



TALKING POLITICS... Union County Republican Sheriff candidate Michael Ince, left, of Garwood recently met with Rep. Leonard Lance (R-7th). Mr. Ince will face Acting Sheriff Joseph Cryan, a Democrat, in the General Election in November.

'Vote-By-Mail' Service Offered at Westfield Office

COUNTY — Union County Clerk Joanne Rajoppi has announced that a "One-Stop" service is now available for Union County voters at the Westfield and Elizabeth offices of the County Clerk.

Eligible voters are able to apply for a Vote-By-Mail ballot for the New Jersey General Election in person at either of the Clerk's offices, receive their ballot and cast the ballot at the same time. The deadline to apply for Vote-By-Mail for the Tuesday, November 4 General Election is Tuesday, October 28 by mail-in application; the deadline to apply in person is Monday, November 3 before 3 p.m.

The County Clerk's Westfield Annex is located in the Colleen Fraser Building, 300 North Avenue East,

Westfield. Office hours are 8 a.m. to 7:30 p.m. on Tuesdays and Thursdays; 8 a.m. to 4 p.m. on Mondays, Wednesdays and Fridays; and 9 a.m. to 1 p.m. on Saturdays.

The Main Office of the County Clerk is located at the Union County Courthouse, 2 Broad Street, Room 113, Elizabeth. Regular office hours in Elizabeth are Monday through Friday, 8:30 a.m. to 4:30 p.m.

To obtain a Vote-By-Mail application form, voters may pick up the form at their local municipal building, download the form at the Union County Clerk's website at www.ucnj.org/vote-by-mail or contact the Union County Clerk at (908) 527-4996.

Fed Grant of \$1.1 M Aimed At Chronic Disease Prevention in NJ

WASHINGTON, D.C. — U.S. Senators Robert Menendez and Cory Booker (both D-N.J.) have announced \$1,149,073 in federal funding from the Department of Health and Human Services to support programs aimed at preventing chronic diseases such as heart disease, stroke and diabetes. Funded in part by the Affordable Care Act, the awards will strengthen state and local programs aimed at fighting these chronic diseases, which are the leading causes of death and disability in the United States, and help lower the nation's health care costs.

The specific grant awards are: \$699,073 to New Jersey for State Public Health Actions. This new

project funds land grant universities in states with counties that have more than 40 percent prevalence of adults. Universities will conduct intervention strategies through existing cooperative extension and outreach services at the county level. These strategies will improve physical activity and nutrition, reduce obesity, and prevent and control diabetes, heart disease, and stroke; \$450,000 to the Cumberland Cape Atlantic YMCA for Partnerships to improve Community Health (PICH) for public health strategies to reduce tobacco use and exposure, improve nutrition, increase physical activity, and improve access to chronic disease prevention, risk reduction, and management opportunities.

Berk. Hts. Arrest Leads To Recovery of LSD, Pot

BERKELEY HEIGHTS — The arrest of an Ewing man in Berkeley Heights last week led to the recovery of a significant quantity of LSD and thousands of dollars in cash, acting Union County Prosecutor Grace H. Park and Berkeley Heights Police Department Officer-in-Charge Lt. John DiPasquale announced on Monday.

Milton Pethica, 35, is charged with first-degree possession of LSD with the intent to distribute and five lesser drug offenses.

Pethica's arrest marked the culmination of a joint investigation by the Prosecutor's Office's Guns, Gangs, Drugs, and Violent Crimes Task Force and the Berkeley Heights Police De-

partment into recent sales of LSD and marijuana in the area.

A search of Pethica's backpack turned up four sheets of LSD — a quantity in excess of 100 doses — and approximately one pound of marijuana, authorities said in press release from the prosecutor's office. A subsequent search of Pethica's home on Masterson Court in Ewing turned up nearly \$16,000 in cash and marijuana packaging materials.

Bail for Pethica was set at \$75,000, after which he was placed in the Union County jail.

Convictions on first-degree crimes typically are punishable by terms of 10 to 20 years in state prison, according to the release.

Prieto and Bramnick Condemn ISIS

TRENTON — New Jersey Assembly Speaker Vincent Prieto (D-32nd, Secaucus) and New Jersey Assembly Minority Leader Jon Bramnick (R-21st, Westfield) released the following statement on Monday condemning ISIS (Islamic State of Iraq):

"The United States, as the leader of the free world and a symbol for liberty, recognizes the importance of peace in the Middle East and around the world, and that terrorism constitutes a serious threat to international peace and security.

