

# The ATOM TABLOID & Citizen~Gazette

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Friday, August 17, 2001

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Your Neighborhood In Print Since 1882

Middlesex  
County  
Edition  
504  
YOUR HOMETOWN NEWSPAPER

## Bayshore Holds 11th Annual Community Day

AREA — Bayshore Community Health Services will be hosting its 11th Annual 5K Classic Run, 3K Fitness Walk and Community Day on Sat., Sept. 15, at Bayshore Community Hospital, 727 N. Beers St., Holmdel.

Bayshore hopes to educate the community on the benefits of wellness by featuring free health screenings, such as blood pressure and pulmonary function; displays and exhibits such as CPR demonstrations, body fat analysis and the latest in cosmetic laser surgery, just to name

a few. The health information is combined with a fun-filled day for the whole family. The celebration is open to the public and will include a complimentary barbecue luncheon beginning at 11 a.m., giveaways, musical entertainment, face painting, Space Shuttle/moonwalk, antique car exhibit, hayrides and much more! This will be an exciting, event-filled day for the whole family.

The day will kick off at 9:30 a.m. with Bayshore's 5K Classic Run and 3K Fitness Walk. The Kid's Half-Mile

Race, for children ages 6 to 12, will begin at 10:15 a.m. There will also be a Kiddie Dash for children under the age of 6 which requires no registration fee.

Entry fees for the 5K Race and 3K Walk are \$15 before Sept. 10; \$17 the day of the race. The entry fee for the Kids Race is \$8 and includes a t-shirt and medal. Awards will be given to the best time overall male and

female in 5K Race; as well as first, second and third place age group awards. Special thanks to this year's sponsors, Oxford Health Plans, Remsen Dodge & Straub Motors and Bayshore Greenhouses.

To register for the race or for more information regarding the Community Health Fair Celebration, please call the Public Relations Department at 732-739-5918.

## Free Concerts

MIDDLESEX COUNTY — The following free concerts will be presented by the Middlesex County Board of Chosen Freeholders, Department of Parks and Recreation.

- On Sunday Aug. 26: Johnson Park, River Road, Piscataway from 3-4:30 p.m. featuring Danny Mecca Dixieland Band.

- At Warren Park, Florida Grove Rd., Woodbridge from 6-7:30 p.m. featuring The Paul Dehnz Band (music from the 50's, 60's and 70's).

- At Spring Lake Park, Maple Ave., South Plainfield from 6:30-8 p.m. featuring The Dixie Six (Jack Honywill, leader).

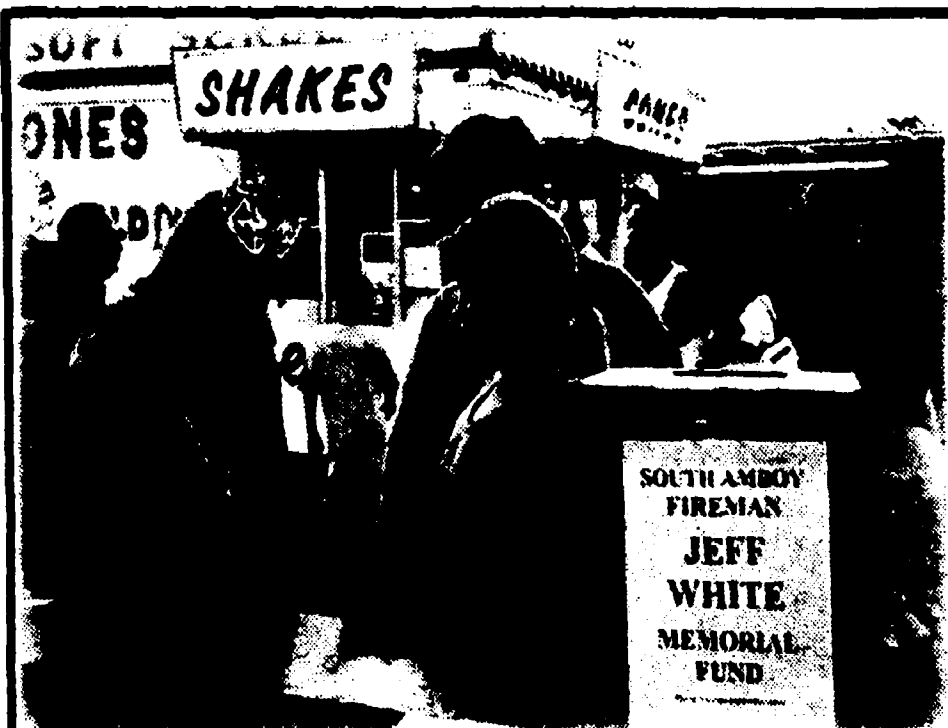
- On Wednesday, Aug. 29:

Thompson Park, Forsgate Dr., Jamesburg from 2-3:30 p.m. featuring the Regency Ramblers (Dixieland).

- At Raritan Bay Waterfront Park, O'Leary Blvd., South Amboy from 6:30-8:30 p.m. (rain or shine) featuring Eletfa Hungarian Village Music and Ensemble.

In the event of rain, concert will be held in South Amboy Middle High School Auditorium.

Concerts at Johnson, Spring Lake, Thompson and Warren Parks are co-sponsored by Local #204-373 and Local #746 American Federation of Musicians and the Music Performance Trust Fund.



MISS MIDDLESEX COUNTY—Stefany Briante, Miss Middlesex County Area 2001, signs autographs for local children at the South Amboy Fireman's Carnival in mid-July just before drawing the winning 50/50 ticket. The Miss Middlesex County Area Scholarship Program is a Miss America preliminary sponsored locally by the South Amboy/Sayreville Rotary Club. For information on participation in the program or details about the upcoming pageant, call Rotary President James Dougherty at (732) 261-7468. Photo credit: Susan Dougherty.

## IN THIS ISSUE:

YOUR KIDS FAVORITE TOPIC  
Back to School

Check Out Our  
4 PAGE SECTION of  
Back to School Stuff



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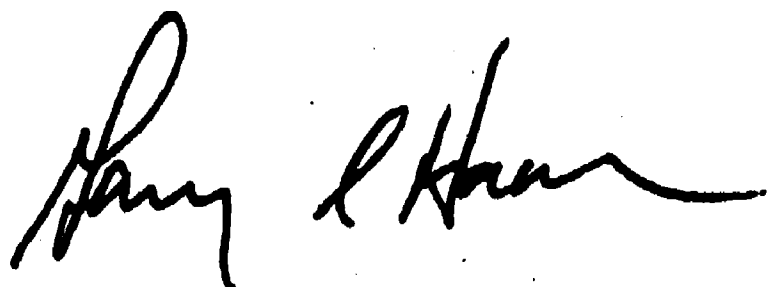
# Trinitas Hospital is proud to join Horizon Blue Cross Blue Shield of New Jersey's hospital network.

Effective September 1, 2001, members and subscribers of all Horizon BCBSNJ health plans may now use Trinitas Hospital. In doing so they will receive a higher level of benefits than they would using a non-network hospital.

Trinitas Hospital and Horizon BCBSNJ are taking this cooperative step to create greater convenience and increased access to health care services for our entire community. Trinitas Hospital and Horizon BCBSNJ are committed to Making Healthcare Work for you and your family.

Trinitas Hospital was formed in January 2000 through the consolidation of Elizabeth General Medical Center and St. Elizabeth Hospital. Trinitas is pleased to invite all Horizon BCBSNJ members and subscribers to participate in its wide range of general and specialized services.

We are happy to announce this agreement. It will offer a greater range of affordable health care choices for you and your family. It is just one of the ways that we are Making Healthcare Work.



Gary S. Horan, President/CEO  
Trinitas Hospital  
Elizabeth, New Jersey



William Marino, President/CEO  
Horizon Blue Cross  
Blue Shield of New Jersey



[www.trinitashospital.com](http://www.trinitashospital.com)  
St. Elizabeth Hospital and Elizabeth General Medical Center are now one.



Horizon Blue Cross Blue Shield of New Jersey



*Making Healthcare Work.*

## Township Conducts Training For Reverse 9-1-1 System

WOODBIDGE—Implementation of Woodbridge Township's new "Reverse 9-1-1" emergency notification system moved ahead recently with a training session for municipal employees who will operate the system.

"Reverse 9-1-1 is an Interactive Community Notification system to quickly contact citizens in a very specific geographic area for communicating urgent information," said Mayor James E. McGreevey.

The Mayor said Emergency Response, Police and Information Systems personnel received training for the system at a special session in the Municipal Building. Officials

from Sigma Communications Inc. of Indianapolis, the company selected by Woodbridge for the project, conducted the session.

"The training covered all components of the system, including the ability to create a list of individuals with common characteristics, such as a Neighborhood Crime Watch group or emergency personnel and contact them rapidly whenever necessary," said First Ward Councilman Charles Kenny, whose initiative is responsible for bringing the program to Woodbridge.

Kenny said the Reverse 9-1-1 system is scheduled to be operative later this month. Woodbridge will be the first

municipality in Middlesex County—and one of the first New Jersey communities—to implement the system.

The bulk of the cost of the new \$35,391 system is being funded with contributions from local fire districts and businesses.

Information Systems Director Michael D. Esolda said Reverse 9-1-1 is used effectively in over 100 U.S. communities, counties, commercial businesses and non-profit organizations to dramatically improve the lines of communication to the general population and targeted groups. The system has played a key role in solving and preventing crimes.

## Empty Nest Syndrome Hits South Amboy Residents

SOUTH AMBOY—It could be a match made in heaven. A South Amboy resident has a son or daughter who will attend college in the fall. Their son or daughter will leave behind a bedroom, walls of pictures, companionship and memories. That child could also leave a parent with a feeling of loss and sadness known as Empty Nest Syndrome.

According to a recent U.S. Census Bureau report, "Projections of the Number of Households and Families in the United States: 1995 to 2010" currently, 52 percent of American families have no children under the age of 18 living at home. By the year 2010, however, this proportion could increase to 59 percent as the number of families with no children under age 18 grows to 46 million, up from 36 million.

Yet across the world, there is a teenager who is about to courageously embark on a trip to the United States in August that he or she has been dreaming about since childhood. That student's dream will not become a reality, however, without a

South Amboy family's love and support. Very simply, that student needs a bed and a place to study and two meals a day, but most importantly, that student needs a South Amboy resident to welcome him or her into their home as if he or she were a son or daughter.

These international students come to the U.S. on the Academic Year in America (AYA) program. Each student arrives with full medical insurance, spending money, at least three years of English language study and the hope of seeing the U.S. through the eyes of a resident. Students are age 15-18 and come from more than 30 different countries such as Brazil, China, Germany, France,

South Africa and Poland.

Who can host an AYA student? There is no "typical" host family. Just as there is no "typical" American family, there is no "typical" host family. Retirees, single parents and young couples are all able to give an international student a good home. Some host families may not even have children of their own.

To get more information on hosting, call Danielle Carpino at (800) 322-HOST or e-mail dcarpino@aifs.com. You can also visit [www.academicyear.org](http://www.academicyear.org) for more program information, or [www.academicyear.org/students](http://www.academicyear.org/students) to see some of the students currently available to host.

## Military Briefs...

### Yanchuck Is Halfway Through Deployment

EDISON—Navy Petty Officer 2nd Class Theresa Yanchuck, a 1996 graduate of Bishop George Ahr High School, Edison, is halfway through a six-month deployment to the Mediterranean Sea and Arabian Gulf while assigned to the amphibious assault ship USS Kearsarge, homeported in Norfolk, Va.

Yanchuck is one of more than 10,000 Atlantic Fleet Sailors and Marines aboard the

ships of the USS enterprise Carrier Battle Group and USS Kearsarge Amphibious Ready Group. The groups are comprised of 11 surface ships, two submarines, nine aircraft squadrons and one Marine Expeditionary Unit.

While on deployment, Yanchuck is participating in joint-service, multi-national operations and visiting foreign ports.

