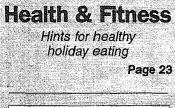
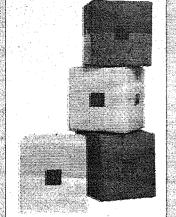
Your Local Connection Subbulbultoban

December 22, 2005

Old Bridge • Sayreville







Last Minute Gifts It isn't too late to buy some great gifts Page 37

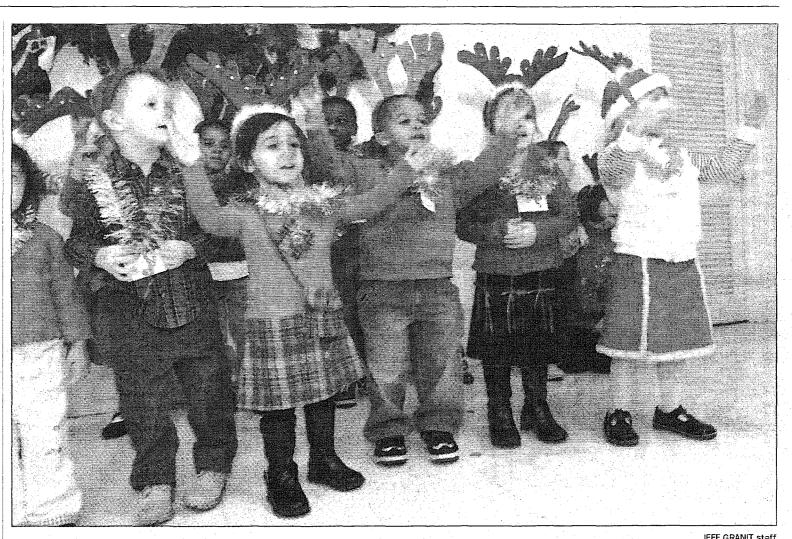
Quote of the week:

"It's fun to be up there and watch the birds fly by 10 feet away. You can also check out the roofs, and make sure [they] are all good in the neighborhood."

> —David B. Schwendeman Milltown Page 32

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JEFF GRANIT staff Reindeer, courtesy of children from the We Care Academy in Old Bridge, sing to seniors at the Summerhill Nursing Home last Thursday. The preschool sends children to offer holiday cheer at the Route 516 facility each year.

Vincenti pleads guilty to taking builder's favors

Former twp. engineer to get probation as part of agreement

> BY LAUREN MATTHEW Staff Writer

Township Old Bridge Township Engineer John Vincenti pleaded guilty last Thursday to charges he took financial favors from a developer doing business with the township.

Vincenti, 43, of Brick, admitted to state Superior Court Judge Fred DeVesa that he received \$3,800 in landscaping services from Atlantic Realty, the builder of the Matchaponix Hills, Matchaponix Estates and Presidential Estates developments in Old Bridge.

The services were solicited and performed at Vincenti's Tall Oaks Drive home between May and August 2003, authorities said.

Indicted by a state grand jury in January, Vincenti was the first of three former Old Bridge officials to be charged with corruption. State officials said he used his position with the township to get the tree removal services for free, promising the developer a good relationship with the township in exchange. The indictment further alleged that he asked an Atlantic Realty project manager to lie to state investigators.

His guilty plea to the thirddegree charge of gifts to a public servant could result in up to five years of prison time and a \$15,000 fine, but Vincenti reached a plea agreement with the state Attorney General's Office that enables him to avoid incarceration, according to John Hagerty, spokesman for the office's criminal justice division. Under the agreement, Vincenti will get five years of probation and repay the builder for the entire cost of the landscaping work.

Vincenti also agreed to cooperate in the state's ongoing corruption probe in Old Bridge.

(Continued on page 17)

Compressor proposed off Waterworks Road

Mayor opposes idea of locating natural gas facility in O.B.

> BY LAUREN MATTHEW Staff Writer

A natural gas company is seeking to build a compressor station on a 20acre parcel off Waterworks Road in Old Bridge, near the Sayreville border. Williams, a Tulsa, Okla.-

Williams, a Tulsa, Oklabased energy company that operates the Transco gas pipeline, spent the past several months looking at seven potential sites in Old Bridge and Sayreville for the new Transco compressor facility, but filed an application with the Federal Energy Regulatory Commission (FERC) two weeks ago after selecting an Old Bridge location.

The compressor would be built in an industrial zone just north of Waterworks Road and east of - Bordentown Avenue (Route 615). The property is surrounded by woods, and with just 6 acres used for the actual facility, 75 percent of the land would remain untouched as open space, according to information provided by Williams spokesman Christopher Stockton.

50¢

The 10,500-mile Transco natural gas pipeline, which runs from south Texas to New York City, delivers more than half the natural gas consumed in New Jersey, New York and Pennsylvania.

Williams has indicated that a new compressor station is needed in Middlesex County. The company is also proposing to replace two miles of existing pipeline between the proposed facility and the Raritan Bay.

The projects are made necessary by increased demand in the northeast, which is in large part due to the environmental advantages of using natural gas compared to other fossil

2 SUBURBAN, December 22, 2005



SUBURBAN, December 22, 2005 3

Redevelopment agency bill has parties at odds

Under proposed law, local Dems could add two members to SERA

BY MICHAEL ACKER

Staff Writer

SAYREVILLE — A state bill that could increase local Democrats' presence on the borough's redevelopment agency has local Republicans crying foul.

The bill was proposed by state Assemblyman John Wisniewski, who is also chairman of Sayreville's Democratic party, and would allow the governing body of a town such as Sayreville to expand its redevelopment agency with two Borough Council members.

Currently, Republican Mayor Kennedy O'Brien is the only elected official on the seven-member Sayreville Economic Redevelopment Agency (SERA). The other six members are appointed by O'Brien.

Democrats will gain a 4-2 majority on the Borough Council starting Jan. 1, meaning that under Bill A-2361 they would be able to add two members, possibly both from their own party, to SERA.

Republicans expressed opposition to the bill at the Dec. 12 council meeting.

"It was written for Sayreville without the input of the borough effected," Republican Councilman Thomas Makransky told his colleagues.

Makransky, who will be replaced on the council by Democrat Rory Zach next month, submitted a resolution to request that acting Gov. Richard Codey and Gov.elect Jon Corzine veto the bill for that reason. The resolution was defeated, however, with only Makransky and fellow Republican John Melillo voting in favor.

Republican Councilman Stanley Drwal went against his party in the vote, but not because he was against the resolution itself. Drwal said he simply could not vote for the resolution because it was not shown to him or discussed in advance of the meeting.

"I will never vote on a resolution without prior notice," Drwal said. The state bill, which passed 79-0 in

The state bill, which passed 79-0 in the Assembly and 38-0 in the Senate, but still needs the governor's signature, would effect any borough that is 15 square miles in size and has a population of 40,000 or more. Democrats disputed the idea that the legislation would only apply to Sayreville.

According to Wisniewski's chief of staff, Christina Montorio, the bill applies to 20 municipalities other than Sayreville.

Drwal saw it differently, as Sayreville is the only borough that currently fits the criteria and has a redevelopment agency in existence.

agency in existence. "I'm uncomfortable with the wording [of Bill A-2361]," Drwal said. "Why doesn't it say Sayreville? It only applies to one borough."

SERA Chairwoman Christine Spezzi also opposes the bill, as she feels it might jeopardize the pending redevelopment of the National Lead site.

In a message to the acting governor, Spezzi requested that legislation such as Bill A-2361 be postponed until after the first quarter of 2006, when SERA is expected to select a redeveloper for National Lead. The agency, which took ownership of the former factory site early this year after legal proceedings, is currently reviewing four proposals for the project.

"This bill would change the composition and membership of SERA at a time when we are in the middle of a complex process for selecting a redeveloper for the former National Lead site in Sayreville ... The redevelopment of this site represents the hopes of our residents for property tax relief and is now progressing after years of litigation," Spezzi said.

She added that her agency had not become aware of the bill until Dec. 7, and that it is obligated to name a redeveloper by March 2006 in pursuant to an agreement SERA has with Middlesex County. She fears that the legislation will provoke new litigation that could stall the project beyond that date. That could turn control of the National Lead project over to the county, a situation that was likened to the Xanadu site at the Meadowlands sports complex.

Wisniewski, who proposed the bill, said Spezzi is mistaken about the bill's effect on the selection process for National Lead. He also said Mayor Kennedy O'Brien has mislabeled the bill as a sneak attack on SERA. "I put this bill in at the specific

"I put this bill in at the specific request of [SERA Executive Director] Randy Corman and Mayor Kennedy O'Brien," Wisniewski said, "and I honored that request."

Wisniewski said he introduced the bill in February 2004 to expand SERA from seven members to nine. The mayor and Corman, he said, had no problem with the resolution until the Republicans lost the control of the governing body in the recent general election, and that their opposition now is politically motivated.

The mayor denied that idea when Democratic Councilman Tom Pollando brought it to his attention at last week's meeting.

"I talked to [Wisniewski] two years ago about adding resident Tom Tighe. This [bill] does not talk about that. It is certainly not what I talked about," O'Brien said.

"I think it is a good idea to expand SERA ... The timing of this is wrong though. I got a feeling someone is getting indicted," he said.

Later, Pollando responded to the mayor's assertion, saying, "I hope you will be willing to apologize when that does not happen."

SERA member Michael D'Addio downplayed the potential for legal problems resulting from the bill with regard to the National Lead selection process, and expressed his support for greater council involvement in SERA.

D'Addio said SERA does too much in private, and is "talking about things we should not be talking about in closed session.

sion. "You should know what is going on there," he said.

Republicans dispute that SERA does too much behind closed doors.

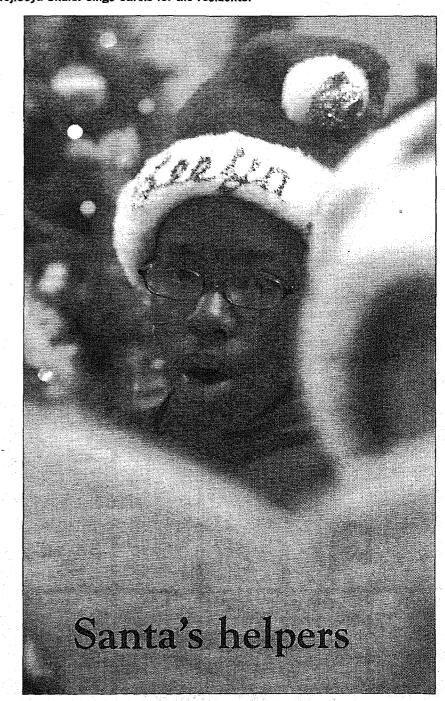
In a press release issued Dec. 15, O'Brien said: "SERA is a nonpartisan public entity; all of its meetings are open to the public."

The press release states O'Brien's belief that the four National Lead proposals be presented to the public so that SERA can incorporate residents' feedback into their decision. Officials have not been willing to discuss the details of



PHOTOS BY JEFF GRANIT staff

Nicole Raub, a fourth-grader at Sayreville's Upper Elementary School, lends a hand as Karen Kasper plays Bingo Dec. 13 at Briarwood Nursing Home, Ernston Road. Students visited the facility to sing carols and entertain the residents. Below, UES student Tojleeya Shuler sings carols for the residents.



the proposals, which have been under review by SERA since earlier this month.

Regarding the state bill, Corman said now would be the wrong time to reconstitute SERA, since it "right in the middle of selecting a developer" for National Lead.

"A disgruntled developer that did not get chosen can go to court and argue it is unconstitutional. Even if they lose, they can tie this thing up in court for two years," Corman said.

The county loaned SERA money for the property, and stipulated that a proposal must be chosen by April 1 or the county has the right to take control of it. "I think this is an unwise risk to take with the borough of Sayreville," Corman concluded.

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19**4**

Brothers' return makes for a special Christmas

Brian, Nicholas Szkodny have completed tours with U.S. Army in Iraq

> BY MICHAEL ACKER Staff Writer

SAYREVILLE — The term "home for the holidays" has special meaning this year for one local family.

"This will be the first Christmas since 2001 that we are all going to be together," Ray Szkodny, a police sergeant in Sayreville, said of his family.

In recent years, Ray and wife Nancy have had to deal with not just the lack of a full family gathering during the holidays, but the question of whether their sons, both serving with the U.S. Army in Iraq, were all right.

Indeed they were. And in February, Brian, 26, returned home, just a few months after his brother, Nicholas, 23, finished his tour in Iraq. Both served as machine gunners, though with different divisions in separate parts of the country.

"It is good to be out [of Iraq]," said Nicholas, "and to see my daughter and family."

Prior to returning home this fall, Nicholas had only seen e-mailed pictures of his 19-month-old daughter, Emma Nicole.

Ray, a police officer for 28 years, and Nancy, an employee at Robert Wood Johnson University Hospital, New Brunswick, endured emotional ups and downs over the past few years. They had limited contact with their two sons, who are their only children.

They received two phone calls in particular from their sons that, looking back, illustrate their sometimes disparate experiences.

Nicholas called his parents to inform them that his camp had been attacked overnight in July. It lost two men, while at least a dozen were wounded in the mortar attack.

The mortar attacks, Nicholas said, "were a weekly thing." Typically, the rounds landed outside his company's area, "but this time they landed inside of our camp and in our tent area," he recalled.

Despite the attack, his company stayed its position on that site.

Nicholas' wife, Amy, organized a collection for his unit because it had lost everything.

Nancy and Ray were relieved to hear that Nicholas was not harmed.

"Thank God," Ray said, "he got out of there with just his body armor, his side armor and his underwear."

"The only thing he found," Nancy said, "was a coin a general had given him when he was at Fort Drum [New York.] Everything else he left. When he got home he didn't have a driver's license. We had to write depositions for him to drive from New York to here. He lost everything."

On the other side of the emotional gamut, Ray at one point received a memorable call from Brian, who informed his parents that he had been awarded a Bronze Star for heroism in combat. Brian was not a medic, but had medical training, and when his unit was without a medic, it was up to him to help the wounded.

The award was presented by his chief commander for a variety of brave acts he carried out in combat, but largely due to his handling of an incident that happened in the city of Annajaf.

"We were under attack by rocket-propelled grenades," Brian said, noting that he and his company took the lead in their gun truck, guiding the companies behind them to safety. No soldiers were killed, but there were injuries related to the attack.

"So you get one phone call where you are really scared," Ray said, "and the other one was really good."

After their return home, the boys were honored as co-veterans of the year at their old school, St. Stanislaus Kostka, during a Veterans Day event on Nov. 10. The school children performed skits, poems and songs for the brothers, who in turn spoke to the children.

"It was really nice," Brian said. "I never had anything happen to me like that before. I don't think my brother has either."

"It was nice to see the kids so appreciative of everything," he added. "They are very well educated by their teachers on what a veteran is and what it is all about. I was very impressed." Brian and Nicholas have continued a

Brian and Nicholas have continued a family tradition of service to their country that had been passed along from their father and uncle. Ray served in the Navy, and his brother Edward was in the Army. In addition, the boy's grandfather, Yash Lagoda, was a Sayreville resident who fought as a machine gunner in World War II.

Brian said the war in Iraq also had an impact on his decision to join the military.

tary. Now working as a caterer at Sayreville Bar, Brian graduated from the culinary school at Johnson & Wales University before joining the Army Reserve in 2003. He was trained in Oklahoma in June of that year and was deployed to Iraq for transportation operations less than a year later. He was stationed with the 283rd Division in Tikrit, north of Baghdad.

Ray and Nancy received calls from Brian about every two weeks, between midnight and 6 a.m.

Nicholas, the younger son, joined the Army only 10 days after receiving his diploma from Sayreville War Memorial High School in 2001. He received basic training in Fort Benning, Ga.

His parents knew he would join the military ever since he was a child, marching up and down the fence in their yard wearing fatigues. They would get calls from Army recruiters since the time Nicholas was 13 because he would fill out the applications to join, Nancy recalled.

Nicholas was first sent to South Korea as a member of the Fort Drum-based 10th Mountain Division. He was later deployed to a region south of Baghdad in September 2003, and fought on the front line in quick-response operations.

line in quick-response operations. A captain in Nicholas' division was killed only two weeks after the group's arrival in Iraq. Nicholas had less contact with his

Nicholas had less contact with his family than his brother while in Iraq due to regular travel. His parents sent frequent packages to him and his brother that included their favorite snacks, newspapers and celebrity gossip magazines, providing humor and a moment's distraction from the dangers they were facing.

Ray and his fellow Sayreville police officers gave Nicholas old bullet-proof vests to bring to Iraq. The vests were



a Veterans Day event at St. Stanislaus Kostka School.

(Continued from previous page,

used to line the interior of vehicles for added reinforcement in dangerous territory.

Ray was grateful for the help and donations so many people gave to his sons. He said fellow residents, the American Legion, the Veterans of Foreign Wars, and the police and fire departments donated 27 CB Radios to the brothers' units in Iraq.

He said people continue to ask about his sons.

"A lot of people were supportive. I would like to thank everybody," Ray said.

Brian still has a few years left with the Army Reserves and will be working with civil affairs at Fort Dix at least part of that time. For now, he is enjoying being home and working locally.

Nicholas, who completed his tour in Iraq in September 2004, returned the following month to his home in Bloomberg, Pa., where he and Amy now live. That's when he finally got the chance to hold Emma Nicole for the first time.

"My wife has been a great support through all of this," Nicholas said. "I don't think there are many women that can take as much as she has dealt with and how she has handled it.'

"She pretty much raised my daughter on her own up until October when I got out of the Army," he said, noting that Amy also was holding a full-time job.

"I owe her a lot," he added. In January, Nicholas will begin police

açademy training in Pennsylvania. "Before I went in, I thought I was going to stay in the Army for 20 years and make a career out of that," he said. 'But as I was there I thought about it more and more [and began to] lean towards getting out of the military. He described the war as "an experi-

ence.

"I hope we do not have to stay there any more than we have to, so that nobody else has to go through the experiences that we did," Nicholas said.

Community Bulletin Board

O.B. theater group sets 'Snow White' auditions

The Theatre Guild of Old Bridge Players will hold open auditions for its upcoming production of "Snow White" from 7:30-9 p.m. on Jan. 4 and 5 at the new Carl Sandburg Middle School (for-merly known as Old Bridge High School west campus), Route 516, Old Bridge.

Adults age 16 and above are invited.

Southern Middlesex County will host a

Hanukkah party for Café Europa, a so-

cialization group for Holocaust survivors

and their spouses, from 1-3 p.m. on Dec.

27 at Monroe Village, 1 David Brainerd

All roles are open. If auditioning for the role of a dwarf, participants should be of smaller stature.

Show dates will be Feb. 25, 26, March 4 and 5. For more information, including directions to the new venue, call the guild's hotline at (732) 607-TGOB (8462) or e-mail TGOBPlayers@aol.com.

Hanukkah party next up for Café Europa The Jewish Family Service of

Drive, Monroe.

The event will feature a Hanukkah luncheon and a vocal performance by Dream Makers. Admission is free of charge. For more information and to register, call (732) 257-4100.

Mother-daughter program set at hospital

"Pathways Through Life," a program for daughters ages 13-15 and their mothers, will be presented from 1:30-4:30 p.m. on Jan. 14 at the Sister Marie de Pazzi Conference Center at Saint Peter's University Hospital, Easton Avenue, New Brunswick. The event is sponsored by the hospital's Fertility Awareness Program.

Mothers and daughters will have the opportunity to learn about and discuss the physical, emotional and social changes and challenges that occur during

teen years. Moving beyond the "puberty talk," the program will explore topics such as taking care of a changing body and developing a positive body image; making and keeping good friends; and negotiating decisions about social activities and dating.

Advance registration is required by Jan. 10. Cost is \$20 per daughter. Mothers will attend free of charge.

For more information and to register. call (800) 334-0699 or (732) 745-8600 ext. 8862.



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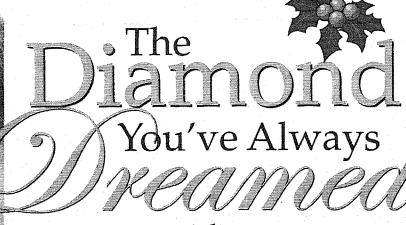
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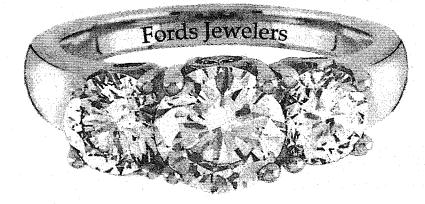
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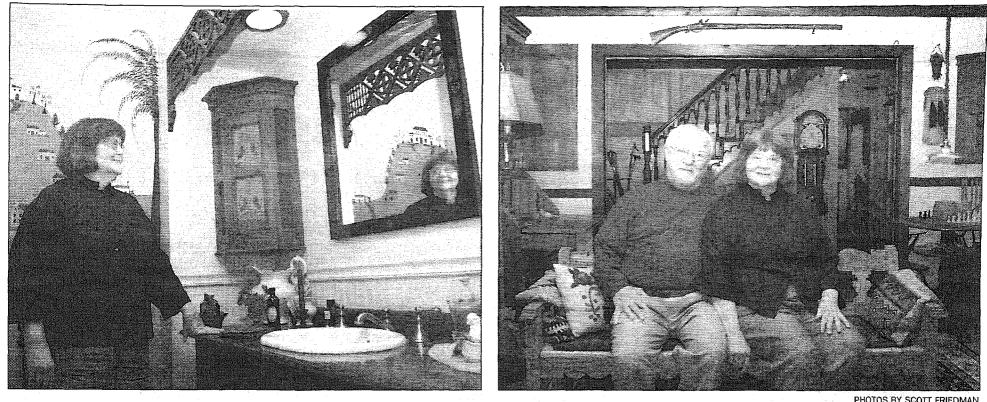
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Above, Janet Everett, in front of the mural she painted in her bathroom, looks over some of the work made by her husband. At right, Beryl and Janet sit on one of the many furnishings they handcrafted themselves in their Old Bridge home.

Couple creates treasures to deck their halls

BY MARY ANNE ROSS Correspondent

Levitt have acquired cherished antiques over the years. But unlike most, their greatest collectibles are the ones they have made themselves.

Each is an artist in his own right, and together the two have created a home filled with warmth, charm, some interesting furniture pieces and a few surprises.

Beryl is a master craftsman and furniture maker who builds detailed replicas of Chippendale and Townsend classics. Each room in their Old Bridge home has a bed, table, chair and/or cabinet he has made.

But his woodworking skills are not limited to furniture. There are also whimsical gnomes, lifelike ducks, model steam-engine boats that float, a finely carved staircase, and stained-glass windows, a testament to the range of his skills, imagination and energy.

His wife's talents lie in another direc-

Janet is a traditional rug-hooker. Her creations are displayed throughout their home, featuring a variety of scenes and designs. She is also a painter, creating Colonial-style images that blend with her antiques.

"I collect what appeals to me," she said, "things that are fun."

There is a decorative cane that conceals a sword, a time-worn foot stool that is transformed into a spittoon with the press of a lever, and a hollowed-out antler that was once used to store grease for wagon wheels.

The couple's talents tend to complement each other. She makes the rug; he makes the frame. He creates a statue; she paints it. She collects antique rug hooks; he builds the perfect table to showcase them.

Janet learned the art of hooking rugs from her grandmother, while growing up in the family's longtime homestead in Indiana. Her grandmother also told her a tale that made such an impression Janet eventually hooked a "memory rug" that illustrates it.

"My grandma told me a story about

the gypsies. She was always afraid the gypsies were coming to get us. When she was a little girl, the gypsies had parked their wagon outside her house. So she was afraid they would take her laundry off the line, her chickens, and me," Janet said with a laugh.

The memory rug includes some of grandma's beads and buttons, and depicts the laundry, chickens, a gypsy and the wagen.

For Beryl, who is from Chicago, there is no family tradition of wood-working. "My father didn't have a tool that

wasn't bent," he joked. Nonetheless, his hobby came to him

early. "I was making little toys when I was a boy. Across the street from my grammar school was a park, and in the park was a woodworking shop. I'd go over there after school and fool around in the wood shop, and that's really how it began," he said.

Today, Beryl can reproduce furniture from a picture in a magazine or a snapshot his wife takes of something she likes.

Janet and Beryl, who has retired as the president of a marketing company, will celebrate their 50th wedding anniversary this June. Of all their accomplishments, the ones of which they are most proud are their three children, all of whom have inherited their parents' artistic abilities. The couple nurtured those talents by involving the children in their various projects and crafts.

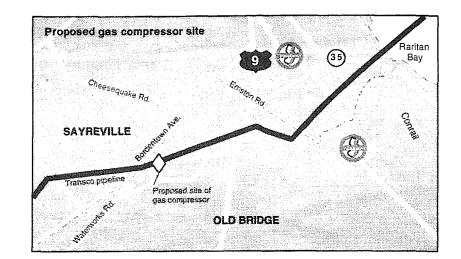
That education has come in handy now that the Levitts have bought a new house in the Rossmoor community in Monroe. Their children are helping them put down floors and take out cabinets, making way for their parents' new projects. The couple is happy about the move. Beryl has already acquainted himself with the community wood shop and is excited about some of the equipment he has seen there. Janet said she is looking forward to "doing it all over again."

No doubt, their new house will be as unique and gracious as their old one in Old Bridge's Lakeridge development. Janet and Beryl wouldn't have it any other way.









Pipline

(Continued from page 1)

fuels, according to Williams. Three of the sites Williams looked at for the new compressor were eliminated due to environmental conditions on the land. Of the four that remained, the Old Bridge site was chosen because it is industrially zoned, has no adjacent residential neighborhoods, has no noise-sen-sitive areas within 1,600 feet, and is surrounded by trees to limit visibility.

The facility — which serves as an engine for the pipeline and is designed to compress natural gas, thus increasing its pressure — would include a compressor building housing two 5,000-horsepower electric motors each driving a compressor, a one-story switch-gear building for electric power, a two-story office building and a one-story control building.

Though Williams indicates that the facility will be "powered by quiet, nonpolluting electric motors" and include safety features with redundant backups, the proposal may see some local opposition

Old Bridge Mayor Jim Phillips said he is apprehensive about a compressor being located in the township.

"I would prefer that they put it someplace else," Phillips said.

The location, he said, is not the best one, and while he commends Williams for repairing and improving its pipeline, Phillips said he feels the compressor station should be in a more remote area. That, he said, will be part of his official comments regarding the application. 'They may think it's an honor to put

this here. I do not," the mayor noted. Phillips said he felt the community would have to know more about such a facility before it can be comfortable with it. He noted that a watershed site in Perth Amboy would be better suited for the station.

The following sites were previously considered for the compressor facility: two locations at the former Hercules plant off Jernee Mill Road, Sayreville; the Roundabout Alternative Compressor Station off Minisink Avenue, Sayreville; reclamation site off Bordentown Avenue in Old Bridge; and a location off Cheesequake Road.

Sayreville Mayor Kennedy O'Brien had expressed his dissatisfaction with the possibility of the compressor site being located in the borough when sites there were being considered. Williams needs FERC approval to

begin construction of the compressor site. The company has requested to receive a FERC order by July 2006 in the hope that construction could begin by January 2007. Operation would then begin in November 2007, under Williams' proposed schedule.

Company representatives said that FERC reserves the right to choose another previously considered site, should the organization consider it better suited.

