

FIGHTING A SILENT KILLER



Photo by Anna Murphey/NJH

Jeanne Moran, 53, of Vernon, works on her project to educate women about ovarian cancer. Moran is in recovery from the disease.

Fund-raising walks scheduled

MADISON — A coalition founded by three New Jersey survivors of ovarian cancer is sponsoring two walks to raise funds to fight the disease.

The Kaleidoscope of Hope, a non-profit foundation that raises awareness and funds for ovarian cancer research, is hosting the walkathons in September. The group was founded by Patricia Stewart of Harding, Gail MacNeil of Chatham and Lois Meyers of Morristown.

The Sixth Annual Morristown Walkathon will be held at the Loantaka Brook Reservation (South Street entrance), on Sunday, Sept. 18.

On Sunday, Sept. 25, the Second Annual Lyndhurst Walkathon will be held at Richard W. DeKorte Park at the Meadowlands Environmental Center.

Participants in both walks can choose to walk one, three or five miles. Registration is at 8:15 a.m. and the walks begin at 9:15 a.m. Post-walk celebrations kick off at 10:30 a.m.

For information and pledge forms, log onto www.kohnj.org or call (973) 644-0500. For the Lyndhurst walk, call (201) 933-0008.

The Kaleidoscope of Hope Foundation has raised more than \$500,000 to battle ovarian cancer since it was founded in 2000.

By LAURA DEAL
For The Herald

Jeanne Moran, 53, of Vernon, went through months of stomach upset, pains and pressure and bloating in her abdomen that seemed odd to her. In her busy life as an art teacher at the Montague Elementary School and mother of three — helping her daughter Sabrina, 17, through a medical trial of her own after she was diagnosed with celiac disease — Moran managed to squeeze in visits to several doctors for herself.

What was the onset of ovarian cancer was missed by the handful of doctors she saw throughout an eight-month period.

"I remember a student running in the hall bumped into me and I almost passed out," Moran said. "I thought to myself, 'That was weird,' but then didn't give it too much thought afterward."

Deemed as deadly and aggressive, ovarian cancer's initial, seemingly innocuous symptoms of stomach pain, fatigue and/or bloating are often missed by both patient and doctor.

Ovarian cancer is the fifth leading cause of cancer-related deaths among women, according to the Centers for Disease Control and Prevention. Its insidious presence in a women's body many times goes unnoticed until it's too late. It is known as the "silent killer" among cancers because it can be quietly progressing — hidden and growing — for months.

Amazed at the lack of ovarian cancer awareness, Moran has signed on to conduct a presentation for others as part of the newly formed Speaker's Bureau for the Northern New Jersey Cancer Coalition, Inc. The 45-minute Power Point presentation is her way of giving back, and helping others, following her own battle with the disease, she said.

Moran's first prognosis after complaining to her doctor about severe and con-

Vernon woman joins battle against ovarian cancer

"Once you find out you have (ovarian cancer) you don't have a lot of time to fight."

Jeannie Moran
Vernon

stant stomach pains was that she had a nervous condition due to stress. She went to her chiropractor who — when she explained the same symptoms — told her she was eating too much rough-age. So, she began playing with her diet.

In the third month of her symptoms, Moran noticed her stomach was extremely bloated. When she took a side-long glance in the mirror, she looked about five months pregnant.

The next trip took her to her gynecologist who ordered an ultra-sound, which came back clear. (Only a transvaginal ultrasound can detect ovarian cancer.) The doctor told Moran it was possible she was starting to gain weight due to the onset of pre-menopause. So in return, Moran went on a diet and lost 20 pounds. Now in its sixth month of undetection, the cancerous mass continued to grow.

Several more trips to more doctors, including a return visit to her gynecologist, still yielded no correct prognosis for Moran. She was even told at one medical visit to begin taking anti-anxiety medicine because she held stress in her stomach and this was causing the unusual bloating.

One night in April 2004, the pain became so bad that Moran asked her husband to rush her to the hospital. She thought she was having an appendicitis attack. After a CAT scan, the now 15 cm mass was finally detected. She was in

stage three of ovarian cancer.

"It was pretty scary to hear, since I had been hearing all along (that) I was basically fine," Moran said.

A women who is diagnosed in stage one or two of the cancer has a 94 percent chance of

recovery. In stage three or four, the recovery rate plummets to 20 percent.

"Once you find out you have it, you don't have a lot of time to fight," Moran said. "If you have the symptoms, you are well into the disease and, unfortunately, many of the symptoms are vague and can be attributed to other things, so it's missed early on."

Symptoms can also include abdominal swelling, feelings of fullness, weight loss or gain, gas, nausea, indigestion, frequent urination, changes in bowel habits and unexplained postmenopausal bleeding, according to the cancer coalition.

According to the coalition, a CA125 blood test will reveal if your ovaries are producing cancer antigens. The coalition also recommends a transvaginal ultrasound for early detection of the cancer.

Susan Bazaar, vice-president of the Northern New Jersey Cancer Coalition, Inc., joined the coalition as a volunteer after her mother lost her fight to ovarian cancer.

"I've met some of the most marvelous

women through this experience, with strength that you wouldn't believe," said Bazaar, of North Caldwell.

The coalition formed the Speaker's Bureau to promote education and awareness about ovarian cancer. The "speaker volunteers" present a Power Point presentation on the disease that covers what the disease is, how it can be prevented, risk factors, diagnostic testing that can be used to detect the cancer and treatment options.

"I read the death rate and it frightened me," said Moran, who is now in recovery. "I had to choose not to look at the numbers and remember that with God, all things are possible. I believe in the power of prayer."

Her positive attitude and the support of her husband, Theodore, family, church and friends, helped Moran as she underwent chemotherapy. On Aug. 13, 2004, Moran had her last chemotherapy treatment, the same month as her wedding anniversary.

For all women, Moran offers advice: "Don't ignore any symptoms. We, as women, have to be healthy. We have so many responsibilities. If a doctor tells you you're healthy, you want to believe him, but it could be your death sentence."

For more information about the Northern New Jersey Division of the National Ovarian Cancer Coalition or its Speaker's Bureau, contact Marion Satterthwaite, division president, at (201) 280-8110, or visit www.ovarian.org.

Saint Clare's program teaches that 'Girls Rule'

By JEANETTE CALO
Herald Staff Writer

SUSSEX BOROUGH — A new program offered to "lost girls" aims to help them find their potential.

Girls Rule, a preventative program offered by Saint Clare's Hospital's Center for the Protection of Children, is for girls ages 12 to 17. The 13-week research-based curriculum is not a series of lectures, but a combination of activities and discussions focusing on gender roles, body image and sexuality, as well as skills such as assertiveness, said senior clinician Jennifer Whitlock.

About 18 girls are enrolled in the program, which begins next week. The program is designed for girls who are "at risk" and aims to keep them out of trouble, Whitlock said.

It is difficult to define a girl who is at risk, Whitlock said, because often her actions — such as running away or cutting school — are

considered offenses because the girl is underage.

"The girl is not necessarily a hoodlum, just lost or doesn't fit in," she said. "They could be acting in or acting out."

The program is free to participants, who must receive their parents' permission to be involved. Whitlock said the county is in desperate need of counseling services such as the Girls Rule program, especially for people who do not have insurance.

The center received a grant to start the program in February and has been doing individual counseling since. If there are enough girls receiving counseling around the same age and in the same area, a group of about six is usually formed, said Colleen Martinez, of the center's main office in Boonton.

"These are the girls who fall through the cracks," said Whitlock. "Many of their parents have

The Girls Rule Program is a weekly preventative program offered by Saint Clare's Center for the Protection of Children to help girls realize their full potential.

For information or to refer an adolescent girl to the program, call (973) 299-5400.

problems with addiction or mental illness or both."

Such a home situation might make a girl miss school and get in trouble, said Whitlock, who advised that anyone in such a situation should reach out for help to someone she trusts, such as a guidance counselor or a friend's parent. A girl should not treat her home life as a "shameful secret."

"It's not an easy process, though," said Whitlock, who has been working in counseling for 10 years.

The program focuses specifically on girls, who are often centered

on relationships, conformity and pleasing others while boys generally concentrate on developing independence, Whitlock said.

The curriculum, based on "Empowering Adolescent Girls," a book by Craig Winston LeCroy and Janice Daley, is built around unique tasks that adolescent girls need to manage: developing a positive self image and good friendships, establishing independence through responsible decision-making, understanding sexuality, learning to obtain help and planning for the future.

"We emphasize the question,

"What do you want from life?" said Whitlock, who mentioned a career night scheduled to inform the girls of the different careers available to them. Such a night is especially needed in a county where there is not a lot of industry and therefore not a lot of exposure to different careers, she said.

