

## Union County Parks Issue Winter Sports Guidelines

AREA — The Union County Board of Chosen Freeholders invites the public to visit the county park system to enjoy wintertime activities. Winter sports such as cross-country skiing, sledding and ice skating are permitted in several locations — weather, snow and ice conditions permitting.

Cross-country skiing is allowed at Ash Brook Golf Course in Scotch Plains, Oak Ridge Golf Course in Clark and the Watchung Reservation. There is no location in the park system suitable for downhill skiing.

"Our parks offer many opportunities for winter enjoyment," said Freeholder Bette Jane Kowalski. "But it's important for everyone to observe basic safety guidelines while engaging in winter outdoor activities."

The flagpole area in Echo Lake Park in Mountainside is the only sanctioned site in the Union County park system for sledding. Please note that toboggans, bobsleds and other non-steerable devices are strongly discouraged at any time, for safety reasons. The park supervisor may suspend sledding activities if there is not enough snow on the hill or if there are severe ice conditions. Children should be supervised at all times.

Snowmobiles are strictly prohibited in the Union County Park System.

The county park system is heavily wooded. The parks sit in proximity to roadways and bodies of water that can be hazardous to sledders and

snowboarders.

Galloping Hill Golf Course is not available for winter sports activities. Terrain of the course is considered too hazardous for this use. Snowboarding and sledding are also prohibited at the Ash Brook and Oak Ridge golf courses.

Many options are available for ice skating in natural areas. Lighted lake areas include Warinanco Park Lake in Roselle; Meisel Avenue Lake in Springfield; Rahway River Park Lake in Rahway; and Briant Park Lake in Summit. All areas are unattended and used at the patrons' own risk. Please observe all signs regarding ice conditions.

Non-lighted skating areas are: Warinanco Park Lagoon in Roselle; Black Brook Park Lake in Kenilworth; Nomahegan Park Lake in Cranford; Milton Lake Park in Rahway; and the extension lake and lagoon in Green Brook Park in Plainfield. Signs announcing the suitability of any natural area for skating will be posted. The public is urged to observe any restrictions since these decisions are based upon the lake's ice thickness and other safety concerns.

Ice hockey is permitted at designated skating areas at the discretion of the county police. This decision is based upon the ratio of ice hockey skaters and non-hockey skaters proportionate to the size of the skating area. It is the county's intention to provide adequate ice area for the enjoyment and safety of all skaters.

The Union County Department of Parks, Recreation & Facilities reserves the right to cancel winter sports at any park at any time if the conditions of the park are such that the safety of the public is in jeopardy.

For additional information regarding winter sports, call the Department of Parks, Recreation & Facilities at (908) 527-4900 between the hours of 8 a.m. and 4 p.m., Monday through Friday. Information can also be obtained by visiting our website at [www.ucnj.org](http://www.ucnj.org), or calling the recorded message at the Warinanco Skating Center (908) 298-7850, and the Union County Parks hotline (908) 352-8410.

### WF Woman Attends Barron Event

Ms. Enslie speaks throughout the county for companies, organizations and clubs. She is an associate professor, family and community health sciences educator, registered dietitian and a fellow member of the American Dietetic Association.

RCE provides information and educational services and is a division of Rutgers University.

For more information about these and other programs, please call Rutgers Cooperative Extension at (908) 654-9854.

AREA — Renee Golush of Westfield attended the "Top Women Advisors Summit" hosted by Barron's magazine in November at Ritz-Carlton in Orlando, Fla.

As determined by R.J. Shook and published in Barron's June 12, 2006 issue, 77 of the top 100 women financial advisors in the U.S. attended the first-ever event, which explored issues of wealth management.

Mrs. Golush is First Vice President Financial Advisor of Morgan Stanley in Short Hills.



UNION COUNTY'S BEST...Union County Sheriff Ralph Froehlich (right) congratulates five new Sheriff's Officers after swearing them in at a ceremony on December 4 in Elizabeth. The new officers, from left to right, are: Susannah Kump of Rahway, Timothy Sadowski of Rahway, Dino Capra of Kenilworth, Sean Perez of Union and Kyle Stec of Westfield.