Fund-raisers

Dec. 22

• Adopt-A-Family, sponsored by the South River Elementary School PTA, to make the holiday season more enjoyable for disadvantaged children in South River. Monetary donations, clothing, toys, food are sought. To donate, call Donna Geesey or Ashlee Geesey at (732) 390-8202 or Alison Zemann at (732) 390-0678. Drop-off box also located at the South River Public Library, Appleby Avenue.

• "Hometown Savings 2006" Book Sale, sponsored by the Friends of the Spotswood Public Library, 548 Main St. Books contain discount coupons from local supermarkets, fast-food chains, restaurants. All coupons expire at the end of 2006. Cost is \$18. Proceeds benefit the Friends and will be used to support library programs and services. To order, call the library at (732) 251-1515. Books also on sale at the library during regular hours.

 Used Inkjet and Laser Computer Cartridge Collection, sponsored by the Spotswood High School Band. Drop-off boxes located at all Spotswood schools; Spotswood Public Library, Spotswood Post Office and Kearny Bank, all Main Street; KrisKell Creations Hair Salon, Summerhill Road, Proceeds benefit the band. (732) 723-0101

Dec. 22 & 23

• Toys for Tots Collection, sponsored by the U.S. Marine Corps Reserve (USMCR), during regular mall hours, in front of Stride Rite, near Mega Movies, at Brunswick Square Mall, Route 18, East Brunswick. New, unwrapped toys and monetary contributions accepted. (732) 238-3600.

Dec. 22-Jan. 7

• Book Sale, during regular hours at the Spotswood Public Library, 548 Main St. Hardcovers, paperbacks, chilaudiocassettes. books, dren's Paperbacks sell for 50 cents each or three for \$1, hardcovers for 75 cents and up, videocassettes for \$1. "All-You-Can-Carry for \$5" sale set for the last two days of event. All sales final. Proceeds will benefit the library and its programs. (732) 251-1515.

Dec. 24

• Toys for Tots Collection, spon-sored by the U.S. Marine Corps Reserve (USMCR), next to the Santa Claus display at Menlo Park Mall, Edison. New, unwrapped toys accepted. Toys and cash donations also may be dropped off at 70 Marsh Ave., Sayreville. Make checks payable to USMCR Toys for Tots. Call Sgt. Eddy Androvich at (732) 698-2347.

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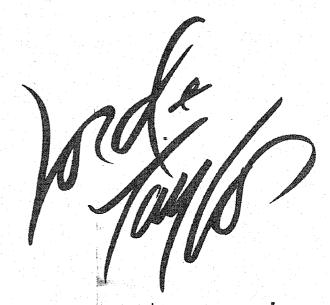


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OPINION

Proceed with caution on changes to SERA

The Sayreville Economic Redevelopment Agency has accomplished a good deal for the community in recent years taking over National Lead, planning for the future of the former Krome nightclub site and a large River Road parcel, for example but the question has come up as to whether its work could be more open and its processes more inclusive. The answer to that is a matter of interpretation.

Democrats don't like that Republican Mayor Kennedy O'Brien, a SERA commissioner himself, gets to make all the appointments to the agency. They also say too much SERA business is done behind closed doors. Republicans argue that party affiliation has never been part of the criteria for O'Brien in picking people to serve, and that SERA holds public meetings and offers the community plenty of input opportunities.

While that may very well be true, the addition of representatives from the Borough Council, which after next week will be controlled by the Democrats, can only help to engage more voices in these important redevelopment projects.

Two council members could be added to SERA, bringing its membership to nine, under a bill presented by state Assemblyman John Wisniewski, also the borough's Democratic party chairman. The bill has been approved

he Sayreville Economic Redevelopment Agency has accomplished a good deal for community in recent years ng over National Lead, planby both the Assembly and Senate, and if it is signed by the governor, next year's council would be free to adopt an ordinance enabling the two appointments.

If this does take place, we would hope that the council does not simply appoint Democrats to SERA just for the sake of appointing Democrats, but would also consider those in the Republican minority. We would applaud the appointment of political figures from both sides of the aisle.

Regardless, the addition of council members would add voices, and hopefully assist with relations and communication between the council and SERA. It also gives a larger share of SERA's power to the people who were elected by the community they serve.

That said, we also suggest that before making such a move, the council and its attorney thoroughly review any legal ramifications the new setup could have on the review process now underway for the redevelopment of the 400-plus acre National Lead site. Members of the two political parties differ in their views regarding the potential for litigation, and if there is a serious risk, it makes sense to wait until after a redeveloper is officially selected before making any changes.

Otherwise, if done properly, this could be a chance to improve what is already a positive force in town.



Your Turn

Defends her credibility, right to speak out

Trecognize the fact that everyone has the right to express his or her opinion. However, Barry Campbell's letter to the editor pertaining to restoring the name Samsel to the Upper Elementary School ("Resident Irked by Decision To Change Sayreville School Name," Suburban, Dec. 8) deserves to be challenged. Due to its context, I would

Due to its context, I would classify it as an irresponsible attack letter that was not factual. His entire letter was nothing more than a futile attempt to mislead the residents of Sayreville in regard to my credibility.

His anger is misdirected it should be targeted toward the administration and Board of Education, not me. The burden of proof lies in the manner in which this issue was handled. It's quite evident Mr. Campbell knows nothing about me and is even less knowledgeable about the history of our community.

As a regular attendee at public meetings, I have never had the opportunity to see or hear Mr. Campbell address any issue. Where was he when this issue was scheduled to be discussed at a regular public meeting? I attended three public meetings on this issue, voiced my concerns, did my research, and located the surviving member of the Samsel family.

It is indeed sad that Mr. Campbell has to wonder about what is in a name. A name can stand for many things in our everyday life, such as respect, honor, pride and gratitude for a family that dedicated a total of 73 years of service to our community.



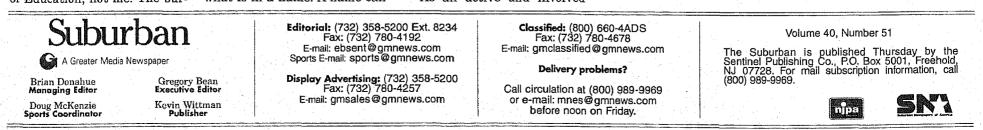
Unlike Mr. Campbell, I aired my concerns at a public meeting, as I have done on many occasions. I feel it was morally wrong to take away an honor that was bestowed upon a much-revered family, and I felt strongly about the preservation of our local history. As an active and involved senior citizen who has spent my entire life in Sayreville, I wonder if Mr. Campbell is so naive to think I am not concerned about taxes. I have been paying taxes for 55 years and have no family members attending our local system.

I've earned and paid for the right to participate in my community any way I choose. I will always be visible and vocal to defend right and oppose wrong and will never allow myself to be intimidated by the actions of Barry Campbell or any Board of Education member.

In the future, I would hope Mr. Campbell's statements would be more factual. There was no formal vote taken to spend any amount of tax dollars. There were no bids, only one quote that Kevin Ciak, board president, received the day of the vote and presented to the board on the night of the vote. Mr. Ciak admitted the Samsel issue was an oversight by the board but lacked the courage to vote for the name restoration along with board members Peter Barone, Phyllis Batko, Al Cox, Danny DiPoalo and Pat Lembo.

In closing, I would like to suggest that Mr. Campbell and the board members read the history of our community written by a Sayreville resident, the Hon. Joseph T. Karcher, who felt the history of the community should be important to its residents as an inspiration for those who follow in their footsteps. I couldn't agree more.

Shirley Dill is a resident Parlin section of Sayreville



SUBURBAN, December 22, 2005

WORD ON THE STREET

What was the most important news story of 2005?



That would be the idiocy we do in Iraq. It's just amazing. The backroom boys are so obviously causing this with the oil situation.

Bob Moore Cliffwood Beach



The greatest news story of the year has got to be Veselin Topalav. He's the new [World Chess Federation] world chess champion.

> – Doug Taublib Sayreville



- Jenna Creasy Hazlet



I'd say natural disasters. Hurricanes, tornadoes, tsunamis. earthquakes. That horrible thing in Pakistan. It's sad. We've all run out of time to help people. We're all tied up in politics.



Loretta Brooks Metuchen



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Letters

Will voters forget that Dems raised taxes after election?

would like to congratulate the Old Bridge Democrats on successfully pulling the wool over the eyes of the taxpayers. They all won new terms and raised taxes before even being sworn in. Of course, they all ran by crowing about how they weren't going to raise anyone's taxes.

Councilmen Bob Volkert, William Baker and Reggie Butler should be ashamed for pulling such a stunt. Councilmen Dennis Maher, Ed Testino and Patrick Gillespie, along with Mayor Jim Phillips, should hope that the voters of Old Bridge are gullible enough to forget this stunt by the time they are up for re-election.

I suspect the residents of Old Bridge will forget since the next tax increase is probably coming a month after the 2007 elections.

> Roman N. Sohor Jr. Old Bridge

Another day, another accident at 'Collision Corner'

e had another car crash today at "Collision Corner" - Bushnell Road and Stevens Avenue, Old Bridge This summer a car ended upside down

on the lawn across the street. Police and ambulances know the spot very well.

I have spoken to many people about this problem. Why can't we have "Dangerous Intersection" signs, facing four ways, on the corner?

> Henrietta Raymond Old Bridge

Thanks extended for holiday parade effort

would like to say thank you to our Recreation Advisory Board members another successful holiday _ for parade. Special thank you to our Public Works Department, civic and sport

organizations, fire and first aid, and to our neighbors in South River and South Michael Sedlak

Sayreville

Letters Policy

Letters to the editor may be mailed to the Suburban, P.O. Box 5001, Freehold, NJ 07728. They also may be sent via e-mail to ebsent@gmnews.com.

Amboy.

Letters should be limited to 250 words; Your Turn guest columns to 750 words. All submissions may be edited for length, libel, content and grammar, and are subject to rejection. Anonymous letters will not be printed.

Please include a daytime telephone number where the author may be reached for verification. For more information, call (732) 358-5200, ext. 8234.



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Just a few requests before taking office

ou've got to give Jun Choi, Edison's mayor-elect, credit for having chutzpah. Newcomer Choi used a guy in a chicken suit to oust Democratic Mayor George Spadoro in the primary, and he won the general election against independent William Stephens by a very small margin.

And what was Choi's first order of business, before he even takes the oath of office?

He asked for a raise.

(!)A couple of weeks ago, Choi approached some members of the Edison Township Council with a few requests.

First, he wanted the city to shell out around \$25,000 a month, for up to nine months, to pay for his transition team. Second, he wanted health benefits, something the mayor in that community has never received. And third, because he said he is going to be a full-time mayor, he reportedly wanted his compensation almost doubled — to between \$85,000 and 600.000 a more than the same set of t \$90,000 a year.

Needless to say, the request took lots of people by surprise, but after some initial bemusement, the council last week granted the requests for health benefits and transition team costs. The salary hike is apparently off the table, at least for the time being. This election was so close, you have to

wonder if Choi would be getting ready to take office this January if he had bothered to mention his first priorities at any time during the campaign. And if you think about it, you have to conclude that enough Edison voters would likely have said "to heck with that" and voted William Stephens into office instead.

Now they've got Jun Choi, who is unhappy with his terms of employment before he works a single day.

I guess you can get away with this kind of thing in politics, where once you're voted in you've got a measure of job security, at least until the next election or until someone gets so mad that they start a recall movement.

But it would certainly never fly in the private sector.

Can you just imagine what would hap-pen, say at Ace Widgets and Thingamajigs, if the guy who'd been interviewing for and aggressively pursuing the position of sales manager, had been offered the job and given a starting date by the company owner. But a short time before the new sales manager was scheduled to start, he dropped by the owner's office with a couple of requests.

That conversation would probably go

something like this: "Good morning, Mr. Smith," the compa-ny owner might say. "I sure am glad we'll be having you aboard. Everybody is really excited about it."

"I'm excited about it too, Mr. Jones, the soon-to-be new manager might say. "A lot of things are screwed up around here, and before I start, I'm going to need a few things we didn't talk about in the inter-

views." "Like what?" Mr. Jones might say. "Well, first of all, I'm going to need a few assistants to help me get a feel for what needs to be done before I start making changes. I might need them for eight or nine months, and I'd like to pay them \$25,000 a month." "What?"

"And that's not all," Mr. Smith might say. "I'm going to need a health benefits package, even though nobody else around have order and I might mit side." here gets one. I might get sick." "Assistants? At \$25,000 a month? And a

benefits package?"



"Right."

"It's funny you mention getting sick. I'm feeling a little funky myself," Mr. Jones

might say. "Is that all?" "Not quite," Mr. Smith might say. "I know we discussed compensation while we were interviewing, and I know that before you offered me the job, I might have given the impression the compensation was acceptable. But I've now decided that since I plan to work a lot more than the last guy, I'd like about twice the pay."

"Twice the pay?" "Well, almost."

"Is there anything else?" "No, that's it, at least for now."

The owner of the company would consider these requests for about two seconds.

Then he'd pick up the phone. "Get security," he'd tell the receptionist at the front desk. "There's a crazy person in my office. Tell them to bring Mace, and

maybe the dog." And if you doubt that's how it would happen, you haven't spent much time in the private sector.

As I said, Jun Choi has chutzpah. But let's just hope someone on this transition team knows something about building good public relations. I have a feeling the new mayor is gonna

need it.

I've been writing columns for a lot of years now, and it was my tradition in years past, in my last column of the year, to reprint a poem about Christmas written by an old cowboy friend of mine. This year, however, with all the contro-

This year, however, with all the contro-versy over whether we should say some-thing as harmless as "Merry Christmas" for fear of offending someone, or saying "Happy Holidays" for fear of offending someone else, I'll forgo the Christmas poem. Instead, I'll share this year-end graeting from an old mountain man who greeting from an old mountain man, who had spent a long and hard year trapping beaver, to a few of his friends.

I don't know the name of the original author, or I'd give him credit.

WELL SIR,

Louie!

The past year in the Rocky Mountains has been of a customary nature ...

The Bannocks stole my traps ...

Met a grizzly that took half my ear ... Blackfoot shot my partner ... Went through the ice on the Gallatin,

froze my toes and wet my powder ..

The 'Rapahoes stole my cache of plews

- Lost my mules to the current on the Henry's Fork ...
- The Ree took to give me a musket ball in the thigh ...
- Broke through the limestone crust and boiled my horse on the Yallerstone ...

And beaver's gettin scarce ... But THANK GOD I ain't in Saint

I don't know what kind of year you've had, but that sure puts the one I had in better perspective.

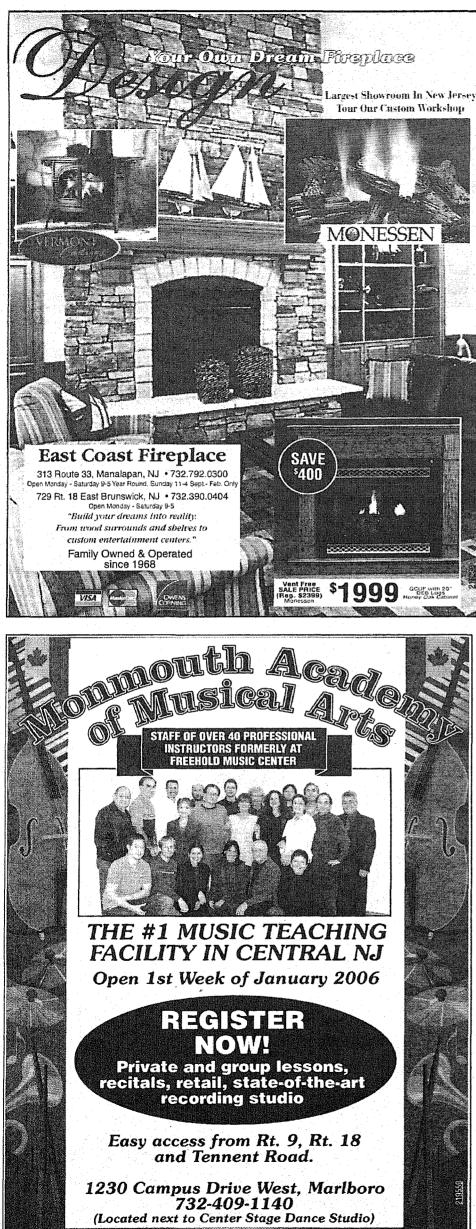
Thanks for reading and Season's Greetings. May the road rise up to meet you in the new year.

Greater Media Newspapers.

Gregory Bean is executive editor of



14 SUBURBAN, December 22, 2005



Celebrating the holidays



PHOTOS BY CHRIS KELLY staff Above, the Skibniewski crew strikes a pose with Santa for a picture during the Old Bridge holiday celebration Monday night. Below, members of the Old Bridge High School choir perform at the township's municipal courtyard during the event. Bottom, Francesca Barca and William Territo, both 7, tell Santa about some last-minute gift ideas.





SUBURBAN, December 22, 2005- 15

Capital budget allocates money for Mannino Park

BY LAUREN MATTHEW Staff Writer

OLD BRIDGE - A new capital budget centers on bringing recreation improvements to town and work at various municipal properties.

Recreation improvements totaling \$2.37 million are focused primarily on Peter A. Mannino Park and the maintenance of various other Old Bridge parks. Some \$2.1 million will be used for Mannino Park and other township projects; \$210,000 will go to improvements to Central Park; \$42,000 will be for the replacement of the Annie Drive tot lot; and \$17,850 is for dugouts at Veterans Park.

"Mannino Park will be the focus of all recreational activity in Old Bridge for the foreseeable future," Mayor Jim Phillips said

The Route 516 park, he noted, will grow with the community. "I think it just lends itself to it," he

said.

Mannino Park is comprised of more than 200 acres of land adjacent to 800 acres of county-owned property, Phillips said, making its expansion logical.

Currently, there is a road that leads into the entrance of the park, as well as a newly operational traffic light at the corner of Route 516 and Owens Road. But plans for the site remain in flux. The only thing known for certain, the mayor said, is that the YMCA and the township have an agreement to build a recreational facility in the park.

The Y will represent the first of many

phases in the park's development. "What that park will ultimately be will take 20 years to develop," Phillips said, noting it will eventually be "the hub" of recreation in the township. Phillips said this week that the town-

ship will have to soon decide on the next developments at Mannino Park. Most likely, he said, baseball fields for the Sayrewood South Little League will somehow be incorporated. There is also a possibility that the Rebels football team will move from their home field on Route 516 to one of two proposed new fields at the park, since money was allocated by the county for that process.

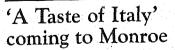
The recreation board committee will meet some time after Jan. 1 to discuss possibilities for the park, the mayor said. But the bond money will be an integral part of that process.

"You get a lot more with a plan and money than you do with just a plan," Phillips said.

Other ideas for Mannino Park's development, he said, include a dog park, girls' softball fields and a lacrosse field.

Last year, Phillips noted, \$1 million was set aside for Mannino Park from a recreation trust fund.

The township's recreation department



The Greenbriar at Whittingham adult community, Monroe, will present a performance titled "A Taste of Italy" at 8 p.m. on Jan. 21 at the Richard P. Marasco Performing Arts Center, Monroe Township High School, Perrineville Road. The event will feature international vocalist Mary Mancini and accordionist Mario Tacca. Comedian and impressionist Jack Fontana also will perform. Opening act will be tenor Frank Tenaglia. Tickets cost \$12.50 per person. Call (609) 395-0404, ext. 220 or 221.

asked for synthetic turf installation for the upper field at Geick Park, also on Route 516, but officials turned down the request. "It's something that the high school is pushing for at Lombardi," Phillips said, referring to the school's football field.

For now, the cost of such a request, an estimated \$800,000, is too high, the mayor said.

The capital bonding, which also includes a wide range of items from municipal complex security improvements to township-wide curbing and drainage work, is a component of the municipal budget, which was adopted by the Township Council last week.



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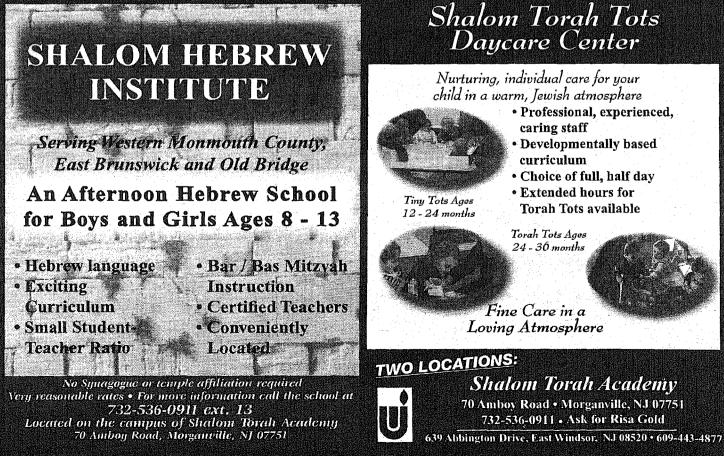
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Newspapers announce 2nd Greater Women Award

Monmouth, Middlesex and northern Ocean counties.

The Greater Women of Central New Jersey Award celebrates women who triumph despite the challenges and make a true difference through their efforts.

Women may be nominated for one of three categories: business, health care or the non-profit sector. Nominees may be paid professionals or volunteers but must have demonstrated excellence, creativity and initiative.

According to Susan Greitz, promotions coordinator for Greater Media Newspapers, 186 nominations were received for the 2005 program, and the

sponsors are hoping for a similar response for 2006.

"It's a great opportunity to let someone know how much their efforts are appreciated, especially those women who work behind the scenes to make sure things get accomplished," said Greitz.

Nominations are being solicited through the 12 Greater Media Newspapers' publications and will be evaluated by an independent panel of judges who are prominent in their field. Five finalists will be selected from each of the above categories.

The accomplishments of the finalists will be celebrated at an awards luncheon March 21 at Branches catering facility in West Long Branch, and one woman from each category will be honored as the 2006 Greater Woman of Central Jersey. Winners for 2005 were Melinda

Winners for 2005 were Melinda Salzer, vice president and co-owner of Advanced Information Services Inc., in the business category, Sister Janet Christenson, founder of Epiphany House in the nonprofit category, and Mary Ann Christopher, president and chief executive officer of the Visiting Nurse Association for health care.

In addition, this program will support a cause that has touched the lives of many women, the battle against breast cancer.

According to statistics provided by the American Cancer Society, every year more than 200,000 American women are diagnosed with breast cancer. Greater Media Newspapers hopes to reinforce the message of early detection through regular examinations.

A portion of proceeds of the 2006 event will benefit the American Cancer Society, Making Strides Against Breast Cancer. After the 2005 event, Greater Media Newspapers presented the American Cancer Society with a check for \$5,000.

The second annual Greater Women of Central New Jersey award is sponsored by CentraState Medical Center, Freehold Township. Deadline for entries is Jan. 13. For more information see the nomination form in this newspaper or log on to the Web site www.gmnews.com.

Vincenti

(Continued from page 1)

Though Vincenti has already been terminated from his positions as engineer and director of community development in Old Bridge, a condition of his plea agreement requires that he resign from the two posts, as is required by New Jersey state law.

"He is also forever banned from taking further government employment," Hagerty said.

His sentencing is scheduled for Feb. 24. "This is the third individual who's been indicted, the second one who's pleaded guilty," Mayor Jim Phillips said. "It gives everyone who's in public service a black eye."

In November, former Old Bridge engineering inspector Barry Bowers, 64, pleaded guilty to official misconduct, admitting that he accepted \$7,439 worth of Andersen windows for his home from Woodcliff Developers, which built Old Bridge's Oxford Estates. As part of his plea agreement, Bowers faces five to 10 years in prison, but may be able to enroll in an early parole program.

Bowers, who must also repay the builder for the windows, forfeit his job with the township and is barred from future government work.

The other former Old Bridge employee charged with corruption is Ronald Concannon, a retired construction officer, who has pleaded not guilty to accepting more than \$2,700 in gifts and services from Woodcliff.

Phillips noted that Vincenti and Bowers were promptly suspended without pay after their indictments. Should there be charges against other township employees, the same course of action will be taken, he said. "I assure you we're going to follow the

same procedure," the mayor said.

Hagerty would not comment on whether there would be further indictments in Old Bridge, but said the investigation is continuing.

The ongoing probe "is targeting additional allegations that public employees have solicited money or favors from developers, contractors and others doing business in the township in exchange for expedited and/or favorable service and rulings on applications, permits and inspections," according to a statement from the Attorney General's Office.

Bingo at St. Stanislaus slated for Jan. 1

St. Stanislaus Kostka, 225 Mac Arthur Ave., Sayreville, will hold bingo Jan. 1, with doors opening at noon and games beginning at 1:30 p.m. The kitchen will also be open. (732) 254-0212.



18 SUBURBAN, December 22, 2005 Web site shows moms how to care for kids & the Earth

Realmama.org provides environmental info, natural alternatives

BY LAYLI WHYTE Staff Writer

RED BANK — Even real moms with real responsibilities can take the time to leave a cleaner world for their children.

Kirstin McPolin, along with her neighbor, a college friend, and a law school classmate, have started an online resource for mothers who want to find a way to juggle child-rearing responsibilities with global ones.

"Our goal is to educate and inform mothers and families about environmental issues and kids' health," said McPolin, Red Bank, in an interview last week, about six weeks after www.Realmama.org was and bodies. Our archives are also organized under these divisions," according to the site. "Each article concludes with a list of resources that either served as sources for the article or that can provide those who are interested with additional information on a particular topic."

A new issue will be posted at the beginning of December, addressing issues that are especially important in the winter season.

Many of the articles posted on the site deal with year-round concerns like diaper disposal, chemicals in cosmetics, how to drive a more environmentally friendly SUV, and water conservation.

Realmama.org gives "real mamas" with little time and resources alternative actions that everyone can take to care for the environment.

One article shares steps for water



Two of the founders of Realmama.org, Kirsten McPolin (I) and Tricia Simon, are pictured with their daughters Emma and Caroleena, above. The two other founders, Camille Lafaro Sowinski, seen with her daughter, Sophia, left, and Corey Burnham-Howard, with her husband, Michael and daughter Abigail, below, submit their articles for the Web site via the Internet.



launched. "There is a real link between kids' health and environmental issues."

McPolin and Camille Lofaro Sowinski, who lives in Oceanside, Calif., and who attended law school with McPolin, are environmental lawyers. Tricia Simon, who lives across the street from McPolin, and Corey Burnham-Howard, Princeton, Mass., are mothers who also share a concern about how the environment affects their children.

"We write all the articles ourselves," said McPolin. "With my and Camille's background in environmental law, we already have access to so much of this information."

Realmama.org addresses issues such as recycling, vaccines and air quality. The newsletter is entirely Web based, which, McPolin said, helps keep down both the cost and the environmental impact.

"Through a quarterly Web-based newsletter," according to the Web site, "we strive to provide information in a manner that is specifically tailored to meet the needs of mothers and caregivers, who, like us, are pressed for time. Our articles present a summarized, balanced view of issues that are of interest to mothers and caregivers, allowing them to easily digest and act on the information provided."

As the seasons change, the site changes as well, providing information specifically useful in that season. Past articles can be found in the archives, according to McPolin.

"Articles in every newsletter are based in five categories: earth, water, air, mind conservation that "everyone can take," such as running the dishwasher only when full, turning off the water while brushing your teeth, and sweeping sidewalks and driveways rather than

hosing them down.

There are also tips for people able to dedicate more time such as repairing leaks in plumbing, replacing shower heads with more efficient models, and landscaping with climate appropriate plants.

And for those who have both time and money, Realmama.org suggests replacing older model toilets with water-efficient 1.6gallon-per-flush toilets, and replacing old clothes washers with water/energy efficient models.

