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RAHWAY, NEW JERSEY

News Record

New Jersey's Oldest Weekly Newspaper—Established 1822

VOL. 164 NO. 28

RAHWAY, NEW JERSEY, THURSDAY, JULY 10, 1986

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Jacobs, Benes and Miller cited for past service to Board of Ed

by Pat DiMaggio

Plaques of appreciation were presented to former members in recognition of their past service on the Rahway Board of Education at the regular board meeting held on June 26.

Board President Ronald Matusaitis awarded commendations to former Board President Betty Jacobs in appreciation of her 5 years of service on the board, Filene Benes, for 3 years of past service, and to Bernard Miller, for 3 and a half years of service.

"I would like to thank you on behalf of all my colleagues," said Matusaitis. "I know the hours and the amount of time involved and I greatly appreciate your help."

Board Vice President Robert Munsey reported on a meeting the newly formed Human Resources Commit-

tee had with members of the Rahway Education Association (REA). It was a very fruitful, informal meeting between the committee and officers of the REA," said Munsey. "We gained a lot of understanding of each other's responsibilities. I encourage all board members and REA members to keep this dialogue going to see that this district progresses as we want it to."

In other business the board:

Accepted the resignation of Mrs. Lois Carroll, Resource Room teacher at Colver Cleveland School, effective June 30.

Accepted the resignation of Mrs. Claire Lesler, Reading Specialist at the Intermediate School, retroactive to June 6.

Appointed Mrs. Ruth McCormack as Intermediate

Clerk/Typist at the annual salary of \$8,325.

Approved the summer work schedule for Mrs. Mary Ann Swartz, Guidance Area Supervisor, for 20 days.

Authorized Mr. Frank Bupione and Mrs. Frank Lukasewicz to work 3 weeks each this summer to write the Basic Skills Improvement Plan for the District, Chapter 1 Pre-School Program and Compensatory Education Program.

Appointed, retroactively, the following Summer School teachers to work one period per day from June 23 through July 25, compensation to be \$700 each period: Social Studies, William Cladek; Physical Education/Health, Fred Stueber.

Appointed, retroactively, Joannie Navazto, to work two periods per day from June 23 through July 25, compensation to be

\$700 per period.

Added Albert Smith, Jr. and Jane Daugherty to the Substitute Teacher List.

Reappointed Mr. Gary Stanton to the part-time position of Computer Programmer for Project C.A.R.E. at the extra services amount of \$7,161.

Accepted the resignation of Mr. James Marino, Social Studies teacher at the Intermediate School.

Established the salary of Mr. William Petrucci, Director of Project A.C.E. at \$47,927.

Appointed Mrs. Lorraine Morlok as a Reading Specialist at the Intermediate School at the annual salary of \$22,448.

Appointed Ms. Judith Voza as a Reading Specialist at the Intermediate School at the annual salary rate of \$23,073.

Transferred Mr. Philip Morvitz, School Psychologist, from his high school

clinician's position to Chairman of the secondary Child Study Team.

Appointed Mrs. Maryanne Glines as a Special Education teacher at Franklin School at the annual salary rate of \$20,573.

Appointed Mr. Donald Sobteski as Area Supervisor of the Science Department, grades 7-12, at the annual salary rate of \$42,175.

Appointed Mr. Louis Pini as a Social Studies teacher at the Intermediate School at the annual salary rate of \$22,448.

Appointed Mrs. Cristina Klunder as a Special Education teacher at Franklin School at the annual salary rate of \$22,123.

Appointed Ms. Helen Davis as a Speech Therapist at Roosevelt School at the annual salary rate of \$22,448.

Approved motions to transfer the following to Project A.C.E.: Mrs. Olga Sica, Mr. Thomas Lewis, Mr. Kenneth Farrell and Mr. Paul DiGianno.

Appointed Mrs. Carol Wilson as English teacher for Project A.C.E. at the annual salary rate of \$19,973. Full state funded.

Accepted the resignation, with regret, of Mrs. Katherine Borst as high school home economics teacher, assistant band director and play assistant.

Appointed Mr. Glenn Curnow as a social studies teacher at the high school at the annual rate of \$19,973.



