



## Welcome to the RAHWAY PROGRESS

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Our main phone number, 908-686-7700 is equipped with a voice mail system to better serve our customers. During regular business hours, a receptionist will answer your call. During the evening or when this office is closed your call will be answered by a receptionist.

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The Progress provides an open forum for opinions and welcomes letters to the editor. Letters should be typed, double-spaced, must be signed and dated, and accompanied by an address and day time phone number for verification. Letters and columns must be in our office by 9 a.m. Monday to be considered for publication that week. They are subject to editing for length and clarity.

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Rahway City Councilman Sal Mione, left, presents a special autographed picture of the U.S.S. Navy ship returning to harbor to Business Administrator Peter Pelissier at the council meeting June 14. The painting was autographed by artist James Flood.

## Administrators' pact approved

**By Robert Coakley Staff Writer**  
The Rahway Board of Education Tuesday approved a new three-year contract with the Rahway Administrators and Supervisors Association. The three-year contract is for the 1999-2000 through 2001-2002 school years, and covers 21 administrators and supervisors.

The administrators will get receive a 3.5 percent retroactive pay increase for the school year now drawing to a close. They will receive 3.9 percent increase for 2000-2001, and 4.0 percent for 2001-2002.

This is the same range as salary increases for teachers in their three-year contract, which was recently approved after prolonged and difficult negotiations. Board member Alan Schurman said the board had finished negotiations with the administrators after the teachers' contract was settled recently. The administrators asked if they could hold off on negotiations until the new pact with the Rahway Education Association was in place, said Schurman, and the board agreed.

The board settled with teachers at the end of March. Once the REA contract was accepted by e-mail.

**We want your news**  
Your organization should be getting the publicity it deserves and we would like to help. Releases should be typed, double-spaced, and include a phone number where a representative may be reached during the day.

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## Curtains for library?

**By Robert Coakley Staff Writer**  
The Rahway Public Library, which has been closed for approximately nine months due to severe flood damage, will be demolished shortly, according to Mayor James Kennedy. Despite a minor delay, it has been determined that the facility at Central and West St. Georges Avenue is safe to enter, the mayor said.

The new library is set to go behind City Hall, adjacent to the Rahway Recreation Center. This has been considered a controversial location, partly due to the distance from the old library's location.

Funds to tear down the old library have been received from the Federal Emergency Management Agency. City officials sought disaster funds after the library was heavily damaged by river flooding during Tropical Storm Floyd in September.

Some critics have requested to see a letter from FEMA stating that the library cannot be repaired. Kennedy said FEMA did not want the library torn down, they would not give city officials the money to do the job.

"This building took in 11 feet of water," Kennedy said about the library. "It has been a disaster."

The old library location will be designated as a floodway instead of a floodplain by FEMA, according to the mayor. This means that a building on that section could make flooding worse. Construction is not allowed in floodways.

City Business Administrator Peter Pelissier said there are two floodplains. The library on St. Georges Avenue is in flood zone A, and the area behind City Hall where the new library is going to go is Floodzone B. A dike has been constructed behind City Hall to prevent flooding at the new location, said Pelissier.

The state Department of Environmental Protection is examining the floodplains of the entire Rahway Branch of the Rahway River, according to city Natural Resources Manager James Lynch.

A floodway has a strict interpretation. Anything in the path of floodwater would raise the flood height for the surrounding area, said Lynch.

"It has not yet been declared a floodway, but when the maps are done, it will be included as a floodway," Pelissier said. "A floodway means you can't get anyone approval to build on it. You can't build on it. No more new permits can be issued in a floodway."

Lynch believes when the new floodplain maps by the DEP are completed, they will show that the old library is in a floodway.

Kennedy said plans to have a passive park at the old library site. Passive parks are planned for other areas in Rahway that have suffered from flooding.

## Improved hospital services stressed at Community Day

**Technical coding coordinator Mina Parikh takes a blood sample from Maria Chintin during Rahway Hospital's Community Day health fair Sunday.**

(Continued from Page 1)  
days, 115,522 tests were performed, 514 CT scans, 3,148 MRIs, 3,091 nuclear scans, 8,532 ultrasounds, and 78,608 diagnostic services.

In addition, 6,994 surgical operations and 3,981 same-day surgical procedures were performed last year. In the ambulatory cardiac service area, 800 cardiac stress tests were administered, 33,311 Emergency Center patients treated, 2,988 endoscopic procedures performed, and 4,726 Mobile Intensive Care Unit calls handled.

Hospital cardiopulmonary workers performed 180 bronchoscopies, 514 cardiac catheterizations, 2,454 electrocardiograms, 21,173 electrocardiograms, 568 electroencephalograms, and 117 electromyography tests last year.

There were 303 pulmonary function tests, 5,334 cases of respiratory therapy, and 68,654 respiratory tests in 1999.

Under diagnostic imaging, there were 8,519 CT scans, 79,324 for diagnostic radiology, 3,148 MRIs, 3,091 nuclear scans, 8,532 ultrasounds, and 78,608 diagnostic services.

Under rehabilitation, hospital officials handled 93 audiology patients and 255 audiology tests, 7,457 occupational therapy treatments, and 21,114 physical therapy patients and 40,099 physical therapy treatments.

The number of patients treated in the Rahway Hospital service area last year is as follows: 2,591 patients from Township, 2,081 from Woodbridge Township, 1,949 from Linden, 1,009 from Clark, 985 from Cranford, 544 from Elizabeth, 515 from Edison, 442 from Cranford, 343 from Roselle, 319 from Westfield, 172 from Scotch Plains, 131 from Union Township, 116 from Roselle Park, 89 from Garwood, 83 from Winfield, 44 from Kenilworth, and 38 from Fairwood.

Approximately 2,280 were from out of the service area, and 207 were from other states or countries.

The effort was done to close to the public, according to Tice.

Tice was on hand at the health fair along with Public Relations representative Colleen Delaney.

"Today is really our part to try to keep up community response to our annual report coming out as a result of our annual meeting," Tice said. It is also an attempt to get closer to the community, Tice said.



Technical coding coordinator Mina Parikh takes a blood sample from Maria Chintin during Rahway Hospital's Community Day health fair Sunday.

## Local gets safety award

William Brown Jr. of Rahway was among nearly 100 bus operators recently honored by NJ Transit who combined for a total of 1,148 years of safe driving. A driver at NJ Transit's Bill Ten Garage, Brown was honored for 10 years of safe driving.

Operations were recognized if they had remained accident-free for 10, 20, 30 and more than 35 years. The awards were given at NJ Transit's 1999 Safety Awards Appreciation Banquet last month.

"Safety is our number one priority," said NJ Transit Executive Director Jeffrey Walsh. "These drivers have demonstrated an outstanding commitment to the safety of our passengers and cannot be thanked enough for their care, dedication and dependability."

As these awards demonstrate, NJ Transit bus riders are in safe hands with our operators," said Maureen Millan, vice president and general manager of Bus Operations. "Day in and day out, they ensure the safe and convenient travel of more than 260,000 daily bus passengers."

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## Changes at Partnership

(Continued from Page 1)  
There have been some complaints that the work in the street is disrupting the businesses on Cherry Street, Pelissier said it is never a good time for massive work like that to be done, but that spring and summer is the best time, since business is usually slower.

"We've had a lot of positive effects on the town," Pelissier said. "Some of the money we are getting from Melia is going toward facade restoration. Anyone who is a business owner or property owner can enhance their building, and anything they put into it up to \$10,000, they will get 50 percent in a matching grant."

Business owners who get money back have to put money into their building in the first place. For the amount of money RCP has given so far, about three times that amount has been put into buildings in the downtown area for Rahway, but not everything within city limits, Melia said.

Flyn's Irish restaurant on Main Street was the first business to get a matching grant. Mi Barrio, a Portuguese restaurant on Irving Street, also has a grant for facade restoration. There are a number of businesses so far that have taken advantage of it, according to the Partnership chairman.

The money RCP receives from New Jersey Transit goes to maintain the Rahway Train Station the way it is. The city is taking care of the platform, but the station is in the station, according to Melia.

"Things are starting to happen a lot faster now, and starting to come together for the downtown," he said. The RCP concentrates on the downtown area for Rahway, but not everything within city limits, Melia said.

Fontana is expected to continue as a part-time director for the immediate future. The RCP may hire a full-time executive director, Melia said. For now, Evangelista is handling the day-to-day operations of the RCP full time. Sylvia Lombardi and Linda Brenner have helped at the RCP, as well, he added.