### Jones Reenlists In Marine Corps

PERTH AMBOY—Marine Corps Gunnery Sgt. Vonda K. Jones, daughter of Thelma L. McCoy of Williamstown and Clifford Jones Jr. of Perth Amboy, recently reenlisted for four years while serving with

Headquarters and Service Company, Officer Candidate School, Quantico, Va.

Jones is a 1983 graduate of Perth Amboy High School and joined the Marine Corps in October 1985.

## Reserve Now For Golf Classic

EDISON — The Edison Chamber of Commerce will on Monday, Aug. 27, sponsor their 29th Annual Golf Classic at the beautiful Metuchen Golf & Country Club, Edison. The \$250 per golfer fee includes a picnic lunch, 18 holes with carts, cocktails, exceptional dinner, gifts and door prizes. There is a dinner only package for \$80.

Four separate raffles will be held. Three are for travel packages donated by Hyatt, Marriott and Wyndham

Resorts. The fourth raffle is for a day of golf at the Metuchen Golf & Country Club. Sponsorship is also available for tees, snacks on the course, cocktail hour and for prize donations. Sponsorships run from \$175 for a sign at the tee up to \$1,500 for the Corporate Dinner Sponsor. Each sponsorship is prominently displayed.

Last year we had to turn away 25 golfers so make your reservations early by calling the Edison Chamber at (732) 738-9482.



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YOUR AREA & STATE NEWS

Mobile Phone Links Area Boaters To U.S. Coast Guard

AREA—As boating season kicks into high gear, Verizon Wireless wants to remind boaters that it offers a direct connection to the U.S. Coast Guard by dialing \*CG (24) from any Verizon Wireless phone. There is no charge for the service to Verizon Wireless customers in the New York Metro region.

Just as wireless users are encouraged to act reasonably when driving and using their phones onshore, boaters should keep safety in mind when navigating and speaking on the phone. Verizon Wireless offers the following safety tips for boaters:

- Safe boating should be your first priority.
- Make sure your phone is positioned where it is easy to see and reach.
- Use the speed dialing features on your phone to program frequently called numbers.
- Let your wireless network's voice mail pick up your calls when you're unable to answer the phone. If you're heading into a navigational hazard, it's easy to retrieve your messages later.
- Use your wireless phone to notify those on shore of your whereabouts and destination.

AccuWeather

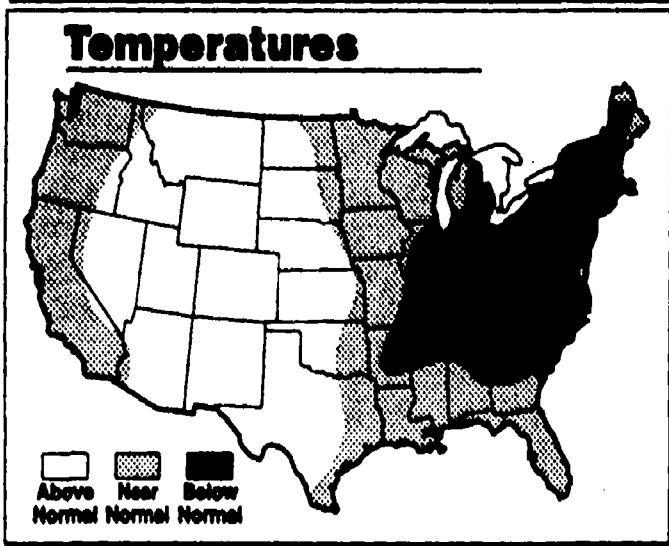
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LOCAL 7-DAY FORECAST

| Thursday                | Thu. night              | Friday               | Saturday        | Sunday              | Monday            | Tuesday         | Wednesday      |
|-------------------------|-------------------------|----------------------|-----------------|---------------------|-------------------|-----------------|----------------|
|                         |                         |                      |                 |                     |                   |                 |                |
| Mostly sunny and humid. | A few clouds and humid. | Humid with some sun. | A few t-storms. | Warm with sunshine. | Partial sunshine. | Clouds and sun. | Mostly cloudy. |
| 86                      | 71                      | 85/70                | 81/69           | 84/55               | 79/57             | 79/59           | 80/61          |

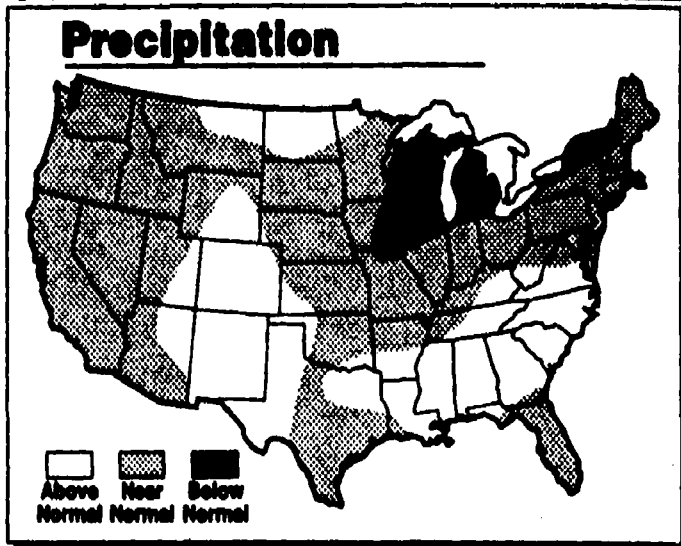
THE WEEK AHEAD...



NATIONAL SUMMARY

Above-normal temperatures will continue to dominate the western half of the nation. Temperatures across the Rocky Mountains, Plains and Great Basin are expected to average 10 to 15 degrees above normal. Rain will be common across the Southeast, Gulf Coast and Rocky Mountains. Dry and cool weather is expected across the Northeast and Great Lakes.

THE WEEK AHEAD...



U.S. TRAVELER'S CITIES

| City           | Thursday  | Friday    | Saturday  | Sunday    |
|----------------|-----------|-----------|-----------|-----------|
| Atlanta        | 92 72 pc  | 88 69 t   | 88 68 t   | 86 64 t   |
| Boston         | 82 66 pc  | 78 73 sh  | 79 66 t   | 80 54 s   |
| Chicago        | 78 60 c   | 78 58 pc  | 77 59 s   | 79 54 pc  |
| Cleveland      | 82 60 pc  | 78 62 c   | 80 58 pc  | 78 52 s   |
| Denver         | 78 52 pc  | 82 54 pc  | 81 58 pc  | 84 63 pc  |
| Des Moines     | 80 55 s   | 78 59 s   | 80 61 s   | 81 59 pc  |
| Detroit        | 80 60 c   | 78 56 pc  | 78 58 s   | 75 48 s   |
| Houston        | 96 76 s   | 96 74 pc  | 94 74 t   | 92 74 t   |
| Indianapolis   | 81 61 r   | 81 57 c   | 80 61 s   | 81 56 s   |
| Kansas City    | 80 61 pc  | 82 63 s   | 82 63 s   | 82 57 pc  |
| Los Angeles    | 92 64 pc  | 92 64 s   | 90 63 s   | 92 56 s   |
| Miami          | 92 78 t   | 91 80 c   | 91 79 c   | 91 76 c   |
| Minn.-St. Paul | 72 52 pc  | 76 55 s   | 76 56 s   | 76 62 pc  |
| New Orleans    | 92 76 pc  | 92 76 s   | 90 74 t   | 90 72 t   |
| New York City  | 86 72 s   | 82 68 c   | 82 68 t   | 85 58 s   |
| Omaha          | 80 56 pc  | 82 58 s   | 82 60 s   | 82 56 s   |
| Phoenix        | 106 82 pc | 106 80 pc | 104 82 pc | 104 80 pc |
| San Francisco  | 73 57 pc  | 75 57 pc  | 74 57 pc  | 73 51 s   |
| Seattle        | 81 57 s   | 77 55 pc  | 74 56 pc  | 75 51 pc  |
| Washington     | 88 72 s   | 86 70 t   | 84 68 t   | 86 60 s   |

SUN & MOON

| Sunrise                           | Sunset    |
|-----------------------------------|-----------|
| Thu. 6:09 a.m.                    | 7:54 p.m. |
| Fri. 6:09 a.m.                    | 7:52 p.m. |
| Moonrise                          | Moonsat   |
| Thu. 2:50 a.m.                    | 6:20 p.m. |
| Fri. 3:57 a.m.                    | 7:13 p.m. |
| Moon Phases                       |           |
| New                               | First     |
| Aug 16                            | Aug 25    |
| Sep 2                             | Sep 10    |
| Weather (W):                      |           |
| s-sunny, pe-partly cloudy,        |           |
| c-cloudy, sh-showers,             |           |
| t-thunderstorms, r-rain,          |           |
| sf-snow flurries, sn-snow, i-ice. |           |

WORLD TRAVELER'S CITIES

| City           | Thursday | Friday   | Saturday | Sunday   |
|----------------|----------|----------|----------|----------|
| Amsterdam      | 81 66 c  | 72 56 c  | 71 54 pc | 64 55 r  |
| Berlin         | 90 72 c  | 88 69 pc | 84 65 c  | 75 59 c  |
| Buenos Aires   | 63 55 pc | 68 55 pc | 68 56 r  | 61 48 r  |
| Cairo          | 96 73 s  | 96 72 s  | 94 71 s  | 92 70 s  |
| Jerusalem      | 87 63 s  | 87 62 s  | 86 63 s  | 84 65 s  |
| Johannesburg   | 79 48 s  | 80 49 pc | 81 49 s  | 81 49 s  |
| London         | 70 56 c  | 74 58 pc | 67 56 r  | 66 55 r  |
| Madrid         | 87 54 pc | 85 56 pc | 91 57 s  | 90 62 s  |
| Mexico City    | 77 55 pc | 76 54 c  | 77 54 c  | 77 54 c  |
| Moscow         | 73 58 pc | 76 61 pc | 82 64 pc | 80 63 pc |
| Paris          | 75 60 c  | 72 56 pc | 72 51 c  | 65 53 sh |
| Rio de Janeiro | 71 58 pc | 71 58 pc | 71 60 pc | 73 61 pc |
| Rome           | 88 67 s  | 88 68 s  | 81 65 c  | 84 66 pc |
| San Juan       | 88 78 c  | 92 77 pc | 91 79 pc | 88 80 r  |
| Seoul          | 82 76 c  | 86 75 c  | 87 74 c  | 87 73 pc |
| Sydney         | 73 50 pc | 61 31 c  | 56 37 pc | 62 38 pc |
| Tokyo          | 84 72 pc | 83 74 pc | 82 72 c  | 83 73 c  |
| Toronto        | 79 55 pc | 68 62 s  | 71 47 pc | 72 43 pc |
| Winnipeg       | 68 49 s  | 75 45 s  | 74 48 s  | 78 57 pc |
| Zurich         | 88 65 pc | 82 59 c  | 79 60 c  | 74 57 c  |



**SAFE BOATING WEEK**—Acting Governor Donald DiFrancesco of Scotch Plains recently proclaimed National Safe Boating Week which officially kicks off the annual summer safe boating campaign. Joining the Governor in Trenton for the presentation were (L.-R.) U.S. Coast Guard Auxiliary member Trudy Bopp of Little Silver and Commodore William V. Huling of Ledyard, Connecticut, 1st Coast Guard District-Southern Region.

