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& Citizen~Gazette

VOL. 128, NO. 2

Friday, January 11, 2001

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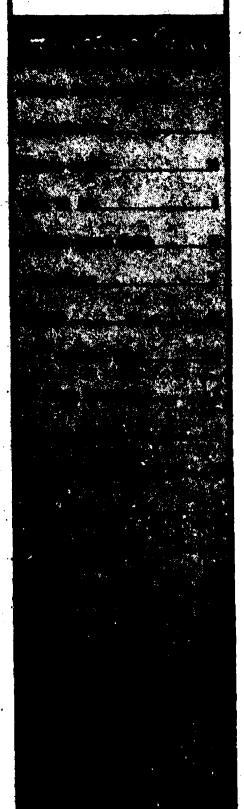
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Freeholders Set 2001 Goals

COUNTY - Middlenex County freeholders announced several goals for 2001 at their recent annual recreanizational meeting, held at Middlesex County College's Edison campus. Among those goals are a stable tax rate, a continued cleanup of the Raritan River, a ice-skating rink in Johnson Park, and computers in every classroom.

Freeholder Director David B. Crabiel said that the freeholders' "ambitious agenda... springs from my strong sense that we have carned the confidence of the people our county." Crabiel was re-elected without oppositon.

Freeholders John Pulomenn

and H. James Polos were both sworn in for a second, threeyear term, defeating their Republican challengers by more than 65,000 votes. County Clerk Elaine M. Flynn also won a second, five-year term by more than 58,000

Crabiel said. "I believe that the fact that incumbent candidates representing our political party won election two months ago with record pluralities is a tribute to, and an endorsement of, the work we do here." Crabiel said.

Before ceremony. Crabiel said he does not believe the freeholders will be able to cut taxes for an eigth

straight year. A final determination will not be made until budget hearings are conducted later this month, however.

Other priorities for the freeholders include: the sale of Roosevelt Care Center, the county's 530 bed nursing home; solidify plans to reno-Middlesex County Courthouse and the former county administrative building; create nature trails at Raritan Bay Waterfront Park in Savreville and South Ambov and spruce up the the Sewaren Peninsula in Woodbridge; dredge parts of the Raritan River, between Perth Amboy and Highland Park, for use by

recreational boats; expand the county's downtown improvement program to aid municipalities revitalize their business districts; and build new soccer fields in Woodbridge.

The freeholders also have plans for Roosevelt Park in Edison. They would like to construct a veterans' monument and restore the fountain there. Crabiel also said that the county should build a ball field for children who are physically or mentally disabled, possibly adjacent to the barrier-free playground in Roosevelt Park. "Perhans we could call it the level playing field." Crabiel said.

Old Bridge Laboratory Receives Accreditation

OLD BRIDGE—Raritan Bay Medical Center's Old Bridge Division laboratory has been awarded accreditation from the Commission on Laboratory Accreditation of the College of American Pathologists (CAP) based on the results of a recent on-site inspection. This accreditation represents a national recognition of "excellence of the services being provided."

"The College of American ege of American Pathologists

Pathology is a well-respected association and their accreditation validates the high quality of work done by our lab services," said Sidney Kress, MD, Chairman of Pathology.

The CAP Laboratory Accreditation Program, begun in the early 1960s, is recognized by the federal government as being equal or more stringent than the government's own inspection program. The Collis the world's largest association composed exclusively of pathologists and is widely considered the leader in laboratory quality assurance.

Inspectors examine the records and quality control of the laboratory for the preceding two years, as well as the the total staff, the adequacy of the facilities, the equipment, laboratory safety and laboratory management to determine

how well the laboratory is serving the patient.

Raritan Bay Medical Center's Old Bridge and Perth Amboy Division laboratories will performed more than 800,000 test procedures in the year 2000.

"Patients can trust that education and qualifications of Raritan Bay Medical Center's Old Bridge Division laboratory provides superior, timely and accurate lab services," said Kress.

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YOUR COUNTY NEWS

JFK Johnson Rehabilitation Institute Nurse Presents Research At Prestigious National Conference

MIDDLESEX COUNTY-Patricia M. Gossett, M.S.N., R.N., C.N.A., director of patient care services for the JFK Johnson Rehabilitation Institute in Edison. was a featured speaker at the Association of Rehabilitation Nurses 26th Annual Educational Conference held in Reno, Nev. The conference, "Choices and Challenges: Re-habilitation for the New Millennium," highlighted clinical issues and regulations, along with the latest technologies in the care of rehabilitation patients. Gossett spoke about new methods to improve quality and patient satisfaction on a Brain Trauma Unit (BTU).

"This conference was a great opportunity for rehabilitation nurses to interact with their peers from across the country," explains Gossett. "It was an honor to be chosen to present important material to nurses who have demonstrated their commitment and excellence to rehabilitation nurs-

Gossett's presentation, "Improving Quality, Cost and Satisfaction on the Brain Trauma Unit," was co-authored by Christine Wade, R.N., B.S.N., C.R.R.N., and Deborah Richards, R.N., C.R.R.N., both also of the JFK Johnson Rehabilitation Institute. The entire interdiscipli-

nary team focused on the goal to develop a new safety program on the BTU that can provide safe, quality and cost-effective care.

"More than 50 percent of our patients come from a trauma center, many emerging from a coma. It's at this time, when patients are often unable to follow simple directions, that they become restless and anxious, prone to falls, often trying to pull out feeding or breathing tubes and other equipment," notes Gossett. "Until a few years ago, we utilized outside agency staff to monitor these patients, but found that we could provide a higher level of care and utilize existing staff that was already a part of our health care

Gossett. Wade and Richards found that creating a new position, "Patient Safety Aide," and developing a "Close Observation Process" was successful. With the new process, the Patient Safety Aide makes rounds and observes each patient every 15 minutes, documenting any behavior and reporting it to the patient's health care team.

"The health care industry is in a constant state of change, which encourages us as health care providers to constantly develop new and improved ways of delivering care," adds Gossett. "Since the program's inception in 1999, patient and employee satisfaction has improved along with patient safety."

The BTU at JFK Johnson Rehabilitation Institute's Center for Head Injuries, a nationally recognized pioneer in head trauma evaluation and treatment, is a 26bed, acute inpatient unit caring for individuals with acquired and traumatic brain injury.

For more information on the many programs offered at the JFK Johnson Rehabilitation Institute or the Center for Head Injuries. call (732) 321-7733.

Prodigal Foundation, Inc. Announces Election Of Officers

COLONIA—George Yuhasz, a Colonia resident and lifelong Woodbridge Township Community Activist was elected President of the newly formulated non-profit organization Prodigal Foundation, Inc. Joining Yuhasz on the Board of Directors are: Dawn Lystad of Belmar, Vice-President; Pat Trombetta of Woodbridge, First Vice-President, David Hasse of Somerset, Second Vice-President; Frank St. Marie Amboy, Secretary; and Elyse as Treasurer.

Also elected at the December Board Meeting held at the Raritan Yacht Club in Perth Amboy were trustees Ginnie Keagan of Colonia,

Woodbridge, Victoria Yuhasz of Colonia, Sandy LaPenta of Woodbridge and Richard Walling of East Brunswick.

Yuhasz noted that Prodigal Foundation will be reaching out to individuals with disabilities and establish goals that will enhance their quality of life. "Currently we are concentrating on children who are in need for the holiday season," he stated

Vice-President Dawn Lystad of Woodbridge, Third Vice- added, "That a strong emphasis President, Rose Triana of Perth will be placed on children who are afflicted with cancer. Our Blotzer of Manalapan will serve goals are to hopefully contribute in some way to make their lives and that of their families more comfortable throughout this difficult period."

> Yuhasz additionally noted that John Vrtaric of he has been in contact with



Sested (L.-R.) are Dawn Lystad, Elyse Blotzer, Sandy LaPenta, Ginnie Keagan. Standing (L.-R.) are Victoria Yuhasz, George Yuhasz, Pat Trombetta, John Vrtaric, Frank St. Marie and David Hasse.

Raritan Bay Medical Center and JFK Medical Center discussing

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&Citizen~Gazette

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If anyone is interested in finding out more about Prodigal Foundation, Inc., call at (732) 815-0348 or fax at (732) 381-5045.

their specific needs to help children that are patients with their facilities.

"A key effort will be placed on raising funds for scholarships of students who also are affected with various disabilities associated with cancer."

Yuhasz stated that Prodigal Foundation, Inc. can be exemplified by a quote which is to be stressed on their literature being submitted throughout the state. "I am one, but still, I am one. I cannot do everything but I can do something. And, because I cannot do everything. I will not refuse to do what I can."

Freezing Cold Hash Run

EDISON—The Hash House Harriers will return to the last remaining woods of Edison. Hashing is not a race but a noncompetitive group run which follows an off-road course laid out with baking soda. If you like European cross-country without the competition of a formal race, this will be a fun switch for you. this is a complex and different course through woods, grass, swamp and marsh.

In 1918, the U.S. Army trained to fight the Germans in runners for a great and unusual

World War I and used these grounds at the Raritan Arsenal. They will run where some of the old bombs were stored and some buried. See the Historic Bomb buildings.

They are real hashers and run through snow, cold, storms and wind and rain Discover great running paths through Metuchen, Edison and surrounding areas. Tired of the same old neighborhood roads, traffic and bad drivers? Join the off-road training run. Do you have a to Middlesex County College, sense of humor? See the swamps and wooded areas before they are destroyed by builders.

Directions to this and the weekly hashes held every saturday at 10:17 at various locations in Monmouth and Middlesex Counties, call the Rumson Hash House Harriers Hot Line at (732) 219-0301. If you have no phone: Parkway Exit 127 to Rt. 287 to Woodbridge Ave, Ext/ Bonhamtown to Mill Rd., next turn left into Park entrance, follow park road and park in second parking lot Look for the Hasher banner and guys in old running clothes where swamp starts. For information, call Kenneth Vercammen at (732) 906-2180.

Brought to you by the

Rumson Hash House Harriers. Hot line is (732) 219-0301

The cost is free to run; \$3 for the on-on brews. Wear old running shoes.

You must be over 21 years old to participate No awards are given and no times are recorded A sense of humor is a must!

Making History Come Alive Vietnam Memories: Stories Left At The Wall

WOODBRIDGE—The study of history is clearly not on the list of the top ten things that today's teenagers want to do. However, when the forces of the National Park Services teamed up with Colonia High School Principal, Joseph Koury, and teacher, Sue McIntyre, the study of the Vietnam War has become a top priority at the high school. Not only are students and staff learning about the many nuances of the Vietnam War, but so will the community of Woodbnridge.

Known as the Untied States First Teenage War, Vietnam still conjures lingering memories of National Park Service. Followa war that was steeped in controversy that fractured our nation. The exhibit drives home a message of great sacrifices and loss of youthful soldiers and how it affected individuals, families and our nation. However, the compelling legacy of this exhibit are the stories and

mementos left at the Wall that speak of the love, remarkable courage and never-ending friendships that transcend the war itself.

The National Park Service Traveling Museum, Vietnam Memories: Stories Left at the Wull, contains the largest collection of Vietnam Memorabilia outside of the Smithsonian Institute. The assembly will focus on an overview of the war and explain the significance of the exhibits. Among the presenters will be keynote speaker, Deury Felton, Curator of the National Collection for the ing the assembly program every student in the high school will be scheduled to tour the exhibit over the next three weeks.

Because of the outstanding quality of this exhibit, Colonia High School Principal Joe Koury will open the display to the public on Thursday, Dec. 7

- Ralph Waldo Emerson

COLDWELL BANKER LI

and Tuesday, Dec. 12 from 7-9 p.m. Colonia High School is located at 180 East Street,

Colonia.

The exhibit will include: Photo Essays—the history of the war in pictures; Vietnam: the country We Never Knew; Replicas of the Panels of the Vietnam Memorial in Washington, D.C., Over 200 objects left at the Wall; Set of Teenager's bedroom representing American's first teenage war, CD Program: Beyond the Wall; Selected reading on the Vietnam War; Video: Fuces at the Wall; and Slide Program.

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YOUR LOCAL NEWS

Rothstein Graduates Basic Military Training

SOUTH RIVER—Air Force Airman 1st Class Michael H. Rothstein has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airman studied Air Force mission, organization and customs and received special training in human relations.

He is the son of Norman and Marion Rothstein of South River.

Rothstein is a 1997 graduate of South River High School.

Pinsky Graduates Basic Submarine Course

Apprentice Gary A. Pinsky, son of Phyllis M. and Allen M. Pinsky of Edison, recently graduated from the Basic Enlisted Submarine Course at the Naval Submarine School, Groton, Conn.

During the five-week course, Pinsky learned the basic theory, construction and operation of nuclear-powered submarines. Pinsky also learned shipboard organization, damage control and submarine safety and escape procedures.

He also participated in hands-on training with reality simulators, practicing firefighting and flood control on board a submarine. Pinsky learned about a submarine's basic hydraulic, water and air systems and practiced escaping from a simulated sinking submarine.

