



DEMOCRATS CITE WOLF AND CHANGE OFFICERS . . . William Wolf, (center) retiring City Chairman, who cited for almost 50 years of service and leadership in the Democratic Party. He was presented with a plaque by Mayor Daniel L. Martin, (left), at a recent meeting. Alex Shipley, (right), President of the Rahway Democratic Club, was elected City Chairman and resigned the presidency. Vice President William J. McBride, who served as Union County Emergency Management Coordinator for 18 years and club president for 3 years during the 60's, succeeded Shipley as president.

New personnel appointed for 1986-1987 school year

By Pat DiMaggio
The Rahway Board of Education appointed personnel and accepted resignations at the regular board meeting held on July 21 at the Intermediate School.

The following staff members were appointed for the 1986-87 school year:

Ms. Victoria Robertson as a reading teacher at the Intermediate School at the annual salary of \$20,573; Ms. Michelle Sovinsky as a business education teacher at the high school at the annual salary of \$19,973; Ms.

Virginia Johnson as a business education teacher at the high school at the annual salary of \$21,423; Mr. Robert Proctor as a science teacher at the Intermediate School at the annual salary of \$21,423; Mr. Rexes Colucci as a social studies teacher at the high school at the annual salary of \$21,423; Ms. Carol Parr as a special education teacher at the high school at the annual salary of \$21,423; Ms. Beth Fleisher as a special education teacher at the high school at the annual salary of \$21,423; Ms. Mary Allen as a special education aide at the Intermediate School, 5 1/2 hours per day, \$5.07 per hour; Mr. Thomas Lewis as summer coordinator for Cooperative Distributive Education Program, for six weeks at a salary not to exceed \$2,424 plus a maximum of \$300 travel expense, fully state funded.

Resignations were accepted from Mrs. Judith Voeckel, reading specialist; Mrs. Annetta Grumet, high school teacher of the band department; and Miss Yvonne Maynor, Intermediate School Mathematics teacher.

Miss Barbara Tweedak, high school mathematics teacher, was granted a half-year leave of absence for studies. Ms. Barbara Kostick was transferred from special education aide to Madison School teacher/lecturer aide. Marsha Scala, Robin Roberts, Herbert Way and Donald Freeland were added to the substitute teacher list.

The following coaches were reappointed: Head Boys Soccer, Mario Kawczynski; Assistant Boys Soccer (JV), Joseph Caputo; Girls Tennis, Howard Walker; Cross Country, James Ladley.

In other business the board: Approved the submission and operation of an "Expensive Book Distribution Program" in the amount of \$2,140 under Reading is Fundamental, to be conducted at Roosevelt School and the Intermediate School.

Approved a motion to accept funding from the State Department of Adult Education for \$3,000 for a Special Project Grant. This mini grant is for the

development of a series of workshops to improve participant achievements in the Adult Basic Education Program.

—Authorized Rahway Adult School teachers and salaries.

—Approved a change order to Allied Equipment Co., Trenton, for a credit of \$764.30 for auditorium seating at the high school.

—Approved payment No. 1 to Jeffrey and Kallaur, Consulting Engineers, Union, in the amount of \$1,575 for professional engineering services rendered on the repair of acid lines at the high school.

—Approved payment No. 1 to Jeffrey and Kallaur in the amount of \$15,501.60 for professional engineering services on the Roosevelt School heating system.

—Approved payment No. 5 to NOD Mechanical Contractors, Inc., Piscataway, in the amount of \$21,240 for plumbing work completed on the high school.

—Approved a change order for John Schwarz, Inc., Clark, in the amount of \$1,333 for additional electrical work on the high school.

—Approved payment No. 1 to Hammond Contracting Co., Bloomfield, in the amount of \$3,150 for work completed on the Roosevelt School heating renovation.

—Approved payment No. 6 to John Schwarz, Inc., in the amount of \$55,329 for electrical work completed on the high school.

—Approved payment No. 6 to NOD Mechanical Contractors, Inc., in the amount of \$79,200 for heating and ventilating work completed on the high school.

—Approved payment No. 4 to Sempre Construction Co., East Brunswick, in the amount of \$193,383 for general construction work completed on the high school.

—Approved payment No. 4 to Fickett, Morton, Russo and Maggio, Architects and Planners, North Brunswick, in the amount of \$6,596 for professional services on the high school renovation.

