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The ATOM TABLOID

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

& Citizen-Gazette

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Friday, September 6, 2002

50¢

DEVINE
MEDIA
ENTERPRISES

We Will Always Remember Our Heroes

Tribute of Lights

Inside: A Special Retrospective look at September 11, 2001

YOUR COUNTY NEWS

Mid Jersey Chapter Walks To Cure Diabetes

"It's great to be working together with JDRF on such an important goal—curing a disease which kills one American every three minutes and costs our nation over \$105 billion a year in health care expenses,"

NEW BRUNSWICK for the Mid Jersey Chapter of the Juvenile Diabetes Research Foundation International (JDRF) Annual Walk to Cure Diabetes, on Sunday, Sept. 29

from 9 a.m. - 1 p.m. The chapter's goal is to raise over \$530,000 for research to find a cure for diabetes and its complications.

"It's great to be working together with JDRF on such an important goal—curing a disease which kills one American every three minutes and costs our nation over \$105 billion a year in health care expenses," said Len Mackesy, board president for the Mid Jersey Chapter. "That's why we are committed to raising money for cutting edge research. By working together we can make a difference."

On a national level, Leeza Gibbons—journalist, TV host, and producer—is honorary chair of JDRF's Walk to Cure

Diabetes. For Sugar Ray Leonard, national chair of JDRF's Walk to Cure Diabetes, the "fight" to cure diabetes is a very personal one. Because his Dad has diabetes, Ray is committed to finding a cure. Ray, an Olympic Gold Medal Winner and former boxing champion, recently launched Sugar Ray Leonard Boxing, Inc. and a partnership with ESPN, to produce and promote exciting competitive boxing events for a nationwide TV audience.

Local JDRF Walk sponsors are: St. Peter's University Hospital, Johnson & Johnson, Terumo Medical, Novo Nordisk, Aetna, Quick Chek Food Stores and Six Flags Great Adventure.

Entire families enjoy participating in the Walk to Cure Diabetes. There will be entertainment and food along with face painters, games and amusements for the kids.

On-site registration begins at 9 a.m. at Cook College, Route 1, North Brunswick. "We are immensely appreciative of St. Peter's participation," said Mackesy.

"Their enthusiastic commitment enables us to accelerate our research to more quickly find a cure for diabetes. Insulin is life support, not a cure. This is corporate citizenship at its best."

For more information, visit the JDRF website at www.jdrf.org or call 1-888-422-9590.

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Phone: (732) 574-1200 — Fax: (732) 388-4143

E-mail: editor@devinmedia.com

James J. Devine — Publisher

Paul Hadsall — Editor

Francene Sciortino-Kopas — Advertising Director

Robert E. Barker — Art Director

PRODUCTION STAFF:

Carol J. Green

Stevie Kopas

Lenore A. Ledzion

ADMINISTRATIVE STAFF: Peggy Baker

CIRCULATION DEPARTMENT: Stefan Kopas • Willie C. Collins

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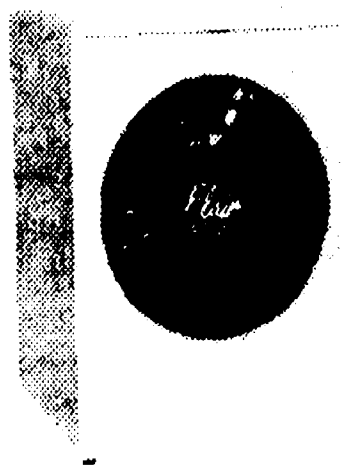
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WALK FOR THE CURE—Leeza Gibbons, Honorary Chair and Sugar Ray Leonard, Chair of the Juvenile Diabetes Research Foundation's "Walk to Cure Diabetes." Held in over 225 cities worldwide, the JDRF Walk raises funds for diabetes research.



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NEWS

YOUR LOCAL NEWS

Ferguson Accused of Campaigning With Tax Dollars

AREA—Mike Ferguson is paying for his campaign for Congress with his constituents' tax dollars, according to Tim Carden, the 7th District Democratic Congressional candidate.

"If I represent the 7th Congressional District, I would not use taxpayer dollars to promote myself before an election," Carden said.

In just the last six weeks, Ferguson has spent over \$100,000 of taxpayer's hard-earned money to send six four-page glossy mailings to pro-

mote his candidacy for reelection. "Mike Ferguson owes an explanation to the people whose tax dollars he is spending," Carden said last week.

"Not only is Ferguson spending scarce tax dollars to promote himself, he is using that money to mislead voters about such critical issues as expanding Medicare to cover prescription drugs and protecting Social Security," Carden said.

"If he really wants to help his constituents, he should tell seniors how his prescription

drug plan will not help them and tell young people that they might not have Social Security because of his support for risky privatization schemes."

Carden has been meeting with voters over coffee in diners across the district.

"I want to bring 'coffee cup' logic to Washington," he has said. "If it makes sense over a cup of coffee at the local diner, then that is what I will fight for. Our tax dollars should not be spent on political campaigns. That just makes sense."

Attention All Job Seekers

EDISON—In response to many requests, NOVA Vocational and Employment Service is pleased to announce the formation of an additional Job Seekers Support Group. This new group will serve the needs of those who are unemployed as well as those still employed but facing imminent downsizing. Meetings will be

held on Monday evenings from 5:30–7 p.m. at the NOVA office 515 Plainfield Avenue, Edison. The cost will be \$20 for ten sessions. All applicants will be pre-screened prior to acceptance into the group.

For further information or to schedule an appointment, call Lila Schwartz at (732) 777-1940.

Who's Your Ordinary Hero?

EDISON—Local residents of all ages are invited to participate in an essay contest sponsored by Menlo Park Mall that recognizes the ordinary heroes among us. If you know someone that has touched your life in a special way, write a brief composition (500 words or less) explaining why and submit it with an official entry form by Nov. 11.

The contest was inspired by a museum-quality interactive exhibit currently touring Simon Property Group malls across the country that includes a compelling presentation of the images and written excerpts from Tom Casalini's photographic essay book *Ordinary Heroes*, featuring 48 Congressional Medal of Honor recipients. Shoppers can view the profiles of the Medal of Honor recipients through photos, biographies and videos of their lives and contributions when the exhibit is on display at Roosevelt Field in Garden City, N.Y. from Sept. 25–Oct. 5.

Local essay contest winners will be announced on Nov. 15.

Recipients will receive a \$100 Simon mall gift certificate and the chance to win the grand prize, of \$1,000 Simon mall gift certificate.

"We all have people we know that are heroes to us—the contributions they make have a special impact on us and our communities," said Menlo Park Mall Marketing Director Suzy Lichter. "This essay contest gives people a chance to creatively celebrate the ordinary heroes that touch their lives in extraordinary ways."

As part of this special promotion, the book *Ordinary Heroes* can be purchased for \$20 (\$14 savings off the retail price) at all participating malls, including Menlo Park Mall, through Oct. 5 (while supplies last). All essay contest entries should be mailed to PO Box 191445, Atlanta, GA 31119 with an official entry form, available at the Simon Marketplace at Menlo Park Mall.

For further information go to www.shopsimon.com or call the mall management office at (732) 549-1900.

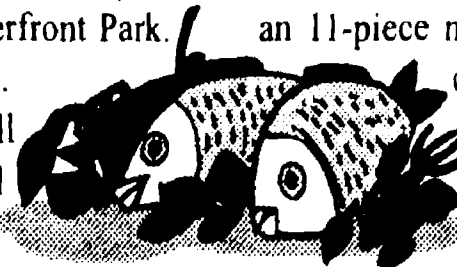
South Amboy Seafood Festival

SOUTH AMBOY—On Sunday, South Amboy will hold its annual Raritan Bay Seafood Festival from 10 a.m.–6 p.m. at Raritan Bay Waterfront Park. Admission is free.

The city will hold a memorial service for Sept. 11 victims at 10:30 a.m.

There will be a talent show at

noon. At 1:30 p.m., the rockabilly band Crash Gordon will perform, followed by the band Undisputed at 3 p.m. Total Soul, an 11-piece musical group, will close out the entertainment at 4 p.m. A free shuttle to the park will be available from the South Amboy train station.



Applications For Fire Fighter Examinations Available

PERTH AMBOY—The NJ Department of Personnel has issued applications for the 2002 Fire Fighter's examination. Applications are now available in Perth Amboy's Personnel Office, located on the second floor of City Hall, 260 High Street, Perth Amboy.

"The importance of emergency service personnel has never been more prominent. Throughout the country, we have seen fire fighters display new levels of courage. Anyone wishing to dedicate their lives to this high calling of public service, should pick up an application at City Hall," said Mayor Joseph Vas.

Anyone interested in taking

the test, must file the application no later than Sept. 20. Applicants must be citizens of the United States and must hold a high school or vocational school diploma, or an approved High School Equivalent Certificate. Applicants must also be no less than 18 years of age and no more than 35 years of age as the application filing deadline.

Applications are available for both the Fire Fighters and Firefighter Bilingual in Spanish and English tests. A Study Guide and Physical Conditioning Manual are available on the state website at: www.state.nj.us/personnel.

Civilian Police Academy Class Graduates

PERTH AMBOY—Mayor Joseph Vas and the Perth Amboy Police Department hosted a graduation ceremony on Aug. 22 for the second class of Perth Amboy's Civilian Police Academy. Police Director Cetnar, Deputy Police Kohut and the academy supervisors joined Vas in presenting the participants with graduation certificates at a ceremony in the Council Chambers of City Hall.

The 12-week academy was designed to provide unique insight into the challenging world of law enforcement, while also creating an open dialogue between residents and police through hands-on instruction.

Students were able to gain an understanding of the complexity of policing in a modern society through classroom instruction and practical, hands-on application of what they have learned in simulated police-citizen encounters.

Course topics included: criminal law, arrest, search and

seizures, internal affairs operations, motor vehicle laws and accidents, stolen vehicle recoveries, crime scene investigations, flim-flams, community policing, domestic violence, defensive tactics, emergency management, chemical agents and patrol operations. Students also had the opportunity to take a field trip to the Middlesex County Police Academy where they were trained on the F.A.T.S. (Fire Arms Training Simulator) system.

The city is looking to hold another academy this winter. Interested applicants must be 18 years of age or older, reside or work in the City of Perth Amboy, pass a criminal background check and sign a waiver in order to participate in the physical activities that are part of the curriculum. Anyone interested in participating in the next academy should contact Captain Michael Kudrick at (732) 324-3835.

The National Society Of Collegiate Scholars Inducts Lauren Rubio

SOUTH AMBOY—Lauren Rubio of South Amboy accepted membership in The National Society of Collegiate Scholars and will be honored during a campus ceremony this fall at The Pennsylvania State University.

The National Society of Collegiate Scholars (NSCS) is a highly selective, national, non-profit honors organization. Founded in 1994, NSCS recognizes first and second year undergraduate students who excel academically.

The Society was established on the principle that with scholarship comes a responsibility to develop leadership and a duty to perform service.

"NSCS provides the opportunity for students, like Lauren, to be recognized for their outstanding academic accomplishments early in their college experience," said Steve Loflin, NSCS executive Director. "Lauren will also have the opportunity to join other high achieving college students in developing leadership skills and a sense of civic responsibility."

Lauren also was on the Dean's List for both semesters of her Freshman year.

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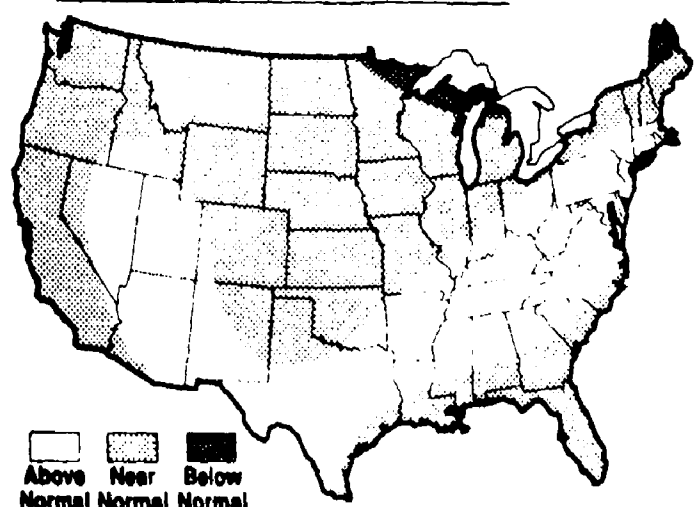
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LOCAL 7-DAY FORECAST

Thursday	Thu. night	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
							
Sunny and comfortable.	Clear.	Sunny.	Sunshine and warm.	Partly sunny.	Considerable cloudiness.	Times of clouds and sun.	Variable clouds.
78	58	78/60	80/60	82/64	82/68	77/60	75/60

THE WEEK AHEAD...

Temperatures

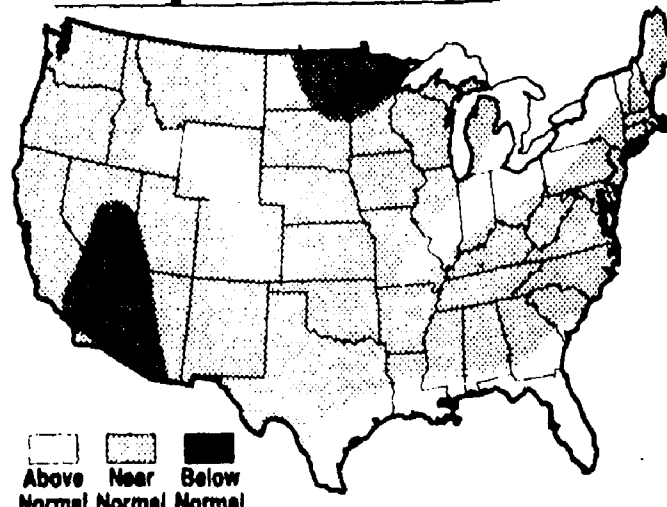


NATIONAL SUMMARY

A ridge of high pressure will keep much of the East warm and dry during the period. Temperatures across the Midwest, Plains and Ohio Valley are expected to average 10 to 15 degrees above normal. Storms will bring precipitation to the Rocky Mountains and northern Plains. Tropical moisture will fuel showers and thunderstorms over the Southeast and Florida.

THE WEEK AHEAD...

Precipitation



U.S. TRAVELER'S CITIES

	Thursday	Friday	Saturday	Sunday
City	Hi Lo W	Hi Lo W	Hi Lo W	Hi Lo W
Atlanta	88 68 pc	86 64 c	84 64 pc	83 67 c
Boston	71 58 s	71 60 s	76 61 s	76 63 s
Chicago	82 62 s	86 66 pc	88 66 pc	88 66 pc
Cleveland	82 62 s	86 64 s	86 66 s	80 64 pc
Denver	86 60 pc	86 58 s	82 56 pc	80 54 pc
Des Moines	84 64 pc	90 62 s	80 59 s	78 56 pc
Detroit	80 58 s	85 60 s	80 60 s	77 65 sh
Houston	92 74 c	94 74 pc	94 72 t	91 69 t
Indianapolis	81 59 s	85 62 s	81 61 pc	81 67 sh
Kansas City	86 65 pc	85 66 s	85 64 s	83 64 t
Los Angeles	76 62 pc	74 60 pc	86 59 s	88 64 pc
Miami	90 76 pc	88 76 t	88 78 t	89 80 t
Minn.-St. Paul	84 64 pc	88 66 pc	84 56 pc	73 47 s
New Orleans	90 74 pc	88 74 pc	88 74 t	88 74 t
New York City	78 62 s	80 64 s	82 68 s	82 67 s
Omaha	92 66 pc	92 66 s	92 58 pc	81 56 s
Phoenix	104 82 pc	102 80 pc	102 80 s	102 80 s
San Francisco	69 53 s	70 54 s	71 55 s	72 57 s
Seattle	66 50 pc	68 52 pc	69 53 c	71 54 c
Washington	82 62 pc	82 64 s	84 66 pc	83 70 pc

SUN & MOON

	Sunrise	Sunset
Thu.	6:28 a.m.	7:23 p.m.
Fri.	6:29 a.m.	7:22 p.m.

Moon Phases

New	First	Full	Last
			
Sep 6	Sep 13	Sep 21	Sep 29

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	70 54 c	66 48 t	62 49 c	63 48 c
Berlin	72 55 pc	72 58 c	60 46 t	60 56 t
Buenos Aires	68 52 c	54 37 c	53 34 s	56 40 c
Cairo	95 67 pc	92 64 s	89 65 s	88 66 s
Jerusalem	81 55 s	79 55 s	75 54 s	78 56 s
Johannesburg	67 50 c	69 50 pc	64 50 r	68 54 c
London	68 57 c	72 52 c	65 48 pc	66 49 pc
Madrid	83 50 pc	83 50 pc	83 52 s	83 59 pc
Mexico City	71 60 sh	67 61 r	64 62 r	68 63 r
Moscow	74 57 pc	76 58 pc	75 56 s	73 57 s
Paris	66 52 c	65 51 c	61 45 c	63 44 pc
Rio de Janeiro	74 63 pc	76 68 pc	79 61 pc	67 55 pc
Rome	74 61 c	75 57 pc	73 56 pc	73 55 pc
San Juan	89 78 pc	89 77 pc	89 78 pc	88 77 pc
Seoul	80 64 sh	77 60 s	75 60 pc	76 61 pc
Sydney	75 53 pc	67 54 c	72 45 pc	65 42 s
Tokyo	84 73 pc	84 73 pc	78 65 r	75 66 c
Toronto	72 52 s	76 54 s	80 57 s	79 60 pc
Winnipeg	74 62 r	73 57 t	58 37 r	62 47 pc
Zurich	67 51 c	67 53 c	64 47 r	61 43 c

September 7 from 9 a.m. -1 p.m.—The Inman Avenue Association will hold its Semi-Annual Townwide Cleanup of Colonia. Anyone interested in volunteering, call Charlie Shaughnessy at (732) 388-9646.
 September 7 from 8 p.m. -Midnight—St. Stan's Polka Party will be held at St. Stan's Auditorium, 225 MacArthur Ave., Sayreville. Advance tickets are \$11 per person and tickets at the door are \$13 per person. Mass will be featured at 5:30 p.m. in the school gym. For tickets, call Connie at (732) 651-6391 or the church office at (732) 254-0212.

September 10, Oct. 8, Nov. 12 and Dec. 10 at 7:30 p.m.—The Carteret Historical Committee announces their meetings to be held at the Deverin Community Center, 100 Cooke Ave., 2nd floor. All are welcome.

Sept. 9-13 — Connie O'Donnell, experienced tour leader, and St. Susan McGrath invite you to beautiful Cape Cod and the Irish Village. Take a boat ride to Martha's Vineyard, tour the Seashore Conservatory, Province Town, the Kennedy Library and Plymouth Rock. Tour Price: \$375.00 per person/double occupancy includes four dinners and four breakfasts. (Price does not include tips). For further information and reservations call (732) 442-7688.

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Financial Certainties In An Uncertain World

AREA— "Financial certainties" are information that you can always know to be true, no matter what is happening in the financial markets. Below is a description of nine basic principles:

1. Saving Early and Saving Regularly Will Get You To Your Goals—Savings has a cumulative effect. Compound interest over several decades is awesome. Start by contributing something to an employer tax-deferred retirement savings plan, even if it is not the maximum amount, and increase the percentage when you can. "Pay yourself first" at the beginning of the month rather than waiting to see what, if anything, is left later.

2. Debt Can Hinder You From Reaching Your Goals—Consider having no more than two credit cards and don't treat shopping as a form of recreation. There are two types of debt. "Good debt" is for investments for the future (e.g., college education and home improvements) while "bad debt" is for "disposable" expenses, such as meals and vacations, that are purchased with credit cards.

3. Diversification is the Best Way to Protect Against Investment Fluctuation—A common error is to have too much riding on one's employer: a job, a pension, stock options, etc. It is wise to invest in all assets classes (stocks, bonds, real estate and cash) and place money in different types of each asset class (e.g., small, medium and large companies).

4. If Something Sounds Too Good To Be True, It Is—Don't let the prospects of personal gain cloud your judgement. Just say no to deals that promise high returns and no risk. In a recent case, fraudsters promoted an investment that promised to pay a 300 percent return in 12 days. Many so-called "sophisticated" investors were taken in by this and lost money.

5. Your 401(k) or Other Tax-Deferred Plan is a Gift Not To Be Overlooked—Don't ignore the opportunity to invest tax-deferred through an employer plan, especially if there is a match, which is "free money." Personal savings can be a major source of retirement income. Most people do not want to lower their living standard in retirement.

