

1981



## Religious News

### ST. PAUL'S EPISCOPAL CHURCH OF RAHWAY

On March 1, the Last Sunday after the Epiphany, there will be two services in the church. There will be a 10 a.m. service of the Holy Eucharist at 8:15 a.m. Breakfast will follow the service, after which the Senior Church School members will attend their classes.

At the 10:30 a.m. service, there will again be the celebration of the Holy Eucharist. The Rev. Joseph H. Gaudin, rector, will preach, and the Senior Choir, under the direction of Miss Elizabeth Mary, organist, will sing at this late service. The kindergarten and Junior Church School will also meet at this time.

There will be choir rehearsal before and after the 10:30 a.m. service.

On Ash Wednesday, March 4, there will be three services of Holy Eucharist: A 7 a.m. service in the chapel in the parish house and an 8 p.m. service in the church. There will be the imposition of ashes at each service.

On Tuesday, March 3, at 1 p.m. the Church Workers will hold their monthly meeting in the parish house.

The church is located at the corner of Living St. and Elm Ave.

### ZION LUTHERAN CHURCH OF CLARK

The Main Worship Service will be held at 10:30 a.m. with the message by the student-vicar, Robert Gavigan. Sunday School and Bible Hour will convene at 9:15 a.m. Fellowship Night for the entire congregation will begin at 6:30 p.m. Today, Bible Hour will be held at 6:30 p.m. and Ladies' Guild Meeting at 8 p.m. On Saturday, Feb. 28, at 2 p.m. Pairs & Spares will hold a pasting party in the Fellowship Hall. Choir will not rehearse Tuesday, March 2.

Special Ash Wednesday services marking the beginning of Lent will be held on March 4 at 8 p.m. Similar services will be held on all subsequent Wednesdays in March.

The church is located at 559 Route 80.

### SECOND BAPTIST CHURCH OF RAHWAY

Church School on Sunday, March 1, will be held at 9:30 a.m. At 10 a.m. Baptists will be conducting the 100th Anniversary of the church. At 11 o'clock Morning Worship Services will be conducted by the pastor, The Rev. James W. Eddy. Right Hand of Fellowship and Holy Communion will be observed. At 5 p.m. the congregation will be at study with the Senior Ministers.

Every Wednesday evening at 7:30 p.m. Mid-week Prayer Services are held.

The church is located at 378 E. Mill Ave.

### Holy Name to breakfast on March 8

The St. John the Apostle Holy Name Society will hold its Annual Father and Son Communion Breakfast on a Sunday, March 8, reports breakfast chairman, Frank Madonia.

Mass at 9 a.m. at St. John the Apostle R.C. Church in Clark will be followed by breakfast at 10 a.m. at the Columbus Club at 27 West Elm Ave., Clark.

The Holy Name Society selected "Visitors Are Everyone's Business" as the theme for the breakfast.

### Rosarians set day for fashion

The St. Agnes Rosary Society of Clark will have its monthly meeting on Wednesday, March 4, in the parish hall at 8 p.m. at St. Agnes R.C. Church, Clark.

The speaker for the evening will be the Rev. Father, who will give a chocolate-eating main dish.

### Sweet tooth to receive treat

The most recently meeting of St. John the Apostle Rosary Society will be held on Monday, March 2, at 7 p.m. at St. John the Apostle R.C. Church, Clark.

Mass will be at 8 p.m. and the speaker will be the Rev. Father, who will give a chocolate-eating main dish.

### GOP Club to nominate new officers

The regular meeting of the Clark Republican Club will be held tonight at the Franklin State Bank in Clark at 8 o'clock.

Nominations of officers for 1981-1982 will be held.

The nominating committee has presented the following list of officers: President, William J. Murphy; Vice President, Mrs. James T. Murphy; Secretary, Mrs. James T. Murphy; Treasurer, Alexander J. Murphy; and at-large members, Mrs. Robert J. Murphy, Mrs. Robert J. Murphy, and Mrs. Robert J. Murphy.

### Any required Republi-

There will be a meeting of all delegates to the convention on Wednesday, March 11, at the Veterans of Foreign Wars Hall in Clark at 8 p.m.

### Reports will be given by

Reports will be given by Mayor Yarnmarz; Assemblyman William J. Murphy; and representatives of the Clark Republican Club and the Clark Republican Club.

### Retirees will be served

Following the business meeting

### B'nai B'rith honors Mr. and Mrs. Ravich

The recipients of the National Youth Service Award for 1981 from the B'nai B'rith are David and Mrs. Elaine Ravich of Clark. Mrs. Ravich is currently president of the B'nai B'rith.