The Partnership has other plans after downtown business facades are completed.

"I think there are going to be continuing, quality-of-life issues for the downtown," Melia said. "I have a feeling there will probably always be some quality-of-life issues."

Melia thinks the next big push for Rahway will be business recruitment for the downtown area. Arts and crafts stores and such for people who seek that type of business will probably be involved, Melia said. More art businesses might open near the Union County Arts Center and the Rahway Arts Center, he said.

"If people want something very specific, they will usually go where they have to go to get it," Melia said.

To place a classified ad call 1-800-554-8911 by 5 p.m. Tuesday.

## Parent appreciation

The Rahway Board of Education recently recognized the dedication of the 1999-2000 presidents of each school's parent/teacher group with certificates of appreciation. Seated from left, Donna Freeman of Grover Cleveland School, Donna Hamann of Madison School and Cathy Mongiello of the high school, standing from left, board community relations chairperson Deborah Bridges, Renee Hassen of Roosevelt School, Linda Blanco of Madison School, Peter Schmitter and Superintendent of Schools William Pelitto. Not shown are Sharon Rivera of Grover Cleveland School and Mindy Goydman of the intermediate school.



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## Vehicle fires in Rahway

Rahway firefighters dealt with a number of vehicle fires over the past week, said city fire officials.

A 1989 Ford caught fire Monday at 1:13 p.m. along the 300 block of West Hazelwood Avenue. The car fire was extinguished and the house was checked for any extension of damage.

A 1988 Lincoln car caught fire on Sunday at 3:43 p.m. at the corner of West Luman Avenue and Jefferson Avenue. The Fire Department extinguished the car fire.

There was a car fire Friday at 10:09 a.m. at the 100 block of East Lincoln Avenue, on the property of Meek and Co. The Meek Fire Department had already extinguished the fire by the time city firefighters arrived.

A television started popping and smoking on June 22 at 1:41 p.m. along the 100 block of East Hazelwood Avenue. This caused a smoke condition in the building. It was some sort of short in the outlet or television. There was no evidence of a sustained fire, although the television did have smoke coming upon it. The circuit was shut down and the owner told to have an electrician come in and inspect it before turning the TV back on.

The Fire Department was the first responder to a medical emergency June 22 at 9:10 p.m. along the 1300 block of Route 140. They assisted the first Aid Squad with an unconscious male, and packaged and transported him to the hospital.

A fumigation device was activated June 22 at 10:35 p.m. in a restaurant basement along the 900 block of St. Georges Avenue. Since they forgot to notify their alarm system.

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WET BEHIND THE TEARS  
Parents should be aware that bathing suits could give rise to some uncomfortable skin conditions among their children. If a wet bathing suit traps germs in the area of a cut or sore, it may lead to impetigo, which is characterized by blisters that grow into itchy sores with pus. Treatment consists of an antibiotic ointment or oral antibiotics, as well as bandaging of open sores. Strep folliculitis shows up as red, itchy bumps that may contain white pustules. Antisepsis may be needed, and irritation can be eased with hydrocortisone cream. And, a yeast infection is characterized by itchy bumps that appear along the bathing suit line or all over the body.

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# OBITUARIES

## Carolyn Scofield

Carolyn J. Morris Scofield, 84, of Edison, formerly of Rahway, died June 14 in the John F. Kennedy Haven Hospice, Edison.

Born in Bloomfield, Mrs. Scofield lived in Rahway for 20 years before moving to Edison 35 years ago. She worked for Conrail in Clark for 15 years and retired in 1978.

Mrs. Scofield was a member of the Order of the Eastern Star. Surviving are a daughter, Michele Fencik; three stepsons, Russell Jr., Ronald and Norman Scofield; two stepdaughters, Patsy Schmitt and Darlene Burk; 15 grandchildren; 17 great-grandchildren; and one great-great-grandchild.

## Ruth Murphy

Ruth C. Murphy, 78, of Rahway, formerly of Roselle, died June 24 in the Rahway Hospital.

Born in Roselle, Mrs. Murphy lived in Roselle before moving to Rahway. She owned Murphy's Towing in Rahway since 1951. Mrs. Murphy also was a head teacher at Convent and Union County Trust schools in Roselle.

Surviving are a son, Thomas; a daughter, Lorraine; a brother, Jack Yates; four sisters, Helen, Mary, Mary O'Connell and Mary O'Connell; and three grandchildren.

## Henry Thome

Henry C. Thome, 86, of Rahway, died June 21 at home.

Born in Union, Mr. Thome lived in Rahway for 40 years. He was a butcher with Blue Star Sausage Union, for 35 years and retired four years ago.

Mr. Thome served in the Marine Corps during the Korean War. Surviving are three sons, Wayne, Dale and Bruce; a daughter, Kimberly Horner; two sisters, Helen and Twyla; and three grandchildren.

## Kenneth McGrory

Kenneth McGrory, 78, of Rahway, died June 21 at home.

Born in Union, Mr. McGrory lived in Rahway for 40 years. He was a butcher with Blue Star Sausage Union, for 35 years and retired four years ago.

Mr. McGrory served in the Marine Corps during the Korean War. Surviving are three sons, Wayne, Dale and Bruce; a daughter, Kimberly Horner; two sisters, Helen and Twyla; and three grandchildren.

## Kevin Fagan

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Born in Union, Mr. Fagan lived in Rahway for 40 years. He was a butcher with Blue Star Sausage Union, for 35 years and retired four years ago.

## Lopez awarded degree

Aurora S. Lopez of Rahway was among the 2,260 students to take part in Rowan University's commencement ceremonies last month.

Lopez earned a degree in communication and psychology.

## Edna Godin

Edna Godin, 77, a lifelong resident of Rahway, died June 20 at home.

Surviving are her husband, Joseph; four daughters, Judith Stalczyk, Jean Esposito, Mary Jane Nelson and Gayle Morin; three brothers, Gerald, Edward and Thomas Slonaker; six sisters, Elizabeth Harrell, Lucille Fulton, Muriel DeSalvo, Bernadette McCartney, Janet Burch and Patricia Hook; and four grandchildren.

## Irene Nannery

Irene Nannery, 60, of Cliffwood Beach, formerly of Rahway, died June 25 in Bayshore Medical Center, Holmdel.

Born in Elizabeth, Mrs. Nannery lived in Rahway before moving to Cliffwood Beach 19 years ago. She was a saleswoman with Levi Strauss, Elizabeth, for four years.

Surviving are two sons, Philip and John Todor; a daughter, Camille; and three grandchildren.

## Estella Barnes

Estella P. Barnes, 61, of Rahway, died June 24 in Rahway Hospital.

Born in New Brunswick, Mrs. Barnes moved to Rahway 36 years ago. She was a secretary for 17 years with the Rahway school system.

Mrs. Barnes was a member of the Pastor's Care Committee of Faith Tabernacle Church, Plainfield. Surviving are her husband, Clinton; two sons, Guy and Gary; a daughter, Shannon; a brother, Julian Anderson; three grandchildren, and a great-grandchild.

## Marie Jennings

Marie R. Jennings, 77, of Rahway, died June 16 in Bayshore Medical Center, Holmdel.

Born in Chicago, Mrs. Jennings lived in Rahway for 31 years. She was an assembly worker with RCA, Woodbridge, and retired in 1974.

Surviving are her husband, William; a daughter, Corrine; a sister, Lillian Hayes; and two brothers, Joseph and Leonard Barn.

## RHS seniors graduate

(Continued from Page 1)

With the graduates a lot of noise in the future, especially those going to further their education.

During Superintendent of Schools William Petrino's address to the class, an inflatable cow was hoisted around by the graduates, balloons, beach balls and silly string.

Petrino told the students that even though life may not take them to where they originally planned to go, that is not always a bad thing, and that life is something always to be enjoyed.

"We are living in a time of great expectations, and great challenges," Petrino said. "I challenge you to use your God-given talents to become the best individuals possible."

## Senate approves hospital legislation

The Senate approved legislation Monday sponsored by Assembly Deputy Minority Leader Neil M. Cohen, D-20, that would require state approval of a sale or transfer of a non-profit hospital's assets when converting to a for-profit entity.

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Petrino told the students that even though life may not take them to where they originally planned to go, that is not always a bad thing, and that life is something always to be enjoyed.