RAHWAY INTERMEDIATE SCHOOL BASEBALL TEAM... Soon in photo are (front row, left to right), Anthony Morlo, Randy Huxford and Steve Royon (2nd row, left to right), Pat Jackson, Robert Moyers, Ross Gibba, Paul Groszstein, Loula Romno and Tom Reton-

do. (3rd row, left to right), Coach Jim Ludlow, Mike Stovenson, Paul McCloakoy, Rudy Rivera, Carlos Garay, Greg Guallet, Carlos DeCane and Dino Jackson. The Intermediate school finished with a record of 9-1, losing only one game by a score of 5-4.



HOSPICE DONATION... Andrea Twombly (center), outgoing president of the Rahway Area Junior Women's Club, presents Mary Reick (right), RN, Rahway Hospital Hospice Nurse Coordinator, and Jane Dowling, RN, Hospice Nurse, with a donation to Hospice of \$500.



EMERGENCY RESPONSE... The City of Rahway recently hosted a meeting of the Executive Committee of the N.J. Emergency Management Assn. in the Emergency Operations Center in the basement of City Hall. Mayor Martin is pictured with (l-r) Presiding Officer Frank Adams and James Engle, secretary of the Management Assn., and Emergency Management Coordinator Milton Gares. A tour was given of Rahway's facility which provides operations, communications, command, training, staff rest quarters, emergency power and water system and capability to eliminate outside air if atmospheric hazards threaten staff operations. 25 persons attended and also saw a video presentation on a hazardous material incident, a program developed by Union County chemical companies including Merck & Co.

"Right To Know" protecting workers in Union County

The Division of Environmental Affairs of the Union County Department of Engineering and Planning has been designated as the county lead agency under the Right to Know law, which is designed to protect workers and the community's health, safety and welfare from harmful exposure to hazardous substances, according to JoAnn Gemeniden, Right to Know Coordinator for the division.

As Right to Know Coordinator, she is the "resource person" for the county, and is qualified to answer any questions the public, employees or employers may have regarding the Right to Know law. Each county in the state is required to have a "resource person."

Under the law, many employers are required to fill out various surveys, properly label all containers of hazardous substances, and train their employees concerning the proper handling of these materials.

Employees and the public can request a copy of these surveys from their employer or from Ms. Gemeniden's office.

The law protects workers who request information relative to hazardous substances they work with. Under the law, approximately 18,000 non-manufacturing businesses in New Jersey are required to file surveys with the state, county and local emergency response teams.

Approximately 45,000 businesses in New Jersey are required to comply with the Right to Know community standards, with approximately 3,500 of them in Union County. Of the 3,500, approximately 1,000 are required to file Right to Know Workplace Surveys.

Gemeniden will assist employers in complying with the law by providing pamphlets, posters and training and education packages to employers who have not yet complied. The implementation of

the law has been delayed by industry initiated lawsuits. "Once everything is ironed out, the Right to Know law will help safeguard the workers and residents of our county when dealing with hazardous substances," said James J. Fulcomer, Union County Freeholder and liaison to the Environmental Health Advisory Board.

For more information or materials regarding the Right to Know Law, call the Division of Environmental Affairs, Monday to Friday, 9 a.m. until 4 p.m. at 527-4215.

Physicians' directory available from Rahway Hospital

Rahway Hospital has recently published a directory of the members of its medical staff, which is available to the community. Listing staff members by specialty, along with their addresses and phone numbers, "The Medical Staff Roster" makes it easy to choose a physician practicing in the area.

The directory also lists hospital services, has a space for emergency phone numbers, and provides a map to the hospital. New residents will especially find the brochure to be helpful.

The Rahway Hospital Medical/Dental Staff has over 250 members, in many specialties, including internists, pediatricians, dentists, and podiatrists.

For a free copy of the directory, call the hospital's Community Relations Department at 499-6137, or write to Rahway Hospital, 865 Stone Street, NJ 07065. Attention: Community Relations.



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RAHWAY HOSPITAL JUNIOR VOLUNTEER AWARDED SCHOLARSHIP... Rahway Hospital Junior Volunteer Chris Hollerbach, of Colonia, is presented with a scholarship award of \$500 by Junior Volunteer Coordinator Audrey Smith (center) and Pat McLaughlin, of the Volunteer Office. Each year the Volunteer Department awards a scholarship to one or more Junior Volunteers. The Junior Volunteers participate in fundraising for the scholarship fund. Miss Hollerbach graduated from Colonia High School in June, and will be attending Glassboro State College, where she will study advertising.