Mr. Ravich has been a Board of Trustees member of Temple Beth Or in Clark, campaign director for the United Jewish Appeal of Central New Jersey, a member of the Executive Committee of the Jewish Federation of the Jewish Federation, past president of the B'nai B'rith, and a member of the B'nai B'rith.

### St. Mark's to hold 'GIFT' class

St. Mark's R.C. Church in Rahway is establishing a continuing education program called "GIFT." This program will allow all adult parishioners to receive their faith by forming discussion groups.

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### First Presbyterian Church of Rahway

Morning worship on Sunday, March 1, at 10:30 a.m. will be conducted by The Rev. Robert C. Powley, pastor. Following the children's service, the youth in first to sixth grades will attend Youth Choir Rehearsal, led by the Misses Carolyn and Ruth Powley. The Church Learning Hour at 11:15 a.m. will provide classes for those in kindergarten to adults. The Coffee Fellowship Hour will begin at 1:30 p.m. in the lobby. Following morning worship, the Worship and Music Committee of St. Mark's will gather at 1:30 p.m. in the Chapel, and the New Member Class will convene at the same time in the Church Library.

### Clark Alliance Church

Sunday School will begin at 10 a.m. on March 1. The Morning Worship Service will be at 11 o'clock. The evening service will be at 7 o'clock.

Meetings during the week: Monday, March 2, 7 p.m. in the Church Library; Tuesday, March 3, 7 p.m. in the Church Library; Wednesday, March 4, 7 p.m. in the Church Library; Thursday, March 5, 7 p.m. in the Church Library; Friday, March 6, 7 p.m. in the Church Library; Saturday, March 7, 7 p.m. in the Church Library.

### EMERITUS AFRICAN METHODIST EPISCOPAL CHURCH OF RAHWAY

On Sunday, March 1, Holy Communion will be celebrated. The Rev. Father, who will give a chocolate-eating main dish.

### TEMPLE BETH TORAH OF RAHWAY

Today, morning services at 7 o'clock will be followed by Religious School at 8:30 a.m. and Adult Education at 9 a.m. Services during the week: Tomorrow, evening services, 8:30 o'clock with Rabbi Rubenstein conducting the service and preaching. Hazzan Solomon Sternberg conducting the service. Saturday, Feb. 28, services at 8 a.m.; Sunday, March 1, morning services, 8:30 o'clock; Religious School, 10 a.m.; Monday, March 2, services, 7 a.m.; Religious School, 8:30 p.m.; Tuesday, March 3, morning services, 7 o'clock; Religious School, 8:30 p.m.; Adult Education and Rabbi Rubenstein, 7:45 p.m.

### ZION LUTHERAN CHURCH OF RAHWAY

The Service of Holy Communion will be conducted by The Rev. Walter J. Mader, pastor, at 8 and 11 a.m. Sunday Church School will begin at 9:15 a.m. and Fellowship at 9:30 a.m. Child care will be available during the 11 a.m. service. The Spaghetti Dinner and Mashed Potato will be at 3:30 p.m. Sunday, March 1, with reservations required. Every Wednesday the church will have a service with children at 6:30 p.m. and adults at 7:30 p.m.

### EVANGELICAL CENTER OF RAHWAY

At the 11 a.m. worship service on Sunday, March 1, The Rev. Father, who will give a chocolate-eating main dish.

### ST. MARY'S R.C. CHURCH OF RAHWAY

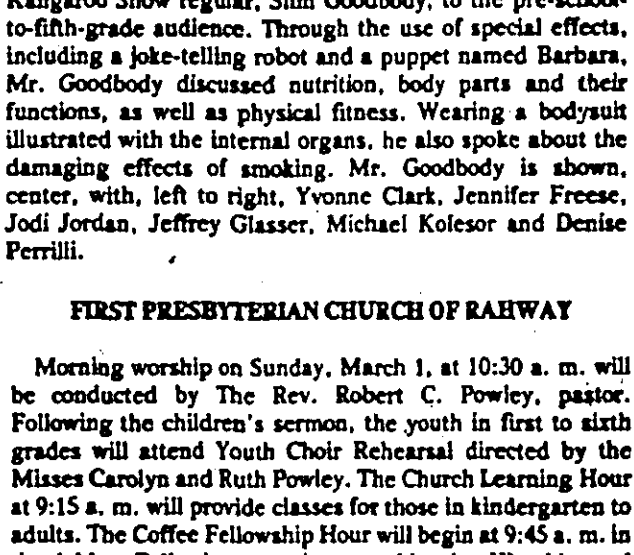
Worship Masses will be celebrated in church beginning March 4, Ash Wednesday. These Masses will be at 8:30 and 8 a.m. and 12:10 and 7 p.m. Monday through Friday. There will be one liturgy celebrated at 8 a.m. Saturdays.