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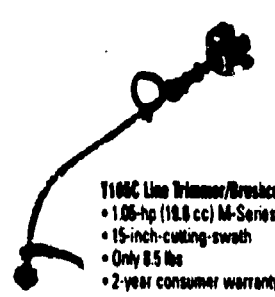
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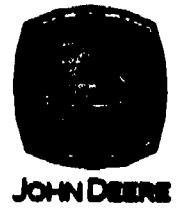
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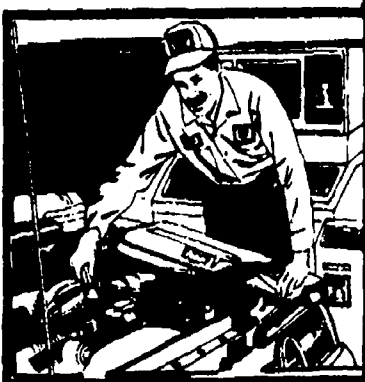
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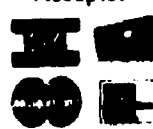
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## Kids, Cars & Heat: A Deadly Combination

AREA—It's summer and as the temperature rises, the AAA New Jersey Automobile Club Foundation for Safety & Education reminds parents that they should never leave a child unattended in a hot car—even if they're just running a "quick errand."

"When the outside temperature is 93° F, even with the window cracked, the temperature inside a car can reach 125° F in just 20 minutes and approximately 140° F in 40 minutes," said Pam Fischer, the Club's assistant vice president of public affairs.

The AAA Foundation offers these tips to help parents prevent tragedy from occurring:

\* Never leave a child unattended in a car and always know where your children are at all times.

\* Heat affects "little people" a lot faster than it does "big people," so don't think opening a window slightly will sufficiently ventilate a hot vehicle.

\* Teach your children to steer clear of unattended vehicles and make sure you always lock your cars for safety.

\* Make sure your child knows that car trunks are not hiding places or play areas. Kids can suffocate or become seriously injured in confined and non-ventilated areas.

\* Teach your children how to unlock your vehicle from the inside in case they unintentionally become locked inside your car.

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# Back to School

## More Than Just A Dance Studio

LINDEN—La Danse School of Performing Arts located at 10 North Wood Avenue has been a name well known in Linden for the past 23 years. La Danse has always been more than just a dance studio offering excellent instruction in all areas of dance and fitness. A community involved studio, the students have performed in nursing homes, at cultural festivals and hospitals, bringing joy to all who see them perform.

Tina Socci, director, credits the success of her school to the excellent staff on board. "I feel each and every student deserves the best dance education possible, so

I bring in the finest fully certified teachers in order to insure that all of our students learn the latest dance techniques as well as proper placement and body alignment." After 23 years, I have found what the students need and enjoy and try my hardest to accommodate them."

The La Danse competition teams proved beyond a doubt that the excellence in their dance education made their performances a success by winning gold and platinum awards and finishing in the top of their categories at the International Dance Challenge, Showstopper and Star Power dance competitions

held in April and May. Curriculum at La Danse includes classes in Ballet, Pointe, Tap, Jazz, Lyrical, Acro-Gymnastics, Kinderdanse, Combo Classes, Hip Hop, Creative Movement for tots and Competition Teams. Class size is limited so that all students are guaranteed personalized instruction. Dress codes are strictly enforced to ensure proper attention to technique as well as allowing teacher to properly assess body alignment.

Boys classes have become very popular and are offered in Tap, Jazz, Acro-gymnastics and Hip Hop.

The studio also offers the latest in fitness programs which are designed to fit everyone's needs. "Bellies & Buns Plus" combines isometric exercises, relaxation and stretching techniques to assist in spot toning for abdominal, buttock and thigh muscles. It incorporates the use of hand weights, bands and bench step for a total body workout. "Tijo Kick boxing" offers the latest cardiovascular workout using kick boxing combined with stretching and toning exercises for a high energy overall body workout. Classes are also offered in Ballet, Tap and Jazz dancing for adults which gives new meaning to exercise, combining the joy of dance with stretching and toning.

Registration for all classes will be held Aug. 16, 21 and 22 from 4-8 p.m., Aug. 25 from 10 a.m.-2 p.m. and Sept. 5 and 6 from 4-8 p.m. Classes begin Sept. 10.

For more information and a free brochure, call (908) 862-6887 or Fax at (908) 862-0404.

## Tips On Reducing First-Year Jitters

AREA — New friends. Fresh surroundings. Increased responsibilities. Freshman year is filled with exciting new experiences, but it can also cause students to feel anxious and stressed.

"In the beginning, it's normal to feel anxious, so students shouldn't be surprised if they experience some level of anxiety related to the changes and newness that starting college brings," said Dr. Julia Turovsky, associate director of the Anxiety Disorders Clinic at Rutgers' Graduate School of Applied and Professional Psychology. "Anxiety is often triggered by a lack of predictability, feeling uncertain or unable to control a situation."

The symptoms of anxiety can include being fearful, nervous or edgy and can cause heart palpitations, muscle tension, headaches, insomnia, loss of appetite, gastrointestinal problems, hyperventilating or light-headedness.

According to Turovsky, starting college can also trigger symptoms of sadness or mild depression. "New students may feel homesick, struggle with being separated from their family, friends or familiar surroundings." Symptoms of mild depression may include feeling down or sad, excessive worrying, changes in appetite, trouble sleeping, and difficulty making decisions.

Symptoms of anxiety and mild depression can last days or weeks, but in most cases will improve over time, said Turovsky. She recommends the following tips to make the first year of college more manageable:

**BEAT HOMESICKNESS:** Don't feel like you have to cut yourself off from family and friends to be independent or grown-up.

- Stay in touch with those you love; call, e-mail or visit but not to the exclusion of college activities.

- Develop a comfort zone by bringing things from home that are familiar or important to you like pictures, pillows, blankets, or a favorite object.

- Share your feelings with others: talking about them can normalize these feelings.

- Engage in pleasurable activities or treat yourself to something enjoyable at least once a day, such as a favorite magazine, and respect the fact that transitions are hard.

**EVERYTHING IN MODERATION:** Respect your body's need for food, rest and a normal routine.

- Greasy, sugary foods can trigger negative emotions and make you feel even more anxious or tired.

- Limit caffeine, whose effects can actually mimic panic attacks and anxiety, causing heart palpitations, dizziness or breathlessness.

- Sleep deprivation can cause feelings of fatigue, lethargy and difficulty concentrating, which can worsen the experience of feeling depressed.

**GET PHYSICAL:** Exercise is a great way to manage symptoms of anxiety or sadness. Aerobic activity naturally changes body chemistry making it more difficult for the body to feel stress and feeling better physically can help you stay calm and rational. Exercising offers a chance to socialize and meet new people.

- Swim, bike, run, walk, play tennis or whatever you enjoy.

- Take a class. Most campuses offer classes in yoga, aerobics and

(continued on page...7)



**BORN TO DANCE**—"Move, Dance, Be Born" is exactly what these talented dancers have done. Pictured (L.-R., back row) are Kelly Smith, Lucinda Vazquez, Robyn Kushner, Jennifer Deshefy and Gina Krupa. Front row, (L.-R.) Shannon Crudup, Daniel Vaniska, Felicia Rembert, students from La Danse School of Performing Arts located at 10 North Wood Avenue, Linden. Platinum winners and champions from the IDC, Starpower and Showstopper dance competitions, these students continue to hone their talents at the studio as well as taking classes in NYC. Daniel Vaniska of Linden will be touring with the cast of "Music Man" this year. Registration will be held on Aug. 16, 21 and 22 from 4-8 p.m. and Aug. 25 from 10 a.m.-2 p.m. as well as Sept. 5 and 6 from 4-8 p.m. For further information, call (908) 862-6887.

## La Danse

10 N. Wood Avenue, Linden, NJ 07036

~Announces~

### REGISTRATION FOR FALL CLASSES

• Ballet • Tap • Jazz • Acro • Hip-Hop  
• Lyrical • Tot Classes • Pointe  
• Boys Classes • Competition Teams  
• Combo Classes • Aerobics • Tijo Kick Boxing

• Aug. 21st & 22nd 4pm-8pm

• Aug. 25th 10am-2pm • Sept. 5th & 6th 4-8pm

For Info Call: (908) 862-6887  
Classes Begin September 10<sup>th</sup>



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HOURS BY APPOINTMENT

# Back to School

## Tips On Reducing First-Year Jitters continued

strength training.

- Use the gym. Most campus pools and gym facilities are open for student use during special times.

**GET ORGANIZED/ BE REALISTIC:** It's easy to get overwhelmed, so try to keep things in perspective.

- Break down issues or concerns into manageable segments.

- Prioritize activities and allot a specific time for each one, whether it is studying, socializing or extracurricular activities.

- Keep a "to do" list of what you need to accomplish.

- Stay flexible. Time demands often change during the semester.

- Set smaller, more realistic goals.

**PLAN AHEAD:** Reduce uncertainties before school starts

- Visit the campus to become

familiar with the surroundings and local community.

- Speak to roommates before school starts to work out basic plans and details.

- Write down your concerns. This forces you to be specific about the issues and provides an opportunity to focus on ways to deal with them.

- Talk to upperclassmen about their experiences and successful survival techniques.

According to Turovsky, experiencing a little anxiety may actually benefit students. "Anxiety serves a function. It helps us to prepare and cope with changes and stressors, and it can even motivate us to perform at our best."

She noted that anxiety only becomes a problem when the symptoms don't subside or if they

worsen. "Normal symptoms should not interfere with a student's ability to attend classes, socialize or complete his or her work. Signs that students may

need additional help include persistent sleeping problems, eating difficulties, chronic worry or panic attacks.

"If a student gets to this point

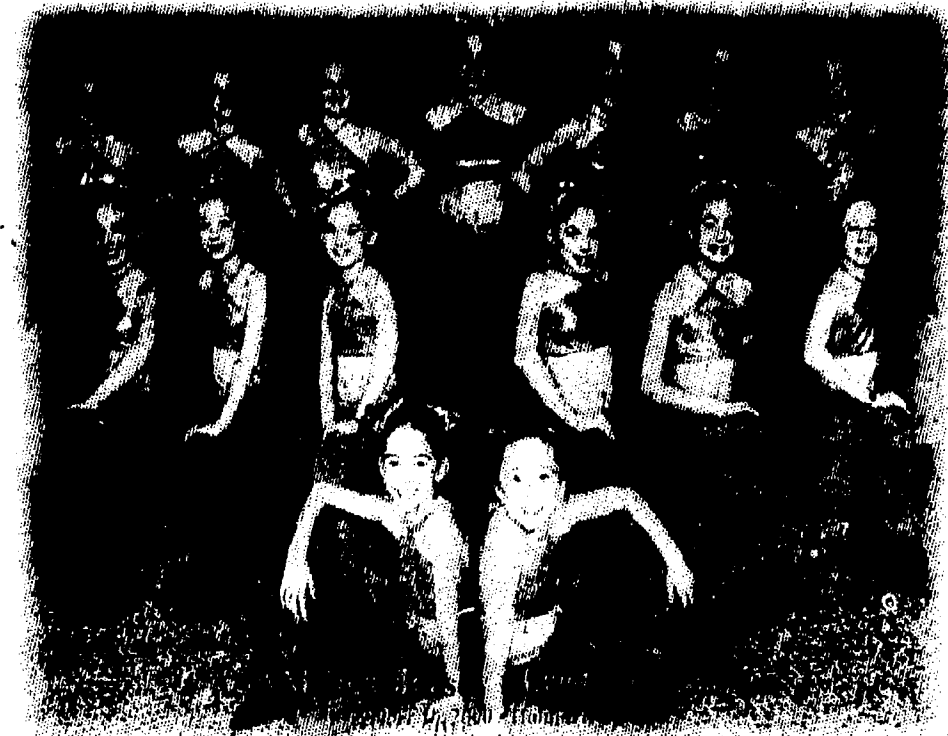
we recommend visiting the college counseling services, which are usually free, or specialty clinics that treat anxiety or depression," said Turovsky.

## "Bring in the Noise"



These girls had fun performing "Bring in the Noise" at the Woodbridge School of Dance "Show of Shows" June 23 at Linden High School. For information about the fall program, call (732) 636-4740. Classes begin Sept. 5.

## Jersey Girls \* All Star Dance Team



**ALL-STAR DANCE TEAM**—Jersey Girls, Jr. All-Star Dance Team will perform at Central Jersey Dance and Gymnastics on Aug. 29 at 7 p.m.

