

Rescue Squad Wet Down—Saturday, Noon-6

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JULY 9, 1999

Revolutionary War Veterans Honored

*DAR Members,
Dignitaries,
Residents Endure
Sweltering Heat
To Attend
Ceremonies*

The Jersey Blue Chapter, National Society of Daughters of the American Revolution (DAR) dedicated 21 gravesites at a July 4 ceremony in Hillside Cemetery on Sampton Ave. A crowd of over 75 people braved the 100+ degree heat to attend the services. Members of DAR from all over the state and around the country were present, including a member from Hawaii.

Most residents are not aware of the significance of Hillside Cemetery as part of our local history. While researching the gravesites, local DAR member and organizer Ruth Janiszak asked the *Observer* to publish names of Revolutionary Veterans buried at Hillside Cemetery. Many residents who read the article recognized names of their own relatives. Most were surprised and unaware they had relatives from the Revolutionary War buried in South Plainfield.

Attending the ceremonies were Mayor Dan Gallagher, Council-



men Jim Vokral, Ed Kubala, Ray Petronko and Police Chief Steven Merkler. Mayor Gallagher admitted that he too, was not aware of the history and the age of gravesites in Hillside Cemetery. He, along with the other speakers, commented on how appropriate it was to hold this dedication on the Fourth of July.

Members of the Middlesex County Militia, dressed in Colonial costumes, along with South Plainfield's American Legion and VFW Posts, served as honor guards. The invocation was given by Pastor Dennis O'Neal of First Baptist Church. The National Anthem was sung by Pam Janiszak while Steve Janiszak played the

trumpet. Steve also played taps during the solemn ceremonies. Flowers were laid on each grave by family members of the John Nielson Society of the Children of the American Revolution.

Local historian Larry Randolph spoke about the men who are buried here and reminded everyone that these men are the reason we

have our freedom today. Generation after generation has been called upon to take up arms to protect our freedom. He said, "I was surprised by the number of people who have expressed surprise at the fact that these men are buried here. At one time it was common knowledge in South Plainfield. This information was passed from generation to generation. When I was a boy, I was brought here and shown these graves and told that these people were my ancestors who founded this country."

"We here in South Plainfield have not been very mindful of our history. We have covered it over with shopping malls and parking lots and replaced the reminders of our past with nothing. We have lost contact with who we are and how we came to be. For this reason, we owe a great debt to the Daughters of the American Revolution. They have given us this chance to reclaim a portion of our heritage. It is my hope that the citizens of South Plainfield will never again forget, nor fail to tell their children, that South Plainfield is honored to contain the final resting place of this gallant company of men."

Not only Revolutionary War, but Civil War Veterans, as well as World War I and II, and Vietnam are buried in Hillside Cemetery. Just a look around at the abundance of American flags placed on the graves of veterans will tell of the many veterans who are buried there.

See page five for additional photos.

Observer Relocates To South Plainfield

Last week *The South Plainfield Observer* and G & G Graphics, Inc. moved into our new home at 1110 Hamilton Blvd. After sending the July 2 issue to the printer at 4 p.m. on Wednesday, we packed up and moved the following morning.

Our new office is still quite a sorry looking site with boxes all over the place. We had just enough time to set up our computers so that we can publish this week's edition of the *Observer*. Now that we are in South Plainfield we extend an invitation to all South Plainfield residents to come see us. Just give us a few weeks to get the boxes unpacked.

Having an office provides a convenient drop off for copy at our new location. If you would like to purchase past issues of the *Observer*, we have a limited supply. In the near future copies of color photos published in the paper will be available for purchase.

Remember, we are *your* local paper. We will continue to print what is happening all around town and we welcome your input.



What's wrong with this picture?

Spring Lake Park, normally filled with joggers, strollers and visitors, was deserted at 1 p.m. on July 4 due to the extreme heat conditions. The temperatures last weekend hit over 100 degrees. Not even the geese were in sight!

In My Opinion

Letters

Schools Supporting Services

Dear Dr. Munger,

I just wanted to let you know how much the Rescue Squad appreciates the efforts and enthusiasm of the fourth graders from Riley School and their support for volunteers in the community. They participated in a Community Service Project of their own. The "Pennies to the Rescue" theme and the support from both Mrs. Catherine Bonanno and Ms. Lori Dress motivated the students to collect a substantial number of pennies. The monies were then sorted, counted, rolled and subsequently presented to the Rescue Squad to further support our own volunteerism to the Community. In the two short months of the project, the students collected a total of \$79.50.

At the start of the project, each student expressed their personal pledge to participate in the "Pennies to the Rescue". Along with the check, the Rescue Squad received the original pledge signed by all the fourth graders. Additionally, each student then expressed his or her personal comments about their contribution to the project and offered some concrete suggestions on how it should be spent by the Rescue Squad.

I want to also thank you for promoting an environment where teachers and students are able to get involved with the community and express their support of volunteers in their own way.

To the Fourth Graders at Riley School,

I would like to thank you for your participation in the fourth grade community service project at Riley School this year. I can just imagine how much excitement you shared with your classmates as the volume in the jar grew during your collection period. Did you have time to notice that the portrait of President Lincoln face to the right? All of the other presidential portraits on US Coins faces to the left. The likeness of President Lincoln on the penny is an adaptation of a plaque executed by Victor David Brenner, an outstanding portraitist and sculptor. President Theodore Roosevelt was so impressed with Mr. Brenner's design of a Lincoln plaque that he recommended to the Secretary of the Treasury that the design be placed on a coin to be issued in the Lincoln Centennial Year, 1909.