\$137,000 cut from police, fire funds \$13.2 million city budget adopted

By Pat DiMaggio
The Rahway City Council finally approved its \$13.2 million budget at a special meeting held on July 24.

The council had been forced to delay pending the outcome of the Governor's decision on funding the Municipal Purposes Tax and — just last week — was forced to cut \$137,000 from the police and fire department clothing allowance and overtime accounts to make up for the lost revenue.

The \$13,286,027 budget shows an increase of \$651,692, or 3.5 percent over 1985's total of \$12,834,335.

Business Administrator Joseph Hartnett pointed out that except for four items in the budget, garbage collection, sewage treatment, pensions and insurance, this year's budget would actually have shown

a decrease over 1985. These four items totaled a rise of \$489,000 for 1986.

The amount to be raised by taxes increased 8.5 percent due to decreased revenues and amounts to \$7,780,272. The tax rate for city government went from \$1.98 per \$100 of assessed value in 1985 to \$2.15 per \$100 of assessed value in 1986 or a total of 17 points for municipal purposes.

Voters approved a 20 point tax hike when they voted for the Board of Education budget in April and county taxes increased by nine points giving residents of Rahway a total increase of 46 points. For a home assessed at \$40,000 the 1986 total tax increase

would be \$184 — \$80 for the school, \$68 for the city and \$36 for the county.

The budget was adopted on a vote of 5 in favor with Councilmen James Fullcomer, John Marsh and George Wagonhoffer opposed. Councilman Harvey Williams was absent.

"This budget gives us the highest tax increase in a number of years," said Councilman Fullcomer. "I feel very strongly that if we do not cut down the budget this year we can look for a bigger increase next year. The time to bite the bullet is now. If we sit together we can cut down the budget appropriately."

"Rahway's taxes are one of the highest in Union

County as far as municipal taxes go," said Councilman Marsh. "The mayor has done nothing to try to hold the line on taxes or to have compassion on the taxpayer. I've been on this council for 27 years and I've never seen such apathy as exists in this administration. We should be cutting every department. This budget is filled with fat and should be reduced."

Councilman Max Sheld called Marsh's comments on the budget a "political diatribe." "It is political grandstanding and not an attempt to cut the budget," said Sheld.

Councilman Vincent Adona in voting for the budget called attention to

the 20 point increase in the school's portion of taxes and the nine point increase for the county. "This Municipal Council has no control over 39 out of 46 points," said Adona. "No cut the council could make tonight would affect the tax rate that much."

The council also approved an ordinance extending the amount of time a homeowner has to pay his tax bill without accruing interest. Tax bills should have been sent out in the middle of June, payable by August 10, but with the delays in adopting the budget the \$800 tax bill are not expected to be mailed until August 15.



THAT'S A CATFISH! . . . Adam Thomas is shown in photo with his award in hand and a 8 1/2" catfish. The scene was a previous Rahway Rec. Dept. fishing derby, a highlight of the summer season.

Fishing derby, anyone?

The Rahway Recreation Department will sponsor a fishing derby on Wednesday, August 6 at Milton Lake Park (Midwood Drive). The derby rain date is Thursday, August 7.

Boys and girls of Rahway age 14 years old and under may participate.

Registration will take place the same day of the event from 8:30 p.m. to 6:15 p.m. Fishing time is from 6:15 to 7:15 p.m. There will be fishing poles provided and worms given to all, while they last.

The Recreation Dept. has announced prizes will be awarded at 7:30 p.m. This annual event is for Rahway residents only.

Approved a motion to accept funding from the State Department of Adult Education for \$3,000 for a Special Project Grant. This mini grant is for the

Taxpayers given grace period

City Administrator Joseph Hartnett announced that due to this year's unusual budget situation, Rahway tax bills will be mailed to residents later than usual, but a new deadline for payment will be established to give all taxpayers ample time to pay their taxes without fear of penalty or interest. Additionally, Hartnett pointed out, the City tax office will provide late office hours to accommodate the many taxpayers who have requested to pay their bills after normal work hours.

"The usual deadline for payment of taxes is August 1, but this year we are providing a grace period to September 8," Hartnett stated. He pointed out the City will begin mailing the tax bills on August 4. "No taxpayer will be penalized or charged interest due to receiving a late bill from the City as long as payment is made by the grace period deadline of September 8," Hartnett said. "We're trying to be as fair as possible to all of our taxpayers," he added.