The program also focuses on sexuality, an important topic for girls who tend to "have a vocabulary beyond what they're ready for," Whitlock says. The curriculum touches on the dangers of pregnancy and rape, as well as tricks guys may use to get what they want out of a girl.

"Girls try to get love by holding back sex; guys try to get sex by holding back love," said Whitlock.

Martinez described the program as educational and therapeutic.

"It's building on girls' strengths and needs," she said.



Photo by Kevin Pi/NJH

Jennifer Whitlock runs the Girls Rule program at Saint Clare's Hospital, a preventative program that helps girls find their potential and aims to keep them out of trouble.

LIFESTYLE

A walk in the garden can save it from destructive pests, diseases

Whether you are a home gardener or a commercial producer, you are most likely well into the 2005 growing season. You have undoubtedly invested several hours of hard work and perhaps a substantial amount of money with one goal — to enjoy a bountiful harvest. While some may assume the hard work is over and it is now time to just sit back and wait for the harvest, there are many problems that can arise which can greatly reduce yield and ultimately the profit or satisfaction that you obtain from your 2005 crop.

Three of the most common problems affecting yield are insect pressure, fertility issues and disease. Many of these problems can be managed, provided they are discovered in a timely fashion. The most effective way to determine if any of these problems are affecting your crops is to scout on a regular basis.

Scouting is a systematic process that will give you a thorough understanding of what is going on in your garden or field. When done properly, it can help

improve yield while minimizing the potential for serious losses. By following some simple steps you can identify potential problems early and possibly prevent others from occurring.

Perhaps the single most important step in a successful scouting program is to walk your field or garden on a regular basis. How often you visit your field or garden will depend on the size and location. For the backyard garden daily visits may be feasible, while a larger farm field may allow only for periodic visits. The key is to scout as often as is practical. If at all possible, scout your fields at least once a week. This will allow you the opportunity to take corrective actions in a timely manner and may prevent yield loss.

Do not walk the same route every time you scout your crops. Many disease and insect infestations occur in areas or “hot spots.” If you walk the same area of your field or garden every time you can potentially be missing a serious problem in another area. A good method to prevent



STEPHEN KOMAR

this habit is simply to enter your field or garden from a different point every time you scout. While walking, look for anything unusual such as drastic color changes or diseased plants. Walking

your field or garden is also a great opportunity to look for insect pests and weeds.

Make periodic stops while walking your route to inspect individual plants. There are many different ways to do this. My favorite is to start at the top of the plant and work my way down to the soil level. The key is to inspect the entire plant. Look for anything abnormal such as color changes in the leaves, missing or chewed leaves, dead areas on the leaves or even insects. When inspecting the leaves, look on the underside as well as the top. You will be amazed at how much you will see once you start looking more closely.

Since different crops are susceptible to different insects and diseases, it is important that growers have a basic understanding of the crop they are growing. It is also important to realize that several problems share similar symptoms. The time of year, weather, crop stage and amount of damage all play an important role in determining whether or not a treatment is justified. Rutgers

Cooperative Research and Extension has several fact sheets available which explain common pest and disease problems and gives recommendations for treatment.

Scouting your garden or farm field is a great way to gain a better understanding of the overall health of your crop. By walking your crops and paying attention to detail, you can greatly improve the overall health of your crop and hopefully enjoy a bountiful harvest.

For more information about scouting crops, or to request a specific fact sheet, please contact Rutgers Cooperative Research and Extension of Sussex County at (973) 948-3040, or visit us on the web www.rce.rutgers.edu

Stephen Komar writes about issues dealing with agriculture and natural resources for the Rutgers Cooperative Research and Extension of Sussex County. Reach him by phone at (973) 948-3040 or by e-mail at skomar@aesop.rutgers.edu

Fair sets ‘Senior Idol’ day, invites talented residents to perform

FRANKFORD — Plans are under way to present the first Sussex County Senior Idol contest at the New Jersey State Fair/Sussex County Farm & Horse Show. The contest will be held in the Performing Arts Tent during Senior Day, Thursday, Aug. 11.

Mary Lou McCutcheon, director of the Division of Senior Services, said, “Why not a Senior Idol? We have many talented men and women in our senior community. This is a fun event.”

Interested contestants must be county residents, 60 years or older. Contestants will be judged based on costume, talent and appearance. A first place and runner-up will be decided.

The Senior Quality of Life Foundation will sponsor the event and trophies will be presented by a member of the foundation.

McCutcheon said, “So dust off your 45s and remember the fun you had back when rock and roll was king; Elvis Presley, Frankie Lane, Peggy Lee or Rosemary Clooney right here in Sussex County!”

Interested seniors should call the Sussex County Division of Senior Services, (973) 579-0555, ext. 1221 by Aug. 1 to register.

Home Ec contest deadlines

The public is invited to become a part of the Sussex County Farm and Horse Show/New Jersey State Fair, to test their talents against others in the county. Deadlines for the Home Economics divisions are just ahead. There are more than 100 categories to enter, including quilts, rubber stamping, fruit and beers.

The 9th annual Home-brewed Beer Contest includes beer, ale, lager and seven categories of wine. It is open to any New Jersey resident who is not a professional brewer. Entries need to be shipped or dropped off by Aug. 2. Visit the fair Web site for specific rules.

Handicrafts and canned goods need to be brought to the fairgrounds on Saturday, July 30 between 9 a.m. and 5 p.m. or Sunday, July 31 between noon and 5 p.m.

Entries for the Fleischmans’ Bread Contest, Gingerbread Contest, Blueberry Contest, Chili Cook-off, Grandma’s Cookie Contest and Baking Contest are to be dropped off later in the week.

Items can be removed from the fair between 5:30 and 7 p.m. on Sunday, Aug. 14. For further information call the fair office at (973) 948-5500 or visit the fair Web site at www.newjerseystatefair.org.

Minisink barbecue

MONTAGUE — The Minisink Reformed Church will hold its annual chicken barbecue at the Minisink Church Pavilion (next to the High Point Country Club) on Clove Road in Montague on Saturday, July 31 from noon to 4 p.m.

Morris 4-H Fair

CHESTER — The 35th Annual Morris County 4-H Fair opens at the fairgrounds at Chubb Park in Chester on Friday, July 22, at 9:30 a.m. and remains open until 9:30 p.m.

On Friday from 10 a.m. to noon, there will be a special \$7 Pay-One-Price for Kiddie Rides. Visitors can also take advantage of a \$15 Pay-One-Price to ride all amusement rides from 6 p.m. to 10 p.m. that day.

The fair continues on Saturday, July 24 from 9:30 a.m. to 9:30 p.m. and Sunday, July 25 from 9:30 a.m. to 4 p.m.

In addition to the rides and food, the fair includes a chicken barbecue and Kids Meal prepared by Morris County 4-H volunteers. Other community organizations selling foods will include the Jefferson Creek 4-H Club, which will sell home-made cookies. With each purchase customers will receive a free Lil milk from PAR-MALAT.

Changing family life styles over the past 30 years have modified the 4-H fair, but it still keeps its country-fair atmosphere. Now that Morris County is no longer primarily an agricultural community, fair activities encourage children and adults to link with the past through hands-on activities that are fun and educational. The “Farmer for a Day” activity, located in the Petting Barn, gives children the hands-on experience of picking apples, collecting eggs and digging potatoes. Fair-goers may also pet a calf, sheep, goat, and chicks after exploring the hay maze. And for a look at things that are cold blooded, the Petting Barn also hosts the Herpetology Exhibit and Show. Master Gardners from Rutgers Cooperative Research & Extension will be on hand to answer home owners’ gardening questions.

All three days of the fair offer exciting events. Each day the Entertainment Tent, Coffeehouse and Fun Station are loaded with music groups and interactive enter-

Coming Events

Ticket price are \$9 for adults and \$5 for children and will include barbecue chicken, baked potato, cole slaw, corn on the cob, roll and butter, dessert and beverage. Take out is available and there is free delivery to senior citizens in the Montague area.

To purchase tickets or for additional information, call the church office at 973-293-3514 or on the day of the barbecue, 973-293-3596.

Flea market/craft show

MOUNT ARLINGTON — An Indoor Flea Market and Crafts event including a rummage room will take place on Saturday, Sept. 10, from 8 a.m. to 2 p.m. at Our Lady of the Lake School, Park Avenue and Rooney Road in Mount Arlington at Lake Hopatcong.

Rental space is \$15 per eight-foot table and the food counter will be open all day. Call (973) 398-3545 for more information or space rental.