He is a 1990 graduate of Edison High School and joined the Navy in February 2000.



Banks Visitor Bureau.

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AccuWeather.com

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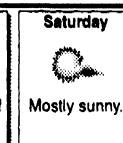
LOCAL 7-DAY FORECAST

Sunshine; breezy later.

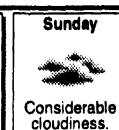
Thu. night

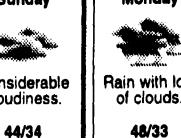
A moonlit sky.





44/33







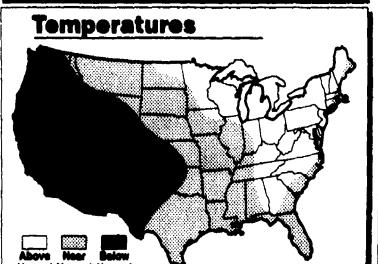


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THE WEEK AHEAD...



A stormy weather pattern will greet the western half of the nation during the period. Storms are expected to push into California and the Pacific Northwest. Rain and mountain snow will be common across the Northwest, Great Basin and Rocky Mountains. Meanwhile, warmer air will spread northward across the Midwest,

Middle Atlantic and Ohio Valley.

Precipitation

Precipitation

U.S. Traveler's Cities				
	Thursday	Friday	Saturday	Sunday
City	Hi Lo W	Hi Lo W	Hi Lo W	HI LO W
Atlanta	55 38 c	57 41 sh	57 39 c	56 39 c
Boston	36 24 pc	36 22 pc	40 29 s	42 33 c
Chicago	38 28 c	36 26 pc	39 26 c	39 24 i
Cleveland	39 26 pc	37 26 pc	41 29 c	41 29 c
Denver	40 22 st	38 24 c	41 20 sn	42 27 c
Des Moines	35 22 i	35 24 c	36 23 c	35 20 sn
Detroit	38 26 c	36 24 pc	38 27 c	38 27 sn
Houston	62 48 c	66 54 c	64 50 c	64 48 c
Indianapolis	42 29 pc	40 33 c	44 30 c	43 28 i
Kansas City	40 28 sn	38 26 c	38 28 c	38 22 sh
Los Angeles	65 46 r	63 44 r	65 44 c	66 30 s
Miami	76 61 s	77 60 s	76 58 s	78 58 s
Minn St. Paul	32 18 st	34 20 sn	32 16 i	26 10 sn
New Orleans	64 48 c	66 50 c	66 50 c	66 46 sh
New York City	42 32 pc	36 26 pc	33 28 s	44 34 c
Omaha	36 24 c	37 22 c	36 24 c	38 18 i
Phoenix	65 48 c	62 44 r	65 44 c	66 32 c
San Francisco		53 41 sh	54 41 c	54 31 8
Seattle	43 34 c	43 34 c	43 35 c	44 34 c
Washington	46 32 s	42 28 pc	36 28 pc	47 38 c

Sun & Moon

Sunrise Sunew
Thu. 7:20 a.m. 4:50 p.m.
Fri. 7:20 a.m. 4:51 p.m.

Moonrise Moonset
Thu. 7:14 p.m. 8:56 a.m.
Fri. 8:29 p.m. 9:38 a.m.

Moon Phases
Full Last New First

Jan 9 Jan 16 Jan
24 Feb 1

Weather (W):
s-sunny, pc-partly cloudy,
c-cloudy, sh-showers,
t-thunderstorms, r-rain,
sf-snow flurries, sn-snow, i-ice.

WORLD TRAVELER'S CITIES Thursday Friday Saturday Sunday City HI Lo W HI Lo W HI LO W HI Lo W 42 35 pc 37 34 c 84 65 pc Amsterdam 38 28 pc 39 31 pc 37 32 c Berlin 30 20 c Buenos Aires 81 64 pc 67 49 pc 55 40 pc 69 57 pc 54 36 pc 46 34 pc Jerusalem 55 47 pc Johannesburg 83 62 pc 82 63 pc 84 84 pc 84 64 pc London 43 30 pc 46 33 pc 42 33 c 45 36 pc Madrid 37 r 41 **Mexico City** 66 42 pc 67 48 pc 69 43 pc 31 22 pc 32 20 pc 36 25 s 24 15 sn Moscow 38 28 s **Paris** 40 26 c 40 27 pc Rio de Janeiro 83 72 pc 80 70 c 84 71 pc 79 70 r 50 46 r Rome 59 49 c 59 47 C 44 sh 82 71 pc 82 70 pc 80 69 pc San Juan 69 a 33 23 pc 36 Seoul 28 12 sn 78 64 s 40 27 pc 75 63 s 85 74 8 Sydney 69 s 38 26 pc Tokyo 48 38 1 31 13 pc 30 15 pc 32 26 c Toronto 35 24 i Winnipeg 20 2 pc 34 23 s 21 2 pc 32 23 s 39 25 pc Zurich 40 31 r



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P ERTH

NGRATULATIONS

AMBOY-The following are birth announcements from Raritan Bay Medical Center for the month of October, 2000.

Marta Zaremba of Perth Amboy is proud to announce the birth of her daughter, Jennifer Rose Zaremba, born October 4. **2000**.

Maileen Pena and Nelson 2000. Esteves of Parlin are proud to announce the birth of their son, Nelson Esteves, Jr., born October 5, 2000.

Gloria and Jorge David Soto of Perth Amboy are proud to announce the birth of their son, Sebastian Rudy, born October **6, 2000**.

Ana L. Lara and Jose Miguel Tineo of Perth Amboy are proud to announce the birth of their son, Matthew Joel Tineo, born October 7, 2000.

Flor V. and Juan Antonio Villarreal of Perth Amboy are proud to announce the birth of their son, Giancarlo Sebastian, born October 10, 2000.

Jordania Leger and Edwin Hemandez of Perth Amboy are proud to announce the birth of their daughter, Destiny Hernandez, born October 10, 2000

Zenaida and Juan A. Ramos of Perth Amboy are proud to announce the birth of their daughter, Jennifer, born Oct- 2000. ober 10, 2000.

Nanette Perez and Samuel Ruiz of Perth Amboy are proud to announce the birth of their daughter, Hazeley Emerald Ruiz, born October 11, 2000.

Ana and Jose Taveras of Perth Amboy are proud to announce the birth of their daughter, Ivana Maria, born October 11, 2000.

Eugenia M. Quiles and Damian Luis Rivera of Perth Amboy are proud to announce the birth of their son, Damian Elias Rivera, born October 12, 2000.

Maha and Magdy Alhelawe of Woodbridge are proud to announce the birth of their son, Mustafa Magdy Albelawe, born October 13, 2000.

Simone F. and Edgar Soto of Perth Amboy are proud to announce the birth of their daughter, Erica Freire Soto, born October 18, 2000.

Jennifer Tirado and Noel Diaz of Perth Amboy are proud to announce the birth of their daughter, Jeydalisse Nicole Diaz, born October 19, 2000.

Eileen Sanchez and Radhames Payano of Perth Amboy are proud to announce the birth of their son, Jaylen Andrew Payano, born October 19, 2000.

Monica Codd-Wizeman and Stephen G. Wizeman of Edison are proud to announce the birth of their daughter, Natalie Elizabeth, born October 20,

Delis Montero and Manuel E. DelRosario of Perth Amboy are proud to announce the birth of their daughter, Hazer Naheomi DelRosario, born October 20, 2000.

Ingrid Johanna Gonzalez of Perth Amboy is proud to announce the birth of her son, Elian Manuel Gonzalez, born October 20, 2000.

Maribel Pelayo and Antonio Gonzalez of Perth Amboy are proud to announce the birth of their daughter, Jasmin Gonzalez, born October 20, 2000.

Damaris D. Arocho and Radhames Sanchez of Perth Amboy are proud to announce the birth of their daughter, Deonaliz Marie Sanchez, born October 21, 2000.

Francisca Mayi and Wilton Jose Romano of Perth Amboy are proud to announce the birth of their daughter, Yanireth Romano, born October 22,

Irshad Begum and Chaudary Faiz Ahmed Bhatti of Carteset are proud to announce the birth of their son, Talha Faiz Bhatti, born October 22, 2000.

Wilmarie Castro and Julio Mendez, Jr. II of Perth Amboy are proud to announce the birth of their son, Xavier F. Mendez, born October 23, 2000.

Sonia Lopez and Juan P. Estevez of Perth Amboy are proud to announce the birth of their son, Anell P. Estevez, born October 23, 2000.

Amoura Marie Schlimer and Elias Guzman of Perth Amboy are proud to announce the birth of their daughter, Amoralisha Guzman, born October 23, 2000.

Mariana and Pedro DeJesus of Perth Amboy are proud to announce the birth of their son, Julian Evan DeJesus, born October 24. 2000.

Sabriana Chasity Cruz and Israel Juan Nieves of Perth Amboy are proud to announce the birth of their son, Nathaniel Juan Nieves, born October 25, 2000.

Terri and Edward Castoire, Sr. of Keasbey are proud to announce the birth of their daughter. Millennia Luz Castoire, born October 25, 2000.

Sonia M. Pagan and Luis Morel of Perth Amboy are proud to announce the birth of

daughter, Nickole Marie Pena, born October 28, 2000.

Genette Aquino and Amaldo Savier Ortiz of Perth Amboy are proud to announce the birth of their daughter, Sasha Yvette Aquino, born October 28, 2000.

Paula and Mirelis Reyes of Perth Amboy are proud to Orlando Velez of Edison are proud to announce the birth of their daughter, Noelia Nicole Velez, born October 31, 2000.

Meliza Quintana and Daniel Perez of Perth Amboy are proud to announce the birth of their daughter, Bianca Danielle Perez, born October 31, 2000.

How To Keep Your Boiler From Burning Up Money

an idea that many homeowners may warm up to. Getting an energy-efficient boiler may do more than keep you warm and cozy. It can also save you money on expensive fuel bills.

What should you look for? Here are some tips from Weil-McLain, makers of boilers described by experts as the gold standard of the boiler industry:

Look for boilers

that are made of cast iron for long life. This durable metal extracts the maximum amount of heat from the fuel oil, while resisting the corrosive effects of combustion. Weil-McLain boilers are said to last for 25 to 35 years.

· Look for highefficiency operation. Some newer boilers operate at the 85 perefficiency cent required by the Environmental Protection Agency.

Studies show that

(NAPSA)-Here's most older boilers operate at only 60 percent efficiency or even less. Weil-McLain was the first major cast iron boiler manufacturer receive the coveted **Energy Star Partner of** the Year Award. Look for the Energy Star logo.

> Look for boilers that have been designed for easy cleaning and service. That means your heating professional should be able to do a complete and

Ø

thorough job in less time. Ask your heat-

ing contrac-

tor for recommendations. According to many surveys, Weil-McLain boilers are the #1 choice of heating contractors and engineers.

The company makes a variety of energy-efficient commercial and residential boilers for oil. water and gas.

For more information, visit www.weilmclain.com.

Ask The Plumbing "Doctor"

Avoid Caustic Drain Opening Products With Natural, Preventive Maintenance

most households, we get an occasional clog in drains and traps from · food residues. grease, soap and so forth. Typical drain opening products are strong chemicals. They do the job, but I don't like keeping them around the house, especially since we have young children. Are there any gentler alternatives?

A. When it comes to home drain care, a little natural prevention is smarter and safer than dealing with an emergency clog. There are gentle, bacteria-based drain openers available that break down

organic residues naturally to keep home drains and traps clear, clean and odor-

free. They're designed to be used regularly as preventive maintenance, so clogs don't get a chance to form.

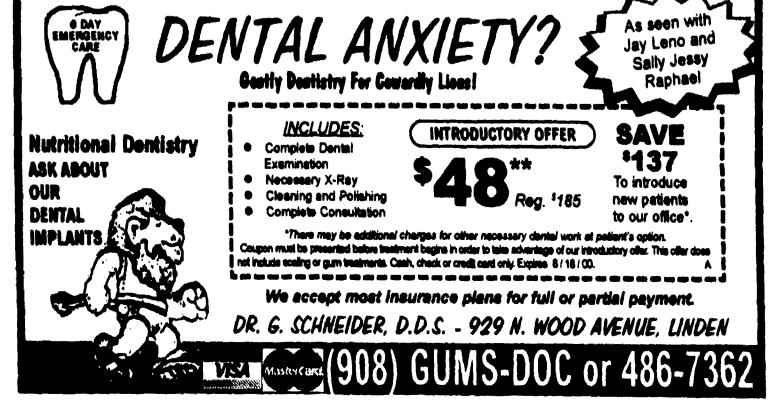
Roebic Laboratories makes K-67 Bacterial Drain and Trap Cleaner, a dry formula you mix

(NAPSA)-Q. Like with water, and premixed, Liquid Drain and Trap Cleaner, which has a fresh, clean fragrance that neutralizes drain odors-great for garbage disposals! Their K-87 Soap Digester attacks and dissolves detergent residues, especially the heavy deposits from dishwasher and washing machine wastewater. Periodic use of these products, as directed, will prevent clogs from getting started so you can avoid emergencies and emergency-type chemicals.