The administrator also announced that on Thursday, August 21, Monday, August 25, and Tuesday, August 26, the tax office in City Hall will remain open until 7 p.m. for the convenience of citizens wishing to pay their bills in person. "We do have a large number of residents who prefer to pay their bills in person and we want to accommodate them," he noted.

Hartnett said he has been "amazed at the cooperative attitude of people in Rahway over this year's tax situation. Scores of citizens have called or come into City Hall volunteering to pay their taxes without even having received a bill," he

said. "Many citizens have been reading the papers and have expressed sympathy for the problems facing municipalities due to the fighting in Trenton over State aid to municipalities," he stated. "Of course, we've had some complainers also, but that's really been at a minimum," he said.

Hartnett noted that many municipalities throughout New Jersey are late with their tax bills this year. "Municipalities have been put in the position of not knowing what their State aid would be for 1986 and thus not being able to adopt their budgets and get their tax bills ready," he concluded.



FIRST GENETICALLY ENGINEERED VACCINE . . . A Merck scientist draws a sample from a small fermentation unit used in the development of the Recombinax HB, the first genetically engineered vaccine for human use in the U.S.

Merck's hepatitis vaccine gets FDA approval

Recombinax HB, the first vaccine for human use developed from genetic engineering technology to be licensed by the United States Food and Drug Administration, according to the Merck Sharp & Dohme Research Laboratories (MSDRL), the vaccine's developer.

The new vaccine is for the prevention of hepatitis B, a serious viral infection of the liver that has caused nearly one million cases of chronic liver disease in the U.S. and approximately 200 million cases worldwide.

"Merck has long stood at the forefront of vaccine research and development. This new form of hepatitis B vaccine reaffirms our commitment to the development of future vaccines for improving human health,"

said P. Roy Vogel, M.D., chairman and chief executive officer of Merck & Co., Inc.

Recombinax HB is made by recombinant DNA technology with the vaccine antigen (the substance that stimulates immunity) produced by a genetically engineered form of baker's yeast. A separate Merck vaccine, Hepatavac B, derived from antigen extracted from human blood plasma, has been in wide use in the United States and many other countries since 1982.

According to Robert Gretey, M.D., director of Virus and Cell Biology for scientific foresight of my predecessors in the Merck laboratories who set our some eight years ago to circumvent dependence on

human plasma, a potentially limited raw material, as a source of the hepatitis B vaccine antigen.

"In addition, this achievement is an outstanding example of the benefits that can flow from collaborative efforts between industrial and academic scientists," he added. "Development of baker's yeast as an alternate source of the vaccine antigen began with a research agreement between Merck and university-based investigators in the area of recombinant technology."

Scientists associated with the Chiron Corporation developed, under a contract from Merck, the antigen source material Merck used in its eight-year program to develop the vaccine.

In clinical studies, Recombinax HB has been shown to induce protective levels of antibodies against hepatitis B virus infection in more than 90 percent of healthy individuals who received the required three-dose regimen. Response to the vaccine was dependent on the speed of vaccination. 100 percent of 73 children one to ten years of age developed antibodies while seroconversion (antibody production) rates ranged from 95 to 99 percent for 453 adults between the ages of 20 and 99, and 91 percent for 86 vaccinees 40 years of age and older.

Recombinax HB is expected to be made generally available in January by Merck Sharp & Dohme.

The information concerning Recombinax HB was supplied by a Merck, Sharp & Dohme spokesperson.



MAC TAKES A BROW... A group of people gathered around a large machine, likely the MAC machine mentioned in the text.

MAC machine gets ribbon cutting ceremony

A MAC machine... ribbon cutting ceremony... The ribbon cutting ceremony was held at the... The machine is a... The ceremony was attended by...

Infant/child alert issued

Do you know of anyone who owns an expandable... infant/child alert issued... The alert is for... The manufacturer is...

Children between the ages of ten and fifteen... infant/child alert issued... The alert is for... The manufacturer is...

WOODY HERMAN... ONE OF THE ALL TIME GREATS... UNION COUNTY ARTS CENTER... 1601 Irving Street, Rahway... SATURDAY, AUGUST 16 - 8:30 P.M.

Library activity listed

The Rahway Public Library... Library activity listed... The library is holding... The activities include...

Overflowing mailbox is invitation to burglars!

An overflowing mailbox... invitation to burglars!... The mailbox is an... The burglars are...

USN vs USSR NAVY

USN vs USSR NAVY... Jack McGrath... The US Navy is... The USSR Navy is...