"Eco-Sanity and Diapers: A Messy Dilemma," an article that focuses on the debate about cloth vs. disposable diapers, gives parents a view from both sides of the aisle.

According to the article, the average child will use 5,000 diapers before he or she is toilet trained, diapers have a decomposition rate of 550 years, and approximately 3.4 million tons of disposable diapers make their way into America's landfills annually.

"Even if you muster the strength and dedication to use cloth diapers," according to the article, "your efforts may not be as environmentally friendly as you might think." The article states that in a study of the environmental impact of disposable diapers versus cloth diapers by the United Kingdom's Environmental Agency (EA) showed no substantial difference in the two methods.

"The EA found that the electricity and fuel used during the laundering process for cloth diapers was just as detrimental to the environment as was the over 2.5 million disposable diapers that enter the UK landfills annually," according to the article.

As an alternative for environmentally conscious parents, the article also discusses the new technology of diaper recycling, and a cloth-disposable hybrid diaper called the gDiaper.

A related article explains the benefits of homemade baby wipes.

"Propylene glycol, a derivative of natural gas, is commonly found in commercial baby wipes because it provides moisturizing properties. While identified by the Food and Drug Administration as being 'generally recognized as safe,' claims have been made by health advocacy groups that propylene glycol can cause skin irritations, deafness, kidney damage and liver problems." The article explains that a natural alternative can be made by cutting flannel baby blankets into squares and using a spray bottle to apply a combination of water, baby soap and essential oil. Full instructions are available on the site.

Mothers also need to take care of themselves, so they can better take care of their children, and that may mean taking a closer look at the ingredients in their cosmetics, according to the Web site.

"The National Institute of Occupational Safety and Health found that out of 2,983 chemicals, which the cosmetic industry listed as being used is cosmetics," according to the article, "884 are known to be toxic."

According to the article, the most dangerous of these chemicals are phthlates, a family of chemicals that are often found in cosmetics and plastics that have been linked to birth defects in male reproductive system in animal studies.

"Studies have found hazardous chemicals in breast milk and even in babies' umbilical cords," it states.

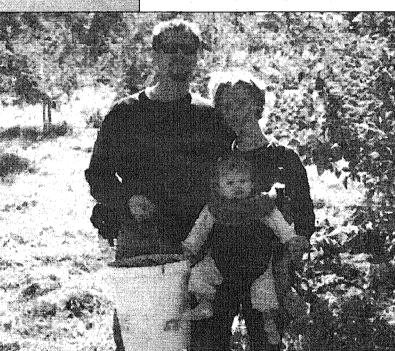
While the FDA, according to the article, has yet to subject cosmetic companies to premarket testing, 25 European countries have banned the use of substances that are known, or strongly suspected to cause cancer or birth defects.

According to the article, 600 of those substances are still permitted to be used in the U.S., with only a few state-level governments taking steps to ban some of these chemicals.

Realmama.org also advocates fostering environmental awareness in children by taking them outdoors and involving them in activities like collecting the fall leaves to make rubbings, celebrating the autumn equinox and creating vegetable/bean artwork.

McPolin said that she hopes that Realmama.org will soon be able to create a newsletter to be mailed out for people who don't have access to the Internet and to the Spanish-speaking population.

"Mothers aren't superwomen," she said, "but we can help make it easy for them to go green."





Before Losing 61 Lbs.

After giving birth to my third child, I became content with life. We frequently ate our meals out. I ate when the kids ate and constantly snacked between meals. My complacency in life caused me to gain a staggering amount of weight in a short period of time.

I had tried to lose weight with an array of weight loss fads and diets. I would deprive myself and pray that it would make a difference. It didn't. I would end up bingeing on chocolate or snacks. Each time I would gain back my weight faster than I lost it.

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changed forever. They said that I could come in for a free hypnosis evaluation. I approached Positive Changes with skepticism. I was in for a pleasant surprise. My evaluation was relaxing and fun. When I considered how much money I had wasted on diets and pills that didn't deliver, I decided that Positive Changes made good sense. I signed up and melted off 61 lbs.! My dress size plunged from a tight 16 to a slender size 6.

"I melted off 61 pounds

Losing weight with hypnosis was easier than I ever dreamed possible... far easier than diets and pills! There were many times I didn't even think about my weight, but I was still losing, and I never felt deprived. I am 100% satisfied with my results.

and kept it off for three effortiess years!" Want to know how I did it? **READ THIS!**

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I don't even think about my weight. Hypnosis has changed my eating habits and there's no way I would go back. Hypnosis has given me control. I eat less and enjoy it more. I would recommend Positive Changes to anyone who wants to lose weight ... and I do recommend the program all the time! Why go on a diet when losing weight can be this easy?



Edel Sykora **Before Hypnosis**

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Hypnosis gave me instant results! Within three days of my first session, I was no longer hungry. I melted off at least 5 or 6 lbs. my first week! I waited three months to actually get on the scale. Imagine my astonishment when I had lost 27 pounds!

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"You relax and lose weight at the same time. Honestly, it's that simple? **Edel Sykora After**

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is well educated. They are dedicated to helping people and believe in their program 100%

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BICOVER

Stress Reduction



No charges for resident in stabbing of burg

BY SETH MANDEL Staff Writer

SAYREVILLE - A Middlesex County grand jury has decided not to file charges against a local man who fatally wounded a burglar trying to escape from his apartment.

Roda Lamarche returned home to his Winding Woods apartment Oct. 15 while two men, later identified as 26-year-old Kevin Reeves and 17-year-old Carlos Pagan, both borough residents, were believed to be in the process of burglarizing his home.

Lamarche, who is 22, grabbed a kitchen knife and proceeded to search his apartment. Reeves reportedly escaped through a window, while Lamarche grabbed Pagan in an attempt to detain him.

During the ensuing struggle, Lamarche stabbed Pagan several times in the legs before Pagan escaped through the window, authorities said.

Pagan was found dead from loss of blood about a quarter-mile from Lamarche's apartment, while Reeves was later arrested on burglary charges.

On Friday, the grand jury cleared Lamarche, but indicted Reeves in connection with a string of burglaries that occurred over a two-week span in October.

"That grand jury heard all of the evidence, and they heard all of the law relating to that evidence," said Middlesex County Assistant Prosecutor Thomas Kapsak. "And they decided to

Community Bulletin Board

Scouts to solicit funds for Yellowstone trip

Members of Boy Scout Troop No. 97, of Sayreville, will be canning outside of Wal-Mart, located on Route 9 in Old Bridge, from 9 a.m. to 1 p.m. on Jan. 7. All proceeds raised from the event will benefit a planned trip for the troop to Yellowstone National Park during the summer. For more information, contact Rob McCall at (732) 698-2958.

'What's Your Rx IQ?' at E.B. Library Jan. 5

The Middlesex Chapter of the Brandeis University National Women's Committee will sponsor "What's Your Rx IQ?" Jan. 5 at 1 p.m. at the East Brunswick Library, Ryders Lane.

Marianne Gerace of Saint Peter's University Hospital will discuss medications, herbs and supplements, and other topics. There is no fee to attend, and all are welcome.

For reservations or more information, call Sandy at (732) 238-2631 or Bobbi at (732) 494-0690.

St. Stan's schedules New Year's Day Bingo

St. Stanislaus Kostka Church, 225 MacArthur Ave., Sayreville, will host a New Year's Day Bingo event beginning at 1:30 p.m. on Jan. 1. Doors will open at noon.

The kitchen will be open. For more information, call the parish office at (732) 254-0212.

charge one of the young men who went into that apartment with 15 various counts of burglary and theft, and they decided not to charge the homeowner with any crimes."

Reeves was charged with seven counts of burglary and seven counts of theft, as well as one count of hindering apprehension, Kapsak said.

Kapsak said Pagan was believed to have been involved with those burglaries as well, all of which occurred in the Winding Woods apartment complex.

He said Reeves and Pagan were living in a vacant apartment in Winding Woods where they stored the stolen property. The hindering apprehension charge against Reeves was in connection with the hiding of the stolen property, Kapsak said.

Reeves was apprehended at the Parkway Motor Inn, Route 35 south, two days after the burglary, and he is currently being held at the Middlesex County Adult Correction Center, North Brunswick.

Jewelry belonging to Lamarche was found on Pagan's person when he was located outside 131 Winding Woods Drive a short time after the incident, authorities said.

The investigation by the prosecutor's office considering was whether Lamarche's actions were justified under the circumstances.

Kapsak said he could not comment on the reason for the grand jury's decision, explained to the panel prior to the rul-

"They were given the option [to charge Lamarche], they were instructed on the law, and they decided not to charge him with any offenses," Kapsak said.

Lamarche has reportedly moved from Sayreville since the incident.

Kapsak could not immediately recall another instance in Middlesex County where a burglar was killed by a homeowner, but said this incident should be taken as an individual case without wider application.

"It doesn't really set precedent," Kapsak said. "They heard evidence and they heard law, and they decided there

but said the statutes were clearly was no basis for charges. He learns every day, and loves it. Education and care created for the whole child. Tutor Time understands the importance of nurturing a child's love of learning. Activities encourage exploration, problem solving and discovery, providing the skills needed for elementary school and beyond. And our teachers know that fostering your child's selfesteem and happiness is their most important job. That's education and care you won't see anywhere else. That's Tutor Time. Infant and toddler care Preschool and private kindergarten Open 6:30 am to 6:30 pm Full and part-time programs Certified teaching staff • Before and after school care Proprietary curriculum Security cameras throughout WINTER Busing available to and from local schools SPECIAL* enroll before Now enrolling • Call today to schedule a tour 12/31/05 and get **OLD BRIDGE** 1 Week FREE CHILD CARE/ LEARNING CENTERS 2500 ROUTE 9 SOUTH 732-679-2450

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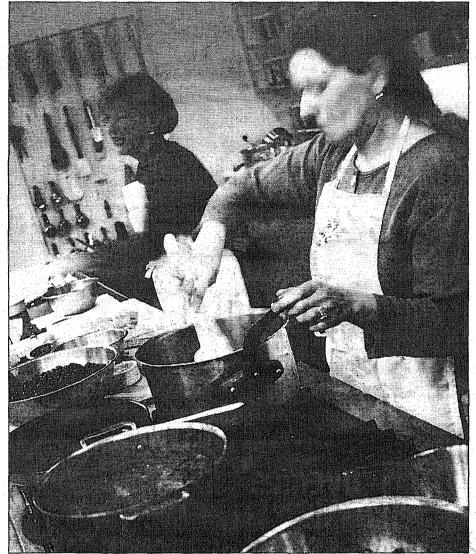
Health & Fitness

Tips for losing those holiday pou

he vicious cycle happens year in and year out. There's Thanksgiving with its turkey, stuffing and pumpkin pie. By the time you've finished off those leftovers, the Christmas cookies are baking in the oven and the gourmet food baskets are arriving at the office. Come Christmas, your pants are already starting to feel snug.

Next thing you know, it's the new year and you are a new pants size. Don't panic or head straight to the department store for a whole new wardrobe. Exercise and follow these tips instead, and you'll have your body back on track in no time.

Watch your portions. It's not what you eat but how much you eat. There's no need to keep certain foods off-limits. With that mindset, you're bound to want them more and when you do satisfy that craving, you'll only feel guilty. Instead, fill your plate with lean meat, steamed or sautéed veggies and healthy salads. And of course sample those other favorite-but-not-sohealthy foods, but in moderation. Calories cannot be saved for later. In theory, it seems like a good idea: skip breakfast, maybe even lunch, and eat everything you want at dinner. The problem, however, is that you're so hungry by the time you get to dinner you end up overeating. Instead, eat a sensible, healthy breakfast and lunch and then follow the portion-control rules for dinner. That way, you're less likely to



overeat or make bad decisions.

Don't confuse thirst with hunger. Before you head back for second helpings or pop open that tin of cookies for a midday snack, make sure you're really hungry and not just dehydrated. It's easy to confuse the two, since your stomach makes noises to signal both. While cooking or waiting for dinner, sip some water. Also, when you head to the mall to return that ugly sweater from Aunt Ida, take a bottle of water with you as well as some healthy snacks. It's good to stay hydrated in the hot, stuffy stores, and if the water doesn't seem to do the trick, at least you'll have something healthy to snack on and won't be tempted to indulge in the food court's often unhealthy options.

Avoid pressure eating. At the holiday table you've likely heard cries like, "Dear, you've hardly eaten a thing!""It's the holidays. Have a second helping!" or "You must try the creamed spinach and the bread stuffing!" Often during holiday dinners, so much is going on that you ignore how quickly you're eating or who's putting what on your plate. Now that the holidays are over, slow down. Take the time to listen to your body, see what it's saying and respond with conscious choices.

Stay positive. It's not impossible to fit back into your favorite jeans. When you sit down for a meal don't let the food overwhelm you. Take control of your food choices or you'll make poor dietary decisions.

Helpful holiday hints to eat healthy

he holidays are not only synonymous with gift-giving, but also with eating. We all tend to overindulge whether we are celebrating at an office party, a friend or relative's house, or at our own home. Holiday festivities can cause a great deal of anxiety for those who want to maintain control over their diet. With a bit of preparation and a small dose of willpower, this wonderful time of the year can be enjoyed without guilt - or unwanted weight gain, according to Lillian Sonnenberg, D.Sc., R.D., and senior manager of the nutrition center at Massachusetts General Hospital.

Following are some of her tips on how to win the battle of the bulge during the holiday season.

Holiday baking

 Substitute yogurt or applesauce for fatty ingredients in desserts.

• Offer guests lower-fat items like fruits, vegetables, low-fat dips and lean meats.

Holiday parties · Don't arrive too hungry. Eat some fruit or crackers prior to the party.

• Try to stay away from the food/buffet table while socializing. It is difficult to eat and talk at the same time, so circulating and engaging in conversation

will decrease time spent eating.

• Watch alcohol intake Alcohol consumption can stimulate overeating and add empty calories.

Holiday exercise • Take a family walk after dinner.

· Wear walking shoes and increase the pace walking from store to store.

• Try standing at a table and doing knee bends while wrapping gifts.

· Try not to abandon regular exercise routines.



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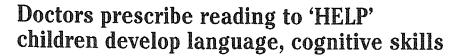
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SUBURBAN, December 22, 2005 25

Health & Fitness

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ediatricians at Saint Peter's University Hospital's Louis S. Damiano Family Health Center at How Lane have integrated reading into their patients' wellness visits through the "How Lane Early Literacy Project" (HELP). HELP is a program for children designed to introduce and reinforce the importance of reading at a young age and to aid in the development of language, cognitive and literary skills.

HELP volunteers read to children, ages 6 months to 5 years, while they wait to see their doctors at the Saint Peter's facility. They are given an age-appropriate book to keep each time they visit How Lane, in hopes to make reading a part of their lives after they have left the facility. During the visit the doctor also reads with the child to evaluate his or her cognitive development and language skills. Parents are then given a "Prescription for Reading" that encourages them to read with their child for a specified amount of time each day.

The Family Health Center at

How Lane is in need of volunteers, bilingual if possible, and book donations for the HELP program. New and gently used books donated to HELP must be suited for children 5 years old and younger. English, Spanish and bilingual books are gratefully accepted.

"Mostly, our books come from book drives run by local churches and schools," said Joan Kirbos, HELP program coordinator. "Our volunteers' responsibilities include reading to children in the waiting room and demonstrating to parents, by example, how to encourage reading and the age-appropriate skills they can expect from their children."

For more information about volunteering or donating, contact Joan Kirbos at (732) 296-1521. If you would like to donate books, please drop them off or send them to:

ATTN: Joan Kirbos Louis S. Damiano Family Health Center 123 How Lane

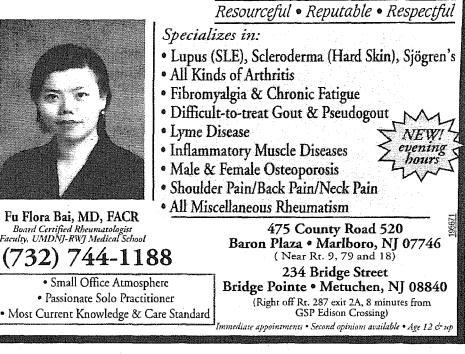
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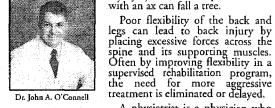
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by Dr. John A. O'Connell

Low back pain one of the most common causes for work absence in the United States. At some point in their lives, most people will experience a severe episode of low back pain. In many of these cases, the pain will quickly resolve, however chronic low back pain con frequently occur where the can frequently occur where the symptoms remain for an extended period.

In many instances, people can pinpoint a specific event that triggered the pain. Often the triggering event may not seem so severe, such as routine bending over or picking up a small object. This triggering event may be the end result of thousands of small injuries all addies as the

small injuries all adding up to the point where a small force is needed to cause significant



Connell treatment is eliminated or delayed. A physiatrist is a physician who specializes in diagnosis and treatment of disorders of the musculoskeletal system. In cases of low back pain, a board certified physiatrist will perform a thorough examination and correlate history and physical examination findings with special studies to make an accurate diagnosis. With this information, a comprehensive rehabilitation program can be designed to minimize the disability and discomfort of an episode of low back pain. Tel: 732-780-8811

injury, just like many small cuts with an ax can fall a tree.

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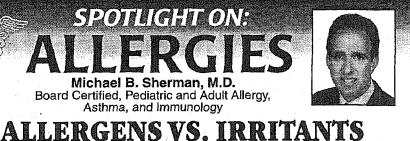
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Asthma attacks are triggered by allergens about 80% of the time, according to experts. Allergens include dust mite particles, pet dander, pollen, and mold. When an asthma patient breathes in an allergen to which she is sensitive, her immune system springs into action and her airways tighten. She may suffer wheezing, coughing, or shortness of breath as a result. Irritants set off a different body response that leads to similar symptoms. Irritants include pollutants, chemicals, tobacco, and perfume. When these substances are inhaled, receptors in the respiratory tract are stimulated, cause airways to narrow, and trigger common asthma symptoms. The key to an asthma patient's successful management plan is an awareness of how allergens and irritant triggers can be avoided.

If you have difficulty breathing or seem to be coughing constantly, today's column should be of special interest. Contact our office with your questions and concerns. ALLERGY & ASTHMA CENTER has two convenient ocations and provides complete asthma and allergy care for your entire family. We are located at 1 Bethany Rd., Bldg. 1, Suite 11, Hazlet, (732) 739-8787, and 15 South Main Street, (Rte. 79) in Marlboro, (732) 303-8787. Call now for an initial and confidential consultation so your on fully enjoy the consultation, so you can fully enjoy the holidays.

Please note that our Marlboro office has moved down the road closer to Route 18. We are now located in the Eastpointe office building.

P.S. Heartburn bas been known to trigger asthma attacks, possibly due to stomach acid g setting off respiratory trouble. Health & Fitness

Technologies combined to increase safety during thyroid surgery

hen Lynn Yavorsky, of Woodbridge, scheduled a dental exam last year, she never imagined that the routine visit would uncover a serious medical problem unrelated to oral health. Her dentist detected a lump on her neck, and he urged Yavorsky to make an appointment with an otolaryngologist (ear, nose and throat specialist). She called Dr. Jay Horowitz at St. Peter's University Hospital, New Brunswick. A biopsy yielded an unexpected diagnosis: at age 35 she had developed thyroid cancer.

"Everything happened so quickly after my diagnosis," said Yavorsky, who is now 36. "I received a CT scan and a biopsy, which ultimately revealed I had papillary carcinoma, the most common cancer of the thyroid gland. Within two weeks of my diagnosis, I received a complete thyroidectomy (removal of the thyroid gland) and neck dissection (removal of lymph nodes and surrounding tissue from the neck) at St. Peter's University Hospital."

The thyroid is the small, butterflyshaped gland located just below the Adam's apple. It produces hormones that regulate the body's metabolism. The thyroid gland helps to control the function of virtually every cell, tissue and organ in the body. A healthy thyroid is important to the body's overall well-being.

"One of Lynn's concerns was the possibility of damage to her vocal cords and parathyroid gland during the procedure," Dr. Horowitz said. "I explained to her that I use a nerve monitor, which greatly increases patient safety. This additional



A REAL PAIN IN THE NECK

In most cases, neck pain and stiffness arise from careless behavior, such as keeping your head in an awkward position while talking on the phone. The joints in the neck then "lock" and the neck muscles become painfully fatigue. Fortunately, most posture-induced episodes of neck pain clear up spontaneously after rest and efforts not to repeat the offending stresses on the neck. On the other hand, neck pain that will not go away in a day or so is a more serious matter. Neck pain that persists or recurs may be an indication that something is not right. There may be disease, an injury, congenital malformation, or progressive degeneration. If so, an examination by a chiropractor can pinpoint the source.



step gave Lynn the comfort she was looking for."

During major surgeries that require general anesthesia, a tube is inserted through the mouth and down the trachea (the large airway from the mouth to the lungs) to keep the airway clear and permit oxygen to pass freely to and from the lungs. Dr. Horowitz uses an endotrachael tube with an electrode embedded in the tip of the instrument.

"The electrode nerve monitor emits an electronic pulse that lets me know when I'm too close to the vocal cord nerves," Dr. Horowitz said. "This significantly decreases the chance of damage to areas that impact major functions such as speech and swallowing. It also allows me to be more targeted during the procedure."

Following her surgery, Yavorsky was hospitalized for two days. "Just 10 days after surgery, I was able to drive again," she said. "I healed quickly and had good mobility in my neck. There was no residual swelling."

Six weeks after surgery, Yavorsky returned to St. Peter's for radiation therapy. Now, almost one year later, she appears to be completely free of the disease.

"I knew that finding the right doctor would be important to the success of my surgery and recovery,"Yavorsky said. "Some patients who have undergone thyroid surgery are left with a large scar, but mine is barely visible. Dr. Horowitz did a wonderful job with every aspect of the procedure."

About thyroid cancer Each year in the U.S., an estimated 14,000 new cases of thyroid cancer are diagnosed, and 1,100 people die from the disease. Women are three times more likely to develop thyroid cancer than men, and it usually strikes individuals over the age of 30. Survival from thyroid cancer is generally good. Most patients are either cured of their disease, meaning

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(732) 360-3006 MOST INSURANCE PLANS ACCEPTED they have no evidence of the cancer, or the cancer remains stable or grows very slowly over many years. Survival rates depend on the type of thyroid cancer, the stage of the patient's disease, and the patient's age.

Despite the high survival rate, thyroid cancer still requires treatment and lifelong monitoring. Most patients are placed on thyroid hormone for the rest of their lives. Patients should also receive a yearly chest X-ray and a test of their thyroglobulin level. Thyroglobulin is a protein produced by normal thyroid tissue. Patients who have undergone thyroid surgery should not have detectable thyroglobulin. If a patient's thyroglobulin level becomes detectable, this may raise concern that cancer has recurred and further evaluation may be indicated.

Thyroid disease is controllable, but largely undiagnosed

Thyroid disease is more common than diabetes or heart disease. It affects 27 million Americans, but more than half are unaware that they have this medical problem.

The thyroid gland produces thyroid hormone, which affects virtually every cell, tissue and organ in the body. When the thyroid malfunctions, it will produce either too much or not enough thyroid hormone. Too much thyroid hormone a condition called hyperthyroidism ---will cause the body's metabolic processes to speed up. Not enough thyroid hormone - a condition called hypothyroidism - can cause the body's metabolic processes to slow down. Nearly one out of 50 women in the U.S. is diagnosed with hypothyroidism during pregnancy, and six out of every 100 miscarriages can be associated with thyroid deficiency. The elderly are also at increased risk for the disease - by age 60, as many as 17 percent of women and 9 percent of men develop an underactive thyroid. Common symptoms of hormone imbalance include:

Hypothyroidism — fatigue, unexplained weight gain, cold intolerance, dry skin and hair, increased cholesterol.

Hyperthyroidism — Nervousness/irritability/sleeplessness, unexplained weight loss, heat intolerance, increased sweating, irregular heartbeat.

Because many of these symptoms may be hard to recognize and may be mistaken for symptoms of other conditions, the best way to know for sure about your thyroid health is to ask your doctor for a TSH (thyroid-stimulating hormone) test, a simple blood test that measures your thyroid gland's condition.

Although most people with thyroid disease will not be cured of their condition, both hypothyroidism and hyperthyroidism can be controlled with prescription medicine. Individuals should contact their physician if they feel they are at risk for the disease or if they are being treated for thyroid disease and are experiencing symptoms. Those who are being treated for thyroid disease should follow their doctor's instructions and take the exact medicine prescribed to them.

Health & Fitness

RWJUH urges smokers, nonsmokers to be aware of secondhand smoke

pproximately 3,000 nonsmokers in America die each year from lung cancer caused by secondhand smoke. With the start of Lung Cancer Awareness Month in November, Robert Wood Johnson University Hospital is urging both smokers and nonsmokers to be aware of the danger.

"Nonsmokers exposed to secondhand smoke take in more than 4,000 harmful toxins the same way that smokers do," said John E. Langenfeld, M.D., chief of general thoracic surgery at Robert Wood Johnson University Hospital, New Brunswick. "Every time they are around secondhand smoke their health is being put at risk."

In addition to lung cancer, secondhand smoke, defined as smoke from a cigarette, cigar, pipe or smoker's exhale, can cause nasal sinus cancer, heart disease and respiratory problems in adults, and pneumonia, bronchitis and severe asthma attacks in children. It also contributes to low birth weight and sudden infant death syndrome (SIDS).

Studies have shown that the more people are exposed to secondhand smoke, the greater their risk for developing health prob-

lems. "Secondhand smoke is a major preventable health hazard in our society," said Michael Steinberg, M.D., M.P.H., clinical medical director of the Tobacco Dependence Program at UMDNJ-School of Public Health and attending physician at Robert Wood Johnson University Hospital. "Exposure to secondhand smoke is often involuntary and frequently unavoidable. Even low levels of exposure can impact a person's health."

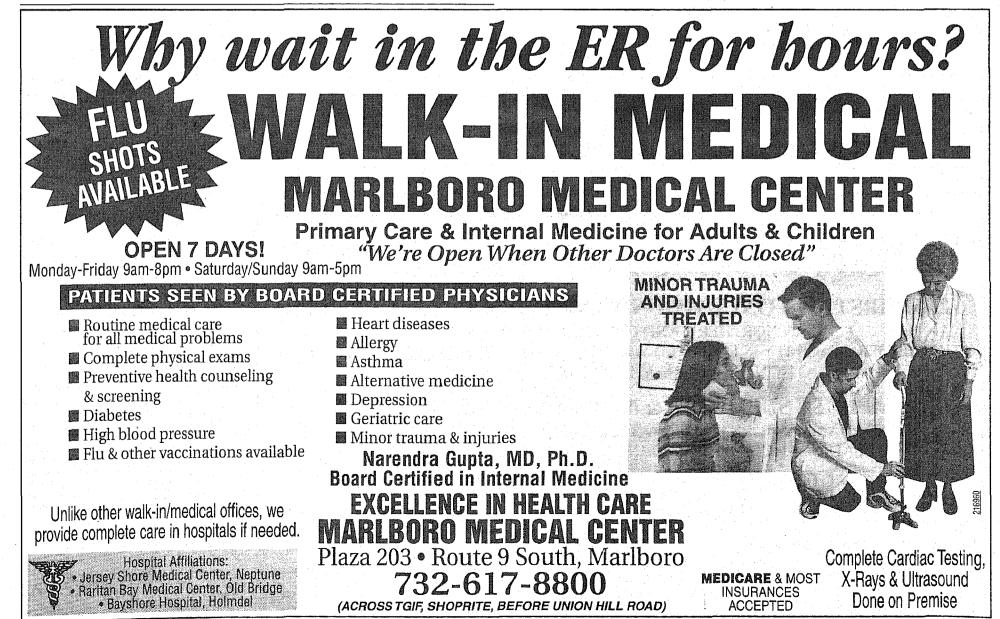
There are certain actions people can take to reduce their contact with secondhand smoke. Establish a smoke-free environment inside the home and car. This will protect children and other family members from regularly inhaling secondhand smoke.

