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50¢

Women's Health Center opens its doors

Ex-president's daughter speaks about the importance of breast cancer prevention

By Natalie Waldron

When her mother was diagnosed with breast cancer 22 years ago, it was a topic that was never discussed publicly.

Susan Ford Bales, the daughter of former president Gerald R. Ford and first lady Betty Ford, is today the national spokesperson for National Breast Cancer Awareness Month. She has served in this position since the organization's founding in 1985.

She spoke to a crowd of people about her mother's experience at the opening of the Women's Health Center at Clara Maass medical center on Oct. 9.

Bales said that the family met to decide if they would "pass it off as female problems." But Ford-Bales explained that her mom said no because she thought that "out of her pain and anguish would come

some good."

"What my mother did was a breakthrough," she said.

"Back then women lived in a dark void and whispered about it," she said.

Ford-Bales, who travels 65,000 miles a year to speak to groups about prevention measures, said that the new center shows how far we have come today.

"Prevention" and "education" on women's health issues is the focus of the new center located on the lobby level of the Continuing Care building.

"It is likely that more than 44,000 women will lose their lives to cancer by the end of this year. Of that 44,000, 15,000 did needlessly without taking prevention measures," Ford Bales explained.

According to statistics compiled by the National Cancer Institute, one out of nine women will devel-

op breast cancer in her lifetime.

Essex County has the second highest cancer rate in the state, said Kathleen T. Ruddy, medical director of the breast service division at Clara Maass Medical Center.

"Early detection is the single most powerful weapon in the fight against breast cancer," she said.

The new center's resource area suggests that women should have a yearly mammogram starting at age 40; visit a doctor for regular breast exams—at least every three years for women between the ages of 20 and 40 and every year for a woman over 40; and practice monthly breast self exams.

The groups that bring the biggest concern to Ford-Bales are low-income Hispanic, African-American, and elderly women who do not visit their doctors for annual

(Continued on Page 2)



By Natalie Waldron

At the ribbon cutting ceremony of the Women's Health Center at Clara Maass is, from left to right, Dr. Edwin Amirata, assistant medical director of the breast service; Charlotte Sibley, a member of the board of trustees of Clara Maass Medical Center; Robert S. Curtis, president and CEO of Clara Maass Medical Center; Susan Ford Bales, national spokesperson for breast cancer awareness month; and Dr. Kathleen Ruddy, medical director of breast service.

Columbus Day Parade memories



Photo by Natalie Waldron

Members of Belleville High School's marching band provided entertaining music at the Oct. 13 Columbus Day parade which went through both Belleville and Nutley. (See additional photos on pages 6 and 7.)

Police busy with youth gang brawls

By James Zoccoli

Scores of teenagers from Nutley and Belleville were involved in numerous brawls over the weekend that kept police breaking up one fight after another in Nutley on Franklin Avenue and at its town parks.

Nutley Police Chief Robert DeLitta said officers were overwhelmed for an entire eight-hour shift on Sunday quelling the violence.

"We spent most of the night chasing kids around and breaking up fights," DeLitta said.

DeLitta said the numbers were large. One police report states that 50 Belleville teens entered Booth Park and randomly attacked a smaller group of Nutley youths.

Nutley High School students

claim that approximately 75 Belleville youths ignited the series of incidents on Saturday evening, when the Belleville gang rampaged through Nutley.

"They were just walking up to kids and hitting them," said an NHS student, who wished anonymity.

Police were besieged by calls on Monday and Tuesday from "concerned parents" regarding the series of incidents.

"The numbers of kids involved was large," DeLitta admitted of the fights.

The police chief, however, said he doubts claims by Nutley students that 15 carloads of NHS teens drove to Belleville on Sunday for a big brawl at School Number 5.

But one Nutley student insisted

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A statue of Christopher Columbus now stands in front of Town Hall. The statue, donated by the Italian American Civic Association, was unveiled on Oct. 12.

Columbus statue unveiled

Donated by local organization

By Natalie Waldron

President of the Belleville Italian American Civic Association Joseph Fornarotto unveiled the Christopher Columbus Statue located in front of Town Hall on Oct. 12.

He then presented the statue—estimated to cost about \$20,000—to Mayor Victor Canning as a gift to the township.

"We wanted to do something for our town," Fornarotto said.

The words engraved on the statue are "1451-1506 dedicated in honor of Christopher Columbus who had the foresight courage and determination to venture into the

(Continued on Page 4)

Planning board delays vote on former R.H. Macy's warehouse

By Natalie Waldron

At its Oct. 10 meeting, the Belleville Planning Board decided to delay a vote on the former R.H. Macy's warehouse property until its next meeting when the independent traffic engineer's report is finalized.

The board's independent traffic contractor, Ray DePasquale of MaserSosinski & Associates PA of Matawan, did not have the traffic study completed as of Oct. 10.

Newel's Realty Co., who owns the Macy's property, has plans to construct three or four large retail stores that would include 140,000 square-feet of space.

"The independent traffic engineer said that the applicant's engineer did not provide the raw data nor did they do important intersections which take much time," said Board Chairman Sebastian Papa.

"Bloomfield passed the development in three and a half hours and we are in our fifth meeting. The reason is because it is apparent that Bloomfield has all of the benefits and Belleville has all the headaches," Papa said.

The chairman said his biggest nightmare is "that the Macy's development would draw in 1,000 cars a day and NJ Transit wants to come in and stop them every three minutes to feed the city subway service line."

The site of the development is located near Belmont Avenue and Franklin Street in Belleville and Franklin and Watessing Streets in Bloomfield.

The side of the property is adjacent to a rail yard and passenger pickup proposed by New Jersey Transit.

Papa became a referee between the applicant and the independent traffic engineer as to who was right or wrong.

He criticized the independent traffic engineer for not keeping him posted on the problems and for sending him a letter of the problems two days before the meeting.

"Their excuse was valid, but they should have informed the board of the problems that caused the delay," Papa said.

He asked planning board engineer Tom Herits how long it would take to complete the study of the intersections.

Herits said two to three weeks.

Papa then said in no less than ten days before the board's next meeting that he would like the results of the independent study.

He said he would forward the results to the applicant (Newel's) no less than five days before the meeting.

Newel's traffic expert, Al

(Continued on Page 4)

School No. 9 nears completion

By Natalie Waldron

Mayor Victor Canning announced that PSEG has installed new utility poles for the lights at school no. 9, at Town Council's Oct. 8 meeting.

These lights will light up the hockey rink.

Director of recreation Dennis Buckley informed the council by

memo that sometime this week the playground equipment will be assembled at School No. Nine, Canning said.

"We are two steps closer to finishing the number nine school," he said. The next step will be the planting of powered at the baseball field," said Canning.

Canning said that the clay for

Police report

Warrant arrest

A 20-year-old Belleville man was observed by police to be acting suspiciously on Mill Street and Washington Avenue on Oct. 13, Belleville Police report.

Eddie Pratts was then found to be in contempt of court, police report.

Police said a warrant was issued for his arrest.

Pratts was arrested and held in lieu of \$1,000 bail.

Juveniles charged

Two juveniles were charged with possession of a controlled dangerous substance and drug paraphernalia for an incident on the

corner of Williams Street and Washington Avenue on Oct. 14, Belleville Police report.

Officers Rocco Andreottola and Richard Giordano observed two individuals walking on Williams Street smoking what appeared to be a marijuana cigarette, police report.

The two juveniles then passed the cigarette back and forth, police said.

Police found a plastic bag of marijuana on the 17-year-old juvenile and drug paraphernalia on the 16-year-old juvenile, police report.

The two juveniles were released to their guardians.

Resident honored



Connie Salamone of Belleville received a special recognition award on behalf of her husband, the late Jerome J. Salamone, from Professor Deran Hanesian (right) during New Jersey Institute of Technology's Department of Chemical Engineering, Chemistry and Environmental Science Merit Awards Ceremony. Salamone, a chemical engineering professor at NJIT who passed away in 1995, began work at NJIT in 1948 after serving as a Second Lieutenant in the U.S. Army Signal Corps during World War II. In the early 1970s, he served as Assistant Chairman of the Graduate Program. In 1976, he became Associate Chairman of Chemical Engineering and served in the position until his retirement in 1989. Salamone's research specialty was heat transfer.

Women

(continued from page 1)

exams.

The center includes a breast service perinatal program; an extensive Women's Health Resource Center — featuring literature, videotapes and CD-ROM presentations; diagnostic imaging including stereotactic breast biopsy, mammography, ultrasound and bone densitometry; endocrinology, cardiovascular, pulmonary and neurologic risk assessment; a variety of support groups and the "Hearts of Gold" volunteer program.

There will also be gynecologic oncology care, and preventative blueprints to ensure cardiovascular and bone fitness.

"The physicians represent only one segment of a team that includes advanced practice nurses, registered nurses, physical therapists, a clinical dietitian, a social worker and home-care personnel who will evaluate and cover the comprehensive needs of women using the new Center," said Kathleen Scoble, vice president of patient services at Clara Maass.

Annette Cozzarelli-Franklin, MD, medical director of the Women's Health Center, explained that the healthcare team will provide through its perinatal service,

consultation and medical management for women with high risks — including diabetes, hypertension and later maternal age — who are already pregnant or considering pregnancy.

"The concept of treating women in their own dedicated environment is very current and very important. Looking at the spectrum of medical literature, it is obvious that few health studies are geared toward female-specific illnesses," she added.

"The one study that centered on females, the Framingham heart study, demonstrated the sobering statistics that 45 percent of all post-menopausal women who suffer heart attacks die within a year. Compared to a 27 percent statistic for males, this heightens the need for our focused attention," Cozzarelli-Franklin said.

President and CEO of Clara Maass Medical Center, Robert S. Curtis, describes the center as geared to women of all ages.

For more information on the center call 1-888-WOMEN-00.

School

(continued from page 1)

the baseball field is estimated to go down early next spring.

Starting the end of this month PSEG will be reading water meters.

Resident Tim Sheehan asked the board why they needed to hire PSEG to read the town's water meters.

Canning said the collection rate for water was estimated between 40 and 60 percent.

Currently the town has its own employees that read the meters.

A private institution will probably be able to get in the homes easier than we can, Canning said. PSEG said their collection rate is 90 percent, Canning said.

"There is the opportunity that we can improve our water collections by 30 percent," he said.

Canning said that PSEG will get the readings and then supply them to the town which will be responsible for the billing.

The township currently has a five-year contract with Newark for water, which was signed in 1995.

In the 1995 budget there is an emergency appropriation of \$570,000, which is used primarily to offset operational deficits caused by unpaid water rentals.

PSEG would cost about \$70,000 for services to read the meters, said Canning.

In other business, a resolution was passed designating October as Italian American Heritage month and Mary Lou Hood was appointed as a Member of the Historic Preservation Commission.

Hood said she wanted to "bring an added awareness" to the historic significance of town properties.

"I am annoyed that they took the Cherry Tree down in front of town hall. It was chopped down to put the new Christopher Columbus statue there," she said. "The tree was dedicated to the widows and orphans of the second world war."

Democratic County Committee sponsors breakfast

The Belleville Democratic County Committee will hold its 32nd annual Pre-Election Breakfast on Sunday, Nov. 3, at 9:30 a.m. at the Chandelier Restaurant, 340 Franklin Ave.

Donations are \$20 per person.

Additional tickets are available through Gail Chimento at 751-1571.

This year Belleville Democrats will honor Thomas Giblin, Essex County Democrat Chairman.

Concerned citizens of Belleville scheduled to meet on Oct. 24

The Concerned Citizens of Belleville will hold a general membership meeting on Thursday, Oct.

24, at the Elks Club, 254 Washington Avenue, Belleville, at 8 p.m.

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MEAT

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Ground Beef Chuck \$1.99 lb.	The Best Milk Fed Veal Chops \$6.99 lb.	Perdue Chicken Cutlets \$3.29 lb. 5 lbs. or more 2.99 lb.

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26 lbs. Trimmed Weight \$64.95	23 lbs. Trimmed Weight \$69.95	10 lbs. Trimmed Weight \$29.95	20 lbs. Trimmed Weight \$45.95

PLAN #5 1 lb. Chicken Cutlets 1 lb. Veal Cutlets 2 lbs. Beef Stew 1 lb. Beef Steak 1 lb. Pepper Steak 2 lbs. Chicken Legs 1 lb. Hot Dogs	PLAN #6 2 lbs. Cube Steak 2 lbs. Chop Meat 2 lbs. Oven or Pot Roast 2 lbs. Sausage 2 lbs. Chicken Cutlets 2 lbs. Chicken Breast 1 lb. Veal Cutlets	PLAN #7 2 lbs. Country Style Spare Ribs 2 lbs. Chop Meat 9 lbs. Chicken Legs 3 lbs. Chicken Breast 2 lbs. Cube Steak 2 lbs. Beef Patties 2 lbs. Chicken Cutlets 1 lb. Beef Patties 2 lbs. Hot Dogs	PLAN #8 1 lb. Chop Meat 1 lb. Chicken Cutlets 1 lb. Beef Stew 1 lb. Pepper Steak 1 lb. Hot Dogs 1 lb. Italian Sausage 1 lb. Cube Steak 1 lb. Pork Cutlets
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Belleville Senior News

By Joseph Restaino



Kind Words

Kind words and seniors are synonymous. They should be preached and practiced by all of us. When we were young and harsh words came out fast, The hurt they caused should now be in the past. We speak out without even thinking. That our popularity may be shrinking. For words can be cruel to one who is kind. And tries to always keep friends in mind. Just try to keep calm and watch what we say. Tomorrow may solve what seems wrong today. As we grow older, and hopefully more mellow, Let us consider the other fellow.

"It's said, and we quote, "One catches more flies With one spoonful of sugar than a whole barrel of vinegar," Our aim should be to gain some more friends With one kind word, not a mouthful of vengeance. We know life is difficult, and at times very unkind, But others may be worse off — keep that in mind. Reach out and greet friends with a gentle touch. You'll find they respond and thank you so much. Life is too short to be so unwound. Be kind to each other and love will abound. So don't let relationships come to an end. You never know when you'll need a friend.

By Jeanne Bjagan

Condolences to Jean Goglia on the death of her sister-in-law.

Joe and Adriano Piombo send their best wishes to the members of the senior clubs and hope to be back soon. Regina Nucci is back from a cruise and states that she had a wonderful time and is ready to go on another one.

Some Friday Club members went to Atlantic City last week and as usual, there were more losers than winners, according to trip chairperson Joe Molinaro. Any senior wanting to go on trips may call Joe at 759-0209. You can also call Jo Rotonda of the Tuesday Club at 751-0787.

The Italian American Civic Association, on Saturday, Oct. 12 at 11 a.m. held the dedication of a statue of Christopher Columbus to the Township of Belleville. Frank Pomaco was M.C. There was a presentation by the Knights of Columbus 4th Degree. Former Fire Chief George Sbarra led us in the Pledge of Allegiance with the Belleville High School band playing the national anthem. Joseph Fornrotto unveiled the statue and Father Dennis of St. Anthony's Church blessed the statue. Mayor Victor Canning accepted the statue for the township.

It was gratifying to see a large number of seniors present and I must say that the speakers pleased the large crowd by making their speeches short and sweet. Chairman Fornrotto thanked committee members George Sbarra, Sal Calabro, Al Vecchione, Frank Ceres, Romeo Checchetto, Camille Nazzola and all the people who donated their time, services and materials to make this event a great success. I must say that this was a truly remarkable event and people will be reminded of it every time they see the beautiful statue. Belleville should be proud to have an organization such as this for their donation. Bravo!

This same organization on Oct. 25 is having their annual dinner dance at the beautiful Chandelier Restaurant. Party starts at 7 p.m. and tickets are only \$35 per person. Bob Gaccione is being honored as well as Paolo Frattaroli as men of the year. Members Al Vecchione, Vinnie Carlo, Frank Ceres, Vinnie Vecchione and John Carlo will also be honored as 30-year members of the organization.

I must report that Mike Chieffo was the D.J. that provided the

music at the unveiling.

Also, Leah Swanhart had cataract surgery and is doing fine.

I just heard that Fred Behan has been a member of the camera club of Nutley for over 25 years. Also, that Edward Matera won the trivia contest of the Belleville Times for last week's contest. Last week, his wife won the previous contest. Looks like they are keeping it in the family.

Don't forget the Derek Smith jazz piano concert to be held at the Belleville Public Library on Sunday, Oct. 20 at 2 p.m. Reservations are required so call 450-3434 for reservations.

With all the other ailments you can get from smoking, they have just discovered that you can possibly go blind from smoking. Just another nail in the coffin. Doesn't it make sense to stop smoking now!

Tid Bit:

Let me tonight look back across the span.

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Ella Wheeler Wilcox

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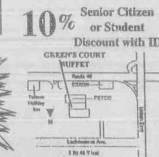
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Youth

(continued from page 1)

The School 5 incident did indeed occur, saying it was in retaliation for the earlier attacks launched by Belleville youths.

"We were really mad about what they did on Saturday," said an NHS student.

The student said the gang of Belleville teens had stopped at various Nutley parks on Saturday night looking for trouble. The rampaging Belleville teens also allegedly tried to intimidate some NHS students with baseball bats and a vicious dog.

Many of the teens involved in the street fights suffered numerous cuts and bruises. Two Nutley youths were taken to a local hospital for examination.

The teen violence followed an incident last week involving a

Nutley man and his girlfriend, who were beaten and robbed of \$290 by approximately eight Belleville youths.

According to police, the couple said they had asked the eight youths for a push after their vehicle had broken down. The youths helped out and the man paid the teenagers \$10. But authorities say the youths apparently noticed that the couple had much more cash in their possession, and the teens followed the couple, attacking them near Hancox Avenue.

Police later apprehended three of the youths. Some of the money was also recovered.

DeLitta said he supports the establishment of a "no loitering" ordinance.

"It's something we could really use," DeLitta said.

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Macy's

(continued from page 1)

Rinaldi, who is an employee of THP Inc. of East Brunswick, did not testify at the meeting because the board wanted to cover the issue in one meeting, when the independent traffic study is completed.

The other issue that was postponed was the issue of security.

"I want Belleville police hired for security and they want a private security firm," Papa said.

"I said if Ralph Salerno (the attorney for the applicant) could get the Belleville chief to okay his private plan that the board would go with it," Papa said.

Salerno said he thought he could get the chief's approval.

"When we first offered expert testimony we did not complete a written traffic law. But we ended up doing one because the board suggested it. We completed that on Aug. 8. At that time the board requested that there be an independent traffic study commissioned," said Michael Turner, a spokesperson for Newel's Realty.

"The size of the development warrants a traffic study and if he wasn't required by law to supply it I would doubt that the board would act on the application without it... Your talking about a development that will draw 1,000 cars per day in the area and that warrants a traffic study," Papa said.

"What we attempted to do with

the truck traffic is limit the amount of trucks traveling on both towns' streets. We split the truck traffic between the two towns," Turner said.

The plan will allow trucks to enter from Maioran Place in Belleville and exit onto Watessing Avenue in Bloomfield, Turner said.

Cabot Hudson, site plan engineer for Newel's, said the trucks could make all of the turns around the property safely.

Board secretary Rick Dombrowski said he did not see how the trucks could make the turns without crossing the sidewalk and hitting the utility poles.

Fourth Ward Councilman Mario Drozdz, who has trucking experience, said he saw a safety hazard in the trucks traffic patterns.

He said that the patterns caused the drivers of the trucks to have blind spots in some areas.

"We are going to have significantly less trucks with new shopping center than with Seajet(a shipping and receiving company, currently leases the warehouse from Newel's)," said Turner.

When asked about the capability for the trucks to make the turns Turner said, "they are doing it now."

Dombrowski said that several trucks had hit into utility poles in the past.

Turner said there will be many changes to the surrounding area by Newel's Realty.

"We are putting a million dollars into this streetscape including two new traffic signals one at the inter-

section of Watessing Avenue and Franklin Street and the other at Belmont Avenue and Franklin Street," he said.

Turner also said that Newel's will be giving up a portion of our property to realign Watessing Avenue to improve traffic flow and Franklin Street to improve traffic flow.

"We are proposing an additional lane on our side of the street so that traffic can flow easier," he said.

"Currently Maioran Place does not have a drainage system. When we put in a new drainage system from our facility we will also put in the improvement to Maioran including resurfacing at our expense," he said.

Frank Pomaco, and Lee Casale sang the pledge of allegiance.

"It was nice to see his (Fornarotto's) efforts come to fruition. He has worked on this project for a long time," said Councilwoman Angie Pasercchia.

The non profit Belleville Italian American Civic Association was organized in 1966 and provides yearly scholarships to high school students, man of the year awards, donations to many charity organizations such as books and tapes on Italian literature to the public library; participates in Columbus Day parades in Newark and Belleville, holds dinner and dances and sponsors a little league team.

Statue

(continued from page 1)

unknown and discover America."

"Columbus is notorized for being of the Italian heritage, coming from Genoa, Italy before he went to Spain to sail on one of Queen Isabella's ships on which he found the Americas," Fornarotto said.

The guest speakers were Congressman Bill Maizini, Assemblyman John Kelly, and County Executive Jim Treffinger.

There was also a presentation by the Knights of Columbus group the 4th Degree.

