

The ATOM TABLOID

& Citizen-Gazette

VOL. 128, NO. 5

Friday, February 2, 2001

Incorporating the Atom Tabloid, South Amboy Citizen & Perth Amboy Gazette

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Advertiser Index

Scholarships Awarded To Middlesex County High School Seniors

MIDDLESEX COUNTY—Berkeley College President Kevin L. Luing has announced that eight high school seniors from Middlesex County have been awarded Alumni Scholarships to attend the College. The scholarships are awarded based upon academic achievement in high school, as well as the result of a competitive entrance examination.

"These scholarships represent our commitment to the outstanding accomplishments of area students," President Luing said. "We are proud to reward them for their achievement in high school and their high potential as students at Berkeley College."

The students were awarded either full or partial scholarships to attend the College. The following Middlesex County residents have been awarded scholarships:

Partial Scholarship Recipients are: Surim Campos of Fords, a senior at Woodbridge High School; Nicole Faraca of Woodbridge, a senior at Woodbridge High School; Cynthia



Local high school seniors recently received scholarships to attend Berkeley College at a special ceremony. Seated (L-R.) are Cynthia Fisher of Parlin, David Siederer of East Brunswick, and Sally Rossi of Green Brook. Standing (L-R.) are Kerri Petro of Carteret, Surim Campos of Fords, Berkeley College President Kevin L. Luing, and Marcos Cabrera of Old Bridge.

Fisher of Parlin, a senior at Sayreville War Memorial High School; and Kerri Petro of Carteret, a senior at Middlesex County Vocational High School.

Alumni Scholarships are

offered to high school seniors who enroll in a full-time day program of study at Berkeley College. The awards have an annual value ranging from \$4,395 for partial scholarships to \$13,185 for full scholar-

ships. The scholarships are renewable for the second academic year based upon the recipient's cumulative grade point average of 3.0 at the end of their first academic year.

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YOUR AREA & STATE NEWS

Measure Creating A State Government Review Commission Advances

STATE—The Assembly Appropriations Committee recently released legislation that would create a commission to review and evaluate the effectiveness of state programs.

The Commission will report to the Legislature as to the performance of state agencies and the programs they administer.

"More checks and balances are needed so taxpayers and their elected representatives are fully informed about how government agencies perform," said Assemblyman John S. Wisniewski (D-Sayreville). "Giving the Legislature the ability to review each state agency and its

programs will serve to eliminate future debacles like E-ZPass and Parsons' auto inspections."

This measure (A-2703) would

"The Legislature appropriates billions of dollars to various state agencies and programs," said Wisniewski. "There needs to be some accountability for the funds. Are they being spent in the interest of the people and for the purposes the Legislature intended?"

establish the Joint Commission on Governmental Performance Review and Evaluation, which

will convene as it sees fit or by request of the Legislature. The Commission will be made up of nine bipartisan members, including four Senators and four Assembly members and the Legislative Budget and Finance Officer, who would serve ex-officio.

"The Legislature appropriates billions of dollars to various state agencies and programs," said Wisniewski. "There needs to be some accountability for the funds. Are they being spent in the interest of the people and for the purposes the Legislature intended?"

The commission would provide a report to the Legislature at least once every two years. The report may include a summary review, an update of previous reviews, recommendations to the Legislature, a report on misuse or deficiency within a state agency or program, and recommendations to correct the problems.

A seven-year schedule will be adopted to evaluate different groups of state programs that are inter-related. The Commission will inform a group up for review a year prior to its examination.

The commission's main purpose is to ascertain if a program meets the following criteria: Is there a valid public need for the program? Is the Legislative intent being carried out? Is the program or agency in the public's best interest? Are the program's objective defined? Can the program's results be measured? Is the program or agency being managed efficiently?

"Commissioners and high-level managers receive periodic memos and updates regarding the effectiveness of the programs they oversee," said Wisniewski. "It's time the Legislature is privy to that information so it can evaluate whether a program provides the benefit that was intended."

Bill To Protect Children From Internet Crimes Released

STATE—The Senate Education Committee released legislation that would prevent student identities from being displayed on school Internet sites. The measure was drafted after a Morris County school posted personal information about kids on its web site in 1999.

The bill (A-592) would prevent school districts from posting personally identifiable information about students, such as names, photos, addresses and phone numbers.

"Sadly, the Internet is abused

"Parents today have enough fears to deal with when they leave their children at the school house doors," said Buono. "The state should not be feeding into these fears by creating another potential danger in our public schools."

by some individuals looking to prey on innocent young people," said Assemblywoman Buono, (D-Middlesex). "Our schools should not create virtual playgrounds for pedophiles and other criminals to access and abuse."

"Steps must be taken to assure schools do not inadvertently aid and abet individuals who would harm our children."

This legislation was conceived in late 1999 after *The Daily Record of Parsippany* revealed a Dover school's misuse of student information. The

school had posted student names, pictures, and locations of class trips. In late September 1999, parents sued the Dover school for endangering their children's safety by illegally posting this personal information.

About one in five youths ages 10-17 who use the Internet regularly received a sexual solicitation online in the past year, according to a report released last week by the National Center for Missing and Exploited Children. One in 33 received an aggressive solicitation where the child was asked to meet the person, call or send mail, money or gifts.

"Parents today have enough fears to deal with when they leave their children at the school house doors," said Buono. "The state should not be feeding into these fears by creating another potential danger in our public schools."

Buono, who has four children, said the national school violence trends have caused many parents to worry as they send their children off to school each day. She was astonished to learn in this time of heightened awareness that a school could act so irresponsibly.

"The Dover school was certainly not acting in a malicious fashion," said Buono. "Nonetheless, its actions put kids at risk. This bill will ensure that school web sites are a learning tool for students and not for predatory pedophiles."

Measure Extending Time To File DWI Offense Advances

STATE—The Assembly Law and Public Safety Committee recently released legislation that would increase the amount of time local police departments

and prosecutors having for filing complaints against people arrested for drunken driving.

"Law enforcement agencies sometimes need additional time to properly file the extensive

"Far too many lives have been claimed by the reckless demeanor of people who take to the road after drinking...."

amount of paperwork that is involved with drunken driving cases," said Assemblyman Peter Barnes (D-Middlesex). "By taking additional time to properly catalog an offense, we take another drunk driver off the

(continued on page 3)

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- Published by Devine Media Enterprises, Inc. -
P.O. Box 3086, South Amboy, New Jersey 08879
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The Atom Tabloid & Citizen-Gazette (USPS 501-880) is published weekly on Friday by Devine Media Enterprises, Inc. Subscription rates are \$15 per year, \$50 outside Middlesex County. Periodicals postage paid at South Amboy, NJ, and other post offices. POSTMASTER - Send address changes to: Atom Tabloid & Citizen-Gazette, P.O. Box 3086, South Amboy, NJ, 08879.

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Panel Releases Bill Establishing Athletic Trainer License

STATE—The Senate Health Committee approved legislation that would require licensing of athletic trainers in New Jersey.

"It's time New Jersey stopped allowing anyone with a pair of sweats and cross-trainer shoes to call themselves an athletic trainer," said Assemblyman John S. Wisniewski (D-Middlesex). "Training and exercise has become a high-tech and complex field, and some measure of professional standards needs to be adopted and enforced."

The bill (A-972) would allow all licensed athletic trainers to use the title "licensed athletic trainer." The measure would amend the "Athletic Training Practice Act," changing the current requirement of simple registration to one of requiring a license to provide services as an athletic trainer.

An applicant for licensure would have to show proof of

completion of a baccalaureate education that included courses in human anatomy, human physiology, kinesiology/biomechanics, health, exercise physiology and athletic training. Applicants also would have to successfully complete an examination given by the National Athletic Trainers' Association Board of Certification (NATABC).

Trainers would have to pass a certified board test just like other

"It's time New Jersey stopped allowing anyone with a pair of sweats and cross-trainer shoes to call themselves an athletic trainer," said Assemblyman John S. Wisniewski (D-Middlesex). "Training and exercise has become a high-tech and complex field, and some measure of professional standards needs to be adopted and enforced."

professionals," said Wisniewski. "Athletic training is entering the 21st Century. Their licensure process should be reflective of this fact. This legislation will ensure that athletic trainers, working with students, will be top rate."

Athletic trainers who are currently registered could become licensed by making an application to the NATABC before their biennial registration expires and would not have to complete the examination requirements.

This measure would require all athletic trainers in New Jersey be licensed to practice their profession and it "grandfathers" all athletic trainers who currently hold unexpired registrations, as long as a renewal application is made before that biennial registration expires.

Measure Extending Time To File DWI Offense Advances continued....

Under current law, police and prosecutors only have 30 days to file a drunken driving offense against a defendant.

The bill (A-2923) would grant police and prosecutors an additional five months—six months total—to investigate and file charges against a motorist accused of drunken driving.

Barnes, a retired Federal Bureau of Investigation Agent and former Police Director in Edison and East Brunswick, said allowing police and prosecutors additional time to investigate and file drunken driving offenses would enable officials to crack down on as many intoxicated motorists as possible.

"Drunken driving is a serious offense that endangers the lives of every motorist on the road," said Barnes. "Far too many lives have been claimed by the reckless demeanor of people who take to the road after drinking. By providing law enforcement with every tool to combat drunken driving, we help protect the lives of those who cannot see the danger that lurks behind every wheel."

Celebrating 100 Years Of Excellence

AREA — First Savings Bank has launched a year-long celebration to mark the 100th anniversary of its founding. The celebration will include special product promotions, Customer Appreciation Day, Employee Appreciation Day, a birthday party in every branch, and a monthly random drawing for customers with a prize of \$1,000 in cash. Even the Bank's annual Halloween dress-up contest will be tied into the anniversary as employees will wear costumes representing significant events in the past 100 years.

The theme of the year-long celebration, selected from employee suggestions is "Celebrating 100 Years of Excellence."

First Savings Bank began in Perth Amboy as the Modern Building and Loan Association when nine prominent businessmen saw the need to help local residents save for and finance the purchase of homes. The "Perth Amboy Republican" reported on the founding of the new building and loan on the front page of its June 6, 1901 edition. "It is claimed," the article stated, "that the building and loan association has many up-to-date ideas not possessed by other associations."

Its founders were Dr. George W. Tyrrell, William H. Coutts, Joseph Afflerbach, William H. Hall, J. Lawrence Boggs, Charles S. Edgar, Iow R. Edgar, Mason C. Oxenford and George S. Silzer. Business commenced on June 17, 1901 in offices on the second floor of the post office building in Perth Amboy.

In 1945, in anticipation of the boom that would follow World War II, the Modern Building and Loan Association was converted into the First Savings and Loan Association, the first federally-insured institution of its kind in Perth Amboy. The new thrift accepted savings accounts up to \$5,000.

As the suburbs outside Perth Amboy grew, First Savings expanded, opening its first branch office in 1959 in Woodbridge and a branch in Edison in 1961. Over the next four decades, through de novo construction and acquisition of branches, the Bank's branch network grew to 22 full-service offices in Middlesex, Monmouth, Union and Mercer Counties. Its most recent expansion was in 1998 when Pulse Savings Bank was acquired.

Currently, First Savings Bank is headquartered in Woodbridge and has \$2 billion in assets. Its product line has grown to include investment services, business banking services, and commercial and construction loans, as well as traditional savings accounts, checking accounts, home mortgages and consumer loans.

The Bank remains true to its

original mission to promote home ownership by offering first-time home buyer classes, a special "Great Start" mortgage program for households of limited means and a "First Home Club," which provides grants to low-to-moderate income first-time buyers who complete home ownership counseling and a structured savings program.

According to John P. Mulkerin, President and CEO of First Savings Bank, the anniversary celebration is not only for the staff, but also to thank the customers for their loyalty and patronage without which the Bank would not have enjoyed a century of success.

"The most important thing we do each day is to serve the needs of our customers — those wonderful people who have entrusted us over the years to help them reach their financial goals. Our customers really are our number one asset," Mulkerin stated. The Bank has made a commitment to be a good neighbor in the communities it serves by supporting many civic, charitable and educational programs and investing in community development and affordable housing programs.

