

SEPTEMBER 1996

Apathy gaining ground in Silver Lake area?

See Marie Burke's column, page 2

Resident meets frustration in fighting with body shop

See related editorial, page 4

B.H.S. fall sports schedules

See Sports, Page 11

Belleville Times

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50¢

Resident battles with body shop neighbor



Photo by Joe Brennan

Love thy neighbor? Paint fumes from the J.A. Auto Body shop, located at the end of Burton Place, have made for unpleasant feelings between the owner, Yoshio Sugawara, and resident Grace Laratta. Laratta claims the smell has been coming from the smoke stack in the middle of the photo.

By Joe Brennan

Belleville resident Grace Laratta wishes she could become friends with the wind.

For almost 10 years paint fumes from the J.A. Auto Body, her neighbor on Burton Place, have seeped into her home, causing health problems and other aggravations, Laratta claims.

"Something is coming in my home and it's not good for me. Whatever it is burns my eyes and my skin. It leaves a black film on my house. I have to leave my windows closed. Trees are dying here and leaves are falling off the trees," said Laratta.

Burton Place is a dead end street located on a hill. The auto body shop is in a cul-de-sac at the end of the street, at a lower level than the rest of the homes. A smoke stack on top of the roof is sending fumes directly across the street into Laratta's house, Laratta said.

Yoshio Sugawara, owner of the auto body shop for 18 years, said he spent \$160,000 for a renovated spray booth nine years ago that reduced the emissions to an accept-

able level. He stated that no other neighbors complain about the smell.

"It's only her who is complaining. There's a condominium complex right next door and they didn't complain once in 10 years. The bottom line is, she wants to get rid of us. People got to make a living," Sugawara said.

Sugawara said that if a resident lives next to any business, there is odors to contend with.

"If you live next to a hamburger place, you are going to smell the hamburgers. The paint has the smell. We don't make the paint. Why doesn't she go to the paint company? We try to do the best job possible," he said.

Laratta has contacted local and state politicians, as well as environmental organizations. She is now venturing to the Environmental and Occupational Health Sciences Institution in Piscataway for health checkups.

In Feb., representatives from the Essex Regional Health Commission in West Orange found the auto body shop in violation of a state air pollution code.

Sugawara had 24 hours to rectify the situation but wasn't fined, due to a grace period provided in the state law. If another violation is found within one year's time, a fine will be issued, said Jean Walker, environmental officer for the health commission, an agency under the direction of the New Jersey Department of Environmental Protection (DEP).

"The violation is like a warning. We have had numerous complaints about this business," said Walker, who added that before 1995 no grace period was provided for violators.

Laratta said she wants someone to check the smoke stack on top of the roof of the shop. If this is done, she feels the substances would be detected easier.

But Walker said the problem is detecting the fumes the same time Laratta does.

"We haven't been able to detect the same smells," said Walker.

Laratta has also tried to determine whether the business, located in the middle of a residential neigh-

(Continued on Page 2)

Schools prepare for 1996-97

District ready to tackle new year

By Joe Brennan

With the opening of school this week, Belleville Superintendent of Schools Michael Lally has provided the blueprint educational plans for the district.

The board of education passed its 1996-97 school budget for the first time in 12 years, Lally said, and reaching out to the community was the key to gaining approval for the spending plan.

"The community is beginning to realize that the schools and community are an interactive part of

town," said Lally.

Inherent in the budget was money allocated for \$100,000 of technology improvements, with the potential for interactive television in the elementary schools. There was also \$200,000 saved to taxpayers by moving 15 special education students to instruction within the district, as opposed to paying higher private school costs out of the district, said Lally.

"We are giving them a comparable education here. We hired staff in special education and counselors," said Lally.

Lally added that he would like to have all the elementary and high school libraries on the Internet and has purchased new computers for this purpose.

Lally was also proud to note that the Belleville school district passed the Middle States Evaluation Exam.

For the new school year, Lally said the district is prepared to continue with its third annual Senior Citizen Intergenerational Prom in May of next year, and the third annual Academic Achievement Awards for kindergarten through

eight-grade.

"We brought different generations into the school. It was a loveable interaction between grandchildren and grandparents. We are also recognizing student achievement," said Lally.

The district is also preparing to institute an afterschool program with the YMCA of Newark and Vicinity.

The program would provide after school games and homework instruction to students with a cost

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Nuclear treatment



Robert S. Curtis, president and CEO of Clara Maass Medical Center, cuts the ribbon at the dedication of the new Nuclear Medicine Department at Clara Maass with Melvin Freundlich, MD, director of Nuclear Medicine (left). See related story, page 2.

How do you spell relief?

Hospital offers headache pain center

By Sarah Treffinger

Forty-five million Americans suffer from disabling headaches each day. Of that number, only two percent have seen specialists. That is one of the reasons why Drs. Joseph Carluccio, an internist, and John Robinson, a neurologist, founded the Headache and Pain Management Center at Mountsinclair Hospital, Glen Ridge/Montclair.

"The original thought was to give the hospital name recognition," Carluccio said of the decision to open the center. "Also, headaches are the main driving force to be reckoned with and are often underdiagnosed."

Carluccio also offered some

(Continued on Page 2)



"Big Mike" Dowd, longtime resident of Belleville, is preparing for the 9th annual MS One Hundred bike run for multiple sclerosis. It is his second bike tour this year.

Photo by Joe Brennan

'Big Mike' bikes for MS

By Joe Brennan

Most people will probably be relaxing this weekend after a long holiday break, but Belleville resident "Big Mike" Dowd has other plans.

Dowd, 26, is participating in the

9th Annual MS One Hundred bicycle run on Saturday, Sept. 7 through Sept. 8 for multiple sclerosis. The event is sponsored by the Greater North Jersey Chapter of the MS Society.

Dowd said the 100 mile trek

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Woman fools local residents

Uses phony child fundraising scheme

By James Zoccoli

Authorities are looking for any local resident who may have been approached by a Belleville woman seeking to collect funds for Children International.

Nutley police say they were notified on August 26 that a woman pushing a baby carriage was knocking on doors in the South West section of town claiming she was fund raising.

"She admitted to people that she did not have a permit, but she said she was in the process of applying for a permit," said Sgt. Steven Rogers of Nutley.

Rogers said police then called Children International's 800 phone number and found out that the

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Firefighters have busy month of August

By Joe Brennan

According to fire officials, the end of August was an extraordinarily busy time.

A flood of 911 calls were received by Belleville firefighters on Friday, Aug. 23, alerting them to a fire at the Penta-Flex Corporation, a plastics manufacturing firm, at 666 Washington Ave.

The calls were received at 8:50 a.m. and two engine companies, one ladder truck and one ambulance responded to the warehouse, which is set behind the Pathmark supermarket on Washington Ave, said Firefighter Scott Wentworth.

"The damage was mostly to the duct work and the roof area. They were making renovations and that's

when it started. The cause is under investigation at this time," said Wentworth.

Wentworth said that the fire was brought under control in a half hour. It was completely extinguished in about an hour.

Wentworth added that fire units had to make long stretches to establish a water supply across Washington Avenue. The blaze started in the network and spread throughout the two-story warehouse, breaking out at the roof and several other openings in the ventilation system.

Another fire occurred on Tuesday, Aug. 20 at 75 Gless Ave. just after midnight.

Wentworth said the fire was in

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Neighbor feuds with body shop

(Continued from Page 1)

borhood, is violating any building or zoning codes.

But a fire in the early '80s that destroyed building and zoning files has made her endeavor more difficult.

Bob Dominick, Belleville construction code official, said the remaining records on the business date back to 1971. He said it has been there legally since that time and is protected because of a "pre-existing non-conforming use."

Robert Giordano, township attorney, explained that the business use of the property existed prior to any zone changes. Therefore, the auto body doesn't have to adhere to any new zoning changes.

"The use is grandfathered in," said Giordano.

Giordano said the only thing the town can do is make sure the business follows all town building and health codes.

"There's been nothing that I know of to say it's there illegally," said Giordano.

Dominick added that the business still has to adhere to these codes, regardless of the pre-existing use.

"It's pre-existing but he (Sugawara) can't go against the

code. He's going to have to conform at some point."

But Laratta said the residents have also been in the neighborhood for longer than the auto body shop.

"We're the ones who are grandfathered in," said Laratta.

At a recent Belleville Town Council meeting, Mayor Victor Canning said the town is a hodgepodge of residential, commercial, and business properties. This makes it hard to determine whether or not a business is operating illegally.

For Laratta, the next step might be to contact an attorney and use the June violation as evidence against the body shop.

"I don't know what I'm going to do yet. The town should make him re-apply for a variance," she said.

Sugawara said Laratta's father once owned property that became Berton Place, and feels this is a reason for her calling environmental organizations.

"She still thinks the street is owned by her father," said Sugawara.

Laratta countered by saying her quality of life is being threatened by Sugawara's business.

"No, I don't think I own the street anymore. But I have the right to clean air, my health, my home and my property," she said.



Local resident honored- Kathy Childers of Belleville is congratulated by Kid's Place Coordinator Denise Rodriguez (right) with a certificate in recognition of her recertifying as Child Development Associate by the Council for Early Childhood Professional Recognition. Childers is the head teacher in the Infants/Ones division at the Kid's Place Child Care Center.

Hospital offers headache relief

(Continued from Page 1)

telling statistics. "On average, an American worker who suffers from headaches will lose 5.5 work days each year. That equals a total of \$17.1 billion lost in absenteeism," he said.

The center at Mountinside takes a multi-disciplinary approach in its treatment of headaches and pain management.

"It is a different program than others," Carluccio said. "Patients are screened and the treatment is customized to his or her problem."

Since the center opened in November 1995, the doctors have seen 125 new patients, said Patricia Quinn, a registered nurse working in the center.

"Headache patients seem to have a very positive outcome," Quinn said. "They are able to cope with headaches that are much less frequent and much less severe."

The center's staff specializes in treating migraine, cluster, rebound, and chronic daily headaches; menstrual, tension, or post-traumatic headaches; acute headache attacks; low back pain; skeletal muscular pain; neuralgia; temporomandibular joint (TMJ) pain; pelvic pain and chronic pain syndromes.

First-time patients are inter-

viewed by members of the nursing staff, who assist with the completion of a comprehensive health history. Patients are then evaluated and examined by either Carluccio or Robinott.

Often, referrals are made concerning necessary X-rays, MRIs, CT scans, electrocardiograms (EKGs) or blood testing, and all such tests are done through Mountinside.

When all tests are completed, patients receive an individualized care plan for treatment of headaches and pain management. Such methods may include medication, exercise, behavior modification, dietary recommendations, biofeedback, acupuncture, physical therapy, heat therapy, nerve blocks or other anesthetic treatment, relaxation and stress management techniques, psychotherapy or substance abuse treatment.

"There is a mechanism in the brain that causes headaches," Carluccio said. "We know how to control it. There is no need for people to suffer from debilitating headaches. Finally, there are answers. Sufferers shouldn't give up hope."

Visits to the center are scheduled by appointment. For further information, call 429-6961.

Belleville Police Blotter

Officers Rocco Andreottola and James Melillo arrested Joseph Florkevitz, 21, of Belleville for a \$1000 outstanding warrant on Aug. 26, police said.

Officers Anthony Passarella and Richard Giordano arrested Albert Bell, 34, of Fairfield on Aug. 26 for DWI and possession of cocaine, police said.

Officers Rocco Andreottola and James Melillo arrested Ramon Roman, 39, of Belleville for possession of stolen property and a hypodermic needle on Aug. 26, police said.

Officers Joseph Trabucco and Rory Scheumeister arrested Vincent Othmo of Belleville for resisting arrest and possession of stolen property on Aug. 27, police said.

Officers Robert Caprice and Michael Giuliano arrested William Salvatiello of Belleville for an outstanding warrant on Aug. 27. Salvatiello was sent back to Northern State Prison in Newark, police said.

Detective Vincent Celso arrested James Bambrick, 34, of Belleville for an outstanding warrant on Aug. 27, police said.

Life in Silver Lake

By Marie Strumolo Burke

I think I've been writing this column for about two years, or could it be three... Oh, well, whatever. My good friend, and SLCA member, Vinny Mustachio of Frederick Street, secured this high level position for me. It seems that he told Frank Orechio that I would be a good person to write about Silver Lake. And so was born, with a lot of help from Frank, Life in Silver Lake.

When Vinny and I discussed how the column should be written, we decided that it would be upbeat. No derogatories, no negatives, only positives.

Well, sorry to say I have to go back on my word. This will be my first negative column. It's so hard to do, but I must.

We have a very important issue lurking in the background. And everyone knows what it is... N.J. Transit. They have on the drawing board a Vehicle Base Facility, or as I call it, a junkyard, to store and repair their cars right smack dab in the middle of our residential area.

And their cars will be crossing Franklin and Belmont every 2 to 3 minutes. Can you imagine what this will do to our area and most important our children on their way to School #4?

Well, a meeting was called by N.J. Transit on Aug. 7 at the E.C. Vocational School in Bloomfield. Your SLCA prepared a few thousand flyers, and distributed them to every single household in Silver Lake. It took time and energy to do this.

We asked that all of you join us on a picket line to show your support in opposition to this proposal. We mentioned that the news would be there and it would be a good opportunity to show our unity and to give N.J. Transit some negative publicity.

So, one would think that we would get a lot of support from all of you. No, not true. Only about 50 residents showed up, which was totally unacceptable. We thought that since it would be affecting our school children, the Home &

School would be there. Again, not true.

At the meeting a high level employee made a derogatory comment when he heard that we would lie across the tracks to stop this project. Do you know what she said, "Choo, Choo," or in other words, "Mow them down."

Remember, people, we all have a life. I know it was summertime and I know that people have to work. But we must stick together. We always have but this time something went sour. It's time for all of us to be accountable. It's time to stop letting only a few of us "carry the ball." I thought we were a team! Do all of you realize that if this project goes through, our homes will not be worth a dime. A junk yard in the middle of our homes and trains passing every 3 minutes. I don't think so.

I've heard some comments that we can't stop them. Bull. The Montclair Connection is still in the courts. Last year, our Council voted 7-0 against this project. Every politician imaginable showed up at this meeting and spoke on our behalf.

Present was our Mayor Victor Canning, Councilman Mario Drordz, State Sen. John Scott, Paterson Mayor and Assemblyman Bill Passerelli, Freeland Louise Palagano, Congressman Bill Martini, Councilman Hank Martinez, Bloomfield Councilman Gary Jacobucci and Councilman Richard Gaiotto. Even our listless supporters Matthew and Stacey Sanabria of Heckel Street, and Lea Fuscaldo were there. Where were you?

We need your help. Next time, this issue surfaces again, and it will, I know that all of you can spare some time from your social activities and join us in this very important issue. I know that the majority of you are against this Transit deal, but they only listen to numbers, and when we unite they don't have a chance.

Remember, we love Silver Lake.

Clara Maass opens nuclear medicine center

By Joe Brennan

Clara Maass Medical Center in Belleville recently welcomed its newly renovated nuclear medicine facility.

Melvin H. Freundlich, M.D. and clinical professor of radiology, said the new technology and renovated space makes the nuclear center a more conducive environment for practicing "radioisotope intervention."

The radioisotope process is a more sophisticated X-ray system. It utilizes radioactive materials that are injected into patients. These materials help doctors examine specific body organs. The radioactivity from the organs is then received by gamma cameras, which process images onto a computer screen, explained Freundlich.

"We make diagnoses off of the camera screen. It's highly sophisticated images. We can see defects that may not show up on X-rays," said Freundlich.

The newest equipment added to the department is the gamma cameras. Freundlich said the cameras and computers not only allow for clearer images, but gives doctors more information.

"This camera-computer setup lets us manipulate images and data

more efficiently," said Freundlich, "giving us extensive information to make accurate diagnoses."

Freundlich added the isotope method lets physicians perform more detailed analysis of many different organs, including bloodclots in the lungs, sophisticated cardiac work, the liver, kidneys and brain.

"We can see deflections on bones," he said, adding that most times the process is searching for cancer cells.

Studies performed at Clara Maass's nuclear medicine facility include injecting tracers that assess circulation within heart muscles by measuring the proportion of muscle activity to movement of blood.

Along with aiding diagnoses, nuclear medicine can enhance certain treatments, said Freundlich.

"We now can inject radioactive iodine to correct an overactive thyroid or to treat thyroid cancer," he said.

The use of nuclear medicine commenced in the late 1950's but became more advanced in the 1970's. Clara Maass began utilizing radioisotope intervention in 1962, said Freundlich.

Freundlich came to Clara Maass in 1958. He is also a radiology professor at the University of Medicine and Dentistry in Newark.

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Belleville Senior News

By Joseph Restaino



And God Said No

I asked God to take away my pride,
And God said, "No."
He said it was not for him to take away,
But for me to give up.
I asked God to make my handicapped child whole,
And God said, "No."
He said her spirit is whole,
Her body is only temporary.
I asked God to grant me patience,
And God said, "No."
He said that patience is a by-product of tribulation,
It isn't granted, it's earned.
I asked God to give me happiness,
And God said, "No."
He said he gives blessings,
Happiness is up to me.
I asked God to spare me pain,
And God said, "No."
He said, "Suffering draws you apart from worldly cares and brings you closer to me."
I asked God to make my spirit grow,
And God said, "No."
He said I must grow on my own,
But he will prune me to make me fruitful.
I asked God to help me love others as much as he loves me,
And God said,
"Ah, finally, you have the idea."

By Claudia Minder Weisz

(as it appeared in an Ann Landers column)

Get well wishes to Edith DeFeo, president of the CCB, who fell and was operated on. She is recuperating at Clara Maass Medical

Center. Rose DiGiacomo is at Mountinside Hospital. Alice Begallo is at Clara Maass.

Condolences to the family of Arthur Zarillo. Arty was a member of several senior clubs, especially the Friday Senior Social Club of Belleville, Inc. Another member of the club, Ann Fernicola, also passed away. Ann used to be in charge of the women who knitted and crocheted articles such as afghans, lap robes, shoulder sweaters and baby outfits for unwed mothers' babies. May both of you rest in peace.

Hello to Fred Riccio. Lillian Healy wrote and said that she misses everyone and says hello.

Happy birthday to Phil Livecki who just hit the big 80. Also to Gerry Gerard, Pat Orsogno, Nick Manceille, Pat Cavallo and Betty Barr.

John and Betty Barr are celebrating their 44th wedding anniversary. Also, happy anniversary to Carmel and Tom Palente, the Joe Villaggio and to my friends and neighbors, Madeline and Anthony Aranicki.

My wife, Mary, and I would like to announce the engagement of our son, Joseph T., to Lani Orbe of Nutley. A wedding is planned for the summer of 1997. Congratulations to this lovely couple and may God bless this union.

On Sunday, Aug. 25, from my front lawn, I witnessed the start of the motorcycle run for the benefit of the Idenden family. Andrew Idenden has a nerve disorder that causes tumors to grow under the skin. To offset the high cost of this disorder, the N.J. Blue Knights and the N.J. Police Square Club combined to have a motorcycle run and a picnic to raise funds to help pay the medical bills. What an awesome sight to watch about 200 motorcycles, some driven by women, leave the stadium at the start of their run through Belleville, Bloomfield, Nutley and Newark. Over \$10,000 was raised to help this worthy cause. Many organizations donated to this worthy cause. Anyone who wishes to donate can call Rich Goldrick at 751-4433.

The Tuesday Senior Club Inc. held a sandwich party at the club on Wednesday, Aug. 28. Music was supplied by the Tony Donato trio. Congratulations to Regina Nucci and her committee of President A. Nigro and Ann Livecki for a successful party. The many volunteers who also helped are to be commended for a job well done.

A belated happy birthday to Kitty Cocuzzo.

Warning:

Beware of pop-up thermometers that come in some brands of turkey and chicken. They sometimes pop up before the food is cooked. This means that the food could have harmful bacteria that was not killed in cooking. It could cause nausea, vomiting, diarrhea and many more problems for seniors and young ones. Play it safe and use a meat thermometer to confirm the "doneness" of the meat, etc.

Tid bit: "Age does not diminish the extreme disappointment of having a scoop of ice cream fall from the cone."
Belleville "Oh Beautiful."

Firemen kept busy

(Continued from Page 1)

the basement of a two-family house and all residents escaped when smoke detectors awoke them from sleep.

On the second floor, firefighters performing a search came across several cats overcome by the smoke. In all, more than ten cats were removed to the street, Wentworth added.

The house sustained smoke and heat damage on the first and second floor.

"We do have weeks like this, but not fires like this," said Wentworth.

