

## Abstinence Can Spare Teenagers Physical, Emotional Heartache

By REV. PAUL HANSEN

We live in a society where the prevailing voices in the area of teenagers and sexuality take the stance that today's teenagers are going to have sex, so we might as well help them protect themselves.

As a parent, you want what is best for your teenager, but what do you do? Do you say, "I prefer if you waited with sex until you are married but if you can't, then here is what you should do?" Or should you take a harder stance against premarital sex and express your disapproval, with or without contraceptives?

A study published by the Family Planning Perspectives found that when a mother had a good relationship with her teenage children, took a firm and expressed stand against premarital sex and avoided discussing birth control, her children were 12.5 times more likely to remain virgins through their teen years than their peers.

We sell our kids short when we tell them that they will not be able to control themselves sexually. We set them up for certain failure and untold heartbreak and pain by not challenging them to remain chaste until they are involved in a committed relationship. By commitment, I mean with a marriage certificate verifying that commitment!

While we would never encourage our children to play Russian roulette, encouraging the use of condoms is tantamount to this dangerous game. While thanks to public education, a large percentage of sexually active students use contraceptives, recent data shows that 1 out of 4 sexually active teenagers contracts a sexually transmitted disease (STD) each year.

Today there are more than 30 STDs; half of them are viral, incurable and lifelong. Teenagers in New Jersey

account for 52 percent of the chlamydia cases. A recent study showed that 60 percent of women at a local New Jersey college had Human Papilloma Virus. HPV cannot be contained with a condom because it is spread through skin-to-skin contact.

Recent studies show that the condom failure rate for unmarried, minority women ranges between 36.3 percent and 44.5 percent. Scariest of all, the HIV virus is 50 times smaller than even the smallest, naturally occurring flaw in a latex condom. Federal law allows up to four flawed condoms per batch of 1,000. And the FDA testing methods don't detect flaws of less than 10 microns (100 times larger than an HIV virus).

Dr. Robert C. Noble of the University of Kentucky, College of Medicine, said, "Passing out condoms to teenagers is like issuing them squirt guns for a four-alarm blaze. Condoms just don't hack it. We should stop kidding ourselves."

All this evidence aside, man has yet to create a condom for the heart. God says that a man and woman who are joined together in sexual intimacy become "one flesh." Sex is so much more than physical. There is something powerful, emotional, and yes, even spiritual in sex, as God designed it. We need to teach our children to save this precious gift for the person who is committing the rest of their lives to them.

If you need help in communicating the sexual abstinence message to your teen, contact the New Jersey Family Policy Council at 1-(877)-I-CAN-WAIT and ask about a local "True Love Waits" program for teens.

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*Reverend Hansen is Youth Pastor at the Evangel Church, located at 1251 Terrill Road in Scotch Plains.*

## Gardeners Still Have Much to Do During Waning Weeks of Summer

By JODY MELLOAN

The gardening season is winding down, but there is still plenty to do before autumn officially arrives. Some experienced local gardeners have a checklist of tasks for each month of the growing season. One is Louise Roche, whose garden on Willow Grove has delighted neighbors for many years.

High on her September checklist is dividing such spring blooming perennials as astilbe and columbine; she waits until spring to divide the perennials that bloom in fall. She also prefers to wait until after the first frost to cut back perennials.

As for lawns, she says, "I don't use any fertilizer except the organic ones after September 15, to prevent stimulating growth."

At their new home in Scotch Plains, Claudia Heffner spent the summer designing extensive flower beds, while her husband, Don, planted a large vegetable garden on their half-acre lot. Since completing the Master Gardener course given by the Rutgers Extension Service, Claudia has designed several gardens in the area.

In September, she says, it is time to start the fall garden cleanup while continuing to deadhead flowers. Plant peonies now, she says, and spring flowering bulbs when the weather grows cooler. Meanwhile, Don harvests the bounty of his nine large raised beds of vegetables. The Heffner garden is enriched by the compost they make themselves.

For Pat Volini, September is the month to take stock of her terraced garden, which spills down a steep slope behind her Kimball Avenue

home. She buys a variety of chrysanthemums and places them, still in their pots, in the "holes" in her terraced beds to provide autumn color.

She also divides perennials, often giving the extras to friends and neighbors, and transplants or discards those "volunteers" that have self-seeded.

During these last weeks of summer, you can get ideas for your own garden just by driving around town to view the great variety of attractive, often ingenious designs homeowners create.

On a Highland Avenue property, for instance, mounds of impatiens make a pleasing kaleidoscope of color at the foot of a winding path that is bordered with lariope and ivy. On Dudley, a corner yard is enhanced by a bed of pale yellow moonbeam coreopsis backed by low shrubs with leaves of cream and green.

And on Elm, a flight of brick steps is flanked by handsome beds of day-lilies with a profusion of burgundy blossoms.