6. You Should Have a Will—If you don't have a will, the state has one for you. A big roadblock for many people is naming key positions such as guardian and executor. It is important, however, to make an appointment to see an attorney and get it done. You can always change different sections of your will later if you want.

7. Sometimes Enough is Enough—It is not necessary to "beat the market" but, rather, to simply earn a return (e.g., 8 percent) sufficient to reach your own personal financial goals. Americans are very competitive by nature, however, and are always trying to earn better than average returns.

8. Women Will Be Re-

sponsible for Their Financial Lives at Some Point—Age 56 is the average age of widows and women live longer than men on average. It is not wise for either spouse in a married couple to be an inactive participant in family finances or for anyone to abdicate total control to a spouse or other financial advisor.

9. It Pays To Get a Regular Financial Check-Up—Like former New York mayor, Ed Koch, it is wise to periodically ask "How am I doing?" Financial advice is not just for the affluent. Components of a financial check-up include a cash flow analysis, a review of investment performance, including portfolio rebalancing, and a review of estate planning documents. For the names of fee-only financial planners, call 888-FEE-ONLY. Another source of names of local financial advisors is the Financial Planning Association (800-282-PLAN).

For further information about available educational programs and other services, contact Rutgers Cooperative Extension of Union County at (908) 654-9854.

Upcoming Conference To Discuss Financial Planning Issues

AREA — Rutgers Cooperative Extension is sponsoring a day long personal finance conference, "MONEY 2000™ And Beyond: Financial Strategies For Your Future XI," on Saturday, October 26. The program will be held from 9:45 a.m. to 3:15 p.m. at the Cook College Campus Center, Dudley Road, New Brunswick. Registration begins at 9:15 a.m.

The conference is presented as part of a Rutgers Cooperative Extension program, called MONEY 2000™, designed to encourage New Jersey residents to increase their savings and reduce debt. The cost is \$23 for persons who were enrolled in MONEY 2000™ between 1996 and 2000 and \$25 for all others. A continental breakfast, lunch, and printed materials are included in the registration fee.

The title of the keynote presentation will be "Saving: Your Path To Financial Success." The speaker is Don Blandin, President of the Washington DC based American Savings Education Council (ASEC). ASEC promotes saving for future financial goals and conducts annual Retirement Confidence

Surveys to assess how prepared Americans are for retirement.

Exhibits by non-profit agencies providing financial services, a choice of six workshops, a luncheon presentation on "Investment Scams and Frauds: How To Avoid Them" by Amy Kopleton, Chief Regulatory Officer of the New Jersey Bureau of Securities, and personal finance-oriented door prizes round out the day's activities.

To register for the MONEY 2000™ conference, send a \$25 check (\$23 for prior MONEY 2000 participants) made payable to "Morris County Extension Service," to Family & Consumer Sciences Department, Rutgers Cooperative Extension of Morris County, P.O. Box 900, Morristown, NJ 07963-0900. Be sure to include your name, address, daytime phone number, and morning and afternoon workshop choices.

The deadline for early registration is Friday, October 18. After October 18 and before October 24, add a \$5 late fee. No registrations will be accepted after Friday, October 25 or at the door.



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WINNING PICK-3

SUNDAY, Aug. 25

Mid-Day 336 1992
Evening 161 8915

MONDAY, Aug. 26

Mid-Day 189 2671
Evening 917 3078

TUESDAY, Aug. 27

Mid-Day 095 4458
Evening 290 4155

WEDNESDAY, Aug. 28

Mid-Day 963 1616
Evening 852 8183

THURSDAY, Aug. 29

Mid-Day 753 3126
Evening 822 4311

FRIDAY, Aug. 30

Mid-Day 853 2884
Evening 788 7086

SATURDAY, Aug. 31

Mid-Day 281 4610
Evening 574 9626

WINNING PICK-6 Numbers

MONDAY, Aug. 26

23-27-34-37-48-47

THURSDAY, Aug. 29

8-9-13-23-27-33

JERSEY CASH-5

SUNDAY, Aug. 25

2-22-25-30-34

MONDAY, Aug. 26

2-12-15-19-27

TUESDAY, Aug. 27

8-15-26-34-35

WEDNESDAY, Aug. 28

3-9-13-29-38

THURSDAY, Aug. 29

8-12-31-37-38

FRIDAY, Aug. 30

4-11-12-18-31

SATURDAY, Aug. 31

1-19-24-25-31

BIG GAME WINNING Numbers

TUESDAY, Aug. 27

2-5-11-18-45/22

FRIDAY, Aug. 30

6-31-32-42-51/42

LOTZEE WINNING Numbers

WEDNESDAY, Aug. 28

8-44-48-73

SATURDAY, Aug. 31

12-18-21-59

YOUR LOCAL NEWS**NEWS**

Metuchen Attorney Honored As General Practitioner Of The Year

METUCHEN—Kenneth Vercammen, a Metuchen trial attorney and South Brunswick resident, was recognized as General Practitioner of the Year by the General Practice Section of the New Jersey State Bar Association at the organization's recent annual meeting in Atlantic City.

He will serve as chair of the Municipal Court Practice Section in 2002-03. Vercammen also maintains a law office in Cranbury. "The General Practice Section looks for an

attorney that has fostered a greater public understanding of the values of our legal system, and who, through both private practice and public service, helps to inform and educate the public as to the importance of the role of the lawyer, the court system and law enforcement agencies in the legal profession," said Jeffrey C. Green, NJSBA Trustee and liaison to the section.

"Our winner this past year, Kenneth Vercammen, is an

individual who met those standards and we recognized his activities by giving him this award."

A member of the NJSBA for 16 years, Vercammen is a 1993 recipient of the Service to the Bar Award from the Young Lawyers Division (YLD). The Service to the Bar Award is given to a young lawyer who has devoted substantial time and energy to bar activities at the county, state and/or national level. He currently serves on the board of directors of the

General Practice Section and is chair of the Municipal Court Education Committee. In addition, Vercammen is a trustee of the Middlesex County Bar Association and co-chair of its Municipal Court Practice Committee.

A frequent lecturer, Vercammen presents programs on wills, elder law and probate at adult schools and senior citizen centers, for the AARP and local Chamber of Commerce, at the University of Medicine and Dentistry and St. Peter's

Hospital and many other locations throughout Central New Jersey.

He also speaks on litigation matters, automobile insurance and criminal and juvenile courts before the New Jersey State Bar Association, Institute for Continuing Legal Education and Association of Trial Lawyers of America—New Jersey chapter (ATLA-NJ), as well as for police departments and county colleges.

United Way Receives Grant From Edison Company

EDISON—Edison confectionary company L.A. Dreyfus has made a generous \$3,000 contribution to United Way of Central Jersey. The funds will be used to assist United Way's 49 member agencies and their programs that operate in Central New Jersey.

L.A. Dreyfus, a subsidiary of Wm. Wrigley, Jr. Company

of Chicago, is the world's largest manufacturer of gum bases. With more than 200 employees, the company produces chewing gum base and bubble gum base products that are sold in 30 countries throughout the world.

Gloria Aftanski, President

of United Way of Central Jersey, says, "We commend

L.A. Dreyfus and its team of employees for their commitment to the community.

Our agency and its many member agencies that provide outstanding services always appreciate corporate citizenship and partnerships at the local level."

According to Charlean Gmunder, President of L.A. Dreyfus Company, the Company will embark on a United Way Campaign this fall. "Through its member agency umbrella, we feel that the United Way is the most

effective and efficient way for all of us to make a difference in our local community as we help people who are truly in need. United Way has a proven record of delivering the greatest percentage of a contributor's money to community services.

There just isn't any other organization that can reach as many people who need help."

United Way of Central Jersey is a not-for-profit fundraising organization that supports and provides funding for 120 social service and health

care programs that are administered by 49 non-profit member agencies. United Way of Central Jersey, organized in 1930, serves Middlesex County and Franklin Township in Somerset County. Funds raised are distributed to diverse programs that meet the needs of pre-schoolers, youth and teens, adults and senior citizens. The 2000-2001 fundraising campaign yielded more than \$4.6 million.

For more information, visit www.uwcj.org.

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Roberto Clemente Festival To Begin

PERTH AMBOY — The Puerto Rican Association for Human Development, Inc. is

pleased to invite the residents of Perth Amboy and surrounding areas to celebrate the 16th Annual

Roberto Clemente Festival to be held from Friday, Sept. 6–Sunday, Sept. 8. The activity will take place at the St. Stephen's R.C. Church playground, located at 409 State Street, Perth Amboy. Come and enjoy live music, food, rides, games and other entertainment for the whole family. Spaces for rent are available to sell food, arts and crafts or other products.

This program has been made possible in part by the Middlesex County Cultural and Heritage Commission and the New Jersey State Council on the Arts/Department of the State, a partner agency of the National Endowment for the Arts; and organized in conjunction with the City of Perth Amboy.

Trust Your Eyes To Someone Who Cares

A Rich History of Community Care

For over 20 years, Santamaria Eye Center has provided central New Jersey with compassionate, knowledgeable care and thorough patient follow-up. Patients depend on Santamaria Eye Center for the most advanced techniques in eye care, including corneal and cataract surgery. In fact, Dr. Santamaria was one of the first doctors in New Jersey to use the Allegan Array® multifocal intraocular lens during cataract surgery. The foldable lens reduces dependence on glasses not only for distance, but also for reading.

Dr. Santamaria has also licensed his own patented invention the PhacoGuard™ knife, which facilitated the performance of sutureless cataract surgery. Since 1985, Dr. Santamaria has been performing refractive surgery and now is actively performing LASIK not only on nearsighted and astigmatic patients, but also patients with farsightedness. He is also the author of several scientific papers on the safety of refractive surgery.

In addition to being certified by the American Board of Ophthalmology, Dr. Santamaria is a Fellow of the American College of Surgeons and a Fellow of the American Academy of Ophthalmology. Dr. Santamaria serves Columbia University in New York as an Assistant Clinical Professor of Ophthalmology.

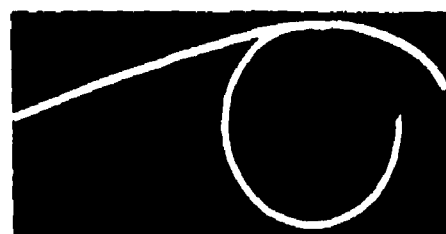
Santamaria Eye Center is a leader in eye care for central New Jersey. To make Santamaria Eye Center your partner in healthy vision, visit our offices at 100 Menlo Park Drive, Suite 408 (South Side of Menlo Park Mall), Edison, and 104 Market St., Perth Amboy.

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Attending, Robert Wood Johnson Medical Center
New Brunswick, NJ

Bruce K. Moskowitz, M.D.
Director, Orbit and Plastic Surgery
Associate Clinical Director, New York Eye and Ear Infirmary

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Check-Ups



Important For Financial Health

AREA—A financial check-up is as important as an annual physical with your doctor. Like a medical exam, a review of your finances can identify strategies to improve "financial fitness" and screen for potential problems, such as lack of a will or a high debt-to-income ratio. This article will discuss ten ways to assess the strengths and weaknesses of your financial situation.

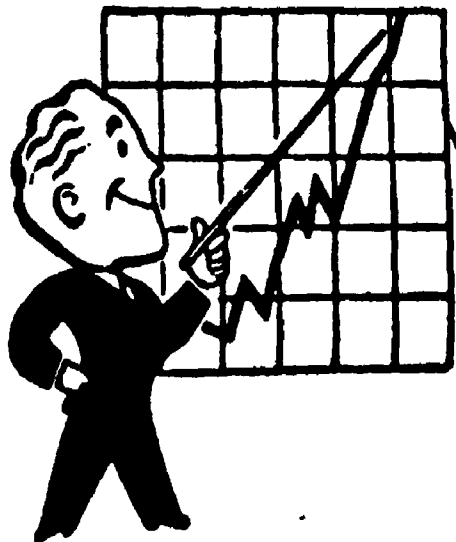
Check-up Method #1 is financial quizzes. Rutgers Cooperative Extension's *Financial Fitness Quiz* is available online at www.rce.rutgers.edu/money/ffquiz.asp. The quiz consists of 20 questions about various financial practices. Those with a low score indicate areas for improvement.

Check-Up Method #2 is financial goals. Goals should be SMART, which is an acronym for specific, measurable, attainable, realistic and time-related. Annual progress benchmarks should be established. Investments should be matched to the time frame for financial goals: short-term (less than 3 years), intermediate-

term (3-10 years) and long-term (more than 10 years).

Check-Up Method #3 is a net worth statement. Net worth is assets (what you own) minus debts (what you owe). Assets have three categories: liquid (cash assets, such as a CD or money market mutual fund), tangible (personal property such as a house and car) and investment (examples: mutual funds and 401(k) plan). Short-term debts are those that you expect to repay within a year (example: credit cards) and long-term debts, like a mortgage, last longer.

Check-Up Method #4 is the "Wealth Test." This formula, from the book *The Millionaire Next Door*, can be used to assess one's personal progress



based on two key factors: age and pre-tax (gross) income. Simply multiply these two figures together and divide by 10. This tells you what your net worth should be. Obviously, the higher the number relative to this benchmark, the better.

Check-Up Method #5 is an income and expense statement that analyzes past spending patterns. There are four components that are totaled for a month: income, fixed expenses (e.g., rent), variable expenses (e.g., food) and 1/12 the annual cost of periodic expenses (e.g., quarterly property taxes).

Check-Up Method #6 is a review of irregular expenses such as school tuition, property taxes, and vacations. List all expenses that come irregularly throughout the year. Then total each expense and divide by 12. Treat these expenses as monthly "bills" and set money aside for them.

Check-Up Method #7 is financial ratios. Financial ratios are developed by linking key pieces of information in financial statements.

Liquidity ratio is a measure of the adequacy of one's emer-

gency savings and is calculated by dividing liquid assets (from a net worth statement) by monthly expenses (from an income and expense statement).

The ratio should be 3:1 or better. A debt-to-asset ratio is a measure of solvency. It is calculated by dividing total liabilities by total assets and should be lower than 1.0 and preferably .5 or lower (less than 50 cents of debt for every dollar of assets).

Check-Up Method #9 is a credit card check-up. Areas to consider are strategies to pay a lower interest rate (e.g., refinancing), whether certain credit cards could be cancelled, a recent review of your credit file for errors and evidence of identity theft, and obtaining your credit score.

Check-Up Method #10 is a tax check-up. Areas to consider are your marginal tax bracket, whether or not you are maxi-

mizing contributions to tax-deferred employer savings plans and individual retirement accounts (IRAs), and other tax-reduction strategies such as deductions, credits, and low long-term capital gains tax rates on assets held more than a year. The next time you're scheduling a medical check-up, take time to assess your finances also. For resources to analyze your finances, visit the Rutgers Cooperative Extension personal finance Web site at: www.rce.rutgers.edu/money2000.

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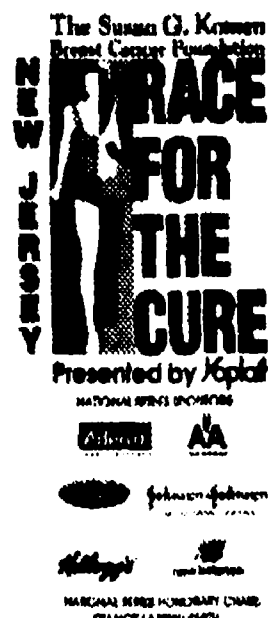
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YOUR HEALTH NEWS

Music As Therapy

by Dr. Frederick B. Tate

Music, for most of us, is very much a part of our daily lives. From the wake-up notes of a clock radio to the background in an elevator or at the mall. Music is usually so much with us that we sometimes overlook the power it can have. But for many mental health professionals, the magic of music is very evident.

A severely autistic child paces in a room, making a repetitive high-pitched sound. A music therapist enters, sits at the piano, and hits a deep, resonating chord. The little boy stops pacing then tilts his head in the direction of the piano. Within the next ten minutes he is modulating his cries to keep pace with the therapist as she moves up and down the keyboard. He doesn't say a word or make eye contact, but what has just occurred is a form of communication—the child's first.

Across town, in the dementia unit of a nursing home, an elderly man with Alzheimer's can no longer carry on a conversation. However, when the first measures of a familiar recording are played, he starts singing, keeping perfect time and staying in tune with the music. Music clearly has power. Music is also a universal language. Some neurologists say that our response to it is innate and the preferences for different types

of music may be established as early as four months. More than one anthropologist has argued that music may have been the first art form, as our early ancestors experimented by hitting sticks together, blowing on a blade of grass, or attempting to mimic the songs of birds.

Every culture throughout history has made music. The hieroglyphics in the ancient pyramids for example, depict harps, bells, drums and flutes made from reeds. Music, then and now, has the power to "soothe the savage beast," make us smile and tap our feet or whip us into a patriotic frenzy. Most of us can name at least one song or piece of music that has the ability to move us to tears or bring back a memory of a special time.

Music therapists are specialists within the counseling and psychology fields who use music of all types to help people express their feelings. Listening to recordings, playing an instrument, writing music, or experimenting with rhythm are techniques that have been successfully used with a wide variety of populations, including individuals with mental retardation, head injury, autism, and schizophrenia. Sessions led by a trained music therapist have also been shown to benefit indi-

(continued on page...9)

Getting The Most Out Of Fruits And Vegetables

AREA—While it's easy to pick up a cookie to satisfy a sweet tooth, we all know that an apple or strawberry is a much healthier option. Promises to change one's eating habits tomorrow often don't work out, and now that summer is here, it's the perfect time to take advantage of the abundance of fresh fruits and vegetables available. Delicious tasting, these treats are a great source of vitamins and minerals. So start today.

"Fruits and vegetables are naturally low in calories and fat, yet high in fiber," said Ron Brown, M.D., medical director at Oxford Health Plans. "They can help people lose or maintain their weight and still feel full and satisfied."

Oxford offers some helpful hints to make your summer meals and snacks more nutritious:

- For salads, be sure to use dark green leaves such as spinach or romaine lettuce. These are loaded with antioxidants.
- Add beans to salads and soups to boost the protein content and enhance the taste and texture. Chickpeas, kidney beans, pinto beans, black beans and red beans are all healthy, nutritious choices.
- Don't get stuck in a food rut; choose from a variety of vegetables. Go for deep or brightly colored vegetables such as peppers, tomatoes, zucchini, spinach, squash, and carrots. Bright, rich colors are

a sign of highly nutritious foods filled with vitamins and minerals.

- Aim for a variety of colorful, fruits such as kiwis, different kinds of berries, tangerines and melons—the more color, the more nutrients.

- Adding grains to soups and salads will boost carbohydrate intake and help make the meals more filling and satisfying. Instead of plain white rice, try different grains like brown rice, bulgur, barley, kasha, millet or buckwheat, which have more nutritional value.

- For even more satisfying meals, toss lean chicken or grilled fish onto salads to add protein, vitamins, minerals and the heart-healthy omega-3 fatty acids.

AID/STD Hotline Advises On Travel For People With HIV/AIDS

AREA—As summer reaches its midpoint, more and more people begin taking the trips they planned for all year. Traveling, particularly to underdeveloped countries may pose a risk for illness.

Bacteria, viruses and parasites can make a healthy person very sick. However, if you are immuno-compromised, you can become severely ill or even die. The Centers for Disease Control (CDC) offers several tips for travelers to lower medical risks for infections and for general protection.

- Before traveling consult your doctor. He or she may be able to provide useful information, may know of places where certain illnesses can be a problem, may know of doctors in the area that treat people with HIV, or may advise you on vaccinations you may need for the region you will visit or other precautions. Tuberculosis (TB) is common worldwide, so your doctor may advise you to get a TB test upon return. Remember

to take all prescribed medications.

- Be prepared. Common problems for example, traveler's diarrhea, can occur. Make sure you have appropriate medications for this problem, bring enough of your regular medications in case you cannot refill prescriptions overseas or you get "stuck" in a certain area and cannot get to a pharmacy. Be aware that some medications may need to be refrigerated. In some areas insect borne diseases can be a problem. Bring a supply of insect repellent that contains "DEET."

- Check medical restrictions. If you are leaving the country for an extended trip, make sure you know if the country you are visiting has special health rules for visitors. These rules can include vaccinations that may not be safe for HIV-infected people to take. Make sure all medical insurance is up to date and take proof of insurance when you travel. Know your insurance plan; some things may not be covered overseas.

- Food and drink. Food and water contain bacteria, viruses or parasites that can make you sick. Do not eat raw fruit or vegetables that you do not peel yourself. Do not eat raw or uncooked seafood or meat unpasteurized dairy products or anything from a street vendor. Do not drink tap water, drinks made with tap water or ice made from tap water or unpasteurized milk. Foods that are generally safe include steaming hot foods, bottled drinks, hot coffee or tea, wine, beer. If your doctor has you on a special diet, stick with it.