Smokers should go outside when they want to smoke, and no one should be smoking around children.

"Of course, the best solution is avoid secondhand smoke exposure is for smokers to quit," Dr. Steinberg said.

Additional information about lung cancer and other respiratory disorders is available at www.rwiuh.edu.







Mouse pads warn about dangers of drug abuse

Family organized project after losing son to overdose

BY JENNIFER AMATO Staff Writer

roundhog Day will never be the same for the Surks family of South Brunswick.

On Feb. 2, 2003, Groundhog Day, Mark Surks saw his son for the last time on a gurney in the emergency room with a tube from a disconnected ventilator taped into his mouth.

"Just a few scant hours earlier he was a perfectly healthy, 6-foot 2-inch, 220pound hunk of a guy," Mark Surks wrote in the spring 2004 issue of the National Council on Alcoholism and Drug Dependence's (NCADD) quarterly newsletter "Prevention Works!" He chronicled the use and overdose of his son Jason's Xanax addiction.

He described how just 19 years earlier, a nurse placed his son in his arms at the hospital, a moment that provided a sense of fear and determination to always protect him. He pledged to teach his son how to be a good father, just as he was taught.

"The chain is broken now. I have no future father to raise. I only have questions, self-doubts and many tearful Groundhog Days," he wrote.

To offset the horrible tragedy inflicting their lives, Linda Surks began the Mouse Pad Project last year to honor her son, delivering mouse pads to schools across Middlesex County.

"We recognize, and obviously I recognize very closely after [what happened with] my son, that kids' risky behaviors are certainly a very dangerous situation. Their friends are the first ones to know more than anyone else behind closed doors," said Linda Surks, who is an employee of the Middlesex County Substance Abuse Coalition, part of NCADD.

The program, influenced by a peer intervention seminar in Washington, D.C., in 2002, is being sponsored by the PNC Foundation. Last year county high schools received 10,000 pads, and this year 8,000 pads are being sent to area middle schools.

"The goal is to have one on every computer students use," she said, adding that a future ambition is to have a digital image of the mouse pad appear as a screensaver on school computers.

The mouse pad features a young student walking away, and says, "Worried about a friend who drinks or does drugs? Don't walk away." In memory of Jason Surks, it states that "he had many friends who didn't know how to help" focusing on the necessity of peer intervention. A phone number is also listed for teens who are seeking assistance: 1-800-788-2800.

Although Surks has been an employee of the NCADD for about 15 years, she said no signs of drug use were apparent in her home. Jason was a prepharmacy major who worked at a pharmacy during high school counting pills, selling lottery tickets, stocking shelves and working the cash register.

The problem did not stem from using Xanax on a daily basis, according to Mark Surks, but rather from taking several to achieve a buzz, combining it with beer or other substances.

"Although we do everything in our office to teach parents what to look for and how to talk to their kids ... the fact of the matter is I didn't have a clue until I walked into the emergency room that day. A friend of mine said, 'If this could happen to you, it could happen to anyone.' [Jason] was really good at keeping a secret from us," Linda Surks said.

She warned that changes in behavior, changes in friends and becoming secretive are usually indicative of drug abuse. She stressed keeping an open line of communication within the household.

"I feel awkward because I know the right things to do and I did most of them, but I still had a bad outcome. You have to know [your children's] friends and know where your kids are. Let them know that drugs are not going to be tolerated and it is something that is not acceptable," she said. "I talk to my daughter's friends more than I did before. I let my daughter and her friends know what power they have."

Mark Surks also stressed that college dorm rooms are filled with cases of prescription drug abuse, including OxyContin and Vicodin. He warned that medication is readily available over the Internet from other countries.

"I have come to find out you can buy it from Mexican-based Web sites right over the Web. It's as easy as buying a Beanie Baby on eBay," he wrote.

"I know we have the same situation with Canada. I have bought [diabetes] medication from there myself. But they required a prescription. They wanted to know that a real doctor examined me and determined that I needed to take it. All the Mexican Web site wanted was my son's credit card number," he continued.

According to the NCADD, Middlesex County ranked seventh in the state for substance abuse admissions in 2000, with heroin representing more than half of those admissions. Nonmedical use of pain relievers, tranquilizers, stimulants and sedatives ranks second as illicit drug abuse among adults and youth, behind marijuana. Over 13 percent of youth between the ages of 12 and 17 have abused prescription drugs at least once. In 2002, 6.2 million Americans were current abusers of prescription drugs, and emergency room visits resulting from narcotic pain relievers abuse have increased 163 percent since 1995.

The NCADD sponsors several programs to aid in substance abuse prevention, made possible by a federal grant from the Substance Abuse and Mental Health Services Administration (SAMHSA). On Nov. 17, the Middlesex County Substance Abuse Coalition hosted their second annual young women's conference titled "My Journey, My Voice: Empowering Young Women" at the Ramada Inn in North Brunswick. One hundred young women and 25 faculty members attended the fullday conference consisting of six workshops informing them about healthy vs. unhealthy relationships, sexuality, cultural diversity, career options for women, substance abuse and bullying. The coalition is seeking a conference for young men to be held in the future.

"My son was a wonderful person. He was a good kid who made a terrible mistake. He is missed by many, many people," Linda Surks said. "We need more people to sit around the table. We need more people to learn about the needs of the community and give ideas about what to do to get the message and to get the programs out."

There are currently over 35 members of the Middlesex County Substance Abuse Coalition. For more information about the NCADD, to receive resource materials or to join the coalition, call (732) 254-3344.

SUBURBAN, December 22, 2005 29



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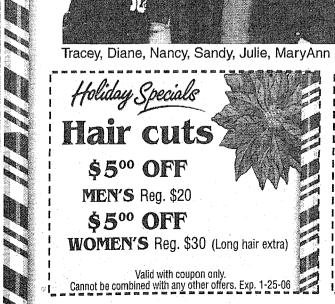
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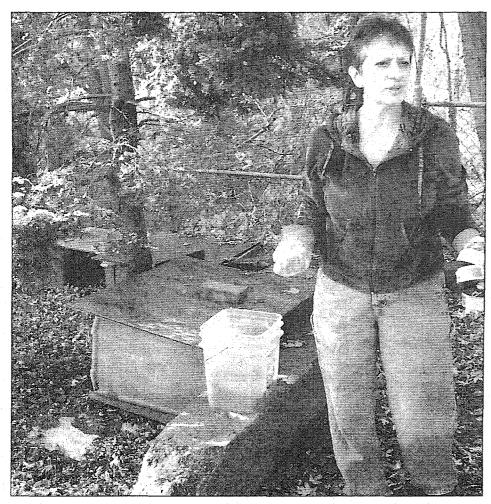
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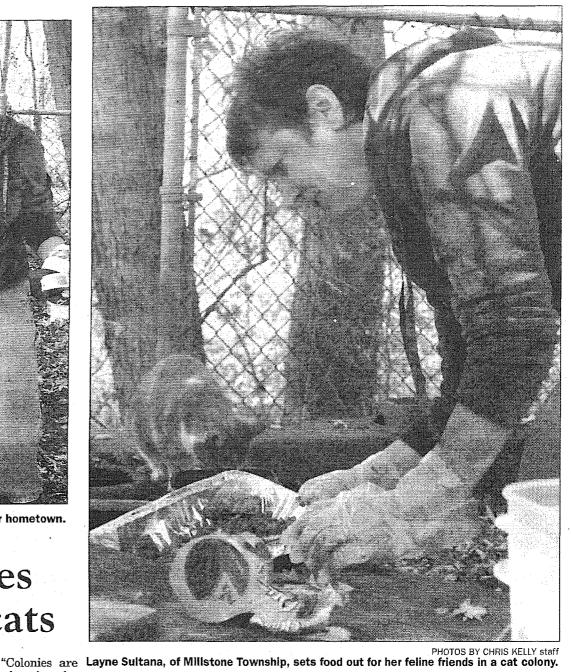


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PEOPLE WHO MAKE A DIFFERENCE



Millstone Township resident Layne Sultana takes care of a cat colony in her hometown. She also volunteers to manage colonies in Manalapan and Freehold.



Millstone resident cares for hundreds of area cats

Feline friend spent over \$10,000 last year in vet fees alone

> BY JANE MEGGITT Staff Writer

s the midsize sport-utility vehicle pulls into the parking lot, cats of all stripes suddenly appear.

Their caretaker, Lavne Sultana, has arrived, making one of her 13 daily stops to care for cat colonies in Millstone, Freehold, Marlboro and Manalapan.

The Millstone resident cares for the felines seven days a week, 365 days a year. She estimates that she puts 100 miles a day on her vehicle.

While some friends donate food and money, the bulk of expenses falls on her, she said.

Sultana spends \$800 a month for cat food, which consists of 1,100 pounds of dry cat food and 840 cans of wet food. Last year, she accumulated approximately \$10,000 in veterinary fees.

The colonies range in size from one to 20 cats. All the felines have been tattooed or ear-tipped for identification.

Sultana did not want to give out the colonies' exact locations because a couple of the landlords do not want the cats on their

property. While she tries to get approval from landowners to feed a colony, she said, two landlords would have her arrested if they caught her. She said she takes the risk because she simply cannot allow the cats to starve.

"I don't like doing things that way," Sultana said. "I'd rather have approval."

Sultana said that restaurant owners in strip malls are usually glad to have the cats around because they take care of rodent problems.

She said that some local animal control officers are sympathetic to the work she and other colony caregivers do, while others do not believe in trap-neuterrelease (TNR), the basic tenet of maintaining a colony.

Sultana is a board member of Spay Neuter and Protect Strays (SNAPS).

"We advocate the nonlethal feral cat population controls of trap, sterilize and release in sup-ported areas," Sultana said. "Spaying and neutering is the only effective humane way to eliminate overpopulation. This is an alternative to euthanasia."

Sultana uses various veterinarians in the area for spaying, neutering and treatments.

Sultana takes care of the problem others have created by dumping their unspayed and non-neutered unwanted cats.

developed by people dumping cats or leaving them when they move," Sultana said.

"Unfortunately," she added, "all of my colonies were acquired when people called me up and said, 'There is a colony behind a minimall. Would you help trap the cats?'



Most people say they will continue to feed the cats, "but that never happens," according to Sultana.

Sultana also helps her friends who have colonies when they must go out of town.

"It takes a person who is totally dedicated to the cause to do this," she said. " I do not suggest anyone getting involved unless they look into the project ahead of time.

Winters are the most difficult,

according to Sultana, as she must shovel the cats out of the protected shelters she has made for them.

According to Sultana, one male and one female cat can produce 80,000 offspring in a decade. She said females can have three litters a year, with five or more kittens per litter.

"That is why neutering is so important," she said.

All the cats in her colonies have been spayed or neutered as well as vaccinated, she said.

Sultana said it took her 2 1/2 years to trap one particular cat, but she finally managed to catch her and have her spayed.

None of the cats is scrawny or sickly, and all of the felines have names, she said.

Sultana adopts out suitable cats and kittens, but she said so many of her cats need homes. She organizes adoptions through the Petcos in Howell and Freehold Township. She also has a pet food bin at the Freehold Township ShopRite, where people can drop off donations for the animals.

Sultana has been involved in animal rescue for 20 years. Originally from Brooklyn, N.Y., she rescued cats there and continued to do so when she moved to Freehold and then to Millstone 12 years ago.

Sultana works as a dog groomer and pet sitter and owns her own business called Beastly Doos, which gives her the flexibility to care for the colonies.

Over the years, she has rescued dogs, birds, ducklings and a host of wildlife. She has gerbils that someone dumped at a park in Manalapan. Someone once left a guinea pig at her Millstone colony, which she gladly found before the cats did.

"People think that domestic animals can survive outside, but they cannot," Sultana said. "Bring them to a shelter."

Sultana said she never takes a vacation. When asked why she devotes herself so much to the cats, she replied, "They're a life. That's the important thing. That's why I feel so strongly about keeping the colonies going."

Sultana said she would pick up any donations of pet food for the colonies from interested area residents.

To make a donation or for more information, call (732) 446-6242. Monetary donations for spaying and neutering should be sent to SNAPS, P.O. Box 92, Oakhurst 07755.

Board grants approval for self-storage facility

BY MICHAEL ACKER Staff Writer

SAYREVILLE - A self-storage facility on Bordentown Avenue will not have a significant effect on traffic in the area.

That was the conclusion of the borough's Planning Board, which granted Middlesex Realty preliminary and final major site plan approval for a self-storage facility at its Dec. 7 meeting.

The 926-unit facility will be built on the site of the former Van Brunt Trucking property near Winding Wood Apartments on Bordentown Avenue, with a stipulation limiting the expansion of the size of the storage spaces inside the property.

Middlesex Realty prepared modifications on their original plan at the board's request. Borough Engineer Jay Cornell said the applicant addressed the bulk of the board's concerns by making changes to the design.

The concerns the developer addressed for the board included the need for fencing on the property, security enhancement, parking, road widening, conditioning the storage spaces for extreme temperatures, and the construction of a sidewalk.

Alternate board member Allen Chodkiewicz's only remaining concern was the potential impact on local traffic. He asked how traffic would be affected after learning that the average occupancy rate for storage facilities is 70 percent.

"It's a lot of units representing a lot of people going in and out," Chodkiewicz said, noting that traffic on Bordentown Avenue is already heavy.

Project Engineer Charles Carley testified that he used Institute of Transportation Engineers (ITE) methodol-

ogy to determine that the traffic impact on Bordentown Road would be minimal. He contended that traffic brought about by the facility would be low even at peak hours on Saturdays, the busiest day of the week for most facilities of this nature.

Carley concluded that the peak weekday hours of 4 to 6 p.m. would draw only about 25 cars total.

He added that morning hours for such businesses are typically slow and most vehicles that pull into the facility are out within an hour. A keypad entry system would allow customers access to the building between the hours of 5:30 a.m. and 10 p.m

Cornell confirmed Carley's assertion, describing the site as a "low traffic generator" when compared to other possible uses for the site, such as an office building. Mario Barone Jr., who has represented

20 storage facilities in New Jersey, testified that the size of each storage space will vary with each floor of the building. One floor will have standard 10-by-10-foot rooms. The others will vary for different storage purposes from 5-by-5 to as large as 10-by-20.

These are upscale units," Barone said. "We are building them from scratch with metal wall partitions for privacy and security."

Before passing the motion to grant approval to the builder, board member Thomas Tighe added a stipulation that the size of the spaces inside the facility stay the same once they are finished.

"Whatever size they are, it's a one-shot deal," Tighe said.

Also in the works for the property will be a series of low-lying shrubs and a freestanding sign.

New sidewalk to help with pedestrian safety

BY LAUREN MATTHEW Staff Writer

OLD BRIDGE - It may take a little time, but the construction of a sidewalk on Cottrell Road isn't that far in the future.

In November, residents of the Arbors development off Cottrell Road came to the Township Council asking for help with safety and trespassing problems. They said people cut through their yards to get to the municipal center, its bus stop, and the surrounding areas.

The Arbors development is adjacent to the municipal center, behind the tennis courts.

Residents said there used to be a footpath and a gate that led to the complex, but the township recently closed the gate due to safety issues with the path. Since that path has closed, people have begun walking along Cottrell Road, which has no sidewalks.

Residents believe this is an accident waiting to happen.

Mayor Jim Phillips proposed sidewalks for the road in order to create safer conditions for pedestrians, and told residents in November that he would ask township

Engineer Jim Cleary to make the placement of those sidewalks a priority. But, he noted, since Cottrell Road is county-owned, an easement would be required for any work to be done.

Cleary offered an update on the sidewalk situation at the Dec. 12 Township Council meeting.

The engineering department, Cleary said, has been working on a conceptual plan that would plot the alignment of sidewalks on Cottrell Road.

There are two areas of concern, Cleary said. A drainage ditch with a pipeline that runs under the road could cause planning delays, he said, and a stream on some of the property where the sidewalk would be built runs through an area of wetlands, which will require permits from the state Department of Environmental Protection (DEP).

"Based on that, we decided to break the project down to stages," Cleary said. "We're working very diligently on it." The sidewalk, Cleary noted, would run

directly into the municipal center driveway.

But because of winter weather, the sidewalk may take some time to put in. Construction, Cleary said, will not be able to start until the spring.

Man seriously injured after car strikes tree

BY SETH MANDEL Staff Writer

MONROE - A North Brunswick man whose car struck a tree off Louise Lane Saturday remained in critical condition at press time yesterday.

Police said Theodore W. Kachel, 39, ran a stop sign at the intersection of Louise Lane and Briggs Avenue, near Old Forge Road, jumped the curb and skidded 25 feet before hitting a tree. The accident took place at 12:16 a.m

"Louise basically comes to a T intersection, then you have to make a left or a right, but he went straight," Monroe Police Lt. Kenneth Gross said

Kachel, who police believe was under the influence of alcohol, may have been on his way to a home in the area of the accident, Gross said. Tests confirmed the department's initial suspicion that Kachel was under the influence at the time, police said.

"There was alcohol involved," Gross said. "He was charged with numerous motor vehicle violations."

Kachel sustained lacerations to his head, as well as two fractured ankles, a broken wrist and a broken femur. Gross said.

He was taken to Robert Wood Johnson University Hospital in New Brunswick, where he remained yesterday.

Kachel's car, a 2003 Mercedes-Benz E320, sustained substantial damage, Gross said, and was towed to Logan's George Towing in North Brunswick.

Police reported that Kachel's car left a 100-foot skid mark on the road prior to jumping the curb, though officials were unsure of exactly how fast the vehicle was traveling.

Gross said the road conditions were dry and clear at the time of the accident.

The accident is being investigated by the township's police department.

Any witnesses and anyone with information about the incident is asked to contact Sgt. Michael Lloyd at the department's Traffic Safety Unit, at (732) 521-0222, ext. 126.

Sayreville Police Auxiliary Attention Sayreville and South Amboy Residents!

Sayreville Auxiliary Police Department and the Office of Emergency Management are now seeking new members to join our volunteer force. Interested applicants must be 18 years of age or older, be able to pass a criminal background check and possess a valid New Jersey driver's license. If you are interested in a future in law enforcement and have a desire to serve your community, this is a great opportunity! Interested applicants must send a letter of interest to:

Sayreville Police Department ATTN: Auxiliary Police 1000 Main Street Sayreville, NJ 08872

Please include your full legal name, address, phone number and a brief summary about yourself. All qualified candidates will be contacted for further information and interviews.



Star an annual part of seasonal landscape

Ornamented spruce has special meaning to Schwendeman family

BY SETH MANDEL Staff Writer

MILLTOWN - Just as mariners navigated the seas by following the North Star, for one month each year borough residents have a star of their own to

guide them home. A shining star sits nearly 80 feet high atop a tree behind Schwendeman's Taxidermy Studio and Museum Services on South Main Street. And what began as a symbol of the family's roots in town has become an annual sign that the holidays are coming.

"That tree was planted the first year my grandparents were married, in 1921, and they've decorated it as a Christmas tree ever since," said David B. Schwendeman, who runs the shop with his father, David J. Schwendeman.

Schwendeman said his grandmother wanted a tree from her old family homestead in East Brunswick, so she and his grandfather dug up the sapling of a Norway spruce.

"And they planted it in front of the house as a memento of their marriage,' Schwendeman said.

That Christmas Day marked another milestone for the family. Schwendeman said his grandfather mounted their first deer head for a paying customer on that day, which is considered by the family to be the official grand opening of the shop.

"When they were first married, their first Christmas he spent doing taxi-dermy," Schwendeman said. "So it's a tradition we've been doing for over 84 years.

The star itself is a 60-year-old tradition that has taken on various forms over

the years. When the "family tree" was tall enough to support it, Schwendeman's grandfather put stars in a circle at the top, but it appeared only as a ring of light. His grandfather then put a tinfoil star in the middle, to reflect the light from the surrounding stars.

As the tree grew, and the responsibility to light it was passed down through the generations, the star itself became, as the tree itself, a Schwendeman creation.

Schwendeman's father fashioned a star out of fiberglass resin with a single lightbulb inside.

We made a carving and then a mold,

and then cast it in translucent fiberglass in two parts, so you can bolt the two halves together with the light bulb inside," Schwendeman said.

In the early 1980s, the bulb began to leak, and Schwendeman, hoping technology had caught up with his father's ingenuity, went searching for its replacement.

But as the old adage warns, if you want something done right, do it yourself. And then the Schwendemans did

"I never saw anything like it," Schwendeman said. "I went shopping for one and they just weren't the right size, or they couldn't stand outside or anything, so we had to make a new one.'

But for a taxidermist duo who crafted an exhibit for the Summer Olympics, it was all in a day's work.

"When you work with your hands and tools, you learn to think like that,' Schwendeman said. "And, we do museum work, and dioramas, and displays for museums. We make artificial rocks as fiberglass bases for the animals. So you learn to work with things like that, and you come up with ideas.

And for all the residents who are wondering just how that star gets up there, that part of the tradition is done the oldfashioned way. The family member from each generation who is in charge of that light simply climbs the tree.

But that can be the most enjoyable part of the process.

"It's fun to be up there and watch the birds fly by 10 feet away," Schwendeman said. "And you can also check out the roofs, and make sure the roofs are all good in the neighborhood."

These days, Schwendeman's 18-yearold nephew, Jimmy Davis, often does the climbing

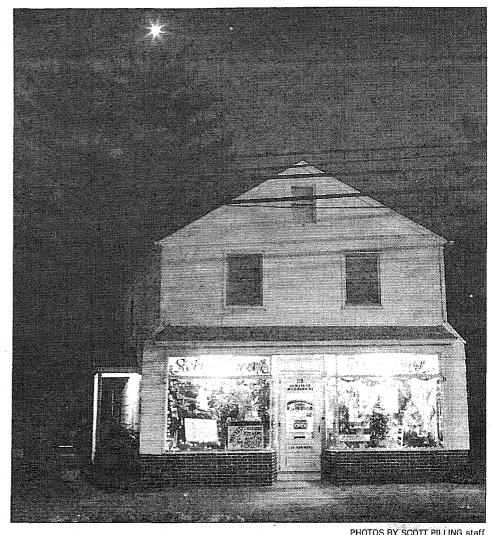
The family now leaves the light on the tree year-round, though every couple of years it must be adjusted or repaired, or given a new wire thanks to a curiously hungry squirrel.

The star is lit just after Dec. 5, which is Schwendeman's father's birthday, and is lit at dusk every day through New Year's.

The tree now stands slightly taller than its Rockefeller Center counterpart, and though Schwendeman is happy Jimmy does the climbing, he does miss getting that momentary breathtaking look at the borough from above.

"It's a really cool view from up there," Schwendeman said. "You get to look at Main Street and see how it curves around, and where things are. It's unique."

Eye Physicians & Surgeons



Above, the treetop star behind Schwendeman's Taxidermy studio has been an annual sign that the holiday season has arrived in the Milltown area. Below, David B. Schwendeman discusses his family tradition.





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If you feel 'badly,' take the Band-Aids off your fingers

f you remember Howdy Doody, then you remember when English grammar rules were pretty clear-cut: Don't end a sentence with a preposition, don't split an infinitive, and never, ever begin a sentence with a conjunction like *and* or *but*.

Times have changed, though. Some rules have changed or been relaxed, while others have not. The problem is, most people have no way of knowing what the latest thinking is. Those in the publishing business who keep abreast of these changes know for instance that the trend in comma usage is toward "open punctuation," meaning fewer are used: She wore a short white pleated skirt, rather than the "comma intensive" style that would punctuate the sentence: She wore a short, white, pleated skirt. However, you don't have to be in the

However, you don't have to be in the business to deplore the seemingly rapid decline of standards involving the King's English. It's difficult to read a newspaper, a best seller or even a textbook without finding a typo, usage error, or outright "fact" that indeed wasn't fact-checked. In fact the book "Kill Duck Before

In fact the book "Kill Duck Before Serving: Red Faces at The New York Times" lists an astonishing number of errors over several decades at what is considered this country's most esteemed newspaper. Many mistakes involve misspellings of well-known people, including such gaffes as spelling rock's Boss as Bruce Springstein (that one has come across my copy desk a few times) and Jane Austen (misspelled as Austin at least 10 times, including once in a headline).

Hooray! It's now OK to end a sentence in a preposition

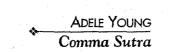
Actually, it's been OK to do that for some time, but many English teachers never knew that, having been schooled in the *prescriptivist* tradition of grammar, where rules were laid down in a rather rigid manner. Many of these rules were based on classic Greek and Latin. The more modern *descriptivist* practice describes language as it is actually used, while still acknowledging that some words are still considered nonstandard.

In Latin, prepositions are never separated from their objects. However, doing this in English often results in an awkward construction. *Happiness is something we strive for* sounds better than *Happiness is something for which we strive*. But good luck telling that to language purists (and many English teachers)!

A wonderful example of how absurd and pompous a literal interpretation of rules can be is often attributed to Winston Churchill. When Churchill became miffed at someone who reworded one of his sentences to avoid using a preposition at the end, he reportedly said, "That is the type of arrant pedantry up with which I will not put" (The exact quote varies from source to source. See the Web site www.wsu.edu/~brians/errors/churchill. html).

Even Shakespeare split an infinitive

A similarly awkward construction can result when we try to avoid "splitting" an infinitive. The origin of this rule also can be traced to Latin, where it is impossible to split an infinitive because Latin infinitives already contain the preposition to: donare means to give. Because many English grammarians were schooled in Latin, it is



not difficult to see how this rule came into our own language. But although sometimes it is not necessary to split the infinitive, there are times when it just works better: *To go boldly where no man has gone before*. Of course, this famous line from "Star Trek" could be recast, but it would destroy the emphasis and rhythm. And how would you recast the sentence *We expect class sizes to more than double in 10 years*?

Regarding the Bard's use of the split infinitive — Wikipedia, the online encyclopedia, lists only one example: "Thy pity may deserve to nitied be" (Sonnet 142)

may deserve to pitied be" (Sonnet 142). Know thy audience and the nuances of meaning that can arise by the placement of words when deciding whether to "split" or not.

And it's OK to start a sentence with and or but

According to the Random House Web site column The Mavens' Word of the Day, sentences beginning with *and* or *but* are found in English as early as the ninth century. Such sentences also can be found in the works of Shakespeare, Charles Dickens, the King James Bible and others. There's nothing inherently wrong with the practice, but like perfume, it's best when used sparingly.

Do you feel bad or badly about that?

The *feel bad/badly* issue is an example of usage that perplexes many. I remember when it was considered simply wrong to say "I feel *badly* about that" unless your sense of touch was compromised and you probably did feel *badly*.

But if you're racked with guilt over exceeding your credit-card limit, many language experts, like Bryan Garner, prefer that you feel *bad* about that.