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YOUR LOCAL NEWS

STANDING FOR CHILDREN



Comcast of New Jersey recently donated 125 backpacks to Stand For Children, an organization that provides New Jersey foster children with backpacks to put their possessions in when they are placed in a foster home. Buck Dopp, Comcast's Area Vice President and General Manager for the cable operator's northern New Jersey systems, presents the backpacks to Helen Evans of Iselin, chairwoman of the organization. The backpacks will be distributed to foster children with the help of DYFS and Foster and Adoptive Family Services in New Jersey.

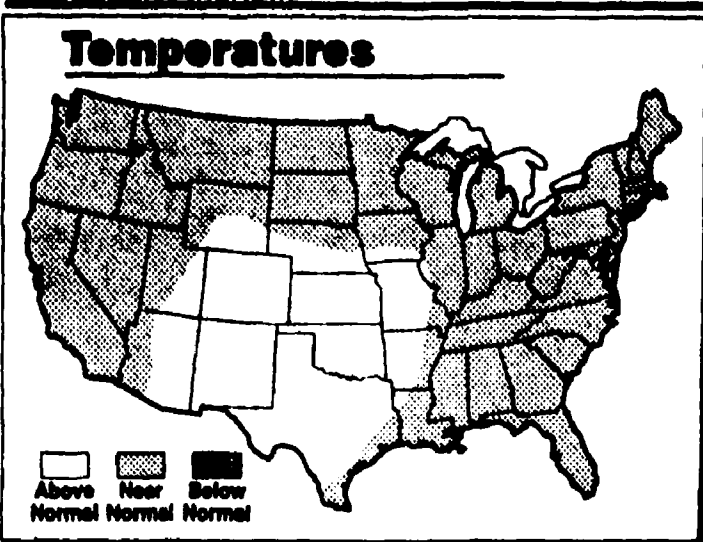
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LOCAL 7-DAY FORECAST

Thursday	Thu. night	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
Considerable clouds.	Considerable cloudiness.	Clouds and sun.	Partial sunshine.	A few clouds.	Rather cloudy.	Mainly cloudy and cold.	Considerable cloudiness.
44	32	39/22	38/30	43/33	39/25	36/30	48/35

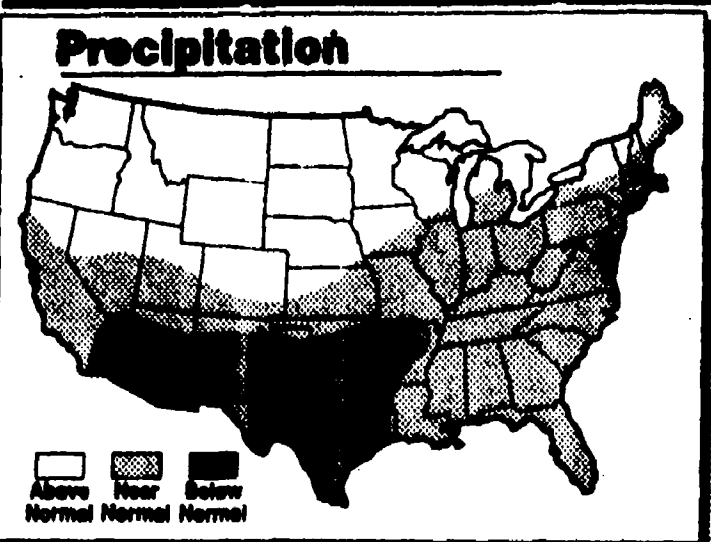
THE WEEK AHEAD...



NATIONAL SUMMARY

A strong jet stream will guide storms across the Pacific Northwest, Rocky Mountains and northern Plains. Snow will be common across the Rocky Mountains and the Dakotas. Warmer weather will cover the central and southern Plains. Tranquil weather is expected across the Southeast. A storm will cross the Northeast and Great Lakes early in the time period.

THE WEEK AHEAD...



U.S. TRAVELER'S CITIES

	Thursday	Friday	Saturday	Sunday
City	Hi Lo W	Hi Lo W	Hi Lo W	Hi Lo W
Atlanta	53 30 c	46 30 c	50 34 pc	52 36 c
Boston	40 28 r	41 24 pc	31 29 s	40 33 pc
Chicago	27 17 sn	28 24 pc	36 22 sh	33 16 c
Cleveland	38 24 c	30 18 c	33 25 c	38 23 sn
Denver	41 20 s	46 22 pc	50 25 pc	53 27 pc
Des Moines	28 12 pc	29 21 pc	36 22 sn	34 19 c
Detroit	34 22 sn	28 17 c	32 24 sh	35 21 sn
Houston	54 25 s	58 38 pc	64 45 pc	68 45 pc
Indianapolis	35 20 c	32 23 c	41 26 c	38 17 sh
Kansas City	26 20 c	39 28 pc	45 27 c	40 26 c
Los Angeles	71 44 s	73 47 s	72 47 pc	72 50 pc
Miami	81 65 pc	75 60 c	73 59 c	76 62 c
Minn.-St. Paul	28 12 pc	32 14 pc	34 16 sn	30 12 pc
New Orleans	60 40 s	59 38 s	61 43 s	62 43 s
New York City	42 34 c	38 28 pc	40 32 pc	42 34 pc
Omaha	29 18 pc	35 28 pc	34 17 sh	32 22 c
Phoenix	66 45 s	70 48 s	72 51 pc	73 48 pc
San Francisco	58 46 pc	58 46 c	59 47 c	59 46 pc
Seattle	48 40 sh	48 36 r	48 38 r	48 29 sh
Washington	48 34 c	42 30 pc	44 34 pc	45 33 c

SUN & MOON

	Sunrise	Sunset
Thu.	7:07 a.m.	5:15 p.m.
Fri.	7:06 a.m.	5:16 p.m.

	Moonrise	Moonset
Thu.	11:21 a.m.	12:13 a.m.
Fri.	11:55 a.m.	1:18 a.m.

Moon Phases

First	Full	Last	New
Feb 1	Feb 8	Feb 14	Feb 23

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

	Thursday	Friday	Saturday	Sunday
City	Hi Lo W	Hi Lo W	Hi Lo W	Hi Lo W
Amsterdam	49 36 r	38 33 pc	39 35 sn	40 39 sn
Berlin	33 30 pc	32 31 sn	35 34 sn	38 32 sn
Buenos Aires	79 68 pc	82 64 pc	84 68 pc	87 72 pc
Cairo	71 44 s	67 44 s	61 45 pc	62 48 pc
Jerusalem	60 39 s	58 35 s	51 38 pc	48 37 c
Johannesburg	78 59 c	82 60 pc	88 62 s	89 62 s
London	52 34 pc	38 37 pc	45 33 r	45 44 r
Madrid	56 37 pc	55 35 pc	49 36 r	51 40 c
Mexico City	69 40 pc	65 39 pc	64 38 pc	65 39 pc
Moscow	25 15 sn	20 15 sn	19 13 sn	17 13 sn
Paris	49 35 c	36 32 pc	42 33 sh	40 39 sn
Rio de Janeiro	87 74 pc	85 73 pc	85 72 c	81 69 pc
Rome	48 41 pc	59 38 pc	53 42 s	57 42 c
San Juan	83 71 pc	83 70 pc	82 71 pc	83 71 pc
Seoul	32 13 pc	31 25 s	40 20 pc	28 15 pc
Sydney	77 65 s	78 70 s	83 72 pc	83 75 pc
Tokyo	55 37 c	41 27 s	40 36 c	44 26 pc
Toronto	35 22 sn	22 4 pc	25 25 c	31 24 sn
Winnipeg	10 4 pc	24 8 c	21 6 sn	19 4 sn
Zurich	40 35 sn	36 27 pc	39 36 c	37 38 c

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Local Schools To Compete In Academic Challenge

AREA — Teams of high school students from Middlesex and Union counties will compete in the Central Conference of the Rutgers Academic Challenge Sun., Feb. 4, at the student center on Rutgers' College Avenue campus in New Brunswick.

The Challenge is a statewide interscholastic competition comprising tournaments to promote academic excellence among high school students. Competitors vie for individual and team scholarships, and the President's Cup for the statewide champion.

Nine teams will advance from the central tourney, as well as from the Northern and Southern Conference tournaments, which will follow on Feb. 24 and March 3, respectively.

The teams will square off in the regional semifinals Sun., March 25, on the Busch campus. Afternoon sessions of the tournaments, from 1-4:30 p.m., are open to the public free of charge.

Competition components include "History-in-a-Box," "Mystery Desk," "What's Your Point?," "MathWorks," "Science-outside-the-Box" and the "3-Way Quiz."

The three regional champions will compete for the state championship during the last week of May. Broadcast segments on NJN Public Television in May and June will feature the students competing in both the regional and state championship rounds.

The Academic Challenge was developed by Rutgers in

partnership with the New Jersey Department of Education and NJN Public Television, with sponsorship from PSE&G, New Jersey Education Association and BD, a New Jersey-based medical technology company.

Following is a list of competitors in the central tournament:

Middlesex County

Carteret High, Carteret; Edison High, Edison; Middlesex County Academy for Science, Math & Eng., Edison; Sayreville War Memorial High, Parlin; and Wardlaw-Hartridge High, Edison.

Union County

Linden High, Linden; Mother Seton Regional High, Clark; Rav Teitz Mesivta Academy, Elizabeth; and St. Patrick High, Elizabeth.

Teaching Kids Basic Skills Can Be Fun And Games

(NAPSA) — A child's adjustment to the first years of school can be a time of great anticipation for parents. You hope your child will be quick to learn and get along well with other children. The good news is there are fun, non-threatening ways you can help develop your child's skills at home.

When you have a conference with your child's teacher, be sure to ask if your child responds well to teacher instructions and if there are any skills you can reinforce at home. Also ask about your child's socialization with others. Teachers and parents can work together to plan successful and rewarding activities by each taking part in the child's learning process. When children learn skills at home by playing games with their parents, siblings or friends, these skills will also improve in the classroom.

Parenting expert Sylvia Rimm, Ph.D., author of *Raising Preschoolers, How To Parent So Children Will Learn and See Jane Win*, suggests that playing board games with preschool-aged children is a fun way for parents and caregivers to help reinforce important and educational skills.

"Playing games like Candy

Land® and Chutes and Ladders® offers parents an opportunity to observe and learn more about their child's personality, abilities and interests, while helping to teach key spatial, cognitive and attention skills during this important stage of development," Dr. Rimm says. "Parents and teachers can determine the areas children may need help with, such as self-esteem, sharing or memorization, and choose games and activities that will build these skills."

Busy parents seeking ways to incorporate games into learning have a one-stop source at www.myfirstgames.com. The Web site provides parents with educational information, a listing of

games that help develop specific skills and a parenting advice column from Dr. Rimm, and tips on planning a play date with your child. The site also includes a clubhouse where children can participate in a variety of creative activities like printing customized calendars and listening to their favorite characters tell stories. Each activity is designed to be fun and help children practice key educational skills like counting, learning colors and matching.

For a free brochure on incorporating games into your child's development, visit the Web site at www.myfirstgames.com or call (800) 225-5516.

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College Financial Aid Resources Help Families

AREA—For many families with seniors in high school, now is the time to get busy with financial aid applications for college.

Experts at ACT offer the following information to help families find the resources they need to complete their financial aid paperwork.

The most important form is the Free Application for Federal Student Aid (FAFSA). The FAFSA determines eligibility for student financial aid from federal programs. Colleges and universities also use the FAFSA, but may also require students to fill out additional forms. Families can begin submitting their FAFSA forms any time after Jan. 1 when they have the necessary income statements from the previous year to complete the form.

The FAFSA, available from high school counselors or at www.fafsa.ed.gov, collects information that is used to determine how much the family is expected to contribute toward the student's education (Expected Family Contribution, or EFC). Families usually receive a Student Aid Report three to four weeks after submitting the FAFSA form. It will summarize the data reported on the application. (Families can get estimates of what their EFC may be and the costs of attending specific institutions) by using ACT's Financial Aid Need Estimator at www.act.org/fane.