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### OPEN HOUSE

• **WOODBIDGE**  
Wednesday  
August 29<sup>th</sup>  
2-4 pm  
&  
6-8pm



\* DANCE

\* GYMNASTICS

\* THEATRE ARTS

• **WOODBIDGE**  
54 Cuttersdock Road  
Woodbridge  
732-634-4024  
Call for Schedule

### OPEN HOUSE

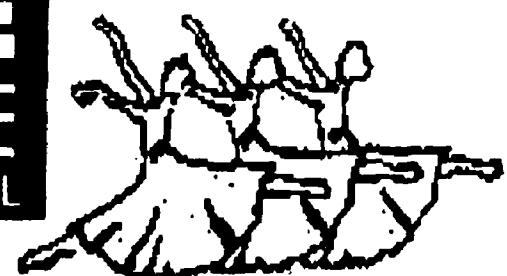
• **MIDDLESEX**  
Tuesday  
August 28<sup>th</sup>  
1-4 pm  
&  
6-8pm

• **MIDDLESEX**  
612 Lincoln Blvd.  
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**Monday**  
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**Friday**  
**August 24<sup>th</sup>**

or  
**REGISTER  
BY PHONE**

# Back to School

## The Joy Of Music And Art Of Dance

EDISON — *Rhythm & Moves, Inc.* was created to share the arts of dance and music with the youth of our community. Founded by veteran dance instructor Elizabeth Krewedl-Bourguet of Rahway, and now joined by her musician husband Dan Bourguet, *Rhythm & Moves'* mission is

to provide a positive, safe environment for enthusiasts from all age groups, while promoting interest in the performing arts. The talented and diverse, friendly and professional staff of *Rhythm & Moves* also share in that vision. Located at the Inman Sports Club of Edison, the

school provides a convenient locale for all of Central Jersey.

It is of paramount importance to stress the many benefits of participation in musical and dance programs. The study of both arts helps develop critical thinking and self discipline skills, improves basic math and reading abilities, capacity to work in cooperative group situations, spatial reasoning skills, and even serves to heighten self-esteem. For younger students, research has also shown that involvement with dance and music education makes one more likely to graduate from high school and attend college and moreover less likely to be involved with gangs and substance abuse.

At the helm of *Rhythm & Moves'* dance program is Elizabeth Krewedl-Bourguet. Miss Liz has enjoyed a prosperous dance instruction career of over a decade. Drawing from her vast experience to educate, Liz instructs her students not only in the art of dance, but stresses the virtues of cooperation and discipline, and the importance of performance and dance history.

In charge of *Rhythm & Moves'* music curriculum is Daniel Bourguet. Most of Dan's life has revolved around music and performing. He has been working on a professional level in the field for over 15 years, and has been instructing



others in his craft privately and commercially for nearly a decade. His unparalleled love for the art is indelibly imparted upon all of his pupils.

Classes will be held at *Rhythm & Moves* from Monday-Saturday. Sessions will be held for both girls and boys, ages 2 1/2 to adult for dance and 6 to adult for music. The following classes are being offered: Ballet, Pointe, Tap, Hip-Hop, Jazz, Acro, Lyrical, Cheer-Dance, Competition Team, Guitar, Bass Guitar, Piano, Voice, and coming soon, Drums, Percussion, Brass, Woodwinds, Flute and Violin.

For further information, contact *Rhythm & Moves* at (908) 756-9245 or visit [www.RhythmAndMovesOnline.com](http://www.RhythmAndMovesOnline.com).

## Exciting News

AREA — At European School of Dance, the Musical Theatre classes proved extremely successful and so Chris Patterson will be back this year to teach those classes and also Advanced Tap and Jazz. He is currently producing *Damn Yankees* at the Villagers Theatre in Somerset and he is also producing a show for Liza Minelli in N.Y.C. called "Hi Liza."

His sister, Rochelle Patterson, had an enormous success with her Hip-Hop classes and will be back this year to teach it. Eva Lucena, director of the Alborado Dance Co. will be back teaching Flamenco and for the classical side we have Amanda Camp Colon straight from Rutgers who does a fabulous job in Modern Dance and classical Ballet.

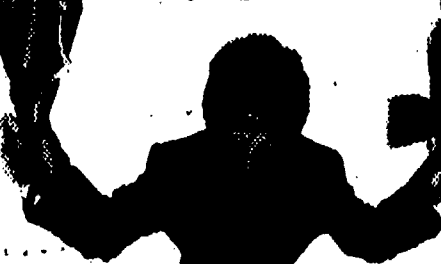
For the little people there is the inimitable Michelle Joyce who graduated from N.Y.U. and does wonders with the young ones.

Not to forget Miss Pauline (Head Director of the School) who danced for 25 years in theatre, movies and T.V. all over the world as prima ballerina and first dancer.

This will be an exciting year starting with a big show at the Convention Expo Centre on Sept. 8 and 9 in Edison. Do come—also come to the Open House and see our videos Aug. 28, 29 and 30 from 5-9 p.m.

The European School of Dance is located at 853 Amboy Avenue, Edison.

"I sold it in the Classifieds...!"  
...and YOU can too!





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**SCHOOL OF MUSIC AND DANCE**

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Classes begin September 10th

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- Aerobatics / Floor Gymnastics
- Musical Theatre
- Hawaiian

**Call For Registration**  
**(732) 549-9072**  
**Classes Start**  
**September 5th**

# Back to School

## Here Comes The School Bus: Getting Ready For Kindergarten

AREA — Starting kindergarten is a major developmental milestone that even seasoned preschoolers — and their parents — are likely to remember for the rest of their lives. "It's exciting to a young child. It's the beginning of the 'real school' that big kids go to," says Susan Golbeck, professor of education at Rutgers, The State University of New Jersey.

At the same time, children will need their parents' help preparing for the significant changes and sometimes stressful upheavals in normal routines that lie ahead, Golbeck says. In one all-too-common scenario, for example, children in the vast majority of communities offering only half-day kindergarten programs will need help coping with suddenly becoming pint-sized commuters shuttling back and forth from an assortment of before- and after-school programs.

But parents should be careful not to transmit to their children their own concerns about sending their little one off to school, cautions Golbeck, who is an associate professor at Rutgers' Graduate School of Education and the author of a new book, "Psychological Perspectives on Early Childhood Education," published earlier this year by Lawrence Erlbaum Associates. Beyond worrying about their child's safety and emotional well-being, she notes, parents may also fear that perhaps they haven't done everything they could to prepare their child for the long academic journey ahead.

Fortunately, there are a number of things parents can do to make their little scholar's transition to "big kid" school as easy as ABC. Golbeck offers these suggestions:

- **Explore your child's surroundings.** Golbeck suggests parent and child visit the new school several times before school starts. "If possible, visit in the late summer, walk around the classroom or peek in the windows and talk about what will be going on inside. In that context, talk about new routines," she advises.

- **Make learning fun.** "Sometimes parents think they

need to prepare their children academically or cognitively in some way. They do the workbook thing and they are concerned about 'What should my child know before she gets into kindergarten?' Instead, the main focus should be on making the process enjoyable, she advises. "Parents always should look for opportunities to support their children's literacy, math and social studies development, but in informal ways that kids find interesting and exciting. This is not the time to drill your kid on the alphabet."

- **Prepare for new situations.** "A new experience is less strange and much less anxiety-provoking for a child when he or she is prepared for what's coming," says Golbeck. For example, she says parents can deflect some anxiety their child might have about traveling to and from before-and-after-school programs by talking about bus routes. They might even drive the route with their child, pointing out places of interest along the way. To eliminate potentially stressful situations, parents should make sure responsible adults know where the child should be at all times of day.

- **New faces.** Research shows that children who start kindergarten with their preschool friends adjust more quickly, says Golbeck. Arranging play dates with future classmates is one way to help your child make the transition, says Golbeck. But don't worry if that's not feasible: "By the end of the year there are no differences between kids with acquaintances at the beginning of the kindergarten year and kids without."

- **Keep it concrete.** "Sometimes adults don't understand how literal kids are," says Golbeck, who illustrates this point by relating the story of her own nephew, who was disappointed when he missed his district's kindergarten age cutoff by a matter of days, but perked up when his mother promised that when he was five, he too would go to kindergarten. "He woke up on his fifth birthday all set to go to

school. He literally thought he would be able to start kindergarten on his fifth birthday. In retrospect, his mother should have said, 'You'll go to school next year,' " says Golbeck. "So use concrete terms," she advises, "and carefully walk through events to be certain your child really understands what's happening."

- **Help the teacher understand your child.** Golbeck notes that kindergarten teachers typically teach two half-day classes, which means they have twice the number of children to get to help them understand your child by sharing information and insights," says Golbeck. "They'll appreciate it and your child will benefit."

- **Tone down your own anxiety.** "Kids do an incredible job of picking up on their parents' mood and feelings about a situation," Golbeck notes. "What that means is that parents should try to keep their own concerns and anxieties in check. I know that's easier to say than to do. But if a parent is feeling anxious, their child will pick up on those feelings and carry them to school."

Above all, parents should proudly celebrate the first day of kindergarten as an important passage in their child's life.

## Creative Couple Add To The Arts Community

RAHWAY—Joe and Patricia Kurasz are not only partners in marriage, but partners in creativity as well. The couple recently established several studios designed to meet the arts education needs in Rahway and the surrounding communities. The Union County Dance Centre offers a full range of graded classes from preschool to professional performances and scholarship programs. Ren Music, Inc., offers lessons in piano and organ, computer music lab, voice and theater arts.

With over 30 years of professional experience as entertainers, recording and performing artists, Joe and Patricia offer unique opportunities for their students. Patricia is a choreographer who has performed in over 300 commercial voice-overs and vocals, created dance programs and been an artist-in-residence for the State Council on the Arts programs. Joe is a composer/arranger who has composed music for the



Joe and Pat Kurasz

Guiding Light daytime drama and his CD "Elements of Style" which has been broadcasted nationwide on over 130 stations. Both Joe and Patricia are voting members of the National Academy of Recording Arts and Sciences. Both studios are now accepting registration for private and group classes. For more information, call Union County Dance Centre at (732) 382-3933 or Ren Music at (732) 382-6815.

## Performing Arts & Education... A Perfect Combination

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Director:  
 Patricia Kurasz

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- Hip Hop & Funk
- Boys Club
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**Theater Arts** - Acting technique and scene study class. Public speaking and personal presentation.

### Directors

**Joe Kurasz** composed music for Guiding Light daytime drama. Original song voted #1 Jazz Song in Billboard's Songwriting Competition. Received credit for contribution to Disney's "The Music Behind The Magic." Recipient of 2001 HEART GRANT sponsored by the Union County Board of Chosen Freeholders.

**Patricia Kurasz** co-produced the CD "Elements Of Style" for Ren Music's Record Label broadcasted on over 130 stations nationwide. Performed over 300 voice-overs and vocals for commercials and infotext programs. Creator/Instructor of Theater Arts Camp at Union County College.

### Associate Director

**Donna Vaupe** BA in Education, minor in Theater Arts. MA in Education/Administration with specialization in gifted and talented; educator, consultant workshop presenter. Selected NJ Educator of the Year 2000 by the NJ Association for Gifted Children.

**732-382-6815**

2011 Saint Georges Ave., Rahway, New Jersey 07065  
 In association with Union County Dance Centre

## The Academy of Music

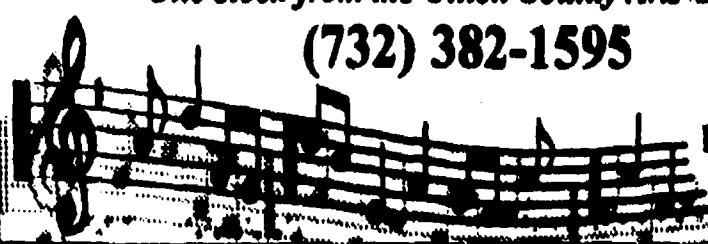
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**Diane Squillace,**  
 B.A., Mus. Ed.,  
 Director

## EDITORIAL

# Readers Commentary



## Research Can Make A Difference

This is an open letter to President Bush.