The penny is not the smallest of the modern US Coins that is in use today. It is three-quarters of an inch in diameter. In 1959, the Lincoln penny was altered to have the Lincoln Memorial on the reverse side. The "Pennies to the Rescue" effort at your school collected a total of 7,950 pennies. They were placed into 159 rolls of 50 coins each that had a total weight of almost 44 pounds.

Your donation to the Rescue Squad is greatly appreciated and will be used to purchase equipment for our new rescue vehicle. This truck carries many of the tools that we use to help people in the Community of South Plainfield.

Thank you again for thinking of the Rescue Squad for your community project.

VERY TRULY YOURS, PETER J. MCGRATH, SPRS CAPTAIN

To the Editor,

As a Rheumatoid Arthritis patient, I want to thank Dr. Kenneth M. Bahrt. His decision to leave his practice must have been heart wrenching, as he always displayed an ability to go the extra mile to give the very best care and diagnosis to each of his patients, yet never allowing the almighty

time clock to hang over his head to receive extra money in his pocket.

Dr. Bahrt's integrity would shine whenever a patient came to him with problems that were caused by either inappropriate care or unjustified health management. Indeed, he will be missed and our community will certainly

feel his loss. But he is moving on into the pharmaceutical industry in pursuit of creating new medications to help battle a devastating disease.

I want to take this opportunity to thank him for all that he has done and to wish him the very best in his new pharmaceutical career.

MARGARET S. BREED, LPN

Dear Editor:

Today at Riley School there was an outdoor picnic lunch served to celebrate the last full day of school. It was also the last time the children would have lunch with their classmates and friends. The weather was perfect and the children were excited. Imagine one child's disgust to find that upon sitting down on school property, on a grassy patch of lawn, he had sat in dog feces. Many other students had stepped in various piles left behind by various dogs.

There are numerous signs posted at Riley School that state "No Dogs Allowed on School Property." My children and I see (and read) them every day as we walk to school. My children question why grown-ups don't follow the rules. I return their question with a lame "I don't know".

I know that no one can patrol this ordinance 24 hours a day, although I would like to see stricter enforcement of this law. And I certainly don't believe it is the responsibility of our already busy custodians to clean up this kind of mess. What I hope for is that people who refuse to respect the rights of school children and who consistently disregard the law, at least clean up after their pets. Feces spread disease. It's that simple.

Adults are looked up to as leaders especially when we don't think we're being watched. In a society that more often than not likes to blame the "other" generation when things fall short, it's growing ever more crucial to set good examples. In my important role as a parent I've worked to instill consideration and respect for fellow human beings in my children's value system. That lesson becomes increasingly difficult when the same respect is not bestowed upon them.

So please, the next time you find yourself strolling on public property with your pet, especially a school, be ready to clean up after it. A child shouldn't have to phone home during a school day and ask his mom to bring him clean clothes because he sat in dog poop.

DEANNA FREDERICKS



Vision 2001 Benefit Golf Outing Held at Royce Brook

The Vision 2001 Fourth Annual Golf Classic was held on Wednesday, June 30, at the Royce Brook Golf Club in Somerville under an overcast, but comfortable golf weather sky. Over 100 golfers participated in the event. Vision 2001 has already tentatively scheduled the date of June 28, 2000 for next year's event.

Hole-in-one contests for a new car, vacation, radio, Seiko watches and a "\$2,500 Pot of Gold" on the Royce Brook East course's 125 yard-12th hole were the day's featured events. Also a putting challenge where golfers were able to buy or win \$10,000 was also available.

Individual winners who received \$100 gift certificates at the club's pro shop were Steve Kravitz for an individual low gross score of 68, Steve Fischbein for an individual net score of 71, Joe Grego for the most accurate drive, Art Kravetz for the longest drive and Bill Dowdall for the shot closest to the hole. Roxanne Cortese also received a \$100 gift

certificate for the best score by a woman. Gift certificates were also awarded to the foursome with the lowest gross score which included Emil Devito, Mike Yeomans, Charles Marlatt and Ray Syeing for their low team gross score of 331. \$100 certificates also were awarded to Stephen Fischbein and Charles Kravitz, Hal Keenen and Bob Olpinski for their low team net score of 292.

Vision 2001 objectives are financial support for incentive programs that encourage academic achievement and good citizenship for South Plainfield students. They award annual scholarships and assist internship and cooperative work opportunities. In the last four years they have been responsible for contributing \$32,000 (18) scholarships, \$22,250 in endowments, \$6,000 for curriculum programs, \$5,975 in academic incentive programs and \$9,575 for school equipment.

Check out their website at www.spvision2001.org.

Fire at Degussa Causes Emergency Situation

Saturday night at 9:40 a drum containing a not yet identified oxidizer product exploded on the loading dock at Degussa Corp., a metal-refining plant located on South Clinton Ave. Fire Chief Joe Abbruzzese said he believes that due to the extreme heat conditions, the drum exploded and ignited other drums. Because of the heat conditions and the potential of the fire spreading to nearby areas where flammable liquids were stored, the situation became very dangerous.

