



**School #10 tricky tray
'goes Hollywood'**
For photos, details see page 2

**A fond, reluctant farewell
to Barbara Cicalese**
See 'Honestly Belleville,' page 4

**Baseball, softball teams
off to good starts**
See sports, page 13

Belleville Times

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Thursday, April 18, 1996

50¢

Notari, Piscatowski win; budget passes

By Richard Dickon

1351 votes.

finished third with 951 votes.

Incumbent School Board Vice President John Notari and newcomer Maria Prosperi Judy Piscatowski won two, three-year terms on the School Board, while voters passed the school budget.

Notari will serve a second three-year term after receiving 1799 votes.

Piscatowski, with three children, two still in the district, won her first three-year term, with



John Notari



Judy Piscatowski

The budget raises taxes \$70 on a home assessed at just less than \$40,000, the township average.

For a full breakdown of the candidates and the budget vote results, please turn to page 2.



Parent owes \$860, community service...

Criminal charges net illegal student \$'s

By Richard Dickon and Natalie Waldron

A resident of Clifton Avenue in Newark has been given community service, been compelled to pay \$150 in fines and ordered to pay \$860 in restitution to the Belleville Board of Education after the board filed criminal charges stemming from an allegation of a child illegally attending Belleville schools.

School Board trustee Frank Montagna said the mother of the illegal student is to pay a \$75 fine to the Violent Crime Victims Fund, along with \$75 to another charitable organization.

At the April 8 school board meeting, Montagna said the woman was sentenced to 50 hours of community service, and will have to pay back a total of \$860 in tuition to the district.

The board previously announced the filing of criminal and theft of service charges against six non-residents who allegedly enrolled their children illegally in the school system.

The board announced in February that the district has caught nine illegal students in its school system so far this year, and hoped to save the school district thousands of dollars, according to Dr. Joseph Ciccone, Assistant Superintendent.

The drive to remove illegal students continues, with officials seeking a total of \$13,472 in tuition reimbursement, to insure the taxpayers that money they are spending for education is being spent on residents of this community.

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

For the kindergarten registration during the month of April, each parent/guardian will complete a residency questionnaire and provide at least three of the following documents: an income tax return;

department store or credit card bill; a currently effective lease or recorded deed which includes the name of the children; a property tax bill; a water bill and Medicaid stubs.

All residencies will be verified through the Township Tax Assessor and Building Code Enforcement offices. Also, a notarized affidavit from the landlord will be required for all tenants.

An illegal student is one who has attempted to receive an education in a school district in which he or she is not a legal resident.

Ciccone said the cost of each student per year was \$7,200.

The number of illegal students through Jan. 31, 1996 was nine; the number of illegal residencies or dwellings was 12 and the number of dis-enrolled students 11, according to Ciccone.

An illegal dwelling is one in which the house is in Belleville, but it is unsuitable to live in, with the code enforcement official responsible to visit the site and determine if it is suitable. It can be a converted basement or attic, and the child is not doing anything illegal in this situation, but an official can ask the family to move if the site is determined to be unsuitable.

Dis-enrolled students are students who have not complied with school residency policy by producing specific documentation.

Last year 33 illegal students were caught, according to Ciccone.

Teachers must fund subs for vacations...

Snowstorms 'white out' two spring vacation days

By Richard Dickon

Citing "the expiration of available options," Superintendent of Schools Michael Lally recommended that April 22 and 23 be taken as make-up days for a winter filled with snow days.

The first two days of the spring break vacation are still available to teachers who have pre-paid vacation plans, but they must reimburse the district for the substitute teacher for each day.

Personal days will be honored as long as they fit the legally contracted guidelines, including medical or family matters, Lally said at the April 8 school board meeting.

The change did stir controversy, with Board trustee Barbara Cicalese questioning whether the move would lead to teachers filing grievances. Lally explained that the possibility of utilizing spring break days to make up for days lost to winter weather was approved last June and that teachers were advised again in December.

Thomas Fuscaldo, reiterated his call for the board to look at the entire calendar, including the possible elimination of the February winter break, which he said would give the district "greater flexibility."

Fuscaldo said he would like the Board to consider next year's calendar before June, and look at possibly eliminating the winter break, instead having a long weekend for President's Day.

"Global warming isn't stopping the snow," Fuscaldo said, "To keep Project Graduation (the all-night cruise for graduating seniors), Mr. Lally needs more flexibility. Let's have a school-wide survey, also among staff members, and see."

Lally responded, "We don't have a problem with the schedule other than Project Graduation, but I think a review of the calendar is a good idea. We should seek input from all school professionals and school groups."



1996

IT'S CHERRY BLOSSOM TIME - This Saturday, April 20, from 9 a.m. to 5 p.m., Essex County's Annual Cherry Blossom Festival at Branch Brook Park will present a variety of Japanese cultural performances, including origami, flower arranging, traditional dances, folk lore, martial arts demonstrations, a tea ceremony and much more. A cherry blossom tree sapling will be planted at 11 a.m., commemorating the close of the centennial celebration of the founding of the Essex County Park system. The following day, Sunday, April 21, Blossomfest '96 will come to Silver Lake.

Blossoms blooming for 1996 Cherry Blossom Festival



Blossomfest '96 set in Silver Lake Sunday, April 21

Sunday, April 21, will be the day for the third annual Blossomfest street festival of arts and music in Belleville's Silver Lake district. The business district along Franklin Street will be transformed into a midway of colorful arts and crafts displays, live music and entertainment and tasty international foods.

Blossomfest '96 is expected to attract 15,000 visitors between noon and 6 p.m. for this one-day extravaganza of family culture and entertainment, according to event coordinators Jerry Iacangelo and Maria Messina.

Artists and crafters from five states will display and sell their creations.

The Belleville High School Band will kick off the festivities, followed by a presentation of the 1996 Little Miss Blossom. Jazz musicians will play, along with DJ/MC Michael Chieffo, who will once again host the entertainment. Children can mingle with pet

farm animals, ride ponies, bounce in the Moonwalk, listen to American Folklore, and create Sand Art.

The entire family can visit Conrail's "Safety on Rails Theatre" inside a real boxcar and caboose, take a stroll to nearby Branch Brook Park to see the largest display of Blossoms in the United States or ride the horse and buggy along local streets. Food and desserts aplenty will be available.

Blossomfest '96, sponsored by the Silver Lake Partnership, promises to be an enjoyable day. Admission is free as is nearby parking is free. The raindate is Sunday, April 28th. For more information, call 450-1111.

This week's "Life in Silver Lake" column, along with the "Book Marks" library column, can be found on page 15.

Business education, basic skills get IBMs...

School board examines purchase of computers

By Richard Dickon

School Board trustees talked over the best way to purchase computer equipment in the future while the district announced the purchase of IBM Pentium computers, a scanner and a laser printer for the Business Education and Basic Skills Departments.

The more than \$20,000 worth of computer equipment is being funded through a Carl D. Perkins Vocational Education Grant and a second federal educational grant, according to Edward Appleton, School Business Administrator.

Board trustee Thomas Fuscaldo suggested the board look at purchasing more up-to-date software

and hardware in the future, along with considering a more comprehensive mainframe-type system that will allow greater, more complete access to the system for all students and staff.

The equipment being purchased "is already very slow," Fuscaldo said.

Appleton said the grant application was approved for the equipment months ago "on a stand-alone."

"Down the road we will be looking to network," Appleton said.

Fuscaldo said for now he would like to see other staff members have access to the basic skills com-

puters, where they could bring their own computer disks and work when the computers are free. He said his fear is that the computers will be underutilized.

The Perkins grant totals \$23,738, and the computers are "for business education, to support business-based competencies," Appleton said.

The district received 10 bids, and Appleton recommended Computer Square of Edison for the purchase of nine IBM Pentium computers at a cost of \$1,260 each; one IBM Pentium computer with CDROM at \$1,444; one IBM Pentium with an internal modem, at \$1,638, all for business education

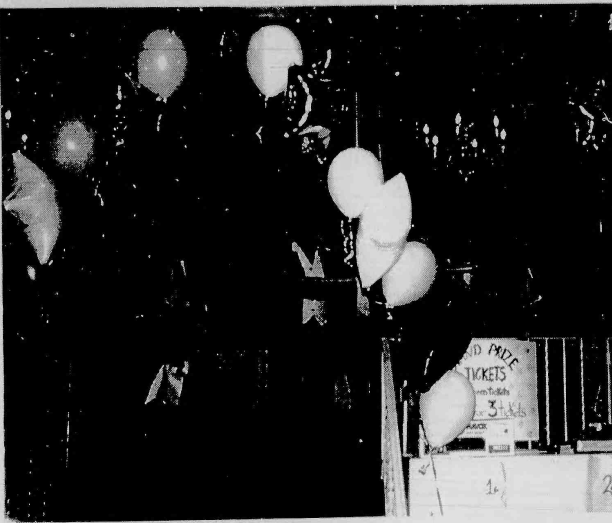
use. Also, he recommended purchasing a full-page scanner from a company called PCNet for \$262. The total for the equipment is \$17,079.

For the Basic Skills Department, Appleton recommended the purchase of one IBM Pentium with a 75 Megahertz capacity at \$1,260, and a second IBM Pentium with an internal modem for \$2,818.

Also, a laser printer would be purchased from PCNet at a cost of \$828, bringing the Basic Skills total to \$3,651.

Board trustees also discussed how cuts in future Perkins Grant amounts will make future computer purchases more difficult.

School #10 'goes Hollywood' with successful tricky tray fund raiser



School #10 sponsored a "tricky tray" in February that brought Hollywood to Belleville. From the successful fund raiser's delicious dinner to the beautiful decorations, to the fabulous prizes, it was a true Hollywood "blockbuster." School #10 wishes to thank all the merchants, parents and teachers for making this a most memorable evening, by donating the prizes and their time. Special thanks to our very creative Chairwoman Donna Fiscella for putting together one of the best tricky trays ever. Pictured above are (left to right) Chairwoman Donna Fiscella, Joanne Conway and Donna Fiscella (left to right) giving out prizes. The bottom photo below are tricky tray supporters are (standing) Mrs. Jean Broo, school secretary, Kelly Barrett, Lauren Snarski and Anna Jannicelli, teachers and School Board Vice President John Notari. Sitting are Jean Dailey, a teacher, Nicholas Petti, school principal, Frances Del Mauro, a lunch aide, Carol Spina, a teacher and Joan Fernandes.



1996 Belleville School Elections, budget

	*John Notari	Maria Prosperi	Judy Piscatowski	Yes	Budget No
1st Ward districts	339	227	271	186	227
2nd Ward districts	665	344	486	405	352
3rd Ward districts	322	196	293	173	202
4th Ward districts	473	184	301	284	215
Totals	1799	951	1351	1048	996

*denotes incumbent

16 percent of registered voters participated. Totals exclude absentee ballots.

ELKS CORNER

The Belleville Elks Lodge # 1123 will be celebrating Elks National Youth Week with a kick off breakfast at the lodge this Sunday April 21 between the hours of 9:00am to 12:00pm.

Youth Week is designed to celebrate the youth of our community. It is a national event held by every Elks Lodge in the country. Please check next weeks Elks Corner for the list of events scheduled.

Sponsored by Russo Family Chiropractic

Silver Lake hosting Blossomfest '96

Sunday, April 21, will be the day for the third annual Blossomfest street festival of arts and music in Belleville's Silver Lake district.

The business district along Franklin Street will be transformed into a midway of colorful arts and crafts displays, live music and entertainment, and a variety of tasty international foods.

Blossomfest '96 is expected to attract 15,000 visitors between noon and 6 p.m., for this one-day extravaganza of family culture and entertainment, according to event coordinators Jerry Iacangelo and Maria Messina.

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The Belleville High School Band will kick off the festivities, followed by a presentation of the 1996 Little Miss Blossom. Jazz musicians will play, along with DJ/MC Michael Chieffo, who will once again host the entertainment.

Children can mingle with pet farm animals, ride ponies, bounce

in the Moonwalk, listen to American Folklore, and do Sand Art.

The entire family can visit Conrail's "Safety on Rails Theatre" inside a real boxcar and caboose, take a stroll to nearby Branch Brook Park to see the largest display of Blossoms in the United States, or ride the horse and buggy along local streets.

Food will include popcorn, soft pretzels and cotton candy, along with hot dogs, pizza and battered vegetables. More serious fare includes charbroiled London Broil sandwiches, Barbeque beef, pork and lamb, and sausage and cheesesteak sandwiches.

Blossomfest '96, sponsored by the Silver Lake Partnership, promises to be an enjoyable day. Admission is free and nearby parking is free. The raindate is Sunday, April 28th. For more information, call 450-1111.

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Belleville Senior News

By Joseph Restaino



Dedicated to Doctor Schnurr

When in that hospital bed I was all forlorn
The voice of an angel I heard early one morn
Though her wings I did not see
I could feel her soft gentle heart touching me

Along with such warmth and compassion
Great knowledge to me now she gives
For now the desire for life in me lives
When for the profession the Lord chose you
He gave you abundance of this virtue
He made it be your creed
To help the suffering if you they should need
To say thank you just doesn't seem enough to say
But I ask God to bless you each and every day.

By Katherine Van Riper

Sorry to hear that Jean Torrence is back in Mountainside Hospital.

Camille Hoffman is not feeling well.

Welcome back to Angie Chirico and Anthony Aranecki. Tillie Janowitz was also welcomed back after being out quite some time.

Andy Casese and Mary Bisell were thanked for pruning the rose bushes in front of the Center. Mary also donated a rose bush in memory of her late husband Jim.

Condolences to the family of Betty Frye and to Margaret Ammendola on the loss of her brother.

Also welcome back to Sam Cocuzzo and John Vaccaro. Happy anniversary to Mr. and Mrs. John D'Arc.

I heard that Sylvia Pagonelli won a Harley Davidson motorcycle while visiting the Las Vegas Flamingo Casino. So if you see a Harley pulling in to the parking lot at the Senior Center it is probably Sylvia attending the meeting. Ha-ha.

Jo and Pat Rotondo, trip chairpersons of the Tues. Club need about 10 more persons for the Wildwood trip in June. Also there are openings for the Renault Winery trip. Anyone interested, call the club at 450-3430.

Any seniors looking for a good time from June 23 to 27, there are some openings for the trip to the Granit Hotel in the

Catskills. There will be good dining, dancing and entertainment. All gratuities are included in the price. If interested, call Gertie at 759-6930, Elenore at 751-1731 and Josephine at 759-0209.

Congratulations to Tom Mignone who is celebrating his 93rd birthday. Keep up the good living Tom!

Incidentally, it's just about two years that I have been writing this column and I must say that it has been a very pleasant and gratifying two years. Thanks to all who have given me the items and poems that have been printed here. I also thank Frank Orechio, Helen Maguire and editor Richard Dickson for giving me a free hand. I hope that you seniors have enjoyed my column and if you have any pros or cons I would like to hear them.

As some of you know the Belleville Chapter #2051 of the AARP now hold their meetings at the Senior Center on the first Wednesday of the month at 1 p.m. Speakers discussing various topics of the day and entertainment groups are scheduled by chairman Andy Lordi. The present officers are as follows: President Margaret Waldron; 1st V. Pres. Terry Brunn; 2nd V. Pres. Mae Anderson; Rec. Sec. Margaret DeLuca, Corres. Sec. Dorothy Thompson; Treas. Harold Rockaway. New members are welcome, however you must be a member of the National AARP. Anyone interested call Marge Waldron at 759-9019.

Mark on your calendar April 28. The Bloomfield Civic Chorus will have their spring concert at 3 p.m. at the Bloomfield Middle School on Broad St. One of our members, Ervia DeLuca, is a member of this group. She has a great voice so come out and hear her.

Tid bit: Love may not make the world go round, but I must admit that it makes the ride worthwhile.

Belleville is beautiful!!!

Belleville Police Blotter:

• William Connolly, 26, of Belleville was charged with driving under the influence and possession of drug paraphernalia April 11 on Franklin Street.

Officers Melilla and Andreottola found a hypodermic needle in Connolly's possession, police said.

• Beverly Chiapinelli, 40, of Belleville was arrested for possession of CDS April 11.

Detectives Guiliano and Capece found four vials of cocaine in

Chiapinelli's possession.

She was charged with possession of CDS, police said.

• Four of Belleville's Finest were involved in a pursuit of an armed driver April 12.

Officers Bernardo, Morotti, Charles and Sgt. Smith responded to the call and picked up the Black Acura on Watching Avenue.

The Acura attempted to elude the police vehicles for several blocks, police said.

Finally, the chase ended at the corner of Monteth and N. 6th Streets.

A search of the car was conducted and a loaded, 9mm handgun with nine rounds in the chamber was found, police said.

Abdul Sneed, 22, of Irvington was the driver of the car and was also found to be a suspended driver, police said.

Also in the car was Karen Coxson, 22, of Plainfield who has a Essex County Sheriff's warrant for his arrest.

They were both charged with a weapon possession charge.

• John Docherty, 42, of Kearny was arrested for possession of CDS April 12.

Officers Castellano and Wallace observed a Blazer vehicle with one headlights out.

Seven clear vials of cocaine were recovered, police said. He was charged with possession of CDS.

Belleville police officer kills Newark resident after pursuit

By Kelly Tahaney

Early Tuesday morning, an 18-year-old was killed in a shooting after he attempted to run over Belleville Police Officer Robert Charles with a stolen car, police said.

"It's an unfortunate incident but Officer Charles was justified in using his weapon," Belleville Police Captain Joseph Rotonda said.

Officers of the Belleville Police Department responded to an attempted auto theft call in the area of Magnolia Street in Belleville, police said.

A description of this vehicle was broadcast to Belleville and Bloomfield Police units at 5:12 a.m.

Bloomfield Police Officer Edward Sousa and Belleville Police Sgt. Allyn Ciccone spotted the vehicle and stopped it at the intersection of Belmont Avenue and Franklin Street, police said.

In an attempt to escape, the suspect vehicle rammed the Bloomfield unit causing both cars into a tree, police said.

At this time, Belleville Officers Charles and John Pinto were on the scene, police said.

The suspect vehicle then backed up striking Sgt. Ciccone's car, according to police.

The suspect vehicle then accelerated at a high rate of speed towards Officer Charles who had exited his vehicle and was approaching the suspect vehicle, police said.

