters were injured fighting a blaze that left this three unit apartment building at 1 Cedar Hill Ave. uninhabitable. Firefighters also braved icy weather for a daring rescue. (Above photo by Richard Dickon) (Below Photo by Firefighter Scott Wentworth) See details below.

Help catch attempted murder, rape suspect

Three Belleville Police Officers, Retired Capt. William Escott, Det. Lt. Thomas Rossi and Det. Arthur Connolly, received commendations on March 11 for their investigative information, which led to the apprehension and arrest of a suspect charged with the brutal attempted rape and murder of a female F.B.I. agent in January.

At F.B.I. headquarters in Newark, Special Agent in Charge Barry Mann commended the three along with Deputy Chief David Martinez of the Essex County Prosecutor's Office, for their efforts.

Also honored were Belleville Police Chief Raymond Kimble, Acting Deputy Chief William

Adelheim and Capt. Joseph Rotonda.

The victim gave an emotional thank you to all the officers in front of the entire office, saying she hoped what happened to her that evening never happens to anyone again. She added that she is relieved the suspect is behind bars.

The victim is still recovering from her injuries.

Nunez was charged with the 1993 murder of a Newark woman in Belleville, and his charge was dismissed by the Superior Court in Newark. The Essex County Prosecutor's Office is now reviewing the case for possible re-opening.

- Richard Dickon

Firemen tame blaze, brave ice in rescue

Four firefighters were injured in a blaze that left three families homeless at 1 Cedar Hill Ave., on March 14.

A week earlier, firefighters braved the wintry elements of ice, snow and extreme cold to rescue a young man who fell into the Second River from the Old Copper Mill and waterfalls.

While all residents escaped injury in the fire, two firefighters sustained heat burns and one was struck by falling debris, while another received an electric shock from exposed wires.

The Cedar Hill three-alarm fire apparently began in the basement and spread up through the walls to the roof of the three-story wood and brick building. The building sustained heavy fire and smoke damage and was declared uninhabitable.

The fire appears to be accidental, while the Fire Department looks into the as-yet-undetermined cause of the fire. The three families were

relocated with friend or relatives temporarily.

The ice rescue happened about 6 p.m. on March 7, when ice coated trees and roadways. Two young boys reported the man falling and being partially submerged under a large rock formation. The boys shuffled down the hill, pulling the young man from the water to check his injuries before going for help.

An ambulance coincidentally passing the scene, driven by firefighter Michael Marra, flagged down the boys and called for assistance. Battalion Chief Walter Beresford responded with Engine's #1 and #3.

Realizing they were operating in darkness, and in fast-moving, frigid, waist-high water with heavy snow falling, the firefighters devised a rope system and lowered down a Stokes Basket to remove the victim, who was immobilized on a long

(continued on page 2)

Reserve fund plan may guard insurance claims

By Richard Dickon

Township Attorney Robert Giordano pitched a plan to the Council to begin an insurance claims fund. The fund would build a reserve to protect the township from large future claim awards and accrue interest.

"A long-term goal of this Council should be financial responsibility," Giordano said, "This would provide that to a long-range problem (insurance claims)."

He said private companies, private individuals, as well as public companies have been "wiped out" by unexpected, large insurance claims.

The township is now self-insured, but retains outside insurance coverage for claims exceeding \$175,000. Giordano said, so the township is not in danger of going bankrupt from large claims.

His proposal would add a certain amount to the total set aside in the municipal budget to pay for projected claims; for example adding \$150,000 to a projected \$350,000 in claims.

If the year passes and the \$500,000 is not fully expended, the remainder would be dedicated to the next year, hopefully carrying over for several years and building a reserve.

Newark has accrued a surplus of

more than \$14 million through such a claim fund, Giordano said.

Township Manager Stephen Cuccio said he built a such an insurance surplus while manager in Wayne.

Mayor Jim Messina said although the plan would increase spending and the tax levy in the short-term, he felt the plan would "give us a return on investment" by drawing interest and providing financial security in the long run.

Council members Joseph Scaperrotta and Angie Paserchia said they were wary of a plan that would increase the tax levy.

Deputy Mayor Thomas Spillane said the Council should consider "unintended consequences" of such a plan, where the Council might be more willing to settle claims if it does not have to raise taxes to pay for the claims.

Cuccio said he supported the plan because "it makes us more liquid. We have been cash poor."

Giordano recommended that the Council hire an outside insurance company to set the financial number, since the present insurance carrier might have a conflict of interest.

The Township Council presently employs Spectrum Inc. as its municipal insurance carrier.

Trains may scare off Macy's developer...

Council vows to derail NJT train yard plan

By Natalie Waldron
and Richard Dickon

The Council has unanimously supported a resolution to oppose New Jersey Transit's proposed plan to place a light rail train line and rail vehicle service facility in the Silver Lake district.

The 7-0 vote came at the March 12 public Council meeting, where more than 70 Silver Lake Civic Association (SLCA) members picketed with signs protesting the plan.

NJ Transit's spokesperson Penny Bassett Hackett responded to the Council's decision, saying "We are disappointed with the town's decision to pass a resolution against the NJTransit facility. We are going to continue our dialogue with local officials."

"We have been meeting with the town since 1993 on this project and feel we have put together a good program that highlights the benefits and impacts of the project as well as the kinds of additional improve-

ments NJTransit is willing to undertake to improve the project," she added.

A major potential stumbling block is the warning by the developer looking to put retail stores in the former Macy's property in Bloomfield and Belleville that he may cancel the plans.

The plan to re-develop the former Macy's industrial warehouse property on Franklin Street might be cancelled if NJT follows through with purchasing as much as half of the available Potomkin auto dealership property.

Also, the developer's representatives have let it be known that the property may not be as attractive if a rail yard is visible to upscale shoppers, and renters may be discouraged.

This problem was added to a long list that includes the trains possibly traversing already traffic-heavy streets, exacerbating the

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SCHOOL #3 'BRUSHES UP' - Sixth graders from School #3, including (left to right): Derrick Cruz, Lynette Roman and Michelle Mehrieger, stand with Ms. McDonagh and Dr. Gregory Perez, a Nutley Dentist, after a recent dental hygiene assembly.

Inspections bring \$'s, home improvements

(continued from page 1)

completed in January, and 22 in February, while more than those totals were expected in March.

"Houses are moving in Belleville," Cuccio said, adding that inspections are compelling people who sell their homes to bring the dwellings up to proper building maintenance codes.

"We are finding violations," Cuccio said.

"Contrary to the belief of some people in town, those selling homes are more than happy to comply with building codes in order to sell their house," Mayor Jim Messina said.

Cuccio said many of the homes have required multiple inspections to make sure all code violations were remedied.

By requiring the certificate, the township can identify illegal two- and three-family homes, which are on the tax rolls as one family dwellings.

The Board of Education has formed a residency committee to identify and remove illegal students from the school system.

The Council is looking to stop two- and three-family illegal homes, which are taxed as one-family homes, from unfairly driving up the tax bills of honest tax-paying homeowners.

Many times, illegal apartments will have other construction code violations that can lead to unsafe

living conditions.

It costs about \$7,000 per year to educate a child in the Belleville school system, and the money saved whenever an illegal student is removed.

Fines are to be collected from the owners of illegal homes, and the homes will then be taxed at their full value, which will lessen the burden on other homeowners in the Township.

The inspections are also designed to improve the overall quality of housing by not allowing decaying properties to continually erode, without inspection, whenever a dwelling is sold. The seller of a home will now have to bring a property up to code before passing inspection and getting a certificate of occupancy.

The Council had months of discussion leading to the ordinance, which included consideration of an amnesty period for anyone operating an illegal multi-family residence. Another major advantage mentioned by the Council is that identifying illegal homes will increase taxes collected through a more fair representation of who is living in Belleville.

The Council encountered some criticism from a handful of residents when the ordinance was passed, including complaints that the ordinance did not include rentals and that fees are too expensive.

Council vows to derail NJT train yard plan

(continued from page 1)

problems on streets utilized by elementary school children attending school #4.

The rail plan would require hiring school crossing guards for the rail crossing at Belleville's expense, along with a creating a tremendous hazard to the safety of children traversing the rail crossing going to and from school during peak commuter periods, according to the resolution.

The Council has 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.

At the March 12 meeting, the SLCA, led by Belleville Times columnist Marie Strumolo Burke, vowed to "stop NJ Transit in its tracks," reiterating earlier concerns about the safety of children, and saying the area needs ratable properties, "not vagrants, crime, litter and noise," that would lower property values.

Larry Walsh of the Silver Lake District Partnership has said 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 community.

am a decision maker, and I have an understanding of what my constituents are asking," Messina said.

Councilwoman Angie Pascheria who lives in Silver Lake said, "I do not feel this should come to Belleville. Not only would it be detrimental to Silver Lake, it will affect the entire town. We need ratables, and I think it will hurt Belleville, not help it."

Councilman Joseph Scaperrotta repeated earlier criticisms that NJT is "not trustworthy," that the township needs ratables and that the plan would bring "a junk yard" that would "destroy a neighborhood."

Messina, had refused to flatly oppose the NJT plan, saying the new retail project would have similar impacts on traffic, and that mass transit is "the thing of the future."

Walsh and the business partnership has asked for street frontage, with small volume retail stores to continue the business area on Franklin Street, as part of NJT's proposal.

Deputy Mayor Thomas Spillane had repeatedly asked NJT representatives for reasons why the Council should support the plan, adding that none of the answers were satisfactory.

Councilman Bill Cook has said he 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, adding he had concerns about security, especially in the evening.

Dr. Jerome M. Lutin, senior director of NJT's Newark-Elizabeth Rail Link Division, said the agency's 131-member police department will be responsible for securing the facilities.

Schools plug future spent 'surfing the net'

(continued from page 1)

drastically, but that students not completing college need career opportunities such as those offered by the high school in cosmetology and drafting on computers.

One potential downside to the technology boom is the quick changes and even obsolescence of technology, which can happen in as little as six to eight months, according to DePauw.

The upside is illustrated in the ability of two computer discs to store entire volumes of reference books, which DePauw said is "the power of technology to help kids succeed."

The technology committee is not offering specific programs, DePauw, preferring to allow the expert teachers and administrators in various academic areas apply the technology.

Appleton had recommended in November that the district join the New Jersey Information Network, a university consortium made up of between 12 and 20 colleges, including Rutgers and Princeton Universities, the state library, businesses, including Bell Atlantic, and the state Board of Public Utilities.

The district could have 25-plus staff members with access to the service for a \$3,000 annual fee, "significantly less than some of the alternatives," Appleton said.

The next step from there, Appleton said, would be to examine the existing computer base, upgrade the speed, and invest in modems on a district-wide basis.

A major question to be answered is who gets access, whether it would be students, teachers and/or administrators if one computer is hooked to the internet in each school.

Molinaro has said he believes that all students should have the opportunity to access the internet.

The Internet offers students "global information," Molinaro has told the school board, mentioning Prodigy and America On-Line as the two biggest companies on the Internet. He mentioned having access to the most new and up-to-date information on the Rain forests as an example of the type of advantages provided by "surfing the net."

Other new technologies presented at the seminar included an elec-

tronic bulletin board that allows school board members and administrators to have access to information on any school district in the state and to keep up with state educational events everyday. The service is called "Boardnet."

Interactive television, which Molinaro said is "very expensive" to set up, is worthwhile as "a teaching tool." For example, Molinaro said interactive television could hook up several students in different school districts to one Russian language instructor, allowing the students to learn the language and the different schools to share the costs.

Voice mail systems are now available for teachers that would allow students and parents to call in and find out homework assignments, Molinaro said. Library access to schools, colleges and universities here and in other countries is also possible through computer technology, Molinaro said.

TaxTips

by H&R Block

TAX BREAKS FOR BABY

Q My wife and I are expecting our first baby soon. Will I receive the full exemption amount for the child or will I need to prorate the amount for the number of days in the year after the child is born?

A The baby will count as a full exemption even if he or she is born on December 31. As for other tax consequences, you may want to adjust your Form W-4 to reflect the extra exemption. Assuming you're in the 28 percent tax bracket, that will result in about \$58 more per month in take-home pay. Next, keep track of your medical expenses for the prenatal care, delivery, and post-delivery care for your wife and child. Medical expenses are deductible to the extent the unreimbursed amount exceeds 7.5 percent of your adjusted gross income. Finally, obtain a social security number for the child. New IRS rules require a social security number for any individual born before November 1, 1995, who is claimed as a dependent. In fact, you'll need the number right away if you want to file your 1995 tax return electronically.

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Firemen injured in blaze

(continued from page 1)

spine board to prevent further injuries.

Footholds on the embankment and in the river were difficult as the new-fallen snow covered several inches of ice, while ropes and equipment became immediately frozen and hard to maneuver.

They slowly raised the victim by hand approximately 30 feet to the bridge, where he could be placed in the ambulance for transport to the hospital.

The unidentified 17-year-old male suffered two possible broken legs and ankles, possible internal organ injuries, abrasions and hypothermia from exposure. He was hospitalized for treatment.

Firefighters were praised by the young man for their courageous actions, since they could have fallen and been injured themselves.

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Belleville Senior News

By Joseph Restaino



DREAMS

Each day of life holds many dreams
For human hearts to share
And every dream is filled with joy
To comfort life's despair
But we must choose the dream we want
To be our very own
And we must nurture it with love
That blesses heart and home
It is God's will that this should be
To add new hopes to life
And be a haven of content
From weariness and strife
For he has seen how frail we are
In purpose, heart and limb
And must have dreams to comfort us
And light the way to Him

By Michael Dubina

Welcome back to Madeline Aranecki, Mary Restaino and John Pecorino and also Grace Lisanti and Jean DiCapua. Nice to see all of you attending the meetings at the Senior Center.

Get well wishes to Lucy Pepitone who was in Mountsinde Hospital and is now recuperating at home. Jean Torremeo is also out of the hospital.

Condolences to the family of Letty Meyers, who passed away. Letty had been ill for quite some time. My wife spoke to Helen Hiesenroder, who is at the West Hudson Care Center. She will be leaving the center soon and when I get more information I will let you know.

Remember that on March 24 from 9:30 a.m. to noon, the Belleville Elks will be having their monthly breakfast. Adults \$5 and children under 12 at a reduced rate. All you can eat. At these prices this is a fantastic value. The Elks have just completed the renovation of their hall and all proceeds go to help handicapped children.

More news about members of the senior clubs: Vinny Simeone had an operation on both of his hands. Chester Prosperi, town Democratic chairman, is in the hospital.

Joey Tribuno had an eye operation and is recuperating at home.

Tom Mignone was in the hospital but is out now and was seen at the last meeting.

Mary Catena is not feeling well.

Welcome back to Alma Battaglia.

Sorry to hear Joe Piombo is not feeling well.

Gail Chimento, a representative of the Department of Aging, appeared at the Tuesday Club meeting to make the members aware of the different programs available to the seniors who qualify. She gave much valuable information and answered many questions from the seniors. She also left many pamphlets explaining the details of some of the programs

available. This was a very good presentation with much valuable information for the many seniors present.

Here it is! Unsolved mysteries of anatomy:
Where can a man buy a cap for his knee? Or the key to a lock of his hair?

Can his eyes be called an academy because there are pupils there?

Is the crown of your head where jewels are found?

Who travels the bridge of your nose?

If you wanted to shingle the roof of your mouth? Would you use the nails of your toes?

Can you sit in the shade of the palm of your hand? Or beat the drum of your ear?

Can the calf in your leg eat the corn off your toe? Then why not grow corn on the ear?

Can the crook in your elbow be sent to jail? If so just what did he do?

How can you sharpen your shoulder blade? I'll be darned if I know - do you?

Thanks to Adelaide Fische.

How about this? Amtrack is going to build 18 "American Flyer Trains" for the northeast corridor at a cost of \$754 million. Where do you think they are going to purchase these "American Flyer trains." In America? Not on your life. From a consortium of Canadian and French companies. No wonder that we have so much unemployment in America. What happened to Buy American?

Tid bit: Money is a good servant but a bad master.

Help make Belleville beautiful

Belleville Police Blotter:

Three drug arrests and one false

• Phillip and Donna Zaragoza, 32, of North Arlington were arrested for possession of a controlled dangerous substance Mar. 12.

Detectives Guiliano and Capece recognized Zaragoza and his wife driving around Mill and Cortlandt Streets.

Zaragoza was wanted on two outstanding warrants. After searching the vehicle police found 3 vials of cocaine in the car, police said.

Both were charged with possession of CDS but only Phillip was arrested for her warrants. His wife was released and he remained in jail on \$750 bail, police said.

• Donald Murzensko, 48 of Bloomfield was arrested for attempting to purchase pharmaceutical drugs with a false prescription Mar. 13.

A pharmacist at the Washington Avenue Pathmark called police after she suspected Murzensko of falsifying the prescription.

