# The ATOM TABLOTO Incorporating the Atom Tabloid, South Amboy Citizen & Perth Imboy Gazette Report of the Atom Tabloid, South Amboy Citizen & Perth Imboy Gazette Report of the Atom Tabloid, South Amboy Citizen & Perth Imboy Gazette

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Middlesex County Edition

VOL. 121, NO. 46

Friday, November 15, 2002

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# Business Association Promotes Redevelopment

SOUTH AMBOY—The South Amboy Business Association is helping to make South Amboy a better place.

This year, the group has helped to sponsor a seafood festival, and they are organizing a holiday tree-lighting ceremony for next month. They also got stores to stay open late Thursday nights during the summer and are planning to launch a web site for the organization. Eventually, the group hopes to offer scholarships to city youth.

The group is made up of around 20 city business people, who have been meeting religiously since the beginning of the year, trying to develop ideas to promote the city and bring business

people together, said business association President George Gonzalez.

"The town is moving forward and we have an aggressive mayor," Gonzalez said.

The growth caused by new construction on the city's waterfront, as well as improvements in the city's downtown business district, have been encouraging signs to the city's business owners.

The group also hopes to be a united front to address practical issues, such as garbage collection and street cleaning. "The more voices that express their concern, the faster the issue would be addressed and resolved," said Gonzalez

# **Carteret Homecoming King And Queen**

CARTERET—Carteret High School recently announced their 2002-03 Homecoming King and Queen.

At halftime of the Oct. 25 homecoming football game, Alfredo Rodriguez and Amy Naples were named homecoming king and queen.

Anthony Serino was named homecoming prince and Jada Belvin was named homecoming princess.

Other finalists included Joe Gasparro, Mike Calimano, and Dan Mazan for homecoming

king, and Shanika Gabriel and Keri Humen for homecoming queen.

Unfortunately, the Ramblers football team lost the homecoming game to New Brunswick, 35-14.

The Ramblers took an early lead thanks to Kevin Cherepski's 5 yard touchdown run. However, New Brunswick tied the game on their next possession and never looked back. At half time, New Brunswick led 21-7. Carteret managed one more touchdown, by senior Mike Szczesny.



Amy Naples and Alfredo Rodriguez, Carteret High School's Homecoming King and Queen.

# College Celebrates Hispanic Heritage Month

EDISON—Hispanic films.
Latin American folk dancing, a career opportunities program and a student leadership symposium are just some of the activities planned for the Hispanic Heritage Month of November at Middlesex County College. Students, faculty and staff from the Edison, New Brunswick and Perth Amboy branches of the College are coordinating and sponsoring the activities.

A panel discussion on immigration featuring Gustavo Arienzen, director of constituent services in the

office of Congressman
Roberto Menendez and Kim
Zanotti, supervisory adjudication officer with the Newark
office of the Immigration and
Naturalization Service (INS)
will be presented on Saturday,
Nov. 16 from 1 to 3 p.m. the
New Brunswick Center. The
public is invited to attend.

"The Hispanic culture is rich and diverse," said Evelyn J. Rosa, assistant director of the New Brunswick Center. "We are eager to share a sampling of our programs with the College community as well as the public."

## Household Hazardous Waste Drop-Off Events

NEW BRUNSWICK—The Middlesex County Division of Solid Waste Management is pleased to announce its last Household Hazardous Waste Day in 2002 scheduled for Sunday, Nov. 17 at the Middlesex County College in Edison near the Mill Road entrance. All collection times are 8 a.m.—2 p.m.

Household hazardous wastes which are improperly disposed of are identified as a danger to children and animals, a potential cause of ground water pollution and a potential threat to garbage collection crews.

The Drop-off Days are sponsored by the Middlesex County Board of Chosen Freeholders and conducted in cooperation with the Township of Woodbridge, the County Roads Department and the Middlesex County College.

The events are open to residents of Middlesex County only and are free of charge. Items should be brought in clearly

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marked containers. For further information, residents may contact the Division of Solid Waste Management by calling (732) 745-4170, by e-mailing to solid-waste@co.middlesex.nj.us or by visiting the following web site: h t t p://www.co.middlesex.nj.us/planningboard/solid waste.asp.

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# Two New Police Lieutenants Promoted

PERTH AMBOY A ceremony was held on Nov. 6 to promote two new lieutenants to the Perth Amboy Police Department. During the ceremony, Mayor Joseph Vas promoted Sergeant Larry Cattano and Sergeant Tibor Kaeso to the new ranks.

"I cannot think of two men more qualified to fill the opening for lieutenants in the Perth Amboy Police Department. Combined, their years of experience cover nearly every aspect of law enforcement. I am confident that they will tackle this new position with the same level of enthusiasm and 'know how' that they have applied throughout their careers," stated Vas.

"Both sergeants Cattano and Kacso are well suited to assume the rank of lieutenant. I thank Mayor Vas and the City Council for endorsing this decision and for continuously providing the State Police with the tools to effect positive change throughout the City of Perth Amboy," stated Police Director Thomas Cetnar.

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# YOUR COUNTY NEWS

# Dedication Ceremony Opens Cancer Hospital

NEW BRUNSWICK --- New Jersey's newest tool to battle cancer was officially unveiled Oct. 29 as health and hospital officials joined in a ribbon-cutting ceremony for The Cancer Hospital of New Jersey at Robert Wood Johnson University Hospital, New Brunswick.

The new, \$113 million, 200,000 square-foot facility will serve as the flagship hospital of the neighboring Cancer Institute of New Jersey, one of just 39 Comprehensive Cancer Centers in the nation designated by the National Cancer Institute as leaders in cancer treatment and research.

The Cancer Institute of New Jersey is the only Comprehensive Cancer Center in the state to receive this designation from the National Cancer Institute.

With the ribbon cutting, the 92-bed Cancer Hospital of New Jersey at Robert Wood Johnson University Hospital joins an elite few hospitals in the nation that are dedicated exclusively to cancer care, a list that includes Memorial Sloan-Kettering Cancer Center in New York City, the Rosewell Park Cancer Institute in Buffalo, N.Y. and Fox Chase Cancer Center in Philadelphia.

"New Jersey and their families trying to meet the challenge of cancer can now stay close to home," said Harvey Holzberg, president and CEO of Robert Wood Johnson University Hospital. "The Cancer Hospital of New Jersey provides easy access to the most up to date cancer fighting technology, and an atmosphere of comfort in which the patient comes first."

Among its state-of-the-art advances, The Cancer Hospital of New Jersey's newly constituted Radiation Oncology Department offers the latest diagnostic and treatment technology including:

- IMRT (Intensity, Modulated Radiation Therapy), the most precise form of radiation therapy now available, uses computer-generated images to direct higher and more precise radiation doses to tumors so the patient's surrounding healthy tissue is protected.
- CT Simulation, an advanced body scanning technology that gives doctors the ability to better view the patient's anatomy with high-resolution, threedimensional images. Those images are used to map the exact shape and location of tumors and plan treatments.
- Stereotactic Radiosurgery, a precision, high-dose radiation treatment

therapy that can be completed in a single session.

 A virtually paperless and filmless radiation oncology operation, enabling doctors to devote more time to patients and less time to paperwork.

The Cancer Hospital of New Jersey was also designed to make visits and stays at the hospital as comfortable as possible. Patient rooms, for example, are spacious and nicely appointed in "hotel style," with amenities such as refrigerators, VCRs and CD players, as well as sleeping accommodations for family members. Each patient floor also has a family lounge with Internetequipped computers

The Cancer Hospital of New Jersey also offers a welcoming, two-story lobby entrance with valet parking, gift shop and a second-floor cafeteria.

# **Unveiling The Past: Oral History Workshop**

MIDDLESEX COUNTY — On Saturday, Nov. 16, the Middlesex County Cultural

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and Heritage Commission presents, Unveiling the Past: Oral History Workshop. This workshop will take place from 1-3 p.m. in the North Brunswick Courtroom, 710 Hermann Rd., North Brunswick. The workshop will enable historians and families alike to learn to document oral history through a variety of techniques.

Pamela M. Henson, is the

Division Director of the Smithsonian Institution Archives in Washington, D.C. She is responsible for the management of the Smithsonian Oral History program. In addition, Dr. Henson researches, writes and develops exhibits on the history of the Smithsonian Institution. Some of Henson's publications include: Spencer Baird's Dream: A U.S. The workshop leader, Dr. National Museum, Objects of volunteers and anyone who Curious Research: The History of Science and Technology at the Smithsonian, and The Smithsonian Institution, A Historical Guide to the U.S. Government. Henson received her doctoral degree from the

Unraveling the Past will abilities may call (732) 745-

University of Maryland.

address the background of oral history, the role of oral history in society, approaches and techniques of oral history and the historian's role in oral history.

This workshop is designed historians, librarians, archivists, family historians, students, teachers, history and cultural organizations, board and staff, community groups, has an interest in documenting history.

Registration is required, contact Isha Vyas, History Services/Grants Coordinator or Layla Wuthrick, Historic Site Liaison at (732) 745-4489. Those with hearing dis-

3888 (TTY) or 711 via the New Jersey Relay Service. An assistive listening system will be in use and available on site. To arrange for a sign language interpreter, contact the Commission at least two weeks in advance. The North Brunswick Courtroom is an accessible site.

Funding has been provided, \\ in part, by a grant from the New Jersey Historical Commission, a Division of Cultural Affairs in the Department of State, the Middlesex County Cultural and Heritage Commission and the Middlesex County Board of Chosen Freeholders. This workshop is offered free of charge.

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# YOUR SCHOOL NEWS

# Engine City Educates For Today's Workplace

UNION—In order to educate students for future success, technical schools must be prepared to teach students with the most sophisticated equipment possible. School representatives discuss the modern tools, technology and equipment that they employ in the

educational setting and how they are used in today's workplace.

Engine City Technical Institute in Union has been training students for rewarding careers in the diesel industry for the past 34 years.

"We have seen the garage

mechanic turn into the computerized technician," says Phil Diamant, Director of Admissions Engine City.

"People still perceive diesel as big trucks and that's it. With today's modern and complicated electronic engines and fuel systems, students must be well versed and trained in computerized components and fuel systems theories and applications," says Diamant.

