

SUSSEX COUNTY PROSECUTOR'S OFFICE

Guilty Plea

Contempt

On Jan. 16 Mohammed Elazab, 29, of Newton, pled guilty to an accusation charging him with fourth-degree contempt. Elazab admitted to the court that on or about Nov. 19 he had violated a final restraining order entered against him under the prevention of domestic violence act.

Cocaine distribution

Edward Toliver, 21, of West Orange, pled guilty on Jan. 16 to the third-degree crime of distribution of cocaine within 1,000 feet of a school and the second-degree crime of distribution of cocaine within 500 feet of a public park. He is scheduled for sentencing on March 16.

He admitted that on Oct. 2 last year in a room at a local hotel he distributed cocaine to an individual cooperating with the Sussex County Narcotics Task Force. The room was located within 1,000 feet of Hopatcong High School and within 500 feet of the Hopatcong Civic Center.

And more drugs

A man pled guilty on Jan. 16 to the third-degree crime of possession of cocaine, for hindering the apprehension of oneself, a disorderly-persons offense and to driving while suspended. He is scheduled for sentencing on April 6.

Timothy Wamback, 32., of Hamburg, admitted that upon being stopped on Nov. 30 for a motor vehicle violation, he gave a false name in order to avoid having it discovered that his license was suspended and that he also possessed a bag of cocaine.

And drugs some more

David Washer, 22, of Newton, pled guilty to possession of cocaine, a third-degree crime on Jan. 16. He admitted that on Nov. 7 he possessed two vials of cocaine. Sentencing is scheduled for March 2.

Controlled substance

Shannon Heath, 32, of Sussex, pled guilty on Jan. 16 to obtaining a controlled substance by fraud, a third-degree crime. She admitted to obtaining hydrocodone by

calling a pharmacy in Hamburg on Feb. 2 and representing herself to be a doctor's office. She is scheduled for sentencing on March 2.

A television for me

On Jan. 16 Andrew Darezzi, 51, of Franklin, pled guilty to shoplifting, a third-degree crime. He admitted to shoplifting a 32-inch television valued at \$902. Sentencing is presently scheduled for March 2.

Burgled

Betsy Craig, 52, of Franklin, pled guilty on Jan. 22 to burglary, a third-degree crime, and theft, a fourth-degree crime. She admitted that she entered a car and stole a cell phone and purse. Sentencing is presently scheduled for March 16.

Sentencing

Drug possession

Billie Webb, 26, of Montague, was sentenced to two years probation, 162 days credit for time served in jail, must attend AA/NA meetings, undergo substance abuse treatment and pay \$1,205 in fines along with a six-month loss of driver's license.

She pled guilty on Oct. 16 to the third-degree crime of possession of heroin. She admitted on July 17 last year she possessed five empty bags and five full bags of heroin in Franklin.

Fiery mischief

On Jan. 19 a juvenile was sentenced to 12 months probation with days detention suspended. He or she must also attend school every day, follow all home and school rules, pay \$465 restitution to the victim, submit a DNA sample, undergo random drug testing and write a letter of apology to the victim and pay court fines.

He or she pled guilty on Jan. 18 to third-degree criminal mischief. The juvenile was adjudicated a juvenile delinquent by the court. He or she set fire to leaves on top of a vehicle, causing damage to the vehicle.

All persons are assumed innocent until proven guilty.

Chef says raw food diet means health and energy

BY WENDIE MAKOUJY
Correspondent

An avowed skeptic when it comes to health foods, supplements, fad diets and the like, this reporter attended the Raw Foods Workshop on Saturday, Jan. 20 at the Sparta Ambulance Squad House with the intention of staying just long enough to gather enough information for an article. After all, a diet of strictly raw foods didn't sound like much fun; what are we, rabbits? Imagine my surprise, then, when I found it so intriguing, I ended up staying the whole four hours (four and a half, actually), and enjoying the samples with enthusiasm.

The benefits of going raw

Christie Kellogg, of Vernon, is a certified raw chef and proprietor of the consulting and chef business she created called Raw in a Nutshell. Kellogg spoke to a rapt audience as she recounted the startling health benefits that have been documented from switching to a raw diet.

"We don't realize how many chemicals and other stuff that's just plain bad for us we put into our bodies in what we consider a 'normal' diet today," she said. "The truth is, quality of life comes from the quality of our cells, and anything that depletes oxygen or takes more energy than it gives is potentially disease-producing."

She cited some startling statistics; for example, at the turn of the century, only one in 8,000 died of cancer; today, it's one in three. Granted, one can assume that statis-



Christie Kellogg

tic exists in large part because back then, people probably only lived until their forties on average, and high infant mortality and once-rampant but now-eradicated diseases like measles, tuberculosis and smallpox tended to fell people before cancer got to them. But one has only to look at today's burgeoning obesity rate, coupled with epi-

SEE RAW FOOD, PAGE 10

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SEW FUN



PHOTOS COURTESY OF MAUREEN LASSLETT

Carlyn Hudak demonstrates how to tie a quilt to members of Girl Scout Troop 797 from Hardyston. The group took a trip to the shop where they helped to make baby blankets that will be donated to local areas where they are needed.



Carlyn Hudak from Pieceful Choices Quilt Shop shows girls from the Girl Scout troop how to make a quilt.

Gourmet in the raw

BY WENDIE MAKOUJY
Correspondent

America is an overweight, yet a paradoxically ill-nourished nation, says Christie Kellogg, a certified raw chef from Vernon who gave a workshop on raw cooking in Sparta on Jan. 20.

