

The ATOM TABLOID & Citizen-Gazette

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SCHIP Dollars To Provide Health Insurance For Parents Through FamilyCare

STATE — The federal government has approved a funding measure that will allow New Jersey to use money it receives through the State Children's Health Insurance Program (SCHIP) to help pay the cost of expanding NJ FamilyCare to cover parents of some children already eligible for the program.

The decision, announced recently by the U.S. Department of Health and Human Services (HHS), comes through approval of a request by the New Jersey Department of Human Service (DHS) for a 1115 demonstration waiver SCHIP.

This is the first time federal government has ever granted such waivers under SCHIP. HHS also approved waivers for Wisconsin and Rhode Island.

NJ FamilyCare, New Jersey's version of SCHIP, began offering health insurance to certain low- and moderate-income adults in September. Without the waiver, however, it has been unable to use SCHIP money to help

fund this expansion.

In applying for the waiver, the state had argued that using SCHIP money to pay for health insurance for parents would support New Jersey's efforts to enroll children. Research has shown that parents are both more likely to enroll their children in health insurance programs and arrange for them to get routine preventative health care when they can also enroll.

The state expects to use the money freed up by the waiver to help pay for expanding NJ FamilyCare even further to cover a greater number of low-income adults without children. Gov. Christie Whitman proposed this expansion in her recent State of the State address.

"This is a great day for many adults without health insurance in New Jersey," said New Jersey Department of Human Services Commissioner Michele K. Guhl. "Although this may all sound a little technical to the man on the street, it means that we'll be able to insure more people

through NJ FamilyCare without affecting the program's primary goal of providing health insurance for children."

SCHIP was created by Congress in 1997 as a way to provide health insurance for uninsured children in families whose annual income is too high to qualify for Medicaid but not high enough for them to be able to afford private or employer-sponsored health insurance.

The federal government shares the cost of the program with the states through a block grant. In New Jersey, the federal government pays 65% of the cost and the state pays 35%.

New Jersey has enrolled almost 75,000 children in its program since it began in 1998 under the name NJ KidCare. In September, when the program expanded to include some low- and moderate-income adults, the name was changed to NJ FamilyCare.

Parents are eligible for NJ FamilyCare if their annual family income is no higher

than 200% of the federal poverty level (\$34,100 for a family of four). Adults without children are eligible with an annual family income no higher than 100% of the federal poverty level (\$8,350 for a single adult and \$11,250 for a couple).

To date, almost 60,000 adults have enrolled in NJ Family Care.

Gov. Whitman has proposed expanding the income eligibility for adults without children to 200% of the federal poverty level, or \$16,700 for a single adult or \$22,500 for a couple.

It is estimated that 60,000 new adults will be eligible for this part of the program, and that 30,000 will enroll. At full enrollment, the expansion is expected to cost the state \$46.4 million.

NJ FamilyCare is the most generous SCHIP program in the country for children who are eligible with a family income as high as 350% of the federal poverty level, or \$59,675 for a family of four.

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YOUR COUNTY NEWS

Child Care Provider Workshop Offered

MIDDLESEX COUNTY — Catholic Charities' Unified Child Care Program is offering a Nutrition Workshop, a training for child care professionals who work in child care centers, family child care homes, nursery schools and school age programs. This training will be offered on Monday, Feb. 26 at Edison Main Library, Clara Barton Branch from 7-9 p.m.

Cooking and Eating in a Healthy Way Workshop will discuss in general a proper way to plan and prepare meals for children of all ages. The training will be presented by Mrs. Harriet Worobey, Instructor of

Rutgers University. There is a \$10 fee for the training and registration is required.

The Unified Child Care Program has produced a calendar of all things available. If you would like to receive a calendar or would like to register for the training, contact Debbie Bermudez in Middlesex County at (732) 324-4357, ext. 111.

Catholic Charities' Unified Child Care Program provides children, families and child care professionals with child care information and resources in Middlesex and Somerset counties.

Berkeley College Awards Grants

MIDDLESEX COUNTY — Berkeley College recently honored nine Middlesex County high school seniors for academic accomplishment at the Annual Berkeley College Scholars Dinner. Students were presented with grants and financial aid packages to attend the College.

"Berkeley College is a center

for academic excellence in business education," said Berkeley College President Kevin L. Luing. "We are pleased to honor students who have demonstrated a strong commitment to educational excellence and look forward to welcoming them to the Berkeley College community."

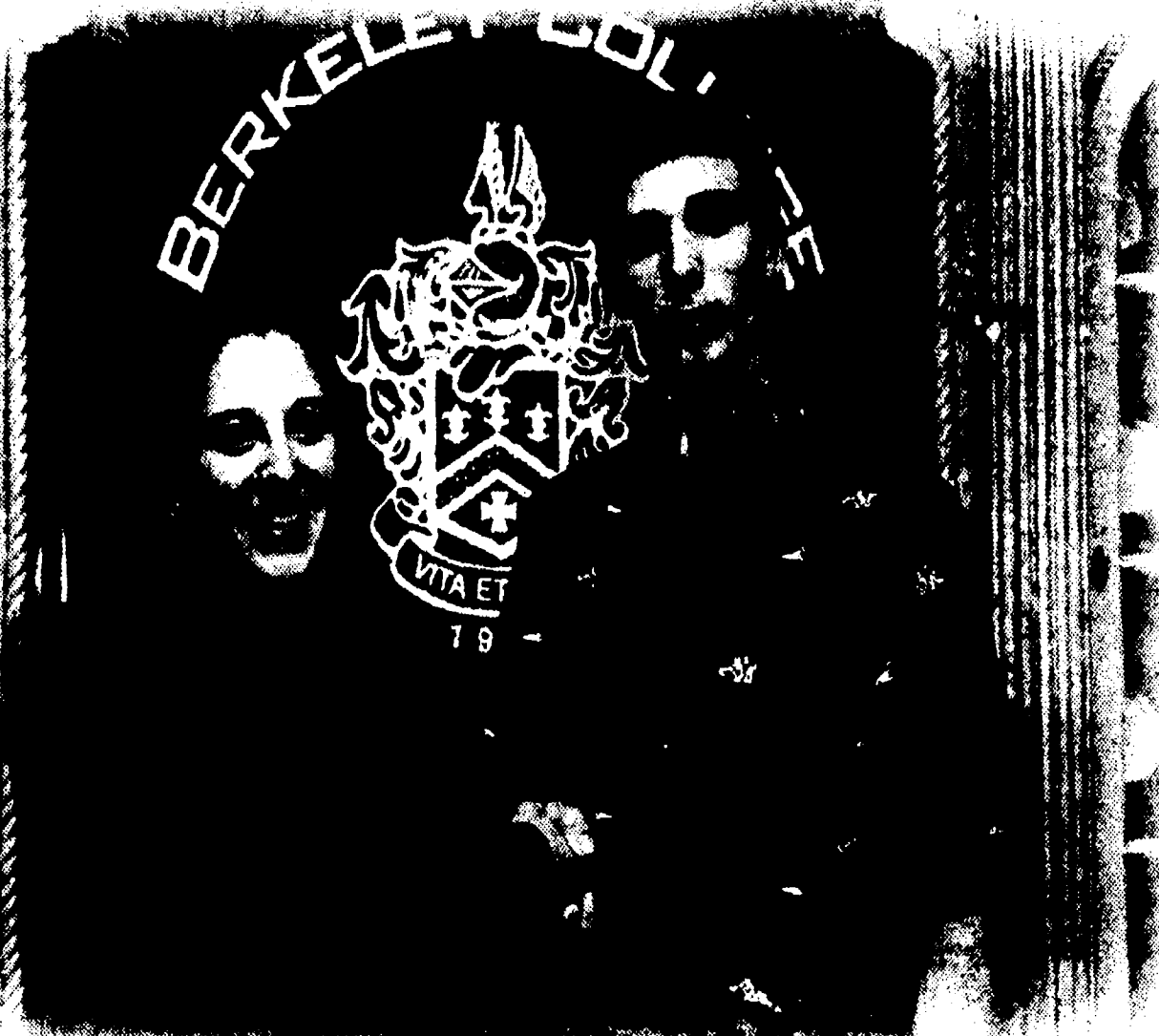
The following Middlesex County residents have been

Parlin, a senior at Sayreville War Memorial High School

* Yvelisse DeJesus of Perth Amboy, a senior at Perth Amboy High School

* Sandra Duarte of Piscataway, a senior at Piscataway High School

* Nichole Schult of Port Reading, a senior at Woodbridge High School



Woodbridge High School Senior John Moon of Fords recently received a scholarship to attend Berkeley College at a special ceremony. He is pictured with the Vice President for Enrollment Christine Richard.

awarded Achievement Grants:

* John Moon of Fords, a senior at Woodbridge High School

* Joseph Granat of Iselin, a senior at JFK High School

* Erick Fortus of Old Bridge, a senior at West Old Bridge High School

* Nicholas Pollando of

* Jessica Lee of Sayreville, a senior at Sayreville High School

* Christine Maclosky of South River, a senior at South River High School

Students honored at the Scholar's Dinner could receive up to \$3,000 in institutional aid to attend Berkeley College.

The ATOM TABLOID & Citizen-Gazette

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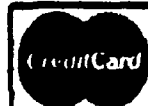
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\$19 Million Outlay For Expanded Breast Cancer Screening Proposed

STATE—Assembly Deputy Minority Leader Loretta Weinberg and Assembly Associate Minority Leader Arline M. Friscia have introduced legislation that would provide \$19 million to give women improved access a breast cancer screening services.

The measure (A-3183) would help New Jersey hospitals close the gap between the inadequate reimbursements they receive from Medicaid and conventional insurers and the cost of providing breast cancer screening services. Screening mammograms typically cost \$75 to \$150 to perform. However, Medicare reimbursement rates are about \$67 for a screening mammogram. Even with the reimbursement rate from Medicare set to increase to \$69 this year, the gap is steadily growing.

The bill would appropriate \$19 million to the state Department of Health and Senior Services. Of the \$19 million, \$16 million would be allocated to hospitals for breast cancer screening—in a manner to be determined by the Commissioner of Health and Senior Services—and \$3 million would be used for a public aware-

ness campaign by DHSS to encourage women to be screened for breast cancer.

The \$19 million appropriation provided by the bill would be funded from the Tobacco Settlement Reserve Account in the Tobacco Settlement Fund in the Department of the Treasury. The fund is comprised of monies received by New Jersey as part of the nationwide settlement

of the respective state actions against tobacco manufacturers under the formal agreement of November 23, 1998.

The American Cancer Society estimates that 6,400 new cases of

breast cancer are diagnosed in New Jersey women each year and that 1,400 women will die from the disease annually.

In analyzing the effectiveness of mammograms, the society

found that the mortality rate for women between the ages of 50 and 74 can be reduced by 30 percent and 17 percent for those between 40 years old and 50 years of age.

PUBLIC NOTICE

NOTICE OF OPEN PUBLIC MEETING ACT-SCHEDULE OF PORT AUTHORITY MEETINGS 2001

Pursuant of the Open Public Meetings Act, this is to advise you that the following is a schedule of meetings of the Perth Amboy Port Authority for 2001 and the first month of 2002.

The meetings are held in the Council Chambers, City Hall, 260 High Street, Perth Amboy, on the third Thursday of each month at 4:00 P.M. as follows:

2001 Meeting Dates:

February 15
March 15
April 19
May 17
June 21
July 19
August-No Meeting-Vacations
September 20
October 18
November 15
December 20

2002 Meeting Dates:

January 16
Michael R. Zylka, Chairman
Fee: \$26.88

It ... 2/9/01

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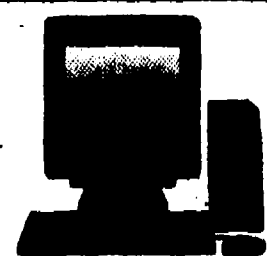
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YOUR AREA & STATE NEWS

'Grandparents' Bill Advances

STATE--The Assembly recently approved legislation Assemblyman Peter Barnes Jr. sponsored to assist the mounting number of grandparents who are raising their grandchildren.

The measure is based on recommendations the General Assembly Task Force on Grandparenting compiled in its January 2000 report to the Governor and the Legislature.

This bill (A-2423) would require the state Department of Human services (DHS) to initiate a project to compile and maintain state data on the number of grandparents raising grandchildren.

Under the bill, the Commissioner would be required to provide the respective legislative human services committees with a detailed report on the efforts initiated and the data derived from the project. The report would be due within 12 months after the enactment of the bill. The report also would include a detailed assessment of the impact resulting from implementation of the "Work First New Jersey" welfare reform program on the condition of grandparents raising their grandchildren and other forms of kinship care in the state.

Recent surveys estimate that over 5 million children live with their grandparents in the United States, with 1.8 million of this number being in New Jersey.

