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Letters to the Editor

What's the Skinny on Vegetables, Fruits and Fats?

In my last *Westfield Leader* article, I noted that clinical studies do not support any significant medical-health benefits or harm of multivitamins. Unfortunately, the same holds true with antioxidant-rich vegetables and fruits. At the recent American Association for Cancer Research meeting with close to 20,000 attendees, unlike in the past, reports on diet and dietary supplements were virtually absent. Dr. Walter Willet, a well-respected Harvard epidemiologist and strong advocate of the beneficial role of diet in maintaining health, reported that, regarding cancer, there is little solid clinical evidence that vegetables and fruits are protective. Though he didn't address their role in other diseases, the same currently holds true.

So here we are: multivitamins, vegetables and fruits with medical-health benefits unknown. As I've repeatedly stressed before, long term clinical nutritional studies, unlike those with insulin or penicillin, are difficult to execute with precision. In the past, there was an explosion of highly promising, but not definitive, clinical studies supporting the benefits of diets and dietary supplements. This rapidly resulted into the creation of a huge nutrition industry propelled by vast armies of media. I, myself, was cautiously optimistic. After all, many scientific laboratory studies supported these clinical results. Americans, with evangelical fervor, eagerly embraced not only products supported by these studies but others which were not. This pattern still holds.

During the 90's, motivated by these promising clinical studies, my foundation sponsored multiple nutraceutical conferences in Manhattan and Washington, D.C. with some of the world's most respected leaders in nutrition and clinical research to encourage more clinical research on nutritional products. A nutraceutical, the term I coined, is a nutritional product that has been proven to have a medical-health benefit in a well-designed clinical study. There then followed a surge in such

ABCD EFGHIJKLMNOPQRSTUVWXYZ

Diction Deception
 Below are four arcane words, each with four definitions - only one is correct. The others are made up. Are you sharp enough to discern this deception of diction?
 If you can guess one correctly - good guess. If you get two - well-read individual. If you get three - word expert. If you get all four - You must have a lot of free time!
All words and correct definitions come from the board game Diction Deception.
Answers to last week's arcane words.
 1. Surphul - To bathe with medicated water
 2. Peccadillo - A petty fault or minor offense
 3. Idoneous - Suitable; proper
 4. Tormina - Severe gripping pains in the bowels
IMPALPABLE
 1. That which cannot be felt
 2. Not subject to corruption
 3. Motionless; inert
 4. Of little or no consequence
SICCATIVE
 1. Slow-moving; sluggish
 2. Disgraceful; cheap
 3. Snarly; tangled
 4. Causing to dry
PUNGAR
 1. A horsefly
 2. A crab
 3. Literary works
 4. A fencing master
SALTO
 1. In music, a skip
 2. Muscular power
 3. Very small amount; a pinch
 4. With great speed
See more letters on page 5

Challenges Ahead for Mortimer As New County GOP Chairman

For the first time in a decade Union County Republicans are under the direction of a new director, Mountainside Councilman Glenn Mortimer. Mr. Mortimer replaced Phil Morin of Cranford who did not seek another term. We do not envy the task ahead for Mr. Mortimer. He must come up with a strategy to win seats on all-Democrat nine-member Union County Board of Chosen Freeholders as well as for the positions of county clerk, surrogate and sheriff. Republicans have not held a freeholder seat since 1997.

But besides county-wide races, Mr. Mortimer must address some rumblings at the grass roots level. The Garwood GOP just went through a rough Primary Election in June whereby first-term Mayor Pat Quattrocchi lost to Sal Piarulli. The mayor and her husband, John, also lost their GOP Committee seats as new GOP Chairman Jim Mathieu, a borough councilman, and candidates running with him now control six of the eight committee seats. Mr. Mortimer will have to make sure that the GOP heals from the bruising Primary and turns out to support their candidates.

Another problem for the new county chairman is Fanwood. Last year the party only ran one candidate for borough council who made almost no effort to get elected. And this year no Republicans filed. Republicans, who held three seats on the council only two years ago, are not represented on the six-member council.

Democrats are also under new leadership with Assemblyman Jerry Green (D-22nd Plainfield) replacing Charlotte DeFilippo last year as county chairman. He, too, has had his local challenges such as when Democratic Scotch Plains Mayor Kevin Glover opted to endorse the re-election of Republican Governor Chris Christie this past fall. And this year, Councilman Mickey Marcus changed parties and is now seeking re-election as a Republican. And in Plainfield Mr. Green is having problems with first-year Mayor Adrian Mapp. Mr. Mapp was supported by Ms. DeFilippo while Mr. Green had backed Sharon-Robinson Briggs for re-election last year.