The South Plainfield Fire Department, along with companies from seven municipal fire departments, was called to the scene. Fire-

men took turns rotating their men because of the extreme heat conditions. Temperatures Saturday evening was in the 90s. It was also a holiday weekend and a lot of our own volunteer firemen were away for the weekend.

No one was injured in the blaze. The fire was brought under control in less than an hour. The fire was contained to the loading dock. About 40 plastic drums and a score of wooden pallets were destroyed.

Degussa Corp. is a refinery that processes gold and silver products and has several types flammables stored on its premises.

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1. Type (double spaced) the article you wish published.
2. Mail, fax or drop it at: Editorial Department South Plainfield Observer, 1110 Hamilton Blvd., Suite 1B, South Plainfield, NJ 07080 or drop it in the box at Mohn's Flowers on Plainfield Ave. or Twice Is Nice, Front St. or fax us at (908) 668-8819 or e-mail us on the web page at www.spobserver.com. Include your name, address, telephone number.

WE'VE MOVED!!

G&G Graphics and the
South Plainfield
Observer

have relocated to 1110 Hamilton Blvd., South Plainfield.
If you would like to contact us, please call 908-668-0100,
or visit us at our new location.

From the South Plainfield Library

Bookmarks

By Kenneth Morgan

Okay, it's hot and humid and uncomfortable. But here's something we hope will be as refreshing as a cool breeze: news from South Plainfield Library:

Here's a look at our line up of children's programs next week. After a one-week hiatus, on Monday we'll have our Summer Reading craft program, for children ages six and up, at 6:30 p.m. Next, we have a modified Storytime schedule: Tuesdays at 10:30 a.m. and Thursdays at 1:15 p.m. These programs are for children ages three and over. And, don't forget about the special program, "The Strange World of Reptiles" on Wednesday at 6:30 p.m. (This program replaces our regular Wednesday storytime.) If you've got any questions, check with Linda Hansen, the Children's Librarian.

On Tuesday, there will be a meeting of the Library Board of Trustees at 7:30 p.m. Everyone is welcome to attend what promises to be an informative meeting.

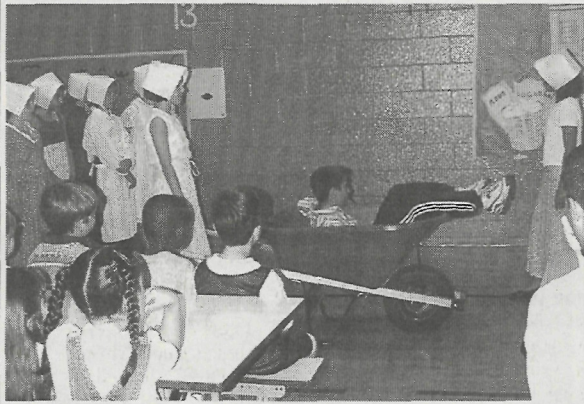
There are two new displays, both focusing on history, in place for July. A group of military miniatures provided by local resident John Petronella can be found in our main display case. And, on the display wall and nearby smaller case, you'll find quilts and Civil War artifacts provided by local resident Helen Andresen. You can see both of these displays throughout the month.

Since its inception, one thing that this column hasn't reported is an Elvis sighting at the library. We can, however, report on an Elvis hearing. Permit us to explain; we're not referring to the King of Rock and Roll or any impersonators thereof, flying or otherwise. We're talking

about Elvis, our new automated circulation system. Elvis can be pretty helpful towards patrons, particularly after we've closed. Using the automated system, you can check on items you've borrowed, review outstanding fines, or even renew items (provided they aren't on reserve). All you have to do is call (908) 757-3280 on a touch-tone phone and have your library bar code handy, mainly the part of it after all the zeroes. Then just listen carefully to your options and follow the simple instructions. As an added help, Elvis can, if you wish, call you when your reserved items are available or when you have overdue materials. Also, Elvis is available all the time, not just when the staff have left the building. (And we don't anticipate him getting drafted any time soon.) So, between the Elvis and the real live staff members, we've got your library needs pretty well covered.

Finally, a word to parents. We know kids can be a real handful, particularly when they're misbehaving. Still, there have been some children who've been especially rambunctious. This can cause any number of headaches for staff and patrons alike, and can also be dangerous (mainly on our mezzanine or near our semi-automatic doors). We'd like to ask you grown-ups to please keep the more overactive kids under control. We really appreciate your help on this. (In the interest of accuracy, it should be noted that the vast majority of children who come here are very well behaved.)

That'll be just about all for this column. We'll be back with more next time. Fan yourself with the paper until then, after you've read it.



The Boston Tea Party was reenacted by the fourth grade classes at Riley School on their last day in school. The fourth graders used the entire gym to perform the play. They designed the sets and moved around the gym as each scene changed.



New Roosevelt School Plans are Unveiled at the BOE Meeting

At the Board of Education meeting last week plans for the new Roosevelt School were unveiled, along with the proposed plans for the renovation of the present Roosevelt School and a 10-classroom addition to Grant School. Grant School presently houses the Administration Offices, the Future Stars and Latch Key Programs.

Scott Prisco of Prisco & Edwards, architects for the project and Mario Barbieri, principal of Roosevelt School have been working together on the

plans. They explained some of the reasoning behind the new school plans. A slide presentation showing was shown.

The total cost of the project introduced is \$22,510,600. Board of Education members will review the plans and determine the finalized plans. The actual cost might differ when the board makes its final determination. After the final plans have been approved by the board a referendum will be held. A date for the referendum has not been set.