CHAMBER GAVEL TURNED OVER... Eva Pascale, immediate past president of the Rahway Chamber of Commerce, turns over to Tony Lordi the presidential gavel for the term of 1986-87. The gavel was accepted by Lordi at a special general membership cocktail reception held at the Squires Inn on Monday, June 30. Eric Flicks was the installing officer for the slate of officers. Those installed were: Anthony Lordi, Sr., president; Michael Hartnett, 1st vice-president; Sharon Surber, 2nd vice-president; Kenneth Sover, treasurer; Joseph Hudak, secretary; Ray Eggers, parliamentarian. Trustees installed were: C. Vigilante, Helen Muckow, Philip Cur, Arthur Suttal, Norman Hirsch, Josephine Polthomas, and Eva Pascale, past president. Arthur Smith, Esq. was named chamber attorney.

Religious News

FIRST BAPTIST CHURCH OF RAILWAY
 The church is celebrating its 75th anniversary on Sunday, July 13, 10:00 a.m. The pastor, the Rev. Donald B. Jones, will preside. The service will be held in the sanctuary. The church is located at 177 Elm Ave.

HOLY MOUNTAIN CHURCH OF GOD IN CHRIST
 On Sunday, July 13, Sunday School will begin at 10:00 a.m. The pastor, the Rev. Donald B. Jones, will preside. The church is located at 220 East Grand Ave.

EBRISER AFRICAN METHODIST EPISCOPAL CHURCH OF RAILWAY
 The church is celebrating its 75th anniversary on Sunday, July 13, 10:00 a.m. The pastor, the Rev. Donald B. Jones, will preside. The church is located at 220 East Grand Ave.

UNION COUNTY BAPTIST CHURCH OF CLARK
 The church is celebrating its 75th anniversary on Sunday, July 13, 10:00 a.m. The pastor, the Rev. Donald B. Jones, will preside. The church is located at 220 East Grand Ave.

HOLY COMFORTER EPISCOPAL CHURCH OF RAILWAY
 The church is celebrating its 75th anniversary on Sunday, July 13, 10:00 a.m. The pastor, the Rev. Donald B. Jones, will preside. The church is located at 220 East Grand Ave.

ZION LUTHERAN CHURCH OF CLARK
 The church is celebrating its 75th anniversary on Sunday, July 13, 10:00 a.m. The pastor, the Rev. Donald B. Jones, will preside. The church is located at 220 East Grand Ave.

TRINITY UNITED METHODIST CHURCH
 The church is celebrating its 75th anniversary on Sunday, July 13, 10:00 a.m. The pastor, the Rev. Donald B. Jones, will preside. The church is located at 220 East Grand Ave.

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A garden contest!
 The Union County Cooperative Extension Service is currently sponsoring a garden contest. The contest is open to all residents of Union County. The contest is open to all residents of Union County.

Kuyat on Teen Mission in England
 Clark resident Gary Kuyat, a sophomore at Messiah College, is serving in England. He is serving in England. He is serving in England.

Students named for awards
 In addition to the students named in last week's edition of the Railway News Record, Clark Parish, the following students were named for awards. The students were named for awards.

Preparation for Liberty Weekend
 Mrs. Mary Lou Sudell, Children's Librarian, works with boys and girls in the Station of Liberty craft program. The program is held at the station. The program is held at the station.

Did you know?
 The world's longest beard was grown by a Norwegian named Hans Langseth. He was 17 1/2 feet long and is now in the Smithsonian Institution.

Scholarship fund to honor Archbishop Gerety

The Board of Trustees of the Fund for the Advancement of Education in Newark announced at a June meeting that a scholarship program honoring Archbishop Peter J. Gerety would be named.

The Archbishop Gerety Scholarship fund will be part of an educational trust which is to be established by the F.A.E. in Newark. The trust will be established by the F.A.E. in Newark.

The F.A.E. also supports the Archbishop Gerety Scholarship fund. The fund is named in honor of Archbishop Peter J. Gerety.

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26 at Valley Road are 'academically fit'
 Presentation of the Academic Awards was the high point of the Fourth Graders' Award Assembly held in June at the Valley Road School.