Some gardeners need deadlines. Others are flexible. Ruth Elcome, a dear friend who lived for many years on Shackamaxon, was definitely a flexible gardener. She once said, "I move plants anywhere in my garden anytime I want to. If they don't like it, then out they go."

I remembered Ruth and her flourishing garden recently while I was on my knees digging up iris rhizomes to divide and replant. Some experts say this should be done by mid-July. I'm gambling that late August wasn't too late.

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*Jody Melloan is a member of the Garden Club of Westfield.*

## Runnells Guild to Hold Sale Of Sporting Goods Sept. 20

BERKELEY HEIGHTS - The Volunteer Guild of Runnells Specialized Hospital of Union County will hold a vendor sale by Krueger Sporting Goods from 8 a.m. to 3 p.m. on Thursday, September 20, in the Multi-Purpose Room of the facility, located at 40 Watchung Way in Berkeley Heights.

Items for sale, at discount prices, will include miniature binoculars, assorted magnifying glasses, jewelers loupes, reading glasses, sunglasses, compasses, Swiss Army knives, household tools, various gadgets, ladies sweaters and sport gloves.

Also available will be barber scissors, cuticle scissors, toenail and fingernail scissors, household scissors and other assorted scissors.

"Thanks to the hard work of our Volunteer Guild, the public is always invited to attend our vendor sales, free of charge," said Union County Freeholder Deborah Scanlon, Liaison to the hospital's Advisory Board of Managers. "A part of every sale goes to the guild to purchase items for Runnells' residents and patients, such as televisions, VCRs and prizes for the bingo games," she added.

The Volunteer Guild and the Office of Volunteer Services of Runnells Specialized Hospital of Union County are interested in recruiting volunteers. Flexible hours and a variety of opportunities exist with resident contact, as well as performing other tasks.

Interested individuals are asked to

call the Office of Volunteer Services at (908) 771-5847 for further information.

For information regarding Runnells Specialized Hospital, to schedule a tour or file an application, please call the Admissions Office at (908) 771-5901. There are no residency requirements for admission. Runnells accepts Medicare and Medicaid.



HELPING TO GIVE HOPE...Patricia McSweeney of Westfield, President of the New Jersey Bridge League, right, and Gerald Goodman, a representative of the American Contract Bridge League, present a check to Peggy Colony, Director of the Center for Hope Hospice. Through its hospices in Linden and Elizabeth, the center provides assistance to terminally ill people and their families.

## Center For Hope Receives Grant From Bridge League

WESTFIELD - New Jersey Bridge League (NJBL) President Pat McSweeney, a resident of Westfield, recently announced that the Center For Hope Hospice was the recipient of a \$500 grant awarded by the League.

The award was presented to Peggy

### Fanwood Presbyterian Thrift Shop Reopens

FANWOOD - The Thrift Shop at the Fanwood Presbyterian Church has reopened and is completely restocked with fall and winter clothes. The Thrift Shop is open every Wednesday from 10 a.m. to 4 p.m. and the entrance is on MacDermott Place in Fanwood.

Featured are clothing for men, women and children; shoes, purses, linens, dishes and other kitchen items, jewelry, books, greeting cards and knickknacks.

Items are sorted, priced and brought into the salesroom throughout the day.

Donations are accepted on Wednesdays during the Thrift Shop's regular business hours. All donated items must be clean and in good condition.

All proceeds from the sales are used to support the Fanwood Presbyterian Church Food Bank and selected local charities. None of the proceeds are used for church administration. The Thrift Shop is staffed by volunteers.

### Gift Wrap Sale Slated For Two Weekends At Immaculate Heart

SCOTCH PLAINS - The Immaculate Heart of Mary Rosary Society will run an Innisbrook Gift Wrap Sale this weekend and next, September 15 and 16 and September 22 and 23.

The sale will take place after the 5:30 p.m. Masses on Saturday evenings and after all Masses on Sundays, in the Father Byrne Auditorium of the Immaculate Heart of Mary Roman Catholic Church, located at 1571 South Martine Avenue in Scotch Plains.

Chairwomen Pat Markey and Rosemary Kelly, along with women from the Society, will be on hand to take the orders. Deliveries will be made before the holidays. All proceeds will benefit the Society's various charities.

### White Cane Drive Set For Fanny Wood Day

FANWOOD - The Fanwood Lions Club has announced that its White Cane Drive will be held in conjunction with Fanny Wood Day on Sunday, September 30.

Between 9 a.m. and 5 p.m., members of the Lions Club will collect donations at the Fanwood A&P on South Avenue, at Quick Chek on North Avenue and in the downtown where the festival is taking place.

Anyone donating funds will receive Lions' mints. All proceeds from the sale will benefit the Lions' various charitable works.

