



AT THE POLISH (CONTINUED FROM PAGE 46)

dishes, the nobility - nine, and the peasantry - seven.

The meatless meal symbolizes the cleansing effect of abstinence in preparation for the great event at midnight. The first course is soup - the most common is a clear beet broth (*barszcz*) with tiny mushroom-filled dumplings (*uszki*) floating within, clear mushroom soup served over egg noodles or even a soup called *siemieniotka* which is prepared from hemp seed and served with buckwheat groats (*kasza gryczana*). Fish dishes include herring, marinated, in oil or in sour cream and carp in various forms: fried, baked, in raisin sauce or in aspic.

The beloved Polish *pierogi* with various meatless fillings, buckwheat groats, *kapusta* stewed with mushrooms and/or yellow peas (*z grochem*) are some of the many foods that can be served.

Sweet dishes such as almond soup, noodles and poppyseed, wheat and honey pudding, rice and apple casserole and traditional cakes include poppy seed rolls, fruit cakes, and honey-spice cakes round

KOLEĐY

(CONTINUED FROM PAGE 40)

Vatican City (December 23, 1996). "Churches are filled with sublime, joyful, and at times even melancholy melodies, the tones and text of which express the most profound truths connected with the event and mystery of the birth of the Son of God... The singing of carols [as I remember in Poland] signified the distinctive unity of those who came to Christ in Bethlehem... Polish carols not only are a part of our history, they actually have formed our national and Christian identity. They are numerous and form a great treasure... we need to cherish this musical treasure. As I share the Christmas wafer with you today, I wish everyone: Poles living in Poland, here in Rome, and throughout the world to sing our carols, to meditate on their meaning so that you may find in them the truth of God's love, the love of a God who was born among us."

During his first pilgrimage to Poland as Pope, John Paul II said "A person does not need to have a good voice to sing, but needs to sing to have a good voice." Let Polonia's voice and Poland's adored *kolędy* be heard.

Beautiful recordings on CD of Polskie Kolędy have been recorded by the two most prominent national folk ensembles in Poland - Mazowsze and Śląsk, and in the U.S. by the Lira Singers of Chicago.

Note: Quotes of Pope John Paul II - A Polish Christmas Eve - Traditions and Recipes, Decorations and Song by Rev. Czesław Michał Krysa.

out the meal. *Kutia* - a sweet grain pudding, originated in eastern part of Poland. The base is cooked wheat, with whole grains, poppy seeds, nuts and dried fruits

A *kompot* (stewed fruit dessert or beverage), made of 12 different fruits honors the twelve Apostles. Although drinking is rather subdued, often a hot honey-spice cordial known as *krupnik* is served.

At midnight, all attend *Pasterka* or Midnight Mass.

WestoŸch Świat Bożego Narodzenia!

MVC

(CONTINUED FROM PAGE 11)

Additionally, the MVC participates in a number of community events and professional forums where motorists have an opportunity to receive information and get answers specific to their particular industry or situation.

"The questions we hear range from a simple inquiry about hours of operation to more complex issues involving the medical review process, but in the end, it's the MVC ensuring that its customers' issues are being addressed," added Sullivan.

The MVC Speakers Bureau provides groups with knowledgeable professionals who can speak on a wide range of motor vehicle-related topics. Some of the most popular topics include the 6 Point ID Verification/Driver Licensing Process, suspension and surcharge issues, business services and motorcycle safety. For more information about the MVC Speakers Bureau, call (609) 984-3605 or E-mail the MVC at MVC.Speakers@dot.state.nj.us

A NEW LIFE

(CONTINUED FROM PAGE 29)

in my passport. It took up the entire page, with a big "United States of America" spilled on it like rainbow paint. I have it, I thought and smiled. As I made my way to exit the building, I passed a crying girl, whom I must have seen in the waiting room, about my age. "What happened?" I asked, knowing exactly why she was crying. Somehow I wanted to hear it, as if hearing it, the failure, could ensure me about my success. "I didn't get it," said the girl, and looked at me bitterly. Her mascara, carefully applied this morning with hope of running away to New York or Los Angeles, was now running down her face with tears. "Did you?," she asked with her green eyes piercing my hidden smile. "Yes," I said, although I should have said "no." I was thrilled, victorious, impatient, lucky as hell, and the rest of the world didn't matter. "Yes," I repeated and smiled. "I'm going to America."

FELICIAN

(CONTINUED FROM PAGE 16)

of health in collaboration with Harvard and New York University Medical Schools. She has authored a chapter on Transcultural Ethics and has conducted research on patient autonomy and informed consent in Pakistan and Jordan. This research has been translated into Urdu and Arabic. She has also conducted ethics workshops sponsored by the United States Agency for International Development (USAID), and Fulbright Intern-country grants in Qatar, Finland, and Jordan.