Officer Charles fired his weapon striking the driver later identified as David Alverdo of Newark and the passenger, Raul Nunez, 20, also of Newark, police said.

The suspect vehicle then traveled across the intersection, hitting a building, police said.

Alverdo was pronounced dead at the scene, according to police. Nunez was shot in the leg and treated at University hospital in Newark, according to police.

Nunez is being held at Belleville Police Headquarters for receiving stolen property and possession of burglary tools.

The suspect vehicle was reported stolen in Nutley, police said.

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DATE: Thursday, April 25, 1996

TIME: 5:00pm to 7:00pm

CATS ONLY 6:30PM TO 7:00PM

DATE: Friday, April 26, 1996

TIME: 5:00pm to 7:00pm

CATS ONLY 6:30PM TO 7:00PM

DATE: Saturday, April 27, 1996

TIME: 9:30pm to 11:30pm

CATS ONLY 11:00AM TO 11:30AM

LOCATION: DEPARTMENT OF HEALTH & HUMAN SERVICES
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3. Cats MUST be vaccinated annually.

The Belleville Health Department urges all residents to take advantage of this FREE RABIES CLINIC. Today the spread of rabies from wildlife to domestic animals is of major public health concern. Therefore, immunization of ALL DOGS & CATS against Rabies is mandated.

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OUR OPINION

Prosecution necessary to send message to illegal student families

A very strong message is being sent to parents who would illegally enroll their children in Belleville's schools. A resident of Clifton Avenue in Newark has been given community service, been compelled to pay \$150 in fines and ordered to pay \$860 in restitution to the Belleville Board of Education after the board filed criminal charges stemming from an allegation of a child illegally attending Belleville schools. School Board trustee Frank Montagna, a loud and tireless advocate of removing illegal students, said the mother of the illegal student was sentenced to 50 hours of community service, and will have to pay back a total of \$860 in tuition to the district.

The board previously announced the filing of criminal and theft of service charges against six non-residents who allegedly enrolled their children illegally in the school system and that the district has caught nine illegal students in its school system so far this year.

Now, realistically, many and probably most of the parents will not be able to pay back the tuition quickly or even at all. More important than that is a dollar

amount that can never be proven: the number of parents dissuaded from attempting to send their children illegally.

Also, the amount of money saved when children are detected at the beginning or during a school year, before hard-earned tax money is diverted away from local students, must be taken into account.

Clearly this continued emphasis on detecting, removing, and now prosecuting families of illegal students, is a win/win proposition. Now that administrators and staff seem resigned to admitting that the problem exists enough to make this necessary, residents can expect a tangible dent will be made in tax revenue lost on illegal students.

Montagna and others on the school board are criticized here often, but in this case the work continues to get done, even with some dirty political shenanigans taking place. We will continue to support the board's efforts and track the progress of eliminating illegal students, with the hope that one day the problem will be all but gone.

Better planning needed on school calendar, computer integration

Two days of the school district's spring break are gone, thanks to another brutal winter, leaving students, staff, teachers and their families with the no-win situation of re-doing vacation plans. School staff at least has the choice of paying for substitutes to keep their vacations intact. Superintendent of Schools Michael Lally, with no other options, recommended that April 22 and 23 be taken as make-up days for a winter filled with snow days.

At the same meeting, the school board approved computer equipment which already slower than more recently marketed hardware and software. In both cases, better anticipation of what is coming down the road would have helped the students in this district.

Board member Thomas Fuscaldo has been saying for at least two years that the board should look at the entire calendar, including the possible elimination of the February winter break, which will give the district greater flexibility. This is a sound idea, and would keep the district from hav-

ing to scramble to protect the date of Project Graduation, a worthwhile program. Just as importantly, families could plan a vacation in April without worrying that pre-paid plans will be scuttled by winter weather. The district could still have a long weekend for President's Day.

We urge the board to survey the district, including staff and parents, to decide this situation.

For computers, we suggest the board appoint a liaison to work with school personnel on purchasing equipment that can be linked later on, and to make sure the technology does not pass the district by as it attempts to complete grant applications. The liaison could also look for outside funding sources or donations from the business community.

The fact that the board is discussing both subjects is a start. Now it needs to take decisive actions to better handle both the school calendar and the purchase of computer technology.

Quotables

There's only one thing that can keep growing without nourishment: the human ego. -- Marshall Lumsden

Our major obligation is not to mistake slogans for solutions. -- Edward R. Murrow

Wise men learn by other men's mistakes; fools, by their own. -- H.G. Bohn

The majority of us are for free speech only when it deals with those subjects concerning which we have no intense convictions. -- Edmund B. Chaffee

No man ever listened himself out of a job. -- Calvin Coolidge

We can escape from the level of society, but not from the level of intelligence, to which we were born. -- Randall Jarrell

One should never know too precisely whom one has married. -- Nietzsche

We learn from experience. A man never wakes up his second baby just to see it smile. -- Grace Williams

To the good listener, half a word is enough. -- Spanish proverb

Learning make a man fit company for himself. -- Thomas Fuller

'Honestly Belleville'

By Richard Dickon

Cicalese's independent voice will be missed; she won't miss being personally attacked

It was my intention this week to bid a fond, and hopefully temporary farewell to school board trustee Barbara Cicalese, who chose not to run for re-election this year because of family considerations. It is ironic, but not surprising, that Barbara's last night on the board started with her being given a plaque recognizing her public service and ended with her tending off yet another personal attack.

Barbara, and everyone who has worked diligently and with little fanfare to make Project Graduation a success the past several years, had to endure what can only be called: slurs from audience members and two of her alleged colleagues. Ridiculous misinformation was bandied about as fact about illegal gambling and the moral character of those involved. School Board President Ralph Mazzuca continues to allow it to be open season on his fellow board members to disparaging, if not slanderous remarks.

Anyone who has taken the time to volunteer for Project Graduation could tell those who would insult them that this is a shining example of the district providing an alternative to dangerous graduation activities that often include drinking and driving or other substance abuse.

To be sure, some teens will inevitably try and sneak onto the cruise either drunk or attempting to bring liquor on board. The chaperones, however, have done an exemplary job at these celebrations, and should be protected from such unfair mudslinging. This certainly appears to be yet another blatant political dirty trick, since Barbara is considered part of the Joseph Scaperrotta political camp. Those of us who have watched Barbara know that no one ever tells Barbara how or why to vote on an

issue.

So I will issue this challenge to Mazzuca, board trustee Frank Montagna, and chronic naysayer Vinny Frantantoni: Either come forward with proof of these frivolous charges or keep quiet. Two hardworking volunteers resigned the residency committee after another personal attack where Barbara was forced from the same committee, and it would be shameful if these groundless accusations deter any parent or resident from helping out on the cruise.

Now to the more pleasant task of Barbara herself. For whatever reason, many of the men of Belleville, particularly those on the school board or school administration, are intimidated by a woman with her own mind and ideas. Barbara never lacked her own unique viewpoint, and even the times when I disagreed with her, I admired her for taking a vocal stand and defending it. Too often, board members have sat on their hands silently while these personal attacks raged on. During the many long conversations we have had, Barbara's concern for, and commitment to, Belleville's youth has been evident. The board will be poorer in spirit and personality without you, Barbara. Good luck, and I hope your family situation improves enough for you to make another run soon...

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.



Barbara Cicalese



Of All Things

By Frank Orechio
A feature of the Nutley Sun, Bloomfield Life and Belleville Times

• **ESSEX COUNTY EXECUTIVE** Jim Treffinger is proving that the welfare of the county comes before politics. Federal agencies are about to come down hard on the city of Newark and Essex County for maintaining dilapidated municipal and county jails. Treffinger sat down with Mayor Sharpe James of Newark, and in about two weeks an agreement can be expected whereby the county will build a new jail in Newark to accommodate the needs of both governmental units. For Treffinger, it's one more feather in his cap.

• **FELLOW** employees of Nutley Purchasing Agent Louise Viola Cremonini are sponsoring a retirement party scheduled for Wednesday, May 22nd, 6:00 to 9:00 PM, at Crystals (King's Court) at \$30 a head. April 30th is the deadline for reservations and interested people could contact Lois or Joyce at 284-4951.

• **THE** Nutley municipal election has attracted eight candidates, four of whom are incumbents. In Florida, one community had 26 candidates vying for five seats. A voter needed a scorecard to keep track.

• **THERE'S** a move to eliminate tenure for teachers. Teachers should not be subjected to the worst of politics - having teachers beholden to a political insider for a job. We urge our legislators, Senator John Scott, Assemblymen Paul DiGaetano and John Kelly to step up to the plate and take a stand in favor of continuing tenure for teachers. Tenure is not gained until after three years of service - an ample

period of time to determine whether or not a teacher is qualified to remain for the long run. Moreover, at any time in a teacher's employment, for a cause, a Board of Education can, and in some cases, has held hearings which led to dismissal of teachers no longer qualified to remain in the system. The safety net is already in place to protect the worthy school teachers and to eliminate those who fail to meet the administrative standard. Imagine the circumstances where an unruly student is the daughter or son of a powerful politician. You and I both know what the result would be. The teacher plays second fiddle to the son or daughter of a powerful political boss.

• **IT'S** up to U. S. Senator Bob Dole to tell commentator Pat Buchanan that Dole is - or will be - the nominee of the Republican Party, and if Pat Buchanan doesn't like a platform approved by Dole, then he should be invited to leave the party. Republicans need all the help we can get. But not at any price.

• **THIS** week the Ledger played up the congressional contest between Republican incumbent Bill Martini of Clifton and Assemblyman Bill Pascrell, Jr., Congressman Martin Frost, Democratic Congressional Campaign Committee Chairman, was quoted as saying, "We will be watching this race very carefully. It is a very important seat." What he didn't mention is the fact that the Democrats will pour in almost unlimited funds to beat Martini. It is seven months



Bill Martini

before election with the Democrats making charges already. Pascrell alleges Martini cast "extreme" congressional votes to reduce spending for the poor, the elderly, students and the environment. This Martini-Pascrell battle will make Essex County a war zone. With President Clinton's name heading a Democrat ticket and at this stage of the game, the likely winner over U. S. Senator Bob Dole, the projected Republican presidential nominee, professional observers are of the opinion that Martini will be in the toughest race of his life. The big cities of Newark, East Orange, Orange and Irvington will turn out huge Democrat majorities. It will depend upon Nutley, Belleville and Bloomfield to help stem the expected tidal "Democrat wave".



Bill Pascrell, Jr.

Belleville Times

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PRESIDENTS... Dr. Phillip Rispoli (left) the former president of the Medical Staff poses with his wife Mildred and the current president of the Medical Staff at Clara Maass Medical Center, Mario Criscito and his wife Donna, on "Doctor's Day."



THANKS FOR A JOB WELL DONE... Donna Criscito (right) places a carnation on Dr. Edward Mercogliano, a General Surgeon at Clara Maass Medical Center.



AN APPLE A DAY... Mildred Rispoli (left) thanks Dr. Margaret Brisco, an Obstetrician/Gynecologist, for her hard work on "Doctor's Day" at Clara Maass Medical Center.



A DAY THANKS FOR M.D.'S... Mildred Rispoli (left) and Donna Criscito (right) flank Dr. Jonathan York (middle left) from Emergency Medicine and Dr. Erol Ulker (middle right) from Urology. Rispoli and Criscito represented the Essex County Medical Society on "Doctor's Day" at Clara Maass Medical Center. The Medical Society gave a red carnation to every doctor as a token of gratitude.

Thanks to all

To the editor:

On behalf of the family of Michael Battista Jr., who suddenly passed away on March 2, special thanks are extended to Jersey Oil gas station, the Belleville Ambulance Squad and the doctors, nurses and staff of Clara Maass Medical Center, who did their best. Also, to Zarro Funeral Home

and Newark and the Belleville and Bloomfield police for escorting the funeral procession of nearly 100 cars to St. Lucy's Church and to Holy Cross Cemetery.

"He was 58 years old. The short time he lived was "quality time."

Thank you.

Rita Battista

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YOUR OPINION

Objects to 'low class' chaperone remarks

To the editor:

I have a very serious problem with a statement made at the last Belleville Board of Education meeting regarding the "Project Graduation Boat Ride" event.

I would like to know if our Police and Detective Bureau are low class? Is the assistant superintendent of low class? Are two vice-principals of low class? Are teachers and the school nurse of low class? Are the board bus drivers of low class? I sincerely hope not, as these are the people to whom are entrusted the care and education of our children.

Statements were made at the meeting pertaining to a certain type of caliber that have attended these yearly events. However, I have been a part of this event as an ex-driver. I strongly take great offense to the comments made regarding "low caliber." I am insulted by these comments and take great offense to this.

Also, as far as gambling machines on the ride were concerned, there were none and only three gaming tables, which were being overseen by the "low caliber" people. I sincerely believe that facts should be checked before

accusations are made.

Also, the chaperones are all volunteers who work like the devil before making preparations for the ride, during the ride and upon returning to the high school to make breakfast for the group, and should be commended instead of being insulted.

George Simon Jr.

Escott to hold breakfast

The Committee to Elect William "Bill" Escott will host a Campaign Breakfast at the Chandelier, 340 Franklin Avenue in Belleville on Sunday, April 21, 9:00 A.M.

Tickets are \$20.00 and can be obtained by calling the Breakfast Committee Chairman John Marotti at 759-3905.

Bill Escott is a candidate for Councilman in the 3rd Ward of Belleville in the upcoming election on May 14, 1996.

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HOROSCOPES

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ARIES - March 21/April 20
Unforeseen problems will delay an important project. Use the extra time to your advantage. Fine-tune details, and add some spark to whatever it is you're creating. A family gathering will provide a nice weekend diversion. Make sure loved ones know how you feel.

TAURUS - April 21/May 21
Your reserved style may be detrimental to your advancement this week. Approach problems aggressively, and you'll get the respect you deserve. Keep an overbearing associate or loved one at arm's length. Don't torment yourself by reliving a hurtful moment.

GEMINI - May 22/June 21
Your spirits will be high in the coming week. Your sense of humor and charm will lead to success at home and in the workplace. Problems could arise later in the week. Watch out for a relapse into old habits, especially if your weight is a problem. A weekend getaway is likely.

CANCER - June 22/July 22
Don't take advantage of loved ones. Although they are the ones who give you the most comfort, it doesn't mean you should take them for granted. Be grateful for kind actions, and pledge to reciprocate in the future. Seek the advice of an expert when dealing with financial matters.

LEO - July 23/August 23
You'll find yourself in the right place at the right time this week. A chance meeting with an old friend could lead to a new romance. Make sure you look your best, especially towards the end of the week. Pay attention to finances. Make a sensible budget and stick to it!

VIRGO - Aug 24/Sept 22
Steer clear from gossip, especially in the workplace. It's unproductive and can only lead to hurt feelings. Your keen eye for details will help you with a special project. You may just find a mistake before it's too late. Your reserved style may be frustrating to loved ones.

LIBRA - Sept 23/Oct 23
Accept last-minute invitations, especially if they are unusual. You're probably in need of something new, and this is the time to indulge. In family matters, make an effort to be considerate, but don't allow yourself to be pressured into anything you don't want to do. Stick to your diet and exercise routine.

SCORPIO - Oct 24/Nov 22
It will be a good week. Romantic moments and new friendships are likely. A good mood and a positive attitude will enable you to charm just about anyone. This is an especially good time for test taking and job interviewing. Use any free time to contact old friends.

SAGITTARIUS - Nov 23/Dec 21
Let intuition be your guide when making important decisions. People around you are always willing to offer advice, but you're the only one who knows what's best for you. An unexpected break from routine will lift dulled midweek spirits. You will be the topic of discussion on Friday.

CAPRICORN - Dec 22/Jan 20
A weekend excursion to see old friends or relatives will be worth the trip. You'll realize that you need to get out more. A recent investment will prove worthwhile. Perhaps it's time to make an even bigger investment. Long-awaited test results will come back with good news.

"Mighty Aphrodite" playing at the Wellmont

By Kelly Tahaney

Woody Allen's Oscar winning "Mighty Aphrodite" is a comedy classic that should be seen if you missed it during its first run.

The director and star of "Mighty" is Woody Allen. Allen plays a new dad of an adopted baby, Max.

His wife, played by Helen Bonham-Carter loses interest in Woody and starts to roam.

Allen begins to think up a scheme to dump the kid off on somebody else and therefore save his marriage.

He finds the mother of his adopted son and slowly wins her over.

The mother, Linda Ash (played by buxom oscar-award winning Mira Sorvino) turns out to be a hooker/actress.

Allen then tries to fix Linda up with a good wholesome guy who will take her away from hooking.

Actor Michael Rappaport ("Beautiful Girls") plays a dumb boxer who wants to go back to working on his brother's onion

farm. Allen sets up a date for the two brain surgeons. During one scene Allen attempts to leave the two alone by saying, "I'm completely superfluous."

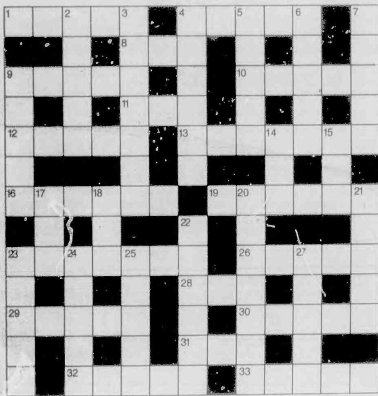
Rapaport says to Allen, "What are you sick or something?" That is one of the cleaner lines in this blue movie.

Never the less, the sexy Sorvino (daughter of weeping Paul) steals all the scenes with her humor and her excellent curves. She really earned her Oscar for best supporting actress.

"Mighty Aphrodite" is definitely worth seeing for the brilliant comic performance by Sorvino (you may recognize her in "Barcelona"), nice direction and (usually, hilarious, dirty humor (unusual for an Allen film but it works because it comes out of Sorvino's mouth).

"Aphrodite" is now playing at the Wellmont.

The Wellmont is located at 5 Seymour Street. Call for show times at 783-9500.