The drug that he was trying to purchase was Alprazolam. Murzensko was wanted on a contempt of court charge. Total bail

was set at \$1,500.

• Richard Monahan, 25, of Hasbrouck Heights was arrested for possession of CDS Mar. 13.

Monahan was pulled over after exiting Rt. 21 for reckless driving and speeding.

Detectives Guiliano and Capece observed with their flashlights that Monahan was trying to conceal a yellow object down the front of his pants.

Detectives found 10 wax folded packets of a white powdery substance believed to be a CDS, police said.

Monahan was charged with possession of CDS, intent to distribute and is being held on \$500 bail.

• Salvatore Petrozzino, 21, of Belleville was arrested for possession of CDS Mar. 14.

The Dynamic Duo of detectives Guiliano and Capece stopped Petrozzino on Mill and Bridge Streets.

They found him with a hypodermic needle and a glass vial of cocaine, police said.

Knights of Columbus to hold Bowl-A-Thon and open house

By Kelly Tahaney

The Knights have a busy weekend in store for Belleville residents.

First, come join the second annual Bowl-A-Thon to help Americans with disabilities March 24 from 2 p.m. to 4 p.m. at the Brunswick Olympic Lanes, Washington Avenue, Belleville.

One hundred percent of donations collected from the Bowl-A-Thon will go to the following organizations: Camp Fatima; Boy Scout Troop 364; Mal Condon Canteen; Special Education Parent Professional Organization

(S.E.P.P.O.); and the West Essex Rehabilitation Center.

Send your donations to Belleville Knights of Columbus #835, Bowl-A-Thon Registration, 98 Bridge Street, Belleville, NJ 07109. For further information call 998-2214.

The Knights are asking people to attend an open house after masses at St. Peter's Church March 23 and 24.

The hall is located at 96 Bridge Street, one block from St. Peter's. For more information about joining call the Knights at 759-9656.

Silver Lake hosting Blossomfest '96

The business district along Franklin Street in Belleville will be the scene of the third annual Blossomfest Street Fair on Sunday, April 21.

Arts, crafts, and music will dominate the event, with a variety of food and family activities to complement the day.

Blossomfest '96, sponsored by the Silver Lake District Partnership, will be held between noon and 6 p.m. It is expected to draw an estimated 15,000 visitors, many of

whom enjoyed last year's event.

Artists and crafters from five states will display their works for visitors. The musical theme for the day will be jazz, with a variety of other entertainment scheduled.

The event is held to further arts and cultural activities in the Silver Lake district and Belleville.

Anyone interested in participating can contact the Partnership at 450-1111. Rain date will be the following Sunday.

In Memory of Michael Chieffo Sr.

Dear Dad,

Twelve years have gone by, and not a day has passed that I haven't thought of you. Although I may not have had much time with you, those twelve years that God did allow were filled with the joy and happiness that only a father and son could share. It was a time that will never be forgotten, not only by me but by all who knew you. So no matter where I go, or how far away you may be, you will always be in my heart and I will always love you. I know you're watching me follow in your footsteps and I will continue to do so until we are together again, in Heaven.

Love your son,
Michael

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OUR OPINION

Council's rebuff of rail yard plan needs some room for compromise

Belleville Township Council members voted unanimously to oppose NJ Transit's proposal to expand the Newark City Subway by creating a new rail line and rail repair yard in Silver Lake. In the resolution passed unanimously, the Council outlined a series of concerns culled from Silver Lake residents and its own meetings with NJT.

A major potential stumbling block is the warning by the developer looking to put retail stores in the former Macy's property in Bloomfield and Belleville. The re-development might be cancelled if NJT follows through with purchasing as much as half of the available Potamkin auto dealership property. Also, the developer's representatives have let it be known that the property may not be as attractive if a rail yard is visible to upscale shoppers, and renters may be discouraged.

Add that to a long list that includes the trains possibly traversing streets every three minutes during peak hours of use. These streets are already impacted by traffic and the addition of commuter rail service will exacerbate the present existing traffic conditions on these streets, which are thoroughfares utilized by elementary school children attending school #4.

The rail plan would require the hiring of school crossing guards for the rail crossing at Belleville's expense. The expansion would create a tremendous hazard to the safety of the elementary school children required to traverse the rail crossing going to and from school during peak commuter periods, according to the resolution.

We applaud the Council, especially

Mayor Jim Messina, the First Ward representative, for opposing the measure, despite his reservations. When more than 70 people take the time to wave signs and plead for support, the Council should listen.

Marie Strumolo Burke, the leader of the Silver Lake Civic Association, has masterfully mobilized her neighbors to "stop NJ Transit in its tracks." Her fears of increased noise, crime, vagrancy, graffiti and decay are valid, and NJ Transit, for all its rhetoric about the future of train travel, has a horrendous record of providing maintenance and security services to residents.

Unfortunately, NJ Transit is one of the those frightening entities that can take land whenever it wants, despite the will of the people. Therefore, we strongly suggest the Council and the SLCA consider the approach of Larry Walsh and Silver Lake District Partnership. He has said all along that the project will come if NJ Transit wants it, so the district should not simply oppose the plan but also negotiate with NJT to try and get as much as possible for the community. Walsh and the business partnership has asked for street frontage, including small volume retail stores to continue the business area on Franklin Street, as part of NJT's proposal.

We are glad to see the Council take a stand on this issue, but we suggest that the extent of the stand go beyond simple opposition. The governing body owes to Silver Lake and all of Belleville to make sure the best deal is struck, if this rail yard is indeed inevitable.

Foot's in the door for maintaining homes, stopping illegal residences

The first dividends are starting to come in on the Council's long-range plans to improve the quality of housing and stem the tide of illegal multi-family dwellings. The governing body's requirement that an inspection be completed before issuing a certificate of occupancy with all residence ownership title changes is increasing revenue from inspections and helping eliminate safety and other property maintenance code violations, according to township officials. The certificate is the first step in cracking down on illegal multi-family homes and upgrading property maintenance, with future plans to include inspections whenever a house or apartment changes renters.

Successful tax appeals and an overall shrinking tax revenue base continue to erode the quality of life in Belleville. The Council now charging \$100 for a single home, \$150 for a two-family and a maximum of \$200 for multi-family dwellings, is an important first step, with a projection of raising between \$30,000 and \$35,000 in 1996 through the inspections. The revenue

will help offset the costs of the inspections. Houses are being sold, as evidenced by the more than 50 homes sold through early March, and Mayor Jim Messina is right to point out that, contrary to the belief of some people in town, those selling homes are more than happy to comply with building codes in order to sell their houses.

The inspections are compelling people who sell their homes to bring the dwellings up to proper building maintenance codes, and will help identify illegal two- and three-family homes, which are cheating the tax collector as one family dwellings.

Coupled with the Board of Education's continuing successes in identifying and removing illegal students from the school system, the township's governing bodies are making noticeable strides in compelling those who live or attend school here to pay their fair share. The efforts of the sitting Council and incumbent school board should not go unnoticed in the upcoming school board trustee and Ward Council elections.

Quotables

Time makes more converts than reason. -- Thomas Paine

Every child comes with the message that God is not yet discouraged with mankind. -- Rabindranath Tagore

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'Honestly Belleville'

By Richard Dickon

Police, firefighters earn salaries through thorough investigations, courageous acts

After having sat through Council meeting after Council meeting where a handful of angry citizens raged against the governing body for giving out salary increases for police and firefighters, I have to urge those same people to carefully read the articles on page one this week detailing the crackjack police investigative work and the amazing heroics of firefighters, all of which really falls under the category of "All in day's work."

Three Belleville Police Officers, Det. Arthur Connolly, Retired Capt. Bill Escott, and Lt. Thomas Rossi were given commendations for their investigative efforts that led to the apprehension and arrest of a suspect charged in the brutal attempted rape and attempted murder of a female F.B.I. agent.

The victim thanked the three for getting the suspect into custody, attending the ceremony even as she was still recuperating from their injuries. Anyone who walks the streets of Belleville should share in that thank you, and be grateful such dedicated law enforcement officials are being paid to protect them.

Four firefighters were injured in a blaze that left three families homeless at 1 Cedar Hill Ave., at the corner of Belleville Ave., on March 14.

A week earlier, firefighters braved the wintry elements of ice, snow and extreme cold to rescue a young man who fell into the Second River from the Old Copper Mill and waterfalls.

While all residents were kept safe from injury in the March 14 fire, two firefighters sustained heat burns and one was struck by falling debris, while another received an electric shock from exposed wires. Again, this is all in the line of duty for these dedicated firefighters.

The amazing ice rescue had firefighters from Engine's #1 and #3, led by Battalion Chief Walter Beresford, literally thinking on

their feet, devising a rope system and lowering down a Stokes Basket to remove the victim. They somehow managed to keep footholds on the embankment and in the river, despite the new-fallen snow, which covered several inches of ice, while ropes and equipment became immediately frozen and hard to maneuver.

After slowly raising the victim by hand approximately 30 feet to the bridge, and transporting him to the hospital, the unidentified 17-year-old praised firefighters for their courageous actions, since they risked falling and being injured themselves. These extraordinary actions should be taken into account by taxpayers who continue to call for salary freezes and even layoffs. The police and firefighters are fairly well compensated for their work, but they earn every penny...

On March 18 I was privileged to witness a talk given by present and former New York Giant players Otis Anderson, Stephen Baker ("the Touchdown Maker") and Michael Strahan to students at School #9. In the latest special event brought by Principal Pat Forte, the three shared their secrets for success, urging youngsters to stay in school, work hard, believe in themselves, and stay away from drug and alcohol abuse.

The Belleville Times will feature a complete story on the visit next week, but I wanted to acknowledge the fine job being done by Forte and his staff. Keep up the good work, folks!

The name of this column has changed, necessitated 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.



Of All Things

By Frank Orechio

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

WORDS OF WISDOM

• It is the practice of the multitude to bark at eminent men as little dogs at strangers.

• THE Essex County Democrat Committee is sponsoring a "Night at the Races" Thursday, March 21, at the Meadowlands Racetrack at \$150 a head. The event is to aid the 1996 General Election candidates.

• ESSEX GOP Chairman John Renna this week announced that the 5th District Freeholder's nominee will result from a screening committee decision meeting held last night, Wednesday.

Submitting their names for consideration are former Freeholder Arthur Clay of Glen Ridge, and three individuals from Nutley: civic activist Yolanda Gehring, Essex County Utilities Commission Chairman Mauro Tucci who is also an executive with the Montclair government

and Nutley Chiropractor, Dr. Joseph Scarpelli. Nutley's GOP leader, Jim Piro, is expected to give his controlling support to Scarpelli. Piro and Renna dominate the Essex GOP machine.

• THIS past week saw a dear friend and former staff member answer his last call. He was 82-year-old Nicholas DiGiovanni, beloved husband of Minnie, dotting father of Janet Intile and Angelo DiGiovanni, brother of Marco and Hugo. His legacy is one of honesty and industry. He was a giver and not a taker. The heart and soul of the man responded to the cares and needs of friends about him. Fortunate is the person who could call Nick "friend". In his passing, the Orechio family has indeed lost a good friend.

• WITH former State Education Commissioner Mary Lee Fitzgerald withdrawing her candidacy for the Democrat nomination of the 8th Congressional District, Paterson Mayor Bill Pascrell could save his money and energy for the tough fight in November against incumbent Republican Congressman Bill Martin.

From all accounts, the 8th Congressional District seat will be a battleground primarily financed by the national leadership of both parties. Tons of money will be poured into this district which includes Nutley, Belleville and Bloomfield in an all-out effort by both parties to declare victory. Your vote will be anxiously sought. In a presidential election year, congressional contests can be seriously affected by the head of the ticket.



John Renna

• THE reception honoring New Jersey state legislators of Italian origin and members of the Italian-American business community, co-sponsored by Minister Franco Mistretta, Consul General of Italy in New York, and Dr. Claudia Caggliola, Vice Consul of Italy in Newark, has been rescheduled for Tuesday, March 26th. Co-sponsor of the event is Puccini Restaurant of Jersey City where the event will be held.

• THE Nutley Democrat Committee will meet Wednesday, March 27th at 7:00 PM, and the Nutley Democrat Club will be meeting after the Democrat Committee meeting is adjourned.

• AS a pet owner (our schnauzer, Noel, is the love of our life), I was interested in the number of licensed pets in the town's newspapers represent. Nutley has 1,180 dogs licensed, and cats do not require a license. Belleville in 1995 had 1,700 dogs licensed, and for some unexplainable reason, only 421 are licensed in 1996. It also had 13 cats licensed. Bloomfield's 1996 figures are unavailable, but in 1995, 1,524 dogs were licensed, and in the same year, 184 cats. Glen Ridge has licensed 310 dogs in 1996 and no cats. So there you have the legal census of our cats and dogs. May God bless them all.

• NUTLEY League of Women Voters has scheduled a Board of Education Candidates' Night next Wednesday, March 27th at 8:00 PM to be held at the Nutley Museum, 65 Church St. This is a wonderful opportunity to meet the candidates and hear their views.

Also, save the date - April 18th - when the Nutley LVV will hold an "informational unit" on the State of New Jersey Comprehensive Plan for Education. The plan has serious ramifications on the local level and everyone should be aware of its provisions and be a voice in its finalization.

YOUR OPINION

Mom assails Digori on Rink

To the editor:

Councilman Jerry Digori, I take extreme offense at your remarks made in the back hallway at the Feb. 13 Township Council meeting, towards Mr. Arthur Pico, principal of School #8.

Several parents attended the meeting to voice our concerns about the proposed Hockey Rink. We were all there as parents attending an open meeting. You said to us, well, where is Mr. Pico? Why isn't he here? Doesn't he care? How dare you! How dare you ask such a question! Apparently you do not know him at all. Well sir, let me educate you.

Mr. Pico is like a gentle giant. He has more love and concern for 427 children than some parents have for one child. When our children are in his school we know that they are safe. Mr. Pico is so full of

kindness and gentleness, love and sincerity, compassion and respect. When a child falls and gets a bruise, his tenderness wipes away the tears. When a child hurts, his gentleness cures. He doesn't intimidate children, he shows care and earns their respect. When five year olds talk to him, he listens. When a child has a learning problem, he cares enough to make the parents listen and make the right choices.

So you see, Mr. Digori, this wonderful, caring man has a place in his heart for each and every one of the 427 children in his school.

So, Mr. DiGori, unlike you, Mr. Pico cares about our children. Maybe you should go to see him and learn some respect. I'm sure he'll make the time for you, as I said, he is a caring man.

Lucy Sasso

Emergency response lauded

To the editor:

A few days ago, water poured into my basement due to a backed-up sewer line. As I am a senior citizen and live alone, I attempted to unclog the valve that would probably stop the flow of water, but I was not successful.

In desperation, I called the Belleville Fire Department for assistance and these wonderful men responded. They stopped the water flow by unclogging the valve and informed me that the problem had been caused by a sewer back-up.

They subsequently contacted the Water Department, who also responded quickly and proceeded to clear out sewer line. However, during the pipe clearing, my burglar alarm was accidentally tripped and six Belleville police cars appeared on the scene.

I deeply apologize for my tying up our town's support facilities in this manner, but on the other hand, I am very grateful to all of them for the dispatch with which they handled this emergency.

Lee Mostello

'Sick and tired' of pay raises for employees

To the editor:

I hope they are not serious about giving the town management increases in salary. Why must town employees get raises every year?

How high do they expect to go, living off the poor widows and single homeowners on a low, fixed social security income like myself?

It's a darn shame! Next thing we know all the town employees will want raises again. What a racket!

I am living in Belleville more than fifty years and supported them

long enough with my meager fighting, and am sick and tired of fighting them.

They should have pity on the elderly citizens and do something to help us. They should freeze salaries and give us tax breaks, even cut our property taxes in half, since we are all alone. Mr. (Joseph) S'aperotta is right to hold them off about the management increases. Give us a break!

Stella Draghi

Marine reports for duty

Marine Cpl. Willie L. Blount, son of Willie L. Blount Sr., of Stephens St., Belleville, recently reported for duty with Marine Air Control Squadron 4, Marine Air Control Group 18, 1st Marine Air Wing, Okinawa, Japan.

Blount's new assignment is an

example of how Navy and Marine Corps men and women are assigned to ships, squadrons and shore commands around the world.

The 1993 graduate of Whippany Park High School of Whippany, joined the Marine Corps in March 1994.

Life in Silver Lake By Marie Strumolo Burke

Hooray for Junior Bucs cheerleaders



Marie Strumolo Burke

few of my friends. First I picked up Ann Marie (DePanis) Sanabria of Heckel Street and the next one I fetched was Angela Cuozzo Zarro of Salter Place. And then it happened. Ann Marie said, 'boy, do you look familiar.' Well, one world led to another and they discovered that years ago while Angela was in high school she was a cheerleading instructor at School #4 and taught Ann Marie all she knew about cheering. What a small world we live in.