> You can find these products at hardware stores and home centers. If you'd like to

> > learn about how to put beneficial bacteria work in your home, visit www.roe-

bic.com. Or, send a self-addressed, stamped envelope to Plumb Smart, c/o Roebic Laboratories, Box 927, Orange CT, 06477 to get a free booklet about natural home plumbing and septic care.



Comics

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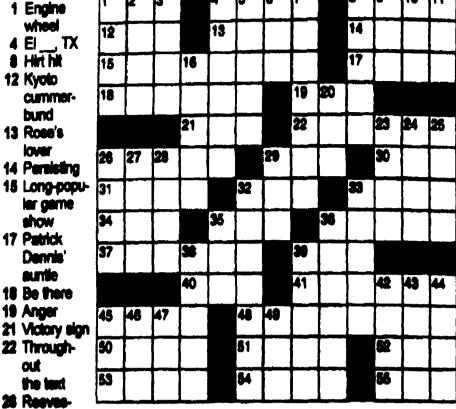














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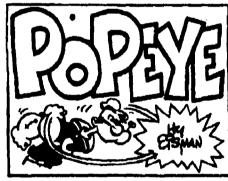
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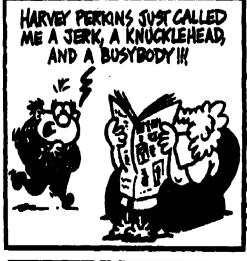








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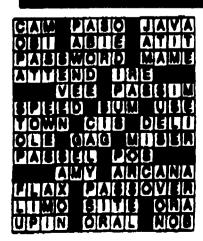


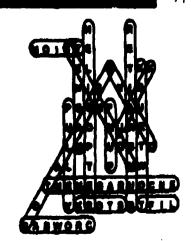


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YOUR HEALTH NEWS

New Perspectives On Caffeine And Headache

(NAPS) — Caffeine has been enjoyed by millions of people around the world for centuries. In one form or another, the average American consumes about 200 to 300mg of caffeine per day, and many say caffeine helps energize them and perform at their peak. What many people may not know is that caffeine has been used to help treat headaches for many years. Caffeine has also been added to prescription and over-the-counter pain relievers to boost their efficacy.

But how much caffeine is too much? Can people who regularly consume caffeine in the form of coffee or cola still use a "caffeinated" pain reliever without overdoing it? To help answer questions like these, the National Headache Foundation, a nonprofit organization that provides information to headache

sufferers and promotes headache research, asked a panel of medical experts to examine the published material on the relationship between caffeine and headache. This panel agreed with published studies that show caffeine, when combined with aspirin and acetaminophen, enhances the pain-relieving power of these over-the-counter headache medicines-by up to as much as 40%. In addition, the panel reviewed safety data and concluded that caffeine, when used properly, is not addictive and poses no health risk for most people.

According to Jerome Goldstein, MD, director of the San Francisco Headache Clinic and chair of the expert panel, caffeine offers another benefit. "Because medications that contain caffeine work faster, there is less likelihood that people will



Caffeine reduces blood flow and may ease the pressure associated with certain headaches.

need to take more of the medicine, and the risks of unwanted side effects are reduced."

To help consumers understand these findings, the National Headache Foundation has developed a new information brochure, "New Perspectives on Caffeine and Headache," that offers new ways to help people understand the relationship be-

tween caffeine and headache and help them make a well-informed decision about treatment. Consumers can also learn ways to measure their caffeine consumption and gain a better understanding of the role caffeine plays in treating headaches.

"We wanted to bring consumers the opinions of experts to help them make the right decisions about treating their headaches," says Suzanne Simons, executive director of the National Headache Foundation. "Our hope is that the findings of this panel and the information in the brochure will help eliminate any confusion headache sufferers may have regarding what triggers their headaches and how to treat them."

The "New Perspectives on Caffeine and Headache" brochure addresses the science behind caffeine's headachefighting properties. By increasing the production of stomach acid, caffeine helps the body absorb headache medicines more quickly. Caffeine also constricts certain blood vessels, which reduces blood flow and eases pressure associated with certain headaches, such as painful migraines. The brochure offers a guiz that helps people determine how much caffeine they consume on a daily basis, a list of the most common sources of caffeine and a chart to gain a better idea of their weekly caffeine intake. Common questions about caffeine are also addressed, such as:

- Can I become addicted to caffeine?
- What happens when 1 stop consuming caffeine?
- How can I avoid rebound headaches and caffeine with-drawal?

To order a copy of "New Perspectives on Caffeine and Headache," call the National Headache Foundation at 1-888-NHF-5552.

Modern Health Underlines The Idea: You Are What You Think

(NAPS) — If you could give the gift of good health, it would certainly make a wonderful present.

It is possible to help your friends and family learn more about improving their health. One way would be to give a book that tells them how to relieve the deeply buried mental and spiritual upsets that can contribute to at least 70% of illness.

Dianetics: the Modern Science of Mental Health by L. Ron Hubbard offers techniques designed to release these areas of upset by using the powerful healing potential of the mind and spirit to handle the single source of pain, unhappiness and self-doubt.

Although there are physical ailments that you should see a

doctor about, there is an area of the mind that Hubbard calls the "reactive mind" where pain, loss and upset are buried in an unconscious state.

This area, which works on a kind of stimulus-response activity, sends signals of the same kind to the body causing it to become ill.

According to some authorities, there are no known predisposing factors for a common cold

Hubbard's thoughts about the reactive mind, however, offer a possible explanation of these areas and gives techniques to handle them.

Many Hubbard discoveries have been supported by modern research, showing precision of the methods he developed.

The book Dianetics just cel-

ebrated its fiftieth anniversary with 18 million copies sold and now offered in 52 languages in more than 136 countries.

While there is a comprehensive examination of the links between the mental and spiritual condition and physical well being, Dianetics sets out with simplicity to relieve the feeling of stress-even holiday stress-a warning that things are not quite right. The change can be a healthier and a happier winter.

One simple suggestion contained in the book is that a person's mental tone can be improved with just a change of the environment.

"Taking factors out of the environment or taking a person out of an environment in which he or she is unhappy or ineffective can bring about some astonishingly swift recoveries," wrote Hubbard, "and can sometimes work wonders."

For people who find themselves under increased pressure or suffering from bouts of winter blues, Hubbard suggests going out to a new place, somewhere you have never been.

He also points out that spending some time doing something new can be very beneficial and that meeting new people can be very uplifting.

Dianetics contains other suggestions as well as an easily learned technique that you can do with a friend at home to develop a positive attitude toward life and improve your well being.

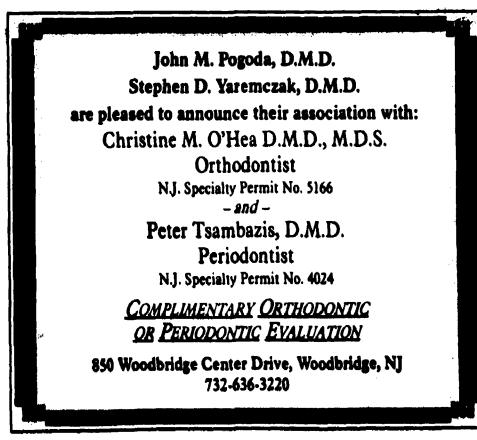
In doing so, the season can seem brighter and winter solstice doesn't have to mean the blues. Instead, winter can be a time when positive thought leads to affirmative energy that can be put to good use enjoying all the wonders of winter.

Dianetics: the Modern Science of Mental Health by L. Ron Hubbard, which can be a thoughtful gift any time, is available at bookstores everywhere.

Blood Pressure Screenings

EDISON — A mobile van from St. Peter's Hospital will be at the Edison Public Library, 340 Plainfield Ave., on Sat., Feb. 3, from 10am-1pm for blood pressure screenings. If the weather is inclement the screenings will take place in the library meeting room.

Registration is not necessary. For further information, call 732-287-2298 x 227.





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YOUR SCHOOL NEWS

School Support Made Simple

(NAPS) — If you're a parent, you might find school fundraising kind of like the national TV phenomenon Survivor: it requires stamina. You have to endure selling and buying things you really don't want. But instead of walking away with a prize in the end, you're loaded down with candy bars and coupon books for stuff you'll never buy. You'll be relieved to know that fundraising is changing for the better.

The Internet is helping to fuel a more palatable way to raise funds for your child's school Minneapolis-based Shopfor school (www.shopforschool.com), for example, has more than 26,000 schools across the

country participating to raise money from something many people already do regularly—shop online. Recently introduced Shopforschool Master Card provides schools with a percentage of every purchase made at any of 18 million brick-and-mortar and online stores worldwide.

Instead of buying junk food and trinkets to get funds to schools, parents can actually buy things they need-like groceries and gas. No longer are parents and students reduced to door-to-door salespeople selling things no one wants to buy

Companies like Shopfor school are charting new ground in the way that schools, parents

and communities view and conduct fundraising activities. While bake sales and car washes may not disappear altogether, they're undoubtedly destined to take a back seat to the quality, convenience and choice of what Shopforschool chief executive officer Gary Blackford calls "the new face of school support."

"The level of quality in terms of selection and product offerings has turned 180 degrees," said Blackford. "School supporters finally have high-quality, brand-name choices, across all product categories."

Over time, these new methods of school support will prove to be more effective than oldline fundraisers. The revenue potential for schools is significant and requires little time commitment from school staff, students or parents. To find out more about this school support program and how it might help your school, visit www.shopforschool.com.



School fundraising has grown up — now raising money for schools is a win-win for everyone involved.

State College Saving Plans Are Making The Grade

by Michael Noone

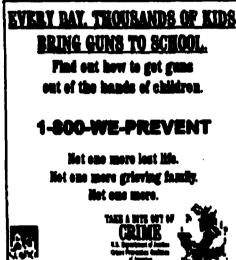
(NAPS) — When Dickens wrote, "It was the best of times, it was the worst of times," he could easily have been describing the emotions parents experience when sending their children off to college.

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and Dads, Why
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While it is a parent's lot to be constantly put to the test, many find that their toughest test may be finding a way to finance their child's college education.

According to the College Board, children born in the year 2000 can expect the average cost of a four-year college education to range from \$100,000 at public universities to nearly \$235,000 at private universities by around the year 2018.

At the same time, research



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indicates the percentage of college costs paid by parents has diminished-thus burdening new graduates with larger and larger loans.

In 1999, student loans made up 59 percent of a record \$68 billion in financial aid. Two decades ago, loans made up just over 41 percent of student financial help.

To help reverse this trend, a number of states have introduced college savings programs that offer tax advantages to help parents and others save for college.

Known as Qualified State Tuition Programs, these programs are governed under section 529 of the Internal Revenue Code. Their key benefits are:

- Federal and state income tax advantages when funds are used for expenses at eligible higher education institutions,
- The ability in most states to invest substantial amounts generally \$100,000

or more per beneficiary.

- Unlike the Roth or education IRAs, there is no income limit for participating.
- The flexibility to use the funds at nearly all accredited colleges and universities in the U.S. and some institutions abroad, and
- Estate and gift tax benefits as well as parental control over the assets even after the beneficiary reaches the age of majority.

Earnings on this type of account are not taxed by either the federal or state governments until withdrawn, when they are taxed at the beneficiary's rate, which is a usually a lower rate than the parent or account owner. Some plans even exempt earnings from state income taxes and/or offer sizeable state income tax deductions for contributions. For this reason, people should first investigate the plan offered in their home state. Non-qualified withdrawals, however, are subject to federal and state income tax and a penalty that is typically 10 percent on the earnings portion of the withdrawal.

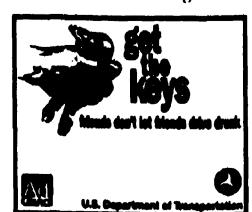
Contributions made to this kind of account also can be treated as gifts, with up to \$10,000 being contributed annually without the money falling under the regulations of the federal gift tax.

It is even possible to deposit as much as \$50,000 in a single year and spread the tax liability over five years, treating the amount, for tax purposes, as a series of five \$10,000 deposits, as allowed by law.

The core investment option offered uses a managed allocation, age-based approach that shifts money from equities to less risky investments as the time to enter college draws closer. Some plans, however, are offering broader investment choices ranging from a guaranteed option to a 100 percent equity option.

To learn more about Qualified State Tuition Programs, call TIAA-CREF Tuition Financing Inc.-a subsidiary of Teachers Insurance and Annuity Association-at 888-381-8283 or visit www.tiaa-cref.org/tuition/

Michael Noone is a regional program director for TIAA-CREF Tuition Financing Inc.