The new Roosevelt School is designed to hold 600 students. Plans call for 24 classrooms, four kindergarten and two special education classrooms as well as music, art and computer rooms.

Plans for Grant School include an addition of 10 classrooms and renovations.

The present Roosevelt School will be converted into the Administration Building and will hold the preschool and latch key programs.

Also included in the presentation were the costs to replace the track at Jost Field and to upgrade the electrical systems in the other elementary schools to support future computer technology.

Future projections call for an increase in student enrollment on the south side of town. A 252 unit apartment complex is just beginning construction on Durham Ave. as well as other construction on the south side of town.

Borough News

Council Notes

■ The next regular meeting of the Borough Council will be held on Thursday, July 15. The agenda meeting will be held on Monday, July 12. The council will only meet once in July.

Board of Adjustment

■ Martin Koonce's application to build a detached garage on his South Ninth Street property was granted with certain conditions. A storage shed must be removed, it can only be powered by electricity and it can't be used to live in.

■ Brian Patrushevich of Oakmoor Ave. was granted a front yard setback variance to erect a 24' round above ground pool.

■ Anthony Donato's application to erect a 6' x 22' front porch on his property on Van Fleet Ave. was granted.

Recycling Center & Yard Waste Site

Regular summer hours are: Recycling Center-Tuesdays and Fridays 1-8 p.m., Saturdays 8 a.m.-3 p.m.

Yard Waste Site - Tuesdays, Wednesday, Fridays 1-8 p.m., Saturdays 8 a.m.-3 p.m.

For updates,
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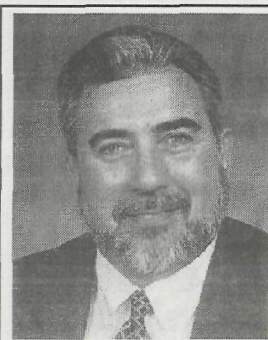
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AROUND TOWN

EVENTS

St. Stephen Church to Host Benefit Recital

St. Stephen Lutheran Church on Park Avenue will host a benefit piano recital by Rev. Richard A. Mathisen on Thursday, July 29 at 7:15 p.m.

The program will consist of a solo performance of Bach, Beethoven, Bartok, Chopin and Liszt.

All proceeds will benefit the Kosovo Relief through Lutheran World Relief. The suggested donation is \$7. Refreshments will be served.

Rev. Richard Mathisen has been playing the piano since he was seven years old. He studied with Klaus Goetze of Cambridge and Jan Gorbaty of Forest Hills, NY. While still in high school at the Phillips Exeter Academy, he played the Schumann Piano Concerto with the academy orchestra. Since then he has presented a number of solo piano recitals.

Rev. Mathisen is pastor of St. Lake's Evangelical Lutheran Church in Dunellen. For further information, contact St. Stephen Lutheran Church at 908-757-4474.

Sacred Heart Still Accepting Registrations

Sacred Heart School registration for kindergarten through grade 7 is still going on. Only a few seats are available in grades one through three and five through seven. Seats are available in grade four and kindergarten.

Requirements at registration are a health certificate, birth certificate, baptismal certificate, social security number, most recent report card and a recommendation from principal and home-room teacher. Kindergarten students must be five years old on or before October 1, 1999. First graders must be six years old on or before October 1, 1999.

Sacred Heart School admits

Submit your events to *Around Town*, at the South Plainfield Observer, 1110 Hamilton Blvd., South Plainfield, NJ 07080 or fax to (908) 668-8819.



DARE Police Officer Alan LaMonda fingerprints a youngster for identification at the recent St. Stephen Lutheran Church-sponsored Fun Fair. Activities included a flea market, face painting, sand art and child fingerprinting.

students of any creed, race, sex and nationality or ethnic origin. For more information, call 756-0632, 756-0631 or 756-0633.

SPHS Tigers to Host Fifth Annual Open

The South Plainfield Golf Association has announced plans to sponsor the South Plainfield Open on Wednesday, Aug. 11, at Bunker Hill Golf Course. This is the fifth annual golf outing held for the benefit of the South Plainfield High School Golf Team. The entry fee of \$75 includes green fees, cart, prizes, food and beverages. There will be prizes for both men and women. All proceeds go to support the activities of the High School Golf Team. Registration deadline is July 25. Tee times are assigned on a first come basis.

For more information and tee times contact Coach Mike Kavka at 908-753-6578. To become a corporate sponsor or to donate prizes, call Dick DeAndrea 908-755-1700.

Rescue Squad Plans Crash Truck Wetdown

The South Plainfield Rescue Squad will christen its new crash truck during a wetdown from noon to 6 p.m. Saturday, July 10 at the Squad building on Plainfield Ave., behind the library.

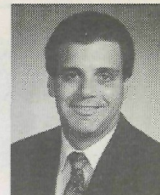
Members of area rescue and first-aid squads, and fire departments are invited for the party, which will include food and beverages, beer, souvenir mugs and T-Shirts, door prizes and volleyball competition.

Music, entertainment and giveaways will be provided by Michelle Visage of WKTU radio 103.5 FM. Trophies and prizes will be awarded, including cruises and trips to the Caribbean.

Send e-mail responses to: spvolrs@aol.com. Type "wetdown" in the subject field.