The real campaign season will begin after Labor Day when the public begins to pay attention.

Who Wants to Step Forward And Run for the Board of ED?

In 1995, Westfield's Board of Education election drew nine candidates for three seats on the board. Fast forward 19 years later and the board is struggling to find three candidates here in 2014. Incumbents Ann Cary and Rosanne Kurstedt, who serves as the board's vice-president, are not seeking re-election. The third seat is held by Mark Friedman.

The deadline to submit nominating petitions to the Union County Clerk's Office in Elizabeth, 2 Broad St., Room 113, in Elizabeth, is Monday, July 28 at 4 p.m. Petitions are available at the Westfield Board of Education offices, 302 Elm Street. The election will be held on Tuesday, November 4.

With a \$100-million budget for a district of 6,200 students and a staff of 877, the town's school board is critically important. In addition to deciding the annual budget including school taxes, board members have a great deal of input on drafting curriculum. Some members may want to use their talents by serving on the budget and finance committee, the negotiations committee - which negotiates on behalf of the board on teachers' contracts as well as other employee union agreements - the long range planning, policies, facilities, technologies or nego-

tiation committees.

Board members are here to represent the residents of this town to ensure that their tax dollars are being used wisely to give students the best possible education so they are fully prepared not only for college, but for when they enter the workforce.

If not all three BOE slots are filled on election ballots, voters can use the write-in option on election machines. In this case, the write-in candidate with the most votes will be elected if they meet the qualifications and are willing to serve on the board. If not, the BOE can seek applicants for the seat/seats and interview then or the Union County Executive Superintendent of Schools will appoint the new board member(s).

We believe the voters should choose who serves on the board of education, not the BOE or county superintendent. Thus, we encourage residents to consider coming forward and throwing their hat in the ring. Serving on the local school board is one of the most important volunteer positions in any town.

The lack of candidates for the Boards of Education is endemic with all towns in our region and most all in the state. Why is this?

Letters to the Editor

Westfield PAL Offers Free Yankees Tickets

The Westfield PAL is offering free Yankees tickets to two Yankees games, Wednesday, July 23, at 7 p.m. vs the Rangers, and Monday, August 4, at 7 p.m. vs the Tigers. Buses will leave from the Westfield High School parking lot promptly at 4:30 p.m. There is a service charge of \$22 per person to cover the cost of the bus, parking, and refreshments. Checks to the Westfield PAL must be received ahead of time. For information call or contact: Bus. Tel: (212) 732-2800, Cell: (908) 247-3487, e-mail: achin@ggsharp

Allen Chin
 Westfield

Scotch Plains Without the Chaos Of a Democrat-Led Council

Recently the Scotch Plains Democrat Party announced that one of their candidates for town council has been removed from the ballot because the local Democrats, led by Linda Stender, apparently forgot that it was illegal for him to be on the ballot in the first place since he is a federal employee.

Rose Checchio was named to replace him on the ballot for the November elections to the town council. I'm sure Ms. Checchio is a good person and as a business owner may well have more experience at rationally discussing and making decisions and participating in meetings than do one or more of the current Democrats on the town council. But it seems that she has not been following the town council very closely the last couple of years (and probably hopes that the voters haven't either).

In her press release she stated that, "We need the majority on the council to work together to stabilize taxes and ensure that we are spending our tax dollars wisely and cost effectively." This ignores that Scotch Plains this year will have the lowest municipal tax increase in over a decade and her Democrat colleagues, Kevin Glover and Colleen Gialanella on the current council, voted against it.

She also states that, "over the past years we've seen a deterioration of municipal services. We can do better picking up leaves, plowing snow, fixing potholes and maintaining township properties that have fallen in disrepair." Once again, I am not sure if she has been paying attention. Her Democrat colleagues, Kevin Glover and Colleen Gialanella, voted against this year's capital bond ordinance (without specific reasons until after their vote). The capital bond ordinance included new equipment to

Letters to the Editor

Scotch Plains Police to Put Brakes on Speeders

Would you like a chance to meet a Scotch Plains police officer? If you're speeding in Scotch Plains, chances are you will.

In response to countless complaints from residents about speeding on our streets, Scotch Plains Police Chief Brian T. Mahoney has instructed his Patrol Division as well as his Traffic Bureau to make speeding, and careless driving, a top priority.