- Animal droppings. In many countries, animals roam freely. Animals may leave droppings on beaches or other areas; always wear shoes and protective clothing, sit on a towel or blanket to avoid direct contact with possibly contaminated areas. Swimming can make you sick if you swallow the water. Never swim in water that might contain animal waste or sewage. Only swim in "protected" areas.

- Prevent. Take the same precautions that you take at home to prevent giving HIV to others. Remember, help is just a phone call away!

For more information on AIDS or STDs, call 1-800-624-2377. The AID/STD Hotline is accessible 24 hours per day, everyday!

PUBLIC NOTICE

PUBLIC NOTICE

The Housing Authority of the Township of Woodbridge WILL BE OFFERING **PRE-APPLICATIONS** FOR LOW-INCOME PUBLIC HOUSING APARTMENTS FOR THE FOLLOWING CATEGORIES:

WOODBIDGE GARDEN APARTMENTS (FAMILY DEVELOPMENT)
One, Two, Three and Four Bedroom Units
And
Elderly Housing
Efficiency and One Bedroom Units

Interested parties or their representative are invited to pick up a pre-application at the Woodbridge Housing Authority Main Office, 20 Bunns Lane, Woodbridge, New Jersey as follows:
Hours: 8:30 a.m. to 4:30 p.m.

Starting Tuesday, Sept. 10 thru Thursday, Sept. 12, 2002

COMPLETED APPLICATIONS MUST BE RETURNED IN PERSON TO THE MAIN OFFICE AS FOLLOWS:

Hours: 8:30 a.m. to 4:30 p.m.
Starting Tuesday, Sept. 17 thru Thursday, Sept. 19, 2002

APPLICATIONS MUST BE RETURNED IN PERSON. Each applicant will receive a receipt indicating the date and time of submission. This receipt will serve as verification of submission of the application. If any person other than the applicant is delivering the application, it shall be the responsibility of the applicant to obtain their receipt from their designee. APPLICATIONS SUBMITTED BY ANY OTHER TYPE OF DELIVERY WILL NOT BE ACCEPTED AND SHALL BE RETURNED TO THE APPLICANT.

Persons with Disabilities requiring special accommodation in the return of their application should contact the Main Office at (732) 634-2750 for assistance.

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Music As Therapy continued

(continued from page...8)

viduals in hospitals and nursing homes.

Studies find that music can produce measurable mood changes and for some can even be an effective antidepressant. Research indicates that certain types of music can lower blood pressure, decrease anxiety and in rare cases, even serve as a good way to decrease physical pain. When combined with art therapy, dance or psychodrama, music therapy can help individuals in ways that traditional "talk therapy" does not.

In the December 2001 issues of the *Harvard Health Letter*, it was reported that brain imaging studies showed that music "lights up" the sections of the brain that are responsible for

emotion and feelings. It's possible that musical memories outlast other forms of memory because so many parts of our brain are involved. When we put on our favorite CD on and sit back to listen, blood flows to the same areas of the brain that respond to pleasure-inducing stimuli such as sex. It's no wonder that music holds so much power over our emotions and can be retained long after other forms of memory are lost.

While there's no evidence that listening to Beethoven will cure Alzheimer's or listening to Mozart will make us smarter, music can have an important and therapeutic effect on us. It's unfortunate that with budget cuts so many schools, psychiatric hospitals, rehabilitation

facilities and nursing homes must consider educational and therapeutic music programs a luxury, as opposed to a necessity.

With its ability to help reestablish social interactions and involvement, a lack of music denies pleasure and a higher quality of life for many who are ill or elderly. Music is the most social of the arts. The German philosopher, Nietzsche, expressed it well when he said, "Without music, life would be a mistake."

Dr. Tate is a psychologist at Eastern State Hospital, Williamsburg, Virginia, the nation's oldest public hospital. He can be contacted at Ftate@esh.state.va.us.

Spider-Man Swings Into Action To Protect Kids

AREA—Prevent Child Abuse-New Jersey announces the availability of a special edition of the Spider-Man comic book, produced by Marvel Comics in cooperation with Prevent Child Abuse America, that deals with child sexual abuse. This comic book can be an excellent tool for parents of elementary school aged children, generating an opportunity to discuss sexual abuse in a non-threatening manner. Recognized by the National Education Association (NEA) as a valuable resource, the comic is available from Prevent Child Abuse—New Jersey.

Spidey rescues a boy about to be abused by a babysitter,

then spends some time with him discussing some important issues, like the need to tell a trusted adult about his experience. In a second story, the Power Pack helps a friend deal with intra-family abuse.

Experts from Prevent Child Abuse-New Jersey strongly urge parents to raise the issue of child sexual abuse with their children, particularly in light of the recent heavy media focus on this subject. The comic is being offered as a tool to help parents initiate discussions. Parents should read the comic book first, present it to their child with a clear explanation that this is a special issue with information for kids on staying safe from sexual

abuse, and initiate a follow-up discussion shortly thereafter. The comic may also be used as a tool by parents to facilitate more comfortable conversations about general issues of safety and sexuality.

Prevent Child Abuse-New Jersey believes that parents are their children's most important teachers, and works to support parents in that role.

For a copy of the Spider-Man comic, call Prevent Child Abuse-New Jersey at 1-800-CHILDREN, or send a note to: PCA-NJ, 103 Church St., Suite 210, New Brunswick, NJ 08901. A donation is requested, to defray cost of the comic and postage, and supplies are limited.

Physician Using Botox® Injections To Treat Headaches

EDISON Philip Hanna, M.D., an Assistant Professor at the New Jersey Neuroscience Institute at JFK Medical Center, Edison, is now providing an innovative treatment for refractory headaches, including migraine and tension headaches. He is administering injections of Botulinum toxin type A (Botox®) used successfully as of late for everything from spasticity to cosmetic surgery—which appears to be of major benefit for stopping headaches that do not respond to oral medications. The injections are generally administered every 3-4 months, often resulting in a decreased need for such oral medications with their associated side effects.

The primary purpose of the injections, which have not yet been FDA approved for the treatment of headaches, is to minimize the frequency and severity of such headaches by decreasing muscle tightness or spasms. Such muscle spasms, particularly in the neck region, appear to trigger or worsen many headaches.

"There have been substantial advances in the treatment of headaches over the past several years. Despite this, many patients end up taking many medications, which may have side effects. Botulinum toxin has the advantage of targeting the

muscle spasms directly without causing systemic side effects. In most cases patients treated can decrease the number of medications they take by mouth," said Dr. Hanna.

Dr. Hanna has extensive experience in the use of Botox® for the treatment of various conditions, including headaches. He has also been published in international medical journals, most often on the subject of certain individuals' resistance to botulinum toxin. Dr. Hanna's research, published in the journal *Neurology*, indicates that antibodies tend to develop if injections are given too frequently, especially in high doses. Fortunately, with the frequency and dosage used in treating headaches, the development of antibodies appears to be highly unlikely.

The New Jersey Neuroscience Institute at JFK Medical Center is a comprehensive facility designed exclusively for the diagnosis, treatment and research of complex neurological disorders in adults and children. Services offered at the Institute include programs in spine and brain tumors, dizziness and balance disorders, epilepsy, cerebral palsy, stroke and movement disorders and a comprehensive sleep disorder clinic and laboratory.

Cruise through the Foliage aboard a SeaStreak luxury catamaran and enjoy the spectacular colors of Fall!

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Saturday/Sunday, October 12 & 13

Saturday/Sunday, October 19 & 20

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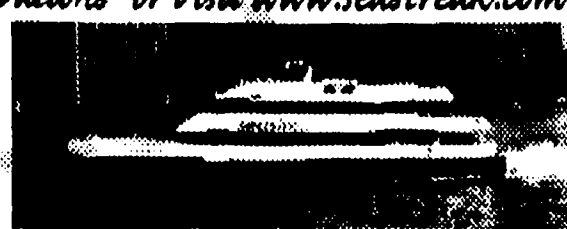
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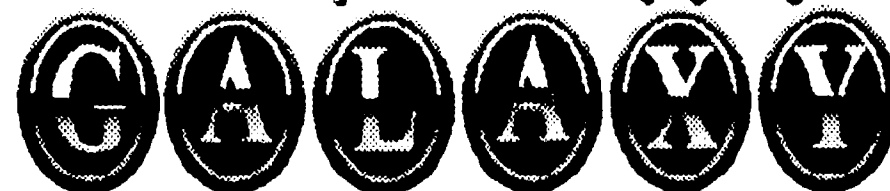
Saturday/Sunday, October 19 & 20

Boarding: 9:30am; departure: 10:00am; return: 3:00pm

\$65 per person—space is limited; reservations required



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EDITORIAL


**ASSEMBLYMAN
JOHN WISNIEWSKI'S
Report
From
Trenton**

Summer is drawing to a close. For just about everyone, plans turn away from relaxation and turn to getting back to work. For the New Jersey Legislature, the summer's end signifies that it is time once again for each district's representatives to converge on New Jersey's capital. Senators and Assemblyman will return and populate the halls of the long quiet Statehouse. Voting Sessions, Committee meetings, Board Lists and Bills will resume their importance after a long, hot summer. Trenton will be in full swing again.

For the full General Assembly, the first Voting Session will be held on September 23rd. While the agenda for that session has not yet been established, there are many important issues that will greet the legislature and that will keep us busy through the end of the year. And the Assembly Transportation Committee, which I chair, will hold its first meeting on September 12th.

As Chairman of this Committee, I have the responsibility to decide which bills the Committee will examine at each meeting. On September 12th the Transportation Committee will examine the laws on child booster seats. The current law requires that all children under the age of 8

years or under 80 pounds be secured in an approved child or booster seat. I helped draft that legislation. Since its implementation, there have been some calls for that law to be re-examined. The issues are varied. Is the law tough enough? Or does it go too far? Are the penalties sufficient? How does it get enforced? These are just some of the issues that will be examined.

The Legislature's not the only one going back after a long break. Students everywhere are getting ready to go back to school. And I'll be going with them. I have been asked and have agreed to serve as an Adjunct Professor in the Political Science Department of Monmouth University. I am looking forward to having the opportunity to share my Trenton experiences with eager University Students.

Class will be out for two weeks this coming November. I have been invited to travel to Taiwan at no cost to New Jersey's taxpayers. I will be part of a quasi-governmental delegation from across our nation put together by the American Council of Young Political Leaders. I look forward to meeting with my counterparts in Taiwan to exchange ideas and to learn from one another.

So as our long, quiet summer draws to a close, many of us are preparing for the burst of activity that the fall holds. I look forward to keeping you posted on my activities in Trenton, at Monmouth University, and in Taiwan.

Send all comments to:

The Atom Tabloid

P.O. Box 1061, Rahway, New Jersey 07065

or

Email: editor@devinmedia.com



Readers Commentary

9/11 - Lights On!

On Wednesday, Sept. 11, everyone in the USA who will be driving a motor vehicle is asked to drive with their headlights on during daylight hours. Though no explanation

is needed as to why we are commemorating Sept. 11. We hope more importantly to pay respect to the victims of that day, show our nation's solidarity and show support for our

men and women of the Armed Forces. Remember-9/11 LIGHTS ON!

From an anonymous email forwarded to us by many people

Pausing To Remember

Dear Editor,

On September 11 citizens across the Nation will attend services in our communities to remember those whose lives were tragically taken from their families in the horrific events of September 11, 2001.

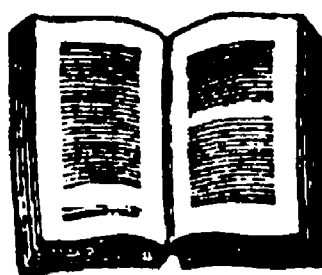
The terrorist attacks which took place on that date transformed America forever and triggered a war the type of

which we have never been encountered. As we pause to remember all of the victims and heroes of September 11, 2001, let us also remember the men and women who, this very day, are in harms way.

Perhaps the best way to honor the memories of those whose lives were taken is for America to assure that such an attack never occurs again.

On behalf of the 76,000 New Jersey members of The American Legion I wish to assure the families of the victims of this American tragedy and those who currently serve in our Armed Forces that we shall never let them be forgotten. Our thoughts and prayers go out to them all.

**Wm. "Billy" Mack
State Commander**



By The Book

by Peter Book

Merit Vs. Politics

The legal profession is the only calling I can think of where merit and experience do not count as much as politics, nepotism and money in aspiration to the highest positions.

In his campaign, Gov. McGreevey severely criticized the Whitman Administration in her appointments to the Supreme Court of members of her inner circle who had no judicial experience. Now, he has done the same in appointing Barry T. Albin to the Supreme Court. Barry is, without a doubt, one of the finest lawyers in the state. His supporters stress how well qualified he is to be a justice on the highest court in spite of his lack of judicial experience. Conveniently overlooked are judges who have extensive experience on the Superior Court. They have well served their apprenticeships. Logically, they deserve first consideration in appointment to the Supreme Court.

Perhaps I am sort of naive in spite of my advanced age. Being superb in one field of endeavor does not automatically mean that the person is well qualified in even a related field. For instance, a baseball

pitcher hardly qualifies as a second baseman, or a line-backer in football to be a quarterback.

I'll admit I almost got trapped in this kind of situation. Back when the aviation industry was changing from propeller aircraft to jets, I thought about quitting flying and settling down to do a more seemingly stable job or position. A friend who was the Director of Labor told me he would put me on as a workers compensation judge provided I received the approval of the local political boss.

The Boss granted me an audience. Thankfully, I did not have to kiss his ring or any part of his anatomy. Regardless of my loyalty and labors for the Party, he asked me what had I done for the Party lately. I thought, "Oh! Oh! Pay off time!" I declined to come up with the dough. The position was not worth it if I had to buy it. He politely stated he would not give his approval but would not stand in my way. Gee! I politely thanked him for the audience grateful that I did not have to immerse myself in the cesspool of Jersey politics. I gladly went back to the air-

lines and made the successful transition to jets.

Until I reached retirement, I enjoyed many happy years flying around the world. The flight crews were the finest people I ever worked with. They had to be qualified, well-trained and disciplined. Each one had to be experienced in his or her specialty. Politics or nepotism were of little or no concern. Performance was of major consideration. Phonies were quickly discovered and weeded out. All crew members are dedicated to the successful completion of the flight. Which explains the excellent record of aviation.

Hopefully Governor Jim will learn and get over the mistakes of his early months. Now that he has overcome the debris of past administrations he can go on to redeem himself and accomplish the great things we expect of him. Remember, Brendan Byrne overcame the stigma of the income tax, was re-elected and is now revered as one of our great governors. On the other hand, Jim Florio floundered in his tax hike, served only one term and is now consigned to oblivion in the brainy boro of Metuchen. The next few years will determine if our Jim will be a Brendan or a Florio. My bet's on Brendan! Semper Fidelis!

9/11 SPECIAL 12 PAGE INSERT

Towns Commemorate 9/11 Anniversary

by Stevie Kopas

AREA—With the upcoming anniversary of the Sept. 11 tragedies, many towns in Union and Middlesex counties are planning events, ceremonies and vigils to honor the day. The following is a list of towns in our coverage area and the special events they have planned.

UNION COUNTY:

Clark - 7:30 p.m., Sept. 11.



*We will always
remember 9-11.*

20 Westfield Avenue, Clark, NJ
732-381-1800 • 732-381-7222

"Sleep With The Angels"

Anonymous



Memorial Service and candle light vigil at the corner of Grand Street and Broadway, parking is available at Mother Seton; Memorial Stone set in honor of James Nelson, Port Authority Police Officer whose life was lost on Sept. 11, 2001.

Linden - Mayor John T. Gregorio and the City Council have designated Sept. 11 as "Always Remember Day". They ask all Linden residents to participate by driving their automobiles with their headlights on all day as a physical sign of never forgetting Sept. 11, 2001, pausing for a moment of remembrance when the city's church bells toll at noon, joining them and city employees on the front steps of city hall at noon for a moment of

silence and the Pledge of Allegiance, joining them at the city wide Interdenominational Prayer Vigil remembering September 11 at 7:00 p.m. at St. Elizabeth's Church, 179 Husa St.; Remembering Wanda Green, stewardess aboard United Airlines Flight 93, whose life was lost on Sept. 11, 2001.

MIDDLESEX COUNTY:

Carteret - 7:00 p.m., Sept. 11, Memorial Service at Carteret Park between Lenart Field and Umansky Field, victim's families are invited; Various clergy of different faiths to speak; Veterans Alliance to participate; Governing body will attend; Construction currently being done on the Memorial featuring

an I-Beam from the World Trade Center itself that will become a permanent part of the borough; Honoring three residents: Colleen Meehan-Barkow, facilities project manager, Cantor Fitzgerald; Jayceryll DeChavez, port analyst, Fiduciary Trust International; Joseph Mangano, technical advisor, Marsh & McLennan.

Edison - 7:00 p.m., Sept. 11, candlelight vigil at Papaiani Park; The Elk's Club is holding a 7:30 p.m. Memorial Service on Sept. 11 at the Elk's Lodge; Honoring those who were lost: Sheldon R. Kanter, Vincent A. Laieta, Brian E. Martineau, Manish K. Patel, Deepika K. Sattaluri, Edward T. Strauss, Scott M. Schertzer, Prem N.

Jerath, Kaaria Mbaya, and Kevin Cohen.

Perth Amboy - 6:30 p.m., Sept. 11, Interfaith Service and Candle light vigil at City Hall Circle; Honoring those who were lost: Richard Rodriguez, Port Authority Police Officer, born and raised in Perth Amboy; Isaias Rivera, CBS Employee, lived in Perth Amboy; Keith Roma, whose father is a volunteer firefighter in Perth Amboy, Keith was a fire inspector in NYC.

South Amboy - 10:30 a.m., Sept. 8, 9/11 Memorial at the Raritan Bay Waterfront Park Seafood Festival, at the Pavilion; other events going on will be put together.

Rahway Plans 9/11 Commemorations

RAHWAY—The City of Rahway has a number of events planned to commemorate the anniversary of Sept. 11, 2001.

On Mon., Sept. 9 at 6 p.m.: The Rahway F.M.B.A. Local #33 will be playing the Brick Township Police Department in a benefit softball game for Cystic Fibrosis Research in honor of the Sandhurst family. The game

will be held at First Energy Park in Lakewood. For more information, call (732) 827-2155.

On Wed. Sept. 11, at 8:46 a.m.: Churches throughout Rahway will begin ringing their bells to commemorate the one-year anniversary when the first jet struck the World Trade Center's north tower. Bells will also be rung at 9:03, 9:45, 10:03, 10:05 and 10:28 a.m. to correspond with the second jet striking the south tower, the crash into the Pentagon, the crash of Flight 77 in Pennsylvania, the collapse of the south tower and the collapse of the north tower, respectively.

At 9 a.m.: the Rahway Police and Fire departments will be conducting a blood drive to benefit Rahway Hospital at Fire Headquarters (1300 Main Street)

from 9 a.m. - 12 p.m. and from 1-5 p.m. Call (732) 827-2133 for more information.

Also at 9 a.m.: the County of Union, along with the City of Rahway, the NY NJ Baykeeper and TRC Omni Corporation will be beginning its "Plant a park" program in the new waterfront park along the Rahway River near Union and Allen Streets. Volunteers are needed to help plant natural flora in the 4.4-acre park. For more information, call (908) 527-4231.

At 11 a.m.: the Rahway Housing Authority and Arts Guild of Rahway will be holding a free "Celebrate America" picnic at Kennedy Apartments for residents and their guests, located at 224-250 West Grand Avenue. Musical entertainment will be provided.

At 1 p.m.: the Arts Guild of Rahway begins its showing of "9/11: the Artists Respond." Admission is free; this exhibit is sponsored by Merck & Co. There will be an opening reception on Sept. 15 at 1 p.m. For more information, call (732) 381-7511.

At 7 p.m.: there will be a public remembrance ceremony at the Rahway Fire Department headquarters, located at 1300 Main Street. The attendees will then proceed north on Main Street to City Hall, where the new police monument will be dedicated.

On Sun., Sept. 15, at 10:30 a.m.: Zion Lutheran Church, located at the corner of Elm and Esterbrook Avenues, will be holding a thanksgiving service for all those who served their nation on Sept. 11, 2001.

Elizabeth To Unveil Monument, Hold Vigil

ELIZABETH—On Sept. 10, the City of Elizabeth will have an unveiling ceremony for the Sept. 11 Elizabeth Monument. The monument commemorates Colleen Fraser, Carlos

DaCosta, Frankie Serrano, Anthony Tempesta, Arcelia Castillo, and Margaret Lewis, the six city residents who passed away on that tragic day.