Profits benefit the Columbiettes, Queen of the Lake Council No. 5114.

Archaeology walk

MORRISTOWN — The Morris County Park Commission will host an archaeology walk led by Joe Macasek on Saturday, July 23 at 10 a.m. Hikers will explore Jockey Hollow for the remains of the Morris Aqueduct, which supplied water to early Morristown.

This will be an easy 2½ hour hike. Pre-registration is required. There is a \$3 fee payable on the day of the walk.

For more information, or to register, call (973) 829-8666.

Atlantic City trip

FRANKLIN — The Franklin Seniors are sponsoring a trip to Trump Plaza Casino in Atlantic City on Wednesday, July 25. Departure will be from the Franklin Senior Center at 8:30 a.m. sharp.

For reservations call (973) 827-6154 or (973) 827-2973.

West Point trip, tour

CLINTON — The General George W. Taylor Civil War Round Table will sponsor a bus tour to the United States Military Academy at West Point, N.Y., on Saturday, Aug. 20. The trip will include a free guided tour of the West Point Museum. In addition, a two hour guided tour of the Military Academy is scheduled and included in the ticket price. Lunch at nearby restaurants in Highland Falls is not included.

The trip will leave at 7 a.m. from the Trans Bridge Bus Terminal, at Clinton Point, and return by 7 p.m. Parking is available at that location. The cost of the

trip is \$35 per person (\$25 per person for members of the Red Mill Museum Village and Geo. W. Taylor CWRT). A valid photo ID is required to enter to the Military Academy.

Registration deadline is Aug. 13.

Checks should be made payable to Gen. Geo. W. Taylor CWRT and can be mailed to Red Mill Museum Village, 56 Main St., Clinton, N.J. 08809.

For registration and information, contact the Museum at (908) 735-4101.

Yellow Frame Harvest Home

FREDON — The Yellow Frame Presbyterian Church, located at Yellow Frame Road and Route 94 in Fredon, will have its annual Harvest Home dinner and auction on Saturday, July 23.

A full country buffet dinner will be served from 4 to 7 p.m., followed by an auction under a large tent outside.

Tickets for the dinner are \$10 for adults, \$4.50 for children 12 and under. Children five and under are admitted free.

The auction is free and open to the public. Paintings, antiques, home made quilts, legal services, baked items, and trips are just some of the things to auctioned.

Reservations for the dinner are encouraged, and can be made by calling (973) 383-5364.

Barn and Yard Sale

SUSSEX — The Sussex United Methodist Church, located on Route 23 South in Sussex Borough, between Henderson’s Garage and the Pinkel Funeral Home, will hold its annual Summer Barn & Yard Sale on Friday, Aug. 5, and Saturday, Aug. 6, from 10 a.m. to 4 p.m.

For more information, call 973-875-5852.

Thrift shop sales

ANDOVER BOROUGH — The Old Schoolhouse Thrift Shop will hold a Christmas in July sale on all Christmas items, and a \$3 bag sale on all summer clothing, July 23, 27 and 30. Shop hours are Wednesday and Saturday from 10 a.m. to 2 p.m.

The shop is located on Lenape Road, Andover Borough, behind the Andover Presbyterian Church.

FRANKLIN — The Second Choice Shop at 48 Wyker Road is open Wednesday and Saturday from 9 a.m. to 2 p.m. The shop has clothing for various members of the family in all sizes, household items, and toys and books for children.

The shop is operated by the Partner-

ship for Social Services, part of Catholic Family and Community Services.

For more information, call (973) 827-4702.

Separated/divorced group

FRANKLIN — The Separated and Divorced Support Group meets on Wednesday from 7:30 to 9:30 p.m. at the Partnership for Social Services, 48 Wyker Road.

The group is for men and women who are dealing with grief and loss due to relational problems. The group offers support from others who are experiencing similar trauma.

There is a \$5 donation for each session and pre-registration is appreciated.

For more information, call (973) 827-4702, fax (973) 827-0699 or e-mail psocserv@warwick.net.

Kittatinny Park programs

ANDOVER — The New Jersey Department of Environmental Protection, Division of Parks and Forestry, Kittatinny Valley State Park has an ongoing series of interpretive programs. The park and volunteers of the Paulinskill Valley Trail Committee offer a variety of informative and educational programs throughout the year. The programs listed will be held this month.

Programs sponsored by the park are free of charge and meet at the visitor center, located one mile north of Route 206 off Goodale Road in Andover. Pre-registration for park-sponsored programs is required, as space is limited. In case of inclement weather, all participants are urged to call the park office to determine whether programs have been canceled or rescheduled.

Saturday, July 23 — Timber Rattlesnakes, 8:15 to 9 p.m.

For adults and children ages 8 and up. Join a scientist from the New Jersey Division of Fish and Wildlife at this slide presentation that will raise awareness about conservation efforts for the timber rattlesnakes in this state and the different threats facing this species. The group may even get to meet a live rattler!

Wednesday, July 27 — Morning Kayaking, 7 to 8:30 a.m.

For teens and adults. Bring your own kayak, PFD and paddle for this scenic exploration of the deepest natural lake in New Jersey. Learn about lake ecology and the glacial history of the region. Previous kayaking experience required. Meet at the Lake Aeroflex boat launch off Limecrest Road.

Saturday, July 30 — 10 to 11:30 a.m.

For teens and adults. Listen to the park’s stories as told by local historian Kevin Wright, from the early days of agriculture, the Sussex Mine Railroad and YMCA Camp Wawayanda up to the present, on this one-mile guided walk.

Stokes Forest programs

SANDYSTON — Stokes State Forest, off Route 206, has a number of nature programs throughout the summer. All of the programs are free of charge, but there is a \$10 parking fee at the contact station.

Patrons are asked to pre-register or to arrive 15 minutes early to register. Call the park office at (973) 948-3820 for more information.

Saturday, July 23, 1 to 3 p.m. — Lifestyles of the Lenape. Meet at the Lake Ocquittunk amphitheater. In case of rain, meet at the pavilion near campsites T8-T10.

Saturday, July 30, 10 a.m. to noon — The 3 D’s of Orienteering: Finding your Way. Meet at the Kittle Field pavilion. Bring a compass if possible. Will be held rain or shine.

Historic Speedwell

MORRISTOWN — A cookout, with Victorian games and entertainment including music, crafts, jugglers, face painting, contests and more for the entire family, will be held Saturday, July 30 at Historic Speedwell, from noon to 5 p.m.

Reservations are suggested, but walk-ins are welcome. The site will be closed to general admission. For information call (973) 540-0211. Admission is \$10 for adults; children under 16 admitted free when accompanied by an adult.

The Morris County Park Commission will host a scavenger hunt on Saturday, July 23, from 10 a.m. to 4 p.m., at Historic Speedwell.

Puzzles and questions will lead the group through the historic buildings and exhibits on site. The hunt is suitable for ages 8 and up.

Speedwell Ave., Morristown. Visitor parking is located at the corner of Speedwell Avenue and Cory Road.

This National Landmark Site preserves the restored Homestead Estate of Stephen Vail, proprietor of the Speedwell Ironworks from the early to mid-1800’s. Witness the story of Vail’s once extensive ironworks located nearby through exhibits and ironworking artifacts. The most significant building is the Factory, where Vail’s son Alfred worked with Samuel F.B. Morse to conduct the first successful public demonstration of the electromagnetic telegraph in January 1838, making Historic Speedwell the “Birthplace of the Telegraph”.

Historic Speedwell is open Wednesday through Saturday, 10 a.m. to 5 p.m., and Sundays, noon to 5 p.m., through Oct. 31. Admission is \$4 for adults, \$3 for senior and \$2 for children 4-16. Children under 4 are admitted free.

For more information, contact Historic Speedwell at (973) 540-0211.

Protect home from vacation thievery

By DAVID BRADLEY

For AP Weekly Features

Your family vacation needn’t be a coming home party for burglars.

While you cruise the highways, hoodlums may patrol your neighborhood streets for homes that look dark and unlivd in.

Before you load the car with belongings, take time to protect the items you leave behind.

There are obvious precautions to remove telltale signs you’re gone. Stop daily delivery services so newspapers don’t pile up at the door or mail won’t overflow the postbox. According to Jim Young of Housedoctors.com, “vacation planning is really a lot of common sense stuff. You walk through the house room by room and decide ‘how can we do the best job of protecting our property?’”

The Los Angeles County Sheriff’s Department also suggests you exhibit signs of life. Ask a trusted neighbor to water potted plants and vegetable or flower gardens. Prying eyes know homeowners seldom allow plants or carefully tended gardens to wither.

