

## HISTORY

Today is Sunday, May 9, the 129th day of 2010. There are 236 days left in the year. This is Mother's Day.

**1754:** A cartoon in Benjamin Franklin's Pennsylvania Gazette showed a snake cut in pieces, with each part representing an American colony; the caption read, "JOIN, or DIE."

**1860:** Writer J.M. Barrie, the creator of Peter Pan, was born in Kirriemuir, Scotland.

**1883:** Spanish philosopher Jose Ortega y Gasset was born in Madrid.

**1936:** Italy annexed Ethiopia.

**1945:** U.S. officials announced that a midnight entertainment curfew was being lifted immediately.

**1961:** FCC chairman Newton N. Minow decried the majority of television programming as a "vast wasteland" in a speech to the National Association of Broadcasters.

**1974:** The House Judiciary Committee opened public hearings on whether to recommend the impeachment of President Richard M. Nixon.

**1980:** 35 people were killed when a freighter, the Summit Venture, rammed the Sunshine

Skyway Bridge over Tampa Bay in Florida, causing a 1,400-foot section of the southbound span to collapse.

**1987:** 183 people were killed when a New York-bound Polish jetliner crashed while attempting an emergency return to Warsaw.

**1994:** South Africa's newly elected parliament chose Nelson Mandela to be the country's first black president.

**2000:** Sen. John McCain endorsed Texas Gov. George W. Bush for president. Former four-term Louisiana Gov. Edwin Edwards was convicted of extortion schemes to manipulate the licensing of riverboat casinos. (Edwards was sentenced to 10 years in prison and fined a quarter of a million dollars.)

**2005:** President George W. Bush, Russian President Vladimir Putin, French President Jacques Chirac and German Chancellor Gerhard Schroeder commemorated the 60th anniversary of the Allied victory over Nazi Germany with a lavish military parade in Moscow. The news and opinion website The Huffington Post was launched.

## Mom

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Most of them deal with what Flanders psychotherapist Diane Lang called "mommy guilt," the pressure to be everything to everyone.

"Don't listen to anybody else's advice," said Lang, whose first book, "Baby Steps: The Path from Motherhood to Career" dealt with this particular work-life balancing act.

"Do what's right for you. ... Just do what comes naturally. You'll know, and you'll do."

### Making it all work

Gianna Benfatti, now 17 months old, was born about four weeks early. Coaching likely played a role in that. Vanessa Benfatti recently asked her obstetrician what she could do to make sure she waited until her due date this time.

"She listed everything I do at my job and coaching," Benfatti said with a wry smile. "I was up on my feet. I was yelling. I didn't drink enough water. I tried to show (the soccer players) moves. ... Now I'm sitting. I'm having the girls do more stuff for me."

Her husband, Mount Olive assistant football and wrestling coach Dave Benfatti, joked that he "becomes Mr. Mom" while Vanessa is with the track team in the spring. They agreed to coach opposite schedules so one parent would be home with Gianna in the afternoon, so Vanessa gave up her beloved soccer team, as well as indoor track.

"You can't do it all as a mom," said Benfatti, who was back coaching soccer less than a week after giving birth. "I had to tell myself it's not fair to my daughter. I want to be sure I'm there to see her, to teach her. It's OK to give something up for your child."

Kmetz gave birth to her son, Stephen Michael, on Aug. 19, just before volleyball preseason began. Though she stayed home from school on maternity leave, she still wanted to play an active role with the Montville program she'd helped to build.

Kmetz has handled sleepless nights with remarkable aplomb. Her big-



STAFF PHOTO: JANE HAVSY

Gianna Benfatti, 17 months old, stands on the Mount Olive track during practice. She is the daughter of Mount Olive track/girls soccer coach Vanessa Benfatti and Mount Olive assistant football/wrestling coach Dave Benfatti.



PROVIDED PHOTO

Hanover Park track coach Lori Pfarrer plays with her sons, Logan, who turns 2 on June 16, and Tyler, 7 months.

gest challenge has been emotionally adjusting to being away from Stephen, now 8 months old. Kmetz is also the Mustangs' freshman softball coach, whose schedule includes long road trips to Vernon, Jefferson, Sparta and Pope John. Her husband, former Morris Knolls basketball star Stephen Kmetz, is the assistant basketball and golf coach at Garfield High School, where he teaches.

The baby spends days with Heidi Kmetz's mother, Michele Dawson. Many of the mother-coaches have similarly supportive families in the area.

"You're pulled in two different directions," Kmetz said. "I've always put my life on hold for ev-

erybody else's children. That doesn't mean I'm not doing it anymore, but if you take some time and work on your own family, you can still do both. You just have to sacrifice a little bit of your personal time. If it means that much to you, you can find a way."

### And baby makes three

Gianna sometimes comes to the Mount Olive track practices, using the landing pit for the long and triple jumps as a sandbox. She likes to run on the track too, often with some of the Marauders chasing after her.

Pfarrer brought a double stroller with her sons — Logan, who turns 2 on June 16, and Tyler, 7

months — to Hanover Park's spring break practices. She also has photos and videos of the boys on her cell phone, and often calls home to hear Logan during long track meets.

Being away from her children has been Pfarrer's biggest challenge, but "I'm not going to shorten my practices now because I have two kids. I still put the same amount of time and effort into it. When I can't do that anymore, I probably won't coach anymore."

Heather and Kevin McDonald, both teacher-coaches, have a 16-month-old son, Ryan.

Heather McDonald was on bed rest for the last week of her pregnancy, and she was back at the pool about two weeks after giving birth.