Currently, New Jersey foster parents receive approximately \$290 a month from the state for toddlers--even more as the children get older--plus child-care costs. Yet, grandparents are only eligible to receive \$160 a month from welfare while most grandparents receive nothing.

The measure, which was also sponsored by Assemblyman Samuel Thompson (R-Middlesex), was passed by a vote of 72 to 0 and now heads to the Senate for further consideration.

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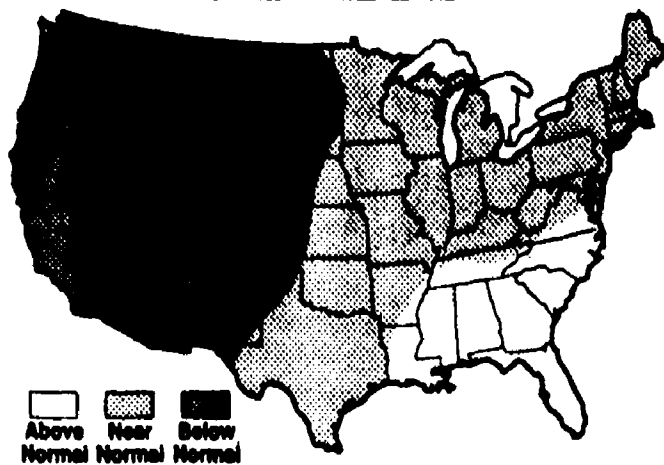
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LOCAL 7-DAY FORECAST

Thursday	Thu. night	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Partly sunny and mild.	Cloudy and breezy.	Frequent showers later.	Windy with a few showers.	Abundant sunshine.	Cold with some sun.	Cloudy with snow and rain.	Rain with lots of clouds.
46	39	54/40	51/30	43/17	37/31	46/35	50/30

THE WEEK AHEAD...

Temperatures

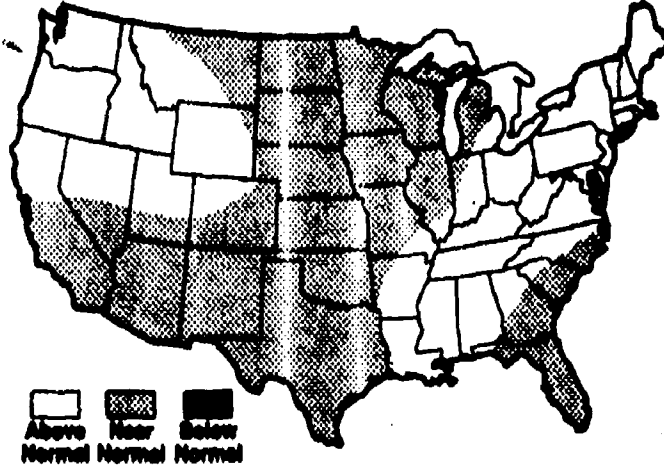


NATIONAL SUMMARY

A strong jet stream will guide a series of storms across the eastern half of the country. The storms are expected to spread above-normal precipitation from the Northeast to the Gulf Coast. Elsewhere, cool air will settle across the West. Temperatures may average 10 to 15 degrees below normal across the Rocky Mountains and Great Basin. Stormy weather will also cover the northern Rocky Mountains.

THE WEEK AHEAD...

Precipitation



U.S. TRAVELER'S CITIES

City	Thursday	Friday	Saturday	Sunday
Atlanta	63 48 pc	64 47 sh	56 39 c	57 29 pc
Boston	39 32 pc	47 34 sh	50 30 r	38 12 s
Chicago	36 32 c	34 18 c	31 18 c	35 21 c
Cleveland	42 35 sh	42 30 sh	37 24 c	37 18 c
Denver	28 14 pc	32 18 pc	37 20 pc	46 20 pc
Des Moines	32 20 pc	30 14 c	34 19 c	37 23 c
Detroit	39 30 c	36 26 sn	30 22 c	35 20 c
Houston	75 58 r	63 38 pc	62 45 c	63 47 c
Indianapolis	43 38 sh	41 27 sn	37 26 c	38 22 c
Kansas City	35 25 c	33 20 pc	36 21 c	42 26 c
Los Angeles	64 38 s	62 41 pc	65 45 c	60 30 c
Miami	80 71 pc	81 69 pc	80 67 pc	79 63 pc
Minn.- St. Paul	22 6 sn	20 6 pc	22 4 c	26 8 c
New Orleans	73 63 l	73 51 pc	62 49 c	64 45 pc
New York City	46 38 pc	50 44 sh	48 32 sh	42 18 pc
Omaha	33 17 pc	30 17 c	31 19 c	37 24 c
Phoenix	59 38 pc	60 40 pc	65 45 pc	66 39 pc
San Francisco	57 42 pc	58 45 pc	53 44 c	54 33 c
Seattle	45 37 c	45 36 r	45 36 sh	46 27 c
Washington	50 40 pc	58 44 sh	50 34 sh	47 22 pc

SUN & MOON

Sunrise	Sunset
Thu. 7:00 a.m.	5:24 p.m.
Fri. 6:58 a.m.	5:25 p.m.
Moonrise	Moonset
Thu. 6:02 p.m.	7:28 a.m.
Fri. 7:18 p.m.	8:08 a.m.
Moon Phases	
Full	Last
Feb 8	Feb 14
23	Mar 2
Weather (W):	
s-sunny, pc-partly cloudy,	
c-cloudy, sh-showers,	
t-thunderstorms, r-rain,	
sf-snow flurries, sn-snow, l-ice.	

WORLD TRAVELER'S CITIES

City	Thursday	Friday	Saturday	Sunday
Amsterdam	48 40 sh	42 41 c	44 40 pc	44 39 r
Berlin	55 48 c	47 41 c	46 38 r	43 40 r
Buenos Aires	82 68 pc	82 70 l	80 64 pc	85 70 pc
Cairo	67 46 s	69 46 s	70 48 s	68 46 s
Jerusalem	51 33 pc	56 39 s	59 39 s	58 38 s
Johannesburg	92 66 pc	88 67 pc	91 63 pc	90 64 s
London	49 37 r	39 38 r	47 44 pc	46 40 r
Madrid	48 41 c	52 40 pc	54 41 sh	63 42 c
Mexico City	73 43 s	74 46 s	69 44 c	67 43 c
Moscow	29 26 sn	40 30 c	36 28 sn	37 26 c
Paris	48 35 pc	40 39 sh	46 45 r	47 42 r
Rio de Janeiro	67 74 pc	86 72 pc	84 71 s	82 70 s
Rome	64 45 pc	60 44 pc	62 46 pc	66 51 pc
San Juan	81 73 pc	81 73 c	83 71 pc	83 71 pc
Seoul	29 13 s	30 19 pc	35 32 pc	38 15 c
Sydney	78 68 s	82 71 s	87 71 s	73 64 c
Tokyo	50 30 c	45 36 pc	48 37 pc	49 47 pc
Toronto	33 30 l	38 26 sh	30 11 sn	20 13 c
Winnipeg	3 -8 sn	17 -4 pc	9 -8 c	5 -2 c
Zurich	52 38 c	45 39 pc	45 40 c	46 41 sh



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Mid-Jersey Branch AAUW Meets

METUCHEN—The Mid-Jersey branch of AAUW (American Association of University Women) general membership meeting is having their meeting which will be co-hosted by Metuchen-Edison and Colonia Branches AAUW.

It will take place on

Wednesday, Feb. 21 at 8 p.m.

The program topic will be "A Child's Birthday Around the Globe—Customs and Traditions in Various Countries."

The guest panel: the International Women's Group of Rutgers.

The meeting will take place at

the Centenary United Methodist Church, 200 Hillside Avenue, off Grove Ave., Metuchen.

There is no cost and the public is invited. Reservations are not required but appreciated.

For more information, call (732) 494-9479 or 225-4027.

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BUSINESS REVIEW

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B'Lovely Beauty Salon

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Today, more than ever before, a person's image depends to a large degree on healthy, fashionable hair. A beautiful head of hair can make any person look and feel younger and more attractive. In this area, fashion-conscious men and women have found B'Lovely Beauty Salon, located in Carteret at 1383 Roosevelt Avenue, phone 969-1250, to be the most progressive hair design studio around. These professionals specialize in precision cuts that provide high-fashion styling with easy-care simplicity.

Cutting and styling alone are not enough to ensure beautiful hair. B'Lovely Beauty Salon's experienced stylists take time to evaluate each person's hair type to best determine the proper care and treatment. Permanents, tinting, coloring and facials are also featured at this complete hair and skin care salon. Also, come and visit their tanning salon—20 sessions for \$30.00.

There are few investments you can make for your total image that will provide more exciting, yet affordable results than a visit to B'Lovely Beauty Salon. Call them today at 969-1250 and make your next appointment at their full-service styling salon. *Clip this reader ad and get three free tanning sessions when you sign up for their 30-day, 60-day or unlimited tanning specials.*

Gustav J. Novak Funeral Home

Gary Earl Rumpf, Manager/Owner

We plan ahead for our family's future, our retirement, even our monthly bills. However, very few of us plan for funeral arrangements, even though this may be one of the most painful ordeals our loved ones will struggle through alone. Gustav J. Novak Funeral Home can help you plan a final tribute, whether needed in the immediate or distant future. They understand family difficulties during the time of mourning; therefore, they see to every detail, handling your family's needs with personal care and consideration.

Director and Manager Gary Earl Rumpf and Director Emeritus Gustav J. Novak will carry out services, memorials, burials, shippings, cremations and other arrangements with dignity and genuine concern. Located in Perth Amboy at 419 Barclay Street, their facilities can accommodate any size or type of service designed to your religious faith and specific wishes. By making pre-arrangements for your funeral needs, you will save money and spare surviving family members additional pain. Veteran, Social Security and insurance benefits are honored. Call Gustav J. Novak Funeral Home at 826-4525 to schedule a free and confidential consultation.

Planning for family services could be one of the most thoughtful gestures you could bestow to your loved ones. ~~Deferring funeral arrangements until the last minute is often a source of stress and financial strain.~~ The professionalism of Gustav J. Novak Funeral Home explains why they are so well respected by area residents.

Middlesex Pharmacy

Tom Krolk, Owner • 22 Years Of Experience In Perth Amboy

For all your pharmaceutical needs, be they prescriptions, over-the-counter drugs or medication information, see your registered pharmacist at Middlesex Pharmacy, located in Perth Amboy at 432 Hall Avenue, phone 442-0163.

Service is the most important factor in the success of a local pharmacy. They apply this principle of service by maintaining all of the departments necessary to satisfy the requirements of the most exacting consumer. Middlesex Pharmacy offers prompt prescription service, over-the-counter medications, diabetic and health-care supplies, health and beauty aids, and greeting cards. In fact, all greeting cards, including Valentine's Day cards, are just 99¢! The second feature of service is displayed by their competent personnel who are ready to serve you at all times. They can be depended upon for prompt and reliable prescription service.

Middlesex Pharmacy participates in most major prescription programs, and offers senior citizen discounts. Accurate computerized patient drug profiles are kept on file for your safety and convenience. If you're new in the area, don't hesitate to discover the excellent services offered by these professionals. Knowledge, prompt service and the best in pharmaceutical needs are the reasons people in this area have made Middlesex Pharmacy their full-service pharmacy. *Middlesex Pharmacy wishes you a happy Valentine's Day, and is fully stocked with 99¢ cards and a huge selection of candy for your sweetheart, loved ones, friends and co-workers.*

Ashoka Indian Restaurant Jassi Sweets Center

Jaswant Singh, Owner • Serving The Area For Over 15 Years

Ashoka Indian Restaurant was the first Indian restaurant in New Jersey, and they continue to delight the senses with the marvels and mysteries of Indian cuisine. A romantic décor and attentive service complement curries, Tandoori dishes which are prepared in a special clay oven, homemade breads and dozens of other mouthwatering dishes including Lamb Tikka, Chicken Reshmi Kebab, Tandoori Shrimp and vegetarian dishes including Vegetable Jai-Farezi and Channa Masala.

Stop in soon at Ashoka Indian Restaurant, open seven days a week, and located in Iselin at 14 Marconi Avenue, phone (732) 283-1155 or FAX (732) 283-4340. Enjoy an all-you-can-eat vegetarian and non-vegetarian lunch buffet with over 25 varieties, Monday through Friday from 11:30 a.m. to 3:00 p.m., for \$6.95, and Saturday and Sunday from 11:30 a.m. to 4:00 p.m. for \$7.95. They are open for dinner Monday through Thursday and Sunday from 5:00 p.m. to 10:00 p.m., and Friday and Saturday from 5:00 p.m. to 11:00 p.m.