The ceremony will take place next to the midtown train station on West Grand Street in the new Pedestrian Plaza.

The event is scheduled to begin at 6:30 p.m. The monument was designed by Elizabeth resident and artist Dario Scholis. His design was selected by the Sept. 11 Monument Committee, chaired by Councilwoman Carla A.

Mazza, during a citywide contest. On Sept. 11, there will be a vigil in front of the Elizabeth City Hall. The vigil will begin at 8:46 a.m., the exact time the first plane struck the World Trade Center. The vigil will be a multi-denominational ceremony and will include Elizabeth Fire, Police, and emergency personnel, United States armed forces personnel, and city hall employees. All are welcomed to come out to pay respect and remember the people who passed on the dreadful day one year ago.

STANDING UNITED

We Will Never Forget
September 11, 2001

MIDDLESEX COUNTY COLLEGE

Love, Prayers and
Remembrance to our
Fallen Heroes and the fam-
ilies and individuals who
have suffered through this
tragic event.

Stef, Fran, Stevie & Krisi

9-11-01 We Stand United

9/11 SPECIAL 12 PAGE INSERT**Woodbridge To Unveil 9/11 Memorial**

WOODBIDGE—On Sept. 11, one year to the day of the worst terrorist attack on American soil, the Woodbridge will hold an interfaith service and candlelight vigil in front of Town Hall, starting at 6:30 p.m. A "Memorial Park" will be dedicated there, consisting of a monument and benches, in honor of the nine Woodbridge Township residents who lost their lives in the tragedy.

The nine Woodbridge Township residents who lost their lives in the Sept. 11, 2001 attacks are: James Lynch, Edward D. Allegretto, Tonyell

McDay, Sankara Velamuri, Commander Patrick Dunn, USN (Pentagon), John Adam Larson, Marilyn Bautista, Charles Mauro and Nardender Nath.

"This is our way of remembering our citizens who were taken from us that horrible day," says Mayor Frank G. Pelzman.

The aim of the Memorial is to provide a place for family members to gather and reflect. "This will be a special area for them to pause and remember their loved one," says Pelzman.

9/11: The Artists Respond

RAHWAY — On Wednesday, Sept. 11, "9/11: The Artists Respond," a juried exhibit of new art referring to the tragic events of last year will open at the Arts Guild of Rahway, 1670 Irving Street, Rahway. There will be a reception with the artists on Sunday, Sept. 15 from 1-4 p.m. Admission is free.

This art show will include works by Joan De Nisica, Christine Dolinich-Matuska, Monica Epes, Rachael Failace, Rayna Gillman, Aaron Heller, Mary Maltz, Marcia Miele, Leona Mahler-Sussman, An Margaret Pinkman, Susan Puder, Florence Wint, Barbara Zeitchick, Steve Fleisch, Shaun Curtin and Debbie Lee.

Jurors for this exhibit were Nancy J. Ori, Berkeley Heights photographer; Leonard Merlo, artist/art educator and Lawrence Capiello, artist and Executive Director of The Arts Guild of Rahway who curated the show.

For the purpose of this exhibit, new artwork was

sought throughout New Jersey, which was created in response to 9/11/01. The chosen pieces in a wide variety of styles and mediums reflect a broad range of reactions, concerns and outlooks on the shocking day we all experienced a year ago. They are images from the day's occurrences, aftermath and the current national healing process. Three artists: Steve Fleisch of Chatham, Shaun Curtin, a recent Rahway High School graduate and Debbie Lee of Springfield were invited by the curator to participate in the 9/11 art exhibit. Their work offers unique insights into our situation as the nation seeks to understand and recover.

Gallery hours are Wed., Fri., Sat. from 1-4 p.m.; Thurs. from 1-3 and 5-7 p.m. You can view additional information on the website at www.rahwayartsguild.org or call (732) 381-7511 for directions and information. To contact the Arts Guild by e-mail: lcapiello@earthlink.net.

Colonia VFW 6061 Special Program

COLONIA—The Ladies Auxiliary of Colonia VFW 6061 will be holding a special program to remember the tragedy of Sept. 11, 2001. The program will start at 8:30 p.m. in front of the Post Home, 606 Inman Avenue, Colonia.

Bring your American Flag and a flashlight.

For further information, call (732) 833-2754.

McGreevey Signs Executive Orders To Commemorate 9/11

STATE—Gov. James E. McGreevey signed two Executive Orders regarding the commemoration of the first anniversary of the Sept. 11 attacks and the creation of a New Jersey Sept. 11 Memorial.

The governor signed the Executive Orders before a meeting with New Jersey family members and the Lower Manhattan Development

Corporation at Rutgers University. In observance of the first anniversary of the Sept. 11 terrorist attacks, the Governor's Executive Order calls for all state offices and public buildings to fly the United States and New Jersey flags at half-staff.

The Executive Order also allows state employees who lost an immediate family

(continued on page...4)

Union County College Remembers September 11

CRANFORD—Union County College will commemorate September 11, 2001, with several events, including a dramatic reading and a guest speaker. Both of these events will be open to the public.

On Tuesday evening, Sept. 10, at 7:30 p.m. in the Theater on the Elizabeth Campus at 12 West Jersey Street, the Union County College Theater Project will present, "What Happened: The September 11 Testimony Project." It is a theatrical reading that is a dramatic tribute to the survivors of the World Trade Center attacks. The cast of nine will play more than 40 real-life characters who recount their experiences on and since that day. The characters include police officers, firefighters, other emergency personnel and ordinary New Yorkers, whose courage, common sense, honesty and good humor are heroic in their own way. This harrowing and poignant play follows them

from that sunny morning through the crash and collapse, escape, rescue and recovery and grief, and ends with reflections on how their lives have changed. The script was created from the transcripts of oral history interviews conducted at John Jay College of Criminal Justice, which lost more than 110 faculty, students and alumni in the attacks. For more information on this event, contact the Theater Project at (908) 659-5189.

On Wednesday, September 11, 2002 at 10 a.m. in the Roy Smith Theater on the College's Cranford campus at 1033 Springfield Avenue, the presentation, "Remembering September 11: A Journey of Healing and Hope," will be held. Meline Karakashian, Ph.D., is a clinical psychologist and she will walk the community through a two-part presentation that will remember the tragic events of September 11 on its anniversary date through a memorial

tribute and a didactic presentation. The memorial tribute will include a time for remembrance, an anniversary reflection and the didactic presentation by Karakashian will demonstrate coping skills to deal with the emotional aftermath of living through tragedy. This event was made possible by a grant from the Union County College Foundation.

For more information on the presentation by Karakashian, contact Cyndi Lampon, Student Assistance Counselor, Counseling Services at (908) 709-7077.

Love, Prayers and Remembrance To All Who Lost Loved Ones May God Be With You And All Americans

The Hadsall Family

In Memory of the Victims and Fallen Heroes

September 11, 2001... We Will Never Forget.

Dr. Rocco Tetro, D.C.

Chiropractor

1030 St. Georges Ave., Avenel, NJ

732-634-2666

Strength in Unity.

Together we will never forget,
yet always appreciate our heroes
of September 11th.

Our deepest sentiments to all families.



Retail Financial Service Centers

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9/11 SPECIAL 12 PAGE INSERT**McGreevey Signs Executive Orders continued***(continued from page...4)*

member on Sept. 11, 2002 and who wish to take the day off from work on Sept. 11 to be granted a paid day off on that date. Employees who lost a spouse, child, foster child, grandchild, parent, grandparent, sibling, an in-law, legal ward or legal guardian will be asked to provide the agency or division at which they are employed with written notice.

"Many of the families who lost loved ones work for the State of New Jersey," said

McGreevey. "By allowing state employees who lost an immediate family member to take the day off, we are respecting their individual need to grieve and observe the day."

In addition, the governor also created a Family and Survivor Memorial Committee, which will be charged with developing a permanent Sept. 11 memorial in New Jersey. Currently, the memorial walls, which include tributes to those who lost their lives by family members and loved ones, serve as moving remembrances.

Approximately 691 New Jersey residents died on Sept. 11, 2001—over one-quarter of the total number of heroes who lost their lives in New York, Pennsylvania and Washington D.C. that day.

**May God be with you
and with all Americans.**

Michael Matthews

Trinitas To Offer Free Counseling During 9/11 Anniversary

AREA—Trinitas Hospital will offer free counseling and other support services to the community during the anniversary of the Sept. 11 terrorist attacks. Free counseling will be available at the Hospital's Family Resource Center, 300 North Avenue, Cranford, on Wednesday, Sept. 11 – Friday, Sept. 13 from 9 a.m. – 8 p.m., and from 10 a.m. – 2 p.m. on Saturday, Sept. 14 and Sunday, Sept. 15. Walk-in visits are welcome, and free phone consultations are also available by calling 908-276-2244.

The public is also invited to a free seminar entitled "Grief and Bereavement" on Tuesday, Sept. 10 from 11:30 a.m. to 2 p.m. at the Hospital's New Point Campus, 665 East Jersey Street, Elizabeth. For reserva-

tions please call (908) 994-7452.

"Anniversary dates always reawaken memories and emotions experienced during the original event," explained Patricia Neary-Ludmer, Ph.D., psychologist and program director of the Trinitas Hospital Family Resource Center. "People who may have placed these events out of their day-to-day thoughts may find that they're experiencing anger and fear all over again."

She noted that the hospital is treating a large number of young adults and adolescents suffering from anxiety related to the attacks. "Many of our young people feel that they're not safe and that something else is going to happen. Young people just starting out are having second thoughts about traveling and in general are now feeling very anxious and vulnerable."

The days surrounding the anniversary will be especially difficult for those who lost loved ones, according to

Neary-Ludmer. "There will be memorial services for those who were lost. The media will be replaying the images of the towers falling, which will reawaken a lot of intense feelings," she said, adding, "We've been there for the last year as a resource to these individuals. We want to be available to them and to everyone during this delicate time." She noted that firemen and others who were at Ground Zero could also be affected. "The anniversary may be a time when they begin to let their guard down," she explained.

Since October of last year, Trinitas Hospital has offered various support groups for widows, for rescue personnel and for parents who lost an adult child at the World Trade Center. Recently, the hospital established an art and play therapy group for children who lost a parent in the attacks. For information on these services please call (908) 276-2244.

Archdiocese of Newark Announces Sept. 11 Events

AREA—Parishes throughout the Archdiocese of Newark have made plans to mark the one year anniversary of the Sept. 11 terrorist attack on America.

Planned are a variety of events including Memorial Masses, interfaith services, prayer services, community-wide commemorations, recitation of the Rosary, candle vigils and Holy Hours.

A summary highlighting what individual Union County parishes have scheduled follows.

- St. James, Springfield, will hold an Evening Prayer Service at 8:00 p.m. on Sept. 11.

- St. Mary's Parish, Plainfield, on Sept. 11 will celebrate Mass in English at 8 a.m.; and in

Spanish at 7 p.m. There will also be an all day Exposition of the Blessed Sacrament.

- Blessed Sacrament Parish, Elizabeth, on Sept. 11, the church will remain open from 7:30 a.m. until 8 p.m. The Blessed Sacrament will be exposed for adoration after the 8 a.m., 12:10 and 6 p.m. Masses when there will be Benediction. There will be a special Memorial Mass in Spanish at 7 p.m.

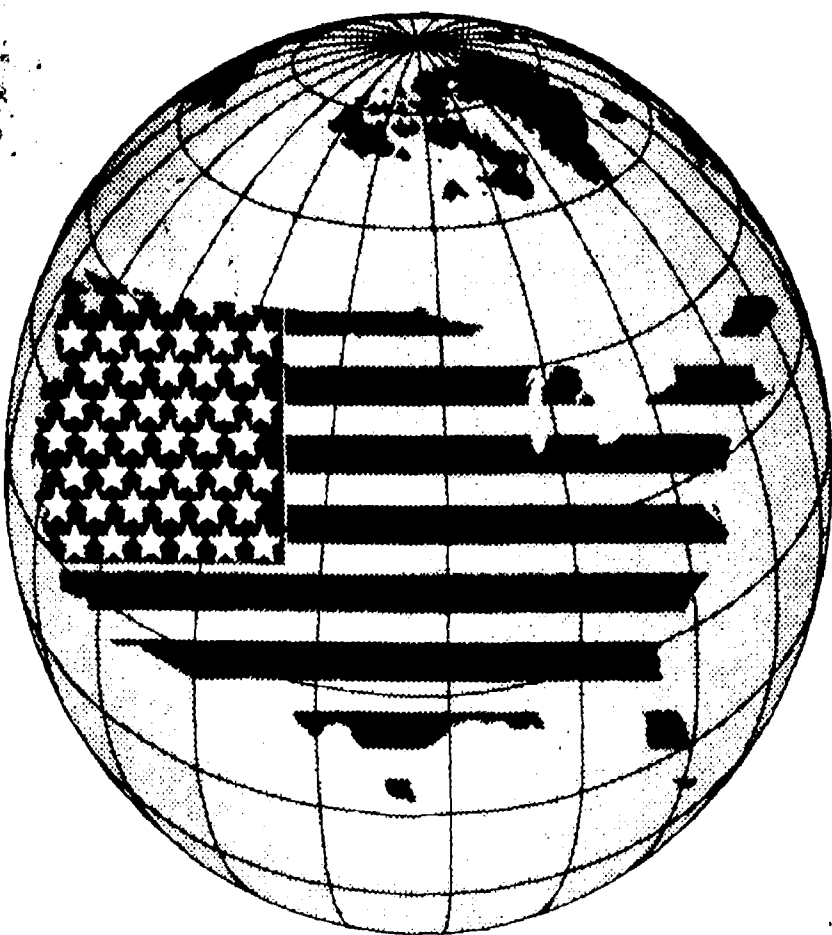
- St. Catherine of Siena Parish, Hillside, will celebrate Mass on Sept. 11 at 7:30 p.m.

- St. Teresa of Avila Parish, Summit, will celebrate a Mass of Remembrance on Sept. 10 at 7:30 p.m. with the church

(continued on page...5)

TRAGIC EVENTS

That United a Nation



**Our thoughts and prayers go to all
the families who have suffered a loss
on September 11th**

You will remain in our hearts forever.

Alan J. Wilzig
President & CEO



THE TRUST COMPANY OF NEW JERSEY
Member FDIC

**We know what it's
like to lose the ones
you love so tragically.
God will give you the
strength to continue on.
Just keep your faith.**

Keli & Bob Corbett

**Our deepest sympathy
to all people that were
affected by the terrible
tragedies of 9/11. You
are in our hearts, minds
and prayers everyday.**

The Hauger Family

9/11 SPECIAL 12 PAGE INSERT

Church Observes Public Servant Recognition Sunday

RAHWAY—On Sunday, Sept. 15, in honor of the professional and volunteer "servants" who gave of themselves in response to 9/11/01 and continue to give with compassion, courage and skills every day, Zion Evangelical Lutheran Church will join Lutheran churches across New Jersey to observe "Public Servant Recognition Sunday."

The 196 member churches of the New Jersey Synod of the Evangelical Lutheran Church in America (ELCA) have set aside this special day to publicly thank those who serve an inspiration for our own serving. In announcing the statewide observance, E. Roy Riley, Jr., Bishop of the New

Jersey Synod of the ELCA said, "These men and women are examples of how God would have us all live."

In Rahway, Zion Lutheran's Pastor, the Reverend Margay Jo Whitlock indicated that planning for the day's events are already well underway. City Police Chief Kevin White and Fire Chief Edward Fritz have agreed to participate in the service of thanksgiving that will be held at 10:30 a.m. on Sept. 15 at the church, which is located at the corner of Elm and Esterbrook Avenues. Also participating will be the Union County Emerald Society to offer a traditional bagpipe rendition of "Amazing Grace."

According to Whitlock, the

service will provide everyone an opportunity to "Give thanks for those who respond in love and duty." Familiar inspirational and patriotic hymns will be included for all to sing and there will be other musical offerings. Holy communion will be served and Zion invites all baptized Christians, whether Lutheran or members of other denominations, to join them at the Lord's Table.

Planning this event has been particularly significant for Whitlock, who will be celebrating her first anniversary as Pastor of the Rahway congregation on Sept. 1. In fact, she credits her move to Rahway with possibly keeping her from being

a victim of the tragedies of Sept. 11. A resident of New York City, she had always traveled the PATH from the World Trade Center to her previous parish in Kearny. Had she still been assigned there, she would have normally been boarding a train at 9 a.m. in the bottom most levels of the World Trade Center and may have been directly involved in the events of that day. With this in mind, "the events of Sept. 11 are very personal to me," said Whitlock. "For that reason, I am particularly thankful and look forward to our Sept. 15 service of thanksgiving and sharing it, not only with our congregation, but the entire City of Rahway."

On Sept. 11 itself, Zion will

also observe the one-year anniversary of the tragic events with a prayer vigil from 8:30-10:30 a.m. There will be no formal service. The Church will simply be open to all as a place of prayer and meditation. On that day, to commemorate those who lost their lives, Zion's church bells will ring at 8:46 a.m., the time when the first World Trade Center Tower was hit; at 9:03 when the second Tower was hit; 9:43 a.m., when the Pentagon was hit; at 10:05 a.m., when the first Tower collapsed; at 10:10 a.m., when United Airlines Flight 93 crashed in Pennsylvania and at 10:28 a.m. when the second Tower collapsed.

For more information on the service or on Zion Evangelical Lutheran Church, Rahway, call (732) 388-1815 or visit www.zionlutherannj.org.

Diocese of Metuchen Announces Sept. 11 Events

AREA—Many of the parishes of the Diocese of Metuchen have planned special services to honor the memory of those who lost their lives on Sept. 11, 2001.

Below is a listing of events planned by Middlesex County parishes in our coverage area. (Unless otherwise noted, events will take place on Sept. 11)

- St. Andrew, Avenel – Entire 24 hours – Eucharistic Adoration. 8 p.m. Mass, Prayer Services at the first and last hours of the day (midnight to 1 a.m. and 11 p.m. to 11:59 p.m.)

- Holy Family, Carteret – 7:30 p.m. Mass of Remembrance

- St. Joseph, Carteret – 7 p.m. Memorial Mass for Jayceryll deChavez, parishioner of St. Joseph's who died in the World Trade Center. Mass will also remember parishioners' relatives and friends who died in the World Trade Center.

- St. John Vianney, Colonia –

Eucharistic Adoration after the 8:45 a.m. Mass concluding at 7 p.m. with a Memorial Mass

- St. Helena, Edison – 10 a.m. Mass of Remembrance. School children and their parents will attend.

- St. Matthew, Edison – 8:30 a.m. Mass followed by Exposition of the Blessed Sacrament for the entire day; 12:15 p.m. Prayer Service; 7:30 p.m. Choral Evening Prayer and Benediction

- Most Holy Redeemer, Old Bridge – 7:30 p.m. Memorial Mass

- St. Thomas the Apostle, Old Bridge – 7:30 p.m. Special Mass

- St. Bernadette, Parlin – 8:46 a.m. bells will commence ringing followed by Mass and prayers until 10:50 a.m.; 7 p.m. dedication of memorial in honor of all those killed on Sept. 11, 2001. Mass will follow. Members of the VFW and American Legion, Madison Park firefighters and first aid

squad as well as township officials from Old Bridge, South Amboy and Sayreville will attend.

- Holy Spirit, Perth Amboy – 6 p.m. Adoration of the Blessed Sacrament with the rosary at 6:30 p.m. followed by Benediction and Mass at 7 p.m.

- Holy Trinity, Perth Amboy – 8 p.m. Mass of Remembrance

- LaAsuncion, Perth Amboy – 7 p.m. Mass of Remembrance

- St. Anthony of Padua, Port Reading – 8 a.m. Solemn Memorial Mass followed by Exposition of the Blessed Sacrament continuing until 6 p.m., 6:15 p.m. – Rosary of Remembrance and Children's Prayer Service at the "Peace Park;" 7 p.m. – Service of Remembrance and Reflection

- Our Lady of Victories, Sayreville – 10 a.m. Prayer Service with school children; followed by Exposition of the Blessed Sacrament until 7 p.m.

Prayer Service and Benediction

- St. Stanislaus Kostka, Sayreville – 9 a.m. Memorial Mass

- Sacred Heart, South Amboy – 8:40 a.m. Children's Mass of Remembrance; 7 pm Mass of Remembrance

- St. James, Woodbridge – 9 a.m.-noon Eucharistic Adoration with the tolling of funeral bells throughout the duration of the service; 7 p.m. Mass followed by Eucharistic Adoration until 9 p.m.