"As a nation, we eat a lot," she says, "but mostly the wrong things. Too many fats, 'bad' oils, and not enough enzyme-laden foods. And when we do eat the right foods, we often defeat the purpose by cooking the nutrients right out of them."

Skeptics often ask her how she gets her protein on a raw diet; she explains that they come through the amino acids that are abundant in leafy greens, sprouts, nuts and seeds. And when asked about how to satisfy a craving for warm food in the winter, she advises using "warming" spices, and allows that it's okay to warm food up to 114 degrees.

Kellogg stresses that raw doesn't have to mean boring, and ably demonstrated that premise with the samples she whipped up in her workshop, as attendees peppered her with questions. With gourmet dishes like a specially-made cole slaw, a kale salad with

a lemon-dates-garlic vinaigrette, and a "souped-up" broccoli soup, taste-testers were pleasantly surprised at the array of tastes and textures that made for some appealing cuisine. A delicacy called "tuna" salad was actually made with germinated walnuts, parsley, lemon juice, olive oil, celery, red seaweed, dill, onion, garlic, bell pepper, sea salt and celery -- but did taste oddly like tuna salad, only better. And a flavorful vegetable lasagna -- in which zucchini sliced lengthwise stood in as the "noodles" -- was a big hit, as well.

Finally, Kellogg served up the blueberry-banana pie that she'd prepared at the outset and that had been chilling while she made the other dishes -- quite good and easy to make for those who wish to give it a try:

RAW BLUEBERRY-BANANA-ALMOND PIE

2 cups almonds
.5 cups soaked, dried dates
2 ripe bananas
5 cups blueberries (frozen is fine)
1.5 Tbsp raw honey
1.5 tsp silium husk (available in health food stores)

RAW FOOD

FROM PAGE 3

demic incidences of diabetes 2, high blood pressure, high cholesterol, etc. to confirm that there is validity to her assertions that our diets today are not serving us well.

Kellogg also noted that colon cancer is the second most common cause of cancer deaths (behind lung cancer) and "totally preventable." She pointed out that the FDA doesn't require listings of smaller amounts of chemicals in common foods and household items, that nevertheless add up.

"It's no coincidence that homemakers have a 54 percent higher chance of being diagnosed with cancer than those who work outside the home," she said.

Luckily, she said, there's a lot we can do with our diets to take control of our health, and cited all the benefits in terms of health, skin, weight loss, energy and more that come from migrating to a raw diet. Kellogg related her own experiences, saying that she's been able to halve her thyroid medicine since going raw, she easily lost her post-pregnancy weight and her eczema has completely cleared up.

Workshop introduces raw into daily life

She shared the importance of maintaining a healthy pH in one's system, including test strips in each information kit. Many -- including me -- were surprised to find we were "dangerously" at one or the other end of the scale. Kellogg also reviewed what foods are acidic, and which ones are alkaline, so that individuals can make appropriate adjustments through diet. She also explained the importance of gauging MHz of energy in various foods, the source and effects of toxins, and the importance of enzymes in foods, among other things. She defined raw foods as fruits, vegetables, nuts, seeds and sprouted grains.

To prove that raw food doesn't have to

mean dull food, workshop attendees followed her into the commercial kitchen at the Ambulance Squad, where she demonstrated several recipes that all got to sample. It's safe to say she made believers out of all, as one after another attendee gushed over how surprisingly tasty the recipes were. (To see for yourself, try the pie recipe shown here.)

Some words of advice that Kellogg imparted to the group included:

- Soak all nuts and seeds in water for a bit to allow them to sprout, it activates the enzymes, changing them from acid to alkaline for maximum nutritional benefit.

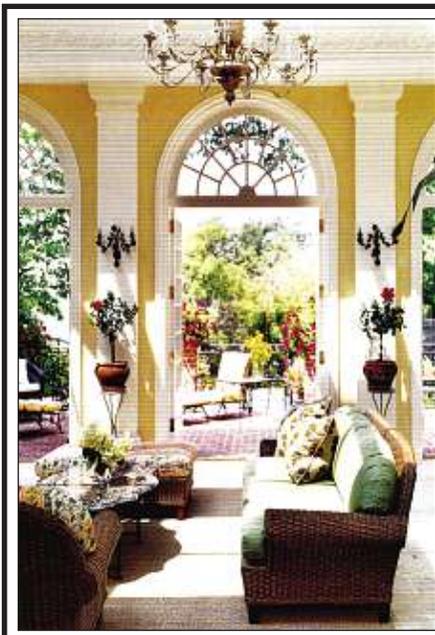
- Never microwave food; it sucks out a lot of natural nutrients.

- Start each day with water and lime/lemon; in fact, drink lots of bottled water throughout the day; half your body weight in ounces is a good guideline.

- A food processor, a good blender, a dehydrator and a slicer are helpful kitchen implements to have on hand.

A package that all attendees received also included sample meals, a sizable section of recipes, and a list of "raw resources" like publications and Web sites.

Kellogg began her interest in raw "cooking" when she and some colleagues at a dentist's office, where she worked as a dental hygienist and still does, part-time, buddied up to lose a little unwanted weight. Experimenting with various diets, she became hooked on the raw diet when she experienced an incredible energy boost and was able to halve her thyroid medicine within only three weeks. Last fall, she became certified as a raw chef, and has since been consulting and preparing meals for a growing list of regular clients. This was the first of what she hopes will be many workshops she plans to conduct in the area. Her soon-to-be-Web site, www.rawinanutshell.com, is currently under construction, but you can e-mail Kellogg for more information in the meantime at rawinanutshell@yahoo.com.



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