The master of ceremonies was

NOTHING IS IMPORTANT

SHERIFF'S FILE NO. 96-019161

SHERIFF'S SALE

SUPERIOR COURT OF

N. J. E.

JERSEY, CHANCERY

DIVISION, ESSEX

COUNTY, DOCKET NO.

F-332894

PHILIP

LEVINE, P.C. PENSION

PLAN & GEORGE L.

JOHANSEN-PLAIN-

TIFF-VS-ALVERTA

DREWERY SIMPSON,

B/W ET ALS, DEFEN-

DANTS 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,

November 12, 1996, at

one-thirty P.M.

(Prevailing Time)

Commonly known as:

0000000646 15TH AVE,

NEWARK, NJ 07103

Lot:30 Block:324

Nearest cross street

name:26TH 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 Judgement to be

satisfied by said sale is the

sum of ONE HUNDRED

ONE THOUSAND

EIGHT HUNDRED SEV-

ENTY AND 39/100 DOL-

LARS (\$101,870.39),

together with the costs of

this sale.

The Sheriff reserves the

right to adjourn the sale

from time to time as pro-

vided by Law.

Newark, NJ OCTOBER

7, 1996

ARMANDO B.

FONTOURA,

SHERIFF

MICHAEL A. ALFIERI,

ESQ.,

Attorney

Belleville Times

Oct 17, 24, 31

Nov: 7 1996

Fee: \$77.08

No. B96-507

SHERIFF'S FILE NO.

96-018671

SHERIFF'S SALE

SUPERIOR COURT OF

N. J. E.

JERSEY, CHANCERY

DIVISION, ESSEX

COUNTY, DOCKET NO.

F1392595

NATIO/

BANK MORTGAGE

CORPORATION,

PLAINTIFF-VS JOHN E.

WALTON, ET ALS,

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,

October 29, 1996, at one-

thirty P.M. (Prevailing

Time)

Commonly known as:

0000000164 9TH ST

NEWARK, NJ 07103

Lot:56 Block:1812

Size: 100X25X100X25

feet

Distance to nearest cross

street: 200.00 feet

Nearest cross street

name:11TH 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 Judgement to be

satisfied by said sale is the

sum of ONE HUNDRED

NINE THOUSAND

THREE HUNDRED AND

73/100 DOLLARS

(\$109,300.73) together

with the costs of this sale.

The Sheriff reserves the

right to adjourn the sale

from time to time as pro-

vided by Law.

Newark, NJ September

23, 1996

ARMANDO B.

FONTOURA,

SHERIFF

SPEAR & HOFFMAN,

Attorneys

Belleville Times

Oct. 3, 10, 17,

24 1996

Fee: \$83.96

No. B96-488

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BILL PASCRELL

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✔ Voted to make English the official language of the United States, urging an end to bilingual education.

✔ Voted to end welfare for illegal immigrants.

✔ Voted for major welfare reform which requires able-bodied welfare recipients to work for their benefits.

Paterson Mayor Bill Pascrell is on the record opposing English-First and supporting continued unrestricted welfare for non-citizens.

✔ Opposes English as the official language of the U.S.

✔ As NJ Assemblyman, refused to end state requirements forcing public schools to offer bilingual programs.

✔ Opposed to stopping welfare for non-citizens; opposed to a two-year limit on welfare benefits for the able-bodied.



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He's our Congressman.

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Calendar of Events

In the Trustees Gallery:

The art of Ellen Reinkraut is currently on exhibition at the Belleville Public Library and Information Center, 221 Washington Ave., in the Trustees Gallery. Please call 450-3434 in advance if you are coming to visit the exhibition as the gallery also serves as the library's meeting room.

In the Library's Display Cases:

A celebration of the library's 85th year of dedication is featured in the library's display case at the Belleville Public Library and Information Center.

Oct. 15 — "Preserving Your Memories: Photographic Storage" is a special program that will be given at 10:30 a.m. by Dorothy Huey at the Belleville Public Library & Information Center. The Opera Film Class Series will present "Ideomeneo" at 12:30 p.m. at the Belleville Public Library and Information Center.

An afterschool story hour will take place at 4 p.m. at the Belleville Public Library & Information Center.

The English-for-the-foreign-born class will take place from 6:30-8:30 p.m. at the Belleville Public Library & Information Center.

Oct. 16 — Dr. Sharon Lewis, Montclair State University, will be discussing "Ordinary Love and Good Will" on Oct. 30 at 1 p.m. at the Belleville Public Library & Information Center.

Oct. 17 — A Sing-A-Long with Frank Senatore will take place at 11:45 a.m. at the Belleville Public Library & Information Center.

"Preserving Your Memories-Photo Storage" will be discussed by Dorothy Huey at 10:30 a.m. at the Belleville Public Library & Information Center. Please call 450-3434 if you wish to attend. John Bailey Lloyd, Rutgers University, will be discussing "Eighteen Miles of History on Long Beach Island," as part of the New Jersey Authors Discuss Their Books Series at the Library, on Oct. 17 at 1 p.m. at the Belleville Public Library & Information Center. He will be autographing his books. "Fire In America," a special program for Fire Prevention Week, will be given by Lieutenant Vincent Abbot of the Belleville Fire Department at 11:15 a.m. at the Belleville Public Library & Information Center. The Business and Professional Group of the Retired and senior Volunteer Program will present a program, entitled "A Conversation With Retirees," at 7 p.m. at the Belleville Public Library & Information Center, in a program arranged by Rita Donald, assistant director of volunteer services.

Oct. 18 — The Musical Film Class Series features "On Moonlight Bay" at 12:30 p.m. at the Belleville Public Library & Information Center.

Oct. 19 — The English-for-the-foreign-born class, taught by Sola Armanious, will take place from 6:30-8:30 p.m. at the Belleville Public Library & Information Center. The Italian Class, sponsored by UNICO of Belleville, will take place from 2-3:30 p.m. at the Belleville Public Library & Information Center.

BOOK MARKS

Oct. 21 — An art lecture on Raphael will be given at 1 p.m. at the Belleville Public Library & Information Center by Ann Day, art historian. Call 450-3434 to register for the series. The Ask-a-Lawyer Series features a discussion of the problems of divorce at 7:30 p.m. at the Belleville Public Library & Information Center.

Oct. 22 — "You Are Not Alone: Parenting Support Groups" will be discussed by Elizabeth Burns, counselor, at 10:30 a.m. at the Belleville Public Library & Information Center. The Opera Film Class Series features "La Boheme" at 12:30 p.m. at the Belleville Public Library & Information Center. An afterschool storytime will take place at 4 p.m. in the James J. Cazzarelli, Jr. Children's Room. The English-for-the-foreign-born class will take place at 6:30 p.m. at the Belleville Public Library & Information Center.

Oct. 23 — "Great Castles of Europe: France and Spain" will be discussed by Frederick Dammont and slides shown at 1 p.m. at the Belleville Public Library & Information Center.

Oct. 24 — "You Are Not Alone: Parenting Support Groups" will be discussed at 10:30 a.m. at the Belleville Public Library & Information Center by Elizabeth Burns, counselor. A sing-a-long will take place at 11:30 a.m. at the Belleville Public Library & Information Center. The film "Psycho" will be shown at 6:30 p.m. at the Belleville Public Library & Information Center.

Oct. 25 — The Musical Film Class Series features "Student Prince" at 12:30 p.m. at the Belleville Public Library & Information Center.

New Jersey Authors Series includes lecture, book signing

This fall, the Belleville Public Library & Information Center is cooperating with the New Jersey Historical Society and Rutgers University in a special book discussion series, titled "New Jersey Authors Discuss Their Books."

The series continues at the Belleville Public Library & Information Center on Oct. 17, at 1 p.m., when John Bailey Lloyd, master of library science, Rutgers University, who will discuss his book, "Eighteen Miles of History on Long Beach Island." To register, call the Library at 450-3434.

Ask A Lawyer Series

The Ask a Lawyer Series continues at the Belleville Public Library & Information Center, with a discussion of "Ask a Lawyer About Divorce" at 7:30 p.m. This series is sponsored by the Young Lawyers Section of the Essex County Bar Foundation. Please call the Library's Circulation Desk at 450-3434 to register.

Teaching Our Children in the Age of Aids

The Belleville and Nutley Chapter of the Woman's Federation for World Peace will present a program on Thursday, Oct. 10, at the Belleville Public Library & Information Center entitled "Sex and Love: Teaching Our Children in the Age of AIDS" from 7-8:30 p.m.

The Guest speaker is Richard Panze, president of the Center for Educational Media, the Founder of Free Teens, USA, and the author of two books.

For additional information, contact Miscayo Bien, at 450-4224 of the Women's Federation for World Peace.

Autumn Art: Computer and Traditional

The James J. Cazzarelli, Jr. Children's Room will present a series of Saturday art classes for children.

Registration began Monday, Oct. 2 and will continue until classes are filled.

The classes include "You and Me: Picture and Word," for participants ages three to six, accompanied by an adult or older sibling from 10-10:40 a.m., "Autumn Artists," for ages 6-11, which will give the participant the opportunity to create an assortment of projects using crayons and even computers, from 11-11:45 a.m.; and "Paint Online, On Screen, and On Paper," for grades three and over, which will give the participant the opportunity to create a final project using diverse techniques, from 2-2:55 p.m.

Classes will be held on Saturdays, Nov. 2, 9, and 16.

Celebrate Books Features the Poetry of Whitman

The October Program of "Celebrate Books Form the Belleville Public Library & Information Center" features Library Director Andrea Cohen, chair of the Literature Department, discussing the life of Walt Whitman, prepared by Cohen by the members of the Poetry Society, sponsored by the Literature Department of the Woman's Club of Belleville and the Friends of the Belleville Public Library & Information Center.

Among those reading the poetry of Whitman are Helen Talbot, Co-Chair of the Literature Department, Margery Lordi, Andrew Lordi, Martin O'Malley, Beatrice Silver, Miriam Epstein, Violet Smiley, Jean Tobia, Grace Del Guercio, Evelyn Silverman, Teresa Madera, Beatrice Spektor, Pat Hammond, Janet Rolland, and Steve Colluci.

The program will be shown on WBHS with the cooperation of Marilyn McCabe, Belleville High School media specialist.

Those wishing a copy of the Walt Whitman Poetry booklet of Whitman's Poetry should call Cohen, at 450-3434.

Italian night to be held at the Knights hall

The Belleville Knights of Columbus are holding their annual "Italian Night" affair on October 19.

The Knights are located at 98 Briar Street, in Belleville.

The event, to be held from 7:30 p.m. to 11:30 p.m., will feature food/drink and a D.J.

For more information or tickets, call Frank Gialanella Jr. at 751-4634.

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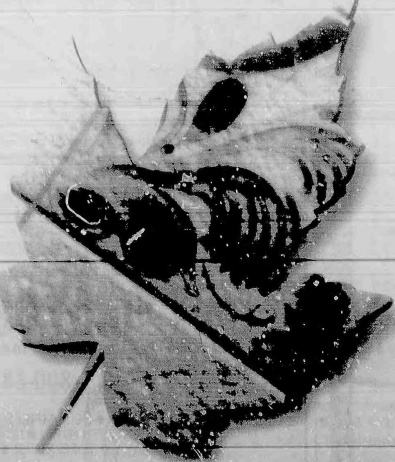
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Columbus Day Parade memories



Mummers provided colorful entertainment with their beautiful costumes at the Oct. 13 Columbus Day Parade.



The Kiwanis Club of Belleville was one of many local organizations that participated in the Oct. 13 Columbus Day Parade.



Belleville residents Anthony Del Negro and Patrick Phillip Decoma Jr. take time for a pose at the Columbus Day parade.

Janet Gerard Smith

Attorney at Law



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OUR OPINION

Wave of the future

All governments, Essex too, get ready for online days ahead

When this nation was formed in 1776 its leaders hand-wrote all government documents in detailed script. About 100 years later typewriters dramatically sped up the process. Early typewriters, however, were manual and required a typist to meticulously push each key.

In the mid-20th century electric typewriters accelerated the processing of information. More recently, the computer age was born and with it came a revolution in communication.

The next breakthrough appears to be the Internet, which offers users instant communication with virtually the entire industrialized world.

Dr. Joseph Scarpelli, Republican freeholder-at-large candidate, has noticed this trend and decided to host a Web page for his campaign.

Scarpelli points out that the Essex County government is currently using typewriters for much of its processing of documents. This is something that Scarpelli said he hopes to have a voice in changing someday.

The candidate proposes that Essex go online and offer each municipality an opportunity to cut the bureaucracy by communicating with the county via modem on the Internet.

Scarpelli's idea may take some time to fulfill — considering the fiscal constraints of today's world — but it's certainly an idea whose time will come.

Government should be wary of its tenden-

cy toward using outdated methods of conducting business — methods that the private sector has long abandoned.

The Internet could also be used to streamline the communication between residents and the county government.

Currently, Essex residents have three basic methods of contacting county officials: They can call on the phone, and possibly get a busy signal or be put on hold for lengthy periods; they can write, and wait days or weeks for a response; or they can show up in person, and travel miles, get stuck in traffic and again wait, this time in a cold government office.

But the Internet offers users both the luxury of convenience and the productivity of time savings.

At some point in the not-too-distant future the county should go online. Going online may soon become more economically feasible than maintaining the status quo.

To dramatize the effectiveness of the Internet, Scarpelli himself will go online live next week, 8-9 p.m., Oct. 20.

Scarpelli said he hopes to answer the public's questions, and if elected, keep the Web site online to help remain in touch with county citizens.

Tomorrow's world will bring technologies that have the potential to virtually eliminate many of our age-old bureaucratic problems.

We simply must be willing to accept the future and be ready to recognize the solutions when they arrive.

YOUR OPINION

Tag Day a success

To the editor:

I am writing to publicly thank the hundreds of Belleville citizens and those of neighboring communities who helped make our "Tag Day" and coin toss on Sept. 28 a smashing success.

The Belleville Music Parents Association has sponsored this event for the last 10 years collecting donations to supplement the music programs in our school district grades K-12.

While our Board of Education provides a quality staff of instructors and instruments to our children, our organization of volunteers run several fund raising events during each year to supplement equipment repair, purchase new equipment, uniforms, provide financial assistance for students to attend seminars and clinics, and give two college scholarships yearly to students graduating from our music program.

I also want to thank the many merchants in town for allowing our volunteers to solicit funds in front of their places of business, notably the Valley Mall on Main Street, K-Mart, the Plaza Shopping Center on Franklin Avenue, the CVS Mall, Taco Bell, Nutley Pet Center and the Post Office on Washington Avenue and the new Corner Store at the intersection of Greylock Parkway and Union Avenue for supplying coffee to our coin toss volunteers. Our fund raising efforts were greatly enhanced with the cooperation of these merchants and we wish them all continued success and pledge our patronage.

I wish to thank Chief Ray Kimble and the Belleville Police Dept. for keeping an eye on our kids during our Tag Day, and the many volunteers from the BMAP and the award winning Belleville Buccaneer Marching Band who gave their time and effort to make this day a success!

Kenneth Burde
Vice President
Belleville Music Parents Association

A message for seniors

To the editor:

On Nov. 5, you have the opportunity for better representation by voting for the right man to represent your rights in Washington D.C. We need a man who will protect your rights for all seniors regarding Medicare, Medicaid, Social Security plus the cost of living benefit. The incumbent has shown by his voting record that he doesn't give a tinkers damn about protecting seniors.

But there is a man who is interested in helping all senior citizens in the eighth district, and that man is Bill Pascrell. He does not come from any millionaire foundation. He is just an ordinary citizen like you and me who believes in helping seniors enjoy their golden years.

He is against balancing the budget on budget of the backs of seniors, medicare needs to be saved not destroyed and the cost of living benefits need to be protected, he has pledged to protect all these important items that affect seniors.

He has promised to work with President Clinton on all other problems that affect seniors. The incumbent has shown by his voting record and association with Gingrich that he does not believe in cooperation with the President.

Therefore, we need Bill Pascrell who will cooperate with the President on all legislation that concerns senior citizens. Just remember the name, and vote for Bill Pascrell on Tuesday, Nov. 5. He believes in results for New Jersey families.

George Turturiello
Vice President
Essex County Seniors Council

Martini's other side

To the editor:

I must answer the letter printed in the Belleville Times by Vincent Frantantonio, referring to the work of Congressman Bill Martini, R-8, as our representative.

Well, let it be known to all of our seniors that this Congressman voted for the bill of House Speaker Newt Gingrich, R-Ga., which was going to cut our Medicare payments and give the money to the rich, including Mr. Martini. Can you imagine the rich getting richer?

Don't fall for this baloney. How fast they hid the Contract with America when they could not get to first base with it. You don't hear any more from Mr. Gingrich about this contract. Now they are picking on the president and his wife when they have nothing else to gripe about.

Every meeting Mr. Martini goes to he denies that he voted for cutting Medicare. How stupid can you get when everyone heard him. Now he is denying it. He has been seen many times with Mr. Gingrich because he promised Mr. Martini a committee job. Well, Mr. Martini, don't hold your breath.

And don't believe Republican presidential candidate Bob Dole's remarks that he can balance the budget without cutting into some other department. Mr. Dole, you are desperate. You would have done better if you had stayed in the Senate, but you will regret it more than once.

Mr. Martini couldn't carry the briefcase of his opponent, Paterson Mayor Bill Pascrell. Mr. Dole voted against Medicare in 1965. Get out of that one.

Good luck on your retirements, Mr. Martini and Mr. Dole.

Joseph DeFabbio

Women's center is key to living a longer, healthier life

With increasing numbers in the amount of diseases affecting women, there is needed attention to focus on this issue.

The Women's Health Care Center at Clara Maass provides women of all ages attention for their specialized needs in one convenient location.

Prevention is the key to living a healthy life and Clara Maass has taken innovative steps to accommodate this criteria.

The new Women's Center at Clara Maass will provide health services geared towards women's wellness and illness.

The center will provide women with information on a variety of subject areas with its resource center including literature, videotapes and CD-ROM presentations.

It will also include a dedicated breast service, a perinatal program, diagnostic imaging, endocrinologic, cardiovascular, pulmonary and neurologic risk assessment and expanded gynecologic oncology programs.

Preventative blueprints will ensure cardiovascular and bone fitness.

At the center's opening ceremony, Susan Ford Bales the national spokesperson for National Breast Cancer Awareness Month cited statistics of women who died needlessly without taking prevention measures. She said

that more than 44,000 women will lose their lives to cancer by the end of this year. Of that those 44,000 are 15,000 women who could have caught their cancer in its early stages with prevention measures.

The resource center suggests that women should begin having a mammogram by age 40; visit a doctor for regular breast exams, at least every three years for women between the ages of 20 and 40 and every year for a woman over 40; and practice monthly breast self exams.

Statistics from the National Cancer Institute show that one out of nine women will develop breast cancer in her lifetime.

Dr. Kathleen Ruddy, medical director of the breast service division at Clara Maass said that Essex County has the second highest cancer rate in the state.

Prevention and education are two important elements for women to live healthy lives.

It is easy for a woman with a large family to avoid going to the doctor for an annual exam.

But women must do it for themselves to prevent a minor health problem from becoming a major one.

This center provides women with solutions needed to live a longer and healthier life.



Of All Things

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

FOLLOWING the publication of last week's Sun, I was approached by a couple of readers regarding an item in my column referring to next year's legislative races. I indicated the Democrat State leadership is targeting the 36th District which includes Nutley, Belleville, Bloomfield, Passaic, all west of the Passaic River. There were approximately 68,600 accumulated votes cast. DiGaetano received 28 percent, John Kelly 27 percent. The losing Democrat candidates were John Kelly of Belleville with 21 percent, Richard Potter with 20 percent. The independent candidates, Frantantonio received 3 percent and Blonschak 2 percent. The 1995 results followed the 1994 Republican national landslide which saw the United States Senate and Congressional elections result in major Republican victories in control of the federal legislature. One year later, Democrat fortunes are on the rise, and Republican fortunes are falling — at least that's what the pollsters tell us.

BLOOMFIELD Second Ward Councilman John Stefanelli is a candidate for reelection. Two years ago, he surprised the Norton Republican machine by winning the seat that traditionally was held by a Republican.

During the past two years, Councilman Stefanelli has voted his conscience and did not vote as a partisan political hack. Mr. Stefanelli is a successful businessman and needs politics like he needs a hole in the head — but



John Stefanelli

dedicated citizen that he is — with approval of his family — Stefanelli became a Council candidate with the odds against him. The voters wisely bought the argument that Stefanelli — as a businessman — would be good for the business of government. Stefanelli's performance during the past two years have proven the voters did the right thing. Much like the negative campaigns waged in the congressional and presidential races, a negative campaign is being conducted against Councilman Stefanelli, alleging misuse of \$60 worth of envelopes. Of course, the charge is untrue. Mr. Stefanelli has campaign envelopes printed with a pre-paid postal permit which are used exclusively for campaigning. The official envelopes issued by the town are used only in connection with Mr. Stefanelli's duties and responsibilities as a councilman.

Mr. Stefanelli is a wealthy man — thank goodness. He doesn't need a \$60 gift from City Hall. His opposition better come

up with a better tale than that if they expect to convince any voter that Mr. Stefanelli is not worthy of their trust. Until that day comes — and we're betting it never will — Mr. Stefanelli's reputation for integrity will continue to be unblemished.