Visit Jassi Sweets Center, located in Iselin at 12 Marconi Avenue, phone (732) 283-4065, featuring fresh, mouthwatering, homemade sweets—from Gulab Jamun, Rasgulla and Ladoo to Gajar Halwa, Cashew Burfee and many more including fresh sugar cane juice all year-round. Ashoka Indian Restaurant and Jassi Sweets Center offers catering for all occasions for 5 to 500 people. They believe the joy of eating lies in the art of fine cooking.

A G Home Inspection Albert Gonzalez, Owner

If you are considering purchasing a home or any type of structure, you want to be sure you are making an investment in a property that will provide you with years of structural stability and economical maintenance costs. Contact A G Home Inspection, located in Fords at 88 Hornsby Street, phone 738-6177, before you make the final decision on your purchase.

A G Home Inspection provides a fully qualified professional analysis of the property you are considering for purchase. These experts offer a confidential, written inspection report on the condition of the property at the time of the inspection which is valuable to the consumer, realtor, insurer and lending institution. They will provide a complete visual inspection of all accessible areas including electrical, heating and cooling, plumbing, roofing and all structural interior and exterior areas. They also offer home warranties and lead paint, termite, radon and water tests. They are certified by NAPI, and carry errors and omissions general liability insurance. Albert Gonzalez is fluent in both English and Spanish for your convenience.

Contact A G Home Inspection before you buy. They are able to provide you with the peace of mind you need to make the decision of a lifetime an easy and profitable venture.

Ageless Glass Group Ron Strauss, Owner

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Robert Sarbone, Owner • Over 13 Years Of Experience

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Besides offering a full line of quality pre-owned automobiles—specializing in Hondas and Toyotas (over 50 in stock)—this community-minded dealership bases its success of selling hundreds of vehicles on the simple facts of good business—keep the customer satisfied, offer the best prices and word of mouth. Whether you have ~~bad or no credit~~, Auto World offers creative financing to get you on the road in no time. Cash or credit—you can buy your used car with confidence because each automobile is thoroughly checked to assure their customers of many good driving miles. Six-month warranties are also offered on most vehicles. They also buy cars at over-the-book rates, paid in cash.

Auto World has a large family customers who return because they know that integrity, service and assurance of quality go into every sale. Auto World invites you to look over their selection of used automobiles, or visit them on the Web at www.autoworldnj.com. Let them help you get back on the road in style!

GRA Architects, Inc.

Roger Grutzmacher & Jim Ramentol, Principals

The architecture of a building can inspire a mood, describe the owner or purpose of the structure, or carry out a theme. Architects devote their energies to building design and space planning. Applying their skills to the planning and design of our building environment, GRA Architects is a local firm with increasing design influence in our surroundings.

GRA Architects concentrates their efforts in the design of commercial institutional, municipal and industrial facilities as well as residential design for new construction, restoration and remodeling. They will design the building and space in accordance with the client's needs, building codes and industry standards. Concerns such as creativity, local architectural tradition, economy, construction time and materials are addressed with every design project. In accordance with the Americans with Disabilities Act, they are available to assist owners of new or existing structures to comply with ADA directives.

Utilizing their extensive training, experience and the latest computer-aided design systems, GRA Architects strives to complete each project with skill, accuracy and expertise. They invite your inquiries at their office located in Woodbridge at 1460 U.S. Highway No. 9 North, phone 855-1500.

Frank H. Kovacs, CFP, EA

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With tax time right around the corner, many business owners and individuals turn their thoughts toward reviewing their finances. Well versed in all aspects of tax laws, tax forms and the filing of returns, Frank H. Kovacs is ready to serve you. His office is located in Woodbridge Township at 242 West Prospect Avenue, phone 634-7388.

Through the use of the latest in computerized technology and up-to-date accounting techniques, Frank H. Kovacs can handle large and small accounts quickly and efficiently. His totally confidential services can actually save you money in the long-run since he may be able to find valid deductions which would not normally occur to most individuals or business owners. Frank H. Kovacs is an Enrolled Agent, qualified to practice before the IRS on behalf of his clients. He also provides electronic filing and year-round payroll and bookkeeping services to small businesses, partnerships, corporations, trusts and LLCs. He also helps past non-filers get up-to-date. As a Certified Financial Planner, he provides tax, financial and investment planning.

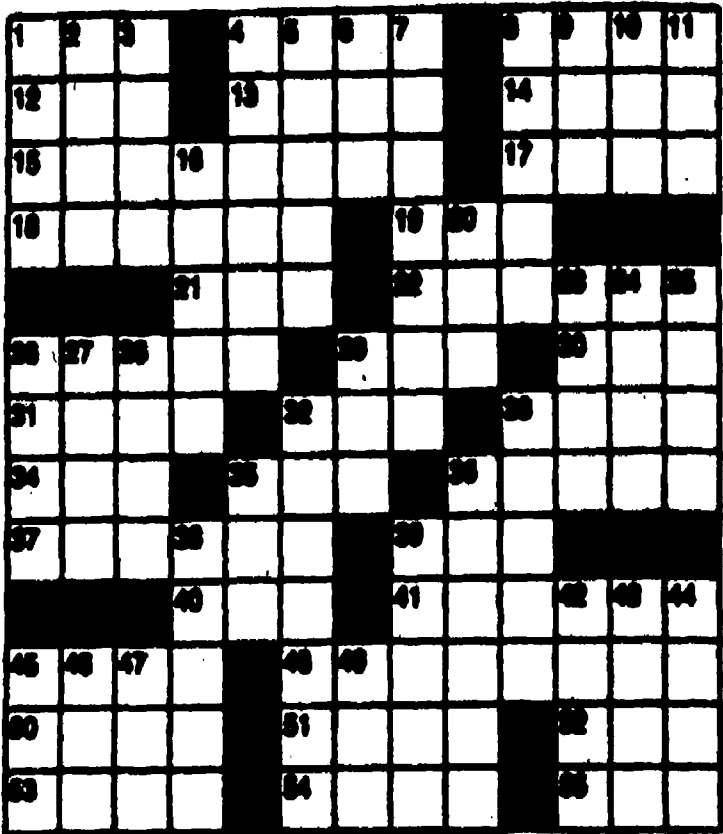
You owe it to yourself or your business to let Frank H. Kovacs put his years of experience and training to work for you.

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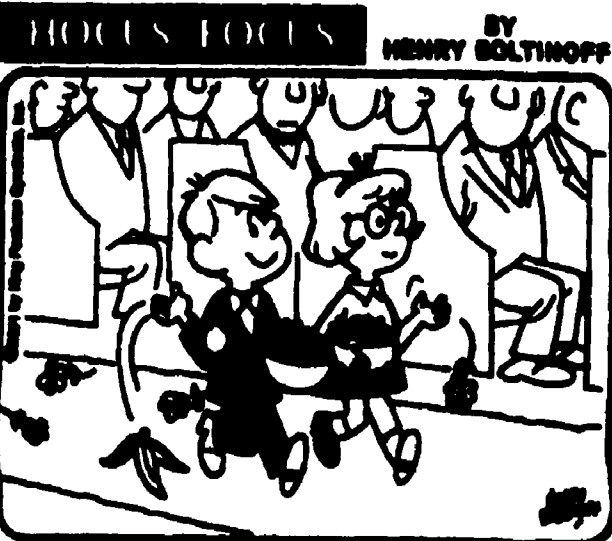
- 1 Weaver's creation
- 4 Vail gear
- 8 Hammer-head part
- 12 Mr. MacGraw
- 13 Throw
- 14 Scotch and water?
- 16 He's hopping mad
- 17 Continental coin
- 18 Last
- 19 Half a dance
- 21 Spy novelist Delight
- 22 Dorothy's home
- 26 Threesome
- 29 A Kennedy
- 30 Golf ball's position
- 31 Enclave
- 32 Blue
- 33 Style
- 34 Freudian concept
- 35 AC mass.
- 36 Drop
- 37 "Cabaret" composer
- 38 Mythical lion
- 40 Turrell
- 41 Sore
- 45 Mardi Gras music
- 46 Whole city
- 49 Lotion additive



- 51 Advantage
- 52 Ex-Care vocalist Benjamin
- 53 Endowed a spirit
- 54 Surpass
- 55 Archaic appellation

- 7 On the shelves
- 8 Spoils
- 9 Bull's partner
- 10 Height (Pres.)
- 11 Personal question
- 16 Detention camp
- 20 Swindled
- 23 Molasses-like
- 24 Staffer
- 26 Prognosticator
- 28 Arduous journey
- 27 Lullaby's capital
- 29 Part of the loop
- 29 Greek cross

- 32 Geller's tally
- 33 Starbucks flavor
- 36 Hotel room need
- 38 Immobilized
- 39 Stupefied
- 39 Garnish
- 42 Image (var.)
- 43 Claudius' successor
- 44 Backlash
- 46 Holyfield play
- 48 Every last crumb
- 47 "Seaside Street" Muppet
- 49 Circus center



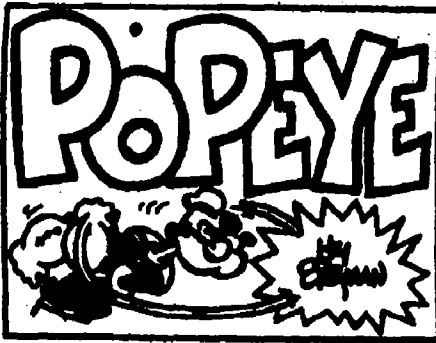
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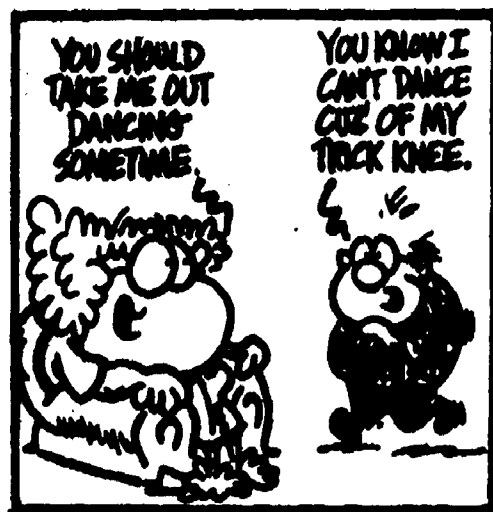
Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

- | | | | |
|-----------|------------|--------|--------|
| Beach | Cash grass | Ribbon | Witch |
| Bermuda | Fescue | Rye | Yard |
| Stungress | Gorse | Salt | Zoyals |
| Buffalo | Pampas | Sword | |

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- 1. Downward
- 2. Center
- 3. Downward
- 4. Forward
- 5. To the right
- 6. Backward

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YOUR ARTS & ENTERTAINMENT NEWS

POPCORN

"The Pledge"

Holds Little Promise



popcorns

By Michael S. Goldberger



One Popcorn, Poor • Two Popcorns, Fair • Three Popcorns, Good • Four Popcorns, Excellent

Feeling too good of late? Think you need to have your head dragged a bit? Then take in Sean Penn's "The Pledge." These are grim doings indeed.

And they're certain to muddy your evening. But if that's not your goal, stand clear.

It would be all well and good if a distinct purpose for all this bleakness could be ascertained. That is, if there were some discernible wisdom hidden within this bitter pill. But as written by Jerzy and Mary Olson Kromolowski and interpreted by Mr. Penn, the redeeming story value is much too slight to justify the broad swaths of discomfort it perpetrates.

No doubt, the director has had the inspiring opportunity to work with a bunch of fine filmmakers. Because he seems hell-bent on incorporating their greatness into his own momentous moments. The imitative influence is apparent. Thus this dire tale about a serial killer specializing in little girls and the tormented retired cop (Jack Nicholson) who has pledged to catch him is loaded with recognizable nihilism and despondently familiar notes about the big bad world. The harshness is piled high and inorganic, as if the director found a bottle of "Essence of Severe and Grave Movie" and splashed it about like a teen-aged boy trying his first application of after shave. And despair unaccompanied by philosophical genius and at least a slight glint of optimism is just sheer masochism to witness.

That noted, "The Pledge" does have its good points. Well, some at least. The camera work, while also a bit derivative, is for the most part stylish. The imagery is often strong. The hopeless sterility of winter in the Sierra Nevada makes for a daunting backdrop. And Mr. Penn exhibits a Felliniesque penchant for American fringe types and oddballs, all of whom might be the murderer. Or not. It's as if all of Norman Rockwell's small-town folk had suddenly gone bad. Although these trash culture weirdoes are imbued with an implied threat, they are occasionally diverting in a side show sort of way. If they

weren't, Ricki Lake and Sally Jessie Raphael wouldn't have TV shows.

But the film's most elaborate characterization is the one fashioned by Mr. Nicholson. Playing his age, the famed thespian is gunshoe Jerry Black.

You know the drill. Here he is, trying to close the book on a lifetime of illustrious accomplishment, and along comes the murder case of his career. Of course, Nicholson's troubled sleuth amounts to more than a detective tale cliché. There's

a personal note here. Wrestling with his past, Jerry's need for vindication is his most telling trait.