### Evening Prayer and Benediction will be celebrated on

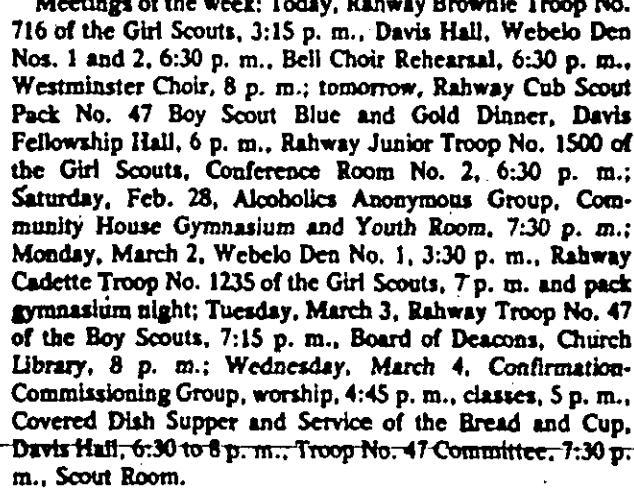
Evening Prayer and Benediction will be celebrated on Sunday afternoons at 4 p.m.



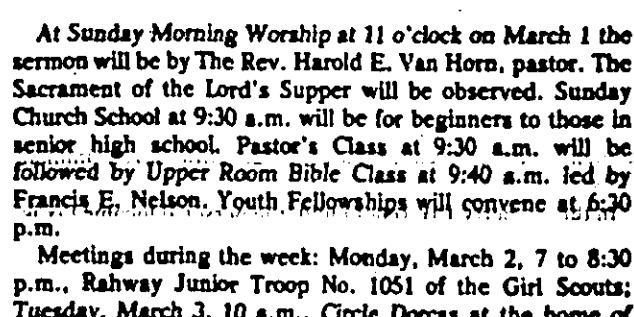
Mr. and Mrs. Ravich with their children.



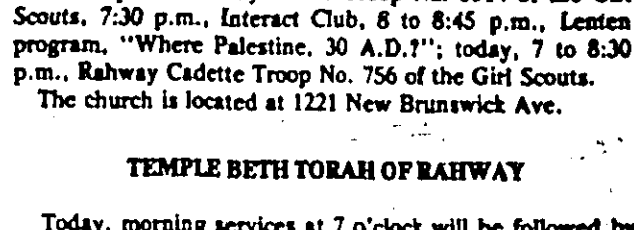
David Ravich.



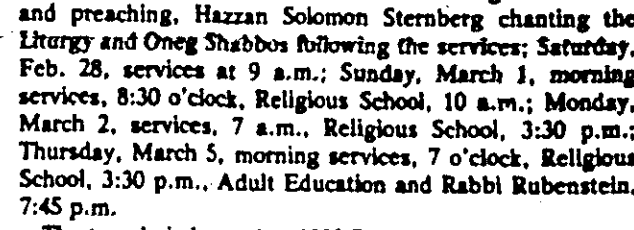
Mrs. Elaine Ravich.



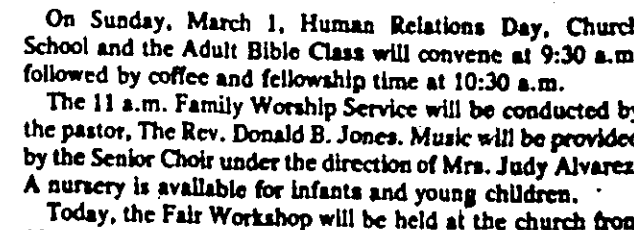
A young person.