CLUES ACROSS

1. Allure
4. Injury
8. Grow old
9. Impede
10. Sugar coating
11. Enquire
12. Entreat
13. Plighted
16. On ship
19. Stick
23. Lewd
26. Hurl
28. Mine
29. Fetch
30. Mammary gland
31. Ventilate
32. Laud
33. Pugilist

CLUES DOWN

2. Sharp
3. Bullfighter
4. Enfeeble
5. Enfeeling
6. Performing
7. Fumed
9. Brown pigment
14. Embers
17. Dickey
18. Curve
20. Agitate
21. Keen
22. Revoke
23. Heavenly path
24. Glitter
25. Rowing-boat team
27. Forefinger

23. Orbit 24. Shine 25. Eight 27. Index
14. Ash 15. Ear 17. Bib 18. Arc 20. Disturb 21. Eager 22. Repeal
29. Bring 30. Udder 31. Air 32. Extol 33. Boxer
1. Charm 4. Wound 8. Age 9. Stunt 10. Long 11. Ask 12. Plead
13. Engaged 16. Abound 17. Bitch 18. Adhere 23. Obscene 26. Sing 28. Pit

SNOLUTOS

Friday's Child at Faces in Hoboken

Friday's Child appeared at Faces, 1327 Willow Avenue at 14th Street, Hoboken, Friday, April 12. Friday's Child is an acoustic-driven rock band.

The group includes Tommy Walker of Bloomfield, guitar and vocals, Rick Ippolito of Bloomfield, bass and keyboard, and P.J. of North Caldwell on the drums.

Walker, a singer, songwriter, and guitarist, is the principal songwriter for Friday's Child. He formerly was the leader of Split Infinity, which also included Rick Ippolito. Walker, a graduate of New York University Film School,

has played at several New York clubs including the China Club, The Bitter End, Kenny's Castaways, and the Village Gate, both with Split Infinity and as a solo acoustic performer.

Ippolito, who attended Manhattan School of Music, has provided orchestrations for "Show Boat" on Broadway and played in a variety of classical and popular venues.

P.J., a graduate of Villanova University, was the drummer for the band, "Lush Life," a Warner Chappel act. He adds to the group a strong background in African and ethnic rhythms.

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Belleville Rotary sponsors scholarships

The Belleville Rotary and District 7470, which encompasses four New Jersey counties, Essex, Morris, Sussex and Warren, are pleased to announce that they are sponsoring three different scholarships for the 1997-1998 academic year. Among the scholarships being offered are the following:

1. Ambassadorial Scholarships, which amount to \$22,000 for the academic year, require language proficiency in the country in which you are studying and two years of college by the time of study;
2. Cultural Ambassadorial Scholarships, which provide up to \$10,000, require one year of study of the language of the country where you are studying, two years college or work equivalent, for three months of study to perfect one's language skills; and
3. A Rotary Grant for University Teachers to Serve in a Developing Country, for up to \$10,000 for three to five months of service. Applicants must hold, or if retired have held, a university level position for three or more years.

Those interested should call George Kaiser at 383-5817 for further information. Applications are

due by June 30; interviews are on July 27.

Ineligible for Ambassadorial and Cultural Scholarships are Rotarians, spouses, lineal descendants and ancestors. Rotarians may apply for the University Grant.

Rotarians are also looking for present addresses of any ambassadorial scholars and GSE team members. Send them to George L. Kaiser, District 7440, 47 Fredonia Road, Newton, NJ 07860.

ARC camp seeks teen counselors

Teenagers residing in Essex County are urged to contact the Association for Retarded Citizens of Essex County for counselor-in-training (CIT) volunteer positions at Camp Hope.

Camp Hope for the Retarded is a seven-week summer day camp program located in East Hanover. It serves developmentally disabled children and young adults, ages 6 to 21.

CIT volunteer positions are available to boys and girls, 14 years and older, for a three- to seven-week period. Daily hours are from 9 a.m. to 3 p.m., Monday through Friday, and transportation may be

available in Essex County.

Those interested may call Lucinda Laws, director of recreation, at 535-1181, extension 1243, to request an application.

A.C. bus trip will be on Apr. 21

The Knights of Columbus Annual Atlantic City bus ride to Resorts Inn will be on April 21.

The price for the trip is \$35.00 per person. The trip includes a stop for brunch and \$17.50 in coins. Call Joe Wolf for ticket information at 759-9659 and or 991-4930.

Rotary invites young adults

Rotary Clubs in the area are joining together in a search for young adults to travel to Japan for three weeks this summer in a cultural exchange program.

Now, in its 18th year, the Rotary Short Term Youth Exchange program offers up to 30 people from ages 15 to 24 an opportunity to experience life in another country for the cost of transportation alone.

The group will be departing in the first week of July for Skikoku Island, Japan, where they would be hosted by families of Japanese Rotarians for a three year visit.

During their stay, participants will visit many cultural, entertain-

ment, business and government sites in southern Japan. A like number of Japanese youths will be visiting northern New Jersey families in August for a similar adventure.

The estimated cost of air and round trip transportation to Skikoku Island, Japan, is \$2 million.

All other expenses incurred with housing, meals and local transportation will be borne by the Japanese host families.

Interested parties should contact Frank Cozzarelli, Jr., in Belleville at 751-4104. The Rotary Club of Belleville is a sponsor of this program with other Rotary Clubs.

Hometown girl returns

Born and raised in Belleville, Annette Santaniello Farese, has returned many times to visit during the Annual Cherry Blossom Festival.

She remembers it being a tradition with her family to visit at least once during the Blossom Festival and enjoying a Sunday afternoon with her family in the park. She has returned with her own children to show them the best display of cherry blossoms in the country, but to participate in the Blossomfest Street Fair on Franklin Street sponsored by the Silver Lake District Partnership.

Annette has been concerned with the harm that is being done to the environment for many years. She decided to do what she could to help by opening an environmental store near where she now lives in Morristown-The Earth Friendly Emporium. She felt it was a way to bring the alternative products directly to people and educate them on simple ways they could change their lifestyles to help the environment.

She will bring some of her merchandise to the street fair, on Sunday April 21. There are many products made from recycled materials, or other natural products that are good for you and for Mother Earth.

"What better place for people to appreciate the beauty of nature and do their part to help keep it that way," she said. "It's a great way to celebrate Earth Day and remember that 'Everyday should be Earth Day.'"

Cook plans campaign breakfast

The committee to Elect William P. Cook, announces that a campaign breakfast will be held on April 28th, beginning at 9:30 a.m. at Bella Casa Caterers on Acme Street.

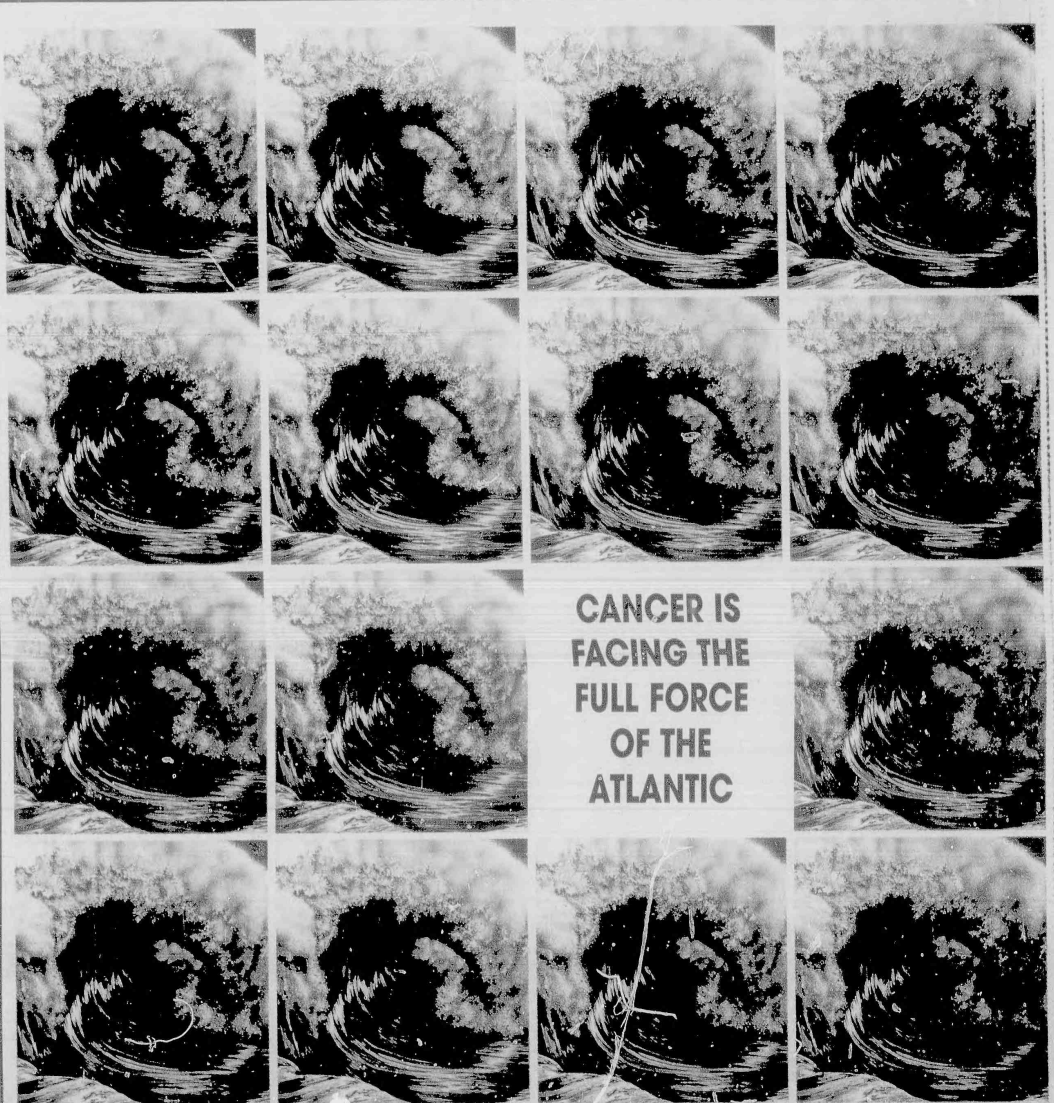
Cook, a lifelong Belleville resident who has been active in many civic organizations, is seeking a third term as Fourth Ward Councilman in the upcoming election, on Tuesday, May 14.

Tickets are \$20 each and can be obtained by contacting the ticket chairpersons, Gail Cook at 751-4868 or Harry Woods at 751-7080.

P.B.A. holds 10th Annual Golf Event

The 1996 Township of Belleville P.B.A. Local #28 will hold their 10th Annual Golf Tournament April 29 at the Upper Knoll Golf Club in Parsippany.

To ensure participation please send your registration form today. Make checks payable to: Belleville P.B.A. Local #28, Sick & Relief Fund, or call Sgt. Edgar Panier at 450-3361 for more information.



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RAISING CANCER CARE TO NEW HEIGHTS.

The Atlantic Health System provides exceptional cancer treatment through each of its hospitals: Morristown Memorial, Overlook (Summit), and Mountainside (Montclair).

But what if you, or a family member, are suffering from cancer that conventional treatments simply cannot help? What then? Must you go to some metropolitan cancer center for the kind of innovative treatment you need? A center that's miles and hours away from your personal physician...let alone the family and friends you'll want to be near?

Now, thanks to a working partnership with The Cancer Institute of New Jersey, the Atlantic can put

front line cancer research and therapies within easy reach. And, The Cancer Institute of New Jersey is the only site in the State with a planning grant funded by the National Cancer Institute to become a research center and a statewide treatment network.

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The Atlantic physicians are recognized experts in cancer treatment techniques, including high dose iridium seed implantation for prostate cancer, stereotactic radiosurgery, three dimensional conformal radiation, and metastatic liver lesion treatment.

Atlantic's board-certified cancer specialists have trained at major

universities...and their work is nationally recognized.

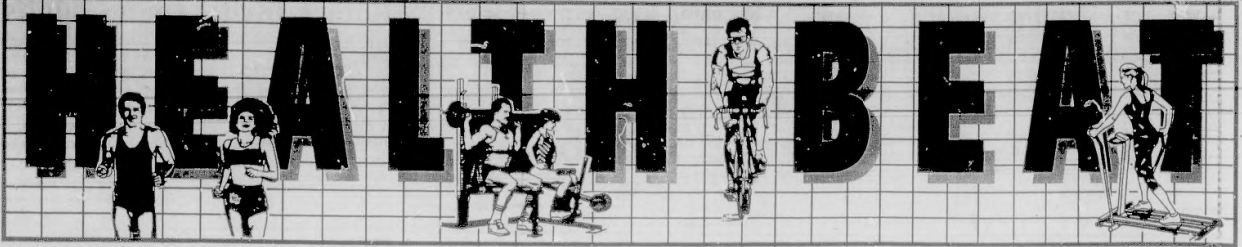
ADDED DEPTH.

Now, the combined skills of the Atlantic and The Cancer Institute of New Jersey will take a major step in the fight against cancer. Together, they'll work to develop promising

new therapies for breast, prostate and gynecological cancers, to name a few.

In the Atlantic, cancer research and treatment go further than ever before. But you don't have to. The Atlantic is the wave of the future in cancer care. And its forces keep building.

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Chilton Memorial • Newton Memorial
THE WAVE OF THE FUTURE IN HEALTH CARE



Nutrition On-line

By Michael A. DeAngelis

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

Often when people are told that they have high blood pressure, they are also told to restrict sodium. Sometimes it takes some creativity to restrict sodium and enjoy food.

When a person hears that they have to restrict their "sodium", they think that sodium is the same as salt.

Sodium is only one part of common table salt. About 40% of salt is actually sodium.

But, this is not helpful to those people who haven't had a chemistry class lately. Basically, 1 teaspoon of salt contains the amount of sodium that is considered safe and adequate.

This teaspoon of salt includes the salt used in cooking or preparing, used at the table, and that naturally occurs in foods.

Most Americans consume much more sodium than they need and this can lead to high blood pressure since sodium will cause water to be retained in the blood.

There is one way to cut sodium and salt in the diet and still keep the flavor that salt gives to food.

Spices, herbs, and seasonings can add all the flavor that may

appear to be missing when one restricts the salt in their diet.

Not only are spices, herbs, and seasonings low in sodium but they are inexpensive.

Here are a few tips on some spices, herbs, and seasonings:

*Ginger- oriental seasoning; excellent in stir fry; large amounts can make food spicy.

*Garlic- popular in Italian cooking; good on meats, salads, vegetables and practically everything else. Some special health effects on the body.

*Oregano- Italian and Mediterranean; good with vegetables, meats and grains; strong, earthy flavor.

*Chives- from the onion family; mild, sweet; good with baked potatoes & other vegetables.

*Lemon or lime juice- good for meats, vegetables, and baked goods; good salt replacer.

If the herb or spice is dried, then use less of it since the flavor is concentrated. Any over seasoning can result in a spicy or bitter food item.

Salt can be replaced in the diet simply by using spices, herbs, and seasonings. Give it a try and discover new flavors!

Newark Beth Israel plans merger with St. Barnabas

The boards of Newark Beth Israel Medical Center and the Beth Health Care Services Corporation, the parent corporation of Newark Beth Israel Medical Center, have unanimously approved the merger of the medical center with the St. Barnabas Health Care System, the parent corporation of St. Barnabas Medical Center.

The formal agreement, under negotiation since Nov. 20, 1995, and officially signed on April 1, awaits Federal Trade Commission approval.

Under the affiliation plan, Newark Beth Israel Medical Center's identity and the integrity of its specialized programs will be maintained. The hospitals will strengthen their commitment to their respective communities, while coordinating system-wide programs and services to provide an entire spectrum and continuum of high-quality, cost-efficient care that is easily accessible.

"We are excited about joining with the St. Barnabas Health Care System, which will be the most complete, highest quality health care delivery system in the state," said Lester Bornstein of West Orange, president of Newark Beth Israel Medical Center.

"The fact that our boards have agreed that merging with the system would greatly enhance our programs, services, staff and patients is testament to St. Barnabas' vision of providing quality health care services close to home to the residents of New Jersey," Bornstein added.

"Both St. Barnabas and Newark Beth Israel believe in quality, efficiency and patient satisfaction. With this merger, we will strive even harder to continue our missions and provide the members of our community with optimal care," he said.

The new statewide integrated health delivery system, pending federal approval, will be comprised of eight acute care hospitals and their affiliates, including Community Medical Center, Toms River (596 beds); Irvington General Hospital (157 beds); Kimball Medical Center, Lakewood (350 beds); Monmouth Medical Center, Long Branch (527 beds); Newark Beth Israel Medical Center (607 beds); St. Barnabas Medical Center, Livingston (620 beds); Union

Hospital (201 beds); and Wayne General Hospital (231 beds).

The St. Barnabas Health Care System will have combined revenues of nearly \$1.5 billion, a total of 3,225 acute care beds, and more than 20,000 employees, making it the state's third largest employer. In addition to the hospitals, the system will include six nursing homes with 1,100 beds, five ambulatory care facilities, three geriatric centers, one free-standing 100-bed inpatient psychiatric facility and a state-wide behavioral health network. The combined medical staffs will total more than 4,000 physicians and 443 residents.

The entire health care system will treat nearly 166,000 inpatients and same-day surgery patients, more than 300,000 emergency department patients and provide treatment and services for nearly one million outpatients annually.

Services of the affiliate institutions include New Jersey's only heart-lung transplant center; the state's only certified burn treatment unit; two of New Jersey's three kidney transplant centers; the Joslin Diabetes Center, affiliate of the internationally recognized Boston center, and four Joslin divisions; a world-class assisted reproductive technology program; comprehensive cancer services; and renowned women's and children's services.

"The future of health care is in collaborations," said Lest Liberman of Harding, chairman of Newark Beth Israel Medical Center's Board of Trustees.

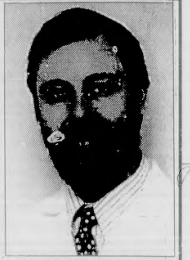
"The reputations of both St. Barnabas and Newark Beth Israel are paramount and can only be improved by working together to create the strongest health care delivery system in the state," he said.

"Newark Beth Israel Medical Center has a long tradition of providing outstanding medical care by a widely respected medical staff and health care professionals," stated Ronald Del Mauro, president and chief executive officer of the St. Barnabas Health Care System.