The Alternative View

By Dr. Anthony J. DeCosta, D.C.



Dear Dr. DeCosta: How safe are over-the-counter painkillers like Advil and Tylenol to use? —S.I.

Dear S.I.:

Over-the-counter medication is big business. For example, Americans consume approximately 15 tons of aspirin a day—that's 19 billion aspirin tablets a year! Annually, we spend over two billion dollars on over-the-counter pain relief, with Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) and other painkillers like Tylenol topping the list. In 1993, prescriptions for non-aspirin NSAIDs alone totaled six million. Without having to deal with the hassles and the expense of a visit to a physician's office, one can purchase these pain killers, in lower dose forms, in the comfort of a local grocery, drug or convenience store. Many people don't associate adverse effects with non-prescription medication, often taking them in doses exceeding the listed recommendations and yet these drugs have the same serious side effects as their prescription counterparts, including kidney damage, hypertension, and gastrointestinal (GI) symptoms ranging from upset stomach to fatal bleeding. In fact, GI disease associated with NSAIDs has been reported as the most common serious adverse drug effect in the U.S.

Others may feel that their infrequent use of the medicine would disqualify them from these reactions, however, it doesn't take much for them to qualify. Patients taking these pills more than twice a week for the previous six months are considered "users" and heavy use was defined as use for five consecutive days for more than ten occasions in a two year period. One recently published study showed that if you took one Ibuprofen, (found in Advil, Motrin and Nuprin), every four days, you will increase your risk of kidney disease by 8.8 times! Also, one acetaminophen (found in Tylenol and Anacin 3), taken every four days will increase your risk of kidney disease by 2.4 times! Of the 33 million people in the U.S. who routinely use these drugs, 75% are unaware or unconcerned about the associated risks.

In the long run, this cheap, "quick fix" often ends up costing more, with one study showing that of all hospitalized patients who had suffered GI hemorrhage, the NSAID users spent more time in intensive care and had a higher transfusion requirement than non-NSAID users. Another study found that patients who recently switched from one NSAID to another or who used more than one NSAID simultaneously had more than twice the risks of patients who were not exposed to the drug. The elderly (those over 65) are at highest risk of complications, yet these drugs are often prescribed or recommended for many of the chronic conditions faced by this age group. These drugs account for an estimated 7,600 deaths and 76,000 hospitalizations each year in the U.S.

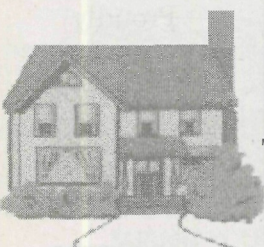
I feel that physicians are reaching for their prescription pad too soon when they should be taking a little extra time with their patients, especially the elderly. In a Canadian study of 139 blinded encounters between elderly patients and physicians, it was found that 52 of these patients were given a prescription for NSAIDs to treat osteoarthritis. A more reasonable approach to osteoarthritis would be lifestyle changes, nutritional supplementation, mild exercise and chiropractic, not the drug for which this particular age group is at highest risk for complications. The worst part is that only in 19 of the visits where the drugs were prescribed did the doctor take the time to assess the patient for risk factors, which they estimate would have taken an additional nine minutes of their time. The lead researcher, Robyn Tamblyn, Ph.D., interviewed the physicians to try and determine the reason why this was so, and stated, "Physicians have told us that patient pressure is a major contributor. They don't want to argue with patients (who want prescriptions)."

We see advertisements of people sighing with relief after taking a couple of pills for their headache, or people who can work all day even though they have aches and pains because they took some drug. Those very headaches and aches and pains mean something—yet, few people take the time to stop and listen to their bodies. Pain is not a disease to be treated. It is a symptom with an underlying cause. Pain is an indicator that something is wrong within our bodies. It limits us to what our bodies are capable of doing in our current situation and should be heeded. Removing the pain through pain medication might help you forget that you ever had that symptom, but what ever caused it to occur will still be there, and will worsen over time. Although it may be convenient to take that pain away, that doesn't come without a price. Addressing the cause of the problem, rather than treating the effect (symptom) is the more sensible approach to dealing with pain.

Questions for The Alternative View should be addressed to The Alternative View, c/o Dr. Anthony J. DeCosta, D.C., 129 South Plainfield Ave., South Plainfield, NJ 07080. Visit The Alternative View on the web at www.usalternativemedicine.com.