Residents make college dean's list

Six Belleville students at William Paterson College in Wayne have been named to the dean's list for the spring of 1996 semester.

They are Michael A. Melham, Anthony Sessa, Daniele A. Orlando, Bethsaida Santos, James D. Schmidt, and Tammy J. Wurster.

In order to qualify, a student must carry a minimum of 12 credits for the semester and earn a grade point average of 3.45 or better.

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Schools get ready for 1996-97

(Continued from Page 1)

of \$155 per month per child, absorbed by the parents.

"The next step is to reach as many parents as we can. If they are interested we will contact the principals," said Lally.

While the focus for the new school year is mainly on the educational level, the facilities of the district have been receiving improvements.

Lally said all the lighting in the lower level of the high school has been upgraded. New lighting and ceilings have been installed in School 4, and School 5 and 10 received renovations as well.

The special education, bi-lingual, and basic skills curriculum has expanded throughout the district, and room for small group instruction has been provided, added Lally.

Some board members expressed their goals and objectives for the

new school year.

Judy Piscatowski said her main goal is to better prepare children for the computer world after school and was instrumental in acquiring \$100,000 worth of computers from the U.S. Army.

"I want to put the children in position for the 21st century with computers. We should be giving more to the children to get them motivated and take more interest in what they are doing," said Piscatowski.

Frank Montagna said he wants to continue keeping the instruction for special education students within the district. Montagna also wants to keep the cost of education down and "naturally, educate the children."

"It's costing us a fortune every year to take these special education kids to other districts," said Montagna.

Local woman tricks neighbors

(Continued from Page 1)

organization did not authorize anyone to solicit in the area.

The woman had reportedly been telling Nutley residents that her child in the baby carriage had cancer and that she was spearheading an effort to solicit contributions for two other children suffering from leukemia.

A patrol car was dispatched to the vicinity of Donna Court and Prospect Street in Nutley and police confronted the woman.

Nutley Det. Rich Laudadio said authorities have only been able to charge the woman with a disorderly person's offense.

Laudadio said authorities were able to locate only four area residents who admitted giving the

woman any money. He said most were small contributions.

"We're looking for people that this woman approached for money to call the Nutley Detective Bureau," said Laudadio. "And we want to alert people that this scam is going on."

Laudadio said the problem highlights a larger issue that seems to be increasing — unauthorized solicitation.

"This happens a lot," Laudadio said. "We're getting a lot of people claiming they're representing the FMBA and PBA."

Authorities are asking anyone with information on the Belleville woman to call the Nutley Police Department at 284-4940.

Resident takes bike trip for MS

(Continued from Page 1)

will begin in Ramsey, N.J. and end at Port Jervis, N.Y. at Camp Sussex.

"I saw an article in the paper in 1990. It was something I liked to do. It's a challenge for me and it helps to find a cure," said Dowd, who has been an avid biker for 15 years.

Challenges are nothing new to Dowd, who is blind in his right eye and deaf in his right ear. He participated in the Coast To Coast Bike Tour in May. This 170 mile trip started at Sandy Hook and ended at Cape May. For overcoming his

hearing and sight impairments, Dowd received an "outstanding achievement award" from the Mid-Jersey Chapter of the bike tour.

Dowd wanted to thank all of his sponsors for the upcoming bike run this weekend. They are as follows:

- * The Belleville Police PBA 28
 - * The FMBA Local 29
 - * Who's on First
 - * Frankie's Favorite Flavors
 - * Michael's Roscommon House
 - * Automated Data Processing
- "I want to send out extra special thanks to my mother, Florence and my sister, Michelle," said Dowd.

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Pure Pork ITALIAN SAUSAGE \$2.29 / lb. Hot or Sweet	Italian Style VEAL CUTLETS \$5.59 / lb. Cut from the Leg	Veal SAUSAGE \$2.19 / lb. or PATTIES
Center Cut PORK CHOPS \$2.79 / lb. Trimmed	Homemade SAUSAGE PATTIES \$2.49 / lb. W/Pepper & Onions	All Beef BEST FRANKS \$2.79 / lb. pkg. 5 lbs. \$12.50
Cole Slaw, Macaroni or Potato Salad \$1.49 / lb.	Milk Fed VEAL CUTLETS \$8.49 / lb.	Bukowiec's KIELBASA \$3.29 / lb.

BACK TO SCHOOL Favorites

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Land O'Lakes White or Yellow AMERICAN \$1.69	Homemade ROAST BEEF \$3.19
Kraus Imported HAM \$2.19	Homel Bolognese VIRGINIA HAM \$2.99
Slicing PROVOLONE \$1.69	Homel Dill Pickled GENOA SALAMI \$2.79
Schickhaus BOLCCHA \$1.59	Homel Baked TURKEY BREAST \$2.49
Slicing PEPPERONI \$1.79	Imported Finlandia SWISS CHEESE \$1.75

All Prices for 1/2 lb.

Home-Made Salads

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WE CARRY: ICE CREAM

OUR OPINION

Environmental laws should be one of toughest in the state

Anyone reading newspaper headlines, listening to radio accounts, or watching television news knows this country wants political leaders who are tough on crime.

Although living in a safe neighborhood should be a high priority for any community, the nighttime burglar isn't the only thing that can cause a disturbance.

Grace Laratta, featured in our top story, has been caught in an exercise of frustration concerning an auto body shop located next door.

Laratta lives on Berton Place, which is located on a hill. The auto body shop is set in a cul-de-sac at a lower angle than her house, and she claims a smoke stack has been releasing paint fumes right into her home.

Regardless of whether or not Laratta's claims are really true, a revision in a state environmental law stinks even more.

In June, representatives of the Essex Regional Health Commission, an arm of the N.J. Department of Environmental Protection (DEP), found the auto body shop in violation of an air pollution code. But because of a Whitman Administration revision in the law, the owner didn't have to pay a fine. If another violation is found within a year's time, then a fine would be issued.

The environment isn't something we should take for granted, but revisions of laws such as this signify that sometimes we do, or at least our political leaders do.

Most of the time, if a person is pulled over for speeding they receive a summons. If one

is convicted of drunk driving, stealing, shoplifting, or any various other crimes, they pay a fine and/or jail time. So why are some environmental violations treated differently?

Not issuing a fine when the violation is first found sends a message to businesses that they don't have to worry as much about whether or not they are polluting. In the long run, the environment will suffer.

Yes, a violation was issued, but a slap on the wrist doesn't set the right precedence. And the best way to turn a slap on the wrist into something that will deter businesses from polluting is by hitting them in the pocketbook.

Northern New Jersey, next to New York City and California, has one of the worst air qualities in the country. Making revisions in environmental laws is like making revisions on your health and well-being.

It might be interesting to ask why the Whitman administration relaxed this particular environmental law. On the surface it looks like the state still has the authority to find environmental violations. But the year-long grace period weakens the power of the Department of Environmental Protection (DEP) and all of its subsidiaries. Is this all to keep the pockets of businesses happy?

Environmental laws should be some of the strictest in the state. Just like there are immediate fines levied for residents who are caught illegally disposing of debris, the law shouldn't make exceptions for businesses.

Back to school should mean back to responsibility for everyone

With the end of summer comes the beginning of the school year in towns all across the state.

The start of every school year brings forth new goals and objectives from administrators and teachers. And with all of the plans for a productive new year, the responsibility on behalf of everyone should also be instilled in parents and the students.

For socioeconomic and other complex reasons, more and more people have had to depend upon school systems to provide for their children. In addition, teachers now must be more and more than just teach. Being a child psychologist, peer counselor, guardian, disciplinarian, and instructor has become the norm in some school districts.

The fact is, schools can't perform and shouldn't have to perform all of these tasks. Although there is no one solution, one concept that can be stressed is responsibility.

Any sociologists would admit that most problems start in the home and are carried into the schools by the children. Parents

should take the time to correct home situations in the home. Children will encounter enough peer pressure and jealousy in the school yards, and they don't need the extra burden's placed upon them by a shaky family situation.

This isn't to say that everyone should have a Brady Bunch home environment. But a responsibility should be heeded by parents to not let personal problems affect children in a way that results in a poor performance at school.

Although parents need to adhere to some of the responsibility, the children should also adhere to some responsibility themselves. Everyone has the right to be educated, but they must want to make the effort to also educate themselves.

After meeting with Belleville Superintendent of Schools Michael Lally, it is clear the school district is prepared for the challenges that lie ahead in 1996-97.

But parents and students should make the task a little easier by learning to share the task and work together.

Quotables

The secret of staying young is to live honestly, eat slowly, and lie about your age. -- Lucille Ball

The richer your friends, the more they will cost you. -- Elisabeth Marbury

Never give a party if you will be the most interesting person there. -- Mickey Friedman

Time makes more converts than reason. -- Tom Paine

I'm living so far beyond my income that I may almost be said to be living apart. -- e.e. cummings

If youth is a fault, it is one which is soon corrected. -- Goethe

YOUR OPINION

President gives thanks

To the editor:

It has truly been an honor to have been chosen as the inaugural president for the first two years of the newly chartered chapter of Belleville UNICO.

I only hope the precedents, direction and guidance I provided have laid the foundation for making future president's terms in office a little easier.

Some of the fondest memories that I will take with me include seeing the maturing of our UNICO ACES and being able to watch them become such an important and viable part of our chapter.

Their accomplishments such as the St. Joseph's Dinner, Mother's Day breakfast, involvement in the Tomorrow Children's Fund program, etc. and their support of the Belleville chapter's functions have truly made the two years in and of itself worthwhile.

It also gave me great pleasure to have been involved with organizing Belleville UNICO's very first Columbian Day Dinner and also seeing our Brian Piccolo Award and Scholarship Breakfast become a reality. Our scholarship fund is in place and hopefully will continue to grow so we may increase the number of scholarships we can award.

I am also proud of the fact that our chapter is unique in the way it was formed and in the way we conduct our business. Belleville UNICO was established as the "Family Chapter", men, women and young people meeting, planning and working together as one. The true meaning of the word UNICO. I am proud of the fact that our Chapter was taken such a strong vocal stance on the admission of women to the ranks as full members of UNICO National and also in our increased awareness of the continued practice of discrimination and defamation both mediawise and personal being showered on Italians and Italian-Americans.

My only regret is in not being able to increase within all members a greater sense of Chapter involvement.

Being a member is not enough. Participation is really the answer.

In closing, I would like to thank my officers, chairpersons of all committees and all members for their help during the last two years especially my two good friends, Belleville's new president, Dr. Manny Alfano, Mr. Charles Palmisano and, last but not least, my wife, Marie.

Yours in UNICO,
* Gene Antonio

Resident responds to letter criticizing Montagna

To the editor:

I was amused at Patty Pisano's letter criticizing Board of Education member Frank Montagna, and I feel that I have to answer her letter.

I would like to raise three points concerning her letter.

Point 1: She claims that she supported Frank Montagna in his election. Frank had 20 to 30 campaign meetings at this house. This was due to an abundance of supporters. I did not see her at one meeting, nor did I see her write one dear-friend letter, nor did I see or hear her make one telephone call on his behalf. And above all, where were you on election day? Nowhere!

Point 2: You stated that Frank Montagna is not interested in children. Frank Montagna lost three Board of Education elections and after each loss, he continued to attend Board of Education meetings. You lost your last board election three years ago, and since that loss, how many Board of Education meetings have you attended?

Point 3: The last three years you served on the board, you were the representative of the board to the special education committee. At that time, several of your children were in the special ed programs in the elementary schools. That committee, like all other committees, meets once a month, and Patty, in all of those years, you never attended one meeting of the special education committee.

Frank Montagna is the chairman of the illegal students, served on the budget committee, is serving on the teachers negotiations, front office negotiations, secretary's negotiations and has never missed a meeting.

Patty, why don't you tell the real reason why you wrote that letter. You now have formed an alliance with the scourge of Belleville (Richard Yanuzzi). It is quite obvious that in the last several elections, the signs that were displayed on your property were all Richard Yanuzzi's puppets.

I ask you, Patty, have you sold yourself to Richard Yanuzzi for his support when you run next April? Or is it because your husband needs another job?

Ida Bevere

Letters welcome

The Belleville Times welcomes letters, preferably 300 words or less, from readers. To be considered for publication, letters must be typed or legibly handwritten and must include the writer's name, address and daytime telephone number. We do not publish anonymous letters; unsigned letters will not be published. We reserve the right to edit letters for length and clarity.



Of All Things

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

• IN his acceptance speech, Republican presidential candidate Bob Dole went out of his way to attack the teachers' association. The Nutley public school system including the Board of Education and the teachers' association may be the exception to Mr. Dole's commentary. The Nutley teachers association does not run the Nutley Board of Education any more than the Board of Education controls the teachers union. Fortunately for Nutley, the two groups have worked in harmony serving the best interests of our students and taxpayers.

Trying to separate the teachers from the teachers union is like trying to separate the sun from the sunshine. Dole was apparently attempting to criticize the teachers' union, but at the same time trying to suggest teachers themselves were O.K. The motive is so transparent, it doesn't even need an explanation.

• PRESIDENT CLINTON did the right thing ordering missile strikes in Iraq. The Iraqi military forces are on the move again with a military maneuver in forbidden territory. Saddam Hussein installed a friendly regime after killing thousands of people in the process. If America stood by and let this tin horn dictator off the hook without penalty, history shows the arrogance of the guy will lead him to push his luck and begin invasions against weaker neighbors in an effort to annex territory which he failed to do the last time out. President Clinton deserves high

marks for his action to date. In bombarding Iraq with missiles, Clinton sent a message not only to the Iraqi dictator, but also to Republican Presidential candidate Bob Dole who was out on the limb criticizing Clinton for being too weak.

As Dole was criticizing Clinton, the President had warned Saddam over a period of a few days that his war-like conduct will lead to military action by the U.S. At this writing, both Democrat and Republican leaders in Congress have endorsed Clinton's action. As is the American custom, partisan politics stops at the water's edge - and we could accept no less.

• THE Committee to Elect Nutley Chiropractor Joe Scarpelli, a Republican Freeholder candidate, is sponsoring a cocktail reception Thursday, September 12th, 7 PM, at the Mayfair Farms in a fundraising effort. Per person donations go at \$125. Checks can be drawn to The Election Fund of Joseph P. Scarpelli, 80 Bloomfield Ave., Nutley, N. J. 07110.

• OLD time Nutley residents, Fran and George Senter, sent us a loving note from Palm Bay, Florida, where their Nutley Sun subscription renewal. "It's that time of year again, and I can't pass up the opportunity to thank you and your staff for the pleasure your (Nutley Sun) newspaper brings to us." Fran says that despite Palm Bay's 65 square miles, it retains small town life qualities "that we were accustomed to in Nutley." With a P.

S., Fran says, "You'd like it, too!" I probably would. If any place is like Nutley, it provides a living standard that's very unique.

• ESSEX County Freeholder Director Joe DiVincenzo raises a very interesting but serious question. Does the contractor for the Passaic Valley Sewerage Commission have a right to dispose of 70,000 tons of dry sludge a year utilizing a three-acre sludge treatment site on Avenue A in Newark's Ironbound District? DiVincenzo observed that the trash depot station was part of the county's Solid Waste Management Plan and required Freeholder approval. DiVincenzo asks, "If sludge treatment is a wastewater matter, can this site be used in light of the fact that it was originally approved as a solid waste transfer station?" Neighbors from the project site appeared before the Board of Freeholders with questions about odors that would emanate from the plant and how much of a toll the process would take on the city's streets from the heavy-duty trucks hauling the sludge. Newark Mayor Sharpe



Joe DiVincenzo

James and the city Council are opposed to the transfer station.

• THE Essex County Democratic Committee is planning its Fall Campaign Dinner Gala, slated for November 1st, 6 PM, at Newark's Robert Treat Hotel.

Belleville Times

Serving Belleville Since 1909

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Calendar of Events

In the Trustees Gallery: An art exhibition by Marcia Miele is currently on exhibition in the Trustees Gallery of the Belleville Public Library & Information Center, 221 Washington Avenue. Please call in advance 450-3434 if you are coming to view the exhibition, as the Gallery also serves as the library's Meeting Room.

Library Displays: A Display, entitled Return of Star Trek, by Bob Silvera, Belleville Middle School Teacher, will be on display on the second floor of the Library during Library hours.

September 5- A Sing-A-Long will take place at 1 p.m. at the Belleville Public Library and Information Center, 221 Washington Avenue.

The Thursday Film Class Series features the film, Father of the Bride at 1 p.m. at the Belleville Public Library and Information Center, 221 Washington Avenue.

The Women's Federation for World Peace will meet at 7 p.m. at the Belleville Public Library & Information Center, 221 Washington Avenue.

September 6- The Musical Film Class Series features Bittersweet at 12:30 p.m. at the Belleville Public Library & Information Center, 221 Washington Avenue. The film stars Nelson Eddy and Jeanette MacDonald.

Get Acquainted With the Shafter Branch Library at 3:20 p.m. at the Shafter Branch, 30 Magnolia Street.

BOOK MARKS

September 7- An ESL Class, taught by Sola Almanicus, will take place from 10 a.m. -12 p.m. at the Belleville Public Library and Information Center, 221 Washington Avenue.

September 9- The Life and Poetry of Robert Frost will be discussed by Adrea Cohen, and the Poetry Society will read his poems at 1 p.m.

A Tribute to Native Americans will be given at 3:20 p.m. at the Shafter Branch Library in Silver Lake.

The Film Rocky IV will be shown at 6:30 p.m. at the Belleville Public Library & Information Center, 221 Washington Avenue.

September 10- The Opera Film Class Series features L'Africaine at 12:30 p.m. at the Belleville Public Library & Information Center, 221 Washington Avenue.

A Class for Beginners and Intermediates in English for the Foreign Born will be given from 6:30-8:30 p.m. at the Belleville Public Library and Information Center, 221 Washington Avenue.

September 11- The Olympic Film Festival Features Great Castles of Europe and The British Isles at 1 p.m. at the

Belleville Public Library & Information Center, 221 Washington Avenue.

Introduction to Computers and Finding Information About Native Americans will take place at 3:20 p.m. at the Belleville Public Library & Information Center, 221 Washington Avenue.

September 12- Jurassic Park will be featured at 1 p.m. at the Belleville Public Library & Information Center, 221 Washington Avenue.

Browsing the World Wide Web, a computer workshop, will take place at 3:45 p.m. at the Belleville Public Library & Information Center, 221 Washington Avenue, Belleville, NJ.

The film, Balalaika will be shown at 6:30 p.m. at the Belleville Public Library & Information Center, 221 Washington Avenue.

September 13- The Musical Film Class Series features Mame, 132 minutes in length, with Lucille Ball and Robert Preston at 12:30 p.m. at the Belleville Public Library & Information Center.

September 14- An English Class for Beginners and Intermediates will take place from 10-12 p.m., funded by a Special Populations Grant from the State Library.

An Art Opening for Marcia Miele will take place from 1-4 p.m. at the Belleville Public Library & Information Center, 221 Washington Avenue.

WEEKEND REVIEW

an advertising section

Arts...

Dining...

Entertainment...

A weekly collection of

The Nutley Sun, Belleville Times, Bloomfield Life, Glen Ridge Voice

ON THE AISLE

with Richard

MOVIE TRIVIA CONTEST

Win two FREE movie passes from one of our participating theatres.

Contest Rules:

Completed entries with all 5 correctly-answered trivia questions must be received by 12 noon, Monday.

The winner will be selected in a random drawing amongst eligible entries.

Odds of winning will be determined by the number of eligible entries received.

All entries will become the property of Orechio Publications.

In the event that no one correctly answers all 5 trivia questions, winner will be determined in a random drawing of entries with the most correct answers.

Winner's name and correct answers will be published in next week's edition.

Movie Trivia Contest #17

Sept. 5, 1996

1. This Little Chicadee hated dogs and children.

2. He was the original Dr. Moreau, not Brando.

3. He had lots of angels but didn't always dole out Justice for All.

4. This television man was the original Nutty Professor.

5. Rumor has it he could even "Cheer" up Whoopi.

NAME _____

ADDRESS _____

PHONE # _____

Mail this completed entry to Orechio Publications, 800 Bloomfield Ave., Nutley, NJ 07110 att: Movie Trivia Contest

Answers to last week's quiz:

1. H.G. Wells
2. One Flew Over the Cuckoo's Nest
3. Sgt. York
4. Three Faces of Eve
5. Peter Ustinov

Winner of two free passes to Royal Twin Theatre: Joseph Verducci of Glen Ridge.

MOVIE TIMETABLE

Please Note: Movie times are subject to unexpected changes. Call on the day of the show to confirm times.

