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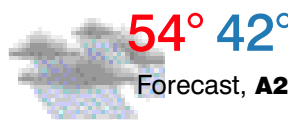


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Local news, sports and more, only a click away.

Monday



Moms meet a challenge



Photos by Lyndsay Cayetana Bouchal/New Jersey Herald

Damaris Levante, 30, of Newton, gleefully runs toward the finish line Sunday at Sussex County Community College's Skylander Challenge 5K race, as her teammates on Team Boot Camp for Moms cheer her across the finish.

Group makes 5K run a personal fitness goal

By LYNDsay CAYETANA BOUCHAL
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NEWTON — A majority of the nine women on Team Boot Camp for Moms crossed the finish line of the Sussex County Community College Skylander Challenge 5K and 10K with beaming smiles. Others flashed looks of channeled determination as they sprinted through the finish Sunday morning.

"I'm so proud of these women," said Boot Camp for Moms trainer Jessica Griffin. "They took this challenge on and worked toward it and everybody met their goals."

Team Boot Camp for Moms stemmed from a four-week, 12-session fitness class called Boot Camp for Moms designed to improve the overall health and fitness of new and veteran moms while providing affordable on-site childcare at Lodestar Park in Fredon. With the success and increased enrollment of the class, Griffin, 35, of Blairstown, began hosting a running club for the moms and challenged them to the Skylander 5K race.

The club, Mother Runners, included a free six-week training program to prepare, incorporating Boot Camp for Moms sessions for cross-training, Sunday group runs and two days of individual running per week.

Nine of the 20 moms involved in the boot camp signed on for the physical challenge, many of which had little running experience.

"Most of these women wouldn't do this on their own, so we did it as a team," Griffin said. "Months ago, a majority of these women never would have thought they'd be doing this."

None of the mothers had ever competed in an organized race with the exception of 30-year-old Amy Winfield,



More than 200 runners take off at a sprint at the start of Sussex County Community College's Skylander Challenge 5K and 10K races Sunday at the college.

To learn more

To learn more or to join Boot Camp for Moms, a four-week, 12-session fitness class for mothers, visit www.njfitmom.com or e-mail personal trainer Jessica Griffin at njfitmom@yahoo.com.

The next Boot Camp for Moms will begin Oct. 12 and conclude Nov. 11.

who decided to run in the 10K.

"The group motivation encouraged me to run (the 5K)," said Kendrya Close, 41, of Blairstown. "I would have never done this by myself."

Close said she'd occasionally jog one or two miles on her own, but now she is running upwards of three miles three times a week while cross training at Boot Camp for Moms. Regardless, she was nervous to compete in her first race.

The anxiety, however, was unneeded as Close placed first on her team and third overall in the women's division with a time of 26 minutes, one minute faster than the goal set she for herself. Close was the oldest member

of Team Boot Camp for Moms.

From the sidelines, she was able to cheer on the other Mother Runners as they dashed to the finish. One mom, Jennifer Wible, radiated uncontained excitement as she crossed below the blue banner reading "Finish."

"It was a goal of mine to run the whole race, so I'm very proud of myself," said 32-year-old Wible.

The Andover mother recently gave birth to her second child, 3-month-old Elizabeth, and began training for the race when the baby was 6 weeks old. She said, "I came in one minute faster than my sister," 35-year old

See RUN, Page A2

State panel to target N.J. jobless woes

TRENTON (AP) — A special state Assembly panel will meet this week to discuss ways to revive New Jersey's economy and create jobs.

Details regarding Thursday's hearing remained a work in progress on Sunday, partly because plans for the session only began developing late Friday afternoon, Democratic leaders said.

It's also not clear yet how many lawmakers will be part of the panel.

Republican leaders say they have received few details on the newly formed panel and how it will operate. They also question why the hearing was scheduled when more pressing issues — specifically property tax issues — need to be addressed.