A little nostalgia

Our word for today is nostalgia, which means memory, sentiment, remembrance. I hope you'll get a 'little nostalgia' running through your veins as you read on.

My ghost writer wrote me a note a few months back and I misplaced it. But don't get alarmed, cause I found it. So here goes. I was told by my informant that 1995 was the 50th year anniversary of the end of

World War II. So, I guess if my arithmetic serves me well, we're in the 51st year. Boy, I'm good And as some of you oldtimers know, there were a great many boys from Silver Lake who fought for our country. Some families had three or more sons in the service. Many of these young men made the supreme sacrifice. Of course, the people from Silver Lake united and went door to door to finance a flag for the front of St. Anthony's Church. The flag, showing the number of servicemen serving from Silver Lake, stretched across Franklin Street. At the corner of Heckel and Honiss Streets, a billboard was erected with the names of all servicemen from Silver Lake. The deceased were designated with a star. Let me tell you G.W. you sure brought back the 'nostalgia.'

It made my heart feel good when Councilman Canning told me that he intended to form a Valley Civic Association. Assisting him will be Jay Bouker, Victor, I offer my assistance as well as any help the SLCA can lend you. Hey, all of you out there, why don't you start a Civic Association in your area. It will help bring back Belleville. We know it helps, look at Silver Lake.

Get well wishes to Chester Prosperi. He's very ill and all our prayers are with the "Chief."

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Adrea Cohen, library director, accepts a check from Jose Murado, bank manager, the First DeWitt Bank, a First State Financial Services Company, for \$650, which will go toward the purchase of 3,000 plastic bags for the patrons of the library who request bags to carry their books and media. The bags should be ready by the beginning of May and are being specially designed. Thanks to the DeWitt Bank for donating the bags, which will protect library books and media, and to patron, Andrew Lordi, for suggesting the idea to the bank by bringing a library brochure to the bank which requested a donor for this project.

Celebrate Books in March

The March program on WBHS, produced by the Belleville Public Library and Information Center, features library director Adrea Cohen discussing the future programs at the library and Cindy LaRue, head of acquisitions, discussing books for National Women's History Month.

The second show for March features a videotape of the Poetry Society, sponsored by the Literature Department of the Woman's Club and the Friends of the Library, reading poetry for National Women's History Month, entitled Poetry, For, About, and By Women, prepared by Adrea Cohen. Martin O'Malley and Dorothea Behan also brought their own original poems to read. Those participating in the poetry reading include Martin O'Malley, Frank Senatore, Marie McDonough, Marge Lordi, Helen Todish, Theresa Matera, Helen Talbot, co-chair, Dorothea Behan, and Lillian Meyer.

The show will be shown on WBHS, with the cooperation of library media specialist, Marilyn McCabe. Check your program listing on channel 34 for times.

BOOK MARKS

Calendar of Events

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

Exhibit Cases: Chinese Artifacts by Dr. Ming Bao, assistant library director, are currently on display at the library.

March 20 - The book "Sula" by Toni Morrison will be discussed by Dr. Deena Linett at 1 p.m. at the library.

The Shafter Branch Library, 30 Magnolia Street, will show the video "Pocahontas" at 3:25 p.m.

March 21 - "Your Favorite Easter and Passover Recipes" will be discussed at 10:30 a.m. at the library.

The video "Eleanor Roosevelt" will be shown at 1 p.m. at the library.

An Afterschool Storyhour will take place at 4 p.m. in the James J. Cozzarelli Jr. Children's Room.

March 22 - English for the Foreign Born Classes will take place from 10 a.m.-12 p.m. at the library.

Hands Together will take place in the James J. Cozzarelli Jr. Children's Room at 10:10:30 a.m. for ages 3-6 with parents; Mixed-Up Media for ages 6-11 from 11 a.m.-11:45 a.m.; and Stories Alive for ages 7-13 at 2:15 p.m.

March 25 - The play, The Belle of Amherst will be shown at 1 p.m. at the library.

March 26 - Springtime Crafts for Mom and Me will be given by Zita McGarry at 10:30 a.m. at the library.

The Opera Film Class features Lucresia Borgia at 12:30 p.m. at the library.

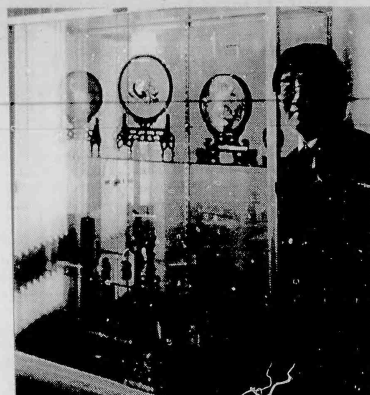
The English for the Foreign Born Class will meet from 6:30-8:30 p.m. at the library.

March 27 - Susan B. Anthony will be the topic of a program for National Women's History Month at 1:30 p.m. at the library.

Afterschool story hour

Every Thursday in March, the James J. Cozzarelli Jr. Children's Room will present a story hour, beginning at 4 p.m.

On March 21, a "Celebration of Spring Storytime" will feature stories and activities surrounding the advent of spring. The March 28 story time will also feature dyeing; therefore be sure to bring an empty eggshell. All are welcome to attend. Leap like a lion to these feature story times conducted by the Children's Department staff. You'll enjoy literature and have a good time as well!



Pictured is assistant library director, Dr. Ming Bao, pictured with his special exhibition of China, currently on display at the Belleville Public Library and Information Center, during the month of March.

Art exhibit featured

Sally Diaz, Belleville artist, is currently exhibiting her realistic oils and acrylics at the Belleville Public Library and Information Center, 221 Washington Avenue, along with the works of her mother, Celia Rodriguez, who is now deceased. The exhibition is on display in the Trustees Gallery during the month of March.

Sally Diaz has been painting for over 50 years, since her father first took her for art lessons in New York City, where she painted in oils from models. She continued painting after that and has not stopped. Currently retired from St. Joseph's Hospital Medical Center, where she was supervisor of environmental services, she is thrilled that she can devote her time to painting full time. She paints from the moment she awakens. Her works can also be seen at The Art Gallery on Halsey Street in Newark.

Sally's mother, Celia Rodriguez, now deceased, did not start painting until she was 58 years of age, and Sally was her first teacher. Her first painting was an 8x10 landscape in oil, painted from memory - a scene of the exotic flame trees and lush mountains of her native Puerto Rico, where she was born at the turn of the century.

The exhibition of the daughter and mother artists can be viewed during the month of March during library hours. Please call in advance, if you are coming from a distance to view the exhibition, as the Trustees Gallery also serves as the library's meeting room.



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Holy Family Church seeks your feedback

By James Zoccoli

With 4,200 parishioners, Holy Family R.C. Church celebrates Mass before one of the largest congregations in the area.

As a result, the church recently set up a Pastoral Council to offer clergy members a means of receiving increased feedback from the pews.

"We're the eyes and ears of the church," said Joe Dwyer, president of the council.

Comprised of 10 members, including Monsignor Louis F. Fimiani, the council has opened up a new and productive line of communication with its parishioners.

"I think this plan has really paid off," Monsignor Fimiani said. "The council has found the pulse of the parish and it's made for a good dialogue and vision."

Last October, the council held a survey and asked its parishioners to offer suggestions for church leaders.

Monsignor Fimiani said finding ways to enhance people's faith and establishing increased religious education for children were two of the top responses.

"We want to make children feel special," said the monsignor. "We're trying to incorporate them more into the parish."

Gina Tamburri, a member of the Pastoral Council, said the church has since begun sponsoring numerous events that are both exciting and inspirational.

"We have so much going on," Tamburri said. "We want to encourage people to come to Holy Family."

Tamburri pointed to a Little Sheep program for toddlers, and a Compassionate Friends program for parents who have lost a child.

Dwyer said the parish Youth Group is also an excellent program, targeted exclusively for teenagers.

"They're very active in trying to grow their faith," Dwyer said of the youths.

Dwyer said Pope John Paul II's visit to the Meadowlands highlighted the need for all people to begin a quest for higher spiritual consciousness.

"There are so many opportunities to grow a relationship with Christ ... opportunities that are right here," Dwyer said.

Dwyer noted that the pope's visit helped ignite a renewed interest in God for many North Jersey residents, but he added that a similar excitement has often been generated at Holy Family.

Calling his church a "big family," Dwyer said despite the size of the congregation, there is an intimacy at Holy Family that almost defies words.

"The size of the parish sounds overwhelming," he said. "But it's such a close-knit parish that it seems like a family — a holy family."

Dwyer described the clergy at Holy Family as "very good priests." He said he has taken his own personal matters to them, always with excellent results.

The council president called the Bible the best "how-to-live-your-life book," and said studying the Word of God far exceeds all modern self-improvement methods.

Dwyer went on to credit Monsignor Fimiani for establishing programs that touch people's hearts in a positive way.

"The programs he's implemented gives everybody a feeling of being welcome to the parish," Dwyer said.

In addition to the monsignor, the clergy in residence at Holy Family are Rev. Francis A. Heinen and Rev. Albert Malgeri, who participated in the Papal Mass held October 1993 at Giants Stadium.

Other clergy serving Holy Family include Monsignor Ronald J. Rozniak, Rev. Dante DiGirolamo, Rev. Arthur Serratielli, and Deacon Charles H. Bond.

Members of the Pastoral Council include Patricia Attanasio, Phyllis Kunz, Sergio Pavone,

Roseann Vazquez, Sam Magalone, Tony Papaniotto and Bill Mowen.

Holy Family R.C. Church is located at 28 Brookline Ave., Nutley.

Mass is celebrated, Monday-Friday, 7 a.m., 8:45 a.m., and 5:30 p.m. On Saturday, 8:45 a.m., 5:30 p.m., and 7 p.m. On Sunday, 7:30 a.m., 9:30 a.m., 11 a.m., and 12:30 p.m.

For more information call 667-0027

Clara Maass highlights children's health care

Every day, thousands of children across North America visit hospitals, clinics or doctors' offices due to injury, illness or prevention. For a child, the hospital or doctor's office can be a big, scary, unfamiliar place.

Fortunately, at Clara Maass Medical Center in Belleville, a lot is being done to prepare each child for health care experiences and to help children and families understand what to expect during a hospital stay or visit to the doctor's office.

The special needs of children and their families in health care settings will be highlighted during

"Children and Health Care Week" an annual event sponsored by the Association for the Care of Children's Health.

During March 17-23, Clara Maass is taking part in this international campaign with activities and programs for children, families, staff members and the local community. Events will include programs held for five local elementary and middle schools.

Participating schools are Belleville School #7, Belleville School #10, Belleville Middle School, Garfield School in Keany and Washington School in North Arlington.

According to Shelly Schneider, R.N.C., manager of pediatric clinics and Beverly Cohen, R.N., nurse manager of pediatrics, "The purpose of the activities in programs Clara Maass offers during Children and Health Care Week are to take the mystery and fear out of the hospital and health care experiences. The educational theme of Clara Maass' Children and Health Care Week is "Preparation is a Partnership."

The programs Clara Maass will present to the schools can help eliminate children's misconceptions about health care, which in turn can lead to improved physical

and emotional health. The programs will provide an opportunity to increase public and professional awareness of the unique needs of children and their families."

"The goal of Children and Health Care Week is to educate the public that Clara Maass Medical Center and hundreds of other hospitals, schools and agencies across North America are committed to humanizing the health care experience for children and families."

For more information about Children and Health Care Week activities at Clara Maass Medical Center, call Schneider at 450-2121.

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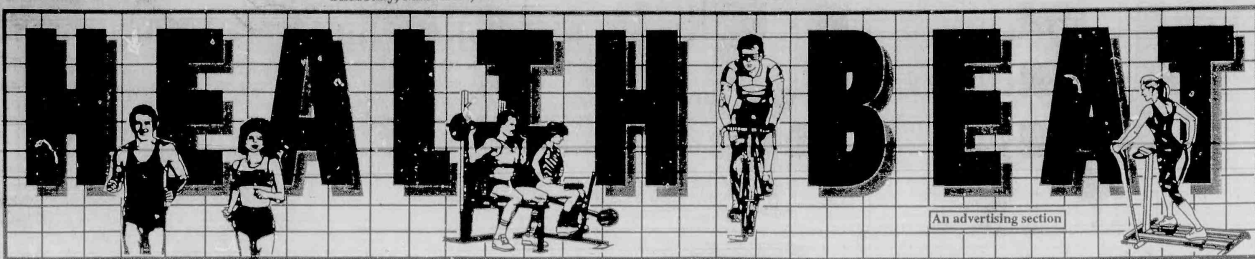
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The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives from cancer and eliminating suffering from cancer through research, education and patient services.

For more information, or to order the golf pass, call (201) 736-7770. Donations may be made check or charged to your Visa, Mastercard, American Express or Discover Card.

Newark Beth Israel offers new way to ease patient pain

While Virginia Bradley Matthews was in Newark Beth Israel Medical Center recuperating from abdominal surgery, she did not have to rely on the nurses to help relieve her pain. Instead, she was able to manage her own pain through a new patient-controlled analgesia (PCA) infuser machine.

"It's been a lifesaver," said Matthews, who is also a registered nurse and the medical center's director of perioperative nursing services. "I have been able to receive immediate pain relief and the equipment has given me motivation to get out of bed and walk sooner."

The medical center's Pain Management Task Force, in conjunction with the pain management clinical nurse specialists, acquired nearly 20 PCAs to help post-operative patients administer their own pain medications at the touch of a button.

Previously, when a patient needed pain medication, a nurse had to be called to administer it. With this new piece of equipment, patients no longer need to rely on the nursing staff and can administer the pain medication by simply pushing a button on the PCA that automatically gives the patient the physician-recommended dosage needed.

Manufactured by Abbott Laboratories, the PCA, which also benefits patients who cannot take oral medications, is a precision instrument specifically engineered and designed to safeguard a patient's health.

"There is no risk of over-medication with this machine," said

Joan Mu, aghan, R.N., M.S., C.S. of Morristown, vice chair of the medical center's Pain Management Task Force. In fact, studies have shown that patients using the PCA infuser utilize less drugs while hospitalized than patients who get conventional pain medications.

"Patients who have used the PCA have shorter lengths of stay in the hospital and feel better sooner," added Monaghan.

Patients also do not have to be concerned with addiction because the PCA infuser comes with built-in timers that ensure that doses are safely timed and are only what is prescribed by a physician.

The Pain Management Task Force was established in 1994 in recognition of the special needs of patients who are experiencing pain. The task force evaluates the needs of patients and implements various plans, including the purchase of PCA infusers, to help foster the issues of pain management to the patients and the staff.

Newark Beth Israel Medical Center is a 607-bed, regional-care, teaching hospital affiliated with the University of Medicine and Dentistry of New Jersey. It is the only hospital in the state where heart and lung transplants are performed. Founded in 1901, the medical center is a member agency of the United Jewish Federation of MetroWest.

For a referral to a physician affiliated with Newark Beth Israel Medical Center, call 1-800-THE-BETH, weekdays between 9 a.m. and 4 p.m.

A Few Heart-Hitting Facts

According to the American Heart Association, 35 percent of the Americans with high blood pressure don't know they have it.

The American Heart Association estimates that stroke accounts for half of all patients hospitalized for acute neurological disease.

Know the warning signs of a heart attack! 1) Uncomfortable pressure, fullness, squeezing or pain in the center of your chest lasting more than a few minutes. 2) Pain may spread to the shoulders, neck or arms. 3) Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath also may occur. If you have these symptoms, the American Heart Association says, "Don't wait! Immediately call the emergency medical service or have someone drive you to the nearest hospital."

Don't flirt with a heart attack! The American Heart Association says to reduce your risk: stop smoking; control high blood pressure; eat a low-saturated-fat, low-cholesterol diet; be physically active; and maintain proper weight.

More than one fourth of the people who suffer a stroke in a given year are under age 65, says the American Heart Association.

American Heart Association
Fighting Heart Disease and Stroke

'Hands on Health'

Spring has sprung — so don't sprain or strain

By Robert Ruffalo, PT, DC, CCSF

Isn't it great? We've made it through another winter season.

Yes, we all fought off colds, flus, snow storms, holiday stress. It's great to know it's all behind us now. So now it's time to get outside and achieve those exercise goals we've made.

Slow down! Are you really ready to accomplish your goals? Think again. You have to promise that you will try to avoid sprains and strains by not overdoing it. How much and how often you exercise is directly related to your individual fitness goals. Exercising too much — progressing too quickly for our bodies to adapt — can be as damaging as exercising too little. Think of it this way: if you injure yourself early on into the exercise season, you will not be able to exercise at all.

Pace yourself by following a regular exercise plan according to your ability. Establish a regular schedule, including warm-ups and cool-downs.

If you begin to experience fatigue, switch from running on Monday to walking on Wednesday and swimming on Friday, and so on. This will give your body an "active" rest and prevent sprains and strains. It will also keep you from getting bored.