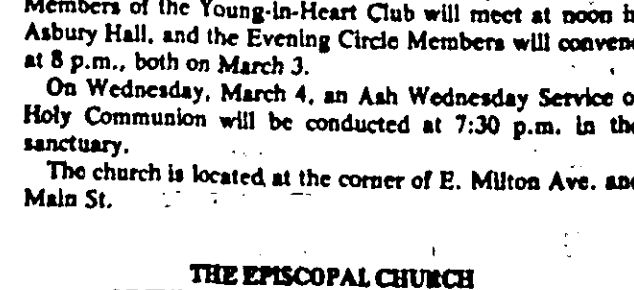
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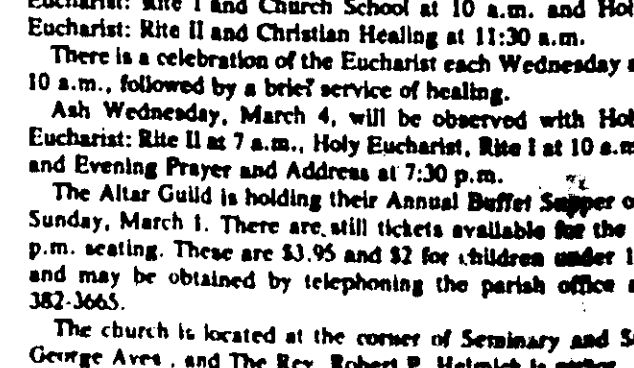
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### Few rises in spending seen in state budget

In the last year of his eight-year administration, Gov. Brendan T. Byrne has proposed a fiscal year 1981-1982 New Jersey state budget totaling nearly \$5.5 billion for all funds, an increase of \$455 million or 9% over appropriations for the current fiscal year ending June 30, reports a New Jersey Taxpayers Assn. spokesman.

In marked contrast to a year ago, when he presented a budget needing \$210 million in "new revenues" to balance, in this election year the governor has called for no new taxes although he has characterized the budget as "no light" and falling "in many areas to meet real needs." Increases in college tuition and bus and rail fares may be necessary to finance the higher costs of those services.

The proposed fiscal 1982 budget contains an additional \$53 million for the current Medicaid liability, but reportedly-related legislation permitting transfers from other accounts into the Medicaid account during fiscal 1981 stimulated the need for that recommended appropriation. This action also reduced the estimated fiscal 1982 beginning surplus in the General Fund from \$16 million to \$14 million.

Proposed fiscal 1982 appropriations in the General Fund, the state's principal fund, total \$4.131 billion, an increase of \$164 million or 4% over the current year. After adjusting for an accounting change shifting Medicaid appropriations of \$403 million from the direct-state-services category to the state-aid category, direct state services increase \$111 million or nearly 12%, while state aid in the General Fund declines \$46 million, reflecting a shift in education aid funding from the General Fund to the Property Tax Relief Fund. Debt service on state bonds is up more than \$6 million, while capital outlay declines more than \$5 million.

Proposed fiscal 1982 Property Tax Relief Fund spending, funded by the personal income tax, totals \$1,251 billion, an increase of \$115 million or nearly 17%.

The transfer of education aid funding is major reason for the increase.

The entire cost of senior citizens and disabled regional housing-related projects, \$63 million, is shifted to the Casino Revenue Fund.

Total spending for fiscal 1982 in the casino funds is \$188 million, including \$20 million for licensing and regulation. Casino Revenue Fund appropriations are up \$100 million.

Of the total combined funds budget, \$7.12 billion or 34% is for direct state services, \$2,240 billion, 58%, is for state aid, \$2,838 million, less than 1% is for capital outlay and nearly \$180 million, 3%, is for debt service.

Total anticipated revenue for fiscal 1982 in the General Fund is \$4.6 billion, an increase of \$172 million or 4.5% over revised revenue estimates for the present fiscal year.

The state's largest General Fund revenue source, the sales and use tax, is expected to yield \$1.3 billion in fiscal 1982, an increase of \$100 million or 8% over the current year.

Taxes on corporate net income and personal income are expected to yield \$1.3 billion in fiscal 1982, an increase of \$100 million or 8% over the current year.

The 26-member legislative Joint Appropriations Committee will begin early next month to review the governor's recommendations.

In an election year, it can be expected the committee will not significantly increase total spending, but may reverse priorities within the budget, pending the taxpayer spokesman.

### DECA members up awards of honor

Members of the Arthur L. Johnson Regional Education Foundation (ARJEF) have presented awards of honor to several individuals in the field of education.

At the ARJEF convention held in the Sheraton Hotel in Newark on Friday, May 1, prospective customers may win free interstate motor travel in North America's first "moving sales" program.

Donals, a 52-cent cost may be obtained by telephoning 767-4777 or writing to Able-Metro Moving and Storage Inc., 1601 W. Edgar Rd., Merrill, G. Lindon, W. J. 07036.