BELLEVUE

Bellevue Ave. Upper Montclair (201) 744-1455

SHE'S THE ONE - Fri. 7:15, 9:45 Sat. & Sun. 2:15, 4:45, 7:15, 9:45 Mon-Thurs. 7:15, 9:30
SPIT FIRE GRILL - Fri. 7:00, 9:30 Sat. & Sun. 2:00, 4:30, 7:00, 9:30 Mon-Thurs. 7:00, 9:15
THE CROW - Fri. 7:30, 10:00 Sat. & Sun. 2:30, 5:00, 7:30, 10:00 Mon-Thurs. 7:30, 9:45

CINEMA 23 FIVEPLEX

101 Pompton Ave. Cedar Grove (201) 857-0877

BOOGY - Fri. 4:55, 7:25, 9:40 Sat. & Sun. 12:30, 2:40, 4:55, 7:25, 9:40 Mon-Thurs. 7:25, 9:30
TIN CUP - Fri. 4:30, 7:15, 9:55 Sat. & Sun. 1:20, 4:00, 7:15, 9:55 Mon-Thurs. 7:15, 9:35
THE STUPIDS - Fri. 5:00 Sat. & Sun. 12:30, 2:15
JACK - Fri. 4:45, 7:35, 9:50 Sat. & Sun. 12:30, 2:40, 4:45, 7:35, 9:50 Mon-Thurs. 7:30, 9:40
A VERY BRADY SEQUEL - Fri. 5:00, 7:00, 9:00 Sat. & Sun. 1:00, 3:00, 5:00, 7:00, 9:00 Mon-Thurs. 7:00, 9:00
A TIME TO KILL - Fri. 7:10, 9:45 Sat. & Sun. 4:10, 7:10, 9:45 Mon-Thurs. 7:10, 9:35

CLAIRIDGE TRIPLE CINEMA

486 Bloomfield Ave. Montclair (201) 746-5564

FIRST KID - Fri. 7:20, 9:25, Sat. & Sun. 12:40, 3:00, 5:15, 7:20, 9:25 Mon-Thurs. 7:00, 9:00
EMMA - Fri. 7:15, 9:30 Sat. & Sun. 12:30, 2:45, 5:00, 7:15, 9:30 Mon-Thurs. 7:00, 9:00
BULLET PROOF - Fri. 7:30, 9:30 Sat. & Sun. 12:45, 3:00, 5:15, 7:30, 9:30 Mon-Thurs. 7:10, 9:15

ESSEX GREEN CINEMA

Prospect Ave. West Orange (201) 731-6692

CROW 2: CITY OF ANGELS - Fri. Sun. 1:30, 4:30, 5:30, 9:45 Mon-Thurs. 2:00, 4:30, 7:30, 9:30
A VERY BRADY SEQUEL - Fri. Sun. 1:15, 4:15, 7:15, 9:30 Mon-Thurs. 1:45, 4:00, 7:15, 9:15
A TIME TO KILL - Fri. Sun. 1:00, 4:00, 7:00, 10:00 Mon-Thurs. 1:30, 4:15, 7:00, 9:45

LINCOLN CINEMAS

838 Kearny Ave. Arlington (201) 997-6873

PLEASE CALL FOR SHOW TIMES
FIRST KID • THE STUPIDS • A VERY BRADY SEQUEL • JACK
THE ISLAND OF DR. MOREAU • SHE'S THE ONE
CROW 2: CITY OF ANGELS

ROYAL TWIN THEATRE

614 Bloomfield Ave. Bloomfield (201) 748-3555

PLEASE CALL FOR MOVIES AND SHOW TIMES

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DJ SALROY

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SideWalk Symphony

Saturday Sept. 14
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for the ladies

Rose For Each Lady
Til Midnight

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7:00 - 11:00

325 Riverside Ave. (at Belmont) NJ 07001-10018

HOROSCOPES

September 8-14

ARIES - March 21/April 20

Something you were dreading turns out to be quite enjoyable. You'll be pleasantly surprised. A younger family member will be a focus of a discussion on Wednesday. You'll find out something new about him/her. Watch your diet this weekend — especially if you have party plans.

TAURUS - April 21/May 21

Don't be too hard on yourself. If you made a mistake recently, learn from it and move on. It's unproductive to spend time on something you can't control. A weird coincidence on Friday will make you think twice about something you were about to pursue. Follow your instincts.

GEMINI - May 22/June 21

A phone call early in the week will set the stage for the coming days. You may have to spend time doing something you hadn't planned on. Friendship with a Scorpio may have to under strain. You'll have to make the effort if you want to set things straight. Make the move.

CANCER - June 22/July 22

Time away from your daily routine will do you a world of good — especially if you've been under some stress lately. Don't feel guilty if you want to indulge in some fun. A financial investment you made recently proves beneficial. Your shrewd business sense impresses others.

LEO - July 23/August 23

Follow your heart when faced with an important decision this week. Advice from others may be helpful, but only you know what's best for you. A pleasant surprise comes as a friend returns a favor you did last ago. A loved one's health may be the source of concern.

VIRGO - Aug 24/Sept 22

A new friend will puzzle you with his/her behavior. You have to understand that all people are different in the way they handle and perceive things. Advice from Scorpio should be taken with a grain of salt. A matter of ethics will come into play later in the week. Leo is involved.

LIBRA - Sept 23/Oct 23

Learn to accept a situation you cannot control. Why waste the energy? Another Libra shows you the root of an ongoing problem. Something that was once complicated now seems simple. A reminder of an old flame comes Thursday. If traveling, be sure to leave your itinerary with someone at home. Fitness becomes a focus.

SCORPIO - Oct 24/Nov 22

It may be time to bury the hatchet in an ongoing battle with a loved one. Don't be afraid to make the first move — even if it means swallowing your pride. It will be worth it in the long run. A Leo has an interesting offer for you on Friday. Be aware of the consequences.

SAGITTARIUS - Nov 23/Dec 21

Take the lead if working on a special project at work. This is your time to shine. A second chance on something you thought was out of reach gives you hope for the future. Sagittarian parents will have something extra to smile about this week. Closeness with family comes easily.

CAPRICORN - Dec 22/Jan 20

Watch what you say this week. Lying or even stretching the truth will only get you into a heap of trouble. Honesty is the best policy for you. On Friday, don't be afraid to try something new. You may be pleasantly surprised. A family function proves enjoyable.

AQUARIUS - Jan 21/Feb 18

If you're in love with a Scorpio, this could be an emotionally challenging week. Understanding the intense Scorpio is half the battle. Finances need to be carefully scrutinized before making any big purchases. Is there an outstanding debt you're forgetting? Look into it.

PISCES - Feb 19/March 20

Breaking a promise with a friend you've turned before is a sure way to run your credibility. You're better off if you don't commit yourself at all. If you're giving more than you're receiving in a love relationship, you may want to take a step back. Be fair to yourself.

FAMOUS BIRTHDAYS

SEPTEMBER 8

Sid Caesar, Comedian

SEPTEMBER 9

Otis Redding, Singer/Songwriter

SEPTEMBER 10

Arnold Palmer, Golfer

SEPTEMBER 11

O. Henry, Writer

SEPTEMBER 12

Maurice Chevalier, Entertainer

SEPTEMBER 13

Ernest Boyer, Educator

SEPTEMBER 14

Michael Haydn, Composer

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Reports Without The Star, 5 Seymour Street, Montclair

OUR OPINION

Environmental laws should be one of toughest in the state

Anyone reading newspaper headlines, listening to radio accounts, or watching television news knows this country wants political leaders who are tough on crime.

Although living in a safe neighborhood should be a high priority for any community, the nighttime burglar isn't the only thing that can cause a disturbance.

Grace Laratta, featured in our top story, has been caught in an exercise of frustration concerning an auto body shop located next door.

Laratta lives on Berton Place, which is located on a hill. The auto body shop is set in a cul-de-sac at a lower angle than her house, and she claims a smoke stack has been releasing paint fumes right into her home.

Regardless of whether or not Laratta's claims are really true, a revision in a state environmental law stinks even more.

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is convicted of drunk driving, stealing, shoplifting, or any various other crimes, they pay a fine and/or jail time. So why are some environmental violations treated differently?

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With the end of summer comes the beginning of the school year in towns all across the state.

The start of every school year brings forth new goals and objectives from administrators and teachers. And with all of the plans for a productive new year, the responsibility on behalf of everyone should also be instilled in parents and the students.

For socioeconomic and other complex reasons, more and more people have had to depend upon school systems to provide for their children. In addition, teachers now must be more and do more than just teach. Being a child psychologist, peer counselor, guardian, disciplinarian, and instructor has become the norm in some school districts.

The fact is, schools can't perform and shouldn't have to perform all of these tasks. Although there is no one solution, one concept that can be stressed is responsibility.

Any sociologists would admit that most problems start in the home and are carried into the schools by the children. Parents

should take the time to correct home situations in the home. Children will encounter enough peer pressure and jealousy in the school yards, and they don't need the extra burden's placed upon them by a shaky family situation.

This isn't to say that everyone should have a Brady Bunch home environment. But a responsibility should be heeded by parents to not let personal problems affect children in a way that results in a poor performance at school.

Although parents need to adhere to some of the responsibility, the children should also adhere to some responsibility themselves. Everyone has the right to be educated, but they must want to make the effort to also educate themselves.

After meeting with Belleville Superintendent of Schools Michael Lally, it is clear the school district is prepared for the challenges that lie ahead in 1996-97.

But parents and students should make the task a little easier by learning to share the task and work together.

Quotables

The secret of staying young is to live honestly, eat slowly, and lie about your age. -- Lucille Ball

The richer your friends, the more they will cost you. -- Elisabeth Marbury

Never give a party if you will be the most interesting person there. -- Mickey Friedman

Time makes more converts than reason. -- Tom Paine

I'm living so far beyond my income that we may almost be said to be living apart. -- e.e. cummings

If youth is a fault, it is one which is soon corrected. -- Goethe

YOUR OPINION

President gives thanks

To the editor:

It has truly been an honor to have been chosen as the inaugural president for the first two years of the newly chartered chapter of Belleville UNICO.

I only hope the precedents, direction and guidance I provided have laid the foundation for making future president's terms in office a little easier.

Some of the fondest memories that I will take with me include seeing the maturing of our UNICO ACES and being able to watch them become such an important and viable part of our chapter.

Their accomplishments such as the St. Joseph's Dinner, Mother's Day breakfast, involvement in the Tomorrow Children's Fund program, etc. and their support of the Belleville chapter's functions have truly made the two years in and of itself worthwhile.

It also gave me great pleasure to have been involved with organizing Belleville UNICO's very first Columbus Day Dinner and also seeing our Brian Piccolo Award and Scholarship Breakfast become a reality. Our scholarship fund is in place and hopefully will continue to grow so we may increase the number of scholarships we can award.

I am also proud of the fact that our chapter is unique in the way it was formed and in the way we conduct our business. Belleville UNICO was established as the "Family Chapter", men, women and young people meeting, planning and working together as one. The true meaning of the word UNICO, I am proud of the fact that our Chapter was taken such a strong vocal stance on the admission of women to the ranks as full members of UNICO National and also in our increased awareness of the continued practice of discrimination and defamation both mediawise and personal being showered on Italians and Italian-Americans.

My only regret is in not being able to increase within all members a greater sense of Chapter involvement.

Being a member is not enough. Participation is really the answer.

In closing, I would like to thank my officers, chairpersons of all committees and all members for their help during the last two years especially my two good friends, Belleville's new president, Dr. Manny Alfano, Mr. Charles Palmisano and, last but not least, my wife, Marie.

Yours in UNICO,
Gene Anenio

Resident responds to letter criticizing Montagna

To the editor:

I was amused at Patty Pisano's letter criticizing Board of Education member Frank Montagna, and I feel that I have to answer her letter.

I would like to raise three points concerning her letter.

Point 1: She claims that she supported Frank Montagna in his election. Frank had 20 to 30 campaign meetings at this house. This was due to an abundance of supporters. I did not see her at one meeting, nor did I see her write one telephone letter, nor did I see or hear her make one phone call on his behalf. And above all, where were you on election day? Nowhere!

Point 2: You stated that Frank Montagna lost three Board of Education elections and after each loss, he continued to attend Board of Education meetings. You lost your last board election three years ago, and since that loss, how many Board of Education meetings have you attended?

Point 3: The last three years you served on the board, you were the representative of the board to the special education committee. At that time, several of your children were in the special ed programs in the elementary schools. That committee, like all other committees, meets once a month, and Patty, in all of those years, you never attended one meeting of the special education committee.

Frank Montagna is the chairman of the illegal students, served on the budget committee, is serving on the teachers negotiations, front office negotiations, secretaries negotiations and has never missed a meeting.

Patty, why don't you tell the real reason why you wrote that letter. You now have formed an alliance with the scoundrel of Belleville (Richard Yauze). It is quite obvious that in the last several elections, the signs that were displayed on your property were all Richard Yauze's puppets.

I ask you, Patty, have you sold yourself to Richard Yauze for his support when you run next April? Or is it because your husband needs another job?

Ide Bevere

Letters welcome

The Belleville Times welcomes letters, preferably 300 words or less, from readers. To be considered for publication, letters must be typed or legibly handwritten and must include the writer's name, address and daytime telephone number. We do not publish anonymous letters; unsigned letters will not be published. We reserve the right to edit letters for length and clarity.



Of All Things

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

• IN his acceptance speech, Republican presidential candidate Bob Dole went out of his way to attack the teachers' association. The Nutley public school system including the Board of Education and the teachers' association may be the exception to Mr. Dole's commentary. The Nutley teachers association does not run the Nutley Board of Education any more than the Board of Education controls the teachers union. Fortunately for Nutley, the two groups have worked in harmony serving the best interests of our students and taxpayers.

marks for his action to date. In bombarding Iraq with missiles, Clinton sent a message not only to the Iraqi dictator, but also to Republican Presidential candidate Bob Dole who was out on the limb criticizing Clinton for being too weak.

As Dole was criticizing Clinton, the President had warned Saddam over a period of a few days that his war-like conduct will lead to military action by the U.S. At this writing, both Democrat and Republican leaders in Congress have endorsed Clinton's action. As is the American custom, partisan politics stops at the water's edge - and we could accept no less.

• THE Committee to Elect Nutley Chiropractor Joe Scarpelli, a Republican Freeholder candidate, is sponsoring a cocktail reception Thursday, September 12th, 7 PM, at the Mayfair Farms in a fundraising effort. Per person donations go at \$125. Checks can be drawn to The Election Fund of Joseph P. Scarpelli, 80 Bloomfield Ave., Nutley, N. J. 07110.

• OLD time Nutley residents, Fran and George Sentner, sent us a loving note from Palm Bay, Florida, with their Nutley Sun subscription renewal. "It's that time of year again, and I can't pass up the opportunity to thank you and your staff for the pleasure your (Nutley Sun) newspaper brings to us." Fran says that despite Palm Bay's 65 square miles, it retains small town life qualities "that we were accustomed to in Nutley." With a P.

S., Fran says, "You'd like it, too!" I probably would. If any place is like Nutley, it provides a living standard that's very unique.

• ESSEX County Freeholder Director Joe DiVincenzo raises a very interesting but serious question. Does the contractor for the Passaic Valley Sewerage Commission have a right to dispose of 70,000 tons of dry sludge a year utilizing a three-acre sludge treatment site on Avenue A in Newark's Ironbound District? DiVincenzo observed that the trash depot station was part of the county's Solid Waste Management Plan and required Freeholder approval. DiVincenzo asks, "If sludge treatment is a wastewater matter, can this site be used in light of the fact that it was originally approved as a solid waste transfer station?" Neighbors from the projected site appeared before the Board of Freeholders with questions about odors that would emanate from the plant and how much of a toll the process would take on the city's streets from the heavy-duty trucks hauling the sludge. Newark Mayor Sharpe



James and the city Council are opposed to the transfer station.

• THE Essex County Democratic Committee is planning its Fall Campaign Dinner Gala, slated for November 1st, 6 PM, at Newark's Robert Treat Hotel.

Belleville Times

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Calendar of Events

In the Trustees Gallery: An art exhibition by Marcia Miele is currently on exhibition in the Trustees Gallery of the Belleville Public Library & Information Center, 221 Washington Avenue. Please call in advance 450-3434 if you are coming to view the exhibition, as the Gallery also serves as the library's Meeting Room.

Library Displays: A Display, entitled Return of Star Trek, by Bob Silvera, Belleville Middle School Teacher, will be on display on the second floor of the Library during Library hours.

September 5- A Sing-A-Long will take place at 1 p.m. at the Belleville Public Library and Information Center, 221 Washington Avenue.

The Thursday Film Class Series features the film, Father of the Bride at 1 p.m. at the Belleville Public Library and Information Center, 221 Washington Avenue.

The Women's Federation for World Peace will meet at 7 p.m. at the Belleville Public Library & Information Center, 221 Washington Avenue.

September 6- The Musical Film Class Series features Bittersweet at 12:30 p.m. at the Belleville Public Library & Information Center, 221 Washington Avenue. The film stars Nelson Eddy and Jeanette MacDonald.

Get Acquainted With the Shafter Branch Library at 3:20 p.m. at the Shafter Branch, 30 Magnolia Street.

BOOK MARKS

September 7- An ESL Class, taught by Sola Almanous, will take place from 10 a.m. -12 p.m. at the Belleville Public Library and Information Center, 221 Washington Avenue.

September 9- The Life and Poetry of Robert Frost will be discussed by Adrea Cohen, and the Poetry Society will read his poems at 1 p.m.

A Tribute to Native Americans will be given at 3:20 p.m. at the Shafter Branch Library in Silver Lake.

The Film Rocky IV will be shown at 6:30 p.m. at the Belleville Public Library & Information Center, 221 Washington Avenue.

September 10- The Opera Film Class Series features L'Africaine at 12:30 p.m. at the Belleville Public Library & Information Center, 221 Washington Avenue.

A Class for Beginners and Intermediates in English for the Foreign Born will be given from 6:30-8:30 p.m. at the Belleville Public Library and Information Center, 221 Washington Avenue.

September 11- The Olympic Film Festival Features Great Castles of Europe and The British Isles at 1 p.m. at the

Belleville Public Library & Information Center, 221 Washington Avenue.

Introduction to Computers and Finding Information About Native Americans will take place at 3:20 p.m. at the Belleville Public Library & Information Center, 221 Washington Avenue.

September 12- Jurassic Park will be featured at 1 p.m. at the Belleville Public Library & Information Center, 221 Washington Avenue.

Browsing the World Wide Web, a computer workshop, will take place at 3:45 p.m. at the Belleville Public Library & Information Center, 221 Washington Avenue, Belleville, NJ.

The film, Balalaika will be shown at 6:30 p.m. at the Belleville Public Library & Information Center, 221 Washington Avenue.

September 13- The Musical Film Class Series features Mame, 132 minutes in length, with Lucille Ball and Robert Preston at 12:30 p.m. at the Belleville Public Library & Information Center.

September 14- An English Class for Beginners and Intermediates will take place from 10-12 p.m., funded by a Special Populations Grant from the State Library.

An Art Opening for Marcia Miele will take place from 1-4 p.m. at the Belleville Public Library & Information Center, 221 Washington Avenue.

WEEKEND REVIEW

an advertising section

Arts...
Dining...
Entertainment...

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

ON THE AISLE

with Richard

MOVIE TRIVIA CONTEST

Win two FREE movie passes
from one of our participating theatres.

Contest Rules:
Completed entries with all 5 correctly-answered trivia questions must be received by 12 noon Monday.
The winner will be selected in a random drawing amongst eligible entries.

Odds of winning will be determined by the number of eligible entries received.

All entries will become the property of Orechio Publications.
In the event that no one correctly answers all 5 trivia questions, winner will be determined in a random drawing of entries with the most correct answers.

Winner's name and correct answers will be published in next week's edition.

Movie Trivia Contest #17 Sept. 5, 1996

1. This Little Chicadee hated dogs and children.

2. He was the original Dr. Moreau, not Brando.

3. He had lots of angels but didn't always dole out Justice for All.

4. This telethon man was the original Nutty Professor.

5. Rumor has it he could even "Cheer" up Whoopi.

NAME _____

ADDRESS _____

PHONE # _____

Mail this completed entry to Orechio Publications, 800
Bloomfield Ave., Nutley, NJ 07110 att: Movie Trivia Contest

Answers to last week's quiz:

1. H.G. Wells
2. One Flew Over the Cuckoo's Nest
3. Sgt. York
4. Three Faces of Eve
5. Peter Ustinov

Winner of two free passes to Royal Twin Theatre: Joseph Verducci of Glen Ridge.