If you do injure yourself and fall prey to sprains and strains and overuse syndromes, remember RICE, No, don't eat it; remember it:

- Rest — restrict movement.
- Ice — apply cold compresses.
- Compression — apply pressure bandage.
- Elevation — keep injured part raised above heart level.

I can't emphasize enough how important it is to warm up before you begin. Always warm up and cool down. Stretch tight muscles. Use proper equipment. It may sound trite, however, proper clothing can make a difference. Be sure to have well-cushioned shoes with adequate support. NEVER run through pain. "No pain, no gain" should not be your motto.

The basic principle behind exercising is to gain muscle strength and improve your ability to perform routine tasks and daily routines. The most important factor in fitness injury prevention is common sense. Fitness should be fun, but use your head.

There's hardly an athlete alive who hasn't experienced some pain, disappointment and frustration that can result from a fitness-related injury. Luckily, most injuries can be prevented.

"Hands on Health," a campaign which Dr. Robert Ruffalo has created, is designed to educate the reader on helpful hints for achieving maximum health goals. FREE information can be obtained by calling 429-3001 or contacting his office, A.T.E.A.M. Approach Chiropractic & Physical Therapy Center, located at 265 Broad Street, Bloomfield.



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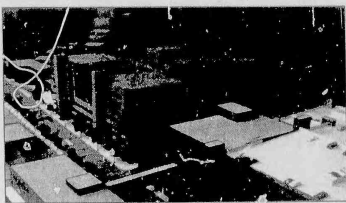
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- The Outpatient Building — the new, 60,000-square-foot facility houses a wide range and full complement of outpatient services, including the Center for Geriatric Health Care, the Pediatric Health Center, the Women's Health Center, and the Adult Health Center.
- The Lester M. Bornstein Center for Emergency Services — the newly expanded, 18,500-square-foot facility features separate waiting areas for infectious patients, a screening area, a pediatric emergency room, a psychiatric emergency services unit, and a cardiac/trauma resuscitation room.
- The Department of Laboratories — the new, 23,000-square-foot structure is home to all divisions of the Department of Laboratories, including the blood bank.

After nearly a century of excellence, Newark Beth Israel Medical Center is strengthening its commitment to delivering quality health care and specialty services to the community well into the 21st century.

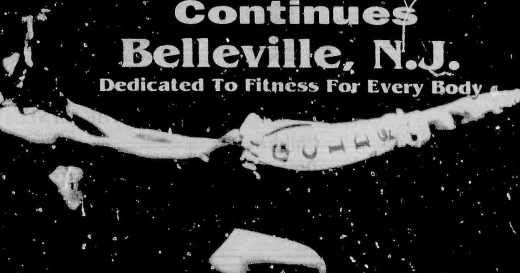
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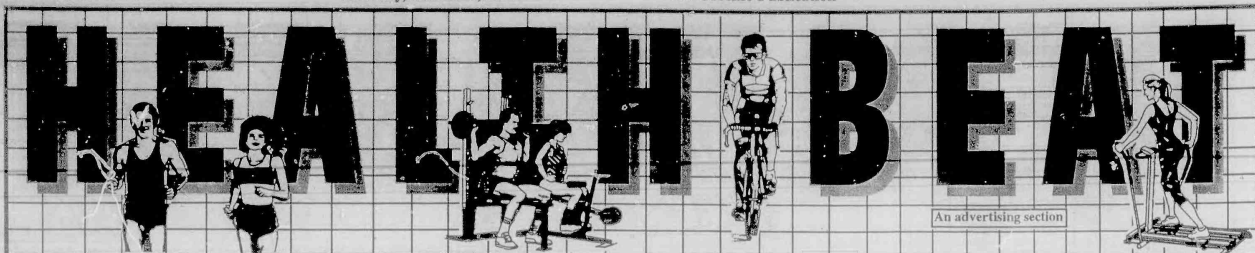
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An advertising section

Free program on headaches at Mountainside Hospital

More than 23 million Americans have suffered from headaches which interfere with their lifestyles.

Learn how to stop the pain by attending "Headaches--From Triggers to Treatment," a free program offered at Mountainside Hospital in Glen Ridge/Montclair, on Thursday, March 28, from 7 p.m. to 9 p.m.

Taught by Dr. Joseph A. Carluccio, M.D., a headache specialist and co-medical director of

the Headache and Pain Management Center at Mountainside Hospital, this program will cover such topics as headache triggers, the role of food and allergies in causing headaches, when to worry about headaches and the newest headache treatments.

Space is limited and preregistration is required.

For more information, call the Health Promotion Office at 429-6856.

Tips for caregivers from WECHS

The term caregiver is relatively new, first appearing in the 1970's. It defines a new type of provider, one who is a non-professional recruited by necessity--often an adult child of close geographic proximity. In layman's terms, a woman in her 50s who is sandwiched between the needs of her parents and the needs of her children and grandchildren. She probably also has a job.

Caregiving is an intense experience, characterized by sympathy, resentment and compassion. It forces introspection, rethinking goals and relationships, and can be a time of positive growth for all concerned. It is also stressful and isolating.

Some helpful tips for caregivers include:

- Plan ahead, before there's a crisis. Approach your parent or loved one at a time when things are going well to learn their wishes for long-term care.

- Discuss how to pay for care. Do this tactfully as some parents may resent children asking these questions.

- Encourage elderly parents and loved ones to be as independent and to retain as much decision-making ability as possible. If the person lives in your home, develop a special area in which he/she is comfortable and can decorate with their treasured mementos. "Keeping house" in this area is to be encouraged.

- Make sure you have a room to which you can escape and enjoy some solitude and separate space.

- Accept limitations, consider your own physical and emotional needs as well as those of the elderly parent or loved one. Don't

expect yourself to be perfect. Sometimes you will feel angry, overwhelmed, and frustrated and its important to accept those feelings. They may also be signal that you need to seek extra help. Don't try to do more than realistic and don't try to do it all alone. Remember, your parent or loved one needs you as well as your care.

- Set aside time for yourself every day. Plan what tasks you must accomplish, those that are important, and those that can wait. Work on the problems you can do something about. Give yourself a present every day: a ten-minute walk, an herbal tea break, or a daily soap opera.

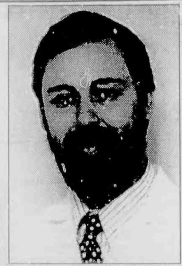
- Talk to others to sort through feelings. Find a caregiver support group. Get plugged into the senior and eldercare network, quit thinking of yourself as a loner, get advice, find someone with information. Speak to agencies on aging as well as clergy and friends.

- Ask others for help. Enlist other family members to periodically relieve you of some of your caregiver responsibilities. Seek professional guidance to handle your emotional issues. Engage experienced healthcare professionals to take over some of the more difficult duties.

West Essex Community Health Services has a geriatric care manager on staff to offer guidance and develop a written plan with short-term and long-term options. For further information, contact Leslie Barnes at (201) 857-7300. WECHS, a non-profit United Way home health agency serving residents of Essex County for 45 years, is located at 799 Bloomfield Avenue, Verona, NJ 07044.

All That Nerve

Pain and Headache Center of North Central Neurology



By Sylvain Junger, M.D.

Migraine headaches

Part II -- drug treatments

This issue of *All That Nerve* will discuss the drug treatment of the more common varieties of migraine. Migraine headaches associated with a mild degree of discomfort, especially when caught early, will generally respond to over-the-counter preparations, such as aspirin or ibuprofen. The more intense moderate headaches respond to prescription medications such as butalbital preparations (Fiorinal), ergaloids (Ergotamine), mild narcotic analgesics (Codeine) or isometheptene (Midrin).

The more intense migraines, or those associated with neurologic complications, often require injections of medications. In recent years, sumatriptan (Imitrex) was marketed by the Glaxo pharmaceutical company. The initial advantage was the packaging of the product with an easy-to-use self-injection device. To many headache specialists, it became apparent that sumatriptan had a number of significant limitations, especially when compared to the injectable dihydroergotamine (DHE) for short.

DHE has many advantages over its competitor (see table). The fixed dosage device does not allow for the dosage to be adjusted according to the patient's needs. The dosage of DHE, by contrast, can be adjusted to the specific needs of the patient. In some cases, patients learn to adjust the dose of DHE according to the severity of their headache. In addition, DHE is not associated with the cardiac toxicity and rebound headaches that are found with sumatriptan. At the Headache and Pain Treatment Center of North Central Neurology, Dr. Sylvain Junger uses a combination of intravenous medications, including DHE, that melt away even the worst migraine.

Currently, clinical trials are in progress to test a delivery system that will allow a migraine sufferer to take a puff of an ergaloid preparation. The medication is quickly absorbed through the lungs and may soon replace the need for injectables.

	Sumatriptan (Imitrex)	DHE
Ease of self-injection	Good	Fair
Ability to adjust dose	No	Yes
Cost per injection *	\$81.42	\$12.18
Rebound headaches	Yes	No
Cardiac toxicity	Yes	No

* Based on an average from 3 pharmacies in Nutley and Belleville

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The American Legion has reactivated the Family Support Network and its toll-free hotline to help all of the support personnel and troops involved in the Bosnia deployment. Family members and GIs can call this number 24-hours a day with questions, problems or requests for assistance. "We shall not fail those who serve."

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HEALTH BEAT

An advertising section



Former Bloomfield resident Carol Ann Gauthier, left, executive director of the Columbus Hospital Foundation in Newark, presents a plaque to Dr. Peter Kovanic, director of pathology at Columbus Hospital in Newark, acknowledging a donation Dr. Kovanic and his wife Hana made to the foundation's building fund. Columbus Hospital Foundation was founded in 1994 as the fundraising arm of Columbus Hospital. Created to make it possible for Columbus Hospital to continue its tradition of delivering high quality health services in a community hospital setting, the foundation also raises funds to promote wellness within the communities it serves.

Therapist Recommends Honesty for What Ails Us

“We all lie like hell,” says straight-talk guru Brad Blanton, “and it’s costing some of us our lives.”

Brad Blanton, a psychologist, says he has identified a major source of stress, illness and general unhappiness: lying. Blanton’s new book, “Radical Honesty: How to Transform Your Life by Telling the Truth” (Sparrowhawk, 1994, \$15; 1-800-358-7884) was launched recently in Washington, D.C.

In the book, called “both shocking and healing” by one reviewer, Blanton blames our moralistic child-rearing practices for making liars out of most of us, barring us from enjoying intimacy, satisfaction and even good health.

“It’s easier for us to have sex than it is for us to talk with each other about it,” writes Blanton, and he says this dilemma has contributed to millions of people becoming infected with the virus that causes AIDS. As the title implies, Blanton invites his readers to gamble on an age-old, yet

perennially novel, strategy for altering their lives: honesty.

Couples can resolve old crimes and hostilities and find renewal by telling each other every detail of their experiences, their wishes and their feelings. Singles can short-circuit the often painful courtship process and focus on appropriate matches by being candid about their plans, their feelings and their histories. Even those plagued by recurring stress-related disorders, such as insomnia, colitis and asthma, can often find relief by “coming clean,” in Blanton’s words.

All of us, according to Blanton, can benefit from “breaking down the barriers that lying puts between you and other people.”

Blanton’s book guides the reader through the process of becoming more truthful. “Radical Honesty” embodies Blanton’s 30 years of experience healing people — people who, he says, had to learn to be honest in order not to suffer so much.

Pain Epidemic to Hit Boomers and Elderly

“With baby boomers entering middle age and the elderly living longer than ever, arthritis is cropping up as America’s most widespread disease. According to the Centers for Disease Control, nearly one out of every five people will suffer from arthritis by the year 2020.

“Arthritis takes an enormous toll, physically and emotionally,” says noted cardiologist Dr. Harvey L. Kugel. “And baby boomers, by their sheer numbers, will push arthritis to the forefront as the leading cause of disability in this country.”

Arthritis is certainly not a new disease. In fact, it is widely considered to be one of the oldest afflictions mankind has had to endure. “It’s a nefarious disease because it can afflict anyone, even children, in virtually any area of the body,” says Kugel. “The pain is often crippling.”

A successful treatment for arthritis thus far has eluded doctors. Anyone with knotted knuckles, stiff knees and painful shoulders has been forced to seek relief from odorous, greasy topical ointments or potentially dangerous internal medicines. The fact remains, however, that there is no cure for arthritis.

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Away has sparked optimism among thousands of arthritis sufferers, sports enthusiasts and physicians across the country.

For more detailed information, call Eez-Away Relief at 1-800-482-9923. “Until they find a cure, this is the next best thing,” says Kugel. “My wife and I swear by it.”

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Events in the area

Fairs, flea markets, rummage...

Yard sale, 9 a.m. to 3 p.m. March 23, 11 a.m. to 3 p.m. March 24, Mt. Pleasant Animal Shelter, 194 Route 10 West (behind Rillo's Restaurant). For more info, call 386-0068.

Country Folk Art & Crafts Show, 5 to 10 p.m. March 29 (\$7); 9 a.m. to 5 p.m. March 30 (\$6); 10 a.m. to 4 p.m. March 31 (\$6), Raritan Center, Edison. Kids under 10, \$2.

Rummage sale, 9 a.m. to 3 p.m. April 27, St. Paul's Congregational Church, Franklin Ave. (bet. High and Kingsland), Nutley.

Fundraisers...

Murder at the Mansion, 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.

Easter sale and luncheon, 11:30 a.m. to 1 p.m. March 21, Woman's Club of Nutley, 216 Chestnut St. Pot roast, mashed potatoes, vegetable, cole slaw, roll/butter, dessert, coffee/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 dinner and shopping. For tickets, call Marlene at 751-3748 or Barbara at 759-0219.

Dinner fashion show, March 22, Friar Tuck Inn, Cedar Grove. \$25. Sponsored by Franklin Home & School Association of Bloomfield. For tickets and info, call Michele at 429-7450.

Easter Bunny luncheon to benefit Nicole Fund, noon to 5 p.m. March 23, Feedbag, 36 Broad St., Bloomfield. Pictures available or bring your own camera. Choice of pizza, hot dog or burger, fries, beverage and dessert. \$5.95.

Project Children 15th annual fundraising dance, 9 p.m. March 23, St. Thomas the Apostle School, 50 Byrd Ave., Bloomfield. \$15 includes refreshments (beer, wine, setups), music and entertainment by Willie Lynch Show Band and Peter Smith Irish Dancers. For info and reservations, call 338-0042.

"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.

Tricky tray, 7 to 10 p.m. March 27, St. Peter's School, 152 William St., Belleville. \$6 includes 25 auction tickets and refreshments. For tickets, call Maria Martinez at 759-1404, the school at 759-3143 or at the door.

Annual Scholarship Fashion Show, 7:30 p.m. March 29, Nutley Elks, 242 Chestnut St. Fashions by Dress Barn of Clifton. \$8. Refreshments. For reservations, call 667-4183, 235-0871 or 661-2920. Sponsored by Elks Ladies Auxiliary.

Tricky tray and fashion show, 6 p.m. March 28, Wayne Manor. Sponsored by Carteret Home and School Association, Bloomfield. \$20. For tickets, call Michele Crincoli at 748-4487.

Fish and chips dinner, 5:30 to 7:15 p.m. March 29, St. Clare's Church Parish Center, Allwood Road, Clifton. \$8.75 adults, \$4 kids. No tickets at the door. For info and tickets, call 667-7931 or 667-0182.

A Night With Bobby Byrne, 8:30 p.m. to 12:30 a.m. March 30, Truffle Carters 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.

Bunny breakfast, 9:30 a.m. to noon March 30, St. Thomas the Apostle, 60 Byrd Ave., Bloomfield. French toast, eggs, sausage and more. Entertainment for kids, Easter bonnet parade Easter egg hunt, etc. Pictures with the bunny at \$4. \$6.50 per person with six filled Easter eggs per child. Reservations required. For info or reservations, call 743-5098 or 450-8620.

Annual Cub Scout pancake breakfast, 7:30 to 11 a.m. March 30, Fewsmith Church, 444 Union Ave., Belleville. Pictures with Easter bunny available. Sponsored by pack 350. For info or tickets, call 450-4013 or at the door.

Annual pancake breakfast, 8 to 10 a.m. March 31, Bloomfield Presbyterian Church on the Green, 147 Broad St. \$4 adults, \$2 kids 5 to 12. Under 5, free. For tickets, call 748-8816 or at the door. Sponsored by 30/50 Couples Club.

Pancakes with the Easter bunny and Barney, 9 a.m. to 1 p.m. March 31, Nutley Parks and Rec, 44 Park Ave. Sponsored by Nutley Volunteer Emergency & Rescue Squad. \$4 adults, \$2 kids 12 and under. At the door.

Chinese auction, 7 p.m. April 3, St. George Greek Orthodox Church Hall, 818 1/2 Clark Road, Clifton (junction of routes 3 and 46). \$4 includes coffee and cake. Other snacks available. For advance tickets, call Tom at 777-5385 or at the door.