Free estimates are available on Thursday, March 5.

### Howard Johnson's Great American Steak-Out \$5.95

1/2 L.B. U.S.D.A. CHOICE TOP SIRLOIN

This special steak dinner includes your choice of a piping hot baked potato or golden french fries, lettuce and tomato, and toasted garlic bread.

Served Daily 4-10 PM  
10 CENTRAL AVENUE, CLARK

BURGER FOR KIDS \$1.95 SPECIAL French Fries, Ice Cream, Coca-Cola

Howard Johnson's



Emergency unit members.

### Emergency unit begins 30th year of service

The Rahway First Aid Emergency Squad, entered its 30th year of service to the community this year. The squad has 54 active members trained in all aspects of emergency first aid. They are all certified with the New Jersey State First Aid Council. 16 are also certified emergency medical technicians with the State Office of Emergency Medical Services.

One thousand nine hundred fifty-four full calls were answered last year, and the squad members are working closely with the other area squads and Rahway Hospital on a mobile intensive care back-up system to be implemented in the future.

The squad's trustees are working on the upcoming May fund drive.

### Reagan means business on economy: Franks

Assemblyman Robert D. Franks of Berkeley Heights, who represents Rahway and Clark, was among 25 state legislators from across the country invited to the White House last week for a briefing by President Reagan. Vice President Bush and other high-ranking government officials regarding the administration's economic plan.

"We were all impressed with the president's five-phase plan to revitalize the nation's economy," Franks said. "He interjected the president's economic plan."

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Masons members.

### Masons choose Lutz new worshipful master

Stephen Lutz of Rahway was installed as worshipful master of Rahway Lodge No. 27 of the Free and Accepted Masons.

Other elected officers and appointed officers seated were:

Senior warden, Thomas DeLorenzo, Jr.; Junior warden, Robert D. Swanson; Treasurer, George Madonia, Jr.; Secretary, Carl E. Wheeler.

The city lodge is 127 years old. Actually, it was first installed as a lodge in 1854, and was re-installed in 1924.

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### Library Board seats officers for new year

The Board of Trustees of the Rahway Public Library re-elected for the year the election of officers and the adoption of an agenda of regular public meetings.

Officers chosen for 1981 were: Directors, Conger, Henshaw, vice president; Mrs. Mary D. Franks, treasurer; and Mrs. George J. Franks, secretary.

Regular monthly meetings are to be held on Tuesday evenings in the library at 7:30 p.m. Meetings for March 17, April 21, May 19, June 16, Sept. 15, Oct. 20, Nov. 17, and Dec. 15.

The library will present a film program for boys and girls in pre-school to third grade on March 5, from 3:15 to 4 p.m.

Keweenaw, the Little Bear, "Green Eggs and Ham," "Sneaky Mouse," and "The Jolly Postman" will be shown.

### Retired Men memorize Mr. Conroy

A memorial service for member, Harry H. Conroy, was held by the Rahway Retired Men's Club at 2:30 p.m. at the Rahway Senior Center, 1308 E. Main Ave., Rahway.

Mr. Conroy had been an active member of the club since 1978, when he was transferred to the Veterans Hospital in Berkeley Heights.

Nearly 50 men attended the service, conducted by Rabbi Rubenstein, assisted by John Henshaw and George Black, the assistant chaplains.

President, Paul Franks, announced 20 new members: John Henshaw and Anthony Kohn, Sp. 1st Lt. U.S. Army, Retired; and others.

Proctor, Paul Henshaw, 208 S. 2nd St., Rahway, N.J. 07065.

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### Union Catholic fogs Setters' title hopes

Coach Katherine Matthei's Union Catholic Midgets defeated Co. A's Margaret Egan's Mother Setters in a quarter-final round game of the Union County Conference Basketball Tournament at the Thomas G. Dunn Athletic Center in Elizabeth on Feb. 19.

The Midgets stopped a 3-0 lead by the Setters in the fourth quarter and moved in front to stay.

Union Catholic hit three straight foul shots and was leading 6-3. Then Whitney Brown of Mother Setters hit two from the line and it was 6-5. The Scotch Plains school scored the next six points to lead 12-5 at the end of the first quarter.

The Union Catholic team was still on top 4-25.

Mother Setters came back in the second period and outscored its rival 19-9. They scored five straight points at the four-minute mark to cut the margin to 45-20.

Setters for the Mother Setters team were led by Kristal Canady with nine points.