Families can find information on more than 600,000 scholarships totaling more than \$1.6 billion at www.collegenet.com.

As long as there are tests, there will be prayers in school.

— Anonymous

genet.com. This website provides a broad search of scholarships or a list of scholarships by category such as age, academics, ethnicity, interests, nationality or sports. Students also can apply online for the scholarships. For additional opportunities, including local scholarships, see your school counselor.

Financial Aid tips from ACT:
* Apply early for admission and financial aid.

* Check with your college to determine if other financial aid forms are required.

* Apply for scholarships and grants.

* Look into Work Study programs.

* Surf the web for financial aid information.

Try these websites:

Financial Aid Need Estimator and financial aid information—www.act.org/fane

Free scholarship search—www.collegenet.com

The Financial Aid Information Page—www.finaid.org

The Federal Government Financial Aid Page—www.ed.gov/finaid.html

Free Application for Federal Student Aid—www.fafsa.ed.gov

College Scholarship Search—www.collegenet.com

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YOUR HEALTH NEWS

Blood Center Appeals For Blood Less Than A One-Day Supply On Several Types

AREA — The Blood Center of New Jersey is issuing an emergency appeal for blood donors, especially those with types O positive, O negative, B positive, and B negative. There is currently a crucial shortage of these types. There is less than a one-day supply of Types O positive and O negative and B negative, less than a two-day supply of B positive, and less than a three-day supply of types A positive and A negative. The need is immediate. The hours at BCNJ's donor centers in West Orange and Parsippany have been extended for the convenience of donors and the Center is urging community residents to

donate at a donor center or a local community drive as soon as possible.

Late last week, the New Jersey Department of Health and Senior Services issued a plea for donors, noting that the entire state of New Jersey has a critical need for blood donations. Governor Whitman also asked residents to help build up the blood supply by donating as soon as possible.

The Blood Center of New Jersey supplies blood and blood components to over 25 hospitals in northern and central New Jersey, including St. Barnabas Medical Center in Livingston, Hackensack Medical Center,

Robert Wood Johnson University Medical Center in New Brunswick, Muhlenberg Regional Medical Center in Plainfield, Wayne General Hospital, Christ Hospital in Jersey City, the Veterans' Administration hospitals, and University Hospital in Newark. January is traditionally a time of lower blood collections throughout the nation for several reasons.

Factors negatively impacting the blood supply include:

1. Each time the weather is inclement, blood drives are affected. The snow that fell over the weekend resulted in the cancellation of three drives with a com-

bined expected total of 150 units. Even the potential for snow or bad weather can impact people's plans and decrease donations or result in cancelled drives.

2. The cold and flu system has hit this area particularly hard for the last few weeks. More people are being turned away due to cold/flu symptoms, and less donors than expected are showing up at drives.

3. The number of donors who are temporarily or permanently deferred from donating is on the increase, due to stringent restrictions safeguarding the safety of the blood supply set forth by the Food and Drug Administration.

Blood donated by generous community volunteers help The Blood Center of New Jersey provide over 100,000 blood compo-

nents to New Jersey hospitals annually. BCNJ is on call seven days a week, twenty four hours a day to supply both scheduled and emergency blood components for hospital patients, and to provide technical blood banking assistance to physicians and surgeons.

To find a convenient blood drive or donor center, volunteers are asked to call 1-800-652-5663, ext. 140 or log onto www.blood-nj.org.

Donors need to be at least 18 years of age and in general good health. Seventeen-year-olds can donate with a signed parental permission slip. People with flu symptoms should wait until they are feeling better. Donors should know their social security number and must bring a signed form of identification.

Stop Smoking In 2001 Free Programs Can Help You Quit

AREA — If your New Year's resolution to give up cigarettes went up in smoke, take heart. You may soon be able to breathe more easily, thanks to three free assistance programs from the New Jersey Department of Health and Senior Services through master settlement agreement funding.

One, New Jersey Quitnet (www.nj.quitnet.com) is an innovative online resource that provides a comprehensive, individually-tailored smoking cessation plan, 'round-the-clock.

The second, New Jersey Quitline, is a hotline offering personal counseling to New Jersey residents at 1-866-NJ-STOPS (1-866-657-8677), Monday through Friday from 8 a.m. to 8 p.m. and Saturday from 11 a.m. to 5 p.m. Trained counselors are available in 26 languages to work with callers.

The third is a pilot program of six new smoking cessation clinics opening around the state offering face-to-face counseling.

"We have gathered new data on smoking in the state revealing

that two out of three New Jersey smokers overwhelmingly want to quit," noted Commissioner Christine Grant, and the greatest interest in quitting comes from young smokers. Seventy-four percent of smokers 18 to 24 years of age say they want to quit. We understand how difficult it can be to succeed and we believe New Jersey's Quitnet and Quitline offer the kinds of hands-on tools, tailored to the individual's needs that can help New Jerseyans free themselves from tobacco for good."

To help you filter out the need for cigarettes now, consider these do's and don'ts of quitting that are posted on Quitnet:

Do make a clean start. Throw away all your cigarettes, hide your ashtrays, clean the house, clean your clothes, clean the car if it smells like smoke — anything to help make a break from the past.

Don't drink as much coffee. The caffeine in coffee becomes more potent when you stop smoking. This can lead to nervousness and the jitters. Cut back some or

start mixing in decaf.

Do keep objects around that you can put in your mouth instead of cigarettes such as carrots, cinnamon sticks, hard candy, even straws. They can give you something to do when you really crave a cigarette.

Do try to exercise. Not only will it make controlling your weight easier, it will also give you more energy and help keep your mind off smoking. Walking, running, even bowling can be helpful.

Do get support from your family and friends. Let them know you are quitting and that you want their help.

According to John Slade, MD, expert in addiction medicine at UMDNJ-School of Public Health, New Brunswick, "Using nicotine replacement, patch or gum, doubles your chances of success."

Keep these tips in mind and you may find you may have an easier time keeping your hands off a cigarette for today and for your whole life.

Warning: Keep Warm, Even On Mild Winter Days

AREA — Hypothermia, defined as a body temperature of less than or equal to 95°F, kills more than 700 Americans every year. Hypothermia is considered a medical emergency. While hypothermia is usually associated with extreme cold temperatures, recent reports from the Centers for Disease Control and Prevention indicate that cases do occur in milder climates.

Signs and symptoms of hypothermia include:

- shivering • numbness • fatigue
- poor coordination • slurred speech • impaired mental state • blueness or puffiness of the skin
- difficulty concentrating

In infants, signs and symptoms may include bright red, cold skin, and he or she may become lethargic. In addition to older age, pre-existing disease, and poor nutritional status, the risk for death from hypothermia is also related to alcohol and drug use. Alcohol use, and exposure to some other toxins, such as carbon monoxide, can place an individual at greater risk for hypothermia by impairing his or her ability to perceive cold temperatures. Children are also at greater risk for hypothermia

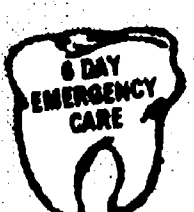
because they lose heat from their skin more rapidly than adults.

Early recognition of the signs and symptoms of hypothermia, as well as understanding the effects of your medicines on your body's temperature control, can go a long way in preventing hypothermia. *Taking preventive action is the best defense against cold-weather conditions!*

In addition, NJPIES offers these tips to the general public:

- Stay warm and dress appropriately! For prolonged exposure to cold, wear insulated or layered clothing that does not retain moisture.
- Wear a hat!
- Avoid over-exertion and excessive sweating in the cold.
- Warm beverages can help increase the body temperature, but do not give beverages to an unconscious person.
- Exercise caution when drinking alcohol, especially in cold temperatures.

Help is just a phone call away! For more information on prevention and treatment call 1-800-POISON-1. The Poison Center Hotline is accessible 24 hours per day, everyday!



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Workers' Compensation May Affect Your Social Security Benefit

AREA — A young man who's getting both workers' compensation and Social Security disability benefits called our office to ask why his Social Security benefits are being reduced. We told him that ordinarily disability payments from other sources don't affect Social Security disability benefits. But, if the disability payment is workers' compensation or another public disability pay-

ment, his and his family's Social Security benefits may be reduced.

A workers' compensation payment is one that is made to a worker because of a job-related injury or illness. It may be paid by federal or state workers' compensation agencies, employers or insurance companies on behalf of employers.

Public disability payments that may affect your Social

Security benefit are those paid under a federal, state or local government law or plan that pays for conditions that are not job-related. Examples are civil service disability benefits, military disability benefits, state temporary disability benefits and state or local government retirement benefits that are based on disability.

However, Social Security benefits are not reduced when

the person is receiving federal, state or local government benefits for work that was covered by Social Security, private pensions or insurance benefits, or Veterans or Supplemental Security Income payments.

We told the caller that his Social Security benefits were reduced because the law says that the combined amount of the Social Security benefit he and his family receive, plus his

workers' compensation payment and any other government disability payment, can't exceed 80 percent of his average current pre-disability earnings. If this sum exceeds 80 percent of those earnings, the excess amount is deducted from his Social Security benefit.

For more information, log onto our website, www.ssa.gov, or call us toll-free at 1-800-772-1213.

Tips For Beginning Investors

by Dr. Karen Easle,
RD, FADA, CFCS

AREA — Many people have recently started to invest for the first time. Below are some tips for successful investing:

- Develop an "investor's mindset" when switching from savings products (e.g., CDs) to investments (e.g., growth funds). Savers can expect no loss of principal and regular interest payments. Investors must accept a potential loss of principal and irregular payments.

- Match the time frame of financial goals to investment characteristics. Stocks have historically outperformed other investments over long time peri-

ods and are recommended for long-term goals like retirement. On the other hand, stocks are very volatile and often lose value during short time frames. If a financial goal is less than three to five years away, select alternative investments such as Treasury securities.

- Dollar cost average investment purchases to reduce the average cost. Mutual funds are ideally suited for dollar cost averaging. Simply invest a fixed amount (e.g., \$100) at a regular time interval (e.g., monthly).

- Take advantage of tax-advantaged investments. Examples include individual retirement accounts (IRAs), rental real estate, tax-deferred employ-

er retirement plans (e.g., 401(k)s, annuities and the purchase of a home).

- Review your tolerance for investment risk. Consider how much loss of investment principal (e.g., 20%) you could stand without losing sleep. Never invest in products you don't understand or feel comfortable with. If you can't explain an investment simply to a friend, you probably don't understand it well yourself.

- Invest in tax-exempt securities, such as municipal bonds, if they provide a higher after-tax return than taxable securities. Divide the available tax-exempt rate by 1 minus your tax bracket (e.g., 15%, 28%). This provides

its taxable equivalent. For example, a 5% tax-exempt bond provides the equivalent of 6.94%, buy a tax-exempt product.

- Diversify your investment portfolio. Purchase different types of investments (e.g., stocks, bonds) or shares of unit trusts or mutual funds that contain many securities.

- Increase your investment knowledge with periodicals like "Money and The Wall Street Journal." Other information sources include certified financial planners, adult education courses, and investment clubs.

- Review your investments

regularly and replace poor performers. Repositioning of assets should also be considered when financial goals are achieved and to adjust to changes in the economy of personal circumstances (e.g., marriage, divorce).

This MONEY 2000™ message is sponsored by Rutgers Cooperative Extension. MONEY 2000™ is a program designed to increase the financial well being of New Jersey residents through increased savings and reduced household debt. For further information about MONEY 2000™ and other educational programs, contact your local Rutgers Cooperative Extension office.

Law Makes It Easier For Disabled Beneficiaries

AREA — Disabled Social Security beneficiaries whose benefits have ended because of earnings from work and have again become unable to work because of their medical condition may now request reinstatement of benefits without filing a new disability application.

According to Dennis Mass, Social Security manager in Elizabeth, this expedited reinstatement of benefits is a welcomed provision of the Ticket to Work and Work Incentives Improvement Act of 1999. "The various provisions of this law assure that more Americans with disabilities have the opportunity to participate in the workforce and lessen their dependence on public benefits."

To take advantage of this provision, beneficiaries must be unable to work because of their medical condition. They must

file the request for reinstatement of their benefits with Social Security within 60 months from the month their benefits terminated.