"We are living in a time of great expectations, and great challenges," Petrino said. "I challenge you to use your God-given talents to become the best individuals possible."

After all the diplomas were handed out, class Vice President Jennifer Horling gave the farewell speech.

"In a few minutes, we will turn our tassels and say good-bye to Rahway High," Horling said. "I don't think any of us would have made it out of here alive without the support of our friends. Rahway High School was a place where lifelong friendships began."

At the end of the ceremony, after all the tassels were turned, the RHS madrigals sang "Movin' On" by Raymond Hamman and the RHS Alma Mater by Helen Gindler, Class of 1925.

The graduates then left, joining their family or going to their care decorated with soap and streamers.

Project Graduation 2000, an all-night alcohol-free party, was held at the College Avenue Gym at Rutgers University until early Friday morning.

Money was raised for Project Graduation throughout the year with various donations and fund-raisers from businesses and residents across Rahway.

"I hope they all return to Rahway sometime and remember their alma mater," Anderson said.

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# City veteran recognition



Vietnam veteran Robert Latherow Jr., center, is commended at the Rahway City Council meeting June 14 for recently receiving the N.J. Distinguished Service Award. Family members joining him are, from left, his father, Robert Sr., mother, Gloria; wife, Dolores; daughter, Jessica; and sister, MariAnne, along with members of the Rahway High School Junior ROTC.

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Vietnam veteran Robert Latherow Jr., center, is commended at the Rahway City Council meeting June 14 for recently receiving the N.J. Distinguished Service Award. Family members joining him are, from left, his father, Robert Sr., mother, Gloria; wife, Dolores; daughter, Jessica; and sister, MariAnne, along with members of the Rahway High School Junior ROTC.

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# Congratulations, Rahway High School Class of 2000

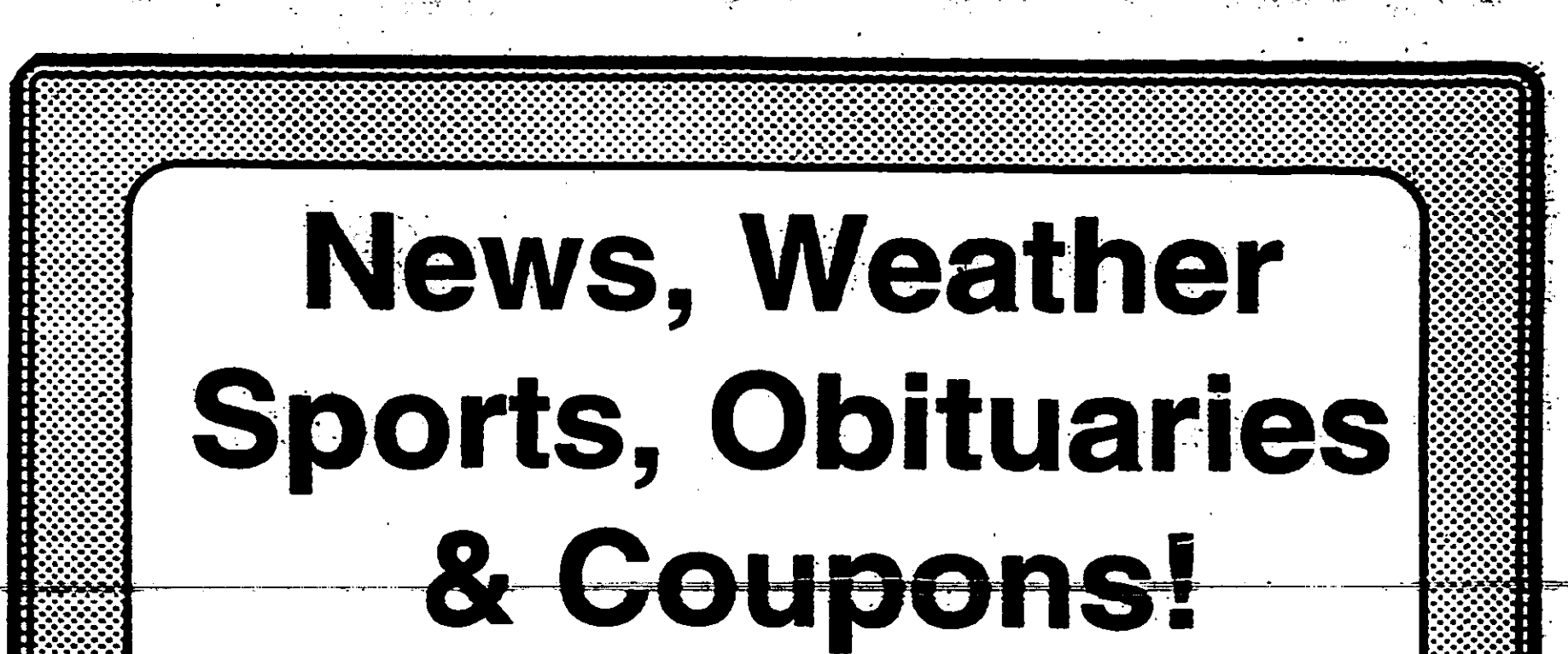
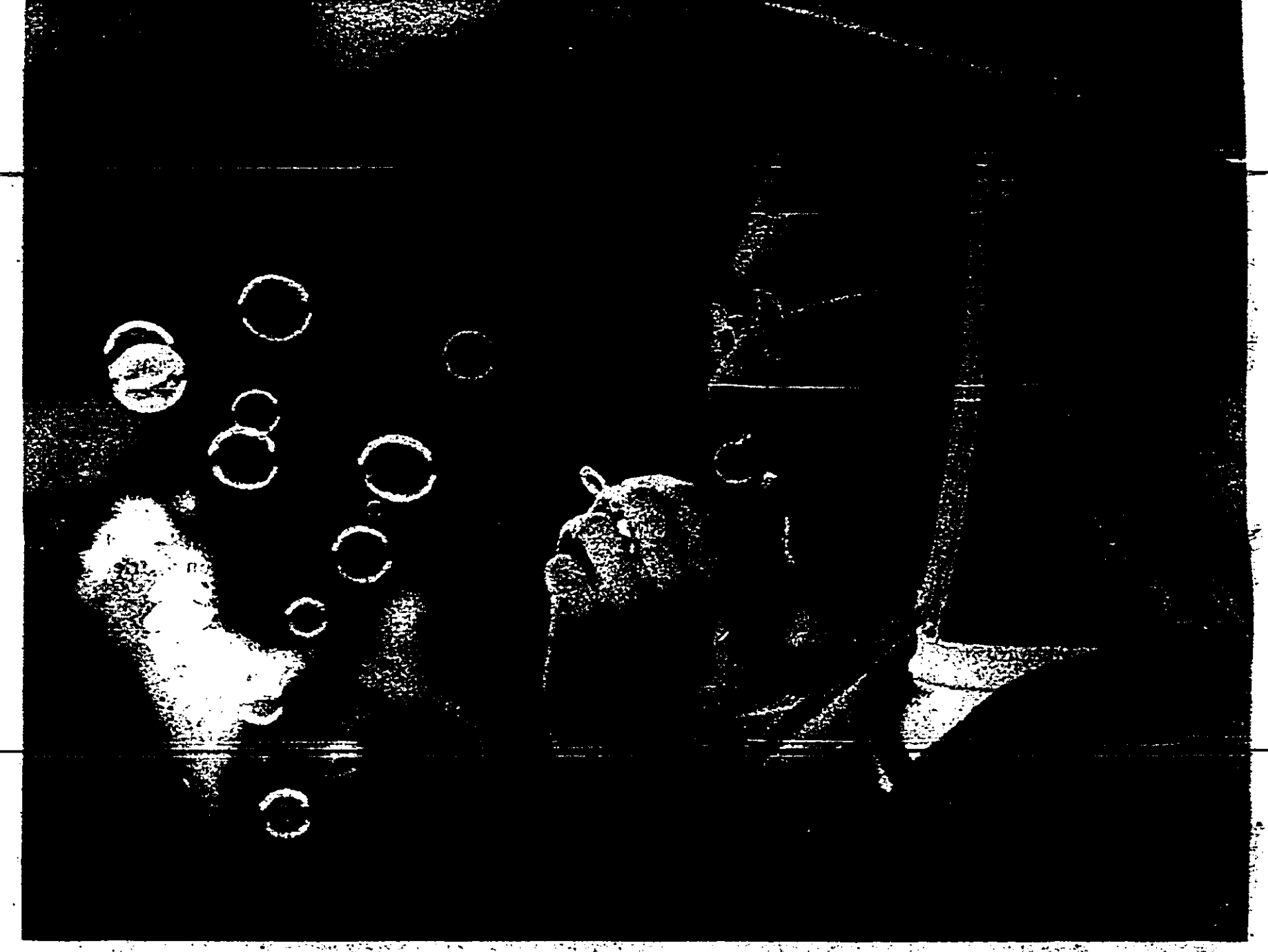
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Jason Mark Giron  
Bruno Goncalves  
Ambar Green  
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Rasheda Knight  
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Aleah Chanel LaVant  
Gaby Lazo  
Kaprie Oka Lee  
Juris Lim  
Dave Long  
Kathleen Low  
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Eddie Martins  
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Brian Mayer  
Eric McClain  
Cadria McDowell  
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Cesar Murga  
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James Nieto  
Christina Olejar  
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Heather Peins  
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Onyekachi Pius-Nwagwu  
Michael Christopher Power