## SCHOOL DISTRICT BUDGET STATEMENT FOR SCHOOL YEAR 1981-1982

### BOARD OF EDUCATION CITY OF RAHWAY, NEW JERSEY

Notice is hereby given to the legal voters of the School District of the City of Rahway, in the County of Union, State of New Jersey, that a public hearing will be held at 8:00 p.m. on Monday, March 9, 1981 in the Roosevelt School Auditorium, St. Georges Avenue, Rahway, New Jersey, at which time the tentative budget for the school year 1981-1982 will be open for examination and discussion.

Board of Education, City of Rahway, County of Union.

	SEPTEMBER 28, 1979	SEPTEMBER 30, 1980	SEPTEMBER 30, 1981
1. Regular Pupils	3,846	3,906	3,850
2. Pupils in State Facilities	17	17	17
3. Private School Placements	7	9	8
4. Pupils Received	97	96	85
5. Total (Line 1-4) = 3-0	3,967	4,038	3,970
6. Pupils Sent to Other Districts	0	0	0
7. Total Regular Programs	0	0	0
8. Total Special Education Programs	24	25	25

	1979-80	1980-81	1981-82
1. Regular Programs	150,000.00	150,000.00	150,000.00
2. Special Education Programs	150,000.00	150,000.00	150,000.00
3. Capital Outlay	150,000.00	150,000.00	150,000.00
4. Debt Service	150,000.00	150,000.00	150,000.00
5. Other	150,000.00	150,000.00	150,000.00
6. Total	1,500,000.00	1,500,000.00	1,500,000.00

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6. Total	1,500,000.00	1,500,000.00	1,500,000.00

## Setters win thriller in county tournament

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4. Debt Service	150,000.00	150,000.00	150,000.00
5. Other	150,000.00	150,000.00	150,000.00
6. Total	1,500,000.00	1,500,000.00	1,500,000.00

	1979-80	1980-81	1981-82
1. Regular Programs	150,000.00	150,000.00	150,000.00
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## RAY'S CORNER

By Roy Haglund

The Arthur L. Johnson Regional High School Girls Basketball Team of Clark rolled to a one-sided 94-32 win over the Rahway girls at the Mother Setters court in Clark on Feb. 16.

The Crusaders, who have now won 11 in a row, took a 25-4 lead in the first period. Those who led the scoring were Meg Walsh with 24, Ellen Axelson, 17, Chris Zwickla, 14, and Sue Marshall, 10.

Rahway's Owens scored 11 for the Indians, who are now 5-15.

## SCHOOL DISTRICT BUDGET STATEMENT FOR SCHOOL YEAR 1981-1982

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3. Private School Placements	7	9	8
4. Pupils Received	97	96	85
5. Total (Line 1-4) = 3-0	3,967	4,038	3,970
6. Pupils Sent to Other Districts	0	0	0
7. Total Regular Programs	0	0	0
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## Clark girls break record with 22nd straight win