The awards were presented to 26 students who were recognized for their academic excellence. The students were recognized for their academic excellence.

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FANTASTIC GALA TRIBUTE... The group of people gathered for the award ceremony.



MAMIE BRACY, 84... A portrait of Mamie Bracy, 84.

Mamie Bracy, 84
 Mrs. Mamie Bracy, 84, died July 6 at Alexander Brothers Hospital after a long illness.

Mary Mandela, 72
 Mrs. Mary B. Kozak Mandela, 72, died July 28 at Alexander Brothers Hospital after a long illness.

Irene Macri, 68; I.P.N. 20 years
 Mrs. Irene Slabinski Macri, 68, died July 6 at Alexander Brothers Hospital after a long illness.

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Vegetable-Flower Open House planned at Rutgers U.
 Over one hundred of the highest rated annual flowers will be featured at the 22nd Rutgers University Vegetable-Flower Open House.

Atom Tabloid
 An illustrated lecture, "Four Seasons at Rutgers Display Garden," will be given hourly starting at 9:30 a.m. on July 10.

Act Now!
 This offer will be limited to the first 200 seats only. Send in your check now to Union County Arts Center.

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OBITUARIES

Eleanor Greene, 84; Alexian Brothers nurse
 Mrs. Eleanor Shamm Greene, 84, died July 5 at Alexian Brothers Hospital after a long illness.

Helen Gryg, 75; Deutscher Club member
 Mrs. Helen Postwick Gryg, 75, died July 5 at Roosevelt Hospital, Edison, after a long illness.

Mamie Bracy, 84
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"Osteoporosis: The Subtle Menace"

Osteoporosis, a disease which causes the bones to become brittle and break easily, is a gradual thinning of the bones associated with aging. Low calcium levels and loss of the hormone estrogen. The best treatment of this disease is prevention. However, this disease cannot be broken and prevented if the public is not aware of its dangers. Studies conclude that more than 50 percent of all women over the age of 35 get low than half of the recommended necessary amount of calcium daily.

The National Institutes of Health suggest a daily intake of 1000 to 1500 milligrams of calcium for premenopausal women and 1500 milligrams of calcium for postmenopausal women.

In the U.S. alone, osteoporosis strikes 15 to 20 million other people. The future implications of this disease are staggering. Osteoporosis primarily affects older women, the fastest growing segment of the population, and causes approximately 200,000 hip fractures every year. This disease can often be fatal when complications from a hip fracture leave a person bedridden, incapacitated and subject to isolation, depression and malnutrition. Sadly, it is estimated that more than 80,000 hip fractures occur annually in the United States. The result is a loss of independence and a loss of quality of life.

Osteoporosis may be a new term for an old problem, but it is one of the most serious health issues facing older Americans today. A lack of prevention program, such as calcium supplements, until more is known about the disorder and steps that can be taken to prevent it, osteoporosis will continue to cause physical and emotional pain to millions of American men and women.

Sean Dorris - commissioned -
 Sean E. Dorris, son of Marie B. Dorris, of 449 Union St., Railway, has been commissioned as a second lieutenant through the Air Force ROTC program, and earned a bachelor's degree from Monmouth University, Long Branch.

Mary Mandela, 72
 Mrs. Mary B. Kozak Mandela, 72, died July 28 at Alexander Brothers Hospital after a long illness.

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Railway Hospital affiliate offers nutritional counseling

If you have been thinking about starting a weight loss program or improving your diet and getting into shape, now there is a professional service to turn to for help. BICO Health Systems, an affiliate of Railway Hospital, is offering a nutritional counseling service to the public.

A registered dietitian from the hospital staff will meet with you on an individual basis to develop a weight control, therapeutic, or even total allergy diet, as well as provide diabetic diet counseling. The dietitian will perform a full nutrient analysis of your current diet and evaluate it for deficiencies or excesses. Computerized dietary analysis is also available. You will receive literature and advice on such topics as behavior modification techniques, meal preparation, entertaining, and restaurant style eating.

The counseling services are held in new, spacious quarters at the LaBice facility, 29 Broadway, Clark, and convenient hours are available. A fee is charged for this service. For more information, or to schedule an appointment, call the hospital's Nutrition Service Department at 499-6194.