The Social Scene

The Social Scene... Miss Nancy Jasinski married to Lt. j.g. Thomas Marian... The wedding was... The ceremony was...

Spaulding for Children's Stride-A-Thon awards received

Spaulding for Children's Stride-A-Thon awards received... The awards were... The winners are...

Junior Woman's Club assists impaired

Junior Woman's Club assists impaired... The club is... The members are...

Postmaster Refulo: Overflowing mailbox is invitation to burglars!

Postmaster Refulo... Overflowing mailbox... The mailbox is an... The burglars are...

Overflowing mailbox is invitation to burglars!

Overflowing mailbox... invitation to burglars!... The mailbox is an... The burglars are...

Haven program at JFK Center seeks volunteers

Haven program at JFK Center seeks volunteers... The program is... The volunteers are...

Miss Nancy Jasinski married to Lt. j.g. Thomas Marian

Miss Nancy Jasinski married to Lt. j.g. Thomas Marian... The wedding was... The ceremony was...

AARP Chapter 607 plans summer fun

AARP Chapter 607 plans summer fun... The chapter is... The activities are...

4-H Stainglass club seeks members

4-H Stainglass club seeks members... The club is... The members are...

Eckert named to dean's list at UCC

Eckert named to dean's list at UCC... Charles Eckert... The dean is...

AFB establishes hotline

AFB establishes hotline... The American Foundation... The hotline is...

BELL DRUGS OF RAHWAY

BELL DRUGS OF RAHWAY... PRESCRIPTIONS OUR SPECIALTY... 381-2000... FREE PARKING - FREE DELIVERY... IRVING ST. OPP. ELIZABETH AVE.

Stoddard commissioned Second Lieutenant

Stoddard commissioned Second Lieutenant... Kim Stoddard... The commission is...

PSE&G's energy exhibit at 4-H Fair

PSE&G's energy exhibit at 4-H Fair... The exhibit is... The fair is...

Miss Teen-Ager Pageant slated for October

Miss Teen-Ager Pageant slated for October... The pageant is... The winner is...

Seat of Recognition

Seat of Recognition... CAN BE SEEN IN THEATRE WINDOW... The seat is... The recognition is...

Grand Opening Sun Garden

Grand Opening Sun Garden... August 2, 1986... 243 W. St. George Ave. Linden, N.J. 925-3330... Quick Luncheon... No. 1 Roast Pork Egg Foo Young... No. 2 Roast Pork with Chinese Vegetables... No. 3 Boneless Chicken with Chinese Vegetable... No. 4 Chicken with Cashew Nuts... No. 5 Beef with Broccoli... No. 6 Beef with Pepper and Onions... No. 7 Beef Shrimp with Bean Curd... No. 8 Shrimp with Pepper and Onions

Miss O'Donnell to compete for teen title

Miss O'Donnell to compete for teen title... Miss Frances O'Donnell... The competition is...

Wedding Invitations to express your very own tastes

Wedding Invitations to express your very own tastes... The invitations are... The tastes are...

15% OFF Now thru August 31, 1986

15% OFF Now thru August 31, 1986... The offer is... The items are...

SHOPPERS DISCOUNT LIQUOR

SHOPPERS DISCOUNT LIQUOR... BEER SPECIALS... FABULOUS VALUES... The prices are...

News Record
C. VIGILANTE, WENDY D'ARCY, PAT DIMAGGIO, ELEN VIGILANTE

THE PATHWAY... THE CLARK PATRIOT... THE CLARK PATRIOT... THE CLARK PATRIOT...

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1987

LETTERS TO THE EDITOR

Open letter to Clarkites from volunteer firemen

To the residents of Clark: For the past 7 years, the Clark Volunteer Fire Co. No. 1 has responded to the needs of the people of Clark...

COMMUNITY CALENDAR

Editor's Note: In order for us to adequately prepare the Community Calendar, all events for the following week should be submitted by 8 p.m. on the Wednesday before you would like them to appear.

Democrat congratulates Republican appointee

In a show of good faith, Democratic candidate for Union County Freeholder Gerald B. Zery, Green recently congratulated Donald E. Anderson for his selection as County Manager...

UCEDC board member elected to society post

Marvin Strass, a Public Accountant, has been elected to the position of Treasurer of the Union County Economic Development Corporation Board of Trustees...

State Police emergency network receives funding

Funding to enhance the State Police Emergency Network (SPEN) system has been incorporated into the new state budget...

