

Health Fair Open to Residents Of Several Local Communities

AREA - Residents of Westfield, Fanwood and Mountainside may attend a Health Fair on Saturday, November 3, from 8:30 a.m. to noon at Roselle Park High School in Roselle Park.

Sponsored by the Roselle Park Board of Health, in conjunction with the Westfield Regional Health Department, the program will include a variety of free services.

They will include flu vaccinations; physician consultations; screenings for blood sugar, blood pressure, anemia, hearing and vision; local hospital screening exams; pulmonary function testing; body fat analysis and

free samples.

In addition, there will be a Laboratory Blood Testing program available, for which registration is required.

Tests available at the following costs include: Smac-26 with differential, \$17; TSH, \$10; T4, \$5; RH Factor, \$10; Sed Rate, \$10; Total Iron, \$5; PSA, \$30, and Urine Analysis, \$5.

The health fair is also open to residents of Roselle Park, Garwood and Springfield. For information on registration for the laboratory tests, please call the Health Department at (908) 789-4070.

Scotch Plains Recreation Events

Coaches Certification Program, Wednesday, November 7, 7 p.m., Multi-Purpose Room, Scotch Plains-Fanwood High School.

This Coaches Safety Training Program will be conducted with the cooperation of the Rutgers Youth Sports Council. The three-hour session meets the requirements to indemnify coaches for liability under Little League laws. Pre-registration is required.

Residents may call the Scotch Plains Recreation Department to register. There is a \$25.50 fee for non-residents, which must be paid at the session.

Family Chemical Wizardry Workshop, 2 to 4 p.m., Sunday, December 9, Scotch Plains-Fanwood High School Cafeteria.

The workshop will feature hands-on activities and dynamic chemistry demonstrations for children in grades 1 through 6. Parents can participate in this program, which will feature making a glob from glue, copper coat nickels with electricity or collapsing a can with just air.

The cost is \$15 for residents and \$20 for non-residents. Registration is taking place in the Recreation Office through Friday, November 9.

Radio City Tickets Are Now On Sale

The Scotch Plains Recreation Commission is sponsoring a trip to Radio City Music Hall on Tues-

day, December 11. The bus will depart from the Green Forest Park parking lot at 3 p.m. for the 5 p.m. performance.

The bus will return to Scotch Plains immediately following the show. Residents and non-residents alike may register through Friday, November 9. The cost is \$55 per ticket for residents and \$60 for non-residents. Tickets will be sold on a first-come, first-served basis.

Scotch Plains-Fanwood Raiders Wrestling Club.

The club is open to boys, kindergarten through sixth grade.

An instructional program, wrestlers are grouped according to age, weight and skill level. Competition also includes matches set up with other area teams. For further details, please call Mike Ridge at (908) 889-5030.

Central Jersey Midget Wrestling.

This league is designed for children in kindergarten through second grade. It will be held one night per week for eight nights, from January to February. For more information, please call Mike Ridge at (908) 889-5030.

Fall Basketball Program.

Parent volunteer coaches are needed for the upcoming season. Please call the Recreation Office at (908) 322-6700, extension no. 221, for further details. Practices and games will be held on Tuesdays and/or Thursday evenings.



PUMPKIN PICKERS...On October 13, the Obsidians had a fun-filled afternoon at William's Nursery in Westfield. Both adults and youth enjoyed picking pumpkins, pony rides and a "scary-scary" hayride. For more information about club activities, please contact Carol Mercer at (908) 654-1840.

Center for Women Reveals Date for Financial Seminar

SCOTCH PLAINS - The Center for Women and Families (CWF) will hold a free Community Education Workshop, entitled "Smart Women Finish Rich," based on the book by David Bach, on Wednesday, November 7, from 7:30 to 9 p.m. at 1801 East Second Street in Scotch Plains.

Terry Drogin, a financial advisor with Morgan Stanley, will be the featured speaker at the workshop, which will outline seven steps to

help individuals achieve financial security and fund their goals.

Participants are asked to register in advance to ensure a spot. While the program is free, a \$10 donation is suggested to help the agency fund future services and workshops.

The Center for Women and Families is a private, non-profit United Way member agency offering low-cost individual counseling; legal consultations; self-help support groups and peer groups for children coping with separation or divorce; counseling and support for families managing children with developmental disabilities; help-line referrals and other services. Volunteer opportunities are available.

To register for the workshop or for more information about the center, its services and volunteer opportunities, please call (908) 322-6007 or email requests to thecenterforwomenandfamilies@yahoo.com. Additional information may be found at www.centerforwomenandfamilies.org.

Area Rabbi to Present Lecture Series About Reform Judaism Issues

PLAINFIELD - Rabbi Joel N. Abraham, the spiritual leader of Temple Sholom in Plainfield, will give a series of three lectures on successive Sunday mornings called "Current Challenges Facing Us As Reform Jews."

The lecture dates and topics include "The 'Ger' (Stranger or Convert) in Our Midst," on November 4; "Same Sex Marriage: Welcoming the Same Sex Couple Into Our Congregation," on November 11, and "Is Reform Judaism Losing 'Reform?'" on November 18.

These programs, part of the adult education offerings at Temple Sholom, are free and open to the public. Lectures will begin at 10:30 a.m. and will be preceded by a light bagel breakfast starting at 9:30 a.m.