Please know that you
are in our thoughts
and prayers

The Casey Family

Archdiocese of Newark Announces Sept. 11 Events continued

(continued from page...4)

remaining open until 11 p.m. Regularly scheduled Masses will be celebrated Sept. 11 with the church again remaining open until 11 p.m. A community wide commemoration, From Tragedy to Hope, will be held at 7 p.m. in the Village Green or at St. Teresa's in case of inclement weather at 7:30 p.m.

- Holy Family Parish, Linden, will celebrate a Mass on Sept. 11 at 7 p.m. in remembrance of those who lost their lives last Sept. 11 and for world peace.

- St. Elizabeth of Hungary Parish and the City of Linden

will co-host a special Interdenominational Prayer Vigil on Sept. 11 at 7 p.m. at the church. For additional information call (908) 486-2514.

- Our Lady of Peace Parish, New Providence, will host an

Ecumenical Christian Service of Remembrance on Sept. 11 at 7:30 p.m.

The service is sponsored by the New Providence/Berkeley Heights Clergy Association.

My heart is bleeding for
those who lost loved ones.
And I appreciate those
who have helped. I will
continue to pray for you
all.

Margeret Bradshaw

The entire country grieves
for our families and lost
loved ones. We thank God
for the brave volunteers
and for those ready
to protect us.

The Kennedy Family

Together we Respond...
we Recover...we Remember



UNITED WE
STAND PROUD.

September 11, 2001 "in our hearts & prayers forever"

**First
BankAmericano**

Elizabeth, New Jersey



Equal Housing Lender • Member FDIC • Equal Opportunity Lender

9/11 SPECIAL 12 PAGE INSERT**We Want To Know**

Nearly one year ago, our country suffered the worst terrorist attack in our nation's history.

We wanted to know how members of our community felt as the anniversary of 9/11/01 approaches, so we went out and asked the following questions:

1) Has your life changed at all since Sept. 11, 2001, if so, how?

2) Do the government security initiatives enacted in the past year make you feel safer, if not, what would?

3) Do you feel terrorism is the major problem facing this country?

Some of our staff members also wanted to share their answers, so they are included as well.



- 1) "I have learned to better appreciate the gift of life, knowing how fragile that is."
- 2) "My faith in our nation's strength never faltered, even as I watched the tragic events on TV as they occurred, but I do believe there is more we can do and I am frustrated by slow progress on homeland security."
- 3) "No, Americans have conquered far greater threats. Today, we are stronger than a year ago in our faiths, in our communities and in our appreciation for life. Economic recovery and growth, education for all children and environmental protection remain among our top priorities along with providing greater security."

**James Devine, publisher
Devine Media**

- 1) "Yes. My concentration suffered for the first month or so. And then anxiety here and there."
- 2) "Yes a little bit. Because I don't readily see it, but I can feel it...intellectually you know."
- 3) "I think it's high on the list in terms of homeland security. We should really concentrate on the borders, especially the INS with checking backgrounds more thoroughly."

Gabrielle, RAHWAY



- 1) "Yes, I appreciate my family more than ever and I have a more positive outlook on life."
- 2) "Yes, I do."
- 3) "Yes."

Vicky, Manager of Curves for Women in Woodbridge

- 1) "Yes, I am very leary about traveling now."
- 2) "No, not really..there are still too many stories about people boarding planes with guns and other harmful objects."
- 3) "I would say so..seems like our recent problems all stem from this tragic event."

James Laubtner, WOODBRIDGE



My heart is with all of the victims and their families. God be with you. Always believe in the strength of America.

Andrew Kravis

Let us all resolve to dedicate ourselves, in homage to the heroes of September 11, 2001, to preserve the freedom, opportunity and strength for which America was attacked.

**Freeholder Nicholas Scutari
Freeholder Angel Estrada
Freeholder Rick Proctor**



- 1) "Not too much. Within reason, it hasn't affected us as far as family is concerned. We didn't lose anyone."
- 2) "They're trying. It's coming up to par, but a lot more needs to be done."
- 3) "I don't think the terrorists are overwhelming us, it's more a wake up call."

Bruno, LINDEN



- 1) "Yes. Financially. I worked for the airport. I lost a lot of contracts because of it."
- 2) "No, they talk too much about it on TV. Giving them too much information about what we are going to do."
- 3) "A lot of things, not just terrorism. There are people struggling to survive in America. It takes two people to support a household these days. Back when my parents were raising us, at least one parent was able to stay home and raise the kids."

Patricia, LINDEN

- 1) "Yes, I am very leary about traveling and I have more fear now than ever."
- 2) "Not really because security cannot be everywhere all of the time."
- 3) "Yes it is a major problem and so are a lot of people in this country."

Sandra Piazza, WOODBRIDGE

Q. Do you know who Bin Ladin is?

A. "Yes, he's the bad man and he's mean."

Anthony Gollino (age 3 with his Grandmother S. Piazza)

Anthony Gollino (age 3 with his Grandmother S. Piazza)

- 1) "Yes, I seem to have become more paranoid than ever."
- 2) "No, I think I would feel safer living 'elsewhere'."
- 3) "No, there are too many other problems that have been ignored for too long."

**Stevie Kopas, proofreader
Devine Media**



- 1) "Yes, I feel anxiety and I have a hard time sleeping."
- 2) "No, they need to be more consistent."
- 3) "Yes, seems like everything is tied together."

Mary Efremedis, Perth Amboy

Mary Efremedis, Perth Amboy

- 1) "Yes, I am more family oriented now."
- 2) "Yes, but I do feel more security is needed at the airports."
- 3) "It's on top of the list but not the major problem."

Marina Reyngold, Brooklyn, NY

Marina Reyngold, Brooklyn, NY

Marina Reyngold, Brooklyn, NY

- 1) "Yes..my family suffered a loss at the WTC..I definitely worry more and fear more."
- 2) "Maybe a little safer. I feel there is more and better security needed at airports. I honestly do not like to "profile" but I think this is what's needed."
- 3) "Yes, but other problems such as our drug problem need immediate attention as well."

Marsha Cervelli, FORDS

- 1) "Yes sir, I am very angry inside. If I did to them what they did to us, it would only make me as low as them."
- 2) "I think that there have been a lot of improvements."

Margaret-ELIZABETH, NJ

Margaret-ELIZABETH, NJ

- 1) "Sure, on a daily basis you have to be prepared, for it might be your last. Live everyday to the fullest. Be more careful."
- 2) "I think that there have been a lot of improvements."

Ivan-ELIZABETH, NJ

Ivan-ELIZABETH, NJ

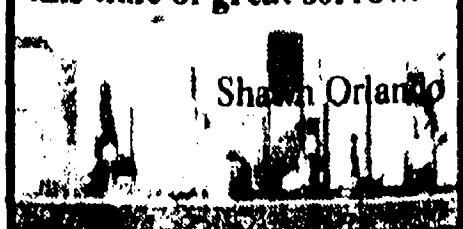
Ivan-ELIZABETH, NJ

You are in my thoughts and prayers. May you seek comfort in the arms of our loving father.

Nancy Blake

This great nation of ours will never forget your pain and suffering at this time of great sorrow.

Shawn Orlando



9/11 SPECIAL 12 PAGE INSERT



- 1) "Yes, trips to NY are very difficult. Economy hurts you directly or indirectly."
- 2) "No."
- 3) "I think it's the politics in general, both national and abroad. We should make use of diplomacy. Bush's diplomacy is not working."

Nelson, ROSELLE



- 1) "No it hasn't affected me."
- 2) "I'd say it's mediocre."
- 3) "To a point, yes [terrorism] and no."

Leon, Veteran of WWII 1943-45 and Korean War, ELIZABETH

- 1) Cathy: "Yes, I am more alert and take nothing for granted."
- 2) "Yes."
- 3) "Yes."

Danielle: (age 9) was asked: *Do you feel differently since 9/11* "Not really, I just think it's very sad."

Amber: (age 4) was asked: *What she thought about what happened to the buildings in NYC last year.*

"A bad man was in that plane and knocked down those buildings, he's mean."

Pictured left to right: Amber Moore, age 4, Cathy Kuzma and Danielle Kuzma, age 9, Sowaren.



- 1) "Oh sure, I lost my job. It changed my whole family. My husband's hours were cut."
- 2) "I don't think so." "More needs to be done with security."

Nirva-LINDEN, NJ



- 1) "Yes. My mother lives in Puerto Rico and I will not fly because of this tragedy..this upsets me."
- 2) "No, more needs to be done and more frequently."
- 3) "Yes."

Maria Castillo, Perth Amboy



- 1) "Yes, I don't trust many people anymore."
- 2) "Yes, I do feel safer."
- 3) "Yes."

Kevin Carr, Perth Amboy

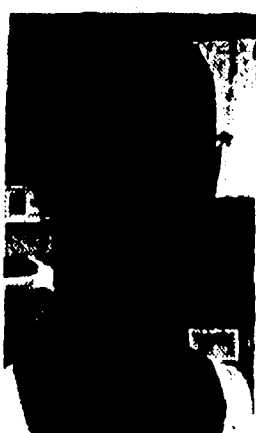
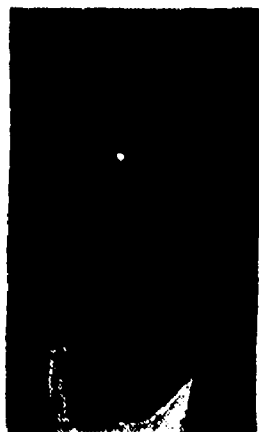
- 1) "I'm more concerned about going out in tall buildings and malls, etc."
- 2) "Yes."
- 3) "Yes."

Willie C. Collins,
circulation department
Devine Media



- 1) "I realize that I must get a photo I.D. from the Division of Motor Vehicles in case I ever travel. My present driver's license does not have my picture on it, because I have always renewed by mail. My best friend took a bus trip to New Hampshire and had to get a current photo I.D."
- 2) "I feel, in general, that the government has taken a wide variety of steps to protect us. But to me the greatest safety is being under the protection of God, through prayer."
- 3) "The major problem, in America, in my opinion, is not from without us, but within. Our country was founded on Biblical principles by Godly men. They were not perfect, but they knew God existed and had requirements. He left these with his love in the Bible. When the Ten Commandments are not given high priority, a country eventually must pay the consequences. We must return to God or pay."

Peggy Baker, receptionist
Devine Media



- 1) "A little bit. made my job a little bit tougher, I work for NJ Transit in Freight."
- 2) "No."
- 3) "Terrorism is just a portion of the problem, just a part. America needs to stay out of foreign affairs."

Jamal, ROSELLE

- 1) "Very much so. The tragic events of 9/11 really makes you stop and think. You seem to look at life at an angle. You let things slide by which you would normally not do. And if you are a mom, dad, or grandparent, you hug and kiss the kids more often; for it might be the last. P.S. Don't forget to hug your spouse."
- 2) "Yes and no. The government is now giving more attention to homeland security, which should have been done all along! Can we trust the government's security as being safe? I'm not so sure. Stop immigration immediately!"
- 3) "Yes, along with the economic downfall. These days nothing is secure anymore. We must have eyes in the back of our heads open at all times and be on alert! I'm not sure what can be done to prevent terrorism - bombing Iraq may not be the answer."

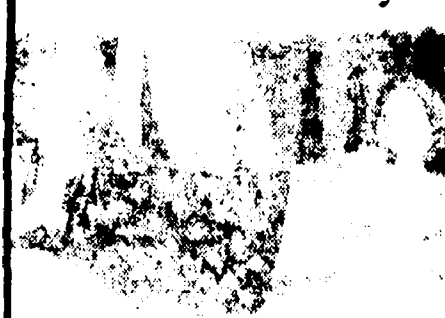
Carol Green, typesetter
Devine Media

- 1) "Yes it has. I am more alert and I do not trust like I used to."
- 2) Somewhat, it could be better."
- 3) "No."

Barbara Allison, Raritan Bay
Medical Center, Perth Amboy

Our hearts are with all who
have suffered.

James & "Tillie" Myers



Terrorists made a horrific attack on our country, our families, our friends, our freedoms, and our sense of security. Many people were lost but they remain in our hearts forever as we stand together, united as brothers and sisters of this great nation.

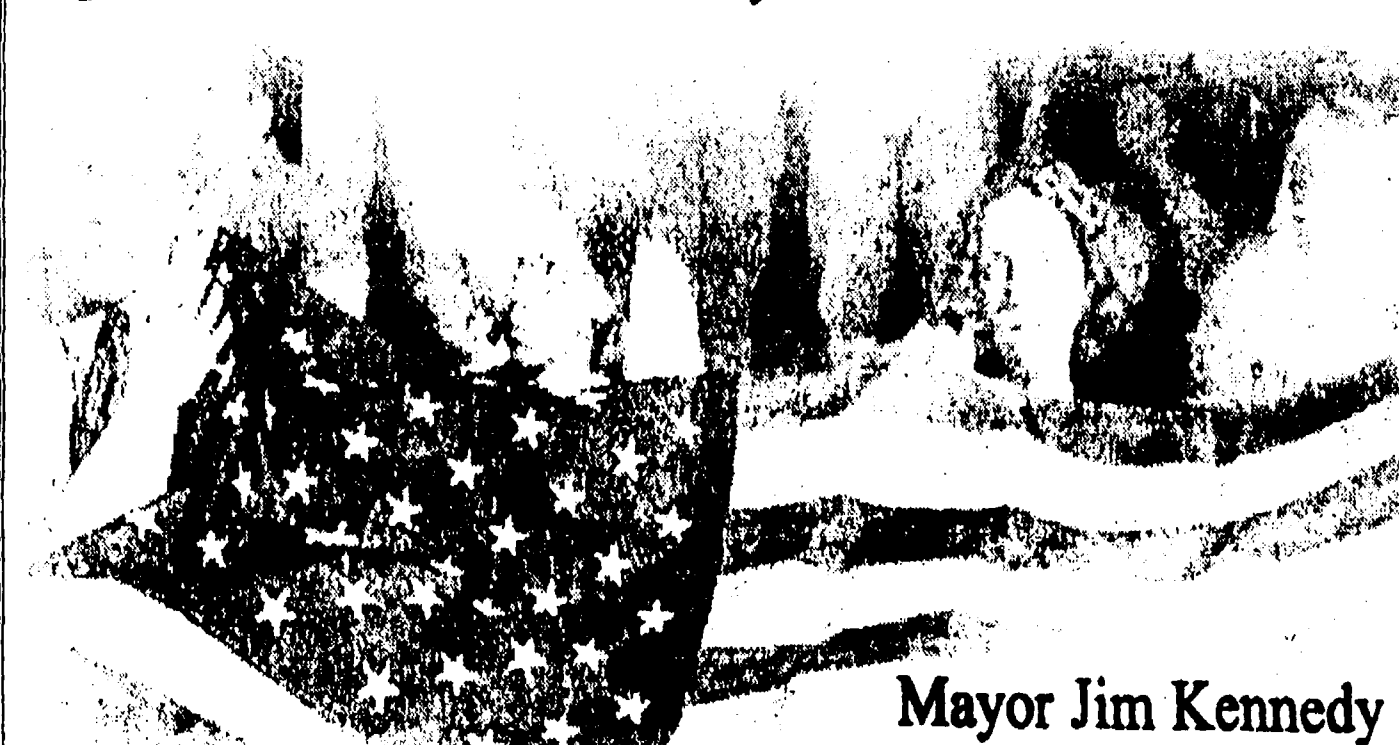
We will never forget the heroes and victims and we will be eternally grateful to those who served, searched, rescued, comforted, donated, and volunteered during this time of trial.

**May God bless the
United States of America.**

Councilman Daniel J. Reiman

September 11, 2001 was a day when evil people engaged in the worst form of barbarism, but it is also a day when the world witnessed Americans respond with tremendous courage.

It's appropriate on the first anniversary of that horrible day that we reflect, pause and honor the memory of the heroes who died at the World Trade Center, the Pentagon and aboard Flight 93, which crashed in Pennsylvania.



Mayor Jim Kennedy

9/11 SPECIAL 12 PAGE INSERT**"Envisioning World Peace" At Diversity Art Gallery**

CLARK—Diversity Art Gallery will open its fall series of exhibitions with "Envisioning World Peace." The public is invited to attend an artists reception on Sunday, Sept. 8 from 1-4 p.m.

Taking place during the anniversary of the World Trade Center tragedy, the show was conceived to express a positive vision of human capabilities to unite and live in peace and understanding. Dr. Frank Papandrea, executive director of the gallery said, "The exhibition is relevant to the mission of Diversity Art Gallery, to bring together artists of diverse styles, approaches, and cultural expressions for shared appreciation and learning."

The theme is reflected in many different ways in the content of the works by ten different artists. Curator, Dr. Christine Dolinich-Matuska expressed the importance of bringing artists together to share ideas with each other and with the community, "Global unity begins at the local level,

through individuals communicating and understanding each other's differences. Art plays an important role in communication and healing. This idea is specifically addressed in some of the works in the show."

Artist Jasmine Minaya Powell presents, "A People Lost," a work composed of five stained glass panels which trace the African Middle Passage of individuals who were forced to leave their homeland. The artist will give a walk-through tour and explanation of her work at periodic intervals throughout the reception. She feels that through increasing awareness of the hardships that were endured, people will come to more deeply understand and appreciate each other. The work is exemplary in carrying out the mission of this exhibition.

The strength of art in healing is also evident in the acrylic paintings of Haesung Chung Kim, who cites Psalm 69 as the inspiration for these

works. Other strong images suggesting healing are the photographs of SM Ann Therese Kelly's installation of a labyrinth in a high school, which show students in quiet and peaceful contemplation, walking a labyrinth pathway. The artist is chair of art and music at Felician College.

Some of the artists offer a view of peace as they show individuals quietly and peacefully going about their everyday lives. Multimedia artist Victor Macarol, who just returned from exhibiting his work in Paris, contributes classic and timeless photographs of musicians deeply engrossed in their music as they perform on the streets of New York City. Documentary photographer Yolanda Avila presents an image of a woman cutting sugar cane in Ecuador. In another of her works, a young woman is glowing with the joy of a Posadas Christmas celebration.

In a unification of abstract shapes, Lester Murphy's

mixed media works combine fragmentation and reorganization of recycled materials with resultant unity in compositions that are sometimes evocative of stained glass windows. In the choice of materials, there is a reference to ecological concerns. The artist was the curator of the spiritual art exhibitions at St. John's Church, Newark, during the eighties.

Michael Hartnett, whose meticulous brushwork creates finely detailed oil paintings, shows the human connection with the environment by juxtaposing handmade pottery with branches and leaves in natural settings to create subjects for his paintings, reflecting humans living in harmony with nature. Human interaction, on the other hand, is shown in the paintings of New York artist Lisa DeLoria Weinblatt, whose images of relationships between men and women work to create humanistic awareness.

The paintings of Pennsylvania artist Salma Arastu

revolve around world harmony. The artist has devoted her entire body of work to themes of world unity and harmony. Dolinich-Matuska will also include several of her own works, since her mixed media paintings and constructions often revolve around themes of world peace.

"This is a show not to be missed," according to Dolinich-Matuska. "The positive impact of the work of these artists will be felt by the viewers. These are works to be studied and contemplated." The exhibit will be open to the public from Sept. 8-23 on Sundays from 1-4 p.m.; Fridays from 12-2 p.m.; and by appointment.

For further information, call (732) 574-1479. The gallery is located in the chapel building of Union County Baptist Church, 4 Valley Road, Clark, adjacent to Garden State Parkway, Exit 135.

Concerts To Commemorate 9/11 Anniversary

STATE—Gov. James E. McGreevey has announced

events scheduled to commemorate the tragedies of Sept. 11.

On Tuesday, Sept. 10, from 7-9 p.m. a Candlelight Vigil Memorial Service will be held at Liberty State Park in Jersey City.

"The input we have received from victims' families have indicated an overwhelming desire for the State of New Jersey to recognize and honor each New Jerseyan

whose life was lost in the attacks," said McGreevey. "The vigil will abide by this sentiment. We will light a candle and conduct a reading of the names in honor of each New Jersey victim."

On September 11th, McGreevey will take part in the commemoration services at Ground Zero, along with the victims' families.

McGreevey is asking all houses of worship in New Jersey to ring their bells in commemoration of the moments that each hijacked plane took the lives of so many innocent victims. The first two planes - which would eventually destroy the World Trade Center - struck the Twin Towers at 8:46 a.m. and 9:03 a.m. Flight 77 struck the Pentagon at 9:43 a.m. and

flight 93, which originated out of Newark, was brought down in a Pennsylvania field at 10:10 a.m.

At 5:30 p.m. on Sept. 11, there will be a concert at the Trenton War Memorial by The Orchestra of St. Peter By the Sea conducted by The Reverend Alphonse Stephenson. The performance will salute our nation's history and proud intent to remain free from fear and compromise. A highlight of the concert will be the debut of "Patriot's Vision"- a musical compilation of Americana orchestra. McGreevey will serve as narrator for the performance.