The innocent still pay

On the evening of Mass. 1, 1986 my son's car was legally parked near my home at 470 Parkway Drive, Clark...

Firm hired to build Rahway Corporate Center

Management, Inc. has announced the selection of the Rahway Corporate Center as the site for a new 500,000 sq. ft. office building...

Franks' regulatory efficiency bill passes assembly

Assemblyman Bob Franks' bill to create a Regulatory Efficiency Commission passed the Assembly by a vote of 73-0...

Papers set deadline

The deadline for submission of stories and pictures for the Clark News-Record and The Clark Patriot is 8 p.m. on Thursday, August 11...



UNION COUNTY FREEHOLDERS HONOR POLICE PISTOL TEAM... The Union County Board of Chosen Freeholders, recently honored the Elizabeth Police Pistol Team...

Softballing invited to go to bat for Easter seals

New York Yankee Don Mattingly has named Honorary Chairman of the 7th Annual Easter Seal Softball Weekend...

Kean College graduates Clark residents

Kean College of New Jersey has announced the graduation of Clark residents...

Softballers invited to go to bat for Easter seals

New York Yankee Don Mattingly has named Honorary Chairman of the 7th Annual Easter Seal Softball Weekend...

Timko gets Rensselaer Medal

Theodore Timko, son of Mr. James Timko, Bryant St., Rahway, has been awarded the Rensselaer Polytechnic Institute Medal...

SPORTS
RAY'S ROUND
By Ray Hoagland

The Clark Wildcats, advanced to the 1988 Mid-Atlantic Region 2 Women's First Pitch softball tournament...

Junior golf tournament set

Junior golfers will compete for the Union County Junior Public Links Golf Tournament on Sunday, August 8...

Softball marathon gains \$9,000 for YMCA

The 1986 softball marathon for the benefit of the Union County YMCA was held on July 12 and 13 at the Rahway Field in Carteret...

Robinson open house to feature crafts instructor

Open house at the Dr. William Robinson Memorial and New Jersey Press Foundation Football Classic...

Fuel Oil Savings

Are you paying too much for your oil? Service needed? Check our fuel oil prices that can save you money!

Exercise: benefits and risks

I want to begin an exercise program now that the weather is warming up. In there anything I should do to get the best results? What should I do?

Exercise: benefits and risks

The risks of over-exercising are not always obvious. During the check-up, you should talk to your doctor about the program of exercise you wish to undertake...

Exercise: benefits and risks

Most experts agree that the prescription for realizing health benefits is continuous exercise for a least 20 minutes, three to four times per week...

Exercise: benefits and risks

Maternity Health is provided as a public service by Middlesex General University Hospital. For Speakers Bureau information or to get on the mailing list for a free health care newsletter...

Exercise: benefits and risks

Exercise is a key to good health. It helps to strengthen the heart and lungs, and it helps to control weight. It also helps to reduce the risk of heart disease, stroke, and other chronic diseases...

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JOS. SERVEDIO & SONS INC.
FUEL OIL • OIL BURNERS
WELI-MCLAIN BOILERS

Robinson open house to feature crafts instructor

Fuel Oil Savings

Exercise: benefits and risks

Exercise: benefits and risks

Exercise: benefits and risks

Classified ads get the job done CALL 574-7100 CLASSIFIED ADS APPEAR THREE TIMES - WEDNESDAY, THURSDAY & SATURDAY

GUARANTEED READER TO READER ADS 3, 3, 5 Wed., Thurs., Sat.

Headlines: 3, 3, 5... We will accept your Visa or MasterCard... master charge...

FACTS & REGULATIONS... READER TO READER... AIR COND....

HELP WANTED... GARAGE SALE... HELP WANTED...

HELP WANTED... GARAGE SALE... HELP WANTED...

HELP WANTED... GARAGE SALE... HELP WANTED...

HELP WANTED... GARAGE SALE... HELP WANTED...

HELP WANTED... GARAGE SALE... HELP WANTED...

HELP WANTED... GARAGE SALE... HELP WANTED...

HELP WANTED... GARAGE SALE... HELP WANTED...

MODELS CHILDREN/ADULTS... T.V. COMMERCIAL... PRINTWORK... FURNITURE FOR SALE...

PROPERTY FOR SALE... SECURITY OFFICERS... CARTRIDGE & EDISON LOCATION...

RENTALS... FOR RENT... REAL ESTATE...