Speaker Sheila Oliver says Democratic and Republican members of six committees — budget, commerce and economic development, financial institutions and insurance, labor, telecommunications and utilities and transportation — will be asked to serve on the panel. Also invited are economic development officials from Gov. Chris Christie's administration and business leaders from across the state.

Oliver said she decided to form the panel and call the hearing after the Assembly

failed Thursday to override Christie's veto of legislation to create a homebuyer tax credit program. It would have provided up to \$15,000 in tax credits for buyers of new or existing homes at a cost of \$33 million per year for three years.

Christie vetoed the measure and two others in late July, saying it would be irresponsible to approve additional expenses the state cannot afford. But proponents claim the investment would have paid for itself many times over by putting building trades employees back to work and generating additional sales and income tax revenue.

"Since (the tax credit) failed to receive necessary support, we need to continue focusing on other ways to create and retain jobs to benefit working class residents and our businesses," Oliver said.

Republicans and Christie administration officials said the legislature should be focusing on the state's highest-in-the-nation property taxes and the so-called "tool kit" reforms that the governor has proposed to help control costs. They say those reforms are needed to support recently enacted legislation that caps local spending and property tax increases at 2 percent.

"Democrats and

See JOBLESS, Page A3

Blessing of the Animals



Photo by Anna Murphey/New Jersey Herald

Stillwater Presbyterian Church held its first "Blessing of the Animals" Sunday, a service for all to bring their pets to be blessed by Pastor Tim Florence. Above, Florence blesses dachshunds Sparkie, in the arms of owner Diane Kaznowski, of Hardwick, and Mr. Blue, on the ground. Florence is hoping to make this an annual event for the church. More photos, Page A5.

Visitors get a view of green home designs

BY JEFF SISTRUNK
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Green technology is catching on across Sussex County.

In Frankford, a 120-foot wind turbine looms in Frank DeWitt's backyard alongside a 50-piece solar power system.

On an isolated hill in Lafayette, Alan Spector's designer home uses a combination of specialized architecture and solar panels to reduce energy costs.

While the designs of DeWitt's and Spector's properties are completely different, the two men represent a growing interest in renewable energy sources among residents of Sussex County. Both drew dozens of visitors to tour their homes Saturday afternoon as part of a Green Open House event sponsored by the Northeast Sustainable Energy Association.

DeWitt, owner of Augusta-

based Alternative Energy Associates, emphasized "efficiency before production" in his presentation to the public.

"Few people realize how much you can save in energy costs just by making sure your house is properly insulated and sealed," he said.

DeWitt's backyard energy-producing compound incorporates wind and solar power. Both his solar energy system, which he installed two years ago, and his turbine, which went up last year, are 10-kilowatt appliances. They transmit AC power into DeWitt's home that must be converted into DC by a bank of special inverters. After the energy is converted, it is fed into the main power supply via a sub-panel.

Since installing the appliances, DeWitt said he's reduced his power bill by about 98 percent (he's a Jersey Central Power &



Photo by Jeff Sistrunk/New Jersey Herald

Frank DeWitt's wind turbine, solar power system and Mariner Hybrid can be seen in his backyard in Frankford.

Light customer), though he said his goal is to produce energy surpluses.

Before DeWitt could install his turbine, Frankford had to adopt an ordinance regulating such devices, he said. He

was granted permission after an eight-month process.

Frankford is currently the only township in Sussex County with such an ordinance, he said.

DeWitt said each power

source has its strengths and weaknesses.

"The turbine is more vital in the winter, when you have fewer sunny days, while the solar panels are obviously more productive in the summer," he said.

Although green appliances are expensive — DeWitt's turbine cost \$95,000 to install, while his solar power system cost \$85,000 — the proliferation of incentives on the state and federal levels still makes them worth it, DeWitt said.

A provision in the American Recovery and Reinvestment Act offers federal grants to individuals who install renewable energy systems. Those grants cover 30 percent of installation fees. Meanwhile, New Jersey provides varying rebates up front to those who install such systems based on the systems' energy-producing

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