"The medical center is an integral component to the St. Barnabas Health Care System, as we build the largest and most diversified health care delivery system in New Jersey to serve the health care needs of citizens throughout the state," he said.

All That Nerve

Pain and Headache Center of North Central Neurology



By Sylvain Junger, M.D.

Fibromyalgia - Part 2: Treatment

Julie was relieved after years of searching to finally have a diagnosis. Most people she spoke to had never heard of the *fibromyalgia syndrome* (FMS) but it explained the constant muscle aches, tender spots and the chronic fatigue she experienced. The pain specialist at North Central Neurology explained the need to individualize treatments. Lifestyle issues such as daily activity level, nutritional status and type of work are all variables that influence the effectiveness of treatment. Generally speaking, multiple modalities are usually necessary to bring the pain of fibromyalgia under control. After each facet of the treatment plan is introduced and optimized, then the next phase can be added.

Treatment for FMS may consist of medication, physical therapy, exercise or trigger point injections, alone or in combination. The medications are divided into two groups: non-steroidal anti-inflammatory drugs (NSAIDs) and selective serotonin reuptake inhibitors (SSRIs). The NSAIDs are aspirin-like products such as Advil and Motrin that suppress low grade inflammation. The SSRIs, such as Elavil and Pamelor, modify the perception of pain and restore normal sleep patterns. In some patients, skillful manipulation of NSAIDs and SSRIs may be enough to cause a reversal of symptoms.

The most important aspect of therapy for many patients involves trigger point injections. Unlike a muscle spasm that involves an entire muscle, trigger points are discrete areas of the muscle that become knotted. To the skilled examiner, these points feel like a kernel of rice beneath the pad of the finger. Even gentle pressure applied directly to these points produces exquisite pain.

Using a blend of Eastern and Western medical techniques, TPIs help to break up the trigger points, allowing the muscles to resume normal functioning. Thus the TPI uses an acupuncture-like technique (the Eastern medicine part) while injecting a droplet of a local anesthetic (the Western medicine part). Although many people experience relief right away, others describe a soreness in the muscles, typically lasting one to two days. As the soreness gives way, the muscles become less achy and a modest but definite improvement is noted. For many patients, multiple treatments may be required before a sustained benefit is achieved.

After undergoing a series of treatments, Julie experienced significant improvement. She began to regain control of her life and to do those things that had become restricted due to constant pain. With FMS, the prognosis for pain reduction is good. Pain specialists now recognize the importance of blending the best of traditional medicine with alternative medicine, thereby optimizing treatment for the whole person. While we wait for a cure for FMS, it is reassuring that a safe and effective treatment is available.

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NEW PATIENTS WELCOME

Columbus Hospital offers free foot screening

Columbus Hospital will offer a free foot screening on Thursday, May 2, from 1 to 5 p.m. in the hospital's Ambulatory Treatment Center.

Exams will be conducted by staff podiatrists - physicians who specialize in the medical and surgi-

cal treatment of the foot. The screening, which is for both children and adults, is by appointment only.

For further information or to make an appointment, contact the Ambulatory Care Department at 268-1407.

Frederick D. Gangemi, M.D.

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HEALTH BEAT

An advertising section

Heliotherapy

The positive effects of the sun

Below are some of the most common positive effects of the sun, provided to you by Bodies in Heat Tanning Salon. For more information, call 429-1404.

- Preliminary studies indicate that phototherapy may be beneficial in treating patients with AIDS-related complex.
- Sunlight exposure may prevent certain types of cancer: colon and breast cancer rates are three times higher in northern states like New Hampshire and Vermont compared to sunny states like New Mexico and Arizona.
- 10-minute exposure to ultraviolet light one to three times a week results in a reduction of frequency of colds up to 40.3%.
- Exposure to sunlight may have similar effects as exercise: decreased blood pressure, lower resting heart rate, a 39% increase in the output of blood.
- Sunlight stimulates the thyroid gland which boosts your metabolism.
- Significant seasonal bone loss due to lack of sunlight-produced

vitamin D is prominent in areas with reduced winter sunlight and can lead to osteoporosis.

• 80% of psoriasis sufferers show improvement with UV exposure.

• A 1993 study shows that 70% of patients with SAD show improvement after light treatment, the only known cure for the "winter blues."

• When the chest and back are exposed to sunlight, the male sex hormones may increase up to 120%.

• Skin cancer has been linked to non-UV causes: diet, genetics and alcohol.

• Sunlight exposure decreases adrenaline and noradrenaline levels for an "anti-stressing" effect and releases endorphins for the feeling of "well-being."

• Sunlight is the most responsible source of vitamin D.

Burning and overexposure are bad for you, but sunlight is essential for your psychological and physiological good health.

WECHS offers help with aging gracefully

Essex County Area - Janice Breen, RN, MSN, President and CEO of West Essex Community Health Services, recently spoke at a meeting of the American Association of University Women on the subject of Aging Gracefully. With the maturing on the "Baby Boomers" and the increase in age expectancy turning the age triangle upside down (the majority of the population will be elderly by the middle of the next century), aging is a topic that affects all of us.

Biological evidence suggests that the life expectancy of humans is around 120 years. However, genetic, developmental, and environmental factors influence one's longevity. Disease has a strong affect on the aging process. The longer one lives, the greater the risk of disease. Successful aging minimizes disease, and early diagnosis and treatment postpone chronic disease and minimize disability. Good nutrition, ample exercise and adequate rest are age-old recommendations for good health. The good news is that no matter how many years one has lived and/or neglected their health, most people can make changes that will be beneficial.

Breen's suggestions for maximizing your ability to age gracefully are more slowly:

- Maintain function - be mobile! Physical inactivity may not cause aging, but a physically active life allows us to approach our biogenetic potential for longevity. Loss of muscle is preventable and

reversible. Muscles in the elderly are just as responsive to weightlifting as those of the young. It's true that "if you don't use it, you'll lose it" (heart, muscle, sexual function, mind, etc.)

• Maintain health - minimize stress. Diet and exercise can prevent high blood pressure. The percentage of fat in the body increases with age without necessarily an increase in weight. Concentrate on shedding fat and gaining muscle-exercise! Also blood sugar tolerance is affected by a decrease in the productive use of carbohydrates. Older people often experience a decreased thirst, but fluid intake is very important - force fluids! And remember, you are what you eat.

• Maintain quality of life. So much depends on what we think of ourselves. Be proud of your age; don't tolerate discrimination. Master new skills and keep abreast of the changing world. Explore your inner self and develop spiritual well-being. Create a life of balance. Volunteer. As Ben Franklin said, "There's nothing wrong with retirement, so long as it does not interfere with your work."

For further information or to schedule Aging Gracefully for your group, contact, Janice Breen at West Essex Community Health Services (201) 857-7300. WECHS is a non-profit United Way affiliated home health care agency providing health information to the Essex County community since 1950.

Planting "Seeds," Harvesting Health

New Treatment For Prostate Cancer Offers High Success Rate, Reduced Side Effects

(NAPS)—In 1987, Don Cox was just a statistic—one of the 97,000 American men diagnosed that year with prostate cancer. This year, he's a winner. Seven years after undergoing a revolutionary treatment called "seed implantation," Don is cancer-free, without the common side effects—impotence and incontinence—associated with conventional treatments such as radical prostate surgery (surgical removal of the prostate) and external radiation therapy.

"I chose seed implantation because it offered the fewest side effects," said Mr. Cox. "I received the implants in the morning, stayed in the hospital overnight, and was released by noon the next day. It was a no-sweat procedure." Now 69, the retired aeronautical engineer and his wife Ruth enjoy skiing, tennis, golf, dancing, boating, and spending time with their four children and five grandchildren.

In seed implantation, titanium pellets (about the size of a grain of rice), irradiated with Iodine-125 or Palladium-103, are non-surgically inserted directly into the prostate. This one-time, outpatient procedure represents an attractive middle-ground between "watchful waiting" (observation only, with no treatment) and more aggressive interventions, including surgery and radiation, both of which can compromise a patient's quality of life.

Prostate surgery (also known as radical prostatectomy), requires a lengthy hospitalization and recovery period. It is also frequently followed by impotence and incontinence. External beam radiation, which involves daily treatments at a medical center for several months, is associated with a 15 to 30 percent rate of impotence, as well as a loss of bladder control and rectal burning.

"Until recently, choices for patients like Don—with early-stage prostate cancer—were limited to radical prostatectomy, watchful waiting," said Dr. Blasko, radiation oncologist and director of the Northwest Tumor Institute (NTI), Seattle. "The results of our five-year study indicate that seed implantation is an important and promising option

for men with early-stage prostate cancer."

According to Dr. Blasko's five-year results, 298 patients treated with Iodine-125 or Palladium-103 seeds at Northwest Hospital, in Seattle, showed a 92 percent cancer-free success rate, with minimal bladder or potency problems.

Another study, conducted by David Beyer, M.D., at Boswell Memorial Hospital in Phoenix, Arizona, confirmed these findings.

"We saw a survival rate higher than 91 percent in our study group of 357 seed implant patients at the five-year mark," said Dr. Beyer. "Our study showed that overall success rates with Iodine-125 seed implants are excellent and comparable to those of surgery and radiation therapy."

Today, seed implantation is an important prostate cancer treatment option for patients like Don Cox—not only to control cancer, but also to ensure that men can continue to enjoy satisfying, comfortable, and active lives," concluded Dr. Beyer.

Free Brochure
For a free brochure on seed implantation, call 1-800-228-0126.



THE KELLY FAMILY includes one son and five daughters. John III stands between his parents, John, Jr. and Cynthia. The girls are Christina on her father's lap, Elyse, Lauren, Diandra and Alexa on her mother's lap.

Same location and commitment

Dr. John V. Kelly, Jr.: a dedicated physician

John V. Kelly, Jr., M.D., of FamilyCare Medicenter, combines the caring and dedication of a small town doctor of years gone by with the medical knowledge and technology of the 20th century. His patients are assured of receiving the highest level of quality, professional health care as he continues to practice in the same familiar and convenient location at 382 W. Passaic Avenue, Bloomfield, now without association.

Lifelong residents of Nutley, Dr. Kelly and his wife, the former Cynthia DeJackmo, are raising their six children, John III, Lauren, Elyse, Diandra and twins, Christina and Alexa, in the town they know and love. Both are active in community affairs, supporting many local charities.

Dr. Kelly began his medical

practice in partnership in Nutley seven years ago, establishing FamilyCare Medicenter six years ago as the practice grew. An attending physician at Clara Maass Medical Center, Mountsinai Hospital and Passaic General, he is also medical director of Parkview and Park Manor nursing homes in Bloomfield and serves as a member of the Board of Directors of the Nutley Chapter of the American Red Cross.

"I'm still here," he said. "Same doctor, same location, same dedication to each of my patients."

FamilyCare may be reached at 338-1900 to make an appointment. Walk-ins are also welcome. The office is open 8:30 a.m. to 7:30 p.m. Monday through Friday, 9 a.m. to 2 p.m. Saturday; and 9 a.m. to 1 p.m. Sunday.



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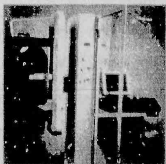
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Events in the area

Fairs, flea markets, rummage...

Flea market and craft show, 9 a.m. to 5 p.m. April 20, Abundant Life Worship Center, 390 Washington Ave. Over 100 vendors. Youth program fundraiser.

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

Country folk art show and sale, 5 to 9 p.m. April 26 (\$6); 10 a.m. to 5 p.m. April 27 (\$5); 10 a.m. to 4 p.m. April 28 (\$5); kids under 10 \$2, Meadowlands Exposition Center, Harmon Meadow, 355 Plaza Drive. For directions, call 223-1000.

Flea market and craft show, 9 a.m. to 5 p.m. April 27, Sacred Heart School, 683 Bloomfield Ave. (by Willie's Diner), Bloomfield. Over 75 vendors. Fundraiser for Bloomfield UNICO.

Flea market, 9 a.m. to 4 p.m. May 11, Vincent United Methodist Church, 100 Vincent Place, Nutley. White elephants, clothing, cafe, baked goods, plants etc.

Indoor/outdoor flea market, 9 a.m. to 4 p.m. May 11, Presbyterian Church on the Green, Broad Street, Bloomfield. Sponsored by Boy Scout Troop 2. Space: \$15. Call 748-0927.

Vendors wanted for giant outdoor craft and flea market, 10 a.m. to 4 p.m. May 27 (Memorial Day), Holy Family Church, 28 Brookline Ave., Nutley (bet. Centre and Harrison, 1 block west of Passaic Ave.) Huge kidie area, food and fun. For info, call Susan at 748-7045.

Craft fair tables available, June 1, Woman's Club of Nutley, 216 Chestnut St. and Memorial Park adjacent to clubhouse. \$25 for 10 feet. For info, call 667-3117.

Meetings...

Bloomfield Columbianettes, 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 Ruffalo at 743-8688.

Belleville-Nutley Chapter of Hadassah, 10 a.m. April 21, Northern New Jersey Hadassah Region office, 1005 Clifton Ave., Clifton. Program: Abe Peck, Holocaust survivor, will speak of his experiences. Refreshments.

Nutley AARP, May 2: installation luncheon, noon to 4 p.m.; June 19: trip to Trump Castle. \$36 includes luncheon voucher, coin return, Dick Clark's 20 Years on TV show. Payment by May 9 meeting; Sept. 18: trip to Hyde Park. \$61 includes Samuel Morse Museum, lunch at Culinary Institute and Roosevelt Mansion. Must be paid by June 11 meeting; Aug. 4-10, Maine Seacoast Tour, \$905-\$975 per person, double occupancy. For info, call Dorothy Sciatella or 235-0886 or William Meola at 667-6348.

Woman's Club of Nutley, social-card party, 1 p.m. April 22, clubhouse, 216 Chestnut St. \$4.

Belleville Irish American Society, 7:30 p.m. April 24, Knights of Columbus, 93 Bridge St. New members welcome.

Rosary Altar Society of Holy Family Parish, 7:45 p.m. April 29, St. Joseph's Center. Items may be brought in to be auctioned at the meeting. Persons interested in membership welcome. For info, call 751-2318.

Belleville AARP Chapter 2051, 1 p.m. May 1, Senior Citizen Center, 125 Franklin Ave. (corner Mill St.). Modern music entertainment provided by hands from Belleville schools.

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 Sorrentino at 759-6475 for info.

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

Fundraisers...

Bunco night, 7:30 p.m. April 19, American Legion Post #70, 145 Franklin Ave., Nutley. \$5. Tickets at the door. Proceeds for children suffering from lung, cystic fibrosis and other respiratory diseases.

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

Ladies Night Out, doors open 7:30 p.m.; show starts 8:30 p.m., April 19, Farther's Grove, 1135 Springfield Road, Union. \$10. Cash bar and grill. All American Male Revue. For tickets, call (908) 688-1073. Sponsored by People for Animals.

Chaplain's auction, 7:30 p.m. April 20, Madonna Hall, Immaculate Conception Church, Montclair. \$10 includes dessert. Limited seating. Advanced purchase encouraged by calling 429-6047. To benefit Chaplaincy Council.

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, 7 p.m. April 26, St. Valentine's Church hall, Bloomfield. Sponsored by Rosary & Altar Sodality. \$5. Call Claire Graziano at 338-5414 or Delores Vahalla at 338-8403. To donate a gift or money, call Rita Lynch at 743-9691.

"Anything Goes", by Roche Players, 8 p.m. April 26, 27, May 2, 3, 4, Nutley High School, 300 Franklin Ave. \$10 adults, \$8 seniors and kids under 12. Proceeds to Community Mental Health Services of Belleville, Bloomfield and Nutley, Clifton Mental Health Services, Starfish Foundation for Children with AIDS. For tickets, call Hoffmann-LaRoche Hotline at 235-5200.

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.

VFW Post 711 75th anniversary dinner, April 27, Essex Manor, Bloomfield. For tickets, call Royal Boone at 338-6918 or Marion Hart at 338-8513.

Nutley Springfest Street Fair, 10 a.m. to 6 p.m. April 28 (rain date: May 12), along Franklin Ave. Pony rides, kiddie rides, live entertainment, food, over 150 dealers. Fundraiser for Nutley Red Cross.

Greek festival, 5 to 10 p.m. May 2, 5 p.m. to midnight May 3, 3 p.m. to midnight May 4, 1 to 8 p.m. May 5, St. George Greek Orthodox Church, 818 Valley Road, Clifton (at junction of Rts. 3 and 46).

Fish and chips dinner, 5 to 7 p.m. May 4, Park United Methodist Church, Broad and Park streets, Bloomfield. Homemade desserts. Adults \$9; children \$5. Call 338-9166 or 429-7745.

Chinese auction, 7:30 p.m. May 6, St. Mary's School Hall, Nutley. Sponsored by Court Gratia, 751, Catholic Daughters of the Americas. \$5. Proceeds to scholarship fund. Refreshments. For tickets, call Marie Bigley at 667-7846 or Helen Harrison at 667-8773.

Bus trip to Julius LaRosa show and luncheon, May 8, Wayne Manor. \$46. Sponsored by Watessing Park Tuesday Club. For reservations, call Mildred at 450-9424.

Chinese auction, 7 p.m. May 9, St. Peter's Episcopal Church, 380 Clifton Ave., Clifton, 1 1/2 blocks from Main Ave. \$4. Refreshments.

Beefsteak dinner, gift and service auction, 7 p.m. May 11, Nutley Parks and Rec, 44 Park Ave. \$25 includes all-you-can-eat dinner. Tickets at Red Cross Chapter House or through Red Cross board members. For info, call 667-3818.

"The King and I" sponsored by Woman's Club of Belleville, May 23. \$45 includes bus and show. For tickets, call Loretta at 751-4353.

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.

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 Orpollo at 746-4644 after 2:30 p.m. April 22: foot problems; April 24: prostate; April 27: skin cancer; eye problems.

Joseph and the Amazing Technicolor Dreamcoat, April 26 through May 5, Mount Hebron Theatre, Upper Montclair. Presented by Montclair Operetta Club. For tickets and info, call 239-4454.

Spring concert, Bloomfield Civic Chorus, 3 p.m. April 28, Bloomfield Middle School, Huck Road. \$3 at the door. Tricky tray. For info, call 857-9177.