Fun auction, 7:30 p.m. April 8, St. Peter's School Cafeteria, 152 William St., Belleville. Sponsored by Rosary Society. Everyone welcome.

Basket bazaar/tricky tray, April 9, Chandelier, Franklin Ave., Belleville. Full course dinner. Seating on first come/first serve basis. \$20. Sponsored by Belleville High School Class of 1996. For ticket info, call 759-6750.

Italian buffet, April 14, St. Paul's Congregational Church, Franklin Ave. (bet. High and Kingsland), Nutley. Seatings at 5 and 7 p.m. \$8 adults, \$5 kids 12 and under. For tickets, call 667-4812. Sponsored by Senior and Junior High Youth Groups.

Bus ride to Showboat, Atlantic City, 9 a.m. April 14, Nutley Italian American Civic Association, 642 Franklin Ave., Nutley. \$20 with \$18 ticket. For tickets, call Al Prosperi at 667-3146.

Fish and chip dinner, 5 to 7 p.m. April 26, St. Peter's School Cafeteria, 152 William St., Belleville. Takeout 4:30 to 5 p.m. \$8 includes dessert and coffee. Sponsored by Rosary Society. For tickets, call 751-4729.

Chinese auction, 6:30 p.m. April 27, Belleville Reformed Church, Main and Rutgers streets. \$5. For info and tickets, call 751-2262 or 759-4039.

Moon Dance, 8 p.m. to midnight, April 27, Holy Family Church, 28 Brookline Ave., Nutley. All you can eat beefsteak dinner, Spin-A-Sound Entertainment, prizes. \$23. For info, call 667-0026.

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

Entertainment '96 discount books, \$40. Available through Good Shepherd Academy, 667-2049 or 667-5081; American Cancer Society, 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 Cropolis at 746-4644 after 2:30 p.m. March 23: eye problems; March 25: foot problems.

"Romeo and Juliet," March 23, Montclair State University Memorial Auditorium. \$10 for 1 p.m. performance, \$25 for 8 p.m. performance, \$18 seniors, \$12 students. Call the box office at 655-5112. Presented by American Repertory Ballet.

Oakeside Bloomfield Cultural Center presents Linda Giuliano in "Four Feet on A Rock," 8 p.m. March 23. Interpretive Gospel/blues music. Coffee house setting. Coffees, teas, desserts served. \$10 adults, \$8 seniors and students with student I.D.s. Attendance limited to 85. Reservations to 429-0960; Raphael Rudd in concert, 8 p.m. March 29. Original piano compositions. By reservation only. Limited to 100. \$10, \$8 seniors and students with I.D.s. Call 429-0960 for reservations.

Operatic concert, coordinated by Jerome Hines, 3 p.m. March 24, Nutley High School, Franklin Ave. \$15 with proceeds dedicated to Italian Studies Chair at Seton Hall. Sponsored by Nutley and Rutherford chapters of UNICO. Reservations and advance purchase strongly suggested. Call Dr. Joseph Scarpelli at 667-0703 or John Russo at 667-0014.

Candidates Night, 8 p.m. March 27, Chandelier, Franklin Ave., Belleville. Sponsored by Belleville Democratic Club. All welcome.

Nutley Board of Education candidates' night, 8 p.m. March 27, Nutley Museum, 65 Church St. Public invited. Sponsored by League of Women Voters of the Nutley Area.

Hospice volunteer training sessions, eight weeks beginning 7 to 9:30 p.m. April 9, Bethany Baptist Church, Newark and 7 to 9:30 p.m. April 18, 3 High St., Glen Ridge. For info, call 429-0300.

Rotary Club of Belleville blood drive, 11:30 a.m. to 2:30 p.m. April 28, Bethany Lutheran Church, 188 New St. For info, call Nancy Moore at 759-1553.

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 Dads 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 widowed volunteers offer support to newly widowed persons, urgently needed volunteers. No age restriction, free. For info, call Retired and Senior Volunteer Program (RSVP) at 673-0640 or the local AARP representative Mr. Rosenberg at 731-3292.

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.

Meetings...

Belville Nutley Chapter of Hadassah, 1 p.m. March 25, meeting room, Nutley Library. Video of Danzig, Germany, destroyed during World War II. Refreshments.

Nutley Concerned Citizens, 7:30 p.m. March 26, Parks and Rec building, 44 Park Ave.

Bloomfield Columbiettes, 7:30 p.m. March 27, K of C Council, 190 State St. Upcoming events: noon to 4 p.m. April 20, Tricky Tray. \$10 includes light lunch; Canadian pilgrimage, Aug. 5-10. \$350; Day trip to Amish country, Pa., Oct. 19, \$45. For info, call Rose Raffalo at 743-8688.

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

Belleville Irish American Society, April 24, Knights of Columbus, 93 Bridge St. New members welcome.

Tri-County Camera Club, 8 p.m. Tuesdays, Nutley Historical Museum, 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 Monday.

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

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 Sorentino 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 Armet Auxiliary Post #30, 6:30 p.m. first Tuesdays except July and August. Armet 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 welcome. 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.

Belleville Rotary Club, noon, Wednesdays, Clara Maass Medical Center Founders Room. Call Frank Cozzarelli at 751-404 for information.

Support groups...

Narcotics 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. **NUTLEY:** Sunday, 7:30 p.m., Franklin Reformed Church, Hillside Crescent. Open/meditation/discussion; Monday, 7:30 p.m., St. Paul's Congregational Church, Franklin Ave. and St. Paul's Place. Closed/speaker/discussion meeting. Open to addicts and those who think they have a problem with drugs; Tuesday, 7:30 p.m., Grace Episcopal Church, 200 Highland Lane. Women's meeting. Topic meeting/open discussion; Wednesday, 8 p.m., Grace Episcopal Church. Closed/speaker/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 floor. Meetings open to anyone with a gambling problem or those who think they might have a problem. Topic/therapy; 8:30 p.m. Tuesdays, 8:30 p.m. Thursdays, Bethany United Presbyterian Church, 293 West Passaic Ave., Bloomfield. For info on any group, call 1-800-GA-LIVES.

Gammon, 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. Fridays, Grace Episcopal Church, 200 Highland 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 Shafite or Donna Rainone at 450-2210.

New Eye Key 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 Highland Lane, Nutley (7:30 p.m.)

Bereavement Support Group, 7:30 p.m. 2nd Monday, Parish Center, St. Mary's Church, 145 St. Mary's Place, Nutley. For more info, call 235-1100.

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., Mountinside Hospital, Glen Ridge/Montclair. 429-6905 or 429-6128.

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



Stork Club

Megan Ann Ciarleglio

A fourth child, a daughter, Megan Ann, was born to Mr. and Mrs. Thomas H. Ciarleglio Sr. of West Haven, Ct., Feb. 26 at Yale New Haven Hospital. Birth weight was 9 pounds, 3 1/2 ounces. She joins Thomas, Jr., 4 1/2, Stephanie, 3 and Michael, 22 months.

Mrs. Ciarleglio is the former Lisa Marie Brown, daughter of Mr. and Mrs. Charles Brown of Belleville. Mr. Ciarleglio is the son of Mr. and Mrs. Ralph Ciarleglio of Milford, Ct.

Ryan Petry Watts

A son, Ryan Petry, was born to Mr. and Mrs. Edward Watts of Nutley Feb. 14 at Mountainside Hospital, Glen Ridge/Monclair. Birth weight was 8 pounds, 4 ounces. He joins a half sister, Katey, 11 and a half brother, Andrew, 9.

Mrs. Watts is the former Tricia Petry, daughter of Mrs. Eugenia Boland-Petry of Belleville. Mr. Watts, son of Mrs. Edward Watts, Sr. of Nutley and the late Mr. Watts, is a service technician at Bell Atlantic of NJ.

Jeremy James Van Leuvan

A son, Jeremy James, was born to Mr. and Mrs. Jim Van Leuvan of Nutley March 4 at Clara Maass Medical Center, Belleville. Birth weight was 6 pounds, 12 ounces. He joins twin half sisters, Amber and Courtney, 4.

Mrs. Van Leuvan is the former Lisa Iacobelli, daughter of Jerry and Rae Iacobelli of Nutley. She is credit manager with Preferred Plastics & Packaging Co., Inc. Mr. Van Leuvan, son of Mr. and Joann Van Leuvan of Clifton, is a warehouseman with Miss Erica, Inc.

Grace Ann McMillan

A second child, a daughter, Grace Ann, was born to Mr. and Mrs. Bill McMillan of Nutley March 4 at Clara Maass Medical Center, Belleville. Birth weight was 7 pounds, 14 ounces. She joins Bridget Elizabeth, 5.

Mrs. McMillan is the former Maureen Andes, daughter of Mary Andes of Lyndhurst. Mr. McMillan, son of Bill and Mary Ann McMillan of North Arlington, is an accountant with E.J. Brooks Co.

Mario Richard Farinella

A first child, a son, Mario Richard, was born to Mr. and Mrs. Joseph Farinella of Bloomfield March 1 at Clara Maass Medical Center, Belleville. Birth weight was 6 pounds, 14 ounces.

Mrs. Farinella is the former Lisa Ann Trabucco. She is a facilities assistant at Grand Union. Mr. Farinella is a warehouseman with Kraft General Foods.

Amanda Rose Daiph

A second child, a daughter, Amanda Rose, was born to Mr. and Mrs. Robert Dolph of Bloomfield March 4 at Clara Maass Medical Center, Belleville. Birth weight was 7 pounds, 13 ounces. She joins Brian, 2.

Mrs. Dolph is the former Darlene Grillo. Maternal grandparents are Joseph Grillo of Bloomfield and the late Rose Grillo and Herb and Paula Edwards of Citrus Heights, Ca. Mr. Dolph, son of Robert and Patricia Dolph of Bloomfield, is a project engineer with Tec-Con Contractors, Inc., East Orange.

Adriana Raven Pasterchick

A first child, a daughter, Adriana Raven, was born to Mr. and Mrs. David J. Pasterchick of Belleville Feb. 25 at Hackensack University Medical Center, Hackensack. Birth weight was 7 pounds, 4 1/2 ounces.

Mrs. Pasterchick is the former Cynthia J. Aiello, daughter of Joan Tinas of Wayne and Joseph Aiello of Bloomfield. She is office manager with Collision Restoration, Fairfield. Mr. Pasterchick, son of Dan and Alice Pasterchick of Belleville, is a technician with Roche Diagnostics, Belleville.

Carly Nicole Sceppaguerio

A third child, a daughter, Carly Nicole, was born to Mr. and Mrs. Billy Sceppaguerio of Nutley March 8 at Clara Maass Medical Center, Belleville. Birth weight was 7 pounds, 8 ounces. She joins Stephen, 7 and Patrick, 6.

Mrs. Sceppaguerio is the former Michele George, daughter of Steve and Eleanor George of Newark. She is a kindergarten teacher. Mr. Sceppaguerio, son of Angelo and Ann Sceppaguerio of Nutley, is a teacher at Ridge Street School.

Edwin Patrick Byk

A second child, a son, Edwin Patrick, was born to Mr. and Mrs. Edwin Byk of Bloomfield Feb. 8 at Mountainside Hospital, Glen Ridge/Monclair. Birth weight was 6 pounds, 4 ounces. He joins Alyssa Louise, 2.

Mrs. Byk is the former Patricia Moran, daughter of Miriam and Robert Budney of Hamburg. Mr. Byk, son of Dorothy Byk of Fairfield, is with the Township of Bloomfield. Great grandmother is Lillian Blender of Dover.

Matthew James Molinaro

A second child, a son, Matthew James, was born to Mr. and Mrs. Charles Molinaro, III of Parsippany Feb. 12 at Mountainside Hospital, Glen Ridge/Monclair. Birth weight was 8 pounds, 14 ounces. He joins Charles Edward, 6 1/2.

Mrs. Molinaro is the former Kathy Mary Ward, daughter of Catherine Ward of Belleville and the late James K. Ward. She is a secretary with Nabisco, Parsippany. Mr. Molinaro, son of Mr. and Mrs. Charles Molinaro of Newark, is a mechanical engineer with E.G.L.

Tyler Nicholas and Austin Taylor Granata

Twin sons, Tyler Nicholas and Austin Taylor, were born to Mr. and Mrs. Cosimo Granata of Nutley Feb. 18 at Meadowlands Hospital Medical Center, Secaucus. Birth weights were 5 pounds, 1 1/2 ounces and 4 pounds, 7 ounces.

Mrs. Granata is the former Kimberly Hofker, daughter of Alfred and Patricia Hofker of Nutley. She is office manager at Dana Automotive, Nutley. Mr. Granata, son of Vincenza Granata of West Orange, is a crew foreman with PSE&G, Orange Gas Division, East Orange.



Mr. and Mrs. Robert Mulligan, Jr. — nee Mary Grace Gibbons

Mary Grace Gibbons, Robert Mulligan wed

Wedding vows were exchanged in St. Peter's Church, Belleville, by Mary Grace Gibbons, daughter of Mr. and Mrs. Jerome D. Gibbons of Belleville, and Robert Mulligan, Jr., son of Mr. and Mrs. Robert Mulligan, Sr. of Nutley.

The Rev. Robert Emery performed the ceremony. A reception followed at Berkeley Plaza, Berkeley Heights.

The bride was escorted by her father, Shannon Corris of Belleville was maid of honor. Bridesmaids included Dawn Cannella of Belleville, Michelle Naso of Belleville, Tracy Picinich of Nutley, Dawn Chimento of Roseland, Carolyn Lindwall of Belleville, Lee Ann O'Donnell of

Madison and Melanie Ammann of Nutley.

Mr. Fetherman of Nutley served as best man. Ushering were Fred Sacco of Belleville, Jerry Gibbons of Belleville, Thomas Van Houten of Nutley, John Gibbons of Belleville, Jeff Novick of Nutley, Robert O'Donnell of Madison and Rich Ammann of Nutley.

Mrs. Mulligan, an alumna of Belleville High School, is with Big M Corporation, Secaucus.

Mr. Mulligan, a graduate of Nutley High School, is with Belleville Shell Service Center.

The couple honeymooned in Florida and the Caribbean after the September 16 nuptials. They have made their home in Nutley.

Clara Maass Medical Center needs nurse liaison volunteer

Clara Maass Medical Center, a state-of-the-art health care facility, is currently seeking volunteers to fill the new position of nurse liaison.

This new assignment will include close patient and staff contact. The volunteers responsibilities will include welcoming new patients to the unit, orienting patients to hospital protocols, and assisting nursing staff with patient concerns.

The volunteers will be members of the healthcare staff and will be participants in the delivery of qual-

ity patient service. They can expect to learn useful skills and experience the satisfaction that comes from being a member of a dynamic healthcare team.

Ideal candidates would be mature adults with good communication skills. They would demonstrate self confidence and an interest in healthcare. Bilingual skills would be a plus. Interested candidates would volunteer four hours a day, two to three times a week.

For information or an application, call the Clara Maass Volunteer Services Department at 450-2150.

Clara Maass Medical Center seeks volunteer receptionists

The Volunteer Services Department of Clara Maass Medical Center is currently seeking volunteers to staff information desks in two lobbies.

The volunteer job description includes interfacing with the public, answering questions, directing visitors, answering the telephone and working on a computer.

If you are skilled in customer service and work well with others, this may be the volunteer experi-

ence you are looking for. Individuals are needed for 4-6 hour day shifts and 2-4 hour evening shifts. The ideal candidates would be outgoing, friendly and willing to carry out simple clerical tasks.

Volunteers will receive an orientation to the Medical Center, on-the-job training, and the satisfaction that comes from helping others. For an application or more information, contact the Volunteer Office at 450-2150.



Mr. and Mrs. Matthew Kuczek — nee Jill Baumann

Jill Baumann married to Matthew Kuczek

Jill K. Baumann, daughter of Richard Baumann and Mrs. Sharon Seida, and Matthew Kuczek, son of Mr. and Mrs. Thomas Kuczek, Sr., were married recently.

The Rev. Fred Hoffman, Rev. John Gabriel and Rev. Leon Weaver performed the service in Vincent United Methodist Church, Nutley. A reception followed at The Bethwood, Totowa.

Escorted by her father, the bride wore a satin gown fashioned with an illusion neckline, long sleeves and cathedral train. A headpiece made by her mother, held her veil and the carried a cascade of white lilies and carnations.

Jennifer Bauman of Nutley was maid of honor. Bridesmaids included Christine Levine of Nutley, Melissa Barrett of Nutley, Nancy Petrik of Nutley, Stacy Brown of New Orleans and Judith Malsman of Bloomfield. Kimberly Kuczek was flower girl.

They were attired in off-the-shoulder wine velvet gowns and carried cascades of stargazer lilies and burgundy and white carnations.