As long as you’re asking for neighborly help, give the neighbor your itinerary, cell phone number and e-mail address. Ask, too, to have circulars removed from doorknobs or check for package deliveries. (Don’t forget to thank them with a bottle of wine or other gift upon your return.)

Houses perpetually dark mean the lights are off and nobody’s home. Young advises the use of variable timers to turn lamps on during evening hours. Plug the TV into a separate timer for late evening hours; the blue cast from the screen (bring the volume up a notch) is a sign of household normalcy. Usually, curtains are open but it’s OK to be closed in the

TV room. Position boxes of cereal, non-perishable snack foods or tableware on kitchen tables in plain view.

Pluck spare keys from beneath door mats or other hiding places. Store jewelry and other valuables in a safe deposit box.

It won’t hurt to have a third set of watchful eyes to keep track of things. If your community is small enough, tell local police you’ll be gone, or, hire local security services to drive by your home on a short-term basis during evening rounds.

Higher up on the protection scale are house-itters and electronic security services. You could pay \$40-\$75 per night for someone to stay at your home. That price moves upward if they are in the home during daylight hours. In-home security is a good idea not only for vacation trips but as year round protection. If you already have a security service, call them with your vacation timetable.

Some tips:

- For under \$30 you can install motion detectors on outside floodlights at both the front and rear of the home.
- Etch your driver’s license number (not your Social Security number) on TVs, appliances and other goods. In the event of a break-in, this can make recovery somewhat easier.
- Trim bushes or plants that obscure doors and windows or offer safe hiding spots for criminals.
- Install deadbolt locks. Buy key-operated locks without inside knobs. Remove the key. Thugs who reach through broken door glass can’t turn the knob to open the door.
- Foil thieves who jimmy locks on sliding doors. Cut dowels to length and place behind the slider to stop the door from opening.

LIFESTYLE

Engagements

White, Yorke

John and Barbara White of Wanaque announce the engagement of their daughter, Jacquelyn, to Todd Yorke of Wantage.

He is the son of John and Janice Yorke.

The bride is a 1997 graduate of Lakeland Regional High School and 2004 graduate of Fairleigh Dickinson University.

The groom is a 1994 graduate of Vernon Township High School and served in the U.S. Marine Corps.

An Aug. 12, 2006, wedding is planned.



Todd Yorke
Jacquelyn White

Brondo, Hunterton

Jacqueline Brondo of Toms River and Jonathan Hunterton, also of Toms River, announce their engagement.

She is the daughter of Jay and Ivana Brondo of Belleville.

He is the son of Dave and Kathy Hunterton of Montague.

The bride-to-be is a 1999 graduate of Nutley High School and attended Montclair State University. She works as a medical receptionist.

The bridegroom-to-be is a 1999 graduate of Sussex County Vocational Technical School and works as an executive chef.

A May 5 wedding is planned.



Jonathan Hunterton
Jacqueline Brondo

Earl, Williams

Elizabeth Earl of Frankford announces the engagement of her daughter, Megan, of Rutherford, to Jeffrey David Williams, also of Rutherford.

He is the son of Mary Alice Williams of Jersey City and Nicholas Williams of Neptune.

She is a 1996 graduate of Vernon Township High School and a 2001 graduate of Rutgers University with a bachelor of science in environmental science. She is employed as a biology teacher at The Newmark School in Carteret.

Her fiancé is a 1993 graduate of William L. Dickinson High School in Jersey City and a 1997 graduate of Caldwell College with a degree in criminal justice. He is employed at Lord Abbett in Jersey City.

A June 24 wedding is planned.



Jeffrey Williams
Megan Earl

65th Anniversary



Mr. and Mrs. Anthony Pasquariello

Anthony and Ann Pasquariello, of Paterson, celebrated their 65th wedding anniversary on June 30. They have three children, Marlene Neal, and her husband, Ron, of Hamburg; Toni Ann Dionisio of Hamburg; and Robert Pasquariello and his wife, Julie, of Roseland; nine grandchildren and 16 great-grandchildren.

Where to send your announcement

Wedding and engagement announcements should be sent to New Jersey Herald, 2 Spring St., Newton, N.J., 07860, or can be e.mailed to weddings@njherald.com. Photos sent electronically must be jpg attachments. Photos sent by mail will be returned if accompanied by a stamped, self-addressed envelope. Please do not send us your only copy of a picture. Send us a copy and keep the original.

Forms for wedding or engagement announcements can be obtained by fax or at The New

Jersey Herald office at 2 Spring St. Electronic forms can be found on the New Jersey Herald Web site, njherald.com. under customer service.

Wedding announcements should be submitted within three months after the wedding ceremony.

There is no charge to print your announcement.

For further information, contact Kathy Stevens, Lifestyle editor, 973-383-1500, ext. 259.

Weddings

Miranda, Gardner

Alicia Ann Miranda of Portland, Pa. and Jeffrey Christopher Gardner of Portland, Pa., formerly of Stillwater, were wed May 15 at Bubbling Springs in West Milford.

She is the niece of Vincent and Kim Vogler of Oak Ridge.

He is the son of Marshall and Marilyn Gardner of East Stroudsburg, Pa.

West Milford Mayor Joseph Di Donato officiated the noon double ring ceremony.

The matron of honor was Kat Walker of Hampton, friend of the bride.

Michelle McNulty, of Andover, also a friend of the bride, served as bridesmaid.

Jenifer Vogler of Oak Ridge served as flower girl.

Best men were Pat Walker, of Hampton, a friend of the groom, and Vincent Vogler Jr. of Oak Ridge, cousin of the bride.

Billy McNulty, of Andover, served as the ring bearer.

A reception followed at the American Legion Hall Post 428 in Oak Ridge.

The couple honeymooned at Disney World in Orlando, Fla. and will make their home in Portland, Pa.

The bride is a 2001 graduate of High Point Regional High School in Wantage.

Her husband is a 1998 graduate of Sussex County Technical School and is employed at Quality Auto of Blairstown.



Mr. and Mrs. Jeffrey Gardner

Poots, Lindsay

Kristin Reed Poots of Sparta and Timothy Joseph Lindsay, also of Sparta, were wed recently at the First Presbyterian Church of Sparta in Sparta.

She is the daughter of Sandra and Richard Poots Jr. of Sparta.

He is the son of Brenda and Norman Lindsay of Sparta.

The Rev. Dr. Thomas Litteer officiated the 3 p.m., double-ring ceremony. Karen McEver was organist.

Jamie Dylewski served as maid of honor.

Kimberly Poots, sister of the bride, Quinn Councilor, Marisa Daggett, Kristin Lohninger, Kristine Tursi and Ailis Zublena served as bridesmaids.

Corinne Spetrino, niece of the groom, served as flower girl.

Best man was Bryan Lindsay, brother of the groom.

Groomsmen were Scott Weiss, John Daggett, Dennis Daggett, Matt Collins, Andy Pace and Wayne List.

Reed Van Poots, nephew of the bride, served as ring bearer.

A reception followed at the Hilton Parsippany Hotel in Parsippany.

The couple honeymooned in St. Luca.



Mr. and Mrs. Timothy Lindsay

Puzio, Bungard

Jodie Maria Puzio, of Clarksburg, W.Va., formerly of the Lake Tranquility section of Green, and Ethan Michael Bungard, also of Clarksburg, were wed on May 29 at The Radisson Hotel at Waterfront Place in Morgantown, W.Va.

A reception followed.

She is the daughter of Shariann Puzio and Warren Carman Jr. of Palm Coast, Fla., and the late Henry Puzio.

He is the son of Michael and Sandra Bungard of Parkersburg, W.Va.

Pastor Daniel Martin of Pennsboro, W.Va., and cousin of the groom, officiated the 5:30 p.m. double-ring ceremony. Pianist was Nathan Lippencott.

Bridesmaids were Danuta DePalma of Clifton, Stacey Mosley of Woodbridge, Va., Jordana Bungard of Parkersburg, W.Va., Melinda Lee of Philadelphia, Pa., and Lynda Miller of New York City.

Best man was Jeffrey Marlow of Parkersburg, W.Va.

Groomsmen were Jeremy Bungard of Parkersburg, W.Va., Shamus Cleveland of Waynesburg, Pa., Michael White of Cross Lanes, W.Va., Brian Lee of Parkersburg, W.Va. and Lucas Balsley of Fairfax, Va.

The couple honeymooned in Las Vegas, Nev., and will make their home in Clarksburg, W.Va.

The bride is a 1996 graduate of Newton High School and a 2000 graduate of West Virginia University in Morgantown, W.Va., with a bachelor of social work degree. She is employed as a counselor with the Clarksburg Treatment Center in Harrison, County, W.Va.