Training is for all aspects of the diesel industry in auto, trucking, construction, marine, power generation, transport refrigeration and more.

"Many mechanics attend our school to get certification courses to try to keep up with today's modern technology. These mechanics in turn become technicians because they are learning a comprehensive formal training program," states Diamant.

Classes are well equipped with manufacturers' equipment for assembly, disassembly, diagnostics and troubleshooting.

"Although seventy percent of what students learn is through hands-on, the theory is most comprehensive because technology in this field is changing ever so rapidly," says Diamant.

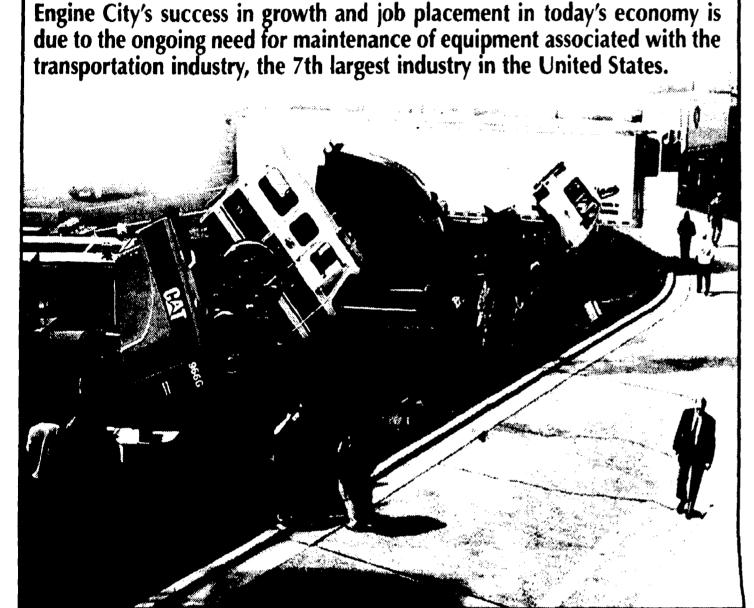
Class size is small, usually twenty students or less, and the school uses ASE certified master technicians as instructors who are updated with today's technological advances.

Businesses such as Ryder,
Caterpillar, Penske,
Freightliner and New Jersey
Transit hire many of the
school's graduates, as well as
sending their own employees
for training. Engine City
Technical Institute also trains
the Coast Guard mechanics on
their own computerized controlled marine engines.

Because of the current shortage of qualified diesel technicians, the school is averaging about 400 career opportunities for less than 100 graduates, according to President Dan Kasper.

Due to the school's significant growth and success with training and placement, Kasper assumed the responsibilities of school owner and president as of Oct. 1.

Kasper is a member of the PCSA of NJ, NJ Motor Truck Association, Career College Association, Equipment Managers Council of America, and is on the executive committee of the Association of CEOs.



# New Publication Helps College Students Find Funding Programs

AREA — With college applications deadlines approaching, many high school seniors are now focused on researching visiting and applying to their favorite colleges. At the same time, advises the U.S. Department of Education, it is vitally important that families and students also now begin the process of applying for financial aid.

Financial aid experts agree that the sooner students begin their search for sources that can help them, the greater are their chances of receiving financial aid. The search process can begin anytime after the student's junior year in high school and continue up to and including graduate school. "As long as there are education bills to be paid, there is money available." counselors advise.

There are many newly funded programs this year to help students pay for college expenses. Currently there are nearly 650,000 independent and private scholarship and grant sources available to students, some of

which pay 100 percent of a student's tuition. More than 80 percent of these scholarships do not depend on family need or exceptional grades but are awarded based on factors such as a student's interest, hobbies, academic focus, age, heritage, religion or parent's work or military experience.

According to the Wall Street Journal, students "can increase their chances of receiving financial aid simply by understanding the basics of how the process works." It is important for students who will be attending college, graduate school or technical school in the fall of 2003 to start gathering information now to

identify the sources that can provide financial help.

The financial aid process can be somewhat confusing especially for those going through it for the first time. Students who take the time to learn the basic and inside workings of the system are much more successful in securing scholarship and other financial aid to help pay for tuition, room and board, text books and other costs.

Now, through the resources at the National Academy Funding Advisory (NAFA), students may receive the updated tenth annual publication for scholarship for academic year 2003-04. The publication helps students understand the financial aid process, describes the essential *Steps to Success* for receiving scholarship

aid, and shows them how to identify sources that can help them receive financial assistance.

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OCAL 7-DAY FORECAST



partial sun. 51

A few clouds.

39

Thu. night

Friday Variable cloudiness.

55/35

Saturday Cloudy and rainy.

Clouds and sun. 52/40 46/35

Sunday

Partial sun. Lots of sunshine. 56/35 53/37

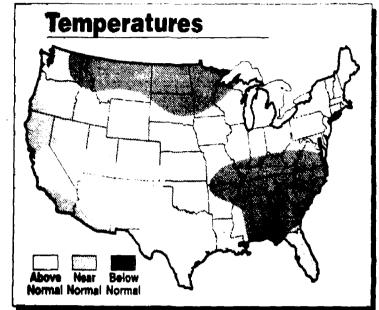
Tuesday

Rather cloudy.

53/38

Wednesday

THE WEEK AHEAD...



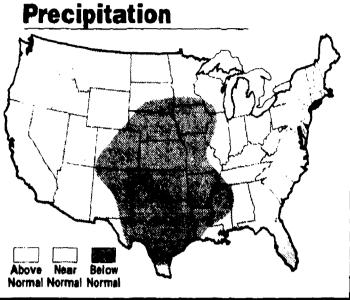
NATIONAL SUMMARY The general weather pattern for the period will feature a ridge over Southern California and a trough over the eastern half of the

bring periods of rain to the Pacific Northwest. Meanwhile, disturbances moving through the trough will provide bouts of rain along the East Coast. High pressure is expected to keep the middle of the country dry for the most part.

country. A strong jet stream will

THE WEEK AHEAD...

Monday



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U.S	S.	TR	ΔV	FI	FR	's 1	Cit	IFS

	Thursday	Friday	Saturday	Sunday
City	Hi Lo W	Hi Lo W	Hi Lo W	Hi Lo W
Atlanta	61 42 s	61 44 pc	62 45 s	52 32 s
Boston	48 39 pc	52 37 c	<b>44</b> 37 r	49 41 c
Chicago	48 34 sh	42 28 pc	45 36 c	52 34 pc
Cleveland	50 35 c	40 34 c	<b>44</b> 35 r	39 29 pc
Denver	54 28 pc	58 30 s	58 32 s	48 24 s
Des Moines	49 33 c	43 26 pc	50 34 c	48 35 s
Detroit	48 34 sh	44 28 sh	44 33 c	51 33 c
Houston	71 48 s	66 45 pc	64 40 pc	70 <b>48</b> s
Indianapolis	51 35 sh	48 35 sh	50 35 c	45 35 c
Kansas City	54 36 sh	50 34 pc	55 38 pc	52 <b>38</b> s
Los Angeles		73 49 s	72 48 s	73 41 s
Miami		79 65 s	76 67 r	77 <b>68</b> pc
Minn. St. Pau		<b>34</b> 22 c	42 31 c	45 33 pc
New Orleans	68 47 s	68 48 pc	69 53 s	68 56 pc
New York City		55 42 c	46 42 r	55 44 pc
Omaha	49 29 c	46 29 pc	53 32 pc	54 34 s
Phoenix		80 53 s	76 52 s	75 46 s
San Francisco		60 49 pc	60 48 pc	61 45 c
Seattle		54 44 r	51 41 r	50 <b>48</b> r
Washington	54 40 pc	54 42 pc	52 42 r	56 40 pc

Sun & Moon

ì		- 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1
1	Sunrise	Sunset
Thu.	6:42 a.m.	4:40 p.m.
Fri.	6:43 a.m.	4:40 p.m.
	Moonrise	Moonset
Thu.	2:35 p.m.	1:17 a.m.
Fri.	2:57 p.m.	2:16 a.m.
Moon	Phases	
		st New
1		

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

11

27

19

Nov

Dec 4

Nov

#### WORLD TRAVELER'S CITIES

	Thursday	Friday	Saturday	Sunday
City	Hi Lo W	Hi Lo W	Hi Lo W	HI LO W
Amsterdam	50 42 c	43 42 r	47 39 c	48 41 c
Berlin	49 41 r	54 50 r	51 42 c	52 46 r
Buenos Aires	87 66 pc	85 64 pc	70 44 pc	71 53 s
Cairo	78 54 pc	79 55 s	80 56 s	81 57 s
Jerusalem	67 46 s	69 46 s	70 45 s	70 46 s
Johannesburg	<b>8</b> 3 59 c	74 58 sh	79 58 pc	86 60 s
London	50 42 t	44 43 r	50 42 c	50 40 c
Madrid	<b>5</b> 3 47 r	48 41 r	45 41 r	49 32 sh
Mexico City	68 44 pc	66 37 s	68 42 s	68 43 s
Moscow	31 30 sn	41 39 c	45 38 r	<b>43 36</b> r
Paris	49 41 r	<b>4</b> 2 37 c	46 37 pc	43 35 r
Rio de Janeiro		76 63 pc	76 67 pc	77 62 r
Rome	68 55 pc	69 56 pc	58 56 r	65 50 t
San Juan	87 75 pc	<b>8</b> 7 75 pc	87 75 pc	87 74 s
Seoul	42 29 pc	42 26 s	38 24 pc	40 27 s
Sydney	77 62 pc	<b>68 49</b> c	68 47 s	74 56 s
Tokyo	53 49 pc	55 49 c	54 42 s	51 37 s
Toronto	45 28 c	32 19 c	33 32 sn	34 22 pc
Winnipeg	22 16 sf	21 6 pc	33 20 c	26 17 pc
Zurich	51 49 c	50 44 r	52 43 c	50 42 r

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# Community Calendar

November 17 at 9:30 a.m.-The Puerto Rican Association for Human Development, Inc. invites the community to celebrate Puerto Rico Discovery Day. A mass at 9:30 a.m. at La Asuncion Church, 777 Cortlandt St. and a 12:30 p.m. mass at Our Lady of Fatima Church, 380 Smith St., Perth Amboy. A flag raising ceremony at the City Hall Circle at 2:30 p.m. For more info., call (732) 442-1081. November 17 from 7:30-11:30 p.m.-Woodbridge area Widows or Widowers will hold a Dance/Social at the Elk's Hall, 665 Rahway Ave., Woodbridge. Cost is \$8, live band and refreshments will be served. Call (732) 297-1775.