Balloon insertion performed at Rahway Hospital
 Recently, the first gastric balloon insertion was performed at Rahway Hospital by Dr. Andrew Coronato, Chairman of the Department of Medicine and Inpatient Gastroenterology. Designed to aid weight loss by taking up to 50 pounds overweight, and who have tried other methods of weight loss but have not met with any success. He said he would also reject people who feel do not have the emotional stability needed to make a commitment to a weight loss program. The balloon is inserted for periods of up to four months and then must be removed. If the person has not reached the desired weight, another balloon can be put in at the physician's discretion, after a two-week period of about two weeks.

The insertion procedure is done while the patient is under light sedation, and a topical anesthetic is applied to the mouth and throat. First, the gastroenterologist with an office in Westfield who has been practicing for 15 years, at level 5 inserted through the mouth. The tube is then inserted and inflated in the stomach.

The procedure takes only minutes, and according to Dr. Coronato, since it doesn't require surgery and is reversible, it should replace other methods previously used to promote weight loss for intractable obese patients, such as gastric stapling.

When inflated, the balloon is about the size of a small juice can. It works by decreasing the sensation of hunger, and must be used in conjunction with dieting to have an effect on weight loss. Dr. Coronato recommends that his patients follow a sensible diet, joining an organized weight loss program.

The balloon is not a permanent solution, but it serves as an adjunct to diet and behavior modification, he said.

SMOKING STINKS
 The message upon the Westfield students by Henry Baran, Clark resident, at part of an ongoing effort by the American Cancer Society to alert citizens of the hazards of smoking. Mr. Baran has been a resident of Clark for two years and formerly served as City Clerk of Laitan. Pictured above are (left to right) Mr. Baran, Pat Manning, 7th grade student, and Daniel Franks, health educator of Passaic High School in Westfield. As part of the Galtiers Club, persons having undergone a hypoglycemia. Mr. Baran addresses over 4000 students yearly from fourth grade through college level.

NUTRITION POSTER CONTEST WINNERS
 Pictured are winners from the Frank K. Honley School of the Nutrition Poster Contest sponsored by the District's School Lunch Advisory Committee. Judges for the contest were Mrs. Helen Brennan, ARA Director, Mrs. Mary Puljanowski, PTA Representative, and Mrs. Marie Cassidy, Curriculum Coordinator for the district. First prize winners, back row, left to right: Sherry Stolow, Mrs. Marie Cassidy, Curriculum Coordinator, Chris Simbars, Mrs. Helen Brennan ARA Director, Mrs. Mary Puljanowski, PTA representative from Holy Trinity School, left to right: Leonard Schofer, Tara Clarke, Melissa Linkon, Alicia Clarke.

SECOND PRIZE WINNERS IN THE FRANK HEINLY SCHOOL NUTRITION POSTER CONTEST
 Back row, left to right: Mrs. Marie Cassidy, Curriculum Coordinator, Sherry Stolow, Mrs. Marie Cassidy, Curriculum Coordinator, Mrs. Helen Brennan, ARA Director, Frank row, left to right: Joyce Robinson, Wendy Matejok, Fritah Strain, Nicole Lehtsky.

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FIRST INSERTION... Gastronutritionologist Andrew Coronato, MD, performs the first gastric balloon insertion at Rahway Hospital, with the aid of endocrinologist Gregory Deane, RN (left) and Caryn Ruszko, RN. Dr. Coronato practices in Westfield.

The device is not meant for those who have only a few pounds to lose. The balloon is recommended for people who are at least 20 percent above ideal body weight. Dr. Coronato will only perform the procedure on patients who are at least 50 pounds overweight, and who have tried other methods of weight loss but have not met with any success. He said he would also reject people who feel do not have the emotional stability needed to make a commitment to a weight loss program. The balloon is inserted for periods of up to four months and then must be removed. If the person has not reached the desired weight, another balloon can be put in at the physician's discretion, after a two-week period of about two weeks.