Dear President Bush,

As a Presidential Appointee to the National Cancer Advisory Board, I am writing to urge you to support Federal funding for research using human embryonic stem cells. I join with patient groups, Nobel prize-winning researchers, the Association of American Universities, medical researches, scientists and other Americans in supporting stem cell research. The current National Institutes of Health (NIH) guidelines, which enable scientists to conduct stem cell research under strict federal oversight and standards, should remain in effect. Stem cell research is the wave of the future in biomedical research. The therapeutic potential of undifferentiated stem cells is remarkable—arguably more remarkable than any previous advance in the history of medical science. Federal support to American researchers is essential to translate this discovery into novel therapies for a range of serious and intractable diseases.

It is of particular concern to New Jersey—a state with over 8 million citizens and the home of the U.S. pharmaceutical industry—that federal research guidelines are maintained. In New Jersey alone, embryonic stem cell research offers real hope to the hundreds of thousands of citizens suffering from cancer, diabetes, damaged heart tissue, arthritis, Parkinson's, Alzheimer's, ALS and spinal cord injuries to name but a few examples. Cancer is the second leading cause of death in New Jersey and the number one health concern among its citizens. In 2001, the American Cancer Society estimated that 41,200 New Jersey residents will learn that they have cancer and over 18,000 will die from the disease.

We urge you to allow research on embryonic stem cells to continue with Federal support, so that the tremendous scientific and medical benefits of their use may one day become available to the millions of American patients who so desperately need them.

James E. McGreevey  
Mayor, Woodbridge, N.J.

## Clarifying Confusion For The Sake Of Reputation

I feel compelled to clarify The Salvation Army, New Jersey Division's stance, regarding recent media attention to President Bush's faith-based initiative and believe the following comments by Commissioner John Busby, our National Commander to be forthright and sincere.

"Recent news coverage about The Salvation Army's support for President Bush's faith-based initiative may have obscured a fundamental point—The Salvation Army fully complies with all laws applicable to religious organizations in choosing whom we hire. Unfortunately, this obscurity has resulted in great confusion.

The 45,000 employees who work for The Salvation Army include people of all races, religious and sexual orientations. Like any religious organization, we must reserve our Constitutional right to take our beliefs into account in making personnel decisions, however, we do not ask prospective employees about their sexual orientation, and take great care to comply with all requirements of applicable law.

We must reiterate that Salvation Army services are open to all who need help. Last year, The Salvation Army helped 36 million Americans without regard to race, religion, sexual orientation or any other factor. Our spiritual mandate is.. 'to meet human needs in His name without discrimi-

nation.'

Our donors can be assured that money donated to The Salvation Army supports programs that serve people in the community in which it was donated. Salvation Army officers across the nation can talk about results and the many lives that have been changed as a result of these programs.

The Salvation Army that has been portrayed in recent media coverage is not the Army which we know, and to which we have dedicated our lives. We want Americans to know that we remain devoted to our mission of serving those in need, and spiritually bound to a passionate, unconditional love for the last, the least and the lost."

In closing, I would like to stress the fact that all donations to the New Jersey Division of The Salvation Army, remain in New Jersey for local programs. I encourage anyone with questions to contact our local corps Commanding Officers or to address their questions directly to me or my staff here at NJ headquarters (908) 851-9300.

Lt. Col. Norman E. Wood  
Divisional Commander,  
NJ Division

## Road Maintenance Signs Misleading

Dear Editor,

In several New Jersey towns this summer I've encountered road maintenance in progress while signs are posted warning motorists of the need for caution.

Most symbols are self-explanatory; Men At Work, Roadwork Ahead, Slow Down, etc. One that doesn't fit, however, is "Fresh Oil."

The driver conjures up a tarry image and hastily moderates their speed. "Should I turn off?" you ask yourself thinking an oil bath wouldn't be car friendly! Then, as I did, you

witness a bumpy but perfectly dry artery where the old asphalt has been removed.

The signs may remain a month or longer until well after "fresh" asphalt is laid, the latter of which has a short drying time until traffic is again permitted to flow.

Why add to already harried motorists? Let's eliminate those confusing construction signs and instead go with Rough Road Ahead or Paving In Progress where applicable.

Pete Wagner  
Colonia

# Readers Commentary



force Green Tree out of business. Monopolies are never good -- and they're worse when we pay for them with our tax dollars.

Two weeks ago Green Tree CEO Bruce Edge, International Chemical Workers Union (ICWU) representative Rich Whalen, Green Tree Vice President David Mikolai and I traveled to Washington, DC to bring this matter to the attention of Senator Robert Torricelli and Congressman Frank Pallone. These legislators immediately understood the issues and began working to help save this small business and these 125 jobs.

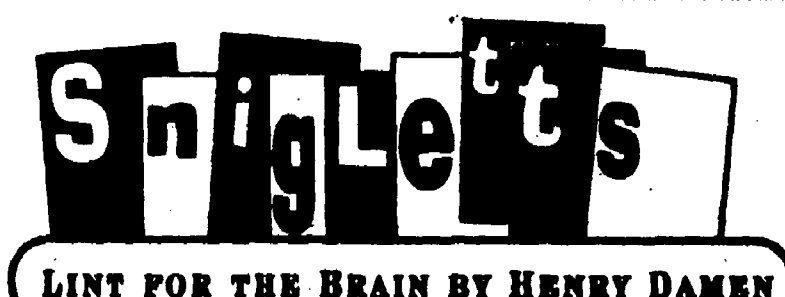
Green Tree isn't asking for a hand-out or special treatment. The law requires the United States government to have two sources of supply for critical national defense material like nitrocellulose. The law also provides a set-aside for small businesses. And despite appearances, Green Tree is a small business. All that Green Tree is asking for is that the law be followed. As a small business, Green Tree is entitled to small-business set asides and protection. As a matter of smart defense policy, two sources of nitrocellulose are better than one. Especially when you consider how volatile nitrocellulose is.

Although it's terrible when a company is having problems, this experience illustrates how government can work to solve problems. Officials from the Mayor and Council, the Legislature and Congress are working together to save jobs and fight for fairness. Fairness not just for Green Tree, but fairness for the men and women and their families who depend on Green Tree for their livelihoods.

Hercules has been a part of Sayreville for almost as long as there's been a Sayreville. More than just providing good paying jobs, it formed part of the foundation of the community. But things change. The economy has changed. It's cheaper to make chemicals elsewhere in this country or even overseas. That means fewer jobs. And that means that the community's foundation is a little weaker.

About 1' years ago, Hercules executives in Wilmington decided they would get out of the nitrocellulose business. Nitrocellulose is a key ingredient used to make smokeless gunpowder for the retail market and the defense industry. Nitrocellulose was a big part of what Hercules made in Parlin. Instead of closing the plant, Hercules sold it to Green Tree Chemical Technologies, a small company based in New Castle, Delaware. After a bumpy transition, Green Tree bought the nitrocellulose division of Hercules and reopened the plant. Over 100 jobs were saved. Or so we thought.

Unfortunately, Green Tree in Parlin is not the only producer of nitrocellulose. A facility in Radford, Virginia, built with your tax dollars, also produces nitrocellulose. It was built because the government wisely thought it a good idea to have two sources of the critical defense material. Unfortunately no good intention goes unpunished. The operators of the Radford, Virginia plant have decided to try and create a nitrocellulose monopoly and



Remember when Native American organizations picketed the Washington Redskins, demanding that they change the name of the team? Well, a mental health group wants the World Wrestling Federation's new XFL football league to stop discrimination against maniacs. I am not making this up. The National Mental Health Association (NMHA) is calling for the Memphis Maniax to change their name. "Taxpayer money should not be used to support discrimination," NMHA executive vice president Cynthia Folcarelli told Reuters. The NMHA has written

to the Department of Defense, asking the Army to pull its commercials from XFL broadcasts. Folcarelli even says that the world "axe" found within "Maniax" implies that those suffering from mental disorders are violent. She claimed that stereotypes of depicting them as crazed could prevent patients from seeking help. "In this day and age, that kind of stereotyping is inexcusable."

I think Ms. Folcarelli has a point. My suggestion: any maniacs who are offended should join her great cause.

## YOUR LOCAL NEWS

### Military Briefs

#### Arocho Completes Basic Marine Training

PERTH AMBOY—Marine Corps Pvt. Alexy Arocho, son of Brunilda M. and Angel L. Arocho of Perth Amboy, recently completed basic military training at Marine Corps Recruit Depot, Parris Island, S.C.

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

In addition to the physical conditioning program, Arocho spent numerous hours in classroom and field assignments which included learning first aid, uniform regulations, combat water survival, marksmanship, hand-to-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.

Arocho is a 2000 graduate of Perth Amboy High School.

#### 50th Anniversary

WOODBIDGE—On Saturday, Oct. 13, Hopelawn VFW Ladies Auxiliary will be celebrating their 50th Anniversary at the Hopelawn VFW Memorial Post #1352, 113 James St., Hopelawn.

Affair consists of hors d'oeuvres, buffet dinner and dancing to follow. Admission is \$18 per person. Tickets and further information are available by calling Marge Camisa at (732) 442-3985 or Yolanda Kardos at (732) 826-1595.



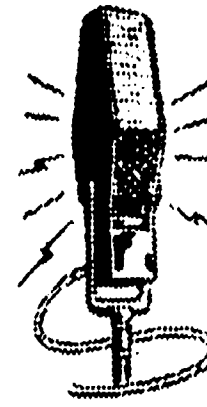
**20 YEARS OF SERVICE RECOGNIZED**—The Board of Fire Commissioners Dist. #11, Iselin, recently awarded Roy Sandkev a plaque for his completion of 20 years as an active volunteer in the Iselin Volunteer Fire Company #11. Roy served in all the ranks and rose to be Chief of the Department not once, but twice. Roy also served as Fire Commissioner in Dist. #11 for a period of five years. Pictured (L.-R.) are Bob Thompson, Jim Kilker, Roy Sandkev, Bill Thomas, Augie Faria and Steve Freeman.

#### Colonia Resident Named To Honor Roll

COLONIA—Headmaster John Neiswender of The Pingry School is pleased to announce that Colonia resident, Emily Majka, grade 9, was recently appointed to the year-end honor roll. This recognition is given to those students who have achieved an academic average of B+ or better.

Emily Majka is the daughter of Dr. Joseph T. Majka and Dr. Marie Beauregard of Colonia. The Pingry School is a K-12 coeducational, independent country day school that currently enrolls 1,011 students from 12 New Jersey counties and more than 90 communities.

### Attention Writers



EDISON—The next meeting of the Creative Writing Club will be on Tuesday, Sept. 4 at 7 p.m. at the Edison Main Library, 340 Plainfield Ave. If you enjoy writing and you would like to share your work with others, please come and join the group.

For further information, call Roberta at (732) 287-2298, ext. 227.

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### For Accident Victims Course On Their Rights

Carteret, NJ- A new free report has recently been released that reveals information every car accident victim should have before they speak to anyone. Research shows that even a "fender bender" can cause pain, headaches, even arthritis. Many car accident victims worry more about their car than they do their rights. If you have been involved in an auto accident listen to the 24 hour toll-free recorded message by calling 1-888-721-8231. The call is FREE and so is the report.

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## YOUR HEALTH NEWS

# Who Wants To Be A Lifesaver?

## Blood Center Appeals For Donations To Ease Summer Shortages

AREA — The Blood Center of New Jersey is urging residents to join in the "Who Wants to Be a Lifesaver" campaign and donate blood this season. The campaign, running now until September, is encouraging residents to donate blood and save the life of a seriously ill or injured child or adult.