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## PUBLIC NOTICE

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## SCHOOL DISTRICT BUDGET STATEMENT FOR SCHOOL YEAR 1981-1982

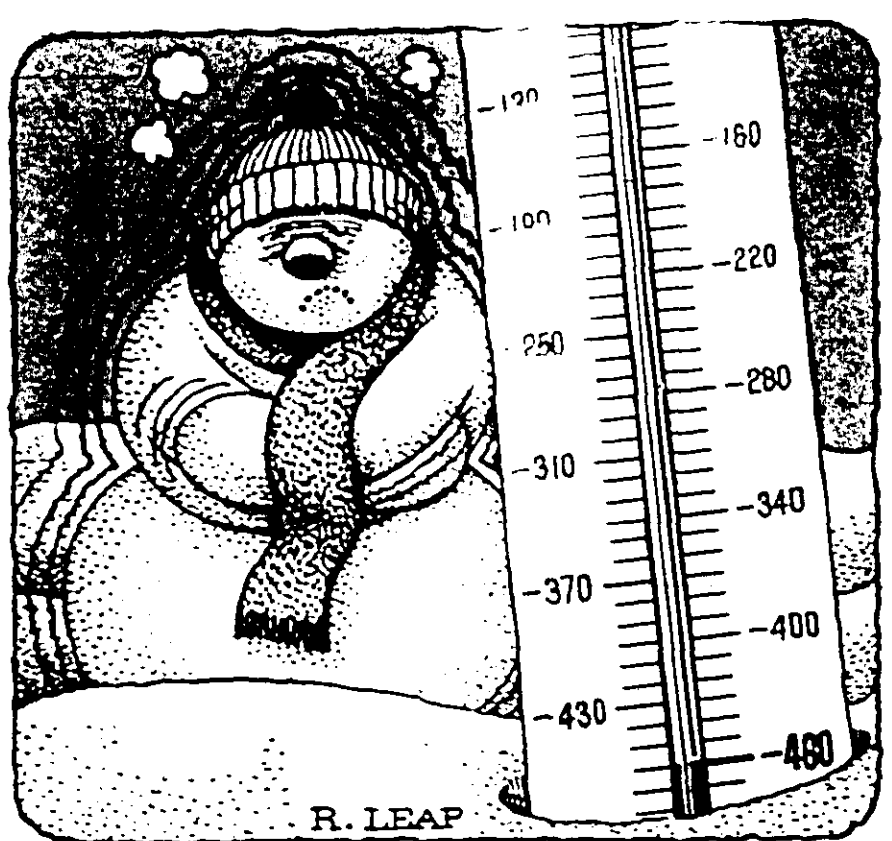
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**COLD KNOWLEDGE**... Low-temperature physicist, Dr. H. H. Kjaer, of Rutgers University, demonstrates the use of a freeze-freeze device to keep a sample of liquid helium at a constant temperature of 4.2 degrees Fahrenheit. How matter behaves when it's that cold offers new insights, according to the physicist.

## Deep freeze useful in studying electricity

A group of scientists, the low-temperature physicists, are interested in what happens to substances when they are at temperatures close to absolute zero. That's zero on the Kelvin scale, or minus 273 degrees Fahrenheit.

One of these scientists is Dr. H. H. Kjaer, associate professor of physics at Rutgers University.

The goal for Dr. Kjaer and his colleagues are both technological advances and a better understanding of matter. They want to know what happens to substances when they are cooled to the point where they become superconductors. Superconductors are materials that have zero electrical resistance.

Dr. Kjaer and his colleagues are using a device called a "freeze-freeze" device to keep a sample of liquid helium at a constant temperature of 4.2 degrees Fahrenheit. This is the temperature at which liquid helium becomes a superfluid.

The "freeze-freeze" device is a small, portable device that can be used to keep a sample of liquid helium at a constant temperature of 4.2 degrees Fahrenheit. It is made of a special material that can be cooled to the point where it becomes a superconductor.

Dr. Kjaer and his colleagues are using this device to study the properties of superconductors. They are interested in how the properties of superconductors change as the temperature is lowered.

Dr. Kjaer and his colleagues are also interested in the properties of superfluids. Superfluids are fluids that have zero viscosity. They are able to flow without any resistance.

Dr. Kjaer and his colleagues are using the "freeze-freeze" device to study the properties of superfluids. They are interested in how the properties of superfluids change as the temperature is lowered.

## Scholarship unit to 'ho down'

The Clark Scholarship Fund Annual Dinner Dance Party will be held on Friday, March 13.

The goal for the Clark Scholarship Fund is to provide financial aid to students who are studying at Clark University. The fund was established in 1925 and has since then provided financial aid to many students.

The Clark Scholarship Fund is a private organization that is supported by donations from the public. The fund is managed by a board of trustees.

The Clark Scholarship Fund is a very important organization for Clark University. It provides financial aid to many students who would otherwise be unable to attend the university.

## McGovern in top cadre for studies

A township student, Carol McGovern, was named to the top cadre of the Clark University studies.

Carol McGovern is a senior student at Clark University. She is a member of the top cadre of the Clark University studies.

The Clark University studies are a series of studies that are being conducted by Clark University. The studies are being conducted in order to determine the effectiveness of various educational programs.

Carol McGovern is one of the students who are participating in the Clark University studies. She is a very talented student and is a member of the top cadre of the studies.

## Nine Scouts get religious awards

The following Boy Scouts of Clark County have received religious awards.

The awards were presented by the Boy Scouts of Clark County. The awards are given to Boy Scouts who have demonstrated exceptional religious achievement.

The awards are given to Boy Scouts who have completed a course of religious instruction and have demonstrated a high level of religious achievement.

The awards are given to Boy Scouts who have demonstrated a high level of religious achievement and who have been active in their religious communities.

## Exxon retirees Russell Kripnath

A city resident, Russell Kripnath, of 381 Cornell Ave., was recently named to the Exxon Research and Engineering Co. as a research scientist.