To complicate matters, Evan Jenkins, a recognized authority with the Columbia

Journalism Review, writes in the Language Corner:

"Used to describe an emotional state, feel badly' is accepted by most good writers and sounds perfectly natural... — an exception that proves the rule governing linking (copulative) verbs, which generally require adjectives. To describe an upset stomach, feel badly' sounds less natural, though it has some scholarly support. But wherever the pain, 'feel bad' is technically unassailable and always safe" (www.cir.org/tools/lc/).

able and always safe" (www.cjr.org/tools/lc/). "The always safe" admonition is a good rule of thumb. Again, the key to language is

knowing your audience. However, I disagree with Evan Jenkins, the author of the CJR's Language Corner, because I don't think the *feel bad/badly* distinction is that difficult to remember.

When CNN's Soledad O'Brien commented on Oct. 31 that "New Orleans smelled badly," it just grated on my language sensibilities. I'm pretty darn certain New Orleans smelled just plain bad.

Will someone just make a decision,

please? Do you go on-line or online? Do you use e-mail or email?

Is it website, web site, Website or Web site? These are relatively new words, and unfortunately there is no single correct answer, which can only add to the frustration of having too many choices and no clear-cut answers.

On-line seems to have evolved into online, and if you're a betting person, put your money on the one-word, lowercase website.

"The Gregg Reference Manual," a style and usage handbook popular with business professionals, has added guidelines on Internet terms. Its author, William A. Sabin, discusses these terms (italics mine), beginning with *e-mail*:

"Initially presented as *electronic mail*, the term evolved into *E-mail*, and conservative writers still write the word with a capital E. Writers on the cutting edge, who continually press for fewer hyphens and less capitalization, have already converted the term to *email*. Those currently occupying the middle ground treat the word as *email*, but with the passage of time (two years? four years? six months?) *email* may become the standard form."

Web site, Sabin writes (italics mine), "is starting to appear as one word (Website). Moreover, this word (as well as a few other Web compounds) is starting to lose the initial cap (website). However, for the sake of consistency, it is better to retain the capital W until a majority of these terms (such as the World Wide Web and the Web) lose their initial cap as well."

As Norman Goldstein, editor of the "The Associated Press Stylebook," points out, "AP made the choice of Web site' for what we thought were very good, languagebased, reasons. Others are free to use their preference — as long as it is clear to a reader and consistent."

Other language confusion results from our British heritage. Although both countries speak English, there are many differences in British usage and spelling. One common question is, is *toward* or *towards* correct? The answer is, British usage is *towards*; the American preference is *toward*.

But some things haven't changed

The rules of forming plurals have pretty much remained constant.

For example, the plural of the Smith family's surname is *Smiths*, not *Smith's*. *Smith's* is a possessive and refers to something belonging to only one member of the Smith family. An easy way to remember this is the phrase "Keeping up with the Joneses."

There are a few instances where plurals are formed with an apostrophe, but the general rule is plurals are formed with an *s* or *es*: *boy/boys*, *church/churches* (allowing for the many exceptions like *mouse/mice*, *man/men*).

Suffice it to say, these very few exceptions include phrases like *Dot your i's and cross your t's*. Otherwise, *i's* would look like the word *is*, and confusion would result.

A pet peeve of many grammar activists is the misuse of *it's* and *its*. These homophones (words pronounced the same) cannot be used interchangeably. *It's* is a contraction for *it is* or *it has*. The apostrophe takes the place of the missing letter(s). Examples: "*It's* [it has] been a long time since we've talked." "*It's* [it is] a long walk to the beach from here." *Its* is an adjective that shows possession; for example, "The dog wagged *its* tail."

It's bad enough when mistakes appear in print, but it's even worse when they're carved in stone, as is the following inscription on a Long Branch memorial to fallen firefighters: "This Memorial is dedicated/to those who have made/the ultimate sacrifice/while in the line of duty/protecting their community/it's (sic) citizens and their fellow fighters."

And some things have changed...

Acronyms vs. initialisms — Letters that stand for organizations, agencies, initiatives, etc., are often referred to as acronyms, when in fact most are initialisms. Acronyms can be pronounced as a word; for example, UNICEF, NASA, PETA (People for the Ethical Treatment of Animals). Abbreviated names such as FBI and IRS are actually initialisms because they are pronounced letter by letter. Some

(Continued on next page)





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(Continued from previous page)

styles, like the one created by The New York Times, will use periods after each letter: F.B.I.

Sometimes acronyms become so widely known that they enter the language as words in their own right: scuba was originally an acronym for self-contained underwater breathing apparatus.

Another little-known but important change is the SAT no longer stands for Scholastic Aptitude Test or Scholastic Assessment Test. The dreaded test used by college admissions committees was established in 1926 and administered by the Educational Testing Service of Princeton in 1948 as the Scholastic Aptitude Test, but it became known as the initialism S-A-T over the years. In 1993 the ETS changed the name to Scholastic Assessment Test. Four years later, the ETS decided that the name of the test was simply the SAT, period. Not a bad decision because that's what everyone called it anyway.

Another change many people over a certain age have difficulty accepting is that it is not always necessary to use a comma after a short prepositional phrase at the beginning of a sentence: In 1954 Armistice Day was changed to Veterans Day to honor all U.S. veterans. But think about the confusion in the following

Do you go on-line or online? Do you use e-mail or email? Is it website, web site, Website or Web site? Unfortunately, there are no clear-cut answers.

example if there were no comma after the introductory prepositional phrase:

In short, men wearing toupees shouldn't go wind surfing. If you've gotten this far reading this column, take a bow. You are one of the waning number of people who actually give a hoot

about our language and how it is evolving. Unfortunately, keeping up is a daunting task and there are no simple answers anymore. Those of us in the business have the luxury, and obligation, of

accessing various language authorities on these matters. Some of my favorite reference books are "The Chicago Manual of Style," considered by many as the bible of the book-publishing world; and "The Associated Press Stylebook," which many newspapers follow, including this one. Other helpful references are the "Copy Editor" newsletter, available by subscription and my main source of keeping up-to-date (www.copyeditor.com); Strunk & White's "Elements of Style" (an inexpensive must for every college fresh-man taking English 101); and "Garner's Modern America Usage" by Bryan A. Garner, who deals with grammar, capitalization, punctuation, and spelling, and who also publicly embarrasses those unfortunate enough to have erred in print by citing examples of incorrect usage and grammar that have appeared in various newspaper and magazine publications. Another good reference book is "Lapsing Into a Comma" by Bill Walsh.

However, I have to admit that after an hour or so of reading long, detailed explanations for rules and of course the exceptions to the rules, my head starts to spin, and I can understand why so many people, when they hear about my background and fascination with languages, invariably tell me, "I always hated English class!'

Adele Young is the news editor and head of the copy desk at Greater Media Newspapers, which publishes weekly newspapers in Middlesex, Monmouth and Ocean counties.



The living room of East Brunswick resident Jim Savage Is half-consumed by a Christmas village display that takes him about four days to assemble each year. Savage began collecting what is now a 90-piece set in 1991. He uses a plywood platform, covered in felt for the snowy scenery.

Story time registration planned at O.B. Library

In-person registration for preschool winter story times at the Old Bridge Public Library Main Branch, Route 516 and Cottrell Road, will begin on Jan. 4 for children not in the preceding fall session and on Jan. 5 for repeaters. Telephone registration will begin on Jan. 6.

Programs will run from Jan. 16-March 4.

Sessions for 2-year-olds will be held at 10 and 11 a.m. on Mondays and at 10 a.m. on Tuesdays.

Wednesdays and Thursdays. Participants should choose one session only.

Story times for 3- to 5-year-olds are set for 11 a.m. on Tuesdays and Thursdays, 11 a.m. and 1:30 p.m. on Wednesdays, and 1:30 p.m. on Mondays. Participants should choose one session only.

"Pajama Story Time" for ages 3-5 will take place at 7 p.m. on Jan. 24 and Feb. 21. Youngsters may register for one evening only.

"Drop-in Saturday Story Time," open to youngsters ages 3-5, will be held at 11 a.m. on Jan. 21, Feb. 4 and 18 and March 4.

For more information, call (732) 721-5600, ext. 5028. Preschool story times will be held at 1:30 p.m. on Tuesdays, Jan. 17-Feb. 28, at the library's Laurence Harbor Branch, Shoreland Circle. Registration will begin at 1 p.m. on Jan. 4. Call (732) 566-2227 for more information and to register.

Spirit Ensemble to perform in Monroe The Monroe Township Cultural

Arts Commission and the Monroe Township Patrons of the Arts will present Spirit Ensemble in a performance set for 2 p.m. on Jan. 22 at the Richard P. Marasco Center for Performing Arts, Monroe Township High School, 1629

Perrineville Road Spirit Ensemble's sound is an acoustical blend of percussion and

melody, featuring traditional instruments from Africa and the Diaspora, including a "kora" (harp), "mbira" (finger piano), steel pan, flute, bass and a variety of drums. The ensemble fuses traditional African, jazz, rhythm and blues, reggae and calypso into contemporary music.

Tickets cost \$5 each; patrons and students will be admitted free of charge.

Tickets are available in advance at the Monroe Township Senior Center, 1 Municipal Plaza; at the Township Community Monroe Center 120 Monmouth Road; and at the box office prior to the performance

For more information call (732) 521-4400, ext. 134 or log on to www.MonroeTownshipCulturalArts



the

Helping needy through works of faith

Group brings food, toys to families' doorsteps over holidays

> BY CHRIS GAETANO Staff Writer

SOUTH BRUNSWICK _ John Boll-

man, of South Brunswick, approached the door to an apartment with a bag of food in one hand and a bag of children's toys in the other.

Both were donated by parishioners from Saint Augustine Roman Catholic Church, through the St. Vincent DePaul Society. The society is a two-century-old charitable organization that helps people in need, in ways such as negotiating with utility companies, helping manage budgets and, in this case, delivering food to people who have fallen on hard times.

It was a bright Saturday morning, the sun negating the early winter chill. Setting the bags down, Bollman knocked the familiar tune of "Shave and a haircut - two bits," and waited.

A woman appeared at the balcony. "Good morning. And you are?" John waited for an answer.

"Shamykim."

According to Bollman, a resident of South Brunswick for 73 years, he waits for recipients to say who they are to avoid giving the food to the wrong people.

ing the food to the wrong people. "Hello, Shamykim. We've got some stuff for you."

Bollman climbed the stairs into the

apartment above. The television is tuned to daytime sitcom reruns. Against one wall is a foldaway bed.

"You can just set those down anywhere," Shamykim said.

Shamykim is the mother of two children — ages 6 and 1 — and is currently on maternity leave for a third. She usually works at Rutgers, but gets laid off every summer when most of the students leave. With only one month's worth of unemployment, the society of St. Vincent has been helping her ever since she went on leave.

After Bollman dropped off two bags of food and two bags of toys with wrapping paper, he wished her a Merry Christmas and walked out the door to drive to his next delivery.

The food bank at St. Augustine keeps

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YOU CAN HEAR "RUTGERS FOOTBALL: A BOWL GAME REALIZED" ON 1450 WCTC-AM ON MONDAY, DECEMBER 26TH FROM 7 TO 8PM AS WELL AS TUESDAY, DECEMBER 27 FROM 6:30 TO 7:30 LEADING UP TO OUR BROADCAST OF THE INSIGHT BOWL THAT NIGHT. THE SPORTS BUZZ ON 1450 WCTC-AM — THREE EXPANDED DAYS LIVE FROM PHOENIX

COVERING THE RUTGERS FOOTBALL TEAM S APPEARANCE AT THE INSIGHT BOWL.

Join Dave Gooperman and Lon Rubinson, the co-hord of the 1450 WOTC-AM's The Sports Buzz, who will be live on location in Phoenix for three days privating the Rubiners Scarlet Knight football team's appearance in the Insight Bow against Anzone State on December 27th. Dave and Lon will be proablecting from 12.30 to 4PM Monday December 26th. Tuesday: December 27th and Wednesday, December 28th. They'll have all the angles of the Scarlet Knights first power game appearance in 27 years including interviews with head board Step Schleino. Key R-U players: Athletic Director Bob Mulcany. Insight Bow officiels representatives of Arizone State and the retronal media covering the game. AND phone lines will be open for you to call in and talk about Rubgers. first power 1978.

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itself stocked through donations from parishioners. On the second Sunday of each month, a bulletin is put out regarding what the food bank needs, such as canned vegetables, cereal or oatmeal. On the third Sunday, these items are usually received in large quantities, and are then organized and delivered. Normally, only dry food is requested because volunteers don't know how much fridge space people have. However, during the Thanksgiving and Christmas deliveries, turkeys are given out.

"Our parishioners are very generous. You just mention there's a need and you get overwhelmed," said Pat Lombardi, who has been volunteering with the food pantry since its inception.

Most of the people who receive food from St. Augustine are families with children, with a handful of couples and people who live alone as well. For most people, food deliveries from the church are just a temporary thing, something to help them when they're going through some rough times. There are, however, a few people who receive food from the church on a long-term basis.

The food bank has been operating for a little more than 12 years. It began as a tiny closet in the church but has now expanded into a large room where shelves full of food and personal items line the walls.

Bollman, who has been volunteering to do food bank deliveries for a little more than a year and a half, approached the next apartment and knocked again. A young woman answered the door.

"Good morning. And you are?" John said.

"Loretta."

Loretta's job as a receptionist for a computer graphics company moved 37 miles away from her and she was unable to follow. Right now, her unemployment does not even cover her rent, which went up the month after she was forced to leave her job.

In addition to the food, around this time of year, recipients also receive children's toys. Loretta was grateful, as Christmas shopping can be an expensive and, when finances are tight, painful proposition.

^{*}It's always totally overwhelming, the things people need. It can being a tear to your eye," said Marlene Scanlon, who heads the St. Augustine branch of the St. Vincent DePaul Society.

Scanlon said that when the parishioners were bringing presents this year, the room that they were stored in was filled to capacity to the point where one could barely move around.

"You help those in need and it doesn't matter what your race, religion or creed is. That's how Saint Vincent worked. He helped anyone who came to him," said Scanlon.

After finishing the last of the deliveries, Bollman drove back to the church in his once full truck. As he reflected, he expressed how his faith has influenced his decision to help others.

"I like knowing that I feel as though I am fulfilling a passage from the Bible: 'whatsoever ye do to the least of my brothers, that ye do unto me," Bollman said. "I feel good that I'm doing something good, that I'm helping someone."

Bingo players invited to Beth Ohr on Tuesdays

Congregation Beth Ohr, 70 Route 516, Old Bridge, offers Bingo at Beth Ohr beginning at 7:45 p.m. on Tuesdays. Doors open at 7 p.m. Call (732) 257-1523. Last MAnute Gifts

Great gifts of '05

By Sally Farhat

et's face it: figuring out the best gift for your friends and family isn't the jolliest of holiday tasks. Think about all the times you've been the recipient of something that you've, well, despised.

When we give a gift we have to really make someone feel like we know them," says Robyn Spizman, author of "Make it Memorable: An A to Z Guide to Making Any Event, Gift or Occasion Dazzling" (St. Martin's, 2005). "Gifts have enormous meaning in life. They're not overrated because they make us feel like someone knows us."

She and other experts suggest giving a gift this year based on what pleasures and interests define that person, while incorporating some of the hottest new items.

The gadget gambit

Gadgets are a perennial favorite, and with the boom in portable media devices — cell phones, PDAs, DVD and MP3 players — there's more gift-giving elbowroom in this category than ever. Software for cell phones, like Ringtone Media Studio from Elk Grove, Calif.based Avanquest, lets people personalize their phone with ringtones, photos and videos. The new automatic Cellboost charger from Woodland

Hills, Calif.-company Compact Power Systems is a good stocking stuffer that slips into a purse or pocket. If you know someone with a ton of VHS videos (and who doesn't?), get a Go DVD from Oakmont, Penn.-based Sima, which transfers those videos onto DVD.

For the frequent traveler, a new device called the Euro Interpreter translates up to 12 languages. The small machine from Burlington, N.J.-based Franklin Electronic Publishers allows the spelling challenged among us to enter words phonetically. Remington recently released the PG-250 PrecisionPro Titanium personal groomer, which comes with six devices men use, including a trimmer, shaver and moustache comb all in one.

Finding the right gift can be a huge job," Spizman says. "But to crack the code, you need to take notes. Listen to what they say. And be creative: one woman I know gave her husband a polo shirt 20 years in a row — it became so routine, it took the pleasure out of it."

For the person who's always in the kitchen, try things that make life easier. The Microplane grater from Russellville, Ark.'s Grace Manufacturing ensures fingers never get cut, while Chicago-based Microthin's Magic Slice chopping board doesn't slip, can be folded so food can be easily dumped in a bowl and pro-tects countertops. One can never have too many cookbooks: try Andrea Immer's Everyday Dining with Wine (Broadway,

2004), or something specialized, such a vegetarian cookbook for a meat-free friend.

For the person with the perfect Christmas tree, consider Rubbermaid's collectable and ornament storage bag: a tote with three stackable trays, plus compartments to store all of those tree ornaments safely.

Chic and trendy For the fashionable teen, 2005 is all about taste-

ful beauty. Flavored lipglosses like Jaqua's Our Favorite Lip Whips come in a cute pink box in shades and scents like Tuscan orange and caramel cappuccino from the Santa Barbara company. Singer Jessica Simpson helped create the Dessert Treats Sparkle and Shine Gift set that comes with a shimmery moisturizer and a hair mist that makes hair glow. The flavors? Cinnamon hearts or peppermint swirl. For the 20- or 30-

something who loves to entertain, pick the new Wine Cube. Each cube is the equivalent of four bottles, is fun to pour and lasts for six weeks since air can't get in. Available at Target. Entertainers will also like the Pink

holiday guide. Panther Cocktail Party from Chicago-based Surrey Books, which features 60 new drink

Need a special something for that special someone? Let chic convenience, cocktails and

camaraderie be your

recipes and a companion CD. For the newlywed couple, a red-lips embossed DeTango Party of Two martini set from Mount Kisco, N.Y. Drama Queen is likely something they don't have but should

Leigh Zarelli, lead gifting editor of gifts.com, says that even if you don't know the person well, you at least know one thing about them."The No.1 mistake people make is giving something that's too generic," she says. "The other one is that there are certain things you probably shouldn't pick out for other people, because they're too taste-oriented.

What do you give the person who has it all? "My favorite gift last year was from my friend Torrie, who went to the store and stocked me up with a container filled with gift bags, ribbons and stickers," Spizman says."She knows I'm a gift giver, so she gave me the greatest gift ever. I was set to wrap for a year."

Zarelli says personalized gifts are still a craze, from mugs to bathrobes. Just get their initials or monograms on any item and it goes from ordinary to extraordinary

Photo books you can make at your local printer or on Web sites like Shutterfly.com are an easy way to take all those digital photos of the kids and put them in one place for grandma. The person who loves to write will love a journal just for them. Whether "Cook,""Traveler" or "Gardener," a journal specific to a beloved hobby is sure to please.

House wine: the fun-to-pour Wine Cube is the equivalent of four bottles in one box. It lasts up to six weeks after opening.

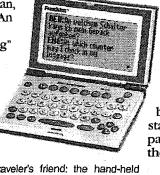
Do you just want to give cash? Make it creative, Spizman suggests: fold bills into butterflies and put them on a small Christmas tree, buy a new wallet and fill it or use cash as a bookmark in a new book with a note that says, "For a novel friend."

Most of all, though, remember that there's one thing you can give that doesn't cost a dime.

"By far the more valuable gift you can give this holiday season is the gift of time," says Lissa Coffey, lifestyle designer and author of "What's Your Dosha, Baby?" (Marlowe & Company, 2004). "For friends, that can mean a day spent helping them move or renovate, or baking together. For a senior, it might mean driving them to go shopping or to appointments. The three most inexpensive and most appreciated gifts of all are: attention, affection and time. Try to give a little of each to everyone on your holiday list."

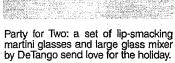
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Last Minute Gifts Music for life in the fast lane

Portable music players and accessories may be the season's single most wished-for gift. Our guide will help you get up to speed on all the themes and variations.

By Matthew M. F. Miller

his holiday season, there will be a whole lot of rocking around Christmas trees and menorahs. Portable music players are 2005's musthave machines. Everyone, from geeks to grandmas, is eager to get their song on.

Portable music first shot to the top of wish lists back when Sony's original cassette Walkman hit the streets in 1979. They haven't budged."People love music

and they love being able to take it with them — Walkman, portable CD player, digital media player. Only the medium has changed," says Dan Frakes, reviews editor for Plavlist mag

for Playlist magazine. MP3 players are hotter than ever this holiday season, Frakes says, but it's not just convenience fueling the fire. "Many

holiday season, Frakes says, but it's not just convenience fueling the fire. "Many of these players are now easy enough to use that you don't need to be a computer geek to get them to work," says the digital music critic.

The most popular players on the market are the myriad iPod models. Frakes says that consumers continue to be impressed by its all-around performance.

"The truth is that most people don't just want an MP3 player, they want an iPod," says Frakes. "The fact that it also looks great doesn't hurt. The iPod has become the 'must-have' hip gadget."

Competition, however, is heating up. Sony, which once owned the portable market much like Apple does now, is launching its funky Walkman Bean MP3 player (\$130) that holds up to 250 songs, but sports an aggressive 50-hour lithium ion battery. The iRiver h10 20GB player (\$300) comes in red, blue, gray and silver and offers FM radio and photo and text file storage. The 20 GB Creative Zen Touch (\$250) allows users to import songs in a higher-quality format than the iPod and houses a battery that runs nearly twice as long.

Little is big this holiday season. Apple's pencil-thin 4GB iPod nano (\$249) holds a whopping 1,000 tunes and is the most recognizable and fiercely anticipated option on the small front. Hot on its heels is the innovative box known as MobiBlu (\$130): it comes in black, pink, silver, blue, red and orange, holds up to 250 songs, houses an FM tuner, displays



song lyrics on its diminutive screen and, best of all, measures a bit under 1 cubic inch. Techies are big on JetAudio's Cowon iAudio U2 (\$180), which holds the standard 250 songs but offers a built in microphone and a line-in microphone jack that allows the user to record concerts, speeches and radio broadcasts. JVC cuts the cord altogether with the XA-A50CL (\$165), a player built into headphones that holds 30-60 songs.

The most important thing to consider when buying a

digital music player is simple: get your gift recipient the player her or she wants. According to Frakes, people tend to want a specific model, color and size. If your loved one doesn't have a hing to consider is

preference, the first thing to consider is where they'll get music. "If most of it will come from his or her own CDs, then it doesn't matter which player you get. However, if the recipient will be buying music online, it's important. Music from the iTunes Music Store, which has more than 80 percent of the market, plays only on iPods. Conversely, music from networks such as Rhapsody plays only on Windows 'Plays For Sure' players," he says.

Frakes also says not to be lured into the "feature bloat."

"Manufacturers often try to make their products stand out from the crowd by adding more and more features, but for many people, unused features simply make a player more difficult to use," he says. He also suggests trying the player in the store to get an idea of how easy it is to use.

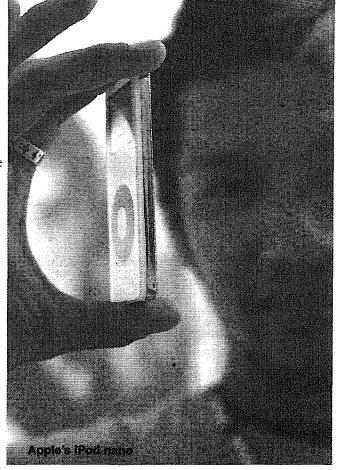
If you don't know what a person

wants or needs, accessories are a cheaper and equally luxurious option. Headphones lead the charge, since most that are included with the players aren't top notch. On the high end, Ultimate Ears super.fi 5 PRO (\$250) are studio-quality buds that block out all exterior noise - the same technology used by musicians such as U2, Madonna and Metallica. Logitech Wireless head-phones (\$150) engage Bluetooth technology that allows you to plug a wireless receiver into the headphone jack and listen up to 30 feet away. For the casual listener, Sony's MDR-EX71SL/WK (\$50) model conquers the ear-size issue by including three interchangeable buds to ensure a proper fit. JVC **GUMY Headphones** (\$10) are made of a

squishy substance that adjusts to your ear, and boast style in six neon colors.

Frakes says the most coveted accessory is a case that protects the player. After that, it's ways to enjoy the player other than via headphones: speakers for listening out loud, add-ons for listening in the car and the like.

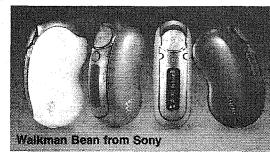
Although most accessories are iPodspecific, many can be used on similarly sized players. Socks for iPod (\$30) are perfect protection for the younger set, as is the iGuy from Speck (\$35), replete with posable arms and legs. Hewlett Packard's iPod Tattoos (\$15) allow users

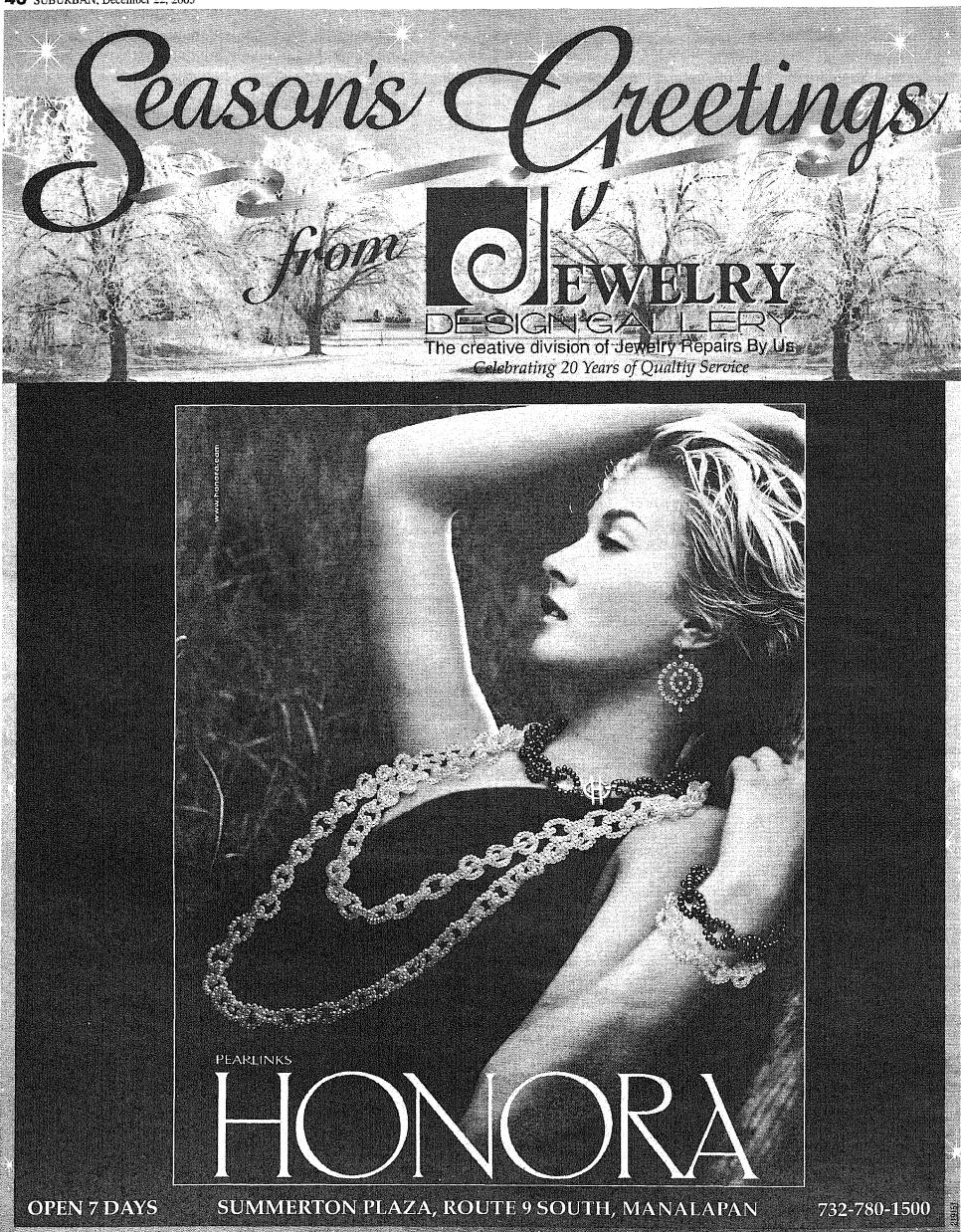


to change their player's looks to fit their own.