### Sheriff Seeks Donations For Kids at 'Tree of Hope'

ELIZABETH — On Christmas Eve several years ago, a sheriff's officer responded to a courtroom disturbance at the Union County Courthouse. A 5-year-old boy was crying hysterically as his mother was taken into custody under the judge's order. The officer tried to console the boy, thinking he was upset about his mother.

His mother was a regular in the court with a long history of drug abuse and child neglect. The young boy was used to the scene, and it wasn't the reason for his tears. Knowing he would be placed in a shelter on Christmas Eve, he was afraid Santa Claus would not be able to find him to deliver his presents. The officer made sure Santa found the boy that year and never forgot the little boy.

In 1997, Union County Sheriff Ralph Froehlich asked that officer if she would like to start a program that would bring gifts to sick and needy children for the holidays. With that little boy in mind, the Tree of Hope was planted.

This holiday season, Union County Sheriff's Officers have set up their Tree of Hope for the tenth straight year. They

are seeking monetary donations, clothing and toys for children in need throughout Union County.

"At this time of year, we think about children enjoying the fun and excitement of the holiday season but it is important not to forget those kids who are less fortunate," Sheriff Ralph Froehlich said.

The Tree of Hope provides gifts for children with terminal illness, who have been victimized by domestic violence or whose lives have been affected by HIV/AIDS. "For almost a decade, these caring sheriff's officers have done a tremendous job in helping these children," Sheriff Froehlich added. "I call on everyone in Union County who can lend a hand to please join in this effort."

While toys are welcome, clothing and monetary donations are encouraged. Contributions of money (tax-deductible), toys and clothing can be sent to: Union County Sheriff's Officers Tree of Hope, Union County Courthouse, 2 Broad Street, Elizabeth, N.J., 07207.

For more information, call Sgt. Marianne Hopko at (908) 558-2574.

## Volunteer Office Becomes Part of County United Way

ELIZABETH — The Union County Office of Volunteer Services has moved and is now part of the United Way of Greater Union County (UWGUC). UWGUC-CEO James Horne, Jr. said, "We welcome Director Susan Pepper aboard and hope that everyone takes a moment or two to explore our new website at [volunteerunioncountyinfo.com](http://volunteerunioncountyinfo.com)."



Susan Pepper

Ms. Pepper, a Westfield resident, links volunteers of county communities to agencies and programs that need the helping hand. The center is funded in part by a grant from the Union County Board of Chosen Freeholders.

The center will work within the United Way to improve lives by bringing people and resources to solve serious social problems. It provides an array of services such as professional development training for boards and volunteer managers, arranges customized volunteer projects for corporate groups with United Way affiliated agencies and provides community service projects and internship placements for students.

On its website, one can search for volunteer opportunities for oneself, co-workers, groups or family. Additional services on the website include a community calendar displaying events of interest to volunteers; Donations Link to match in-kind donations from community members with agency needs and Board Match, a list of current openings for volunteers considering service on a

non-profit board. Non-profit organizations can also post opportunities on the website.

For more information, call Ms. Pepper at (908) 353-7171 ext. 105 or send an e-mail to [susan.pepper@uwguc.org](mailto:susan.pepper@uwguc.org).

United Way of Greater Union County develops and supports more than 100 programs that assist children and families. For more information, visit [uwguc.org](http://uwguc.org).

### Garwood and Westfield VFWs to Combine

GARWOOD — Veterans of Foreign Wars (VFW) Post Commander Dennis Clark announced the consolidation of Post 11467 of Westfield with Post 6807 of Garwood. The new charter will read VFW Bayleaf-Leonard J. Sanders Memorial Post 6807 Garwood-Westfield with address at 221 South Avenue Garwood, NJ 07027 and phone (908) 789-0880.

Post Commander Clark, also announced that the post will be forming a men's auxiliary unit. To qualify for membership, one must be a father, brother, half-brother, husband, widower, grandfather, son or grandson of an eligible veteran and must be at least sixteen years of age.

VFW is the largest war veterans' organization in the country. For more information, call Dennis Clark at (908) 789-2495, or (908) 247-5389.

