

## Municipal Alliance Seeks Participants for Rally

SCOTCH PLAINS — The Scotch Plains-Fanwood Municipal Alliance Committee (SPF MAC) has invited residents of Scotch Plains and Fanwood to join in the first Union County Intertown Red Ribbon Relay on Sunday, October 24. The SPF MAC and relay participants will be stepping off at noon in front of Park Middle School on Park Avenue. Participants may run, walk or drive along the 1.5-mile route through Scotch Plains and Fanwood until they reach the Westfield border, at which point the red ribbon will be passed on to the Westfield Alliance and its relay participants. During the leg of the relay, which will be decorated with red ribbon donated by Irma's Hallmark of Fanwood, both the Scotch Plains and Fanwood police departments will escort the participants. This is the first year that the SPF

MAC will observe Red Ribbon activities, which began in 1985 as a groundswell of outrage and frustration at the death of Federal Drug Enforcement Administration Agent Enrique Camarena.

Groups of parents began wearing the small badge of red satin to show their support for drug free youth and to encourage others to take a stand against drugs. Today, it has grown into a week-long national observance during the month of October.

The Red Ribbon Relay is planned as a countywide celebration of Red Ribbon Week. Sixteen of the county's municipalities will be linked along five separate routes all leading into Nomahegan Park in Cranford. At the park there will be a celebration as red ribbons representing the participating municipalities enter the park.

The purpose of the Red Ribbon Relay is to heighten public awareness about the dangers of alcohol, tobacco and other drug abuse. Union County's Municipal Alliances work at the grass roots level, uniting diverse agencies and members of the community in the fight against substance abuse.

## Westfield Y Schedules Osteoporosis Workshop

WESTFIELD — The Westfield Y, 220 Clark Street in Westfield, will offer a four-week workshop on exercise and the prevention of falls for people with osteoporosis, beginning on Tuesday, November 2.

This 45-minute class will be held twice a week on Tuesdays and Thursdays from 9:15 to 10 a.m.

Appropriate for both men and women, the workshop is designed to reduce the risk of falling and to improve functional mobility. Participants will learn exercises to improve balance, strength, joint mobility and coordination.

Comfortable clothing and sturdy shoes are a must.

A doctor's release form provided by the Y is required before starting this class.

The fee for this program is \$28 for the four-week session. A minimum basic membership in the Y is required.

The Westfield Y is handicapped accessible. For more information, please call Karen Simon at (908) 233-2700.

## Deserted Village on Itinerary For Four Centuries Tour

The Deserted Village of Felville/Glenside Park will be one of the 22 historic sites participating in Union County "Four Centuries in a Weekend" celebration, Saturday and Sunday, October 23 and 24.

Nestled in the Watchung Reservation, the Deserted Village was created in 1845 by businessman David Felt. In its heyday, Felville was a factory town housing workers and their families.

After being sold by Mr. Felt, and serving as the site for several failed enterprises, Felville was reborn in 1882 as Glenside Park, a summer resort. This business closed in 1916 and the village remained dormant until being purchased by the Union County Park Commission in the 1920s.

The Felville of today contains 10 buildings and the archaeological remains of a vibrant community.

During the Four Centuries in a Weekend, self-guided tours of the Village will be available from 10 a.m. until 5 p.m. Visitors may pick up a map and narrative at Felville's parking lot located at the corner of Glenside Avenue and Cataract Hol-

low Road in Berkeley Heights.

Guided tours of the site will be led Saturday and Sunday at 2 p.m. by Dan Bernier, Bureau Chief of Park Operations and project coordinator of the village's restoration.

The tour will begin each day with a lecture explaining the history of the site. Participants will then take a one-mile walking tour, visiting the buildings, the mill site, and a cemetery from the Revolutionary War period.

The tour will be offered free of charge.

Picnic tables are available for those wanting to pack a lunch. Light refreshments, pumpkins, gourds and seasonal plants will be available for sale.

The Division of Parks and Recreation will also offer special "Felville by Candlelight" tours on Friday, October 30, at 5:45 p.m. for families with grammar school age children; and at 7:45 p.m. for teenagers and adults.

Pre-registration for these tours is required and there is a \$3 fee per person. Participants must be aged six years and up.

The first Candlelight Tour encompasses a short explanation of the site's history and a one-mile walking tour past vacant buildings and ending in the Revolutionary War period cemetery.

The second tour will be supplemented with a slide-illustrated lecture. Flashlights are requested; there will be some tin-pierced lanterns provided for atmosphere. Refreshments will be served. The rain date is Sunday, October 31.

Warm clothes and sturdy shoes are recommended. For more information about the Deserted Village or to register for the Candlelight Tours, please call Trailside Nature and Science Center, 452 New Providence Road, Mountainside at (908) 789-3670.

Information about Four Centuries in a Weekend is available from the Union County Division of Cultural and Heritage Affairs at (908) 558-2550.

## College Night is Scheduled At High School on Oct. 28

SCOTCH PLAINS — Students at Scotch Plains-Fanwood High School who are planning to further their education, and their parents, will have an opportunity to meet representatives from 130 colleges and universities at the 48th annual College Night on Thursday, October 28, from 7:30 to 9 p.m. at Scotch Plains-Fanwood High School.

Representatives will provide literature and answer questions about their institutions and some will offer slide and video presentations. Most colleges, universities, community colleges and technical schools from the tri-state area will be present, according to College Club spokeswoman Anna Martinelli.

Several other schools, including bible and art, will also be in attendance.