"A current leading concern is the violent extremist in Iraq, Syria and the region, including the devastating humanitarian impact on civilians. The New Jersey General Assembly joins the world in its condemnation of ISIS and all others associated with terrorism for acts aimed at causing the deaths of civilians and other victims and undermining stability.

"And terrorism, including the actions of ISIS, cannot and should not be associated with any religion, na-

tionality or civilization.

"Fighting terrorists who think nothing of killing innocent people is the responsibility of all countries. Terrorism can only be defeated by a sustained and comprehensive approach.

"To that end, we, the leaders of the New Jersey General Assembly, stand united in the effort to protect people from a group that has no regard for human life. Those who have committed or are responsible for violations of human rights in Iraq and Syria, including persecution of individuals on the basis of their religion, or on political grounds, must be held accountable."

Firefighters Endorse Lance in 7th Dist.

WASHINGTON, D.C. — Two of New Jersey's leading fire fighters organizations have endorsed Rep. Leonard Lance (R-7th) for Congress.

The Professional Firefighters Association of New Jersey (PFANJ) and the New Jersey State Firefighters Mutual Benevolent Association (NJFMBA) both announced their support for the 7th District lawmaker's reelection to Congress.

The PFANJ represent in excess of 3,500 professional firefighters, emergency medical and allied support services personnel affiliated with the 300,000-member International Association of Fire Fighters. The NJFMBA is comprised of over 5,000 active and retired career firefighters, EMS and dispatchers throughout New Jersey.

"I am proud to have earned the support of New Jersey's firefighters," Rep. Lance said. "These brave men and women are among the best in the entire nation and that's why I will continue to champion their issues in Washington that are critical to safeguarding our local communities."

WF BOE Candidates Night on Oct. 15th

WESTFIELD — The Parent Teacher Council of the Westfield Public Schools invites the public to the Westfield Board of Education Candidates Night on Wednesday, October 15, in the auditorium of Westfield High School from 7:30 to 9 p.m. The six candidates seeking three open seats on the Westfield Board of Education, are: Michael Biele, Noreen Coleman, Mark Friedman, Christopher Langhart, Margaret (Peggy) Oster, and David Sexton.

A moderator from the League of Women Voters will present questions from the audience as time permits. Questions can be e-mailed in advance to Lisa Wendel, PTC chairwoman of the event, at atlkwendelptc@gmail.com. The Deadline for submission is Friday, October 10.

The Westfield Board of Education Candidates' Night will be taped for airing on WHS-TV36 through Tuesday, November 4, the day of the school election.

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A NIGHT AT THE RACES... Garwood Democratic candidates held "A Day at the Races at Monmouth Park Racetrack" fundraiser on Saturday. Pictured from left to right, are: Councilwoman Sara Todisco, Councilwoman Ann Tarantino, Mayoral candidate Charles Lombardo and Councilman Lou Petruzzelli. To the left of the jockey are the horse owners.

Community Colleges Get \$15 M For Job Training

WASHINGTON, D.C. — U.S. Senators Robert Menendez and Cory Booker (both D-N.J.) have announced that \$15 million in federal funding has been awarded to 12 New Jersey community colleges to train students for jobs in the healthcare field. Locally, Union County received \$804,372.

"This is the kind of public-private partnership that puts people on a career path to success by directly linking practical skills training with local businesses looking to hire," Sen. Menendez said. "This federal funding will help give unemployed and underemployed New Jerseyans the skill set they need to compete for today's in-demand jobs."

"Our nation's youth are our greatest natural resource and giving them the skills they need to land good paying jobs will strengthen our middle class and fill the skills gap," Sen. Booker said. "This \$15-million federal grant to 12 of New Jersey's community colleges will allow them to partner with employers to expand career training programs for in-demand jobs. I have fought for legislation and funding to help our young people enter industries like healthcare and manufacturing and will continue to fight for these resources."