November 18 at 7:30 p.m.-The Raritan Bay Medical Center's Old Bridge Auxiliary will have an open meeting. The meeting will be held in Auxiliary Hall B and C, lower level of the Old Bridge Medical Arts Bldg. Call (732) 324-5006 for more info.

November 18-The Raritan Bay Medical Center's Immunology and Infectious Diseases Dept. will sponsor an HIV support group meeting. Anyone coping with, or affected by HIV, is welcome to attend. The meetings are held at the Raritan Bay Medical Center, 530 New Brunswick Ave., Perth Amboy. Call (732) 324-5022 to register and more info.

November 18 from 7-9 p.m.-Raritan Bay Medical Center's Cardiac Club will hold their meeting at the Raritan Bay Medical Center, 530 New Brunswick Ave., Perth Amboy, in Centennial Hall. For more info., call (732) 324-5178.

November 19 from 6-8 p.m.-A Rheumatoid Arthritis Forum will be held at Robert Wood Johnson University Hospital, Brunswick, Medical Ed. Bldg. auditorium, a free light supper will be served. Space is limited, pre-registration is necessary. Call toll free 1-888-467-3112 or (732) 283-4300 to register.

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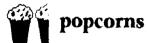
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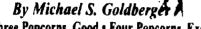
LEGAL ADVICE when BUYING or SELLING a HOME

# YOUR ARTS & ENTERTAINMENT NEWS

## POPCORN "I Spy"

Should Have Been Kept A Secret





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

Attempting to create a new salt and pepper sensation whilst resurrecting the 1960s TV hit, "I Spy," director Betty Thomas's big screen version instead presents us with a pair of secret agents that are much more like oil and water. Failing film chemistry #101 through no specific fault of their own, Eddie Murphy and Owen Wilson rarely connect comedically. Of course one can never tell what might have developed if the script by committee (no less than four scribes are credited) had supplied at least one of the protagonists with some funny lines. It's traditionally a requirement of comedies.

As it stands, or flops, to put it more exactly, the starcrossed pairing might remind you of that rather uneasy time when your family visited those relatives you had never met before. Everything was a little off kilter, wasn't it?

First of all, their house smelled funny. Not a bad odor, mind you, but how could family members of yours have a house that smelled like that? Why, even something about their dog didn't seem right. Who would want a dog like that...not fluffy like ours? And what made it even weirder was that all the grownups seemed to know each other, as they chimed right into conversation about things that happened

long ago in another universe, B.Y.---that is, before you. You thought you knew everything about these people who called themselves your parents.

How suddenly lonely. But here's the worst part. Lo and behold, you are introduced to your cousin. Or more appropriately, your cousin is foisted upon you. And solely because you are "the children," you are expected to play with each other...and like it...while the parents go on and have a jolly old time, without the likes of you. You are incredulous, even though you don't know the word yet. Your brown corduroy pants get even itchier than usual. Don't they understand? You have real friends at home, friends that it has taken you a lifetime to cultivate. You have your play routines down pat. You don't play with just anybody. Of course exceptions can be made depending on the quantity and quality of the stranger-cousin's toys, and his willingness to share. But even then, the experience is uncomfortable at best.

All of which goes to illustrate that, with no great jokes to share, Messrs. Murphy and Wilson are like strangercousins. Metaphorically, the performers are the children. But instead of being asked to play, they are urged to entertain: "Go-ahead, you're actors; you should be able to be funny,

no matter how inappropriate the matching."

Oh, that it were that easy. Hence, the unappetizing concoction that results is the usual, mindless mixing of halfbaked spy plot with freshly strained attempts at buddybuddy farce. Not even an homage either in spirit or deed, there is virtually little resemblance to producer Sheldon Leonard's original TV version starring Bill Cosby and Robert Culp.

In that groundbreaking series, Mr. Culp was Kelly Robinson, international tennis star; Mr. Cosby was his trainer, Alexander Scott. But that was just their cover, see. They were actually secret agents. Their celebrity identities provided them with ready entree around the world. And along the way to saving the United States and its institutions from threatened destruction, the duo regaled us with dry-witted banter and, by their harmonious example, the noble hope of brotherhood among the races.

The only hope we have to hang on to while viewing "I Spy" circa 2002 is the certain knowledge that it will end, and that eventually we'll be able to go home. It's bad enough that Murphy and Wilson are nothing like the originals. But even worse, save for a scant two scenes---one, a humorous confessional while biding their time in a Budapest sewer, the other when the boastful Murphy plays Cyrano to the reserved Wilson---they establish no

camaraderie whatsoever.

In this permutation, Murphy is Kelly Robinson, middleweight boxing champion of the world and blowhard extraordinaire. The CIA recruits him because his stardom can provide important access. As luck would have it, or more correctly, as the contrived plot would dictate, it just so hap-

pens Robinson will shortly be defending his crown in Budapest. And that's precisely where Gundars, a world class evildoer portrayed by Malcolm McDowell, is holding a bash to auction off his newly acquired (read: stolen from the U.S.A.) weapon of mass destruction---an invisible air-

(Popcorn continued on page...)



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# YOUR ARTS & ENTERTAINMENT NEWS

# Chicken Soup For The Parent's Soul: Do You Have A Story?

AREA—Do you have heart-warming, insightful and powerfully moving stories about parenting? The authors of the New York Times Best Selling book series Chicken Soup for the Soul are currently seeking stories to include in Chicken Soup for the Parent's Soul. So far, Chicken Soup for the Soul titles have literally transformed the lives of millions of readers from all walks of life.

What makes a good Chicken Soup for the Soul story?

A Chicken Soup story is an inspirational, sometimes emotional, often humorous, true story, that opens the heart and re-kindles the spirit. It is the personal account of an event, a relationship, an obstacle overcome, a lesson learned or a dream filled that helps the reader discover basic principles they can use in their own lives.

Some of the topics will include: The Birth of Your Child, Discipline: Challenges and Triumphs, The Magic of Encouragement, Coping with Your Kids Feelings, Insights: Lessons Learned from Your Children, The Wisdom of Your Children, Out of the Mouths of Babes, Special Moments, The Challenge of Making Time for Yourself and Your Relationship, Overcoming Obstacles.

If you have a great story about an experience you've had during midlife and would like to be included in Chicken Soup for the Parent's Soul, send your stories to: Chicken Soup for the Parent's Soul, Box 31453, Santa Fe,

NM 87594-1453 (keep copies as we are unable to return submissions). Fax to: (505) 989-4486. Or e-mail stories to samarstone@earthlink.net. The maximum word count is 1,200 words. For each story selected for the book, a 50 word biography will be included about the author and a permission fee of \$300 will be paid for one-time rights. There are no limits on the number of submissions. Stories must be received no later than Dec.

### CSI Center For The Arts Announces Its 2002-03 Season

AREA—Tickets are on sale at the College of Staten Island Center for the Arts box office for the Center's fifth season for the month of October. For more information or for ticket sales, call (718) 982-ARTS.

Saturday, November 16 at 3 p.m.–Nego Gato

The beauty, variety and dynamic power of Afro-Brazilian culture emanates through the artistry of the Nego Gato Music and Dance Ensemble and its Artistic Director Jose Sena. Audiences hear the secrets of the Nego Gato, his soulful compositions that blend the stories of the Orixas and his life-playing

Capoeira in the streets. Tickets are \$15, \$12 and \$10.

8 p.m.

Chicago City Limits

New York's longest running comedy revue is taking its show on the road. Interactive and new every night, Chicago City Limits spontaneously generates laughs based on audience suggestions and their own brand of high-energy, low-impact comedy. CCL has been the training ground for television hits as such Saturday Night Live and The Drew Carey Show. Tickets are \$25, \$20 and \$15.

Friday and Saturday, \$15.

November 23 and 24 at 8 p.m. and Sunday, November Saturday, November 16 at 25 at 3 p.m.-The Acting Company presents: As You Like It, by William Shakespeare

> Straight from the Julliard School on their latest adventure, the Acting Company gives life to Shakespeare's story of love and exile. One part diverting amusement and two parts journey of discovery, this classical comedy is a series of variations exploring haunting questions: the natural vs. the man-made world, generosity vs. self-interest and love. Tickets are \$25, \$20 and

## Hall & Oates At State Theatre

AREA—Daryl Hall and John Oates, known for their catchy take on soul music, found success in the 1970s and 80s, including six number one singles and six platinum albums. These memorable peformers will grace the stage of the State Theatre in New Brunswick on Nov. 26 at 8 p.m.

"You've Lost That Lovin' Feeling," "Maneater," "She's Gone," "Sara Smile," "Kiss On My List," "Private Eyes," "I Can't Go For That (No Can Do)," and "I Did It In A Minute" are only a few of their hit songs.

Tickets are available at the State Theatre Box Office or by calling (732) 246-7649 or 1-877-STATE-11. Tickets are also on sale online at www. statetheatre.nj.org or www. tickets.com. For your convenience, information regarding the State Theatre can be found by visiting www.njconcerts. org.

Tickets are priced as follows: \$68, \$48, \$38 and \$28.

### opcorn

(Popcorn continued from page...5) plane called the Switchblade. Playing the champ's antithesis, as if that fact in itself might be funny, Owen Wilson is Alexander Scott, a bona fide secret agent whose retiring demeanor suggests Bob Newhart much more than it does James Bond. Robinson calls Scott "surfer boy." In Scott turn, criticizes Robinson's braggadocio and tantalizes him with nifty secret agent gadgets to hold his interest and wheedle his cooperation. That's about as stimulating as it gets.

Thus to fill space that would otherwise amount to a continual pause as we waited in vain for the joke, any joke, director

Betty Thomas paints the screen with one typical spate of cacophonous derring-do followed by the next. But thank goodness for little blessings: Save some for switcheroos at the climax, the plot is simple. And so at least we're not confused as well as bored. However, if ever offered the opportunity to see "I Spy" again, given my druthers I think I'd opt instead to spend some quality time with that long lost cousin.