Her husband is a 1996 graduate of Parkersburg High School and a 2000 graduate of West Virginia University with a bachelor of science degree. He is employed as a software systems engineer for Dominion in Clarksburg.



Mr. and Mrs. Ethan Bungard

Invite only as many as you can afford

By CARLEY RONEY

Scripps Howard News Service

Q: We are trying to keep our wedding guest list at around 175 people for cost reasons (it's the most we can afford to feed), but we certainly could have more guests — so long as they didn't eat. Is it OK to invite people just for the dancing portion of the reception, but not the wedding ceremony or the dinner?

A: Some ideas make sense on paper, but in practice ... let's put it this way, would you want to be one of the people who showed up after dinner? While it can be permissible to invite some guests to the reception only (keeping the ceremony intimate), inviting some guests to the second half of the reception only is a major faux pas. Invite only those wedding

guests you can afford to include in your entire celebration.

If you really would like to have more people, look into ways you can make it work within your budget. For example, you might not be able to afford a seated multi-course dinner for 225, you may be able to make a light buffet, passed hors d'oeuvres or a luncheon work.

Talk to your reception site manager or caterer about your options to see if anything can work with your expanded list and set budget. A little creativity can go a long way in having the wedding you want.

(Carley Roney is co-founder and editor in chief of The Knot, the nation's leading wedding resource.)

Chess Club
meets weekly

Chess Club
calendar

SPARTA — The Sparta Chess Club holds weekly playing sessions on Tuesdays from 7 to 9 p.m., upstairs at the Sparta Ambulance Building, 14 Sparta Ave.

The activity is open to all. A \$3 player donation is requested each evening. Student chess players from kindergarten to high school, as well as adult players, are encouraged to play. Beginners are welcome.

Call (973) 726-9405 or (973) 729-9433 for more information, or visit the club's Web site at www.SpartaChessClub.org.

Hardyston Seniors

HARDYSTON — The Senior Citizens of Hardyston Township will meet on Monday at 1 p.m. at Madonna Hall, Route 23, Stockholm.

The Sparta Board of Health will conduct blood pressure tests before the meeting.

Members may make reservations for an Aug. 17 outing at Tomahawk Lake in Sparta.

Members are reminded to bring in the beverage can tabs, Campbell soup labels and Boxtop for Education labels.

Hampton Seniors

HAMPTON — A pizza luncheon is scheduled for the next social meeting of the Hampton Seniors on Wednesday at the Senior Building on Halsey Road starting at noon. All members are invited. Coffee, tea and desserts will be available.

The Sept. 13-15 bus trip to Lancaster, Pa. still has some openings. Sight & Sound Theater, shopping, gaming in Atlantic City are just some of the highlights of this trip.

The Lake George bus trip scheduled for Oct. 17-19 has some room left. A cruise, dinners and a show are included.

For more details on both trips, call Josie Grabowski at (973) 948-3313.

Hopatcong Seniors

HOPATCONG — The Hopatcong Seniors will hold their coffee social at 1:30 p.m. on Thursday at the Hopatcong Civic Center on Lakeside Boulevard, Hopatcong. All Hopatcong seniors 60 and over are welcome to enjoy games and refreshments.

The event is free.

Newton Seniors

NEWTON — The Prime Time Newton Seniors will hold a meeting on Wednesday at 1 p.m. at the Newton Firehouse No. 1 on Mill Street. Members are asked to bring in nonperishable food for the Pass It Along organization. Refreshments and Bingo will follow the meeting. For more information, call (973) 383-5658 or (973) 383-2948.

Sparta Seniors

SPARTA — The Senior Citizens of Sparta Township meets each Tuesday at noon at the Knoll Heights community center.

Wantage Senior Citizens

The Wantage Seniors Inc. will meet Tuesday at 12:30 p.m. at the Sussex Firehouse on Loomis Avenue (Route 639) Sussex. New members are welcome.

Branchville Seniors



Photos by Robert Yaskovie/NJH

Sonya Hulbert and Dorothy Danzer were selected as the 2005 Seniors of the Year for Branchville Borough.



Marge Woodhead, president of Branchville Seniors Club, presents Jean Loos with the club's Senior of the Year Award for 2005. Woodhead describes Loos as someone who is "indispensible" and always ready to lend a hand.

What's cookin'

Following are the week's menus for Sussex County Nutrition Project sites (Golden Lunch Bunch):

Liberty Towers, 32 Liberty St., Newton; Hopatcong Civic Center; Lakeside Boulevard, Hopatcong; Sussex Elks Lodge, Lewisburg Rd., Wantage; Vernon Senior Center; Church Street, Vernon; Senior Citizen Site, Herzenberg-LaBance Drive, Franklin; Meals on Wheels regular diet.

For serving times, call 383-3123.

MONDAY: Meatballs with Sauce, Linguini, Waxed Beans, Soup/Juice, Sliced Pears.

TUESDAY: Pot Roast Jardiniere, Scalloped Potatoes, Mixed Vegetable, Tossed Salad/

Apple Juice, Vanilla Pudding/Hard Fruit.

WEDNESDAY: Stuffed Peppers, Mashed Potatoes, Green Beans, Soup/Cranberry Juice, Brownies/ Apricots.

THURSDAY: Boneless chicken breast with BBQ sauce, baked beans, mixed vegetables, soup/ juice, pound cake/fruit cup.

FRIDAY: Salisbury steak with gravy, mashed potatoes, carrots, macaroni salad/tossed salad, fruited jello/diet fruited jello.

The program is partially funded by Title III, Older Americans Act of 1965, and is sponsored by Catholic Family and Community Services, Newton, with catering by Saint Clare's Hospital.

The menu is subject to change.

LIFESTYLE

Local photographers on exhibit at county community college

Among the Artists

The Art Gallery at Sussex County Community College will present a new exhibit by local photographers, Cheryl Hoffman and Amelia Pearn, from July 29 through Sept. 1.

Hoffmann, a resident of Sussex County, has exhibited in several local shows including the state fair, where her photographs have won ribbons. Recently, several of her photographs were selected and published by Idiom and Image: A Magazine of the Arts, which features the best work of Sussex County Community College students.

Hoffmann's black and white photographs are an intriguing celebration of strangers, street people, and others who refuse to adapt to a prescribed course of rigid social structure. She continues to take photography classes at SCCC while studying at the New York International Center of Photography with Amy Arbus, specializing in narrative portraiture.

Pearn, a resident of Pike County, Pa., is a former resident of Sussex County. In addition to exhibiting in area shows, Pearn's photos have been published in several local newspapers, as well as publications, including: NJ Bride Magazine, The Thing, Who's Who in Bear Making, and Idiom and Image: A Magazine of the Arts. Pearn primarily shoots black and white portraits and landscapes. Having graduated from SCCC with a degree in liberal arts, Pearn has studied photography at the New York Institute of Photography and at Peter's Valley Arts and Crafts Center in Layton.

The Gallery at SCCC is located at the Newton campus in Building C. The gallery is open Monday through Friday from 7:30 a.m. to 10 p.m., and on Saturday from 8 a.m. to 6 p.m.

For further information contact Theresa Kathé at 973-300-2329.

Arts and crafts festival scheduled

MILFORD, Pa. — Pike County Arts & Crafts, Inc. will present its 55th annual Arts and Crafts Exhibition at the Milford Borough Hall 109 West Catharine St. The exhibit will run daily and on week-



Photographs by county resident Cheryl Hoffman will be on display at Sussex County Community College from July 29 through Sept. 1.

ends from 11 a.m. through 5 p.m. through July 24. This show features the artwork of over 150 local artists and artisans, from the amateur to museum quality professional.

For further information call Vicki Mayer Connolly at 570-296-4040 or email peacinc@yahoo.com.

Pahaquarry landscape exhibit

BLAIRSTOWN — The public is

invited to a reception for the opening of "A Celebration of Landscapes," an exhibit of paintings and photographs by members of The Pahaquarry Foundation, on Saturday, Aug. 6, from 2 to 4 p.m., in the Romano Gallery of the Armstrong-Hipkins Center for the Arts at Blair Academy.

The exhibit runs from Aug. 1 to Aug. 28.

The artwork in this exhibition is for sale. The proceeds help fund the creation of a regional artists' refuge and study center, as well as the foundation's art

programs.

Several pieces on display are works chosen for the Foundation's 2006 calendar, which will be available for purchase during the reception.

A curator will be available at the Romano Gallery on Sundays from 2 to 4 p.m.; weekday hours are by appointment. Admission is free.