Granted, Detective Black may be an altruist. And remember, he did make that promise to the little girl's mom. But to what end will he go to get his man, or woman for that matter? Unfortunately, the length and breadth of his obsession begins to challenge the murder plot for control of the movie.

And the story grows an ungainly new branch. However, the heartfelt metaphor about a man's need to be useful and still deemed vital

is nonetheless competently etched by Mr. Nicholson. Too bad the performance isn't surrounded by a better conceived film.

Also putting in a good turn is Robin Wright Penn as Lori, a potential love interest who just happens to be the mother of a blonde little girl who fits the killer's preference list. An abused waitress, she is the prototypical heroine of every country western song ever written. Nevertheless, Ms. Wright Penn plays the rural heartbreak with refreshing confidence. Problem is, the relationship that ensues between Jerry and Lori implies much too outlandish a question about Jerry's crime-solving zeal. Draw your own conclusions.

"The Pledge" has plenty of tension. Goddes of it. But not the good kind. It doesn't seem to be the

filmmaker's desire to have us successfully guess whodunit? There are no clues per se, just repetitive trips up numerous blind alleys with little satisfaction or conclusion. Like a bratty child, the movie has a secret, and it isn't telling. And since we don't get to see things through the fiend's eyes, this can be no psychological thriller either.

Instead, a planned paranoia grips the atmosphere. It could be anyone.

Maybe even the person you came to the theater with.

In short, the tacit message

being sent is that we are doomed. That we are defenseless in the face of evil forces. Somehow, it seems much more eloquent, if still not palatable, when Dostoevsky, or even Ingmar Bergman, tells us that bad news. From Sean Penn it just feels depressing. And

that's reason enough not to vouch positive for "The Pledge."

"The Pledge," rated R, is a Warner Brothers release directed by Sean Penn and stars Jack Nicholson, Robin Wright Penn and Sam Shepard. Running time: 124 minutes

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YOUR VALENTINE NEWS

A Love Affair With Roses



(NAPSA)-Roses have symbolized love, friendship and beauty across cultures throughout time. It was not until the 1940s, however, that roses became so closely associated with Valentine's Day. Today, roses are the most requested flowers to send for this special holiday. More than one hundred million roses in

more than a thousand different varieties are sold each year on Valentine's Day. Whether one's taste leans to the subtle, the flamboyant or the delicate, there is a rose to please. Red roses, however, are symbols of love, dedication and beauty, and continue to be the most popular color choice for Valentine's Day.

According to the floral experts at 1-800-FLOWERS.COM, the following tips will help extend the life of your roses this Valentine's Day.

- To arrange the roses, fill a deep vase with luke-warm water and mix in the floral preservative provided by the florist.

- Remove any leaves that

may fall below the waterline when placed in the vase.

- Place roses loosely, yet evenly spaced in the vase.

- Keep the vase in a cool spot, away from direct sunlight, heating and cooling vents and appliances that give off heat.

- Adding fresh warm water to the vase every day will keep roses looking fresh. Completely change the water every three to four days.

Visit 1800flowers.com on the Web for beautiful Valentine's Day gifts and more rose facts and fun. Consult the flower experts at 1800flowers.com

With roses, a little extra care can go a long way.

When You Fall Head Over Heels

(NAPSA)-Celebrating Valentine's day in unusual ways can help you and that certain someone become irresistible targets for Cupid and his bow. If you've only got eyes for her, follow these tips to really sweep her off her feet:



might not ordinarily do together. For example, take her to a show, her favorite sporting event or a museum. She might appreciate the fact that you are

willing to make an effort to ensure her happiness.

- **Baby Your Baby.** She pampers you all year, why not pamper her? Book her a full day at the spa and then spend a romantic and relaxing evening at dinner and a show.

- **Forgot Valentine's this year?** If you suddenly realize that you haven't purchased a gift, log on to Proflowers.com. The e-business can deliver fresh cut bouquets in 24 hours. She may love your thoughtfulness and might never know how close you came to forgetting this important occasion.

These tips, used in the right way may help turn any average Joe into a Don Juan.

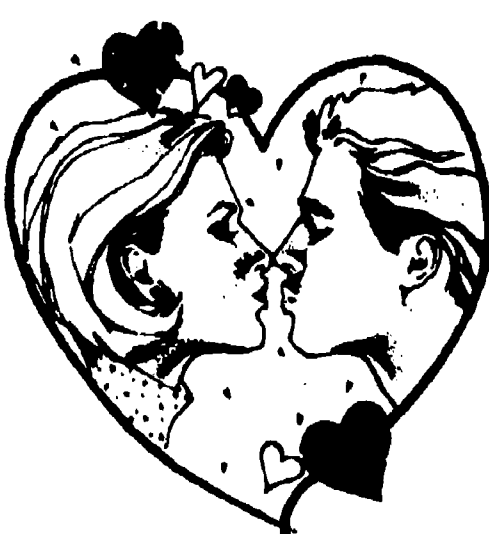
With a little imagination and a lot of love you can make this Valentine's Day unforgettable!

- **Surprise Her At Work.** Take her mind off her daily stress with a nice romantic lunch. Go the extra mile and really impress her by arranging ahead of time with her boss for her to have the rest of the afternoon off.

- **Plan A Romantic Evening For The Fifteenth** Give her a small gift on Valentine's Day, and surprise her with a big present on the fifteenth. It could start a trend, making the day after Valentine's Day your own special day.

- **Get Rid Of That Stubble.** If you haven't been getting as close of a shave as you (or she) might like, a new razor could be the solution. This can give you an unexpectedly close shave without any nicks or cuts so you can snuggle without the stubble.

- **Do The Things She Likes.** Plan a day of activities that she enjoys and that the two of you



A Berry-Sweet Surprise For Your Sweetheart

(NAPSA)-What better fruit to sum up love's sweet delights than the luscious, ripe, red strawberry?

There are many ways to serve this delectable fruit to the object of your affections, but few so sweetly satisfying as a Sweetheart Berry Pie. In this love potion of a dessert, a satisfyingly sugary strawberry mixture is decorated with delicious white chocolate hearts.

Sweetheart Berry Pie

You Will Need For the Pie:

- 2 cups fresh strawberries, plus 18 strawberries,
- 1/2 cup sugar



The herb caraway is believed to prevent departures. That's why it was used in many love potions.

- 3 tablespoons cornstarch
- 1/2 cup water
- 2 tablespoons fresh lemon juice
- and

1 prepared frozen 9-inch pie crust, thawed and baked in a tart pan according to package directions.

For the decorations:

- 3 ounces white chocolate morsels
- red food coloring
- orange peel

Making the pie:

1. Using a knife, carefully hull the strawberries, then slice them in half.
2. In a medium saucepan, combine sugar and cornstarch; mix well. Add 2 cups strawberries. Using a potato masher or a fork, mash strawberries coarsely.
3. Add water and lemon juice. Bring mixture to a simmer over medium heat, stir-

ring constantly, until thickened, about 8 minutes. Remove from heat; cool completely.

4. Remove cooled crust from tart pan and spoon berry mixture into crust. Arrange remaining strawberries in concentric circles over the filling.

Making the decorations:

1. In the top of a double boiler set over simmering, not boiling, water, melt chocolate. Pour onto a cookie sheet and smooth to a 1/8-inch thickness.
2. Using a toothpick, apply dots of red food coloring over white chocolate, then swirl through chocolate to achieve a marbled effect.
3. Let cool until chocolate is set, but not hard. Using a cookie cutter, press 3 heart shapes. Refrigerate until chocolate is hard. Remove hearts and place on top of pie. Garnish with orange peel.

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Women Wait Weeks For Mammograms

AREA — New Jersey women often have to wait several weeks to get mammograms because the centers that perform the tests for breast cancer cannot afford to perform them, state radiologists say. Doctors blame health care insurers' reimbursement rates, which they say are insufficient, and malpractice fears for the delay in testing.

In other states, mammography centers have scaled back, and last year New York University Medical Center shut one of its two mammography services for financial reasons. In New Jersey, "hospitals which at one point had been considering either expanding their

hours or expanding their services or opening breast centers are not doing so because it doesn't pay," said Lawrence Swayne, president of the New Jersey Radiological Society. Mammograms, which are recommended annually for women age 40 and over, are believed to decrease the risk of dying from breast cancer by as much as 40% by detecting tumors early. An estimated 6,400 New Jersey women will be diagnosed with breast cancer in 2000, according to the American Cancer Society.

Screening mammograms typically cost \$75 to \$150 to perform, while diagnostic mammograms, performed when a lump is found

or another problem suspected, may cost well over \$200, doctors say.

Recommended Medicare reimbursement rates are about \$67 for a screening mammogram. "People are kind of downsizing their mammo-practices, even though demand is high," said Edward Fobben, chairman of radiology at St. Barnabas Medical Center in Livingston, which performs 35,000 to 40,000 mammograms a year. "People are reluctant to add new machines and techs and doctors because it's not profitable," Fobben said.

No breast imaging centers have closed or scaled back in New

Jersey, said Swayne, a radiologist at Morristown Memorial Hospital. But the wait for a test is increasing from a few weeks to well over a month, he said. The American College of Radiology in May warned the federal government's Health Care Financing Administration that more hospitals may scale back mammography services unless reimbursement rates are increased.

Dr. Charles Cutler, the chief medical officer for the American Association of Health Plans, said health plans in New Jersey, New York and surrounding areas have not received many complaints from radiologists about patients'

access to mammograms.

He said the plans' rates attempt to satisfy both patients and doctors.

"Health plans are in the middle," Cutler said. "We have to balance charging premiums which people can afford with paying physicians something that allows them to have a high-quality practice." Mammography centers also have trouble providing timely mammograms because of a shortage of trained radiologists and technicians, many of whom have malpractice concerns, New Jersey doctors say. The breast exams miss 10-20% of cancers.

Oral Health: A Call To Action

(NAPS) — The nation's top doctor recently placed a new health problem on our national agenda. In "Oral Health in America," U.S. Surgeon General Dr. David Satcher reported on what he calls a "silent epidemic" of dental and oral disease and pointed to the serious consequences of poor oral health.

Tooth decay is the most common chronic childhood disease in America, affecting 50% of first graders and 80% of 17-year-olds. Over 96% of U.S. adults and vir-

tually all Americans 65 years of age and older have experienced tooth decay. Steps must be taken to reduce the burden of dental cavities, especially among minorities and the underserved.

But ensuring that all Americans have healthy mouths is about more than just pretty teeth. If dental disease isn't treated early, a child's health, well-being and achievement may be at risk. Children with serious oral health problems can have difficulty eating and sleeping, paying attention

to parents, or concentrating in school. Over 1.5 million days of school are lost each year due to dental problems. When these kids become adults, oral health problems can keep them out of work. Almost 2.5 million days of work are lost each year due to dental problems. What is more, researchers are currently exploring whether or not there is a link between adult oral infections—primarily gum diseases—and diabetes, heart disease, stroke, and pre-term, low weight births.

"Safe and effective disease prevention measures exist that everyone can adopt to improve oral health and prevent disease," explained Health and Human Services Secretary Donna Shalala. Unfortunately, these tools aren't always used.

Approximately one hundred million Americans live in communities that do not have an optimally fluoridated water supply, though water fluoridation was proven years ago to reduce rates of tooth decay. Per person, community water fluoridation is far less expensive than the cost of a single filling.

And getting dental care can be a real challenge. Many families cannot afford dental insurance to cover the costs of preventive dental care such as fluoride treatments or sealants, and even those who have health insurance often lack dental insurance. Only 60% of baby boomers receive dental insurance through their employers, and most older workers lose

their dental insurance at retirement. More than 108 million Americans do not have dental insurance. For every adult without medical insurance, 3 are without dental insurance; for every child without medical insurance, there are 2.6 without dental insurance.

Far from the type of problem that can be solved with a few more toothbrushes and a lesson or two about flossing, "Oral Health in America" charts a broad course of action. The report points to the need to learn more about the importance of oral health and the relationship of the mouth to the rest of the body, and calls on individuals, communities and the health professions to work together to create effective policies and programs that will make dental health care an integral part of overall health.

You can find the report and other information in English and Spanish online at www.nidcr.nih.gov/sgr/oralhealth.htm.

Free CPR Training Being Offered

AREA — According to the American Heart Association, close to 80% of cardiac emergencies occur in the home. Cardiopulmonary resuscitation (CPR) is a basic lifesaving skill that in an emergency could help save the life of a family member, friend, coworker or bystander. Featuring the slogan "Heroes Aren't Born. They're Trained. Learn CPR!," the American Heart Association will hold the first-ever National CPR Day on Saturday, April 28. CPR Day in New Jersey will be hosted by The College of New Jersey in Ewing Township and is absolutely free to the public.