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PUBLIC NOTICE
BECAUSE THE PEOPLE MUST KNOW

SUPERIOR COURT OF NEW JERSEY
CLARENCE J. WILSON, JUDGE
IN RE: JAMES EARL RAY, JR.
Docket No. 12-12-86-100

NOTICE TO CREDITORS
In re: Estate of JAMES EARL RAY, JR.
Docket No. 12-12-86-100

NOTICE TO BIDDERS
The Board of Education of the City of Union, New Jersey

NOTICE TO CREDITORS
In re: Estate of MARY HEMETA, DECEASED

NOTICE TO CREDITORS
In re: Estate of ANNE P. CLARK

NOTICE TO CREDITORS
In re: Estate of EMERY HEMETA and EMERY H. HENNING

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PRIME REPLACEMENT WINDOWS

1790

DO YOU KNOW AN 18-YEAR OLD MAN?

If you do, he should know that he is required to register with the Selective Service System.



COLORFUL WINNERS... Rahway Post No. 5 of the American Legion named winners in their annual coloring contest. Pictured, left to right, are winners Karla Blue, Kim Anzures and Michael Galante with Grandmaster Bill DeWay and Chairman John Burton in the background.

Travelers urged to reduce risks posed by terrorists

The Dictiongraph Security Information Bureau has released the following information and advice:

Only you can decide whether the excitement or relaxation of a European vacation outweighs the risks of terrorism this year, but one security advisory group believes you can take steps to limit those risks.

Although the threat of terrorism has eased an estimated 30 to 25 percent of potential European travelers to change their plans this year, the Dictiongraph Security Information Bureau cited State Department statistics showing that only 12 Americans were killed in terrorist incidents last year out of 6.4 million who visited Europe.

Although it stresses that no one should tempt danger for the sake of a vacation, the information bureau, located in Florham Park, N.J., said those who must travel to Europe can find comfort in the updated security policies now in effect at most European air terminals and cruise ship ports, and by taking sensible precautions, can increase their personal safety even more. Relying largely on statistics and analyses of past terrorist incidents, it compiled this list of common sense safety precautions for traveling abroad:

- **DRESS:** Do not flaunt your Americanism by wearing flashy jewelry or clothing that would quickly identify you.
- **CARRIERS:** When traveling within Europe, use the trains or, if you must fly, choose a carrier from a neutral country, such as Switzerland.
- **AIRPORTS:** Avoid large airports, if possible, by traveling to a more prominent airport. Spend as little time as possible in the airport shops, restrooms and ticketing areas.
- **HOTELS:** Although a big hotel is likely to be more secure than a smaller one, a small hotel is less likely to be a target for terrorism. In either case, ask for a room on a lower floor where you will be closer to help in an emergency.
- **PUBLIC PLACES:** When visiting museums, landmarks and other public buildings, beware of suspicious, unattended shopping bags, and briefcases, that could contain explosives. Do not investigate. Notify guards or clerks.
- **OUTDOORS:** Avoid places where Americans congregate, such as American Embassies which usually have enough guards but sometimes are the scene of angry demonstrations. Inquire at your hotel before venturing into quiet local places that might turn out to be hotspots for various wearing factions.
- **COMMOTIONS:** If you hear shouting, screaming or shots, get down on the ground quickly. Don't try to determine what's happening. You can laugh it off later if the noise turns out to be unbridled revelry or a car backfire.
- **PASSPORTS:** If you feel that your ethnic look may draw unwanted attention for trouble, you may drop a maiden name or midle name on your passport, although a legal name can not be changed on a passport without a court order. However, frequent travelers should consider obtaining additional passports so that when visiting some countries, one passport does not indicate visits to political foes.
- **EXECUTIVE PLANNING:** Business should brief their frequent corporate travelers on the do's and don'ts listed here and take steps to ensure swift response if any complex issues such as ransom demands and handling the media, are encountered.

Power of Attorney, health and blood type records should be placed on file to assist authorities.

The Dictiongraph Security Information Bureau is a public service of Dictiongraph Security Systems, Inc., one of the oldest and largest security alarm firms in the nation.

Nutrition is for everybody

There is much folklore about special diets which claim to help cure arthritis. While it is true that nutrition has an important effect on everyone's health, the Arthritis Foundation reports that the scientific studies on arthritis and nutrition to date have not shown any particular diet to have a fundamental effect on the disease process itself. Nonetheless, there are research studies in progress to determine whether certain dietary factors may be involved in joint inflammation.

Martinez graduates Boston College

Robert M. Martinez, son of Mr. and Mrs. F. Martinez of Edison, formerly of Rahway, was awarded a bachelor of arts degree at the 110th commencement of Boston College on May 19.