"I Spy," rated PG-13, is a Sony Pictures release directed by Betty Thomas and stars Eddie Murphy, Owen Wilson and Famke Janssen. Running time: 96 minutes

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# YOUR HEALTH NEWS

# Learn How To Reduce Your Dependence On Glass And Contact Lenses

by Dr. Jaime Santamaria

AREA-LASIK is now the most popularly done refractive surgery procedure in the world. It is an operation performed for people who want to reduce or eliminate their dependence upon glasses.

LASIK is a procedure where a flap formed in the cornea, using one of the various kertomes ("corneal cutter"). The cornea is then treated with an Eximer laser to change its curvature before the flap is placed back into position. The procedure normally takes five minutes per eye and is not felt by the patient due to the use of anesthetic drops. The Eximer laser is controlled by a computer, which appropriately reshapes the cornea depending on the person's prescription.

LASIK is quite accurate for patients who have myopia (nearsightedness), and also is reasonably accurate patients who have myopia and astigmatism. It is also effective in treating hyperopic patients (farsighted).

eye prescription to correct his or her vision. The prescription needed for distance is not the same, as that need for reading. This condition which is normal

in all patients, is called presbyopia, taken from the Greek meaning "elder's vision." Many patients, therefore, who are treated with LASIK and who are over forty frequently need reading glasses also.

In some patients the reading glasses can be avoided by doing a treatment creating "mono vision." In this treatment one of the eyes, usually the dominant eye, is chosen for the distance correction. The other eye, or non-dominant eye, is chosen for the reading correction.

This works well for many patients. However, some patients cannot tolerate using one eye for distance and the other for reading. Of course, before a doctor would recommend such mono vision treatment, it is very important to very carefully allow the patient to use trail frames in the office to make absolutely certain that the prescription is exactly what they would like to have.

Therefore, LASIK procedures in patients who are over forty definitely involve a com-A patient over the age of prise: treating both eyes for forty does not have just one distance and using reading glasses, or correcting one eye for distance vision and the other one for reading.

> For some patients, neither one of these options is accept-

able. However, there is now a relatively new treatment which is being performed in patients over forty who would like to not only have their distance vision corrected, but also their reading vision. This treatment is called a "clear lens extraction."

It involves performing a surgical procedure exactly the same as is performed for patients who have cataracts, but instead of placing a normal intraocular lens commonly used for this is made by the Allergan corporation and is known the "Array®" lens. If patients are selected carefully and correctly, clear lens extractions is not only very advantageous, but also obviates the need for any future cataract surgery. Some have called the operation an operation for all time.

Not everyone is a candidate for clear leans extraction or LASIK. Patients who have other diseases such as macular degeneration, glaucoma, or corneal dystrophies are not good candidates for either pro-

Dr. Jaime Santamaria, who performs both LASIK and clear extractions, is the Director of Santamaria Eye Center, with offices in Perth Amboy and Edison. He is the

author of numerous peer review and scientific publications, including some on the safety of refractive surgery. He also serves as Assistant Clinical **Professor** Ophthalmology at Columbia Presbyterian Medical Center in

New York, and is a member of the Wills Eye Hospital surgical network.

More information or an Dr. appointment with Santamaria for these procedures can be obtained at 732-826-5159.

# OUSLEY

#### President

# **Vote For Progressive Change Perth Amboy Area NAACP**

**Date:** Monday November 18th

**Time: 4-8 PM** 

Place: Olive Street Community Center

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- Will help to organize Youth Programs
- Provide information to keep members informed in community issues such as housing, education, legislation etc.
- Network with State and National NAACP
- National scholarships for our youth

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**JACQUELYN** 

SANTAMARIA

Secretary

# Factors To Consider When Selecting A Location For Surgical Procedures

PERTH AMBOY-At a time when medical advances have made it possible to perform certain surgical procedures outside of a hospital setting, patients should take careful considerations when determining if an office or hospital setting is most appropriate. Endoscopy is one such procedure that should be well evaluated.

Endoscopies are performed for various reasons, such as determining if a patient has reflux or an ulcer. They are also often used to provide a colon screening for cancer or study the gallbladder and pancreas.

Patients who are facing an (continued on page...13)

# Trust Your Eyes To Someone Who Cares

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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 Allergan Array® multifocal, intraoccular 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 PhacoGard<sup>IM</sup> 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 Fye Center your partner in healthy vision, visit our offices at 100 Menlo Park Drive, Sinte 408 (South Side of Menlo Park Mall), Edison, and 104 Market St., Perth Amboy

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# E640634225 YOUR FINANCIAL NEWS

# Unity Bank President Issues Annual Message

year quarter.

On Oct. 23, Unity Bank President Anthony J. Feraro released his annual message.

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In it, he said, "As 2002 comes to a close, I am very pleased to report that Unity has continued to

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make marked earning improvements, and we are on target to achieving our financial goals for the year. Unity recently reported net income of \$962 thousand, or \$0.17 per diluted share, for the quarter ended Sept. 30, 2002, a 32.5% increase compared to \$726 thousand from the prior

"For the nine months ended operating earnings were \$2.7 million, or \$0.48 per diluted share, a 155.7% increase from the \$1.1 million earned for the same period a year ago. This increase in earnings is due to both increased revenue and ongoing expense controls.

"For the September 2002 quarter, return on average assets was 0.92%, return on average common equity was 13.55% and the efficiency ratio was 67.15%. Our earnings target for 2002 is between \$0.65-\$.07 per diluted share, I am confident that you will see continued improvement

in our earnings and performance ratios in 2003.

"In the third quarter 2002, Unity terminated its discussions with First Bank of Central Jersey (FBCJ). Based on our further due diligence, Unity and FBCJ could not reach a definitive merger agreement. We are committed to building the Unity franchise with both core and purchased growth. We will continue to look for opportunities in our marketplace, which will enhance our franchise and contribute to shareholder value.

"We recently announced a stock repurchase program for up to 10% of Unity's outstanding stock.

"We believe that our stock is undervalued relative to our peer group and look to maximize earnings by reducing the number of outstanding shares. The buyback program will be funded from the \$9 million Trust Preferred Capital Offering, which

was issued on September 26. 2002. "As a result of the recent exercise of all remaining stock purchase warrants initially issued on July 13, 2001, and the capital raised in the Trust Preferred Capital Offering, our capital levels have increased significantly.

The improvement in our capital base will provide us additional flexibility needed to grow the Company and increase our earn-

"Our team, Team Unity, has worked extremely hard to make this institution something that all our shareholders and depositors can be proud of. Yet their message to me is, 'you have not seen anything yet!' Join me in looking forward to a New Year, and an even more improved Unity.

"As a Unity stakeholder, I would like to thank you for your continued support. I hope that you make use of all that Unity has to offer for your financial service needs."

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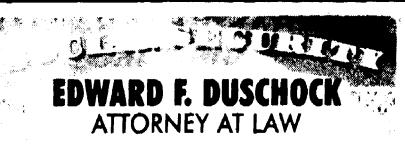
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GE-00-265a(7/00)

# Five Tips To Make Cheap Mortgages Pay

(NAPSA)-Time to buy a home or refinance your mortgage? With rates at their lowest levels in 36 years, the challenge is not just finding the best rate but finding the best terms, experts agree.

Many lenders are offering nominal rates dropping below six percent. However, the total cost of the loan-the annual percentage rate (APR)-will be higher depending on how much you pay in origination fees and other costs to get the loan. The rough rule of thumb is that costs equal to one percent of the loan amount add 0.25 percent to the stated loan rate. So, if your stated rate is 6.45 percent and your lender charges you a one percent origination fee, your APR would

be about 6.7 percent.

A \$150,000 30-year fixedrate loan with a nominal rate of 8.5 percent in May 2000 (and an APR closer to 8.8 percent) may now cost you as little at 6.2 percent with the APR at just under 6.5 percent.

This knocks the principal and interest payment down from \$1,253 to \$919, a drop of \$235 a month.

Small wonder refinancing accounted for up to 75 percent of all loan business in 2001. How to get the best deal? Here are some tips according to Charlie Blaine, managing editor of personal finance for MSN Money:

- Do some serious shopping and pay attention to costs and the APR. The best mortgage deal balances the rate against the costs. Your lender may be prepared to offer less of a rate cut in exchange for lower costs. It's one thing to get a 6.1 percent loan-but the lender may charge an origination fee equal to two percent of the loan and related costs, boosting your APR to 6.6 percent. If you're borrowing \$150,000, that's \$3,000 in additional costs, payable now. At 6.4 percent, it might not cost you anything except the filing fees.
- Make sure you know how long the lender will guarantee

(continued on page...9)



# YOUR SCHOOL NEWS

# Union Catholic's Hollywood Night Gala

**SCOTCH** PLAINS - The 40th Anniversary Committee of Union Catholic High School is hosting "The Hollywood Night Gala" on Saturday evening, Nov. 16, at 6:30 p.m. The event will be held at Union Catholic High School, 1600 Martine Avenue, Scotch Plains, New Jersey.

The event is one of several activities celebrating Union Catholic's 40th Anniversary. Proceeds from the event will benefit Anniversary activities and the school's Scholarship Endowment Fund. Guests

# Five Tips To Make Cheap Mortgages Pay continued

(continued from page...8)

the rate. Lenders will typically lock in loan rates for 30 days, sometimes 60 days. What you want is a "float down" option. That means that if you commit to take a loan at 6.4 percent and rates fall to 6 percent, you can get the lower rate.

- Play hardball if rates fall after you've locked in. Call the lender and make him a dealeven if you've put up money to start the mortgage process. The thousands you save over the life of the loan will easily offset giving up a few hundred dollars.
- Calculate how long it will take to earn back the costs of refinancing. On the \$150,000 loan, let's say your rate is dropping two percentage points or so and saving you \$230 a month-but the costs are two percent of the loan amount. It will take just under 13 months to recover the costs of the new loan from the lower monthly payment. If your loan rate is dropping just a percentage point, it may take closer to three years to recover the costs.
- Don't forget taxes. If you cut your interest costs by \$2,000 a year the interest saved becomes taxable income.