National CPR Day is a community-based mass CPR training event to increase awareness about the importance of CPR training and to support the American Heart Association's national effort to strengthen the "chain of survival" — a critical four-step process that can mean the difference between life and death for someone experiencing sudden cardiac arrest, heart attack, stroke or other medical emergencies.

Early CPR is the second "link" in the chain of survival. The association believes that a strong chain of survival nationwide, featuring more people trained in CPR and the widespread availability of automated external defibrillators (AEDs), could result in 50,000 or more lives saved each year from sudden cardiac arrest.

National CPR Day will take place the final Saturday of April each year. In New Jersey, it will be held at The College of New

Jersey in Ewing Township on April 28. Free CPR training will be offered to the public from 8-11 a.m. and from 2-4 p.m. Supporting National CPR Day in New Jersey is gold sponsor Bristol-Myers Squibb and official media sponsor News 12 New Jersey.

Reservations are required for National CPR Day and space will be limited to about 1,500 people for the two sessions combined. Call 732-821-2610 to reserve your space.

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YOUR FINANCIAL NEWS

2001 Tax Filing Season Begins: IRS Expands E-Filing

AREA — From a new paperless e-filing option to expanded customer service features, taxpayers will find more and easier ways to get help from the Internal Revenue Service during this year's tax filing season. The IRS has made a number of improvements aimed at making this tax season smoother for people filing an estimated 130 million individual returns this year.

"The IRS has streamlined several important areas to

reduce paperwork and cut red tape," IRS spokesperson Gregg Semanick said. "We are determined to improve service and take as much of the headache

out of tax time as possible."

This year the IRS will help taxpayers by three major improvements: expanding e-filing, adding a new checkbox disclosure authorization and improved telephone service.

For the first time, millions of taxpayers can file taxes electronically without submitting any paperwork. This new version of paperless filing will be

available to taxpayers that self-select a Personal Identification

Number. The self-select PIN, along with the adjusted gross income and tax amounts from last year's tax return, will serve as an electronic signature

for an e-filed tax return. With this option, a paper form for a signature will no longer be needed. In addition, New Jersey taxpayers can e-file their federal and state tax returns in one transmission to the IRS. The IRS will forward the data to the state of New Jersey.

Nationwide, more than 35 million returns were filed electronically last year, and the IRS expects the number to top 42 million this year. In New Jersey, 695,000 individual tax returns were filed electronically last year and the IRS projects over 850,000 this year.

Taxpayers who e-file get their refunds in less than half the time of paper returns. When choosing direct deposit with e-file, taxpayers get refunds in an average of 14 days. "The way to receive a fast refund is to file early, use e-file and choose direct deposit," Semanick said. "More and more Americans are discov-

ering that e-filing is fast, easy and accurate."

In addition, easy payment options for those with a balance due can schedule a direct debit payment for withdrawal from their bank account, or pay with a credit card.

With the help of new features such as the self-select PIN, e-filing will be easier than ever this year. The IRS has added 23 new forms this year that can be filed electronically, meaning almost all taxpayers can now use e-file. For additional information on e-filing, access the IRS web site at www.irs.gov under the section "Electronic Services."

A new feature on the tax forms will be a checkbox allowing easier communication between a person's tax preparer and the IRS. Taxpayers may check this box to authorize the IRS to discuss processing problems over the phone directly with a person's paid preparer.

With more than half of tax returns coming from paid preparers, this change eliminates a barrier that slowed communication between taxpayers, practitioners and the IRS. Because the IRS can talk directly to practitioners, the checkbox will reduce the number of IRS letters to taxpayers.

The IRS is putting in place an improved call routing system that will lead to more efficiency and help more taxpayers get better telephone service. This is one of the highest priorities during the IRS reorganization and modernization effort.

Taxpayers can also access the IRS web site at www.irs.gov, which has added more features and helpful information as well as seek free tax help by calling 1-800-829-1040. Throughout the filing season this toll free number can be accessed 24 hours a day, seven days a week.

income tax e-file

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"The Legal Corner"

This Week's Topic: Workers' Compensation

Q: What are the different types of Claims I can bring under the New Jersey Workers' Compensation Statute?

A: The different type of workers' compensation claims include:
1.) traumatic injury claims
2.) occupational injury claims
3.) dependency claims

A *traumatic* injury is an injury that results from a specific event, such as a fall or specific episode of lifting.

An *occupational* injury is one that usually takes place over a prolonged period of time, often over years of exposure to harmful substances or injurious work conditions.

The Statute also provides for a *dependency* case which allows the dependents of a deceased worker to file a claim for dependency benefits.

You should check with a workers' compensation attorney regarding the Statute of Limitations and Notice Provisions for your particular claim.

For more information, please call Stephen A. Spitzer, Esq., at **732-855-6889**

Wilentz, Goldman & Spitzer, P.A.

90 Woodbridge Center Drive, Woodbridge, NJ 07095

Social Security Benefits Planner

AREA—Social Security benefits can provide much needed financial support for you and your family when you retire, if you become disabled and when you die. The Social Security Benefits Planner found at www.ssa.gov is designed to help you better understand your Social Security protection as you plan for your financial future.

The Planner is divided into four sections:

● Retirement—We all want to plan for a comfortable retirement. This section of the

Planner will help you learn how you qualify for Social Security retirement benefits, which members of your family may get benefits with you, and how and when you should apply. You can also link to outside websites that discuss other sources of retirement income and post-retirement concerns such as housing, medical care and leisure activities.

● Disability—What if you are disabled before you reach retirement age? This section explains how you and your family may qualify for benefits if

you become severely disabled before you qualify for retirement benefits. Even very young workers may already have earned disability protection.

● Survivors—What help is available for survivors? This section helps you learn about survivors benefits from two sides: first, how your family members are protected when you die and second, how you yourself may qualify as a survivor on someone else's Social Security record. This protection is particularly important for young families with children.

● Calculators—Calculate your own benefits. Each year, we will send you your personal Social Security Statement, which gives you an estimate of the monthly benefit amounts you and your family may qualify for now and in the future. However, you may want to use different assumptions about your future earnings or when you will stop working. The calculators in this section allow you to explore different options and see how they may affect your benefit amounts.

So, check out the Social Security Benefit Planner at www.ssa.gov and learn more about your Social Security benefits!

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MONDAY Jan. 29				
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067	\$266.00	\$44.00	\$26.50	
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Sniglets

LINT FOR THE BRAIN BY HENRY DAMEN

Sensible Prom Reform

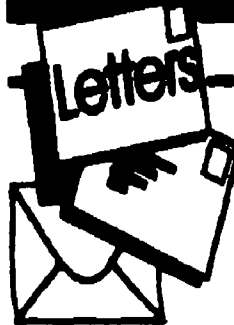
So you thought background checks were for guns. Well, in the upper class suburb of Boca Raton, Florida, they do background checks on high school prom dates.

That's right. In order to ensure a "safer prom," reports Tampa Bay Online, administrators at Spanish River High School screened dates who don't attend school there, and banned "those they felt posed a threat." Seniors with non-student dates were required-in advance-to fill out a form giving their date's name, grade, date of birth, drivers license number, employer, employer's address and phone, and last school attended.

Several dates were rejected because "school officials believed they could cause problems." The principal, Geoff McKee, admitted that it takes a lot of time to do police checks, but "the hassle" is worthwhile. After all, he says, "there's nothing more valuable than a safe prom."

Now all they have to do is close the dating loophole. Just think, these high school kids are out there all year long, going to movies and out to diner on their own, without even an FBI instant check! Something for those 35,000 women to protest at their next Million Mom March.

READERS COMMENTARY



Extension Of Thanks

Dear Editor,
We wish to express our sincere appreciation for the many gifts donated to the 22nd Annual Weichert, Realtors Toy Drive to benefit needy children.

The kindhearted generosity of the public this year helped us brighten the holiday season for many underprivileged children and made this year's toy drive the most successful ever! More than 30,000 toys were collected at our 200 offices and distributed to local charities in

Connecticut, Delaware, Maryland, New Jersey, New York, Pennsylvania, Virginia and Washington, D.C. In addition, many of our offices collected food, clothing, toiletries, furniture, holiday trees and decorations which was all donated to appropriate charities.

We extend our warmest thanks to the people of the greater metropolitan area, and you community, for their continued support.

James M. Weichert
President

Dollars To Donuts

Dear Editor,

My strategy to export liberalism—thereby shackling our competitors with the same stupidity we must deal with—is working.

Now some Canadians have adopted a familiar liberal tactic: when it looks as if you have committed a crime, sue the cops. Last summer, Ms. Charlene Walsh worked the drive-through window at the Tim Horton's donut shop in Toronto. According to her employers, Ms. Walsh "diverted" a bit of the store's cash into her tip cup. Canada's National Post reports that Walsh was turned over to police, fired and charged without even bothering to hear

any evidence from her.

Seeing an opening, Ms. Walsh is now seeking \$23 million in damages—from the Toronto Police Service, two officers, and Tim Horton's. According to her lawsuit, the cops were obviously in cahoots with the store. As Ernest Guiste, Ms. Walsh's attorney, explains: they "are in a conflict of interest because (they) are probably getting free donuts." See? Get it? The cops are guilty of a pro-donut bias. Therefore, under the rules of liberalism, she wins. They're learning.

Henry A. Damen
Edison

Got something to say? Why not write a letter to our "Readers Commentary" column? Tell us how you feel about current situations both locally and nationally.

send to: AJ/CG, "Readers Commentary", PO Box 1061, Rahway, NJ 07065

Report From Trenton

The electricity crisis in California has been dominating our headlines lately and has raised concerns for New Jersey residents as to whether such a crisis can or will happen here. As of this moment, a California type crisis is probably not in the cards. But the future is uncertain and New Jersey must stay vigilant to prevent such a crisis from happening here.

There are great differences between the situations in California and New Jersey. First, California's economic dot-com boom has increased the demand for electricity beyond anyone's expectation. The demand for the energy is simply not being met by the existing suppliers. This is highlighted by the fact that not one new power plant has been built in California in the past 10 years. And under the existing environmental and regulatory climate, there is little incentive to build new power plants.

In addition, energy deregulation in California has required suppliers—the people with the supply lines into people's homes—to buy power at the prevailing wholesale price. That same deregulation law places a

limit on what those suppliers can charge customers. For example, imagine a grocer who had to buy potatoes at \$1 a pound, but could only sell them at \$.95 a pound. It may be only a few pennies, but over the long haul that grocer will be out of business. The same example applies to the California energy market.

And this latter point is crucial in understanding the differences between New Jersey and California. Energy is bought and sold in a different manner in California, causing higher rate fluctuations and greater losses for suppliers. It is a recipe for disaster.

Although there are differences between the energy situations in California and New Jersey, it does not mean that deregulation has lived up to all that it has promised. Residential customers were supposed to be able to save money on their electric bills by shopping for cheaper power. The problem is that truly cheaper power may not exist. For example, two alternative energy suppliers have left New Jersey because they have been paying more for energy than they are allowed to charge their customers. And while New Jersey has not had rolling blackouts like California—we have come close.

Only two years ago a heat wave caused massive power

outages in Central New Jersey. Those outages weren't due to a lack of available energy. We had loads of it. The problem was that the system did not have the ability to transmit the power that was demanded on very hot days. The result? Blackouts, lost business, and angry customers. In New Jersey we need to work to avoid such a crisis from happening again by requiring a greater investment in the transmission infrastructure. Having available power is nice. But it doesn't do anyone any good if you can't get it to your customers.

This is a problem I take seriously. Along with Assemblyman Doria, I have introduced legislation that will create a task force designed to monitor the progress of energy deregulation in New Jersey. This task force, an eight member panel, would study the process of deregulation and allow necessary changes to the plan and prevent an energy crisis in New Jersey like the one California has experienced.

The debacle in California has given us a unique opportunity to confront trouble before it happens. We need to take advantage of this opportunity today to prevent a crisis tomorrow.

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Single Caucasian female, brunette, 5'4", brown eyes, high cheek bones, curvaceous body, feminine, European born, multi faceted. Seeks a Caucasian male, 50 to 65, who is kind hearted and financially secure, fun loving, and available. BOX 29248

SUNSHINE IS CARMING

Single female, 39, 5'7", 170 lbs, dark brown hair, hazel eyes, likes long country rides, sunsets. Looking for a single male, for casual dating. BOX 34070

SO MUCH TO OFFER

Single widow, in my 70's, loves to traveling, walking, and dining out. To share the New Year, with a gentleman. BOX 37034

TIME ON MY HANDS

Single female, in my 40's, 5'6", attractive, looking for a single male, 35 to 50, for friendship. BOX 11193

ARE YOU OUT THERE

Single white female, 40, 5'11", shoulder length highlighted brown hair. Likes dining out, movies, the arts, long drives, and long walks on the beach as the sun is setting. Looking for friendship with a single white male, 35 to 45, at least 5'11". BOX 34048

I ONLY NEED YOU

Divorced white female, 58, 5', with brown hair and eyes very outgoing, fun loving, likes all kinds of fun things. Hope you are honest, sincere and looking for a long term relationship. BOX 11102

ONLY YOU!