### Rutgers Coop. Ed. Co-Authors Book

WESTFIELD — Ms. Karen Enslie, Ph.D., department head of Rutgers Cooperative Extension of Union County (RCE) co-authored the book, *Small Steps to Health and Wealth*. This book has sold over 8,000 copies. It introduces behavior change strategies to assist with health and wealth.

Ms. Enslie is offering a class focusing on these behavioral changes and will provide her workbook to attendees. RCE will offer an afternoon and an evening session for the class.

Also, Feeding Your Body and Soul class is scheduled for a 3 to 5 p.m. time slot in 2007. This class will discuss how family meals impact social and emotional health.

Ms. Enslie speaks throughout the county for companies, organizations and clubs. She is an associate professor, family and community health sciences educator, registered dietitian and a fellow member of the American Dietetic Association.

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**THE LAW FIRM OF DUGHI & HEWIT, P.C.,**

**WOULD LIKE TO EXTEND SINCERE APPRECIATION TO THOSE WHO ATTENDED THE DIVORCE SEMINAR THIS PAST WEEK AT THE WESTWOOD IN GARWOOD, NJ.**

**MARIO C. GURRIERI, ESQ., RICHARD A. OUTHWAITE, ESQ., AND LISA STEIN-BROWNING, ESQ. WERE WELL RECEIVED BY THOSE WHO ATTENDED.**

**THE SEMINAR PROVED TO BE BOTH INFORMATIVE AND MOTIVATING TO THOSE IN NEED OF LEGAL ADVICE.**

**AS A RESULT OF THE APPRECIATED INTEREST, ADDITIONAL SEMINARS WILL BE SCHEDULED IN THE FUTURE. ALL DATES WILL BE NOTICED IN THIS PUBLICATION.**

**IF YOU ARE INTERESTED IN ATTENDING OR WISH TO SCHEDULE A PRIVATE CONSULTATION, PLEASE CALL (908) 272-0200**

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### SOME OF OUR BEST FOR YOUR HOLIDAY

**MOTIF MERLOT \$11.99**  
The most improbable of retail holiday miracles — an affordable high quality California merlot. Lots of lush mulberry and blackberry fruit. A fascinating mid-palate with hints of clover, earth and tomato-leaf like herbs. Very food flexible, and fine on its own both before and after dinner.

**LOUISVALE GLENDEVON CABERNET SAUVIGNON \$21.99**  
A great example of the French influence on South African winemaking. It has all the forward fruit one expects from a newer (1653) wine nation, but also has the balance amongst the deep cassis, black cherry fruit, acid, and earth that mark great French Bordeaux. This should cost more than it does.

**ROUX PERE & FILS POMMARD 2004 \$37.99**  
A great price from one of Burgundy's most esteemed regions. A deep core of red and black fruits are interlaced with classic earth and floral tones. Great balance and vibrant acidity. This works best with an hour decant. After that, it can work with everything from turkey to prime rib.

**DUVAL PLEXUS SHIRAZ/ GRENACHE/ MOURVEDRE \$35.99**  
A wonderful Aussie blend based on Rhone Valley style wines. Complex flavors of blackberry, cassis, pomegranate, violet and licorice...to name a few. This should be decanted for at least an hour and served with hearty red meat dish.

**VINEYARD 29 AIDA RED 2001 \$79.99**  
From a very small, extremely good rocky vineyard sight, this is Napa wine at its finest. 74% Cabernet and 26% Merlot. Elegant, silky and long on the palate. Red currant, chocolate, tobacco, coffee, and violets. A great match for roast beef. Skip the famous name brands and try this.

**ARGIANO NON CONFUNDITUR TOSCANA \$19.99**  
An extremely well balanced and moderately priced example of what super Tuscan should be. A blend of Cabernet (40%), Syrah (20%), Sangiovese (20%) and Merlot (20%). Lively, rich and complex all at once. Red currant, earth and hints of herb all at once. Great with a rich leg of lamb.