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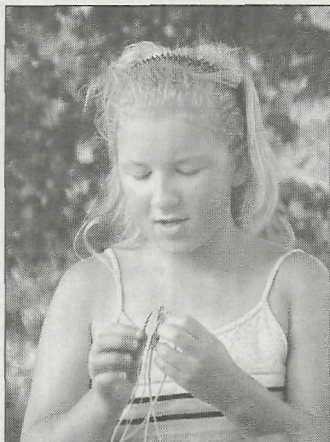
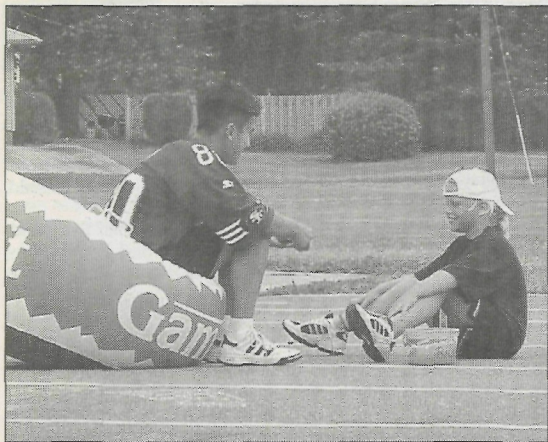
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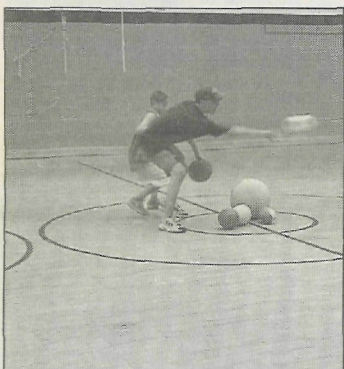
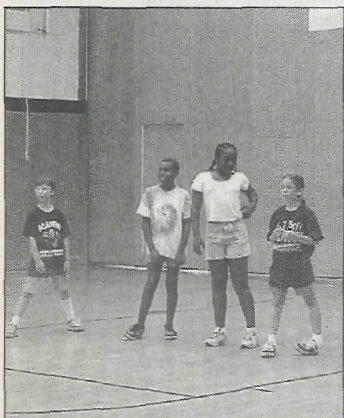
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DAR Dedication Ceremonies



Photos by Bill Tuthill

Correction

Middle School student Christina Marie Lorange qualified for the Presidential Award. She should have had an asterisk after her name.

Keith Dezmin, Kennedy School student, also qualified for the Presidential Award. We regret the error.

101st Airborne Plans Annual Picnic

The 101st Airborne Division is planning to have their annual picnic on Saturday, July 10 at the American Legion Post on Oak Tree Ave.

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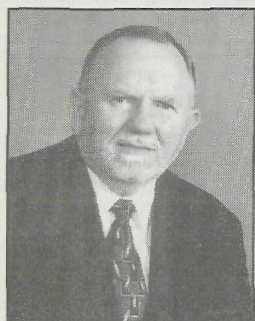
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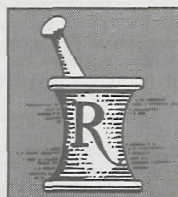
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Flags adorn the graves of US war veterans at Holy Redeemer Cemetery.

Suburban Baseball Team Continues Season with Win Over Verona

The South Plainfield 13-year-old Suburban Summer League team improved to 2-1 with a well played 6-2 win over the Verona All-Stars. Jon Bugey drove in two runs with a bases loaded single in the first. Robert Barone and Kyle Kazimir also contributed RBIs as the Tigers jumped out to a 5-0 lead. Chris Horn went the

distance on the mound, keeping Verona off balance at the plate while getting outstanding defensive support in the field. Bugey and Michael Alvarez were 2 for 3 to lead the offense, while Michael Maher and Steve Turrise contributed stellar efforts on defense.

Their next game found the Tigers on the short end of an 8-0 loss

to the first place Parsippany 13-year-olds. Matt Milano, Michael Maher, Jason Cosma, and Kyle Kazimir each singled for South Plainfield's only hits.

The Tigers will next be home on Saturday at 10 a.m. against Cranford. Home games are played on the varsity field behind Kennedy Elementary School.

By Cyrus n Moon

Weekly Horoscope 7/9-7/15

CANCER 6/22-7/22 A Saturn-Moon transit around Thursday has you wondering what's going on! This transit can cause difficulties in personal relationships and domestic life. A relationship with a woman is especially true of this. And the workplace is no picnic either. This can cause you to neglect one or the other. Seek out a balance so you can hold on to both.

LEO 7/23-8/22 It's full steam ahead! A Moon conjunction with the Sun has you feeling that you have your own personal "new moon." It's a time when your mind and body are recharged for the rest of the month. A relationship with a loved one will become stronger. This is a reflection of your inner harmony. Also conclusions to projects benefit you at the work place. **VIRGO 8/23-9/22** Do you need to make a presentation on a project at work? Well you have a Mercury-Moon combination that is useful when dealing with groups of people. This is a good transit for getting people to see your point of view. Hey! You can persuade them, so use this transit to its full potential. This combination starts on Saturday.

LIBRA 9/23-10/23 Saturday is a great time to be with someone you love. Go to a park or up in the mountains and renew your love for one another, or in another! Perspective, any relationship that is or maybe on shaky ground can be mended with a healing process of forgive and forget "you" can let happen if you choose. Moon sextiles Venus. **SCORPIO 10/24-11/21** A powerful Pluto-Moon transit will have you experiencing a new relationship in your life. Pay attention, for it can be an important relationship, and not just for physical sense. Also

this transit guides your home life. Make some repairs around the house or expand. And this is a good time to buy some real estate, especially if you plan to live on it. **SAGITTARIUS 11/23-12/21** This Sunday you want to be with old acquaintances, and, most likely, people with whom you have already established strong emotional ties. But don't close yourself to new ones. With a Moon sextiles Jupiter you want to let those around you know you will be there for any support they may ever need. And they themselves will feel the same way towards you.

CAPRICORN 12/22-1/19 Around Wednesday you have a Jupiter-Moon transit working. If involved in an emotional relationship, this transit can create a tension between your desire to be close to someone and the desire to be free. Just be sure the freedom you desire is also the same for them. Do not be overly possessive. KEY WORD: self-righteousness.

