

Anger Can Be as Destructive As Alcohol or Drug Abuse

By BRIAN NICKLAUS

Most people are aware of the dangers of abusing alcohol, tobacco and drugs. Even those who abuse these things are aware of the possibility of physical, mental and spiritual consequences. We try our hardest to warn our children about them, but what about all the other things? There are many other things that can get inside of a person and ruin his or her life besides marijuana or whiskey. Do we warn our children about these other things, too?

What about anger, for example? Sure, it's a human emotion and normal. Even the Bible says, "Don't sin in your anger," which sounds like it is possible to be angry without sinning. But there is a line that can be crossed. And most of us have crossed it. We say and do things we regret when our anger is expressed in unhealthy ways. In doing so, we hurt people we care about: our spouse, parents, children or friends.

In the heat of the moment, we acted in anger and caused some damage. If you wonder if you have a problem with anger, go for a drive on Route 22 during rush hour. These are short bursts that we all deal with at times, but what about long-term anger?

Many live with anger because of their childhood. Maybe they were abused, children of divorce, socially awkward, etc. Bad things happened and they continue to be angry about it for decades, living unhappy and bitter lives. Some people don't even realize they are angry, but just feel beaten down and depressed.

Our quality of life as a community is affected by anger. Hatred destroys relationships. Health problems can

be traced to seething anger. Some are crippled emotionally by anger. Many other problems are related to anger such as jealousy, revenge, vandalism, racism, road rage, disrespect.

Even if we could solve all drug/alcohol related problems, what would we do about anger, pride and selfishness? They aren't purchased in stores. The government can't pass laws to protect our children from these. They come from inside of us. And the longer they remain, the more damage they will cause for us and for those around us.

We live in a great community and need to continue to fight against substance abuse, but there are many other things that could be a blight on our community. We must fight against them as well.

Mr. Nicklaus is the minister at the Echo Lake Church of Christ, located at 419 Springfield Avenue in Westfield.

St. John's to Feature Youth This Sunday

SCOTCH PLAINS - St. John's Baptist Church will spotlight its young people this Sunday, June 10, at 10 a.m. when the children's and young people's choirs will sing. Special recognition and scholarship awards will be presented as well. The public is invited.

The Reverend Jeffery Bryan from the Tabernacle Baptist Church in Newark is the invited youth minister. St. John's Baptist is located at 2387 Morse Avenue in Scotch Plains. For more details, please call (908) 232-6972.



BRIDGE DAY...Seventy-seven girls from seven troops within the Fanwood-Scotch Plains Community of the Girl Scouts of Washington Rock Council, Inc. transitioned from Junior Girl Scouts to Cadette Scouts in a May 17 ceremony held adjacent to the Trailside Museum and Nature Center in Mountainside. Troops 156, 181, 337, 341, 392, 877 and 902 took part in the event, which included crossing a wooden bridge to signify their move from one Girl Scout level to another. The girls also lit candles and tossed popsicle sticks inscribed with a wish into a fire (pictured above).

NJWA Concert Band Plans Concert at Lady of Lourdes

MOUNTAINSIDE - The New Jersey Workshop for the Arts (NJWA) Concert Band, led by Howard Toplansky, will perform a free, two-hour concert on Sunday, June 10, at the Our Lady of Lourdes Roman Catholic Church, located at 300 Central Avenue in Mountainside.

Entitled "Renaissance to Ragtime," the concert will begin at 3 p.m. and will feature waltzes, marches, ragtime and the rhythms of Kurt Weill, well-known for the music of the *Three Penny Opera*. The band, now in its 12th year, also will play recently uncovered Russian repertoire from the early 20th century that is unknown to American music audiences.

During the concert John Ondrey, organist and adult choir director at Our Lady of Lourdes, will conduct "Palestrina Suite." It is described as showcasing characteristic Renaissance period musical themes. Mr. Ondrey also will perform as a trom-

bone soloist in the selection entitled "Londonderry Air."

Mary Ann Harmer, music director and cantor at Our Lady of Lourdes, will be featured as a vocal soloist with the NJWA Concert Band.

Other compositions will include the Overture to Robert Planquette's operetta known in Eastern Europe under the name of *The Bells of Corneville* and in Western Europe as the *Chimes of Normandy*.

The program also will include "Mr. Sandman," by Pat Ballard, and the waltz from the movie *Cruel Romance*, by Russian composer Andrei Petrov. Additionally, the NJWA Concert Band will perform a newly discovered work entitled "Westralia March," written by New Zealand composer Alex Lithgow.

For more information about the NJWA concert or joining the band, please call (908) 789-9696 or e-mail njwaband@att.net.

Redeemer Seeks Support For Doctor and Hospital

WESTFIELD - The congregation of the Redeemer Lutheran Church and School, located at 229 Cowperthwaite Place in Westfield, has chosen to support Dr. Kristen Schmaltz as its Mission of the Year for 2007.

A former member of Redeemer, Dr. Schmaltz is a missionary doctor in Guinea, Africa. The church community has helped to support her both financially and through prayer for the past seven years.

A goal of \$5,000 toward her yearly support was purposed. An anonymous donor pledged an additional \$10,000 if the purposed goal was accomplished. In just 12 weeks, the goal was completed.

Any additional money that comes in for the Mission of the Year will be directed toward a new hospital, Compassion Evangelical Hospital, which is going up in Mamou, Guinea, in West Africa. Dr. Schmaltz is a physician at the hospital, which is now in stage one of the building process.

The mission statement of the hospital and staff is to give the best medical and surgical care possible in a faith-based environment.

During stage one, the hospital will start up with only outpatient care and diagnostic services, as well as 16 beds for patients who need extra care. The hospital's long-term goal is to conduct 45,000 consultations annually and to offer complete hospital services, with additional beds to care for 80 in-patients. This is all anticipated to take place over 12 years.

Anyone interested in helping to support either Dr. Schmaltz or Compassion Evangelical Hospital is asked to call the Redeemer Lutheran Church at (908) 232-1517. Information also is available on the church's website at redeemerwestfield.com.

Park Visit to Feature Worship In the Woods

WESTFIELD - Temple Emanuel of Westfield has planned a trip to Hacklebarney State Park in Morris County on Saturday, June 16, for "Worship in the Woods" at 3:30 p.m.

Participants will explore the park's scenic environment with a 1.5-mile walk that will take them past waterfalls and hemlock groves to the worship site. All ages, and especially families, are encouraged to attend.

After a short musical Shabbat afternoon service led by Rabbi Leah Doberne-Schor and Barry Merer, individuals will walk a little further to a picnic area, where they will eat alfresco before heading home.

The park features wide, gravel trails, and restrooms are available. Attendees are asked to bring their own dinner. Dessert will be supplied. Reservations are required, along with a fee of \$5 per party, payable by Monday, June 11.

Once their reservation is confirmed, participants can pick up a map at the temple office at 756 East Broad Street, with directions to the park and instructions on where to meet. For more information on reserving a spot, please contact Carolyn Shane, temple executive director, at (908) 232-6770 or visit the temple's website at tewnj.org.

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