Celena Puma  
Satirah L. Putman  
Sharuffin Glennise Qualls  
Megan Raupp  
Jennifer Leigh Reuter  
Jason Manuel Reverendo  
Cheryl Lynn Richter  
Jerry Quan Rice  
Christopher Rodriguez  
Juan Rodriguez  
Andrew Russell  
Noelle Russo  
Ruth Saint Louis  
Jerson Santacruz  
John Colin Sardine  
Nicholas Joshua Sardine  
Paul Anthony Schuck  
JenniferAnn Marie Shaffery  
Jeff Silva  
Amardeep Kaur Singh  
Brandon Slater  
Jamaal Smith  
Nikara Smith  
Terrence Somersall  
Ana Sousa  
Lisa Spinella  
Sarla Stadler  
Chesbert Stephens  
Mistika Dawn Stephens  
Robert Stevens  
Casey Stueber  
Michael John Sugzda  
Brian Sweat  
Bartlomiej Szalajko  
Jill Szostak  
Omar Ali Taylor  
Sheri Taylor  
Heather Thorpe  
Ryan Thorpe  
Patrick Tunajero  
Jennifer Marie Trunciale  
Demetrius Edward Turner  
Laurel Jean Vallarta  
Natalie Ann Vasquez  
Gerald Vaughan  
David Veloso  
Wayne Velsor  
William Viegas  
Bonnie Ward  
James Ward  
Stacy Wargo  
Charles Joseph Wasiewicz  
Lateisha Watkins  
Thomas Watson Jr.  
Latresha Wells  
Jennifer Wilds  
Jeffrey Kenneth Williams  
Kathleen Susan Williams  
James Wilson  
Talleka N. Wise  
Jamie Wronski  
Carlos Yanez  
Meghan Leigh Yuill  
Sandra Zamora



Scenes from the Rahway High School graduation June 22 include, above, Talleka Wise with her 4-month-old son, Quinsco Blinson; and below, Franav Dalal blows bubbles.



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## Congratulations To All The Students From The Rahway Progress

# Bus trip July 27 to Modern Art Museum

The Rahway Senior Citizens Center is sponsoring a bus trip July 27 to the Museum of Modern Art in New York City. The trip is for city seniors only, and costs \$10 per person, which includes transportation and museum admission.

The museum is hosting an exhibit consisting of 24 different categories of art from the 1970s through the 1990s.

The bus departs at 10 a.m. from the center, 1300 Eastbrook Ave., and returns at 3 p.m. Vehicles should be

# Swing concert July 6

A swing concert will be held July 6 at 7 p.m. on the Roselle Public Library lawn at Chestnut Street and West Fourth Avenue. Participants are asked to bring chairs.

**Reformed Church to hold Club Can-Do**

The Reformed Church of Linden's theme for the Vacation Bible School will be "Club Can-Do: Kids Called to

# Adult reading club at Linden Library

Club Read, the adult reading club which has no dues and no meetings, returns next week to the Linden Free

# Public Library. The club is loosely

patterned on children's summer reading programs which are successful in libraries all over the country.

Registered club participants keep track of the books they read all summer and receive raffle tickets for each book completed. There are weekly drawings for gift bags filled with a variety of items. All entries will be eligible for the grand prize drawing at the end of the summer for a gift certificate to a local bookstore provided by Friends of the Linden Library.

# July 8 street fair at Second Baptist Church

A street fair will be held July 8 at 11 a.m. at Second Baptist Church, 200 Locust St., Roselle. It will include

# Self-defense course at Gregorio Center

The Linden Recreation Department is sponsoring self-defense classes for

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## SPORTS

### Rahway weightlifter Palmer prepping for World Masters

By John Zucal  
Staff Writer

Sometimes one develops a love for a sport, a hobby, an activity, but circumstances force that desire to take a back seat to more important things.

But sometimes, that desire comes back and more pursues it more intensely than ever. Also Palmer has taken that second chance and has definitely made the most of it.

The Rahway resident was involved in weightlifting as a teenager. Work and marriage pushed the sport aside for about three decades. But in his 50s, the fire returned.

Now, at 65, Palmer has five national masters' championships in 10 years and will compete in the World Masters Weightlifting Championships in Orlando, Fla. in October.

"I did it years ago before I got married—I was 22 at the time," Palmer said. "Years later, I happened to be watching a competitive on a local television station—I think I was 45."

Palmer, originally from Columbia, has resided in Rahway for 30 years. He is retired from Exxon Research and Engineering, for whom he worked as a senior research technician. This has allowed him the time to return to weightlifting.

The fruits of his labor are plenty. Palmer won national masters' titles in 1990, 1991, 1995, 1996 and was fourth in the 1997 world masters' championships in Oxford, England. Palmer missed two years due to a shoulder injury.

In competition in Savannah, Ga., Palmer set three national records in the 65-kg. age category. He lifted 95 kilograms (209 pounds) in the clean-and-jerk and 72.5 kilos (159.5 pounds) in the snatch, totaling 167.5 kilos (368.5 pounds). Palmer said he is looking forward to lifting in October, but knows he will face strong competition.

"I know of two good Canadians who will be there, the Russians have a good chance, the Eastern Europeans are always strong," Palmer said. "I'm just hoping to get a medal, but I'm in a prime position because of my age."

Palmer, who is a member of the Monocacy Valley Weightlifting Club in Frederick, Md., last year's national team champion, noted the sport has pockets of interest in New Jersey, such as Flemington and Fort Lee, as opposed to powerlifting, which has gained the interest of teenagers and young adults.

"Weightlifting has no bench presses, no dead lifts," Palmer said. "Everything is on the head."

"It's one thing to lift 500 pounds above the knees," Palmer continued, "but it's another to put it over your head and have control."

Palmer, who does some of his training at Rahway High School, admits it is hard to get a student interested in weightlifting.

"When you get older you have to have a plan," Palmer said. "You have to go to a resistance or cyclical training program."

"I didn't lift much right after the nationals, but I've started picking it up," said Palmer, who follows a workout schedule. "It's heavy in late July, then slack off, then pick it up again so I'll peak for the world competition."

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Editor: J.R. Parachini  
Union: 908-686-7700, ext. 313  
Maplewood (Tuesdays): 973-762-0303

## Two of the best



Two of the top high school varsity baseball players in Union County this year included, from left, Steve Brown of Rahway and Dan DelValle of Linden. Brown's excellent pitching helped Rahway reach the Union County Tournament championship game for the first time in 10 years. DelValle's basestealing prowess helped Linden reach the North Jersey, Section 2, Group 4 semifinals. The two were members of this year's North 2 All-Star squad and participated in the annual NJCAA contest held at Princeton University June 17. North 2 defeated South Jersey 7-6 in 10 innings in one of the contests. North 1 defeated Central Jersey in the championship game.

## Linden Recreation teams playing well

### All three squads manage to post victories

The Linden Recreation Department Baseball Program is in full swing now that summer has arrived.

The department is sponsoring a total of six teams in various leagues. Franchises are located in the Union County American Legion Senior League, Union County American Legion Junior League and the Tri-County League.

Teams will also be represented in the Union County Baseball Association's Minor League, Major League and Teen League.

The American Legion Senior Program, for youngsters 19-and-under, is under the tutelage of veteran manager Lou Seadine-Nickel-Diaz-and-Bruce-Russell.