A GLEN RIDGE resident, Buddy Fortunato is the Republican Freeholder Fifth District candidate. He wants to replace incumbent Democrat Freeholder Louise Palagano. Essex County Executive Jim Treffinger has put his prestige on the line by his aggressive effort to elect Fortunato. The popular Palagano is in a fight for her political life. Fortunato's Montclair base makes the race too close to call. At this point, it's anybody's race to win. If Clinton sweeps Essex, Fortunato may be the victim of a presidential landslide. Essex County Democrat Chairman Tom Giblin is looking for a 100,000 Clinton majority. If Clinton comes anywhere near that, it's bye, bye, Buddy.



Louise Palagano

REPUBLICAN presidential candidate Bob Dole shocked the daylight out of 1,000 people that were enjoying the Columbus Festival sponsored by the Bloomfield Ampere Coalition. He was escorted by our popular Governor, Christie Whitman. Visits of that nature certainly are bound to help Dole.

Belleville Times

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Life in Silver Lake By Marie Strumolo Burke

Grazia, grazia or as they say in English....thank you, thank you. It seems that everyone wants to donate to our Holly Tree in memory of Joseph Zarro. It's time to thank some of those generous contributors.

First we thank Anthony (Lefty) and Raymond Veniero of Frederick Street, for their donation. Lefty didn't hesitate a moment when asked to contribute. He fondly recalled a story of when his mother-in-law passed away in the 40's and his father-in-law, Marco DiBenedetto, didn't have enough money for burial expenses.

Being the person that Joe Zarro was, arrangements were made whereby Marco could make payments. And do you believe that when the last payment was due, Joe told him to go out and buy his kids some new shoes with the money. Typical of Mr. Zarro

Now you see why everyone respected Joseph Zarro and the Zarro family.

Let me continue to thank Domenico Salvatorelli; American Legion Post no. 299, Commander Angelo Sorice; J&J Cutters, Nicky Inaugurato; George Veniero; DePaolo Bakery of Newark; and the lady who started the 'ball rolling'...Marion Veniero, who was the primo (first) contributor.

Mobile Ed Production of Starlab performed at School No. 3

On Oct. 2, the Mobile Ed Production Company of Michigan presented its "Starlab Planetarium" to the students of School No. 3.

Mobile Ed's portable, inflatable reflective dome with the latest state of the art projection equipment is a science show that travels the country to bring the fully equipped planetarium to schools instead of bringing the children on a field trip.

Five shows were presented and each show targeted 90 students at a



I must thank my "buddy" Babbers (Anthony) Renna who is our SLCA Sgt. at Arms. Without me even asking he went out and solicited for donations on his own. Thanks Buddy.

The tree is planted in St. Anthony's school yard. Lena Zarro and family will donate the benches and through the SLCA and the various donations, we hope to have a walkway leading to the tree and some decorative pavers surrounding the tree with a plaque inscribed in memory of Joseph Zarro. How beautiful this garden will be.

We can all meet there and "shoot the breeze."

If anyone wishes to help out,

they can send their donations to me at 69 Heckel St., Belleville, or leave a message at 759-6849.

Another Silverlaker makes good, good, good!

An art exhibition was held recently in the trustees gallery of the Belleville Public Library. And do you know who the "star" was? And do you know where he attended grammar school? And do you know who her mother is? And do you know...no I'm just kidding, there's no more "do you's".

But let me answer all the "do you" questions. First it's a her, and second, her name is Marcia Miele, a Belleville middle school art teacher and Belleville artist. Yes, she attended School no. 4...and yes, her mother is Mildred Miele of Lake Street.

One of Marcia's works is monotype, titled "The Wizard". How appropriate...since we here in Silver Lake think that she is the one. So, I guess, Marcia Miele, we have to add another name to our famous people from Silver Lake list. Keep up the good work.

Remember, we love Silver Lake, and Marcia Miele, too.

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Unico honors valuable members of the Italian-American community

The Belleville Chapter of UNICO National celebrated its second annual Columbus Day banquet on Oct. 14 at the Chandelier, 340 Franklin Ave., Belleville.

Chairman Palmisano and the chapter are extremely honored with this years awardees. Both recipients were chosen for their many contributions and dedication to the Italian-American community.

Positive Image Recipient Dr. Marco Bruno is the president of the Center for Italian and Italian-American Culture, Inc. and the Milli Grazie awardee, Joseph Alessi Esq., is the past president of the Cedar Grove Chapter of UNICO National.

The Chapter also installed the officers of the UNICO A.C.E.S. Club of UNICO National District II, New Jersey.

The new 1996-97 officers are president, Artie Grutt; first vice president, Peter Maturri; second vice president, Nicholas Rizzitelli; recording secretary, Michael Tortorelli; treasurer, Pat Scura; sergeant at arms, Vincent Milioje.



Dr. Marco Bruno



Joseph Alessi

Third Annual CHILDREN'S HALLOWEEN PARTY

sponsored by the:

Belleville Holiday Celebration Committee

~ HALLOWEEN NIGHT ~
- October 31st - 6:30pm
at The Belleville Rec House
(corner of Joralemon St. & Garden Ave.)



FREE ADMISSION
TO ALL BELLEVILLE CHILDREN

Belleville Holiday Celebration Committee
Councilwoman Angie Pascerchia, chairman

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Wedding

Friday, November 1, 1996

Half of all proceeds will benefit

Guillermo "Macho" Rivera Fund, a Belleville Little League

Chandeleur Restaurant

340 Franklin Avenue

Belleville, New Jersey 07109

Seating will be at 7:30 p.m.

\$60 per person

(Dinner and Show Included)

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HOMEMADE SOUP - \$1.59

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Antipasto, with olives, roasted peppers	4.75
Vegetable, tomato, onion, salami and provolone	2.75
Tossed Salad: small	3.75
Grilled Chicken Salad: small	4.75
large	6.95
Grilled Chicken Caesar Salad, with romaine	4.75
small	4.75
large	6.95

SUBS

#1 Ham, Salami, Provolone	2.95	5.95
#2 Ham, Bologna, Provolone	2.95	5.95
#3 Bologna & Cheese	2.95	5.95
#4 Pepperoni & Provolone	2.95	5.95
#5 Salami & Provolone	2.95	5.95
#6 Tuna	3.50	6.95
#7 Prosciutto, Capicola, Provolone	3.50	6.95
#8 Spiced Ham, Prosciutto, Provolone	3.50	6.95
#9 Capicola, Pepperoni, Prosciutto	3.50	6.95

Served with lettuce, tomato, onion & vinegar, oregano

CLUB SANDWICHES

Roast Beef	4.45
Turkey	4.45
Tuna	4.45
Virginia Ham	4.45
Pastrami	4.45
Corned Beef	4.45

Served with lettuce, tomato, bacon & Swiss cheese

OUR FAMOUS NUTLEY SUBS

NUTLEY, corned beef, turkey, Swiss cheese, lettuce, tomato and russ. dressing	4.25	8.25
AVONDALE, virginia ham, roast beef, Swiss cheese, lettuce, tomato and russian dressing	4.25	8.25
YANTICAW, corned beef, roast beef, Swiss cheese, lettuce, tomato and russian dressing	4.25	8.25
SPRING GARDEN, virginia ham, corned beef, Swiss cheese, lettuce, tomato and russian dressing	4.25	8.25
RADCLIFFE, roast beef, turkey, Swiss cheese, lettuce, tomato and russian dressing	4.25	8.25
THE CENTER, roast beef, boiled ham, Swiss cheese, lettuce, tomato and russian dressing	4.25	8.25
RAIDER, roast beef, boiled ham, Swiss cheese, lettuce, tomato and russian dressing	4.25	8.25
PIRATE, prosciutto, salami, capicola, pepperoni, bologna, boiled ham, provolone cheese, Swiss cheese, lettuce, tomato and russian dressing	5.25	9.25
BIG TREE, corned beef, turkey, virginia ham, roast beef, Swiss cheese, lettuce, tomato and russian dressing or mayonaisse	5.25	9.25

SALAD PLATTERS

Chicken Salad, with lettuce, tomato, macaroni salad and cole slaw	3.50
Tuna Salad, with lettuce, tomato, macaroni salad and cole slaw	3.50
Seafood Salad, with lettuce, tomato, macaroni salad and cole slaw	3.50
Shrimp Salad, with lettuce, tomato, macaroni salad and cole slaw	3.95
Egg Salad, with lettuce, tomato, macaroni salad and cole slaw	3.50
Chef Salad, with lettuce, tomato, turkey ham, american & Swiss cheeses & hard boiled egg	3.95

HOT SANDWICHES

Veal	3.95
Veal Parmigiana	3.95
Veal & Peppers	3.95
Sausage & Egg	2.40
Ham & Egg	2.40
Taylor Ham	2.40
Taylor Ham & Egg	2.40
Bacon & Egg	2.40
Potatoes & Egg	2.95
Pepper & Egg	2.95
Pepperoni & Egg	3.25
Sausage & Peppers	3.95
Sausage Parmigiana	3.95
Meatball	3.95
Meatball Parmigiana	3.95
Eggplant	3.95
Eggplant Parmigiana	3.95
Potato & Eggs	3.50
Pepper & Eggs	3.50
Grilled Chicken	3.95
Chicken Cutlet	3.95
Chicken Parmigiana	3.95
Cheese Steak with the works	3.95
Newark Style Italian Hot Dog w/	3.95
Sausage, potato, onion & pepper	3.95
Tuna Melt	3.95
Reuben	3.95
Corned Beef - Pastrami	3.50
Roast Beef with gravy	3.50
Grilled Cheese	2.25
Grilled Cheese with bacon	2.50
Grilled Cheese with tomato	1.95

COLD SANDWICHES

Prosciutto	3.50	4.95
Bologna	2.95	5.85
Olive Loaf	2.95	5.85
Liverwurst	2.95	5.85
Genoa Salami	2.95	5.85
Pepperoni	2.95	5.85
Prosciutto	3.95	7.85
Sopprasatta	3.95	7.85
American Cheese	2.50	4.95
Swiss Cheese	2.50	4.95
Munster Cheese	2.50	4.95
Provolone	2.50	4.95
Roast Pork	2.50	4.95
Domestic Ham	2.95	5.85
Imported Ham	3.50	6.95
Spiced Ham	2.95	5.85
Virginia Ham	2.95	5.85
Capicola	3.50	6.95
Imported Capicola	3.95	7.85
Turkey Breast	3.50	6.95
Roast Beef	3.50	6.95
Mortadella	3.50	6.95
Tuna Salad	3.50	6.95
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Pastrami	3.95
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Served with Swiss cheese, russian dressing and cole slaw

SIDE ITEMS

Chocolate Pudding	1.89/lb
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Cole Slaw	1.39/lb
Rice Pudding	1.89/lb
Ambrosia Salad	1.79/lb

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Catherine Porcelli

A Mass for Catherine Porcelli, 85, of Belleville was offered Friday in St. Anthony's Church, Belleville, after the funeral from the La Monica Memorial Home, Bloomfield.

Mrs. Porcelli, who died in California, worked for M. Giannazzo and Sons, also known as Tom's Pork Store, Newark, from 1967 until she retired in 1977.

Previously, she had been a field clerk for Western Electric, Kearny;

for Wientraub's Furrers, Newark, and for Kresge's Department Store, Newark.

Born in Newark, she lived in Belleville for 19 years.

Surviving are three sons: Robert, Albert and Anthony; a daughter, Rosemary Marotti; a brother, Joseph Savoca; four sisters, Carmella Arpaio, Louise Manzella, Anna Pucciarello and Helen Masullo; 17 grandchildren and six great-grandchildren.

Thomas Mignone

A Mass for Thomas Mignone, 93, of Belleville was offered Monday in St. Anthony's Church, Belleville. The funeral was from the La Monica Memorial Home, Bloomfield.

Mr. Mignone, who died Oct. 10 in the Tally Ho Manor, Bonton, was a self-employed truck driver for 28 years. Later he worked part-time as a handyman for Provident Savings Bank, formerly Bloomfield

Savings Bank, from 1968 to 1993, when he retired.

He was a member of the Belleville Senior Citizens.

Born in Newark, he lived in Italy for 12 years before moving to Belleville in 1920.

Surviving are a daughter, Josephine Guarino; a son, Salvatore; three brothers, Angelo, Anthony and Jerry; six grandchildren and three great-grandchildren.

Paul Fischer

A Mass for Paul L. Fischer, 76, of Belleville was offered Tuesday in St. Peter's Church, Belleville, following the funeral from the Kiernan Funeral Home, Belleville.

Mr. Fischer, who died Oct. 12 in his home, was a bus driver for Transit of New Jersey, now NJ Transit, Nutley, for 28 years before retiring in 1986.

An Army veteran of World War

II, Mr. Fischer was a member of Veterans of Foreign Wars Post 493, Nutley, and American Legion Post 105, Belleville.

Born in Newark, he lived in Hillsdale before moving to Belleville in 1946.

Surviving are his wife, Lottie; two daughters, Dolores Kennedy and Paulette Juryn, five grandchildren and two great-grandchildren.

John Worthington

John C. Worthington, 84, a lifelong resident of Belleville, died Oct. 13 in his home.

Services were held Tuesday in the S.W. Brown & Son Funeral Home, Nutley.

Mr. Worthington was a maintenance worker with the Belleville Board of Education for 38 years, retiring in 1974.

He served in the Army during World War II in Africa and Europe and was a member of the American Legion Post 105, Belleville.

Born in Newark, he lived in Hillsdale before moving to Belleville in 1946.

Surviving are his wife, Lady; a daughter, Melanie McEvoy; two sons, Mark and John; a brother, Parker; a sister, Mary Breckenridge and four grandchildren.

Obituaries

Robert Conway

A Mass for Robert J. Conway, 71, of Berkeley Township was offered in St. Patrick's Pro Cathedral, Newark. Arrangements were by the Quinn-Hopping Funeral Home, Toms River.

Mr. Conway, who died Oct. 8 in the Community Medical Center, Toms River, was a claims manager with the International Paper Co., New York City, for 19 years before retiring in 1985. Earlier, he worked in the same capacity for the St. Paul Fire and Marine Insurance Co., New York City.

Mr. Conway was a member of the Holy Name Society of St.

Maximilian Kolbe Church and the Knights of Columbus Council 4969, both of Toms River and a former member of Knights of Columbus Council 1831, South Orange.

He was on the board of the New Jersey Better Business Bureau and New Jersey Arbitration Board, both of Hamilton.

Born in Newark, he lived in Belleville for 34 years before moving to Berkeley Township in 1990.

Surviving are his wife, Florence; three sons, Robert F. Thomas and Edwin; a daughter, Maureen, and four grandchildren.

Catherine Zazzali

Catherine R. Zazzali, 81, of Belleville died Oct. 12 in Clara Maass Medical Center, Belleville.

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

Born in Newark, she lived in Belleville for 25 years.

Surviving are a daughter, Catherine; two sons, George and Daniel; a sister, Dora Arabant; eight grandchildren and a great-grandchild.

Louis Ventura

Services for Louis D. Ventura, 93, of Nutley were held Tuesday in the S. W. Brown & Son Funeral Home, Nutley.

Mr. Ventura died Oct. 12 in Mountainside Hospital, Glen Ridge.

He worked for the People's National Bank and Trust Co., Belleville, for 60 years before retiring 19 years ago as an assistant vice president.

Mr. Ventura was a graduate of the American Banking Institute, Newark.

Born in Newark, he lived in Belleville before moving to Nutley 48 years ago.

Surviving are his wife, Joyce; a daughter, Dr. Lois; a sister, Rose; and a brother Don.

Michael Pizzi

A Mass for Michael S. Pizzi, 70, of Belleville, who died Oct. 9 in his home, was offered Saturday in St. Anthony Church, Belleville.

The funeral was from the Zarro Funeral Home, Bloomfield.

Mr. Pizzi was a self-employed contractor for 45 years.

He served in the Army during World War II, and was a member of

the American Legion Joseph J. Carbat Post 299 and the Hendricks Field Golf Club, both of Belleville. Born in Glen Ridge, he lived in Belleville for many years.

Surviving are his wife, Rose; four sons, Michael, Salvatore, Joseph and Frank; a daughter, Diane Zarillo, and 10 grandchildren.

Marion Davenport

Marion R. Davenport, 73, of Matawan died in the Bayshore Community Hospital, Holmdel.

Services were held Friday in the Waitt Funeral Home, Morganville.

Mrs. Davenport was a bank teller for the Matawan Bank, which became the Central Jersey Bank & Trust, in the Matawan and Wickatunk branches for 12 years.

After retiring in 1972 she was a bookkeeper for Queen of Carmel Nursing Home, Morganville, for a year.

Born in Freneau, she lived in Belleville before moving to Matawan 36 years ago.

Surviving are Leroy, her husband, and a brother Jonathan Winans.

Ann Kelley

A Mass for Ann M. Kelley, 63, of Belleville was offered Oct. 10 in Holy Angels Church, Little Falls. The funeral was from the Biazub-Parker Funeral Home, Little Falls.

Mr. Kelley died Oct. 6 in her home.

She was a former member of St. Mary's Church Rosary Society.

Born in Pennsylvania, she moved to Belleville 33 years ago.

Surviving are her husband, James; two sons, Brian and James; two daughters, Susan Raziare and Elizabeth Jackson; a sister, Kathleen Minnici, and three grandchildren.



<p>CHRIST EPISCOPAL CHURCH 383 Washington Ave., Belleville</p> <p>Sunday Services: 8:15am, Holy Communion 9:30am, Sunday School 10am, Holy Communion (with Nursery)</p> <p><i>Everyone is Welcome!</i> Rev. Carolyn Lundberg, Rector 751-0616</p>	<p>Nutley Abundant Life Worship Center 390 Washington Ave., Nutley</p> <p>Sunday: 9am Sunday Bible School All Ages 10:00am Morning Worship Children's church provided at all services ages birth through nine. Thursday: 7:30pm Revelation Knowledge Seminar (Pastor Bruce teaching) 667-4329</p>
<p>VINCENT UNITED METHODIST CHURCH 100 Vincent Place, Nutley</p> <p>SUNDAY WORSHIP 10:30 am SUNDAY SCHOOL & BIBLE STUDY 9:15 am CHILD CARE PROVIDED also, in addition to TCI, CHANNEL 10 Sunday 1pm/Wednesday 3:30pm "A Good Week"</p> <p>Leon F. Wazlar, Pastor 667-5440</p>	<p>"Celebrating Our 175th Year" PARK UNITED METHODIST CHURCH Broad & Park Sts., Bloomfield</p> <p>SUNDAY WORSHIP 10:45AM Bible School For All Ages 9:25AM Child Care & Transportation Provided An Exciting Worship Experience For The Whole Family 429-7745</p>
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<p>BETHAL ASSEMBLY 25 New Street • Nutley</p> <p><i>"Find Jesus in the Heart of Nutley"</i></p> <p>CHURCH MINISTRIES SUNDAY 10:00am - Sunday School All Ages 11:00am - Morning Worship Children's Church 6:00pm - Evening Worship</p> <p>WEDNESDAY 7:30pm - Bible Study</p> <p>FRIDAY 7:30pm - Prayer Meeting</p> <p>SATURDAY 9-11:30am No Cost Breakfast ALL ARE WELCOME (Lovers of Love Project) Rev. Corrado</p> <p>284-1319 Rev. Donald D. Morrow, Pastor</p>	

SHERIFF'S FILE NO.

96-019522

SHERIFF'S SALE

SUPERIOR COURT OF N. E. W. JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-28796

FEDERAL HOME LOAN MORTGAGE CORPORATION, A CORP. OF THE U.S.A.

PLAINTIFF VS. WILLIAM R. DAMM & LYNDA DAMM, H/W ET ALS, 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, November 12, 1996, at one-thirty P.M. (Prevailing Time)

Commonly known as: 000000070 NORTH RD, NUTLEY, NJ 07110

SIZE: 148X177 FEET

Lot#8 & 13 Block#55

Nearest cross street name: S. A T T E R T H - W A T T E A V E N U E

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 EIGHTEEN THOUSAND NINE HUNDRED EIGHTY NINE AND 92/100 DOLLARS (\$11,989.92), together with the cost of this sale.

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

Newark, NJ OCTOBER 7, 1996

ARMANDO B. PONTOURA, SHERIFF

STERN, LAVINTHAL NORGARD & DALY, ESQ., Attorneys

Belleville Times Oct. 17, 24, 31 Nov. 7 1996 Fee: \$94.60

SHERIFF'S FILE NO.

96-010323

SHERIFF'S SALE

SUPERIOR COURT OF N. E. W. JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-1105195

FEDERAL HOME LOAN MORTGAGE CORPORATION, A CORP. OF THE U.S.A.

PLAINTIFF VS. ELLA P. TAYLOR & WILLIE R. TAYLOR, HER HUSBAND, H/W ET ALS, 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, November 12, 1996, at one-thirty P.M. (Prevailing Time)

Commonly known as: 000000112 CROYDICK AVE, NEWARK, NJ 07108

Lot#40 Block#2686

Distance to nearest cross Street: 35.477 feet

Nearest cross street name: MADISON 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 EIGHTY SIX THOUSAND SIX HUNDRED FORTY SIX AND 25/100 DOLLARS (\$86,446.25), together with the costs of this sale.

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

Newark, NJ OCTOBER 7, 1996

ARMANDO B. PONTOURA, SHERIFF

Stern, Lavinthal Norgard & Daly, Attorneys

Belleville Times Oct. 17, 24, 31 Nov. 7 1996 Fee: \$78.56

SHERIFF'S FILE NO.