For more information on managing your finances to purchase a home, visit CNBC MSN Money (http://www.money.msn.com) or use the planning tools within Microsoft Money software to help you prioritize and reach your home-buying goals.

attending "The Hollywood Night Gala" will enjoy an elegant evening beginning with hors d'oeuvres and cocktails, followed by an entertaining comedy and cabaret show.

During the Cocktail reception, The "Celebration Singers", a popular local community chorus based in Cranford, will perform from their show songs "American Fare" featuring Broadway, Gospel, Spiritual and Patriotic songs.

Following the cocktail reception, Richie Byrne, recently seen on, "The Rosie O'Donnell Show" and on VHI's "Stand-Up Spotlight", will entertain guests with a comedy show.

The Cabaret show will feature Diane Foster performing "Hollywood Through The Ages". Foster, a native of Union, has extensive theatre credits including performances at New Jersey's premiere theatre, The Papermill Playhouse, in Follies and the American Premiere of Children of Eden. Diane has also performed off -Broadway at the award-winning Six Goumbas

# Charter Schools Success Rates Extremely High

AREA—A new report released on Oct 16 by the Center for Education Reform (CER) details the continued success of charter schools with a focus on accountability as the key difference between charter schools and their district counterparts.

Today's report, titled, "Charter School Closures: The Opportunity for Accountability," identifies the closures and provides insights into the operational challenges of this growing reform.

"The news here isn't that some charter schools have failed but that so many have succeeded," noted CER president Jeanne Allen. "Today roughly 11 percent of traditional public schools have been designated as failing and it's not clear any of those will close as a result of their deficiencies. The fact that charter schools can and do close for educational deficiencies underscores the importance of this reform to

...13-22-23-30-31-44

9-11-12-17-20-25

THURSDAY, Nov. 7

all of public education."

As of October 2002, 194 charter schools-or 6.7 percent of all charters ever opened- have been closed due to some sort of deficiency or disagreement with the sponsoring authority. Of these, 154 are detailed in this report, while the other 40 are more recent and currently under review. Another 77 schools were consolidated or merged with other schools by school districts, which originally approved the charters but decided, often well before the actual charter was up, that it was to their benefit to pull the charter back; 60 are detailed in this report. Finally, 84 schools that were approved never opened.

According to the most recent data compiled by CER there are approximately 2,700 charter schools operating in 36 states and the District of Columbia. There are 40 charter school laws.

8-47-64-68

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. . . . 18-26-28-68

and A Wannabe. The evening's performance will be followed by dessert and a silent auction. This promises to be a fun-filled, enjoyable evening. The donation

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# EDITORIAL



Assemblyman
John Wisniewski's
Report
From
Trenton

### Get Your Flu Shot

The chill is in the air and the leaves are falling. The jackets and sweaters are out of the attic and the fireplaces are blazing once again.

With fall in full swing and winter just around the corner, now is the time of the year when you can take steps to make your winter safer and healthier by getting a flu shot. According to the Center for Disease Control, "the single best way to prevent the flu is for individuals, especially persons at high risk for serious complications from the flu, is to get a flu shot each fall."

The flu is spread by the highly contagious influenza virus. And if you've had the flu before, I don't need to tell you about the symptoms. But just in case you haven't, be advised that if you are running a fever, have a headache and body ache, are very tired, and are congested, you may have the flu.

risk for contracting and experiencing complications with the Chrifu. Persons over the age of Street 65, those who suffer from p.m. metabolic disease or reduced immune systems, and women these who are more than three Midd months pregnant during flu Heal season are all advised to get a 745-flu shot.

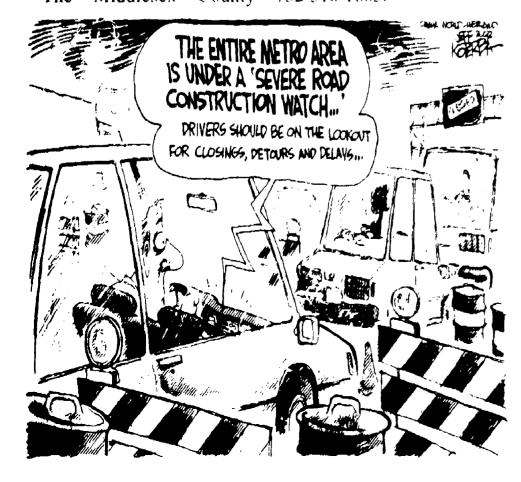
There is no approved treatment for the flu other than getting lots of rest and drinking plenty of fluids. The best way to handle the flu is not to get it.

The Middlesex County

Public Health Department will be offering flu shots free of charge at several times and locations in the next two weeks. Be advised that to obtain a free flu shot you must be over the age of 18 and a resident of Middlesex County. By the end of the vaccination season, the Middlesex County Department of Public Health plans to administer over 15,000 free flu shots to the residents of Middlesex County. Remaining dates are as follows:

- Nov. 18 Middlesex County Fire Academy, 1001 Fire Academy Drive, Sayreville from 10 a.m. - 1 p.m.
- Nov. 18 Old Bridge Senior Center, Municipal Complex - Route 516 from 5 p.m. – 7:30 p.m.
- Nov. 20 New Brunswick City Hall, 78 Bayard Street from 9 a.m. – 11:30 a.m.
- Nov. 20 Suydam Street Reformed Church, Suydam and Drift Streets, New Brunswick from 1 p.m. – 3 p.m.
- Nov. 21 Perth Amboy Delaney Homes, Community Center, 600 Chamberlain Avenue from 9:30 a.m. - 11:30 a.m.
- Nov. 23 South Amboy Christ Church, 220 Main Street from 9 a.m. – 12:00 p.m.

If you are unable to make these dates, you can call the Middlesex County Public Health Department at 732-745-3100 or see your personal physician. For more information on flu shots, you can also check out the Center for Disease Control's website at www.edc.gov or contact my legislative district office at 732-316-1885.



# Guest Editoria

### A Time To Stand Taller Than Ever

A story by Anthony Zaleski Jr. and Henry Damen

In a time when "realists" chicken out and disagree, and a time where the talk is of elections and war, terrorists, baseball and stock market ups and downs, we must cleave to the commitment of 9-11-01.

The government allocated funds to restore New York through a touchy job for a memorial, The Building is Obvious. The words "rebuild" and "The Power of Pride" and "Still Standing Tall," accompany flags everywhere and its

been very clear to me since I saw the Towers Smoke and Fall. This country cannot fall to rebuild in a "Gargantuanstyle,." Men and Women died as heroes in that spot and overseas for that spot, it was brave blood that fuels the Optimistic-American-Spirit to triumph and boldly overcome. It is from some of our lowest and desperate times that this country unites and conquers. We went back to space after the Challenger disaster, we rebuilt the Pentagon, and the planes fly again out of more secure airports. It's time to show terrorists they're defeated and stun the world with a record height in New York City. Where it always belonged, on the spot paid for by the blood of American Heroes. It is because of this spirit, I've created my concept: "A Building that can destroy planes." It's currently in the process of being submitted to Lower Manhattan development Co. I say: "Let the Ironworkers get the cranes moving."

God Bless America.



The Atom Tabloid & Citizen ~ Gazette wants to hear from you. Letters to the editor will be published weekly on the editorial page, as space allows.

All letters should be typed and must include a daytime telephone number at which the writer may be reached for verification. Letters should be as concise as possible.

Letters to the editor must be in our office by noon Friday for consideration for publication the following week.

Keep us informed of your feelings and concerns so we can keep you better informed of the events that are affecting your life.

We also welcome guest columns that cover timely topics of interest to all of our readers. Columns should be no more then 500-750 words and should be typed.

The Atom Tabloid & Citizen ~ Gazette reserves the right to edit all letters and guest columns for grammar, spelling, length and questionable content.

Letters and columns may be mailed to: The Atom Tabloid & Citizen ~ Gazette, P.O. Box 1061, Rahway, NJ 07065. They also may be faxed to (732) 388-4143, Attn: Editor, or reach us via e-mail at editor@devinemedia.com.

# Time To Fight Second Hand Smoke

Dear Editor,

The American Heart Association joins with the New Jersey BREATHES, a statewide New Jersey tobacco control coalition comprised of more than 45 leading state, health, nonprofit and civic organizations, to call upon our legislators and Governor James E. McGreevey to remove smoking in all indoor public workplaces, including those workplaces with fewer than 50 employees. Environmental tobacco smoke, also referred to as secondhand smoke, is New Jersey's "biggest workforce health hazard." It's time for New Jersey to replicate the smoke-free indoor air legislation introduced by New York City, Delaware and California.

According to New Jersey BREATHES, 96 percent of New Jersey's work sites employ between one and 49 employees, yet New Jersey has no state or local policies to protect those employees from the deadly health hazard of secondhand smoke kills approximately 53,000 Americans each year The American Heart Association estimates that 37,000–40,000 non-smokers die from cardiovascular disease each year as a result of exposure to secondhand smoke.

Being in a smoke-filled room is worse than smoking a cigarette. The smoke from the tip of a cigarette is twenty times more dangerous than what a smoker inhales. Our citizens and our New Jersey labor force are the Garden State's greatest resources. Our citizens and our

New Jersey labor force are the Garden State's greatest resources. Shouldn't we be doing everything possible to protect the health of our workers and citizens? No one should have to risk his or her life to earn a living. The American Heart Association ioins with New Jersey BREATHES to support an effective smoke-free policy that would:

- Remove smoking in all indoor places, including worksites with fewer than 50 employees, to protect the public and workers;
- Include provisions that allow towns to strengthen the statewide smoke-free law if so desired; and
- Grant enforcement authority to the Department of Health and Senior Services and the local public health officials.

Secondhand smoke kills. During November and Smoking Awareness Month, we encourage more New Jersey businesses, large and small, including restaurants, bowling alleys, bars and other small businesses, to "kick the habit and go smoke-free. Support New Jersey clean indoor air legislation. For more information, call the American Heart Association at 1-800-AHA-USA1.

Charles A. Dennis, MD
Immediate Past-President,
American Heart Assoc.
Heritage Affiliate, Serving NJ,
CT, Long Island and NYC
Chairman of Cardiology
Deborah Heart & Lung Ctr.

# YOUR LOCAL NEWS

# Winnie the Pooh Christmas Carol In Metuchen

METUCHEN—A Forum at Forum Theatre Company is proud to announce the opening of A Winnie the Pooh Christmas Carol for the holiday Performances begin season. Saturday, Nov. 9 and runs through Dec. 29.