For more information call (908) 841-9530.

Professor publishes book

HACKETTSTOWN — Dr. Robert Frail, an associate professor of French and English at Centenary College, has recently published his first book with The Edwin Mellen Press entitled "Realism in Samuel Richardson and the Abbé Prévost."

This title includes 10 essays that establish a viable connection between Richardson and Prévost in the contexts of realism and literary relations between England and France which were cultivated in travel books like the *Histoire Generale des Voyages*, memoirs novels and other adaptations. This analysis reinforces the richness of texts that identify major themes and issues in novels about women after 1740.

The Edwin Mellen Press conceives, publishes and markets advanced research in the humanities and social sciences.

Dog show today in Morristown

MORRISTOWN — The 59th annual all-breed dog show hosted by Twin Brooks Kennel Club will take place today at the William G. Mennen Sports Arena at 61 East Hanover Ave.

This spectator event, in an air-conditioned facility, will feature 1,000 dogs and over 150 different American Kennel Club registered breeds. Dogs will compete for points towards their AKC Championship, group placements and the ultimate Best in Show. TBKC offers Veteran classes for dogs 7 years and older, and junior showmanship for children between the ages of 10 and 18.

Show hours are 8:30 a.m. to 5 p.m., general admission is \$6, senior citizens, \$4, children (under 12) \$1. Parking is free.

The Jolly Onion Inn

Stop in, relax, and enjoy our comfortable bar & lounge or move right in to one of our cozy dining rooms. Whether you're in the mood for entrees like Pine Island Steak, Seafood Cakes & Pina Colada Shrimp, or something light from our new lounge menu, our award-winning staff is always pleased to serve you.

Now Open Mondays!

www.ycejollyonioninn.com

Wed & Thur 5-9
Fri & Sat 5-10 • Sunday 12-7:30
Orange County Rt. 1 • Pine Island, NY
845-258-4277

Pageant winners Sandyston



Julie Brehm, 17, daughter of Susan Brehm and the late John Brehm, was selected as Miss Sandyston 2005 at the annual township pageant. She will be a senior at Kittatinny Regional High School in the fall. At Kittatinny, she is a member of the International Club, Endurance and Triumph, Peer Leadership, Cross-age Training, K3D, Teen Institute of the Garden State, Student Council, Science & Math League and Youth Group, and was an Alternate for Girls' State. She was Vice President of the Junior Class, was listed on the High Honor Roll, and was a member of The National Honors Society. She is ranked 10th in her class and hopes to go to college for biomedical engineering, to study genetic diseases. She will participate in the Queen Of The Fair Pageant at the Sussex County Farm and Horse Show/New Jersey State Fair in August.



Treasure Jo Geddis and Jonathan McNanna were crowned Little Miss and Little Mister Sandyston at the recent Sandyston Day. Treasure Jo, 6, is the daughter of Brian and Kim Geddis. Jonathan, 6, is the son of Joseph and Cathy McNanna.

Branchville



Julie Anderson, 18, was recently named Miss Branchville 2005-06. A 2005 graduate of High Point Regional High School, she is the daughter of Dr. James and Debbie Anderson. At High Point, she served as president of the student council, vice president of the National Honor Society, was a member of the chorus/chamber singers, and won the 2005 musical theater award. She played field hockey and was a member of the all county team and 3rd Team All West Jersey. She also participated in the Mock Trial and Debate teams and won the Superintendent's Cup Award and the Rotary Caring Student Award. She will be attending Douglass College at Rutgers University as a Douglass Scholar. She is planning to major in English Education and her goal is to teach at the high school level.

Births

NEWTON MEMORIAL HOSPITAL

July 3
Angalee Marie (Crowell) and Albert L. Decker III, Sussex, girl, Paige Marie

July 6
Deana (Schiffner) and David Gutt, Hardyston, girl, Alexa Brielle Kristy (Little) and Matthew Lockburner, Wantage, boy, Kevin Matthew
Megan (Newman) and Tom Schulke, Lake Hiawatha, girl, Grace Catherine
Melissa (Foutch) and Russell Teague, Wantage, girl, Rachel Elizabeth

July 7
Jennifer Lynne (Talmadge) and Dionisio Antonio Cala, Stanhope, girl, Natalie Rose

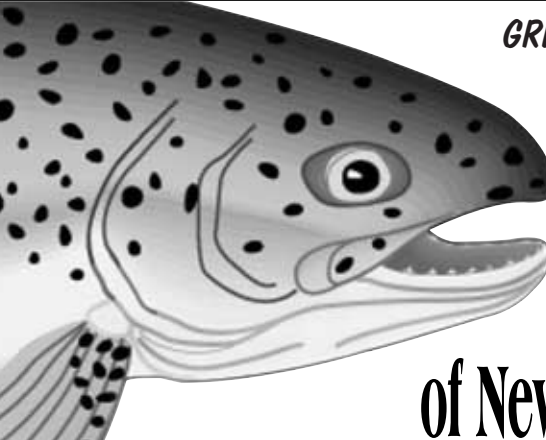
Erin Carson and Daniel Williams, Milford Pa., boy, Zachary Daniel Williams
Kathleen (Crosby) and Eric Seward, Branchville, boy, Maxwell Crosby

July 8
Adriana (Zahorosky) and Jeffrey Oliver, Hamburg, girl, Lillian Amedia

Heather (Murch) and Mark Rossi, Hampton, girl, Peyton Kendall
July 9
Rowena (Corino) and Scott Hansen, Sparta, girl, Elizabeth Thea
Deena and Joseph Poiner, Sparta, girl, Madeleine Ann

ST. ANTHONY'S COMMUNITY HOSPITAL

May 17
Staycee and Mark DeMercurio, Hewitt, boy, Jacob Tyler DeMercurio



GREAT GIFT! NOT SOLD IN STORES.

Stream Maps

of New Jersey, Pennsylvania & New York

Professor Higbee's® Stream Maps are the first and only highly detailed maps of their kind

The 2 1/2-foot-by-3-foot New Jersey map shows 8,300 miles of streams plus lakes.

The 3-foot-by-5-foot Pennsylvania map shows virtually all of the 45,000 miles of streams plus lakes.

The 3 1/2-foot-by-4 1/2-foot New York map shows virtually all of the 65,000 miles of streams plus lakes.


RAVE REVIEWS

"So thorough, it's even got my secret spot on it. Nice enough to frame, but keep it in your tackle box."

— Scott Lachenauer, NEW JERSEY HERALD

"If you're looking for the most definitive maps ever created depicting every single creek, river, stream, pond and lake...then 'Professor Higbee's Stream Maps' are without question the finest."

— Howard Brant, THE NEWARK STAR-LEDGER



FREE GUIDEBOOK WITH ALL MAPS

Pinpoint the best fishing in NJ, PA, and NY with these valuable guides. Easily locate streams and lakes shown on the Stream Map both alphabetically and geographically. Your map and guide book will take you to the select fishing waters.

ORDER YOUR COLOR STREAM MAPS

Available rolled or folded. ALSO AVAILABLE in heavy gauge LIFETIME GUARANTEED, glass-like clear-lamination, write-on wipe-off surface, with brass eyelets for easy hanging.

	PRIORITY MAIL INCLUDED
— NJ 2.5 FT by 3 FT ROLLED map(s) postage paid	\$25.95 ea.
— NJ 2.5 FT by 3 FT FOLDED map(s) postage paid	\$25.95 ea.
— NJ 2.5 FT by 3 FT LAMINATED map(s) postage paid	\$45.95 ea.
— PA 3FT by 5FT ROLLED map(s) postage paid	\$25.95 ea.
— PA 3FT by 5FT FOLDED map(s) postage paid	\$25.95 ea.
— PA 3FT by 5FT LAMINATED map(s) postage paid	\$45.95 ea.
— NY 3.5 FT by 4.5 FT ROLLED map(s) postage paid	\$25.95 ea.
— NY 3.5 FT by 4.5 FT FOLDED map(s) postage paid	\$25.95 ea.
— NY 3.5 FT by 4.5 FT LAMINATED map(s) postage paid	\$45.95 ea.

Check or money order enclosed \$ _____

Each map includes the FREE Guidebook.

Each rolled and laminated map shipped in a sturdy storage tube.

MAKE CHECK PAYABLE TO VIVID PUBLISHING, INC.