Colony, Director of the Center For Hope Hospice, at the District 3 Summer Regional Tournament sponsored by the American Contract Bridge League (ACBL) and held at the Crowne Plaza Meadowlands.

NJBL is an affiliate of the ACBL, which holds many charity games throughout the year, according to District President Gerald Goodman.

Previously, various national charities benefited from these games. This year, local units such as the NJBL were allowed to award funds to local charities.

Mrs. McSweeney noted that NJBL members volunteer at the Center For Hope, which has hospices in Linden and Elizabeth.

### Newcomers to Hold Welcome Tea Event At Church on Sept. 20

FANWOOD - The Scotch Plains-Fanwood Newcomers Club will hold a Welcome Tea on Thursday, September 20, at 8 p.m. at the Fanwood Presbyterian Church, located at Martine and LaGrande Avenues.

The annual event welcomes new residents and those who have had a recent lifestyle change, such as a birth, marriage or job change and acquaints them with the members and activities of the club.

For more information regarding club activities, please call Chris Dill at (908) 889-6035 or Carol Downs at (908) 889-4621.

## Red Cross Chapter Offers Courses in Lifesaving Skills

WESTFIELD - The Westfield/Mountainside Chapter of the American Red Cross has scheduled its fall classes in lifesaving skills.

A Community First Aid and Safety (adult, infant, child CPR and basic First Aid) class will be offered this Saturday, September 15, from 9 a.m. to 6 p.m., and again on Saturday, November 10, also from 9 a.m. to 6 p.m.

Three Infant/Child CPR classes will be held, covering choking, breathing emergencies and cardiopulmonary resuscitation for infants and children.

Classes will be hosted on Thursday, September 20, from 6 to 10 p.m.; Saturday, October 13, from 9 a.m. to 1 p.m. and on Tuesday, November 13, from 5:30 to 10:30 p.m.

A CPR for the Professional Rescuer (infant, child, adult and two person CPR) class will be offered on Monday and Tuesday, September 24 and 25, from 6 to 10:30 p.m.

This course is intended for individuals who have the duty to respond to emergencies as job requirements, such as lifeguards, Emergency Medical Technicians and health professionals.

The course will be repeated on Saturday, November 17, from 9 a.m. to 6 p.m. For those currently holding this certification but need renewal, a renewal class will be offered on Tuesday, October 16, from 6 to 10 p.m.

An Adult CPR class will be held on Tuesday, October 23, and will teach

## Fanwood Library Displays Student's Rock Collection

FANWOOD - The Fanwood Memorial Library, located at North Avenue and Tillotson Road, is currently displaying the extensive rock collection of one of its young patrons.

Mariel B. Mital, a 7½-year-old second grader at Brunner Elementary School in Scotch Plains, became interested in and began collecting rocks when she was about two years old. Some of her prize possessions, such as a 100-year-old fossilized seashell, were given to her by her family and friends.

The rock collection will remain on display through the end of this

month. It replaces the seashells which were exhibited during the summer months.

The library expressed appreciation to Eileen Marino of Fanwood for sharing her seashell collection; Marilyn Thompson of Scotch Plains for the loan of her QE2 model ship; Nathan James of Mountainside for his seashell wreath and Susan Koses for her beach photograph.

Anyone with items of interest that they would like to have displayed may call the library at (908) 322-6400 or send an email to fanwlib@lmax.org.



READY FOR SEASON...Justin Brennan, left, and Dan Nelson practice at band camp as the Raiders Marching Band gets ready for the fall season.

## SPF High School Band Prepared for Season

SCOTCH PLAINS - The Scotch Plains-Fanwood High School Raiders Marching Band prepared for its fall campaign with a pre-season band camp. Starting on August 20, the program consisted of two weeks of intensive practices, culminating in a recital on August 27 at which the students presented their parents and

supporters with a preview of the program that will be performed at football games and competitions during the fall.

Comprised of 82 musicians and 28 Color Guard members, the band will perform a repertoire entitled "Raider Jam: Songs That Swing," a medley of classic Jazz selections. The Raiders are directed by student Drum Majors, Laura Kavinski and Bill Gonch with Tri-Captains Nicole Bowman, Kristina Eide and Annmarie Klimowicz, providing leadership for the Color Guard.

This group of teenagers blends musical arrangements, precision marching movements and dance routines.

Members of the community are invited to see their hometown band in action. The band will present its musical talents at the following home football games: Westfield High School on September 22, East Side High School on November 3 and Union High School on November 22.

The home football games are played at Perry Tyson Field at the high school on Saturday afternoons at 1:30 p.m. except for the Union game which will be held on Thanksgiving Day morning at 10:30 a.m.

The Raiders will also participate in several competitions. The band will sponsor its 3rd Annual Marching Band Festival on Sunday, October 14. Seven high school bands will compete at Scotch Plains-Fanwood High School. Gates will open at noon. The first band will perform at 1 p.m.

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