96-019527

SHERIFF'S SALE

SUPERIOR COURT OF N. E. W. JERSEY, CHANCERY DIVISION, ESSEX COUNTY, DOCKET NO. F-79495

FEDERAL NATIONAL MORTGAGE ASSOCIATION PLAINTIFF VS. CHARLES J. LINFANTE, JR., H/W ET ALS, 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, November 12, 1996, at one-thirty P.M. (Prevailing Time)

Commonly known as: 000000479 PROSPECT ST, NUTLEY, NJ 07110

Lot#2 Block#226A

SIZE: 62X125 feet

Nearest cross street name: RAYMOND AVENUE

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

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

The approximate amount of the Judgment to be satisfied by said sale is the sum of ONE HUNDRED FIVE THOUSAND SEVEN HUNDRED THIRTY AND 88/100 DOLLARS (\$105,730.88), together with the costs of this sale.

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

Newark, NJ OCTOBER 7, 1996

ARMANDO B. PONTOURA, SHERIFF

JOSEPH C. PETRIELLO, ESQ., Attorney

Belleville Times Oct. 17, 24, 31 Nov. 7 1996 Fee: \$75.20

IRVINE

Cozzarelli Memorial Home

Established 1885

IN YOUR TIME OF NEED

"A Family Name You Can Trust"



James J. Cozzarelli Jr., Owner/Manager

276 Washington Ave. Belleville, NJ • 759-1114

No. B96-510

No. B96-506

No. B96-509

SHERIFF'S FILE NO.

SHERIFF'S SALE
SUPERIOR COURT OF
NEW JERSEY, CHANCERY
DIVISION, ESSEX
COUNTY, DOCKET NO.
F1427295 MIDLANTIC
BANK, N.A. PLAIN-
TIFF - vs - LINDA
VAZQUEZ AND MR.
VAZQUEZ, HUSBAND
OF LINDA VAZQUEZ,
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,
October 29, 1996, at one-
thirty P.M. (Prevailing
Time)
Commonly known as:
0000000382 LITTLETON
AVE
NEWARK, NJ 07103
Lot#33 Block#294-1
UNIVERSITY HEIGHTS
NEIGHBORHOOD
CONDOMINIUM

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 Judgement to be
satisfied by said sale is the
sum of SIXTY ONE
THOUSAND NINE
HUNDRED TWENTY
EIGHT AND 81/100
DOLLARS (\$61,928.81)
together with the costs of
this sale.
The Sheriff reserves the
right to adjourn the sale
from time to time as pro-
vided by Law.
Newark, NJ September
23, 1996

ARMANDO B.
FONTOURA,
SHERIFF
COOPER, PERSKIE
APRIL, NIEDELMAN
WAGENHEIM &
LEVEN,
Attorneys
Belleville Times
Oct. 3, 10, 17,
24 1996
Fee: \$77.08 No. B96-486

SHERIFF'S FILE NO.

SHERIFF'S SALE
SUPERIOR COURT OF
NEW JERSEY, CHANCERY
DIVISION, ESSEX
COUNTY, DOCKET NO.
F1059390 MIDLANTIC
HOME MORTGAGE
CORPORATION, PLAINTIFF-vs WILLA
BROWN, ET AL, DE
FENDANTS.
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,
October 29, 1996, at one-
thirty P.M. (Prevailing
Time)
Commonly known as:
0000000138 TELFORD
ST
NEWARK, NJ 07106
Lot#14 Block#4203
Size: 100X35X100X35
feet
Nearest cross street
n a m e : T R E M O N T
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 Judgement to be
satisfied by said sale is the
sum of ONE HUNDRED
THIRTY FOUR THOU-
SAND SEVEN HUN-
DRED EIGHTY FIVE
AND 49/100 DOLLARS
(\$134,785.49) together
with the costs of this sale.
The Sheriff reserves the
right to adjourn the sale
from time to time as pro-
vided by Law.
Newark, NJ September
23, 1996

ARMANDO B.
FONTOURA,
SHERIFF
FERDEMAN &
PHELAN,
Attorneys
Belleville Times
Oct. 3, 10, 17,
24 1996
Fee: \$77.08

No. B96-489

TOWNSHIP OF
BELLEVILLE
ZONING BOARD OF
ADJUSTMENT
NOTICE
PLEASE TAKE
NOTICE, that the
Zoning Board has ap-
plied to the Belleville
Zoning Board for the
Township of Belleville

for site plan approval
and a use variance so
as to permit the park-
ing of tractor trailer
trucks on the prem-
ises located at 7-33
Corlandt Street.
This use is not specifi-
cally permitted in the
applicable I-B Zone
District.
Applicant further
seeks any other vari-
ances, waivers and/or
exceptions which
may be required by
the Zoning Board.
Adjustment and the
Belleville zoning
Ordinance for the
property hereinabove
mentioned.

This application is
now #ZR-96-7 on the
Clerk's Calendar, and
a public hearing has
been ordered for
October 29, 1996, at
7:30 p.m. at 152
Washington Avenue,
Belleville, New Jersey,
second floor, at which
time you may appear
either in person or
by agent, or attorney,
and present any
objections which you
may have for the
granting of this appli-
cation. Copies of all
documents related to
this application are
available for public

inspection at the
office of Planning and
Development, 383
Wasington Avenue,
Belleville, New Jersey,
during regular busi-
ness hours.
This notice is sent to
you by the applicant,
by order of the
Belleville Zoning
Board.

SAVINO J. RU-
SONIELLO, JR.,
Attorney for the applicant
Belleville Times
Oct. 17 1996
Fee: \$41.85

SHERIFF'S FILE NO.
96-01853
SHERIFF'S SALE
SUPERIOR COURT OF
NEW JERSEY, CHANCERY
DIVISION, ESSEX
COUNTY, DOCKET NO.
F857095 STATE STREET
BANK AND TRUST
COMPANY, as trustee
under indenture of
RYLAND MORTGAGE
SECURITIES CORPO-
RATION FOUR, PLAIN-
TIFF-vs SANDRA R.
MITCHELL AND
BERNARD SHAWN
MITCHELL, DEFEN-
DANTS. 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,
October 29, 1996, at one-
thirty P.M. (Prevailing
Time)
Commonly known as:
0000000034 JOHN ST
NEWARK, NJ 07003
Lot#62 Block#482
CONDOMINIUM
Nearest cross street
name: MONTGOMERY
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 Judgement to be
satisfied by said sale is the
sum of ONE HUNDRED
FORTY THREE THOU-
SAND ONE HUNDRED
EIGHTY FIVE AND
71/100 DOLLARS
(\$143,185.71) together
with the costs of this sale.
The Sheriff reserves the
right to adjourn the sale
from time to time as pro-
vided by Law.
Newark, NJ September
23, 1996

ARMANDO B.
FONTOURA,
SHERIFF
HARRIS & KLEIN,
ESQs.,
Attorneys
Belleville Times
Oct. 3, 10, 17,
24 1996
Fee: \$78.96

No. B96-490

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

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

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

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

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

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

ADVERTISE!

ON THE AISLE

with Richard

MOVIE TRIVIA CONTEST

Win two FREE movie passes

from one of our participating theaters.

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.

This week, win two free passes to Essex Green
Cinema.

Movie Trivia Contest #23

Oct. 17, 1996

1. If looking for one of your "Friends," then "She's the One."

2. At "High Noon," he was the "Pride of the Yankees."

3. Transvestite "Ed Wood" could dress up as "Benny and Joon."

4. "Jack" is president of the "Dead Poets Society."

5. "The Deer Hunter" fired "At Close Range" and is now the "Last Man Standing."

NAME _____

ADDRESS _____

PHONE # _____

Mail this completed entry to Orechio Publications, 800

Answers to last week's quiz:

1. Tyrone Power

2. Renee Russo

3. Diane Keaton

4. Hugh Grant

5. Adam Sandler

Winner of two free passes to Clairidge Theatre: Nikki

Perillo of Bloomfield.

Invites You To

Experience The

Huge Of

Avenue Only

Every Wednesday

BIG BAND NIGHT

THE ALAN QUINN

ORCHESTRA

DJ SAI BOV

Saturday October 19

NUTLEY GRAD

THE INTRUSION

Saturday October 26

THE INTRUSION

THE INTRUSION

THE INTRUSION

THE INTRUSION

THE INTRUSION

THE INTRUSION

THE INTRUSION

THE INTRUSION

HOROSCOPES

October 20-26

ARIES - March 21/April 20

Break free from your emotional
belting place and show loved ones how
you feel. It's long overdue. At work,
what seems like an innocent flirtation
could turn into something serious. Be
sure you're prepared to get the
what you want to play with fire. Health
concerns should be addressed.

TAURUS - April 21/May 21

Look to Gemini to pull you out of a
gloomy mood. The lightness of the
twins is what your psyche needs.
Steer clear of pessimistic friends and
associates. Negativity is the last thing
you need to be exposed to. Excuses
won't help you accomplish your per-
sonal goals. You must take action.

GEMINI - May 22/June 21

Take a break from routine and do
something purely for fun. You've
been working hard and now's the
time to reap the rewards. Part of your
weekend plans could be cancelled at
the last minute. Instead of getting
upset, do something you've always
wanted to do. Be daring!

CANCER - June 22/July 22

If you're trying to impress Scorpio
this week, you should take the
straightforward approach. Scorpio
will see right through any fluff you
have to offer — so don't waste the
energy. An upcoming trip calls for
some extra planning. Making the
effort now pays off in the long run.

LEO - July 23/August 23

Using your charms to get what you
want may work most of the time, but
forget about it this week. A more
humble approach is best. A friend who
has disappointed you in the past will
ask for a second chance. Trust your
instincts when it comes to forgiving
and forgetting. Sagittarius plays a role.

VIRGO - Aug 24/Sept 22

Don't turn your back on a loved one
who needs your help. Show your
encouragement and support. Towards
the end of the week, happiness will
be found in simpler pleasures. Don't let
yourself be talked into going out and
painting the town red if you want to
do it curl up with a good book.

LIBRA - Sept 23/Oct 23

Make the best of a difficult situation
or it will get even worse. A positive
attitude is half the battle — so keep a
smile on that face. Voice concerns in
the workplace, but only if you have
facts to back them up. Otherwise,
your arguments will look weak at
best. A new creative outlet gives you
the escape you need.

SCORPIO - Oct 24/Nov 22

When you think you're on easy
street, some rough pavement sur-
prises. Don't worry, though, it's
nothing major. Anyhow, isn't it
really the ups and downs in life that
surprise you? When a problem arises
at work, it may be best to stick with
the original plan.

SAGITTARIUS - Nov 23/Dec 21

Your talent for putting your foot in
your mouth is at an all-time high, so
watch what you say — especially
Aquarius is in earshot. A mistake
you made months ago prepares you
for a situation on Tuesday. You'll
know how to steer clear of trouble
this time. Time flies on Friday.

CAPRICORN - Dec 22/Jan 20

Reward yourself for hard work. You
remember what "all work and no
play" does, don't you? A loved one
may be trying to tell you something
but can't quite express the words. It's
up to you to read between the lines.
On Friday, don't be afraid to try some-
thing new. Change helps you grow.

AQUARIUS - Jan 21/Feb 18

A Libran family member could be
in the week. Stand your ground when
it comes to arguing, but don't be afraid
to look at the other side of the story.
Too. Sometimes both sides can have
a valid point. New romance could be
on the horizon. Look out for a Leo.

PISCES - Feb 19/March 20

Your deep, dark side could surface
when something doesn't go your
way. Find a reason to keep smiling
and fight the urge to withdraw. If you're
purchasing any electrical
equipment this week, be sure to mail
in any warranties. A Libra friend
comes to you for advice.

FAMOUS BIRTHDAYS

OCTOBER 20

Mickey Mantle, Baseball player

OCTOBER 21

"Dizzy" Gillespie, Jazz Trumpeter

OCTOBER 22

Franz Liszt, Pianist

OCTOBER 23

Johnny Carson, Entertainer

OCTOBER 24

Rafael Trujillo, Latin Dictator

OCTOBER 25

Paulo Bonfatti, Artist

OCTOBER 26

Jackie Coogan, Actor

FOR ENTERTAINMENT PURPOSES ONLY

To Advertise In

WEEKEND REVIEW

CALL: 667-2100

Copy Deadline: Friday before publication

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

EXTREME MEASURES - Fri. 7:30, 10:00 Sat. & Sun. 2:00, 4:30, 7:30, 10:00 Mon.-Thurs. 7:10, 9:30
LONG KISS GOODNIGHT - Fri. 7:30, 9:40 Sat. & Sun. 1:45, 4:25, 7:00, 9:40 Mon.-Thurs. 7:30, 9:30
FLY AROUND HOME - Fri. 7:15 Sat. & Sun. 2:15, 4:45, 7:15 Mon.-Thurs. 7:20
BOUND - Fri. Sun. 9:50, Mon. 9:40

CINEMA 23 FIVEPLEX

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

SLEEPERS - Fri. 4:00, 7:00, 9:45 Sat. & Sun. 1:00, 4:00, 7:00, 9:45 Mon.-Thurs. 7:00, 9:45
GHOST & THE DARKNESS - Fri. 7:30, 9:40 Sat. & Sun. 12:40, 2:50, 5:00, 7:30, 9:40
MON.-THURS. 7:30, 9:40
FIRST WIVES CLUB - Fri. 5:00, 7:20, 9:40 Sat. & Sun. 12:45, 2:50, 5:00, 7:20, 9:30
MON.-THURS. 7:20, 9:30
THAT THING YOU DO - Fri. 4:50, 7:10, 9:15 Sat. & Sun. 12:35, 2:40, 4:50, 7:10, 9:15
MON.-THURS. 7:25, 9:30
MIGHTY DUCKS 2 - Fri. 4:55, 7:05, 9:10 Sat. 12:30, 2:45, 4:55, 7:05, 9:10 Sun. 12:30, 2:45, 4:55
Sneak 9:35 Mon.-Thurs. 7:05, 9:10
THE ASSOCIATE - Sat. Sneak 7:25

CLAIRIDGE TRIPLE CINEMA

486 Bloomfield Ave. Montclair (201) 746-5564

THE CHAMBER - Fri. 7:10, 9:20 Sat. & Sun. 1:00, 3:05, 5:15, 7:25, 9:35 Mon.-Thurs. 7:10, 9:20
SECRETS AND LIES - Fri. 7:00, 9:35 Sat. & Sun. 1:30, 4:10, 7:00, 9:40 Mon.-Thurs. 7:00, 9:35
BIG NIGHT - Fri. 7:15, 9:15 Sat. & Sun. 1:05, 3:10, 5:20, 7:30, 9:40 Mon.-Thurs. 7:15, 9:15

ESSEX GREEN CINEMA

Prospect Ave. West Orange (201) 731-6692

THE SLEEPERS - Fri. 6:00, 7:45, 9:30 Sat. & Sun. 1:00, 2:40, 4:20, 6:00, 7:45, 9:30
FIRST WIVES CLUB - Fri. Sun. 2:00, 4:15, 7:15, 9:30 Mon.-Thurs. 2:15, 4:30, 7:00, 9:15
THAT THING YOU DO - Fri. Sun. 1:45, 4:15, 7:30, 9:45 Mon.-Thurs. 2:00, 4:15, 7:30

ROYAL TWIN THEATRE

614 Bloomfield Ave. Bloomfield (201) 748-3555

(Call for movies and times)

Roberts WELLMONT THEATRES

5 Seymour St. Montclair (201) 783-9500

TREES LOUNGE - Fri. 6:00, 7:45, 9:30 Sat. & Sun. 1:00, 2:40, 4:20, 6:00, 7:45, 9:30
MON.-THURS. 6:00, 7:45
THE FIRST WIVES CLUB - Fri. 5:20, 7:20, 9:15 Sat. & Sun. 1:30, 3:25, 5:25, 7:20, 9:15
MON.-THURS. 5:20, 7:20
D3: THE MIGHTY DUCKS - Fri. 5:15, 7:05, 8:55 Sat. & Sun. 1:15, 3:10, 5:00, 7:05, 8:55
MON.-THURS. 5:15, 7:05

Capricorn

Department Store

Grand Opening

ONE HOUR PHOTO

NEW FREE

roll of film with each roll of film

★ We use Kodak Color Watch paper

Store Hours: Mon. & Fri. 9:30 a.m. - 8 p.m.

Tues. - Thurs. 9:30 a.m. - 7 p.m.

Sat. 9:30 a.m. - 7 p.m.

Sun. 10 a.m. - 5 p.m.

296 Glenwood Ave. • Bloomfield

(201) 429-3440

Visit Our Other Locations

56 Lexington Ave. Passaic • 500 Central Ave. E. Orange

Events in the area

Fairs, flea markets, rummage...

Rummage sale, 4 to 7 p.m. Oct. 18; 10 a.m. to 4 p.m. Oct. 19, Bethany Lutheran Church, corner of New and Jonalemon streets, Belleville.

Thrift Shop at Bloomfield Presbyterian Church on the Green, 147 Broad St., open 10 a.m. to 5 p.m. Wed. and Fri.; 10 a.m. to 12:30 p.m. Sat. Treasure cave and boutique.

New View Thrift Shop at Christ Episcopal Church, 74 Park Ave., Bloomfield, 2nd floor, 9:30 a.m. to 4 p.m. Tuesdays; 9:30 a.m. to 12:30 p.m. Saturdays. Consignments accepted 9:30 a.m. to 1:30 p.m. Tuesdays. For info call 743-0399.

Flea market, 9 a.m. to 5 p.m. Oct. 20, Belleville High School, 100 Passaic Ave. Over 100 dealers. Wrestling parents fundraiser.

Christmas craftique at Kingsland Manor, Oct. 26 to Nov. 17, 10 a.m. to 9 p.m. Monday through Friday; 10 a.m. to 5 p.m. Saturday and Sunday. \$2 admission benefit Nutley Historical Society and Kingsland Trust. Over 200 crafters, Victorian, country, Thanksgiving, Christmas, and more.

Market Place sale, 9 a.m. to 2 p.m. Oct. 26, Cerebral Palsy Center, 7 Sanford Ave., Belleville (behind Clara Maass). Gifts, baked goods, jewelry, ceramics and much more.

Vendors wanted, St. Thomas Craft Fair, Nov. 16, 6-8 ft. spaces available, \$25. Table rentals, \$7 each. For info or reservations, call 759-2955.

Crafters wanted, Santa Sale, 9 a.m. to 8 p.m. Dec. 5, Radcliffe School, Nutley. Needed: inexpensive holiday items for students to purchase plus items for adults. 6-ft. space \$20. You provide table. For info, call Cindy at 284-1743 or Joanne at 661-2411.

Treasure Chest at Cerebral Palsy Center, Belleville, open 10 a.m. to 2 p.m. Tuesdays, Thursdays, Fridays, through June. New and nearly new jewelry, art work, clothes, furniture and much more.

Fundraisers...

Luncheon, 11:30 a.m. to 1 p.m. Oct. 17, Woman's Club of Nutley, 216 Chestnut St. Tossed salad, meat loaf/gravy, vegetable, roll/butter, dessert, coffee/tea. \$5.50. For reservations, call 667-7120, 667-1161 or 667-0211.

Service auction and grand buffet, 6 p.m. Oct. 19, Vincent United Methodist Church, Nutley. Sponsored by UMW. For tickets and info, call 667-5440.

Italian buffet, to benefit Kid's Corner, 5 to 7 p.m. Oct. 19, Park United Methodist Church, 12 Park St., Bloomfield. \$10 adults, \$4 kids under 12. Fifteen items, homemade desserts. For tickets, call 429-7745 or 429-9667.

Murder Mystery Night, 7 p.m. Oct. 19, St. Paul's Church, Franklin Ave. (bet. High and Kingsland), Nutley. \$25 includes full pasta dinner, murder and mayhem performed by professional actors. For reservations, call The Inclusive Community, 284-1780 by Oct. 14.

Progressive dinner, Oct. 19. Appetizers, main course, dessert in three Glen Ridge homes. Sponsored by The Women's Club of Glen Ridge to maintain clubhouse. \$30, including drinks, for non-members. For reservations, call 748-5459 from 10 a.m. to 2 p.m. weekdays.

Wooster Street Trolley Dixieland Band, 7:30 p.m. Oct. 20, Vincent United Methodist Church, Nutley. Dessert served. \$10 at the door.

Attic Treasures auction, 7:30 p.m. Oct. 21, St. Mary's School Hall. Sponsored by Catholic Daughters of the Americas. Bring no more than two items to be auctioned off. Refreshments. Admission: \$1. For info, call Gert Furlong at 667-4908.

Trip to Showboat, Atlantic City, 9 a.m. Oct. 21, St. Peter's parking lot, William St., Belleville. \$16 includes \$16 coin, \$3 food voucher. Fundraiser for St. Peter's Rosary. For tickets, call 751-4729.

Tricky tray, 7 p.m. Oct. 23, St. Peter's School gym, 152 William St., Belleville. \$6. Nobody under 18 admitted. No tickets at the door. For tickets, call Crissy at 450-4325, Terri at 751-1393 or Donna at 759-8531.

Fish and chips dinner, 5:15 to 7:15 p.m. Oct. 25, Bloomfield Presbyterian Church parish house, 147 Broad St. Catered by Thistle. \$9 adults, \$4 kids under 12. Sponsored by 50/50 Club. For tickets, call 748-5746.