Credit Card Orders 24-Hours-A-Day
1-800-787-8288 -- Department NH-CC

☐ MasterCard ☐ VISA ☐ Discover Card ☐ American Express

Credit Card # _____ Exp. Date _____

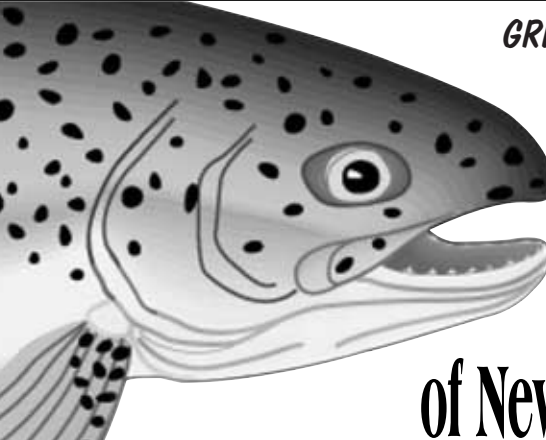
Name _____

Address _____

City _____ State _____ Zip _____

MAIL TO:

New Jersey Herald
ATTN: Stream Maps
2 Spring St.
Newton, NJ 07860



LOST STREAM MAP

The STREAM MAP OF NEW JERSEY resembles another map—known to Pennsylvania anglers as the "Lost Stream Map."

The "Stream Map of Pennsylvania" was completed in 1965 after a thirty-year effort by Howard Higbee, a former Penn State Professor.

Professor Higbee succeeded in creating a map of the highest detail possible—a map that shows every stream and lake. He painstakingly plotted by hand, the location of 45,000 miles of streams onto a 3 by 5 foot map.

The map sold extremely well—until it was lost several years after it first appeared in print. Incredibly, the printer entrusted with the original drawing and printing plates, declared bankruptcy, then carelessly hauled Higbee's 30 years of work to a landfill.

The few remaining dog-eared copies became a prized fisherman's possession. Professor Higbee was offered \$400 for one of his last maps. And state agencies were forced to keep their copies under lock and key.

Experts told Professor Higbee that reprints were impossible, because the maps were printed in non-photographic blue.

Then, in 1991, at the age of 91, Howard Higbee's dream came true. Computers made it possible to reprint the map. Holding an updated map, Howard said, "I never thought I'd live to see this day."

Then, by combining Professor Higbee's knowledge with computer technology—the STREAM MAP OF NEW JERSEY was created.

The white knight may be a fantasy, but there are shining moments

Single and loving it... what does that mean? I am newly single but I don't love it.

I'm still at the stage where I'm waiting at home some nights for someone to come home and take over so I can relax.

It's not happening.

Sometimes, I find myself wishing a handsome white knight would gallop up my driveway on his big steed, or even in a nice, clean 2005 minivan, and sweep me off my feet, or even just sweep my floor.

My knight, who looks just like George Clooney, would have a tool belt on his waist with a Dust Buster on one side (charged and ready for crumbs) and a bubble gun (to entertain the kids) on the other.

George the Knight would show up in his dark blue minivan at

about 3 p.m. — when my kids tend to get whiny — and hand them Popsicles. He'd send me to the bathroom for an hour-long bubble bath. I would enjoy my bath and hear no crying or calls of "Mooooom," just laughter as George made balloon animals for each of the kids.

He would send me upstairs for a nap while they all went swimming, and they would swim until dark. George would leave a Janet Evanovich novel for me in case I woke up.

"Don't do anything except sleep or read," he'd say as he smiled.

When George returned with the kids from the beach, he would wash all my dishes, clean my floor, fold my laundry and make a three-course meal for me. He'd bring my



JEANNETTE SCHEIN

Chicken Cordon Bleu to me on a tray. He would put a chick-flick on the TV, pour a glass of wine for me

and rub my tired feet.

George would then cook Spaghetti-Os in the microwave for the kids and they would eat every bite. They would beg him for more dip for the raw vegetables he'd cut up and put on a platter for them.

He would teach them to speak a foreign language as he scrubbed the inside of my oven until it sparkled.

Then he would read them all the Richard Scarry books we have and make sure they brushed their teeth and got their night clothes on (we call them nighty-nites) and put them to bed. They would beg him to read more stories and he would until they were tired. Even Aaron would fall right to sleep with a big grin on his face, clutching his Snoopy.

Once the kids were asleep, George would sweep me in his arms and give me a big hug.

Then he would go home.

Yep, that's my fantasy. It would be nice if my knight looked like George Clooney but I wouldn't care if he looked like George Jones. I just need a break.

In my real world, it's just me. All the time.

The only relaxation I get is staying up until 2 a.m. to fold clothes. I can't even hide in the bathroom because my bathroom door is broken.

Yesterday, I just wanted to throw in the towel and quit. The shelves in one of my cabinets collapsed and a large bottle of wine broke all over the floor. I went to pick up the stuff that had fallen off the shelf and two

light bulbs fell on the floor and shattered.

I had glass and wine everywhere and my three kids were walking back and forth with no shoes on.

"Get some shoes on," I yelled and went back to picking up tiny bits of glass and mopping up wine. I was crying so hard when I went to throw all the glass out, I didn't notice that the sharp pieces had sliced the bag open and cut my leg.

Yes, reality is hard, but every day there are good moments, happy ones where I look at my three little ones and know we're going to be OK.

Even if the knight never shows up in his immaculate minivan.

Jeannette Schein is a staff writer and columnist for The New Jersey Herald.

Sharing chores can awaken libido

DEAR ANNIE: I am a 40-ish mom to three children ranging in age from 2 to 8. My husband and I have been together 14 years. When we first started dating, sex was awesome. Over the years, our responsibilities, priorities and workloads have changed.

My husband works full time and also does projects around the house. I work full time, and my non-working time is spent picking up the kids from day care, fixing meals, cleaning the house, doing laundry, paying bills, grocery shopping, arranging doctor's appointments, helping with homework, etc. You get the gist.

My husband's only housework responsibility is to empty the dishwasher. When he feels like it, he might make dinner, and he will give the baby a bath every once in a while. I agree that his projects are important, but they tend to be weather-related, like mowing the lawn. In the winter, all he does is empty the dishwasher, but if he can't find a clean shirt, I get harassed and I told I'm lazy.

Since the children have come into the picture, sex has been the last thing on my mind. At the moment, I don't care if I ever get any again. I'm exhausted. I have spoken to my Ob-Gyn, who explained that sometimes a woman's body will shut off the libido, because it knows energy needs to be used for other things.

I have tried explaining this dynamic to my husband, but he acts as if I'm punishing him by withholding sex. I've suggested we do the chores together, which will help put me in the mood. I've offered to go with him for counseling. I've even threatened divorce. All he says is, he has his list of chores, and I have mine. Argh!!! I need some advice. —Overworked and Overtired

Dear Overworked: Who made these lists? You need some new ones.

No one should get the winter off, while his partner becomes an indentured servant. Some men simply don't grasp that resentful wives do not make loving partners. And don't disregard the possibility that you are indeed punishing him because you feel taken advantage

of. Healthy intimacy requires that each of you wishes to please the other.

If your husband cannot see the value in a more equitable distribution of duties, tell him you are going for counseling — with or without him.

D E A R ANNIE: I live in a complex with 24 apartments, some with balconies. On about half of these balconies, there are wind chimes. On a warm, breezy night when I have my windows open, all I hear is clang, clang, clang.

I realize some people like this sound, but I am unable to sleep with the continued noise. I have talked to the manager, but since he also has wind chimes, he refuses to do anything about it. I really like living here and do not want to move, but the lack of sleep is getting to me.

Any ideas? —All Clanged Out

Dear Clanged: Unless there is a provision in your lease that promises you peace and quiet from wind chimes, there's not much you can do. Create some white noise of your own (fans or ocean waves), get earplugs or close your windows. Sorry.

DEAR ANNIE: This is for the "L.A. Fiancee" of the biggest pack-rat and slob on earth. I am married to his twin, and believe me, it will only get worse, as he also will begin hoarding your things as well as his.

The only way to convince my husband that our 30-year-old couch needed to be replaced was to find a relative who was willing to take it, and who promised to give it back later. Once, I threw my husband's ripped shirts in the garbage, and the next day, he was wearing one of them. If he dies first, I will call for a dumpster before I call the morgue. —Thorn in My Side

Dear Thorn: We admire your forbearance. If off-site storage facilities don't alleviate the problem, try the Obsessive-Compulsive Foundation (ocfoundation.org).



MITCHELL SUGAR



Cub Scouts and Boy Scouts of Pack 180 of Branchville/Frankford/Montague recently worked together on a Good Turn for America Project at the historic Neldon-Roberts Schoolhouse in Montague. The Scouts cleared walking trails and picked up litter from the roadside in preparation for the summer.