AQUARIUS 1/20-2/18 A Saturn squares Uranus: your ruling planet. THREE WORDS "change is good". Is work becoming oppressive? New responsibilities without new stimulation or opportunity for a new experience? A relationship may even break up at this time. Changes that you fail to make now can cause greater trouble in about seven years when Saturn next opposes or conjoints your natal Uranus.

PISCES 2/19-3/20 Be careful in a situation that can be termed as "deceitful actions" by taking a shortcut, because if found out, pay back can be (well you know). Avoid confrontation: do not say something that you will want to take back later. Face what you did in the past; "don't hide". Do not feel hopeless. With a Mars

Squares Neptune transit allergies can also be a problem.

ARIES 3/21-4/19 On Friday you have a Mars, your ruling planet, in opposition to Jupiter. Be careful with finances at this time. Overextending your resources now means in the future you won't be able to meet all your commitments. Overestimating your own abilities can cause you to bite off more than you can chew. KEY WORD: self-awareness

TAURUS 4/20-5/20 On Thursday the Moon will conjunct Venus, your ruling planet. This is a good time to go out and socialize, because you will be cheerful and gregarious. People want to be around you. If you go shopping this week hold off as you can easily spend more than you had planned. Bring home your loved one a bouquet of flowers, reestablish your love. **GEMINI 5/20-6/21** Starting on Friday the Moon enters Gemini. Communication is the key here. Your senses of wit and intelligence become sharper. This would, for example, be an excellent time to write your letters or make phone calls about family matters or for business. This is a good time to get people to see it your way.

ASTRO TID BITS -2000 at a glance: With the ending of the century and moving into a new millennium this one hundred years did have its ups and downs and we did get through it. But there will be excitement abounding in scientific and technology fields starting in the new millennium. And why is this you may ask? The two outer planets, Neptune and Uranus, will be transiting in Aquarius. What seems like science fiction will take over our lives. And leading the way will be television and movies. Also, new exploration into outer space will reveal new discoveries. It will boggle the mind. Great fields to have a career in. "To Be Continued Next Week."

QUOTE: To search for, and find the goals you have in life, You must first discover, what you have in your heart

Obituaries

Joseph S. Traphagen, Jr., 86

Joseph S. Traphagen, Jr. died on Friday, June 25, at John F. Kennedy Hartwick Nursing Convalescent & Rehabilitation Center in Plainfield.

Born in Morristown, Mr. Traphagen grew up in Plainfield where he excelled in high school sports before graduating from Plainfield High in 1932. He continued his education at Rutgers University in New Brunswick. Traphagen had resided in Port Chester, New York and in Leisure Knoll, Lakehurst, NJ.

Mr. Traphagen was a veteran of the U.S. Army where he served in the 39th Aircraft Battalion during WW II. He had seen combat during the Battle of the Bulge and Omaha Beach invasion.

Mr. Traphagen was employed as a salesman for Simtex Co. of New York City for 15 years before he retired in 1968 at the age of 55. He is a member of the Rye, New York Historical Society.

His wife, Marguerite (Lehmitz) Traphagen, died in 1995.

He is survived by his twin brother and sister-in-law, Edward and Lois Traphagen of South Plainfield; a niece, Virginia (Traphagen) Adams of Spofford, N.H.; a nephew, David Traphagen of Glenn Gardener, NJ, and his great niece and nephews, Kate and Matthew Adams and Ross Traphagen.

Memorial services were held at McCriskin Home For Funerals.

Raymond J. Sheedy, Sr.

Raymond J. Sheedy Sr., died on Saturday July 3, at Muhlenberg Regional Medical Center in Plainfield.

Born in Elizabeth, Mr. Sheedy had resided in Plainfield before settling in South Plainfield 30 years ago.

He was a Veteran of the US Army during the Korean Conflict in the Infantry Division.

Sheedy was employed by the United States Postal Service as a letter carrier in Clark for 35 years before his retirement 13 years ago. He continued to work part time for Pathmark Supermarkets as a manager, working in the Middlesex, South Plainfield and Watchung stores.

He is predeceased by his sister, Doris Vliet.

Surviving are his wife, Stella (Valle) Sheedy; a daughter, Kathleen Sheedy of South Plainfield; two sons and daughter-in-laws, Raymond Jr. and Kathy Sheedy and

Robert and Jane Sheedy, both of South Plainfield; a sister, Maureen Blackford of Elizabeth and his four brothers, James of Florida, Edward of Indiana and David and Ronald, both of Elizabeth.

Also surviving are his five grandchildren, Raymond E., Anthony, Shannon, Kaitlyn and Kimberly Sheedy.

Funeral services were held at McCriskin Home For Funerals.

Settino "Frank" Triola, 76

Settino "Frank" Triola, died on Saturday, July 3, at his home in Edison.

Born in Elizabeth, Mr. Triola had resided in Edison and Lavalette before returning to Edison in June of 1998.

Mr. Triola was a self-employed electrical contractor, operating Triola Electric of Clark before his retirement 10 years ago. He was also a member of the I.B.E.W. Local 4675 of Elizabeth for the past 54 years.

He was a World War II veteran of the US Navy serving in the South Pacific as a SEA BEE.

He was a member of the American Legion Post #328 of Clark and a member of the St. Luke's Episcopal Church in Metuchen.

He is predeceased by six brothers and sisters.