At 7 p.m. on Sept. 11, The New Jersey Symphony Orchestra, in partnership with Thirteen/WNET, Johnson & Johnson, Chubb Group of

Insurance Companies, and Governor McGreevey, will present a free outdoor performance of Giuseppe Verdi's Requiem at Liberty State Park beginning at 7:00 p.m. Conducted in connection with memorial observances being held throughout the Metropolitan Area, this special event is intended to create a solemn occasion for reflection and remembrance. It is also an opportunity to seek comfort in a performance of one of the most moving musical works ever composed. The concert is being recorded by Thirteen/WNET and will be broadcast nationwide by PBS at 10:00pm that evening.

"The intent of both of these concerts is to reach beyond words in expressing our emotions and to utilize the miracle of music to touch our hearts and minds," said McGreevey. "Only time's healing touch and a continued outpouring of compassion and support can ease the profound suffering that has been inflicted upon our fellow citizens."

My heart goes out to all who were in the towers, their families, and to those involved in the rescue effort.

Brad Jackson

*In remembrance of
those we loved and lost
September 11, 2001*



**Research and Manufacturing facility
Proudly centered in Union County**

**Our family and friends
have not died in vain. For
this, what was America's
worst hour, Americans and
the world have come
together to make it our
finest hour. God bless us.**

The Kahan Family

**We as a nation are behind
you. We feel your pain and
sorrow. God Bless you all.**

Garry & Teri Varga

9/11 SPECIAL 12 PAGE INSERT

Cathedral 2nd Baptist Holds 9/11 Remembrance

PERTH AMBOY — Cathedral Second Baptist Church has announced the following services to remember September 11, 2001:

Saturday, September 7 at 7 p.m.

"The Tribute" An evening of song, dance and dramatic presentation

- Introducing new music written in memory of Sept. 11, 2001

- Readings from the new book: "Faith In The Face of Fear" written by Bishop Donald Hilliard, Jr.

- Individuals who escaped the WTC collapse will present their stories

- Representatives from the Todd Beamer Foundation will attend. For more information, call Carol Dortch-Wright at (732) 826-5293, ext.1158.

Wednesday, September 11, 2001

Two Services:

8 a.m. "In Memory" A morning

Interfaith Service hosted by Bishop Donald Hilliard, Jr., senior pastor of The Cathedral-Second Baptist Church. Religious and community leaders will take part in the service which will include chimes ringing at 8:46 a.m., the time of the first plane attack of the WTC.

The Cathedral-Second Baptist Church will remain open all day to the public for prayer and reflection. For more information, call Carol Dortch-Wright at (732) 826-5293, ext. 1158.

7:30 p.m. "Remembrance & Resilience"

The Cathedral Second Baptist Church will hold a "Remembrance and Resilience" Service. "We will remember those who lost their lives and we will celebrate the spirit of resilience and recovery in our country," stated

Bishop Donald Hilliard, Jr., senior pastor of The Cathedral-Second Baptist Church who will also deliver a message titled, "Faith in the Face of Fear." Testimonies of resilience will come from Charles Robins, a survivor who made it out of the towers prior to the collapse and from Mrs. Juanna Bacchus who lost her husband, Rudy Bacchus at the World Trade Center. Attendees will have an opportunity to light candles in memory of family and friends who died in the attack. The Remembrance and Resilience service will also present a dance and praise celebration for the miraculous number of people who survived and for the spirit of resilience and recovery in our country.

Joanne Layne, one of the service coordinators says, "There is a pop song

called 'Try to Remember' that really sums up the mood for the day. The lyric of the tune is 'Try to remember the kind of September when life was slow and oh so mellow.'

"I don't know what the lyricist was thinking about back then that made September change for him but the lyrics are haunting now, says Layne. Especially this one—'Try to remember when life was so tender that no one wept except the willow.' After a year of weeping we will come together on September 11, 2002 for reflection, resolve and resilience to face the future."

For more information, call Carol Dortch-Wright at (732) 826-5293, ext. 1158.

National Safety Council Offers Free First Aid Training

AREA—To commemorate the first anniversary of the tragedies of Sept. 11, the National Safety Council (NSC) and its local chapter, The New Jersey State Safety Council, will offer everyone an opportunity to better prepare themselves for emergencies. NSC will offer its online Basic First Aid & CPR training program free of charge from Sept. 11-18.

"Over the past year, we have

all experienced a heightened concern about our preparedness for emergencies," said William Margareta, President of the New Jersey chapter. "The actions people take in the first few minutes of an emergency can make the difference between life and death. However, knowing what to do does not come naturally. Effective training is the only way to make the appropriate action feel like a natural

response. One of the lessons of Sept. 11 is that we must be prepared for emergencies. The National Safety Council and the New Jersey State Safety Council believes that taking First Aid and CPR training are good starting points to prepare adults and children alike."

The interactive Basic First Aid and CPR course, developed in partnership with Jones and Bartlett Publishers, uses clearly-presented learning

points, advanced graphics, interactive animation, realistic sound effects, video clips and a variety of exercises. Participants obtain comprehensive knowledge, while experiencing the sights and sounds of real emergency situations.

The course usually takes about two hours to complete, but the course can be taken at one's own pace. To take the

course, log onto www.nsc.org. The New Jersey State Safety Council, a nonprofit public service and training organization founded by business and industry in 1924 and incorporated statewide in 1946, is dedicated to the prevention of unintentional injuries which along claimed the lives of 97,300 Americans in 2000.

St. Elizabeth College To Commemorate September 11

MORRISTOWN—The College of St. Elizabeth, the Sisters of Charity of St. Elizabeth and the Academy of St. Elizabeth, 2 Convent Road, Morristown, welcomes the public to join the campus community on Tuesday, Sept. 10 and Wednesday, Sept. 11, to commemorate the events of September 11, 2001.

On Tuesday, Sept. 10, there will be an outdoor candlelight vigil and Taize prayer service at 7:30 p.m. in the Greek Theater (if it rains, St. Joseph Hall, McGuire Lounge). In the keynote address, "A Reflection on the Healing Journey," the Reverend Daniel W. Murphy, pastor of Blessed Kateri Tekakwitha Parish, Sparta, will reflect on his personal healing journey after the death of his brother in the World Trade Center attack. In 1997, Edward Charles Murphy was recruited by the bond trading

from Cantor Fitzgerald to create their Power Brokerage Services Division. On Sept. 11, as many as 700 of the 1,000 Cantor Fitzgerald employees in offices between the 101-105 floors of the north tower at the World Trade Center perished in the attack.

On Wednesday, Sept. 11, 2002, at 3 p.m. in St. Joseph Hall Conference Room, award-winning author Christopher de Vinck of Pompton Plains, will share his reflections on the power and ability of the human spirit to triumph over adversity. The author of six books, including *The Book of Moonlight*, *The Power of the Powerless*, and *Simple Wonders*, many of his essays have appeared in *Guideposts*, *Reader's Digest* and the *Wall Street Journal*.

At 7 p.m. in Holy Family Chapel, there will be a vespers musical tribute, "Hope In the

Midst of Remembering," by internationally acclaimed chamber musicians, *Band du Soleil*, reflections by Christopher de Vinck, and a reception afterward, in the Sisters of Charity Dining Room, Sisters of Charity Administration Building. Light refreshments will be served.

All are welcome to these three ecumenical events. Call the Office of Institutional Advancement at (973) 290-4450 if you wish to attend any event, as seating is limited.

To all the victims, their families and friends: You have the hearts and prayers of all of America and the world. Keep the faith America.

John & Colleen Greer

No National Holiday

Make 9/11 an unofficial day of remembrance with momentary silence before the work day begins.

The fighting must stop in the Middle East.

The "Boys" from Jersey

We Share Your Sorrow And Mourn Your Loss. May God provide comfort and peace in your hour of despair. You are in my thoughts and my prayers.

Debi Kravitz

We will never forget Sept. 11 and we will be eternally grateful to those who helped and volunteered during the crisis.

The Kelly Family

May you find peace and comfort in memories of your loved ones.

Christopher O'Shields

My thoughts and prayers go out to you, that you may find peace.

Brenda Witkowski

9/11 SPECIAL 12 PAGE INSERT

Remember Our Heroes By Donating Blood On 9-11-02

MIDDLESEX COUNTY — New Jersey Blood Services is inviting all New Jersey residents to donate blood in honor of all those lost on Sept. 11, 2001. NJBS has scheduled blood drives on Wednesday, Sept. 11 and asks that you please donate at one of the following locations: St. Bartholomew's Church, 460 Ryders Lane, E. Brunswick from 3-8 p.m. or New Jersey Blood Services, 167 New St., New Brunswick from 8 a.m.-8 p.m.

You will receive a Commemorative Certificate that will be personalized with your name and presented to you at the drive.

If these sites are not convenient for you, call for additional dates and locations

where you can donate. Call 1-800-933-BLOOD (2566). The families of all those lost and NJBS thank you for remembering.

"Our community has been uniquely touched by last year's attack on our nation which affected many New Jersey families. This is an opportunity for all of us to honor and remember those heroes and their families who lost their lives due to this tragedy. While there has been a dramatic decrease in donations since last November, the demand for blood has not decreased at all. We are all who are eligible to donate at one of these drives," explained John Giandelone, Executive Director, New Jersey Blood

Services. Our blood supply is a vital resource which helps keep patients alive. Blood donations are needed every day to assure that it is there for the patients who require transfusions in order to survive. But it is the blood already on hospital shelves that truly helps in emergency situations, surgeries and trauma victims, according to NJBS. A donation made today will not be available for transfusion for two days due to the testing that must be done to assure that the blood is safe for the patient receiving the transfusion.

A pint of donated blood only lasts for 42 days and peo-

ple can safely donate every eight weeks. Every day in our nation there is a need for close to 35,000 pints of blood for transfusions.

Blood centers must collect the right amount of blood every day—enough to meet the anticipated daily needs but also have the ability to respond to unexpected emergency demands from the hospitals.

Blood donors must be between the ages of 17 and 75, weighing at least 110 pounds and be in good general health. (Seventeen year olds, must have parental or guardian's permission to donate and must

present proof of age). The blood donation process takes less than an hour and includes a free mini medical exam (temperature, iron count, pulse rate and blood pressure). A phot or signature ID is required and knowledge of Social Security Number.

New Jersey residents are urged to call toll-free number at 1-800-933-2566 to schedule a convenient donation appointment at one of these blood drives. Walk-in donors are always welcome. If these sites are not convenient, call the 800 # for additional dates and locations.

Calvary Lutheran To Honor Public Servants

AREA—Calvary Lutheran Church, 108 Eastman St., Cranford, will join Lutheran Churches across New Jersey to observe "Public Servant Recognition Sunday" on Sept. 15.

Calvary Lutheran has extended special invitations to local firefighters, rescue squad members, police officers and area emergency management team members to attend a celebratory worship service at 11 a.m. on that day.

Uniformed representatives of these community servants will attend and take part in the

worship service. "Calvary wants to recognize those who gave their energy, talent and support around Sept. 11, 2001 and who continues to give compassionate service to our communities each day," explains the Rev. Carol A. Lindsay, who will conduct the service.

Calvary will join other New Jersey churches in the Evangelical Lutheran Church in America (ELCA) is setting aside this special day.

In addition, New Jersey churches are displaying banners of thanks that read "Remember 9/11/01—The Lutheran Church Gives Thanks For Those Who Respond In Love And Duty."

The public is invited to attend the service not only to thank these community servants, but also as a fitting way to mark the anniversary of 9/11/01.

Broadway Theatres Honor 9/11 Anniversary

NEW YORK — Ten Broadway shows will perform their regular schedules on Sept. 11, the first anniversary of the terrorist attacks on the World Trade Center and the Pentagon. The shows will commemorate the anniversary with special curtain speeches and the singing of Irving Berlin's "God Bless America."

The rest of the current Broadway productions (including two that do not generally perform on Wednesdays) will be dark on that day. In addition, all Broadway theatres will dim their marquee lights for one minute on

the evening of 9/11, in a traditional, community-wide gesture that will honor the memories of those lost in the attacks.

The following 13 productions that usually perform on Wednesdays have rescheduled performances and will be dark on 9/11/2002: Aida, Beauty and the Beast, Chicago, 42nd Street, Frankie and Johnny in the Clair de Lune, Into the Woods, Les Miserables, The Lion King, Mamma Mia!, Noises Off, Oklahoma!, The Phantom of the Opera and Urinetown the Musical.

Let's not forget the feeling of Unity
we felt right after 9/11.

We should feel this way towards
one another everyday of the year.

Remember....

We all love this country,

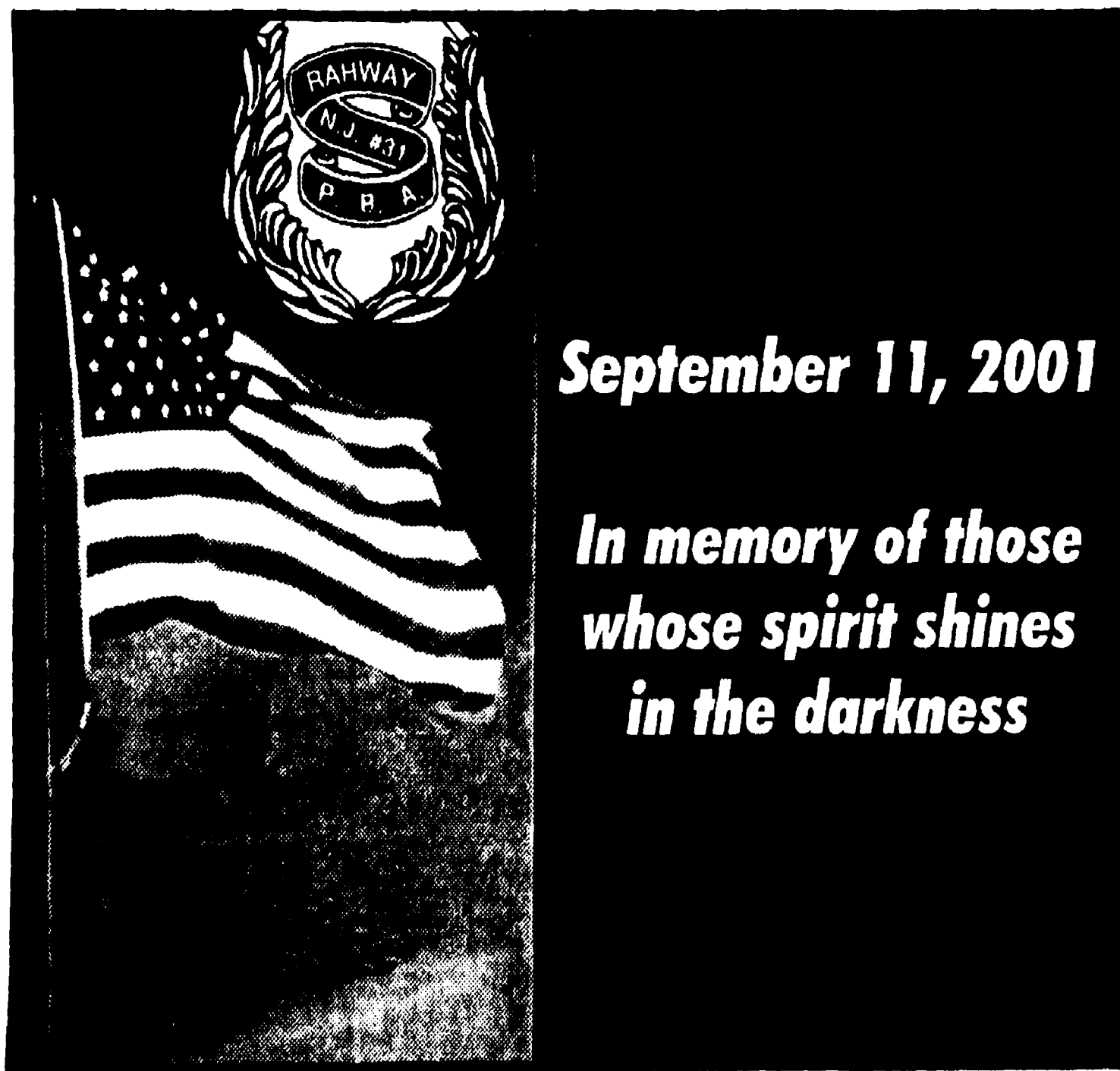
We all enjoy the same freedoms this country offers,
We all enjoy movies, fast foods, carnivals, hot dogs,
hamburgers, going to the mall, picnics, parks, sports, flea
markets, garage sales, that great pizza parlor downtown.

Let's act like we're **Americans First,**
and **Heritage Second.**

No more labels!

There can only be **ONE** label, **AMERICAN!**

Rob Barker



Our hearts and prayers
are with all. The victims,
the families, and the
country.

Keli Stutzman

God bless and be with all
of the families who have
lost a loved one. You are in
our thoughts and prayers.
Our thoughts and prayers
are with each and every
one of you.

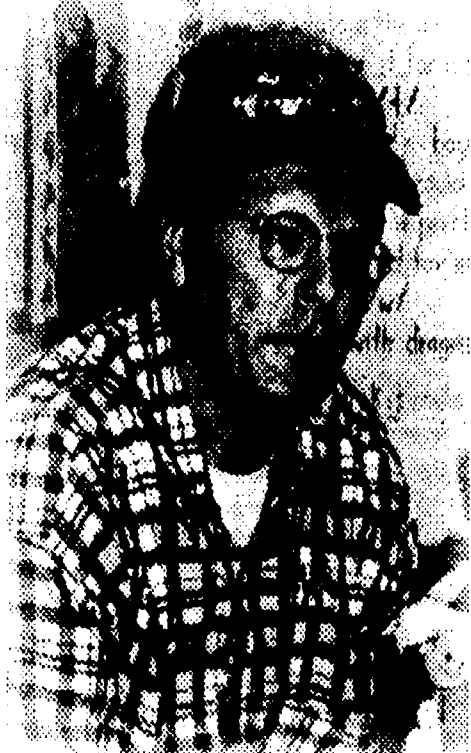
Evelyn Barnes

Former Amboy Resident Makes Dramatic Recovery

SOUTH AMBOY—John Yates beat the odds.

On the morning of Sept. 11, 2001, Yates was doing what many other Americans were – watching television as the terrible events unfolded in New York. However, Yates and four co-workers were watching the events unfold in their office at the Pentagon, and Yates was the only one to survive.

Yates, a former South



John Yates

Amboy resident, recently attended the Fourth Annual H.G. Hoffman High School Alumni Reunion. At the reunion, Yates, a member of the Class of '70, was presented

with plaques from an alumni group and the Borough Council.

Yates accepted the plaques with a quote from President George W. Bush, "They can shake the foundations of our largest buildings, but they can't shake the foundations of America."

Last Sept. 11, Yates suffered second and third-degree burns over 38 percent of his body during the attack on the Pentagon. After the attack, he was treated at the Burn Unit of Washington Hospital Center. He was hospitalized until Nov. 19.

Yates still wears compression sleeves on his arms and gloves on his hands, though he is hoping to be able to have them off before the one year anniversary. Yates is back on the job; he returned to work on Feb. 19, though at first he was on a limited work schedule.

Yates is still trying to work out one question: Why me? He wonders, out of the five watching television together, "Why was I the one to survive? God has a purpose, and I have no idea what it is. He'll let me know what it is when He wants to."

9/11 Support Group

EDISON—Jewish Family & Vocational Service of Middlesex County is offering a support group for 9/11 World Trade Center survivors and displaced workers. This group offers individuals an opportunity to talk about the impact of the 9/11 tragic events on their life, share the emotional turmoil they have experienced and develop new ways of cop-

ing. The Support Group meets on an ongoing basis on Monday evenings, 8 p.m. at JFVS Center for Individual & Family Growth, 515 Plainfield Avenue, Suite 201, Edison, NJ 08817. There is no charge for this group that is facilitated by Nancy Schley, LCSW. To register, call (732) 777-1940, ext. 112.

Union County To Hold 9-11 Vigil At Echo Lake Park

UNION COUNTY—The Union County Board of Chosen Freeholders will observe the first anniversary of the tragic events of Sept. 11, 2001, with a candlelight vigil on Wednesday, Sept. 11 in Echo Lake Park.

The public is invited to participate in the candlelight vigil on the great lawn near the Springfield Avenue entrance to the park in Mountainside, beginning at 8 p.m.

For more information, contact Sebastian D'Elia at (908) 527-4419.

I pray for you and your loved ones. May God envelope you in his arms and comfort you. Amen.