An aspect of the campaign involves the awarding of three prizes each month to the top blood-donating communities. The local first aid squads from these three communities will receive a donation of equipment and/or supplies from the Blood Center of New Jersey. Every

community is automatically eligible to participate. Winners for July have just been announced. Newark came in with the highest number of donors, followed by a three-way tie for second with Kearny, Mount Olive, and Edison. Winners in May and June were Parsippany, Warren, Wayne, Livingston, Union, and Jersey City.

"Donations began to fall in early July," said Judy Daniels, BCNJ spokeswoman. "Due to a number of factors, it is becoming more difficult to meet the needs of our local hospitals, yet it has been encouraging to see groups enthusiastically joining

this summer challenge," she continued.

All individual blood donors, and community, government, faith-based, and corporate donor groups are automatically entered into the contest. For more information on the program, contact Judy Daniels at 800-652-5663, ext. 104.

The Blood Center of New Jersey is an independent, non-profit organization supplying blood and blood components to hospitals in Essex, Bergen, Morris, Hudson, Union, Somerset, Passaic, and Middlesex counties. All blood is collected, tested, processed and

distributed in New Jersey.

Donors must be 18 years of age. Seventeen-year-olds may donate with parental permission. There is no upper age limit for donors provided they meet health requirements. Donors should know their social security number and bring a signed or picture form of identification. People with a fever or sore throat should wait until they are feeling better before donating, and there is a 24-hour deferral for teeth cleanings and fillings. For those who have traveled outside of the United States recently, call the blood center at 973-676-4700, ext. 132 for eli-

gibility criteria. For more information or to sign up for a blood drive, call the blood center at 1-800-652-5663, extension 140.

### BLOOD DRIVES IN MIDDLESEX COUNTY

- **Sat., Aug. 18**, Moose Lodge #1978, Talmadge Rd., Edison, 9 a.m. - 2 p.m.
- **Thurs., Aug. 21**, John F. Kennedy Medical Center, 65 James St., Edison, 2:30-7:30 p.m.
- **Thurs., Aug. 28**, John F. Kennedy Medical Center, 65 James St., Edison, 2:30-7:30 p.m.
- **Wed., Aug. 29**, D'Antiolillo Chiropractic Center, 1950 Rt. 27, North Brunswick, 3-8 p.m.

# Parents: Get Your Children Immunized For Hepatitis B

STATE — It's almost back-to-school time and the Department of Health and Senior Services is reminding parents that all children are now required to receive a hepatitis B vaccine before entering kindergarten or first-grade, and sixth-grade, according to regulations that go into effect this September.

Last August, the state Public Health Council and the department approved regulations that require all N.J. school children to receive a hepatitis B vaccine before entering kindergarten or first grade and provided a sixth-grade "catch-up requirement." New Jersey joins the ranks of 43 other states that have passed laws or implemented regulations mandating the hepatitis B vaccine for school children.

"Hepatitis B vaccine has been used for 15 years and has been

found 95 percent effective in individuals who receive immunizations," said Dr. Eddy Bresnitz, state epidemiologist and assistant commissioner. "Currently, about 90 percent of all New Jersey children receive the vaccine by the time they enter school. This regulation will help address the remaining 10 percent, who for a variety of reasons, are not vaccinated. I urge every parent who hasn't done so, to arrange for a hepatitis B vaccination for their child."

Depending on the age of the child and type of vaccine given, hepatitis B vaccine is given as a 2 or 3 dose series over a period of 4 to 6 months.

"All school systems and local physicians were notified of the new regulations last November and have been working hard through active outreach efforts

in preparing for the upcoming school year," said Dr. Bresnitz. "Because of their efforts, we are confident that the implementation of the new hepatitis B regulations will be done swiftly and efficiently."

Dr. Bresnitz also recommends that parents who have children entering school should check their children's immunization records or call their pediatrician to confirm they have received at least one dose of hepatitis B vaccine before entering school this September.

The New Jersey Academy of Pediatrics and other major medical and public health professional groups have supported and endorsed routine hepatitis B immunizations for all infants.

Although hepatitis B is frequently without symptoms in children, it can cause chronic liver disease and liver cancer. The hepatitis B virus is found in the blood and body fluids of an infected person. Blood is the

most significant transmission source. The virus is passed from person-to-person through direct blood-to-blood contact via mucous membranes or broken skin. Hepatitis B is not spread by casual contact or by contaminated food or water.

There is no specific treatment for acute hepatitis B and most individuals recover fully within a few weeks. However, about 10 percent of individuals become chronic carriers of the virus and

it remains in their blood throughout their lives.

In addition to hepatitis B, department regulations also require that children be immunized against diphtheria, tetanus, pertussis, polio, measles, mumps and rubella before entering kindergarten or first grade.

For more information on hepatitis B and other required vaccines, visit the department's web site at [www.state.nj.us/health](http://www.state.nj.us/health).

## Employees Honored For Perfect Attendance

AREA — Union Hospital, an affiliate of the Saint Barnabas Health Care System, recently honored over 150 employees for achieving Perfect Attendance in 2000.

These outstanding individuals were awarded certificates of appreciation and a gift at a recent thank-you reception. Recipients included:

**Colonia:** Fran Aronow and Heidi Washuta; **Edison:** Sharon Pearlman, Arshad Mahmud, Madhusudan Rao, Bipin Khmar and Melinda Rose; **Iselin:** Deborah Ballard and Alma Carter; **Avenel:** Milan DeSai and Marie Quartuccio.

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## OBITUARIES

**Joseph Montefusco, 60 of Colonia**

Mr. Joseph S. Montefusco of Manville (formerly of Colonia) died July 28 at Somerset Medical Center, Somerville. He was 60.

Born in Newark, he lived in Irvington. He resided in Colonia for 30 years before settling in Manville three years ago.

He was a 1962 graduate and received his bachelor's degree from Seton Hall University in South Orange. He received his master's degree from Kean College, Union.

He retired in 1999 from Bridgewater Raritan High School, Bridgewater after 30 years as a guidance counselor.

He was also a coach of the high school's boys' bowling league and had coached the girls' softball team during many winning seasons.

Mr. Montefusco was honored as Somerset County Coach of the Year by the Courier News and again in 1989 by the Home News.

He was a former communicant of St. John Vianney R.C. Church, Colonia.

His mother, Carmela (DeLuca) Montefusco, is deceased.

Surviving are his wife, of three years, Anne M. (Dushanek) Montefusco; a son, Joseph of Brick; a daughter, Sandra Kozlosky of Upper Freehold; his father, Samuel Montefusco of Clark; a brother, Pat Montefusco of Livingston; a grandchild, Eric Montefusco and a nephew, Michael.

**John Dominico, 61 lived in Edison**

Mr. John Dominico of Parsippany (formerly of Edison) died July 15 in the Continuous Care Pavilion, Dover. He was 61.

Born in Ozone Park, N.Y., he lived in Newark and Edison before moving to Parsippany in 1992.

He was a produce manager for A&P Food Stores, Nutley, for 32 years before retiring in 1988. Surviving is a brother, Frank S.

**John Rovas, 62 of Edison**

Mr. John Rovas of Edison died July 9 at JFK Medical Center, Edison. He was 62.

Born in Scranton, Pa., he lived in Kearny before moving to Edison 31 years ago.

He was employed as a tool and die maker at Academy Tool & Die in Edison for the past 10 years.

Eight years ago, he served as an Edison Republican Committee person, and was politically active in Edison for many years.

He was a member of the Italian American Club, Edison.

Surviving are his wife, Judy (Reynolds) Rovas; a son, John Michael Rovas of Manville; two daughters, Lauren Jean Rovas-Weathers of Wake Forest, N.C. and Elena Madelyn Rovas of Colonia; and a granddaughter, Katlin Mei Weathers.

**Dorothy Bird, 63 of Avenel**

Mrs. Dorothy Marie Bird of Avenel died July 23 at home. She was 63.

Born in East Orange, she resided in Union and Elizabeth before moving to Avenel 40 years ago.

She was employed by the accounting department at Emerson Quiet Cool, Avenel, for 22 years before retiring in 1999.

She was a volunteer for The Cancer Institute of New Jersey and a volunteer for Haven Hospice at JFK Medical Center, Edison.

She was a member of the Organ Club of America.

Her husband, Charles Bird, a retired sergeant with the Middlesex County Sheriff's Department, died in 1999.

Surviving are two daughters, Lynne Fodor of North Brunswick and Janet Fuller of Lawrence Harbor; a brother, Walton Moyle of San Diego, Calif.; an aunt, Martha Ballentine of Ocean Grove; and many cousins.

**Thomas J. Carey, 64 of Avenel**

Mr. Thomas J. Carey of Avenel died July 20 at home. He was 64.

Born in Pittsburgh, he resided in California before moving to Avenel nine years ago.

He was self-employed as a handyman for many years.

Surviving are his wife of 23 years, Gloria Vernkahl Carey; two sons, Thomas Carey Jr. of Ohio and James Carey of California; a stepson, Terry Holland of Wisconsin; a sister, Katherine Halleran of Pennsylvania; a brother, William Carey of Pennsylvania; and eight grandchildren.

**Roberta M. Toth, 65 of Woodbridge**

Mrs. Roberta M. Toth of Woodbridge died July 22 at Haven Hospice at JFK Medical Center, Edison. She was 65.

She resided in Woodbridge for the past 43 years.

She graduated from Woodbridge High School in 1953. She then attended the Wood School, New York.

She worked for B-J Cone Furniture Co., Woodbridge and retired from the Van Houten Plumbing Supply Co., Avenel, after 21 years of service as head bookkeeper.

Her father, Robert Kovacs, is deceased.

Surviving are her husband of 43 years, Ernest L.; her mother, Grace Kovacs of Edison; three sisters, Grace Antol of Edison, Joan Peterson of Palmer, Mass. and Geraldine Dwork of Edison; a brother, Robert Kovacs of Miami; and many nieces and nephews. She will be missed also by her pets, Yippy, Doggie and Scooter.

**Mary D. Pirrone, 67 of Edison**

Mrs. Mary D. Pirrone of Bedminster (formerly of Edison) died July 16 in Morristown Memorial Hospital. She was 67.

Born in Jersey City, she lived in Edison before moving to Bedminster in 1985.

She was a food technician at the New Jersey Memorial Veterans Home, Edison, for 18 years before retiring three years ago.

Surviving are a son, David; a daughter, Mrs. Daria Shepherd; and seven grandchildren.

**Grace T. D'Aiello, 68 of Sayreville**

Mrs. Grace T. D'Aiello of Sayreville died July 25 in St. Peter's Medical Center, New Brunswick. She was 68.

Born in Jersey City, she lived in East Brunswick for 35 years before moving to Sayreville two years ago.

Surviving are two sons, Martin and Michael; three daughters, Mrs. Nancy Stetz, Mrs. Frances Rosuck and Mrs. Deborah Flanagan; a sister, Mrs. Lia Ritcher; two brothers, Roe and Nick Conte; and eight grandchildren.

**Judy Hawkins, 69 of Perth Amboy**

Mrs. Judy Peele Maxwell Hawkins of Orlando, Fla. (formerly of Perth Amboy) died July 29 in Florida. She was 69.

Born in Perth Amboy, she lived there until 1960, when she moved to Florida.

She was an antique dealer and a member of the Sorosis Society and the League of Women Voters, as well as the Orlando Christian Center.

Surviving are her husband, George H. Hawkins Sr.; a son, Gregory William Peele Sr. of Geneva, Fla.; two daughters, Debbie Peele Glaser of McLean, Va. and Rebecca Peele Russo of Winter Park, Fla.; a brother, William Bayer Jr. of Ponce Inlet, Fla.; two aunts, Betty Lasak and Irene Dudash, both of Edison; and eight grandchildren.

**Etta M. Mangini, 70 of Parlin**

Mrs. Etta M. Mangini of Parlin died July 4 at home. She was 70.

Born in Rahway, she lived in Winfield Park and Roselle Park before moving to Parlin 39 years ago.