MOVIE TIMETABLE

Please Note: Movie times are subject to unexpected changes.
Call on the day of the show to confirm times.

BELLEVUE

Bellevue Ave. Upper Montclair (201) 744-1455

SHE'S THE ONE - Fri. 7:15, 9:45 Sat. & Sun. 2:15, 4:45, 7:15, 9:45 Mon.-Thurs. 7:15, 9:30
SPY FIRE DRILL - Fri. 7:00, 9:30 Sat. & Sun. 2:00, 4:30, 7:00, 9:30 Mon.-Thurs. 7:00, 9:15
THE CROW - Fri. 7:30, 10:00 Sat. & Sun. 2:30, 5:00, 7:30, 10:00 Mon.-Thurs. 7:30, 9:45

CINEMA 23 FIVEPLEX

101 Pompton Ave. Cedar Grove (201) 857-0877

BOGUS - Fri. 4:55, 7:25, 9:40 Sat. & Sun. 12:30, 2:40, 4:55, 7:25, 9:40 Mon.-Thurs. 7:25, 9:30
TIN CUP - Fri. 4:30, 7:15, 9:55 Sat. & Sun. 12:30, 2:40, 4:55, 7:15, 9:55 Mon.-Thurs. 7:15, 9:35
THE STUPIDS - Fri. 5:00 Sat. & Sun. 12:30, 2:15
JACK - Fri. 4:45, 7:35, 9:50 Sat. & Sun. 12:30, 2:40, 4:45, 7:35, 9:50 Mon.-Thurs. 7:30, 9:40
A VERY BRADY SEQUEL - Fri. 5:00, 7:00, 9:00 Sat. & Sun. 1:00, 3:00, 5:00, 7:00, 9:00 Mon.-Thurs. 7:00, 9:00
A TIME TO KILL - Fri. 7:10, 9:45 Sat. & Sun. 4:10, 7:10, 9:45 Mon.-Thurs. 7:10, 9:35

CLAIRIDGE TRIPLE CINEMA

486 Bloomfield Ave. Montclair (201) 746-5564

FIRST KID - Fri. 7:20, 9:25, Sat. & Sun. 12:40, 3:00, 5:15, 7:20, 9:25 Mon.-Thurs. 7:00, 9:00
EMMA - Fri. 7:15, 9:30 Sat. & Sun. 12:30, 2:45, 5:00, 7:15, 9:30 Mon.-Thurs. 7:00, 9:20
BULLET PROOF - Fri. 7:30, 9:30 Sat. & Sun. 12:45, 3:00, 5:15, 7:30, 9:30 Mon.-Thurs. 7:10, 9:15

ESSEX GREEN CINEMA

Prospect Ave. West Orange (201) 731-6692

CROW 2: CITY OF ANGELS - Fri. 3:30, 4:30, 6:30, 9:45 Mon.-Thurs. 2:00, 4:30, 7:30, 9:30
A VERY BRADY SEQUEL - Fri. 5:15, 7:15, 9:15 Mon.-Thurs. 4:45, 6:45, 9:15, 9:15
A TIME TO KILL - Fri. 7:10, 9:45 Sat. & Sun. 1:00, 4:00, 7:00, 10:00 Mon.-Thurs. 1:30, 4:15, 7:00, 9:45

LINCOLN CINEMAS

838 Kearny Ave. Arlington (201) 997-6873

PLEASE CALL FOR SHOW TIMES
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THE ISLAND OF DR. MOREAU • SHE'S THE ONE
CROW 2: CITY OF ANGELS

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9pm-11pm
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\$10.95

HOROSCOPES

September 8-14

ARIES - March 21/April 20

Something you were dreading turns out to be quite enjoyable. You'll be pleasantly surprised. A younger family member will be a focus of a discussion on Wednesday. You'll find out something new about him/her. Watch your diet this weekend — especially if you have party plans.

TAURUS - April 21/May 21

Don't be too hard on yourself. If you made a mistake recently, learn from it and move on. It's unproductive to spend time on something you can't control. A weird coincidence on Friday will make you think twice about something you were about to pursue. Follow your instincts.

GEMINI - May 22/June 21

A phone call early in the week will set the stage for the coming days. You may have to spend time doing something you hadn't planned on. A friendship with a Scorpio may be under some strain. You'll have to make the effort if you want to set things straight. Make the move.

CANCER - June 22/July 22

Time away from your daily routine will do you a world of good — especially if you've been under some stress lately. Don't feel guilty if you want to indulge in some fun. A financial investment you made recently proves beneficial. Your shrewd business sense impresses others.

LEO - July 23/August 23

Follow your heart when faced with an important decision this week. Advice from others may be helpful, but only you know what's best for you. A pleasant surprise comes as a friend returns a favor you did long ago. A loved one's health may be the source of concern.

VIRGO - August 24/Sept 22

A new friend will puzzle you with his/her behavior. You have to understand that all people are different in the way they handle and perceive things. Advice from Scorpio should be taken with a grain of salt. A matter of ethics will come into play later in the week. Leo is involved.

LIBRA - Sept 23/Oct 23

Learn to accept a situation you cannot control. Why waste the energy? Another Libra shows you the root of an ongoing problem. Something that was once complicated now seems simple. A reminder of an old flame comes Thursday. If traveling, be sure to leave your itinerary with someone at home. Fitness becomes a focus.

SCORPIO - Oct 24/Nov 22

It may be time to bury the hatchet in an ongoing battle with a loved one. Don't be afraid to make the first move — even if it means swallowing your pride. It will be your time to shine. A second chance on something you thought was out of reach gives you hope for the future. Sagittarius parents will have something extra to smile about this week. Closeness with family comes easily.

SAGITTARIUS - Nov 23/Dec 21

The lead if working on a special project at work. This is your time to shine. A second chance on something you thought was out of reach gives you hope for the future. Sagittarius parents will have something extra to smile about this week. Closeness with family comes easily.

CAPRICORN - Dec 22/Jan 20

Watch what you say this week. Lying or even stretching the truth will only get you into a heap of trouble. Honesty is the best policy for you. On Friday, don't be afraid to try something new. You may be pleasantly surprised. A family function proves enjoyable.

AQUARIUS - Jan 21/Feb 18

If you're in love with a Scorpio, this could be an emotionally challenging week. Understanding the intense Scorpio is half the battle. Finances need to be carefully scrutinized before making any big purchases. Is there an outstanding debt you're forgetting? Look into it.

PISCES - Feb 19/March 20

Breaking a promise with a friend you've turned before is a sure way to ruin your credibility. You're better off if you don't commit to anything at all. If you're giving more than you're receiving in a love relationship, you may want to take a step back. Be fair to yourself.

FAMOUS BIRTHDAYS
SEPTEMBER 5
Sid Caesar, Comedian

SEPTEMBER 9
Otis Redding, Singer/Songwriter

SEPTEMBER 10
Arnold Palmer, Golfer

SEPTEMBER 11
O. Henry, Writer

SEPTEMBER 12
Maurice Chevalier, Entertainer

SEPTEMBER 13
Ernest Boyer, Educator

SEPTEMBER 14
Michael Haydn, Composer

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Quitting Smoking Can Save Your Child's Life

Smokers are constantly faced with reminders of why they should quit — facts and figures that point out the ill effects that smoking can have on a person. Despite these warnings, millions of Americans continue to smoke and light up cigarettes for the first time. While this habit is harmful enough to the smokers, it can be even more harmful to the people around them, especially the children.

No one is born with a craving to smoke, reports the American Cancer Society. However, if a woman smokes while she's pregnant, her baby may be born with low birth weight, birth defects, chronic breathing difficulties and learning disabilities. In addition, children who grow up in a home with a smoker are more likely to have colds, bronchitis and pneumonia — especially during the first two years of life

— and tend to develop chronic coughs when older. Ear infections, reduced lung function and allergic reactions are also a part of the hazards for children living around smokers.

Statistics show that children of smoking parents are twice as likely to smoke as children of non-smoking parents. People who start smoking at a young age find it more difficult to quit later, since the habit has longed to become established. The ill effects of smoking have longer to become established too, so the life expectancy of a smoker who starts at a young age is shorter than that of a person who begins later in life and far shorter than someone who never smokes at all.

So, if putting yourself at risk isn't enough to make you quit, do it for your children's sake. They'll be healthier, and so will you.



THE INTERNET opens up a worldwide network of resources for your child. For example, Mead's new Web site at <http://www.meadweb.com> enables your child to access a variety of well-written articles, as well as the opportunity to practice writing skills by reviewing movies, books and music.

A Parent's Lesson in the Internet For the Back-to-School Season

(MPS) — Are you behind the times when it comes to technology? Is your child more savvy with the computer than you will ever be? This back-to-school season, impress your child by understanding how the Internet works and how it can be used to help him or her in school.

SO, HOW DOES THE INTERNET WORK?

The Internet is a worldwide network of computers linked by phone lines. This linkage makes communication tools available such as electronic mail (e-mail), newsgroups and the World Wide Web, which enables your computer to quickly access and exchange information with other computers worldwide.

The communication tool that will be the most helpful to your child with school is the World Wide Web. The "Web" provides access to information around the world through Web sites. Web sites are easy-to-use menus of information, some with full-color graphics, audio and video, that provide information on specific topics and "links" to other relevant sites.

You will need to have access through an Internet service provider or have an account with an on-line service, such as America Online, CompuServe or Prodigy. Then, you either can enter the address of the Web site, which is called a Universal Resource Locator (URL), or use a search engine, which helps you to find a Web site, all of which are accessed through a Web browser such as Netscape or provided by your Internet or on-line service provider.

HOW CAN THE INTERNET HELP YOUR CHILD WITH SCHOOL?

If your child is writing a paper and is looking for background information, he or she can use the Internet to easily obtain research information, access encyclopedias, learn about company histories, view information from college libraries or museums, and more.

In fact, the Internet can actually minimize the amount of time your child needs to spend at the library.

Additionally, the Internet opens the door to resources and people worldwide and helps your child expand his or her communication skills by encouraging him or her to write down thoughts and read articles on a wide range of subjects. There are also many interactive Web sites designed to stimulate your child's imagination and get him or her excited about learning.

For example, a new site from the Mead Corp. (<http://www.meadweb.com>) offers students the opportunity to access practical information for school as well as well-written articles on everything from entertainment to sports. The site also encourages students to practice their writing skills by giving them the opportunity to review movies, books and music.

"We feel it is important to provide students with a well-rounded learning experience on the Internet," says Dana Walker, marketing manager, Mead School Supplies. The Mead site will provide helpful tips on issues such as interviewing, time and money management and includes direct links to educational resources such as Vote Smart, NASA and more. It also includes articles that contain interesting and historical information on issues related to sports, fashion and entertainment that kids will find appealing.

To access the Mead site, you can either enter the URL <http://www.meadweb.com> or go to a search engine and type in a topic like school, school supplies, paper company. Once you have accessed this site, the home page, the main menu for the site, will be downloaded to your computer. From there, you can check on one of the topics offered to get started. Additional directions are available once you get to the site. The site will be updated every two weeks to keep it interesting.

Most importantly, remember that the Internet can be fun, as well as educational, for your children if used properly.

What and Where Our Children Eat Nationwide Survey Results Revealed

Results from the first year of the current three-year USDA nationwide food consumption survey — What We Eat In America — show that more U.S. children are eating away from home now than in the late 1970s.

On average, outside food contributes about 30 percent of total calories for 3- to 5-year-olds, increasing to 25 percent for 6- to 11-year-olds and 33 percent for 12- to 19-year-olds. One in three school-age kids gets more than 40 percent of total calories from outside food.

"That's quite a bit of their day's intake," says survey specialist and nutritionist Sharon Mickie. "Choosing a healthful diet is just as important when eating meals away from home."

Where are our kids eating out? The 3- to 5-year-olds most often ate at someone else's house, followed by fast-food restaurants and then day care. Grade-school-age children most often ate at the school cafeteria, followed by someone else's house and fast-food restaurants. By the teen years, however, fast-food restaurants were the most frequent source of outside food for boys and a close second to the school cafeteria for girls.

Today's kids are consuming less fat as a percentage of total calories, reflecting the trend for the population as a whole. In 1994, fat intake ranged from an average of 32 percent for teen girls to 34 percent for preschoolers. That's compared to the 37-percent to 40-percent range in the late 1970s.

U.S. kids also reflected the national trend in consumption of crackers, popcorn, pretzels and corn chips. The proportion of children and teens consuming these grain-based snack foods doubled between 1977-78 and 1994. These snack foods are slightly more popular among girls, with 35 percent of school-age girls eating at least one portion of these foods in a day in 1994. Children and teen-age boys are meeting the Recommended Dietary Allowance for most nutrients, but teen-age girls average 85 percent or less of the RDA for calcium, magnesium, zinc and vitamin E.

For more information, contact Sharon Mickie, Beltsville Human Nutrition Research Center, Riverdale, MD 20737; (301) 734-8457; e-mail: smickie@hrhnc.usda.gov. AP96388

DANCE WORLD ACADEMY

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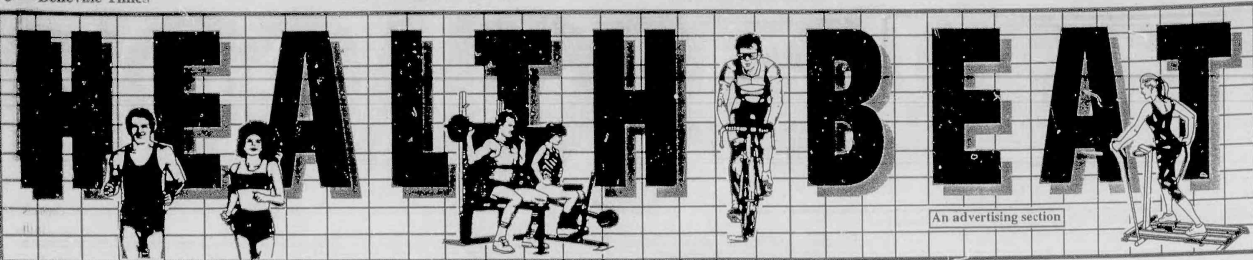
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'Hands on Health'

Back to school

By Robert Ruffalo, PT, DC, CCSP

Get out your pens and pads and take notes!

Every autumn, millions of students return to school. Whether it be grade school, high school, college or professional schools, they march back in to begin a new learning experience.

Well, believe it or not, there really is a Back School!

Founded in 1979, this outreach program was instituted to teach back injury prevention while providing individuals with the tools necessary to take an expanded role in their own health care.

Ever since humans have had the nerve to assume the upright position and become the "backbone" of society, back and neck pain has been a problem for approximately 80% of the human population. Although all back problems are not chronic and long term, they usually are uncomfortable. When ignored, backaches can become chronic and out of control. After several years of dealing with "students" who failed back school, I feel compelled to share some important facts which directly affect a healthy back. Nevertheless, with every problem, there is a solution.

1. Stress — emotional strain from personal concerns has been proven to cause muscle tension, thereby causing back pain.

Solution: Eliminating the stress is optimal; however, when that is not possible, physical exercise to relieve stress is often very helpful.

2. Nutrition — an unhealthy diet can be the cause of illness and injury to the body. Nutrition is often considered to be the foundation of health.

Solution: Good nutrition and weight loss, when necessary, affects the whole body. Elimination or a modified intake of sugar, chocolate, cola drinks and caffeine, for example, can improve your health. An increased consumption of fruits, vegetables and whole grain also contribute to proper nutrition.

3. Fitness — usually confused with exercise. Lack of exercise leads to poor fitness; for example: weak abdominal and back muscles.

Solution: Exercise promotes physical fitness. Maintaining fitness through posture, muscle strength and coordination fosters good general body health.

4. Body mechanics and posture — when not considered, increases stress and strain on muscles and joints in the back and neck.

Solution: For proper body mechanics, always inspect an object before lifting. For improved posture, keep your head up, chin slightly tucked in, pelvis forward and stomach in.


You have only one trick. The better you care for it, the longer it will serve you as a strong, pain-free structure. Remember, back problems rarely result from a single incident. If caught in the beginning, a physician or therapist can evaluate the problem before it gets worse.

Class dismissed!

As part of "Hands on Health" campaign, Dr. Robert Ruffalo, director of A.T.E.A.M. Approach Chiropractic & Physical Therapy Center, offers free information on Back School and helpful exercises to learn prevention of back injury. For more information or free materials, please call 429-3001 or stop by the office located at 265 Broad St., Bloomfield.



Dr. Robert Ruffalo



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Job Haines' Harvest Fest booth will promote safe Halloween

The Job Haines Home in Bloomfield is looking forward to this year's Bloomfield Harvest Fest celebration.

Again this year, the main attraction at the Job Haines' booth will be the drawing for names of area children to attend the Celebrate Safe Halloween party hosted by the residents and staff of the Job Haines Home.

"As part of the community, we feel the safety of the children of Bloomfield is important. This is especially true at Halloween," said Executive Director Jacqueline Kerr Harrold.

Last year, 25 area children were invited to trick-or-treat throughout the 1902 building and enjoy a party in the home's assembly room that included games, refreshments and fortune-telling.

"Last year's party was a big hit," says Anita Merrill, assistant administrator. "Residents and staff alike look forward to providing a safe, fun alternative for parents and children again this year."

Invitations to the party will be issued following a random drawing. The number of children invited to attend will be limited to 25.

To enter your child's name, please visit the Job Haines' booth at the upcoming Harvest Fest on Saturday, Sept. 21.

In keeping with the Celebrate Safe theme, free trick-or-treat bags with safety tips for children will be available at the Home's Harvest Fest booth. Children will also be able to view the plush, stuffed version of McGruff, the Crime Dog, to be given away the night of the party.

For more information, please call 743-0792.

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Events

Fairs, flea markets, rummage...

Semi-annual bag sale, 11 a.m. to 4 p.m. to Sept. 7, Almost New Shop, 66 Washington St., Bloomfield. Sponsored by League for Family Service of Bloomfield and Glen Ridge. Volunteers needed to stock, sell, etc. Call 743-5990 from 11 a.m. to 4 p.m.

Huge rummage sale, 9 a.m. to 4 p.m. Sept. 7, Holy Trinity Lutheran Church, corner of Vreeland and Hillside aves., Nutley.

23rd annual Festival-in-the-Park, 10 a.m. to 5 p.m. Sept. 8, Memorial Park between Chestnut St. and Vreeland Ave., Nutley. Free admission. Rain date - Sept. 22. Benefits the Nutley Historical Society and the Kingsland Trust.

Family Festival, 6 p.m. to 10:30 p.m. Sept. 6, 2 to 10:30 p.m. Sept. 7, 2 p.m. to 9:30 p.m. Sept. 8, The Parish of St. Valentine, Hoover and E. Passaic Ave., Bloomfield. For info, call 743-4508.

Flea market, collectibles show, 9 a.m. to 5 p.m. Sept. 8, Belleville High School, 100 Passaic Ave. Over 100 exhibitors. Home and School Assoc. fundraiser. Indoors and outdoors.

Thrift Shop, Bloomfield Presbyterian Church on the Green opens 10 a.m. Sept. 11, 147 Broad St.

Sacred Heart Parish Carnival, Sept. 13-15, 683 Bloomfield Ave., Bloomfield. For info, call 748-1800 or 893-9261.

Flea market and craft show, 9 a.m. to 5 p.m. Sept. 15, Geriatrics Center, 216 Belleville Ave., Belleville. Over 100 vendors. Sponsored by Columbus Day Parade Committee.

Fundraisers...

St. Mary's events: Sept. 4-8: trip to Wildwood Crest. For info, call Mary Bein at 470-3047; Sept. 24: day's outing to Brownstone House Italian-American Festival. For info, call 470-3047. Lobby sales 8:30 a.m. to 5 p.m., 211 Pennington Ave., Passaic.

Tea room, 11 a.m. to 3:30 p.m. Sept. 8, Nutley Women's Club, 216 Chestnut St. Homemade sandwiches and desserts.

Car wash/bake sale, 10 a.m. to 5 p.m. Sept. 8, Nutley High School parking lot. To benefit NHS Raider Marching Band. Donations needed. Send to NMBA, NHS, 300 Franklin Ave.

3rd Annual Lobster Fest, Saturday, Sept. 14, St. Paul's Church, Franklin Ave. (bet. High and Kingsland), Nutley. \$12.50. Seatings at 5 and 7 p.m. by reservation only. Takeout available by reservation only. For reservations, call 667-1198. Leave message if no answer. No tickets at the door. Ticket deadline: Sept. 8.

Monthly luncheon, 11:30 a.m. to 1 p.m. Sept. 19, Nutley Woman's Club, 216 Chestnut St. Salad, baked chicken, rice, vegetable, dessert and beverage. \$5.50. For reservations, call 667-7120, 667-0211, 667-1161.