Surviving are his wife, Mary (Peruta); two daughters, Judith Triola of Edison and Rosemary Bojarski of South Plainfield. Also surviving are five grandchildren.

Funeral services were held at McCriskin Home For Funerals.

Donations in his memory may be made to the Trinity Hospice, 14 Commerce Drive, Cranford, NJ 07016.

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by Robert Hunter

SEEING OURSELVES FOR WHO WE ARE

When you strip away boundaries, cultural lines, and superficial differences, we can all be seen as being part of the same human race. The goal, then, for each of us, is to see one another without any prior context that may color our perception. Consider the words of J. Krishnamurti: "When you look at a flower, at a color, without naming it, without like or dislike, without any screen between you and the thing you see as a flower, without the word, without thought, then the flower has an extraordinary color and beauty. But when you look at the flower through botanical knowledge, when you say: 'This is a rose,' you have already conditioned your response."

When one begins to form opinions based on arbitrary characteristics such as race, place of origin, and physical characteristics, one merely obscures, rather than describes, the true nature of the individual in question. At JAMES W. CONROY FUNERAL HOME we are committed to helping families to pay tribute to the attributes and accomplishments of the individual, as well as to honor their cultural backgrounds and beliefs. Please call 756-2800 to schedule a private consultation. Our facilities are located at 2456 Plainfield Avenue in South Plainfield.

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-J. Middleton Murry

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POLICE REPORT

• An O'Donahue Ave. resident reported his was home burglarized while the family was on vacation. Entry was gained through a partially opened kitchen window. Jewelry was removed from the master bedroom. A neighbor watching the home had not noticed anything suspicious. The window had been left partially open to allow air movement in the residence.

• A West Ave. resident reported three sprinkler heads broken in his front yard. A large rock from his neighbor's rock garden was found near one of the broken sprinklers.

• Police responded to a report of a truck on fire at 4301 New Brunswick Ave. The truck was backed into a loading dock and was fully engulfed in flames. Police evacuated the building and the SP Fire Department extinguished the fire. The driver stated that he was sitting in the truck when he smelled what he believed to be plastic burning. When he noticed smoke coming from the roof area of the cab he exited the truck.

• A Westfield resident reported the theft of more than 20 power tools from his truck while the vehicle had been parked on New Market Ave. Entry was gained by smashing a passenger vent window. A Hancock St. resident reported hearing noise behind his house in the parking lot where the truck was parked. He observed two white males throwing tools into the bed of a red pickup truck through a stockade fence.

• Police seized approximately 200 small marijuana plants that appear to have been growing wild near Field Four at the Junior Baseball Club. The plants were destroyed.

• A Maple Ave. resident reported that his neighbor allegedly threw dog feces at his home. The victim noted that there has been an ongoing problem between the neighbors and he fears for the safety of himself and his family. Both parties will appear in municipal court this week on prior complaints.

• Two Plainfield residents were arrested for shoplifting at Pathmark on Hadley Rd. Sophia Murkey and Laquanda M. Hershey

repeatedly gave the arresting officers a false names. A friend of Hershey's brought a drivers license to headquarters for the suspect. The license was not that of the suspects and was held by police.

• A Rahway Ave. resident reported the theft of her lawn mower and a gas can from her locked shed. There was no sign of forced entry. The victim believes the man who cuts her lawn may have gotten the combination of the lock.

• Cappola Farms, New Durham Ave., reported the glass on the front door had been smashed. The only items known to be disturbed were two cigar boxes containing papers.

• Creative Kids Academy, Clinton Ave., reported a burglary. A cell phone, \$5 in cash and over \$10,000 in checks were removed from the office.

• A Chatam Place resident reported her mailbox had been damaged. The wooden stand had been broken off and the mailbox knocked to the ground. The victim stated she did not hear or see anything unusual.

• A Jacobus St. resident reported a bike theft. The bike was left outside a restaurant on Clinton and West 7th St. When the victim returned the bike was gone.

• A Peek St. resident reported a cement bird bath and welcome sign removed from his yard. The resident reported similar problems over several weeks since confronting youths found in his yard.

• Moore's Stone and Garden Center reported the theft of a fax machine and \$50 in cash from the office. Entry was gained by prying open a bathroom window. The suspects unscrewed a motion sensor.

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Flo's Piano Students Thrill Guests at Father's Day Performance

Father's Day was celebrated in a special way by students at Flo's Piano Studio. Beginner piano students performed a recital at the Watchung Arts Center in Watchung. Parents, family and friends enjoyed an afternoon of musical selections performed by these talented children.

A special guest performance was given by nine-year-old Britney Holloway, one of Flo's (older) students. Britney plays classical, jazz, improvisation, pop, standards from the 30's and 40's, spirituals, hymns and Gospel.

Each student performed two works, one classical and one fun piece they selected. Most of the students memorized their pieces and played them without their music books. Each student did a great job and was applauded by the audience! Performing were: Cassandra Lee Valquez, Amanda Lynn Rebimbas, David Ernest Walton, Samantha Leigh Rebimbas, Amber Rae Scott, Nicholas Brett Giakas, Myisha Constance Drakeford, Korey Elizabeth Watson, Catherine Marie Krawiec, Ashley Renee Scott, Seyelle Monique Collier and Trevor Jonathan Rastelli.



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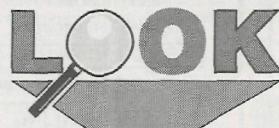
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