Understanding Anxiety: Screening and Lecture, 7 to 8:30 p.m. May 1, Mountinside Hospital, Montclair/Glen Ridge. Free. Program by adult and child psychiatrist Mark Faber. To pre-register, call 429-6856.

"Nonsense" at Nutley Little Theatre, weekends at 8 p.m. through May 4 plus April 25 and 3 p.m. matinee April 21. For reservations, call 667-0374.

Blood drive, sponsored by Rotary Club of Belleville, 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.

Concert by Bloomfield Mandolin Orchestra, 3 p.m. May 5, Bloomfield Middle School, 60 Huck Road. \$3 at the door.

Programs at Mountinside Hospital: Stress Management, 7 to 9 p.m. four Wednesdays beginning May 8, \$60. Pre-registration required. Call 429-6856; **Osteoporosis: Boning Up on the Facts**, 7 to 8:30 p.m. May 8. Pre-registration required. Call 429-6856; **Adult Hearing Screening**, 8:30 a.m. to noon, May 9, 16 or 23, free. Pre-registration required. Call 429-6011; **Revitalizing Retirement**, 10 a.m. to noon, May 11. Free. Pre-registration required. Call 429-6856.

New Jersey Self-Help Clearinghouse Workshop on starting self-help groups, 9:30 a.m. to 12:30 p.m. April 20, Nardiello Hall, 12 State St., Bloomfield. \$10. For info, call 1-800-367-6274.

Adopt a bed at Brookdale Park rose garden. 50 volunteers needed to give 1-2 hours/week to weed and prune. 8 to 11 a.m. Wednesdays or Saturdays, spring through fall. First weeding day: April 20. For info, call Suzanne at 783-8091.

Annual UNICO awards and charity ball, honoring Msgr. Louis Finiani for Outstanding Achievement and Dr. Joseph Scarpelli as Nutley Chapter UNICAN of 1996, April 26, Nanna's In The Park, Belleville. \$85. For tickets, call John Russo at 667-1292 or Frank Bozza at 667-1292.

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.

Community Night, sponsored by Junior League of Montclair-Newark, 7:30 to 9:30 p.m. May 9, Mountinside School of Nursing, Highland and Bay avenues, Montclair. Free parking in nursing school lot off Walnut Crescent. Recruiting volunteers interested in "Children at Risk" and serving the community. For info, call 746-2499.

Dinner and concert of American music, 5 p.m. May 18, Bloomfield Presbyterian Church on the Green. \$30 adults, \$25 youth. For tickets, call 429-2115.

65th annual convention dinner, sponsored by Essex County American Legion Convention Committee, May 19, Branch Brook Manor, Washington Ave., Belleville. \$20. Ticket deadline: May 12. For tickets, call Frank DeCrocce at 235-1494.

Dinner honoring Msgr. Joseph Granato and Rev. Joseph Nativio of St. Lucy's Church, May 19 following 12:30 p.m. Mass, Mayfair Farms, West Orange. \$90. For tickets, call Michelle Elia at 482-6663.

Final season concert of Bloomfield Symphony Orchestra, 3 p.m. May 19, Bloomfield Middle School, 60 Huck Road. \$3 at the door.

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 needs 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.

Support groups...

Gamblers Anonymous, 8 p.m. Mondays, 8:30 p.m. Fridays, St. Paul's Congregational Church, Franklin Ave. and St. Paul's Place, Nutley, 3rd 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, 3rd floor, St. Paul's Congregational Church, Franklin Ave. and St. Paul's Place, Nutley; 9 p.m. Fridays, Grace Episcopal Church, 200 Highfield Lane, Nutley; 9 p.m. Saturdays, Christ Church, 74 Park Ave., Bloomfield/Glen Ridge.

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

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

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Events

Support groups...

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

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

Arthritis Foundation Support Group, 7 p.m. Tuesdays, Montclair Community Hospital, 120 Harrison St. For info, call 744-7300, ext. 4312.

Adult Bereavement Group, The Hospice, Inc., 3 High St., Glen Ridge. On-going group for caregivers meets twice a month. No charge. For info or to register, call 429-0300.

Depression/Manic Depression 12 Step Program support group, Thursdays, 7:30 p.m., St. Luke's Episcopal Church, 73 South Fullerton Ave., Montclair (near Montclair Public Library). Enter in the back of the church and to the right. Meeting is in second floor conference room. For more information, contact Gigi at 751-7873.

PFLAG, Northern New Jersey Parents, Families and Friends of Lesbians and Gays, 2:30 p.m. second Sundays, First Trinity and Presbyterian Church, corner of Irvington and South Orange avenues, South Orange. Newcomers: 1:30 p.m. Write: P.O. Box 244, Belleville 07109-0244 or call 267-8414.

SHARE, a support group for learning to accept and resolve pregnancy or infant loss, 7:30 to 9 p.m. first Wednesdays, private dining room, Mountainside Hospital, Glen Ridge/Montclair. No fee. If you plan to attend or for additional info, call Linda Lecompte, R.N., 429-6936.

Asthma education program for children, ages 6 through 14, two-part program on second and fourth Wednesdays, 4 to 5:30 p.m., Mountainside Hospital, Glen Ridge/Montclair. \$40 fee includes educational sessions, metered dose inhaler chamber, peak flow meter, diary forms, educational materials. To register or for more info, call Respiratory Care Dept. at 429-6180.

Essex County Epilepsy Support Group, 7:30 to 9:30 p.m. first Mondays, Christ Episcopal Church, 74 Park Ave., Glen Ridge. For more info, call Barbara at 589-8234, Rich at (908) 769-6897, Isabel at 429-8168 or Una at 744-8944.

American Cancer Society support groups. Stress reduction and guided imagery and relaxation through music, 1:30 p.m. Fridays, 428 Franklin Ave., Nutley. Open to the community. For info, call 667-1613 or Manny Pena-Perich at 736-7770; Make Today Count, for patients, family and friends, third Tuesdays, and New Beginnings, for breast cancer patients, Essex Oncology Group, 36 Newark Ave., Suite 304, Belleville, 7 to 8:30 p.m. Light refreshments. Call 751-5757 to register; E-CAP support group, open to all cancer patients, techniques of visualization, meditation, stress reduction, discussion period, 1 to 3 p.m. Fridays, 363 Centre St., Nutley. To register, call Mary Jo Dell'Orto at 667-1613.

Northern N.J. Amyotrophic Lateral Sclerosis (ALS), 6 to 8 p.m. first Thursdays, Kessler Institute for Rehabilitation, Pleasant Valley Way, West Orange. For ALS (Lou Gehrig's Disease) patients, families, friends. For info, call 731-3900, ext. 2372.

MOMS Club of Belleville/North Arlington (Moms Offering Moms Support) includes monthly meeting, park play days, mom's night out. For info, call 991-8582.

Lupus Foundation, Essex County branch, 7:30 p.m. second Tuesdays, Bloomfield Civic Center, 84 Broad St. For info, call 791-7868.

Alzheimer's Support Group, 7 p.m. first Thursdays, Adult Medical Day Care, Continuing Care Center building, Clara Maass Medical Center, Belleville. Concurrent activities program for those with Alzheimer's to alleviate caregiving responsibilities. For info and registration, call 450-2941 or 450-2213; OR 2 p.m. fourth Thursdays, Meadowlands Hospital Medical Center, Secaucus. For info and registration, call 392-3206 10 a.m. to 4 p.m. Mondays through Fridays.

Rainbows For All Children, a peer support program for children and teens grieving from divorce, death, separation or abandonment and living in single-parent or stepfamily homes. For info, call 783-5469.



Mr. and Mrs. Vito Caprio, Jr. — nee Anne Marie D'Agostino

Anne Marie D'Agostino wed to Vito Caprio, Jr.

Wedding vows were exchanged in St. Francis Xavier Church, Newark, by Anne Marie D'Agostino, daughter of Florio D'Agostino of Newark and the late Anna D'Agostino, to Vito Caprio, Jr., son of Mr. and Mrs. Vito Caprio of Belleville.

The Rev. Msgr. Benjamin Piazza performed the ceremony which was followed by a reception at Hanover Manor, East Hanover.

Escorted by her father, the bride wore an all-sequined lace and beaded gown, fashioned with a cathedral train. A matching headpiece held her veil and she carried white and red roses and ivy.

Denise Mazzeo of East Hanover was her cousin's maid of honor. Bridesmaids included Lori Roselli of Lake Hiawatha, Tresaan Szumlicz of Clifton, cousin of the bride, Jacqueline Ramos of Newark and Sylvia Schilare of Lyndhurst. Jenna and Jessica Szumlicz, cousins of the bride, were flower girls.

They were attired in red velvet gowns with matching capes and

carried arm bouquets of white calla lilies and red roses. The flower girls carried baskets of red roses.

Vincent Bocchino of Whippany was his cousin's best man. Ushering were Michael LaBella of Belleville, Eric Hochstuhl of Belleville, Michael Caprio of Lakehurst and David Brenner of Warren.

The groom's mother chose a purple chiffon gown with matching jacket. Her wristlet was of white roses.

Mrs. Caprio, an alumna of Girls' Vocational & Technical High School, Newark, is a secretary with Cancer Journal, St. Barnabas Medical Center, Livingston.

Mr. Caprio, a graduate of Belleville High School and Raritan Valley Community College, is a construction superintendent at H.M. Hughes Co., Inc., New York City.

The couple honeymooned in Aruba following the February 18, 1995 wedding. They have made their home in East Hanover.

Meredith Gmitter to wed Vincent Pucci, Jr.

Mr. and Mrs. Robert Gmitter of Hasbrouck Heights, announce the engagement of their daughter, Meredith, to Vincent James Pucci, Jr., son of Mr. and Mrs. Vincent Pucci of Belleville.

The wedding is planned for October 18.

Miss Gmitter, an alumna of Hasbrouck Heights High School

and Bergen Community College, is an accounting clerk with Certech, Inc., Woodridge.

Mr. Pucci, a graduate of Belleville High School and Stevens Institute of Technology, Hoboken, received a master's degree from NJIT. He is a manufacturing engineer/automation specialist with Certech.



Meredith Gmitter — Vincent Pucci, Jr.



Matthew Richard Vassallo

A first child, a son, Matthew Richard, was born to Mr. and Mrs. Rich Vassallo of Belleville April 1 at St. Barnabas Hospital, Livingston. Birth weight was 8 pounds, 10 ounces.

Mrs. Vassallo is the former Dawn Blatt, daughter of Donald and Ruth Blatt of Belleville. She is in data entry with Citirin Pitocia Co., Bloomfield. Mr. Vassallo, son of Dominick Vassallo of West Orange, is a regional manager with Pennzoil.

Michael Thomas Andreula

A first child, a son, Michael Thomas, was born to Mr. and Mrs. Nicholas Andreula of Pompton Plains February 4 at Mountainside Hospital, Glen Ridge/Montclair. Birth weight was 7 pounds, 8 ounces.

Mrs. Andreula is the former Jeannette Fuller, daughter of Rosalyn Fuller of Bloomfield and Donald Fuller of Nutley. She is a second grade teacher at Washington School, Nutley. Mr. Andreula, son of Donna and Phillip Andreula of Rutherford, is an advanced technology specialist with Ricoh Corp., Fairfield. The baby's aunts and uncle are Kecia Fuller, Rose Andreula and Jason Fuller.

Little Zion U.A.M.E. Church celebrating 108th anniversary

Little Zion U.A.M.E. Church will celebrate its 108th anniversary this year.

The celebration will begin April 19 with a prayer shut-in. Nightly services will be held Monday, April 22 through Saturday, April 27, beginning at 7 p.m. The final day,

Sunday, April 28, will conclude with all-day worship and dinner.

The Rev. Julius Bryant is pastor of Little Zion, located at 154 Stephens Street, Belleville. For more information on the anniversary celebration, call the church at 759-7358.



80TH BIRTHDAY — John Kieferdorf of Belleville was feted at a surprise 80th birthday party by his children, John Jr., Bill and Susan. Thirty guests enjoyed the affair at the Marlboro Inn, Montclair.

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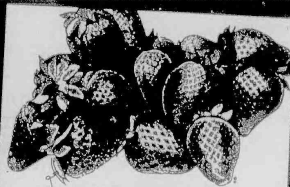


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Reg. or Diet - Sunkist, Sprite, A&W Root Beer or Cream Soda, Minute Maid, Seagram's, or Cherry, Classic or Regular or Caffeine Free

Coca-Cola or Diet Coke

2-Ltr. Bil.
Plus Dep. Where Req.
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Juicy Juice 100% Juice

46-oz. Can
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Belleville SPORTS

BUC SHOTS

By Mike Lamberti



Zanfini recalls early stages of '76 season

In writing this column, I sometimes commit some of the past events to memory, especially when those events occurred during my high school days.

Last week, I had the chance to speak with the coach of the '76 Belleville High School baseball team, a club that I began to profile in last week's issue.

Zanfini, a friend of mine for 25 years now, has always told me when he has agreed, or disagreed with something I wrote. This past week, he was quick to point out two mistakes in last week's column.

"You didn't mention (Ricky) Loma," Zanfini said. "He was a stand out pitcher for my '75 and '76 teams. I think he was something like 15-1 between those two seasons. In '75, we got off to a good start, then struggled. The Irvington game (the epic 4-1 loss in 14 innings) was one factor, the other was that Ricky broke his finger and missed the stretch run of that season."

Zanfini also noted that his starting first baseman in '76 was Nick Cancelliere. "Nicky hit the ball a ton," Zanfini recalled. "He played some in '75, but really came around in '76. Dougy (Stone, who I said last week was the starting first baseman in '76) was a good utility man, but Nicky was the starter that year."

With those corrections now in place, Zanfini talked about the preparation for that '76 season.

"A good deal of those kids had played in '75," Zanfini said, "but we had only three starters back in '76. Chipper (Biafore) at shortstop, Greg (Dunleavy) catching and John Guarino in the outfield. John had played right field in '75 and I moved him to center for '76, so that was a big change."

"We knew we had some talented players coming into 1976, but the calibre of the opposition, mainly the Big 10 Conference, was really strong. Irvington and Bloomfield had outstanding teams. Irvington had a great team in '75 and they had a good nucleus the next year. It was a once in a life time type of season that year."

"We had kids that could hit the ball and we had six kids that could throw effectively. (Greg) Petite and Loma were obviously our key pitchers, but guys like (Bobby) Giordano, (Chris) Cervasio, (John) Clarizio, (Anthony) Gammara and Freddie (Facioppi) could go in there and get an out when needed."

As Zanfini had mentioned, there were just three players on the '76 team that had started in '75. Cancelliere replaced Louie Grasso at first, Scott Osche was the new second baseman, taking over for Victor Pasquerelli and Michael Cancelliere was the new third baseman, replacing Steve Gerard.

In the outfield, Joe Panalone and Dante D'Notaris had been graduated in '75, replaced by Frank Mozeika in left field and the combination of Petite and Giordano in right.

A word about Loma, who was a tremendously talented athlete during his years at B.H.S. Ricky and I first met when we were both in the seventh grade.

Ricky and I played little league baseball in Belleville. He played for Colony Club, I played for Biancardi. He was the most feared pitcher in little league that year. I remember he didn't wind up, he would just throw fast balls, and none of us could hit him.

I faced him four times (twice in each game) and struck out three of the four times. (The other time I hit back to the pitcher). The only good thing I did against Ricky was rob him of a homer. I was playing right field and he hit a shot that appeared to be going over the fence. I jumped and kept the ball in the park, although he did get a double out of it.

Anyway, Ricky was also a talented football player. He was the quarterback of the Belleville High School football team for most of the '74 season and all of '75.

So, getting back to baseball, the '76 season was ready to begin. And, appropriately enough, the opening day assignment would be against nemesis Irvington, the team that had beaten Belleville twice in the '75 campaign.

In two weeks, we'll begin profiling that memorable 1976 campaign, beginning with the Irvington opener.

If any fan or former player of that team has photos from that season, please give me a call. Any photos that can be contributed to this feature will be returned within two weeks.

Parekh single stops Eastside

Bucs win two; Vitale, Caputo, Piscatowski lead hit parade

By Mike Lamberti

Following an 11-0 loss to Bergen Catholic in its season opener, the Buccaneer baseball team showed a lot of character with two gutsy wins over inter league opponents.

Chuck Martin's team stopped Ridgewood 5-4 in eight innings and Paterson Eastside 6-5.

The Bucs were 2-1 heading into last Monday's game with Paterson Kennedy. Yesterday, the Bucs played at Passaic and tomorrow afternoon, it's off to Clifton for a 4 p.m. game. Next Monday, Bloomfield comes to town and next Wednesday, the NNJL Pacific Division play begins when Don Bosco visits Belleville. Both of those games commence at 4 p.m.

Last Saturday's game with Caldwell, scheduled to be played at B.H.S. was postponed because of rain. Martin was hoping the game could be re-scheduled later this season.

"I give our kids a lot of credit," Martin said. "We played two tough games last week and came back to win both of them. It's been a total team effort in the early going. The kids are doing the little things, taking the extra base, giving us some good relief pitching and generally playing good defense."

Versus Ridgewood, the Bucs received an excellent pitching performance from Anthony Lenzi. He pitched 6 1/3 innings, allowing four runs on five hits.

"Lenzi pitched a superb game," Martin said. "His only mistake was giving up a two run homer in the seventh inning (that tied the game for Ridgewood). But he gave us a solid game and we need that type of pitching."

Vitale gave way to Ed Pagan, who finished the seventh inning and pitched a scoreless eighth to gain the win.

The Bucs fell behind 2-0 in the second inning but came back to tie with two in the last of the second. Sal Vitale singled and Dan Montalvo singled. Lou Pallante reached safely on a bunt single to load the bases.

Greg Sheridan singled home Vitale and Lenzi singled to bring in Montalvo with the tying run.

Belleville went ahead 3-2 in the third. Vitale singled and James Arcila pinch ran. Arcila stole second base and scored on a Montalvo single.

In the fourth, the Bucs extended the lead to 4-2. Sheridan walked and Justin Mohren pinch ran for him. Mohren stole second and went



Catcher Sal Vitale makes throw to pitcher during game last Monday against Paterson Kennedy. Vitale had a 4 for 4 day in win over Ridgewood.

to third on a ground out.