Thomas Kuczek, Jr. of Bloomfield was best man. Groomsman were Paul DiSabatino of West Orange, Carl Hoosier of Hazlet, Randy Baumann of Nutley, Richard Segrave of Kearny and Rob Samaniego of Parsippany. Jason Levine was ringbearer.

Mrs. Kuczek, a graduate of Nutley High School and Berdan Institute, is a secretary for a cardiologist in Glen Ridge.

Mr. Kuczek, an alumnus of Nutley High School and Lincoln Technical Institute, is manager of Dee's Shell, Inc., Nutley and a patrolman with the Nutley Auxiliary Police Department.

The couple honeymooned in Aruba following the November 12 nuptials. They have made their home in Belleville.

Maria Lupo, Eric Santaniello are engaged

Mr. and Mrs. Alexander C. Lupo of Belleville announce the engagement of their daughter, Maria Domenica Regina, to Eric S. Santaniello of New York City.

A December wedding is planned.

"The family suggests that memorial contributions be made to the American Heart Association." When people want to honor a loved one and fight heart disease.

American Heart Association
Fighting Heart Disease and Stroke

AMERICAN HEART ASSOCIATION
MEMORIALS & TRIBUTES

1-800-AHA-USA1

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MARCH 29-30-31
EDISON • NEW JERSEY
CONVENTION & EXPOSITION
CENTER AT RARITEN CENTER

Friday, 5 pm - 10 pm Adm. 17
Saturday 9 am - 5 pm Adm. 36
Sunday 10 am - 4 pm Adm. 36
The LAMAR FOLK ART & COUNTRY SHOW
Featuring the award-winning, outstanding handcrafted folk art & crafts of over 300 of the BEST American Exhibitor-Crafters from across the Country. All displaying & offering for sale their top quality Reproductions & Country "Heirlooms of the Future" in 3-Ded Country Room-setting Booths
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DISCOVER NEW WORLDS Without Crossing An Ocean.



Young folks from countries across the globe will arrive this August with one wish: to spend a semester or a year as an American teenager.

Each year families across the US discover new worlds by hosting a foreign exchange student, aged 15-18, from Germany, Spain, Brazil, Japan, Russia or one of many other countries around the world through the not-for-profit AIFS Foundation's Academic Year In America (AYA) program.

AYA hosts are carefully screened for English and academic ability, and arrive with their own medical insurance and spending money. Host families gain an understanding and appreciation for another culture, and receive a scholarship toward international travel.

AYA is inviting interested families to contact:

Katherine (800) 322-4678 ext. 5423

BUDDY is a sweet, five-year-old black Lab-mix, housebroken, neutered and current with his shots. This calm and gentle dog would make a wonderful pet and companion. He is quite content to sit at your feet for hours and just be near you. Buddy is friendly to other dogs, cats and people. He and other dogs, puppies and cats will be offered for adoption 11 a.m. to 3 p.m. March 23 at Pet's Mart store, Route 22 East at West End Ave., North Plainfield. For more info, call People for Animals at (908) 688-1073. Update: Bridget, the puppy with the broken pelvis, still needs a home. Can you help?



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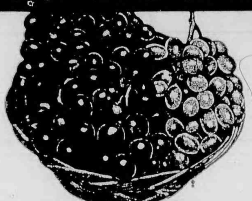
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Fancy Nature Ultra Trim Veal
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The Natural Snack
Red, White or Black **Seedless Grapes**

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Lb.



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All U.S.D.A. Grade 'A' Fresh Turkeys & Turkey Parts
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U.S.D.A. Choice Boneless Ultra Trim Beef
Shoulder Roast or
Bottom Round Roast

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Lb.

Orange/Punch, Tropical, Grape,
Cherry, Apple, Straw., Apple/Grape,
Berry or Punch - Libby's

Juicy Juice 100% Juice

46-oz. Can

99¢
SAVE UP TO 51¢ WITH BRAND SAVINGS PLUS CARD

THIS WEEK ONLY - FINAL COST - LIMIT 4

Regular, Cheddar/Sour Cream,
Ranch, KC Masterpiece or
French Onion

1/2 PRICE Ruffles Potato Chips

6-oz. Bag

74¢
SAVE UP TO 25¢ WITH BRAND SAVINGS PLUS CARD

THIS WEEK ONLY - FINAL COST - LIMIT 4

Solid Pack - In Water or Oil

Bumble Bee White Tuna

6-oz. Can

89¢
SAVE UP TO 50¢ WITH BRAND SAVINGS PLUS CARD

THIS WEEK ONLY - FINAL COST - LIMIT 2

Elbows, Cut Ziti or Regular or Thin

Grand Union Spaghetti

3\$1.
16-oz. Pkg.
SAVE UP TO 16¢ WITH BRAND SAVINGS PLUS CARD

THIS WEEK ONLY - FINAL COST - LIMIT 3 OF EACH VARIETY

Assorted
Low Fat, Low Salt or Reg. Varieties
Nabisco Cookies or Crackers

5-oz. to 20-oz. Pkg.

1.99
SAVE UP TO \$1.00 WITH BRAND SAVINGS PLUS CARD

THIS WEEK ONLY - FINAL COST - LIMIT 4

Mountain Dew or Regular or Diet Slice,
Mug Root Beer or Cream Soda,
Schweppes, Lipton Brisk, Hawaiian
Punch or Wild Cherry or Regular or
Caffeine Free

Pepsi or Diet Pepsi

2-Liter Btl. Plus Top. Where Req.

79¢
SAVE UP TO 60¢ WITH BRAND SAVINGS PLUS CARD

THIS WEEK ONLY - FINAL COST - LIMIT 4

CLIP & SAVE SUPER COUPON
2-Ply - 85-Sheet Rolls (702)
Grand Union Towels 6-Pack
2.99
One Pkg. of 6 Rolls

With This Coupon And Purchase of \$5.00 Or More, Good Mar. 20 Thru Mar. 23. Limit One Coupon Per Family.

CLIP & SAVE SUPER COUPON
From Convenience Bag, With Country Country Style or Pkg. Free - Regular or Country Style (701)
Minute Maid Premium Choice
.99¢
One 64-oz. Cont.

With This Coupon And Purchase of \$5.00 Or More, Good Mar. 20 Thru Mar. 23. Limit One Coupon Per Family.

CLIP & SAVE SUPER COUPON
Assorted Regular or Fat Free Flavors - Frozen Yogurt or (703)
T&W Ice Cream
1.99
One Half Gal. Cont.

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Effective Wed., Mar. 20 Thru Sat., Mar. 23 at your Belleville Grand Union. We reserve the right to limit sales to 4 pkgs. of any item. Not responsible for typographical errors. The discounts presented in this advertisement are provided by Grand Union and/or participating manufacturers. Grand Savings Plus Card discounts requiring sales tax are distinguished by the letters "MFG" on the products' shelf tag.

Belleville SPORTS

Fusaro honored as 'Coach of the Year'

Quad-town wrestling all-star selections

Selected by the Orechio Publications Sport Staff Belleville's Anthony Conte has been selected as "Wrestler of the Year," while Bloomfield head coach Sam Fusaro has been honored as "Coach of the Year."

The Quad-town wrestling team is a selection of the most talented wrestlers from Belleville, Bloomfield, Glen Ridge and Nutley High Schools.

Conte, a sophomore, became the youngest state champion in Belleville High School history when he crushed Kevin Rucci of Eastern in the 103 pound state championship finals in Atlantic City.

The Buc wrestler compiled a 30-1 mark this year and owns a 60-4 career record. He was named the "Outstanding Wrestler" at the District 14 tournament. He is a two-time Bloomfield Tournament and District

14 champ.

Bengal coach Sam Fusaro came into the sport of wrestling with very little experience as an assistant coach at Bloomfield High School. His 1995-96 squad came into the season unheralded, but he proceeded to build a machine that rolled to championship after championship and compiled a 16-3 dual meet record.

Under Fusaro's guidance, the Bengals recorded its first Essex County championship, and also cruised to championship crowns at the District 14 and Region IV tournaments. Bloomfield also won its first ever state tournament meet this year, and for a few weeks were ranked among the top 20 in the Garden State. He has amassed a career record of 46-20-1.

Conte is 'Wrestler of the Year'



Anthony Conte

First Team
Belleville H.S.
Sophomore
103 pounds

Anthony became the youngest wrestler in Belleville history to win a state championship. He compiled a 30-1 mark this year and owns a 60-4 career record. "We had a young team this year, but next year we'll have a better season."



Dante Cifelli

First Team
Nutley H.S.
Sophomore
112 pounds

Dante finished in the top eight in the state. He also claimed the Essex County, District 14, while placing third in Region IV. "I was off to a rocky start, but hard training brought me to the states."

First Team
Nutley H.S.
Sophomore
119 pounds

Nicholas cruised to the District gold and advanced to the states after placing second in the Regions. He was also runnerup in the County Tournament. "I had a successful season on the way to the states. Hopefully next year my experience and skills will make for an even better season."

Nicholas Bellucci

First Team
Bloomfield H.S.
Senior
125 pounds

"Sweet Lou" ended his Bengal career in strong fashion, by winning the Essex County and District 14 titles, while finishing a close second in the Region IV tournament. "I really am proud of the team and was very satisfied with my performance this season."

Lou Venezia

First Team
Nutley H.S.
Sophomore
130 pounds

Luke won both the Essex County and District 14 championships. He advanced to the Super Regions after placing second in the Regions. "It was a challenging season, but the outcome was good."

Luke Cardinale

First Team
Bloomfield H.S.
Senior
135 pounds

Mike had a super season, capturing both the Essex County and District 14 titles. He was a significant cog in the Bengals 16-3 dual meet record. "I feel I was underrated, but I worked hard and I believe I surprised a lot of people with my performance this year."

Mike Sarno

First Team
Nutley H.S.
Senior
140 pounds

Andy ended the season tied as the all-time winningest wrestler in Nutley history with 86 victories. He won the Essex County, District 14 and Region IV titles. "Qualifying for the states was a great way to end my high school career."

Andy Cifelli

First Team
Bloomfield H.S.
Sophomore
145 pounds

Domenic cruised to the District 14 crown and also finished third in the Region IV tournament, in order to qualify for the Super Regions. "I feel good about my season and I'm glad I was able to contribute to our team's success."

Domenic DiSienna

First Team
Bloomfield H.S.
Senior
152 pounds

Dan completed his outstanding wrestling career with a 93-18 record, which ranks him at the top on the all-time list. He finished among the top 12 in the state and garnered region and district titles. "It was a great season for our Bengal squad. We struggled, we triumphed and we conquered."

Dan Pena

First Team
Bloomfield H.S.
Senior
160 pounds

Vic battled back from a leg injury and garnered a record of 19-6. He placed third in the districts. "The team did really well this season and I want to wish the team good luck next year."

Vic Mesce

First Team
Belleville H.S.
Junior
171 pounds

Chris garnered a second place in the District 14 tournament, and also earned a second place in the County tourney. "Dear Nutley. Next year the FAMILY is back. Love Belleville."

Chris Zarro

First Team
Nutley H.S.
Junior
189 pounds

Nick bumped up to the 189 pound weight class and claimed the District 14 title and finished third in the County tourney at 171 pounds. "Moving up a weight class was a hard adjustment to make, but it proved successful."

Nick Conurso

First Team
Belleville H.S.
Freshman
215 pounds

Dan was a pleasant surprise for Belleville wrestling and came on strong at the end of the season, finishing third in the District 14 tourney. "I'm looking forward to a better season next year."

Joe Spina

First Team
Bloomfield H.S.
Junior
275 pounds

Joe was a pleasant surprise for the Bengals. He finished third in the Bloomfield Holiday Tourney and second in the Districts. "This season was full of surprises and successes for both the team and myself."

Joe Matera

Honorable Mention
Bloomfield H.S.
Junior
103 pounds

Rami thrived on wrestling top flight opponents. He won the Dover Holiday Tourney and Region IV. He was runnerup in the County, Districts and medaled with a 5th/6th in the states.

Rami Ratel

Honorable Mention
Nutley H.S.
Sophomore
103 pounds

Dave finished third in both the ECT and in District 14 behind highly regard Conte and Ratel. "As a sophomore, I'm happy I had the chance to wrestle with one of the best teams that Nutley has had."

Dave DeDolce

Honorable Mention
Belleville H.S.
Sophomore
112 pounds

Lawrence had another fine season for the Bucs. He placed second in the county and garnered a bronze medal at the Districts. "I am looking to improve with next year's team."

Lawrence Martin

Honorable Mention
Glen Ridge H.S.
Sophomore
112 pounds

E.J. earned a third place finish at the District 13 tournament. He was also the Newark Academy Tourney Champ and was second team Colonial Hills. "I'm looking forward to big things from myself, my brother and the rest of the team next year."

E.J. Csuka

Honorable Mention
Nutley H.S.
Junior
125 pounds

Lou finished in second place in the Districts and was the runnerup in the Essex County Tournament. "I had a challenging season and proved hard work pay-off in the end."

Lou Montes

Honorable Mention
Belleville H.S.
Freshman
130 pounds

Frank has a very bright future with Belleville. As a freshman, he was runnerup at the Districts and at the County tourney. "I am looking forward to my next three years wrestling here."

Frank Zarco

Honorable Mention
Nutley H.S.
Senior
135 pounds

Marcello finished in third place at the District 14 tourney. He also placed second in Essex County Tournament. "I am glad that I finished my senior year with a record that I could be proud of."

Marcello Capra

Honorable Mention
Bloomfield H.S.
Sophomore
140 pounds

Joe earned an impressive record of 25-7, as he registered second place finishes in both the Region and District tourney. "I thought our team did well this year and I hope we can continue and improve next season."

Joe Immersi

Honorable Mention
Belleville H.S.
Senior
140 pounds

Dave was runnerup in the Essex County Tournament and placed third in District 14. Earlier in the winter he won the Bloomfield Holiday Tournament at 145 pounds. "Good luck to next year's squad."

Dave Padalino

Honorable Mention
Nutley H.S.
Junior
152 pounds

Rich finished in second place at the District 14 tournament and also placed third in the Essex County tournament. "It was a good year for me, but hopefully next year I'll do better."

Rich Stellato

Glen Ridge H.S.
Junior
160 pounds

Chris captained the young Ridger wrestling squad. He recorded a third place finish at the District 13 tourney and was named second team Colonial Hills. "We had a good year, which we can only improve on for next year."

Chris Alworth

"Coach of the Year"
Bloomfield H.S.
Season Record: 16-3
Career Record: 40-20-3
Coach Fusaro guided the Bengals to the district, region and county titles. He also coached Bloomfield to its first state tourney win. "I was very proud of the unselfishness the kids displayed and I'm excited for our whole wrestling program from recreation to the high school. We've reached a new level."

Sam Fusaro

Rec Department pre-school registration is in progress

The Belleville Department of Recreation and Cultural Affairs is accepting registration for the pre-school play program for four year old children. The program consists of games, stories, songs, art, outside play and weather permits, short rest periods and occasional holiday parties especially designed 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

1991 and September 1992 will enter Kindergarten in September 1997 are eligible. Participants must be Belleville residents. Since there are only a limited number of openings, and applications will be accepted on a first-come-first-serve basis only.

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 vice versa.

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 p.m. Registration is currently in progress.

NOTICE OF HEARING

OF
ZONING BOARD
HEARING
TO WHOM IT MAY
CONCERN:

PUBLIC NOTICE is hereby given to all persons that Public Hearing will be held on April 2, 1996 at which time a hearing on an application for a Variance to erect one free-standing sign identifying the premises as a professional medical office on Block 746, Lot 44, commonly known as 65-69 Newark Avenue, Belleville, New Jersey, will be held. Said application and other accompanying data is on file and available for

inspection at the office of Planning and Development, 383 Washington Avenue, Belleville, New Jersey, during regular business hours, prior to said meeting.
William J. Policastro,
Attorney for
Frederick D. Gangemi
Belleville Times
March 21, 1996
Fee: \$17.67

No. B96-179

NOTICE

NOTICE is hereby given that the Municipal Council of the Township of Belleville, New Jersey, at a

meeting held on March 12, 1996 in the Municipal Building, did adopt Ordinance No. 2693 entitled: "An Ordinance to Amend Chapter IX, Section 9-1, 9-2, and 9-3 of the Codified Ordinances of the Township of Belleville which changes the Parking Meter Time Limit and Hourly Parking Meter Rates and Penalty"

Mary Lou Hood,
Municipal Clerk
Belleville Times
March 21, 1996
Fee: \$12.00
No. B96-177

1996 Belleville High School Spring Sports Schedule

Baseball

Date	Opponent	Site	Varsity
April 4	Bergen Catholic	Away	4 P.M.
April 8	Ridgewood	Home	4 P.M.
April 12	Eastside	Home	4 P.M.
April 15	Kennedy	Home	4 P.M.
April 17	Passaic	Away	4 P.M.
April 19	Clifton	Away	4 P.M.
April 22	Bloomfield	Home	4 P.M.
April 24	Don Bosco	Home	4 P.M.
April 26	St. Joseph	Home	4 P.M.
April 29	Hackensack	Home	4 P.M.
May 1	Paramus	Away	4 P.M.
May 3	Teaneck	Home	4 P.M.
May 6	Paramus Catholic	Home	4 P.M.
May 8	Nutley	Away	4 P.M.
May 10	Don Bosco	Away	4 P.M.
May 13	St. Joseph	Home	4 P.M.
May 15	Hackensack	Away	4 P.M.
May 17	Paramus	Home	4 P.M.
May 20	Teaneck	Away	4 P.M.
May 22	Paramus Catholic	Away	4 P.M.
May 24	Nutley	Home	4 P.M.