FOR RENT... REAL ESTATE...

FOR RENT... REAL ESTATE...

FOR RENT... REAL ESTATE...

FOR RENT... REAL ESTATE...

FOR RENT... REAL ESTATE...

Widely... 219 Central Ave., Rahway, NJ 07065

HELP WANTED... CLERICAL ACCOUNTS RECEIVABLE... EMPLOYMENT OPPORTUNITIES...

MR. KEANE... 727-7785 (evening)

PORTER Day Time Hours... SHORT ORDER COOK Day Time Hours...

RECEPTIONIST... TYPED OF THE DULL... FINDING JOB...

CLERK TYPIST... WAREHOUSE WORKERS... FACTORY ASSEMBLERS...

PAID VOUCHER PROGRAM... DISHWASHER BUS PERSONS... CHANEL INC...

MANUFACTURING... DENNY'S RESTAURANT... METRO DISTRIBUTION INC...

CLERK/ TYPISTS... LOOKING FOR: BETTER PAY? CONDITIONS? ADVANCEMENT? PRESTIGE?

Alexander's... Back to School Time - A good Job at Alexander's For Students + Homemakers

UNITED COUNTRIES TRUST COMPANY

WANTED... AUTO BREAKER... JUNK CAR WANTED... TENTS WANTED...

WANTED... I WANT MORE... AIR CONDITIONER...

WANTED... I WANT MORE... AIR CONDITIONER...

WANTED... I WANT MORE... AIR CONDITIONER...

WANTED... I WANT MORE... AIR CONDITIONER...

WANTED... I WANT MORE... AIR CONDITIONER...

WANTED... I WANT MORE... AIR CONDITIONER...

WANTED... I WANT MORE... AIR CONDITIONER...

WANTED... I WANT MORE... AIR CONDITIONER...

WANTED... I WANT MORE... AIR CONDITIONER...

WANTED... I WANT MORE... AIR CONDITIONER...

WANTED... I WANT MORE... AIR CONDITIONER...

CLEANING SERVICES... HOME IMPROVEMENT... ROOFING...

DRAPERIES... MACKIE & REEVES INC... KITCHEN & DINETTE...

AL-BE DINETTES... PAPER HANGER... PAINTING...

JOHN'S PAINTING... EQUITY HOME... REMODELING...

PLUMBING & HEATING... KITCHEN CHAIRS... STUMP & TREE...

REPAIRING... HOME IMPROVEMENT... SPECIAL SERVICES...

REPAIRING... HOME IMPROVEMENT... SPECIAL SERVICES...

REPAIRING... HOME IMPROVEMENT... SPECIAL SERVICES...

REPAIRING... HOME IMPROVEMENT... SPECIAL SERVICES...

REPAIRING... HOME IMPROVEMENT... SPECIAL SERVICES...

REPAIRING... HOME IMPROVEMENT... SPECIAL SERVICES...

REPAIRING... HOME IMPROVEMENT... SPECIAL SERVICES...

REPAIRING... HOME IMPROVEMENT... SPECIAL SERVICES...

ROOFING... SMALL JOBS... SERVICES...

CONSTRUCTION CO... ALL WORK CONSTRUCTION CO...

PAINTING & DECORATING... GENERAL CONTRACTING...

MIC'S LOWMOWER... MICK'S LOWMOWER...

ELECTRICAL SERVICES... C.A.B. M.C. MAZUR ELECTRIC...

PRIDE ELECTRIC CO... REMODELING...

PLUMBING & HEATING... KITCHEN CHAIRS...

REPAIRING... HOME IMPROVEMENT...

REPAIRING... HOME IMPROVEMENT...

REPAIRING... HOME IMPROVEMENT...

REPAIRING... HOME IMPROVEMENT...

REPAIRING... HOME IMPROVEMENT...

REPAIRING... HOME IMPROVEMENT...

Publishers say self-improvement books more than a fad

By Ron Harris... You can't get about a page by the body of a self-improvement book...

But to choose which book to buy to read about... The self-improvement market place is still a hot area...

Part of the trend is toward a different type of self-improvement book... Publishers also admit the authors of self-improvement books...

City residents graduate from Kean College... Kean College has held its 10th annual Career Skills Summit...



CHROMATOLOGY COLUMN INSPECTED... A technician at the Newark Shipyard...

If a little is good, more must be . . . ??

Probably the most talked about group of nutrients is vitamins... About seven vitamins are known to be needed for health...