Dessert card party, 7:30 p.m. Oct. 25, Nutley Parks and Rec, 44 Park Ave. \$5. Sponsored by Evening Membership Dept., Woman's Club of Nutley. For tickets, call 661-2920.

Chinese auction, 7 p.m. Oct. 25, College Center, Deacon's Den, first floor, Bloomfield College, Liberty St. \$7. For reservations, call Jean at 748-2363 or Hilda at 743-5642. No tickets at the door. To benefit Handicapped Children's Committee, Bloomfield Elks.

Third annual dinner dance, 7 to 11 p.m. Nov. 1, Bela Casa Caterers, 2 Acme St., Belleville. \$30 includes all-you-can-eat buffet, beer and soda, D.J. and door prizes. Cash bar. Sponsored by Belleville Reformed Church as first event in yearlong celebration of 300th anniversary. Limit: 150. Last date for tickets: Oct. 25. For tickets or info, call Betty Schwenk at 751-2262 or Betty Davenport at 759-4039.

Italian Night, 7:30 p.m. Nov. 2, St. Thomas the Apostle Church Herron Hall, 60 Byrd Ave. \$20 includes buffet dinner and music by Garden State Concert Band. For reservations, call 338-8140. Deadline: Oct. 26.

10th annual dinner fashion show, "Puttin' on the Ritz," sponsored by St. Thomas the Apostle House & School Assoc., 6:30 p.m. Nov. 7, Wayne Manor, Rt. 23, Wayne. \$35. Reservation deadline: Oct. 23. Call 749-8620 or 748-1727.

Card party, 7 p.m. Nov. 8, Nutley Elks, Chestnut St. \$6. Sponsored by auxiliary. For tickets, call Barbara Britton at 235-1732.

Columbus Hospital Renaissance Ball, 7 p.m. Nov. 23, Pleasantdale Chateau, 757 Eagle Rock Ave., West Orange. Entertainment by Joe Piscopo. \$200 per person. For info or reservations, call 743-8800 before Nov. 13.

Annual holiday dance, sponsored by Silver Lake Civic Association, 8 p.m. Nov. 29, Branch Brook Manor, Belleville. \$25 includes family style

dinner, music by Michael Chieffo, dancing. For info and tickets, call Angela Cuzzo-Zarro.

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, Doti Giubilo at 661-1238 or JoAnne Puccio at 235-0483.

Entertainment '97 discount books, \$40. *Van Riper Trust*, 235-9461. Books also available for other states: *MT. Pleasant Animal Shelter*, 386-0590. All zones available.

Other events...

Free health screenings, Monclair Community Hospital, 120 Harrison Ave. Appointments mandatory. Call 744-7300, ext. 4296, 10 a.m. to 2 p.m. Monday through Friday. Volunteers needed for Outreach program. Call Marie Oropollo at 746-4644 after 2:30 p.m. Oct. 26: foot problems, skin cancer.

5K Walk-Along to benefit Lupus Foundation, Oct. 20. To register, call 791-7868 or 1-800-322-5816.

Annual Pumpkin Patch Festival, 12 to 4 p.m. Oct. 26, Sacred Heart School, Bloomfield. Decorate pumpkins, make scarecrows, make masks and more. For info, call Roseann Orme at 748-5799.

Halloween party for kids in grades 6-8, 7:30 to 9:30 p.m. Oct. 26, Park United Methodist Church, Broad and Park streets, Bloomfield. \$2 admission. Games and food.

St. Mary's Religious Education accepting registrations for 1996-97 program year. For ages 4 through grade nine. For kids in public and private schools. Forms available at Parish Center, 145 St. Mary's Place, Nutley, or by calling Brian or Colleen at 235-1100.

St. Lucy's grammar school, Newark, 90th anniversary dinner dance Nov. 16, recreation center. Former students, teachers, parishioners, members of L.C.U., C.Y.O. or drum and bugle corps invited. Write to Rocco Corbo, 63 Crestwood Ave., Nutley, 07110.

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

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

Non-profit writers' group forming in Belleville-Nutley area for persons interested in writing fiction and non-fiction prose. Call Margaret Kazanciglu at 450-3299 for info.

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

Wanted: Memorabilia of the Van Riper House, River Road, Nutley. Call Marie Greiner at 235-9461.

Saint Valentine Church, Bloomfield, is sponsoring a three-day weekend bus trip to Philadelphia/Washington, D.C.-Alexandria, Va/Baltimore on Oct. 25-27. For info, call 743-0220.

"Murder at the Mansion Dinner Theatre" 7 p.m. Oct. 18, Oakside Bloomfield Cultural Center, 240 Belleville Ave., Bloomfield. For info, call 429-0960.

WIC program in Nutley, supplemental food program for women, infants and children, again being administered in Nutley. Third Tuesdays. Appointments necessary. Call 667-3818. For info, call 667-3818 9 a.m. to noon and 1 to 4 p.m.

Support groups...

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

Gamblers Anonymous, 8 p.m. Mondays, 8:30 p.m. Fridays, St. Paul's Congregational Church, Franklin Ave. and St. Paul's Place, Nutley, 3rd floor. Meetings open to anyone with a gambling problem or those who think they might have a problem. Topic/therapy; 8:30 p.m. Tuesdays, 8:30 p.m. Thursdays, Bethany United Presbyterian Church, 293 West Passaic Ave., Bloomfield. For info on any group, call 1-800-GA-LIVES.

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

Alcoholics Anonymous, 8 p.m. Mondays, St. Mary's Church basement, Msgr. Owens Place, Nutley; 8:30 p.m. Tuesdays, Christ Church, 74 Park Ave., Bloomfield/Glen Ridge (Gay); 9 p.m. Tuesdays, Vincent United Methodist Church, 100 Vincent Place, Nutley (behind public library); Glen Ridge Congregational Church, 195 Ridgewood Ave., Glen Ridge; 7:30 p.m. Wednesdays, 3rd floor, St. Paul's Congregational Church, Franklin Ave. and St. Paul's Place, Nutley; 9 p.m. Fridays, Grace Episcopal Church, 200 Highfield Lane, Nutley; 9 p.m. Saturdays, Christ Church, 74 Park Ave., Bloomfield/Glen Ridge.

Friends for Life, for oncology patients, family and friends, 6:30 p.m. first and third Wednesdays, Branch Brook room, Clara Maass Medical Center,

Belleville. For info, call Ann Shafie or Donna Rainone at 450-2210.

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

Bereavement Support Group, 7:30 p.m. 2nd Monday, Parish Center, St. Mary's Church, 145 St. Mary's Place, Nutley. For more info, call 235-1100; OR 7 p.m. through Nov. 26, Clara Maass Medical Center Belleville Founders Room. Free parking. For info, call 450-2210.

Living With Cancer, for cancer patients and their families, 7 to 8:30 p.m. second and fourth Wednesdays, waiting area of Radiation Oncology Dept., Mountainside Hospital, Glen Ridge/Montclair. 429-6905 or 429-6128.

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

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

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

Depression/Manic Depression 12 Step Program support group, Thursdays, 7:30 p.m., St. Luke's Episcopal Church, 73 South Fullerton Ave., Montclair (near Montclair Public Library). Enter in the back of the church and to the right. Meeting is in second floor conference room. For more information, call the New Jersey Self-Help Clearinghouse at 1-800-367-6274.

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

SHARE, a support group for learning to accept and resolve pregnancy or infant loss, 7:30 to 9 p.m. first Wednesdays, Schering-Plough #1 Conference Room, Mountainside Hospital, Glen Ridge/Montclair. No fee. If you plan to attend or for additional info, call Linda LeCompte, R.N., 429-6936.

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

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

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

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

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

Alzheimer's Support Groups, 7 p.m. first Thursdays, Adult Medical Day Care, Continuing Care Center building, Clara Maass Medical Center, Belleville. Concurrent activities program: for those with Alzheimer's to alleviate caregiving responsibilities. For info and registration, call 450-2941 or 450-2213; OR 2 p.m. fourth Thursdays, Meadowlands Hospital Medical Center, Secaucus. For info and registration, call 392-3206 10 a.m. to 4 p.m. Mondays through Fridays; OR 7 p.m. last Tuesdays, Congregation Obeth Shalom, 170 Scotland Rd., South Orange. For info, call 678-9700.

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

Separated and divorced, 8-week support group at St. Peter's School Youth Room, Belleville. 7:30 to 9 p.m. Fridays Oct. 18 to Dec. 13 (excluding Nov. 29). Park in the lot on Bridge St. For more info or to reserve a space, call Fr. Bob at 751-2002. Space limited.

S.M.A.R.T. Recovery self-help program for alcohol or drug problems, 7:30 to 9 p.m. Wednesdays, 56 Broad St., Suite 5, Bloomfield. Free. For info, call 625-1174.

Life After Loss, a support group for those in mourning, 7 to 8:30 p.m. Wednesdays, Essex Oncology Group, 36 Newark Ave., Suite 304, Belleville. Sponsored in conjunction with American Cancer Society, Essex Unit. To register, call Denise Johnstone at 751-5757.

Parents who have lost a child, 7:30 to 9 p.m. Mondays, The Hospice, Inc., 3 High St., Glen Ridge. To register, call 429-0300. Also forming, parent/children's and adult bereavement groups. No charge.

Panic and anxiety, 7 p.m. Thursdays, Nutley location. Learn techniques to overcome your limitations. Weekly group fee: \$15. Call Judy at (908) 937-4832 for info.

Events

Meetings...

Tri-County Camera Club, 8 p.m. Tuesdays, through May, Nutley Museum, 65 Church St. Visitors welcome.

Nutley AARP #2052, Trips and luncheons: Dec. 2, Radio City Music Hall, lunch, \$64; Dec. 11, annual Christmas lunch, Fairmount, Little Falls; Canada and the Laurentians, end of May or early June. \$1100. 7 nights, 8 days. For info, call William Meola at 667-6348.

Nutley Historical Society, general meeting, 7:30 p.m. Oct. 17, Nutley Museum, 65 Church St.

Belleville-Nutley Chapter of Hadassah, paid up membership meeting, 10 a.m. Oct. 20, Temple Ahavath Achim, 125 Academy St., Belleville. Husbands, friends, public invited.

Belleville AARP Chapter #2051, 1 p.m. Nov. 6, Senior Citizens building, 125 Franklin Ave. Chinese auction to benefit Andy Idenden Fund.

Nutley Unit 70 American Legion Auxiliary, 8 p.m. second Mondays.

Nutley Jr. Women's Club, 8 p.m. first Mondays, Vreeland House, 216 Chestnut St.

Ladies Auxiliary, Miles A. Suarez Post 711, VFW, 8 p.m. second Thursdays, post home, 369 Broughton Ave., Bloomfield.

Bloomfield Columbiettes, K of C Council, 190 State St. 7:30 p.m. Oct. 23. Scarf demonstration. Upcoming events: day trip to Amish country, Pa., Oct. 19. \$45. For info, call Rose Ruffalo at 743-8688.

American Association of University Women, 8 p.m. Nov. 7, Nutley Public Library, Tour of library. Refreshments. Public welcome.

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

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

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

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

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

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

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

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

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

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

Court Sancta Maria, Catholic Daughters of America, 7:30 p.m. second Tuesdays, Knights of Columbus, Bridge St., Belleville.

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

Class reunions...

St. Anthony's Grammar School, Belleville, May 1997. Anyone who attended and/or graduated between the years of 1960 and 1982 is welcome. For info, call Leonora DiLauro (nee Sibilla) at 743-6100 or 680-1577.

Belleville Class of 1966, Nov. 23, Crystals (above Kings Court), Lyndhurst. For info, contact Class of 1966, P.O. Box 722, Nutley, NJ 07110.

Belleville Class of 1946, Oct. 18, San Carlo Restaurant, Lyndhurst. For info or with addresses of missing classmates, call 450-4902.

Belleville Class of 1986, Nov. 22. Call Tina Narciso, 420-3292.

Belleville Class of 1991 organizing 5-year reunion. Call Rosemary Gencarelli at 759-1080.

Belleville Class of 1947, seeking alumni for 50th reunion. Call (908) 381-1846 or write BHS Reunion, c/o Audrey Skribner, 700 Stone St., Rahway, 07065.

James G. Shawger School #4, Silver Lake, Belleville, class of 1959, call Angela at 759-2703. Get together Nov. 29.

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90TH BIRTHDAY CELEBRATION — "Tess" Ochse, a resident of Belleville for over 60 years, celebrated her 90th birthday Sept. 22 at the Cedar Grove Manor Nursing Home in Cedar Grove. A party was held in her honor with all her children, grandchildren and great grandchildren attending the celebration. A few of her friends and old neighbors were also there.

BEN AND JERRY are 12-week-old brothers, long-haired white kittens with black markings. They and other cats and kittens will be available for adoption 11 a.m. to 3 p.m. Oct. 19 at the PETSMART store, Route 22 East at West End Ave., North Plainfield. For more information on pet adoptions or fostering or on its low cost spay/neuter clinic, call People for Animals at (908) 688-1073.



CARMELLA waits at the Mt. Pleasant Animal Shelter for a new home. This 5-year-old Calico is declawed, spayed and very friendly — as long as you're an adult! If you would like to meet Carmella or any of the other nice cats and dogs hoping for new homes, please visit the shelter at 194 Rt. 10 West, East Hanover, or call 386-0590 for more information.

 **Stork Club**

Ronald Brandon Spera

A first child, a son, Ronald Brandon, was born to Mr. and Mrs. Ronald Spera of Belleville Sept. 12 at St. Barnabas Medical Center, Livingston. Birth weight was 8 pounds, 2 ounces.

Mrs. Spera is the former Jeanne DeAngelis, daughter of Fred DeAngelis of Bloomfield and the late Mrs. Barbara DeAngelis of Belleville. She is a legal secretary at Carella, Byrne, Roseland. Mr. Spera, son of Mr. and Mrs. Paul Spera of Belleville, is an installation mechanic.

Belleville Woman's Club going to Radio City Music Hall

The Woman's Club of Belleville is sponsoring a trip to the Christmas show at Radio City Music Hall Nov. 17. Tickets are \$55 which includes transportation.

For more information, call Loretta at 751-4353 or Barbara at 759-0219.

Mary Pat Sullivan, senior manager of Specialty Services for the

Women's Health Center at Clara Maass Medical Center, addressed the group at its Oct. 8 meeting. She spoke on health services for women.

The club meets 7:30 p.m. the second Monday of each month at the clubhouse, 51 Rossmore Place, Belleville.

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Belleville SPORTS

BUG SHOTS

By Mike Lamberti



Lapas, Palo garner Homecoming honors

On a nice autumn evening, the 1996 Belleville High School Homecoming ceremonies were held at Doc Ellis Field.

Sponsored by the Kiwanis Club and the Belleville Key Club, the Homecoming ceremonies were well received by the large fan contingent present for last Friday's Belleville-Paramus Catholic football game.

The concept of Homecoming has been a long standing one. At Belleville High School, the students elect the Homecoming Queen and King by a ballot basis two days prior to the Homecoming event.

The night of the event, the six candidates (three men, three women) take part in a pre game parade that starts at Town Hall and finishes at Doc Ellis Field.

At halftime, the official announcement of the winners is made. This year, the candidates for Queen were **Paula Lapas**, **Devon Wille** and **Amanda Clenaghan**.

The King candidates were **Jim Palo**, **Jorge Vincenty** and **Edgar Herrera**.

Lapas was named 1996 Homecoming Queen. A captain of the very successful volleyball team, she seemed quite surprised by the announcement.

The King for 1996 is Palo, who won a closely contested vote.

Congratulations to all the candidates for making last Friday's event a class evening.

And special congratulations to the winners, Paula Lapas and Jim Palo.

Soccer team splits two games

The Buccaneer soccer team improved its record to 6-4-1 on the season by splitting two games last week.

Gino DePinto's team stopped Paramus, 4-0 in an NNJIL Pacific Division battle. The team was beaten last Sunday by Montclair-Kimberly, 3-1 in the first round of the Essex County Tournament.

The Bucs will be at Nutley this afternoon in a key conference game, beginning at 4 p.m. Next Tuesday, the team stays on the road, playing at Don Bosco. That contest also commences at 4 p.m.

DePinto termed his teams victory over Paramus as "an excellent game, one of the best we've played this year."

Belleville received two goals from **Nick Colucci**, who leads the team in scoring, and one each from **Dan Almeida** and **Mike Brown**.

"It was a real good effort by our team," DePinto said. "It's good to see the improvement as the season progresses."

The Bucs weren't as fortunate last Sunday, losing at home in the first round of the Essex County Tournament.

"I thought we played pretty well," DePinto said. "We had a 1-0 lead in the second half, but then the roof caved in."

The game was scoreless at the half. Ten minutes into the second half, the Bucs went ahead 1-0 on a Colucci goal, assisted by Almeida.

Montclair-Kimberly tied the game six minutes later, then went ahead for good in the 25th minute.

M.K.A. scored the insurance tally with ten minutes left to seal the victory.

The J.V. team was beaten by Paramus, 4-0. The freshman team finished in a scoreless tie with Teaneck and lost a 2-0 decision to Paramus.

Cards getting closer to Series

Despite that 14-0 shellacking my Cardinals took to Atlanta last Monday night, I still think we have a good shot to play the New York Yankees in the World Series starting this Saturday.

The problem is, the final two games of the N.L.C.S., which St. Louis led 3-2, will be played in Atlanta and the defending champion Braves will be a tough opponent.

But I'll stick with my Cardinals to somehow pull out a game in Atlanta and begin the '96 World Series this Saturday night in Yankee Stadium.

Notes

I'll be heading to the West Coast for six days vacation, but the column will appear in next weeks issue.

My upset special of the week in college football is Air Force stunning Notre Dame this Saturday in South Bend. (I'm just a little bit partial, I'm a big Air Force fan).

Finally, good luck to the Buc football team as it faces a powerful opponent this Saturday at St. Joe's.

Difficult game at St. Joe's this Saturday

P.C. offense too much for Bucs

By Mike Lamberti

The offense was in high gear last Friday night at Doc Ellis Field.

Unfortunately for the Belleville Buc football team, the majority of offense was produced by Paramus Catholic.

The Bucs fell to 1-3 with a 40-19 Homecoming Night loss to the Paladins.

John Senesky's team faces a monstrous test this Saturday. The team travels to Montvale to play undefeated St. Joe's. Kickoff time is 1 p.m.

Heading into last Friday's game, the Bucs knew that Paramus Catholic would bring a potent passing and running attack to the table.

"They just played very well," Senesky said of P.C. "There were some stellar performances by some of their key players. (Bob) Aggar was tremendous at quarterback and their top receiver (John Rodriguez) made some spectacular plays."

"They were able to adjust to our defensive schemes and kept us off balance most of the night."

Paramus Catholic never trailed in the game, taking a 14-0 lead early in the second quarter.

But Belleville came back, highlighted by a touchdown run by Ricci Bello, in for the injured Donnell Graham.

Graham, the Bucs senior running back and teams leading rusher, injured his ankle in the first quarter trying to tackle a P.C. player following an interception.

Bello fared well in Graham's place, scoring one touchdown and producing some good runs. Defensively, Bello intercepted two passes in the first half.

Following Bello's score that cut the lead to 14-6, the Belleville defense held P.C. and forced a punt.

The Bucs took over in Paladins territory. Chris Zarro took a handoff and sprinted toward the end zone. He was tripped up and fumbled. The Bucs had a chance to recover, but P.C. picked up the loose ball.

"The play changed the momentum of the first half and Paramus Catholic took a 21-6 lead four minutes later."

The Bucs final two scores came in the fourth quarter, when the offense was well decided.

Quarterback Rich DeFalco hit

Tom Dyer with a scoring pass and late in the game, Dyer, subbing for DeFalco at QB, found Tristin Kvetkus with a five yard touchdown pass.

Dyer, a senior wide receiver, played the best varsity game of his career.

He caught four passes and did a very good job at quarterback when filling in for DeFalco late in the game.

"Tommy has good size (6'5" tall) and he was able to see over the defense and make some plays," Senesky said of Dyer's quarterback play. "He made some good catches at wide receiver. He has good hands."

Senesky also had praise for Bello.

"He had some good runs, but defensively is where he really stood out. Ricci made two good interceptions against a very tough Paramus Catholic passing game."

But in the end, it was too much talent on the P.C. side of the ball.

"They took over the game on the offensive line," Senesky said of the Paladins. "They applied pressure all game long. They mixed things up and came up with the right reads."

This Saturday, the Bucs venture to Montvale, where they've not had much success in the past.

This years St. Joe's team is 4-0 and has won 15 straight games dating back to 1994. Last years team won the Star Ledger trophy as the states best.

This year, the team is led by senior running back Cooper Rego, who has already accounted for over 1,000 yards rushing in just four games.

Rego, who has already decided to attend Notre Dame next year, could be the best running back this state has seen in many years.

"He's just a remarkable runner," Senesky said. "He's got the speed, size, everything."

"But there's more to St. Joe's than just Rego. They've got the usual crop of good receivers and a strong fullback. Their offensive line is huge. It's just an outstanding team."

NOTES: St. Joe's will probably be ranked second in the state heading into this weeks game. The Bucs are 1-6 against them in the season

series, Belleville's only win coming back in 1983.