Altec Lansing's InMotion iM7 (\$250) is a chic cylinder that charges and amplifies any bottom-docking iPod. Creative's TravelSound weighs only 10 ounces and offers clear sound compatible with multiple digital audio players. Sony's collapsible SRS-T77 (\$89) are speakers the size of about two CD cases, yet offer a full sound for any device. For the car, Belkin's TuneCast II (\$50) plugs into your headphone jack and transmits clear digital audio to an FM station of your choice. © Content That Works







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Police officers bring toys, Santa to kids

BY LAUREN MATTHEW Staff Writer

OLD BRIDGE — Township police and volunteers got a chance to spread holiday cheer to children in need Dec. 16 at the annual Cops For Kids party.

The organization is run by the Old Bridge Police Department and was created about 10 years ago, according to Sgt. Ross Moltisanti, a program coordinator.

About 55 children attended this year's party, held at the Old Bridge Senior Center. The party featured an appearance by Santa Claus, as well as the distribution of donated gifts and food for all who attended.

About 10 police officers are involved, Moltisanti said, as well as volunteers. Many township employees and their families help out, he noted.

"We have a whole cross-section of township employees that help us out," he said.

Party planning starts months before the holidays. Letters are sent to local businesses soliciting donations, and invitations are sent to all families who attended the prior year. Cops For Kids members work with the "Adopt An Angel" program, Moltisanti said, sending fliers through township schools.

The list of participants changes from year to year.

"Every year, we seem to gain a family or two," Moltisanti noted.

But each year, the reaction from the children remains the same.

"The kids always get excited when they see Santa Claus," Moltisanti said. The families are very appreciative of the organization's efforts, he noted, and many of the Cops For Kids members and

volunteers have gotten to know the families that come year after year. The volunteers, Moltisanti said, are a

key part of the organization. "Without them, we wouldn't be able to

do it," he said. This year, he noted, donations came from dozens of area organizations: Raritan Bay Medical Center's Old Bridge division, the Old Bridge Before- and After-School Care program, the Discount Party Warehouse, B.J.'s Wholesale Club, KFC, the Grand Marquis, ShopRite, La Dolce Bakery, Domino's Pizza, Top Hat Catering, Merrill Lynch of Princeton, Score's nightclub in New York City, the NBC "Today Show," the Savvy Seniors of Old Bridge Library, Provident Bank, Friends of R. Higgins, Carpet Cottage, J&M Flooring, Debbie Harlan, and Freihofer's.

Originally, Moltisanti said, Cops For Kids started with an idea for helping sick children. But Raritan Bay Medical Center's Old Bridge division has no children's ward, so the idea changed into helping families in need. "We just wanted to do something for

"We just wanted to do something for children for the holidays," Moltisanti said.

The organization also works with children year-round, offering trips to minor league baseball games and helping out at local sports events.

Hanukkah celebration, menorah lighting slated

The Concordia Shopping Center, Monroe, and Everything Jewish by Chabad, a project of Chabad House of Monroe, will sponsor a Hanukkah Celebration and Giant Menorah Kindling Ceremony beginning at 4 p.m. on Dec. 29 at the Concordia Shopping Center, in front of Everything Jewish by Chabad. The community is invited. The event will feature the lighting of the menorah, music, dancing, free latkes and doughnuts and the kindling of a giant menorah. Public dignitaries and community leaders will attend the ceremony and assist in kindling the menorah. For more information, call (609) 409-1000 or e-mail everythingjewish@aol.com.

Divorce law to be topic at free Jan. 11 seminar

The New Jersey State Bar Foundation will present a free public seminar on divorce law from 7-9 p.m. on Jan. 11 at the New Jersey Law Center, One Constitution Square (off Ryders Lane), New Brunswick.

Two family law attorneys will discuss such topics as mediation and arbitration, the Early Settlement Panel, custody and visitation, domestic violence orders, alimony, equitable distribution and child support guidelines.

A question-and-answer period will follow the presentations.

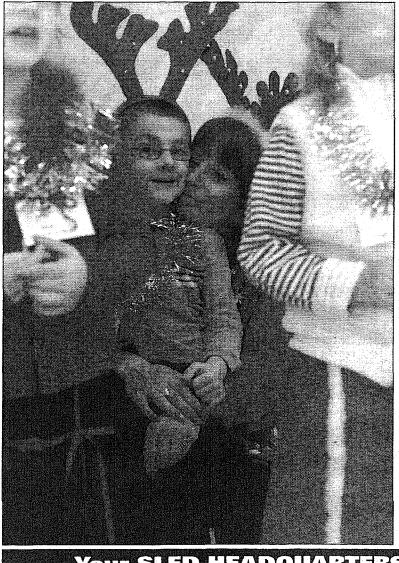
Admission is free of charge. The public is welcome. Advance registration is required. To register or for more information, call (800) FREE-LAW.





PHOTOS BY JEFF GRANIT staff

Above, We Care Academy student Skye Rapp is dressed for the season as she sings carols for the seniors at Old Bridge's Summerhill Nursing Home. Below, Jackie Schipani of the We Care Academy, and Kyle Cavanaugh enjoy a moment as the preschool students sing holiday songs at the Summerhill Nursing Home in Old Bridge last Thursday.





Milestones

Pyndus–Ploskon

To request a form announcing an engagement or marriage, call (732) 358-5200, ext. 8234. To have a photo returned, please include a self-addressed, stamped enve-

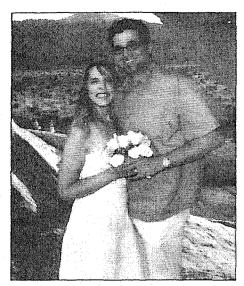
Please include a daytime telephone number in the event a question arises.

Mail to: Suburban Milestones, P.O. Box 5001, Freehold, NJ 07728.

lope; however, we cannot guarantee pictures will be returned.

Model 9841 Installation And Parts Additional

& Whee



Laura and Adam Pyndus

aura Lynn Ploskon, daughter of Lynn and Hank Ploskon of Sayreville, was married July 2 to Adam Darrow Pyndus, son of Rita and John Pyndus of Rumson.

To our readers

BC

The Rev. Michael Williams of the Garden of Love Chapel, Las Vegas, Nev., performed the ceremony at sunset in Valley of Fire State Park, Overton, Nev.

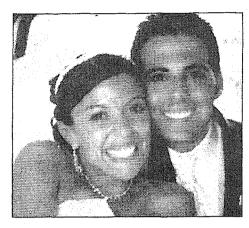
A celebration with family and friends was held in November at Salt Creek Grille, Rumson. The couple plans a 2006 wedding trip.

The bride is a graduate of Sayreville War Memorial High School and Rutgers University, New Brunswick, where she earned a bachelor of science degree in ecology and evolution. She is a quality assurance department auditor/analyst with Cardinal Health, a contract pharmaceutical firm, Somerset section of Franklin.

Her husband is a graduate of Red Bank Regional High School, Little Silver, and Monmouth University, West Long Branch, where he earned a bachelor of science degree in chemistry. He is an engineer with Waters Corp., Parsippany. A volunteer firefighter with Shrewsbury Hose Company for the past 12 years, he also is a member of Northside Fire Company, Tinton Falls.

The couple resides in Tinton Falls.

Ettari–Martelli



Nicole and Thomas Ettari

icole Ann Martelli, daughter of JoAnn and Vincent Martelli of Tinton Falls, was married Aug. 13 to Thomas Sebastian Ettari, son of Maria and Thomas Ettari of the Parlin section of Sayreville.

Matron of honor was Jodi Zagajec of

Bridge announce the birth of their son, Troy Thomas, Nov. 15 in Saint Peter's University Hospital, New Brunswick. The baby

maid was Angelina Martelli of Georgia, niece of the bride. Flower girls were Haley Scott of Toms River and Gabriella Martelli of Georgia, both nieces of the bride.

Best man was Anthony Ettari of Sayreville, brother of the bridegroom. Groomsmen were Larry Hartman of Sayreville, Ricky Feldman of Edison, Angelo Guadagno of Bayville and Peter Gibaldi of Toms River, cousin of the bridegroom. Junior groomsman was Austin Scott of Toms River, nephew of the bride. Ring bearer was Vincent Martelli of Georgia, also nephew of the bride.

After a reception at Waterview Pavilion, Belmar, the couple left for a wedding trip to St. Lucia.

The bride is a graduate of St. Rose High School, Belmar, and Rowan University, Glassboro, where she earned a bachelor of arts degree in education and art and a certificate as an elementary school teacher.

Her husband is a graduate of Sayreville War Memorial High School and Keen Using the school and Kean University, Union, where he earned a bachelor of arts degree in education and psychology and a certificate as an elementary school teacher.

Mr. and Mrs. Ettari are teachers with the Berkeley Township Board of Education, Bayville.

The couple resides in Bayville.

Grandparents are Deborah and Frank Santora of Old Bridge and Wanda Lopez of Jacksonville, Fla.

Karen and Thomas Lamore of Old Bridge announce the birth of their son, Matthew James, Nov. 15 in CentraState Medical Center, Freehold Township. The baby weighed 7 pounds, 14 1/4 ounces and joins his brother, Christopher, 4. Grandparents are Karen and Kevin Maurer of Old Bridge. Great-grandmother is Mary Hannigen of Kaneohe, Hawaii.

Tracy and Barry Vroeginday of Manalapan announce the birth of their son, Benjamin Robert, Oct. 18 at CentraState Medical Center, Freehold Township. The baby weighed 8 pounds, 11.5 ounces, and joins two brothers, Andrew, 2 1/2, and Matt, 17. Grandparents are Janet Zagata of Old Bridge, Robert and Mary Zagata of Easton, Pa., Rose Vroeginday of Clifton, and the late Crine Vroeginday. Greatgrandparents are Dorothy Murasko of South Amboy, and Julie and Simon Zagata



The Rev. Gerard Lynch performed the ceremony at Our Lady of Mount Carmel Church, Asbury Park, where the bride was given in marriage by her parents.

the Toms River section of Dover, sister of the bride. Bridesmaids were Alycia Macri of Brick, Chrissy Basile of the Seaville section of Upper Township, Margie Walder of Woodbury and Sheila Peluso of New York City. Junior brides-

Stork Club

Michelle and Troy Santora of Old weighed 8 pounds, 1 ounce.



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IST GC

The Velveteen Rabbit

Two River Theater 21 Bridge Ave.

tickets: \$14 (732) 345-1400

Jack and the Beanstalk

123 First Avenue

Holiday activities at Monmouth

Museum

The Twelve

Days of Christmas

exhibit

Paper Moon Marionette Theatre Saturdays 11:30 a.m., through Dec. 31; plus Dec. 28 at 10:30 a.m. First Avenue Playhouse 123 First Avenue

Atlantic Highlands tickets: \$9; discounts for groups (732) 291-7552

www.trtc.org

Red Bank

presented by Two Running Rabbit Family Theatre through Dec. 27

ጳ Pick of the week You're a Good Man, Charlie Brown

Spend a day with the Peanuts gang when Maurer Productions OnStage pres-ents "You're a Good Man, Charlie Brown" at Mercer County Community College's Kelsey Theatre.

Performance dates for this revised. Tony-nominated version of the 1967 origi-nal are Jan. 6-15, Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. An opening-night reception will follow the Jan. 6 per-formance to give the audience a chance to formance to give the audience a chance to share refreshments with the crew and cast, featuring Michael Schiumo of Millstone as Snoopy, John Buccanfuso as Linus, Kyrus Westcott as Schroeder, John Zimmerman as Charlie Brown, Stephanie Delaney as Lucy, and Michaela Tomcho as Sally. The theater is located at 1200 Old Trenton Road on the college's West Windsor campus. Tickets are \$16, \$12 for seniors, and \$10 for students and children. To purchase tickets, call (609) 584-9444 or visit www.kelseyatmccc.org.

visit www.kelseyatmccc.org.

<u>on Stage</u>

Joseph & the Amazing Technicolor Dreamcnat Participation of the second se New Brunswick tickets: \$6 (732) 246-7469

Evita through Dec. 24 N.J. Performing Arts Center One Center St., Newark tickets: \$66-\$20 (888) 466-5722 www.njpac.org

Run for Your Wife Ray Cooney's British farce Dec. 31-Jan. 28, Thurs.-Sat. 8:30 p.m., Jan. 15 at 2:30 p.m. First Avenue Playhouse First Ave., Atlantic Highlands tickets: \$20-\$12; dinner package available (732) 291-7552; www.firstavenuenlayhouse.com www.firstavenueplayhouse.com

Special Events

Kwanzaa celebration Vanzaa celeoration African American food, crafts, live music Dec. 29, 1-4 p.m. Elks Lodge Throckmorton Street Freehold tickets: \$7 adults, \$3 ages 4-12; family rate (up to five; must include two adults) \$15 (732) 462-3584; (732) 946-2711

Holiday sky shows through Dec. 30 "Season of Light" Music (ages 7 and up) Fri. and Sat. at 8 p.m.



N.J. Symphony Orchestra: Golden Age Collection with musicians performing on the 30 Italian string instruments of the orchestra's Golden Age Collection Collection Jan, 6, 8 p.m., Richardson Auditorium Princeton University Jan, 7, 8 p.m. Count Basie Theatre 99 Monmouth St., Red Bank tickets: \$75,520 tickets: \$75-\$20 (88) 255-3476; www.njsymphony.org

Phyllis Schultz: Sacred Concert Jan. 7 at 7 p.m. Francis Asbury Manor Chapel 70 Stockton Ave., Ocean Grove free-will offering (732) 897-0800

Shall We Dance: Orchestra of St. Peter by the Sea classic music that makes the world dance Jan. 8, 3 p.m. Algonquin Arts Theatre 173 Main St., Manasquan tickets: \$35-\$32 (732) 528-9221

through the holidavs Monmouth Museum, on Brookdale campus Newman Springs Road Lincroft admission: \$6 for ages 2 and up (732) 747-2266; www.monmouthmuseum.org Paper Bag Players: Pineapple Soup stories, live music, fantastic costumes and scenery

Dec. 29 and 30, at 1 p.m. both days Two River Theater 1 wu river meater 21 Bridge Ave., Red Bank tickets; \$18 adults, \$15 children (732) 345-1400; boxoffice@trtc.org

Holiday Aesop's Fables Interactive Fairy Tales through Jan. 14, Sat. and Sun. at noon; plus Dec. 28 and 29 at noon Eatontown Playhouse 37-13 Route 35 no, Eatontown tickets: \$10 (732) 888-0339

Care Bears Live: Caring and Sharing Friends Jan. 4-8 State Theatre Livingston Ave., New Brunswick tickets: \$25-\$13 (732) 246-7469

Weekend programs at Cattus Island Park Sat. and Sun. through February; "Reptile Roll Call"



"Turtle Feeding" 1:30-2 p.m. Cattus Island County Park,

Toms River free; no registration required (732) 270-6960

free admission (732) 634-0413 Give a Gift of Art, all-member show through Feb. 1, Mon.-Sat. noon-4:30 p.m. Guild of Creative Art 620 Broad St./Route 35

Shrewsbury (732) 741-1441 Our Long Endurance: The Story of New Jersey in the Civil

War historical text, flags, clothing, photos, military items through December Tues.-Fri., 8:30 a.m.-4:15 p.m.; Sun. 1-4 p.m. Cornelius Low House 1225 River Road, Piscataway free admission (732) 745-4489

Art Alliance of Monmouth County December Exhibition through Jan. 3 Art Alliance of Monmouth County Gallery 33 Monmouth St., Red Bank (732) 741-7629

David French: New Paintings and Sculpture through Jan. 9, Tues.-Sat., 11 a.m.-5 p.m. Beauregard Fine Art 109 East River Road, Rumson (732) 450-0994; www.beauregardfineart.com

paintings and prints by Evelyn Domjan through Feb. 12 Museum of the American Hungarian Foundation 300 Somerset St., New Brunswick (732) 846-5777 Home Front World War II posters, ration books, V-mail, uniforms, books, v-mail, uniformis, victory garden plans, etc. through June Monmouth County Historical Association Museum 70 Court St., Freehold (732) 462-1466;

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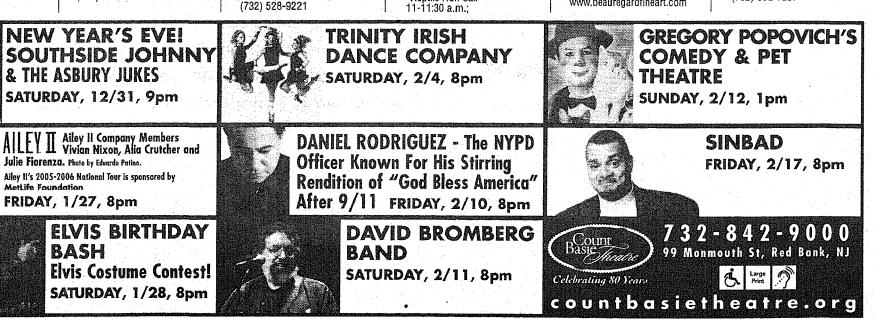


'The Trains Are Back on Track" at the Barrons Arts Center through Dec. 23.

> Eduard Gorokhovsky through Jan. 15 Origins of the 20th Century: Urigins of the 20th Century: Watercolors & Drawings in France, 1875-1915 through Jan. 29 A Witness to War: Edward Steichen's U.S. Navy Photography, 1942-1945 through Jan. 29 Soviet Propaganda Posters, Part II Part II through Jan. 29 Original Illustrations for

Criginal inustrations for Children's Books, From the Rutgers Collection through Feb. 5 Breaking the Mold: Sculpture in Paris From Daumier to Rodin through March 12 Tuge -Fri 10 am to 4:20 m Tues.-Fri., 10 a.m. to 4:30 p.m. Sat.& Sun., noon to 5 p.m. Jane Voorhees Zimmerli Art Museum

71 Hamilton St., New Brunswick (732) 932-7237



Sun. at 2:30 p.m. Dec. 26-30 "Wonders of the Holiday Sky" (all ages) Sat. and Sun. at 1 p.m. Dec. 26-30 'Stars from my Backyard" (under age 8) Sat. and Sun. at 11:30 a.m. Dec. 26-30 "Majestic Universe" (ages 10, over) Sat. at 2:30 p.m. Ocean County College's Novins Planetarium College Drive Toms River admission \$6 adults, \$5 seniors,

\$4.50 children (732) 255-0342; www.ocean.edu/planet.htm edu/planet.htm

Holiday Light Spectacular Drive-Through through Jan. 1, Mon.-Thurs. 5-9:30 p.m., Sat. and Sun. 5-10:30 p.m. PNC Bank Arts Center off Exit 16 of Cardion State Parkway Garden State Parkway Holmdel admission: \$12-\$15 per carload www.pncbankartscenter.com

Disney on Ice: Princess Classics Jan. 11-15 Sovereign Bank Arena Trenton tickets: \$25-\$15; VIP \$40, front row \$55; opening night \$11 www.sovereignbankarena.com; (888) 722-8499

Obituaries

Greater Media Newspapers prints obituaries as a free community service, at no charge to the families of the deceased or to the funeral homes that provide the information

International Solution of the funeral homes that provide the information.
Norma I. Colon Kiniry
Mrs. Kiniry, 46, of Jackson, died Dec. 11
at Robert Wood Johnson University
Hospital, New Brunswick. Born in
Brooklyn, N.Y., she had resided in Old
Bridge before moving to Jackson six years
ago. She was a 1977 graduate of Madison
Central High School, Old Bridge. Mrs.
Kiniry was a Girl Scout leader and an
assistant soccer coach, and was actively
involved with the local church. Mrs. Kiniry
is survived by her husband, Michael
Kiniry; three daughters, Cynthia Colon of
Old Bridge, and Alyssa and Lyndsy Kiniry,
both at home; a son, Michael Kiniry Jr.,
also at home; her parents, Louisa and
Michael Colon of Old Bridge; her paternal
grandfather, Michael Colon Sr. of Staten
Island, N.Y.; two sisters, Nikki and Diana
Colon; and many nieces, nephews and
friends. Funeral services were held at the
Rezem Funeral Home, East Brunswick,
followed by a Mass of Christian Burial at
St. Ambrose Roman Catholic Church, Old
Bridge. Burial took place at Holy Cross
Burial Park, South Brunswick. Memorial
donations may be made to the Susan G.
Komen Breast Cancer Foundation, Central
and South Jersey Affiliate, 2 Princess
Road, Suite D, Lawrenceville 08648.

Thomas E. Moleski Mr. Moleski, 55, of Old Bridge, died Dec. 13 at Raritan Bay Medical Center, Old Bridge. He was employed in quality control at Amerimold Inc., Marlboro, the past 23 years. He was prede-ceased by his father, Theodore, in 1980. He is survived by his mother, Betty Lee Cook Moleski of Tallahassee, Fla.; a sister and brother-in-law, Mary and Gene Karosick of Villa Rica, Ga.; three brothers and two sisters-in-law, David Moleski of Belmar, Stephen and Christine Moleski of Tallahassee, and Michael and Helen Moleski of Bradenton, Fla.; and several nieces and nephews. A Mass of Christian Burial was cele-brated at St. Bernadette's Church, Parlin. Interment was at Holy Cross Burial Park, South Brunswick. Arrangements were by the Brunswick. Arrangements were by the Brunswick Memorial Funeral Home, East Brunswick.

Richard DeBlis

Mr. DeBlis, 59, of South Amboy, died Dec. 14 at home. He was a truck driver for Freightways, South Consolidated Plainfield, for 18 years, retiring in 2002. Mr. DeBlis served with the U.S. Air Force during the Vietnam War. He was a member of Knights of Columbus Council 2061 and American Legion Post 211, both Sayreville, and Teamsters Local 478, Union. Mr. DeBlis was predeceased by his father, John DeBlis. He is survived by his wife, Mary Lou Thomas DeBlis: two sons and one daughterin-law, Air Force Tech. Sgt. Brian DeBlis and his wife, Crystal, of Edmond, Okla., and Corey DeBlis of Bayville; his mother, Kathleen McKeon DeBlis Scherer of Manasquan; and a sister, Susan Prasad of Manasquan. A Mass of Christian Burial was celebrated at St. Mary's Roman Catholic Church, South Amboy. Interment was at Christ Church Cemetery, South Amboy. The Gundrum Service Home for Funerals, South Amboy, was in charge of arrangements.

Gerard P. Landry

Mr. Landry, 62, of Old Bridge, died Dec 14 at Raritan Bay Medical Center, Old Bridge. He was a tax manager at Vivendi Universal, New York City, the past 16 years. Mr. Landry served with the U.S. Air Force during the Vietnam era. He was a member of the Veterans of Foreign Wars and American Legion, both New York City. Mr. Landry is survived by his wife, Rose Pietri Landry; a son and daughter-in-law, Scott and Libby Landry of Brick; two daughters and sons-in-law, Joyce and Steve Spahitz of Yonkers, N.Y., and Alison and Kyle Murr of Marietta, Ga.; a brother and sister-in-law, Norman and Kelly Landry of Biddeford, Maine; and one grandson. A Mass of Christian Burial was celebrated at St. Ambrose Roman Catholic Church, Old Bridge. Interment was at St. Joseph's Cemetery, Biddeford, Maine. Arrangements were by Michael Hegarty Funeral Home, Old Bridge.

Mary C. McFadden O'Sullivan

Mary C. McFadden O'Sullivan Mrs. O'Sullivan, 61, of Sayreville, died Dec. 14 at Memorial Sloan-Kettering Cancer Center, New York City. She was employed at Tyler Distribution Co., Monroe, the past 11 years. Mrs. O'Sullivan is survived by a son, Kevin P. O'Sullivan of Sayreville; two daughters, Lynn Somoza of New York City and Erin O'Sullivan of Hoboken; two brothers, John McFadden of New York City and Michael McFadden of Long Branch; and one granddaughter. A Mass of Christian Burial was celebrated at Our Lady of Victories Church, Sayreville. Interment was at Victories Church, Sayreville. Interment was at Holy Cross Burial Park, East Brunswick. The Gundrum Service Home for Funerals, South Amboy, was in charge of arrangements.

Agnes M. Moonev Tanis

Mrs. Tanis, 78, of the Madison Park section of Old Bridge, died Dec. 14 at Raritan Bay Medical Center, Perth Amboy. She was predeceased by her husband, Garret C. Tanis, in 1999. Mrs. Tanis is survived by three sons and two daughters-in-law, Steven P. and Maria Tanis of Carlsbad, Calif., Gary P. Tanis of Parlin, and Christopher P. and Bianca Tanis of Highland, N.Y.; a daughter, Kathleen Schulman of Lake Hiawatha; two Mathleen Schulman of Lake Hiawatha; two brothers and sisters-in-law, Robert and Barbara Mooney of Hilton Head, S.C., and William and Frances Mooney of Brea, Calif.; and seven grand-children. A Mass of Christian Burial was cele-brated at St. Bernadette's Roman Catholic Church, Parlin. Interment was at Brig. Gen. William C. Doyle Veterans Cemetery, Arnytown, Burlington County. Arrangements were by The Gundrum Service Home for Funerals, South Amboy. Memorial donations may be made to the American Cancer Society, 846 Main St., Fords 08863.

Mary Alice Pinho Silva Mrs. Silva, 72, of Sayreville, died Dec. 18 at Robert Wood Johnson University Hospital, New Brunswick. She is survived by her husband of 50 years, Anthony P. Silva Jr.; a daughter and son-in-law, Marlinda "Linda" and Thomas Giasullo of Old Bridge a son and daughter in law Anthony in-law, Marlinda "Linda" and Thomas Giasullo of Old Bridge; a son and daughter-in-law, Anthony P. and Carmelina Silva III of Sayreville; two sis-ters, Ezzie Carellha of North Carolina and Rosa Deitado of Florida; a brother, Anthony Pinho of Old Bridge; and five grandchildren. A funeral service was held at Our Lady of Victories Roman Catholic Church, Sayreville. Arrangements were by Maliszewski Memorial Home Sayreville by Maliszewski Memorial Home, Sayreville.

Paul W. Clark

Mr. Clark, 75, of East Brunswick, died Dec. 11 in Robert Wood Johnson University Hospital, New Brunswick. Prior to his re-tirement in 2000, he was general manager at the East Brunswick Chateau for 12 years. Before that, he was a manager at Inweld Corp., Dayton section of South Brunswick, where he worked for many years. His wife, Dolores Kranack Clark, died in 2001. Surviving are two daughters, Susan Barlett and Kathryn Miller, both of East Brunswick; three sons, Paul R., East Brunswick; three sons, Paul R., Timothy of Wilmington, Mass., and James R. of Manalapan; two sisters, Elizabeth McBride and Doris Schlegel, both of Pittsburgh; and 18 grandchildren. A Mass was offered at St. Bartholomew's Church, Feet Brunswick Interment was in Holy East Brunswick. Interment was in Holy Cross Burial Park, South Brunswick. Memorial contributions may be made to the American Heart Association, 2550 Route 1, North Brunswick, NJ 08902.