Ram Parekh then singled Mohren home with the fourth run.

It remained 4-2 until the seventh, when Ridgewood tied the game on the two run homer.

The bucs came back in the eighth inning to win. Vitale, who

was 4 for 4 on the day singled.

Once again, Arcila pinch ran. Arcila stole second and went to third when Sheridan reached safely on an error. With runners on the corners, Ridgewood walked Pagan to load the bases, but the strategy failed when Parekh reached safely on an error, allowing Arcila to score the winning run.

"When Ridgewood tied the game, it could have been a downer for us," Martin said. "But our kids stayed in and found a way to win."

Versus Eastside, the Bucs fell behind 5-1, then staged a late inning rally to pull out a 6-5 win.

Tom Dyer was the starting pitcher for the Bucs. The junior struggled early in the game, but settled down and did well later on.

Dyer hurled the first 4 1/3 innings of the game, giving up all five Eastside runs. He allowed two runs in the first and three in the fifth.

Tim Sabanko came on in relief in the fifth inning and got two tough outs to negate any further Eastside scoring. Sabanko pitched a scoreless sixth inning, then gave way to

(Continued on Page 14)



Head coach Chuck Martin discusses strategy with his team during game last Monday at Belleville High School. Martin has been pleased with his teams effort in the early stages of this season. (Belleville baseball photos by Dennis Wilk on, Jr.)

Softball team gearing for tough schedule

By Mike Lamberti

Bad weather and a soft schedule has not helped the Lady Buc softball team in the early stages of the '96 season.

But that should soon change for Carl Corino's troops. The forecast for later this week calls for warmer temperatures and the quality of opponent will drastically improve, beginning with tomorrow's game at home against Clifton.

The Lady Bucs were 3-1 in the early going, having stopped Barringer 11-0, Howell 15-3 and Paterson Eastside, 25-0. The lone loss in the first four games came against a perennial powerhouse, Caldwell. The Lady Bucs were stopped 3-0 in that game.

The team was favored to beat Paterson Kennedy and Passaic in games earlier this week. If that be the case, then the Lady Bucs would be 5-1 heading into tomorrow's 4 p.m. contest against Clifton at Clemon Field.

Next Monday, it's off to Bloomfield and next Tuesday, Montclair comes to town. Next Wednesday, the NNJL Pacific Division schedule begins with a game at powerful Immaculate Heart. All three of those games begin at 4 p.m.

"The schedule becomes very tough starting with Clifton," Corino said. "Clifton is always strong. Bloomfield has one of the best teams in the county. Montclair is a solid team and Immaculate Heart

will be a top notch club.

"We've won the games we were supposed to win and I was pretty happy with the effort against Caldwell. We didn't hit the ball well, but we played pretty good defense and the pitching was solid."

"We're feeling our way around, trying to get our starting lineup in tact. We have an entirely new infield (from last years team) so it's hard to say where we stand until we begin to play the stronger teams."

Corino noted that the weather has been a major problem in the early going.

"We had games rained out last week against Livingston, Montclair and West Essex," the coach said. "Those are three quality programs that would have been a good test for us. We'll get the Montclair game rescheduled this week, but I don't know if we'll be able to make up the games against Livingston and West Essex."

As mentioned, the infield has changed entirely from last year. Three starters from the '95 team were graduated while a fourth transferred to another school.

Thus, the infield in 1996 features freshman Melissa Brode at first, sophomore Jackie Cruise at second, junior shortstop Kim Mahoney and third baseman Joelle DellaVolpe, a junior.

"Needless to say, we're young in the infield," Corino said.

The biggest surprise in that lineup is Mahoney, who was penciled

in as the starting centerfielder, moving to shortstop.

"She's probably our best athlete," Corino said of Mahoney. "Shortstop is a tough position and we felt she could make the transition."

The battery remains in tact from last year. Chrissie Crescenzi is back for her sophomore year on the mound. Catching her pitches behind the plate is the captain, senior Danielle Brodo.

The outfield features Jessica

Rotino, a junior, in left, sophomore Jennifer Piscatowski, a converted catcher, in center and sophomore Niki Lopreato in right.

Corino is also counting on reserve players Marissa Rotino and Sue Donnelly to make contributions this season.

"They're all good kids to work with," Corino said of this '96 team. "I'm really happy with the team, but like I said, I'll know a lot more about them after the games this week and next."

Tennis team splits first two, host P.C. today

By Mike Lamberti

The Belleville tennis team opened the '96 season last week, splitting their first two matches.

Tony Salese's team was blanked by Clifton 5-0 then won a tough 3-2 decision over Paterson Eastside.

The Bucs will be home (home, as in Belleville High School) this afternoon against Paramus Catholic. That match will commence at 4 p.m. The team will then be off until April 29, when it plays host to Hackensack.

"The home courts are in great shape," Salese said of the facilities at Belleville High School. "We're looking forward to playing on them."

This will be the first time in nine seasons that the boys tennis program will be home for varsity matches.

Last week, in beating Eastside, Wesley Tahsir won at first singles, 6-3, 6-0. Lenny Chinchankar was victorious at third singles, 6-1, 6-0.

The Bucs clinched the victory when the first doubles team of Jim Woodbury and Ed Marji won in straight sets 7-6 (7-4 in the tie breaker) and 6-3.

"It was good to get a win early in the season," Salese said. "We'll be off all next week, so I'm hoping the team can gain a win against Paramus Catholic (today)."

Baseball team travels to Clifton tomorrow afternoon

(Continued from Page 13)

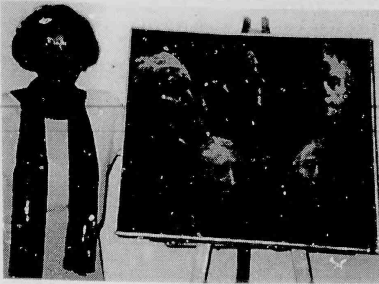
Mohren who pitched a scoreless seventh and was credited with the win.

Trailing 5-2 in the sixth, the Bucs went to work. Damon Placente drew a walk and Parekh was hit by a pitch. Carl Piscatowski singled to score Placente and Rob Caputo singled home Parekh, cutting the Eastside lead to 5-4.

In the seventh, Sheridan and Lenzi drew walks. Placente singled to load the bases. Pagan was then called upon to pinch hit and he came through, singling to bring in Sheridan with the tying run.

Parekh then finished the come back, drilling a single to score Lenzi with the winning run.

"It took a total team effort to win the game," Martin said of the Eastside win. "2-1 looks a lot better than 0-3, and games like this can only help our teams confidence."



Sally Diaz is shown with one of her works of art, currently on exhibition through April 26 at the Belleville Public Library and Information Center. Please call in advance if you are coming to see the exhibition as the gallery also serves as the Library's Meeting Room.

Calendar of Events

In the Trustees Gallery: An art exhibition by Sally Diaz and her mother, Celia Rodriguez, now deceased, are currently on display in the Trustees Gallery at the Belleville Public Library and Information Center, 221 Washington Avenue.

In the Exhibit Cases: An exhibition by the Volunteers of Clara Maass Medical Center are on display at the library in a display arranged by Marlene French, the Head of the Volunteer Department.

"Autographed Broadway Playbills and Programs," an exhibit arranged by Cindy LaRue, Head of Acquisitions and Reference, is currently on exhibition.

April 17 - "The Great Tenors of the Opera" will be discussed by operatic star Linda Heimall at 1 p.m. at the library.

The Distinguished Service Awards for National Library Week will be awarded by Library Director Adrea Cohen to Major James Messina, Kenneth R. Broo, Joseph T. Casale and James J. Cozzarelli, Jr., followed by the Chorus of Communities, led by William Moore, at 7 p.m.

April 18 - "Dental Health for Children" will be discussed by Dr. Robert Ramer, Nutley dentist, at 10:30 a.m.

In a special program honoring the library's volunteers, Dr. Angus Gillespie, Professor of American Studies, will discuss "Folksongs and Ballads of the N.J. Pine Barrens" at 11 a.m., followed by awards and refreshments.

April 19 - Cathy Miller, who has done the flowers at the White House, from Carter through Clinton, will do a program for National Library Week entitled, "Yes, They Are Dried Flowers" at 11:30 a.m.

The Musical Film Class Series will see the film, "I'll See You In My Dreams" at 1:30 p.m.

"Computers for Kids" will be discussed by Frederick Lewis at 3:25 p.m. at the Shafter Branch Library in Silver Lake.

BOOK MARKS

April 20 - English for the Foreign Born will be taught by Sola Armanious from 10 a.m. to noon.

Curtis Urbina, storyteller, will perform at 2 p.m. for children and parents at a special National Library Week program.

April 22 - "Rainy Day Films" will be shown at 2 p.m. in the James J. Cozzarelli Jr. Children's Room.

Videos will be featured at 3:25 p.m. at the Shafter Branch Library.

"Coping With Panic and Anxiety" will be discussed at 7 p.m.

April 23 - The Opera Film Class features "La Fanciulla Del West" at 12:30 p.m.

The English as a Second Language class for beginners and intermediates will take place from 6:30-8:30 p.m.

A children's spring feature video presentation will take place at 3:25 p.m. at the Shafter Branch Library.

Lecture on Shakespeare

"How William Became Shakespeare," a light and enlightening look at the author whom most critics call the greatest writer in English, will be the lecture by Dr. Elliot Engel, at the Belleville Public Library and Information Center, 221 Washington Avenue on May 1 at 7 p.m. In this witty lecture Dr. Engel explains the fascinating reasons why Shakespeare's beautiful language and brilliant characters have delighted audiences for over 400 years.

Dr. Elliot Engel earned his Ph.D. as a Woodrow Wilson Fellow at U.C.L.A. He is presently at North Carolina State University. His books have been published by British and American presses. The Victorian Society has given Dr. Engel its Award of Merit. He has appeared on PBS television stations across America. His lectures have captivated the United States, Europe and Japan.

Please call for reservations for the lecture in the Carnegie Room.

Dried flower arrangements

In a special program for National Library Week, Cathy Miller, who has done the flowers at the White House for presidents Carter through Clinton, will demonstrate her special arrangements in the Library's Carnegie Room on Friday, April 19 at 11:30 a.m. Reservations can be made by calling 450-3434.

Library Director Adrea Cohen, who has seen Cathy do this program for another organization, states, "This is a spectacular program that you should not miss!"

The program is sponsored by the Library with the support of the Friends of the Library.



Belleville Mayor James Messina (left) presented a Resolution of the Belleville Township Council to A.C.E.S. President Arthur Grutt at the Eighth Annual St. Joseph's Table sponsored by the Young Italian-American A.C.E.S. Club of Unico National New Jersey District II on Sunday, March 17. In the spirit of giving, donations were distributed by A.C.E.S. The Belleville Public Library and Information Center received a \$500 donation for running 10 free Italian language classes on Sundays, 2-3:30 p.m. beginning from Sept. 21 to Nov. 23. To register for the classes, please call the Library at 450-3434.

The Great Tenors of Opera

Linda Heimall, operatic star, will discuss "The Great Tenors of the Opera" at a special program on Wednesday, April 17 at 1 p.m. in a special National Library Week Program. On May 1, also at 1 p.m., she will discuss "The Great Baritones of the Opera" and on May 15, "The Great Mezzosopranos" at 1 p.m. Please call 450-3434 for reservations. This program is part of the Library's mission of providing cultural programs for the community and as Trustee James J. Cozzarelli, Jr. states, "The Library is an arts and cultural center, also."

Folksongs and ballads

Dr. Angus Gillespie, Professor of American Studies, Rutgers University, will be discussing "Folksongs and Ballads of the NJ Pine Barrens" in a special program, honoring our volunteers, at 11 a.m.

The program has been arranged by Joan Taub, Head of Adult Reference, Adrea Cohen, Library Director, with the help of Zita McGarry. The awards will follow the program and refreshments.

Life in Silver Lake

By Marie Strumolo Burke

SLCA: We're back, we're not going away



Marie Strumolo Burke

After a long, long winter and the 'Blizzard of '96,' the SLCA finally had its first meeting of the season at the Moose Club. Even in the bitter cold, 50 of our residents came out. We have a lot of good people in the association who are civic minded and want to keep our neighborhood in order. We have conscientious workers like Grace Dondarski and Katharine Bonavita, our Neighborhood Inspectors who do a 'bang up job.' When the offenders see them a comin', they start to shudder (defined as quiver, shake, tremble). Well I don't think it's that bad but they do make a difference. Just imagine Silver Lake without them. Close your eyes and just imagine. Everybody knows the game. If you have a problem call them... You can count on them.

Did you hear about the 'birthday bash' that the SLCA is running honoring the oldest living resident in Silver Lake. His name is Carmine DeCepoli of Heckel Street. He turned a ripe old age of 94. His 'ladies in waiting' are Mary Alverso of Heckel Street, Mrs. Morello of Salter Place and Anna Evangelista of Franklin Street. These young ladies are all in their young nineties. Since the Silver Lake Civic Association will also be celebrating its 3rd birthday in May, the association will hold a dual celebration which is planned for our May meeting. Boy does time fly when you're having fun. And they said it wouldn't last. So SLCA members, mosey on down to the Moose Club and join us in a toast to our oldest living residents in Silver Lake and to toast one of the best civic associations in the state... the SLCA. Don't forget people, stop by the SLCA Booth on Franklin Street at the Blossomfest on April 21. Wait until you see the cute miniature red key-ring flashlights and our SLCA hats we'll be selling. Why not buy a pair. You know it goes for a good cause.

The SLCA membership voted to plant a tree in honor of Joseph

sent some men to Father Dennis and he is working them hard in St. Anthony's School Yard and Parking Lots. They helped out at Sica Electric on Heckel Street to paint over some graffiti. After a few days, the graffiti re-appeared, but we sent them out again.

Hey you graffiti artists out there... beware... because if you continue to graffiti our neighborhood and you are caught, and you will be... you'll probably wind up with the SLCA to do your time. So, if I were you, I would definitely move to greener pastures. Because if you mess our neighborhood, you will surely clean it up... I promise you that... Get the message... Good.

Did you hear that Betty Pierson of Total Image on Franklin Street has celebrated her 77 birthday on April 3 and she's not telling how old she is. By the way, she just moved from the south side of Silver Lake to the north side on Eugene Pl. Glad to still have you in The Lake. Her adorable son Adam celebrated his birthday on March 29. And guess what, Adam is telling his age. Happy 3rd birthday, Adam.

Get well greetings to a good neighbor Mae DeGuerco of Lawrence St. She's always out there in the winter snowblowing and in the summer, weeding, cutting her hedges, mowing her lawn and keeping her property spotless. Her front yard looks like it should be in 'Homes & Gardens'. Mae, while you were in the hospital, Charlie and I tried to help keep your sidewalk clean. So get well soon, friend... cause all your neighbors miss you.

REMEMBER, WE LOVE SILVER LAKE

American Heart Association

CPR can keep you alive



Belleville Times May Be Purchased At These Local Dealers:

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444 WASHINGTON AVE.
BELLEVILLE

ALICE & MAC
443 WASHINGTON AVE.
BELLEVILLE

ANKEETA
498 UNION AVE.
BELLEVILLE

B&B
300 WASHINGTON AVE.
BELLEVILLE

BELLEVILLE HOBBY
386 MAIN ST.
BELLEVILLE

C & DE DELI
109 WASHINGTON AVE.
BELLEVILLE

CVS
412 MAIN ST.
BELLEVILLE

EVELYN'S
56 HARRISON ST.
BELLEVILLE

FRADE'S DELI
311 UNION AVE.
BELLEVILLE

GARDEN STATE NEWS
750 WASHINGTON AVE.
BELLEVILLE

GAROFALO'S
323 UNION AVE.
BELLEVILLE

IN & OUT FOODSTORE
544 WASHINGTON AVE.
BELLEVILLE

J & S LUNCH
31 BELLEVILLE AVE.
BLOOMFIELD

KENNY'S CORNER
48 FRANKLIN ST.
BLOOMFIELD

CANDY PLUS
126 WASHINGTON AVE.
BELLEVILLE

KRAUZER'S
37 FRANKLIN ST.
BELLEVILLE

LEE ANN'S
67 FRANKLIN ST.
BLOOMFIELD

MARBACH'S DELI
221 BELLEVILLE AVE.
BELLEVILLE

MAUTONE'S
380 UNION AVE.
BELLEVILLE

MICHAEL V'S LUNCHEONETTE
201 WASHINGTON AVE.
BELLEVILLE

MOR-THAN CARDS
51 FRANKLIN ST.
BELLEVILLE

NINO'S
584 UNION AVE.
BELLEVILLE

PLAZA DRUGS
351 FRANKLIN AVE.
BELLEVILLE

ROSEBUD
528 JORALEMON ST.
BELLEVILLE

SALAD BOWL
83 BELLEVILLE AVE.
BLOOMFIELD

SHOPPER'S EXPRESS
304 BELLEVILLE AVE.
BELLEVILLE

STARR'S
111 NEWARK AVE.
BELLEVILLE

TOBACCO KING
547 WASHINGTON AVE.
BELLEVILLE

TOWNE DELI
650 JORALEMON ST.
BELLEVILLE

SHERIFF'S FILE NO. 96-00473

SHERIFF'S SALE
SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-132484
CREDIT FINANCIAL SERVICES CORPORATION, PLAINTIFF -vs- **JOSIE YEROVITZ, H/W, ET AL., 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 30, 1996, at one-thirty P.M. (Prevailing time).

Commonly known as: TRACT A: 0000061 VICTORIA ST NEWARK, NJ 07114 Lot: 92 Block: 491 Size: 25 x 272 feet Distance to nearest cross street: 52.00 feet

TRACT B: It is common known as 68 "ML Pleasant Avenue, Newark, New Jersey. It is known and designated as "Block 491, Lot 36. The "Dimensions are approximately 25 feet wide by 52 feet long.