Temple Sholom is located at 815 West Seventh Street in Plainfield. Parking is available off of Grant Street in the temple lot. Babysitting can be arranged in advance for Sunday mornings by calling Miriam Levy at (908) 756-2523. For further information, please call (908) 756-6447.

Irritable Bowel Group To Meet Tomorrow

AREA - A meeting of the support group for individuals with Irritable Bowel Syndrome tomorrow, Friday, November 2, from 7 to 8 p.m. in Conference Room 1 of Overlook Hospital in Summit.

Dr. Saad Habba, a physician in internal medicine and gastroenterology at Overlook Hospital, will speak to the group.

The group is free and parking is available in the Overlook Hospital garage. For more information, please call the New Jersey Self-Help Clearing House at (800) 367-6274.

Network With LeTip. It Works!

Hi, my name is June Toth and I am a Certified Public Accountant. I'm also a member of Westfield LeTip, a local networking group. LeTip members help fellow members develop business contacts. Recently, I attended a LeTip networking meeting and was introduced to someone who needed accounting, multi-state tax and management consulting services. This introduction resulted in an annual fee in excess



of \$12,000. LeTip works for me. For more information, call us at (908) 272-6760.



Of Westfield

Holiday crafts & international gift SALE

NOVEMBER 3 9:00 A.M.-4:00 P.M.

THE SILVER SNOWFLAKE

THE Presbyterian Church in Westfield
140 mountain avenue

handcrafted by international artisans:
100 Handloomed oriental rugs
handCarved wooden chests, cd cabinets, tables & screens
Jewelry, baskets, nativity sets, & Toys

Handmade by craftspeople:
Log cabin snowflake and garden quilts for silent auction
Tables, Decorative birdhouses, wreathes
Home décor items, hostess gifts, handmade baby gifts
Baked goods, jams and relishes

Kids' kormer for making crafts and gifts

Homemade soup and sandwiches at the snowflake café

Visa & mc cards accepted

Free admission ample free parking
Sponsored by Presbyterian women for mission projects

Strategy Class to be Offered On Stock Market Investing

WESTFIELD - Rutgers Cooperative Extension of Union County will offer a strategy class in stock market investing on Thursday, November 8, from 7 to 9 p.m. in the County Administration Building, first floor auditorium, located at 300 North Avenue, East, in Westfield.

Dr. Erica Fried, who holds a Master of Business Administration Degree, will conduct the seminar.

Participants will be told about potential pitfalls in stock market investing and explore strategies for

success. Resources and techniques for stock or mutual fund selection portfolio diversification and investment timing will be discussed.

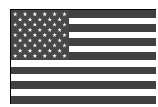
There will be a \$5 fee for materials, collected at the door. Registration is necessary and may be done by calling Cathy Forsythe, Family and Consumer Sciences Secretary, Rutgers Cooperative Extension of Union County, at (908) 654-9854 between 8:30 a.m. and 4 p.m., Monday through Friday. Individuals may also leave a message on her voice mail.

The Westfield "Y" Presents

"First Sunday For Freedom"
Sunday, Nov. 4, 2001 3:30-6:30 PM
Pasta Dinner Served at 4, 5 or 6 PM

\$10.00 per adult \$5.00 children under 18
Children under two years old are free
Proceeds to benefit

The United Fund/United Way Sept. 11 Fund
Call The Westfield "Y" To Purchase Tickets
(908) 233-2700



Activities Include:

- *Climbing Wall
- *Face Painting
- *Button Making
- *Origami Paper Cranes
- *Family Swim
- *Gym Games
- *Cupcake Decorating
- *Interactive Arts & Crafts
- *T-shirt Painting (Bring your own shirt)

Special Appearances By:

- * The NJ Field Music Fife & Drum
- * Native American Dancers
- * A Children's Storyteller
- * The Girl Scout Chorus
- * A Strolling Clown
- * Miller Cory Museum Craft Demo

The Westfield "Y", 220 Clark St., Westfield, NJ
For information call 233-2700

A Member Agency of the Westfield United Fund



Stars And Stripes Forever. But Not This Special Event.



You're invited to our special Veterans Day Celebration.

Saturday, November 10.

March right on over to a participating PNC Bank branch on Saturday, Nov. 10 for our Veterans Day Event. And join in the celebration featuring:

- Raffle for an American flag
- Refreshments
- Giveaways
- Special product offers

While you're there, you can get free checking for one year when you open a new checking account. Plus, you'll get \$50 when you open a new checking account with direct deposit!

GET \$50

When You Open A New Checking Account With Direct Deposit*

These may not even be the best offers we can make you. So join in our Veterans Day Switch Event. Or call 1-877-BANK-PNC. Because the Stars and Stripes will last forever. But not these special offers.



The Thinking Behind The Money.

Westfield Plaza • One Lincoln Plaza • Westfield
361 Park Avenue • Scotch Plains

* Open a new Basic, Regular, Interest or Express checking account, place a first full order of checks and apply for a new recurring direct deposit at the time of account opening and you will receive a bonus of \$50 credited to your checking account within 10 business days after the first direct deposit occurs. First direct deposit must occur prior to 12/31/2001. Offer is not available if you already have a recurring direct deposit into a PNC Bank account. Direct deposit must be an approved, recurring direct deposit. Examples of recurring direct deposit are payroll, pension, government benefit checks, etc. One \$50 bonus per household. Bonus may be considered taxable income. Please consult your tax advisor. Account must be opened on 11/10/2001. Offers may be modified or discontinued at any time without prior notice and may vary by market. Member FDIC