Surviving are two sons, Gordon T. Brill and Brian R. Mangini; a daughter, Mrs. Leslie L. Phiefer; a brother, Edward Gillick, Jr.; a sister, Mrs. Connie Grigo; four grandchildren; and two great-grandchildren.

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Loving Mom, my Rahway home (hospital section) will watch your child F/T, P/T, CPR Certif. Exc. Refs. 732-680-1451

Experienced Mom will take care of your child in my Colonia home. References, Meals & snacks included 732-382-4732

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• Springs Retied  
• New Linings  
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SUNSHINE UPHOLSTERY  
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Tel: 732-680-1963

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Devine Media Newspapers are experiencing rapid expansion in all of our departments. We're looking to hire responsible, self-motivated team players in the following areas:



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• Typesetter • Photographer

## Editorial Department:

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## Sales Department:

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• Classified • Service Directory  
• Clerical Department  
• Circulation Department

Full and part time positions are available. Numerous positions entry-level. Come join our team and start an exciting career in Media... Devine Media. SALARY NEGOTIABLE. BENEFITS AVAILABLE FOR FULL-TIME EMPLOYMENT. Send resume to: Devine Media Enterprises, Attn: Personnel Dept. PO Box 1061, Rahway, NJ 07065, fax resume to (732) 388-4143, or e-mail resume to: [michelenagiewicz@yahoo.com](mailto:michelenagiewicz@yahoo.com) Please include salary requirements.

**GET RESULTS WITH DEVINE MEDIA'S Classifieds!**

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Wednesday at 4 p.m. of the week prior to publication.

**Classified Display Box Ad \$25.00**  
per column inch

YOUR AD WILL RUN IN ALL OF OUR PUBLICATIONS:  
• Atom Tabloid Citizen-Gazette  
• News Record • Patriot

|  |  |  |  |                 |
|--|--|--|--|-----------------|
|  |  |  |  | Minimum \$12.75 |
|  |  |  |  | Minimum \$12.75 |
|  |  |  |  | \$12.75         |
|  |  |  |  | \$17.00         |
|  |  |  |  | \$21.25         |

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City / State / Zip \_\_\_\_\_  
Phone \_\_\_\_\_

All ads are payable in advance and can be placed by phone, in person or by mail.

Check method of payment:  
\_\_\_ Check \_\_\_ Personal Check  
\_\_\_ Visa \_\_\_ Master Charge  
Credit Card No. \_\_\_\_\_  
Expires \_\_\_\_\_  
**NOW...WHAT A DEAL!**  
Please Run My Ad In The Next Available Edition: under the category \_\_\_\_\_ for \_\_\_\_\_ weeks.  
Total Payment \$ \_\_\_\_\_  
**732-574-1200 or 908-352-3100**

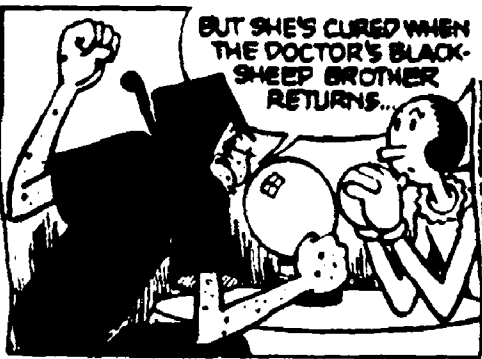
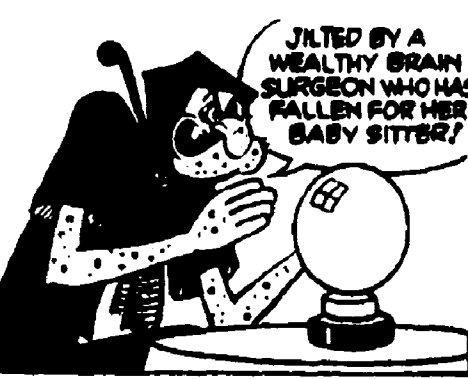
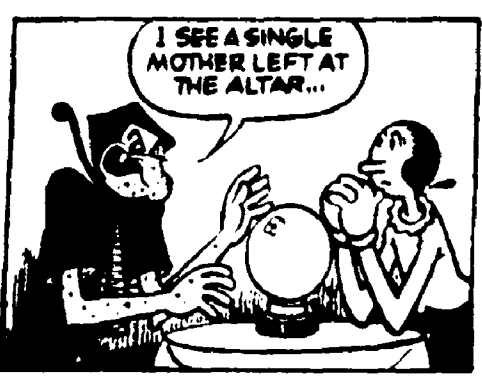
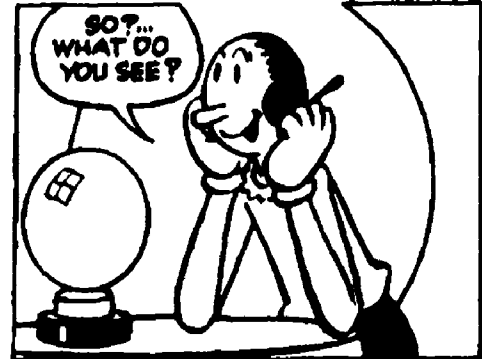
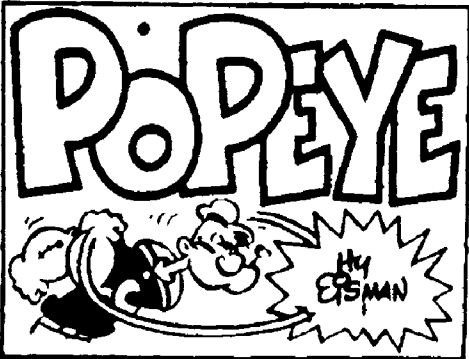
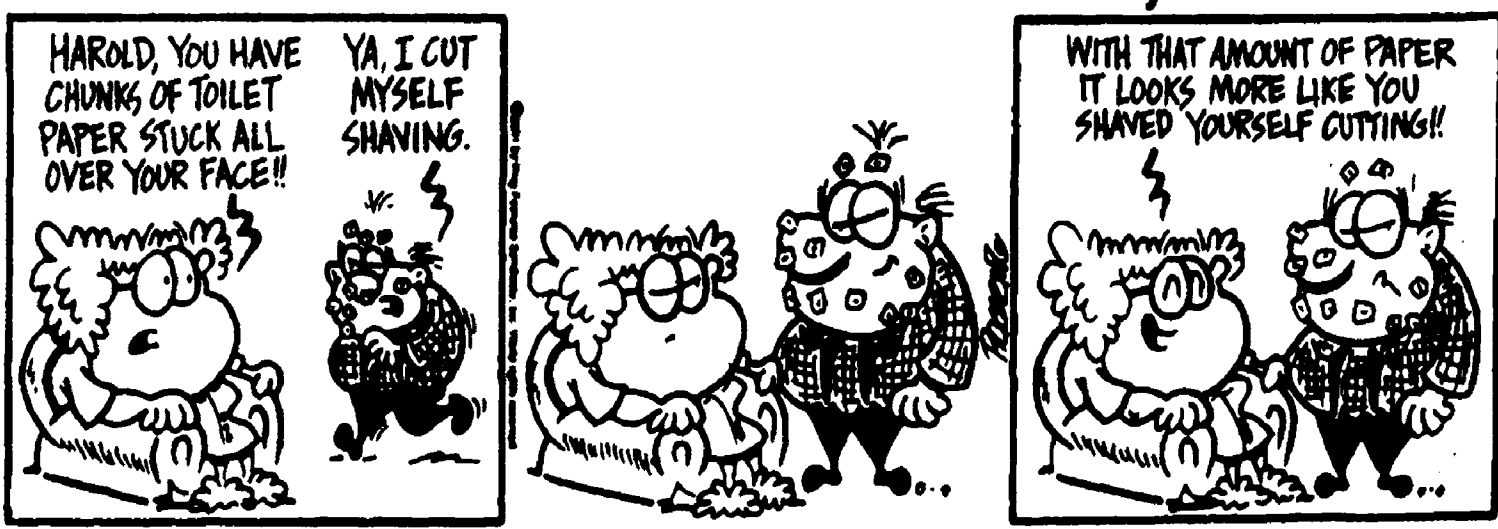
**CLASSIFIED RATES:**

| MINIMUM CHARGE \$12.75        |        |        |        |
|-------------------------------|--------|--------|--------|
| \$4.25 Line - Minimum \$12.75 |        |        |        |
| # of Lines:                   | 3      | 4      | 5      |
| Weeks                         |        |        |        |
| 1.                            | 12.75  | 17.00  | 21.25  |
| 2.                            | 25.50  | 34.00  | 42.50  |
| 3.                            | 38.25  | 51.00  | 63.75  |
| 4.                            | 51.00  | 68.00  | 85.00  |
| 5.                            | 63.75  | 85.00  | 106.25 |
| 6.                            | 76.50  | 102.00 | 127.50 |
| 7.                            | 89.25  | 119.00 | 148.75 |
| 8.                            | 102.00 | 136.00 | 170.00 |