The commencement speaker was Jaime Cardinal Sin, Archbishop of Manila in the Philippines. He was among those awarded honorary degrees by the university, which were presented by Rev. J. Donald Moun, SJ, 24th president of Boston College. More than 2,000 graduates received degrees.

Robert is a 1982 graduate of St. Joseph's High School, Metuchen. His undergraduate activities at Boston College included student activities, government, economics and intramural athletics.

Interestingly, though, some studies have shown that problems related to arthritis can lead to poor nutrition. Fatigue and pain limit joints can make food preparation difficult. People with mobility limitations due to arthritis often have difficulty performing such tasks as opening containers, chopping vegetables, and carrying heavy bowls and dishes. This can lead to a change in eating habits.

Poor nutrition can make a person's overall physical condition worse, and this can become a vicious cycle. The Arthritis Foundation urges people to make a concerted effort to eat as nutritiously as possible. For tips about how people with mobility limitations can simplify food preparation and other household tasks, contact the New Jersey of the Arthritis Foundation at 15 Prospect Lane, Colonia NJ 07077, or call 388-0744.



READY, SET, GO ON JULY 20... The sixth annual running of the Catch The Sun 5-Mile Women's Road Race is set. Race co-founders and co-directors Pat Goins, (left) of Edison and Tina DeLorenzo of Westfield, are rounding Tammessee park, Westfield, for one of the nation's largest women's road races. A field of over 1,500 are expected this year.

Women are running to catch the sun

The 6th Annual Catch The Sun Five Mile Women's Road Race is expected to draw thousands of women runners and spectators on Sunday, July 20 in Westfield. The race begins and ends in Tammessee Park and winds its way through colonial Westfield. Race time is 9:30 a.m.

Blue Cross and Blue Shield of New Jersey is the principal of this year's event with additional support given to the New Jersey Department of Tourism. "Catch The Sun is more of an event than a race," said Pat Goins, race co-director. "There are those competitors along with women who participate just to have fun. We get a lot of beginners."

The women to catch in this year's event is Cindi Gerard-Klein of Richmond Hill, N.Y. She was the 1985 winner and holds the course record at 27:06. She is both a national and international class runner. Her coach is Bob Glover of the Atlanta Track Club.

Specially designed awards will be given to the top five individual finishers and the top three finishers in each of the 12 age groups. Trophies will be awarded to the top corporate, open hill aged, and masters (minimum age 40) teams. In addition, special awards will be given to the first Westfield resident and the first Blue Cross and Blue Shield employee to cross the finish line. All race finishers will be treated to a brunch courtesy of Kings Supermarket and Frofruit.

A special pre-race clinic will be held on July 19 at 10 a.m. at the Ramoth Inn in Clark. "The focus of this clinic is on women's health and fitness," Mrs. Goins said. "The clinic has been designed for all women, not just the female athlete. We are committed to helping women make healthy life-style changes and encourage every woman to attend." The clinic will include a question and answer session. There will be no admission charged.

The clinic keynote speaker is Alice Zancosky of Philadelphia. The primary emphasis of her address is the nutritional concerns of the active woman. As a registered nutritionist, she recognized nutritional expert throughout her industry and women's sports. Ms. Zancosky is program coordinator for the Pennsylvania Dairy Council, adjunct professor at Drexel University in Philadelphia, and a past president of the Philadelphia Dietetic Association. She is an accomplished long distance runner, having finished the 1986 Boston Marathon.

Mrs. Goins will also address the audience. Her principal message will be on fitness for life, "creating a balance between exercise and nutrition throughout one's life." She has lectured and published numerous articles on both fitness and running.

The success of Catch The Sun and the commitment of its co-founders, Tina DeLorenzo of Westfield and Pat Goins of Edison, brought women's running to the attention of New Jersey Governor Thomas J. Kean. And, as a result, the third week in July has been proclaimed "Women's Running Week."

Entry forms are available at various sporting goods stores and fitness centers throughout New Jersey. For additional information, call Race Information at 233-8567 or write to Catch The Sun, P.O. Box 513, Westfield, N.J. 07091. The deadline for entries is July 19. There will be no race day registration. Entry fees are \$7 until July 12 and \$10 until July 19.