Edith Hall

Pentagon Calls Carteret Resident Pieces Honor Firefighters of 9/11

by Stevie Kopas

CARTERET—When Joseph Wutkowski was an active firefighter in the Carteret Volunteer Fire Department, he always thought that the department should honor its members for their achievements in some way. But at that time, nobody quite knew how.

In 1998, after six years of planning, Wutkowski opened his own company, the National Firefighters Medal of Honor. He now works out of his accounting office on Carteret Avenue where he designs medals and citation bars for the fire and EMS services.

"I believe this is the only enterprise that caters to the fire and EMS Services. My clients span the United States, Canada, Puerto Rico and the Philippines. The most recent order came from the

"I believe this is the only enterprise that caters to the fire and EMS Services. My clients span the United States, Canada, Puerto Rico and the Philippines. The most recent order came from the Pentagon,"



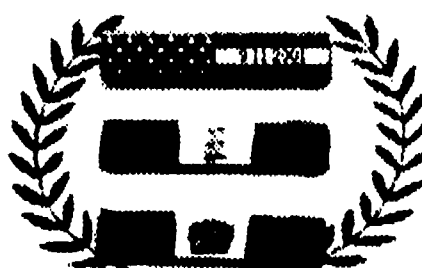
Joseph Wutkowski

up the Alexandria Fire Department received the unit citation at a special ceremony. Twenty-eight firefighters from Fort Myer also received citation bars for their efforts on and after Sept. 11.

After the call from the Pentagon, Wutkowski designed citation bars with sketches of the World Trade Center and Pentagon on them that fire and emergency medical personnel could order. Since then, fire departments from as far south as South Carolina have called for orders. Wutkowski, who became a Volunteer Firefighter in 1976, retired in 1992 and is now a life member. He is also treasurer of the Carteret

Firemen's Exempt Association and Vice President of the Middlesex County Firemen's Exempt Association.

You may buy direct by going to 4 Carteret Ave, or on the web at www.nationalmedalofhonor.com, or by calling 732-541-8831.



United We Stand

Pentagon," explained Wutkowski. "I received a call from the Pentagon asking me to design a Unit Citation Bar for the Alexandria Fire Department. I then got a similar request from the Fort Myer Military Fire Department."

Wutkowski made a red, white and blue citation bar with a sketch of the Pentagon in the middle, the name of the fire department and the date: 9-11-2001. The citation bars are worn on the fire department dress uniform or day jacket.

All 278 people who make

God bless and heal all those who are in pain...we all cry with you. They have broken our hearts, but they will never break our spirit.

E. Hernandez

In memory of our fallen heroes.



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We will always remember 9-11
Our thoughts and prayers
are with the family and victims

Bongiovi Chiropractic Center, Rahway, NJ

Special thanks to the firemen, police officers & volunteers who risked their lives to save our lost ones. God Bless.

Noreen Wurdemann

On the first anniversary of the September 11 terrorist attacks against the United States, we are reminded of Abraham Lincoln's Gettysburg Address, given November 19, 1863 on the battlefield near Gettysburg, Pennsylvania.

THE GETTYSBURG ADDRESS

Four score and seven years ago our fathers brought forth on this continent a new nation conceived in liberty and dedicated to the proposition that all men are created equal.

Now we are engaged in a great civil war, testing whether that nation or any nation so conceived and so dedicated can long endure.

We are met on a great battlefield of that war. We have come to dedicate a portion of that field as a final resting-place for those who here gave their lives that that nation might live.

It is altogether fitting and proper that we should do this. But in a larger sense, we cannot dedicate, we cannot consecrate, we cannot hallow this ground.

The brave men, living and dead who struggled here have consecrated it far above our poor power to add or detract.

The world will little note nor long remember what we say here, but it can never forget what they did here.

It is for us the living rather to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced.

It is rather for us to be here dedicated to the great task remaining before us -- that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion -- that we here highly resolve that these dead shall not have died in vain, that this nation under God shall have a new birth of freedom, and that government of the people, by the people, for the people shall not perish from the earth.

Our hearts remain forever with those who lost loved ones, the heroes who sacrificed themselves trying to save others, and the brave members of the armed forces who are still avenging the attack on America.

God bless the United States of America!



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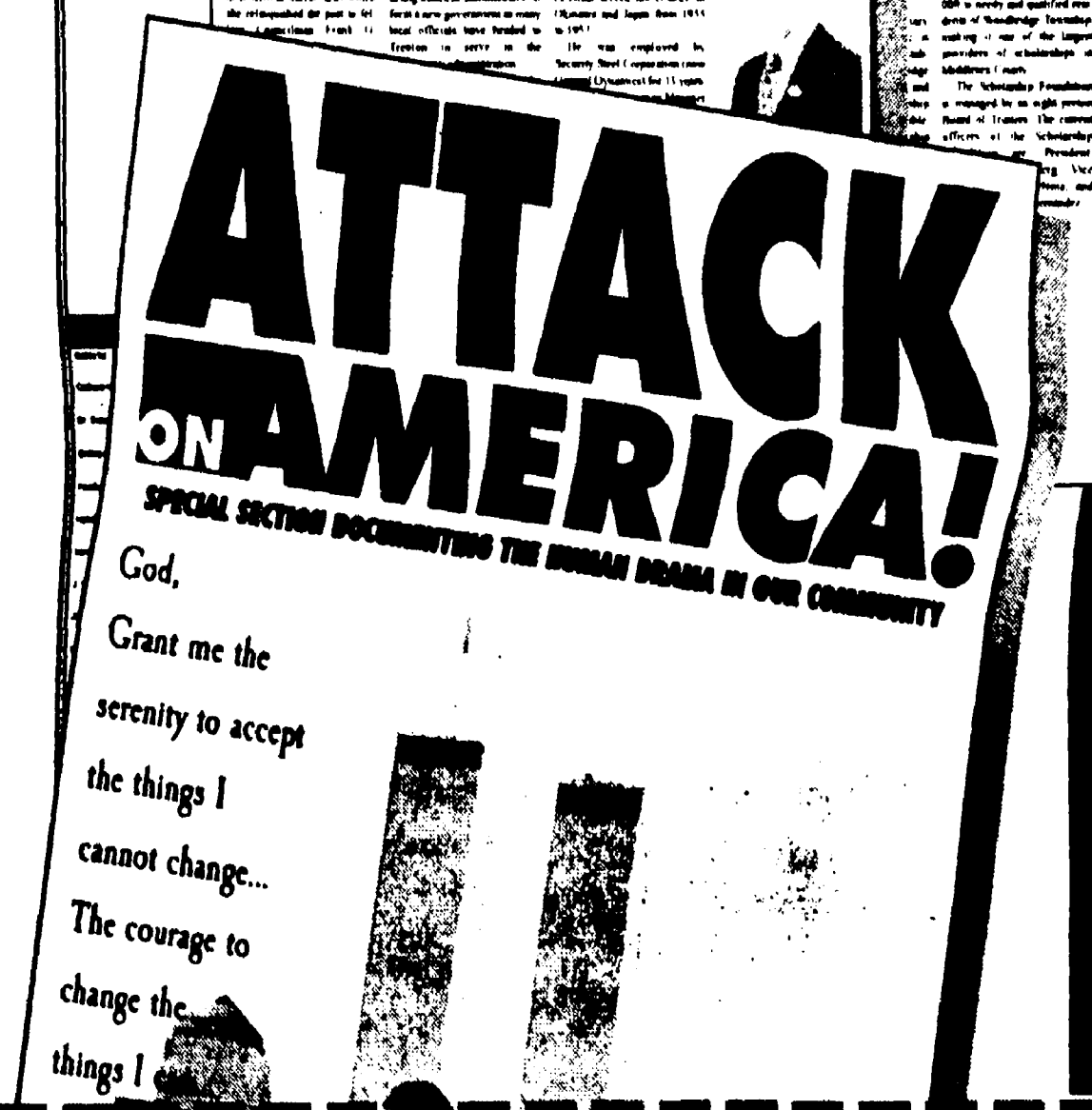
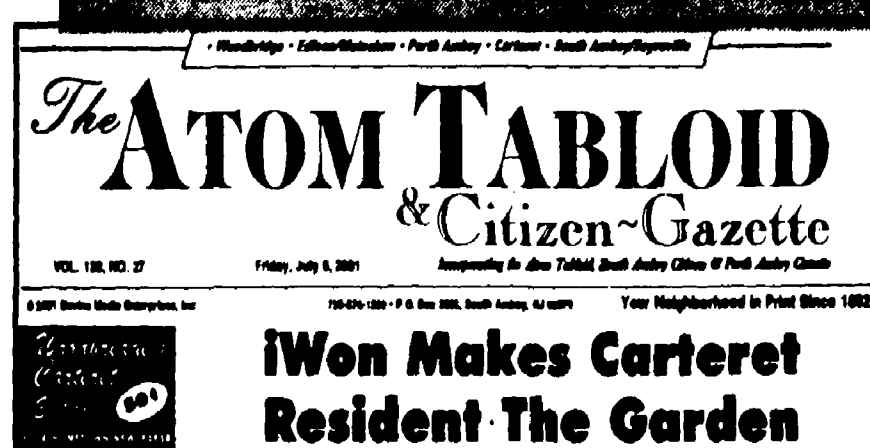
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YOUR SCHOOL NEWS

Creating A Peaceful Sleeping Environment For Children: A Key To Parents' Sanity

AREA Is daylight-saving time wreaking havoc in your home? Is it difficult to get your infant to sleep in? Do your kids keep informing you "It can't be bed time, the sun is still out"? How about when the summer ends and it is time to get your children back onto a school schedule? Let's face it, just because the calendar says September, that does not mean that the sun no longer shines through the bedroom windows.

If any of these situations sound familiar then you will be relieved to know about Redi Shade room-darkening window shades. Redi Shade is a pleated window shade made of

heavy-duty paper that hangs quickly and effortlessly using a peel and stick strip. Weary parents can turn to room-darkening shades to cover children's windows easily and keep the sun from shining in their rooms, preventing sleep.

"Parents have wrestled for years to get their babies or small children to sleep when the sun blazes into their bedrooms. Now with room-darkening Redi Shades, keeping the bright light out of rooms is a snap. Originally conceived as a temporary solution to covering bare windows, parents can now provide a dark and calming atmosphere to bedrooms at

minimal cost. Whether you have children or a day sleeper in your home, these room-darkening shades provide a tranquil environment," says

company spokesperson Janice Wohler.

Redi Shade room-darkening shades are currently available online at www.cincishade.com

as well as select Home Depot stores.

For more information, contact Redi Shade at (888) 608-6611.

College Students And Credit Cards: What they Don't Know Can Hurt Them

AREA--Before your college freshman even settles into his or her dorm room, chances are credit card marketing teams will be on campus to sign up students for credit cards. In fact, company representatives will compete for your student's business by handling out T-shirts, coffee mugs, CDs, and other enticements. According to the New Jersey Society of Certified Public Accountants (NJSCPA), your best defense against this marketing blitz is to set some ground rules and educate your student about the importance of using credit wisely.

Not My Child

If you think your child will resist the temptation of a credit card, think again. A student age 18 or older, with no income, can get a credit card without a parent's signature--and more than a handful do. According to Business Week, in 2000, 95 percent of college students had credit cards.

Used responsibly, credit cards can be helpful in an emergency and for establishing a credit history. But you and your child should be clear whether the card will be used for routine purchases or emergencies only and who will be responsible for paying the bill. Here are some tips that you should share with your soon-to-be college freshman.

Be aware of teaser rates. Credit card companies sometimes offer low introductory

rates to attract new customers. These rates typically last for only a few months and then jump as high as 20 percent. Encourage your son or daughter to carefully compare offers from several different issuers before selecting a card.

Stick with one credit card. There is no reason your college student needs more than one card. It's easier to manage paying one bill at the end of the month, and using one credit card to pay off another is a dangerous practice that should be avoided.

Pay in full every month. It's a good idea for your student to get in the habit of paying the balance in full each month. Try to impress upon your child the merits of not charging more than he or she can pay off at the end of the month.

Pay on time. Be sure that your student knows to send the credit card payment several days in advance on the due date to allow for mailing time. Late penalties are costly and some companies will increase the interest rate after one or two payments are overdue.

Avoid cash advances. Students are often unaware that the interest rate on cash advances can be much higher than the rates charged on purchases.

Protect your credit history. Be sure your child realizes that as soon as he or she starts using a card, the payments--

whether paid on time, late or not at all--become part of his or her credit history. A poor credit history can affect your son's or daughters' ability to rent an apartment, get a job, or buy a car or house. What's more--the mark stays on the cardholder's credit record even if the bill is paid later.

Don't exceed the credit limit. This helps your child avoid penalties and ensures that he or she will have credit available in the event of a true emergency. Be sure that your son or daughter realizes that a \$2,000 credit limit doesn't mean he or she can afford to carry a \$2,000 balance.

Review statements carefully. Stress the importance of immediately informing the credit card company of any discrepancies or errors on the monthly statement.

Report a lost or stolen card immediately. Encourage your son or daughter to keep a copy of his or her credit account number and the financial institution's name and customer service telephone number in a convenient place. It is important to call the credit card company immediately if the card is lost or stolen.

Protect personal information. Your college student should never give out his or her credit card number unless making a telephone, mail order or online purchase. Tell your student not to let anyone else use his or her credit card and not to charge purchases for other people.

Learning how to use credit wisely is as important a lesson as any child will learn in college. CPAs say that by addressing the matter before your child leaves for school, you may be able to help your child avoid serious credit problems in the future.

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YOUR SCHOOL NEWS

Taking On The Weighty Issue Of Backpacks

STATE—When you hear today's schoolchildren complain about homework being a pain, they may not be exaggerating. Their aching backs and necks might be caused by the heavy loads in their backpacks, according to doctors.

The issue first gained attention three years ago with an American Academy of Orthopedic Surgeons report. The Academy found that more than half of the physicians it surveyed reported seeing students whose back and shoulder pain came from carrying backpacks that were too heavy. The AAOS recommended that students carry loads no greater than 15 percent of their body weight. Also that year, the U.S. Consumer Product Safety Commission reported that more than 3,400 pupils between ages of 5 and 14 were treated in hospital emergency rooms for injuries related to backpacks or book bags.

"There's a growing recognition that weighty textbooks and overstuffed backpacks may lead to real health problems for growing bodies," said Edwina M. Lee, executive director of the New Jersey School Boards Association.

School districts have responded to the concern by calling on teachers to coordinate the homework given to children, establishing longer breaks between class periods to allow students to go to their lockers to retrieve books and even by purchasing two sets of books—one for students to keep at home and one for the classroom.

Assemblyman Peter J. Barnes Jr. of Middlesex County is sponsoring a bill that would require the New Jersey State Board of Education to adopt maximum weight standards for textbooks used by children in primary and secondary schools. The legislation, A-2440, is currently in the Assembly Education Committee. California lawmakers are also addressing the issue.

A proposal, now in the California state Senate, would require school boards to distribute surveys to find creative, cost-effective measures to reduce the weight of student backpacks.

Meanwhile, NJSBA's Edwina Lee stressed the role of parents in helping students to avoid injury due to overweight backpacks.

"Parents should consider what their children are carrying to school and back home," she said. "They may find that, in addition to books needed for homework, the backpacks might contain personal items, electronic gadgets and non-school items that only add weight."

Parents and students may also find helpful the following tips on safer use of backpacks, provided by the duPont Hospital for Children:

- Backpacks should have a waist belt designed to evenly distribute the weight of the contents.
- Even though some children believe it looks "cool" to allow backpacks to hang off of one shoulder and below the waist, students should use both shoulder straps and position the pack above the waistline.
- Children should not overload the backpacks.
- Children should keep good posture; hunching over while walking with a backpack increases stress on the spine.



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Protecting Your Child From Computer Overuse Injury

AREA—Whether typing a school term paper or surfing the Internet, your child may be spending many hours at the computer both at school and at home. As a result, children begin to experience the same computer-related disorders that have plagued their parents for years. However, preventing these conditions is much easier than treating them after they develop. By designing a child's computer workstation in more ergonomically correct manner, you can help your children avoid the stresses associated with computer use and this prevent injury.

"Too often, children are using equipment that is not set up for their size putting them at postural risk," said Norma Glennon, ORT, CHT, Manager of Occupational Therapy Services, Kessler Rehabilitation Centers. "Poor posture usually leads to discomfort in the neck, shoulders, back, arms and hands."

Repetitive stress injuries (RSI) are most commonly associated with computer over use. RSI are a group of conditions, such as carpal tunnel syndrome, tendonitis and cervical radiculopathy, generally caused by placing too much stress on the muscles, tendons and nerves in a particular joint.

"When stress on a joint occurs repeatedly the body does not have time to recover and therefore becomes irritated," stated Glennon.

Resulting symptoms can include tightness, soreness, or burning in the hands, wrists, fingers, forearms and elbows; tingling, coldness and numbness in the hands; decreased strength and coordination in the hands; pain that increases at night or with sleep; and feeling a need to mas-

sage hands, wrists and arms for relief. To help reduce the possibility of your child suffering from RSI or other computer-related injuries, Kessler recommends the following:

- **Proper computer placement.** Position the computer monitor at or slightly below eye level, centered and approximately 18" to 24" from the eyes. "Any greater distance may contribute to poor posture if the child needs to lean forward or look up or down to read the screen," noted Glennon.

- **Correct seating position.** According to Glennon, proper seating may be the most critical aspect in preventing computer-related injury. Make sure your child is seated properly with the monitor eye level, feet flat on the floor and back supported. If the chair is non-adjustable, you can improvise. Have the child sit on a firm pillow, old telephone book or a ream of paper. Or, use a telephone book or a backpack as a footrest. Also, a rolled up towel can be placed in the small of the child's back for added back support. Adjustable armrests are also recommended for additional arm support.

- **Encourage good posture.** Slouching forces shoulders down and forward and causes the chin to jut out and, thus, places considerable strain on the neck, back and entire upper body. "In fact, the

pressure on the back is greatest when sitting in a slouched position," said Glennon. Good posture is demonstrated by the head in a neutral position with chin tucked in; back straight; shoulders relaxed; elbows at right angles to arms; and wrists aligned with the forearm. "But, even 'perfect' posture can result in problems," warns Glennon, "If it is held to rigidly for long periods of time."

- **Teach proper typing techniques.** While typing, allow the arms to move the hands around instead of resting the wrist and stretching the fingers to reach the keys. "Wrist pads should be used for rest only," stated Glennon. Strike the keyboard gently and utilize both hands to perform double-key operations such as Ctl-P. Wrists should remain neutral without bending sideways, up or down. If using a mouse, grasp it lightly without squeezing and keep it as close to the keyboard as possible to reduce awkward movements.

- **Emphasize breaks every 15-20 minutes.** Encourage children to stand, walk around and stretch. "Stretch breaks help reduce the muscle tension caused when the body remains in a fixed position for too long," said Glennon.

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OBITUARIES

Johanna Baker, 75 of Edison

Mrs. Johanna Baker died August 18 at Monmouth Medical Center in Long Branch. She was 75.

Born in New Brunswick, she was a lifelong resident of Edison.

She owned and operated the Shoppe of Ages in Bound Brook for over 20 years.

Mrs. Baker was a graduate of Upsala College, East Orange.

She was a communicant of St. Theresa's R.C. Church in Edison.

Her husband, Paul Baker, died in 1999.

Surviving are her daughter, Madeline L. Baker; two brothers, Dominic Domino and Dr. Rudolph Domino, and two grandchildren, Raymond and Jason.

Philip J. Hennessy of Metuchen

Mr. Philip J. Hennessy of Monroe Township (formerly of Metuchen) died August 17 in New York Presbyterian Medical Center, New York City. He was 72.

Born in Brooklyn, he lived in Metuchen and Alabama before moving to Monroe Township 12 years ago.

He and his brother, Eugene, co-founded Richmond Industries, Metuchen, 42 years ago.

He served in the Army during the Korean War.

Mr. Hennessy was a former member of the Colonia Country Club.

Surviving are his wife, Paula; a son, Sean P.; brother, Joseph, and four grandchildren.

Katharina Tonn, 67 of Avenel

Mrs. Katharina Tonn of Avenel died August 16 at Rahway Hospital. She was 67.

Born in Aiglsbach, Germany, she came to the United States in 1958.

She lived in New Brunswick for many years before moving to Avenel 12 years ago.

Prior to her retirement in 1992, she was employed as a quality control specialist for Revlon in Edison for 24 years.

He husband, Theodore Tonn, died in 1995.

Surviving are a son, Vladimir of Tuscon, Ariz.; three daughters, Maria Tonn of South River, and Victoria Cullinane and Tatiana Norlander, both of Lake Worth, Fla.; a twin brother Franz Xavier Maier of Oberpindhart, Germany; and eight grandchildren.