During her "little three-week vacation," Kevin McDonald, an assistant football and baseball coach at Morristown-Bear, attended a couple of swim meets and provided play-by-play over the phone. Assistant coach Meghan Kennedy also called frequently.

"I learned from Heather that planning is the best way to do this," said Kevin McDonald, who has been coming home more quickly after practices and games. "The responsibility aspect of it all has been huge. You're constantly thinking about your schedule. ... There's time for practice and time to be home. I never knew that until I had Ryan."

Ryan McDonald watches ESPN more often than cartoons and has already attended a lot of high school sporting events.

He watched both parents coach, as well as his uncle Michael McDonald and grandfather John McDonald — the baseball coaches at Dover and Kinnelon, respectively. He has also been to Morristown-Bear and Dover basketball games, horse races at Monmouth Park, and plenty of Morris Hills swim meets.

Ryan even gave high-fives at the end of the Hills-Knolls meet.

"I'm more surprised that people ask me, 'How's it going?'" Heather McDonald said. "I kind of go along with it. It's nothing heroic. It's what I do."

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## LOTTERY

### DRAWINGS FOR SATURDAY, MAY 8, 2010

**NEW JERSEY**  
Midday Pick-3: 065  
Straight: \$ 280.50  
Box: \$ 46.50  
Pairs: \$ 28  
Midday Pick-4: 7707  
Straight: \$ 1,606  
Box: \$ 133.50  
Evening Pick-3: 483  
Straight: \$366.50  
Box: \$ 61  
Pairs: \$ 36.50  
Evening Pick-4: 8788  
Straight: \$ 2,912.50  
Box: \$ 728  
Jersey Cash 5: 10, 14, 19, 24, 28  
5 of 5 pays \$879,050  
4 of 5 pays \$ 429  
3 of 5 pays \$ 9

**NEW YORK**  
Midday Daily: 708  
Lucky Sum: 15  
Midday WinFour: 1203  
Lucky Sum: 6  
Evening Daily: 195  
Lucky Sum: 15  
Evening WinFour: 4720  
Lucky Sum: 13  
Take-5: Too late for deadline.  
Lotto: Too late for deadline  
Pick 10: Too late for deadline.

**PENNSYLVANIA**  
Cash 5: 7, 17, 20, 27, 31  
Midday Daily: 062  
Midday Big 4: 1238  
Midday Quinto: 40395  
Evening Daily: 883  
Evening Big 4: 2705  
Evening Quinto: 03752  
Treasure Hunt: 4, 9, 10, 24, 28  
MULTISTATE  
Powerball: Too late for deadline.  
PowerPlay: Too late for deadline.

### DRAWINGS FOR FRIDAY, MAY 7, 2010

**NEW JERSEY**  
Midday Pick-3: 535  
Straight: \$274.50  
Box: \$91.50  
Pairs: \$27  
Midday Pick-4: 2441  
Straight: \$3,415  
Box: \$284.50  
Evening Pick-3: 773  
Straight: \$324.50  
Box: \$108  
Pairs: \$32  
Evening Pick-4: 9393  
Straight: \$2,443  
Box: \$407  
Jersey Cash 5: 6, 29, 31, 34, 39  
5 of 5 pays \$0  
4 of 5 pays \$587  
3 of 5 pays \$12

**NEW YORK**  
Midday Daily: 179  
Lucky Sum: 17  
Midday WinFour: 2053  
Lucky Sum: 10  
Evening Daily: 417  
Lucky Sum: 12  
Evening WinFour: 9670  
Lucky Sum: 22  
Take-5: 1, 18, 26, 27, 29  
Pick 10: 3, 8, 9, 11, 12, 13, 14, 22, 31, 33, 35, 39, 50, 51, 56, 60, 61, 66, 67, 80

**PENNSYLVANIA**  
Cash 5: 1, 10, 31, 41, 42  
Midday Daily: 259  
Midday Big 4: 1643  
Midday Quinto: 72029  
Evening Daily: 507  
Evening Big 4: 8796  
Evening Quinto: 58482  
Treasure Hunt: 2, 4, 10, 18, 24  
MULTISTATE  
Mega Millions: 2, 7, 20, 34, 50  
Mega Ball: 40

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## Roxbury author offers some tips for mothers

The following is a list of suggestions for moms adapted from a presentation by Diane Lang, a psychotherapist and author from Roxbury:

- Women are always putting themselves last. Make yourself a priority.
- Stay healthy. If you're not taking care of yourself, how will you take care of your family?
- Prepare. Lang makes a to-do list on Sunday with

everything that needs to be done during the week and also keeps a calendar on the refrigerator.

- Use your commute, either to catch up or as your down time.
- Let go of the Super-Mom Syndrome. Ask for help and delegate chores. Everything doesn't need to be perfect, and it's not feasible to do everything.
- Learn to say, "No." Women are naturally nur-

turing and want to take care of everyone, but that's impossible. Creating a balance is not just about time-management. It's about setting realistic expectations and about resilience.

- It's natural to feel guilt, but working mom does not equal bad mom. Think about the positives from working. You can afford a different quality of life for yourself and your child.
- Stop comparing, since that only causes jealousy,

resentment and anger.

- Be realistic. You will feel guilt. You will question your choice. You will have bad days, emotional days. Know that and be prepared with a good support system.
- Be grateful, and appreciate yourself for all that you do. Find a few minutes each day to say, "Thanks," for everything you have. Recognize all your accomplishments as both a mom and a career woman.

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