YOUR AUTOMOTIVE NEWS



CAR CARE CORNER

What Everyone Should Know About Winter Driving

(NAPS) — Taking a few precautions and getting a quick refresher on the basics of winter driving could help keep you and your family safe on the road throughout the season.

Prepare Your Car

An important step is making sure that your car is in proper working order, as potential problems have a tendency to become actual problems at the worst time. So here's a list of things for you or your mechanic to check:

- Tires-If you don't use snow tires, make sure your allseason radials are properly inflated and have good tread.
- Battery/Alternator-Recharge a weak battery or replace it with one rated at or above 600 CCA (Cold Cranking Amps).

- Heating/Cooling System-Check hoses for leaks or cracks and be sure your antifreeze is strong enough to protect your engine.
- Brakes-Have them inspected and serviced as needed.
- Lights-Check that all lights are working and properly aimed.
- Wipers and washer fluid-Be sure to use non-freezing washer solution.
- Spare Tire-Keep your spare tire properly inflated and make sure you have a jack and lug wrench.

Common Sense And Caution

Once your car is prepared, it's time to prepare the driver. Both novice and experienced winter drivers should keep these basic rules in mind during bad weather:

- If you don't have to travel, don't. During any winter weather, you're far safer at home.
- If you must go out, plan ahead. Leave yourself plenty of extra travel time and try to keep to the main roads.
- Keep it slow! It's the single most important advice to remember, because in ice and snow, traction and visibility are greatly reduced.
- Give yourself more room. By increasing your following distance to other cars, you give yourself the time you need to react without losing control.
- Avoid sudden moves.

 Accelerate slowly, brake gently and turn smoothly to help your tires stick to the road.

• Practice. Spend some time in an empty parking lot after a snowfall to get the feel of how your car handles in slippery conditions.

 Wear your seat belt. It's your best defense in case of an accident.

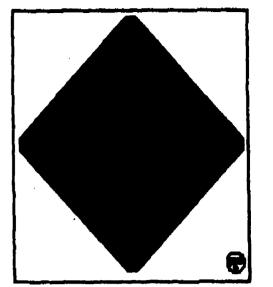
Stock Up For Emergencies

Even if you avoid having an accident in bad weather, you can still end up in trouble on the road. And there's nothing worse than being unprepared in case your car breaks down or gets stuck in the snow. So you'll want to make sure that you have some or all of these basic items on hand to help you get back on the road or keep you safe while you wait for help.

- Blanket
- Flashlight
- Non-perishable snacks such as nuts, chips or candy bars
- Warm clothes and gloves
- Ice scraper/snow brush
- Sand, salt or kitty litter for traction
 - Tire chains or traction mats
 - Jumper cables
- Emergency markers or flares
 - Shovel and
 - First aid kit

Have Enough Insurance

There's only so much you can do to prevent winter accidentsso avoid the ones you can and



Safe winter driving requires both a car that's in good repair and a driver that's comfortable behind the wheel.

plan for the ones you can't. That means buying a comprehensive automobile insurance policy from a reputable carrier. Luckily, the Internet has

Luckily, the Internet has made it easier than ever to find the insurance you need. In fact, American drivers are expected to purchase more than 3.5 billion dollars worth of auto insurance online in 2001 alone!

One personal insurance site was designed to satisfy all your insurance needs. At Quicken Insurance (www.quickeninsurance.com), you can receive and compare real time quotes from the industry's most respected companies, obtain information, connect with agents and purchase policies online. It's quick, it's convenient and it can save you time and money.

Exciting Innovation In Automotive Energy

(NAPS) — The number of vehicles on (and off) the road in the U.S. and around the world is increasing dramatically. Vehicle use is also on the rise, as measured by the more than two trillion miles traveled in the U.S. each year. All of this adds up to a greater demand for transportation fuels, an ever-increasing strain on natural resources, and more pollutants entering the environment.

A new kind of engine, one that makes energy without combustion, may ease this strain and eventually eliminate our need for gasoline or diesel fuel. It's called the fuel cell. Fuel cells are being developed for a variety of transportation applications, including passenger cars, scooters, sport utility vehicles, heavy-duty trucks and buses, locomotives, and marine applications.

A fuel cell is an electrochemical engine that generates electricity by harnessing the reaction of hydrogen and oxygen. A fuel cell is built like a battery, but with a big difference. Unlike a battery, a fuel cell does not run down or require recharging. It

will produce electricity as long as fuel is supplied.

Fuel cells operate on hydrogen, and in principle almost any hydrogen-containing substance can be used for fuel, from grass clippings to perfume. Hydrogen-the most abundant element on earth-can be used directly, or a fuel cell system that includes a "fuel reformer" can use the hydrogen from any hydrocarbon fuel.

The most likely candidates for fuel cell fuels are natural gas, ethanol, or methanol. Even gasoline or diesel could be used while our economy makes the transition to renewable fuels.

Because fuel cells convert the chemical energy of a fuel into electrical energy without combustion, the process is highly efficient and extremely clean. When renewably produced hydrogen is used, the only byproducts are drinkable water and heat.

Every major auto company in the world is evaluating the use of fuel cells in passenger vehicles, and almost all of them are testing fuel cell concept cars on the road. Daimler/Chrysler,

Ford, General Motors and Toyota all say they will have commercially available fuel cell vehicles for some markets by 2004 to 2007.

The efficiency, reliability and environmental benefits of fuel cells make it a key technology for ensuring mobility in both developed and developing nations, without putting further strain on the environment or its natural resources. For more information, visit www.your nextcar.org.



Experts predict cars will soon run on gas-hydrogen gas.



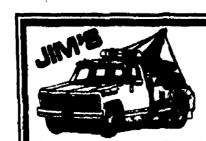
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YOUR FINANCIAL NEWS

Take Charge Of Your Finances With A Spending Plan

to fail, they fail to plan."

How often have you heard that phrase? Nowhere is it more true than personal finance. Unfortunately, instead of taking charge of their money, people let their money manage them. They approach their finances much like unprepared travelers who fail to consult maps or travel guides. In other words, they don't have a clue where they're going or how it will cost to get there.

A much better way to "travel" financially is with a spending plan. A spending plan is a plan for spending and saving money. In other words, a realistic side-by-side comparison of what you earn (income) and where the money goes (savings and household expenses). A spending plan provides direction for future spending and assures that there is sufficient income with which to pay expenses.

If this sounds like "budgeting," you're right. "Spending plan" is a fancy word for "budg-

AREA — "People don't plan et." Still, there are subtle differences between the two. First. "spending plan" is more positive because it includes the word "spending." Most people like to spend money. The word "plan" also emphasizes control of your money, rather than the other way around. The word "budget," on the other hand, is often perceived negatively (e.g., deprivation) and discourages people from taking financial control.

Spending plans provide a number of advantages. They force people to make spending choices and prioritize needs and wants. They can also help you live within your income. In addition, savings can be included for "big ticket" financial goals such as a new car or retirement. Many people also report that spending plans reduce worrying, out-of-control feelings, and family fights about money.

While not nearly as "sexy" a topic as some "hot" new investment, spending plans are the foundation of financial planning. Why? Unless money is left after covering household expenses, there's little that can be done in other areas such as investments or retirement plan-

To prepare a spending plan, it is first necessary to know what you earn and spend. Household earnings include net (after-tax) income, benefit payments (e.g., Social Security, unemployment, disability), child support or alimony, public assistance, self employment income, and other income sources. Add all income from all family members together to obtain a total of monthly household net income.

Once you total your monthly income, do the same for expenses by tracking spending for an entire month. Using your spending records as a guide, make a list of fixed expenses such as housing, car loan payments, and insurance premiums. Next, make a list of flexible expenses such as food, transportation, and

gifts. Finally, make a list of periodic expenses and divide the annual by cost by 12 to arrive at a monthly cost. For example, \$4,000 of annual property taxes would cost \$333 monthly. Forms to develop a spending plan are available through Rutgers Cooperative Extension.

Be sure to set aside money for financial goals (e.g., \$100 deposited monthly into a mutual fund) as a monthly "expense." If you lack an emergency fund of three months' expenses, include a "line item" in your spending plan to gradually build up your reserves. If you have access to "automated" savings plans, such as a 401(k), sign up today. Even small amount of savings (e.g., \$14 per paycheck) will grow substantially over time.

Spending plans should balance the "bottom line." In other words income should equal expenses, including savings. It may take several attempts to get the numbers to belance. This is perfectly normal. As you make expense adjustments, make small cuts in several categories rather than large cuts in only one or two areas. Psychologically. this is more appealing (less deprivation).

One study found that three of five U.S. households lack a spending plan. This is unfortunate. A spending plan is a tool for improved financial planning. not a financial "straightjacket." If you don't currently have a spending plan in place, start today.

This MONEY 2000TH measure is sponsored by Rutgers Cooperative Extension, MONEY 2000TM is a proaram designed to increase the fingscial well being of New Jersey regidents through increased sevings and reduced household debt. For further information about MONEY 2000TM and other educational programs, contact your local Rutates Cooperative Extension office.

Medicare Deductible And Premium Rates For 2001

AREA — The Department of the deducible rose by \$8. Health and Human Services (HHS) announced the 2001 rates for the Medicare Part A deductible and Part B monthly p mium amounts paid by beneficiaries. These amounts are recalculated each year to reflect changes in health care costs and Medicare law

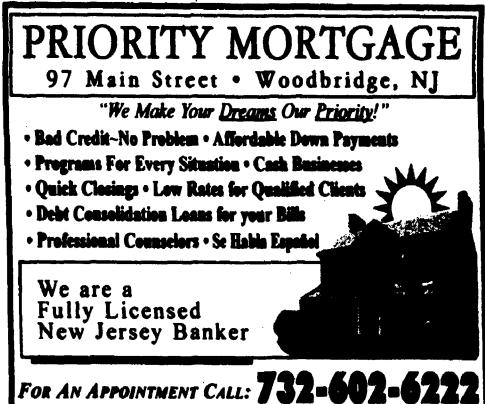
The Part A deductible for inpatient hospital care will rise by \$16, to \$792. This increase is only about 2%, reflecting savings from reductions in Medicare hospital payments and other program changes signed into law in the Balanced Budget Act of 1997 to help protect and preserve the Medicare Hospital Insurance Trust Fund. Last year,

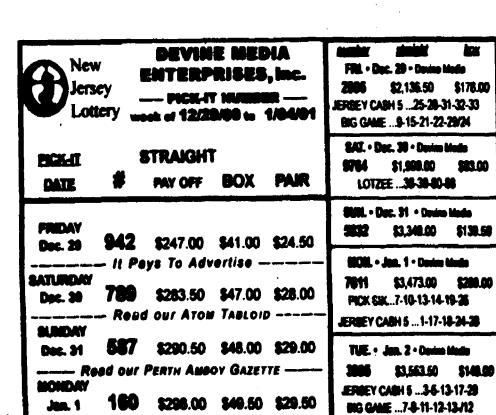
The Part A deductible is a beneficiary's only cost for up to 60 days of Medicare-covered utient hospital care. The daily cost to beneficiaries for hospital days 61 through 90 in a benefit period is rising by \$4, to \$198 per day, and by \$8, to \$396 per day, for hospital days beyond the 90th in a benefit period. The skilled nursing facility daily coinsurance amount, which must be paid after the first 20 days of such care in a benefit period, is rising by \$2, to \$99 per day.

HHS also announced that the Medicare Part B monthly premium will be \$50 in 2001, an increase of \$4.50 from this year.

but still significantly lower than earlier year projections. The Pert B premium covers physician services, hospital outpatient care, durable medical equip and other services outside hospitals. Most of Medicare's 39 million beneficiaries opt for this voluntary coverage. In addition to health care costs, this year's increase reflects legislative changes that increase Part B spending.

"While the increase for 2001 is necessary to cover higher costs and legislative changes. HHS has still succeeded in significantly holding down Part B beneficiary premiums over recent years," said Dennis Mass, Social Security manager in Elizaboth. "Total premium increases for beneficiaries have been less than half the amount originally projected when the Belanced Budget Act was passed."





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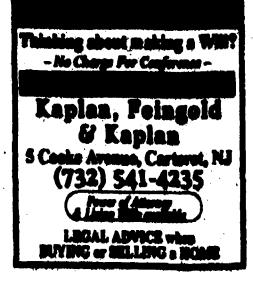
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One day the temperature is in the 50's and we're out in our shirt sleeves the next day the mercury only hits 20, its snowing and we're all bundled up. Sounds like the typical New Jersey winter doesn't it? It also sounds like the perfect set up for a bad winter cold or worse the flu. Drastic weather swings coupled with extreme winter weather conditions brings about a higher incidence of the flu. The flu, or influenza, normally develops in epidemics during the late fall and winter. For most people, an average case of the flu is uncomfortable and inconvenient for a few days, maybe a week, then goes away. It may not be so simple, however, for our senior citizens or people with certain medical conditions.