Linden Recreation 13, Union Catholic 1: Pitchers Danny Diaz and Steve Russo combined to toss a three-hitter to lead Linden over Union Catholic. Six extra-base hits paced the Linden attack, including a pair of doubles belted by Frank Meade, Ryan Yanko, Adam Russo and Bruce Taylor playing well defensively for the Tigers.

Linden Recreation 15, Union Catholic 1: Pitchers Danny Diaz and Steve Russo combined to toss a three-hitter to lead Linden over Union Catholic. Six extra-base hits paced the Linden attack, including a pair of doubles belted by Frank Meade, Ryan Yanko, Adam Russo and Bruce Taylor playing well defensively for the Tigers.

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Roselle High School boys' basketball coach Stan Koldo, right, receives a trophy from athletic director Charles Chrebet honoring his 40th win this past season.

### Roselle honors its top student-athletes

The Roselle High School varsity awards dinner, under the direction of athletic director Charles Chrebet, was held June 6 with over 300 attendees at a restaurant in Roselle.

The following trophies were awarded by the coaches in their respective sports:

Football: Offensive back, Justin Walker; Defensive back, Jeff Rodriguez; Most Valuable Player, Derrick Gomez; Most Improved, Brian Fial; Sportsmanship, Steve Carter; Offensive Lineman, Corone Johnson; Defensive Lineman, Ken Hodge; Most Dedicated, Jesse Lewis.

Girls' Tennis: Most Dedicated, Rodyna Procheta; Most Improved, Amanda Gomez; Most Improved, Carol Hulse; Sportsmanship, Nancy Cherry; Boys' Soccer: Most Valuable Player, Luis Munoz; Most Improved, Most Improved, Emilio Andino; Sportsmanship, Kajo Asare; Most Dedicated, Jorge Jimenez.

Cross Country: Most Valuable Player, Bereshith Adams; Sportsmanship, Bereshith Adams; Most Improved, Antione Stephen Gentil; Girls' Basketball: Sportsmanship, Jessica Cunningham; Most Improved, Puchia Brown and Lucy Custer; Newcomer Award, Gidded Colon; Most Dedicated, D'Neen Wynn.

Boys' Basketball: Most Valuable Player, Jesse Holley; Most Improved, Reggie Stuckey; Most Dedicated, Doni Featherstone; Sportsmanship, Jason Dominguez.

Boys' Track: MVP: weight event, Corone Johnson; MVP track event, Derrick Guest; Sportsmanship, Anthony Njoku; Most Improved, Jeff Blum; Most Dedicated, Jesse Lewis; Girls' Track: MVP: weight event, D'Neen Wynn; MVP track event, Nancy Cherry; Sportsmanship, Angel Holley; Most Improved, Lori Custer; Most Dedicated, Megan Smith.

Golf: Most Valuable Player, Stephen McElroy; Sportsmanship, Cliff Register.

Cheerleaders: Most Dedicated, Charles Ferguson; Most Improved, Angel Holley; Leadership Award, Jasmine Dixon; Most Spirited, Shaniqua Warren.

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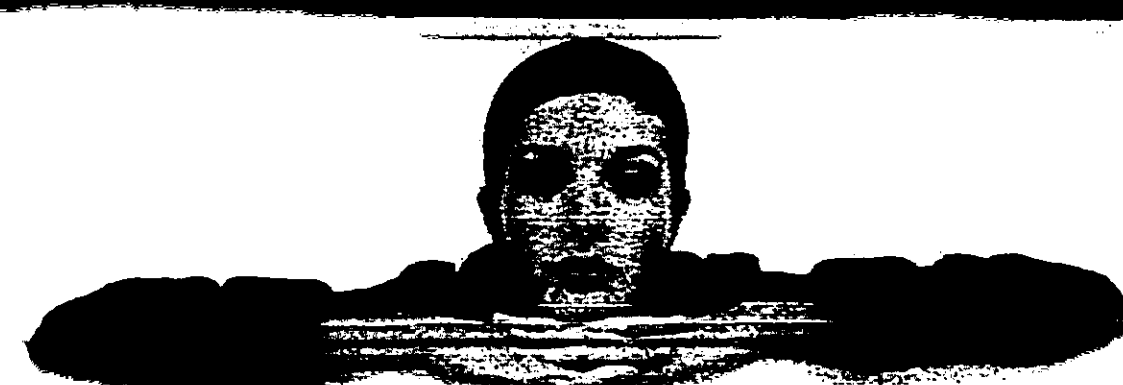
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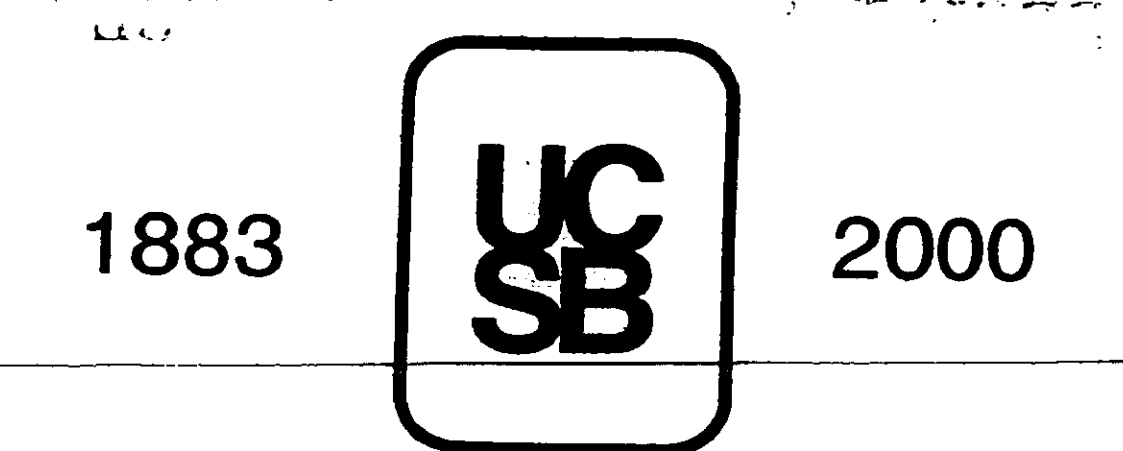
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## Grilling tips ensure moist, flavorful chicken

When it comes to grilling, chicken is the star of the show for many at home barbecue chefs. To make the most of your barbecue, here are some grilling tips from the author of *Barbecue: The Art of the Grill*, Kenji Kawanishi.

- Use the medium heat on the grill and cook the chicken about four inches from the flame.
- Start with quality chicken cutlets, such as Empire broiler chickens, for the best flavor.
- Baste the chicken lightly with oil.

## Tasty lamb brochettes can be as easy as '1-2-3'

While the outdoor barbecue has always had a special appeal, it takes a special recipe to keep it fired up all year round. Kenji Kawanishi's *Barbecue: The Art of the Grill* has developed that recipe with her Cooking 1-2-3 approach that uses three ingredients in every dish. In this case it's succulent lamb that's marinated in a bath of olive oil and grated onions and then grilled to perfection.

Because there are just three elements in this recipe, each ingredient plays a critical role, making its quality, versatility and flavor extremely important. Olive oil is a natural for Cooking 1-2-3 because its sweet, nutty flavor and smooth texture make it the perfect medium for marinating.

**Melt-In Your Mouth Lamb Brochettes**  
Marinating chunks of lamb in a bath of grated onion and olive oil yields a melt-in-your-mouth tender and juicy flavor. This is especially great when grilled on the barbecue.

3 large red onions, 6 pieces each  
1/2 cup olive oil  
2-1/2 pounds lamb from the leg or shoulder, cut into 3/2-inch chunks

chicken breasts  
1 tsp. chili powder  
1/2 tsp. cayenne pepper  
1/2 cup flour  
1 cup extra chunky mild salsa  
1/2 cup mayonnaise  
1 large green pepper, sliced  
1 large onion, sliced  
juice of 1/2 lime  
1 tsp. margarine  
1 tsp. oil

Combine the flour, chili powder, and cayenne and dredge the chicken in the flour mixture. Grill chicken until it's just brown on both sides and set aside.

Combine oil, pepper and onion in a pan and saute on the grill until soft. Add salsa, mayonnaise, and lime juice. For your next barbecue, try this tasty recipe from Maria and Lou Cohen of New Jersey. The recipe was submitted as part of Empire's 40th anniversary celebration.