On the injury front, Graham has a badly sprained ankle that will probably keep him out of this weeks game.

Edwin Garcia injured his shoulder late in the game, but he should be okay for this Saturday.

Bucs return home following Saturday's game to play another perennial powerhouse, Hackensack, next Friday, October 25, at 7 p.m.



HOMECOMING QUEEN AND KING: Paula Lapas and Jim Palo were named the 1996 Belleville High School Homecoming Queen and King last Friday night during halftime ceremonies at Belleville High School.



Homecoming Queen candidates (l to r) Paula Lapas, Amanda Clenaghan and Devon Wille get together before announcement of winner for 1996.



Homecoming King Candidates (l to r) Jim Palo, Jorge Vincenty and Edgar Herrera get ready for the announcement of the 1996 King.

Wizards rally to beat University, Nutley

By Mike Lamberti

Even a wizard can have an off day.

The Belleville volleyball team tasted defeat for the first time in 1996 last week, losing in straight sets to Immaculate Heart last Tuesday.

Grace Worley's team was also stopped by Hackensack, but rallied later in the week to beat University and Nutley.

Belleville was 12-2 (ranked 12th in the state) heading into the big showdown with Paramus Catholic last Tuesday. Today, the team is at Paterson Eastside, and tomorrow, it's off to Teaneck. Both of those matches begin at 4 p.m.

Next Monday, Paramus comes to town, at 4 p.m. and next Tuesday, the team is at Bloomfield. Next Wednesday, the road trip continues at Immaculate Heart. All matches begin at 4 p.m.

There was a big crowd on hand last week when Immaculate Heart came to town.

"We expected a tough match, and I think the kids began to believe their own press clippings," Worley said. "We didn't play well in the first set (a 15-8 loss) and in the second, we lost concentration."

Belleville appeared to be in control of the second set, leading 11-2 at one point and 15-6 at another.

But I.H. scored the games final nine points to win, 15-13 and complete a straight set victory.

"Our passing game wasn't good," Worley said. "We've been

able to come from behind before in games, but this time, no. I think it taught our team to never let up. We have to stay focused."

The next day, Belleville played host to 11th ranked Hackensack. The team played a strong first set, winning 15-10, but Hackensack came back in the final two sets to win, 15-13, 15-7.

"We played our type of game in the first set," Worley said. "Hackensack is a fundamentally sound team and they took it to us in the final two sets."

"This is a tough league, and we won't get many breaks during the season. It was a good test for us. We'll play them again later in the season and hopefully, learn from this."

The Lady Bucs came back to beat University pretty handily, 15-2, 15-3 and last Friday, the team stopped Nutley in straight sets in an NNJIL Pacific Division game.

"It was good to win the final two games of the week," Worley said. "It gives us some momentum heading into Paramus Catholic. We'd like to think we have a chance to win the conference title, but we'll have to beat Paramus Catholic if we want to have a shot."

NOTES: Worley credited Koileen Myers with good games against Hackensack and Immaculate Heart.

"She played very good defense," Worley said of Myers.

Kim Mahoney, named by the Star Ledger as volleyball player of

the week, turned in some tremendous play at the net during last weeks games.

Consistent play was also turned by in Chrissie Scassera, Deana Addis and Fran Sanzone.

Cross country team stops University, 15-48

By Mike Lamberti

Jose Moreno's first place finish led the Belleville cross country team to its second victory of the year last week, beating University, 15-48.

John Tosara's team dropped a tough meet to Kinnelon, 25-31. The team also competed in the Essex Catholic Invitational last Saturday.

Today, the Bucs will race at Hackensack, starting at 4 p.m. in the final dual race of the season. This Saturday, they will compete in the William Paterson Invitational. The Bucs will then be off until November 1, when they compete in the county championships.

In the win over University, Moreno won the 3.3 mile race at Branch Brook Park in a time of 19:29. Angelo Chavez and John Bolkas tied for sixth with times of 20:54 and Dan Kirk ran the course in 21:15.

Mike Dribnak finished in 22:33, Ed Miranda finished the course in 22:46, followed by Edwin Herrera (25:49) and freshman Jim Roman

(28:41), running his first varsity race.

For the girls, Melissa Anderson finished third in 26:33 and Ariel Lane was fourth in 26:38.

At the Essex Catholic Invitational, Roman and Jim Ruffalo ran the freshman race, with times of 18:24 and 21:32 respectively.

Lane earned a medal in the girls J.V. race, taking 18th overall in a time of 16:19.

Moreno was Belleville's top runner in the varsity race, taking 31st in 19:40.

Bolkas (20:53), Dribnak (22:22), Chavez (22:33) and Kirk (22:47) rounded out the Belleville effort for the Invitational.

NOTES: The NNJIL championship race was held last Tuesday at Branch Brook Park.

Tosato noted that his team had a chance to finish sixth in the league, with a good performance. The Bucs are in the hunt, along with Teaneck and Nutley.

Belleville Rec Roundup

REC NEWS

League Director Needed

The Belleville Recreation Department is in need of one adult to coordinate and supervise its Youth Basketball clinics and leagues for boys in grades 3-8. Beginning in November, these activities take place on weeknights and Saturdays at the Middle School and at other locations, to be announced.

The part-time position entails supervision of league games/personnel and recruiting volunteer coaches for teams. Anyone interested must reside in Belleville and qualified applicants must be sports minded, responsible and must work well with people. This position would also be good experience for a college student majoring in recreation/physical education.

Please call the Recreation office at 450-3422 if interested.

Volleyball teams needed

The Belleville Recreation Department is taking names of people who would be interested in entering teams in the Women's and Men's Volleyball Leagues.

The Women's League plays on Tuesday nights at School #3, while the Men's League plays on Tuesday and Thursdays at the Friendly House. Teams must be composed of three-quarters Belleville residents.

Also, a new Co-Ed League may potentially be forming for Monday nights at the Friendly House. If interested in applying for any of these leagues or for Men's basketball, please call the Recreation office at 450-3422.

Belleville resident women and men age 18 or older, are invited to put their names on the waiting list, in the event that already established teams may be in need of individual players to fill out their rosters.

Registration for Rec

Wrestling

Applications for Recreation

Wrestling are now available at the Belleville Recreation Department at 407 Joramelon Street between 8:30-12:00 and 12:30 p.m. to 4 p.m., Monday-Friday. The Belleville Recreation Wrestling Program introduces boys, ages 6-14, to the fundamentals of the sport. Basic techniques, moves and strategy are taught to beginners as well as to the more advanced wrestlers. In competition, the boys are matched up against opponents of the same weight class.

Recreation wrestling will be conducted on Monday, Tuesday and Thursday evenings from 6:15-8:15 p.m. in the High School cafeteria, beginning November 4, 1996. Tentatively, ages 6-9 will be given basic instructions from 6:15-7:15, while the 10-14 year olds are prepared for league competition between 6:15-8:15.

Boys can register for the activity by completing an application at the Recreation office before participating. Birth certificates are required for all first-time applicants, who must be Belleville residents and cannot be above eighth grade. For further information, call 450-3422.

Basketball Leagues

The Belleville Recreation Department is forming basketball leagues for children in grades 3-8 and applications are now available at the Recreation office.

In preparation for the leagues, basketball clinics will be conducted at the Middle School Boys' Gym. Clinics will be held Monday, November 11 and Tuesday, November 12 as follows: Grades 3-4 from 6:00-7:00 p.m.; Grades 5-6 from 7:00-8:00; and Grades 7-8 from 8:00-9:00 p.m. Boys and girls shall attend these clinics together. "Performance Clinics" for player assignment will be held November 18 (Girls) and November 19 (Boys).

Interested players should pick up application forms at the Recreation House, 407 Joramelon Street, and return them with birth certificates before participating. The registration deadline for the basketball leagues is Friday, November 15, 1996.

The Recreation office on Joramelon Street will be open for registration on Wednesday nights, 6:00-8:00 p.m., beginning October 2.

Basketball Team Needed

The Belleville Recreation Department is presently seeking at least one team to play in its men's basketball league beginning in November. The league plays on Thursday nights at the Middle School, using primarily high school rules. There is a residency requirement, mandating that three-quarters of the team be Belleville residents. For more information or if interested, please call 450-3422.

Basketball Coaches Needed

The Belleville Recreation Department is presently seeking adults to volunteer as coaches in its Junior Basketball Leagues for boys and girls. Games are played on weeknights and Saturdays. If interested, call the Recreation office at 450-3422.

ADULT OPEN VOLLEYBALL will start on Wednesday, October 9, from 6:30 to 9:00 p.m. at School #3 for men and women. Photo I.D.'s are required of all participants, who must be Belleville residents. For more information on upcoming programs in basketball, volleyball and wrestling, call 450-3422, between 8:30 a.m. and 4 p.m.

Fall Programs

The Recreation Department of Recreation & Cultural Affairs has announced the start of its fall activities schedule.

GIRLS' TWIRLING is being held on Fridays this year at School #7 as follows: Grades 1-4 at 6:30 p.m. and Grades 5-8 at 7:30 p.m. Girls must provide their own batons for this activity.

THE GIRLS' CHEERLEADING CLINIC is now taking place on Thursdays at School #3. Girls in Grades 1-8 should report from 6:30 p.m. to 7:30 p.m.

Cheerleading is also being offered on Tuesday nights at School #8 for girls in Grades 1-8 from 6:30 p.m. to 7:30 p.m. These instructional clinics are designed for beginners as well as for those girls who want to try out for the 1997 Junior Bucs cheerleading squads in May.

ADULT OPEN VOLLEYBALL will start on Wednesday, November 6 from 6:30 to 9:00 p.m. at School #3 for men and women. Photo I.D.'s are required of all participants, who must be Belleville residents.

For more information on upcoming programs like basketball, volleyball leagues and wrestling, please call 450-3422 between 8:30-4:00 Monday through Friday. All programs are tentative, with schedules subject to change.

BASKETBALL and **WRESTLING APPLICATIONS** for children will be available at the Recreation Dept. office, 407 Joramelon Street, by early October.

"Overlooked" Scassera is appreciated by coach, teammates

By Mike Lamberti

For four years now, she's been doing her job in a quiet, effective manner.

She sometimes goes unnoticed, but her teammates and coaches certainly appreciate her efforts.

"She" is Chrissie Scassera, now a senior at Belleville High School.

A very versatile athlete, Scassera has been one of the key ingredients to the Lady Buc volleyball squad, which was 12-2 and ranked 12th in the state at the start of this weeks action.

"She does a great job for us," said volleyball coach Grace Wolry. "People overlook what she does, because she's so low keyed. But anyone who knows the sport knows she plays a major role for us."

Once the volleyball season ends in November, Scassera will take her talents to Cheryl Marion and the girls varsity basketball program.

Scassera has played basketball consistently in the off season, taking part in AAU programs and competing nationally.

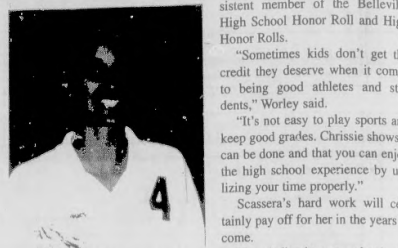
For three years, Scassera has been the center for the Lady Bucs. Once again, she should be joined on the front line by seniors Deana Addis and Kim Mahoney.

But Scassera's talents aren't just on the athletic court. She has been a standout student at Belleville High School who takes part in numerous extracurricular activities.

For four years, she has been a member of the Foreign Language Club and Student Government.

For the past two years, she's added Amnesty International and Peers Educating Peers, where she serves as a drug/alcohol educator, to her impressive resume.

In addition, she has been a con-



Chrissie Scassera

Benitez propels 'A' team

Powerful running by Hector Benitez led the Junior Buc 'A' team to a shutout victory over Nutley last Sunday.

Belleville (5-1) took a 2-0 lead following a safety and increased the margin to 8-0 in the second quarter when Benitez scored from the five yard line. The key play in the drive was a 27 yard pass from quarterback Brian Rafferty to Hector Mendoza.

The Belleville offensive line of Anthony Maldonado, Chris

sistent member of the Belleville High School Honor Roll and High Honor Rolls.

"Sometimes kids don't get the credit they deserve when it comes to being good athletes and students," Wolry said.

"It's not easy to play sports and keep good grades. Chrissie shows it can be done and that you can enjoy the high school experience by utilizing your time properly."

Scassera's hard work will certainly pay off for her in the years to come.

Her dedication to school and sports is certainly Belleville's gain.

Hernandez, Lance Abrams, Mike SanFilipp and Jeremy Lastra helped establish the running game throughout the afternoon.

Belleville's final score came on a 31 yard run by Benitez.

The Belleville defense was paced by Mike Spiga, Mendoza and Bo Bernard.

The team will play Livingston this Sunday at 1 p.m. in a battle for first place.

PUBLIC NOTICE

COUNTYWIDE PUBLIC HEARING ON THE ESSEX COUNTY ANNUAL CONSOLIDATED PLAN OUTLINING THE USE OF COMMUNITY DEVELOPMENT BLOCK GRANT, HOME INVESTMENT PARTNERSHIP AND EMERGENCY SHELTER GRANT PROGRAMS

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HEALTH BEAT

An advertising section

'Hands on Health'

Straight talk about osteoporosis

By Robert Ruffalo, PT, DC, CCSP

Osteoporosis, usually considered a woman's disease, is actually a disease which everyone should be concerned with. Recent studies among health care groups have deemed it as a pediatric disease. If a calcium-rich diet and exercise are not instituted at a very early age, the bones will lose strength. Although women are most prone to osteoporosis in the menopausal years, men also need to concern themselves with the facts. It is estimated that at age 50, women have a 40% chance of developing a life-threatening fracture caused by osteoporosis. Men, by the age of 40, are at similar risk. Annually, 25 million Americans (80% women), suffer from some degree of the disease.



Dr. Robert Ruffalo

Osteoporosis is caused by bone mass loss, a process of aging. Through the years, bones become thinner and more fragile, thereby making them susceptible to fractures. Unfortunately for women, the decrease of estrogen during menopause increases bone loss. Fortunately, the recent thrust to help prevent osteoporosis will deter such serious consequences. Advanced diagnosis and treatment protocols include a bone densitometry test ordered by your physician, hormone replacement, therapy, prescriptive medications, increased dietary and supplemental calcium and Vitamin D intake, and EXERCISE, targeting hips, spine and forearms.

Weight-bearing exercise is one way to help maximize bone mass. Although genetic history, lifestyle, nutritional habits and hormone levels are all contributing factors, preventive measures are rapidly emerging as treatment alternatives.

Awareness of these measures can forestall fractures, the most serious consequence of osteoporosis.

Media attention has brought several questions to my practice. Lucy, a 40-year-old school teacher, inquired about the importance of weight-bearing exercises. She was concerned because she felt she was at risk. She had read that osteoporosis was most common to individuals who had fair skin, small bone frames, family history, and had ancestry from Northern Europe, the British Isles, Japan and China. Being 5'2" and Irish with a mother who had osteoporosis, Lucy was interested in finding out how she can prevent bone loss.

While there is no specific prescription for an exercise program to increase bone mass or decrease bone loss, biomechanical and muscle strengthening exercises are widely accepted. Exercises which force you to work against gravity, such as walking, hiking, jogging, stair climbing, tennis and dancing can slow bone loss. The chosen exercise should be fun to insure compliance, but as with any exercise program, I suggest an evaluation by your family doctor to learn which activities are safe for you.

"By becoming informed, I feel I have a better chance of keeping my bones more healthy. My exercise program has inspired me to encourage my teen-aged daughter to consider her future. We decided to eat better and exercise daily together! It's probably the ONLY thing we agree on," laughed Lucy.

As part of the "Hands on Health" campaign, A.T.E.A.M. Approach Chiropractic & Physical Therapy Center offers FREE information on osteoporosis and weight-bearing exercises. Dr. Robert Ruffalo, a licensed chiropractor and licensed physical therapist, also offers exercises in his office, located at 265 Broad St., Bloomfield. To make an appointment or obtain FREE information, please call 429-3001.

Athlete from Classic Athletic Club in triathlon world championship

Mario Souza of Rutherford, a person trainer at Classic Athletic Club in Lyndhurst, has qualified for the Ironman Triathlon World Championship on Oct. 26, on the Big Island of Hawaii.

Nearly 20,000 triathletes from more than 50 countries annually attempt to qualify for triathlon's most prestigious event.

Souza has lived in the Rutherford area since 1988, when he moved here from Bahia, Brazil, his native country.

His weekly training consists of over 200 miles of biking, 40 miles of running and six miles swimming. In order to prepare for the Ironman Triathlon, Mario must train 2 to 3 times every day.

The Ironman Triathlon consists of a 2.4-mile ocean swim, 112-mile bike race and 26.2-mile run, to be completed within 17 hours. Training for the race typically requires 18 to 24 hours per week for six to eight months to develop the stamina and endurance needed to complete the 140.6-mile event.

Returning to the Ironman

Triathlon World Championship after taking a year off in 1994, Mark Allen, 38, of Cardiff, Calif., won his sixth Ironman in seven years in 8:20:34. Allen made up a 13-minute deficit coming off the bike by running a 2:42:46 marathon.

Karen Smyers, 34, of Lincoln, Mass., captured the women's title following an epic battle with seven-time women's Ironman champion Paula Newby-Fraser. Newby-Fraser had built an almost insurmountable 12-minute lead



Mario Souza

coming off the bike, but Smyers unleashed the second-fastest marathon in Ironman women's history (3:05:20) to catch Newby-Fraser with a quarter-mile left in the race. Smyers crossed the finish line in 9:16:46.

The Ironman Triathlon began in 1978 with only 15 competitors. Its explosive growth required race organizers to implement qualifying procedures in 1983. The race field now is limited to 1,500 contestants due to the championship nature of the event.

Special order, special meals

Six months ago, Joe Martinez was told that he has diabetes. He went to his supermarket in Plainsboro and was aghast to find that beyond the fresh fruits and vegetables, most other food items were either high in sugar or high in fat.

But Martinez, the pharmacist at Family Prescriptions in Milltown, did something to help people with the same problem. He asked his brother-in-law, Victor Borkowsky of Nutley, who has worked in the food service industry for years, to come up with some meal ideas and then he started Diet-Pik-Up Inc. to provide freshly cooked meals to people on weight-reduction and/or diabetes control menus.

The meals are fresh, not freeze-dried or frozen. Each meal follows the American Heart Association food guidelines, has 300 milligrams or less of cholesterol and less than 30 percent of the total calories come from fat. They are also low in sodium and are made without preservatives.

Using medication, exercise and diet, Martinez has lowered his blood sugar level from 253 to 95.

The normal range is between 70 and 115.

The meals come in either 1,000 or 1,800 calorie sizes. The 1,000 calorie meals cost an average of \$4.50, the 1,800 calorie meals average \$5.25, Martinez said. Meals are microwavable, except for the pizza, which cooks crispier in a regular oven, he said.

The meals are ordered and paid for a week in advance, and are either picked up or delivered twice a week. Martinez said the foods are delicately seasoned, but can be spiced up.

Here are some items from the menu: Cinnamon Apple Oatmeal with Sour Cream Breakfast Biscuit and Whipped Fruit; Multi-Bean Salad with Fresh Seasonal Vegetables, Herbed Chicken and Old Fashioned Potatoes.

Meals can be ordered at Family Prescriptions and Martinez is setting up distributors across the state and into New York State. For more information, call 1-888-344-DIET, (908) 249-5225, or check out the firm's web site: <http://www.dietpickup.com>.



DRIVER FRANK JASINSKI, is seen driving residents Nick Baretti, Marjorie Brady, Anna Chivini and Lillian Doudera in the Classic Car Parade.

Job Haines Home participates in car parade

Residents from the Job Haines Home recently participated in the Classic Car Parade held during the annual Bloomfield Harvest Fest. Residents, who sponsored a trophy for the event, were invited to join the parade in the home's van. Residents Nick Baretti, Marjorie Brady, Anna Chivini and Lillian Doudera rode in the van with the Home's driver, Frank Jasinski.

Following the parade, the residents enjoyed a picnic on the Green, which was prepared by the Home's dietary department. The residents then selected a car to win the trophy they sponsored. The residents selected a vintage 1950's white and turquoise Ford Fairlane hard top convertible as the winner.

The Job Haines Home's booth at Harvest Fest focused again on Halloween Safety. Names have been drawn and invitations have been sent to 25 area children to attend the annual Celebrate Safe Halloween party. "So far, the response has been terrific," says

Anita Merrill, assistant administrator.

The party offers something for everyone, including trick or treating through the 1902 building, games, prizes, fortune telling and refreshments. Executive Director Jacqueline Kerr Harold says, "We are really looking forward to this event. It provides a safer alternative for children and also happens to be a great deal of fun." Last year, the children had some elaborate and wonderful costumes," she continued. "It will be exciting to see what they have in store for us this year."

The Job Haines Home is a residential health care facility and nursing home for people over 65 years of age. It has been in business since 1897 and is currently in the process of developing an assisted living program. For more information about the Job Haines Home or assisted living in general, please contact Anita Merrill, assistant administrator, at 743-0792.