If you are 65 years of age or older or if you have a history of heart, lung or kidney disease, if you have, diabetes or are receiving ongoing medical care, the flu can be serious and in extreme cases even fatal. According to the Department of Health, influenza (fly), and pneumococcai (pricumonia) infections rank sixth among all U.S. disease categories as a cause of death, with the mortality in older groups especially high. We all know the carty symptoms; chills, achiness, a cough the onset of a fever. While nothing can insulate us 100% from getting a bad cold or the flu this season, there are some common sense tips the can help us lower our chances of getting bit by the flu bug this

During hersh weather conditions stay inside. If you must go outside, be sure to dress in several layers. While this may cause you to look like Frosty the Snowman, layering helps to insulate the body. Several layers of clothing will keep you warmer than if you were to wear a single heavy garment. Try to avoid prolonged exposure to the cold. Cold air can aggravate respiratory conditions.

During this season try to be particularly aware of germs. We often pick up germs from sheking hands and by touching common objects around the house. office or senior center. Things like pencils, doorknobs, and telephones may carry germs that can infect the body when we touch our nose and eyes. Clean telephone handsets regularly. Thoroughly wash cups and utensils, or if you are not at home, use disposable cups and utensils. Washing your hands frequently is a simple but great way to control the spread of germs.

While it's often difficult during the holiday season, try to eat nutritious, well-balanced, meals and get plenty of rest. Most importantly visit your physician regularly. Regular visits to the doctor will ensure prompt and early treatment of any illness.

By following these simple tips we all can reduce our chances of getting sick this winter season. If you would like more information on Senior Citizen Winter Health tips please call my district office at (732) 316-1885 for a free informational pumphlet.

I want wish everyone a happy and healthy and prosperous

PEADERS DOWNENTARY

One Man's Trash, Another's Treasure

Dear Editor.

There is a that saying one man's trash is another treasure. Here in Middlesex County, we are still searching for that treasure in Mayor Guiliani's plans to ship most of New York City's trash through New Jersey. Since this plan was announced, communities in Middlesex County have been scrambling to stop their homes and neighborhoods from being overrun by

First, the plan called for the construction of a transfer facility in the Borough of Carteret. After bitter local opposition and a hard-fought battle, the site of the proposed facility was moved to the acighboring

New York City's trash.

city of Linden. The problem not only lies with the Linden site, but with the proposal to transport 10,000 tons of garbage a day, by train, from this facility to landfills in the South and Midwest. This train is expected to be up to a mile long and its route will cut off traffic on a dozen local roads. This plan could have a potentially disastrous impact on communities. such Woodbridge and Carteret, where emergency services could be tied up at these rail crossings and unable to properly respond to a call on the other side of the tracks.

The residents living along these rail lines, particularly in the communities of Port Reading and Carteret, have

been bombarded with almost unbearable noise and air pollution from the existing freight line traffic. A new mile long train packed with garbage makes a bad situation even worse. A train of this magnitude will cause more backups on the train line, leaving more trains idling in the backyards of neighboring homes for longer periods of time. Residents will also have to suffer with more fumes and leakages from the garbage train.

The residents of Middlesex County should not have their health, safety and quality of life compromised simply because their community hosts a rail line. While the trash has to go somewhere, packing it on a mile long train through densely populated Middlesex County is not the best solution. Instead, its an accident waiting to happen.

> Joseph F. Vitale Senator, 19th District

Lack Of Leadership Jeopardizes Parental Rights

Dear Editor.

An individual's ability to lead is often defined by how they handle the difficult decisions with which they are confronted. I believe the circumstances surrounding the proposed parental rights constitutional amendment clearly demonstrate why Don Di-Francesco is not the best candidate to be our next governor. On Nov. 20, the General Assembly passed a perental rights constitutional amendment. Without a three-fifths 'super-majority' of votes the

bill would have to be approved by a simple majority in successive years in order to be on November's **bellot**. Knowing this, the Assembly Speaker had the foresight to move the bill before the end of the year. For three weeks, the Senate did not act on the proposal and the Senate President would not voice his support for the measure. Today, Dec. 14, when the Senate finally did act, it was to change the bill, ensuring that it will have to go back to the Assembly, where it cannot be acted upon until

next year. This places in serious jeopardy the possibility of getting this initiative on next year's ballot. If Don Di-Francesco cannot exhibit leadership on an issue as fundamental as whether parents have a right to know when their minor child is al undergo a non-emergency medical procedure, how on earth can he hope to lead New Jersey?

> **Mayor Bret Schundler** Jersey City

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OBIT<u>UARIES</u>

Lona La Ruffa, 87 of Fords

Mrs. Lena La Ruffa of Fords died December 18 at Roosevelt Care Center, Edison at 87.

Born in Calabria, Italy, she came to the United States in 1919, settling in Oyster Bay, N.Y. She later lived in Brooklyn, N.Y. before moving to Fords in 1967.

She was a practical nurse in New York and New Jersey. A graduate of Wykoff Hospital School, N.Y., she worked at Wykoff General Hospital and later at Perth Amboy General Hospital (now Raritan Bay Medical Center) from 1967 until her retirement in 1978.

She was a member of the Fords-Keasbey Senior Citizens Club.

Mrs. La Ruffa was a parishioner of Our Lady of Peace R.C. Church, Fords.

Her sister, Antoinette Stillitano, died in 1995.

Surviving are two brothers, Joseph La Ruffa of Hurleyville, N.Y. and Dr. Anthony La Ruffa of Rhinebeck, N.Y., six sisters, Josephine Kempton of Fords, Marion Curio, Frances De-Spirito, both of Elmont, N.Y., Angelina DeSaro of Oceanside, N.Y., Katherine Curry of Clearwater, Fla. and Louise McGreal of New York City; and many nieces, nephews, grand-nieces, grandnephews, great-grandnieces and great-grand-nephews.

brother, Edward Sadion and a

sister, Christina Cowley are both

Surviving are two sons,

Dennis E. Moshopolous of

Woodbridge and Gerald M.

Moshopolous of New York City;

a daughter, Lillian Hanson of

Manistee, Mich., a brother, John

Sadion of Georgetown, Ky.; two

sisters. Anna and Mildred

Sadlon, both of Cairnbrook, Pa.;

and six grandchildren.

deceased.

Frederick Rose, Sr. of South Amboy Mr. Frederick S. Bose, Sr. of the

Mr. Frederick S. Rose, Sr. of South Amboy died December 8 at Raritan Bay Medical Center,, Old Bridge Division. He was 85.

Born in South Amboy, he was a lifelong city resident.

Prior to his retirement in 1976, he was a supervisor at E.I. duPont Co., Photo Products Division, Parlin, for 40 years.

Mr. Rose was a member of Christ Church, South Amboy and was a past senior warden at the church. He retired this past October, after running the Christ Church Thrift Shop for many years.

He was a member of the St. Stephen's Lodge of Free and Accepted Masons, South Am-

boy, for over 55 years and the Order of Junior Mechanics, South Amboy.

Mr. Rose was a member of the Progressive Fire Company of the South Amboy Fire Department and the Exempt Fireman's Association.

His wife, Elizabeth Colville Rose, died in 1991.

Surviving are two sons, Frederick S. Rose, Jr. of Retson, Va. and Jack Rose of Carry, N.C.; four grandchildren, Jeffrey of Cochecton, N.Y., Christopher of Bangkok, Thailand, Eric of New Castle, Del. and Mark of Raleigh, N.C.; three great-grandchildren, Anna Elizabeth, Trevor and Evan.

William Allon, Jr. of Sayroville

Mr. William J. Allen, Jr. of Sayreville, died November 16 at Raritan Bay Medical Center, Perth Amboy Division. He was 69.

Born in Plymouth, Pa., he lived in Sayreville for the past 27 years.

For the past nine years, he was employed as a carrier for the Home News Tribune, East Brunswick.

Previously, he was a supervisor for Siemens Energy and Automation in East Brunswick and had been an office manager with Coca Cola in North Brunswick.

Mr. Allen was a Navy veteran of World War II.

His daughter, Sandra Rick, is deceased.

Surviving are his wife, the former Fern Fritz; three sons, William J. Allen III of Biloxi, Miss. and Michael and Larry French, both of Sayreville, a daughter, Charleen McCormick of Sayreville; two grandchildren, Nicole Rick and Charles Dominguez: a sister, June Gritkowski of Plymouth, Pa.: five brothers, Robert Allen of Wilkes-Barre, Pa., Bruce Allen of Plymouth, Pa., Richard Allen of South Bound Brook, Gene Cordick of Toms River and David Allen of Ocean View Del.

Betty Moshopoleus of Avenel

Mrs. Betty Moshopolous of Avenel died December 16 at JFK Hartwyck Nursing and Rehabilitation Center, Edison. She was 81.

Born in Windber, Pa., she resided in New York City before moving to Avenel 47 years ago.

Mrs. Moshopolous was a member of the Central Baptist Church, Avenel

Her husband, Peter M. Moshopolous, died in 1997. A

Edward S. Ladimor of Fords

Mr. Edward S. Ladimer of Fords died November 29 at home. He was 74. Born in Fords, he lived in Keasbey before returning to Fords 22 years ago.

He was a member of the Seafarer's Intenational Union of North America since 1944, working in the Merchant Marine until

his retirement in 1988.Mr. Ladimer was an Army veteran of the Korean War.

Surviving are two sisters, Eleanor Princ of Fords and Helen Domanski of Franklin; a nephew, Steve D. Princ; and a niece, Mary Petty.

Frank T. Szabo, 37 of South River

Mr. Frank T. Szabo of South River died November 24 at home. He was 37.

He was a lifelong resident of South River.

He was employed by the Borough of South River as a driver for the past nine years and he owned Szabo's Lawn and Landscape for the past six years.

He was a football coach at Bishop Ahr High School, Edison for two years, South River High School for ten years, the South River Rec. League for one year and the South River Little League for one year.

His mother, Mary Ann Nemeth, is deceased.

Surviving are his wife, the former Julia Harris Szabo; two daughters, Jessica and Jamie Szabo, both of South River a son, Anton Szabo of South River; his father, Frank R. Szabo of East Brunswick: two brothers, Joseph Szabo of Howell and Todd Szabo of Allentown, Pa.; his grandmother, Mary Nemeth of South River; two nieces, Nicole Lynch of Jackson and Sarah Harris of Linden, two nephews, Zachary Szabo of Howell and Alexander Lynch of Jackson.

Vera Weckel, 75 of Metuchen

Victory R. Nichols

Mr. Victory R. Nichols of

Born in Decatur, Miss., he

He was employed by Grey

His parents, Felton and Lodi

Surviving are his wife.

Theresa Nichols; three sons,

Ray (in the U.S. Armed Forces,

serving in South Korea), Jerry

of Flint, Mich. and Joe Nichols

of Romulus, Mich.; four daugh-

ters. Mary Williams, Faye

Essex and Lucille Nichols, all

of Saginaw, Mich. and Frances

Jockwig of Highland, Mich.;

three stepsons, Danny R. Bryant

Sr., Roberto A. Bryant and Will

Lee Brown Jr. and an adopted

son, Danny R. Bryant Jr., all of

Carteret; a stepdaughter, Rena

S. Brown, also of Carteret; two

sisters, Claudine Nichols of

Pennsylvania and Aureola Reed

of Califo.; four brothers.

Jimmie Lee Nichols and Woo-

drow Nichols, both of Missi-

ssippi, Jethro Nichols of Penn-

sylvania and Velpo Nichols of

California.

Mae Nichols and two brothers,

Felton Jr. and Robert Lee

Iron General Motors for 40

years before his retirement.

Nichols, are all deceased.

Perth Amboy died December 18

had resided in Saginaw, Mich.

for 40 years before moving to

of Porth Amboy

at home. He was 72.

Perth Amboy in 1995.

Mrs. Vera M. Weckel of Morrisville, Pa. (formerly of Metuchen) died December 19 at Attleboro Nursing & Rehabilitation Center, Langhorne, Pa. She was 75.

Born in Pittston, Pa., she lived in Metuchen for over 50 years before moving to Morrisville, Pa. two years ago.

She was formerly employed as a teletype operator for Western Union.

Her parents, Stephen and Catherine Halupka Rusin, are deceased.

Surviving are her husband, Charles P. Weckel; two daughters, Suzanne McGrady of Manasquan and Cathy Papp of Yardley, Pa.; a son, Charles Weckel of Walnut Creek, Calif.; six grandchildren, Kelly and Kyle McGrady, Candice and Brian Papp and Sean and Erin Weckel; four brothers and four sisters and several nieces and nephews.

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** ALL ARE WELCOME **

Bishop Donald Hilliard Jr., Senior Pastor
The Rev. Bernadette Glover-Williams, Assistant Pastor

I Elthough we cannot have knowledge of God, we can love him: by love he may be touched and embraced, by thought, never."