Smart Wines

From Everywhere, At Every Price

**Feature Special**

**GIACOSA FALLETO SERRALUNGA BAROLO 1996**  
REG. PRICE \$275.00 SALE PRICE \$199.99

One of the most respected of Barolo's producers, this wine goes for far more at the most esteemed auction houses. Made from 100% Nebbiolo, it is full of raspberry, leather, anise, chocolate and tobacco. Very long on the palate and as it ages it grows more complex and delicate. Made from only seven and a half acres, this is a rarity. Beef, lamb and smoked cheeses all work well with this. If you need something very special — search no more.

**SHOO FLY BUZZ CUT WHITE \$11.99**  
A delightful and unique Aussie blend of Verdelho, Viognier, Sauvignon Blanc, and Riesling. The palate is refreshing, clean and dry. Lots of zingy citrus, subtle tropical tones and hints of apple and honey. Great by itself or with lighter fare.

**GEORGE MULLER HATTENHEIMER HASSEL RIESLING SPATLESE TROCKEN \$25.99**  
The records from this vineyard sight date to 954. This is the exact example of what great dry (trocken in German) Rheingau Riesling can be. Limes, flowers and apples, backed by a strong acid and mineral core. It lasts forever on the palate, and will age in your cellar even longer than that.

**J.T CHARDONNAY \$11.99**  
A dry, crisp, clean chardonnay from California. Lots of pear, apple, citrus and nectarine. Enough touch of oak to give a small hint of vanilla, but not so much that it hides the fruit. Nothing at the price from California holds a candle, or a wine glass, to this. Try it with poached salmon or grilled veggies.

**WITHER HILLS SAUVIGNON BLANC \$17.99**  
There are so many New Zealand sauvignon blancs from Marlborough that it is almost difficult to make distinctions. The lemon, pear and quince in this speak for themselves. Balanced and savory. And a steal.

**ROBERT AMPEAU PULIGNY-MONTRACHET 1994 \$99.99**  
One of the greatest chardonnays in the world. Ampeau holds his wine until he thinks it is ready to drink. The 1994 is his current release. Intense honeyed fruit flavors and a perfect smooth structure. Unique and worth every penny. This will continue to age gracefully for many more years.

**STEININGER GRUNER VELTLINER GRAND CRU 2005 \$27.99**  
Gruner Veltliner is Austria's greatest and most unusual gift to the world of wine. A native grape that is fermented dry, it is capable of great aging. In the best vintages it can last 60 or more years. Citrus, pineapple, white pepper, stone and flowers all dance around a great core of acid. Decant this for an hour. Try it with ham or try it in 20 years.

Your Favorite Vodka			Your Favorite Cordials			Your Favorite Gin / Rum			Your Favorite Whiskey		
Absolut 80	\$30.99	1.75L	Baileys	\$17.99	750ml	Bombay Sapphire	\$35.99	1.75L	Jack Daniels	\$36.99	1.75L
Ketel One	\$35.99	1.75L	Romana Sambuca	\$17.99	750ml	Tanqueray	\$31.99	1.75L	Jim Beam	\$24.99	1.75L
Grey Goose	\$26.99	750ml	Kahlua	\$16.99	750ml	Hendricks	\$27.99	750ml	Seagrams 7	\$15.99	1.75L
Smirnoff	\$19.99	1.75L	Southern Comfort	\$14.99	750ml	Beefeater	\$28.99	1.75L	Your Favorite Scotch		
Stolichnaya	\$30.99	1.75L	Amaretto Di Saronno	\$18.99	750ml	Gordons	\$14.99	1.75L	Dewars White Label	\$28.99	1.75L
Skyy	\$24.99	1.75L				Seagrams	\$16.99	1.75L	Chivas Regal	\$52.99	1.75L
Wolfschmidt	\$13.99	1.75L							Johnnie Walker Black	\$56.99	1.75L
Gordons	\$14.99	1.75L							Johnnie Walker Red	\$29.99	1.75L
									Clan MacGregor	\$16.99	1.75L

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We reserve the right to limit quantities while quantities last. Not responsible for typographical errors. All prices do not include state sales tax.

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HOURS: Monday - Saturday: 9am to 9:30pm • Sunday: 12pm to 8pm