Nearest cross street: Situate at the intersection of the easterly line of "ML Prospect Avenue with the northerly line of Victoria Street. Prior lien(s): None. Nearest cross street name: 917 PROSPECT AVE. 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 TWO HUNDRED SIXTY THOUSAND FIVE HUNDRED THIRTY SEVEN (\$206,537.95) 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 25, 1996

ARMANDO B. FONTOURA, SHERIFF
 Stern, Laventhal, Norgard & Daly, Attorneys
 Belleville Times
 April 11, 18, 25, 1996
 Fee: \$95.88 No. B96-120

SHERIFF'S FILE NO. 96-003758

SHERIFF'S SALE
SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-132484
CREDIT FINANCIAL SERVICES CORPORATION, PLAINTIFF -vs- **TODD K. KNOWLSEN, ET AL., 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 30, 1996, at one-thirty P.M. (Prevailing time).

Commonly known as: No. B96-196

SHERIFF'S FILE NO. 96-004073

SHERIFF'S SALE
SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-132484
CREDIT FINANCIAL SERVICES CORPORATION, PLAINTIFF -vs- **BRETT A. YANCEY, H/W, ET AL., 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 30, 1996, at one-thirty P.M. (Prevailing time).

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ARMANDO B. FONTOURA, SHERIFF
 Stern, Laventhal, Norgard & Daly, Attorneys
 Belleville Times
 April 11, 18, 25, 1996
 Fee: \$95.88 No. B96-120

SHERIFF'S FILE NO. 96-003758

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calling 908-249-5000. You may also contact the Lawyer Referral Service of the County of Essex by calling 201-624-4500. If you are unable to obtain an attorney you may contact the Legal Services Office of the County of Essex by calling 201-624-4500. If you are unable to obtain an attorney you may contact the Legal Services Office of the County of Essex by calling 201-624-4500.

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ARMANDO B. FONTOURA, SHERIFF
 Stern, Laventhal, Norgard & Daly, Attorneys
 Belleville Times
 April 11, 18, 25, 1996
 Fee: \$95.88 No. B96-120

SHERIFF'S FILE NO. 96-003758

SHERIFF'S SALE
SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-132484
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Commonly known as: No. B96-196

upon is commonly known as 31 Central Avenue, Montclair, New Jersey. SHERIFF'S OFFICE, Essex County Courts Building in Newark, on Tuesday, April 30, 1996, at one-thirty P.M. (Prevailing time).

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The Sheriff reserves the right to adjourn the sale from time to time as provided by law. Newark, N.J. March 25, 1996

ARMANDO B. FONTOURA, SHERIFF
 Stern, Laventhal, Norgard & Daly, Attorneys
 Belleville Times
 April 11, 18, 25, 1996
 Fee: \$95.88 No. B96-120

SHERIFF'S FILE NO. 96-003758

SHERIFF'S SALE
SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-132484
CREDIT FINANCIAL SERVICES CORPORATION, PLAINTIFF -vs- **TODD K. KNOWLSEN, ET AL., 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 30, 1996, at one-thirty P.M. (Prevailing time).

Commonly known as: No. B96-196

F-762094 BERKELEY FEDERAL BANK & TRUST FSB, PLAINTIFF -vs- VERNELL P. O'NEAL, UNMARRIED, ET AL., 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 30, 1996, at one-thirty P.M. (Prevailing time).

Commonly known as: 137-139 HANSBURY AVE NEWARK, NJ 07112 Lot: 71 Block: 3703 Size: 101.38 x 48 x 101.55 x 48 feet

Distance to nearest cross street: 382.33 feet

Nearest cross street name: MARLE AVENUE. 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 SEVENTY TWO THOUSAND FIVE HUNDRED THIRTY SEVEN (\$174,789.43) 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 18, 1996

ARMANDO B. FONTOURA, SHERIFF
 Pitney, Hardin, Kipp & Smith, Attorneys
 Belleville Times
 March 28, April 4, 11, 18, 1996
 Fee: \$82.72 No. B96-191

SHERIFF'S FILE NO. 96-005040

SHERIFF'S SALE
SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-132484
CREDIT FINANCIAL SERVICES CORPORATION, PLAINTIFF -vs- **BRIAN K. JASNY, A/K/A JASNY, DEFENDANT**. 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, May 1, 1996, at one-thirty P.M. (Prevailing time).

Commonly known as: 00000045 5 9TH ST NEWARK, NJ 07107 Lot: 12 Block: 1856 Size: APPROXIMATELY 100.00 FEET WIDE BY 41.91 feet

Distance to nearest cross street: 175.00 feet

Nearest cross street name: NINTH AVENUE. 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 FORTY TWO THOUSAND FIVE HUNDRED THIRTY SEVEN (\$140,045.37) 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. April 8, 1996

ARMANDO B. FONTOURA, SHERIFF
 Shapiro & Kreisman, Attorneys
 Belleville Times
 April 18, 25, May 2, 1996
 Fee: \$82.72 No. B96-258

NOTICE OF ACTIONS TAKEN BY ZONING BOARD OF ADJUSTMENT

TAKE NOTICE that on the 13th day of January 1996, the Zoning Board of Adjustment of the Township of Belleville, New Jersey, has taken the following actions:

Application No. ZB-95-3. Granted a use variance to permit a four family home on 137-139 HANSBURY AVE NEWARK, NJ 07112 Lot: 71 Block: 3703 Size: 101.38 x 48 x 101.55 x 48 feet

Distance to nearest cross street: 382.33 feet

Nearest cross street name: MARLE AVENUE. 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 SEVENTY TWO THOUSAND FIVE HUNDRED THIRTY SEVEN (\$174,789.43) 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 18, 1996

ARMANDO B. FONTOURA, SHERIFF
 Pitney, Hardin, Kipp & Smith, Attorneys
 Belleville Times
 March 28, April 4, 11, 18, 1996
 Fee: \$82.72 No. B96-191

SHERIFF'S FILE NO. 96-005040

SHERIFF'S SALE
SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-132484
CREDIT FINANCIAL SERVICES CORPORATION, PLAINTIFF -vs- **BRIAN K. JASNY, A/K/A JASNY, DEFENDANT**. 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, May 1, 1996, at one-thirty P.M. (Prevailing time).

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Distance to nearest cross street: 175.00 feet

Nearest cross street name: NINTH AVENUE. 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 FORTY TWO THOUSAND FIVE HUNDRED THIRTY SEVEN (\$140,045.37) 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. April 8, 1996

ARMANDO B. FONTOURA, SHERIFF
 Shapiro & Kreisman, Attorneys
 Belleville Times
 April 18, 25, May 2, 1996
 Fee: \$82.72 No. B96-258

SHERIFF'S FILE NO. 96-005040

SHERIFF'S SALE
SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-132484
CREDIT FINANCIAL SERVICES CORPORATION, PLAINTIFF -vs- **BRIAN K. JASNY, A/K/A JASNY, DEFENDANT**. 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, May 1, 1996, at one-thirty P.M. (Prevailing time).

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The Sheriff reserves the right to adjourn the sale from time to time as provided by law. Newark, N.J. April 8, 1996

ARMANDO B. FONTOURA, SHERIFF
 Shapiro & Kreisman, Attorneys
 Belleville Times
 April 18, 25, May 2, 1996
 Fee: \$82.72 No. B96-258

SHERIFF'S FILE NO. 96-005040

SHERIFF'S SALE
SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-132484
CREDIT FINANCIAL SERVICES CORPORATION, PLAINTIFF -vs- **BRIAN K. JASNY, A/K/A JASNY, DEFENDANT**. 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, May 1, 1996, at one-thirty P.M. (Prevailing time).

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The Sheriff reserves the right to adjourn the sale from time to time as provided by law. Newark, N.J. April 8, 1996

ARMANDO B. FONTOURA, SHERIFF
 Shapiro & Kreisman, Attorneys
 Belleville Times
 April 18, 25, May 2, 1996
 Fee: \$82.72 No. B96-258

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 EIGHTY THREE THOUSAND FIVE HUNDRED THIRTY SEVEN (\$184,926.88) 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 18, 1996

ARMANDO B. FONTOURA, SHERIFF
 Stern, Laventhal, Norgard & Daly, Attorneys
 Belleville Times
 March 28, April 4, 11, 18, 1996
 Fee: \$82.72 No. B96-188

Commonly known as: 00000013 HEADLEY TER IRVINGTON, NJ 07111 Lot: 30 Block: 7 Size: APPROXIMATELY 36' by 100' feet

Distance to nearest cross street: 435.00 feet

Nearest cross street name: Franklin Ave. 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 SEVENTY THREE THOUSAND FIVE HUNDRED THIRTY SEVEN (\$169,573.93) 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. April 8, 1996

ARMANDO B. FONTOURA, SHERIFF
 Cooper, Perkiss, April, Nieldman, Wargem & Leven, Attorneys
 Belleville Times
 April 18, 25, May 2, 1996
 Fee: \$84.60 No. B96-257

Commonly known as: 00000014 LITTLE ST NEWARK, NJ 07109 Lot: 154 Block: 3 Size: APPROXIMATELY 50 FEET WIDE BY 100 FEET LONG

Distance to nearest cross street: 103.00 feet

Nearest cross street name: FLOYD 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 FORTY TWO THOUSAND FIVE HUNDRED THIRTY SEVEN (\$140,045.37) 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. April 8, 1996

ARMANDO B. FONTOURA, SHERIFF
 Shapiro & Kreisman, Attorneys
 Belleville Times
 April 18, 25, May 2, 1996
 Fee: \$82.72 No. B96-258

Commonly known as: 00000014 LITTLE ST NEWARK, NJ 07109 Lot: 154 Block: 3 Size: APPROXIMATELY 50 FEET WIDE BY 100 FEET LONG

Distance to nearest cross street: 103.00 feet

Nearest cross street name: FLOYD 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 FORTY TWO THOUSAND FIVE HUNDRED THIRTY SEVEN (\$140,045.37) 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. April 8, 1996

ARMANDO B. FONTOURA, SHERIFF
 Shapiro & Kreisman, Attorneys
 Belleville Times
 April 18, 25, May 2, 1996
 Fee: \$82.72 No. B96-258

Yes, you can get fit. And, help cure leukemia while you're at it.

For 12 weeks you can walk with others like yourself in the Leukemia Society of America's Walk Program. You can change your lifestyle in this fun filled program where there are fitness trainers, healthy lifestyle clinics and great incentives.

And through your participation, you'll also help find a cure for leukemia and related cancers. So why not become a force for leukemia cure?

(201) 376-9559

WALK FOR LEUKEMIA

TOWNSHIP ORDINANCE
 PUBLIC NOTICE is hereby given that the following proposed ordinance was introduced and passed on first reading at a meeting of the Municipal Council of the Township of Belleville, NJ, held on Tuesday evening, April 9, 1996, and further notice is hereby given that the second and final reading of said ordinance will be considered by said Municipal Council at a meeting to be held at the Town Hall, Washington Avenue and Belleville Avenue, Tuesday evening, April 18, 1996 at eight o'clock p.m. when all objections to the passing of same will be heard and considered.

Kelly Nash, Deputy Municipal Clerk
 "AN ORDINANCE TO AMEND THE REVISED GENERAL ORDINANCES OF THE TOWNSHIP OF BELLEVILLE, NEW JERSEY, CHAPTER 8-16, HANDICAPPED RESERVED PARKING SPACES."

BE IT ORDAINED BY THE MUNICIPAL COUNCIL OF THE TOWNSHIP OF BELLEVILLE, NEW JERSEY: SECTION 1: THAT SECTION 8, SCHEDULE 16 OF THE ENTITLED ORDINANCE, HEREBY AMENDED BY DELETING THE FOLLOWING LOCATION WHICH HAS BEEN DESIGNATED AS A RESTRICTED PARKING SPACE FOR USE BY THE PERSON WHO HAS BEEN ISSUED AN IDENTIFICATION CARD, OR SPECIAL HANDICAPPED INSIGNIA PLATE BY THE DIVISION OF MOTOR VEHICLES:

SECTION II: THIS ORDINANCE SHALL TAKE EFFECT AFTER FINAL ADOPTION AND PUBLICATION IN ACCORDANCE WITH THE LAW, AND APPROVAL OF THE COUNCIL OF THE TOWNSHIP OF BELLEVILLE.

Belleville Times
 April 11, 18, 25, 1996
 Fee: \$35.96

TOWNSHIP ORDINANCE
 PUBLIC NOTICE is hereby given that the following proposed ordinance was introduced and passed on first reading at a meeting of the Municipal Council of the Township of Belleville, NJ, held on Tuesday evening, April 9, 1996, and further notice is hereby given that the second and final reading of said ordinance will be considered by said Municipal Council at a meeting to be held at the Town Hall, Washington Avenue and Belleville Avenue, Tuesday evening, April 18, 1996 at eight o'clock p.m. when all objections to the passing of same will be heard and considered.

Stanley Zach, 76

A Mass for Stanley Zach, 76, of Piscataway was offered April 13 in Our Lady of Fatima Church, Piscataway. Arrangements were by the Piscataway Funeral Home, Piscataway.

Mr. Zach, who died April 9 in J.F.K. Hartwyck Care Center at Oaktree, Edison, was employed for 30 years with the Essex County Welfare Board, Newark, before retiring as training supervisor in 1980.

He was a 1950 graduate of Seton Hall University and a 1968 magna cum laude graduate of Rutgers University, with a master's degree

in social work.

Mr. Zach served in the Navy during World War II.

Active with Our Lady of Fatima Church, he served on the annual church fair committee.

He was a 46-year member and had been a past chaplain and past president of the Bell and Siren Club, Newark and a third degree member of the Knights of Columbus Council 3639, Newark.

Born in Newark, Mr. Zach lived in Belleville before moving to Piscataway in 1984.

Surviving are a brother, John, and a sister, Wanda Damanski.

Anthony Pravata Sr., 53

Services for Anthony Pravata Sr., 53, of Belleville were held April 13 in the Zarro Funeral Home, Bloomfield.

Mr. Pravata died April 8 in Wayne General Hospital.

He was the owner and operator of the Red Shingle Inn, Belleville, for 25 years. Previously, he was the owner of the Big A Stables, Belleville.

Mr. Pravata was an honorary member of the Belleville Amvets and the Belleville Police

Bevolut Association.

He was a contributor to many fund-raising organizations, including the Belleville Police

Bevolut Association and the Essex County Police and Fire Departments.

Born in Kearny, he lived in Belleville for most of his life.

Surviving are his wife, Geraldine; a son, Anthony Jr.; three brothers, John, Joseph Jr. and Frank, and two sisters, Rosemarie DeLeone and Camille.

Obituaries

Leonard Reidmiller Jr.

Services for Leonard F. Reidmiller Jr., 67, of North Fort Myers, Fla., were held April 11 in the Holy Cross Mausoleum, North Arlington.

Mr. Reidmiller died April 6 in the Cape Coral, Fla., Hospital.

He worked for the New Jersey Bell Telephone Co., Piscataway, for 33 years, retiring as an assistant communications manager in 1985.

He served in the Navy during peace time.

Mr. Reidmiller was a member and had been president of the Lions

Club of Laurence Harbor. He had been capt. in the Madison Park First Aid Squad.

He was a member of the Telephone Pioneers of America.

Born in Scranton, Pa., he lived in Newark, O.I. Bridge and Belleville before moving to North Fort Myers in 1988.

Surviving are his wife, Helen; a son, Leonard III; a daughter, Lynn; his mother, Marie; two brothers, Frank and Richard; two sisters, Joan Siegel and Mary Sarrechia, and a grandchild.

Richard DelGuercio, 45

A Mass for Richard J. DelGuercio, 45, of Bloomfield was offered April 12 in Holy Family Church, Nutley, after the funeral from the Megaro Memorial Home, Belleville.

Mr. DelGuercio, who died April 8 in the East Orange Veterans Medical Center, was a construction worker for many years.

He served in the Army during

the Vietnam War.

Born in Newark, Mr. DelGuercio lived in Belleville before moving to Bloomfield several years ago.

Surviving are a son, Richard; his mother, Anne Guarino; his stepfather, Vito Guarino; two brothers, Nicholas and James, and a sister, Catherine Caffrey.

Carmen Forlenza, 77

A Mass for Carmen Forlenza, 77, of Belleville was offered April 11 in St. Mary's Church, Nutley, following the funeral from the Biondi Funeral Home of Nutley.

Mr. Forlenza died April 8 in his home.

He was a millworker for Craftwood Products in Belleville for 20 years before his retirement in 1976.

Mr. Forlenza served in the Army during World War II. He fought in

the Battle of the Bulge and received a Purple Heart. He was a member of the Disabled American War Veterans.

Born in Newark, he moved to Belleville in 1976.

Surviving are his wife, Catherine; three brothers, Salvatore, Michael and Anthony, and seven sisters, Judith Alfieri, Lena Nasta, Dolores Sesta, Rosemarie Bianca, Shirley Restaino and Camille Biondi.

Mark Balbach

Services for Mark J. Balbach of Hartwell, Ga., were held April 16 at the Strickland Funeral Home, Hartwell.

Mr. Balbach died April 13 in the Hart County Hospital, Hartwell.

He was employed by the Hart-Franklin Industries, Hartwell, as an inspector.

Born in Belleville, Mr. Balbach lived in Newark and New Providence before moving to Hartwell in 1984. Surviving are his

parents, Michael J. and Mary Ann B. Kmetz Balbach; a brother, Michael J., and a sister Mary Ann B. Markunas.



Pharmacy Footnotes

Vincent Cozzarelli Reg. Ph.

Alice Robinson

A Mass for Alice K. Robinson, 88, of Gainesville, Fla., will be offered at 10 a.m. today in St. Catherine of Siena Church, Cedar Grove, following the funeral from the Shook Funeral Home, Cedar Grove.

Mrs. Robinson died April 13 in the North Florida Regional Medical Center, Gainesville.

In a teaching career beginning in the 1920s, she taught first grade in the Belleville school district

years, and later for the Cedar Grove school system for 16 years before retiring 18 years ago.

She was a member of the New Jersey Education Association.

Born in Newark, she lived in Belleville and Bloomfield before moving to Florida in 1989.

Surviving are a daughter, Bernadette Sill, two brothers, John and Joseph Kennedy; a sister, Rita Hartwyk Snigg, and two grandchildren.