Cloud of Unknowing (Book on the spiritual life)

His son, James Francis

Conneely died in 1980. Three

brothers, Joseph, Thomas and

James Conneely, are all deceased

Surviving are his wife of 56

years, the former Constance

"Dolly" Antrosiglio, two sons,

Andrew W. Conneely Jr. of

Colonia and Brian Connecly of

Phoenix, a daughter, Helen

(Conneely) Maxwell of Edison; a

Keansburg, 13 grandchildren, and

His sister, Mary Halas, is

Surviving are his friend and

companion, Pat Christensen of

South Amboy; her three daugh-

ters, Hope Affriol of South

Amboy, Jackie Bublinec of Old

Bridge and Christie Dinis of

South Amboy; a brother,

Charles of Bayville, three sis-

ters. Rose Elisko of Sewaren,

Anna Poll of Woodbridge and

Catherine Shpoch of Manville,

several nieces and nephews.

Hoff of

Virginia

six great-grandchildren.

sister,

deceased.

OBITUARIES

Alma Israel, 86 of Fords

Mrs. Alma Eisner Israel (nee Tenenbaum) of Palm Beach Gardens, Fla. (formerly of Fords) died December 5 at Palm Beach Gardens Hospital, Fla. She was 86.

Born in Newark, she lived at one time in Fords, before residing for the past 30 years in Palm Beach Gardens.

She was the owner of Fords Bakery, Fords, from 1940-58.

She was also a concert pianist, playing at Carnegie Hall at 16 years of age.

Mrs. Israel was a former member of Temple Beth Mordecai, Perth Amboy.

Her first husband, Solomon Eisner, died in 1970.

Surviving are her husband, Saul Israel; a son, Martin Eisner of Long Branch; a daughter, Beverly Stempel of Longwood, Fla.; a brother, Alfred Tene-baum of Concorda; a sister, Sylvia Lewis of Westerly, R.I.; four grandchildren, Debra Liebeskind of Basking Ridge, Barry Stempel of Warrington, Va. and John and Matthew Eisner, both of Brick; six great-grandchildren, Steven Stempel, Aylse Stempel, Brandon and Brian Liebeskind and Emma and Nicholas Eisner.

Theodore Becra, 53 of Edison

Mr. Theodore Bocra of the Mas Aventura, Fla, (formerly of Amboy. Edison) died December 4 in His fi Florida. He was 53.

Born in Perth Amboy, he was raised in Metuchen. He lived in Edison before moving to Aventura ten years ago.

He graduated from Metuchen High School and the University of Miami, Coral Gables, Fla., where he was a Phi Delta Theta.

Mr. Bocra was a member of nine nieces and nephews.

the Masonic Lodge in Perth Amboy.

His father, John Bocra, Sr., died in 1991.

Surviving are his mother,
Mary of Spotswood; five
Spotswood, Robert J. of
Bridgewater, John Jr. of
Spotswood, Joseph M. of
Sewaren and Ronald G. of
Hillsborough; a sister, Mary
Jane Bocra of Tarrytown,
N.Y.; three sisters-in-law and

Stanley J. Mal, 77 of Carteret

Mr. Stanley J. Mal of Boca Raton, Florida (formerly of Carteret) died December 10 in Florida. He was 77.

He was a graduate of Carteret High School. In 1942, he lettered in football and was All-State in basketball.

Mr. Mal was a Navy veteran of World War II aboard the USS Manassas. He was a life member of the American Legion Post 7768, Bricktown, the Loyal Order of the Moose Lodge 2157, Pompano Beach, Fla. and the Veterans of Foreign Wars, both in New Jersey and Florida.

His first wife, Margaret Tobak Mal, died in 1961.

Surviving are his wife of 37 years, Caridad Castanon Mal; two sons, Gary Mal and Kevin Mal; a stepson, Arlindo Enes; a sister, Ann Kondas; eight grandchildren; and six greatgrandchildren.

Pola Czechowski of South Amboy

Mrs. Pola Czechowski of South Amboy died November 25 at Raritan Bay Medical Center, Perth Amboy Division. He was 75.

Born in the Ukraine, she lived in Harrison for 30 years, and in South Amboy for the past 10 years.

Mrs. Czechowski was a member of Sacred Heart R.C. Church, South Amboy.

Her husband, Henryk and a granddaughter, Elizabeth Krzyzkowski, both died in 1991.

Surviving are a daughter, Janina Krzyzkowski of Parlin and a brother in the Ukraine.

Andrew Connecty of Colonia

Mr. Andrew W. "Woody"
Conneely of Colonia died
December 8 at JFK Medical
Center, Edison. He was 82.

Born in Newark, he lived in Colonia since 1962.

He worked as a track foreman for 37 years, first for the Lehigh Valley Railroad, then for Conrail. He worked first in Newark, then in South Plainfield.

Mr. Conneely was a parishioner of St. John Vianney, Colonia. He was also a member of the 4th Degree Assembly of the Knights of Columbus, Council 150, Newark.

John Kopcho, 65 of Sewaren

Mr. John Kopcho of Sewaren died December 8 in South Amboy. He was 65.

Born in Sewaren, he was a lifelong resident there.

Mr. Kopcho was a member of the Ukrainian Catholic Church of the Assumption, Perth Amboy.

He worked as a custodian for ten years at the Middlesex County Vo-Tech School, Perth Amboy, retiring in 1997.

He was an avid bingo player and will be missed by his dog, Kansas.

Maurice Kidney Jr. of Edison

Mr. Maurice J. Kidney Jr. of Edison died December 18 at JFK Medical Center, Edison. He was 79.

Born in Cove, Ireland, he lived in Oakwood Heights, Staten Island, N.Y., before moving to Edison three years ago.

He was a computer engineer at Sperry-Univac Corp., New York City, for 35 years before retiring.

Mr. Kidney was a Navy veteran of World War II.

He was a communicant of St. Helena's R.C. Church, Edison.

H. Francos Calafut

Mrs. H. Frances Calafut of Iselin died November 30 at her Florida residence. She was 78.

of Isolin

Born in Wilkes-Barre, Pa., she was formerly of Iselin and lived in Deltona, Fla. for the past 15 years.

She worked at Aldrich Chemicals, Metuchen, for many years before her retirement.

His wife, the former Elizabeth Foley, died in 1996.

Surviving are four sons, Robert E. Kidney of Stamford, Conn., Richard J. Kidney of Leesburg, Va.; Maurice P. Kidney of East Brunswick and Edward J. Kidney of Edison, two daughters, Maureen Mieczkowski of Edison and Elizabeth Guzauskas of Middletown; two brothers, John Kidney of Florida and Richard Kidney of Staten Island, N.Y.; two sisters, Veronica D. Aquilla of Florida and Patricia Buttle of Staten Island; and 18 grandchildren.

Mrs. Calafut was a communicant of St. Ann's R.C. Church, in Debary, Fla., and she also was a member of the Disabled American Veterans Auxiliary in

American Veterans Auxiliary, in Orange City, Florida.

Her husband, William and two daughters who died as

Her husband, William and two daughters who died as infants, Gloria and Linda, are all deceased.

Mary A. Turbitt, 76 of Edison

Mrs. Mary A. (nee Alliston)
Turbitt of Edison died December 8 at her son's home in
Edison. She was 76.

Born in Newark, she lived in Edison since 1968.

She was a secretary for six years at the Air Reduction Corp., Newark.

Her husband, Frederick Turbitt and a brother, Franklin C. Alliston, are both deceased.

Surviving are four sons, Robert W. of Morganville, William J. of Dublin, Ohio, and James R. and Frederick J, both of Edison, a brother, Robert Alliston of Bethany Beach, Del., and eight grandchildren.

Barry R. Shloyda Lived in South River

Mr. Barry R. Shloyda of Union Beach died December 4 at home. He was 51.

Born in New Brunswick, he lived in South River before moving to Union Beach 24 years ago.

He was a baker for 29 years with Sunshine Biscuit/Keebler Co., Sayreville.

Mr. Shloyda served in the Navy during the Vietnam era.

He was a member of Kingdom Hall of Jehovah's Witness, Leonardo.

His father, Nicholas Shloyda, formerly of South River, died in 1987.

Surviving are his wife, Donna Shloyda (nee Borchard); a son, Barry N. Shloyda of Keyport; a daughter, Tracy L. Beverly of Union Beach; two brothers, Shloyda of East Robert Brunswick and Nicholas Shloyda of East Brunswick; his mother, Catherine Dragula Shloyda of South River; three grandchildren, Alexis Beverly and Danny and Corey Shloyda, his stepfather, Albert Sapiro of South River and two aunts, Betty Durvich and Sophie Durvich, both of South River.

Julia Napowanetz of Edison

Mrs. Julia Sokolosky Napowanetz of Edison died December 12 at JFK Medical Center, Edison. She was 85.

Born in East Granby, Conn., she lived in Edison for the past 25 years.

She was a seamstress for Amson Company, Linden, before retiring in 1980.

Surviving is a daughter, Elaine Napowanetz.

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'93 Ford Escort LX Station Wasson. am/fm cassette, a/c, p/b, p/s. Exc. cond. 93,000 mi. Asking \$3595. Call 732-721-8339 are much before form

'93 Mercury Capri Convertible. JOE 732-574-2343

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193 Mercury Sable, silver, 4 dr., auto. V6, 3.8 ftr., fully loaded, good cond., a/c needs work, 111K mi., \$2750 732-549-3925

193 Pontiac GrandAm, red w/grey cloth int. 2 dr. 1 owner, well maintained, \$5200 732-738-1484

'92 Lincoln Continental, skyblue, looks new in & out, fully loaded, runs great great high hi-way miles. Must Sell, \$3500 or B.O. 732-388-4262 or 732-499-9040

'92 Toyota Calica GT Convertible. JOE 732-574-2343

'92 Mezde Protece 106,000 hwy mi. 1 owner, ex. cond. auto. AM/FM. CD player, a/c, \$3500, 908-354-

'92 Ford Taurus, 4 dr. 93,000 mi. auto., asking \$4650 908-289-7665

'92 Hiuandy Scoop, loaded, rebuilt. auto trans., 90 day warranty, \$1900. call anviewe 381-1268

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'91 Ford Thunderbird, black, loaded. moonroof, 100K mi., new factory eng., runs exc. \$2750 908-347-2888

190 Buick LeSabre, 4 dr., custom, 1 owner, immaculate. Must be seen! \$4100 732-388-3021

USED CARS & TRUCKS

'90 Lincoln Continental, good shape, white wiblue leather int., asking \$2500 Aft 7pm 732-815-0177 days 836-0437

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90' Mercury Grand Marquis Exc. condition Loaded, only 19k miles Must See 732 968-7251 or 732 603-8760

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'90 Mercury Seble, full power, good running cond., 81K, alarmed, \$1600/ B.O. 732-398-1431 or mag.

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'90 Ford Bronco II, fully equipped, ong. owner, 78,000 mi , \$6000 or B.O. 732-541-4485

189 Olds Culless Supreme, 2 dr., good motor & trans., runs well. No rust. Needs touchup paint, \$500/B.O. 732-541-0946

'89 Dodge Van, new Jasper engine. Good work van. Asking \$3700. Days 732-636-0437, aft. 6pm 815-0177

189 Buick Lesaber, etc., cruise, ptw & pf, needs paint, runs good, \$1500 or B.O. 908-451-5307

'89 Ford Conv. Van., 87K mi., tv. VCR. clean, needs some work, \$2500. Lv. meg. 908-862-2796

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'89 Pontiec GrandAm, Turbo SE, 86K mi., good cond., \$2799/B.O. 732-382-2381

USED CARS & TRUCKS

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ATTRACTIVE ITALIAN

Looking to meet a nice, sincere, happy gentlemen, 50 to 55, who likes to cook. I am an attractive, Italian born female, 48, brown hair, brown eyes, 5'. Love to dance, socializing. Bricktown or Toms River Areas. Ocean County. BOX 26680

Divorced Jewish professional female, \$5, 5'5", pretty, sincere, intelligent, caring, enjoys life, music and varied interests. Seeking thoughtful, Jewish professional male, emotionally and financially secure, with similar interests for committed, long term relationship. BOX 26697

Divorced white professional female, 39 yrs old, Mother of one, 5'6", blonde with blue eyes, compassionate, attractive, non-smoker, great personality, good sense of humor. Seeks attractive, clean cut, tall, caring, affectionate, male, 35 to 45, to share everything life has to offer. Let's talk. Hudson County BOX 29233

ON THE HURT

Are you looking for single white female, who's intelligent, attractive, and fun loving. If you are a single white male, non-smoker, between the ages \$6 and 64, who likes dancing, New York and Atlantic City and live in the Union County area, give me a call. BOX

LOVE CAN'T WAIT

Looking for older Oriental man is this mid 50's, widowed, Italian lady, blonde hair, artist, attractive, intel ligent, talented, gorgeous figure, excellent quality background, self employed, with a lot to offer. Enjoys ballroom dancing, painting portraits. Looking for non-smoker, accomplished person. BOX 13106

LET'S HAVE FUN

Single white female, 29, 5'7", 130 lbs, short hair, hazel eyes, enjoys walks, partying and more. Seeking a single male, 21 to 30, with similar interests, for fun times and more. **BOX 13648**

ROMARTIC AT HEART

Widowed female, 67 yr old, 5'7", slim, easy going, brunette hair, blue eves, likes books, music, conversation and new experiences. Looking for an active, intelligent, good natured man, 65 to 75, from Union or Essex County. All calls answered. BOX 37020

WHAT MAKES U HAPPY?