Roy E. Leavitt, 93 of Fords

Mr. Roy E. Leavitt of Fords died August 19 at Victorian Nursing Home in Matawan. He was 93.

Born in Calais, Maine, he lived in Fords for the past 44 years.

He was a machinist for Elastic Stop Nut in Union.

His wife, Irene Rice, died in 2001.

Surviving are his stepdaughter, Winnifred Holmes of Fords; a granddaughter, Debbie, and three great-grandchildren, Summer, Alicia and Gina.

Melvyn J. Arnashus of Iselin

Mr. Melvyn Joseph Arnashus of Iselin died August 18 at home. He was 64.

Born in Elizabeth, he resided in Newark before moving to Iselin 40 years ago.

He was a peacetime veteran of the Army.

He was a warehouse foreman for Linden Motor Freight in Edison, Salwen Paper Co. in Edison, and Charms Candy Co. in Freehold.

Mr. Arnashus was currently employed as a bus driver for J.F.K. Hartwyck Adult Care Center in Edison.

He was a communicant of St. Cecelia's R.C. Church in Iselin, and a 4th Degree member of the St. Cecelia's Knights of Columbus.

Surviving are his wife of 40 years, Joan (Slinsky) Arnashus; a son, Joseph Arnashus of Rahway; a sister, Marianne Neswick of Jackson; two granddaughters, Rebecca and Sarah Arnashus.

Allen E. Perry, 75 of Woodbridge

Mr. Allen E. Perry died August 17 at Raritan Bay Medical Center, Perth Amboy. He was 75.

Born in West New York, he lived in Woodbridge since 1962.

He was employed for 40 years as an accountant with New York Shipyard in Brooklyn, N.Y., retiring in 1989.

He had also been employed as Rodermond Industries in Jersey City.

Mr. Perry was a Navy veteran of World War II. He was a member of American Legion Post 471 in Woodbridge, and Elks Lodge 2116, the A.A.R.P., and the Senior Citizens Club.

He was also a parishioner of

Anna P. Pungarchar of Colonia

Mrs. Anna P. (Mack) Pungarchar of Colonia died August 17 at Rahway Hospital in Rahway. She was 88.

Born in Elizabeth, she lived in Colonia since 1957.

She was employed as an inspector for Singer Manufacturers in Elizabeth for 25 years retiring in 1962.

Mrs. Pungarchar was a communicant of St. John Vianney's R.C. Church, Colonia.

She was a former member of the Colonia Senior Citizens.

Her first husband, Joseph Coval, died in 1969; and her second husband, Charles Pungarchar, died in 1991.

Surviving are two brothers, Walter and Edward Mack, and four sisters, Sophie Bendick, Helen Husstege, Emily Mattach and Josephine Pasko; a niece, Lillian Kloefer of Rahway, and several nieces and nephews, great-nieces and great-nephews, and great-great-nieces and great-great-nephews.

St. James R.C. Church, Woodbridge.

His father, Frank Perry, is deceased.

Surviving are his wife of 50 years, Doris (DiPierro) Perry; a son, Thomas Perry, of Seawaren; three daughters Susan Toth of West Sand Lake, N.Y., Joanne Beyer of Clark, and Ann-Marie Kapp of Bethlehem Township; three sisters, Mary Cappiello of California, Katherine Thigpen of Lodi, and Grace Plumbo of Pennsylvania; eight grandchildren, Leigh Ann and Thomas Perry, Jamie and Katie Toth, Michael and Kevin Beyer, and Justin and Evan Kapp.

Angelo S. Messina of Iselin

Mr. Angelo S. Messina died August 17 at Raritan Bay Medical Center, Perth Amboy Division. He was 89.

Born in Chicago, Ill., and lived in New York City before moving to Iselin 46 years ago.

He was a longshoreman with Grace Lines in New York City, retiring after 40 years in 1975.

His wife, Anita, died in 1982; a son, Salvatore, died in 1966; a daughter, Mary Lou, died in 1953; and a brother, Dave, died in 2002.

Surviving are two sons, Angelo of Sayreville and Frank of Englishtown; a daughter, Anita Calcione of Edison; a brother, Frank of Long Island, N.Y.; three sisters, Theresa Menkes of Long Island, Peggy Gargano of Brooklyn, N.Y., and Tina Carnecchia of Florida; five grandchildren, Edward A. Messina, Lori Ann Przywozny, Anita and Margaurite Messina and Mary Lou Balibanus, and two great-grandchildren, Kalina Elyse Przywozny and Nicholas Balibanus.

Stella R. Campbell of Carteret

Mrs. Stella R. Finn Campbell of Carteret died August 18 at Mary Anne Hale Pavilion of Haven Hospice at JFK Medical Center in Edison. She was 82.

Born in Carteret, she lived there all her life.

She had been employed as a sample presser for 28 years at Carteret Shirt Co. before retiring.

Mrs. Campbell was past president of the Ladies Auxiliary of Star Landing Veterans of Foreign Wars Post 2314 in Carteret.

She was a communicant of St. Joseph's R.C. Church in Carteret.

Her husband, Edward Campbell, died in 2000; a daughter, Nancy Skripko, is also deceased.

Surviving are two sons, Thomas Finn, of North Brunswick and William Finn of Edison; a daughter, Josephine Guerriero of Elizabeth; three sisters, Irene Larson of Inverness, Fla., Angie Winters of Perth Amboy and Catherine Olsion of Ohio; nine grandchildren, 13 great-grandchildren, and a great-great-grandson.

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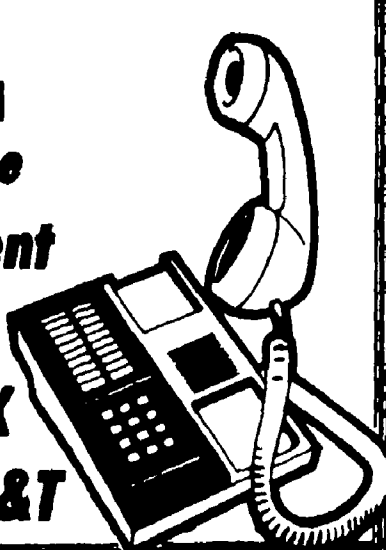
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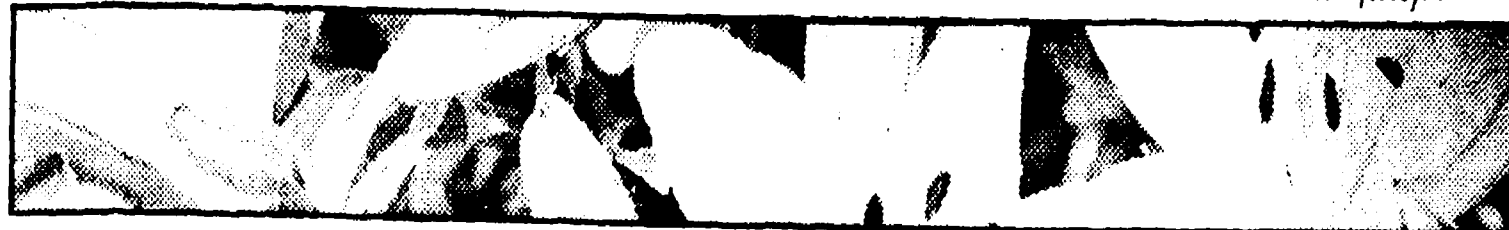
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OBITUARIES

Wilma J. Sutch, 82 of Perth Amboy

Mrs. Wilma J. Sutch of Perth Amboy died August 12 at Geraldine Thompson Rehabilitation Center in Allenwood. She was 82.

Born in Perth Amboy, she lived there all her life.

She worked for Revlon in Edison on the company's assembly line for 28 years before retiring in 1984.

Mrs. Sutch was a communicant of Holy Trinity R.C. Church in Perth Amboy.

Her husband, Michael, died in 1983; a brother, William Scigulinsky and a sister, Helen Massapust; are also deceased.

Surviving are a son, Kenneth Sutch of Perth Amboy; two daughters, Linda Clausen of Howell and Carol Lucas of Keyport; a sister, Martha Bilas of Perth Amboy; a brother, Albert Scigulinsky of Perth Amboy, and two grandchildren, Kevin Clausen and Jennifer Faries.

Anthony Lesko, 90 of Perth Amboy

Mr. Anthony Lesko of Perth Amboy died August 17 at St. Mary's Hospital in Hoboken. He was 90.

Born in Dupont, Pa., he was a lifelong resident of Perth Amboy.

He was a sheet metal worker with U.S. Metals in Carteret for 34 years, retiring in 1975.

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

He was a communicant of Most Holy Rosary R.C. Church in Hopelawn, where he served as an usher and was a member of the Holy Name Society.

Mr. Lesko was a member of Sgt. John B. Egan VFW Post 663 in Perth Amboy, and a member of Rosary Memorial Post Catholic War Veterans 1613 in Perth Amboy.

His wife, Mildred Mercurio, died in 1996; two brothers, John Lesko and Walter Dudzik; and a sister, Mary Branick, are all deceased.

Surviving are two brothers, George Dudzik of Perth Amboy, and Joseph Dudzik of Delaware; a brother-in-law, and sister-in-law, and Gabe and Jean Comba, of Carteret; a sister-in-law, Catherine Smoinski, formerly of Perth Amboy, now of West New York, and several nieces and nephews.

Edmond F. Rutkowski worked in Parlin

Mr. Edmond F. Rutkowski of South River died August 18 in Raritan Bay Medical Center, Old Bridge Division. He was 88.

He was a lifelong resident of South River.

He was a master carpenter at Hercules Inc. in Parlin for 40 years before retiring 26 years ago.

Mr. Rutkowski was a mem-

ber of the Hercules 10- and 25-Year clubs.

He was also a member of the Knights of Columbus Council 3001, and the Holy Name Society of St. Marys Church, both of South River.

Surviving are Dorothy, his wife of 63 years; a son, Edmund F., and two grandchildren.

Timothy M. Clark, 22 of Colonia

Mr. Timothy Michael Clark of Colonia died August 17 at home. He was 22.

Born in Los Alamitos, Calif., he resided in Colonia for most of his life.

Mr. Clark was manager of the Pool Depot in Colonia for the past seven years.

His brother, Michael A. Clark, died in 1979.

Surviving are a daughter, Eternity Rae; his parents, Theresa (Wiggins) and Robert Gawronski of Mehoopany, Pa.; his maternal grandparents, Kenneth Wiggins of South Carolina and Ann Marie Bierilo of California; his paternal grandparents, Elizabeth Skolsky of Maryland and Francis Gawronski of Florida; his maternal great-grandparents, E. Chester and Eleanor Wiggins of South Carolina; several cousins, uncles and aunts including a special aunt, Gerrie McCrobie of Colonia, and a stepbrother, Charles Clark of California.

John J. Igielski, 73 of Sayreville

Mr. John J. Igielski of Sayreville died August 20 at home. He was 73.

Born in Shenandoah, Pa., he lived in Harrison for 35 years before moving to Sayreville last year.

He was an assistant chef in Cifellis Restaurant in Harrison for 20 years before retiring in 1996.

Previously, he was a machinist at the Paul Konig Pattern Factory, Harrison, for eight years.

Mr. Igielski was a career staff sergeant in the Air Force. Mr. Igielski served during World War II, the Korean War and the Vietnam War.

He was a member of American Legion Post 282, Harrison.

He was also a bingo worker, vendor and guard of honor at Our Lady of Our Lady of Czestochowa Church.

Surviving are three brothers, Joseph, Edward and Frank and a sister, Veronica Green.

Steven Fillipsuk, 65 of Woodbridge

Mr. Steven Fillipsuk of Woodbridge died August 14 at The Renaissance Gardens in Tinton Falls. He was 65.

Born in Raritan, he lived in New Brunswick before moving to Woodbridge 59 years ago.

He was employed by Casale Industries in Garwood and previously had worked for General Dynamics in Avenel, The Boot Shop in Woodbridge, and Sears, Roebuck and Co. in Perth Amboy.

Mr. Fillipsuk was a member of the Ukrainian Assumption Catholic Church in Perth Amboy, he had been a founding member of the church. He was also a member of the St. James Senior Citizens Club in Woodbridge.

His wife, Macheline Revutski Fillipsuk, died in 2001, and a brother, George Vavra and a sister, Kay McIntyre, are also deceased.

Surviving are four daughters, Betty Anne Martinelli of Southampton, Gloria Jean MacKinnon of Hilton Head, S.C., Mary Jane Nagy of Jackson and Carol Ann Pollak of Oakland; a brother, Joseph Vavra of South River, and five grandchildren, Keith Martinelli, Tara Enloe, Kristine Kaplan, Michael and Kyle Nagy.

Joseph F. Rzepka of South Amboy

Mr. Joseph F. "Chappy" Rzepka of South Amboy died August 18 at Carriage House Manor in Morgan. He was 94.

Born in South Amboy, he lived there all his life.

He was a local businessman, employed by Mike's General Food Store, and an electrician employed by Air Electric Co., both in South Amboy.

Mr. Rzepka was a communicant of Sacred Heart R.C. Church in South Amboy, where he served as a church usher and was a member of the church's Holy Name Society and the Sacred Heart Senior Citizens Club.

He was also a member of Catholic War Veterans Post 578.

His five brothers, Adam, George, Patsy, John and Michael; and four sisters, Theresa Bogaczyk, Mary Krygier, Rose Laski and Catherine Macey, are all deceased.

Surviving are his nieces and nephews, great-nieces and great-nephews, and great-great-nieces and great-great-nephews.

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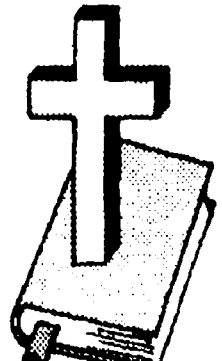
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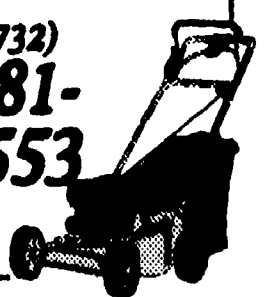
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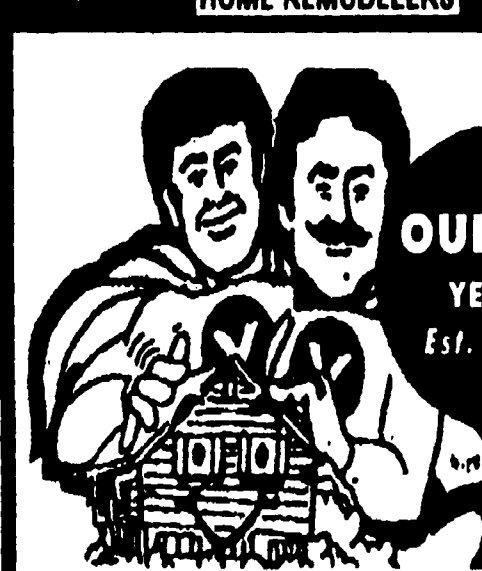
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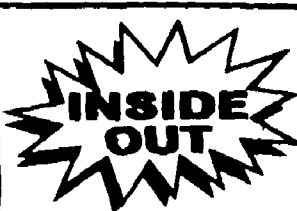


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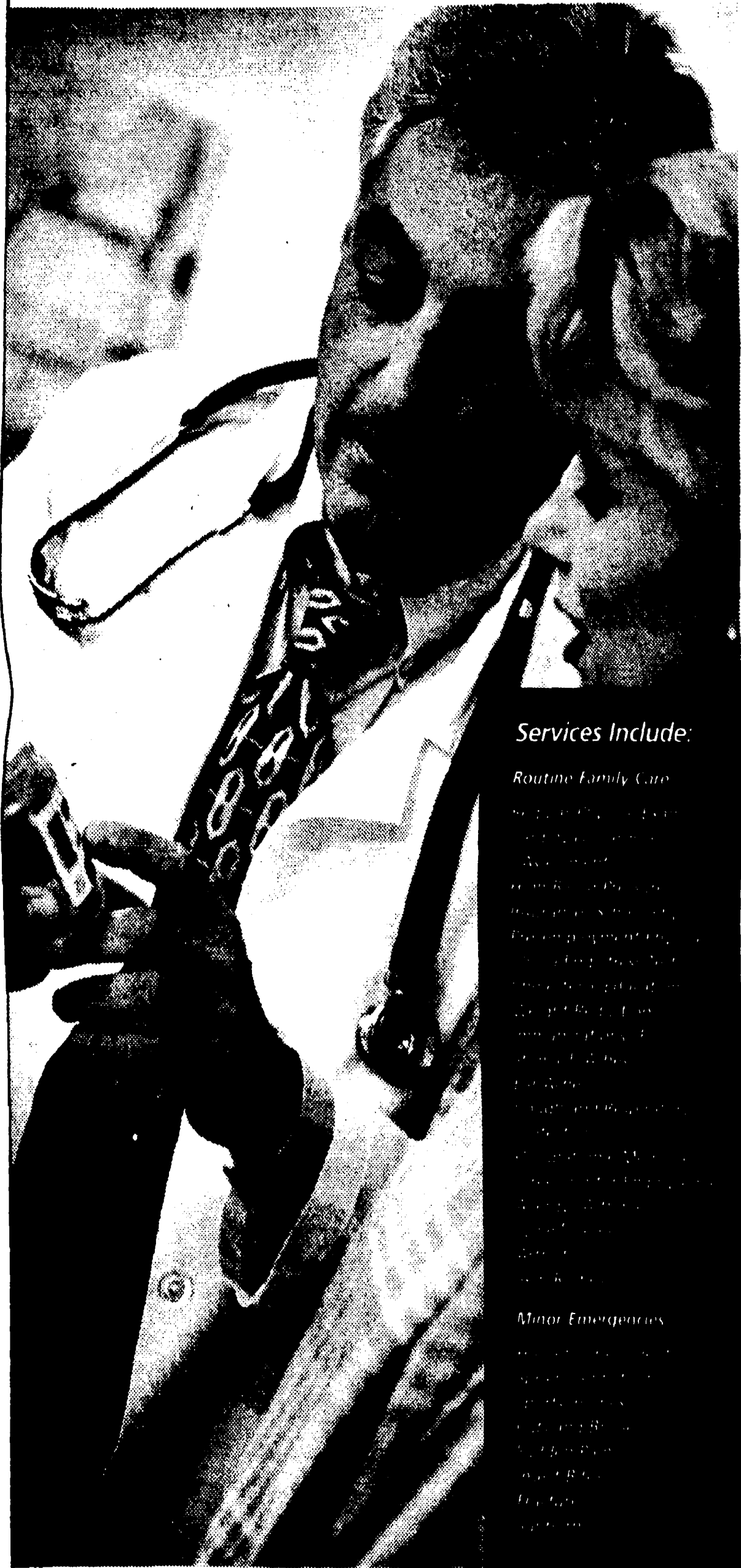
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Fitness Programs Slated At Rutgers

Date: Wed., Sept. 25, or
Tues., Dec. 3

Time: 7-9 p.m.

Place: Rutgers Cooperative Extension of Union County,
300 North Avenue East,
Westfield

Instructor: David Ratajack,
MPH, CHES

A.C.S.M. and A.C.E.-Certified
Personal Fitness Professional

(1) Topic: **Fitness for Joint &
Muscle Injuries** (7-8 pm)

Many of us have suffered a joint or muscle injury at one time in our lives, be it a "torn knee" from slipping on some ice, or elbow tendonitis from playing too much tennis. In an attempt to reduce costs, health insurers have been cutting down on the rehabilitative care they offer to subscribers suffering from these injuries. Limitations on physical therapy visits and use of restrictive definitions of what constitutes "an injury" are just two of the ways cost-cutting has impacted treatment availability and options. Having no other choice, consumers begin exercise programs with the hope of reaching a more satisfactory level of function and well-being. This presentation will discuss some sound principles for moving from "barely healed" to "as good as new!"

(2) Topic: **"The Low-Down on Exercise & Weight Loss Gimmicks"** (8-9 p.m.)

We are bombarded by weight loss information and advice. News broadcasts, magazine articles and television provide an inexhaustible parade of "infomercials" that claim to hold "the keys" to safe, rapid, and permanent weight loss a \$30+ billion dollar industry annually. Amidst all of the frenzy, there does exist a reliable foundation of information that can be used to evaluate the probable validity of weight loss programs, products, devices, and techniques. This presentation will discuss characteristics of weight loss claims and several specific instances of factual inaccuracy or outright deception in the weight loss field.

Registration Required: Call Judi Laganga at 908-654-9854 X 2235 to reserve your spot.

Rutgers Cooperative Extension provides information and educational services to all people without regard to sex, race, color, national origin, disability or handicap, or age.