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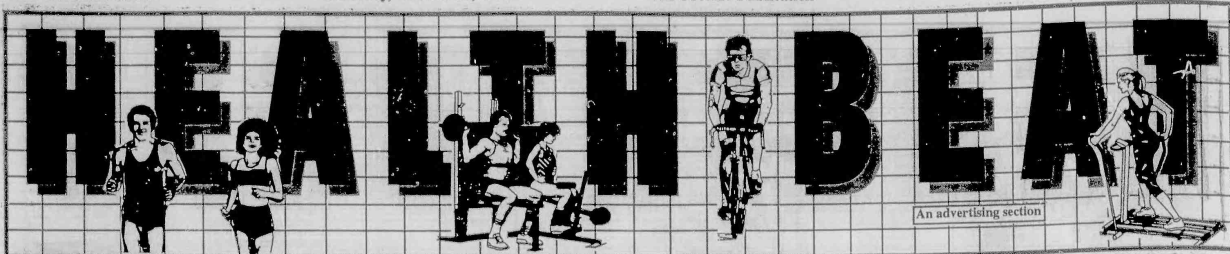
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Nutrition On-line

By Michael A. DeAngelis

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

We continue the three part series that focuses on eating right while living a life on the go.

Lunch can be a time of great creativity even though in most cases people are not home to prepare these meals. However, using some old fashioned brain power, anyone can make a great meal.

Often people make sandwiches of some sort for lunch. Some people go to sandwich shops or delis in order to make the perfect sandwich.

But there often seems to be a hopeless feeling people get when they think about how their diet will be ruined after that next trip to the deli or diner. It does not have to be that way!

People must remember that when they go to a deli or diner to order foods they are in control of the situation and can request personalized sandwiches.

Here are some quick tips that can help you the next time your packing lunch or selecting a

sandwich at a deli or diner.

1. Use leftovers to make sandwiches for yourself. This will reduce the drudgery of leftovers.

2. When making or ordering sandwiches choose whole wheat bread, rolls or pita pockets since this will increase the fiber content of your meal.

3. Use or request "light" mayonnaise when you make or order tuna, chicken or turkey salad.

4. When you order your sandwich, do not be afraid to remove meat to reduce fat and calories, to ask for different bread, or to ask for extra lettuce, tomato, and onion.

5. Instead of mayo, top your sandwich with a good mustard, like Dijon, or ketchup.

6. Once and a while, for a change, make or order a large salad that has pasta or rice, meat or cheese, and lots of vegetables.

Lunch can be quick, innovative, and healthy. All it takes is a little thought and a good appetite!

Spa Lady, St. Joseph's set breast cancer seminars

To help promote October as Breast Cancer Awareness Month, Spa Lady and St. Joseph's Hospital and Medical Center of Paterson will host a series of free seminars as part of their commitment to providing the community with essential health information.

Given by the healthcare professionals at St. Joseph's, the second event in the series, titled, "Early Detection of Breast Cancer and the Latest Technology for Treatment," is set for Wednesday, Oct. 23 at Spa Lady's premier facility in the Crown Plaza Shopping Center, Route 46, Fairfield. All area women are invited to attend.

A variety of topics will be addressed. Dr. Linda Rankin, M.D., St. Joseph's chairman of the Department of Pathology, will provide an update on "Breast Cancer: Good News/Bad News." Dr. Robin Frank-Gerzberg, M.D., a radiologist with St. Joseph's, will focus on the "Role of Radiographic

Techniques in Diagnosing Breast Cancer," and Lorraine McEvoy, R.N., nurse manager of Oncology, will present "Breast Self-Exam," a vital technique for all women. Questions and answers will follow the presentation.

"We have had an incredible response to our first seminar in this series with St. Joseph's Hospital and Medical Center," noted Bea Schaffer, Spa Lady's director of operations.

She added that Spa Lady, which was recently awarded the prestigious Better Business Bureau endorsement, "is proud of its relationship with St. Joseph's." Through this alliance, she said, "we are a vital link in the delivery of the latest wellness information to women of all ages in our market area."

Reservations are recommended and may be made by telephoning 882-9211.

Mountainside receives top level of accreditation

Mountainside Hospital in Montclair/Glen Ridge has been Accredited with Commendation by the Joint Commission on Accreditation of Healthcare Organizations.

On a scale of 100 — with 100 representing a perfect score — Mountainside was awarded a 97. This is the highest level of accreditation awarded by the Joint Commission, the nation's oldest and largest accrediting body.

The Joint Commission is dedicated to improving the quality of the nation's health care through voluntary accreditation. It recognizes health care institutions' performances in complying with national standards to help them achieve the highest level of performance possible, reduce patient risk for undesirable outcomes and create an environment for continuous improvement. Organizations generally undergo the survey once every three years.

"We are extremely pleased to have achieved this prestigious designation," said Robert Silver, senior vice president and general manager of Mountainside.

"This recognition underscores our steadfast commitment to providing comprehensive, compassionate health care for our patients and the community," he said.

Mountainside's five-day on-site evaluation was conducted in August by experienced health care professionals. The Joint Commission team gathered extensive information prepared by the hospital and conducted interviews with staff and patients to judge standard compliance in various performance criteria. Among those areas evaluated were patient care functions, physical environment and safety, organizational leadership and management as well as department-specific requirements.

Attorney elected to Clara Maass trustee board

Keamy attorney Frank Jablonski has been elected to the Clara Maass Medical Center Board of Trustees.

He will serve a three-year term. "I welcome Mr. Jablonski to the Clara Maass organization. His leadership and presence in Hudson County is a great asset to the medical center," said Robert Curtis, president and chief executive officer of Clara Maass Health System.

"His wealth of knowledge in the health care industry will assist the medical center as Clara Maass continues to meet the evolving needs of the surrounding communities," he said.

Jablonski, a partner with Gillespie, Gillespie & Jablonski, will serve on Clara Maass's Building and Grounds and Joint Conference committees.

"I look forward to serving with other members of the Board to make Clara Maass a better place," said Jablonski. "There is a tremendous amount of potential at Clara Maass, and there are several interesting projects that have peaked my interest."

In particular, Jablonski's attention has been focused on the new nursing home facility that is planned for Keamy.

"This project will benefit both Hudson County and Clara Maass. I am committed to making certain

that the nursing home facility becomes a reality as soon as possible," he said.

As a past chairman of the Board of Governors of West Hudson Hospital, Jablonski brings a wealth of experience to the Clara Maass Board.

"Mr. Jablonski's knowledge of the Keamy community and its needs will be an asset to the Board as we expand our continuum of care into Keamy," Curtis said.

In 1968, Jablonski received his juris doctorate from the University of Tennessee and then attended military law school at the University of Virginia.

He was a captain in the U.S. Army from 1969 to 1973 where he served with the Judge Advocate General Corps. While serving, he was awarded the Meritorious Service Medal and a Commendation Medal.

Clara Maass Medical Center, located in Belleville, is a division of Clara Maass Health System, which provides unparalleled continuum of health care in northern New Jersey, ranging from acute to sub-acute to rehabilitative and long-term care services.

For more information on Clara Maass programs or services, call 1-800-CLARA MAASS.

MEDICAL RESEARCH

Age spots? New research project may help

Some news for people bothered by "age" or "liver spots".

People who work outdoors or sunbathe without sun protection can develop various skin problems. The sun can cause large freckles called "age spots" or "liver spots". These flat, brown spots are medically referred to as "lentigines". They have nothing to do with the liver, they are caused by

the sun and usually appear on the face, arms and hands. Most commercial "fade" creams will not make lentigines disappear.

Dr. Manuel R. Morman of Rutherford is conducting a research study on a medication being developed to lighten these areas of sun damage.

Qualified participants receive the following at no

charge: Physical exam and laboratory work; Study product; A stipend of \$20 per visit for travel related expenses.

If you are at least 30 years of age (females must not be of child bearing potential) do not have a history of skin cancer and would like more information, please call the study coordinator at 460-7362

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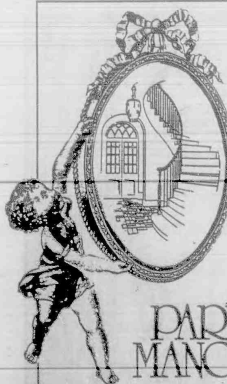
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HEALTH BEAT

An advertising section

CLEAR EYE



Dr. Walter Shurmsky Jr.
Optometrist

Computer eyestrain

Part 11

Research suggests computer eyestrain will be a growing problem. According to a recent report in the "Journal of Behavioral Optometry," by the end of the century, nearly 75% of all U.S. workers will be in front of a computer screen several hours a day. This report is one in a series of studies pointing to computer eyestrain as a potential office ergonomic epidemic by the end of the decade. "As we all become more dependent upon the personal computer, computer eyestrain is likely to be among the most serious issues facing office workers," said Dr. Walter Shurmsky, Jr. "Potentially, it's as dangerous to office workers, and as costly to companies, as carpal-tunnel syndrome and other repetitive stress injuries."

Earlier studies indicate a similar theme. In 1992, "MacWorld" reported that nearly half of all office workers complained of eyestrain. A year earlier, a Harris poll cited computer-related eyestrain as the number one office-related health complaint in the United States. That same year, a study by the National Institute of Occupational Safety and Health (NIOSH) indicated that 88% of the 66 million people who work at computers for more than three hours a day — nearly 60 million — suffer from the symptoms of eyestrain. These and many other studies point to computer eyestrain reaching epidemic proportions among computer users.

Prescription glasses reduce or eliminate

computers' "repetitive stress" on the eyes, study shows. A recent experimental study evaluates the effectiveness of computer-specific eyeglasses in alleviating the symptoms of eyestrain. ("Reducing Visual Stress Symptoms of VDT Users With Prescription Eyeglasses," published in the proceedings of the Association for Computer Machinery's "Computer Human Interface 1995 Mosaic of Creativity," Erik Nilsen et al, Lewis & Clark College, Portland, Ore.) The study evaluates a method of prescribing computer specific glasses to reduce computer eyestrain and improve vision. The results of Nilsen's experiments show that 70% of the experiment's participants preferred eyeglasses with computer-specific prescriptions generated using the PRIO Vision Tester because this eyewear reduced or eliminated their symptoms of eyestrain.

Armed with a better understanding about the relation between optometrics and computer displays, eyecare specialists can better understand the physiological origin of computer eyestrain, so that they are in a better position to identify and then help computer users who are victims of computer eyestrain.

How a PRIO prescription eliminates eyestrain

With a PRIO tester, an examining doctor can generate a specialized prescription which allows the eyes to focus naturally on the computer screen, rather than behind it. Such a specialized prescription cannot be generated using the doctor's "typical" printed black-on-white vision targets. (In technical terms, a PRIO-generated prescription for glasses corrects for the VDT-induced "lag of accommodation.") By simulating the computer screen, the PRIO tester helps an examining physician develop a specialized prescription that's uniquely suited to relieving computer eyestrain. "The increased comfort resulting from a PRIO specialized prescription can actually be demonstrated during the examination," said Dr. Shurmsky.

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Dr. Shurmsky has been in Nutley since 1991. He is committed to bringing the latest eyecare technologies to Nutley. Having the PRIO VDT vision tester in his office puts him on the cutting edge of eyecare technology. The clinically-validated, FDA-released, PRIO vision tester exactly simulates the visual characteristics of a computer screen so Dr. Shurmsky can generate a prescription, specifically designed to help cure computer eyestrain.

Columbus Hospital to sponsor breast cancer screening

Columbus Hospital, in conjunction with the American Cancer Society, will sponsor a Breast Cancer Detection Awareness Program on Saturday, Oct. 26, between 8:30 a.m. and 3 p.m.

The three part program will include a free breast examination by a physician, free education on breast self-examination, including a video and practice on breast models, and a coupon for a reduced cost mammogram at a later date, if indicated.

The program is aimed at women over 40 who have not had a mammogram or haven't had one in at least two years, and who have no symptoms of cancer. These women are eligible for the American Cancer Society's special fee of \$40. Women who have had a previous mammogram will be asked to bring their most recent films with them at the time of their appointment, so that the radiologist will be able to compare films for a more accurate diagnosis.

Statistics show that one in nine women will develop breast cancer at some time during her life. In the

United States, an estimated 184,300 new cases of breast cancer are anticipated during 1996 with 44,300 deaths.

Breast cancer is one of the leading causes of death due to cancer in women, but if detected and treated early, it is one of the most curable forms of cancer. That is why mammography is so important.

The American Cancer Society recommends that women have a screening mammogram by age 40; 40 to 49 should have a mammogram every 1-2 years; women without symptoms age 50 and over should have a mammogram every year. In addition, a clinical physical examination of the breast is recommended every three years for women 20 to 40, and every year for those over 40. The American Cancer Society also recommends monthly breast self-examination as a routine good health habit for women 20 years of older.

Appointments are necessary. For more information on the Breast Cancer Detection Awareness Program or to register, call 268-1467.

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Wrong! Summertime tends to be injury time and if you're not careful, you could end up sidelined for months.

"Strenuous activity in the heat quickly saps your body fluids, which in turn can make you dizzy, lightheaded. This makes you more susceptible to tripping, falling, or otherwise exercising your muscles incorrectly or sloppily. The end result is muscle strains, sprains and pulls," said Lori Katz, president of the Epsom Salt Industry Council.

"A preventive measure is to slow down in the heat, drink plenty of fluids and soak in a cool bath with 2 cups of Epsom Salt added," she said.

Soaking in a cool Epsom Salt bath has a number of benefits. First, it reduces swelling and can help cool and relax your muscles.

Second, it can ease the pain and swelling of pulls and strains. And third, it helps unclog sweat pores and soften skin, which helps prevent break-outs and other irritations.

"Even world-class runners know that a soak in Epsom Salt is beneficial whether an injury occurs or not," said Katz.

"When the Epsom Salt Council was at the Boston Marathon, we were amazed by the number of runners who came up to us swearing

Women's Health Center names medical director

Dr. Annette Cozzarelli-Franklin of Nutley has been named medical director of the Women's Health Center at Clara Maass, slated for official opening this month.

The new facility, located within Clara Maass Medical Center in Belleville, will provide comprehensive coordination of diagnostic, educational and treatment resources.

"Dr. Cozzarelli-Franklin heads a team of Clara Maass' physicians and support personnel who recognize the value of attending to women's specific needs for overall wellness and medical treatment from adolescence and throughout their lives," said Robert S. Curtis, president and CEO of Clara Maass.

"She already is involved in treating the women of our patient community and we are confident that her experience and sensitivity eminently qualify her to take on this task," he said.

Dr. Cozzarelli-Franklin, board-certified in internal medicine, completed her residency and chief residency in internal medicine at Mount Sinai Hospital, Montclair/Glen Ridge. She holds membership in the American College of Physicians, the American Society

of Internal Medicine, the Essex County Medical Society and the American Women Medical Association.

A 1994 recipient of the American Medical Association Award, Dr. Cozzarelli-Franklin has dedicated significant post-graduate



Dr. Annette Cozzarelli-Franklin

continuing education to women's health issues, including prevention of coronary artery disease, women's health and primary care and women's health reports.

"The concept of treating women in their own dedicated environment is very current and very important," commented Dr. Cozzarelli-Franklin.

"The Women's Health Care Center gives us the opportunity to initiate screening and preventive programs for women at risk for heart attack, and, in fact, those at risk for other conditions, including hypertension and stroke, osteoporosis and, of course, through our separate Breast Service, breast cancer. As a female, I am heartened by the attention Clara Maass is devoting to the Center and honored to be playing a major role in potential growth, starting at ground zero," she said.

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(includes mount, balance, new valve) Oil Lube Filter \$14.95 *Shocks *Brakes *Tune-Ups 680-1000 PLASTERING & REPAIRS PLASTERING: Patch-work Specialties Specializing In Old World/Plaster repairs. Old/New Free Est. "No Patch Too Small". 338-5410. 25 Years Exp	MOVING & STORAGE A & B MOVERS Making The Correct Move For All Of NJ *Residential/Commercial *Small Pick-ups *Fully Ins. *Free Est. License #PM00733 751-0299 PAUL'S MOVING & TRUCKING CO. *Local & Long Distance *Packing & Light Deliveries Lic. PM00067 675-6440 PAINTING JANET M. PAINTING *Interior/Exterior *Quality Work *Reasonable Rates *Free Est. Fully Ins. 667-5228 BILL MC DONALD PAPERHANGING *Trained by THE PAPERHANGING INSTITUTE Family owned/operated Fully Ins - Free Est. Call Chris or Pete 751-5117 ESSEX COUNTY Painting & Decorating Wallpapering *Interior/Exterior *Popcorn Ceilings *Sponge Painting Is Our Specialty. *Free Est. 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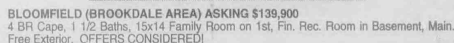
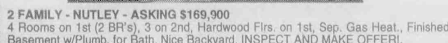
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All Transient Ads Must Be Paid In Advance!

First 4 lines.....\$16.51
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•Borders Available.....\$5.00
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•Special Page Rates
•Business Card Page
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CALL FOR
ADDITIONAL
INFORMATION
TODAY!

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

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

NAME	
ADDRESS	
PHONE	
CATEGORY	RUN DATE
NUMBER OF INSERTIONS	
Check	Visa/MC#
	Expiration Date

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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

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Highest prices paid for late models

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USED PARTS 54 Stover Ave. Kearny

AUTO SALES

1980 CHEVY MALIBU
"S.S.", Pkg 2 DR V8,
Auto, ps, pbr, bucket
seats, console, floor
shift, mag wheels, am/fm
cass, vinyl top, racing
stripes, ice-cold a/c,
sharp & fast.
\$2,495.00, 759-4278

1981 Cadillac DeVille
Good for parts only! First
\$200 takes it! 429-1454
(leave message)

1983 Hyundai Excel
5 speed, 2 door
hatchback \$900 or BO.
908-572-5784

1983 Pontiac Grand
Prix, good cond, 90K mi.
Steeze, PW, P/S, 9975
or BO.
Call 857-4285

1985 Chrysler LaBarron
4 dr, PS, P/S, AC, auto,
4 cyl. Runs good, 66,000
mi. \$1,950. or BO.
751-4079

1996 Cadillac
Fleetwood Brougham
New blue, 4 door, AC,
PW, P/S, ill, cruise,
AM/FM, cass. Good con-
dition. \$2500 or best of-
fer. Call 338-1734

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1986 Olds Calais
Supreme 2 door Auto.
Only 70K, Auto A/C, am/
fm Stereo, cruise PW,
P/S, 100K, Like New.
\$2,650. Call 219-3398

1986 Pontiac Grand
Prix. White, w/bugundy
int. Low mileage, Great
transportation car. Well
maintained. Runs &
looks good. \$1000, or
BO Call 748-8548.

1987 Honda Accord
4 dr, auto, alloy wheels,
108K. New parts, 1st
\$2000 takes it! 450-1968
(leave message)

1988 Alfa Spider Quattro
Convertible/hardtop, sil-
ver w/gray leather int.,
A/C. All options, 41,000
miles. Fair cond. pri-
ced. \$8,500 284-1206

1988 Dodge Omni Auto.
AC, 4 door, only 31K
am/fm stereo, exc. cond.
Asking \$2,500.
Call 219-3398

1989 Buick Reatta
Burgundy 2 DR, Leather
int., fully loaded 35K,
great cond. Asking
\$9,800. Call 667-9616

AUTO SALES

1991 Ford Escort
2 DR, Gray, 76K, good
cond. Asking \$4,000, or
BO Call 759-9495
after 6pm.

1992 Nissan Sentra E,
Auto, alarm sys, full
power, loaded, \$7000.
Call 450-4941.

1993 Pontiac Grand
Prix LE. Sport model. 4
dr. Loaded. Dual ex-
haust. 35,000 mi. Excel-
lent. Asking \$10,000.
844-1061. Ask for Joe.

1994 Jeep Cherokee
Country, 4 WD, ABS
brakes, power
windows, locks,
cruise, AM/FM cass,
till wheel, tinted
windows, alloy
wheels, alarm system
& more, immaculate -
only 12,700 miles.
Warranty - Must Sell
\$15,500. Call 667-2345
after 5pm.

1996 Saturn, SC1, 2DR,
5-SPD, A/C,
stereo, cruise, pwr, sun-
roof, alloy wheels, spoiler,
air, good, keyless entry
\$13,200/BO. 759-8223.

94 Buick Roadmaster
80K, like new,
all pwr, only \$12,000.
Call 694-7475

1988 Dodge Omni Auto.
AC, 4 door, only 31K
am/fm stereo, exc. cond.
Asking \$2,500.
Call 219-3398

1989 Buick Reatta
Burgundy 2 DR, Leather
int., fully loaded 35K,
great cond. Asking
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Kid's Camp At King's Court Continues By Popular Demand

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AGES BEGINNING 2 1/2

•Weekly Enrollment Plan

•PT Program - Mon-Fri 12-4pm

•Learning Activities •Physical Activities

•Arts & Crafts •Story Time •Snacks, too!

CHILDREN'S SECURITY SYSTEM

To Insure Safety

Contact Patty at 460-0088

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For pennies on the \$1, Jaguar, Corvette, Mer- cedes, BMW, Porsche, Honda, 4x4's, trucks & more. Local sales. Toll free 1-800-669-2292, ext. 4000.

SEIZED CARS FROM \$175.