61 yr old, single widow, 5'5", auburn hair, blue eyes, warm, cheerful and down to earth, seeking widower white male, in early 60's, with similar interests and qualities. BOX 39429

LET'S MEET

Single white, professional female. 27, enjoys nature hiking, traveling, theater, music and more. Seeking a single male, non-smoker with similar interests. BOX 11946

A GREAT CATCH

Very attractive, upscale blonde, 45, in finance, dedicated Christian for 28 years, and Christ is the center of my life. Seeking a tall professional, handsome, well educated male, with strong Christian and family values. If you feel you have these credentials, please call. **80X 13060**

HOPELESS ROMANYIC

Big green eyes, 5'4", 117 lbs, fit, 50, Law Enforcement professional, interests are; hiking, dining, dancing, movies, theatre, quiet times and more. Looking for a male, who's assertive, with salt/peeper hair and mustache. BOX 13318

LOCKING FOR LOVE

Single white female, 66, 5'3", 115 lbs, gray hair, blue eyes, non-smoker or drinker, enjoys quiet times, walks, bowling, the outdoors and more. Seeking a single male, with similar interests, for possible relationship. BOX 13363

DESTROY CALLS

Youthful, attractive, slim, brunette, 50 yr old female, with good sense of humor, enjoys movies, theater, fine dining, beach and oldies seeking single, attractive white male, 48 to 58, non-smoker, for friendship and possible long term relationship. Please be caring, honest, educated and financially comfortable. BOX 13489

PRIE SPIRIT

47 yr old, attractive single white female, is seeking a spiritual relationship with a sensitive and caring, single or divorced Hispanic or black male, 47 to 58, with a good sense of humor. I enjoy good conversations, movies, music and dining out. BOX 13535

TAKE OVER PLEASE Single female, 36, 5'2", brown hair

and eyes, shy, seeking attractive, romantic, dominant male, 35 to 49, for a long term serious relationship. BOX 13561

Single, attractive, female, 48, 5'5", 127 lbs, brownish blonde hair, brown eyes, educated, healthy, non-smaker, non-drinker, enjoys, walking, biking, movies and the comforts of home. Seeking educated, white Christian male, 47 to 51, committed, emotionally stable, affectionate and caring, to enjoy friendship, love, laughter and hap-piness. BOX 13644



LOVE HAS NO COLOR

Single professional black, full figured female, 35, who enjoys theater, movies, traveling, and fine dining. Seeking a single or divorced professional male, non-smoker, fun loving, and enjoys life, for friendship, possible relationship. BOX

ATTRACTIVE LADY

Vivacious, attractive, shapely, redhead, green eyes, early 50's, 5'4", 112 lbs, enjoys the theatre, dining out, and travel. Seeking professional, intelligent, attractive man, 53 to 62, for possible relationship. BOX

HEAVY SET GUY WANTED

Single white female, heavy set, 34, long blonde hair, blue green eyes, attractive, non-smoker. Enloys movies, dining, flea markets, travel and more. Seeking single white male, 30 to 45, non-smoker, with similar interests, for dating and possibly a long term relationship. Monmouth county, BOX 26633

ARE YOU READY

Attractive, adventurous, affectionate, educated, divorced white professional female, 48. In search of upbeat, honest, compassionate, secure, divorced white professional male, who is special for long term relationship. Monmouth County Only. BOX 26652

ROMANCE WANTED

Athletic, slim, single white professional female, 36, dirty blond hair, Irish catholic, 5'5", outgoing, attractive, non-smoker. Likes to work out, run, and bike. Seeks single white professional male, nonsmoker, catholic, fit, athletic, 33 to 39, for friendship, and possible long term relationship. BOX 29228

ONE MAN WOMAN

Single white female, 63, affectionate, caring, faithful, full figured woman, in search of marriage minded, single or divorced, white male, for everlasting love and happiness. BOX 29259

ATTENTION JOHN!

You're 39 and a pharmaceutical executive, triathlete, you responded to my ad "Romance Wanted", mailbox #29228, your message got cut off before I could get your telephone number, could you please call again and leave your number. BOX 29264

MEPANIC JERSEY GIRL

Single Hispanic female, 5'6", 130 lbs, dark hair and eyes. Seeks white or Hispanic professional male, 5'10" and over, who's single, sincere, honest, family orientated and enjoys New York City, Soho, the Village, dining, movies, theater and the beach. Must be non-smoker. **BOX 29267**

WOOM SUCCESSION

Union County area Afro American widow, mid 50's, thin/medium build. Loyal, kind, honest, sensitive, independent, unpretentious, social drinker, no baggage. Enjoy chess, cards, walks, dining in and out, dancing, theatre and much more! Seeks widowed or divorced male, 65 to 70, race not important. BOX 30755

CONTRAL JURSEY

Divorced white female, 5'7", 125 lbs., straight blonde hair, green eyes, mid 50's. Enjoys the outdoors, hiking, country music, travel and cooking. Seeks healthy, single male, 54 to 64, with similar interests for friendship and possible relationship. BOX 30759

MUNICIPAL PRINCIPA

Single black female, 5'3", clean, non-smoker, pecan complexion, enjoys the theater, traveling, reading, dining out, dancing and winter nights. Seeking a real, intelligent, honest, passionate, romantic, nonsmoking male, 5'8" plus, weight proportionate for a serious relationship. No games. BOX 34025

GIVE ME A CALL Single white female, active, attractive, seeking single white male, medium build, on the go, fit, 38 to 52, to spend quality times with, who enjoys walks on the beach, travel, dining out, quiet romantic evenings, dancing a plus, if you are a special someone, looking to be appreciated by that special some-one, please call. BOX 34622

EYE CATOMIN & MORE

Divorced white mother of one, 5'5", slim to medium built, attractive, brown hair and eyes, fair complexion, college educated, employed in the pharmaceutical industry. Looking for a single white female, financially stable, tall, slender with a positive out look in life. BOX 35301

IF YOU'RE READY....

27 yr old, white professional female, 5'4", brown hair and eyes, enjoys cooking, reading, animals, outdoors, meeting new people and volunteering. Seeking a single male with similar interests, for friendship first and possible relationship. BOX 35362

TALL AND ATTRACTIVE

36 yr old, green eyed, tali, voluptuous brunette female. 1 enjoy working out, music, comedy clubs, shooting pool, sports, and movies. Looking for a tall, spontaneous, single man with a good sense of humor. BOX 36287

ABIAN ATTRACTION

Single female, down to earth, sophisticated, Artist, marriage

minded, enjoys ballroom dancing, walks in the village and more. Looking for an Oriental for long term relationship. BOX 36596

GRAND EXPECTATIONS

31 yr old female, 5'2", long blonde

hair, blue eyes, physically fit, petite, college educated, likes tennis, rollerblading, biking, the beach,

and more. Looking for a single

white professional male, 30 to 39,

who's college educate, fit and knows what he wants out of life.

Single Jamaican female, 30, 150 lbs, 517°, beautiful inside and out, out-

going, never married, no children,

non-smoker. Looking for a single black male, 29 to 35, no children,

never married, non-smoker, for

possible long term relationship.

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BOX 36608

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Single white female, non-smoker, social drinker, enjoys dancing, painting and more. Seeking a single male, with similar interests, for possible relationship. BOX 36974

West Smils Bast

Single white female, 50's, down to earth, enjoys quiet times, working. the outdoors, museums and more. Seeking a single Asian male, with similar interests, for possible relationship. BOX 37310

LINGTED THRE COLY!

40 yr old, 5'5", 125 lbs, fit, divorced white mother of one, hard working, sport minded, with a good sense of humor. Looking for a physically fit, single white male, who likes working out, the beach and more. BOX 37387

HAPPY 2001

Single white female, 5'4", dark hair and eyes, enjoys the beach, quiet times and more. Seeking a single white male, 50 to 59, with similar interests, for possible relationship. BOX 38651

LET'S TALK

Single Hispanic female, 34, enjoys dining, dancing, going out, talks and more. Seeing a single black male, 32 to 40, for friendship and a possible relationship. BOX 38719

TO THE PORT Single male, 41, looking to meet

someone who is sincere and down to earth for good times and casual dating. BOX 37945 SECURE??? Single white male, 34 , non-smoker,

non-drinker. Likes the outdoors year around changes of the seasons, fall, walks, movies, boating, fishing, camping, hunting, concerts, and dinner. Seeking a single white female, 25 to 40, non-smoker ,non-drinker, same interests, and must be secure about herself. BOX

MARRIAGE MINIDED

36 yr old, single white male, 5'9". lbs, non-smoker from Westfield. Enjoys antiques, the outdoors, dining, movies, running and quiet times. Seeking an attractive single or divorced white female, 28 to 40, with similar interests, for long term relationship. BOX 38557

MARINAGE CRIERTYED

44, 5'10", 170 lbs, blonde/blue, trim, athletic build, Irish/German, handsome, financially established, soft spoken gentleman, with tradi-tional Mid Western values. Enjoys country drives and quaint towns. Seeks warm, caring, woman, 34 to 42, with attractive figure, family oriented. Children welcome. BOX 29250

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ship, not a one time thing. Single white male, 5'7", 170 lbs, hazel

eyes, enjoys sailing, movies, muse-

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Sensitive, educated, handsome, sin-

gle white male, 45, seeks lovely sin-

gle female, 33 to 45, warm, intelli-

gent, playful, and who wishes to share her life, love and faith. BOX

HEN TO THE AREA

Originally from Boston. Started

school early pre med, law, CPA.

Eventually worked for government.

Moved to New York to start my

own business. Enjoys movies, danc-

ing, fencing, music, bars, very ath-letic. Looking for attractive young

lady, with a sense of humor, 30 to

drug free. BOX 13625

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MAT THE TWO OF US

21 yr old, single black and Italian male, 6'1", 192 lbs, attractive, good personality and great sense of humor. Enjoy EMS, playing ball, motor cycles and just having fun. Looking for a single female 18 to 25, who is attractive, honest, fun loving and willing to experience life to the fullest. Hudson county BOX 29227

6'3" male, 190 ibs, black hair, brown eyes, medium built. Enjoys swimming, dancing, going out, movies, long walks on the beach, poetry, and more. Seeking a female with similar interests. BOX 37459

CLASSICAL MINERC...

...Lover. Single white gentleman, European, U.S. Citizen, seeking a lady for possible long term relationship. I am modest and educated, my great entertainment is classical music because it bring us to a higher level. The lady I seek need not like it, however, she should be

CHEAN IN YOUR COFFEE Divorced white Italian male, 52,

6'3", 198 lbs, black hair, green eyes. Seeking a female, 55 to 60, who is affectionate, caring and likes good conversation. Race unimportant. BOX 37445

CUTCOME 27 vr old, black male, open mind-

ed, likes working out. Seeking an attractive female, outgoing, who

Single male, 6', 195 lbs, French/Italian. Looking to meet

someone who likes to laugh. BOX 39150 DON'T MASS THE BOAT

movies, long walks, the beach, travelling, arts & crafts and more. Seeking a white female, 45 to 53, who's slim and in good shape. BOX 13282 COMMUNICATY THURSDAY

male, 59, 5'8", trim, interested in progressive politics, jogging, music, improvement of self and others. Any religion, serious only, Hudson County, BOX 29282 BRIGHTEN UP MY LIFE

service professional, healthy, nonsmoker, 63, 5'11", 150 lbs, disease and drug free. Would like to meet an attractive, fit, honest female, to cuddle, pamper, spoil and bring love and happiness to each others life. BOX 36615

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deep brown eyes, strong, healthy, slim, financially secure, own small business, young 40, romantic, loves caribbeant I am game for whatever life throws my way. Seeking woman with sparkle in her eye, full of adventure, caring to share it all. **BOX 36670**

male, 68, 5'6", 165 lbs, brown eyes, salt/pepper hair, non-smoker, social drinker, employed, family oriented. Enjoys dancing, dining out, movies, music, theater, travelling, sports and more. Looking for a slender widowed, Christian, 58 to 63, attractive, energetic, non-smoker, social drinker for friendship first. BOX 39368

51 yr old, single white male, hand-

NOMARTIC MALE

understanding. BOX 15636

likes quiet times, working out, dining out, night clubs and more. BOX 37415 LIKE TO LAUGHTTT

52 yr old white male, fit, enjoys

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women, sought for very significant romance, with this single white

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GRAND EXPECTATIONS Energetic, Christian widowed white

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some, fit enjoys dining out, golf, walks, movies and the beach, seeking a single white female, 41 to 52, for a long term loving relationship. BOX 11657

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ered attractive, emotionally/finan-

cially stable and a non-smoker.