1st annual 50s dance, 7:30 to 11:30 p.m. Sept. 20, Branch Brook Manor, Belleville. \$20 includes full dinner, beer, wine, soda, continuous D.J. For tickets and info, call Ray Pizzano at 450-1353 or Gail Chimento at 751-1571. Sponsored by Belleville Democratic County Committee.

Art auction, 7:30 p.m. Sept. 20, Nutley Elks Lodge, 242 Chestnut St. Art from \$20 to \$2000. Wine and cheese. \$10 in advance, \$12 at the door. Proceeds to Nutley Family Service Bureau. For tickets, call 667-1884.

Dog wash, 9 a.m. to 3 p.m. Sept. 21, Mt. Pleasant Animal Shelter, 194 Route 10 West, East Hanover. \$15. Dogs washed, dried, brushed. For info, call 386-0590.

Bus trip to Showboat, Atlantic City, Sept. 22. Bus leaves Italian American clubhouse, 642 Franklin Ave., Nutley, at 9 a.m. \$20 with \$15 coin return. For tickets, call Al Prosperi at 667-5146.

Bus trip to Bally's Park Casino, Sept. 27. Leave Belleville library 8:45 a.m. \$16 with \$15 coin return. For tickets, call 450-3434. Sponsored by Friends of Library.

Chinese auction, 7 p.m. Sept. 27, Stuart E. Edgar Post 493, Veterans of Foreign Wars, 271 Washington Ave., Nutley. \$5. For tickets, call Maureen Doll at 759-3732.

Art auction, 7:30 p.m. Oct. 4, Parks and Rec, 44 Park Ave., Nutley. To benefit Project Graduation '97. For tickets, call Marilyn Milano at 667-1895.

Annual luncheon, fashion show, 12 noon Oct. 5, Upper Montclair Country Club, Clifton. One woman show, "Unlacing the Victorian Woman." For info or reservations, call Barbara Contini at 667-8394. Sponsored by St. Mary's Rosary Society.

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.

42 Dining Out booklets, to benefit Van Riper Trust. \$10. Call 235-9461.

NHS Project Graduation '97. Support Project Graduation by shopping at any ShopRite with ShopRite gift certificates. Available in various denominations. To purchase certificates, call Mary Kish at 661-4316, Dotti Giubilo at 661-1238 or J. Anne Puccio at 235-0483.

Gary W. Schultz Scholarship Fund, annual fundraiser to be held at the Van Vleck House and Gardens, 6 p.m. to 8:30 p.m. Sept. 26. For reservations and/or info, call 783-1600 ext. 9.

Other events...

Back to School Bash, 12:30 to 2:30 p.m. Sept. 7, Riverside Community Church, 50 Union Ave., Nutley. All ages welcome. Free animal show and ice cream.

CROP Walk for Hunger meeting, 7:45 p.m. Sept. 10, First Evangelical Lutheran Church, 153 Park St., Montclair. Walk envelopes, posters, flyers available for distribution. For info, call Cathy Oswald at 744-6043.

Free health screenings, Montclair Community Hospital, 120 Harrison



Scott Tarantino - Elizabeth Petrat

Elizabeth Petrat to wed Scott Tarantino next year

Mr. and Mrs. Herbert Petrat of Belleville announce the engagement of their daughter, Elizabeth, to Scott Tarantino, son of Mr. and Mrs. Frank Tarantino of Pompton Lakes.

The wedding is planned for April 26, 1997.

Miss Petrat, an alumna of

Belleville High School and Rutgers University, is an accountant at Prudential, Newark.

Mr. Tarantino, a graduate of Pompton Lakes High School and New York Restaurant School, is a chef at the Radisson Hotel, Englewood.

Clara Maass auxiliary looking for 'Pennies from Heaven'

The auxiliary of Clara Maass Medical Center is celebrating its 50th anniversary with a "Pennies from Heaven" campaign. The goal is to collect 500,000 pennies or \$5,000.

Loose and rolled coins will be accepted at receptacles located throughout the Medical Center, including the Volunteer Office on the first floor. Proceeds from this fundraiser will be used to purchase new equipment for Clara Maass' Oncology Department.

The Clara Maass auxiliary serves as a fundraising organiza-

tion for the Medical Center and last year presented more than \$50,000 in proceeds. For information on becoming an auxiliary member, call the Volunteer Services Office at 450-2150.

Clara Maass Medical Center is a division of Clara Maass Health System, which provides a continuum of health care in northern New Jersey, ranging from acute to subacute to post-acute and long-term care services. For additional information on services and programs available, call 1-800-CLARA MAASS.

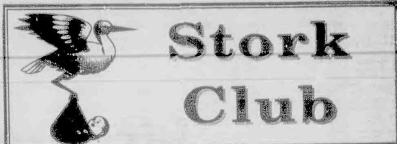


MEGAN MARCHAK OF BELLEVILLE places pennies in a canister held by Marie Vardier Zwan, president of the Clara Maass Auxiliary, as auxiliary co-member Aida Caro looks on. Megan and her classmates from the Kid's Place Child Care Center, located at Clara Maass Medical Center, pooled their pennies to help the auxiliary with its "Pennies from Heaven" campaign.

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 Orpello at 746-4644 after 2:30 p.m. Sept. 16: foot problems; Sept. 21: eye problems; blood pressure screening; Sept. 28: foot problems; Sept. 28: ski., cancer.

Senior health fair, 9:30 a.m. to 3 p.m. Sept. 17, Essex Manor, 41 Broughton Ave., Bloomfield. For info, call Dian Mollo at 1-800-275-2767. **Nutley Parkside Association trips**: Oct. 18: day trip to Plazat Brahaus Golden Octoberfest, Pomona, N.Y. \$45; trip to Wildwood Crest cancelled due to lack of response. For more info, call Julia Spadafino at 284-1009.

Harvest Fest '96, in downtown Bloomfield, 10 a.m. to 6 p.m. Sept. 21, noon to 6 p.m. Sept. 22. Free. Rain or shine. Crafts, ethnic foods, continuous live entertainment, health fair, rides, petting zoo and more. For info, call 680-4077.



John Dominic Young

A first child, a son, John Dominic, was born to Mr. and Mrs. Charles Young of Lubbock, Texas, July 25 at St. Mary's Hospital, Lubbock. Birth weight was 7 pounds, 3 ounces.

Mrs. Young is the former Christine M. Capozzi, daughter of Mrs. Tina Gonzalez of Belleville and the late Fulvio A. Capozzi. She was formerly a secretary at Hoffmann-La Roche, Nutley. Mr. Young, son of Mr. and Mrs. John S. Young of Nacodoches, Texas, is a senior executive regional manager with Hurt & Stell Investments, Lubbock.

Nicholas Anthony Serafini

A second child, a son, Nicholas Anthony, was born to Mr. and Mrs. Joseph J. Serafini of Whippany July 22 at Clara Maass Medical Center, Belleville. He joins Daniel Joseph, 2.

Mrs. Serafini is the former Linda Ciallella, daughter of Emil and Delia Ciallella of Belleville. She is an operations manager with Flow Solutions. Mr. Serafini, son of Joseph J. and Connie F. Serafini of Bloomfield, is an attorney with Serafini & Serafini, P.C.

Emily Joyce Flynn

Pastor Don and Leigh Flynn of Riverside Community Church, Nutley, announce the birth of their daughter, Emily Joyce on July 20. She joins Andrew, 22 months.

Marissa Cafone

A daughter, Marissa, was born to Mr. and Mrs. Paul Cafone of Nutley July 31 at Mountsinai Hospital, Glen Ridge/Montclair. Birth weight was 8 pounds, 3 ounces. She joins Meghan, 14, Paul, 4 and Jenna, 3.

Mrs. Cafone is the former Denise Nieves, daughter of Vivian Lowack of Denver, Colorado and Richard Lowack of Nutley. Mr. Cafone, son of Rosina Cafone of Nutley and the late James Cafone, is a Nutley firefighter.

Lobster Fest Sept. 14 at St. Paul's

St. Paul's Congregational Church will hold its 3rd Annual Lobster Fest Sept. 14 in Falconer Hall of the church, located on Franklin Ave. between High and Kingsland streets, Nutley.

The event is sponsored by Group 22 of the Women's Guild.

The feast will include lobster, baked potatoes, corn on the cob,

cole slaw, homemade desserts and beverages. Seatings are at 5 p.m. and 7 p.m. by reservation only. Takeout is available at 5 p.m., also by reservation only.

Tickets are \$12.50. Call 667-1198 and leave your name and phone number.

No tickets will be sold at the door.



DARLA needs a home. People for Animals, a non-profit animal welfare organization serving New Jersey, desperately needs foster or permanent homes for several cats. Among the cats available is Darla, a two-year-old female, spayed and declawed. Darla has a beautiful long-haired white coat with reddish-tan markings. She is friendly and used to living with other cats and dogs. Other cats available include Boots, a neutered brown seal-point Siamese mix; Miss Rita, a very friendly and gentle declawed, spayed, grey and black striped tabby; plus many kittens of all colors. For info, call (908) 688-1073.

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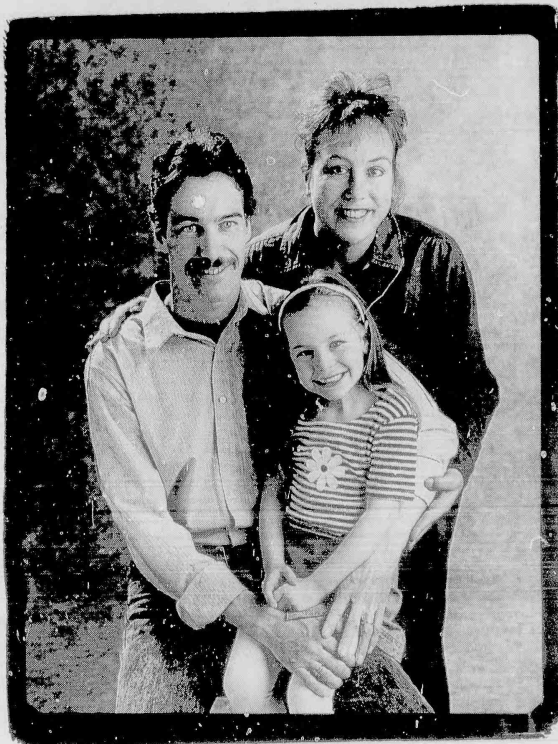
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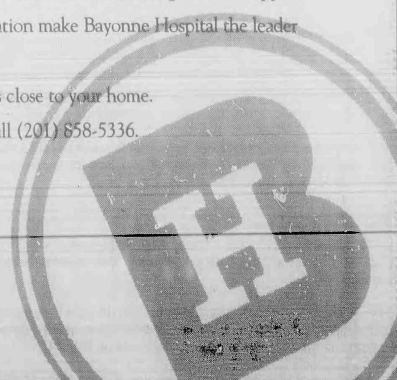
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Belleville SPORTS

BUC SHOTS

By Mike Lambert



Senesky begins 20th year as Buc head coach

He is, by far, the dean of head football coaches in the Northern New Jersey Interscholastic League, better known as the NNJIL.

John Senesky began his 20th season as head football coach at Belleville High School a few weeks ago, and he begins this campaign with a new sense of purpose.

When we last left Senesky and his Buccaneers, they were on the losing end of a 34-0 decision on Thanksgiving morning at Nutley High School. The loss closed the books on a 0-9 campaign, the first winless football season at B.H.S. in Lord knows how many years.

Things weren't all negative in 1995, despite the winless campaign. Many fans point to the season opener last September, when some horrific officiating took away a game from the Bucs in the fourth quarter that was in their grasp.

Belleville was beating Teaneck 14-6 in the fourth quarter last year in the season opener. But some very shoddy calls from the men in stripes down the stretch helped the Highwaymen prevail, 20-14.

There were two more close calls later in the '95 season. The Bucs lost a 20-19 decision at home to Paramus Catholic. In that game, Belleville held a 19-7 lead in the fourth quarter, but faltered in the closing minutes.

A few weeks later, the team lost a 7-6 decision at Don Bosco. Perhaps a victory over Teaneck would have given this young team the much needed confidence that could have helped them later in the campaign with P.C. and Don Bosco.

But it didn't happen, and consequently, the team ended the year without a win.

So, Senesky, who has had his shares of glory while coaching this team for 20 years, wants to right the ship.

He was named head coach in a time when Star Wars and Rocky I were the big movies. It was when disco was king and Jimmy Carter was in the first year of his presidency.

The Pittsburgh Steelers had won just two Super Bowls at the time. The seniors who will be attending Belleville High School this fall were just a thought in their parents' minds.

Senesky began his tenure in the Fall of 1977 and struggled with that first team. The Bellos (the name Buccaneers didn't come into effect until the '78-79 school year) lost its first four games, then won two straight before an infamous 63-0 loss to Seton Hall Prep in week seven.

The team finished 2-6-1, but the following year, turned that around into a 6-3 mark, followed by two straight 8-1 records and appearances in the Group IV, Section II playoffs at Giants Stadium.

From 1978-86, the program averaged seven wins a season and made the playoffs four times. Two other times, in 1981 and '86, the Bucs missed the playoffs by a half game and one game respectively.

There were two NNJIL championships in that tenure and one of the players, David Grant, eventually made it to the NFL and played in Super Bowl XXIII.

But times were changing, and from 1987-89, the program struggled, winning just six games and losing 20 while tying one.

As the 90's began, the program began an upswing. For four seasons, 1990-93, the program put together a .500 record (17-17-2) and was pretty competitive in the very rugged NNJIL Pacific Division. The '93 team was in position to win the conference championship, but lost a game at St. Joe's in week eight that eliminated them from consideration.

But the past two seasons have produced just two wins, both coming in the '94 campaign. This year, the coach hopes to begin the turn around once more.

"We have a large senior contingent this year," Senesky said. "It will definitely help, but most of all, these kids need a win. It would do so much for their confidence. They can play this game. They just need to get that first win out of the way."

While the NNJIL Pacific Division is acknowledged as one of the toughest in the state, the Bucs have done surprisingly well in the conference during the 90's.

Excluding power houses Hackensack and St. Joe's of Montvale, Belleville has a winning record in conference play this decade (16-12-2 against five of the seven teams in the NNJIL Pacific Division).

Unfortunately, they haven't had any success with the aforementioned schools from Hackensack and Montvale in the 90's. The Bucs are a combined 0-12 against those teams, but consider the success those schools have had over the past six seasons.

Hackensack has won four straight Group IV, Section I titles while St. Joe's has dominated in their Parochial division over the past three years. The two schools, combined, have lost maybe eight games over the past four seasons. (Hackensack has averaged ten wins a season since '92 while St. Joe's has averaged almost nine wins a year since '92).

The Bucs did come close a few times in the series with Hackensack, losing by seven in the '91 game and by a touchdown in the '94 contest. In '92, Belleville lost by six at home to St. Joe's.

It's been an up hill struggle, to say the least, for the Bucs as they hope to revamp the program. Interest in football has diminished somewhat over the past ten years. The level of the competition continues to improve. The typical Belleville football player is a tough kid who gives it everything he has, but in some instances, is over-matched.

Senesky doesn't let the odds affect him, however. He believes in teaching his kids the right way to play football. Despite his teams being over-matched on occasions against bigger teams, thankfully his players come out of games uninjured. That's because Senesky and his staff teach the players the proper way to tackle and block.

Most importantly, the kids never quit. They might lose more than they win but the Belleville football player conducts himself with class on the gridiron. That's something the coach insists on.

It's something we should all be grateful for.

Battle Scotch plains on September 21

Bucs gearing for early season opener

By Mike Lambert

John Senesky's 20th season as head coach of the Belleville High School football team begins a little earlier than normal this year.

The Bucs will kick off the '96 campaign on Saturday, September 21, when the team ventures to Scotch Plains for a 1:30 p.m. kick off.

It's the first meeting, ever, between the two teams and represents the Bucs out-of-conference game for the season.

With the season, in essence, starting a week earlier than normal, the Bucs have already begun to scrimmage other teams, something normally done the first week of school.

"We scrimmaged Essex Catholic last week," Senesky said. "It was a good test for us. They have a lot of speed and it gave our kids something to think about for the season. We'll be playing teams, like Hackensack, Teaneck and St. Joe's, teams with good size and exceptional speed."

Belleville's pre season schedule continues this Saturday, when the Bucs take part in a tri scrimmage with Cedar Grove and Bergenfield, to be played at Cedar Grove. That game should start around 10 a.m.

Next Tuesday, the team will be at J.P. Stevens, in a 4 p.m. start. The final time up before the opener is set for Saturday, September 14, at Parsippany Hills. That will be a "game" scrimmage and should commence at 10 a.m.

Conditioning is the top priority in the early going for Belleville. The Bucs, coming off a winless sea-

son in 1995, will look to be in top condition, which will be necessary if the team hopes to win the close games in the fourth quarter.

Last year, Belleville held leads in the fourth quarter in two games, but lost in the closing minutes. Although the team was winless last season, it did battle Teaneck, Paramus Catholic and Don Bosco close, losing those three games by a combined eight points.

Since he took over as head coach in 1977, Senesky has run a pre season "decathlon", designed to test the players conditioning level and endurance.

An athlete who compiles a score of 1,000 in the ten events is considered one in exceptional condition. Scores of 900 or better is also considered outstanding.

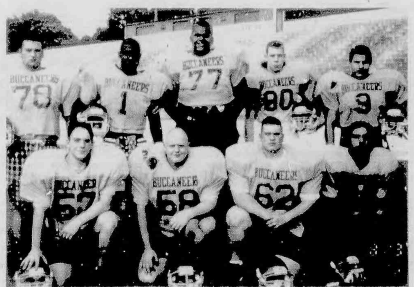
This season, five players compiled scores of 1,000 or better, led by senior Brian McIntosh, with 1,065 points.

McIntosh was followed by Donnell Graham (1,010), Edwin Mercado, Tom Dyer and Rich DeFalco, all of whom compiled 1,000 points even.

Nine more players hit 900 or better, beginning with Anthony Marcantuono (970 points).

"We've been very happy with Anthony's progress," Senesky said of Marcantuono. "He has good speed and is in excellent shape."

Other players with 900 or more points were Tristin Kvetkus (961), Chris Michele (951), Joe Means (939), John Farina (937), Tom Marbella (923), Chris Zaro (915), Frank Zaro (903) and Edwin Garcia, who finished with 900



Belleville football players who lifted a combined 1,000 pounds, or more, in recent power index testing. Kneeling, left to right, are Rick Neiman, Rob Shenton, Nick Muscara and Chris Zaro. Standing, left to right, are Peter Zangari, Donnell Graham, Ernie Campusano, Brian McIntosh and Rich DeFalco.

points. Conditioning and endurance are just two of the many important aspects of playing high school football.

Strength, obviously, is also a factor, and the Bucs fared very well in the power index rating.

A score of 6.0 or higher is considered to be extraordinary. It means a player has lifted six times his weight in the four lifting exercises of clean, push press, squat and bench press.

Chris Zaro was the top scorer on the power index, finishing with a score of 6.7. He lifted a grand total of 1,235 pounds in the four events combined.

Graham scored a 6.5, lifting 1,230 pounds. Frank Zaro, who weighs just 140 pounds, scored a 6.3 by lifting 870 pounds.

DeFalco, a senior linebacker and possible starting quarterback, scored 6.2, lifting 1,285 pounds.

Six more players hit the 1,000 (Continued on Page 12)

Soccer team opens season next Friday

By Mike Lambert

During the decade of the 90's, the Buccaneer varsity soccer team has put together some gaudy numbers.

Gino DePinto's teams have averaged 14 wins a season while losing just six. Last years team was 12-5-4, advancing in the county and state tournament.

Through the successes from 1991-95, DePinto has been careful to down play it, placing the credit with the Belleville Soccer Association for a good feeder program and the determination of the players who wear the Blue and Gold.

As the '96 season nears, the team opens next Friday against Irvington at home beginning at 4 p.m.. DePinto has sounded the usual distress signal.

"We're really young," the coach said. "I'd like to say we can finish .500. That would be a successful year for us. We lost 14 to 15 seniors from last years team."

Yes, on paper, the '96 Bucs are very young. There are some players back from last years team, notably Nick Colucci, a senior, who scored 22 goals last year.

Colucci will be the teams forward and obviously, will be looked for as the leader.

Juniors Dan Almeida and Lawrence Martin return this year, and they should be solid performers.