LIBERTY CRAFTS... Participants in the Statue of Liberty craft program given recently by the Children's Department of the Rahway Public Library include (front row, left to right), Kerith Weins, David Phillips, Jennifer Phillips, Eric Weins and Kurt Weins, (back row, left to right), Mrs. Mary Lou Sudall, Children's Librarian, Miss Patty O'Mahoney and Mrs. Julio Grotosa, Library Assistant.

Antiquity abounds in New Jersey

As one of America's 13 original colonies, New Jersey today offers visitors a living history lesson, with more than 1,000 historic buildings and sites located throughout the six tourism regions of the state.

"New Jersey residents are proud of their state's heritage and its contributions to the development of our nation," said Victoria D. Schmidt, director of the Division of Travel and Tourism, N.J. Department of Commerce & Economic Development. "The long and rich history of our state has been preserved for the enjoyment of everyone."

Among the many prominent landmarks in the Gateway Region are the Apple Tree House in Jersey City, and the site of the duel between Alexander Hamilton and Aaron Burr on the Palisades on Weehawken.

The Apple Tree House, also known as the Van Wayne Homestead Farm, was built in 1694 and served as the headquarters for Maj. Gen. Marquis de Lafayette during the American Revolution. The gray building where Alexander Hamilton fell to his death after being shot by Aaron Burr in 1804 is a national monument overlooking the Hudson River on the Weehawken cliffs.

The Delaware River Region is saturated with historic monuments and sites, from the Old Barracks in Trenton, built in 1758 during the French and Indian War to house British soldiers, to the pre-revolutionary Thomas Clarke farmhouse, a historic Quaker dwelling which still stands in Princeton.

The British used the farmhouse as a temporary field hospital during the Revolutionary War.

Iron mining and manufacturing played a key role in the development of

35 receive G.E.D. diplomas

Thirty-five adult students received their New Jersey State High School Diploma after they successfully passed the General Education Development test (G.E.D.).

The G.E.D. examination is made up of a battery of tests to assure knowledge and skills have been acquired in reading, mathematics, language arts, science and social studies.

Rahway's Adult Basic Education Program has free classes for students who want to prepare for this seven-hour examination. In cooperation with the Adult School, the State Department of Adult Education made special arrangements with test examiners from Middlesex County College to administer the test in Rahway twice this past year.

Congratulations are extended, on behalf of the Rahway School System to this year's graduates: Dorothy Baboo, Anna Chang, Lisa Cherkovitz, Carolyn Choat, Michaelene Coffman, Richard Cook, James Crowell, Ruby Edgar, Richard Fayre, Raymond Feins, Robert Ferrara, Maggie Gaines, Michael Glopawski, Steve James, Bibbie Katsinos, Karl Lambertson, Joanne McGovern, Hannah Mills, Filcen Newman, Rosemary Newman, Donald Peart, Patricia Pharris, Ruth Preko, Nancy Stanch, Laura Tinajero, Kimberly Trooskin, Jeffrey VanDerMeiran, Alberto Velando, Lisa Velez, Christine Viverio, Tracy Witz and Marianne Zane.

The Adult Basic Education Program honored the students who participated actively in other aspects of the Adult School program, at a special ceremony and reception June 19 in the Intermediate School.

Frank Brunette, Superintendent of Schools, Nicholas Delmonaco, Assistant Superintendent,

Jack Jones receives doctorate

Jack R. Jones of Rahway, president of the Berkeley School of Garet Mountain, has received his Doctorate in Educational Administration and Supervision degree with Specialization in Higher Education from Seton Hall University.

Dr. Jones, who is president of the New Jersey Business Education Association, wrote his dissertation on "Onse-quences of Regional Accreditation for Proprietary Junior Colleges of Business."

Dr. Jones holds a B.A. degree in Business Education from Montclair State College, an M.A. degree in Educational Administration from Seton Hall University and a Certificate of Advanced Graduate Study in Business Education from Temple University.

Married to the former Sherry Longshin and father of two children, Dr. Jones is active at St. Agnes Roman Catholic Church in Clark. He has served as president of St. Agnes Elementary School Board of Education.

Carl Coyne commissioned

Carl G. Coyne, son of John T. and Carolann Coyne of 2269 Church St., Rahway, has been commissioned a second lieutenant through the Air Force ROTC program, and earned a bachelor's degree from Rutgers University, New Brunswick.