The grants include: Bergen Community College, \$6,101,147;

Brookdale Community College, \$820,400; County College of Morris, \$774,488; Essex County College, \$819,100; Hudson County Community College, \$822,910; Mercer County Community College, \$732,777; Middlesex County Community College, \$825,000; Ocean County College, \$824,450; Passaic County Community College, \$836,144; Raritan Valley Community College, \$817,163, and Sussex County Community College, \$822,048.

The Bergen Community College Consortium partners with over 20 employers to provide students with the opportunity to enter in regional healthcare career pathways. The Consortium ensures that the participants in the program receive the training that is essential to obtaining desired careers in the healthcare field, including for nursing, emergency technician, home health aide, medication aide, medical administrative assistant and other credentialed professions.

Today's announcement is part of a \$450-million investment in job-driven training through the Trade Adjustment Assistance Community College and Career Training (TAACCT) competitive grant program administered in partnership with the U.S. Departments of Labor and Education.

Watson Coleman Discusses Pay Equity, Women's Health

EWING — Democrat Bonnie Watson Coleman has announced the first plank of her public policy in her campaign to become the newest representative for New Jersey's 12th Congressional District, a district that includes, Fanwood and most of Scotch Plains.

"As a member of the New Jersey Legislature, I have always stood on the front lines in the ongoing battle to make sure women's rights are not just protected, but also enhanced," said Ms. Watson Coleman, who currently represents the 15th Legislative District in the New Jersey General Assembly.

"I find it stunning that there could even be any dispute over a woman's right to earn the same salary as a man or whether a woman has the right to determine her own healthcare path, but I intend to be as big an advocate for women's rights in Washington as I have been in New Jersey if elected to Congress. Simply put, we need to end wage discrimination and ensure that women are paid the same amount as men for the same work and also make sure that all women have access to affordable health care coverage, including birth control," she said.

Ms. Watson Coleman's positions on women's rights, including pay equity and women's health can also be found at www.bonnieforcongress.com/womensrights

On pay equity, according to the campaign, Ms. Watson Coleman believes that "women are a key component in reviving the American

economy. When women succeed, America succeeds. Despite this fact, women are paid [77 cents] to every dollar earned by men regardless of job choice. Pay disparity has a significant impact on women with low incomes and single mothers. It impairs their ability to repay student loans and results in lower pensions, ultimately making retirement more difficult."

Ms. Watson Coleman sponsored the Unfair Wage Recovery Act legislation. Modeled after the Lilly Ledbetter Fair Pay Act, the Unfair Wage Recovery Act would have restarted the clock to file suit under the statute of limitations each time compensation is paid to a woman in furtherance of a discriminatory decision or practice. The lawmaker also supported the Wage Transparency Act, which would have provided women a tool to help uncover pay disparity. In Congress, Ms. Watson Coleman said would continue to fight for women to be paid equal wages for equal work.

On women's health, she believes that a woman's right to choose is between a woman and her doctor. She said she is "committed to protecting women's access to comprehensive reproductive health care services including access to contraceptives, education regarding all reproductive options, and support for healthy pregnancies." Ms. Watson Coleman said she would "continue to defend a woman's right to choose and vigorously oppose attacks against it."

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Dentistry Today

by Scott B. Schaffer, DMD



FROM THE MOUTHS OF BABES

By now, new mothers have been advised that breast-feeding confers numerous health benefits to both mother and child. Not only do the antibodies in mother's milk protect babies from disease, breast-fed babies also have lower rates of obesity and type-2 diabetes and may also be less likely to develop crooked teeth. This latter potential benefit is largely due to the different sucking mechanisms for bottle- and breast-feeding that affect the development of the muscles of the mouth, face, and palate. An analysis of the feeding histories and sucking patterns of nearly 1,100 children between ages three and five shows that breast-feeding allows for proper positioning of baby teeth, which is critical for correct jaw alignment and positioning of permanent teeth.

When breastfeeding, the child will benefit from the specific nutrition only you can provide. Whether you are 80 or 8, we have the oral health information you are searching for. We would like to increase dental awareness and stress the importance of regular dental care. Our caring, friendly team of dental professionals is committed to providing you with a clinically advanced, and comfortable, dental experience. Call us to schedule an appointment. We are the proud recipient of the 2013 Best of Clark Award in Dentistry.

P.S. As a child's permanent teeth begin to erupt, the dentist can analyze his or her swallowing mechanism for signs of "tongue thrusting," which may encourage the top front teeth to protrude.



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