Tennis

Date	Opponent	Site	Varsity
April 3	Clifton	Away	4 P.M.
April 8	Eastside	Away	4 P.M.
April 10	Kennedy	Home	4 P.M.
April 15	Barringer	Home	4 P.M.
April 17	Passaic	Away	4 P.M.
April 19	Paramus Catholic	Home	4 P.M.
April 24	Don Bosco	Away	4 P.M.
April 26	St. Joseph	Away	4 P.M.
April 29	Hackensack	Home	4 P.M.
May 1	Paramus	Away	4 P.M.
May 3	Teaneck	Away	4 P.M.
May 6	Paramus Catholic	Away	4 P.M.
May 7	Nutley	Home	4 P.M.
May 8	Nutley	Away	4 P.M.
May 10	Don Bosco	Home	4 P.M.
May 13	St. Joseph	Home	4 P.M.
May 15	Hackensack	Away	4 P.M.
May 17	Paramus	Home	4 P.M.
May 20	Teaneck	Away	4 P.M.

Softball

Date	Opponent	Site	Varsity
April 1	Barringer	Home	4 P.M.
April 9	Livingston	Home	4 P.M.
April 10	Montclair	Home	4 P.M.
April 12	Eastside	Away	4 P.M.
April 15	Kennedy	Away	4 P.M.
April 17	Passaic	Home	4 P.M.
April 19	Clifton	Home	4 P.M.
April 22	Bloomfield	Away	4 P.M.
April 24	Immaculate Heart	Away	4 P.M.
April 27	Queen of Peace	Away	4 P.M.
April 29	Hackensack	Away	4 P.M.
May 1	Paramus	Home	4 P.M.
May 3	Teaneck	Away	4 P.M.
May 6	Paramus Catholic	Away	4 P.M.
May 8	Nutley	Home	4 P.M.
May 10	Immaculate Heart	Home	4 P.M.
May 13	Ridgewood	Away	4 P.M.
May 15	Hackensack	Home	4 P.M.
May 17	Paramus	Away	4 P.M.
May 20	Teaneck	Home	4 P.M.
May 22	Paramus Catholic	Home	4 P.M.
May 24	Nutley	Away	4 P.M.

Golf

Date	Opponent	Site	Varsity
April 1	Teaneck	Away	4 P.M.
April 8	Clifton	Home	4 P.M.
April 10	St. Joseph's	Home	4 P.M.
April 15	Paramus Catholic	Home	4 P.M.
April 22	Don Bosco	Away	4 P.M.
April 24	Hackensack	Home	4 P.M.
April 29	Paramus	Away	4 P.M.
May 6	Nutley	Away	4 P.M.

Track

Date	Opponent	Site	Varsity
April 2	Paramus Catholic	Home	4 P.M.
April 4	Nutley	Away	4 P.M.
April 9	Don Bosco/IHA	Away	4 P.M.
April 16	St. Joseph	Home	4 P.M.
April 18	West Essex	Away	4 P.M.
April 23	Hackensack	@ Nutley	10 A.M.
April 30	Paramus	Away	4 P.M.

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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 Special Program
- 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 Spotlight
- 9:30pm Essex Digest
- 10:00pm Special Program
- 11:00pm Carol & Carol Psychic Call In Show

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*
- 7:30pm 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*

SUNDAY

- 9:00am Ambassadors of Grace Ministry
- 9:30am Uncle Floyd's New Jersey*
- 10:00am Back to Basics with Nancy Sabato
- 10:30am Accent on Essex County
- 11:00am Front Page Edition with Lee Spinelli*
- 11:30am Health Issues*
- 12:00pm The Final Score
- 12:30pm Italics
- 1:00pm Middle Eastern TV
- 5:00pm Bringing Italy To You
- 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
- 10:30pm It's In The Stars(R)*

*Programs produced By OBC

Dorothy Fisher, 89

Services for Dorothy Louise Fisher, 89, of Belleville were held Friday in the McCracken Funeral Home, Union.

Mrs. Fisher, who died March 11 in the McKelley Health Care Center, Milford, N.H., was a deacon and member of the choir and the Women's Association, all of the Montgomery Presbyterian Church, Belleville.

Born in Newark, she lived in Union before moving to Belleville 20 years ago.

Surviving are three daughters, June Cronin, Anita Shattuck and Betty Jane Sutton; two sons, Paul and Frederick; 15 grandchildren; 15 great-grandchildren and two great-great-grandchildren.

Mary Zepko, 93

Mary Rose Zepko, 93, of Spring Lake Heights died March 12 in her home.

A memorial Mass will be offered at 9 a.m. Saturday, March 30, in St. Margaret's Church, Spring Lake. Arrangements are by the Meehan Funeral Home, Spring Lake Heights.

Born in Belleville, Mrs. Zepko

lived in Kearny and Manasquan before moving to Spring Lake Heights.

Surviving are two sons, Joseph and George; three daughters, Florence Turner, Rose Marie Howard and Ann Morris; 16 grandchildren and 14 great-grandchildren.

George Sadlock, 95

George E. Sadlock, 95, of West Paterson died March 11 in St. Joseph's Hospital, Paterson.

A Mass was offered March 14 in St. Bonaventure's Church, Paterson, following the funeral from the Santangelo Funeral Home, West Paterson.

Mr. Sadlock was the owner of Eddie's Meat Market, Belleville, retiring 25 years ago.

He was a Navy veteran of World War I.

Born in Garfield, he lived in Belleville before moving to West Paterson.

Surviving are his wife, Nell; a son, George Jr.; two daughters, Alice Kurnash and Irene Pospiech; a sister, Mary Malenda; 15 grandchildren and 28 great-grandchildren.

Catherine Vetrano, 86

Catherine Vetrano, 86, of Belleville died March 11 in Clara Maass Medical Center, Belleville.

A Mass was offered March 13 in St. Anthony's Church, Belleville, after the funeral from the Capatola Funeral Home, Newark.

Born in Newark, she lived in Bloomfield before moving to Belleville in 1940.

Surviving are a brother, Nicholas Natalizio, and four sisters, Vera Centanni, Emma Natalizio, Molly Yacullo and Anna Apito.

Theresa Bakes, 53

Theresa Bakes, 53, of Belleville died March 16 in Clara Maass Medical Center, Belleville.

A liturgy was offered Tuesday in St. Peter's Church, Belleville. The

funeral was from the Kiernan Funeral Home, Belleville.

Born in Newark, Mrs. Bakes lived in Belleville since 1960.

Surviving are her husband, Victor; a brother, William Flannery, and three sisters, Lauretta Fetcho, Florence Goldberg and Arline Yuschak.

Joseph Ceres, 83

A Mass for John M. Ceres, 83, of Secaucus was offered Saturday in St. Anthony's Church, Belleville.

The funeral was from the Megaro Memorial Home, Belleville.

Mr. Ceres, who died March 13 in the Palisades General Hospital, North Bergen, was an office equipment repairman with the Prudential Insurance Co., Newark, for 30 years before retiring in 1977.

An Army veteran of World War II, he was a technician fifth grade, with headquarters battery, 535th field artillery battalion, and served in the invasion of Normandy, Northern France, the Ardennes, the Rhineland and Central Europe.

He was a member of the Prudential Athletic Association, Newark, and an usher at St. Anthony's Church.

Born in Newark, he lived in Belleville and Livingston before moving to Secaucus several months ago.

Surviving are a daughter, Maria Schmidt; a brother, Frank, and a grandchild.

Obituaries

Nicholas DiGiovanni, 82

Nicholas DiGiovanni, 82, of Nutley died March 15 in Clara Maass Medical Center, Belleville.

Mr. DiGiovanni was a sales representative for the Oscar Mayer Food Corp., Philadelphia, for 26 years, retiring 12 years ago.

He was past grand knight, fourth degree, of the Knights of Columbus Belleville Council 835, past Nutley chairman for the annual cancer drive of the Essex County Cancer

Society, and was chaplain of the United National Nutley chapter.

He was past director of Defiance Savings and Suburban Savings, both in Nutley.

Born in Belleville, he lived in Nutley for 46 years.

Surviving are his wife, Minnie; a daughter, Janet Intile; a son, Angelo; two brothers, Hugo and Marco, and three grandchildren.

Frank Pezzano, 75

A Mass for Frank Pezzano, 75, of Kissimmee, Fla., was offered Friday in the Holy Family Church, Nutley. The funeral was from the S.W. Brown & Son Funeral Home, Nutley.

Mr. Pezzano was a pipefitter with Rickel Home Center, Belleville, for several years before retiring. Previously, he had worked

at Two Guys, Kearny.

He served in the Army during World War II.

Born in Newark, he lived in Belleville before moving to Kissimmee.

Surviving are his wife, Eleanor, a daughter, Susan; a son, Frank; two brothers, Pat and Danny, and two grandchildren.

Michael O'Brien, 40

A Memorial Mass for Michael F. O'Brien, 40, of Fairfield, Calif., will be offered at 10 a.m. Saturday in St. Peter's Church, Belleville.

Arrangements are by the Silverton Memorial Funeral Home, Toms River.

Mr. O'Brien died Dec. 26 in his home.

He was a chemist and lab analyst with Dames and Moore in California for more than 15 years.

He served as director of the Bricktown Jaycees from 1978 to 1979.

Born in Passaic, he lived in Belleville, Wayne and Toms River before moving to Fairfield, Calif., 15 years ago.

Surviving are his mother, Helen Bouin; four brothers, John, Eugene, Thomas and Daniel, and three sisters, Patricia Papp, Arleen Amato and Helen Molcan.

Paul Daeberick

Services for Paul L. Daeberick, 58, a lifelong resident of Nutley, were held Sunday in the S.W. Brown & Son Funeral Home, Nutley.

Mr. Daeberick, who died March

14 in his home, was a landscaper in the Nutley area.

Surviving are his wife, Diane; two sons, David and Steven; a daughter, Laurie Dettloff, and a grandchild.

Letty Meyer, 84

A Mass for Letty Meyer, 84, of Belleville was offered March 14 in Holy Family Church, Nutley. The funeral was from the S.W. Brown & Son Funeral Home, Nutley.

Mrs. Meyer, who died March 11 in her home, was an inspector with Wilbur B. Driver Co., Newark, for 34 years before retiring 20 years ago.

Mrs. Meyer was a member of

the Tuesday and Friday groups of the Belleville Senior Citizens and was a volunteer with Retired Seniors Volunteer Persons of Essex County.

Born in Newark, she moved to Belleville 21 years ago.

Surviving are two sisters, Adeline Mangano and Alexandria Faggiano; three grandchildren and eight great-grandchildren.

Filomena Murano

A Mass for Filomena Gencarelli Murano of Carlstadt was offered March 14 in Holy Family Church, Nutley, following the funeral from the S.W. Brown & Son Funeral Home, Nutley.

Mrs. Murano died March 11 in Hackensack Medical Center.

She was an assembler for Wallace & Tiernan, Belleville for 10 years.

Born in Italy, she lived in Belleville before moving to Carlstadt in 1992.

Surviving are her husband, Giorgio; a son, Franco; a daughter, Anna; her mother, Rosaria Perri Gencarelli; two brothers, Santo and Frank Gencarelli; three sisters, Anna Gencarelli, Maria Crocco and Rosa Gernissen, and a grandchild.

Helen Potts, 91

Helen Potts, 91, of Belleville died March 14 in Clara Maass Medical Center, Belleville.

Services were held Saturday in the Kiernan Funeral Home, Belleville.

Mrs. Potts was a banquet supervisor with Bremen Caterers, Newark, where she worked for 15

years before retiring 31 years ago.

She was a member of the Senior Citizens and treasurer of the Colored Women's Welfare Council, both in Belleville.

Born in Nutley, Mrs. Potts lived in Belleville for 50 years.

She leaves a daughter, Muriel.

Emilio Francesc, 75

A Mass for Emilio Francesc, 75, of Belleville was offered Friday in Holy Family Church, Nutley, following the funeral from the S.W. Brown & Son Funeral Home, Nutley.

Mr. Francesc died March 11 in Clara Maass Medical Center, Belleville.

He was a machine operator for the International Wire Co.,

Wyckoff, for 33 years before his retirement in 1986.

Born in Italy, he lived in Nutley before moving to Belleville 18 years ago.

Surviving are his wife, Teresa; two sons, Joseph and Frank; two daughters, Santa Greco and Anna Cifelli; a brother, Giovanni; a sister, Tommasina Venti; 12 grandchildren and two great-grandchildren.

Pharmacy Footnotes

Vincent Cozzarelli Reg. Ph.

FLUID SITUATION

Diarrhea may pose a problem for a patient of any age because it can lead to dehydration. But it can be especially problematic for children, the traditional prescription for diarrhea in youngsters has been to feed them bananas, rice, applesauce and toast (the so-called BRAT approach), but now the American Academy of Pediatrics is considering new guidelines. They consist of feeding a child as soon as he or she is well enough to eat easily as normal diet. Fluids, potatoes and unsweetened cereal, then chicken, lean beef, yogurt and produce as soon as he or she is able. If the child is mildly to moderately dehydrated, the pediatrician may direct that he or she take an over-the-counter electrolyte preparation. Fluids must be given intravenously to seriously dehydrated children. In any case, children should not be given over-the-counter antidiarrheal medication, which will not work in children under 12 and can be toxic.

Patients of all ages can expect the best of service when they have their prescriptions filled at ROSSMORE PHARMACY, 338 Washington Avenue (759-1956, 759-1968).

Your Doctor Knows Us - Your Doctor Trusts Us - Stop in our gift department for all your Easter needs. We also carry greeting cards and Russell Stover candies. Open: Daily 9am-10pm, Sundays 9am-5pm.

HINT: Symptoms of severe dehydration in children with diarrhea include lethargy, very frequent urination, and sunken eyes. These symptoms should prompt a call to the doctor or a hospital visit for intravenous fluids.

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SHERIFF'S FILE NO. 96-001263

SHERIFF'S SALE

SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-09054591

GOVERNMENT NATIONAL MORTGAGE ASSOCIATION, PLAINTIFF

VS.

JOSEPH CALDWELL; DORENEA HATCHER AKA/ DORLENA CALDWELL, H/W, ET AL'S, DEFENDANTS.

Execution for Sale of Mortgaged Premises

By virtue of the above stated writ of Execution, to me directed, I shall expose for sale by Public Auction, in SHERIFF'S OFFICE, Essex County Courts Building in Newark, on Tuesday, March 26, 1996, at one-thirty P.M. (Prevaling time)

Commonly known as: 00000160 POMONA AVE. NEWARK, NJ 07112

Lot: 10 Block: 3694

Size: 100.00 x 50.00 feet

Distance to nearest cross street: 263.12 feet

Nearest cross street name: PARKVIEW TERRACE

A full legal description can be found in the Office of the Register of Essex County.

A deposit of 20% of the bid price in certified funds is required at the time of sale.

The approximate amount of the Judgment to be satisfied by said sale is the sum of EIGHTY ONE THOUSAND TWO HUNDRED NINETY SIX AND 00/100 DOLLARS (\$81,296.80) together with the costs of this sale.

The Sheriff reserves the right to adjourn the sale from time to time as provided by law.

Newark, N.J., Feb. 20, 1996

ARMANDO B. FONTOURA, Sheriff

Shapiro & Kresman, Attorneys

Belleville Times Feb. 29, March 7, 14, 21, 1996

Fee: \$78.95

No. B96-95

SHERIFF'S FILE NO. 96-001272

SHERIFF'S SALE

SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-919195

CTICORP MORTGAGE, INC., PLAINTIFF

VS.

A. MALDONADO & IRENE MALDONADO, H/W, ET AL'S, DEFENDANTS.

Execution for Sale of Mortgaged Premises

By virtue of the above stated writ of Execution, to me directed, I shall expose for sale by Public Auction, in SHERIFF'S OFFICE, Essex County Courts Building in Newark, on Tuesday, March 26, 1996, at one-thirty P.M. (Prevaling time)

Commonly known as: 00000446 CORTLANDT ST. BELLEVILLE, NJ 07109

Lot: 13 Block: 85

Size: 37.50 x 125.00 feet

Distance to nearest cross street: 275.00 feet

Nearest cross street name: LITTLE ST.