She also helped develop graduate and undergraduate programs in nursing in Iran, Jordan and Pakistan where she also served as the Director of the BSN Program.

In collaboration with the United Nations office in Tehran, Iran, and the Imperial Medical Center of Iran, Norton developed an immunization program for villages outside Tehran and immunized 500 children.

She served with the United Nations High Commission for Refugees, International rescue Committee and Cornell Medical School cooperative project delivering health care in the Cambodian refugee camps on the Thai/Cambodian border.

Norton holds a Bachelor of Arts degree from Jersey City State University and Master of Arts, Master of Education, and Doctor of Education degrees from Columbia University, New York. She has completed a post-doctoral course in Biomedical Ethics and the Medical Humanities at Columbia University College of Physicians and Surgeons, NY.

About the DPI/NGO

Non-Governmental Organizations (NGO) have been partners of the Department of Public Information (DPI) since its establishment in 1947. The Economic and Social Council in its resolution 1297 called on DPI to associate NGOs with effective information programs in place and thus disseminate information about issues on the United Nation's agenda and the work of the organization. Through associated NGOs DPI seeks to reach people around the world and help them better understand the work and aims of the United Nations.

About Felician College

Felician College is a coeducational, liberal arts, Catholic college, enrolling 2,400 students in undergraduate and graduate degree programs in the Arts and Sciences, Business and Management, Teacher Education, and Health Sciences and Nursing. A Division II member of the National Collegiate Athletic Association (NCAA), Felician College competes in baseball, softball, soccer, basketball, cross-country, track and field, women's volleyball, and cheerleading. Founded in 1942 by the Felician Sisters in the Franciscan tradition, Felician College is located on two campuses, in Lodi and Rutherford, New Jersey.

CALENDAR OF EVENTS (CONTINUED FROM PAGE 44)

John Pietranowicz, NJ - Dec. 29. John Roman, FL; John Kopansky, NY - Dec. 30. Eugene Sitariski, NJ; Raymond Pinero, PA; Edgard Popowski, PA - Dec. 31. Laura Santillo, NJ; Mary Piwko, MA; Walter Pozniak, MA; John Czerniawski, NJ; Harry Talatinik, NJ - Jan. 1. Leo Pavelco, PA - Jan. 2. Arlene Ehst, PA; Sadie Pankolec, NY; Michael Ragan, NJ - Jan. 4. Phillip Ashe, NY; Toni Kilroy, IL - Jan. 5. Maryann Kobberman, IA; Walt Stachacz, CT - Jan. 6.

ANNIVERSARY WISHES TO: Al & Jenny Walencyk, NJ - Dec. 25. Edward & Helene Czuj, MA - Dec. 26. Curtis & Ruth Thompson, NY - Dec. 28. Edward & Laraine Brylczyk, MA - Dec. 29. Charles & Violet Stewart, PA - Dec. 30. Franklin & Patty Miller, PA - Dec. 31. Tom & Barbara Bentkowski, NJ - Jan. 1. Ed & Barbara Opiola, NY; Joe & Bernice Plestis, NY - Jan. 5.

CHRISTMAS DAY DINNER FOR SENIORS

NEW JERSEY - Passaic County Board of Chosen Freeholders and the Department of Senior Services will sponsor the 4th annual Christmas Day Dinner for Passaic County elderly residents who are without families during the holidays. The dinner will be held 12 noon, Thursday, December 25 at the Totowa Senior Center, 930 Riverview Drive, Totowa. Transportation is available. The event, funded through private donations, includes a full course dinner, music and dancing as well as gifts and a visit from Santa. "The Christmas season can be a very lonely time of year for the elderly who may not have family or friends living nearby", said Freeholder Pat Lepore. "In the spirit of the season, the Freeholder Board and the staff are reaching out to lend a hand so that our residents have a choice to spend the holiday among friends and in a festive setting," he said. "We are extremely touched by the compassion and willingness of our volunteers to change their Christmas Day family traditions in order to share it with others". Reservations are being accepted through Friday, December 18th. Seating is limited. Contact Elyssa at 973-569-4060 to reserve a seat. Donations are also accepted.

LIBRARY SERVICES AVAILABLE FOR HOMEBOUND

NEW JERSEY - Homebound Ocean County residents can borrow from the rich collection of the Ocean County Library and have those materials delivered to their home free of charge through the library's Home Borrowers Service. The service is available to Ocean County residents who are permanently or temporarily disabled or who lack transportation. A medical note is not required. To enroll in the service calls your local branch or the Homebound & Volunteer Services Department (732) 349-6200, ext.

SUDOKU
PRESENTED BY

VolunteerMatch.org
Where volunteering begins.

4		9		2		3		
		1						
	7		4		6			2
	5		8		9			
7								8
			1		5		4	
1			5		3		9	
						2		
		6		1		5		7

© 2009, StatePoint Media, Inc.
Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

ANSWERS ON PAGE 51