This delightful musical for children is an enchanting retelling of the Charles Dickens classic, A Winnie the Pooh Christmas Carol with the A.A. Milne Winnie the Pooh characters in the roles of

Scrooge, Bob Cratchet, Tiny Tim and others. The story centers on Rabbit (Rabbinezer Scrooge), who learns important lessons about kindness and generosity one Christmas Eve. He is visited by the ghost of Jacob Meeyoreley (Eeyore the Donkey) who warns him that he must change his ways, and that the spirits of Christmas Past, Present and Future (all played by Pooh) will guide him.

Audiences will be tickled by the antics of Tigger Cratchet,

Kanga Cratchet, his wife, and Tiny Tim Cratchet (Piglet), ()wl Fezzywig and other characters as they help Scrooge learn the true meaning of the holidays. Brimming with music, humor and magical scenery and costumes, A Winnie the Pooh Christmas Carol is a playful and entertaining way for families to kick off the holiday season.

A Winnie the Pooh Christmas Carol plays at the Forum Theatre, 314 Main Street, Metuchen every Saturday at 11 a.m. Other performances are scheduled at various times on Sundays, Wednesdays, Thursdays and Fridays, with some early evening performances available. A complete schedule can be found on the Forum's website, www.forumtheatrecompany.com. Standard tickets are \$15, with group rates available, and can be reserved by calling the box office at 732-548-0582.

#### **Keystone College Holds** Scholarship Luncheon

LA PLUME—Keystone College, La Plume, Pa., recently held its sixth annual scholarship luncheon to honor scholarship donors and 2002-03 recipients. The luncheon provides students with an opportunity to meet the donors who make it possible for them to pursue their education at Keystone College.

Cheryl Brandt, of Parlin, received the Manchester Family Scholarship. Brandt is a freshman in the criminal justice program.

# **New State Street Redevelopment Project Approved**

PERTH AMBOY—The Perth Amboy Planning Board has approved the final site plans for a new redevelopment project that will transform three vacant lots on State Street into an attractive commercial/residential plaza. The project, known as State Street Plaza, is being constructed by local developer JBW, Inc.

"State Street Plaza is a fine example of the more intimate public/private partnerships that are helping us rebuild Perth Amboy street-by-street, neighborhood-by-neighborhood. JBW has demonstrated, through various improvement projects, that they are committed to improving the economic and aesthetic landscape of our city," said Mayor Joseph Vas.

The attractive three-story structure will compliment the city's recent efforts to beautify the State Street area through a Streetscape Project that added all new sidewalks, curbing, trees and ornamental lighting. State Street Plaza will boast similar aesthetic characteristics in the form of an exterior colonial brick-face facade.

Interior plans call for a total of four office units, with two each on the first and second floor. The third floor will contain four onebedroom apartments. The project also includes a minimum of 8-10 parking spaces, while additional parking will be available in the adjacent Salvation Army parking lot.

The project, located at 421 State Street, is part of the East-Area 2 of Perth Amboy's FOCUS 2000 Redevelopment Plan. The property was sold to JBW, Inc. by the Perth Amboy Redevelopment Agency (PARA) who had acquired the title through foreclosure. JBW, Inc. has been committed to assisting the City of Perth Amboy in its revitalization efforts through a combination of commercial and residential redevelopment projects, most of which are located along Amboy and Hall avenues.



STUDENTS GO APPLE-PICKING—Students from the Pre-K classes of The Wardlaw-Hartridge School in Edison enjoy a morning of apple picking in Oldwick, NJ. Angelina McGee of South Plainfield, left, Mauranda Men of Colonia, and Bobby Schenosky of Edison get a helping hand from one of the room mothers. Alpha Bhagat. Children learned about the structure of apple trees and the fruit, got to crank the apple cider press, taste the cider, pick one apple from a tree in the orchard, and take home a small pumpkin. Wardlaw-Hartridge is an independent school community that believes education isn't limited to the confines of the classroom walls. Photo Credit: Susan Dougherty.



Due to the Thanksgiving Holiday, we will have the following deadlines...

For our November 29th issue. **Editorial Material** 

Nov. 15 at 5 p.m.

**Space Reservations For Ads** 

Nov. 19 at 12 Noon **Ad Materials** 

Nov. 20 at 12 Noon

Classified Ads Nov. 21 at 5 p.m.

**Public Notices** 

Nov. 25 at 10 a.m. or our December 6th issue

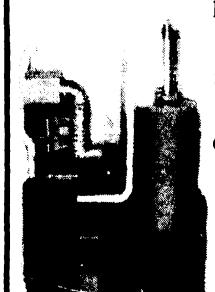
**Editorial Material** 

Nov. 25 at 5 p.m. pace Reservations for Ads

Nov. 26 at 3 p.m.

Other Deadlines as Normal





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by Jeff Pickering

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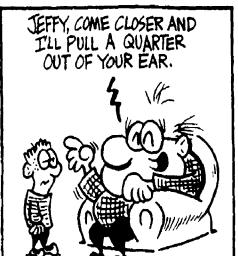
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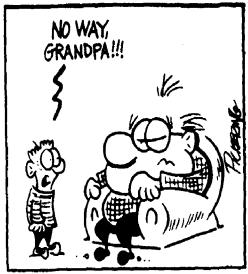
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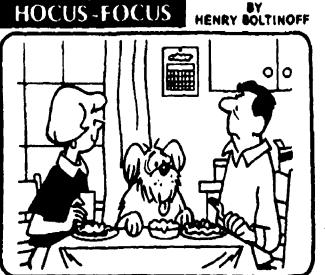


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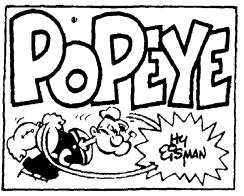




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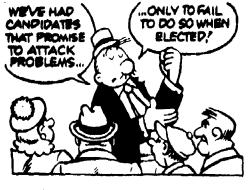


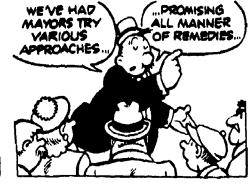
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# YOUR AREA & STATE NEWS

# Wisniewski: Carbon Monoxide Deaths Point To Need For Detector Requirement

STATE—Assemblyman John S. Wisniewski has introduced legislation that would require the installation of carbon monoxide detectors in all single and two-family homes in New Jersey.

"The recent spate of carbon monoxide deaths demonstrates that we must move immediately to put this vital public safety measure in place," said Wisniewski (D-Middlesex). "It's time people realized that lives are being placed unnecessarily at risk."

Wisniewski's action comes in the wake of five carbon monoxide-related deaths that recently occurred on consecutive days in his legislative district:

- Oct. 28-a Colonia couple, Joseph and Patricia DiNapoli, and two of their six adult children were found dead, victims of carbon-monoxide poisoning from a malfunctioning heating system due to a blocked chimney.
- Oct. 29-a 76-year-old Ana Maynard of Carteret died after carbon monoxide leaked from a faulty furnace inside her home.

Additionally, seven Newark residents, who complained of dizziness, were treated at a hospital on Oct. 29 for suspected carbon monoxide poisoning. Authorities say a new boiler was being installed in the basement of their apartment complex and the exhaust pipes were apparently installed improperly, feeding CO into the family's apartment.

"Carbon monoxide is a deadly colorless, odorless gas, a byproduct of furnaces and automobiles," said Wisniewski. "It's a silent, lethal killer that can strike in new homes as well as old ones."

Current state law requires the installation of CO detectors in all newly constructed multi-family structures, hotels, and boarding homes. Legislation, sponsored by Assembly Deputy Speaker Nellie Pou (D-Passaic) in 1998, sought to extend the requirement to single-family dwellings but former Governor Christie Whitman took that provision out of the bill before signing it in February 1999. Whitman gave the Commissioner of Community Affairs the power to determine when CO detectors should be required in single and two-family homes. The commissioner has not yet made that determination.

Wisniewski's bill would require—within two months after the measure is signed into law—the installation of carbon monoxide sensor devices in single- and two-family homes which present a potential carbon monoxide hazard.

A proposed Senate measure would only require detectors in new construction and before existing homes could be sold.

It is estimated that there are about 500 accidental deaths annually and around 2,000 suicides attributed to carbon monoxide poisoning, according to the Centers for Disease Control and Prevention. Approximately 10,000 people per year seek medical treatment after becoming ill with headaches, nausea, dizziness, and other flu-like symptoms associated with exposure to carbon monoxide.

"The cheapest way to determine the presence of carbon monoxide is with a fairly inexpensive, low-watt detector that can be easily installed in any home," said Wisniewski. "Carbon monoxide sensors can warn families about the lethal gas before it's too late."

To prevent the buildup of CO in a home, utility companies recommended the following:

- Have heating appliances professionally checked for proper venting each year;
- Never use a dryer, stove or oven as a heating source for a home or apartment;
- Never operate motor vehicles or motorized equipment in attached garages;
- Keep vents and chimneys clear from debris; have fireplaces checked seasonally by a professional;
- Never operate charcoal or gas grills inside garages, tents, trailers or other enclosed spaces;
- Install carbon monoxide detectors, especially near bed-

# Legion Reminds Congress, President Of Unfinished Business: Disabled Military Retirees

WASHINGTON, D.C.—As members of Congress take their traditional pre-election recess and President Bush lends his support in key races, the 2.8 million member American Legion reminds them of unfinished business: ending the government's rip-off of service-disabled military retirees, many of whom were wounded in combat.

The nation's largest veterans organizations continues to remind the administration as well as congressional challengers and incumbents that the veterans community will not give up the fight for enactment of "concurrent receipt" legislation contained in the 2003 National Defense Authorization bill, American Legion National Commander Ronald F. Conley said. Congressional conferees are expected to finalize the bill after the November election. Conley, who met with White House officials on this issue, wants the measure passed now.

"More than a half-million service-disabled military retirees have their retired pay reduced by the amount of disability compensation they receive from the Department of Veterans Affairs. Concurrent receipt legislation should be enacted to put an end to that ridiculous offset," Conley said. "We're not allowing this issue to disappear from our elected officials' radar screen. Both Congress and the administration have the moral responsi-

bility to enact it. If enactment requires Congress to override a presidential veto, then the 402 House members and 83 senators who co-sponsored concurrent-receipt legislation should stick to their guns and take care of the disabled military retirees who once took care of our nation's freedom.