In the Scouts



Don Hall, of the Chatterbox Restaurant in Frankford, third from right, was recently presented with a certificate of appreciation from Hampton Township BSA Troop 96 for his support of the troop. Presenting the award are, from left, Denis Cook, Eric Hayes, Scott Cook, John Simpson, assistant Scoutmaster, Ed Hayes, assistant Scoutmaster, second from right, and George Lippencott, Scoutmaster.



Elizabeth Bogle, left, and Carrie Matthews, Senior Girl Scouts from Troop 782 of the Flatbrook Service Unit, Lenni Lenape Council, recently earned their Gold Awards, the highest award a Girl Scout can achieve. It requires 50 hours of community service after completion of preliminary badge work and other requirements. The two Scouts marked and cleared the Walpack Ridge Trail in the Delaware Water Gap National Recreation Area. They used a GPS unit to create a more accurate map, movied fallen trees, and installed railroad ties as steps in a steep section of the trail.

NEW JERSEY HERALD

HEARTLINES

Pay as you Go

1-866-748-5035

With your Credit Card for only \$2.49 per minute.

Pay by Phone

1-900-226-1402

For only \$1.99 per minute. Connection fees may apply.
This will be charged to your monthly phone bill.

Create a FREE Ad

1-800-312-1995

You must be 18 years of age or older.

Women seeking Men

WWW.NJHERALDSINGLES.COM

ONE DAY AT A TIME

[] 56 yrs old. I am a fun-loving, outgoing, witty, loving woman who is looking for someone to spend special times with. Someone who enjoys being spoiled a little and enjoys the company of a good woman. Ad#:683306

READY FOR ADVENTURE

[] 46 yrs old. Raised as a country farm girl and educated in the city. I'm an outdoor person that enjoys a very diverse range of interests. Enjoying most types of music and all kinds of food. I value honesty, integrity and confidence. Ad#:683410

DO ACTIVITIES

[] 43 yrs old. I am a SWF, 5'3", full figured, with long brown hair, and hazel green eyes. I work in sales. I like flea markets, cooking, decorating, & family time. I am looking for a SBM, 35-50, who enjoys doing activities together. Ad#:1080462

I HAVE A SENSE OF HUMOUR...DO YOU?

45 yrs old. Spring will come, why not share it. I could say I enjoy candlelit dinners and quiet walks on the beach, which I do... but, I enjoy a great laugh, and adventures that may or may not be at a beach more. Ad#:1071316

EFFERVESCENT LIBERAL

[] 43 yrs old. Loving, single mother of two, who is (slightly) embarrassed to admit being eager for my children's move toward independence! Soon they will both be off to college, and I will be free! To state that I am excited about the next phase in my life is a severe understatement! Ready for love, travel, a career change, and adventure Ad#:726217

HAVE A GOOD TIME

[] 56 yrs old. I am a SWF, N/S, with green eyes and blonde hair. I like to watch movies, go out for dinner, love animals, and more. I am looking for SWM, to have fun with. He should be good looking, have a lot of integrity, and be spontaneous. Ad#:1070065

TALL SWF

[] 48 yrs old. Tall SWF with long hair. I like movies, flea markets, horses, and am a good cook. I exercise 3 times a week. Seeking a kind, down-to-earth, funny SM. Someone tall, 48-54, no baggage, doesn't play games, a real person. Ad#:1056730

JUST WANT SOMEONE.

20 yrs old. I am a very loving and compassionate person who just wants the same treatment given that is received. I am funny, outgoing and always up for something new and exciting. Right now, I am going to school, and getting on with my life. I am athletic and love to do outdoor activities Ad#:1049602

LOOKING FOR FUN

[] 55 yrs old. SWF, looking for someone who is down-to-earth, sincere, enjoys having fun & laughing. Ad#:1048870

Men seeking Women

WWW.NJHERALDSINGLES.COM

LOOKING FOR LOVE.

[] 41 yrs old. Nice guy wants to meet thatspecial someone. I enjoy movies, dinner, dancing. Walkson the beach, long drives through the country side. I like to play golf, softball and Ilike to watch baseball. (Yankees). There are a lot of other things to do with that special someone Ad#:1061848

I AM LOOKING FOR MY DREAM

[] 51 yrs old. I am looking for a lady, 30-45, who is open minded, spontaneous, and who likes to have fun. Ad#:1102483

RAUGHT ROW RAGGY

[] 42 yrs old. I'm just a nice guy looking for a woman who wants someone with a sense of humor and enjoys having fun in life Ad#:1022453

HI!

36 yrs old. I'm an attractive man looking for someone to spend some time with. Really bored with the whole bar scene which seems to be a total waste of time and ready to try something new. Ad#:1084741

SPECIAL SOMEONE

[] 54 yrs old. I am a SWM, 6'4", slightly overweight, with one child at home. I like to travel. I am looking for a SWF, who is caring, petite, and enjoys family. Get back to me. Ad#:1096623

TALK TO ME

[] 65 yrs old. I am a retired SWM, 6'0", 195 lbs., with blue eyes, and white hair. I am looking for a SWF, 59-67, who is fun, enjoys music, movies, walks, and likes to talk. Ad#:1079040

CANDLE LIGHT DINNERS

[] 49 yrs old. SWM, seeking a best friend, who is affectionate, understanding, romantic, to do things together. He likes gardening, and cooking. Looking for a SF, who would like a one to one relationship. Children OK. Sussex Country. Ad#:1017236

CHECK ME OUT

[] 50 yrs old. I'm a SWM, attractive and easy going. I enjoy tennis, dining out, and working out. Seeking a SWF, 30-50, who is energetic, and who knows how to enjoy life. If thats you, give me a call. Ad#:1088228

GET BACK TO ME

[] 48 yrs old. SWM, 6ft., 230 lbs., blue eyes, brown hair. I'm honest and hard working. I enjoy sports, cooking, bowling and more. Seeking a SWF, 37-52, slim to medium build. Looking forward to being friends first and then a possible long term relationship. Ad#:783578

Text & Video Chat, Video Mail, Pictures and More! **WWW.NJHERALDSINGLES.COM**

M-Male, F-Female, S-Single, WW-Widowed, C-Christian, N/S-Non-Smoker, W-White, A-Asian, NA-Native American, H-Hispanic, P-Professional B-Black, EI-East Indian

Questions? Call Members Services at 1-866-281-2976. Hours: Mon.-Fri., 9a.m.-5p.m. EST or online and click CONTACT US to send us an e-mail. Member Services provided by H2H Network.

The Publisher assumes no liability for the content of, or replies to, any advertisement or voice greeting. Such liability rests exclusively with the advertiser or respondent. The advertiser and respondent agree to indemnify and hold this publication and Utlimate, its employees and agents harmless from all costs, expenses, liabilities and damages resulting from or caused by this publication or recording placed by the advertiser or any reply to same. The advertisers and respondents agree that they are at least 18 years old. Advertiser voice greetings will be rejected if they contain last names, phone numbers, any addresses, e-mail addresses or explicit sexual language. You should screen your responses carefully. First meetings should be held in a public place. The use of cordless or cellular phones is discouraged. H2H Network does not guarantee that all ads will be printed due to space restrictions. Copyright H2HNetwork. 03/17/05



WIN A



LAPTOP COMPUTER!

Averatec 3225HS Notebook PC

- ✓ Mobile Athlon XP Processor
- ✓ 512MB Ram
- ✓ 40GB Hard Drive
- ✓ Integrated 100Mbps LAN
- ✓ 4.2 lbs.
- ✓ WindowsXP Home
- ✓ DVD/CD-RW Combo
- ✓ Integrated 56K Modem
- ✓ Integrated 802.11g Wireless
- ✓ One Year Limited Warranty

ENTER ONLINE AT:



www.njherald.com

New Jersey Herald

2 Spring Street, Newton, NJ
Phone: 973.383.1500

SPONSORED
BY:



msi
services, inc.
the technology leaders

23 Route 206S, Byram
Phone: 973.448.0070

RULES: 1. No facsimiles. No purchase necessary. Official entry blanks will be available one per person per day in the New Jersey Herald lobby during normal business hours or at MSI services, inc. for the contest period. 2. Enter as often as you wish. 3. Employees of The New Jersey Herald or MSI Services, Inc., are ineligible to enter. 4. The New Jersey Herald will be the sole and final judge for any and all questions arising from this

contest. 5. Odds are based on the number of eligible entries received. 6. Prize winners agree that their names and photos can be used for advertising this and future promotions. 7. A random drawing will be held from all entries on September 30, 2005. 8. All entries must be postmarked by Friday September 23, 2005. Winners will be notified by Sunday October 2, 2005. 9. Must be 18 or over to participate.