William H. Nacnodovitz Mr. Nacnodovitz, 84, of Old Bridge, for-merly of Englishtown, died Dec. 8 in Saint Peter's University Hospital, New Brunswick. He and his late wife, Sophie, who died in October, owned Bill and Sophie's Nursery, Old Bridge, for 50 years until it closed in 1999. Surviving are a daughter, Trudy Iwanski of Monroe; a son, Thomas Nacnodovitz of Old Bridge: and a Thomas Nacnodovitz of Old Bridge; and a grandson, David Iwanski. A funeral liturgy was offered at Holy Trinity Church, Helmetta Interment was in Holy Trinity Cemetery, Monroe.

Richard Jansen

Mr. Jansen, 77, of South River, died Dec. 11 at Raritan Bay Medical Center, Old Bridge. He was employed at Johnson & Johnson, Milltown, for 46 years, retiring in 1993. Mr. Jansen is survived by a brother and sister-in-law, Charles and Laura Jansen; and several nieces, nephews, grandnieces and grandnephews. A funeral service was held at Franklin Memorial Park, North Brunswick. Arrangements were by The Gundrum Service Home for Funerals, South Amboy.



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SUBURBAN, December 22, 2005 47

Police Beat

All items in Police Beat are taken from police department records. All suspects are presumed innocent until found guilty in court.

Sayreville

Police arrested and charged Wilson Dias-Santos, 26, of Marlboro, with driving while intox-icated. The arrest took place on Dec. 16 at 9:30 p.m. on the southbound side of Route 9.

Police arrested and charged Michael Thomas McGrane, 21, of Parlin, with driving while intoxicated. The suspect's vehicle allegedly struck three parked cars on Cedar Terrace before the arrest on Dec. 17 at 11:24 p.m. at Bordentown Avenue.

Police arrested and charged Mary Ellen Knudsen, 49, of Brick, with driving while intoxi-cated. The arrest was made after two parked cars were struck on Dec. 18 at 6:33 p.m. at Main Street and MacArthur Avenue.

East Brunswick

Memorial Elementary School, Innes Road, was burglarized last Thursday evening. An unknown person gained entry by breaking a window to a classroom. Once inside, the suspect is believed to have removed a computer and monitor and left the building with the equipment. Police received the call through ADT Alarm Co. School officials were notified and responded to secure the building. Anyone with information is asked to call Detective Joe Alves at (732) 390-6965. Officials did not have information regarding the make, model or value of the computer.

Victoria's Secret, in the Brunswick Square Mall, reported the theft of 96 brassieres on Friday at 4:45 p.m. The garments were removed from drawers in both the front and rear of the store. The total value of the stolen clothing was \$3,888. There were no witnesses to the theft. and there were no known suspects earlier this

Police say men are tied to three bank robberies

BY TOM CAIAZZA Staff Writer

PERTH AMBOY - Two men were arrested Dec. 10 and charged with bank robbery and armed robbery after they allegedly held up a Woodbridge bank the morning before, according to the FBI.

The two men also are believed to be connected to two other bank robberies in the area since January of this year, according to police. A third male suspect is still at large.

Darnell Turner and Shenez Lawrence, both 31, allegedly robbed the Sovereign Bank on Main street in Woodbridge at 9:15 a.m. Dec. 9, according to Special Agent Steve Siegel of the FBI.

In addition to the Woodbridge robbery. Turner and Lawrence have been connected to two other bank robberies committed earlier this year, one in Holmdel and one in Matawan, according to Sgt. Louis Holmdel Police Torres of \mathbf{the} Department.

"They were suspects in the Woodbridge one, and they were able to connect them to the Matawan and Holmdel ones,' Torres said.

In January, it was reported that two armed men robbed the Sun National Bank on Route 34 in Matawan. One man collected money from the teller while the other raided the vault. Another robbery in July at a Sun National Bank in Holmdel was found to have similarities to the Jan. 12 robbery.

Turner and Lawrence have not been charged with those robberies yet, according to Agent Carrie Bevzenzski of the FBI, simply because the bureau wanted to expedite the charges in Woodbridge.

Siegel declined to give many specifics about the Woodbridge incident, but noted that it was tenacious local police work that brought these two suspects in.

"They were on the radar screen," Siegel said. "A lot of investigative pieces came together to bring these guys in."

Turner and Lawrence have been charged on the local level with armed robbery and on a federal level for the Woodbridge bank robbery.

Authorities declined to comment on how much money was stolen from the Sovereign Bank in Woodbridge or to divulge certain details on how the two men were caught, on the basis that it might affect the investigation. "It's very sensitive," Torres said. "I

really can't elaborate right now."

Bevzenzski reiterated this, stating that it would not be wise to release that information due to the pending investigation involving a third suspect.

According to Bevzenzski, the two men are being held in Middlesex County jail pending bail. However, a warrant to detain has been issued barring their release even if they post bail, due to the pending federal charges. The two men are waiting to be transferred to federal custody.

Bevzenzski is confident in the joint investigative effort that includes four municipal police departments and the FBI.

"We have a very strong case," Bevzenzski said.

such as taking care of a changing body

and developing a positive body image;

making and keeping good friends; and negotiating decisions about social activi-

Advance registration is required by

For more information and to register,

Jan. 10. Cost is \$20 per daughter.

call (800) 334-0699 or (732) 745-8600 ext.

Mothers will attend free of charge.

Mother-daughter program set at hospital

"Pathways Through Life," a program for daughters ages 13-15 and their mothers, will be presented from 1:30-4:30 p.m. on Jan. 14 at the Sister Marie de Pazzi Conference Center at Saint Peter's University Hospital, Easton Avenue, New Brunswick. The event is sponsored by the hospital's Fertility Awareness Program.

Mothers and daughters will have the opportunity to learn about and discuss the physical, emotional and social changes and challenges that occur during

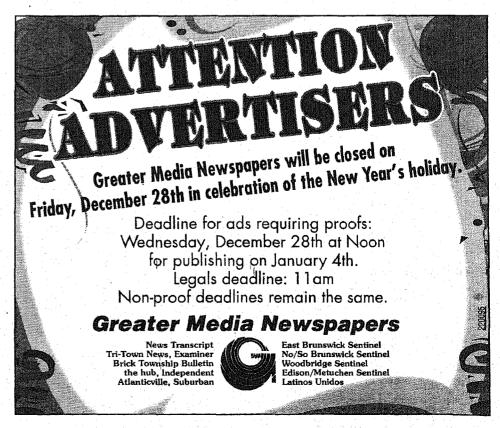
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8862.







teen years. Moving beyond the "puberty the program will explore topics talk.

ties and dating.

SPORTS

Bomber boys turning heads in early going

Local hoops team open season to mixed results

BY WARREN RAPPLEYEA Staff Writer

ou wouldn't know it from its 2-0 record, but the Sayreville War Memorial High School basketball team entered the season without any players who had competed in a varsity game.

The Bombers downed South Plainfield on Tuesday, 67-57, after opening the campaign at home on Friday with a 66-62 win over North Brunswick.

"Our guys are still adjusting to the speed of the game at this level, but they have a lot of character and they're willing to work hard," coach Gus Jaworski said.

Junior forward Kofi Genfi led the attack against South Plainfield WAR MEMOR with 23 points and

sophomore guard B r y a n Champayne added 12 more points for Ŝayreville.

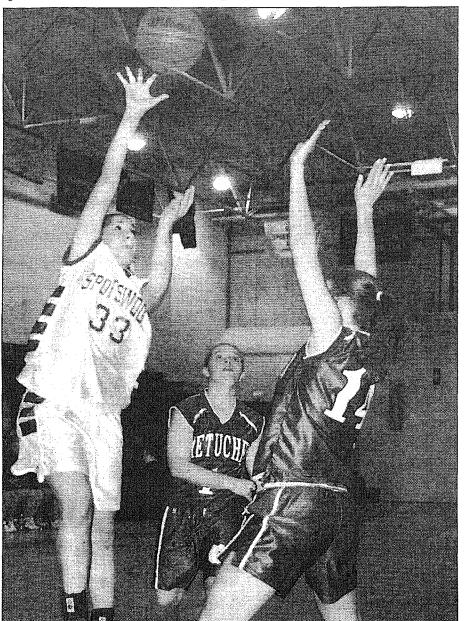
Jaworski's Bombers quietly built an 11-point lead

BOMBER after three quarters and kept pace with the Tigers in the finale to

seal the victory. The 6-foot-3 Genfi scored 19 points in the win against North Brunswick, while also pulling down nine boards. Champayne added 16 points and Kacper Wilusz, the Bombers 6-6 center, contributed 14 more, including a pair of clutch points from the charity stripe late in the contest. Tom Robinson also had 10 points for the Bombers.

While the Sayreville contingent may be short on varsity experience, they're long on teamwork and chemistry. Many of the Bombers played on last year's junior varsity contingent, which lost just one game.

With Genfi and Wilusz, and with 6-6 sophomore Chris Matagrano, Sayreville has a solid presence under the hoop. Champavne, Robinson and Larry Pokrywa are all dangerous from the outside, as is Wilusz, and Gerard Green gives the Bombers a steady presence at the point.



MIGUEL JUAREZ staff

Spotswood's Megan Capella shoots over Metuchen's Lauren Lisaon during the Chargers home opener on Saturday in Spotswood.

Sophomores Ray Rodriguez and Mark Simko, along with sparkplug freshman LaVone Graham, provide plenty of depth.

"A key for us is playing good defense, and we have to continue doing that," Ja-worski said. "That will be a big help as our players continue to get comfortable playing at the varsity level. I want them to get better with each game.' The Bombers are off until Tuesday when

they return to action in the Neptune Holiday Tournament.

Notes ... The Sayreville boys are not the only local team to get off to a fast start this winter.

No local team has made more noise than the Monroe Falcons, who beat Colonia for the first time ever on Friday night, 53-49, behind senior forward A.J. Rudowitz's 27 points, including a three-point play in the closing moments that sealed the win.

Monroe then beat Howell on Saturday, 58-45, with Rudowitz again leading the way with 19 points, before knocking off Princeton, 61-37, on Monday behind another 19-point effort from Rudowitz.

At 3-0 heading into last night's game with Carteret, the Falcons are generating quite a buzz locally, as they look to emerge as a force within the White Division.

The East Brunswick boys upped their record to 2-0 on Tuesday with a 55-39 win over Edison, paced by John Byrne's 30 points, 20 of which came in the second half. The Bears opened the season with a thrilling 49-48 win over Old Bridge on Friday as Mike Wagenblast converted a conventional three-point play with one second on the clock. With his team trailing by two, Wagenblast scored on a putback then hit the game-winning free throw to seal the win. He finished with 10 points for the game (all coming in the fourth quarter), while Byrne led the team with 14.

The Old Bridge boys didn't let that heartbreaking loss keep them down for long as they bounced back with a 56-45 win over J.P. Stevens on Tuesday to even their record at 1-1.

Khalil Bennett led the way against the Hawks, scoring 10 of his 18 points in the fourth quarter, when the Knights outscored Stevens 21-5 to steal the win.

On the girls side, East Brunswick has raced out to a 2-0 start with wins over Old Bridge (53-31 on Friday) and Edison (65-50 on Tuesdav).

Old Bridge posted its first win of the year on Tuesday, upsetting defending GMC champion J.P. Stevens, 48-42, behind Angelina Dill's game-high 17 points, as well as 16 from Amber Zimmerlink. Kayle Warman also came up big down the stretch for the Knights, scoring six of her nine points in the fourth quarter.

Spotswood's girls entered last night's game at South River at 1-0 after beating Metuchen 44-35 on Saturday, while Monroe (0-2), South River (0-1) and Sayreville (0-1) are all seeking their first win.

Next season finally arrives for E.B. girls

BY GEORGE ALBANO Staff Writer

ast Brunswick High School girls basketball coach Katie Whalen has waited three years for this season to arrive.

Whalen can still remember the very first practice she attended as the Bears new head coach at the start of the 2003-04 season. She started thinking about

this season right there and then. "I came in when this year's seniors were sophomores," Whalen recalled the other day. "Actually, I was the JV coach when they were freshmen."

But it was the following season, her

first as a head coach, that she really and all the hard work they put in now started to look into the future and think pays off, and we're able to take it to the about how good this team could be a couple of seasons down

the road. "I definitely thought about it when I first took over," she said. "We had lost eight seniors from the year before, so the team I took over had big shoes to fill. But they took on the challenge pretty well. They weren't

scared of anyone. "They had to go through some grow-ing pains, but hopefully all the hard work they put in during the offseason

pays off, and we're able to take it to the next step and beat some elite teams

Whalen and the Lady Bears went 11-14 that first season, and then improved to 16-9 in 2004-05, advancing to the second round of both the GMC tournament and Central Jersey Group IV state tournament.

"We had a pretty good year that first season," Whalen said. "We went 11-14 and surprised some people. Then we got five more wins last year. So hopefully this season we follow suit and

do a little better."

So far, so good. East Brunswick easily defeated Old Bridge 53-31 in its season opener last Friday, and then beat Edison 65-50 on Tuesday night to improve to 2-0.

It could be the start of a very special season for the Bears, who welcomed back eight returning letter winners from last year's successful team, including four starters.

Experience will definitely be in abundance as four of this year's five starters and six of the eight players in the Bears' regular rotation are seniors.

(Continued on page 50)

ST BRUNSWICK

Codey, task force order start of steroid testing

New Jersey first to take comprehensive statewide action

BY DOUG McKENZIE Staff Writer

TRENTON — Acting Gov. Richard J. Codey released the official report from the Governor's Task Force on Steroid Use and Prevention on Tuesday.

He then signed an executive order making New Jersey the first state in the nation to take comprehensive statewide action to address the growing issue of high school steroid use.

And while the order included several actions to help curb the use of steroids, the one component that will turn the most heads deals with mandatory random steroid testing — believed to be the first state-mandated testing of high school athletes in the nation.

Under Codey's executive order, studentathletes participating in NJSIAA championship events will be subjected to the random tests beginning with the 2006-07 school year. That should equate to roughly 500 students facing a steroid test next year.

By limiting the testing to those athletes, Codey hopes to gauge the effectiveness of the program before considering whether or not to extend the plan to include other high school students, even those who do not participate in school-sanctioned athletics.

⁴We've all seen the statistics and read the articles about the impact that steroids are having on kids. This is a growing public health threat, one we can't leave up to individual parents, coaches or schools to handle," said Codey. "This report puts us at the forefront in dealing with the problem of steroids. Today, we are putting this plan into action and becoming the first state in the nation to address this problem on a statewide level."

It is estimated that about 13 percent of the nation's high schools currently perform some form of steroid testing, with 15 schools in New Jersey either already testing or preparing to start testing next year.

Under Codey's plan, the state will pay the anticipated \$50,000 bill for the first year, avoiding, for the time being at least, what has long been the loudest argument against steroid testing at the high school level — the cost.

The reaction to Codey's executive order has been a positive one, with many athletic directors, coaches and athletes alike applauding the move to implement testing.

However, some fear that only testing certain athletes will be viewed as discriminatory, arguing that all students should be subjected to the test from the outset. Others have taken issue with the timing of the testing, questioning why it can't be done at the beginning of the season, and also question whether the results of the tests can be determined in a timely enough fashion to initiate any necessary penalties.

Yet another concern deals with what the length of the penalty will be, as well as how the penalty will be announced. As of now, positive results could lead to a one-year suspension, although the manner in which the suspension would be publicly handled has not been decided.

And then there's the civil liberties issue, with several groups likely to lobby against the plan, calling it the parents' responsibility to decide if his/her child needs to be tested. are substantial, the general consensus seems to be that if the NJSIAA, the Department of Education and the school districts can find viable solutions to these concerns, that the implementation of steroid testing can only be viewed as a positive step in the right direction.

A series of stories appearing in all Greater Media newspapers earlier this year examining the prevalence of steroid use in local high schools found the majority of athletic directors, coaches and students in favor of steroid testing, as long as it was executed in a fair, random manner.

"I wouldn't support [testing] if it was just athletes," said Steve Antonucci, the head coach of Middletown South's football team, the top-ranked team in the state the past two years. "It [should] be schoolwide. Why punish the athletes? I like the idea of testing kids, as long as it's random testing of every student. That's the only fair way to do it."

Antonucci's feelings are shared by several of the top school administrators and coaches in the state.

"T just think if you have testing, it should be the whole school," said Brick Memorial head wrestling coach Dean Albanese.

But nearly every person interviewed agreed on the need for steroid testing at the high school level.

"[Steroids] are illegal, and there's nothing wrong with testing for them," said Woodbridge High School football coach Brian Russo, a former Division I football player. "It only takes one really misinformed kid out there trying these things, and if you can save him, it's worth it.

Old Bridge High School's longtime wrestling coach, Ken Scott, added that testing students will only benefit them.

"I could never understand why testing could be considered such a negative thing," he said. "It should be part of the educational process. I can't imagine anyone not wanting to know if their child is abusing himself."

Codey signed the executive order at Seton Hall Preparatory Academy, where he was joined by members of the task force, including Monsignor Michael Kelly, task force chairman and headmaster at the academy, Peter King, award-winning journalist for Sports Illustrated, and Lisa Brady, superintendent of South Hunterdon Regional High School.

Codey created the task force in July in response to national statistics demonstrating a growing use of steroids among high school students. Last year, 3.4 percent of 12th-graders nationwide admitted to using anabolic steroids at least once, according to the National Institute on Drug Abuse (NIDA). That's up 67 percent since 1991. In addition, 2.4 percent of 10th-graders and 1.9 percent of eighth-graders said they have used anabolic steroids at least once, according to the NIDA.

Codey charged the task force with conducting a study to determine the breadth and scope of the problem in New Jersey. The task force divided itself into five subcommittees to address the following components: research, education, testing, health/psychological effects of steroids and nutritional supplements, and steroids and college athletics.

In doing so, the task force spoke to national experts on the subject, interviewed high school students, held a statewide educational summit for coaches and athletic directors, and held public hearings to gain additional input.





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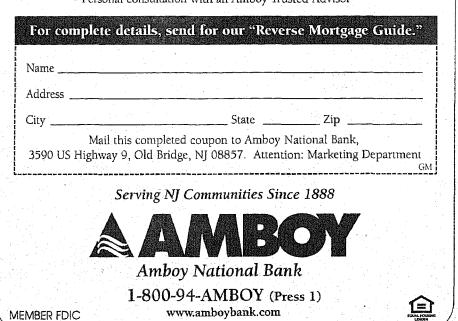


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Steroid tests

(Continued from page 49)

Based on their findings, the task force compiled a broad list of recommendations to address the growing problem, starting with the introduction of steroid testing, but also including the following:

 Steroid education should be built into programs currently being used in New Jersey schools, such as the Drug Abuse Resistance Education (DARE) program. DARE steroid education should be introduced at the fifth-grade level.

· Each school district should utilize programs such as the ATLAS (Athletes Training and Learning to Avoid Steroids) and ATHENA (Athletes Targeting Healthy Exercise and Nutrition Alternatives) models of steroid prevention for high school students.

 Integrate information on steroids, including prevention strategies, strength-building alternatives and the understanding of health food labels, into health and physical education curricula at the seventhand eighth-grade levels.

Bears hoops

(Continued from page 48)

The only underclassman in the starting lineup is sophomore point guard Candice Green, who started as a freshman.

"She runs the offense for us," Whalen said. "She did a good job last season and plays all year round."

Her backcourt mate is Megan Mayo, a senior shooting guard who Whalen calls 'a tremendous shooter. If she gets hot from the outside she's hard to stop.'

Two more returning seniors who started last season are Laura Petriello and Jess Campbell, both guard/forwards. "Laura does a lot of everything for us," Whalen said. "She's an athlete and she

scores and gets a lot of rebound.

"And Jess has a lot of intangibles," the coach said of the 5-foot-10 Campbell. "She often guards the opposing team's best player, she's very scrappy on the floor, and she gets baskets and rebounds. She's just a tough kid."

In Tuesday's win against Edison, Petriello led the Bears with 23 points, while Campbell added 15 points.

The only newcomer to the starting

<u>Sports</u> Shorts

Jersey Knights U10B soccer team will be holding tryouts during winter indoor training and also will be playing in a winter indoor league. The team needs two or three players for the spring season and beyond when it moves to 11 vs. 11. Professional training and coaching (no parents) with one of the premier clubs in Central Jersey. Great opportunity for the serious, dedicated player to improve his game. It's not too late to join a great club and team. There is no penalty for U10B to switch teams from the fall to the spring. For additional information contact tikuss@optonline.net.

The U10 Old Bridge Hustlers 2005 state champion girls softball team is looking for interested players to complete its roster for 2006. Any girl born in 1995 or later who would like to be involved in tournament-level play is asked to contact Steve at Sweo@msn.com. The team will be participating in four spring summer tournaments as well as district and state play.

• Develop a curriculum on steroids for high school health and physical education teachers to implement into their classroom instruction.

· Conduct semiannual or annual workshops for coaches and athletic directors in identifying the components of steroid abuse/use and prevention strategies.

• Randomly test dietary supplement products for sale in New Jersey to detect steroid contamination.

• Impose monetary and criminal penalties on manufacturers and owners of retail, Internet, and mail-order establishments selling the contaminated products.

Tuesday, Codey turned those recommendations into action, signing the executive order that will address many of the report's major recommendations.

Other recommendations included in the report may require legislative action to implement. According to Codey, his administration will continue to examine these recommendations in the coming weeks to determine the best course of action.

A full copy of the report from the Governor's Task Force on Steroid Use and Prevention can be vi www.nj.gov/steroids/finalreport. viewed at

lineup is Anna Chesnakova, a 6-foot-1 senior center who came off the bench last season.

"She's a tenacious rebounder," Whalen said. "Rebounding is going to be a big key for us. I'm looking for Anna to get a lot of putbacks and clean up on the boards.

Coming off the bench this season and expected to see a lot of playing time are guard Kristie Lang and guard/forward Ali Riccio, both seniors, and junior guard Breaane DeFalco. Of the three, Lang saw the most action last season.

Now Whalen hopes three years of hard work finally pays off for her team.

"That's the hope, without a doubt," she said. "The things we like to focus on are defense and hard work. That will get us far. If we continue to do that, I expect our talent to take us the rest of the way.

"This group has done a lot together and they've grown together and we're looking forward to the season. I have high expectations and I know the girls do, too.'

As high as a GMC championship? "There are quite a few tough teams in the conference," Whalen said. "But if we keep progressing the way we are, and keep progressing in practice, and we want it, there's no reason why it can't be us.'

The Sayrewoods South Little League will hold registration on Jan. 7 (9-10:30 a.m.) and Jan. 20 (7:30-9 p.m.) at the SWSLL clubhouse on Fox Street. The fee is \$75 for one child, \$100 for two or more children, and \$50 for T-ball (5year-olds). A work bond of \$100 is due at registration. Upon completion of 12 hours of work, the bond money will be promptly returned. A candy fundraiser will be distributed at registration, and the money will be collected at that time.

The 2006 season includes all boys and girls born between May 1, 1989, and April 30, 2001. A copy of his/her birth certificate is required at registration for all new players and will be retained for future references. For more information, call the clubhouse at (732) 679-6500 and leave a message.

A U12 girls travel soccer team is looking for additional payers. Players must be born between Aug. 1, 1993, and July 31, 1995. Call (732) 238-2503 for more information.



Waterford Club at new Waterford at East Brunswick is completed

IF inishing touches on The Waterford Club, located on the main level of the new Waterford at East Brunswick active adult community, have now been completed, with the grand opening celebrations scheduled for Jan. 8.

Waterford at East Brunswick, developed by Westminster Communities, is a luxury, four-story building offering 148 spacious one- and two-bedroom condominiums designed for the new generation of active adults 55 and older. The Waterford Club features a state-of-

The Waterford Club features a state-ofthe-art fitness center and an impressive great room with fireplace and cozy seating. The club also boasts a fully equipped business center and library, a theater with a large screen television, and a cards and billiards room. The Waterford Club continues outdoors, with a large heated pool, gazebo, walkways, ponds, beautiful landscaping, tables and chairs, and more.

"We expect that the focal point of community activity will be at The Waterford

Club," noted Sam Gershwin, president of Westminster Communities. "It provides an inviting setting for residents to gather, entertain their visitors, enjoy hobbies and pursue new interests, not to mention the chance to stay in shape, even in winter."

The fact that Waterford at East Brunswick has fewer than 150 units distinguishes it from the larger, multibuilding senior complexes, which some people find impersonal. "The Waterford Club adds to that sense of



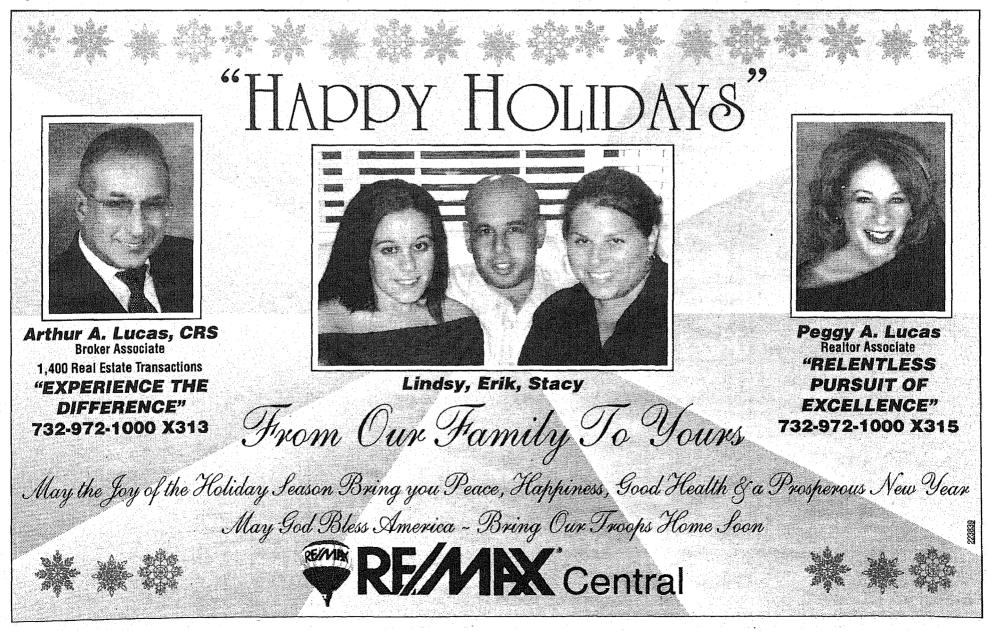
close-knit community, as a place to socialize and meet your neighbors," said Gershwin. Community experiencing brisk sales

Located on 10 acres bordered by Rues Lane, Cranbury Road and New Brunswick Avenue, Waterford at East Brunswick's elegant, intimate ambiance has attracted a significant number of buyers, with more than one-third of the units already sold. The building's first residents will be moving in this month. The property has a choice of 12 one- and two-bedroom designs to satisfy a wide range of lifestyles, with prices starting from the mid-\$200,000s. Layouts range in size from 1,000 to 1,760 square feet. All include their own laundry rooms, balconies, full kitchens with finely crafted wood cabinetry, dishwashers and microwaves, spacious bedroom suites, energy efficient HVAC, wiring to accommodate computer technology, 9-foot ceilings and central air conditioning. Most of the homes enjoy a view of the courtyard, and many have direct access.