"When concurrent receipt passes, no longer will a disabled veteran, who retires from any other federal agency but the U.S. armed forces, receive disability compensation while the military retiree does not. When this measure becomes law, the average retired E-6, for instance, who receives \$2,300 a month from VA for a 100 percent disability rating, will no longer sacrifice about \$1,500 in monthly retired pay due to an obsolete, century-old federal law. Retired pay is for serving honorably for at least 20 years on active duty and disability compensation is for a condition sustained during military service. Clearly, those who deserve both payments should receive both. Pentagon officials have the audacity to say that a military retiree such as this is 'well-off.'

"We support the president in the war on terrorism. We support him as he prepares to send our troops into Iraq. However, existing law sends the wrong message to those who are fighting today: If you get wounded, you will pay for it ultimately out of your retirement pay."

# Factors To Consider When Selecting A Location For Surgical Procedures continued

(continued from page...7)

Endoscopy should take time to evaluate their options and make an informed decision about their course of treatment. Questions that should be asked include:

- What level of experience and training does the staff assisting with the procedure have?
- How much time will be permitted for recovery?
- What procedures or safeguards are in place should a complication arise?

Endoscopies have been performed at Raritan Bay Medical Center for 25 years. According to Vice President of Nursing Services Constance Patten, RN, "Our nurses who assist in Endo

procedures are highly respected and experienced, work full time in this specialty, and have special certification specific to gastenterology. In addition to the staff experience, a hospital setting provides a level of expertise and resources not available at an office setting."

Raritan Bay Medical Center is licensed by the State of NJ Department of Health, is accredited with commendation from the JCAHO (Joint commission on Accreditation for Healthcare Organizations), meets high standards for infection control issues, and offers patient education and family education. "Should complications arise and additional intervention become necessary, we

are fully prepared to provide the best treatment for our patients," notes Patten.

Utilizing a hospital for Endoscopy procedures is particularly recommended for patients who may be at higher risk for complications. For example, individuals who are very sick, have multiple health issues, heart disease or respiratory problems are especially encouraged to have Endo procedures conducted in a hospital setting.

Patients are encouraged to discuss their treatment with their primary care provider For additional information on the Endoscopy services available at Raritan Bay Medical Center, call (732) 324-5175.



# YOUR AREA & STATE NEWS

# **NJ Cardinals Seeks Players**

AREA—The North Jersey Cardinals organization are looking for players for each of its teams.

All players ages 10 up to 24 years old interested may apply. To find out how to become a player for the North Jersey Cardinals, e-mail cardinals2003(a)hotmail.com or call (201) 581-0238.

# **Applebee's Hosts** "Breakfast With Santa"

Applebee's Neighborhood Grill & Bar restaurants in the New Jersey and Long Island area are inviting children, their friends, families, and relatives to enjoy "Breakfast with Santa" at Applebee's beginning at 8:30 am to 10:30 am on Saturday, Dec. 7.

With the \$10 per person donation to Toys for Tots, you'll have breakfast with Santa, compliments of Applebee's, receive goodies, and just have a great time! Children under 2 are admitted free. All proceeds benefit the US Marine Corps Toys for Tots program. The US Marine Corps Toys for Tots program is just one way Marines build partnerships with their local communities in the fight to bring a ray of holiday hope to deserving children across this country each year.

You can make reservations for Breakfast with Santa by visiting or calling the restaurant you would like to attend. Call the restaurant in Edison at 732-

Introcaso

CLEANERS

AREA — Thirty-four 516-0040, in Linden at 908-523-1200, or in Woodbridge at 732-855-5300. Reservations are by advance purchase only and there is limited seating for this event so call or visit now.

> During the breakfast, each child will receive breakfast and goodies. Every adult accompanying a child will receive breakfast and a raffle ticket for Parents are door prizes. encouraged to bring a camera to photograph their child with Santa.

In addition to the breakfast, Applebee's is also offering paper gift packages for \$1 to raise additional proceeds for Toys for Tots to assist the Marines in acquiring toys appropriate for all age groups. Each paper gift pack will be prominently displayed within the restaurant. Stop by your local Applebee's and put a smile on a child's face this holiday season by donating to this worthy cause.

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# **Campaign Against Hunger Begins**

EDISON The Stop & Shop Supermarket Company recently kicked-off the 13th annual Food for Friends program to raise funds for more than 300 local hunger relief organizations throughout five states.

"Providing meals to those who need help is a cause that directly impacts each community in which we operate," commented Bill Holmes, EVP of Operations for Stop & Shop. "The Food for Friends program gives each store the opportunity

to partner with the community to raise money that benefits those in need."

As part of Stop & Stop's Food for Friends campaign, each of company's stores-including the 51 in New Jersey-will adopt a local hunger relief organization in the community and host fundraising events such as hot dog and bake sales. In addition, the stores will sell \$1 paper turkeys at checkout. The turkeys can be personalized by each customer and will be displayed throughout the store. Al of the money raised will benefit local hunger relief agencies and Stop & Shop's Second Harvest Food Bank partners. Stop & Shop will match a portion of the funds raised at each store.

& The Stop Shop Supermarket Company, based in Quincy, Massachusetts, employs more than 56,000 associates and operates 330 stores throughout Massachusetts. Connecticut, Rhode Island, New York and New Jersey.

# McGreevey Receives Final Report From Fix DMV Commission

STATE - Following through on his commitment to make the Division of Motor Vehicles more efficient, secure and friendly, consumer James Governor McGreevey, Transportation Commissioner Jamie Fox, and the FIX DMV Commission last week unveiled a bold plan to overhaul the state agency.

"The recommendations of the FIX DMV Commission are the beginning of creating a DMV where the people of New Jersey can conduct their business quickly, efficiently and safely and get the kind of help and respect they need and deserve," said McGreevey.

"DMV reform is a cost of the war on terrorism and it is wrong to think that this agency can be turned around without investment of new resources," said Fox. "Reform will not come easy and it will not be free, but inaction would be far costlier."

The \$200 million plan calls for a wide-ranging series of security, customer service and technology improvements, including an end to privatization. Given the importance of

national events that have propelled identification verification to the forefront, the Commission made recommendations in three key areas of security, customer service and technology.

To improve security at the DMV, the Commission recommends implementing digitized driver licenses, establishing a DMV security czar and installing surveillance cameras, motion detectors, alarm systems and reinforced locks at DMVs.

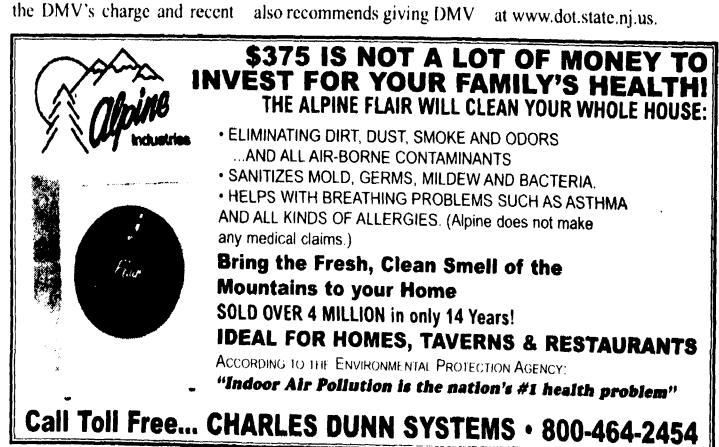
To make the DMV a more customer-friendly agency, the Commission recommends instituting Saturday hours, creating a new phone center to reduce busy signals and wait times, and to provide nametags to employees and customer service training.

In an effort to make the DMV more technologically advanced, the Commission recommends a new computer system that will improve security and reduce customer wait times, a website that will allow for more online customer services, and to allow credit card transactions. The Commission

the governance and funding mechanisms it requires to ensure successful and longterm reform. It urged the creation of a new Motor Vehicle Commission to oversee operations that meet customer, safety and security expectations. A portion of the fees generated by DMV services should be earmarked for the Commission for operational expenses, service and security. In addition, the Commission recommended the creation of a \$150 million DMV Technology and Capital Fund, to correct the longstanding neglect of computer and other capital investments at DMV.

A new, statutorily dedicateight dollar Vehicle Registration Security Surcharge, would generate \$50 million annually for pressing security and customer service operational improvements. Exempt from the surcharge would be senior citizens aged 65 and above.

Copies of the report will be available on the DOT website at www.dot.state.nj.us.



5 MINOR WOLLD !!

# OBITUARIES

#### Joseph G. McAndrews of Sayreville

Mr. Joseph G. McAndrews of Sayreville, (formerly of Staten Island, N.Y.), died Nov. 6 at Summer Hill Nurs ing Home in Old Bridge. He was 71.

Born in Staten Island, N.Y., he lived in Staten Island before moving to Sayreville 12 years ago.

He was employed as a meat cutter, for Benedict's Meat Market in Staten Island for 15 years and then for Trunz Meat Market in Staten Island for six years before retiring in 1989.

Mr. McAndrews served in the Army during the Korean War.

He was a member of Our Lady of Victories Knights of Columbus Council 2061, and a former member of the St. of Bernadette's Knights Columbus, both in Parlin.

His wife, Julia (DiPasquale) McAndrews, died in 1989.

Surviving are two daughters Deborah Dooling of Parlin and JoAnn Cosgrove of South Amboy; three brothers, John McAndrews of Florida, Donald McAndrews of Staten Island and Patrick McAndrews of Brooklyn, N.Y.; a sister, Anne Mattera of Staten Island, and a grandson, Jimmy Dooling of Parlin.

#### Danielle J. Gruskowski of Carteret

Ms. Danielle J. Gruskowski of Carteret died Nov. 5 at Robert Wood Johnson University Hospital in New Brunswick. She was 32.

Born in South Amboy, she was a lifelong resident of Carteret.

She was a member of the Carteret Specials for 30 years.

She was a participant in the Knights of Columbus Buddy Night program for 26 years.

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

Her father, Walter Gruskowski, died in August 2001.