Interests include: theatre, movies,

and other activities. Seeking a

white female, 45 to 51, honest, car-

ing, and attractive for possible long

BEIKING WOMAN

Looking for a good woman, 30 to 40, for romantic times, good times

and kids don't matter. Someone

with a good heart, who doesn't play games. Hudson County. BOX

LIT'S MINT

Wanted. A white female, school

bus driver, who has free time in

between runs to share a special polite relationship. I'm a white self-

employed business man. Let's have

term relationship.

County, BOX 26704

LABY OF MY MA

Single white male, 30, shy, 5'11", 175 lbs, smoker, home owner, employed, also has depression disability. Seeks a single female, child free, age open, for friendship and companion. BOX 11755

PLEASURES OF LIFE

Divorced white male, \$1, 6'4", 230 lbs, happy, secure, professional, looking for a tall, thin, single female, 43 to 50, who enjoys the simple pleasures of life, for a possible relationship. BOX 13083

Single male, 55 yrs young, blue eyes, brown/gray hair, 5'6", 145 lbs, enjoys sports, dining, music and more. Looking for a petite single white female, 44 to 54, for possible long term relationship. BOX 13190

I'M WAITING!

Single white male, tall, attractive, 38, high school grad, who enjoys dining out, dancing, swimming, and quiet romantic evenings. Seeking single white female, 25 to 45, non-smoker, with similar interests. BOX 13249

LET'S GET TOGETHER

Good looking college student, 6', auburn hair, blue eyes, goatee, plays in a band, nice, hopeless romantic. Enjoys sports, music. quiet nights at home, walks on the beach and more. Looking for that special single female. BOX 13260

ALL CALLS ARROWS

39, 6', 175 lbs, divorced male, professional, with one child, enjoys the outdoors, skiing and more. Looking for that special someone, to share my life with, my success with, and start a family with. BOX 13326

iliks Christian 43 yr old single black Christian male, 6'2", down to earth, loves

Christian music and walks in the park. Seeking someone, who loves the Lord, never married, and has no children. Race and age, BOX 13436

A normal, single white professional male, in search of slender, normal

white female, under 56, with a sense of humor, for possible long term relationship and wonderful times in the future. BOX 13713 DEAR SPECIAL LABY Let's waltz in the soft pale moon-

light. Divorced white male, average

looking, 6'6", 245 lbs. Seeks average white woman, 47 to 56, 5'6" to 5"10", 150 to 180 lbs. I'm very romantic, likes to send cards, poetry/flowers, likes to kiss, cuddle and hold hands. No head game players or one night stands. Passaic County. BOX 22191

RECLUSIVE BY CHOICE Single white male, 30, 5'10", 170

lbs, handsome, loyal, low keyed. ioner type, no children, smoker, non-drinker, no drugs, home body, financially secure. Likes camping, rock/country concerts. Seeking a female, 18 to 40, with no children. for a relationship, would consider moving out west. BOX 26523

Single white male, 38, 6', 165 lbs, non-drinker, non-smoker, nature outdoors type. Loves to cook,

music, art and movies. In search of non-smoking, single or divorced female, sincere, down to earth, 27 to 44. BOX 26564 OPEN TO ANYTHING Seeking child free woman, any age, for relationship. Single white male,

32, 5'11", 175 lbs, handsome,

smoker, non-drinker, home body.

Employed, also has depression dis-

ability. Phone for additional details. BOX 26627

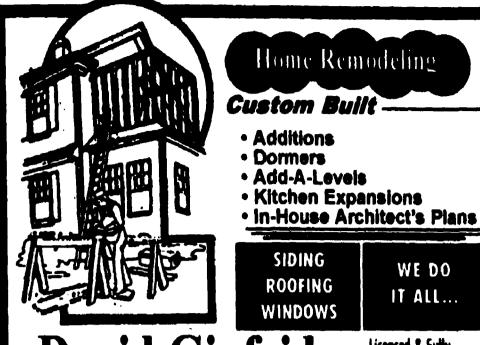
Single white male, 36, 5'11", enjoys sports, music, walks in the park, New York City, the shore. Looking for someone, 25 to 40, with similar interests, who's honest, no games, for and possible long term relationship, if agreeable to us both. BOX 26628

GREAT LISTENER

Decent looking, single white male, 40, non-drinker, non-smoker, intelligent and good natured. Seeking single or divorced white female, 30 to 50, who's good natured, a nonsmoker. I'm å very good listener. Let's rent a romantic comedy. Franklin County, BOX 26631

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Budgeting the Time and Money to Do-It-Yourself

(NAPSA)-More and more homeowners are rolling up their sleeves and strapping on their tool belts to join the industrious ranks of do-it-yourselfer. In fact, according to a recent survey conducted by The Home Depot" and Yankelovich Partners, 95 percent of the respondents said they now are choosing to tackle their own home improvement projects.

Whether it's remodeling the kitchen or painting the nursery. four of five Americans prefer to do their own home improvement projects for the sense of accomplishment they achieve. But despite their desire to do-it-themselves, two key factors stand in the way of making home improvement dreams a reality; lack of time and money. Home Depot's Lesley Carlson points out, however, that finding the time and money for a home improvement project is easier than most people think.

"Often eager do-it-yourselfers spend more time and money on home improvement projects simply because they don't plan ahead," says Carlson. "Before you begin, it's important to have a clear idea of what you want to accomplish, a good grasp on the resources available, and a sound plan for financing your project from start to finish."

To save time, Carlson recommends following these preliminary steps:

Create A Design File

Begin collecting ideas for your home improvement project early and create a design file with magazine, book or online photos and ideas. The design file helps combine big ideas and little details to achieve the look and function you desire.

Ask People You Trust

Don't be shy about asking

friends, neighbors and experts about the home improvement experiences including what worked or didn't work. Often these individuals are the best resources for unbiased advice. Take notes, and keep a current list of reliable names and numbers to add to your design file.

Create A Timeline

Be realistic about the commitment you're making before starting a project. Carlson recommends creating a week-by-week timeline that includes everything from idea conception and research to the final coat of paint. The timeline gives you a weekly goal and a sense of accomplishment from start to finish.

Assess Your Resources

Before heading to a home improvement store, make a list of all the tools and supplies you need for your project. Refer to home improvement websites such as www.homedepot.com for such lists. A "home inventory" saves time by eliminating repeat trips to the retailer for additional supplies and will eliminate the cost of unnecessary tools and supplies.

Time isn't the only factor keeping Americans from doing their own home improvement projects. Seven in ten Americans (70 percent) cite money as a major factor preventing them from doing more projects.

Financing Your Projects

Carlson says remodeling can range from \$5,000 for a small change to more than \$30,000 for a full makeover, making remodeling financially difficult for some homeowners.

Research also shows that the typical do-it-yourselfer opts to finance his/her home improvement projects by paying as he/she goes, but this can stretch out the project over many months.

"Do-it-yourselfers often have to stop working in the middle of their projects for lack of money and can quickly become frustrated or give up," says Carlson. "Now there are new options available to solve this problem."

To make financing home improvements projects more convenient and affordable, Home Depot has introduced the Home Improvement Loan account, a first of its kind program in the retail industry. The Home Improvement Loan account offers consumers unsecured credit lines from \$3,000 to \$30,000 at competitive interest rates (currently 10.99 to 14.99) and repayment periods up to 10 years, based on credit history.

Application for the Home Improvement Loan account is simple. Customers complete a brief application in-store with a Home Depot associate and receive a decision within minutes. Customers may charge purchases to their loan account in Home Depot stores for up to six months after the date of their first purchase.

"In today's time-pressed society we can't afford to drive all over town looking for the resources and supplies at one location, and financing at another," adds Carlson. "The Home Improvement Loan account makes it convenient to obtain financing, materials, design services and installation under one roof at Home Depot."

The Home Depot Improvement Loan accounts are available at all U.S. Home Depot stores and EXPO Design Centers.

Color Through The House: When Choosing Interior Colors, Take A Room-By-RoomTour

by Mark Woodman

(NAPSA)-You want a home with style, comfort and personality. But how do you choose colors that transform builder-beige walls into a personal statement?

First, ask yourself what colors you like. Use colors that make you feel good rather than what you see in design magazines or your neighbor's house. One hint: choose colors that draw compliments when you wear them.

Next, take a room-by-room tour of your house, starting with public spaces where family and friends gather. For these rooms, use warmer colors from your palette of favorites.

Foyer- The entrance is a transitional space that gives visitors their first impression of the home and links the rooms around it. Make it a welcoming space with warm, even high-drama colors: arresting red, sunshine yellow or blackened olive.

Livingroom- Most people want this room to be a tranquil, formal space for entertaining and relaxing. Colors should be subtle, but still warm. Good choices include dark ivories, grey-toned tans and sages.

Dining room-Colors here should promote appetite and conversation, and reflect the homeowner's entertaining style. Mandarin orange and curry have an exotic effect, while azure blue with oxford cloth white produces a cheerful look.

Family Room- An upbeat space that cries out for intense colors. Anything too subtle can leave this room with underachieving walls. Options include terra cotta, coral, gold and cobalt blue.

Kitchen- Make it inviting.

Cabinetry and appliances influence color choice: butter pecan looks great with oak cabinets, while plums and taupes show off white cabinets. If there's an attached family room, bring in colors from that room.

A home's private spaces are where family members go to read, work, sleep or escape. Serene colors turn private rooms into relaxing havens.

Bedroom- Emphasize colors that evoke comfort and tranquility. Periwinkle blue and candle-glow yellow can be an appealing combination.

Bath- Many women consider the bath their personal sanctuary, and the right color can make it a true escape. Consider sunny yellow, or perhaps the serenity of watery blues and soft greens.

Home Office- If it's used as a workspace, choose bright, clean colors that keep energy up. If it's used in the evening for curling up with a book or surfing the Web, go for calmer, deeper colors like taupe and dark sage.

When choosing colors for your home, consider your lifestyle, what you use the room for and what you want the space to say about you. But the basic question should always be: What colors make me feel good? Paint colors should be chosen on a room-by-room basis, emphasizing each space's function.

Mark Woodman is color marketing and design manager for Duron Paints & Wallcoverings, the third largest paint manufacturer with company-owned stores in the United States. Visit Duron on the Web at www.duron.com.

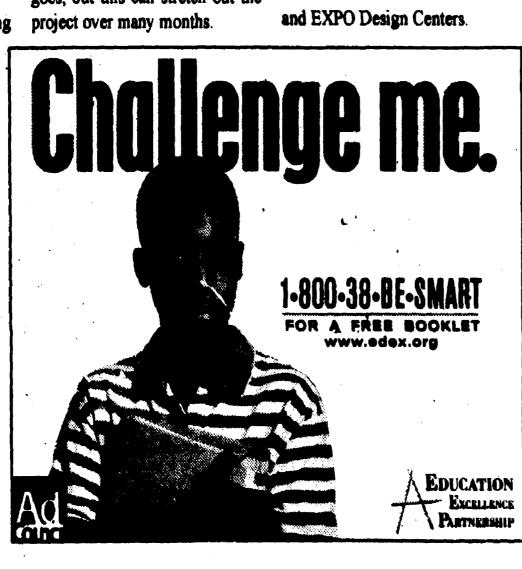


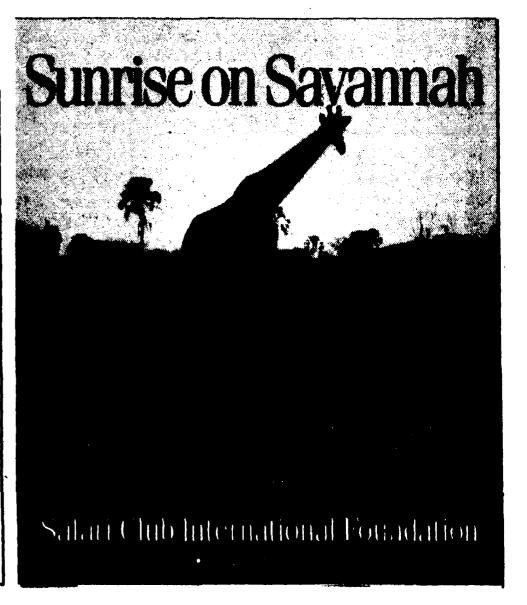
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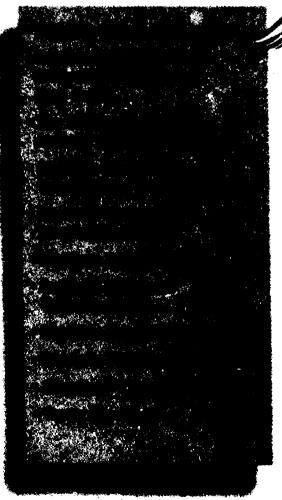


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