**Kenji's Margarita Chicken**  
• Empire broiler chickens, chicken

Preparation: Peel onions. Grate one onion on large holes of box grater. Put onion puree in a fine-mesh strainer mixed with 1/2 teaspoon salt. Press with spoon to extract as much juice as possible. Mix 1/4 cup onion puree with olive oil and grated onion. Add freshly ground black pepper and marinate for 1 to 1-1/2 hours, turning often.

Prepare barbecue, or preheat broiler for indoor cooking.

Cut remaining onions into squares or wedges. Using long metal skewers, alternately thread pieces of onion and lamb, using 4 pieces of lamb for each skewer. Spoon a little of the marinade over skewers and place on barbecue or on baking sheet and cook until desired doneness, 3 to 4 minutes on each side. Sprinkle with salt and serve immediately with crust of olive oil if desired.

Make 8 skewers.

Can't get enough of Olive Oil? 1-2-3 Ask for a free brochure featuring additional recipes by calling the Olive Oil toll-free hotline at (800) 233-0464. Also be sure to look for Kenji's 1-2-3, published by Little, Brown and Co.

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## Massage therapists invite clients to 'get stoned' with treatment

By Jack Williams  
Copley News Service

To appreciate hot-rock massage, consider yourself toast, ready to soak up some heat.

But once the warm oil is slathered on your body, creating a buffer for the heated stones that will follow, it's your tension and tightness that do the melting.

Why the rocks? The better to seal in the liberating heat, about 125 to 135 degrees worth, and open the therapist's pathways to the muscles.

As licensed massage therapist and hot-rock instructor Charlotte Stover explains, "Because of the way the heat allows you to get into the muscle, one stroke with hot rock is equal to 10 strokes of deep tissue massage."

A subjective observation, to be sure, but there's no denying heat makes the body more pliable. Think of having a "savage" in a sauna. It's a little like that.

The hands have no choice, chosen for the heat, are the best for holding the stones.

at luxurious resorts and spas, where it is trademarked as LaStone Therapy, hot-rock massage is reaching more people today through a growing roster of specially trained therapists.

Sometimes, the treatment is called Earth Energy Massage or Japanese Hot Rock Therapy.

"Any indigenous culture has drawn hot rock therapy in one form or another," Stover said. "Top guys have been doing it worldwide."

But not until the mid-1990s, when Mary Flanagan of the Desert Institute of Healing Arts in Tucson, Ariz., began certifying instructors in LaStone Therapy, did it begin to spread.

Now certified instructors, such as Stover, are doing it worldwide.

Stover, who works at Fremont Salon and Day Spa in Encinitas, finishes her sessions with what she calls "fire and ice."

Said Stover, "I pick out a big hot rock and a frozen marble rock. I chase the frozen marble with the hot rock up and down the body."

The freezing touch of frozen marble is especially therapeutic for sore muscles.

Palmer said, "I like to say a hot rock massage is not just a massage; it's an experience."

An hour's and a half experience is available at the Fremont Salon and Day Spa.

Stover said, "If you do something strenuous after a hot-rock massage, part of the results I just accomplished will be thrown out the window."

## Muhlenberg shop is open

The Auxiliary at Muhlenberg Regional Medical Center officially opened the Nearly New Shop in May.

The shop will accept donated items in many new condition and will operate as a reduced price.

Located on the lower level of the Crescent Avenue Presbyterian Church, 716 W. 10th Ave. in Plainfield, the shop will be open every Thursday and Friday from 10 a.m. to 4 p.m. and Saturday from 11 a.m. to 4 p.m.

The shop will benefit projects and services at Muhlenberg Regional Medical Center. For more information about the Nearly New Shop, call the Muhlenberg Auxiliary office at (609) 668-2573.

## Experts compare, debate approaches to weight-lifting

By Jack Williams  
Copley News Service

There was a time when "one set or two?" was an invitation to the tennis court, not the weight room. Now it's the kind of question you might bounce off your personal trainer, hoping, among other things, to get more biceps for your back. In one set of 8-to-12 repetitions just as productive as two? How about three? Strength in numbers?

The fact is, there is no one-size-fits-all answer. Especially when you consider variables such as intensity, form, amount of weight, rest between sets and workouts per week.

And if you really want to make it complicated, there's always the old debate of free weights versus machines. With that in mind, consider a graphic in the "To Your Health" feature in the May 1 edition of the *San Diego Tribune*. Several readers did send in their own opinions.

The graphic referred to a University of Florida study comparing 42 experienced lifters — age 20 to 40 — to a group of 42 novices.

Both groups lifted three times a week. The study, published in January in the *American College of Sports Medicine* journal, concluded that the three-set group showed a negligible 2-percent improvement over their one-set counterparts.

OK, single sets work — at least in this 13-week study that measured the result of nine exercises on machines.

But the more-is-better advocates are armed with ammunition of their own — especially when they look at well-trained competitive athletes.

"Everyone wants a quick fix, but you have to look at the long haul," said William Kraemer, director of the human performance laboratory at Ball State University in Muncie, Ind.

In studying football players as opposed to recreational lifters, Kraemer found that three sets in a high-intensity training program produced much greater gains over 14 weeks when compared to one set training. Kraemer also found in an

exercise. You may not have enough time to complete the routine and you wind up developing some body parts at the expense of others.

"I make it quick and easy to do so you can stay motivated throughout your life," he said.

The proponents of the SuperSlow method of weight training, sets and reps are measured in technique and safety.

The SuperSlow method of 10 seconds in the lifting phase and four to 10 seconds in the lowering phase received favorable results in six-week studies at South Shore YMCA in Quincy, Mass.

In a 1991 study comparing novices, the slow group experienced 50-percent more strength gains than a group following a program of two seconds of lifting, one second pausing and four seconds lowering the weight. The gains were attributed to less momentum in execution and more consistent application of muscle force through each repetition.

A subsequent study replicated the result, again among novices. A similar result was found among advanced exercisers.

But as Miller says, it all comes down to not how you do it, but how long you do it. If you do it, "After one year of doing nothing, you'll lose one pound of lean muscle — that's 20 fewer calories your body is burning every 24 hours," he said.

For more information on Miller's "15-Minute Total Body Workout," visit his website at [www.fitness.com](http://www.fitness.com).

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**Certified Beautician & Cosmetic Professional**  
Katherine Park has been in the beauty industry more than 16 years, in both Brazil and the United States. She is a licensed and certified beautician, advanced aesthetician, electrologist, micropigmentation technician, and permanent make-up consultant and instructor.  
She has been given demonstrations of permanent make-up at the International Beauty Show since 1992 and conducts private seminars and classes worldwide. She also demonstrated permanent make-up at the American Hair Loss Association especially for alopecia patients.  
In 1992, she opened Kathy's Beauty Center in Great Neck and later Roslyn Heights, NY. She has been working with Dr. Vida T. Vida Skin and Plastic Surgery Center since 1994. She is an official P.M.U. instructor at Tiny Beauty School in NY. Currently, she opened a new office in Tarrytown, NY, and also working with Dr. T.K. Sharma (Plastic Surgeon).  
Katherine offers her clients a high level of professional skill blended with keen aesthetic intuition. She demands the strictest standards of safety on her work and training of students in usage of specialized equipment, disposable probes and natural pigments. She implements the same medical sterilization standards and procedures as physicians, and pays special attention to each client's unique features and specific needs.  
Katherine is one of the leading practitioners in the field of permanent make-up, which is a relatively new and unique technique of self-enhancement and skin reconstruction. Many of her clients are physically impaired men and women for whom permanent make-up represents a major step toward renewed self-esteem and happier lives. She receives many of her referrals from ophthalmologic surgeons, allergists, dermatologists, plastic surgeons and oncologists.  
Presently, Katherine is a member of the American Electrolysis Association and the Society of Permanent Cosmetic Professionals. She was a former director of Micropigmentation and Cosmetics Inc. in N.J. Her professional background is a blend of work in color analysis, image consulting, make-up, aesthetic and electrolysis, all of which play a significant role in a creative way she looks at the permanent make-up and skin reconstruction.  
She offers variety of custom-designed training programs for advanced aestheticians in various subjects such as Micro-Dermabrasion, Cellulite Treatment, and Permanent Hair Removal with Hair Tonic System.  
To schedule an appointment with Katherine Park call (201) 871-7818.