"We had a big turnout of kids, especially on the freshman level," DePinto said. "18 kids came out just for the freshman. The kids on the team, from freshman through

seniors, have played pretty much all year long, so they're in good shape, physically."

But they are young, and for the most part, inexperienced on the varsity soccer level.

The NNJIL Pacific Division, for which the Bucs compete each season, will be a solid league once again. Hackensack and Don Bosco have been traditional powers, along with Belleville, in the league race.

"Teaneck is good this year," DePinto said. "Every game will be a test for us."

"We open against Irvington at our place (Clearmont Field) next Friday, and they should be a tough opponent. We played them in the county tournament last season (beating Irvington 2-0) and it was a difficult game."

DePinto cites the defense as his primary concern this season.

Among the players who were graduated last spring was goalie Natale Guagliardi. For three years, Guagliardi was a stalwart in the nets.

This year, the coach is considering Mike DiPrimio and Robert Swiatkowski for the key position of goalie. Swiatkowski, who stands 6'4" tall, has shown good skills in the nets, as has DiPrimio.

"Right now, our defense could be called one by committee," DePinto said. "We have seven or eight guys who are candidates to play defense."

The Bucs will get a good idea of their progress this Friday, when it plays Newark Eastside in a scrimmage at Clearmont Field, beginning at 4 p.m.

Football-Coach, John Senesky

Sat.	9/21	Scotch Pln/Fanwood	H	1:30
Fri.	9/27	Paramus	A	7:00
Fri.	10/4	Teaneck	H	7:00
Fri.	10/11	Paramus Catholic	H	7:00
Sat.	10/19	St. Joseph	A	1:00
Fri.	10/25	Hackensack	H	7:00
Sat.	11/2	Bye		
Sat.	11/9	Paterson Eastside	A	1:00
Fri.	11/15	Don Bosco	A	7:00
Thur.	11/28	Nutley	H	10:30

Gymnastics-Girls-Coach, Donna Richard

Thur.	9/12	Bergenfield	A	4:30
Tue.	9/17	Indian Hills	H	4:30
Thur.	9/19	Bloomfield	H	4:30
Thur.	9/26	Ridgewood	A	4:30
Thur.	10/3	Montclair	A	7:00
Thur.	10/10	Fair Lawn	A	4:30
Tue.	10/15	Wayne Hills	A	4:30
Thur.	10/17	Clifton	A	4:30
Tue.	10/22	Ramapo	H	4:30
Fri.	10/25	NNJIL	A	TBA

Cross Country-Coach, John Tosato

Tues.	9/17	Don Bosco/IHA/Teaneck	A	4:30
Thur.	9/19	Bloomfield	H	4:30
Fri.	9/24	St. Joseph/Nutley	H	4:30
Tues.	10/1	Paramus @ Par. Cath.	A	4:30
Sat.	10/5	West Essex	H	4:00
Tues.	10/8	Hackensack	A	4:30
Tues.	10/15	NNJIL Championship		

Volleyball-Girls-Coach, Grace Worley

Fri.	9/20	Bloomfield	H	4:00
Mon.	9/23	Clifford Scott	A	4:00
Wed.	9/25	Barringer	A	4:00
Thur.	9/26	Kennedy	H	4:00
Fri.	9/27	Montclair	H	4:00
Sat.	9/28	Tourn@Bloomfield	A	9:00 a.m.
Mon.	9/30	Eastside	H	4:00
Wed.	10/2	Teaneck	H	4:00
Thur.	10/3	Wayne Valley	A	4:00
Fri.	10/4	Paramus	A	4:00
Tue.	10/8	IHA	H	4:00
Wed.	10/9	Hackensack	H	4:00
Thur.	10/10	University	H	4:00
Fri.	10/11	Nutley	A	4:00
Tue.	10/15	Paramus Catholic	H	4:00
Wed.	10/16	Clifford Scott	H	4:00
Thur.	10/17	Eastside	A	4:00
Fri.	10/18	Teaneck	A	4:00
Mon.	10/21	Paramus	H	4:00
Tue.	10/22	Bloomfield	A	4:00
Wed.	10/23	IHA	A	4:00
Thur.	10/24	Kennedy	A	4:00
Fri.	10/25	Hackensack	A	4:00
Mon.	10/28	Nutley	H	4:00
Tue.	10/29	Barringer	H	4:00
Wed.	10/30	Paramus Catholic	A	4:00
Thur.	10/31	Wayne Valley	H	4:00

Arthur Zarrillo

A Mass for Arthur Zarrillo, 77, of Belleville was offered Friday in St. Anthony's Church, Belleville. The funeral was from the Zarrillo Funeral Home, Bloomfield.

Mr. Zarrillo died Aug. 27 in the home of his daughter, Grace Sia, in Fairfield.

He owned his own fireworks firm, the Arthur Zarrillo Co., Fairfield, for 50 years before his retirement in 1984.

He was a World War II Army veteran.

Mr. Zarrillo was a member of the Tripoli Park Club, Belleville; the Abbruzzese Club, Newark; Italian-American War Veterans of New Jersey; the St. Anthony's Field Club; the Guard of Honor Society of St. Anthony's Church; the Friday

Senior Citizens, Belleville, and the Tuesday Senior Citizens, Newark.

He was a third degree member of the Knights of Columbus Post and Past commander of the Italian-American Post 7, both of Belleville, and also a member of the Belleville Elks Lodge.

Born in Newark, he lived in Belleville for many years.

Also surviving are a son, Alexander; a brother, Rocco; a sister, Lucia Federico, and four grandchildren.

Jane Cotter

Miss Jane J. Cotter, 43, of West Caldwell died Aug. 27 in Kessler Care Center, Cedar Grove.

Services were held Aug. 29 in the Galante Funeral Home, Caldwell.

Miss Cotter was a clerk in the Essex County Hall of Records, Newark.

Born in Newark, she resided in Belleville before moving to West Caldwell.

A brother, Francis, survives.

Anthony Veneziano

Anthony Veneziano, 58, of Long Valley died Aug. 28 in his home.

A Mass was offered Friday in St. Luke's Church, Long Valley. The funeral was from the Cochran Funeral Home, Hackettstown.

Mr. Veneziano owned Tri-State Insurance, Long Valley, for 10 years. Earlier, he owned Tony's Auto Body, Belleville, for many years.

Mr. Veneziano was a guitar player who performed as Tony Angelo in the Essex County for many years.

He served in the Navy during peacetime.

Born in East Orange, he lived in Belleville before moving to Long Valley many years ago.

Surviving are his wife, Vilma; two sons, Anthony Jr. and John; a brother, Gerald and two sisters, Rosemarie Yurkanon and Joan Costantino.

Obituaries

William Benedict

A Mass for William F. Benedict, 86, of Wayne was offered Aug. 27 in Our Lady of the Valley Church, Wayne. The funeral was from Moore's Home for Funerals, Wayne.

Mr. Benedict, who died Aug. 23 in his home, was a certified public accountant with Coopers & Lybrand, Newark, for 32 years, retiring as a manager in 1974.

He graduated in 1940 from Rutgers University, Newark, with a bachelor of science degree in

accounting.

Mr. Benedict was a member of the American Institute of Certified Public Accountants and the New York and New Jersey State Society of Certified Public Accountants and the Knights of Columbus, Wayne.

Born in Hoboken, he lived in Belleville before moving to Wayne 30 years ago.

Surviving are his wife, Eleanor; two sons, William and Raymond; a sister, Margaret Feehan, and six grandchildren.

Michael Kasper

Michael S. Kasper, 80, of Belleville died Aug. 27 in the East Orange Veterans Medical Center.

A Mass was offered Aug. 29 in St. Peter's Church, Belleville. The funeral was from the Megaro Memorial Home, Belleville.

Mr. Kasper was a warehouseman for many years at Bamberger's

warehouse, Bloomfield, before retiring.

He was an army veteran of World War II.

Born in Dunmore, Pa., he moved to Belleville 35 years ago.

Surviving are a sister, Mary Pap, and a brother Joseph.

Antonetta Spina

Antonetta Spina, 80, of Belleville died Aug. 26 in her home.

A Mass was offered Aug. 29 in St. Anthony's Church, Belleville. The funeral was from the Biondi Funeral Home of Nutley.

Born in Italy, Mrs. Spina moved to Belleville 40 years ago.

She is survived by three daughters, Lina Frappalao, Natalir Turrialdo and Laura Ferrentino, and 10 grandchildren.

Antoinette Kovacs

A Mass for Antoinette P. Guiliano Kovacs, 78, of Belleville was offered Aug. 28 in St. Peter's Church, Belleville, following the funeral from the Kiernan Funeral Home, Belleville.

Mrs. Kovacs died Aug. 25 in Clara Maass Medical Center,

Belleville.

Born in Newark, she lived there before moving to Belleville 56 years ago.

Surviving are a son, Joseph; a daughter, Carol Politz; four grandchildren and three great-grandchildren.

Antoinette Massenzio

Antoinette Massenzio, 92, of Belleville died Aug. 27 in Columbus Hospital, Newark.

A Mass was offered Aug. 29 in St. Francis Xavier Church, Newark. The funeral was from the Megaro Funeral Home, Belleville.

Mrs. Massenzio was born in

Newark and lived in Belleville for 21 years.

Surviving are two sons, Scott Massenzio and Carmine Giovanello; a daughter, Carmel Carangi; a sister, Emma Rocco, and four grandchildren.

Joseph Servidio

A Mass for Joseph M. Servidio, 77, of Nutley was offered Aug. 27 in Holy Family Church, Nutley, following the funeral from the S.W. Brown & Son Funeral Home, Nutley.

Mr. Servidio, who died Aug. 23 in Mountainside Hospital in Glen Ridge, worked in the maintenance department of the Nutley Water Department for 10 years before retiring 18 years ago.

He served as a medic foreman in the army during World War II, in Germany and Northern France, and was at the D-Day landing at Normandy.

Born in Montclair, he lived in Belleville before moving to Nutley in 1948.

Surviving are his wife, Rose; a daughter, Donna, and three brothers, Sam, Pat and Dominic.

Andrew Soellner

Services for Andrew Soellner, 75, of Lavallette and Elliott City, Md., were held under the direction of the Wm. A. Bradley & Son Funeral Home, Chatham.

Mr. Soellner, who died July 26 in Howard County General Hospital, Columbia, Md., was a travel agent with Holiday's To Go, Columbia. Earlier, he was a self-

employed home builder and land developer in Maryland for 45 years.

Born in Newark, he lived in Belleville before moving to Lavallette. He had also maintained a home in Elliott City since 1947.

Surviving are his wife, Joan; two daughters, Jody Hoffman and Heidi Soellner, and three grandchildren.

Grace Bariletto

Grace Bariletto, 96, of Toms River died Aug. 21 in Brick Memorial Hospital.

A Mass was offered Aug. 24 in Holy Family Church, Nutley, following the funeral from the Biondi Funeral Home of Nutley.

Born in New York City, Mrs. Bariletto lived nine years in

Belleville before moving to Toms River three years ago.

Surviving are two sons, Ernest and Joseph; three daughters, Mildred Catala, Beatrice Petronella and Mary James; a sister, Sadie Caffro; 13 grandchildren, 24 great-grandchildren and a great-great-grandchild.

Vincent Salvato

Services for Vincent J. Salvato, 65, of Rutherford were held Aug. 26 in the Megaro Memorial Home, Belleville.

Mr. Salvato died Aug. 22 in Clara Maass Medical Center, Belleville.

He was the owner for 35 years of Vincent Salvato Services and Equipment in Jersey City before

retiring 10 years ago.

Born in Jersey City, he lived in Belleville and moved to Rutherford 20 years ago.

Surviving are a daughter, Geraldine Suppa; five sons, John, Peter, Nicholas, Gerard and Vincent; his mother, Adelina Salvato; a sister, Marion Minigiello, and 10 grandchildren.

Louis Petrella Jr.

Services for Louis J. Petrella Jr., 70, of Port St. Lucie, Fla., were held Aug. 15 at the Aycock Funeral Home, Port St. Lucie.

Mr. Petrella, who died Aug. 12 in Columbian Medical Center, Port St. Lucie, was a member of the Bricklayers Union Local 1346, Newark, as a foreman and superintendent for large construction projects for many years before retiring.

He also served as president of Redi Rent a Car, Inc., Totowa, for three years.

Born in Belleville, he lived in Bloomingdale and Haledon before moving to Florida eight years ago.

He is survived by his wife, Vera; a son, Steven; two daughters, Luann and Renee; a brother, Robert; a sister, Ruthann Bilowith, and six grandchildren.



Pharmacy Footnotes

Vincent Cozzarelli Reg. Ph.

SIDE EFFECT AWARENESS

Seventy-five percent of doctors who prescribe medications prefer not to discuss possible side effects with their patients in the belief that the power of suggestion will cause patients to think they are experiencing the side effects. A study out of the Medical College of Wisconsin in Milwaukee, however, concludes that these physicians' fears are misplaced. When researchers studied 203 patients who received one of three types of drugs (an anti-inflammatory drug, a blood-pressure medication, or an antibiotic), half the group was told about possible side effects and half was not. After 2 to 3 weeks, all the patients were presented with a list of ten side effects and asked if they had experienced any of them. Both groups' reports of side effects were nearly identical (58% of the informed patients vs. 37% of the uninformed patients). Thus, it is true that most patients are better off knowing the full story about the medications they take.

Wherever you have questions on the side effects of any medication you are taking, feel free to talk to your pharmacist at ROSSMORE PHARMACY, 338 Washington Avenue (791-1956, 759-1948). We are Blue Cross and Medicare approved. We carry baby needs, greeting cards, Times watches, and transistor radios. Open: Daily 9am-5pm, Sundays 9am-5pm.

HINT: Patients who are reluctant to ask their physicians for information about their medications should see their pharmacists as willing sources of information.

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SHERIFF'S FILE NO. 96-01542

SHERIFF'S SALE
SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F1312193 COLLECTIVE BANK, PLAINTIFF vs. DALE F. CARO, 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, September 10, 1996, at one-thirty P.M. (Prevaling Time)

Commonly known as: 00000003 MILL ST. BELLEVILLE, NJ 07109 Lot: 1 Block: 781 CONDOMINIUM Nearest cross street: AUGUSTUS 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 NINETEEN NINE THOUSAND NINE HUNDRED FIFTY AND 38/100 DOLLARS (\$99,915.38).

together with the costs of this sale.

The Sheriff reserves the right to adjourn the sale from time to time as provided by Law. New Jersey, N.J. August 5, 1996 ARMANDO B. FONTAURA, Sheriff Mark E. Herrera & Associates, Attorney

Belleville Times August 15, 22, 29, September 5, 1996 Fee: \$77.08 B96-429

SHERIFF'S FILE NO. 96-014942
SHERIFF'S SALE
SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F508095 FEDERAL NATIONAL MORTGAGE ASSOCIATION, PLAINTIFF vs. EFIONG O. ONUNTUE and DIANE P. ONUNTUE and HIS WIFE, 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, September 10, 1996, at one-thirty P.M. (Prevaling Time) Commonly known as: 00000018 EASTERN PKWY. NEWARK, NJ 07111 Lot: 28 Block: 4140-A Size: 120 x 42.51 feet Distance to nearest cross street: 562.51 feet Nearest cross street: SANFORD PLACE 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 EIGHTY ONE THOUSAND NINE HUNDRED TWENTY NINE AND 49/100 DOLLARS (\$181,929.49), together with the costs of this sale.

The Sheriff reserves the right to adjourn the sale from time to time as provided by Law. New Jersey, N.J. August 5, 1996 ARMANDO B. FONTAURA, Sheriff Stern, Laventhal, Norgard & Daly, Attorneys

Belleville Times August 15, 22, 29, September 5, 1996 Fee: \$86.48 B96-431

SHERIFF'S FILE NO. 96-015412

SHERIFF'S SALE
SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F143795 VALLEY NATIONAL BANK, A NATIONAL BANKING ASSOCIATION, PLAINTIFF vs. GERARD N. SEDICINO & FRANCES SEDICINO 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, September 10, 1996, at one-thirty P.M. (Prevaling Time) Commonly known as: 00000073 BELMONTFIELD NUTLEY, NJ 07110 Lot: 21 Block: 283 Size: 30 x 195 feet Distance to nearest cross street: 155.79 feet Nearest cross street: STAGER PLACE 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 FORTY THREE THOUSAND FIVE HUNDRED EIGHTY ONE AND 60/100 DOLLARS (\$43,581.60), together with the costs of this sale.

The Sheriff reserves the right to adjourn the sale from time to time as provided by Law. New Jersey, N.J. August 5, 1996 ARMANDO B. FONTAURA, Sheriff Stern, Laventhal, Norgard & Daly, Attorneys

Belleville Times August 15, 22, 29, September 5, 1996 Fee: \$82.72 B96-430

SHERIFF'S FILE NO. 96-014661

SHERIFF'S SALE
SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F169487 INDEPENDENT ON EMORT-GAGE CORPORATION, PLAINTIFF vs. LEO SWENEY AND DENICE SWENEY, 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, September 10, 1996, at one-thirty P.M. (Prevaling Time) Commonly known as: 00000001 BRIDGE STREET NUTLEY, NJ 07110 Lot: 23 Block: 4103 Size: 100 x 37.5 feet Distance to nearest cross street: 113.50 feet Nearest cross street: COMMONWEALTH 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 SIXTY ONE THOUSAND EIGHT HUNDRED THIRTY THREE AND 65/100 DOLLARS (\$61,833.65), together with the costs of this sale.

The Sheriff reserves the right to adjourn the sale from time to time as provided by Law. New Jersey, N.J. August 5, 1996 ARMANDO B. FONTAURA, Sheriff Chapiro & Freeman, Attorneys

Belleville Times August 15, 22, 29, September 5, 1996 Fee: \$77.08 B96-432

SHERIFF'S FILE NO. 96-014705

SHERIFF'S SALE
SUPERIOR COURT OF NEW JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F896394 FEDERAL NATIONAL MORTGAGE ASSOCIATION, PLAINTIFF vs. CORNELIO ORCULLO, WIDOWER, 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, September 10, 1996, at one-thirty P.M. (Prevaling Time) Commonly known as: 00000003 CUERO ST. BELLEVILLE, NJ 07109 Lot: 49 Block: 712 Size: 45 x 100 feet Distance to nearest cross street: 630.81 feet Nearest cross street: NEWARK 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 THUNDRETHREE THOUSAND THREE HUNDRED EIGHTY TWO AND 70/100 DOLLARS (\$1,063.8273), together with the costs of this sale.

The Sheriff reserves the right to adjourn the sale from time to time as provided by Law. New Jersey, N.J. August 5, 1996 ARMANDO B. FONTAURA, Sheriff Fein, Seck, Kahn & Chapiro, Attorneys

Belleville Times August 15, 22, 29, September 5, 1996 Fee: \$77.08 B96-433

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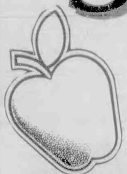
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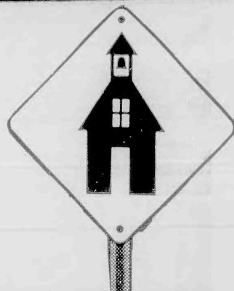
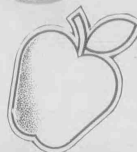
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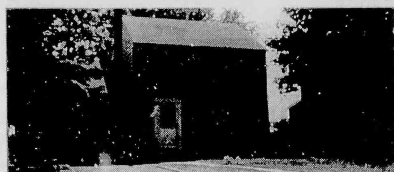
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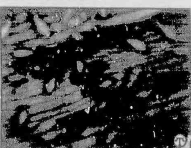
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(NAPSI)—When it's time to terminate termites inside your home, you want to eliminate the source of the problem—the termite colony. Safeguarding your investment from these expensive, wood eating pests has just gotten easier and more effective.

A new advance in subterranean termite control has ushered in breakthrough technology that eliminates entire termite colonies by minimizing the use of chemicals to only those areas when and where termites are present around the home.



Foundations of homes are popular dining spots for subterranean termites. These insects cause more than \$1 billion in damage annually to U.S. homes.

This new technology, the Sentricon® Colony Elimination System from DowElanco, is the only termite baiting system currently available to homeowners. It is a remedy for nearly one and a half million homeowners nationwide who suffer from subterranean termite damage each year. This year alone, homeowners will face more than \$1.2 billion in termite-related repair costs.

The Sentricon System uses a three-step process. First, it monitors for evidence of termites in the soil around a structure. When the bugs are discovered, the system uses the biology and natural behavior of termites along with a unique bait, toxic to termites, to eliminate the colony over time.

The bait is then removed and the system returns to the monitoring mode to detect new colonies which may invade the area.