Beneficiaries may receive provisional (temporary) benefits — as well as Medicare and

Medicaid — for up to six months while their case is being reviewed by Social Security using the medical improvement review standard. If they are found not disabled, generally these benefits will not be considered an overpayment.

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New Jersey Lottery					FRI. • Jan. 19 • Devine Media		
PICK-IT NUMBER					7136	\$3,447.50	\$143.50
week of 1/19/01 to 1/25/01					JERSEY CASH 5 ... 13-14-31-32-34		
					BIG GAME ... 4-6-16-31-36/19		
					SAT. • Jan. 20 • Devine Media		
					3378	\$2,875.50	\$239.50
					LOTZEE ... 5-19-62-66		
					SUN. • Jan. 21 • Devine Media		
					7861	\$3,924.00	\$163.50
					MON. • Jan. 22 • Devine Media		
					2080	\$1,690.00	\$140.50
					PICK SIX ... 5-8-37-41-42-45		
					JERSEY CASH 5 ... 1-9-17-30-33		
					TUE. • Jan. 23 • Devine Media		
					0862	\$2,735.50	\$227.50
					JERSEY CASH 5 ... 14-18-23-34-36		
					BIG GAME ... 5-7-12-23-43/27		
					WED. • Jan. 24 • Devine Media		
					9839	\$3,909.50	\$162.50
					JERSEY CASH 5 ... 12-15-19-24-29		
					THUR. • Jan. 25 • Devine Media		
					7486	\$2,363.50	\$98.00
					PICK SIX ... 4-17-22-26-44-48		
					JERSEY CASH 5 ... 7-16-25-26-30		



PICK-IT
DATE

#

PAY OFF

BOX

PAIR

FRIDAY
Jan. 19

878

\$359.00

\$119.50

\$35.50

SATURDAY
Jan. 20

487

\$232.50

\$38.50

\$23.00

SUNDAY
Jan. 21

271

\$251.00

\$41.50

\$25.00

MONDAY
Jan. 22

991

\$247.00

\$82.00

\$24.50

TUESDAY
Jan. 23

349

\$313.50

\$52.00

\$31.00

WEDNESDAY
Jan. 24

166

\$279.50

\$93.00

\$27.50

THURSDAY
Jan. 25

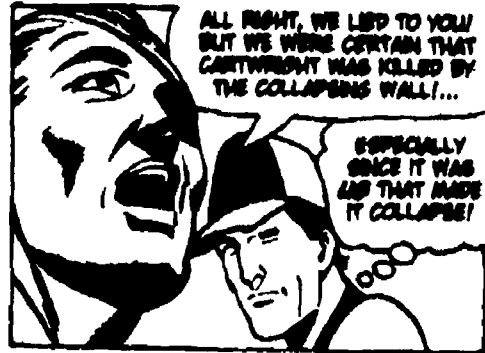
381

\$250.50

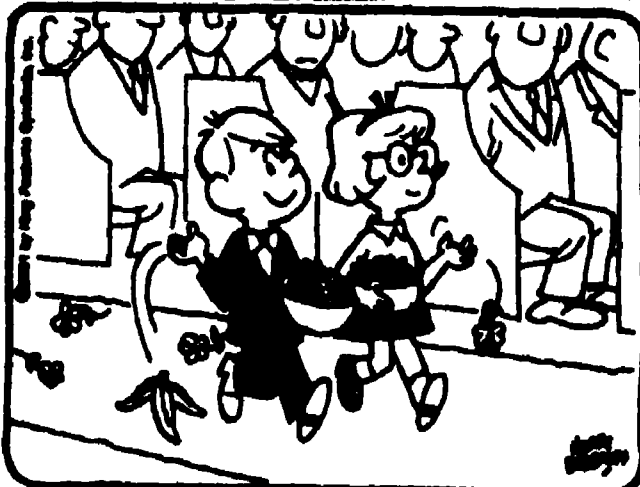
\$41.50

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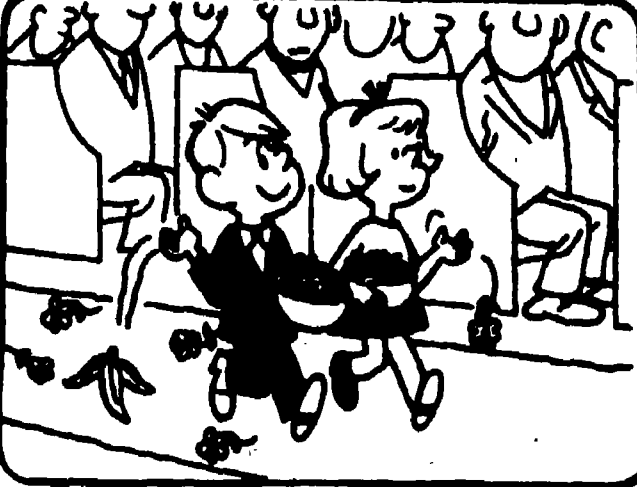
Comics & Puzzles



HOCUS FOCUS

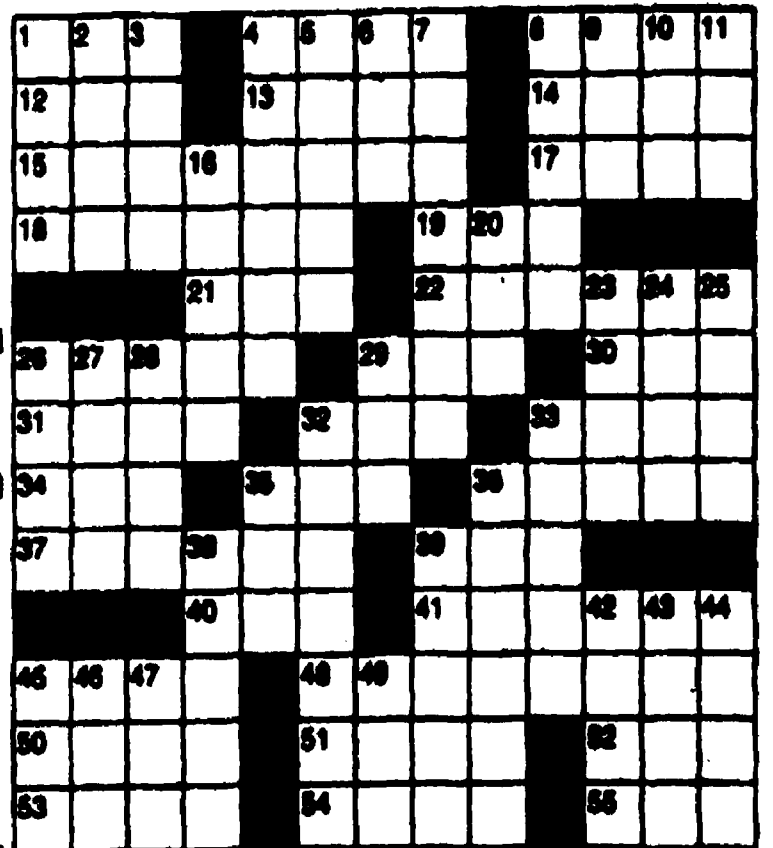


Find at least six differences in details between panels.



ACROSS

- 1 Weaver's creation
- 4 Vail gear
- 8 Hammer-head part
- 12 Ms. MacGraw
- 13 Throw
- 14 Scotch and water?
- 15 He's hopping mad
- 17 Continental coin
- 18 Last
- 19 Half a dance
- 21 Spy novelist
- 22 Dorothy's home
- 28 Threesome
- 29 A Kennedy
- 30 Golf ball's position
- 31 Encircle
- 32 Blue
- 33 Style
- 34 Freudian concept
- 35 A/C mess.
- 36 Drop
- 37 "Cabaret" composer
- 38 Mythical liar
- 40 Turmoil
- 41 Sore
- 45 Mardi Gras music
- 48 Illinois city
- 50 Lotion additive



- 61 Advantage
- 62 Ex-Cars vocalist
- 63 Benjamin
- 64 Evidenced a pinprick
- 65 Burpee buy
- 66 Arlesian appellation

DOWN

- 1 Aftermath
- 2 Joke de vivre
- 3 Tie
- 4 Full of trepidation
- 5 Model-actress
- 6 Duffy
- 8 Equi-

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

- 32 Gaffer's tally
- 33 Starbucks flavor
- 35 Hotel room need
- 36 Immobilized
- 38 Stupefied
- 39 Garnish
- 42 Image (var.)
- 43 Claudius' successor
- 44 Bacterium
- 45 Holyfield play
- 46 Every last crumb
- 47 "Became Street" Muppet
- 48 Citrus cooler

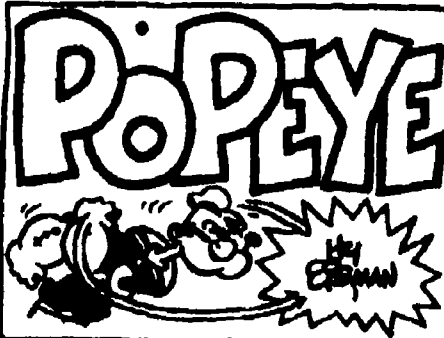
MAGIC MAZE GRASSES

DEBYVSQNKHEBYWT
ROLJGEEBDYWURPA
NKIGBLUEGRASSID
BZXVSQCTOMAKSIG
OECAYWSLUNSYAQP
NLLJHFEAECODRHA
YXAVHUFSPZUBGCS
SQPFMCMTOMEKBTW
JHFEFCANROAYAIO
BZYXVUUBETRGPRWR
QPOMLKBBBIHGCE

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

- | | | | |
|-----------|------------|--------|--------|
| Beech | Crab grass | Ribbon | Witch |
| Bermuda | Fescue | Rye | Yard |
| Bluegrass | Goose | Salt | Zoysia |
| Buffalo | Pampas | Sword | |

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THE SPATS



Hocus-Focus answers

- 1. Beech
- 2. Crab grass
- 3. Ribbon
- 4. Witch
- 5. Bermuda
- 6. Fescue
- 7. Rye
- 8. Yard
- 9. Bluegrass
- 10. Goose
- 11. Salt
- 12. Zoysia
- 13. Buffalo
- 14. Pampas
- 15. Sword

Everyone loves the comics page!

Bickford Theatre Presents

Crimes Of The Heart

AREA—Beth Henley's first professionally produced play, *Crimes of the Heart*, will be performed at The Bickford Theatre from Feb. 15 through March 18. The play is a dark comedy about three completely different but devoted sisters set in the small town of Hazlehurst, Mississippi.

As the play unfolds, the audience learns that each sister is facing a different problem. At 30 years of age, Lenny is the oldest sister. She has recently ended a relationship because she is unable to have children and is now dealing with the possibility of never marrying. Meg, the 27-year-

old middle sister, is a pop singer whose demeanor is too profane for the conservative community. The youngest sister, Babe, is a 24-year-old housewife who, upon finding herself in a bad marriage, shoots her husband in the stomach.

Henley takes this seemingly depressing situation and creates an outrageously hilarious play. In the end we find the three sisters enjoying birthday cake and realizing that despite their hardships, they have each other.

When *Crimes of the Heart* premiered in the 80s, it won several awards including the

Pulitzer Prize for Drama and the New York Drama Critics Circle Award for Best American Play of 1981. It then spawned the popular film starring Diane Keaton, Jessica Lange and Sissy Spacek.

This is quite an amazing accomplishment considering Beth Henley was only 29 years old and had never before written a full-length play.

Crimes of the Heart will be performed Feb. 15–March 18 at 8 p.m. on Thursdays–Saturdays and at 2 p.m. on Sundays. The cost of the production is \$25 for general public; \$23 for senior citizens and \$22 for Morris

Museum members and students. Please call (973) 538-8069 for tickets.

Founded in 1913, the Morris Museum explores and celebrates the arts, sciences and humanities through exhibitions, educational programs, performing arts and special events. Supported through membership, grants, benefits, admissions and Museum Shop sales, the Museum serves over 200,000 adults and children each year.