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• Dedicated Subacute Unit  
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## Mineral intake increases rewards of working out

Whether you're an experienced athlete, a weekend warrior or a "couch potato" who's eager to get up and get moving, one thing has never been more true: You are what you eat. If you're not eating right, exercise will be a lot less effective than it could be. Additionally, most of us aren't even aware there are some vitamins and minerals that are essential for optimal capacity to exercise.

For example, fewer than one in 10 Americans know that magnesium deficiency is associated with a reduced capacity to exercise. And we typically don't eat a sufficient quantity of the foods that contain an abundant supply of magnesium — such as whole grains and soybeans. Health care professionals know that it is not vitamins alone that make the difference; magnesium is also a key player.

Think about your car, and how it runs better when you use the right fuel. Your body operates in the same way, and if it's not getting the "right" nutrients, it won't help you.

### Brochures list varied options

Understand the issue associated with aging and knowing what health-care options are available are critical in today's families, says Peggy Dugan, administrator of Ashbrook Nursing and Rehabilitation Center, a 120-bed long-term care facility located in Scotch Plains. The Saint Barnabas Nursing and Rehabilitation Center, affiliates of the Saint Barnabas Health Care System, have compiled a set of six brochures to help people make important decisions about health care as loved ones grow older. The set explores a wide range of pertinent topics and includes the following titles:

- "Assisted Living: Today's Option"
- "Independent Services"
- "To request a free brochure or brochure, write to: Educational Brochures, Public Relations, 605 Chestnut St., Union, NJ 07081, or call (800) 222-9147.

## CHIROPRACTIC FOR BETTER HEALTH

DR. DONALD ANTONELLI, CHIROPRACTOR

**A SPINE OUT OF BALANCE**

If you're feeling out of sorts, with a vague discomfort in your back, your spine may be out of balance. Your spine serves a vital function in many ways. The spine and nervous system are the central command of your body. It's important to keep the spine in proper balance. The spine is connected to a foundation made up of your pelvis and legs. If this foundation is well-balanced and working normally, it helps to keep your spine in balance. Otherwise it can cause pain and discomfort. For example, if a house's foundation is crooked or unsteady, it will distort the walls. You'll see cracks in the plaster. Doors won't fit properly. Windows may not open. You can repair the cracked plaster and trim the doors and windows to fit again. But how long will these "cover-ups" last? Your body also needs a good foundation. If your spine is out of balance, seek the treatment you need to get it right again.

To the nearest of your health care office, Dr. Donald Antonelli, Chiropractor, is located at 275 North Avenue East, Cranford, NJ 07017. Call (908) 653-9449.

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## RAISING KIDS IS A FULL-TIME JOB. SO WHY SHOULDN'T IT HAVE HEALTH BENEFITS?

Self-employed families need self-employment benefits. In New Jersey, our individual health care plans give you one of the state's largest physician networks. Extensive prenatal care, well-baby care and your children's immunizations are covered. And full-time help is just a call away on our 24-hour Health Information Line. For information, call 1-800-465-3084.

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And you eat more effectively. Whatever your level of fitness, magnesium is an important mineral to keep in mind. The average American gets barely 75 percent of the recommended daily allowance of magnesium, yet few know how important it is to their body.

- Magnesium is required to convert blood sugar — stored as glycogen in the liver — into energy.
- Proper metabolism of calcium and vitamin C depends on proper levels of magnesium.
- Magnesium makes your exercising muscles stronger by increasing your endurance to prolonged exercise. The advantages of maintaining proper magnesium levels are clear. If you're an advanced athlete, magnesium will help keep your "power plant" running at its best efficiency. A weekend athlete will be able to more quickly recover from the intense exercise of a race or tournament competition. And the exercise beginner will find it easier to keep on track with a new workout.

Even if you're not an athlete, proper magnesium levels are important. Heart disease, high blood pressure and diabetes can affect magnesium levels, yet screening for magnesium deficiency is not a regular part of most physical exams.

One solution to avoiding magnesium deficiency is to take daily magnesium supplements. But not all supplements are the same. You want to find a supplement, such as Sto-Mag, which contains magnesium chloride, a form of magnesium that is readily absorbed and used by the body. Other forms are magnesium carbonate and magnesium oxide, which are not assimilated as easily.

Sto-Mag is a delayed-release magnesium chloride tablet that is coated to reduce gastrointestinal upset. Two tablets, once a day, are enough for most people at risk of magnesium deficiency.

For further information about the importance of magnesium supplements as part of a healthy fitness regimen, call toll-free (877) 475-6624.

## Check Out Our Monthly In-Store Specials

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201 Route 22 West  
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**EVERY ITEM DISCOUNTED 20%-50% EVERYDAY!**

If you're not shopping at The Vitamin Factory, you're paying too much for your supplements.

Limited Time Offer: Designer Protein \$22.99/lb			Up to 65% Off Selected Vitamin Factory Brand Products		
<b>SUPER COUPON</b>	<b>35% OFF EAS</b> Complete Line of Sports Supplements Exp. 7/7/00	<b>SUPER COUPON</b>	<b>35% OFF MET-RX</b> Sports Supplements Exp. 7/7/00	<b>SUPER COUPON</b>	<b>35% OFF METABOLITE</b> Complete Line of Sports Supplements Exp. 7/7/00
<b>SMART COUPON</b>	<b>35% OFF TWINLAB</b> Complete Line of Vitamins & Supplements Exp. 7/7/00	<b>SMART COUPON</b>	<b>35% OFF SCHIFF</b> Complete Line of Vitamins & Supplements Exp. 7/7/00	<b>SMART COUPON</b>	<b>35% OFF STACKER 2</b> Complete Line of Vitamins & Supplements Exp. 7/7/00
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# HEAL

IF YOU OR SOMEONE YOU KNOW IS SUFFERING FROM A WOUND THAT WON'T HEAL, CALL US.

Hard-to-heal wounds occur because of problems in a person's ability to heal. Many factors can cause this, including diabetes, burns, crush injuries, infection and poor circulation. The Wound Healing Center at Trinitas Hospital brings together a team of specially trained doctors, nurses and technicians who have years of experience in treating hard-to-heal wounds.

**TRINITAS HOSPITAL**

**WOUND HEALING CENTER**

Trinitas Hospital • 240 Williamson Street • Elizabeth, New Jersey • (908) 527-5480

HELPS IN THE TREATMENT OF HARD-TO-HEAL WOUNDS, DIABETIC SORES, CRUSH INJURIES, INFECTIONS.

## A firm, fit physique for summer is easier with simple steps

The return of summer addresses the need to become "fit" and take steps toward a leaner, firmer body. The experts from Jergens, who understand the importance of taking time for yourself each day, have partnered with Art Cylex, celebrity fitness trainer and owner of Art of Fitness in New York City, to provide women with the following expert fitness and skin care advice. Ready, set, have it all!

### A Firm Physique. In the world of fitness, firmness is characterized by a lean appearance. However, water retention may cause you to look as if it's bloated. Surprisingly, to rid the body of excess water, you will need to drink more of it! Increasing your water intake to at least eight glasses daily will help flush impurities from your system. You can also avoid water retention by lifting weights, training aerobically or anaerobically, or by eating low-sodium foods.

• **Firming Wonders.** If your skin is not as firm as you'd like, try using a moisturizer that improves skin's texture such as the new Jergens Skin Firming Moisturizer. The hydrating formula is clinically proven to visibly improve skin firmness and texture in your eight weeks. It contains seaweed extract — a natural "firming" ingredient typically found in luxurious spa treatments — with astringents and wheat protein to create a flexible support network within the skin, making skin feel firmer and smoother.

• **Heart Rate Smarts.** It's very important to monitor your heart rate during exercise. Both aerobic and anaerobic training raise your heart rate to help burn calories, shedding excess weight and water. However, you should not exceed your target heart rate by more than 5 to 10 beats per minute, as this will ultimately burn muscle and protein, which are needed to maintain firmness. A good rule of thumb to help stay within your target heart rate: If you're not out of breath, slow down!

• **No Excuses.** You don't have to live a sedentary lifestyle just because you don't belong to a gym. It's easy to firm up using natural body resistance and a piece of sturdy household furniture.

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## Successful fitness regimen can be found in 5-step program

Are you one of the millions of Americans who made a promise to themselves this year to lose weight and start exercising? For most people the biggest hurdle is getting started and staying motivated. Here are five easy steps to help you start a fitness program that will last a lifetime.