Surviving are her mother, Diane (Rindosh); her grandmother, Mary Rindosh of Carteret; two brothers, Douglas and Derck, both of Carteret; an aunt, Robin Turner of North Brunswick, and two uncles, William Rindosh of Eastampton and Gary Rindosh of Iselin.

#### **Theodora Stamatis** of Fords

Mrs. Theodora (Manikas) Stamatis of Fords died Nov. 5 at Raritan Bay Medical Center, Perth Amboy Division.

Born in New Brunswick. she lived in Woodbridge before moving to Fords 14 years ago.

She was a member of St. Demetrios Greek Orthodox Church in Perth Amboy.

She was a code caller with Dean Witter in Edison for six years. Prior to that, she was a secretary at Perth Amboy General Hospital (now Raritan Bay Medical Center).

Her husband, John Stamatis, and her daughter, Debbie Ortiz, are both deceased.

Surviving are two daughters, Maria Albino of Woodbridge and Barbara Dulin of Fords; a son, Peter Stamatis of Perth Amboy; a sister, June Mustakas of East Brunswick, and a brother, George Manikas of Highland Park; 14 grandchildren and four great-grandchildren; and her beloved companion, Stanley Kislin.

## lda L. Avagliano, 87 of Sayreville

Mrs. Ida L. Avagliano of Sayreville died Nov. 5 at Raritan Bay Medical Center, Perth Amboy Division. She was 87.

Born in Manhattan, N.Y., she had resided in Sayreville since 1976.

She was employed in Brooklyn, N.Y., as a beautician at Matthew's Beauty Salon for 25 years, and had also been employed by A&S Co. for 10 years before retiring in 1976.

Mrs. Avagliano was a communicant of Sacred Heart R.C. Church in South Amboy and a member of the Sacred Heart Senior Citizens Club.

Her parents, Matthew and Maria Avagliano; three brothers, Armando, Salvatore and Alfred, a sister, Eva, and an aunt, Antonetta Portanova, are all deceased.

Surviving are a sister-inlaw, Irene Avagliano of Sayreville; a nephew, John A. Avagliano of Sayreville; a sister, Josephine Avagliano of Staten Island, N.Y., and numerous nieces and nephews and a grandnephew.

### Brian Milton, 58 of Sayreville

Mr. Brian Milton of Sayreville died Nov. 7 at Veterans Administration Medical Center in East Orange. He was 58.

Born in Brooklyn, N.Y., he formerly resided in Sayreville

He was a disabled Army veteran, having served during the Vietnam War and was stationed in South Korea.

His parents, Michael and Mary Milton, are deceased.

Surviving are his sister, Betty Bowes of Sayreville; three brothers, Henry Milton of Edison, Michael Milton of Bronx, N.Y., and John Milton of Southington, Conn., and many nieces and nephews.

#### Theresa Gawronski of Colonia

Mrs. Theresa A. (Wiggins) Gawronski of Mehoopany, Pa. (formerly of the Colonia) died Nov. 5 at her Auntie Gerrie's home in Colonia. She was 39.

Born in Rahway, she resided in Colonia for 27 years before moving to Scranton, Pa., and then to Mehoopany six years ago.

She was a mentor for six years with Mentors Inc. in Pittston, Pa.

Her two sons, Michael A. Gawronski, died in 1979, and Timothy Michael Gawronski, died in 2002.

Surviving are her husband, Robert; a daughter, Eternity Rae Gawronski at home; her "momauntie," Gerrie McCrobie of Colonia; her father, Kenneth Wiggins of South Carolina, and her mother, Ann Marie Bierilo of California; a sister, JoAnn Superior of Rahway; her grandparents, E. Chester and Eleanor Wiggins of South Carolina; two cousins, Michelle and Michael McCrobie, both of Colonia; two nieces, Genny Superior of Long Branch and Krystal Superior of Rahway, and a nephew.



#### Robert C. Barton, 70 of Colonia

Mr. Robert C. Barton of Colonia died Nov. 3 after a long illness, at his brother's home in Florida. He was 70.

Born in Elizabeth, he was an area resident throughout his life, settling in Colonia in 1978.

He was employed by Allied Systems (formerly Anchor Motor Freight) in Linden for 44 years before retiring in 1997.

Mr. Barton volunteered his service to his country during the Korean War from 1950 to 1953. He received several commendations, including the Purple Heart for being wounded in action. He was past commander of American Legion Post 248 and a longtime member of the Disabled American Veterans. Up until his final weeks, he was an active member of the Colonia Elks Lodge.

Surviving are two sons, Robert C. Barton Jr. of Colonia and John D. Barton of Rotunda, Fla.; a daughter, Laura B. Thomas of Ocoee, Fla.; a brother, Howard E. Barton of Lakeland, Fla.; and three grandsons, Ryan and Ross Barton, both of Colonia, and Ronnie Potts of Ocoee, Fla.

### Josphe Hughes, 49 of Colonia

Mr. Joseph Hughes of Colonia died Nov. 6 at home He was 49...

Born in Pittston, Pa., he lived in Newark before moving to Colonia in 1963.

He worked as a fork lift operator for Lolytogs in Port Reading for 13 years until 1999.

His mother, Jane Hughes, died in 2001.

Surviving are his father, Patrick, and a brother, who is also named Patrick, both of Colonia.

#### Herbert V. Gaffney of Metuchen

Mr. Herbert V. Gaffne of Metuchen died Nov. 5 at Francis E. Parker Memorial Home in Piscataway. He was 78.

Born in Brooklyn, N.Y., he lived in Metuchen for the past 51 years.

Mr. Gaffney was an Air Force veteran of World War II and a Purple Heart recipient.

He was employed by Chase Manhattan Bank in New York City for 40 years before retiring 13 years ago.

Surviving are his wife, Jean (Schuster) Gaffney; a son, Kevin Gaffney of Silver Spring, Md.; two daughters, Kathleen Aquadro of Metuchen and Patricia Tobias of Marietta, Ga., and six grandchildren.

#### **Charles Grand-Jean** of Edison

Mr. Charles Paul Grand-Jean Jr. "Charlie" died Oct. 19 at his home in New Bern, N.C.

His parents, Charles Paul Grand-Jean Sr. and Marie Grand-Jean.

He served 31 years with the Edison Fire Department, retiring as deputy fire chief in 1990.

Surviving are his wife, Doreen; his children, Claire Swinson, of New Jersey, Gail Mauro, of New Jersey, Bonnie Simeon, of Ohio, Tammy Goodall, Andrew Goodall of California, Laura Schwamb, of New York City, Georgeen Peaches Pensak, of New Jersey and David Chamalian, of New Jersey: a brother, Robert Grand-Jean and four sisters Claire Liapes, Catherine Arico and Florence Schneider, all of New Jersey, and Eleanor Carter of Florida; ten grandehildren, and many nieces and nephews.

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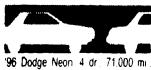
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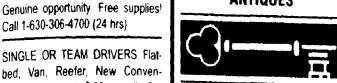
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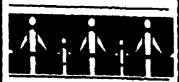
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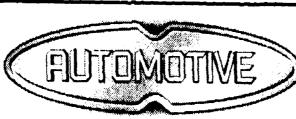
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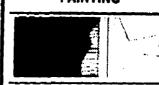
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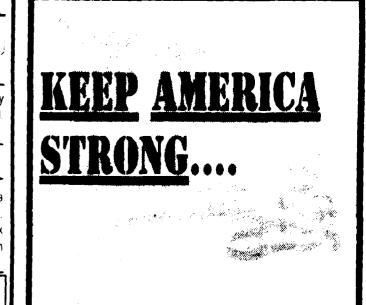
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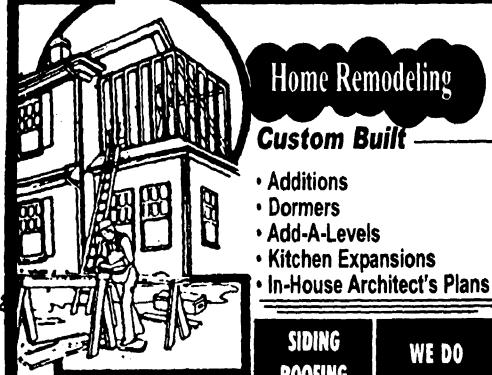
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Why not check the Classifieds? **See pages 16 and 17.** 



# **Seminar On Setting Goals Effectively**

METUCHEN -- "Setting Goals Effectively," the second in a series of Lunch & Learn seminars sponsored by Women Helping Women, will be held Thursday, Nov. 21, from 12 noon to 2 p.m. at Meiling's Restaurant, 435 Main Street in Metuchen. The inspiring workshop, designed to provide participants with the keys to building a personal road map for life. includes a delicious lunch provided by Meiling's. The cost of the Lunch & Learn seminar is \$45. Seats are still available.

"Participants will learn how to "be," "do," and "have" what they want from life," said Ms. Bethann Albert, LSW, workshop presenter. "In a relaxed, pleasant atmosphere, we will talk about goal setting, enhancing motivation and working through the four stages of goal setting."

"Setting Goals Effectively" will teach participants how to create SMART goals, ones that are specific, measurable, attainable, realistic and timely. Specific tips on reclaiming one's resolve and enhancing motivation will also be discussed.

Women Helping Women's Lunch & Learn Series includes three additional workshops for women in January, March and May. Some of Metuchen's best restaurants have generously

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& Reaping the Rewards" -January 30 at The Metuchen Inn, 424 Middlesex Avenue "Making Decisions & Effecting Change" - March 27 at The Cornerstone, 25 New

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held as follows:

"Dislodging the Barriers to Success" - May 15 at The Metuchen Country Club, 244 Plainfield Avenue

agreed to support the new

series. The workshops will be

Effectively" - November 21 at

Meiling's Restaurant, 435 Main

"Learning to Say 'No'

"Setting

Goals

"We are so pleased to offer this incredibly valuable and enjoyable series of educational workshops that will provide hands-on tools for all women to deal with challenging issues in their lives," said Melissa Higgins, executive director. "With delicious lunches provided by the hosting restaurants, the Lunch & Learn series truly provides food for the body and soul."

For more information or to register, please call Women Helping Women at (732) 549-6000. Women Helping Women is a United Way agency serving more than 5,000 women, young children and teens each year with low-cost counseling and support services.



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