The Morris Museum, located at 6 Normandy Heights Rd.,

(at the corner of Columbia Turnpike) in Morristown, is open Tuesday, Wednesday, Friday and Saturday from 10 a.m.–5 p.m.; Thursday from 10 a.m.–8 p.m. and Sunday from 1–5 p.m. Admission to the Museum is \$6 for adults, and \$4 for children, students and senior citizens. Admission is always free for Museum members and is free to the public every Thursday between 1–8 p.m.

For more information, call (973) 538-0454 or visit www.morrismuseum.org.

Kids Of All Ages Can Enjoy

The Great Dane: HAMLET

AREA — The Community Theatre proudly presents a family-friendly version of William Shakespeare's classic tale of betrayal and honor, "Hamlet," on Sunday, Feb. 18, at 2 p.m. Part of our Fun For

The Family Series, both adult and children tickets for "Hamlet" are specially priced at \$12. Appropriate for ages 10 and up.

The Community Theatre is located at 100 South St. in

Morristown. For more information or to purchase tickets, call the Community Theatre Box Office at 973-539-8008 or buy tickets online by visiting <http://www.communitytheatre-nj.com>.

I'm Not Rappaport Still Going Strong

METUCHEN—The Forum Theatre was pleased to announce the third production of the 2000-01 season, *I'm Not Rappaport*, the Tony award winning comedy, which opened on Saturday, Jan. 27 and will play through Sunday, Feb. 18.

This joyous comedy, set in a secluded section of Central Park, is about two octogenarians determined to fight off all attempts to put them out to pasture. Talk about an odd couple, originally played by Judd Hirsch and Cleveon Little on Broadway, Nat is a lifelong radical out to fight injustice (real or imaginary) and a spinner of fantasies. His unlikely partner is Midge, a black apartment super who spends his days in the park hiding from his tenants who want him to retire.

Gary Cohen, the producing Artistic Director of Edison Township's Play's in the Park series, will direct.

For information, the Forum's website can be found at

www.forumtheatre.com. Discounted tickets are available for groups as well as students and

senior citizens. To arrange for tickets call the Forum Theatre box office at (732) 548-0582.

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YOUR AUTOMOTIVE NEWS

You Can Help Your Car Live A Longer Life

(NAPS) — Next to your house, a vehicle is the second largest investment made in your lifetime. It is the largest investment you'll make that is almost guaranteed to diminish in value over the years. But there are ways to help protect your automobile investment and prolong its value.

Regular maintenance and proper service, as well as routine cleaning of the interior and washing and waxing the exterior of the vehicle, are common-sense steps that help extend the livelihood of your car. Another critical step to maintain the value of your vehicle not known to many car owners is proper collision repair.

All Parts Are Not Created Equal

Parts frequently replaced after an accident, such as bumper fascias, radiators and lighting, are the keys to proper

collision repair. And the sale of such parts is big business. With more than 35 million automobile accidents each year in the U.S., "crash parts" have cost almost \$6 billion in the last year alone. What many consumers don't know is that there are several types of replacement parts from which to choose. Choose wisely.

Most of those dollars are spent on new OEM (Original Equipment Manufacturer) parts. They are parts made by or for the manufacturer of your vehicle with the same fit, finish, structural integrity, corrosion protection, and dent resistance as your car's original parts.

Non-OEM parts, or aftermarket parts, make up another group of replacement parts. These are unauthorized copies of OEM parts that are not produced by a vehicle manufacturer. They are not covered by your vehicle's

manufacturer warranty since aftermarket parts primarily are not subject to the same quality standards.

A third choice is salvage parts, which are OEM and aftermarket parts recycled from totaled vehicles. A consumer using salvage parts for the repair of their car has to make sure the parts have been recycled properly and are taken from a matching car model. Because of the chance salvaged parts were not recycled and/or installed properly they are not covered by your vehicle's manufacturer warranty.

Cost vs. Quality

Using aftermarket or salvage parts to repair your car may seem cost effective at first, but they can cost you a lot more in the long run. Recent testing, including the aftermarket bumper and fender tests conducted by a leading consumer magazine,

reported that "the imitation bumpers and fenders tested were inferior to OEM parts. The bumpers fit badly and gave poor low-speed crash protection." The same tests also reported the aftermarket parts rusted more quickly when scratched to the parts' bare metal.

Using aftermarket parts also affects the repair process of your automobile. Surveys conducted by Industrial Marketing Research (IMR) and Body Shop Business magazine found on average that using aftermarket parts increases repair time by 29%. Increased repair time leads to more time without your vehicle and increased rental car bills. Both surveys also reported that over 70% of body shops surveyed found aftermarket parts inferior to new OEM parts.

Warranty & Safety Concerns

Similar to other car manufacturers, Ford Motor Company does not cover aftermarket or salvaged parts under its warranty. In fact, if you lease, read your lease agreement carefully to be sure you comply with all its terms and conditions regarding repairs.

"Collision repairers have voiced concern over the potential liability associated with using aftermarket crash parts," said Susan Reil Johnson, collision repair product team manager of Ford Customer Service Division. "While we can only speculate as to the safety of aftermarket parts, repairers can be assured that genuine Ford crash parts are the same as those used on new vehicles, which meet all Federal Motor Vehicle Safety Standards."

When trying to protect your automobile investment do not assume your car will be returned to "pre-loss condition." The Body Shop Business magazine survey found that 75% of repairers use aftermarket parts because of insurance companies' specifications. However, most consumers who specifically request new OEM parts for their car repairs get them with few problems. Knowing the pros and cons of available parts on the market, and knowing your consumer rights when getting your car repaired, can save your investment plenty in the end.

Winter Weather Vehicle Preparation Tips

AREA — On average, the greater Trenton area gets nearly seven inches of snow, ice and sleet in January and more than eight in February each year. To help drivers prepare for the toughest winter conditions, AAA offers

the following tips:

Know Your Vehicle — Is your car front-wheel, rear-wheel, or all-wheel drive? If you go into a skid, knowing your drive-wheels is essential to coming out of the skid safely.

• Does your vehicle have an anti-lock braking system (ABS) or conventional brakes? The braking method for each differs significantly. Check your vehicle's manual to determine what type of system you have and how to properly brake.

Charge!! — Cold weather is tough on batteries. At zero degrees, a car's battery loses about 60% of its strength. At a comparatively mild 32 degrees, a battery is 35% weaker. Keeping battery terminals clean helps, but a load test performed by a qualified technician will help determine whether a car's battery is strong enough for winter starts.

Get a Grip — Preferably before winter arrives, you should make sure your car is equipped with tires that are able to handle your region's winter weather. For most motorists, all-season tires are adequate. In more northern or mountainous regions, switching to snow tires may be needed.

See and Be Seen — Danger

must be seen to be avoided. Driving with a snow-covered windshield, windows, side-view mirrors or lights invites a crash. Clear windows, mirrors, and lights with an ice scraper, brush or spray de-icer. Make certain windshield wipers and defrosters are in good working order and that washer reservoirs are filled with no-freeze windshield washer fluid.

Slippery When Wet — In temperatures at or just above 32 degrees, a thin layer of water can cover the ice, causing extremely slippery conditions. The distance needed to stop on ice at 32 degrees is twice as long as at zero degrees.

Keep Your Engine Cool — Make certain cooling system antifreeze is mixed with an equal portion of water for maximum protection.

Key Solution — Frozen door locks can be overcome by carefully heating the end of a key match or lighter. A squirt of de-icer spray is another quick method.

Air It Out — Don't let frigid temperatures tempt you into starting your car in a closed garage or idling your engine for long periods with the windows closed.

Carbon monoxide present in exhaust fumes is almost impossible to detect and can be fatal when breathed in a confined area.

Finish Up — Road salt, slush, and grime are especially hard on a car's finish. To help prevent rust and paint damage, keep cars washed and waxed. A full or self-service car wash makes the job easier when temperatures are low.

AAA also advises keeping the following items in your car in case of a winter emergency:

- flashlight
- small bag of abrasive material (sand, salt, or kitty litter)
- small snow shovel
- snow brush
- traction mats
- ice scraper
- cloth or roll of paper towels
- booster cables
- blanket
- warning devices (flares or triangles)

AAA Central-West serves over 810,000 members with member, travel, financial and insurance services in Burlington, Hunterdon, Mercer, Middlesex, Monmouth, Ocean, Somerset, Sussex and Warren counties.

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Fernandez Completes Basic Military Training

PARLIN—Marine Corps Pvt. Carlos Fernandez, son of Elena and Jesus Fernandez of Parlin, recently completed basic training at Marine Corps Recruit Depot, Parris Island, S.C.

Fernandez successfully completed 12 weeks of training designed to challenge new Marine recruits both physically and mentally.

In addition to the physical conditioning program, he spent numerous hours in classroom and field assignments which included learning first aid, uniform regulations, combat water survival, marksmanship, hand-go-hand combat and assorted weapons training. He also received instruction on the Marine Corps' core values—honor, courage and commitment, and what the words mean in guiding personal and professional conduct.

Fernandez is a 1996 graduate of Sayreville War Memorial High School, Sayreville.

Chess Tournament

SOUTH AMBOY — South Amboy Recreation will be hosting a Chess Tournament on Saturday, March 3 from 10 a.m.–5 p.m.

It will be in the South Amboy High School cafeteria.

There will be two separate contests, one for children and one for adults (18 and over).

The entrance fee is \$5 per person.

All proceeds will go to the St. Vincent dePaul Society for the local food bank.

For more information, call (732) 525-5303 or (732) 727-7677.

SnigLe'ts

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.

School Board Candidacy Information Available

SOUTH AMBOY — The deadline for filing nominating petitions to run for positions on the South Amboy Board of Education is 4 p.m., Monday, Feb. 26, Joyce Goode, Business Administrator/Board Secretary to the Board announced recently.

Prospective school board candidates can obtain a "School Board Candidate Kit" at the Administration Office, 240 John Street, South Amboy. Published by the New Jersey School Boards Association, the School Board Candidate Kit includes information about legal qualifications for school board candidacy, campaign procedures, and the role of the school board members.

Information about the New Jersey School Ethics Act, important dates in the school election process and briefing sessions for school board candidates are also included in the kit.

"I urge citizens who believe they can make a contribution to their communities' schools to consider board of education membership," said Patti J. Pawling, NJSBA president.

"Serving on your local school board doesn't require a degree in education. The most important attribute a candidate can bring to office is a sincere interest in your community, its children and their education."



Report From Trenton

Every three seconds in the United States someone needs blood. That translates into more than 4 million Americans needing blood transfusions each year. In New Jersey alone, area hospitals and Medical Centers need 1,800 units of blood products per day. Yet only 5% of healthy Americans eligible to donate blood actually donate each year.

While blood donations are needed all year round, they are needed most during the holidays and winter months. It's during these times that the number of donations decline while the demand continues or even increases. Don't underestimate how much good a donated unit of blood can do. Typically, each unit of blood is separated into multiple components, such as Red Blood Cells, Plasma and Platelets. Each component is generally transfused to a different individual, that means that each pint of donated blood can save up to three lives.

Nearly all blood used for transfusions in the United States is drawn from volunteers. While nearly 8 million people donate blood each year many more donors are needed. The people of the United States have a long and spirited tradition of blood donation. In times of local crisis or war

Americans have rolled up their sleeves and answered the call. But blood is needed on an ongoing basis, each day patients across the country receive more than 32,000 units of blood per day.

To be eligible to donate blood, a person must be at least 17 years of age, be in good health, and must weight at least 110 pounds. All donors must pass the physical and health history examinations given prior to donating. All health history interviews are private and confidential. Blood donations are perfectly safe. Your body will replace the plasma (liquid part) in hours and the cells in a few weeks. Contrary to popular belief taking a prescription medications does not immediately disqualify you from donating. If you are 65 years old or older you should check with your family doctor before you donate.

Many area hospitals and blood centers in New Jersey are reporting critical shortages in donations of blood. To combat this dangerous trend I would ask all eligible adults to take a little bit of time and donate. Donating blood is fast, simple and safe. Most importantly by all of us doing our part, we can all save lives—one pint at a time.