40 yr old, 5'4", slim, good looking, single mother who enjoys movies, reading, biking, hiking and much more, is seeking a Irish single male, 36 to 46, fit, non smoker, family oriented, to share good times and maybe more. BOX 15739

ADVENTUROUS AND...

Thoughtful. Looking for an intelligent and loving man, 53 to 67, who cares about family, community and country. As a hiker, skier, world traveler and music lover, I would be happy if you share those interests too. I am 5'4", attractive and can still wear suites from college, a homeowner from Summit area. BOX 37555

LOVE TO HEAR FROM U

Single, tall, attractive, black female, 47, 5'8", 153 lbs, dark brown complexion, with no children. Seeking a tall, physically fit, single, divorced black or Hispanic male, 50 to 60, for friendship, and possible long term relationship, with a good sense of humor. BOX 11091

STEAL YOUR HEART

Oriental dance partner, for upscale senior, good looking, loves to dance, and many other things. BOX 37234

WEST SEEMS EAST

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

LOOKING FOR MR RIGHT

Attractive, single white female, sensual, warm, personable, caring college graduate, with varied interests, would like to meet someone who knows how to treat a lady. Must be financially secure and looking for possible long term relationship. Middlesex County. BOX 26713

ATT: FRED

You called my mailbox #29248, Alas! it was the wrong number. Please call me with the right number. BOX 29247

RECIPE FOR ROMANCE

Two hearts together. Pretty, dynamic, vivacious, blonde, in her 50's, looking to meet her best friend to share life. Enjoys dining, theater, dancing, the arts, traveling, all forms of music, Wall Street Literate. If your life is one big incredible adventure, but you are missing a partner, I could be the answer. Bergen County BOX 29249

MODERNITY IS THE KEY

Divorced white, single mom, non-smoker, pretty dark eyes, loyal, intelligent. Enjoys writing poetry, movies, dancing, is vivacious, versatile. Seeking single male, 42 to 60, non-smoker, non-drinker, educated, children okay. Seeking someone with similar qualities. No head games. Hudson County. BOX 29251

SPOON ME WITH YOUR

Affection... Passionate, creative, intelligent, loving, professional single white female, 44, 5'8", attractive, fit, blonde/green, financially secure. Loves the outdoors, quiet dining, art, movies. Seeks white male, 39 to 50, warm, caring, playful, affectionate, financially secure, humorous, for special times, long term relationship. Hudson County. BOX 29254

2000 TIME AROUND

Lets walk, talk, and laugh together. Petite black female, 33, 5'2", enjoys reading, gardening, poetry, and is very romantic. Looking for emotionally mature partner, with sense of humor and who is loveable, 45 to 60. Union County BOX 30771



LADY OF MY DREAM

Single white male, 39, 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

FIN WHATTEN!

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 MEET

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 lunch. BOX 13757

INTERESTED?

Single white male, 34, 5'11", 195 lbs, enjoys dining out, movies and more. Seeking a single black or Hispanic female, with similar interests, for possible relationship. BOX 13769

BLOOMING AND BEAUTIFUL

Single attractive comedian, 27 yrs old, brown hair and blue eyes, looking for an attractive, blonde white female, 18 to 22, for fun and laughter. BOX 13815

TYRILL SUMMER

Single male, drug-free, sense of humor, enjoys taking walks, the beach, movies and trying new things. Looking for a female, 25 to 40, with similar interests. BOX 13822

IS U READY?

Single white male, 43, 5'8", 190 lbs, brown hair, green/brown eyes, enjoys sports, movies, talks, the outdoors, quiet times and more. Seeking a single female, with similar interests, for friendship and a possible relationship. BOX 13830

HONEST, GOOD LOOKING

Single, white professional Jewish male, 28, 5'10", athletic, fit, brown hair, hazel eyes, good looking and friendly. Enjoys movies, shopping, book stores, dinner, conversations, quiet evenings. In search of single white female, 21 to 34, with similar interests. Friendship first, with possible relationship. BOX 26522

RECLUSIVE BY CHOICE

Single white male, 38, 5'10", 170 lbs, handsome, loyal, low keyed, loner 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

A SPECIAL GUY

Divorced white father of two adult children, 49, 5'10", 190 lbs, considered attractive, emotionally/financially stable and a non-smoker. Interests include: theatre, movies, and other activities. Seeking a white female, 45 to 51, honest, caring, and attractive for possible long term relationship. Middlesex County. BOX 26704

SHIMMER 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 29231

A REAL LADY

Single white male, attractive, dimples, sense of humor, resides in New Jersey, as well as central park New York and Manhattan. Business owner and comfortable. Looking for lady, 30 to 40, with a sense of humor and who enjoys life. Hudson County. BOX 29238

MARRIAGE NEEDED

Single white professional male, 29, 6', hazel eyes, brown hair, well built. Loves dining out, movies, plays, traveling, boating. Seeks single white female, 23 to 30, for a long lasting relationship. Hudson County. BOX 29244

LOVING BY CHOICE

Single white man, 38, 5'10", 170 lbs, handsome, loyal, low keyed, home body, smoker, non-drinker, no drugs, contractor. Likes camping, concerts. Seeks child free, independent woman, maybe move out west, maybe not. Warren County. BOX 30767

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PULL OF ENERGY

Early 50's, attractive female with blond hair and blue eyes. Looking for a single male, 50 to 55, who knows how to treat a lady and likes having good times. My hobbies are outdoors sports, dancing and just keeping active. BOX 37147

RECIPE FOR ROMANCE

To hearts together. Pretty, dynamic, vivacious, blonde, in her 30's, looking to meet my best friend to share life. Enjoys dining, theater, dancing, the arts, travelling, all forms of music, Wall Street Literate. If your life is one big incredible adventure, but you are missing a partner, I could be the answer. Bergen County BOX 22192

UPSCALE SENIOR

I need a new oriental, or Asian dance partner. I'm a blonde up scale senior, good looking, with an attractive figure. BOX 10873

BE MY VALENTINE

Single white female, 26, petite, with dark eyes and dark hair. In search of a single white male, 26 to 33. I enjoy going out for long walks, movies, dining out, hiking, going to the beach and traveling. BOX 16143

EXPLORER

Single white female, 36, 5'1", never married, no children, professional, blonde hair, green eyes, attractive, fairly fit. Enjoys dining in/out, museums, all types of music, and movies. Looking for a single white male, 30 to 50, who enjoys good conversation, evenings out, weekend trips, and day trips. BOX 37301

KNOW WHAT I WANT

65 yr old, retired single female, 5'2", with brown hair and eyes. Looking for a nice gentleman, 55 to 80, who loves to talk, go to the movies, etc... BOX 39171

DOWN TO EARTH FEMALE

Upscale, glamorous, attractive, intelligent, senior female, 5'4", self employed, seeking a ballroom dance partner. Bergen County. BOX 42650

45 YEARS OF LIVING

Divorced, successful, professional, white female looking to share... Enjoys talking, walking, jazz, theater, arts, city country water... I like new adventure, touching souls and honest folks. If you are looking for a relationship to complement your life, lets talk. Hudson County. BOX 29242

GIVE ME A CALL!

40 yr old female, mother of one, Irish/American, 5'7", 130 lbs, attractive, looking for a male with a good sense of humor for dating. BOX 37624

EX ASIAN MODEL

32 yr old, 5'5", ex model, very slender, affectionate, caring, good sense of humor. Looking forward to meeting a down to earth, financially secure, college educated and family oriented male, who's also loving and caring. Enjoys swimming, tennis music, movies, traveling, cooking and dining out. BOX 29232

NEW BEGINNING

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

TALL AND ATTRACTIVE

36 yr old, green eyed, tall, voluptuous brunette female. I 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

KNOW WHAT I WANT

Single attractive professional black female, 28, 5'6". Enjoys traveling, hanging out with friends, laughing, movies, working out. Seeking a honest, caring, single professional male, 30 to 42. For a monogamous relationship. Race is not an issue. BOX 10827

ANGEL FROM UP ABOVE

Single white professional female, mid 40's, warm, sincere, and honest, non-smoker, social drinker, emotionally/financially secured. Looking for a male, with similar interests, and qualities for a monogamous relationship. BOX 13785

INTERESTING

Single white widow, 59, attractive, slim. Would like to meet an interesting man, widower for a possible relationship. BOX 10818

LIMITED TIME ONLY!

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

NEEDS TRAVEL PARTNER

60 yr old female, attractive, 5'5", enjoys the outdoors, fishing, walking, golf, gardening, reading, cooking, sports, and more. Seeking a male for some good times. BOX 37581

LOVE CAN'T WAIT

Looking for older Oriental man is this mid 50's, widowed, Italian lady, blonde hair, artist, attractive, intelligent, 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

ON THE MUNT

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 36 and 64, who likes dancing, New York and Atlantic City and live in the Union County area, give me a call. BOX 13253

DESTINY 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

LET'S HAVE FUN

Single white female, 28, 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

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51 yr old, single white female, attractive, honest and sincere. Looking for a single gentleman to share good and bad times together, for friendship first. Let's grow old together as a couple and enjoys what life has to offer. BOX 39582

WE SHOULD MEET!

Divorced white female, 65 yr old, 5'2", 106 lbs, enjoys movies, reading, dancing, the outdoors, all music, animal, and much more. Seeking a single male, for great conversation to a night out on the town. BOX 10733

LET'S GET TOGETHER!

Single white female, 5'3", fit, attractive, dark brown hair and light brown eyes, enjoys animals, movies, reading, the outdoors, music and much more. Is seeking a single white male, 30 to 40, for dating and possible relationship. BOX 10771

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



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MONMOUTH COUNTY

37 yr old, single male, never married, is seeking female, with or without children, 28 to 36, for a honest, caring and loving relationship, possible long term commitment. Monmouth County. BOX 27924

A LOVE CONNECTION

Fun, upbeat, nice guy, 5'10", 225 lbs, easy to talk to, fun, rugged looking and down to earth. Looking to connect with a kind, bright, passionate woman. BOX 10951

IS THERE A FUTURE

Single white male, mid 50's, 5'6", 140 lbs, sincere, caring, easygoing person, brown/gray hair, blue eyes. Enjoys sports, dining out, movies, music and sharing new interests with someone special. Looking for a petite, single white female, 44 to 54. BOX 16221

LIGHTS STRIKE

Single Italian male, 6', 210 lbs. Looking for a woman, to get to know, and possibly more. BOX 37318

POORLY MEET

Divorced white male, 53, 5'8", 175 lbs, non-drinker, non-smoker. Looking for a single female for basically for friendship or leading to something more. BOX 11025

ALL THE ABOVE...

Single romantic white male, late 20's, outgoing with a sense of humor who loves the outdoors. Looking for a comparable female who has a great personality for a one on one relationship. BOX 11110

START AS FRIENDS

Looking for an attractive, humorous, young lady, 30 to 40, who enjoys dancing, ice skating and is athletic. BOX 29258

PLEASURES OF LIFE

Divorced white male, 51, 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

LIGHT UP MY LIFE

Single male, 6', 190 lbs, French/Italian. Electrician by trade, so let me light up your life. We can get together to have some fun. I enjoy laughter, dancing, and more. BOX 37751

CAN WE TALK?

Single white male, 6'11", enjoys poetry and more, seeking a single female, with similar interests. BOX 10424

OPEN YOUR HEART 2 ME

Single divorced white male, 6'2", 200 lbs, young 58, physically fit, honest, and fun to be with. Likes rollerblading, bike riding, outdoors, sports, movies, dining out, long walks, and much more. Seeking an attractive, physically fit, single white female, 35 to 48, with same interests. BOX 10889

LOVE IS IN THE AIR

51 yr old, single white male, handsome, 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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If A Vehicle Safety Defect Has You Feeling Like Sam Saddriver . . .

(NAPS) — If you own a vehicle that you feel has a safety-related defect, you should report the problem to the Hotline at the National Highway Traffic Safety Administration (NHTSA) of the U.S. Department of Transportation (DOT).

The DOT Auto Safety Hotline specializes in gathering information about safety problems in motor vehicles and also vehicle equipment, such as child safety seats and tires. This is your chance to help identify these problems, which sometimes leads to recalls. The Hotline can be dialed toll free at 1-888-DASH-2-DOT (1-888-327-4236).

By contacting the Hotline

you can obtain information about motor vehicle safety, child safety seats, vehicle safety defects, tire defects, air bags, and importation of vehicles. You can also speak with a consultant who will file a report on your vehicle's safety problem and provide you with recall and other valuable information. All of these services are available by mail or fax from the Hotline and through the Internet at www.nhtsa.dot.gov/hotline where you can submit a report identifying your safety problem online. Your report can help NHTSA evaluate the problem you are experiencing with your vehicle and determine if a recall and remedy by the manufacturer

will be required.