"Our police vehicles are equipped with state of the art radar units and officers that are trained to use them," said Chief Mahoney. The new initiative is called, "Slow Down or Pay Up."

"Slow Down or Pay Up" is not a two-week crack down. Speeding and careless driving near our schools, on our narrow residential roads, and on our primary roadways, will simply no longer be tolerated.

There are no quick fixes to combat speeders. "The plan is simple," the Chief said. "Slow Down or Pay Up."

Chief Brian Mahoney
 Scotch Plains

GWACC News

The Greater Westfield Area Chamber of Commerce announces Lunch, Meet & Greet with Assemblyman Jon Bramnick on Tuesday, July 22, 12:00 to 12:30 p.m. with buffet lunch and remarks at 16 Prospect Wine Bar & Bistro in Westfield.

Republican Assemblyman Bramnick is a dynamic and entertaining speaker. He will be discussing developments in Trenton that will affect businesses in New Jersey. Bring your questions.



Parents Are Terrified that their Kids Will Be Gunned Down in Classroom

Looks like Leonard Lance wants to go out with a bang. That's the only conclusion we can draw from his detached performance at a Mountainside town hall gathering last week. We and nearly 60 constituents attended the meeting, hoping to learn why Lance supported the Right-to-Carry Reciprocity Act, which cripples New Jersey's existing gun laws, and why he does not support HR 1565, which would expand background checks.

His response? A canned speech about the need for an improved mental health system and a bazaar reference to murders in Newark under Cory Booker's tenure. Huh? Just one day before, Moms Demand Action For Gun Sense in America delivered more than 3,000 voter postcards in

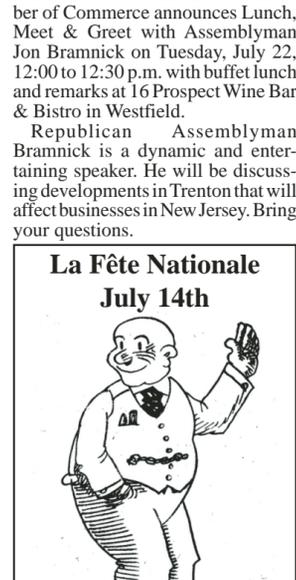
favor of common sense gun legislation to Lance's office.

Did he address those voters' concerns? No. He preferred to hone in on a GOP initiative to sue the White House for allegedly overstepping its constitutional authority. So while parents across the country are terrified that their kids will be gunned down in the classroom, Lance is focused on suing the White House.

C'mon Congressman. Use your time and our tax dollars to protect your constituents, not the funds you receive from the gun lobby. Sadly, Lance, and now we see Governor Christie, have no regard for the human side of gun violence.

Mitch Slater
Leslie Dickstein
 Westfield

La Fête Nationale July 14th



State LD-21 Sen. Thomas Kean, Jr. (R) 425 North Ave. E. Westfield - (908) 232-3673	State LD-22 Sen. Nicholas Scutari (D) 1514 E. Saint Georges Ave. Linden - (908) 587-0404	LD-21 includes Westfield, Mountainside, Garwood, Summit and Cranford.
Asm. Jon Bramnick (R) 251 North Ave. West Westfield - (908) 232-2073	Asw. Linda Stender (D) 1801 East Second St. Scotch Plains - (908) 668-1900	LD-22 includes Scotch Plains, Fanwood, Plainfield, Clark and Linden.
Asm. Nancy Munoz (R) 57 Union Place, Suite 310 Summit - (908) 918-0414	Asm. Jerry Green (D) 17 Watchung Ave. Plainfield - (908) 561-5757	Emails: senkean@njleg.org, senscutari@njleg.org asmbramnick@njleg.org, aswmunoz@njleg.org aswstender@njleg.org, asmgreen@njleg.org

12th Congressional District Rep. Leonard Lance (R) 425 North Avenue E., Westfield, NJ (908) 518-7733 [Westfield, Mountainside, Garwood, Summit and Cranford are in the 7th Congressional District].	7th Congressional District Rep. Rush Holt (D) 50 Washington Rd., West Windsor, NJ (609) 750-9365 [Fanwood, Plainfield and most of Scotch Plains are in the 12th Congressional District].
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Union County Freeholders Elizabeth, New Jersey (908) 527-4200 Al Faella, Mgr. afaella@ucnj.org Chris Hudak, chair chudak@ucnj.org Sebastian D'Elia, Public Info. (908) 527-4419 sdelia@ucnj.org
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