—Anyone who is interested in donating blood can contact the American Red Cross at (800) GIVE LIFE or contact my district office at (732) 316-1885 for a list of blood drives in our area.

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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

ATTN: 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

HONESTY 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

2ND TIME AROUND
Let's walk, talk, and laugh together. Petite black female, 53, 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

RECIPE FOR ROMANCE
To hearts together. Pretty, dynamic, vivacious, blonde, in her 50's, looking to meet my 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 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

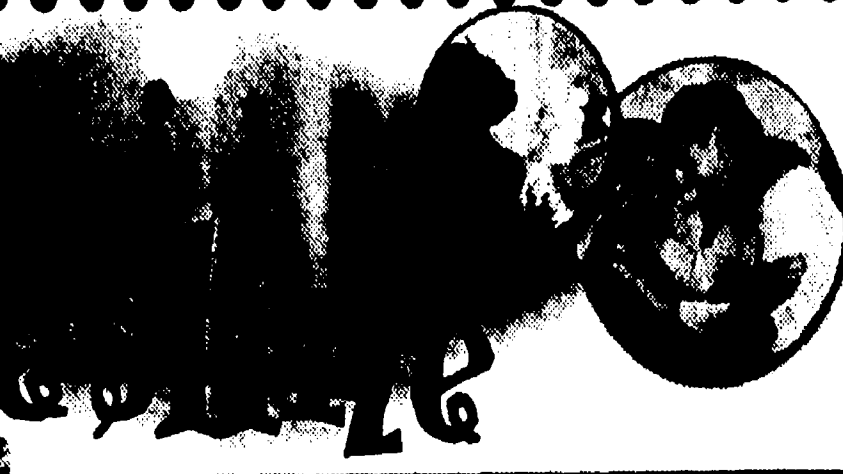
HEAD TURNER
Single Caucasian female, brunette, 5'4", brown eyes, high cheek bones, curvaceous body, feminine, European born, multi faceted. Seeks a Caucasian male, 50 to 65, who is kind hearted and financially secure, fun loving, and available. BOX 29248

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

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

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. BOX 10827

GREAT LOOKING LADY
White female, seeking gentleman, 64 to 73. I like to dine out, dance, travel and many other things. I would like someone sincere and honest, for possible long term relationship. Middlesex County. BOX 26712



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65 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, let's talk. Hudson County. BOX 29242

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

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

FRIEND WANTED

40 yr old female, attractive, enjoys dating, walking, dining, dancing, looking to meet new friends. BOX 37646

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, movies, traveling, cooking and dining out. BOX 29232

HEART OF GOLD

Divorced white female, 59 yr old, attractive, 5', short hair, medium build, with a heart of gold. Looking for the same in a male, 5'10", non-smoker, social drinking okay. Looking for friendship, leading to a LTR, who likes flea markets, dining out, and movies etc... BOX 42630

INCURABLE ROMANTIC

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

DOUBLE YOUR FUN...

... with this divorced female, 5'7", medium build, brown hair and eyes, enjoys the outdoors, New York City, the arts and much more. Is seeking a caring, loving, sincere, single male, to develop a long term relationship. BOX 37659

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

ROMANTIC AT HEART

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

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

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

DESTINY CALLS

Youthful, attractive, slim, brunette, 50 yr old female, with good sense of humor, enjoys movies, theater, fine dining, beach and older 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

GIVE ME A CALL

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

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

COULD BE FATE!

Single, widowed female, in her 50's, attractive, slim, professional, enjoys, outdoors, biking, hiking and long walks. Looking for a single or widow male with similar interest for a possible long term relationship. BOX 40886

INTERESTED?

Seeking a tall, fit, single or divorced, spiritually sensitive, humorous, caring male, 38 to 60, for a possible long term relationship. Enjoys conversation, quiet evenings, music, dining out, theater, 5'8", 47 yr old, single attractive black female, 155 lbs, with no children. BOX 13807

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

BRIGHTEN UP MY WORLD

73 yr old, young widower, 6', 200 lbs, non-smoker, social drinker, enjoys quiet times. Looking for a female, for companionship. BOX 10943

CLASSICAL MUSIC...

...Lover. Single white gentleman, European, U.S. Citizen, seeking a lady for possible long term relationship. I am modest and educated, my great entertainment is classical music because it brings us to a higher level. The lady I seek need not like it, however, she should be understanding. BOX 15636

HOW TO THE AREA

Originally from Boston. Started school early pre med, law, CPA. Eventually worked for government. Moved to New York to start my own business. Enjoys movies, dancing, fencing, music, bars, very athletic. Looking for attractive young lady, with a sense of humor, 30 to 40. BOX 29225

MARRIAGE ORIENTED

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

YOU'RE GOOD TIMES!

48 yr old, 5'8", fit, single Jewish male with brown hair and blue eyes, non smoker, enjoys movies, reading, dancing, hiking and much more, is seeking a single female, intelligent, fit, attractive, classy, to share friendship and maybe more. BOX 39473

I'M WAITING!

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

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, quite evenings. In search of single white female, 21 to 34, with similar interests. Friendship first, with possible relationship. BOX 26522

SOULD GOOD TO YOU?

Single, tall, very handsome, financially secure, black male, 43, enjoys all kinds of sports, travelling, outdoors, dancing and more. Searching for a single female, very attractive, tall, shapely, intelligent, 21 to 53, caring, and understanding for friendship and more. BOX 37615

OPEN YOUR HEART & SEE

Single divorced white male, 6'2", 200 lbs, young 38, 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 10699

LADY OF MY DREAM

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

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



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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

COMMUNITY THERAPIST

Kind, bold, Jersey City or Hoboken woman, sought for very significant romance, with this single white male, 59, 5'8", trim, interested in progressive politics, jogging, music, improvement of self and others. Any religion, serious only. Hudson County. BOX 29282

OPEN TO ANYTHING

Seeking child free woman, any age, for relationship. Single white male, 32, 5'11", 175 lbs, handsome, smoker, non-drinker, home body. Employed, also has depression disability. Phone for additional details. BOX 26627

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GRAND EXPECTATIONS

31 yr old female, 5'2", long blonde hair, blue eyes, physically fit, petite, college educated, likes tennis, rollerblading, biking, the beach, and more. Looking for a single white professional male, 30 to 39, who's college educated, fit and knows what he wants out of life. BOX 36604

HEAVY SET GUY WANTED

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

ON THE HUNT

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

WOMAN OF MY DREAMS

White male, mid 40's, 5'9", 150 lbs, outgoing, flexible, nice looking, with a fantastic personality and a sense of humor. Enjoys movies, sports, music, dining out, good conversations, outdoors and just quiet times. Seeking an open, motivated, single female, for friendship, companionship and more. BOX 36037

NEVER TO LATE

Single male, 74, 5'6", enjoys dining out, movies, theater, Broadway play and good conversation. Seeking a single female, 50 to 60, with similar interests. BOX 36289

WHITE KIDNEY

White male, 45, never married, no children, 5'9", 200 lbs, nice looking, fantastic personality, sense of humor, clean cut, no smoke/alcohol/drugs. Enjoys spectator/participation sports, outdoors, culture and much more, seeking single white female for companionship, possible long term. Personality/Compatibility: most important. BOX 38740

CAN WE TALK?

Single white male, 6'1", enjoys poetry and more, seeking a single female, with similar interests. BOX 10424

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

NO HEAD GAMES

Single white male, 32 yrs old, seeking a down to earth, fun healthy female, who likes to go places and do things, for a possible marriage. Smokers and drinkers okay, must be drug free. BOX 13623

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 13788

BLONDE 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

THREE! SEEKER

Single male, drug-free, sense of humor, enjoys talking, 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, 45, 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

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

OUR VOYAGE

Paris and sailboats, caring relationship, not a one time thing. Single white male, 57", 170 lbs, hazel eyes, enjoys sailing, movies, museums, theatres, arts. Seeking a female, 42 to 52, for relationship. Ocean County. BOX 26653

JUST THE TWO OF US

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

SEEKING 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

FRIENDS FIRST

39 yr old, single white male, 6'2", 190 lbs, non-smoker, enjoys motorcycle riding, rock and country music, seeking 32 to 40 yr old, slim to medium female. Friends first, possibly leading to relationship. BOX 36109

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Thermys Says: For Safety Use Food Thermometer

(NAPSA)-No matter how you slice it, holiday meats will be done more safely and turn out better if cooks use a food thermometer while preparing them.

Using a food thermometer, according to the USDA's Food Safety and Inspection Service (FSIS), is the only way to tell your food has reached a high enough temperature to destroy harmful bacteria and is safe to eat.

Unfortunately, not all cooks use thermometers. Consequently, thousands of Americans are at risk of falling victim to food-borne illness every year.

The FSIS has created "Thermys," a messenger to help educate cooks on food safety. "We are using Thermys to encourage consumers



Thermys' message:
"It's Safe to Bite When the Temperature is Right."

to use food thermometers throughout the year, but it is especially important at holiday time," says Susan Conley, director of Food Safety Education at FSIS.

Thermys' message is "It's Safe to Bite When the Temperature is Right!" That means if food has reached a high enough temperature to kill bacteria, it is safe to eat. "In addition," says Conley, "food tends to be tastier and juicier when it is not overcooked."

If a golden brown turkey will be at the centerpiece of a holiday table, a food thermometer should be used to be certain that the whole turkey reaches an internal temperature of at least 180° F. The thermometer should be placed in the thickest part of

the thigh, between the leg and the breast. If cooking only the turkey breast, it should reach 170° F in the thickest part of the breast.

For safety and quality, it's best not to stuff turkey but to bake the stuffing in a casserole until it reaches 165° F. However, if the turkey is stuffed, a food thermometer must be used to determine the temperature of the stuffing. Even if the thigh has reached 180° F, cooking must continue until the center of the stuffing has reached 165° F.

Beef, veal, and lamb roasts can be cooked medium rare (145° F), medium (160° F) or well done (170° F). If fully cooked hams are reheated, a food thermometer should be

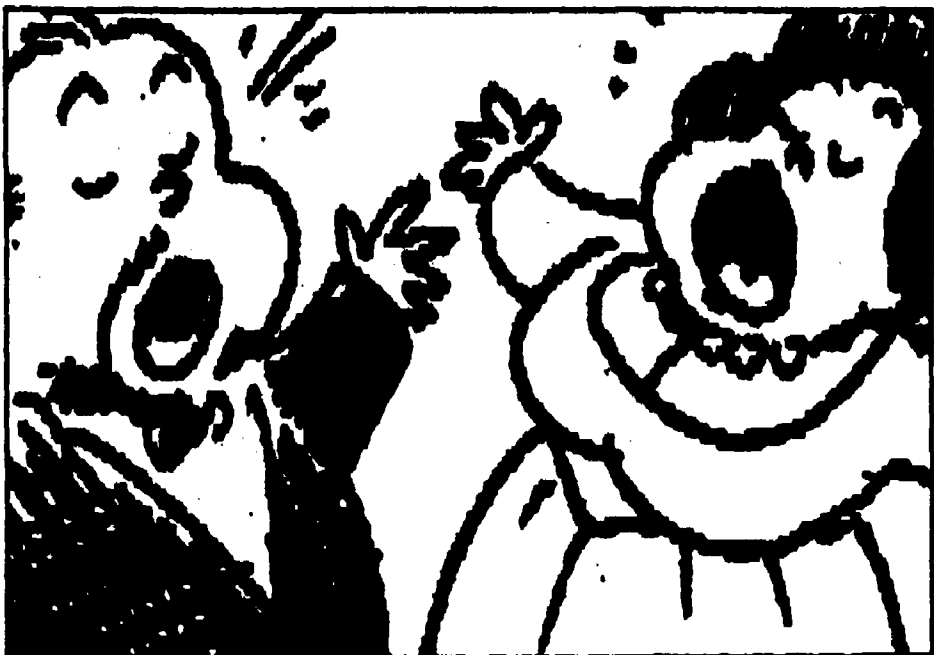
used to be sure the thickest part has reached 140° F.

Fresh game meats should reach 160° F throughout to kill foodborne bacteria and parasites.