A full legal description can be found in the Office of the

Register of Essex County.

A deposit of 20% of the bid price in certified funds is required at the time of sale.

The approximate amount of the Judgment to be satisfied by said sale is the sum of ONE HUNDRED FIFTY ONE THOUSAND NINE HUNDRED SIXTY SIX AND 00/100 DOLLARS (\$151,966.07) together with the costs of this sale.

The Sheriff reserves the right to adjourn the sale from time to time as provided by law.

Newark, N.J., Feb. 20, 1996

ARMANDO B. FONTOURA, Sheriff

Shapiro & Kresman, Attorneys

Belleville Times Feb. 29, March 7, 14, 21, 1996

Fee: \$77.08

No. B96-93

SHERIFF'S FILE NO. 96-001885

SHERIFF'S SALE

SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-29995

LAKESIDE SAVINGS BANK, F/K/A LAKEVIEW SAVINGS BANK, S.A., PLAINTIFF

VS.

RICHARD K. WILLIAMS & MARGARET M. WILLIAMS, H/W, ET AL'S, DEFENDANTS.

Execution for Sale of Mortgaged Premises

By virtue of the above stated writ of Execution, to me directed, I shall expose for sale by Public Auction, in SHERIFF'S OFFICE, Essex County Courts Building in Newark, on Tuesday, April 2, 1996, at one-thirty P.M. (Prevaling time)

Commonly known as: 00000265 UNION AVE. BELLEVILLE, NJ 07109

Lot: 54 Block: 373

Size: 50 x 160.10 x 50.71 x 151.66 feet

Distance to nearest cross street: 181.27

Nearest cross street name: HOLMES STREET

A full legal description can be found in the Office of the Register of Essex County.

A deposit of 20% of the bid price in certified funds is required at the time of sale.

The approximate amount of the Judgment to be satisfied by said sale is the sum of ONE HUNDRED SIXTY THOUSAND EIGHT HUNDRED SEVENTY FIVE AND 23/100 DOLLARS (\$106,875.23) together with the costs of this sale.

The Sheriff reserves the right to adjourn the sale from time to time as provided by law.

Newark, N.J., Feb. 26, 1996

ARMANDO B. FONTOURA, Sheriff

Solovatore L. Borrelli, Attorney

Belleville Times Feb. 29, March 7, 14, 21, 1996

Fee: \$82.72

No. B96-119

WORSHIP CALENDAR

CHRIST EPISCOPAL CHURCH
393 Washington Ave., Belleville
Sunday Services:
8:15am, Holy Communion
9:30am, Sunday School
10am, Holy Communion (with Nursery)
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751-0616

Nutley Abundant Life Worship Center
390 Washington Ave., Nutley
Sunday: 9am Sunday Bible School
10:00am Morning Worship
Children's church provided at all services ages birth through nine
Sunday services only are held at Belleville High School
Thursday, 7-9pm
Revelation Knowledge Seminar (Pastor Bruns teaching)
667-4329

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PARK UNITED METHODIST CHURCH
Broad & Park Sts., Bloomfield
SUNDAY WORSHIP
10:45AM
BIBLE SCHOOL FOR ALL AGES
9:25AM
Children & Transportation Provided
HOLY COMMUNION
First Sunday of the Month
Rev. Wayne Jack Plumstead, Pastor
429-7745

GLEN RIDGE CONGREGATIONAL CHURCH
195 Ridgewood Ave., Glen Ridge
SUNDAY
Communion Service
8:00AM (In The Chapel)
Principal Service with Chorus
10:15AM (In The Sanctuary)
Adult Bible Class
9:15AM
Church School
10:15AM
Follow-up Hour
11:15AM
Choir can be provided at all services
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The Rev. Joseph David Stinson, Minister
You are always welcome at the Glenridge Congregational Church
743-6806

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667-3000

of Belleville, at least two of whom shall be public members. No more than three (3)

and same shall be adopted in accordance with the provisions of NJSA 40A:9

advisory opinion as to whether any proposed activity or conduct would be

ments. This decision shall be made by no less than two-thirds vote of all members.

Belleville Times

By virtue of the above st
ed writ of Execution, to
directed, I shall expose

DOLLARS (\$114,054.00)
together with the costs
for this sale.

26) By virtue of the above s
of ed writ of Execution, to
directed, I shall expose

The Sheriff reserves the right to adjourn the

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Building in Newark, on Tuesday, April 2, 1996, at one-thirty P.M. (Prevailing time) -
 Commonly known as: 000000182 NEW ST. BELLEVILLE, NJ 07109
 Lot: 17 Block: 277
 Size: 40 x 100 feet
 Distance to nearest cross street: 434.28 feet
 Nearest cross street name: HOLMES STREET
 A full legal description can be found in the Office of the Register of Essex County in Mortgage Book 552, Page 533.
 A deposit of 20% of the bid price in certified funds is required at the time of sale. The approximate amount of the Judgment to be satisfied by said sale is the sum of ONE HUNDRED THIRTY FOUR THOUSAND ONE HUNDRED EIGHTY NINE AND 50/100 DOLLARS (\$174,189.50) together with the costs of this sale.
 The Sheriff reserves the right to adjourn the sale from time to time as provided by law.
 Newark, N.J., Feb. 26, 1996
 ARMANDO B. PONTOURA, Sheriff
 Gaeccone, Pomaco & Beck, Attorneys
 Belleville Times
 March 7, 14, 21, 28, 1996
 Fee: \$77.08
 No. B96-142

SHERIFF'S FILE NO. 96-00155
SHERIFF'S SALE
 SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-727995 LAKEVIEW SAVINGS BANK, F/K/A LAKEVIEW SAVINGS BANK S.A., PLAINTIFF -vs- RICHARD C. WILLIAMS & MARGARET M. WILLIAMS, H/W, ET AL'S, DEFENDANTS. Execution for Sale of Mortgaged Premises
 By virtue of the above stated writ of Execution, to me directed, I shall expose for sale by Public Auction, in SHERIFF'S OFFICE, Essex County Courts Building in Newark, on Tuesday, April 2, 1996, at one-thirty P.M. (Prevailing time) -
 Commonly known as: 000000263 UNION AVE. BELLEVILLE, NJ 07109
 Lot: 54 Block: 273
 Size: 50 x 160.10 x 50.71 x 151.66 feet
 Distance to nearest cross street: 181.27 feet
 Nearest cross street name: HOLMES STREET
 A full legal description can be found in the Office of the Register of Essex County. A deposit of 20% of the bid price in certified funds is required at the time of sale. The approximate amount of the Judgment to be satisfied by said sale is the sum of ONE HUNDRED SIX THOUSAND EIGHT HUNDRED SEVENTY SEVEN AND 23/100 DOLLARS (\$106,875.23) together with the costs of this sale. The Sheriff reserves the right to adjourn the sale from time to time as provided by law.
 Newark, N.J., Feb. 26, 1996
 ARMANDO B. PONTOURA, Sheriff
 Salvatore J. Barone, Attorney
 Belleville Times
 March 7, 14, 21, 28, 1996
 Fee: \$84.60
 No. B96-145

SHERIFF'S FILE NO. 96-00185
SHERIFF'S SALE
 SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-727995 LAKEVIEW SAVINGS BANK, F/K/A LAKEVIEW SAVINGS BANK S.A., PLAINTIFF -vs- RICHARD C. WILLIAMS & MARGARET M. WILLIAMS, H/W, ET AL'S, DEFENDANTS. Execution for Sale of Mortgaged Premises
 By virtue of the above stated writ of Execution, to me directed, I shall expose for sale by Public Auction, in SHERIFF'S OFFICE, Essex County Courts Building in Newark, on Tuesday, April 2, 1996, at one-thirty P.M. (Prevailing time) -
 Commonly known as: 000000182 NEW ST. BELLEVILLE, NJ 07109
 Lot: 17 Block: 277
 Size: 40 x 100 feet
 Distance to nearest cross street: 434.28 feet
 Nearest cross street name: HOLMES STREET
 A full legal description can be found in the Office of the Register of Essex County. A deposit of 20% of the bid price in certified funds is required at the time of sale. The approximate amount of the Judgment to be satisfied by said sale is the sum of ONE HUNDRED THIRTY FOUR THOUSAND ONE HUNDRED EIGHTY NINE AND 50/100 DOLLARS (\$174,189.50) together with the costs of this sale.
 The Sheriff reserves the right to adjourn the sale from time to time as provided by law.
 Newark, N.J., Feb. 26, 1996
 ARMANDO B. PONTOURA, Sheriff
 Gaeccone, Pomaco & Beck, Attorneys
 Belleville Times
 March 7, 14, 21, 28, 1996
 Fee: \$77.08
 No. B96-142

SHERIFF'S FILE NO. 96-00155
SHERIFF'S SALE
 SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-727995 LAKEVIEW SAVINGS BANK, F/K/A LAKEVIEW SAVINGS BANK S.A., PLAINTIFF -vs- RICHARD C. WILLIAMS & MARGARET M. WILLIAMS, H/W, ET AL'S, DEFENDANTS. Execution for Sale of Mortgaged Premises
 By virtue of the above stated writ of Execution, to me directed, I shall expose for sale by Public Auction, in SHERIFF'S OFFICE, Essex County Courts Building in Newark, on Tuesday, April 2, 1996, at one-thirty P.M. (Prevailing time) -
 Commonly known as: 000000182 NEW ST. BELLEVILLE, NJ 07109
 Lot: 17 Block: 277
 Size: 40 x 100 feet
 Distance to nearest cross street: 434.28 feet
 Nearest cross street name: HOLMES STREET
 A full legal description can be found in the Office of the Register of Essex County. A deposit of 20% of the bid price in certified funds is required at the time of sale. The approximate amount of the Judgment to be satisfied by said sale is the sum of ONE HUNDRED THIRTY FOUR THOUSAND ONE HUNDRED EIGHTY NINE AND 50/100 DOLLARS (\$174,189.50) together with the costs of this sale.
 The Sheriff reserves the right to adjourn the sale from time to time as provided by law.
 Newark, N.J., Feb. 26, 1996
 ARMANDO B. PONTOURA, Sheriff
 Gaeccone, Pomaco & Beck, Attorneys
 Belleville Times
 March 7, 14, 21, 28, 1996
 Fee: \$77.08
 No. B96-142

SHERIFF'S FILE NO. 96-00201
SHERIFF'S SALE
 SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-825593 FIRST DEWITT SAVINGS BANK F.S.B., PLAINTIFF -vs- CARLO J. GAROFALO, JR., ET AL'S, DEFENDANTS. Execution for Sale of Mortgaged Premises
 By virtue of the above stated writ of Execution, to me directed, I shall expose for sale by Public Auction, in SHERIFF'S OFFICE, Essex County Courts Building in Newark, on Tuesday, April 2, 1996, at one-thirty P.M. (Prevailing time) -
 Commonly known as: 000000182 NEW ST. BELLEVILLE, NJ 07109
 Lot: 17 Block: 277
 Size: 40 x 100 feet
 Distance to nearest cross street: 434.28 feet
 Nearest cross street name: HOLMES STREET
 A full legal description can be found in the Office of the Register of Essex County. A deposit of 20% of the bid price in certified funds is required at the time of sale. The approximate amount of the Judgment to be satisfied by said sale is the sum of ONE HUNDRED THIRTY FOUR THOUSAND ONE HUNDRED EIGHTY NINE AND 50/100 DOLLARS (\$174,189.50) together with the costs of this sale.
 The Sheriff reserves the right to adjourn the sale from time to time as provided by law.
 Newark, N.J., Feb. 26, 1996
 ARMANDO B. PONTOURA, Sheriff
 Gaeccone, Pomaco & Beck, Attorneys
 Belleville Times
 March 7, 14, 21, 28, 1996
 Fee: \$77.08
 No. B96-142

SHERIFF'S FILE NO. 96-00219
SHERIFF'S SALE
 SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-825593 FIRST DEWITT SAVINGS BANK F.S.B., PLAINTIFF -vs- CARLO J. GAROFALO, JR., ET AL'S, DEFENDANTS. Execution for Sale of Mortgaged Premises
 By virtue of the above stated writ of Execution, to me directed, I shall expose for sale by Public Auction, in SHERIFF'S OFFICE, Essex County Courts Building in Newark, on Tuesday, April 2, 1996, at one-thirty P.M. (Prevailing time) -
 Commonly known as: 000000182 NEW ST. BELLEVILLE, NJ 07109
 Lot: 17 Block: 277
 Size: 40 x 100 feet
 Distance to nearest cross street: 434.28 feet
 Nearest cross street name: HOLMES STREET
 A full legal description can be found in the Office of the Register of Essex County. A deposit of 20% of the bid price in certified funds is required at the time of sale. The approximate amount of the Judgment to be satisfied by said sale is the sum of ONE HUNDRED THIRTY FOUR THOUSAND ONE HUNDRED EIGHTY NINE AND 50/100 DOLLARS (\$174,189.50) together with the costs of this sale.
 The Sheriff reserves the right to adjourn the sale from time to time as provided by law.
 Newark, N.J., Feb. 26, 1996
 ARMANDO B. PONTOURA, Sheriff
 Gaeccone, Pomaco & Beck, Attorneys
 Belleville Times
 March 7, 14, 21, 28, 1996
 Fee: \$77.08
 No. B96-142

SHERIFF'S FILE NO. 96-00229
SHERIFF'S SALE
 SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-931498 CHEMUNO BANK OF NEW JERSEY N.A. F/K/A PRINCETON BANK & TRUST COMPANY, PLAINTIFF -vs- FRANK CHRISTIAN, ELIZABETH CHRISTIAN, TIANO, H/H, ET AL'S, DEFENDANTS. Execution for Sale of Mortgaged Premises
 By virtue of the above stated writ of Execution, to me directed, I shall expose for sale by Public Auction, in SHERIFF'S OFFICE, Essex County Courts Building in Newark, on Tuesday, April 9, 1996, at one-thirty P.M. (Prevailing time) -
 Commonly known as: 000000 WALLACE ST. BELLEVILLE, NJ 07109
 Lot: 23 Block: 696
 Size: 25 x 137.21 feet
 Distance to nearest street: 60.09 feet
 Nearest cross street name: OLD MORRIS CANAL
 A full legal description can be found in the Office of the Register of Essex County. A deposit of 20% of the bid price in certified funds is required at the time of sale. The approximate amount of the Judgment to be satisfied by said sale is the sum of SIXTY SEVEN THOUSAND SIXTY SEVEN AND 50/100 DOLLARS (\$67,065.54) together with the costs of this sale.
 The Sheriff reserves the right to adjourn the sale from time to time as provided by law.
 Newark, N.J., March 19, 1996
 ARMANDO B. PONTOURA, Sheriff
 Price, Strickson, Gagliardi & Nye, Attorneys
 Belleville Times
 March 10, 21, 28, 1996
 Fee: \$78.96
 No. B96-146

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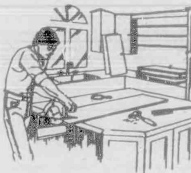
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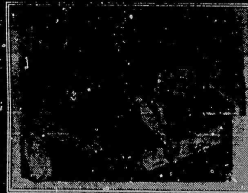
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Olympic Games To Showcase Clean-Fuel Vehicles

Natural gas — the same fuel that heats most American homes — will fuel a fleet of environmentally friendly vehicles during the 1996 Olympic Games, to be held July 19 - Aug. 4, 1996, in Atlanta. The American Gas Association, an official sponsor of the 1996 Olympic Games, will provide 250 pick-ups, cargo vans, shuttle buses and passenger vehicles — all powered by clean natural gas. In addition, A.G.A. will provide the fuel for up to 300 natural gas transit buses that will be loaned for use during the Games by transit agencies nationwide.

This clean-fuel fleet will transport athletes, visiting dignitaries and spectators, while the natural gas pick-up trucks will haul equipment. About 10 percent of the vehicles in the Olympic transportation system will be fueled with natural gas.

Many marathon runners are familiar with this technology because they have followed natural gas-powered pace cars in marathons held in Boston, Atlanta, Pittsburgh and other cities. Runners prefer the cleanliness of NGVs to the exhaust emitted by diesel or gasoline vehicles.

Vehicles fueled with natural gas can virtually eliminate tailpipe soot, reduce emissions of carbon monoxide and reactive hydrocarbons by 85 to 90 per-



cent and carbon dioxide by up to 32 percent, compared to gasoline.

More than 39,000 natural gas vehicles were on the road in 1994, according to A.G.A.

A.G.A. has formed a "Clean Air Team" of about 40 gas utilities and natural gas vehicle suppliers to implement its unique Olympic sponsorship.

Energy Facts

Natural gas energy heats 57 percent of the nation's homes and serves more than 174 million American consumers.

Oil, coal and natural gas are fossil fuels. Natural gas is composed almost entirely of methane and burns much more cleanly than oil and coal. This is because oil and coal contain more carbon and sulfur and nitrogen compounds.

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