The event is co-sponsored by the College Club of Fanwood-Scotch Plains and by the High School Guidance Department. The High School Reserve Officers' Training Corps will assist in hosting the college representatives.

The College Club Community Calendars will be available for sale throughout the evening. Proceeds from the calendar sale benefit the club's Scholarship Fund.

For more information, please call Mary Clare Levins at (908) 889-4304.

## Workshops to Help Parents Prepare Kids for Millennium

SCOTCH PLAINS — The Scotch Plains-Fanwood school district is presenting an educational forum on Monday, October 25, entitled "Preparing your Child for the Millennium."

Beginning at 7 p.m. in the Multipurpose Room of Scotch Plains-Fanwood High School on Westfield Road, the program will consist of choices of educational workshops for parents and

other interested community members. It is being held in conjunction with the Scotch Plains-Fanwood Municipal Alliance and the National Football League Players Association.

Topics will include "Tolerance," "Dating and the Social Scene," "Bullying," "Alienation," "Loners and Cliques," "Conflict Resolution" and "How to Listen to What Your child is Saying."

## Mountainside Health Board To Conduct Health Program

MOUNTAINSIDE — The Mountainside Board of Health will conduct a Health Day on Saturday, November 6, from 9 to 11 a.m. at the Mountainside Municipal Building, 1385 Route 22 East, Mountainside.

The Health Program will offer an extensive blood screening, consisting of a SMAC 26, CBC and HDL. Medical Laboratory of Westfield Orange will conduct the blood testing.

The SMAC 26 is an elaborate blood analysis monitoring several bodily functions. The CBC test is a test including a red blood cell count, a white blood cell count and differential count. The CBC test may indicate the presence of such conditions as infection, anemia, allergies and lung disease.

The HDL test measures factors protective against coronary heart disease. The SMAC 26 is used in assessing total cholesterol results, to determine possible coronary risk factors.

Robert M. Sherr, Director of Health, has noted that anyone taking the blood test must fast 12 hours prior, with the exception of water. Registration for

the blood test is mandatory and will be conducted by the Westfield Health Department, 425 East Broad Street, Westfield from Monday, October 25, through Thursday, November 4, from 9 a.m. to 4 p.m.

The cost of the SMAC-26 test is \$16. Additional tests can be performed at the following costs — T4 (thyroxine test), \$5; TSH (thyroid stimulating hormone), \$10; PSA (prostate test), \$30; Blood Group/Rh Factor, \$10; Iron, \$5; Sed Rate, \$10; Hepatitis C, \$25; and Hepatitis B, \$25. All fees must be paid upon registration.

The Health Day will offer a Blood Pressure Program. Hemocult test kits will be available to test for occult blood in the gastrointestinal tract. Test packets/dietary restrictions will be distributed at the Health Program.

The program is subject to cancellation, unless a minimum participation of 25 is achieved.

The Health Day is open to residents of Mountainside, Westfield, Fanwood, Garwood, Roselle Park and Springfield exclusively.

## New Member Tea Planned By Rake & Hoe Garden Club

WESTFIELD — The Rake and Hoe Garden Club of Westfield will hold its annual new member tea on Thursday, November 4, at 1 p.m. at a member's home in Westfield.

The purpose of this informal tea is to provide prospective new members the opportunity to meet with garden club members and obtain information about the club.

To attend the club, please call the club's vice president, Karen Fowler at (908) 654-2748, for location and directions.

The Rake and Hoe Garden Club meets the second Wednesday of every month from September to June at the Westfield Y from 12:30 to 2:45 p.m.

Each meeting starts with a half-hour social, followed by a lecture on gardening related topics and a general meeting in which members discuss events offered by the club.

Throughout the year, there are workshops to learn flower arranging, garden planning, container gardening, bo-

tanical crafts and birding. The club assists several local civic organizations, holds ongoing community projects and maintains gardens at the Miller-Cory House Museum and the Trailside Nature and Science Center.

Every few years members participate in a fundraiser for the club such as its holiday house tour, garden tours, flower show or a flower design luncheon. Proceeds from these fundraisers support the club's civic affiliations and grants offered to the community that either encourage education or preservation of natural resources.

Rake and Hoe Garden Club, which originally organized in May 1952, is a member of the National Council of Garden Clubs, Inc. and the Garden Club of New Jersey, Inc.

## SP-F Historical Society To Hear Discussion On Drinking Origins

SCOTCH PLAINS — The Historical Society of Scotch Plains and Fanwood's monthly meeting will feature a discussion on the evolution of drinking in early America on Tuesday, October 26, at 8 p.m. at the Fanwood Train Station.

Dr. Mark Lender, history professor at the graduate department at Kean University, will discuss the origins of drinking, what it meant, and how and why attitudes changed.

The public is invited to attend. Refreshments and fellowship will follow the meeting.

For more information on the Historical Society, please contact President Richard Bousquet at P.O. Box 261, Scotch Plains, 07076 or call (908) 232-1199.

## Couples Without Kids Group Seeks Members

WESTFIELD — Couples Without Kids, a new social club in Westfield meeting on the first Friday of each month in a member's home, is seeking new members.

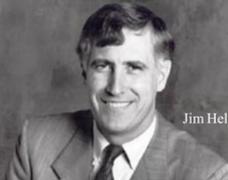
Currently, the group is comprised of three to four couples and would like to have five to six couples in the group.

Couples Without Kids has taken a cruise from New York City to Nova Scotia, planned movie and weekend outings and dinner parties.

For more information on the group, please call Kathleen Bambas at (908) 317-4887.



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