Cornish hens, ducks, geese, capons, and other chicken should be cooked to the same temperature as turkey: 180° F in the thigh of whole birds, 170° F if roasting only breast meat.

For food safety information about meat, poultry, or eggs, call the toll free USDA Meat and Poultry Hotline at 1-800-535-4555 or TTY 1-800-256-7072. The Hotline is staffed by food safety specialists weekdays from 10 am until 4 pm Eastern Time, year round.

Additionally, cooks can visit www.fsis.usda.gov/thermy.



Did you know that fine food was named for famous opera singers such as Sausage Caruso after Enrico Caruso and Pouch Melba after Dame Nellie Melba.

Today's Pressure Cookers: Fast, Delicious, Nutritious

(NAPS)- Everything old is new again. And that goes for the pressure cooker, the rage in the 1940's and today one of the hottest items in kitchen ware.

These amazing, economical and easy-to-use cookers cut cooking times for meat, poultry, risotto and other foods by up to 70 percent-faster than the microwave oven in most cases- and with much tastier results. With the T-Fal Sensor 2 pressure cooker, flavors are infused into the foods and intensified, with extraordinary taste results.

One of the healthiest ways of cooking, the pressure cooker preserves far more vitamins and nutrients because there's no oxidation inside the sealed pot. Vegetables like broccoli steamed under pressure retain up to 83 percent of vitamin C as compared with 40 percent when cooked in a saucepan.

With a T-Fal Sensor 2 pressure cooker, flavors are infused and intensified, with extraordinary taste results. These versatile T-Fal cookers, in 6.4-qt. and 8-qt. versions, feature two pressure settings: one for delicate foods and one for meats, plus a quick-release setting to reduce steam in seconds.

Here are two recipes that will let you experience the ultimate in fast, nutritious and delicious dishes.

BARBECUED PORK CHOPS

• 2 Servings •

- 1/4 cup flour
- 1 teaspoon chili powder
- Salt and pepper to taste
- 4 pork chops
- 1 tablespoon vegetable oil
- 2 tablespoons cider vinegar
- 1 small onion, minced
- 1 cup tomato sauce
- 2 tablespoons light brown sugar
- 1 tablespoon Dijon mustard
- 2 tablespoons Worcestershire sauce
- 1 teaspoon paprika
- 1 teaspoon ground cloves

1. Combine flour, chili powder, salt and pepper in a large bag. Add pork chops, one at a time, and shake to evenly coat with flour mixture.

2. Heat half the oil in a 6.4-qt.

T-Fal Sensor 2 pressure cooker. Add two pork chops and brown well on both sides. Set aside. Repeat for other two chops. Set aside.

3. Add vinegar to pot and stir up any browned bits on bottom of cooker. Add all remaining ingredients. Return pork chops to cooker, turning them over once to coat with sauce mixture.

4. Cover pressure cooker and bring to full pressure. Reduce heat and cook for 15 minutes. Release pressure.

5. Place pork chops on serving plate and top with sauce.

RISOTTO WITH ASPARAGUS & PEAS

• 4 Servings •

- 1 small onion, diced
- 2 tablespoons butter
- 1 cup Arborio rice
- 1/3 cup dry white wine
- 2 cups chicken stock
- 6-7 slender asparagus spears
- 1/2 cup green peas, fresh or frozen
- 1/2 cup grated Parmesan cheese
- 2 tablespoons fresh flat leaf parsley, minced
- Salt and pepper to taste



Cook fast, delicious and nutritious dishes in a T-Fal Sensor 2

1. Melt butter in a 6.4-qt. T-Fal Sensor 2 pressure cooker and add onion. Cook and stir over medium heat, about 2 minutes or until onion is translucent. Add rice, stir well to coat and cook 2 minutes. Slowly pour in wine and cook until it is evaporated.

2. Add chicken stock. Cover pressure cooker and bring to full pressure. Reduce heat and cook for 8 minutes. Remove cooker from heat and let pressure come down naturally.

3. Meanwhile, trim tough ends from asparagus and cut on bias into 1/2 inch pieces.

4. Open pressure cooker and add asparagus, peas, Parmesan and parsley. Add salt and pepper to taste. Stir and serve hot.

For more pressure cooker recipe ideas, visit T-Fal's Web site, www.t-fal.com.

Have a recipe you want to share with the community?

Then just write it down and sent it to:

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Bryon A. Cleaver of South Amboy

Mr. Byron A. Cleaver of South Amboy died January 27 at home. He was 66.

Born in Perth Amboy, he lived there before moving to South Amboy 15 years ago.

He was a special inspector with Hyatt Roller Bearing, Clark, retiring in 1988.

He was presently employed as a crossing guard in Sayreville.

Mr. Cleaver was a communicant of St. Mary's R.C. Church, South Amboy.

He was a member of the 1952 State Champions Perth Amboy City Baseball League.

His stepson, Theodore J. Rachwal, died on Christmas Day, 2000; a brother, Paul Ridge died in 1957.

Surviving are his wife, Joan M. (nee Wyckoff Rachwal) Cleaver of South Amboy; three sons, Mathew B. Cleaver of East Brunswick, Daniel P. Cleaver of Edison and Robert S. Cleaver of Perth Amboy; a stepdaughter, Helen Figueroa of Old Bridge; a daughter-in-law, Lynn Rachwal; a stepson, Joseph J. Rachwal of South Amboy; a brother, John Ridge of Florida; seven grandchildren, Tara Figueroa, Gina Figueroa, Jessica Cleaver, Rebecca Cleaver, Matthew Cleaver, Holly-Anne Rachwal and Alyssa Cleaver.

*"He alone loves the Creator perfectly who manifests a pure love for his neighbour."
- Luke (76:3-7:35)*

William C. Vivers of Colonia

Mr. William C. Vivers of Colonia died January 8 in the Community Medical Center, Toms River. He was 73.

Born in Bayonne, he lived in Roselle and Colonia before moving to Whiting in 1988.

He was a toll collector for the New Jersey Turnpike Authority in New Brunswick for 31 years before retiring in 1988.

Mr. Vivers was a past treasurer and an elder of The Ocean County Alliance Church, Manchester Township.

He was a Navy veteran of the Korean War, and was a past commander of the American Legion Post 502, Whiting.

Mr. Vivers was a former member of the Lions Club, Union City, the Roselle Volunteer Fire Company, the Winfield Volunteer Fire Company and First Aid Squad and the Cranford First Aid Squad.

Surviving are his wife of 42 years, Gloria; and a son, Timothy A.

Marion Geis of Iselin

Mrs. Marion Geis of Iselin died January 18 in Brighton Gardens Assisted Living, Edison. She was 90.

Born in Scotland, she came to Brooklyn and lived in Jersey City before moving to Iselin in 1963.

Surviving are a daughter, Mrs. Karen DaSilva; a son, Raymond Jr.; a brother, John and three grandchildren.

Joseph W. Nisky, 61 of Metuchen

Mr. Joseph W. Nisky of Metuchen died January 22 in New Beth Israel Medical Center, Newark. He was 61.

Born in Elizabeth, he lived in Linden before moving to Metuchen 35 years ago.

He was a mechanical supervisor for Merck & Co., Rahway, where he worked for 25 years before recently retiring.

Mr. Nisky served in the Marine Corps from 1956-60.

He was a member of the Master Plumbers Association in Newark.

Surviving are his wife of 40 years, Dolores; a daughter, Mrs. Kimberly Tillotson; two sons, Joseph M. and David; his father, Edward Martis; a brother, Edward; five sisters, Mrs. Patricia Powell, Mrs. Mitzie Tamayo, Mrs. Debra Babeu, Ms. Janie Martis and Mrs. Catherine Martis; and five grandchildren.

Angelo Ferraro, 86 of Woodbridge

Mr. Angelo J. Ferraro of Woodbridge died January 16 at JFK Medical Center, Edison. He was 86.

Born in Woodbridge, he lived there all his life. He had been employed by Middlesex Water Co., Woodbridge, as an inspector for 53 years before retiring in 1982.

Mr. Ferraro was a communicant of St. James R.C. Church, Woodbridge. He was a actively involved as a member of the Middlesex County Bowlers Association and the Middlesex Bowlers Hall of Fame. He was also an avid golfer.

His wife, Dorothy Hess Ferraro, died in 1980. Two brothers, Charles and Samuel Ferraro are also deceased.

Surviving are a daughter, Joan O'Rourke of Woodbridge; a brother, Martin Ferraro of Woodbridge; a sister, Dolores Dobrosielski of Highland Park; three grandchildren, Robert Balogh of Port Reading, Robin Ferreira of Hopelawn and Sue Noble of South Amboy; seven great-grandchildren, Steven Bonner, Tabatha, Daniel and Brandon Noble, Nicholas, Jesse and Cassandra Ferreira.

Edward A. Pfeffer of Woodbridge

Mr. Edward A. Pfeffer of Lebanon (formerly of Woodbridge) died January 21 at home. He was 62.

Born in Staten Island, he lived in the Menlo Park Terrace section of Woodbridge for 31 years before moving to Lebanon. He was a chemical engineer for Lucent Technologies for 25 years. He also had been a self-employed financial planner for many years before retiring 10 years ago.

He earned a bachelor of science degree in chemical engineering from the Brooklyn Poly-Technological College in 1969. Mr. Pfeffer was past president of the Menlo Park Terrace Youth Association in Woodbridge.

He served in the Army during the Vietnam War.

Surviving are two daughters, Mrs. Karen Smith and Gretchen; a brother, Jerome and three grandchildren.

Dr. Samuel Pollock of Perth Amboy

Dr. Samuel L. Pollock of Perth Amboy died January 16 at Raritan Bay Medical Center, Perth Amboy Division. He was 92.

Born in Montreal, Canada, he lived in Far Hills before moving to Perth Amboy 10 years ago.

He was a psychiatrist and neurologist for 60 years. He maintained offices in Perth Amboy and Newark.

Dr. Pollock was a graduate of Cornell University and the University of Edinburgh, Scotland.

He was a member of the American Medical Association, the American Psychiatric Association and the Essex County Medical Society.

He was also a member of the Raritan Yacht Club, Perth Amboy.

Dr. Pollock was a flight surgeon in the Air Force during World War II.

Surviving are his wife, Mary; two daughters, Cynthia and Mrs. Vikki Pollock-Underwood; two sons, Jeffrey and Dr. Robert L. Pollock; a sister, Mrs. Tillie Gold and nine grandchildren.

Frances E. Torra of Colonia

Ms. Frances E. "Fran" Torra of Colonia died January 18 at home. She was 80.

Born in Hoboken, she lived in Iselin for many years before moving to Colonia 12 years ago.

She was the school librarian at St. Cecelia School, Iselin, for 18 years before retiring in 1995.

Ms. Torra was a member of the altar rosary society and the senior citizens at St. Cecelia Church, Iselin.

She was a member of the American Association of Retired Persons in Iselin and the Evergreen Senior Citizens of Colonia.

Surviving are a son, Peter Jr.; three daughters, Lynn, Mrs. Carol Goggi and Mrs. Judy Faber; two sisters, Mrs. Mary O'Neill and Mrs. Patricia O'Day; a brother, Robert Goode; and seven grandchildren.

Marilyn Axt, 68 of Edison

Mrs. Marilyn Axt of Edison died January 16 in JFK Medical Center, Edison. She was 68.

Born in Newark, she lived in Irvington for 11 years before moving to Edison 22 years ago.

She was a manager in the law firm of Thompkins, McGuire and Wachenfeld in Newark before retiring in 1988.

Surviving are a son, Larry; a daughter, Shari; two brothers, Alfred and Irwin Walsky and two grandchildren.

Lillian Kyriakos of Colonia

Mrs. Lillian Kyriakos of Colonia died January 18 in Rumlens Specialized Hospital, Berkeley Heights. She was 89.

Born in New York City, she lived in the Bronx before moving to Colonia 32 years ago.

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

Surviving are a daughter, Mrs. Ann Jessen; a son, Dr. Michael Kyriakos; a sister, Mrs. Florence Janousky; two brothers, Otto and Frederick Schad; five grandchildren; and five great-grandchildren.