Porches, Cadillacs, Chevys, BMW's, Corvettes, also Jeeps, 4 WD's. Your area. Toll free 1-800-898-8778 Ext. 8-5198 for current listings

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Loving Mom will care for your child in her Bloom- field home. Safe, fun env. very responsible. State Registered. Call Raquel 743-6974

Loving Mother will care for your children in her Belleville home, Monday through Friday. Call Debbie 450-5258

CHILD CARE SERVICES

Mature & Loving High School Student will watch your child in your home after school & weekends. Flexible hours. Can provide re- ferences. Call Lana 429-1454

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WITHOUT GLASSES! Safe, rapid, non-surgical, permanent restoration 6- 8 weeks. Airline pilot de- veloped. Doctor ap- proved. Free information by mail. 1-800-422-7320, ext. 224, 406-961-5570, Fax 406-961-5577 SATISFACTION GUARANTEED

HOME HEALTH CARE

Male Quadriplegic needs assistance for evening hrs. no exp. nec- essary. Great for extra income. Must have own trans./ref. Please call Michael 284-3160 & leave message.

PERSONAL NOTICES

A happily Married loving couple wishes to adopt newborn. Doctor dad and lawyer mom can of- fer your baby a warm home, much love and the best education. Call Barry/Sherry, evenings and weekends. 1-800-736-5618.

ADOPTION: Happiness of your dreams await! Lov- ing, childless couple anx- ious to be devoted Dad, fulltime Mom, 23 cousins nearby. Pristine. Call Maryann and Joe. 1-800-835-5905.

ADOPTION: Christian Maternity Nurse and Husband longing to adopt newborn and pro- vide lifetime of love and opportunities in beautiful suburban home. Call Pa- tricia and Kevin 1-800-870-9983

The Chapel of St Jude Oh Holy St. Jude, Ap- stle & Martyr, great in vir- tue and in miracle, near- sinnerman of Jesus Christ, faithful intercessor of re- sources from the depth of my heart and humble re- quest assistance. Help me in my present and ur- gent position. In return, I promise to make your name known and cause you to be invoked. Say three Our Fathers, three Hail Mary's, and three Glory to the Father. Have faith and believe in the word of God. —J.R.C.

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ALL PHASE EMPLOYMENT SERVICE

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

Cashier/Waitress. FT Wanted for local pizzeria Ask for owner. 667-9600

Clerical PT/FT Proficient in Wordperfect & computer literate. Send resume to: Atlantic Scale Co. 136 Washington Ave. Nutley N.J. 07110 No phone calls!

DELI HELP Full or part time Experience necessary. Call Tony for appt. 661-4889

DIETARY AIDE PT

Modern long term health care facility seeks a di- etary aide, entry level. Previous dietary experi- ence preferred. Shifts may vary (6am-2pm or 11am-7pm) Weekends included. Call personnel dept. for appt. Cheshire Home, Flotman PK 201-966-1232 EOE

Doctor's office needs assistant fulltime. Will- ingness to learn more im- portant than experience. Please contact, some- thing. Call 338-3933 for interview.

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Teams - \$100K/Trainers - \$70K+/1K2K sign-on (teams) Drive conven- tion, coast-to-coast Bonuses, benefits, 401K Convenient Transport (experienced) 1-800- 441-4394 Ext. SY-22, (Graduates) 1-800-336- 6428 Ext. SY-22. Week- end recruiters.

EARN \$100's A Day Placing ads for product! No purchases, inventory Send for The Home Shopping Mail Manual. Only \$29.95, money back guarantee. Call 1-800-945-8118.

ELECTRICIAN NEEDED!

Minimum 5 yrs experience. Must have valid N.J. drivers license & own tools. Benefits available. For interview, Call 680-8117

Hair dresser & manic- urist, with license & experience. Salary plus commission, salon in Kearny area. Call Theresa 991-5155

Hairdresser/Manicurist to follow up following in Rutherford & Belleville salon. Call 450-5634 leave message

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1000 envelopes = \$5000. Receive \$5 for every envelope you stuff with my sales materials. POT free info call 24 hour toll free (310) 514-2464

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Doctor's office needs assistant fulltime. Will- ingness to learn more im- portant than experience. Please contact, some- thing. Call 338-3933 for interview.

DRIVERS SOLO/TEAMS

Teams - \$100K/Trainers - \$70K+/1K2K sign-on (teams) Drive conven- tion, coast-to-coast Bonuses, benefits, 401K Convenient Transport (experienced) 1-80

ARTICLES
WANTED

LIONEL FLYER
AND OTHER TOY
MODEL TRAINS
COLLECTOR
PAYS TOP PRICE
CALL 1-800-446-4671
Or 201-825-1006

TOP CASH PAID
All Military, Civilian
WW II. Swords, rifles,
uniforms, medals, etc.
From 1 place to entire
collection.
Call 834-1192.

TOWER AIR
CONDITIONING
SERVICE & SALES
USED AIR
CONDITIONERS
1 YR GUARANTEE
482-3681

BOATS
WHY BUY NEW?
1990 20ft Bertha Phaser
V/W/ Shoreline trailer.
Cuddy cabin, V-8, merc
cruiser. Orig owner. Mint
cond. Must see to ap-
preciate. Must sell
\$9500. Belleville
219-3398

CRAFTS
CRAFTERS WANTED
For Lincoln School
Holiday Bazaar,
Dec. 5/6, day or evening.
Space limited.
Call M. Burns 667-9068

FURNITURE
FOR SALE

*Used Filing Cabinets
"Cherry" Desks
EDELSTEIN OFFICE
FURNITURE WAREHOUSE
946 Market St. Paterson
Cor Lafayette Ave & Rt
80, 523-6153
3% N.J. Sales Tax

Antique Dining Room
Set, Table w/ chairs,
buffet, china. Good con-
dition. Call 748-6178

Bookcase, like new -
\$200, Marble coffee table
and two marble and tables
\$100. Bedroom set,
headboard, 2 bureau, desk
& chair \$200. Firm.
Gas lawn mower \$50.
Barbecue grill \$75. Set
of Encyclopaedia \$20.
White resin patio table
w/4 chairs & umbrella
\$45. Call 235-1233

Dining Room Set
Black Lacquer 1 yr old.
Must sell baby's coming!
Excellent cond. \$800.00
Call 748-7819

Ethan Allen Couch,
chair, ottoman, coffee
table and lamp. Large
dresser. Call 741-9308

FURNITURE
FOR SALE!!!
473-1592

MATTRESS/BOX
SPRING SET
Ortho
Never Used
*New in package
Cost \$350.
*Selling \$110 Cash
256-2526

SOFA &
LOVESEAT
A-one condition.
Hardly used.
Earthtones \$700 or
better. Call 483-7623

GARAGE SALES
Belleville 10/19,
10-4pm. Baby items,
household items, and
lots more!! 80 Wilber St.

Belleville Yard Sale
10 Memphis Ave. Sat,
10/19, 9-4, & Sun 10/20,
9-5. Toys, kids clothes,
furn & misc. Items.

Belleville 10/19, 9-4pm.
2 Families, furn, clothing,
books, h/h apt, cook-
ware. "Selling results of
10 years of compulsive
shopping!! RD 1020.
132 Union Ave.

Belleville 10/19, 9-4pm.
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132 Union Ave.

ENTERTAINMENT

at
St. Paul's Church
Franklin Ave., Nuttery
(bet. Kingsland & High Sts.)
Oct. 25 & 26 - 6-9pm Grades 1-6
Children \$4.00 - Adults w/child \$3.00

Come if you DARE!!!!

GARAGE SALES

Bloomfield 10/19 &
10/20, 9-4pm. 41 items,
clothes, something for
everyone!
23 Ridge Ave.

Cedar Grove
Block Sale
Oct 19, 10-5pm
RD 1020. Something for
everyone! Furn, jewelry,
clothes, books, dog run,
and lots more!
To much to mention.
No Early Bird!!
GRISSELL COURT.
(off Pompton Avenue)

Nuttery
315 Chestnut St.
Sat Oct 19th
10am - 4pm
Furniture,
housewares, many
misc. items, etc.
Too Much to List!

Nuttery
10/19 & 10/20,
9-4pm. Antiques, love-
seat, Kitchen set, un-
usual items.
304 Hillside Ave
Apt C4.

Nuttery
10/19, 9-4pm. Some-
thing for everyone!
68 Brookline Ave

Nuttery Sat 10/19, Sat
10/19, 10am-4pm
111 Passaic Ave. Apt
A-7. Furn, H/W, etc.
Everything Must Go!
Cash Only!

Nuttery Fri 10/19, Sat
10/19, 9-4pm. Fox Coat,
dolls, H/W items. Nice
variety of items.
219 Whitford Ave

Nuttery Sat 10/19, Sat
10/19, 10-5pm.
Something for everyone!
No Early Bird!!
68 Brookline Ave

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10/19, 10-5pm.
Something for everyone!
No Early Bird!!
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HOUSES
FOR SALE

BARGAINS ON
GOVERNMENT
FORECLOSED HOMES
Save up to 50% or more.
minimum or low down
payment. Delinquent tax
properties, rapos sold
this month. Call for list!
1-800-338-0020
ext. 199.

Belle - Mint cond. Cape.
2 BR's. Exp attic. Call
corner lot. 10-5pm. Area.
Asking \$120,000. Call
owner 284-0766.

BEVELLE
15 yr old 2 fam. 6 ms
over 6, 2 car gar w/ auto
adv. parking. Fin ground
level \$224,900.

2 BR Townhouse, 2
baths, garage, LR, DR,
MEIK, den. Owner says
split!

Split level, modern, 3
BR's, 1 1/2 bths, garage,
C/A, 10-5pm. Call
COCIA REALTY
997-7000

BEVELLE
Don't miss this 5 BR
home w/ 3 bths. Good
condition. Won't last!
Call Marie at
Century 21
Stanford Agency
235-9000 or
(Eve) 667-1940

Belleville By Owner
3 & 2R Colonial. Inc.
porch, LR, FDR, lg EIK,
hwd fls. \$119,500.
Must Sell. Make Offer
Call 450-8846.

Belleville By Owner
1 fam, 3 BR apt. Cape,
LR, DR, EIK, 1 1/2 bth,
1/2 fin. bmt. gar.,
near schools & trans.
Asking \$134,000.
50 Madison St.
933-8083

Bloomfield
Lovely 3 BR Colonial.
Finished bsmt, finished
attic, 1 1/2 bths, finished
landscaped yd. Only
asking \$149,000.
Call Marie
Century 21
Stanford Agency
235-9000 (days) or
667-1940 (eves)

Bloomfield
3 BR expanded Cape on
50x189 lot. Low taxes!
2 zone heat, kitchen,
\$159,000.
COCIA REALTY
997-7000

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HOUSES
FOR SALE

Bloomfield, Clean 4
Rms, 1 BR apt. w/1 car
port. \$525. per mo. 1/1
2 sec. Avail 11/1. Single
or Couple preferred.
Call Jim 366-7876.

Bloomfield 6 Big RMS,
3rd fl. apt. \$850. mo.
1st \$850. Cash deposit
gols. Call 239-7884.

Bloomfield-loc. val-
ue. 4 ms. Spottless w/
new tile new appt. w/
fr. in, hwd fls, great
closets, on-site laund,
H/W incl. Well main-
tained, near NYC trans,
all conv. at front door.
Call 743-7261

Bloomfield Rental
TOWNHOUSE
DUPLEXES
INCREDIBLY PRICED
AT \$1,025.00 Per Mth

Lovely spacious town-
house type garden duplex
apts w/ garage &
basement area incl.
Quiet residential area.
Beautifully landscaped
well maintained grounds.
Every apt. superbly re-
furbished to like-new
cond. On-site laundry
facilities. Conveniently
situated near all trans-
portation & major high-
ways, caring, intelligent
on-site maintenance &
management.

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

Bloomfield - 1 BR ultra
modern garden apt in
quiet community. Extras
include W/W apt, H/W,
laundry rm, safe parking
& the best deal in the
area. Call 479-8379.

Belleville - 4 1/2 rms in 2
fam house. \$900. H/W
supp. Couple pref. No
Pets. Av 11/1. 484-8776.

Belleville 3 BR, Mod kit,
hookup w/d, park on
premises. \$950. mo. plus
util. Call 860-9795

Belleville 4 rms, 1 br, 2
bd, 1 br, 2 fl. of 3 family.
H/W included. \$500.
Call Lisa 450-0283
After 6:30pm

Belleville 1 BR. Lower
level on Franklin Ave. N.
stores, buses. Kit & din.
area. BB hot water h/t.
Own most. \$572.
n/h. NO PETS. Avail.
11/1. Owner - 398-9712

Belleville 2 BR, LR,
RM, pantry, w/d cpl.
refrig, a/c, w/d, lg. closets,
n. park. \$895 H/W
inc. no pets. 751-0864

Belleville 3 rms, 2nd fl.
h/w incl. \$660. 1 mh.
sec. avail. 10/15.
Call 759-0741

Belleville 4 ms, private
home, 2nd fl, H/W incl.
\$750. mo. Call after 6pm.
751-2318.

Belleville - 3 BR apt LR,
DR & Kit. Available
11/1. No pets. Call
5 pm, 751-5428.

Belleville 2 BR, LR, fin
rm in bmt, 1 1/2 bths.
Avail. 11/1. \$900 + utils.
off for 2 cars.
2 rm studio X-ing rm,
park, lawn, \$550 and all
util.

Belleville 2 BR, LR, fin
rm in bmt, 1 1/2 bths.
Avail. 11/1. \$900 + utils.
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UNFURNISHED

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Rms, 1 BR apt. w/1 car
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AT \$1,025.00 Per Mth

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Quiet residential area.
Beautifully landscaped
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Every apt. superbly re-
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Pets. Av 11/1. 484-8776.

Belleville 3 BR, Mod kit,
hookup w/d, park on
premises. \$950. mo. plus
util. Call 860-9795

Belleville 4 rms, 1 br, 2
bd, 1 br, 2 fl. of 3 family.
H/W included. \$500.
Call Lisa 450-0283
After 6:30pm

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



Super Coupon MFR 19AB8
All Shoppers Must Present This Coupon To Receive Discount
1 TO 4.9-OZ. PKG., ANY VARIETY RICE & SAUCE OR
Lipton Noodles & Sauce 4 **1.98**
FOR 1/2 PRICE
With this coupon, Limit one per family. Good at any ShopRite Sun., Oct. 13 thru Sat., Oct. 19, 1996.
PLUS DEP WHERE REG. 144-OZ. TOT. WT. CANS, REG. DIET, CAFF. FREE, MT. DEW, LITON BRISK REG. ONLY, SCHWEPPE'S GINGER ALE OR

Pepsi 12 Pack 1 **1.99**
PRICE PLUS club Members SAVE 2.00 PAY ONLY
TAKE UP TO 2 Discounts Per Variety
MFR

Birds Eye Vegetables 1/2 PRICE 9 to 10 oz. boxes **1.00**
4-CT. PKG., AA OR AAA
Duracell Batteries Everyday Low Price 2.89 -1.45 **1.44** MFR

The Dairy Place

PART SKIM OR WHOLE MILK
ShopRite Ricotta 2 lb. cont. **2.49**
ANY VARIETY, LITE, FRUIT ON THE BOTTOM OR SWISS STYLE
ShopRite Yogurt 5 **2.00** 8-oz. conts.

The Deli/Appy Place

REG., LITE OR FAT FREE
Oscar Mayer Beef Bologna 1/2 PRICE 12-oz. pkg. **1.44**
IN APPY STORE SLICED, GENOVA OR
Fiorucci Hard Salami 1/2 PRICE lb. **2.99**

General Merchandise

ECT. PKG., 10, 60, 75 OR 100 WATT, SOFT WHITE
Sylvania Light Bulbs PRICE PLUS club Members SAVE .87 PAY ONLY MFR **.87** UP TO 4 DISCOUNTS PER VARIETY

CHECK-OUT HUNGER®
Please donate \$1 or more to help your local Second Harvest Food Bank. Details at your checkout.

ShopRite and always Save During Our
1/2 Price Sale!



8-OZ. BTL., ANY VARIETY
Seven Seas Dressing PRICE PLUS club Members SAVE .50 PAY ONLY MFR **.49** TAKE UP TO 2 Discounts Per Variety



MAKES A GREAT STEAK TOPPING
Sno White Mushrooms 1/2 PRICE 10-oz. pkg. **.99**

GET FREE FOOD
The NEW ShopRite MasterCard® Card
Applications Available At The Courtesy Desk. For more details, Call 1-800-401-9876



GROWER'S PRIDE, FROM CONCENTRATE
Florida's Natural Orange Juice 1/2 PRICE 64-oz. cont. **1.39**

ANY VARIETY
Francesco Rinaldi Spaghetti Sauce 1-lb. 14-oz. jar **.89**
ANY VARIETY
Maruchan Ramen Noodles 3-oz. pkgs. **8.99**

GEL TABS (80-CT.) OR CAPLETS (100-CT.) OR
Excedrin Tablets UP TO 4 DISCOUNTS PER VARIETY PRICE PLUS club Members SAVE 3.80 PAY ONLY MFR **3.79**
ANY VARIETY 1.5-OZ. ROLL-ON 1.6-OZ. CLEAR ANTI-PERSPIRANT OR 2.75-OZ. UP TO 4 DISCOUNTS PER VARIETY
Ban Solid MFR **.99**

IN DAIRY, YELLOW OR WHITE
ShopRite Singles 1/2 PRICE 12-oz. pkg. **1.14**
IN DAIRY, ANY VARIETY
Jell-O Gelatins 1/2 PRICE 21-oz. pkg. **1.49**

What's for Dinner?

BONELESS BEEF ROAST OR
Top Round London Broil USDA CHOICE 1 lb. **1.99**

TYSON/HOLLY FARMS, 3-LBS. OR MORE,
Split Chicken Breast U.S.D.A. A GRADE 1 lb. **1.29** OR SELECTED BRANDS

THIN CUT FROM LEG
Veal Cutlet For Scallopini 1 lb. **5.99**

FROZEN, YOUNG & TENDER
Gol-Kist Cornish Hens 1 lb. **.99**

The Grocery Place

4.01 OZ. BTL. PINK BERRY RED OR BERRY RED, TANGY LIME CUCKTAIL OR WHITE
Ocean Spray Grapefruit Juice PRICE PLUS club Members SAVE 1.00 PAY ONLY MFR **.99** UP TO 4 DISCOUNTS PER VARIETY

The Produce Place

5 LB. BAG
Red Bliss Potatoes 1.99 - .50 SR **1.49**

Frozen Foods Place

ANY VARIETY, REGULAR OR LIGHT
Budget Gourmet Entrees 9 to 10 5-oz. pkg. **.99**

ANY VARIETY, REG. OR NON FAT YOGURT, GOURMET, LIGHT OR
Turkey Hill Ice Cream 1/2-gal. cont. **2.94**

Fresh Fish Market WHERE AVAILABLE

U.S. GRADE 'A' NORTH ATLANTIC
Fresh Boneless Cod Fillet U.S. GRADE 'A' 1 lb. **5.99**

U.S. GRADE 'A' BONELESS
Fresh Steelhead Trout Fillet 1 lb. **4.99**

Health & Beauty Care

DENTAL, GUM, WHITENING, TOOTHPASTE (2.7 OZ.) OR (1.5 OZ.) ANY VARIETY
Arm & Hammer Peroxicare PRICE PLUS club Members SAVE 1.35 PAY ONLY MFR **1.34** UP TO 4 DISCOUNTS PER VARIETY

WHY PAY MORE?
ShopRite Raisin Bread 16-oz. pkg. **.99**

RED, YELLOW OR ORANGE
Holland Peppers 1/2 PRICE 1 lb. **1.99**

ANY VARIETY
Keebler Graham Crackers 12.5 to 16-oz. box **1.64**

RED RIPE
ShopRite Tomatoes 1/2 PRICE 16-oz. pkg. **.84**

6720 TOTAL SHEET COUNT, WHITE BATH
Angel Soft 24-Roll Tissue ShopRite Sale Price 7.99 -4.00 FINAL COST MFR **3.99**

600 TOTAL SHEET COUNT
Coronet 6-Pk. Towels ShopRite Sale Price 3.99 -2.00 FINAL COST MFR **1.99**

1-QT. JAR., REGULAR, LIGHT OR FREE
Kraft Mayonnaise ShopRite Sale Price 2.99 -1.50 FINAL COST MFR **1.49**

1-LB. 4-OZ. BOX, CEREAL
Post Raisin Bran ShopRite Sale Price 2.99 -1.50 FINAL COST MFR **1.49**

Toy Opening Night Savings
Tue, Nov. 26 at 7:30 PM
SAVE \$4.00 on all \$20.00, \$30.00, \$40.00, \$50.00, \$60.00, \$70.00, \$80.00, \$90.00, \$100.00 Toys with coupons from ShopRite, CVS, or Sears & Roebuck
Apparatus: NOV. 26 THRU DEC. 1
Covers in-store and online

Prices effective in New Jersey, North of Trenton (excl. Morris, NJ), including E. Windsor, NJ & Rockland & Richmond Counties, NY. In order to ensure a sufficient supply of sale items for all our customers, we must reserve the right to limit purchases to 4 of any sale item, except where otherwise noted. Not responsible for typographical errors. Please allow for typographical errors. Items sold to other retailers or whose prices are marked with a star do not necessarily represent items on sale, it is for display purposes only. Sales subject to local laws. Prices plus (M) items limit 4 discounts per item, per flavor, per visit (unless otherwise noted). Copyright © WAKETOWN FOOD CORP., 1996. Effective Sun., Oct. 13 thru Sat., Oct. 19, 1996.

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