Russell Kripnath is a retired Exxon employee. He has worked for Exxon for many years and has been a research scientist for most of his career.

Russell Kripnath is a very talented scientist and is a member of the Exxon Research and Engineering Co. He is working on a number of projects that are related to the Exxon Research and Engineering Co.

Russell Kripnath is a very important member of the Exxon Research and Engineering Co. He is a very talented scientist and is a member of the Exxon Research and Engineering Co.

## Villanova honors Golger, Molson

A township student, William Golger, was named to the Villanova University studies.

William Golger is a senior student at Villanova University. He is a member of the Villanova University studies.

The Villanova University studies are a series of studies that are being conducted by Villanova University. The studies are being conducted in order to determine the effectiveness of various educational programs.

William Golger is one of the students who are participating in the Villanova University studies. He is a very talented student and is a member of the Villanova University studies.

## Karin F. Shalit receives degree

A Clark scholar, Karin F. Shalit, received her degree from Clark University.

Karin F. Shalit is a senior student at Clark University. She is a member of the Clark University studies.

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Karin F. Shalit is one of the students who are participating in the Clark University studies. She is a very talented student and is a member of the Clark University studies.

## Muhlenberg cites Michael Tellers

A Clark scholar, Michael Tellers, was named to the Muhlenberg College studies.

Michael Tellers is a senior student at Muhlenberg College. He is a member of the Muhlenberg College studies.

The Muhlenberg College studies are a series of studies that are being conducted by Muhlenberg College. The studies are being conducted in order to determine the effectiveness of various educational programs.

Michael Tellers is one of the students who are participating in the Muhlenberg College studies. He is a very talented student and is a member of the Muhlenberg College studies.

## Planning dollar outflow can increase reservoir

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The key to controlling your money is planning. The first step is to keep an accurate account of your spending for the next month or two. You will probably find a lot of little expenses that you don't think about.

You will also need to make a list of what you would like to do with your money. This will help you to decide how to spend your money.

Planning your money is a very important skill. It can help you to save money and to reach your financial goals.

## Household inventory can be treasure hunt

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to do it room by room, while others will use a category system of listing all furniture, accessories and clothing.

Larger pieces of furniture are relatively easy to list. More time-consuming is to list the smaller items, such as books, records, and clothing.

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Food energy is a very important concept. It can help you to understand how food affects your body and how to choose healthy foods.

## Sparky static stopped by moisturing medium

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Static electricity is a common problem. It can be caused by dry air or by dry skin.

Static electricity can be stopped by using a moisturing medium. This will help to keep the skin moist and prevent static electricity from building up.

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## Health insurance aid won't cover everything

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## Mr. Dymowski, 83

John Dymowski, 83, of 1111 S. 1st St., died Tuesday, Feb. 24, at the Overlook Hospital in Summit.

Mr. Dymowski was a member of the Holy Name Church in Summit. He was a very kind and generous man.

Mr. Dymowski is survived by his wife, Mary, and by his children, John and Mary.

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Food energy is measured in calories. One calorie is the amount of energy that is needed to raise the temperature of one gram of water by one degree Celsius.

Food energy is a very important concept. It can help you to understand how food affects your body and how to choose healthy foods.

## Sparky static stopped by moisturing medium

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Static electricity is a common problem. It can be caused by dry air or by dry skin.

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## Health insurance aid won't cover everything

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## Raisins readily ripe for favorite food fare

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## Mr. Dymowski, 83

John Dymowski, 83, of 1111 S. 1st St., died Tuesday, Feb. 24, at the Overlook Hospital in Summit.

Mr. Dymowski was a member of the Holy Name Church in Summit. He was a very kind and generous man.

Mr. Dymowski is survived by his wife, Mary, and by his children, John and Mary.

## Philip Weaver on death's list

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## Planning dollar outflow can increase reservoir

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The key to controlling your money is planning. The first step is to keep an accurate account of your spending for the next month or two. You will probably find a lot of little expenses that you don't think about.

You will also need to make a list of what you would like to do with your money. This will help you to decide how to spend your money.

Planning your money is a very important skill. It can help you to save money and to reach your financial goals.

## Household inventory can be treasure hunt

Supplied by Union County Cooperative Extension Service.

to do it room by room, while others will use a category system of listing all furniture, accessories and clothing.

Larger pieces of furniture are relatively easy to list. More time-consuming is to list the smaller items, such as books, records, and clothing.

An extra step is to list the items that are of value. This will help you to decide how to sell or donate the items.

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