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OBITUARIES

**Eileen M. Gorhau
of Parlin**

Mrs. Eileen M. Gorhau of Parlin died January 15 at home. She was 58.

Born in Philadelphia, Pa., she lived in Newark before moving to Parlin 35 years ago.

She was the manager of the jewelry department of Kmart in Old Bridge for five years.

Surviving are her husband, Frederick G.; a son, Frederick J.; two daughters, Lisa and Monica; a brother, Robert Tuebner; two sisters, Mrs. Claire Molinue and Mrs. Karen Bogusku, and four grandchildren.

**Anna R. Reed, 92
of Edison**

Mrs. Anna R. Reed of Edison died January 15 in JFK Medical Center, Edison. She was 92. Born in New York City, she lived in Brooklyn and Denville before moving to Edison five years ago.

Surviving are 12 grandchildren and 31 great-grandchildren.

**Olga Ridnak, 80
of Edison**

Mrs. Olga Nahay-Ridnak of Edison died January 17 at home. She was 80.

Born in Hazleton, Pa., she later moved to Edison.

She was a seamstress at the Princeton Shirt Factory, Hopelawn, retiring in 1985 after 21 years.

Mrs. Ridnak was a communicant of St. Nicholas Byzantine Catholic Church, Edison.

Her husband, Stephen Ridnak, died in 1982. Two

**Garnett Authenreath
Worked in Edison**

Mr. Garnett L. Authenreath Jr. of Rahway died January 27 at home. He was 56.

Born in Abingdon, Va., he resided in Roselle before moving to Rahway 10 years ago.

Prior to his retirement in 1997 due to illness, he worked as a truck driver for Combs Freight Line in Edison for 10 years.

Mr. Authenreath was an Army veteran serving during peacetime.

Surviving are his wife, Kathleen Kelly Authenreath; two daughters, Angela Kaye Reynolds of Alvarado, Va. and Kathy Marie Authenreath of Abingdon; two brothers, Tony of Abingdon and Jimmy of Ft. Myers, Fla.; two sisters, MaryAnn May and Elizabeth Farley, both of Abingdon; three grandchildren, Aaron and Stephanie Reynolds and Joshua Authenreath.

brothers, Joseph Nahay and John Nahay are also deceased.

Surviving are four daughters, Kathy Ridnak of Edison, Janice Barnacz of East Brunswick, Donna Swisher of Sayreville and Diane Hurley of Jersey City; five sisters, Helen Poscin of Metuchen, Mary Sukovich of Deptford, Ann Bonalsky of Franklin Park, Catherine Rehtorovich of Perth Amboy and Doris Friis of Sewaren; and five grandchildren.

**Robert S. Bunsick
of Parlin**

Mr. Robert S. Bunsick of Parlin died January 20 in Raritan Bay Medical Center, Perth Amboy Division. He was 72. Born in Wilkes-Barre, Pa., he moved to Parlin 45 years ago.

He was employed by General Motors in Linden for 30 years before retiring as supervisor of data processing 19 years ago.

Mr. Bunsick was a member of the United Auto Workers Union.

He served in the Army during the Korean War and was a member of the Sayreville Veterans of Foreign Wars Memorial Post 4699.

Surviving are a son, Michael; two daughters, Mrs. Donna Kuchta and Mrs. Linda Guthrie; a brother, Chester and three grandchildren.

**Mary Barmore, 74
of Fords**

Mrs. Mary Youngs Barmore of Fords died January 14 at Raritan Bay Medical Center, Perth Amboy Division. She was 74.

Born in South Plainfield, she lived in Woodbridge for 20 years before moving to Fords a year ago.

She previously owned and operated the Barmore Citco gasoline station for 30 years. She was a former home health aide for 10 years and previously worked at Raritan Arsenal.

Mrs. Barmore loved to play bingo, cook and enjoyed gardening. Her husband, Archer Barmore, died in 1977.

Surviving is a brother, James Youngs of Fords.

**Irene Giammarino
of Edison**

Mrs. Irene C. Giammarino of Edison died January 28 at JFK Haven Hospice, Edison. She was 49.

Born in Brooklyn, N.Y., she lived in Edison for the past 16 years. She previously lived in Queens, N.Y.

She was an administrative assistant for the Morgan Guaranty Trust Co. in New York, now Chase Morgan Co., for 31 years.

Mrs. Giammarino was active in Sunday School programs for both St. Stephen's and St. Paul's Lutheran Churches, in Edison.

Surviving are her husband, Anthony; her parents, Karl and Helene (Turnison) Manthei; a brother, Karl Manthei Jr.; and Terri Fischer.

**Theresa M. Holda
of Colonia**

Mrs. Theresa M. Holda of Colonia died January 18 in Rahway Hospital. She was 70. Born in Sayreville, she lived in Colonia for 34 years.

She was a member of the American Association of Retired Persons.

Surviving are her husband of 50 years, Joseph J.; a daughter, Karen; a son, Kenneth; and two grandchildren.

**James R. Garrett
of Colonia**

Mr. James R. Garrett of Bethlehem Township (formerly of Colonia) died January 19 in Hunterdon Medical Center, Raritan Township. He was 47.

Born in Rahway, he lived in Colonia before moving to Bethlehem Township 10 years ago. He owned and operated three Lawn Doctor franchises, with his main office in Hackettstown.

Mr. Garrett was an 11-year Marine Corps veteran who served during the Vietnam War era, and also served eight years in the Army National Guard, attaining the rank of major and was currently in the Army Reserves.

He was a 1988 graduate of the command and general staff course at Fort Leavenworth, Kan. Mr. Garrett was a member of the Essex Troop, West Orange.

Surviving are his wife of 12 years, Lynn; two son, Jason J. and Scott C.; a daughter, Laura J.; a brother, Charles; a sister, Mrs. Christine Klute; and a grandchild.

*God's love is free to all and
there for those who
simply seek it out.*



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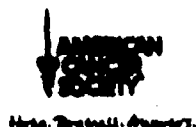
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YOUR COUNTY NEWS

Hospital Foundation Receives Largest Donation Ever

MIDDLESEX COUNTY — Robert Wood Johnson University Hospital (RWJUH) announced recently that it is the recipient of an \$8 million gift from the Estate of Elizabeth R. Waldron, the largest in the Hospital's more than 100-year history. The extraordinary donation will go toward the \$62 million construction cost of the new building for the Bristol-Myers Squibb Children's Hospital at Robert Wood Johnson University Hospital—the first free-standing children's hospital in New Jersey slated to open March 21, 2001. Longtime friend and bookkeeper to Ms. Waldron, Emma Deutsche expressed, "Betty would be elated and proud that her gift is being used to help care for society's most precious asset—its children."

John Heldrich, retired Johnson & Johnson Executive Committee and Board member and former RWJUH Board member explained, "I grew up next door to the Waldron's in Highland Park. In fact, as a child, my friend Ralph Voorhees and I would cut the grass and do odd

jobs around their estate to make money to help out at home. Through the years our families have remained very close. Later in life she received most of her medical care at the Robert Wood Johnson University Hospital until the time of her death in 1998 at the age of 91. She also knew that I was very involved and supportive of Robert Wood Johnson University Hospital, therefore we are all deeply touched by her final gift."

"We are truly grateful to Elizabeth R. Waldron for this generous gift. It will have a tremendous positive impact on the health and well-being of the region's children," said Harvey Holzberg, President and CEO of Robert Wood Johnson University Hospital.

For decades, Robert Wood Johnson University Hospital, a state-designated acute-care children's hospital and a member of the National Association of Children's Hospitals and Related Institutions (NACHRI), has served the health needs of children from New Jersey and beyond. The dedication of an entire building to children's

health care will increase the benefits to pediatric patients throughout the region by enhancing the hospital's existing spectrum of pediatric specialties and nationally recognized services.

As home to the region's only pediatric intensive care unit and pediatric Level I Trauma Center, the children's hospital is uniquely qualified to handle the most life-threatening illnesses or injuries. A full range of more than 45 specialty and subspecialty services are available including:

*The region's only Pediatric Intensive Care Unit (PICU), which was found to have the lowest risk-adjusted mortality rate in a national study, and a Level I Pediatric Trauma Center

- *Pediatric Kidney and Heart Transplant
- *Pediatric Dialysis
- *Pediatric Urology
- *Child Psychiatry and Behavioral Pediatrics
- *Pediatric Hematology Oncology

The new 160,000 square foot facility houses all of the hospital's premier pediatric programs and is designed to promote healing and wellness for children and their families. The architectural concepts were inspired by the imagination and dreams of children and designed to foster feelings of safety and security, playfulness and delight.

A Parent Advisory Council also provided invaluable input to make the new children's hos-

pital family-friendly. When coupled with the finest science and medicine, these concepts provide the best in comfort and care. Building design highlights of the Bristol Myers-Squibb Children's Hospital at Robert Wood Johnson University Hospital include:

- * All private rooms with in-room sleeping area and workspace for parents (with separate lighting controls)
- * In-room refrigerators and family laundry facilities
- * Child Life Centers on each floor to conduct recreational and therapeutic activities such as play and art therapy addressing the psychosocial health needs of the children
- *Two schoolrooms
- *A Family Resource Center with librarians, nurse educators and child life, complete with medical journals, periodicals and computer stations for patients, families and the community.

Under the leadership of Alfred C. Koepp, President and CEO, Public Service Electric and Gas Company (PSE&G), who volunteered to chair the \$25 million children's hospital fundraising campaign, the new building project has also garnered generous financial support from the hospital's auxiliary and employees, individuals, foundations, and corporations throughout the region.

In September of 1999 Bristol-Myers Squibb, a leader in the pharmaceutical industry, donated

\$5 million in the renaming of the children's hospital The Bristol-Myers Squibb Children's Hospital at Robert Wood Johnson University Hospital.

At the fundraising campaign kick-off event, Mr. Koepp explained, "As chair of this capital campaign, I've been given the extraordinary opportunity to act on my own good intentions and those of my colleagues here at PSE&G, to do something tangible that will substantially advance children's health care in New Jersey." Harvey Holzberg, President and CEO of Robert Wood Johnson University Hospital said, "We are grateful that PSE&G has not only made a generous financial contribution of \$500,000 but a personal one as well in Mr. Koepp's leadership and dedication to spearheading this effort."

In every way, from interior design, to clinical programs and services, to special patient and family amenities, the new children's hospital building is designed to protect and nurture a child's view of the world. For more information, call 1-800-242-0022 or visit www.rwjuh.edu.

Robert Wood Johnson University Hospital, one of the nation's leading academic health centers, is the principal hospital for UMDNJ-Robert Wood Johnson Medical School and a member of the Robert Wood Johnson Health System & Network.

Munizaga Serving At The Navy Medical Center

MIDDLESEX COUNTY / PERTH AMBOY— Accidents not only occur on land, but out at sea as well. When there is a mishap that requires intensive care, the medical staff at Portsmouth Naval Hospital is ready to assist.

Fernando Munizaga, son of Fernando and Irma Munizaga of Perth Amboy, is a hospital corpsman stationed at the Naval Medical Center in Portsmouth, Va. The hospital, centrally located in the Hampton Roads area, is capable of handling everything from the common cold to cardiac arrest.

Munizaga plays an important role on the staff at the medical

center. "I work at the inpatient ward. I perform various nursing duties such as drawing blood, starting IV's, taking vital signs, administrative work and I also provide the patients and family with emotional support," he said.

Munizaga graduated from Perth Amboy High School in 1999 and decided to begin his journey in life by enlisting in the United States Navy in September of that same year. "I joined the Navy to be exposed to a different environment and to become more independent. The Navy's education program influenced my decision to become a member of the Armed Forces," he said.

Since joining the Navy,

Munizaga has accomplished many important tasks that will help him achieve his goals in the future. "I have learned to always stay positive and motivated and you will go far. I would like to be a social worker when I am through with the service. My plan is to obtain a bachelor's degree in social work before June of 2002. I want to move back to New Jersey and help the people in my state. I will put my experiences from the military to good use," he said.

Whatever his future holds, Munizaga will look back on this time of his life with fond memories. He'll also have a pride that comes with serving in a Navy uniform.

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