A main attraction of the community is its ease of living. "People enjoy having the luxury of valet and concierge service, as well as a shuttle bus that can take them to various sites in the area," said Judy Schneider, sales manager for Waterford. The community is also within walking distance from neighborhood retail, East Brunswick's library, senior center and municipal complex, and just minutes from numerous houses of worship and the YMCA.

Another strong draw is the location. many buyers come from East Brunswick or have family there. "We even have people who moved to Florida a few years ago and decided to return to their home community to be near their grandchildren," said Gershwin.

Two fully decorated model homes have been completed and they, an the Waterford Club, are available for preview tours by appointment. The Sales Center, located at 540 Cranbury Road, is open Friday through Tuesday, from 11 a.m. to 5 p.m.



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Selling your home during the holidays

By Barbara Ballinger Content That Works

he conventional wisdom that you'll only get top dollar for your home come spring simply isn't true. Houses sell year-round — and for good prices.

If your place is on the market during the holidays it's true that some potential buyers will be too busy shopping, partying and visiting with relatives to come look. But the good news is that there are plenty of shoppers who need to find a home whether it's 80 degrees above or 20 degrees below.

Your job is to attract them by setting the stage and creating the right ambiance just as you put out cookies and milk for Santa.

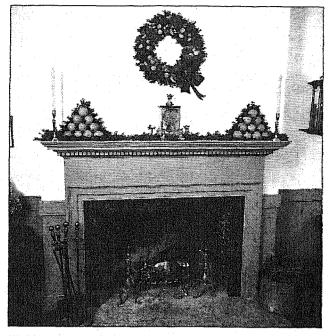
In fact, 1.5 million homes were sold between November 2004 and January 2005, according to the National Association of Realtors.

A distinct advantage of listing your home at this time of year is that you've probably got less competition, says Lisa Maysonet, senior vice president at Prudential Douglas Elliman in New York.

But how do you attract home shoppers when stores and parties beckon? First, depend on the basic tactics you would use at other times of the year — great curb appeal, a maintenance-free home, clean, freshly painted and decluttered spaces, a competitive price and a marketing plan that reaches the widest audience.

Then, go the extra mile. That's what Jon and Adrienne Morrell did when they recently listed an 1840 Greek Revival house in the central Berkshires of Massachusetts. The couple, who live nearby in Kinderhook, N.Y., bought the other property when they lived closer to Manhattan. But they decided to change their lifestyle and careers and buy and sell homes. They priced their house fairly, told neighbors about the listing and sought the best salesperson they could find to gain more exposure. They also are offering a great stocking stuffer — \$5,000 cash to anyone who brings forth a buyer, Jon says.

The right kind of advertising is critical, says Sid Davis, a broker in Salt Lake City and author of "A Survival Guide for Selling A Home" (Amacom Books, \$15). Use eye-



When your house is on the market, keep indoor decorations simple, such as this pleasing mantel at Colonial Williamsburg.

catching headlines, such as, "See the joy you'll get from living in the Tudor at 892 Mill St."

Another key factor is flexibility about showings, he says. He suggests having your salesperson put a note in the remarks section of the MLS "that you will joyously show your home during the holidays."

Your salesperson can also deliver flyers to local real estate sales offices with goodies attached to whet appetites, says Patricia Korican, broker/owner with Remerica Select Properties in Ann Arbor, Mich. Other tips:

• Excite your salesperson. You don't want someone just to represent you but to lick their lips and say, "Wow," says Morrell.

• Set a homey feeling. Have your house radiate a warm, cheerful feeling that everyone is looking for at this time of

year, says Korican. She suggests lighting a fire in the fireplace and baking holiday treats. Maysonet recommends playing holiday music. Make lookers feel welcome, says Davis. "Buyers who come through are stressed, so welcome them and let them know they're not intruding," he says.

• Make your entrance safe as well as pretty. Keep walkways, sidewalks and driveway clear of snow and ice, Korican says. Be sure you've removed remaining leaves. Put up a few exterior holiday lights to display seasonal good tidings, says Jim Gillespie, president and CEO of Coldwell Banker. Don't overdo lighting, he says. Your guide should be tasteful decorations in keeping with those at neighboring homes. A holiday welcome mat outside the front door adds a nice touch, he adds.

• Go easy on indoor decorations. Share the spirit of the season but don't overdo it since you'll negate decluttering, Korican says.

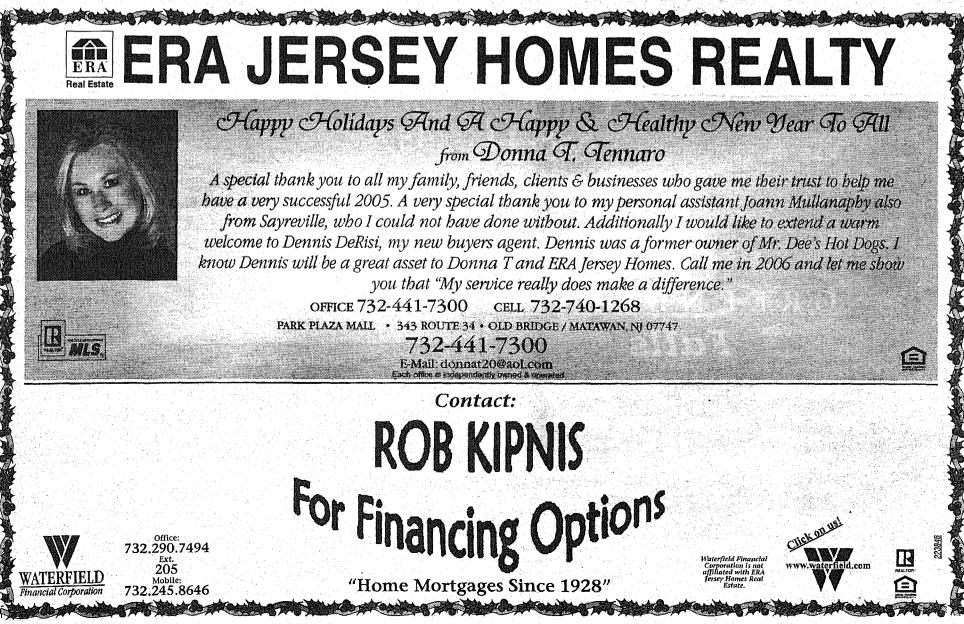
• Remove the lock box. Sellers who entertain over the holidays should talk to their salesperson about removing the box. The MLS information needs to be changed to let agents know that there's a temporary showing procedure that requires salespeople to make an appointment, Gillespie says. Put the box on a porch or by a door before the showing.

ing. • Host an open house for salespeople. Yes, few need another invitation at this time of year but if you make it festive and brief, you'll attract salespeople whose customers need to find a home, says Korican. For a novel twist, host it at night and bring carolers to your door, she says.

• Do something extra. Korican suggests hosting a drawing for all open-house attendees for an afternoon at an ice skating rink or weekend escape to a resort. New York broker Edo Raday says up the ante with a trip to Aruba, Florida or even Italy, if the deal can be done before the New Year.

• Screen buyers. To eliminate browsers who may only want to see how you decorated your mantel, ask your salesperson to allow in only those who've been preapproved, which indicates seriousness, Davis says.

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Don't forget the closing costs

Rising home prices and interest rates still point to a sellers' market, making it more difficult for many prospective buyers to find an affordable place to live. And when they do find a "home sweet home," they must then see how to stretch their savings to afford all the fees involved in the home purchase — beyond just the down payment. Whether you are buying a condo, townhouse or any other type of housing, these fees are often grouped under the title of closing costs. Although many moneys are paid out at the end of the home-buying process, others will be paid throughout your journey to home ownership.

Closing costs do vary from state to state. Regardless of where you want to live, the fees cover the administrative and loan fees required to secure you as the buyer of a home. It is often difficult to pin down the exact dollar amount for these fees in advance. But you can get a rough idea of how much they will cost so you are not left short come the day of your closing.

Closing-cost calculators are a good tool to use. You can often find these online at lender Web sites or by searching a Web-based search engine. Your mortgage loan officer or real estate attorney may be able

to provide you with estimates as well. Here are some of the common closing costs and estimates, courtesy of www.addiemae.com, a site that provides

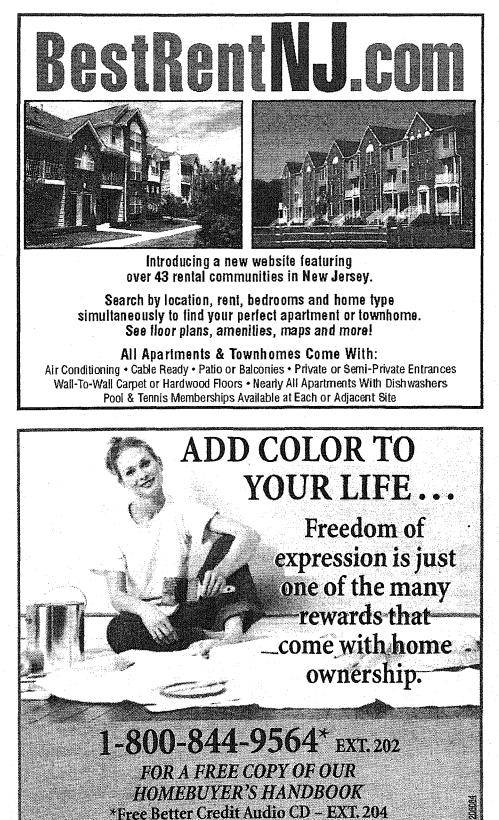
- mortgage rates and guides for home loans: • Administrative fee: \$50 - \$100
 - Application fee: \$50 \$100
 - Appraisal fee: \$300 \$1000
- Broker processing fee: \$400 \$500
 - Courier fee: \$25 \$50
 - Credit report fee: \$50 \$75 Flood check fee: \$15 \$25
 - · Lender documentation preparation fee:
 - \$50 \$250 • Lender processing fee: \$100 - \$300

 - Lender underwriting fee: \$150 \$675 Recording fees: \$20 \$125
 - Document preparation fee: \$50 \$200 Attorney fee: \$500 \$700

 - Mortgage insurance: \$200

· Property taxes: two to eight prepaid payments (Taxes vary according to your area of residence.)

If you are unfamiliar with any terminology used during the purchase of your home, it may be wise to educate yourself with common mortgage/real estate jargon. Your lender may have a brochure you can read.



<u>Real Estate Briefs</u>

Rochelle "Rollie" Davis, brokersales manager of Davis Realtors, East Brunswick, announces that Felix Nazario has joined the firm as a Realtor-associate. Nazario comes from a successful career at another real estate agency. He is an East Brunswick resident and attended Pace University. In addition to his real estate expertise, he is fluent in Spanish. "Felix is a great addition to our staff of professional Realtors and I am pleased to have him with us," said Stuart L. Davis, broker of record. "His negotiating skills, coupled with his sales experience and area knowledge, add up to superior cus-tomer satisfaction." For all your real estate needs, Felix Nazario can be reached at (732) 254-6700, ext. 61 or email: Felix@DavisRealtors.Net.

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SUBURBAN, December 22, 2005 55

Realestatejournal.com offers home-selling tips in a cooling real estate market

After years of soaring real estate prices, home buyers finally are starting to catch a break, says RealEstateJournal.com, The Wall Street Journal's guide to property. As inventories of homes for sale rise, buyers are regaining long-long bargaining power. They are asking for, and often getting, concessions ranging from help in paying their closing

costs to money for repairs or redecorating. "Sellers are finding that they can no longer just slap a price on their home and expect it to move quickly," says Lauren Kim, senior editor, RealEstateJournal.com. "They have more realistic pricing expectations and are sprucing up their property with fresh paint or some new plantings to

stand out from the crowd." These tactics could signal the end of a prolonged sellers' market in some parts of the country, including once-hot areas such as Phoenix, San Diego and Boston. In Rhode Island, active listings are up 43 per-

cent from a year earlier.

Sellers who overpriced their properties are being forced to roll back expectations — but they are still getting more than they probably would have for the same property a year ago. The National Association of Realtors expects the median price of an existing home to climb 12 percent this year, but just 5.3 percent next year. RealEstateJournal.com offers these tips

for selling a house in a cooling market:

Consider recent sales prices of comparable properties and size up, whether the local inventory of homes for sale is rising when pricing your home.
Offer the broker a higher payout.

• Pay the buyer's closing costs, one month's mortgage or even the heating bill. • Accept offers that are contingent on

the buyers selling their own home. For more information on real estate,

visit www.RealEstateJournal.com.

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Smart borrower The median price of a new home sold in the has risen steadily over the past two year	e U.S. rs.	30-yr mortgage rate > Based on zero discount pr ao As of December 12:	ints De Based on :	mortgage rate zero discount points ecember 12: 4.25%	Below are examples of the mir \$100,000 loan using this week and insurance are estimated at \$60,000	's average interest ra	tes, Taxes	\$150,000 l Program	aymentthis we oan amount Rate+points	Principal +interest
Median Median sales price sales price 3rd quarter 3rd quarter 2003 2004 Data released jointly by U.S. DOC, HUD and U.S. C	\$221,700 Median sales price ord quarter 2005 Census Bureau	N J MM J S N J MM	60 55 50 45 40 35 40 35 40 35 40 40 40 40 40 40 40 40 40 40 40 40 40	SN J M M J SN	50,000 40,000 20,000 40,25% 5,25% 10,000 40,ptc. +0,ptc. 1-yr, ARM 3/1-yr, ARM	5.5% 6% +0 pts. +0 pts. 5/1-yr. ARM 30-yr. Fix	5.625% +0 pts. 15-yr, Fix	Program	ntional 5.625% +0 pt .oan amount Rate+points	\$828.31 \$851.68 \$899.33 s. \$1,235.60 Principal +interest
Based on new homes sold nationally in the third qua Median sales price: 1/2 of homes sold were above this price LEGEND: Survey Date 12/16/05. (A) Mon Park, IL 60181 which is not affiliated with a accurate but are not warranted and are subje est down payment required for that program (Private Mortgage Insurance). Lock Days: 3	e, 1/2 were below rtgage Banker, any financial in et to change w n. Fees reflec	2004 2005 (B) Morigage Broke istitution. Companies ithout notice, Convent t the cost of the appra	2004 r, (C) Bank, (D) above pay a fee to onal loans are base isal and credit rep	2005 S & L, (E) Cr appear in these ed on Ioan amou ort. Points quote	These numbers are used for example taxes and qualifying parameters mattaxes and qualifying parameters matching to the second se	ple purposes only. Rates, y vary and can change at 05 by Mortgage M provide accurate an ns are based on loan nation. APR calcu	programs, any time, arket Inform d timely info amounts of lations includ	rmation to participate. R: \$359,650. The <u>%</u> dow le all costs payable to of	5,75%+0 pts. St. Charles Rd., V ates are believed to	be e





is currently seeking candidates for the following full- and part-time positions

CIRCULATION

MOTOR ROUTE DELIVERY

Newspaper Delivery • 1 or 2 days a week We need newspaper carriers for Wednesday and/or Thursday afternoons in Middlesex, Monmouth, and Ocean Counties.

- No experience needed
- No collections
 Earn \$200-\$300 or more a month working only 1-2 days per week!
- A reliable vehicle needed

Valid driver's license required

Call 732-254-7004 ext. 252

MAILROOM

Part-time positions available, day or night shifts, mid-week schedule. Job requires some lifting of newspaper bundles, loading inserts into machine, stacking of newspapers and general warehouse work and duties. \$8.00/hour, 20 to 25 hrs. per week.

If interested please contact: Matt Coughlin 732-254-7004 ext. 208 or fill out application at: 10 Connerty Court East Brunswick, NJ 08816

SALES

Greater Media Newspapers in Central New Jersey is seeking a dynamic self-starter to join our group of 13 weekly newspapers serving Monmouth, Middlesex and Ocean Counties.

Strong sales ability, a professional presentation and detailed oriented a must. Must possess strong verbal and written skills, be team oriented and thrive in the face of competition. Previous newspaper or yellow page sales experience a plus. A reliable car, valid driver's license and insurance required.

We offer a competitive salary, commission, excellent benefits and 401(k). Send résumés to:

Greater Media Newspapers P.O. Box 5001 Freehold, NJ 07728 Attn: L. Cuffari

ADVERTISING SALES MANAGER

Greater Media Newspapers the premier provider of weekly newspapers and a monthly Hispanic publication in Central New Jersey, is seeking an advertising team leader. A great opportunity for a sales professional with 5-10 years newspaper sales experience with proven leadership abilities. Opportunity to advance your career to the next level. Creativity, dependability and organizational skills a must. We offer a competitive salary, comm. & 401k.

Send résumés to: **Greater Media Newspapers** P.O. Box 5001 Freehold, NJ 07728 email: stheo@gmnews.com

SALES

ADVERTISING SALES CONSULTANT

Greater Media Newspapers is seeking a dynamic, Greater Media Newspapers is seeking a dynamic, self-starter to join our group of twelve weekly newspapers plus a monthly Hispanic publication serving Monmouth, Middlesex and Ocean counties. Strong sales ability, a professional presentation and detailed oriented a must. Must possess strong verbal and written skills, be team oriented and thrive in the face of competition. A reliable car, valid drivers' license, and insurance required. We offer a competitive salary, commission, excellent benefits, & 401k and tuition reimbursement.

Send résumés to: Greater Media Newspapers P.O. Box 5001 Freehold, NJ 07728 Attn: S. Theo email: stheo@gmnews.com

PRESS

PRINTING/PRESS PERSON

Greater Jersey Press in East Brunswick is looking for full-time competent and motivated individuals to work in our pressroom. We are looking for people with experience in single width, cold-set web presses. Knowledge of process color, attention to quality and mechanical apitude are a must. Five to 10 years' experience preferred. Excellent benefits, pension and 401(k).

Fax or send résumé or call: Linda Vinci P.O. Box 5001 Freehold, NJ 07728 Fax: 732-358-5222

PRESS PERSON

Greater Jersey Press in East Brunswick is looking Greater Jersey Press in East Brunswick is looking for a full-time person with 2 to 4 years' experience in web-offset printing. Must possess a willingness to learn coor, quality control practices and procedures. Mechanical skills and aptitude required. Excellent benefits, pension and 401(k).

Fax or send résumé or call: Linda Vinci P.O. Box 5001 Freehold, NJ 07728 Fax: 732-358-5222

PRESSROOM HELPER

Greater Jersey Press is seeking to fill an entry-level position for pressroom helper. Responsibilities include use of equipment to tie newspaper bundles, stacking of papers, lifting bundles up tc 50 lbs., and general cleanup in pressroom. Forklift and pallet-moving-equipment experience is helpful. Full-time four day week starting at \$9.00 per hour. Excellent benefits and 401(k) plan.

Fax or send résumé or call: Linda Vinci P.O. Box 5001 Freehold, NJ 07728 732-358-5200 ext. 8241 Fax: 732-358-5222

TEACHERS - Top Pay for top leachers at the Manalapan Goddard School. Benefitsi E-mail resume to spoworld@hotmail.com or Call 732-477-7395 Opportunity is knocking. Don't miss our on going pre-licensing courses & superior training to heli you get a FAST successful start Call Ursula at 732-583-5400 Aberdeen/Matwan

Weichert Realfors TEACHERS

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036 Help Wanted Part Time

Residential Brokerage Call Kevin Ward 732-583-5000 Call Kevin Ward 732-583-5000 REAL ESTATE Opportunities The Real Estate Market is HOTI Be a part of Itl • Get Licensed in 30 days • Set your own hoursl • Work close to home! Rose Estephan, Manager 732-946-9400 Weichert Realtors, Holmdel \$ SALON SPA POSTIONS \$ Hair stylists, manicurists, assistants, massage therapists & estheticians. Health Benefits.

ADVERTISING ASSISTANT

ASSISTANT Greater Media Newspapers, a gro up of twelve privately owned community newspapers, is seeking a Part-time Adver-tising Assistant reporting to the Retail Sales Manager. This muti-tasked position which re-quires good speaking skills, a positive attitude, good custom-er service skills, computer lit-eracy and the ability to com-municate and work well with others offers good compensa-tion and a 23-hour work week. (Monday, Wednesday, Thurs-day). Previous newspaper experience a plus. For more information or to apply, please fax or mail resume to: Greater Media Newspapers P.O. Box 5001 Freehold, NJ 07728 Fax #1732-780-4257 Attention: Sales AGENCY CONTACT REPRESENTATIVE in fun local Allstate Agency. Communication, basic computer & organizational skills required. P/T \$10/hour + bonus. Come grow with usi Call 732-446-4919 REAL ESTATE SALES WORKING WITH A SLOW GROWING COMPANY? Have you considered joining a company growing by leaps & bounds? Call for a confidential interview. Jessica Goodbody, Weichert Realtors, Middletown Call 732-671-8000

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SALES - REAL ESTATE • No Layoffs • No Downsizing • Control What You Make • High Volume Business Call Natalie 732-617-2020

Stomin's Shield, the industry leader in home security, is looking for appointment. setters. Earn Juli-lime pay for part-lime hours. Excellent for students, retirees, or anyone looking to pay off those holiday bills. Monday-Friday, 5pm-9pm & Saturday, 9am-1pm. Call Deana after 2pm -(800) 997-2585

(800) 997-2585

BABYSITTER for 9:30-10:30 AM Exercise Class, 3 days/w-eek. N. Brunswick. Pay + tree classes. Chris 609-275-8000. CLERICAL ASSISTANT

Call Natalie 732-617-2020 SALES Classified Advertising Greater Media Newspapers is looking for an Inside Phone Room Sales Representative at our Freehold office. Previous sales and customer service experience preferred. Must be goal oriented, able to type a minimum 35 words per minute on a computer. Hours: Monday through Friday, 9am-5pm. We offer salary plus commission, 401k, full benefils. Send resume Including salary requirements to: Greater Media Newspapers P.O. Box 5001 Freehold, NJ 07728 Attention: Bob Waitt or Fax 732-780-4678

CLERICAL ASSISTANT: Daytime, Monday-Friday, East Brunswick. 5 hours/day with flexibility to work extra hours as needed. Requires good knowledge of Microsoft Excel and Word. Fax resume to SR at (732) 390-5816 or email: hr@univrad.com ELECTRICAL- Earn extra cash on weekends, seeking helpers for weekend work on as needed basis. Electrical ex-perience a must. 732-679-1800 MAINTENANCE / UTILITY PERSON- Janitorial/light repairs for Howell Synagogue. Must work Friday evening & Saturday morning. All other hours flexible. Call Glenn, 732-364-6713 or Fax 732-780-4678 START YOUR NEW YEAR OFF ON THE RIGHT FOOT... OFFICE MANAGER for busy surgical office in Freehold to oversee phones, filing, patient scheduling, computer literate & office organazation. Knowl-edge of patient insurance. 40 hours per week. Must have pri-or medical office experience & references. Salary negotiable. Fax resume to:732-761-2953

SALES Latinos Unidos (A monthly Spanish Newspaper) part of the Greater Media Newspaper Group, is seeking a dynamic self starter to join our group of thirdeen newspapers serving Monmouth, Middlesex and Ocean Counties. Strong sales ability, a profes-sional presentation and de-tailed a must. Must possess strong verbal and written skills in Spanish & English. A reli-able car, valid driver's license and insurance required. We offer a competitive salary, commission, excellent benefits, 401k & ultion reimbursement. Send resume or e-mail to: Greater Media Newspapers 401k & tuition reimbursement Send resume or e-mail to: Greater Media Newspapers P.O. Box 5001 Freehold, NJ 07728 Attention: J. Rod or e-mail to: JRod@gmnews.com

SALES

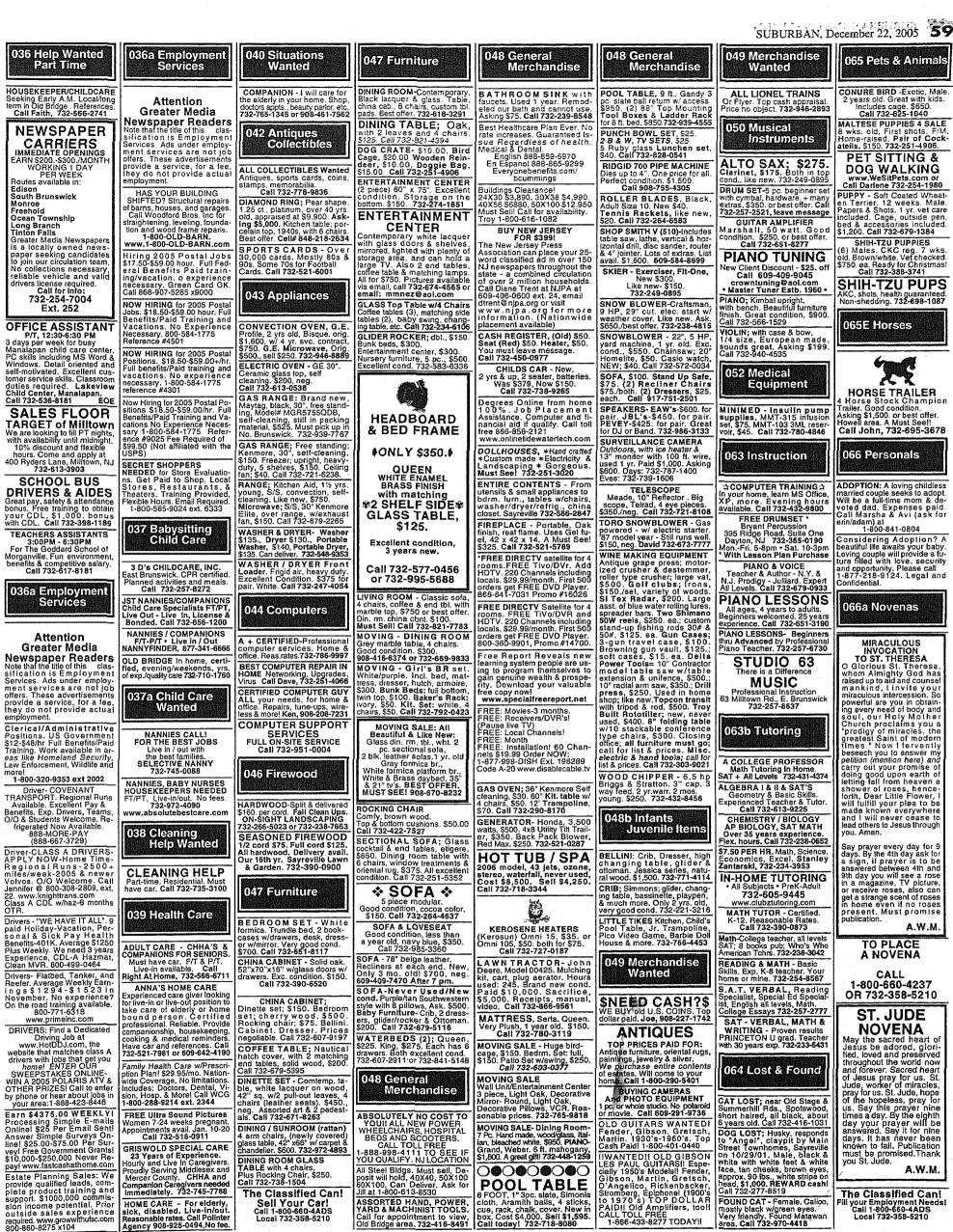
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SUBURBAN, December 22, 2005 **63**



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