DON'T TAKE WITH GRAPEFRUIT JUICE

Some medications are best taken on an empty stomach, while others should be taken with food. Several studies now also indicate that some medications should not be taken with grapefruit juice because it interferes with their metabolism, resulting in the body's inability to break the drug down and excrete it. The more that these specific drugs are taken with grapefruit juice, the more they accumulate in the body to overly high levels. Those medications that should not be taken with grapefruit juice: supplemental estrogens, calcium channel blockers (such as verapamil and nifedipine) used to lower blood pressure and prevent migraine headaches; the antihistamine terfenadine, an increase in the concentration of which in bloodstreams of heart disease patients can cause irregular heartbeat; and caffeine, the potency of which can be increased up to 30% when consumed within a 1/2-hour of drinking grapefruit juice.

Part of a pharmacist's job is informing patients on whether or not medications should be taken with food, what food and drinks are to be avoided, and how often they are to be taken. You can depend on us for complete service at ROSSMORE PHARMACY, 338 Washington Ave. (799-1862, 799-1850). This includes free prescription delivery. Open: Daily 9am-10pm, Sunday 9am-5pm.

HINT: Wait at least 30 minutes after taking any of the medications mentioned above before drinking grapefruit juice, if you must.



WISHES GRANTED - West Essex Community Health Services honored the banks which participated in their annual Wish Tree Campaign, which raises money for West Essex Hospice programs. Joan Metrione (left), Board Chairman, presents Lynne Mackie of Valley National Bank in Belleville with a Certificate of Appreciation at the WECHS Annual Meeting.



HAPPY ANNIVERSARY CPC - Mayra Giraldo blows out the candles at the Cerebral Palsy Center's 50th anniversary party, held recently. (Photo By Richard Dickon)

FIFTY YEARS OF MAKING A LIFETIME OF 1946 50th ANNIVERSARY 1996 Cerebral Palsy of Essex and West



ANNIVERSARY BANNER UNFURLED - As part of the 50th anniversary celebration at the Cerebral Palsy Center in Belleville, a banner was unveiled. Pictured (left to right) Willie Tate, Cindy Chauvin, Ken Watson, Susan Sproul, and Chris Ryan. (Photo By Richard Dickon)

Pain may be eliminated for millions

(SPECIAL) - A new drug has been approved that is exciting researchers in the treatment of pain. This material has been formulated into a new product known as "Arthur Itis..." and is being called a "Medical Miracle" by some, in the treatment of debilitating conditions such as arthritis, bursitis, rheumatism, painful muscle aches, joint aches, simple backache, bruises, and more. Although the mechanism of action is unclear, experiments indicate that Arthur Itis... relieves pain by first selectively attracting, and then destroying the messenger chemical which carries pain sensations to the brain, thus eliminating pain in the affected area. Arthur Itis... is an odorless, greaseless, non-staining cream and is available immediately without a prescription and is guaranteed to work.

Use only as directed.

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338 Washington Ave. Belleville
759-1956

GOOD HEALTH PHARMACY
630 Jorammon St. Belleville
759-2761

ABBOTT'S DRUG STORE
531 Washington Ave. Belleville
759-8181

WHITE OAK PHARMACY
88 Union St. Nutley
667-1434

LITTLE'S PHARMACY
547 Park Ave. Nutley
667-3822

Wolf birthday party at zoo

Essex County's Turtle Back Zoo will hold its sixth annual birthday party for Zaphod, Tybor and Hera, the three wolves who have resided at the zoo for the past several years, on Saturday, April 20, from 11 a.m. to 3 p.m.

The zoo is located at 560 Northfield Ave., West Orange.

Special wolf items will be available to purchase at the Wolf Woods. The music of Joe Eggebeen's Lone Wolf Country and Western Band will entertain from 12 noon to 3 p.m.

For further information, call the zoo at 731-5801.

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WORSHIP CALENDAR

CHRIST EPISCOPAL CHURCH

393 Washington Ave., Belleville

Sunday Services:

8:15am, Holy Communion
9:30am, Sunday School
10am, Holy Communion (with Nursery)

Everyone is Welcome!

The Rev. Carolyn Lumbard, Rector

751-0616

Nutley Abundant Life

Worship Center

390 Washington Ave., Nutley

Sunday: 9am Sunday Bible School

All Ages

10:00am Morning Worship

Children's church provided at all

services ages birth through nine.

Thursday: 7:30pm

Revelation Knowledge Seminar

(Pastor Bruce teaching)

667-4329

VINCENT UNITED METHODIST CHURCH

100 Vincent Place, Nutley

"In The Heart Of Town"

SUNDAY WORSHIP

10:30 am

also, in addition on

TCI, CHANNEL 19

Sunday 1pm Friday 1pm

"A Good Week"

CHILD CARE PROVIDED

SUNDAY SCHOOL

FOR ALL AGES 9:15 AM

Leon F. Weaver,

Pastor

667-5440

Share The Joy

PARK UNITED METHODIST CHURCH

Broad & Park Sts., Bloomfield

SUNDAY WORSHIP

10:45AM

BIBLE SCHOOL FOR ALL AGES

9:25AM

Childcare & Transportation Provided

HOLY COMMUNION

First Sunday of the Month

Rev. Wayne Jack Plumstead,

Pastor

297-7745

GLEN RIDGE CONGREGATIONAL CHURCH

195 Ridgewood Ave., Glen Ridge

SUNDAY

Communion Service

8:30AM (in the Chapel)

Principal Service with Chorus

10:15AM (in the Sanctuary)

Adult Bible Class

9:15AM

Church School

10:15AM

Fellowship Hour

11:15AM

Child care is provided at all services

For information about our many

programs please contact the main office.

The Rev. Joseph David Johnson,

Minister

You are always welcome at the

Glen Ridge Congregational Church

743-0096

List Your Church

In Our Worship

Calendar.

Call For Info

&

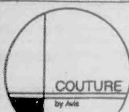
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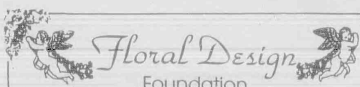
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Specializing In -

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- * Bar/Bat Mitzvahs
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Open 6 days for dinner at 4 P.M.
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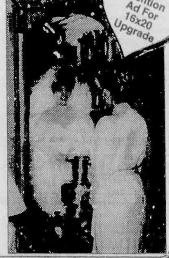
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Toms River (908) 255-2828



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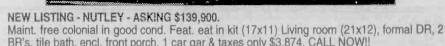
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TODAY!

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Credits & adjustments are to be made only for errors which significantly alter the effectiveness of the ad, such as a wrong telephone number or price. Credits will not be issued for typographical errors or misspelled words. The newspapers can assume responsibility only for MAJOR errors in the first day's publication!

CLASSIFIED DEADLINE - TUES, 12 NOON
DIAL-A-SERVICE DEADLINE - FRI, 3PM

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PHONE _____
CATEGORY _____ RUN DATE _____
NUMBER OF INSERTIONS _____

Check _____ Visa/M/C# _____
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800 BLOOMFIELD AVENUE
NUTLEY, NJ 07110
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good. Mint interior, good body. Automatic. PW, PB, PS. \$4000 or best offer. 997-8316

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1989 Olds S.W. Custom
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PERSONAL NOTICES

PRAYER TO THE BLESSED MOTHER
(Never known to fail). Oh, most beautiful flower of Mt. Carmel, fruitful vine, splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. Oh, Star of the Sea, help me & show me herein you are my Mother. Oh Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to succor me in this necessity. There are none that can withstand your power. Oh, Show me herein you are my mother, Oh Mary, conceived without sin, pray for us who have recourse to thee.

30) Holy Mother, I place this cause in thy hands.
30) Holy Spirit, who solve all problems, light all roads so that I can attain my goal. You who gave me the Divine gift to forgive & forget all evil against me and that in all instances in my life you are my mother. I want in this short prayer to thank you for all things as you confirm once again that I never want to be separated from you in Eternal Glory. Thank you for your mercy toward me and mine. The person must say the prayer 3 consecutive days. After 3 days the request will be granted. This prayer must be published after the favor is granted. RWM.

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EMPLOYMENT WANTED

Mature woman seeks position in beauty salon shampooing or booking appointments. Has license. Please call 483-7623

Mature woman seeking position as receptionist in doctor's office. Dependable & experienced. Please Call 483-7623

Nutley PT Office help Knowledge of Macintosh Comp. Flex hrs. Call 667-1425 leave mess.

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Attention Nutley POSTAL JOBS \$12.68/hr to start + benefits. Carriers, sorters, clerks, computer trainees. For an application & exam info. call 1-219-791-1191 9am - 9pm - 7 days

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\$35,000/YEAR INCOME potential! Reading books. Toll free 1-800-898-9778 ext. R-5139 for details

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112 newspapers reaching 1.8 million readers! Your classified ad can be included in SCAN - New Jersey's Statewide Classified Ad Network. All it takes is \$279 and one easy phone call. 667-3000 - Michelle, for all the details

GENERAL OPPORS.

ALASKA EMPLOYMENT Fishing industry. Earn up to \$3000-\$6000 + per month. No experience necessary. Male/Female. Age 18-70. Call (206) 971-3512 ext. A89691 (Refundable Fee)

ALL PHASE EMPLOYMENT SERVICE 382 Franklin Ave. Nutley, N.J. 661-W-O-R-K 987-W-O-R-K Permanent & Temporary FT & PT positions

CLERICAL/RECEPTIONIST Part to full time receptionist position, entry level, flexible hrs, light typing, filing, etc. Will train. Call (201)491-5111.

Customer Service/Receptionist/Essex City Co seeking organized, responsible, and personable individual for FT position. Fast paced environment, filing, life typing, and busy phone. Send SASE, P.O. Box 500-CT, Lyme, PA 19037

CLERICAL/RECEPTIONIST Part to full time receptionist position, entry level, flexible hrs, light typing, filing, etc. Will train. Call (201)491-5111.

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GENERAL OPPORS.

Banking PART-TIME TELLERS Opportunity in knocking - and it's just around the corner. First Fidelity, now First Union Bank, has openings for Part-Time Tellers in the Nutley, Clifton, and Paterson areas. We offer the following:

Full Medical Benefits 401(k) Savings Vacation/Holiday Pay 20 hours/week

We are seeking aggressive, sales-oriented individuals for Part-Time Teller opportunities. Interested candidates must have six months of cash handling and sales/marketing experience as well as a working knowledge of personal computer.

First Fidelity, now First Union Bank, offers a competitive salary and benefits package. To find out more about these exciting positions, call Kristine Norman in Human Resources Department at (201) 565-2806. First Fidelity/First Union utilizes drug testing as a condition of employment. An Equal Opportunity Employer M/F/D/V.

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REGULAR OR COUNTRY STYLE, NOT FROM CONCENTRATE

Minute Maid Orange Juice

1/2 PRICE **1.49**
1/2-gal. ctn. **THE MORNING**

YELLOW OR WHITE Borden Singles	16-oz. pkg.	1.99
WHOLE MILK OR PART SKIM ShopRite Mozzarella	12-oz. pkg.	1.24
WHY PAY MORE™ Armour Hot Dogs	1-lb. pkg.	.89
THICK OR THIN Taylor Pork Roll	6-oz. pkg.	1.14

Choose from Over 100 Items on Sale at 1/2 Price During Our 1/2 Price Sale!

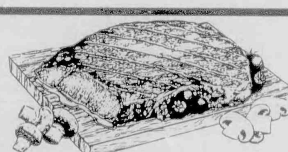


50-OZ. BTL., REGULAR OR WITH BLEACH, LIQUID LAUNDRY

Yes Ultra Detergent

PRICE PLUS® club Members **SAVE 2.00** PAY ONLY **.99**
UP TO 2 DISCOUNTS PER VARIETY **LESS THAN 1/2 PRICE**
MFR

72-CT. PKG., WITH BORDER Sparkle Towels	UP TO 4 DISCOUNTS	.39
GRAPE JAM OR Kraft Grape Jelly	2-lb. jar	.69
WHOLE KERNEL, REG. OR NO SALT ADDED, CREAM, VAC PAK OR GARDEN SWEET ShopRite Peas or Corn	12 to 15.25 oz. cans	.99
ANY VARIETY Pfeiffer Salad Dressing	1-pt. btl.	.99



BONELESS BEEF

Top Round London Broil

1/2 PRICE **1.99**
lb. **USDA CHOICE**

CAKE OF THE WEEK, IN THE FRESH BAKE SHOPPE Plain or Marble Cheesecake	24-oz.	3.49
#144 Scotch Tape	each	.48
50-CT. BTL. EXTRA STRENGTH OR PLUS Bayer Caplets	72-oz. tot. wt. cans	2.24
PLUS DEP. WHERE REG., LIPTON BRISK ICED TEA, SUCE, MT. DEW, REG., DIET OR CAFE, FREE Pepsi 6 Pack		1.44



15 SIZE

Sweet Cantaloupes

.99
each

ANY VARIETY, REG., NON FAT KEMPS YOGURT OR Lender's Bagels	1/2-gal. cont. or 9 to 12.5-oz. pkg.	1.99 or .74
STORE SLICED, USDA CHOICE, EYE ROUND Dietz & Watson's Roast Beef	lb.	3.99
STORE SLICED OR STICK Margherita Pepperoni	lb.	2.99

ShopRite and always Save in Every Aisle!

40% OFF

Perdue Fresh Poultry SALE!

Over 50 Items To Choose From

Regular Prices - \$1.19 To \$4.99 Lb., Sale Prices - .69 To \$2.99 Lb.

*Price Marked on Package Reflects 40% OFF Savings! (Excluding Rotisserie Chicken at the Appy Place)

2 1/2 TO 3-LB. AVG., FAMILY PACK SKINLESS & BONELESS Tyson/Holly Farms Chicken Breast	lb.	2.35
3 TO 5-LB. PKG. 80% Lean Ground Beef	lb.	.99
WITH BACK ATTACHED Cookin' Good Chicken Leg Quarters	lb.	.47
BONELESS, WITH A MILD FLAVOR Fresh Flounder Fillet	lb.	6.99
1 TO 2-LB., FARM RAISED Fresh Trophy Rainbow Trout	lb.	2.99
ANY VARIETY ShopRite Cottage Cheese	1-lb. cont.	1.39
ANY VARIETY SAVOR LATINO OR La Yogurt Yogurt	6-oz. conts.	.98
WHY PAY MORE™ ShopRite Skim Milk	1-gal. plastic	2.29
LOW SALT OR REGULAR White's Bacon	1-lb. pkg.	2.30
STORE SLICED, 35% FAT FREE HONEY OR CATERING STYLE OVEN ROASTED, NO MSG Black Bear Turkey Breast	lb.	4.99
STORE SLICED Marval Turkey Breast	lb.	3.99
IN APPY, SPLIT Perdue Rotisserie Turkey Breast	lb.	2.49

WHY PAY MORE™

Campbell's Pork & Beans

5.99
11-oz. cans

WHY PAY MORE™ Lucky Leaf Apple Sauce	3-lb. jar	.99
CORN, CANOLA, BEST BLEND OR Wesson Vegetable Oil	1-pt. btl.	1.49
PLUS DEP. WHERE REG., ANY VARIETY ShopRite 3-Ltr. Soda	for	31.99
1-PT. 1-OZ. TRIGGER BTL. Glass Plus	UP TO 4 DISCOUNTS	.99
3360 TOT. SHEET CT. Angel Soft Bath Tissue	12-pk. pkg.	2.99
WHY PAY MORE™ Soft Paw Cat Litter	20-lb. bag	.99

18.25 TO 30-OZ. JAR, ANY VARIETY

Ragu Spaghetti Sauce

ShopRite Sale Price **1.69** **FINAL COST** **.84**
MFR **-.85**

1/2 PRICE SALE ON FROZEN WEIGHT WATCHERS

(EXCLUDING PIZZA & ICE CREAM)

#35 MACARONI

ShopRite Elbows

4.99
1-lb. boxes

COCONUT CUSTARD, LEMON MERINGUE OR Rittenhouse 10" Apple Pie	38 to 42-oz. box	2.99
WHY PAY MORE™ ShopRite Clear Food Wrap	300-ft. roll	1.14
WHY PAY MORE™ Final Touch Fabric Softener	1/2-gal. btl.	1.99
ANY VARIETY Herr's Popcorn	5 to 6-oz. bag	.69
ANY VARIETY Lay's Potato Chips	6-oz. bag	.74
REGULAR OR SANDWICH Gold Medal White Bread	20 to 22-oz. pkg.	.84

4-CT. PKG., AA OR AAA, ALKALINE

Ray O Vac Batteries

Everyday Low Price **2.59** **FINAL COST** **1.29**
MFR **-1.30**

\$20 Toward Purchase of FREE Groceries

Spend a total of \$250* with MasterCard from April 7-May 11, 1996 for your SUPER SAVINGS CERTIFICATE.

*Check store for details.

Get More Out of Shopping ShopRite with Your MasterCard.



RED RIPE 1-Quart Strawberries

ShopRite Sale Price **1.99** **FINAL COST** **1.49**
SR **-.50**

CALIFORNIA, 88 SIZE Sunkist Navel Oranges	for	4.99
EUROPEAN, ITALIAN, FRENCH OR Caesar Salad	10-oz. bag	1.99
WASH. STATE, 100 SIZE EXTRA FANCY, GOLDEN OR Red Delicious Apples	lb.	.99
(WHERE AVAIL.) REDS, WHITES OR PINKS Hardy Azaleas	6" pots	31.00
GREEN PEAS, CARROTS, CORN, SOUP OR MIXED, FROZEN Birds Eye Vegetables	16-oz. bag	.97
CHEESE, SAUSAGE, PEPPERONI OR SUPREME Jenos Pizza	6.8 to 7.2-oz. pkg.	.99
ICE CREAM CUPS OR ShopRite Sundae Cups	12-ct. pkg.	1.99
ANY VARIETY GEL OR Crest Toothpaste	6.4-oz. tube	1.87
ANY VARIETY CONDITIONER OR Suave Shampoo	15-oz. btl.	.99
.75 CU. #2972, ANY COLOR Rubbermaid Laundry Basket	MFR	.99
REG. PRICES 1.49 TO 1.89. SALE PRICES .99 TO 1.29. ANY VARIETY CONTROL TOP OR REG. Leggs Everyday Pantyhose		33% OFF
ASSORTED VARIETY, FRESH BAKED 6-Pk. Muffins	14-oz. pkg.	Save .50 ON ANY 4 PK. 2-PK. OR 12-PK. MUFFINS WITH CUP LESS. GOURN. MFR

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