**Great workouts to get started**

Starting an exercise program can be intimidating, so it is recommended to start with walking and deep water exercise. Both workouts are easy to learn and great for all ages and fitness levels. Aquagoggling with a flotation belt in deep water provides a great workout that conditions the heart, strengthens muscles, and improves balance, without any impact on joints and bones.

**Break big goals into bite-size pieces.** For example, say that you want to participate in a 5 K. Start by walking 3 K more, and begin walking a few miles without stopping. Progressively increase the distance you are walking until you can walk 5 K without stopping. Continue to add more distance to your walking routine each week, without any impact on joints and bones.

**Get motivated.** Accountability and encouragement make the journey both fun and successful. Find a friend, join a class, start a walking group, or involve a pet in your exercise routine. Find someone who can motivate you when you don't want to go.

**Fit for life.** To change everything at once, you don't fall into the all-or-nothing trap. Instead, make small changes in a series of steps to ensure success. You can't expect to lose 50 pounds in a month, but you can expect to lose 5 pounds a month.

**Check in daily.** Keeping a journal is a powerful tool that can help you remain motivated to stay on track. Write down your progress, your thoughts and feelings.

**Resources.** Tami Gorman is the author of "No More Excuses" — Paper Chase Press, 2000 — and founder of Connecting Connectors, an online support group which networks more than 20,000 fitness enthusiasts worldwide. Aquagoggles manufactures a complete line of water fitness equipment including the new Aquagoggles SHAPE flotation belt designed exclusively for women. For more product information or to order your workout rescue gear, visit [www.aquagoggles.com](http://www.aquagoggles.com).

## A 21st Century Medical and Fitness Model Center

**2K4HEALTH**

1624

Aqua-Fit, Senior-Fit, Ergonomics, Computer, Massage on Demand, Hydro-Massage, Pain Management, Kinder-Surf and Sweat Fit, Step-down PT

Tel. (677) 2K4-HEALTH Fax (973) 763-7255 E-mail: [info@2k4health.com](mailto:info@2k4health.com)

**The State-of-the-Art 2K4 Fitness Formula**

By: Silvia Esquivel, 2K4 Fitness Director.

Silvia has a BA of Science from the College of New Jersey Health and Physical Education. She is Corporate Fitness Certified and Personal Trainer Certified. She is an Aerobic Instructor and an Elite Cross Country Runner.

The 2K4 gym features biomechanically based fitness and sport care, utilizing the latest Elliptical Fitness Cross Training and a SwimEX, A SwimEX Aquatic System variable flow pool. The 2K4Health has the most advanced computer technology. Now, you can e-mail the office, friends or family members while you're working out! Massage loungers will soothe you in the waiting room with unlimited internet access that is also available in the gym and exam rooms.

**AQUA FIT**

Headache professionals now realize what people have known for ages: water makes you feel good. Why take an expensive pill with all the side effects when a dip in a pool can do the trick? Water is a natural analgesic. It cleanses and revitalizes. It also offers a most unique medium in which to exercise. Energy expenditure in water is different than on land because the buoyancy reduces your body weight, therefore reducing the impact on your joints. As an added bonus, sweat instantly evaporates! Not only does water exercise improve cardio-respiratory function and physical work capacity, but also a pool provides a rich environment for simultaneous rehabilitation of multiple injuries. It is a fun and exciting means of fitness for all, juniors and seniors alike. One can regulate gravity effect in water by increasing or decreasing submersion. No energy is wasted fighting gravity. Your muscles are stretched at their optimum length for optimum function, because of the warmth.

**SENIOR FIT**

Life expectancy is at its all time high! Seniors represent the fastest growing segment of the population. Longer life should go along with longer functioning. This is the motto of the 2K4 senior fit program. The combination of Ergonomics, Aquatics, Aerobics indoor and outdoor and biomechanical equipment are the foundation to this program.

**COMPUTER FIT**

Do you work on a computer for two or more hours a day? If your answer is yes, you are at risk of developing a Repetitive Strain Injury (RSI). These are a group of injuries that damage the muscles, tendons and nerves, caused by overuse or misuse. Although RSI's are not limited to computer-related jobs, our growing dependency on technology mainly the personal computer, has somewhat fanned the flames on the ever rising need for ergonomic workstations. Whether you are working from home or just











# Drivers wanted. SUMMER PRICE BREAK!

 <p><b>NEW 2000 VW BEETLE GLS TDI</b> NO SECURITY DEPOSIT <b>\$153</b> PER MO. FOR 36 MOS.</p>	 <p><b>NEW 2000 VW GOLF GL</b> NO SECURITY DEPOSIT <b>\$177</b> PER MO. FOR 36 MOS.</p>
 <p><b>2000 VW JETTA GLS</b> NO SECURITY DEPOSIT <b>\$197</b> PER MO. FOR 36 MOS.</p>	 <p><b>NEW 2000 VW PASSAT GLS</b> NO SECURITY DEPOSIT <b>\$248</b> PER MO. FOR 36 MOS.</p>

**DCH**  Drivers wanted.

2195 MILLBURN AVENUE, MAPLEWOOD, NJ 973-762-8500

Prices incl all costs to be paid by a consumer, except for financing, reg & taxes. Prices include all rebates & incentives. 24/39 mo. closed end lease incl. 10,000 mi. yr. (18,000 on Jetta) w/20k mi. Total pymt/purch opt/total cost: Beetle-\$3872/514,176.25/5609; Golf-\$4803/58991.75/5982; Jetta-\$7683/512734.50/510,505; Passat-\$9172/513,876.80/512,162. Lessee responsible for maintenance, excess wear & tear. Subject to primary lender approval. Not responsible for types, errors or omissions. All financing in line of factory rebates & dealer options. All rebates to dealer, where applicable. This ad supersedes all other offers. Subject to prior sale.

## WE'VE GOT YOUR NUMBERS!

**NEW 2000 MAZDA PROTEGE LX**  
VIN #Y0212185, 4 cyl., 5 spd. a/c, p/s/b, cass, p/sunroof, keyless entry, comfort pkg. MSRP: \$15,990. \$1999 down pymt + \$162.80 1st mo. pymt. + \$475 bank fee = \$2636.80 due at lease signing.

**\$162.80** PER MO. FOR 36 MOS.


**NEW 2000 MAZDA 626 LX**  
VIN #Y0105334, 4-cyl., auto, a/c, p/s/b/wheel/ r/s, MSRP: \$19,725. \$1999 down pymt + \$176 1st mo. pymt. + \$475 bank fee = \$2550 due at lease signing.

**\$176** PER MO. FOR 36 MOS.

**NEW 2000 MAZDA MPV DX**  
VIN #Y0145430, 6-cyl., auto, v-tronic a/c, p/s/b, roof r. k, DX pwr pkg. MSRP: \$22,745. \$1999 down pymt + \$228 1st mo. pymt. + \$475 bank fee = \$2972 due at lease signing.

**\$228** PER MO. FOR 36 MOS.

**ASK ABOUT OUR PROGRESSIVE PAYMENT PLAN**  
Here's How It Works: For a limited time, when you buy or lease a new Mazda, Mazda pays half your payments for the first six months! They'll even pay 25% for the NEXT six months. Now that's a break! Ask Us for the Details!

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NEW 2001 AUDI TT CONVERTIBLE

Many Colors To Choose From  
GET READY FOR SUMMER!

**NEW 2000 AUDI A6 4.2**  
VIN #Y0000527, 8 cyl., auto, a/c, p/s/b/wheel/r/s, 17" whit, warm weather pkg, Xenon highlights, 17" rear heated seats, 7-spe air bag, 8-disc CD changer. MSRP: \$53,000. \$2000 down pymt + \$540 1st mo. pymt. + \$550 ref sec dep + \$490 bank fee = \$3000 due at inception + taxes, licensing & registration.

**\$540** PER MO. FOR 36 MOS.

**DCH**  2195 MILLBURN AVENUE, MAPLEWOOD, NJ 973-762-8500

Prices incl all costs to be paid by a consumer, except for financing, reg & taxes. Prices include all rebates & incentives. Not responsible for types, errors or omissions. All financing in line of factory rebates, on select models. All rebates to dealer, where applicable. \*39 mo lease incl 10,000 mi yr @ 20k mi owe, total pymt/cost residual: A6: \$21,000/51,100/25,728.50. Lessee responsible for maintenance, excess wear & tear. Subject to primary lender approval. Not responsible for types, errors or omissions. All financing in line of factory rebates, on select models. All rebates to dealer, where applicable. This ad supersedes all other offers. Subject to prior sale.