# Comics & Puzzles

## THE SPATS

by JEFF PICKERING



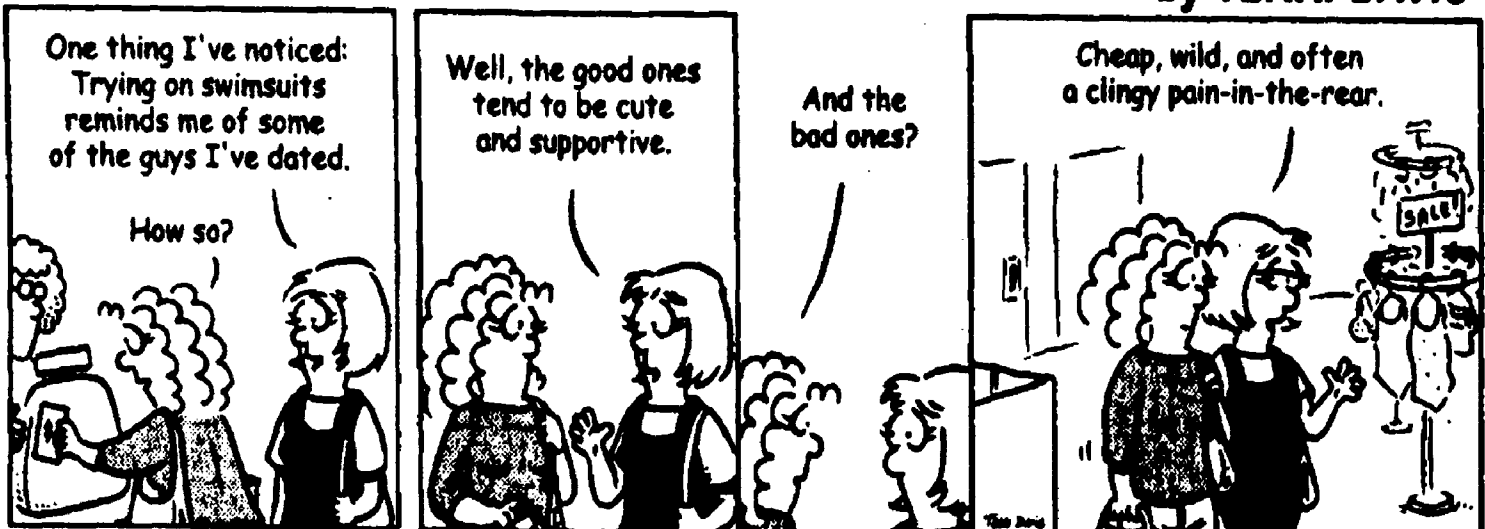
## AMBER WAVES

by DAVE T. PHIPPS



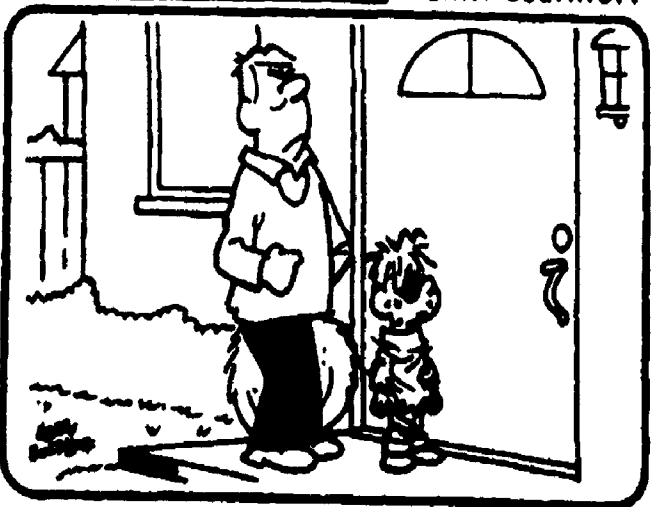
## GOT A LIFE

by TERRI DAVIS



## HOCUS-FOCUS

BY HENRY BOLTINOFF

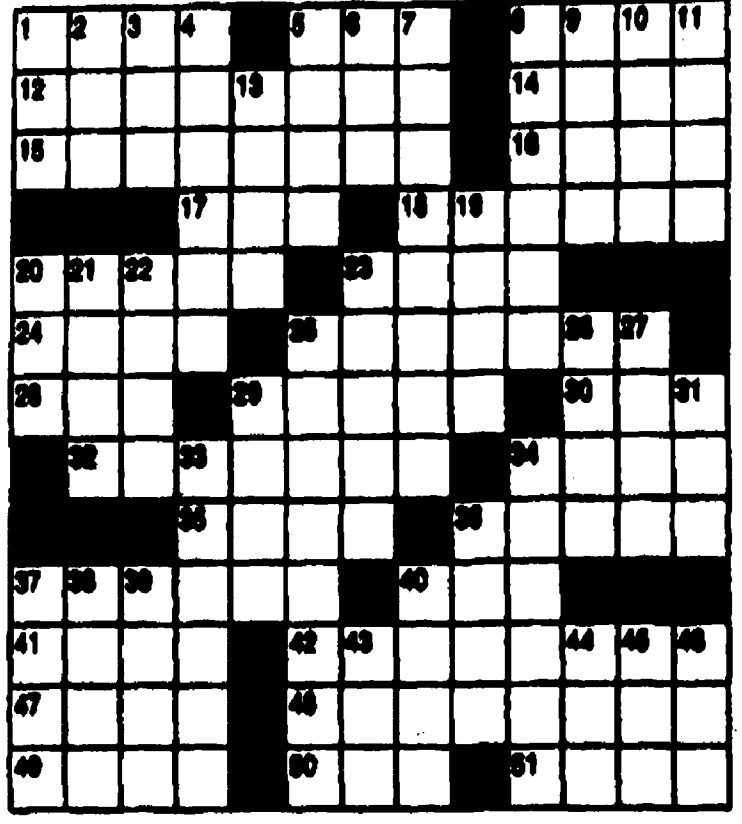


Find at least six differences in details between panels.



Differences: 1. Man's collar is different. 2. Boy's shoes are black. 3. Flowers are added. 4. Window is different. 5. House in distance is missing. 6. Door handle is higher.

- ACROSS
- 1 Edited team
  - 5 NFL branch
  - 8 Smooch
  - 12 Choral work
  - 14 Garfield's pal
  - 15 Typewriter replacement
  - 16 Early day
  - 17 "Poetica"
  - 18 Spectrum member
  - 20 Iberian river
  - 23 Ward (off)
  - 24 Evangelist
  - 25 Web businesses
  - 28 Cartoonist Chast
  - 29 3rd rock from the sun
  - 30 "Eureka!"
  - 31 Surfer's venue
  - 34 Gift tag word
  - 35 Highway division
  - 36 Inconceivable wish
  - 37 Succored
  - 40 Judge Lance
  - 41 "Three Ships"
  - 42 World-wide hookup
  - 47 Writer Andre
  - 48 Sound receiver
  - 49 European river
  - 50 Spanish monarch
  - 51 Consign to an ill fate
- DOWN
- 1 Happy companion
  - 2 Plaza partner
  - 3 Whale group
  - 4 Midwestern capital
  - 5 Crafts' mates
  - 6 "A pen upon them"
  - 7 Snazzy Chevy
  - 8 Indonesian island
  - 9 Pedestal occupant
  - 10 "Your Majesty"
  - 11 Famed
  - 13 Not theirs
  - 19 Minimal measure
  - 20 Anderson's "High -"
  - 21 "And pretty much all in -"
  - 22 Stars
  - 23 Specialty
  - 25 More delicate
  - 26 Formerilly
  - 27 Letter, e.g.
  - 29 Brighter barterer
  - 31 Increase the volume
  - 33 Fan
  - 34 Very ornate
  - 36 Dance lesson
  - 37 Swine
  - 38 Largest of the seven
  - 39 Zick, in Kachimiko
  - 40 Macy Gray song
  - 43 Dundee denial
  - 44 Ultra-shedder
  - 45 "The Name of the Rose" author
  - 46 President pro-



## BORDERING CHINA

MAGIC MAZE

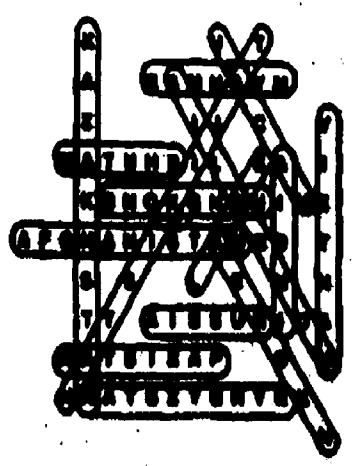
XDAKXVSPNUKTIFC  
AXVASQRAMNAYMOL  
JHEZCAXVIJTCTPV  
NLNATUHBILJSAHI  
FDBKGNOKGNOHIME  
AFGHANISTANGDYT  
XVTSRSPOLMEKNIN  
GEDTTBAISSURIOA  
ZXNATSIKAPWUOTM  
RQNNATSZYGRYKKO  
NLJIGFDCAYLAPEN

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

- Afghanistan
- Bhutan
- Hong Kong
- India
- Kazakhstan
- Kyrgyzstan
- Laos
- Macao
- Mongolia
- Myanmar
- N. Korea
- Pakistan
- Russia
- Tajikistan
- Vietnam

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## to Puzzles



# SERVICE DIRECTORY



## Home Remodeling

### Custom Built

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- Dormers
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- Kitchen Expansions
- In-House Architect's Plans

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ROOFING  
WINDOWS

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Don't Miss A Single Subscription  
THURSDAY Aug. 9 **747** \$237.00 \$79.00 \$23.50

| PICK-IT DATE                 | #   | STRAIGHT PAY OFF | BOX      | PAIR    |
|------------------------------|-----|------------------|----------|---------|
| FRIDAY Aug. 3                | 903 | \$283.50         | \$47.00  | \$28.00 |
| It Pays To Advertise         |     |                  |          |         |
| SATURDAY Aug. 4              | 800 | \$135.00         | \$45.00  | \$13.50 |
| Read our ATOM TABLOID        |     |                  |          |         |
| SUNDAY Aug. 5                | 642 | \$231.00         | \$38.50  | \$23.00 |
| Read our PERTH AMBOY GAZETTE |     |                  |          |         |
| MONDAY Aug. 6                | 887 | \$367.50         | \$122.50 | \$36.50 |
| Read our NEWS RECORD         |     |                  |          |         |
| TUESDAY Aug. 7               | 504 | \$271.00         | \$45.00  | \$27.00 |
| Read our CLARK PATRIOT       |     |                  |          |         |
| WEDNESDAY Aug. 8             | 855 | \$209.00         | \$69.50  | \$20.50 |

| Number                          | Amount     | Box      |
|---------------------------------|------------|----------|
| FRI. • Aug. 3 • Devine Media    |            |          |
| 3529                            | \$1,940.50 | \$80.50  |
| JERSEY CASH 5 ...17-18-19-30-31 |            |          |
| BIG GAME ...4-11-21-41-44/2     |            |          |
| SAT. • Aug. 4 • Devine Media    |            |          |
| 5806                            | \$2,741.50 | \$228.00 |
| LOTZEE ...27-47-61-83           |            |          |
| SUN. • Aug. 5 • Devine Media    |            |          |
| 4727                            | \$2,457.50 | \$204.50 |
| MON. • Aug. 6 • Devine Media    |            |          |
| 1863                            | \$2,200.00 | \$183.00 |
| PICK SIX ...8-18-23-30-31-48    |            |          |
| JERSEY CASH 5 ...6-8-18-36      |            |          |
| TUE. • Aug. 7 • Devine Media    |            |          |
| 0282                            | \$2,248.50 | \$187.00 |
| JERSEY CASH 5 ...16-18-27-33-37 |            |          |
| BIG GAME ...5-28-31-35-47/19    |            |          |
| WED. • Aug. 8 • Devine Media    |            |          |
| 7386                            | \$3,580.00 | \$149.00 |
| JERSEY CASH 5 ...6-24-28-31-35  |            |          |
| THUR. • Aug. 9 • Devine Media   |            |          |
| 4036                            | \$2,821.50 | \$117.50 |
| PICK SIX ...2-12-14-19-22-32    |            |          |
| JERSEY CASH 5 ...2-18-22-30-37  |            |          |

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**WHY FUSS, CALL US**

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SPECIALIZING IN: Industrial Lawn Maintenance • Sprinkler Repairs  
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# SERVICE DIRECTORY

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**ALL STUMPS**  
TREE SERVICE



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We will beat all competitors

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**TREE SERVICE**

**A & A TREE SERVICE**



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Why not place an ad in our Singles section...?  
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**SWF 41**, -Enjoys drives to the country, hiking, reading, and quiet times at home. Seeking

**WOMEN SEEKING MEN**

**SWM 35-52**, for dating and possible relationship. Only serious inquiries will be considered. Non-smoker, please...ID# 1004

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### MEN SEEKING WOMEN

**SWM 21** - Seeks SWF 20-23 for friendship. Must enjoy camping, bowling, billiards and motorcycle riding. And love cats too! ID# 1012

**SWM 45** - Never-married, 5'10", 160lbs. Kind, considerate, open-minded, honest. Enjoys art, music, movies, reading, traveling and bicycling. Seeks vivacious SWF, 35-45, to share life with. ID# 1005

**Marriage-minded WWM 50-** 6' 190 lbs, blue eyes, brown hair, sensitive, humorous, down to earth, no children, financially secure. Looking for same 45-55 yrs old, kids ok, smoker ok. Middlesex County area. Lets live life. ID# 1009

### MEN SEEKING WOMEN

**DBM 47**-Enjoys dancing, music and quiet times at home, movies. Race doesn't matter. Seeking any race 21-47 years old for dating and relationship.ID# 1006

**DWPM 39**-Educated, handsome with blue eyes smoker/social drinker into politics and conversation and good food. Seeking a single female who likes same and loves kids and the simple pleasures of life. Union County area. ID# 1001

**26 yr old** - Hispanic male looking for someone in her 20's, who likes to have fun and enjoys romance. I like dancing, romantic walks, sports and motorcycle riding. So if you are someone who likes these things and is looking for a companion, please respond. ID# 1006

**DWM 46** - Would like to meet a woman who is athletic, enjoys the outdoors as well as a good movie. I enjoy playing guitar, tennis, karate, all sports, playing more than watching. For dating. ID# 1011

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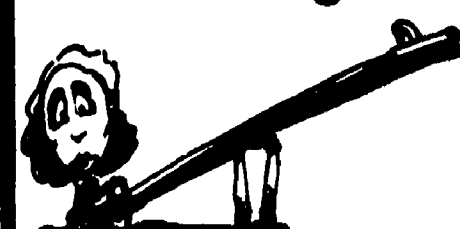
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Choose one: ☐ Women seeking Men ☐ Men seeking Women  
☐ Alternative Lifestyle ☐ Friends

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Look for the Sensational Singles section every week, right here!

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