Organizations throughout the country including associations, schools, companies, clubs, and government organizations are working with NHTSA to help increase awareness of the Hotline by starting their own safety programs. You can order posters, flyers, and other complementary literature for a Hotline safety program for your organization by going to the Hotline home page, www.nhtsa.dot.gov/hotline and clicking on Outreach Program. You can also contact Gene Luke at 202-366-0988, fax 703-734-7808, or e-mail gluke@nhtsa.dot.gov to order literature, which will be delivered to your organization at no charge.



...then

DASH2DOT

at

1-888-DASH-2-DOT

www.nhtsa.dot.gov/hotline

S-h-o-p T-a-l-k

By Greg Zyla

Q: I drive a 1996 Buick Regal I purchased new. At 18,000 miles, and again at 43,000 miles, I had to have rear brake rotors replaced. At 55,000, I replaced the rear brake pads. The dealer service department states that this model Buick had a poor design on the rear brakes, but does not offer any relief on the cost of repairs. At least 35,000 of the miles have been interstate driving. I do not pull a boat or trailer, and there are usually

only two people in the car. Please advise if there have been any recalls, class action suits or any other way to get relief from GM on these excessive operating costs. Jack L. Bachman, Hamilton, Ohio.

A: Jack, we checked with a GM Service Manager, "Consumer Reports" and a trusted independent mechanic about your dilemma, and here's what we found.

As far as recalls are concerned, the only Buick recall

recently has been on the '96 Buick Skylark for a faulty interior lamp. Other than that, no recalls have been issued.

When we checked our "Consumer Reports" repair history records, we found that the Buick Regal, along with sibling Century and Skylark, were prone to many more brake-related problems than usual from 1990 to 1995 and, considering your situation, on some '96 models, too, apparently. Our mechanic friend says the rear caliper pins were prone to rusting, and new pins began appearing in 1996 clearing up the prob-

lem. Your four-wheel disc brake system has indeed used up pads and rotors way more than average, so before you have trouble again, make sure the pins aren't rusted in the calipers, and then install a set of \$42.95 carbon metallic pads available at major auto stores everywhere.

Greg Zyla writes weekly columns on all things automotive. Write to him in c/o King Features Weekly Service, 628 Virginia Drive, Orlando, FL 32803 or send an e-mail to letters.kfws@hearstsc.com.

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Can Your Car Cope In The Cold?

(NAPSA) — Quick trips in cold weather may be hazardous to your vehicle's health. They keep engines from warming up properly and operating efficiently, which can be damaging as temperatures drop. Car care expert Gary "The Gearhead" Galick from Valvoline Instant Oil Change offers auto maintenance tips for such severe driving conditions:

- Examine tires for proper inflation and damage. Rotate the best tires to drive wheels for better traction in ice and snow.
- Check battery condition and remaining charge. A weak battery will not start in cold weather.
- Regularly check the level and condition of engine oil and other fluids, including transmission, power steering,

antifreeze/coolant, windshield washer and transfer case.

- When having the oil or any other fluids changed, consider synthetic or synthetic blends, as they increase gas mileage and, in cold conditions, deliver easier start-ups.

- Test the condition of vehicle lights, a necessity with increased hours of darkness.

- Replace damaged or worn windshield wiper blades.

- Winterize your car's emergency kit by adding a blanket and ice scraper to the flashlight, flares, jumper cables and hand tools you should have year-round.

Cool weather stresses a vehicle, making it more prone to failure. Proper maintenance can prevent dangerous breakdowns, extend the life of your car and

help you avoid expensive repairs. For more on car care, go to www.vioc.com.



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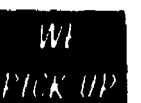


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YOUR RECIPE PAGE

Don't Let Dinnertime Shake You Up

(NAPSA)-Today's average married couple works a cumulative 717 hours more each year than a working couple in 1969 (American Demographics).

In addition, we have adapted so well to the latest forms of technology-cell phones, lap tops and palm pilots, we have blurred the line between work and home leisure, making it increasingly difficult to distinguish the two.

According to a recent survey conducted by Roper Starch Worldwide, online Americans are looking for help in balancing their personal and professional lives; the majority or 62 percent of busy online Americans, long for more leisure time.

Cooking a great-tasting meal doesn't need to be pushed to the back burner. Make homemade easy! Whether you are a confident creative cook or one just equipped with the basics, you'll be interested in a little help from the pantry.

Plenty of products can help

the new-fashioned cook create a delicious homemade meal. For example, Wyler's® Shakers® Instant Bouillon & Seasoning-



the bouillon you can use as a seasoning to shake up the flavor of everyday meals-comes in four new flavors: Chicken Garlic & Herb, Beef & French Onion, Zesty Italian & Herb, and Hickory BBQ along with Chicken and Beef. Shakers are ready when you are. Simply "spoon on" during meal prep or "shake on" to your taste right at the table!

Try these quick seasoning tips:

- Chicken-Shake three to four teaspoons of Shakers on four skinless, boneless chicken breast halves. Grill or broil, as desired.

- Rice-Add four teaspoons of Shakers to four cups of unsalted cooked rice. Mix well.

- Pasta-Add four teaspoons of Shakers to four cups unsalted cooked pasta or noodles. Mix well.

- Vegetables-Sprinkle two to four teaspoons of Shakers on two cups of cooked vegetables. Mix well.

To commemorate their 70th Anniversary, Wyler's is giving you the chance to win a state-of-the-art CUBE (that's Apple® Power Mac® G4 Cube!) along with other "souper" prizes. To be eligible for the contest, click on www.wylers.com and play the Wyler's 70th Celebration "Souper" Trivia Game.

Combating Harmful Bacteria

(NAPSA)-It's an old question: What can you do to get your home clean and keep it that way? Some solutions may surprise you.

A recent study by Dr. Bill Keevil at the Centre for Applied Microbiology & Research (CAMR) found that the highly toxic E. coli O157:H7 strain of bacteria survive for much shorter periods of time on copper and brass surfaces than on stainless steel. This finding has wide-ranging implications for reducing outbreaks from cross contamination of E. coli O157 in the food processing industry.

The work carried out by CAMR team member Dr. Andrew Maule found that at room temperature it takes 34 days for E. coli O157 bacteria to die on stainless steel tiles, 4 days to die on brass tiles, and just 4 hours to die on copper tiles. And even at the chill temperatures typical of food storage, the study found that ten percent of the bacteria were still alive on stainless steel tiles after 34 days, whereas bacteria were com-

pletely eradicated on brass tiles within 12 days and on copper tiles in just 14 hours.

Dr. Harold T. Michels of the Copper Development Association in the USA said, "For centuries, man has used copper and copper alloys to inhibit the growth of harmful microbes. Based on our preliminary understanding of the bactericidal benefits of copper determined in this study, we look forward to practical applications that may spring from it which would control harmful bacteria, particularly related to food hygiene."

He said CDA is currently seeking partners to conduct further investigations on the potential of copper alloys, such as copper-nickel, nickel silver and brass, to reduce the occurrence of E. coli O157 cross contamination in the food industry. Interested parties in food related industries are encouraged to contact Dr. Michels at CDA, 260 Madison Avenue, New York, NY 10016 or call (212) 251-7224.

Why The Express Way Is The Best Way

EXPRESSLANE DIABETIC COOKING

* Super-fast dinners using ingredients from the deli, salad bar, and freezer sections of your grocery store

ROBYN WEBB



(NAPSA)-There are more ways than one to cook up a solution if someone in your household has a restricted diet.

Some of these solutions are found in a new book by Robyn Webb, food expert and nutritionist. Webb has been helping

Americans eat smart while enjoying great food for years. Now she combines her award-winning knowledge of healthful eating habits with time-saving shopping and cooking methods in Express Lane Diabetic Cooking: Super-Fast Dinners Using Ingredients From the Deli, Salad Bar and Freezer Sections of Your Grocery Store (American Diabetes Association, \$16.95).

Most of the 150 recipes in this book take less than 20 minutes to prepare and some use no more than five ingredients. The original aspect of this book is the way it is divided to align with different sections of the supermarket.

Ingenious and mouth-water-

ing selections are based on the store section where the majority of ingredients are found. For example, Everything From The Garden Frittata comes primarily from the Salad Bar and most components in Salmon with Roasted Vegetable Salad are found in the deli section.

By taking advantage of this time-saving shopping method, delicious meals can be prepared with less effort and more taste and nutrition.

15-Minute Chili

Servings: 4

Serving size: 1 cup

Preparation: 10 min.

Cooking time: 15 min.

Shelf-Stable Foods: canned beans, broth, canned tomatoes, tomato paste, spices

ALSO VISIT: meat department for turkey

- 1 lb. ground turkey
- 1 15-oz. can kidney or pinto beans, drained and rinsed
- 1 14.5-oz. can diced tomatoes, undrained (flavored with chilies if you can find it)
- 1 6-oz. can tomato paste
- 1 Tbsp. chili powder
- 1/8 tsp. cinnamon
- 1/4 tsp. cumin
- 1/2 tsp. fresh ground black pepper

1. In a large nonstick

saucepan, brown the ground turkey until it is no longer pink. Drain off excess fat.

2. Add the remaining ingredients and bring to a boil. Lower the heat and simmer for 10 minutes.

Unfortunately, many restricted diet patients feel that their lives must now follow a path that is mainly comprised of bland foods and mediocre tasting meals.

This book is just one example of how the diets of diabetic patients can be full of spice and life.

For more information, call toll-free at 1-800-232-6733 or visit <http://store.diabetes.org>.

With the ExpressLane cooking, Diabetes doesn't mean you can't have exciting meals!



Research is being done to test the health benefits of using copper alloys in the preparation of foods.

Keeping Foods Fresh, Delicious And Safe

(NAPSA)-These tips can help keep the food you've prepared tasting fresh, delicious and safe.

- Protect your guests: make sure food does not remain at room temperature for more than an hour before serving.

- Always wash your hands before and after handling

food.

- When buying meat, check the freshness date and make sure the packaging has not been torn or punctured. Specially labeled foods are more secure behind a new, stronger packaging with the Surlyn® Air Tight Seal® by DuPont Packaging that protects meats and seafood by

keeping juices in and air out.

- Clean working surfaces with hot water and antibacterial soap before and after placing unwrapped foods on them.

- Cook poultry thoroughly, especially if you are cooking a pre-frozen bird.

- Keep hot foods hot and cold foods cold. Cooked foods should not remain at room

temperature for more than an hour or two.

- Be sure foods are stored in clean, covered containers in your refrigerator and cupboards.

Eat, drink and be merry! It's possible by following these healthful tips from home economists.

OBITUARIES

**Victoria Cabo, 97
of Carteret**

Mrs. Victoria Cabo of Carteret died January 16 at Raritan Bay Medical Center, Perth Amboy Division. She was 97.

Born in Puerto Rico, she lived in Elizabeth before moving to Carteret in 1962.

She was a member of the Carteret Senior Citizens

Surviving are a daughter, Mrs. Isabel Salfelder; a sister, Josephine Gonzalez; and two brothers, Michael and Jesse Gonzalez.

**Joan E. Davis, 67
of Iselin**

Mrs. Joan E. Davis of Brick (formerly of Iselin) died January 23 in Jersey Shore Medical Center, Neptune. She was 67.

Born in East Orange, she lived in Iselin before moving to Brick three years ago.

She was a registered nurse at Rahway Hospital for 25 years before retiring eight years ago.

She was a graduate of Mountainside Hospital Nursing School, Glen Ridge.

Surviving are a husband, Lawrence; two sons, Robert and James; two daughters, Mrs. Jaclyn Rothenburg and Mrs. Karen Watson; a sister, Mrs. Nancy Cohen; and seven grandchildren.

**Paula Collazo, 65
of Perth Amboy**

Mrs. Paula Collazo of Perth Amboy died January 27 at JFK Medical Center, Edison. She was 65.

Born in Ponce, Puerto Rico, she lived in Perth Amboy since 1952.

She was a member of the Local Christian Assembly, Forest Hills, Queens, N.Y.

She was a teacher for Day Care 100 in Perth Amboy for 16 years. She retired in 1984.

Surviving are her husband of 50 years, Victor; five sons, Victor Jr. of Perth Amboy, Robert of Phoenix, Joe of Old Bridge, Edwin of Port Reading and Albert of Woodbridge; five daughters, Maria Sierra of Perth Amboy, Elba Rivera of Edison, Vivian Velazquez of Howell, Bertriz Jerez of Perth Amboy and Evette Urbino of Teaneck; 30 grandchildren; and 11 great-grandchildren.

**Albert Resnick, 75
of Edison**

Mr. Albert L. Resnick of Edison died January 26 in Robert Wood Johnson University Medical Center, New Brunswick. He was 75.