"This technology is completely different from other methods of termite control," says Kevin Burns, product marketing manager for DowElanco, a joint venture between the Dow Chemical Company and Eli Lilly and Company. "For the first time ever we can eliminate entire termite colonies. And because Sentricon does not require drilling holes in expensive interior floors or foundations, it's much less intrusive than traditional methods of termite control."

Homeowners can call 1-800-678-2388 to find local pest control operators that offer Sentricon.

HINTS FOR HOMEOWNERS

Tips On Selling A Home

(NAFS)—If you're planning to put your home on the market and want to sell it quickly, these proven tips from the experts at the CertainTeed Home Institute can help:

- Make sure the appearance of your home is neat and clean as prospects drive up to it. If the exterior needs some touch-up painting, it is worthwhile to do so where needed. Also consider planting some flowers and shrubs.

- Bake an apple pie and place fresh flowers throughout the house. Both not only make a home smell nicer, but add to its charm.

- If closets are packed tightly, remove some of the items and place in the garage. Today's homebuyers like plenty of closet space and filled closets give the feeling that they are too small.

- Upgrade the insulation levels in your attic. It is a simple job to do, especially with encapsulated fiber glass insulation products like Easy-Handler®. Today, many institutions offer energy efficient mortgages so if your house is insulated to today's energy standards it will potentially qualify a greater pool of buyers and possibly help you sell your home faster.

- Caulk and weatherstrip around windows, doors, electrical outlets and baseboards, again, for energy efficiency sake.

- Make the inside of your home bright and cheery by turning on



Homebuyers like plenty of closet space. Keeping yours half-filled gives the illusion that they are larger than they really are.

the lights and opening up the window blinds.

Get rid of clutter from the basement and try painting the basement floor battleship gray in a non-latex paint to make it appear clean and bright.

• Lastly, make sure your home is neat and tidy inside. Potential buyers want to picture themselves in the home and it is hard to do this if the home appears sloppy.

Free Energy Guide

For more information, on selling a home, contact the CertainTeed Home Institute for a free copy of the "Energy Checklist For Home-Selling" at P.O. Box 860, Valley Forge, PA 19482 or call 1-800-782-8777. You can also visit the Institute on the Internet at <http://www.certainteed.com>.

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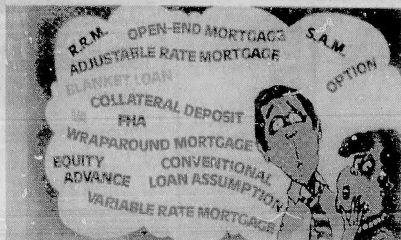
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Investments
Appraisals
Notary

BUY FOR \$766 MO. CORE THRU & CONDO BELLEVILLE - 2000 sq. ft. 2 story colonial home in great condition with a great location at the heart of the town. Call for details. \$129,000 (N000) W. Orange Office 731-6064	BUY FOR \$1,010 MO. SATERVENT OPTION BELLEVILLE - 2000 sq. ft. 2 story colonial home in great condition with a great location at the heart of the town. Call for details. \$179,000 (N000) W. Orange Office 731-6064	BUY FOR \$888 MO. CHICKA PRIDE BELLEVILLE - 2000 sq. ft. 2 story colonial home in great condition with a great location at the heart of the town. Call for details. \$179,000 (N000) W. Orange Office 731-6064
BUY FOR \$1301 MO. OPEN SUNDAY 1-5 83 Trichette Avenue, (Old Ridge) 4 bedrooms colonial on North End of town office area road, gas, finished basement. New Colonial area school, security reduced bid \$219,000. Upper Montclair Office 746-1515	BUY FOR \$809 MO. OPEN SUNDAY 1-5 81 Main, Bloomfield 3 bedrooms, 2 bath colonial with new vinyl siding, polished marble floors and more more! 1700 sq. ft. great home in a fabulous area! \$179,000 Upper Montclair Office 746-1515	BUY FOR \$820 MO. OPEN SUNDAY 4 Maple Street, Bloomfield Don't rent, own! Montclair, new colonial 2 beds with two bedrooms, 4.5 baths, hardwood floors, new, call for details. \$179,000 Upper Montclair Office 746-1515

Upper Montclair Office
201-746-1515

Serving the Caldwell/
West Orange Area
201-731-6064

Weichert Realtors
We Call More
Because We Do More

For Mortgage info call 201-746-1515
For Insurance info call 201-746-1515

"THE CLASSIFIEDS"

For All Walks Of Life

All Classified Ads automatically appear in all four of our papers. The Nutley Star, Belleville Times, Bloomfield Life & Glen Ridge Voice.

All Transient Ads Must Be Paid In Advance!

First 4 lines.....\$16.91
Each Additional Line.....\$1.52

•Borders Available.....\$5.00
•Contract Rates
•Special Pages
•Business Card Page
•DIAL-A-SERVICE

CALL FOR
ADDITIONAL
INFORMATION
TODAY!

201-667-3000

CREDITS:

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

NAME _____
ADDRESS _____
PHONE _____
CATEGORY _____ RUN DATE _____
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Check _____ Visa/M/C# _____
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MAIL COUPON TO:
ORECHIO PUBLICATIONS
800 BLOOMFIELD AVENUE
NUTLEY, NJ 07110
ATTN: CLASSIFIED DEPT.

PARTS
ACCESSORIES
SERVICES

ATTENTION!
AUTO PARTS

WILL PAY CASH FOR ANY JUNK
CAR IN ANY CONDITION

Highest prices paid for late models
USED CARS & TRUCKS

991-4246 or 991-0081
USED PARTS 54 Stover Ave. Kearny USED PARTS

AUTO SALES

1978 Ford LTD.
Runs great \$375. or B.O.
rick. Call 751-2193
after 5pm.

1981 Cadillac DeVille
Good for parts only! First
\$200 takes it! 422-1454
(leave message)

1982 Chevy Citation
2dr. V6, auto trans.
45K, orig. mile, exc.
mech. cond., \$700.
Call 744-1846

1984 Chevy 1500 series
Pick Up. 77k, very good
work truck with wooden
deck. Runs excellent.
\$3,000 or B/O must sell.
Call 661-5184 anytime.

1984 Outback Ciera
New brakes & battery.
Good cond. 87,000 miles.
\$950 or B.O. 893-9074

1984 Monte Carlo
47,000 mi. Mint condition.
Gorgeous kept. Full
power. Elec windows &
locks. A Must Sell!

1985 Buick Riviera
35,000 miles. PW, PB,
Plocks, AM/FM
cassette. New tires.
\$1000, or best offer!
Call 661-4889

AUTO SALES

1985 Chrysler LeBaron
4 dr. PS, PB, AC, auto.
4 cyl. Runs good. 66,000
mi. \$2299 or B.O.
751-4079

1987 Lincoln Mark VII
Fully loaded. 69,000
miles. Immaculate con-
dition. \$5995, neg.
893-4411

1988 Alfa Spider Quad
Convertible/hardtop, sil-
ver w/gray leather int.
AC. All Options. 41,000
miles. Exc. cond. gar-
aged. \$8,500 284-1208

1988 Chevy Camaro
61K. AM/FM, auto, ex-
cellent cond. \$3,500.
Call 743-8259

1988 Chrysler Town &
Country Station Wagon,
auto, A/C. Loaded.
Beautiful cond. Asking
\$2,250. Call 219-3398

1988 GMC 2500 Van
- good work van. 95,000
miles, new tires.
\$4,250 or Best Offer.
Call 748-7077

1994 Honda Civic EX,
4 dr. Fully loaded, exc.
sun roof, low miles.
\$12,500. Call 284-0487

AUTO SALES

1990 Chrysler 5th Ave.
Mint cond. 35,000 miles.
PS, PB, auto, landau
roof, many extras, gar-
age kept. 4 new Michelin
Xti tires. Asking \$9500.
783-7358

1991 Toyota 4x4 ext.
cyl. pick up, auto., many
extras, exc. cond. low
miles. \$10,000.
Call Mike 667-4002

1993 Eclipse GS
White, 32,000 miles, fully
loaded. Perfect condition.
\$13,000. 235-0234

1993 Mint Silver Eclipse
Mitsubishi, AM/FM radio,
4 cylinder, 45K, \$8,500.
neg. Great Condition
Call 661-0657

1994 HONDA MAGNA,
750cc Mint cond. Only
650 mi. Garage kept.
\$5,000. Call Matt
571-1635

1994 Jeep Cherokee
Country, 4 WD, ABS
brakes, power
windows, locks,
cruise, AM/FM cass.,
alt wheel, tinted
windows, alloy
wheels, alarm system
& more. Immaculate -
only 12,700 miles.
Warranty - Must Sell!
\$20,000. Call:
667-3345 after 5pm.

94 Buick Roadmaster
80K, like new,
all pwr, only \$12,000.
Call 694-7415

CARS UNDER \$150
All models - seized and
auctioned by DEA, FBI,
IRS; trucks, buses, com-
puters, furniture and
more. Available by your
area. Call now.
1-800-451-0050
Ext. C199.

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SEIZED CARS
on permits on the \$1.
Jaguar, Corvette, Mer-
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Your area. Toll free
1-800-898-9778 Ext. A-
5139 for current listings.

SEIZED CARS
FROM \$175.
Porchs, Cadillacs,
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Corvettes,
also Jeeps, 4 WD's.

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area. Toll free
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Ext. A-5139 for
current listings

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FOR YOUR CAR
I'll Tow Your Junk Away
FREE!! Call Today!

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Beepers 901-5470
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JUNK CARS WANTED
*Free Tow-Away
*Same Day Pick-Up
(In Most Cases)
S.O.S. TOWING
All Areas 759-8471

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WITHOUT GLASSES!
Safe, rapid, non-surgical,
permanent restoration 6-
8 weeks. Airline pilot de-
veloped. Doctor ap-
proved. Free information
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ext. 224, 406-961-5570,
Fax 406-961-5577

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GUARANTEED

CHILD CARE
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Looking for a qualified
person to care for 2 small
children PT in my home.
Call Lori 235-0644

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CHILDCARE: AuPairCare
cultural exchange.
Legal, trained, experi-
enced. English-speaking
aupairs. Affordable live-
in childcare, local coordi-
nator. Call 601-623-
3860 or 201-327-1386
or 1-800-4-AUPAIR

Loving care for
children in our Nutley
home. Flexible hours.
Call 667-5488

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Ext. T-5139

123 newspapers reach-
ing over 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 details

AIRLINE JOBS
Hiring domestic & inter-
national staff. Flight at-
tendants, ground agents,
reservations, ground
crew & more. Excellent
travel benefits! Airline
Employment Services.
1-206-971-3892
ext. LB891.
Refundable Fee.

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

Assistant Bookkeeper
ADP payroll expert. Com-
puter knowledge a plus.
Experience. 40 hrs/week.
F/T, full benefits. Send
resume to: Nutley Sun
P.O. Box 115
800 Bloomfield Ave.
Nutley, NJ 07110

COUNTER PERSON
FT position, 40 hrs per
wk. Responsibilities in-
clude inventory maintenance,
stock & customer ser-
vice. Benefits. Apply at:
Ricciardi Paints
91 Washington Ave.,
Nutley

Deli Clerk FT/PT apply
person. Call 748-7357
Supervisor at 406
Broad St. Bloomfield

Deli Counter Person
FT, must be neat &
responsible. For appt,
Call Mike, 759-3509.

PERSONAL NOTICES

ALUMNI
ST. PAUL'S HAUNTED HALLS
NUTLEY

to participate in 25th Anniversary.
Contact Stephanie Sutton
(201) 994-0809
Michele Marra
(201) 667-5539

ADOPTION AGENCY
Non-profit, has helped
4000 birthparents and
families. Birthparents can
adopt anytime. Adopting
families can adopt healthy US
and healthy (not special
needs) Chinese infants.
Short wait. No restric-
tions. 1-800-840-3400

BANK TELLERS
Part-Time
The Trust Company of
New Jersey currently has
PT Teller positions avail-
able in our Belleville and
Nutley branches. Clerical
or cashier experience a
plus.

If additional information
is necessary please call
Human Resources at:
(201) 420-4950 or visit
the Belleville branch lo-
cated at 402 Main Street,
Belleville, NJ 07109 or
the Nutley branch lo-
cated at 474 Franklin Ave-
nue, Nutley NJ 07110

THE TRUST
COMPANY OF
NEW JERSEY
EOE/M/F/D/V

Carpenter Wanted -
3-5 yrs. exp. in all areas
of res. building & remodel-
ing. Invt., frame/fin-
ish. Tools & trans. a must.
w/hold drivers lic. Poss.
long term emp. if you are
reliable, professional &
committed to doing qual-
ity work. Pay neg. w/exp.
Call 748-8100 for appt.

CASH PAID WEEKLY
Earn \$2 for each envelo-
pe you stuff. Free de-
tails. Send SASE:
National Homemakers,
4409 N. 16th Street,
Suite 2008,
Phoenix, AZ 85016

Cook/Housekeeper Ma-
ture person. 7am - 12pm
5 days in boarding home.
Home type cooking. Call
485-2415 9am - 5 pm.

Customer person. Week-
days 9am - 2:30pm.
John's Deli. Call 338-
5759. Ask for John.

DEMONSTRATORS
Christmas Around The
World. Great Pay. No In-
vestment To Start. \$300
Kil. Super Incentives.
The Best Hostess Pro-
gram. Achievement Op-
portunity. Don't Delay.
Call Now! Call Carolyn
(201) 235-9453

Dental Assistant P/T
for busy oral surgery
practice. Must have exp.
Clifford-Newayville.
908-851-8460

DRIVERS - OTR Tractor/
Trailer drivers. Company
& Lease Purchase op-
portunities for those who
qualify. Company drivers
up to 28 cents per mile.
Lease purchase zero
down. Late model work-
ins. Call Art Opax
1-800-927-0451

DRIVERS - \$100K+ Train-
ers - \$70K+ \$20K Sign-on
(teams) Drive conven-
tional coast-to-coast
Buses, benefits, 401K,
Convenient Transport
(experienced) Ext. SX-26,
(Graduates) Ext. SX-26,
8428 Ext. SX-26. Week-
end & 40 hrs.

DRIVERS WANTED
Travel First Class with
Werner Enterprises.
Dedicated Van Opera-
tion. Home weekly. Slid-
ing Pay. 28 per mile and
up. Performance Bonus
etc. First day insurance
coverage. All Conven-
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Enterprises
1-800-346-2818

Drivers...Swift Trans-
portation now hiring trav-
elers for dedicated run.
Home weekly. Excellent
pay. Complete benefits.
Become a part of our ex-
clusive Volvo account.
1-800-800-7800
(EOE-m-f)

FT NAL TECHNICIAN
For up scale salon. Must
have lic. Following NOT
necessary great oppor-
tunity. Call 667-6007

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ST. PAUL'S HAUNTED HALLS
NUTLEY

to participate in 25th Anniversary.
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Michele Marra
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4000 birthparents and
families. Birthparents can
adopt anytime. Adopting
families can adopt healthy US
and healthy (not special
needs) Chinese infants.
Short wait. No restric-
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BANK TELLERS
Part-Time
The Trust Company of
New Jersey currently has
PT Teller positions avail-
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Nutley branches. Clerical
or cashier experience a
plus.

If additional information
is necessary please call
Human Resources at:
(201) 420-4950 or visit
the Belleville branch lo-
cated at 402 Main Street,
Belleville, NJ 07109 or
the Nutley branch lo-
cated at 474 Franklin Ave-
nue, Nutley NJ 07110

THE TRUST
COMPANY OF
NEW JERSEY
EOE/M/F/D/V

Carpenter Wanted -
3-5 yrs. exp. in all areas
of res. building & remodel-
ing. Invt., frame/fin-
ish. Tools & trans. a must.
w/hold drivers lic. Poss.
long term emp. if you are
reliable, professional &
committed to doing qual-
ity work. Pay neg. w/exp.
Call 748-8100 for appt.

CASH PAID WEEKLY
Earn \$2 for each envelo-
pe you stuff. Free de-
tails. Send SASE:
National Homemakers,
4409 N. 16th Street,
Suite 2008,
Phoenix, AZ 85016

Cook/Housekeeper Ma-
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5 days in boarding home.
Home type cooking. Call
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Customer person. Week-
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John's Deli. Call 338-
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Kil. Super Incentives.
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Call Now! Call Carolyn
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Dental Assistant P/T
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Clifford-Newayville.
908-851-8460

DRIVERS - OTR Tractor/
Trailer drivers. Company
& Lease Purchase op-
portunities for those who
qualify. Company drivers
up to 28 cents per mile.
Lease purchase zero
down. Late model work-
ins. Call Art Opax
1-800-927-0451

DRIVERS - \$100K+ Train-
ers - \$70K+ \$20K Sign-on
(teams) Drive conven-
tional coast-to-coast
Buses, benefits, 401K,
Convenient Transport
(experienced) Ext. SX-26,
(Graduates) Ext. SX-26,
8428 Ext. SX-26. Week-
end & 40 hrs.

DRIVERS WANTED
Travel First Class with
Werner Enterprises.
Dedicated Van Opera-
tion. Home weekly. Slid-
ing Pay. 28 per mile and
up. Performance Bonus
etc. First day insurance
coverage. All Conven-
tional Fleet. Werner
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Drivers...Swift Trans-
portation now hiring trav-
elers for dedicated run.
Home weekly. Excellent
pay. Complete benefits.
Become a part of our ex-
clusive Volvo account.
1-800-800-7800
(EOE-m-f)

FT NAL TECHNICIAN
For up scale salon. Must
have lic. Following NOT
necessary great oppor-
tunity. Call 667-6007

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This is your opportunity
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Candidates must pos-
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a reliable car for transpor-
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Classes begin
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Individuals who com-
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Call 485-1400.

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1000 envelopes =
\$5000. Receive \$5 for
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For free info call 24 hour
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Valley National Bank,
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(Morn/Afternoon Hrs)

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Qualified candidates
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good people skills, good
communication skills, &
good math skills. A high
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Hrs: Mon 9-3, Tues 9-1,
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should have good com-
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and have good PC skills.
Prior banking experience
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In addition to a pleasant
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nearby branches to pick
up an app.

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1455 Valley Rd.
Wayne, NJ 07470
Equal Opportunity Employer

Recapitulation 1 FT & 1
PT. Busy demograph-
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VERY flexible. Will train.
Fax resume: 759-2582

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PT position for respon-
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student. Will train. Apply
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91 Washington Ave.
Nutley

PT we train people to
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req'd. Call Joe 450-4416.

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Immediate full time opening
for North Jersey area weekly
newspapers. 2-3 years
experience a must.

Send resume to:
Human Resource Director
P.O. Box 281
Nutley, NJ 07110

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Do you enjoy talking
on the phone?

Then this is the position for you!

PART-TIME TELEPHONE SALES

•No high pressure sales
•We offer part-time flexible daily
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PLUS...
•An hourly rate
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Perfect for homemakers and retirees!

Call Us Today!
BLOOMFIELD
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SERVICE/SALES
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Auto Allmark. Local
territory. Must like work-
ing with your hands.
\$40K base + bonus +
benefits. EOE
1-800-316-1042

MANICURIST WANTED!
to take over following.
Must be technically ad-
vanced in all phases of nail
care. Vacation, benefits,
salary & commission.
Call 450-5834.
Leave message

NO EXPERIENCE
NECESSARY
\$500 to \$500 Weekly/Poten-
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gage refunds. Own hrs.
1-800-487-184 ext.
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Office Help, Light basic
Acct. PT 20 to 30 hrs.
9-3pm. Belleville area
Call Fax at 450-4222

Part Time Receptionist
In Optometrist office.
Mature person must
have knowledge of
computer & typing.
Flexible hours.
Call 748-7799
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Be your own boss for
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First 50 Callers will
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Homepage in the biggest
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SUB SHOP/DEL.
NUTLEY. Booming busi-
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School. Great location,
all appliances included -
great for small catering!
Low rent, surrounded by
homes & businesses!
\$38,000 (\$507)

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Friendly dealers display

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\$799, complete free. See
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LOWEST PRICES
GUARANTEED - 24 hrs.
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Set of Acoustic
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3 way home theatre
sound, 12" P/P cone
woofers, 4" mid-range,
3" tweeter, Grand
nag, still in original
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offer. 680-6411

STEREO
with dual cassette, EQ,
digital tuning & 2 power
speakers. \$100 or best
offer. Call Frank 429-0219

WINE PRESS 32 inch
solid case iron base,
complete, 6 Ft. iron
pole complete with frame
pump. Call 731-0575

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BEDS...TAN AT HOME
Buy Direct and SAVE!
Commercial-Home Units
From \$199.00 Low
monthly payments!
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Catalog Call Today
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AND OTHER TOY
& MODEL TRAINS
COLLECTOR
PAYS TOP PRICE
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OR 201-829-1005

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SERVICE & SALES
USED AIR
CONDITIONERS
GUARANTEED
482-3681

BUILDING MATERIALS

Two steel buildings
(1) 40x24 was \$5500 will
sell for \$2480. (1) 40x56
was \$9616 will sell for
\$6616 in storage, never
put up blueprints incl.
1-800-292-0111.

FURNITURE FOR SALE

*Used Filing Cabinets
"Chairs" Decks
EDELSTEIN OFFICE
FURNITURE WARE.
16 Market St. Paterson
Ct Lakeview Ave & Rt.
80, 522-4153
*N.J. Sales Tax

4 Hitchcock Chairs
Black Walnut with cane
seats. Mint condition. Cir-
ca 1900. Asking \$450.
Call after 4pm 667-2610
or 667-1369

Crib Set & Youth Bed
Mattress, Chiffonier,
Changing Table w/
drawers. Excel Cond.
\$600 or B/O. 201-1542.

FURNITURE FOR SALE!!!

Kitchen Set w/4 chairs,
Butcher block, Cane
chairs, upholstered seats
Call 661-4171

MATTRESS/BOX SPRING SET

*Ortho.
*Never Used
*New in package
*Cost \$350.
*Sell \$110 Cash
256-2526

GARAGE SALES

Belleville Estate Sale
9/7 & 8, 10-5. No early
birds! Fum., clothes, HH
items, & much much more
500 Madison St.
(off Passaic Ave.)
Near Belleville High.

BELLEVILLE Gigantic
yard sale 9/6 & 9/7, 9-
4pm
91 Union Ave.

BELLEVILLE 9/7 & 9/8,
10-4 pm, rugs, clothes,
baby items, h/h items
67-69 Cedar Hill Ave.

BELLEVILLE 4 Family
Sale 58 Sycamore cir.
(off Chestnut) Sept 7/8,
10-5. Clothing, turn
men's suits, res. lots
of knick-knacks, albums
& many misc. items.

Belleville - Hugs 3
Family yard sale
Everything from A to Z.
Sa' 9/7, 9-5 pm.
123 Franklin St.

Bloomfield 3 Families.
9/7, 10-4. Something For
Everyone! 25 Willard
Ave. Cash Only!!!

Bloomfield Sat 9/7,
10-4pm, No Early Birds.
H/H items, baby items,
& lots more
36 Clover Lane

GARAGE SALES

Nutley - 152 Mt. Vernon
St. Sat & Sun, 9/7 & 8,
10am - 5pm. No Early
birds. Something for
Everyone! Stereo, ex-
ercise equip, books,
furn, nic-nacs, jewelry,
Conc. art. and much more
to bsmnt. Rain or shine!

Nutley - Multi Family
Sale - Sat & Sun, 9/7 &
9/8, 9am - 4pm.
32 Hampton Pl.
H/H items, clothes,
toys, baby items & more

Nutley 11 Willow Place.
(off Chestnut Pl. near
Police Dept.) Sat & Sun
Sept. 7 & 8, 9-5 pm.
Beer Cans, books, base-
ball cards, clothing, new
car cover, and tables,
lamps, DR. Mirror 36x46,
Mic., & Household items
Rain Date Sept 14 & 15

Nutley Sept. 7/8, 11-4.
Toys, books, furniture,
lamps, pictures, etc.
57 Harrison St.

Nutley - Antique Sale
9/6 & 9/7, 9-5. Partial
contents of 3 homes.
Oak tables, 9 ft. carved
mahogany mirror, leather
seats, wrought iron tables,
pottery, infant cot, lamps
& glassware. Solid
bronze sun dial & much
more.
634 Passaic Ave.

NUTLEY BLOCK SALE
9/6, 8, 9/7 & 8, 9-4,
Myrtle Ave. between
Park Ave. & Grant Ave.

LAWN/GARDEN

PRIVACY HEDGE
Fall Clearance. Cedar
Arbutus 3R - 4ft tree
regularly \$29.95, now
\$10.95. Free delivery -
guaranteed - 12 tree min.
Also available - birch, lilac.
Discount Tree Farm.
Phone 1-800-889-8236

PETS FOR SALE

\$100 Pup Sale
Older Pups Only. Good
selection. MC/Visa.
Open September 7 & 8.
Hrs. 10-5. Call: J. O'Neill
Kennels, US Hwy 1-1,
Princeton, NJ. Directly
across road from Hyatt
Hotel.

STAND OUT!!!

THAT'S

JUST WHAT

YOUR AD

WILL DO

WHEN YOU

USE A

LARGER

TYPE SIZE

REGULAR & POINT

10 POINT

12 POINT

14 POINT

PET SERVICES

IN-HOME
PET GROOMING
10 yrs experience.
*Certified
*Professional
*Dogs
*Cats
*Ferrets
*Rabbits
Reasonable Rates
Hand Sissoring
*Personality Cuts
Call Kimberly
428-9478 or
beep at 668-3491

REAL ESTATE

COASTAL
NORTH CAROLINA
waterfront bargains
Warefront, water access
homesites with boat
launch or slips starting
\$17,900.
Live A/C Development
1-800-566-5293

Lot For Sale, 3/4 acre
beautiful country lakes
at High Point, Sussex,
NJ. For further details
please call 201-450-
4879 after 5:00 p.m.
week days, or any time
Saturday and Sunday.

Belleville - Hugs 3
Family yard sale
Everything from A to Z.
Sa' 9/7, 9-5 pm.
123 Franklin St.

Bloomfield 3 Families.
9/7, 10-4. Something For
Everyone! 25 Willard
Ave. Cash Only!!!

Bloomfield Sat 9/7,
10-4pm, No Early Birds.
H/H items, baby items,
& lots more
36 Clover Lane

REAL ESTATE



EQUAL HOUSING OPPORTUNITY

All Real Estate
advertised herein is
subject to the Federal
Fair Housing Act of
1968 which makes it
illegal to advertise
"any preference,
limitations, or
discrimination based
on race, color,
religion, sex, natural
origin, familial status
or handicap or
intention to make any
such preferences,
limitations or
discrimination"

We will not knowingly
accept any
advertising for Real
Estate which is in
violation of the law. All
persons are hereby
informed that all
dwellings advertised
are available on an
equal opportunity basis.

To complain about
discrimination in
housing, call HUD's
national toll free
number.

1-800-424-8590

BARGAINS ON GOVERNMENT FORECLOSED HOMES.

Save up to 50% or more.
Minimum or no down
payment. Delinquent tax
properties, repos sold
this month. Call now for
list 1-800-338-0020
ext. 199.

BELLEVILLE NEW LISTING

BRING MOM
Don't miss this 5 BR
home w/3 baths. Good
condition. Won't last at
\$139,900.
Call Marie at
Century 21
Stanford Agency
235-9000 or
(Evea) 667-1540

Belleville By Owner
1 fam., 3 BR exp. Cape
LR, DR, EIK, 1 1/2 bths,
12 ft. bsmnt. gar., move
in cond., nr schools &
trans. \$134,000 (neg) 50
Madison St. Call for apt.
759-1588

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HOUSES FOR SALE

NUTLEY NEW LISTING
Affordable 2 BR Colonial
w/fg ms, maintenance
free exterior. Just needs
a little TLC. Attached gar.
& rear Florida ms. an
added bonus. Listed at
only \$142,900.
MONACO REALTY
667-8900

NUTLEY
UNUSUAL RANCH
1 1/2 living w/2 lg. BR's,
fam. rm + LRI Central air,
bath in gar. Great for the
smaller family! \$150's -
owner wants offers. Must
be seen!

UNUSUAL LG. COL.
Nutley Pl. w/2 lg. BR's,
2 1/2 bths, 3 fireplaces on
70x140 lot w/gar. in rear.
\$250's - Make your offer!
Call Listing Broker for
appt's & details.

REALTOR:
Records Realty
667-5500

West Caldwell
Open House
7 Pine Tree Pl
Sun, 9/8, 1-4pm.
Split level, 3 BR's. Move
in Cond. Concrete in
ground pool. \$259,000.
201-882-0760

SPACE FOR RENT

NUTLEY
Manicured space
for rent.
Call 661-0303

APARTMENTS UNFURNISHED

BELLEVILLE 1 BR ultra
modern, perfect apt. in
quiet community. Extras
include W/W, cpt, H/W,
laundry rm, safe parking,
& the best deal in the
area. Call 759-4379.

BELLEVILLE 6 Rms, 2nd
fl. 3 BR, 2 baths, C/A,
A, 900+ sq. ft. Avail. 9/1

3 Rms., + bathroom,
\$600 incl. util. Avail. 9/1
759-0960 or 743-8237

Belleville 5 lg., mod.
hms, 1st fl apt in a 2 fam.
h/w incl., no pets, perf.
adults. Quiet res. block.
Avail immediately.
Call 751-4594 or
609-597-3593.

BELLEVILLE 4 rms, 2nd
fl., Mature female pref.
Call 751-1529

Belleville 3 rms h/w
supply, no pets, 1 mo.
sec. Avail 9/1.
667-5190

BELLEVILLE Nutley line,
2 family, 1st fl. adults
pref., freshly painted, 2
BR, LROR combo EIK,
util. room, h/w supply, 1
1/2 mo. sec. Ref's req.
\$750. Call 751-6710
after 5.

BELLEVILLE
1st fl. 2 BR apt + porch.
\$750, H/W inc. Avail.
immediately.
MARZULLI
REALTOR 743-2306

BELLEVILLE
3 rms, 1 BR, \$625,
H/W incl. MARZULLI
REALTOR 743-2306

BELLEVILLE
Efficiency Apt. H/W inc.
\$499/mo.
3 rms, 3rd fl, H/W inc.
\$425/mo.
3 mod rms, 2nd fl, H/W
+ prkg inc. \$680/mo.
4 rms, 2nd fl, H/W inc.
(\$C = Maas loc)
\$600/mo.
6 mod rms, 2nd fl, H/W
inc. \$650/mo.

NUTLEY
Gdn apt, 3 mod rms, H/
W + prkg incl. \$670/mo
METRO AGENCY
REALTOR 751-3400

BELLEVILLE 1 BR, H/
W incl. Washer & dryer
avail & parking \$715.
Call 535-8368

Bloomfield 1 & 2 BRS,
Apt for rent \$550-800
mo., H/W supplied, H/W
pets, No fax.
Call 429-7973 Inv mess.

BLOOMFIELD
3 1/2 lg ultra mod
rms, with W/W cap,
H/W/H sup. Laundry fac
on premises, Prkg
space. Call 743-6542

BLOOMFIELD 4 1/2 rms,
2nd fl parking apt, h/w
incl., \$650, avail. 10/1.
Call 429-3124

BLOOMFIELD-inc. val-
ues. 4 rms. Spacious w/
new kit & new w/c. New
ly fl. hwd flrs, great
closets, granite land.
H/W incl. near NYC trans.
all conv. at front door.
Call 743-7261

BLOOMFIELD
Ampere section, 5 rms &
3 rms. Avail. immed. \$750
& \$525. H/W inc.
MARZULLI
REALTOR 743-2306

NUTLEY
Expanded 3 BR Ranch
includes finished basem-
ent, 2 baths, LR, For-
mal DR, EIK, attached
garage and much more!
Priced to sell at
\$189,000.
Call Marie at
Century 21
Stanford Agency
235-9000 or
eves 667-1940

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APARTMENTS UNFURNISHED

FOREST HILL
PROPERTIES
In Bloomfield
RENTAL OFFICE 201-743-8867
SPACIOUS IMMACULATE GARDEN HOMES

Quality living in a fine community

The residential rental community of Forest Hill Properties
is located in the Township of Bloomfield. These gracious apart-
ments are situated in a park-like landscape of gently rolling
lawns and lush shade trees, and are adjacent to Forest Hill
Country Club. Every apartment is carefully and expertly pre-
pared to the highest standards, by an on-site staff which puts
your satisfaction first.

"Forest Hill
Properties is a
great
community in
a beautiful
setting. I'm so
happy to have
a home here"

*Studio.....\$585.00
*1 Bedroom.....\$635.00
*2 Bedroom.....\$799.00
*Duplex w/gar.....\$1025.00

The rental office is open 7
days a week. The office is
located at 115-B Davey St
in Bloomfield

CALL:
201-743-8867

APARTMENTS UNFURNISHED

BLOOMFIELD
St. Val's area Spfly
2 BR w/walk-up incl.
Avail. immed. Only \$825,
H/W incl.
MARZULLI
REALTOR 743-2306

TOWNHOUSE
DUPLICES
INCREDIBLY PRICED
AT \$1,025.00 Per Mth

Lovely spacious town-
house type garden du-
plex apt's w/garage &
basement area incl.
Quiet residential area.
Beautiful landscaped,
well maintained grounds.
Every apt. superbly re-
furnished to like-new
cond. On-site laundry
facilities. Conveniently
situated near all trans-
portation & major high-
ways. Caring, intelligent
on-site maintenance &
management.

Bloomfield 5 Rms,
2 Family, 2nd fl. A/C,
Plus util. No Pets, No
Smoking, Couple prefer.
Call 893-1344 leave
message.

BLOOMFIELD
2 BR 2nd fl. w/extra lg
kt. Avail. 10/1. St. Val's
area. \$725, H/W incl.

2 BR, 3rd fl of 3 fam.
Aval. 1/1/1. Includes AC,
crtl, new bth & lg. kit.
\$800, H/W incl.
MONACO REALTY
667-8000

Fox Hall Passaic Pk.
Brook Avenue
1 Bedroom includes
H/W, gas cooking,
W/W carpets. No pets.
From \$700.00
201-777-5222
201-473-2800

Classified
Deadline
Tues. 12 noon
for Thursdays
Paper

Rental Office
Open 7 Days A Week
Call: 201-743-8867
No Pets

KEARNY-Lovely 1 BR
apts, just 1 block from
shopping & trans. \$649
per mo. To inspect
please call Resident
Manager at:
201-991-2817

FAX IN YOUR
CLASSIFIED
AD:
667-3904

APARTMENTS UNFURNISHED



For the location of your nearest ShopRite Supermarket or Pharmacy Dept. Call 1-800-492-4173. 24 Hours A Day, 7 Days A Week!

BEEF LOIN, BONE IN, TAILLESS

Shell Steaks

3.99
lb.

SAVE 2.90 PER LB.



Over 2,000 Items On Sale In Every Aisle

ShopRite Is The

LOW Price Leader!

7 TO 9-LB. AVG. FROZEN

Lil' Butterball Turkeys



lb.

.69

Price Without Coupon **1.39**
lb.
WITH COUPON AT RIGHT

GET THE CARD THAT EARNS YOU



FREE FOOD!

The ShopRite MasterCard® Card: For people who eat.

Applications Available At The Courtesy Desk. For more details, Call 1-800-401-9876

Check Your Local ShopRite For Holiday Store Hours



Super Coupon

All Shoppers Must Present This Coupon To Receive Discount SR



7 TO 9-LB. AVG. FROZEN

Lil' Butterball Turkeys

Store Use Only

With Coupon Value Employee Initial



lb.

.69

With This Coupon, Limit one per family. Good at any ShopRite. Sun., Sept. 1 thru Sat., Sept. 7, 1996.

The MEATing® Place

THIN CUT

Fresh Beef Brisket

1.99
lb.

USDA CHOICE

BEEF LOIN

Boneless Sirloin Steak

2.99
lb.

USDA CHOICE

7-9 LB. AVG., CUSTOM CUT

Beef Butt Tenderloin For Filet Mignon

4.99
lb.

The Dairy Place

ANY VARIETY, ORANGE, GRAPEFRUIT OR PLUS JUICE

Tropicana Pure Premium

1.99
61-oz. cart.

ANY VARIETY

Polly-O Mozzarella

2.24
1-lb. pkg.

The Deli Place

ANY VARIETY

Ballpark Meat or Beef Franks

1.49
1 lb. (pkg.)

The Appy Place

SMOKED HAM, 100% PORK, NO FAT, NO SALT

Black Bear Virginia Ham

4.99
lb.

NO MSG!

STORE SLICED FAT FREE OR LOW SALT

Butterball Turkey Breast

4.49
lb.

RENAISSANCE

SAVE 12.00 (ADULTS) - SAVE 1.25 (CHILDREN)

When you purchase your advance tickets NOW ON SALE at ShopRite CHECKOUT COUNTER

ShopRite **FAMILY NIGHT** **\$3.00 OFF**

WED., SEPT. 11 7:00 PM ONLY

DETAILS AT SHOPRITE JIM HENSON PRODUCTIONS, INC.

WITH BACK ATTACHED, TYSON HOLLY FARMS

Chicken Leg Quarters

.47
lb.

USDA A GRADE

THIN CUT FROM LEG

Veal Cutlet For Scallopini

6.99
lb.

5-LBS. OR MORE MEATY, BREAST

Fresh Pork Spareribs

1.99
lb.

The Grocery Place

PLUS DEL. WHERE REG. 2.49 NEW SCHWEPES OR REG. 2.49

Pepsi 2-Liter

.89
MFR

UP TO 4 DISCOUNTS PER VARIETY

REGULAR OR SANDWICH

ShopRite White Bread

.89
22-oz. loaf

100-CT. BOX

Lipton Tea Bags

1.89
MFR

UP TO 4 DISCOUNTS

Health & Beauty Care

ARM & HAMMER DENTAL CARE

2.69
5-LB. BOX, CALIFORNIA

Thompson Seedless Grapes

ShopRite Sale Price **5.99** FINAL COST **3.99**

-2.00 SR

175 COUNT, WHITE OR ASSORTED COLORS

Scott Facial Tissue

31.00
FOR MFR

With This Coupon, Limit one per family. Good at any ShopRite. Sun., Sept. 1 thru Sat., Sept. 7, 1996.

The Produce Place

LUNCHBOX SNACK

Golden Ripe Bananas

3.100
lbs.

SWEET

California Strawberries

1.99
1-lb. cont.

A NATURAL TREAT

Sweet Peaches

.99
lb.

The Grocery Place

1-LB. 2-OZ. BOX, CEREAL

Kellogg's Special K

2.54
MFR

UP TO 4 DISCOUNTS

VAD PAK OR WHOLE KERNEL, REG., NO SALT ADDED OR CREAM

ShopRite Corn

3.100
12 to 15.25 oz. cans

KEG O'

Heinz Ketchup

.99
2-lb. btl.

General Merchandise

AVAILABLE SEPT. 3, TOWARD 11 PM OR EARLIER. WE'LL COME TO CAMPUS NIGHTMARE

Goosebumps Video's

9.99
each

IN THE MEAT DEPT., 3-LB. PKG., ALL MEAT

Thorn Apple Valley Griddle Hot Dogs

ShopRite Sale Price **3.99** FINAL COST **2.99**

-1.00 MFR

13-OZ. CANS, AUTOMATIC OR REGULAR

Savarin Coffee

23.00
FOR MFR

With This Coupon, Limit one per family. Good at any ShopRite. Sun., Sept. 1 thru Sat., Sept. 7, 1996.

7-11 SIZE, SERVE HOT OR COLD

Fresh Broccoli

.99
each

MAKE A POTATO SALAD

Red Bliss Potatoes 10-Lb. Bag

2.99
ea.

SWEET

Yellow Corn

10.169
for

Frozen Foods Place

COC., GOLD, CHOC. FUDGE OR CHOC.

Pepperidge Farm 3 Layer Cake

1.49
1/2 PRICE

ANY VARIETY, FROZEN YOGURT OR

Friendly's Ice Cream

2.84
1/2-gal. cart.

Fresh Fish Market

100% WILD, FRESH, FARM RAISED

Alaskan Wild Salmon Steaks

2.99
lb.

GREAT GRILLED, FRESH, FARM RAISED

Atlantic Salmon Steaks

3.99
lb.

Fresh Bake Shoppe

8 PK. FIRE HY-BAKED

Hamburger or Hot Dog Buns

.89

PLUS DEL. WHERE REG. 72-CZ. 12 CANS, ANY VARIETY, DIET RITE COLA, FLAVORS OF

RC Cola 6-Packs

4.99
4 FOR MFR

With This Coupon, Limit one per family. Good at any ShopRite. Sun., Sept. 1 thru Sat., Sept. 7, 1996.

**MICRODEX
FILE SEPARATOR**

**MICRODEX
FILE SEPARATOR**

200-052885-1

200-052885-1

**MICRODEX
FILE SEPARATOR**

**MICRODEX
FILE SEPARATOR**