Born in Brooklyn, he had lived in Edison for 40 years.

He worked for the Henkel Corp, Gulph Mills, Pa., before retiring. Earlier, he worked for the Diamond Shamrock Corp., Morristown and National Lead Industries, Hightstown.

He received his bachelor of science degree in chemistry from the City College of New

York and his master's degree in chemistry from the University of Kentucky.

Mr. Resnick served in the Army during World War II.

He was a member of the American Chemical Society; he held numerous patents in the field of polymer chemistry.

Surviving are his wife, Merry; two daughters, Mrs. Marlene Tepper and Mrs. Deborah Rodriguez; two brothers, Ralph and Sander; and six grandchildren.

**Steven J. Marusiak
of Woodbridge**

Mr. Steven J. Marusiak of Woodbridge died January 27 at Raritan Bay Medical Center, Perth Amboy. He was 75.

Born in Perth Amboy, he resided there until moving to Woodbridge in 1973.

He owned and operated Steve's Cleaning Service in Woodbridge for 31 years, retiring eight years ago. He was also the proprietor of Jonathan Blake Decorators in Woodbridge for the past 12 years.

Mr. Marusiak was a communicant of St. James R.C. Church, Woodbridge.

He was a member and trustee

of BPOE Elks Lodge 784, Perth Amboy.

Mr. Marusiak was an Army veteran of World War II.

An infant daughter, Helene Diane Marusiak died in 1954 and a sister, Joan Curry died in 1980.

Surviving are his wife of 48 years, Julia Belmonte Marusiak; a daughter, Judith Garg of Old Bridge; a brother, Nick Marusiak of Sayreville; a sister, Kay Janitz of Farmingdale, N.Y.; and a granddaughter, Julia Marie Garg.

**William Lowkowitz
of Fords**

Mr. William J. Lowkowitz of Fords died January 26 in the JFK Medical Center, Edison.

Born in Newark, he lived in Fords most of his life.

He was an electrician for many years affiliated with the International Brotherhood of Electrical Workers Local 456 in New Brunswick, retiring in 1985. Prior to that, he was an installation supervisor on the first satellite tracking system for Burns & Roe, Inc., Bermuda, in 1960.

Mr. Lowkowitz was instrumental in writing the electrical

code for Woodbridge Township in the 1960s.

During World War II, he served in the 2nd Marine Division's heavy weapons unit in Iwo Jima, Guam, Okinawa and Nagasaki.

He was an usher and member of the Holy Name Society at Our Lady of Peace Church, Edison.

Mr. Lowkowitz was a member of the Elks Lodge #2610, Woodbridge.

Surviving are his wife, Florence; and a daughter, Lori Noel.

**Anne Hanrahan
of Colonia**

Mrs. Anne L. Hanrahan of Colonia died January 25 at home. She was 81. Born in Newark, she lived in Irvington, East Orange, Perth Amboy and Avenel before moving to Colonia in 1956.

She was a member of the Evergreen Senior Citizens, Colonia.

Surviving are her husband of 54 years, William Sr.; two sons, William Jr. and Terry; and four grandchildren.

**Donato G. Rivera
of Carteret**

Mr. Donato G. Rivera of Carteret died January 30 at home. He was 55.

Born in Aquada, Puerto Rico, he lived in Newark before moving to Carteret eight years ago.

He was a crane operator with Amtrak in Newark for the last 23 years.

Mr. Rivera was an Army veteran serving in the Vietnam War and was a member of the Veterans of Foreign Wars Star Landing Post 2314, Carteret and the American Legion Post

1000, Trenton.

He was a member of the Brotherhood Maintenance of Way Employees.

Surviving are a son, Donato Jr.; a daughter, Elizabeth; two stepsons, Michael and David Flores; two stepdaughters, Kim and Tammy Flores; his mother, Mrs. Gregoria Garcia; four brothers, Cirilo, William, Domingo and Eugene; four sisters, Mrs. Bianca Perez, Mrs. Nereida Rodriguez, Mrs. Sandra Machado and Magali; and a grandchild.

**Joseph H. Seroka
Ex-Police Chief**

Mr. Joseph H. Seroka of Edison died February 1 in Robert Wood Johnson University Hospital, New Brunswick. He was 69.

Born in Fords, he moved to Edison many years ago.

He worked for the Edison Police Department for 34 years before retiring as chief of police in 1991.

Mr. Seroka was past president of Edison Police Bene-

volent Association 75.

He served in the Air Force during peacetime.

Surviving are his wife, Katherine; three daughters, Mrs. Nancy LaVigne, Mrs. Cynthia Caucino and Mrs. Susan Shinkel; a son, Andrew; his parents, Andrew and Margaret Seroka; a sister, Mrs. Jeanne York; and four grandchildren.

**Kevin Haderthauer
of Iselin**

Mr. Kevin Haderthauer of Iselin died January 22 in JFK Medical Center, Edison. He was 45.

Born in Passaic, he lived in Irvington and Roselle Park before moving to Iselin in 1984.

He was a manager with the Plainfield Post Office for 18 years before retiring in 1997.

He was a member of the St. John Vianney Knights of Columbus, Colonia.

Surviving are his wife Susan of 18 years; two sons, Kristian James and Nicholas; his mother, Mrs. Eleanor Haderthauer; two brothers, James and Francis X.; and a sister, Mrs. Linda Mason.

**MID-DAY
INSPIRATION**

**WEDNESDAYS
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USED CARS & TRUCKS

'97 Grand Marquis, 4 dr., mint cond., light green, all power, a/c, low mi., asking \$1100 855-5491

'96 Marquis LS, all power, tan leather, clean, TLC, 68.3 K mi., \$9500 or B.O. 732-321-1951

'95 Mercury Mystique, 4 dr., auto., air, asking \$7200. At 6pm 732-388-0463

'95 Jeep Cherokee Country 4 wheel dr., auto, fully loaded, 78,500 mi., \$8000 or B.O. 732-388-4988

'94 Lincoln Continental, 4 dr., moon-roof, Exc. Series, 1 owner, garage kept, Best Offer 908-333-1900

'94 Camaro, white w/gray int., auto, new tires, fully loaded, 1-top, exc. cond. 61K, \$10,000 398-0572

'94 Mazda B4000 SE V6. Low mileage, custom cap, 4-wheel drive, shift on the fly, exc. truck \$8900. 382-0828

'94 GMC Jimmy, 4 wh. dr., 4 dr., black, leather int., 110K mi., great cond., \$7000 732-501-3482

'93 Ford Escort LX Station Wagon, a/c, am/fm cassette, p/b, p/s, exc. cond., 93,000 mi. Asking \$3595 732-721-8339

'93 Honda Accord, 2 dr., 57,000 mi. JOE 732-674-2343

'93 Ford Focus LX Station Wagon, cond. 93,000 mi. Asking \$3595. Call 732-721-8339 ans. mach before 6pm

USED CARS & TRUCKS

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

'93 Toyota Tercel, red, auto., a/c, 90,000 mi., great condition, \$3900 or B.O. 732-680-0534

'93 Ford Temp. 4 dr. auto, fully loaded, mint cond., 93,000 mi., \$3200/B.O. 732-548-8122

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

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

'92 Taurus Wagon, good cond., 4 new tires, needs transmission, Best Offer 732-750-1727

'92 Lincoln Continental, skyblue, looks new in & out, fully loaded, runs great, great high hi-way miles. Must Sell, \$3500 or B.O. 732-388-4282 or 732-489-9040

'92 Toyota Celica GT Convertible. JOE 732-674-2343

'92 Mazda Protege 106,000 hwy mi. 1 owner, exc. cond. auto, AM/FM, CD player, a/c, \$3500. 908-354-4454

'92 Ford Taurus, 4 dr., 93,000 mi., auto., asking \$4850 908-288-7885

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

'91 Olds 88-Royale 4-dr White w/ power, A/C, trailer hitch, 91K mi. Garaged. Good condition. \$3,450 (732) 382-3599

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

'91 Olds Cutlass Supreme, 4 dr., 4 dr., owner, immaculate. Must be seen! \$4100 732-388-3021

USED CARS & TRUCKS

'90 Dodge Caravan, white, 6 cyl. auto, 3.0 eng., exc. cond. in/out, well maint., \$2900/B.O. 732-638-5425

'90 Mercury Grand Marquis Exc. condition Loaded, only 19K miles Must See 732-988-7251 or 732-803-8780

'90 Mercury Grand Marquis, exc. cond., loaded, only 18K mi. Must See 732-988-7251 or 603-8780

'90 Cadillac Coupe de Ville, 1 owner, 68,500 mi., exc. cond., \$7500 or B.O. 732-382-1888

'90 Mercury Sable, full power, good running cond., 81K, alarmed, \$1800/B.O. 732-388-1431 or mag.

'89 Olds Cutlass Supreme, 2 dr., good motor & trans, runs well. No rust. Needs touchup paint, \$500/B.O. 732-541-0948

'89 Dodge Van, new Jasper engine. Good work. Van. Asking \$3700. Days 732-438-0437, aft. upm 815-0177

'89 Buick LeSabre, a/c, cruise, p/b & p/s, needs paint, runs good, \$1500 or B.O. 908-451-5307

'89 Ford Conv. Van, 87K mi., w/ VCR, clean, needs some work, \$2500. Lv. mag 908-882-2796

'89 Lincoln Executive Towncar, silver gray, all power, 56,000 mi., good cond. 732-382-4271

'89 Pontiac GrandAm, Turbo SE, 88K mi., good cond., \$2790/B.O. 732-382-2381

'89 Lincoln Towncar, runs great. Good mechanical cond., \$1000 or B.O. 732-340-0371

'89 Convertible Sable Mustang 8887 Trophy Winner, garage kept, \$18,000 732-262-0188

'89 Buick LeSabre, 4 dr., 4 dr., owner, immaculate. Must be seen! \$2385 908-488-7774

USED CARS & TRUCKS

'88 Ford Bronco Eddie Bauer Series \$7900 or B.O. 732-541-9275

'88 Jeep Wrangler with western plow, hardtop with bikini. Exc. cond., \$6500 732-988-1347

'88 Ford Thunderbird LX, 2 dr., V8, auto, air, \$750 732-742-8375

'88 Dodge Dakota, auto, w/berglass cap. Excellent work truck 388-5490, 382-1844

'87 Mazda RX7, 79K mi., 5-spd, new clutch, \$1450. 732-382-4730

'87 Buick Station Wag., 130K, full sz., 8 passenger, new tires. Needs some work. \$600/B.O. 732-634-8588

'86 Chevy Conversion Van, all the toys, excellent condition, \$3750 732-340-0435

'86 Pontiac 6000, 77K orig. mi., a/c, am/fm radio, cassette, heater, \$1500 firm 908-488-0388

'85 Olds Cutlass Supreme Brougham, 2 dr., original owner, 58,000 mi., asking \$1,500 732-225-0337

'83 Olds Toronado, good body, many new parts, \$450 or Best Offer 732-574-8814

'83 Chev. Malibu classic wagon, blue, runs great, 8 cyl. 3.8, dependable, \$1175 908-888-3735

'83 Chrysler LeBaron, low mileage, running good 732-381-1647

'82 Buick Century, 1 owner, rebuilt, 75,800 mi. \$1285. 388-7484

'82 Chevrolet El Camino, V8, auto., air, clean, \$2300 or B.O. 732-750-4446

'77 Buick Regal. Just had new brakes & front end work. Strong motor. 732-488-8288

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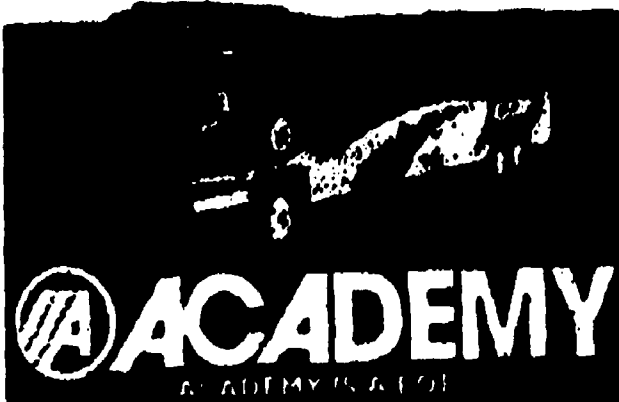
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PRAYER TO THE BLESSED VIRGIN

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Oh, most beautiful Flower of Mt. Carmel, Fruitful Vine, Splendor of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. Oh Star of the Sea, help me and show me herein. You are my Mother. Oh Holy Mary, Mother of God, Queen of Heaven and earth, I humbly beseech you from the bottom of my heart to succor me and my necessity. (Make request). There are none that can withstand Your power. Oh Mary, Conceived without sin, Pray for us who have recourse to thee (3 times). Holy Mary, I place this cause in Your hands (3 times).
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