Medical health service guide available

The Union County Mental Health Association has recently completed publication of the 1986-1987 "Guide to Mental Health Services in Union County..."

Raised letters Business Cards

Black Ink White Index 500 only \$16.99... 1,000 only \$20.00... Other papers and colors available...

THE ATOM TABLOID 219 Central Ave., Rahway, N.J. 07065 574-1200

DIAL-A-SERVICE

QUALITY DECORATORS. Slippers, Reupholstery, Shop at Home.

ONE STOP CLEANERS. BRIDAL GOWN PRESERVATION. Tailoring, Leather & Fur Cleaning.

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QUADREL BROS. INC. LIQUID & DRY BULK HAULING. RAHWAY TRAVEL DOMESTIC & FOREIGN.

Learn To Be A Professional Bartender. Job Placement Assistance Is Available.

WASHER & DRYER REPAIRS. ALLAN'S WASHER & DRYER REPAIR. 180 OAK ST.

RAHWAY TRAVEL DOMESTIC & FOREIGN. GROUP TOURS-CRUISES RAIL.

CALL Bartenders Academy 925-0095. ENROLL TODAY.

ODETTE'S BRIDALS. 572-4404. ADD-ONS & REPAIRS. RESIDENTIAL & COMMERCIAL.

QUALITY TELEPHONE INSTALLATIONS. CALL 382-0733. ALL WORK FULLY GUARANTEED.

LIBRARY FUN. One of the summer activities for pre-schoolers at the Rahway Public Library.

Piotrowski named to dean's list. Catherine A. Piotrowski, majoring in Business at Union County College.

STEP plans free film events. The Secrets To Educating People (STEP) in 50th Days will present two live concert films.

Unhooked. Do you or someone you care about have a problem with drugs? With alcohol?

PUBLIC NOTICE

CALLER WANTED TO BE RECALLED... PUBLIC NOTICE... RECALLED CALLERS... AGENCY: RAHWAY CITY OFFICE...

SEARCH OF INTENTION... RECALLED CALLERS... AGENCY: RAHWAY CITY OFFICE...

SEARCH OF INTENTION... RECALLED CALLERS... AGENCY: RAHWAY CITY OFFICE...

SEARCH OF INTENTION... RECALLED CALLERS... AGENCY: RAHWAY CITY OFFICE...

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SEARCH OF INTENTION... RECALLED CALLERS... AGENCY: RAHWAY CITY OFFICE...

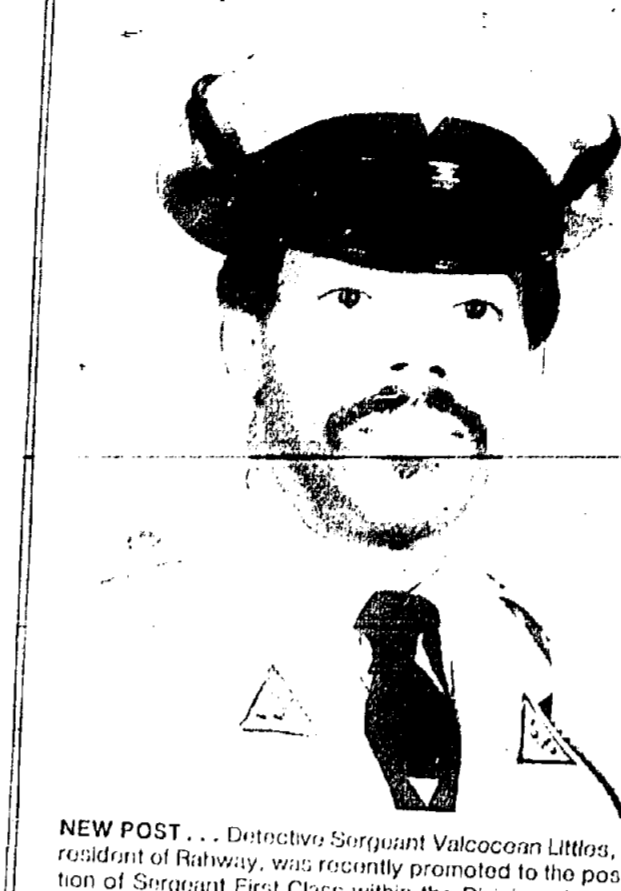
SEARCH OF INTENTION... RECALLED CALLERS... AGENCY: RAHWAY CITY OFFICE...

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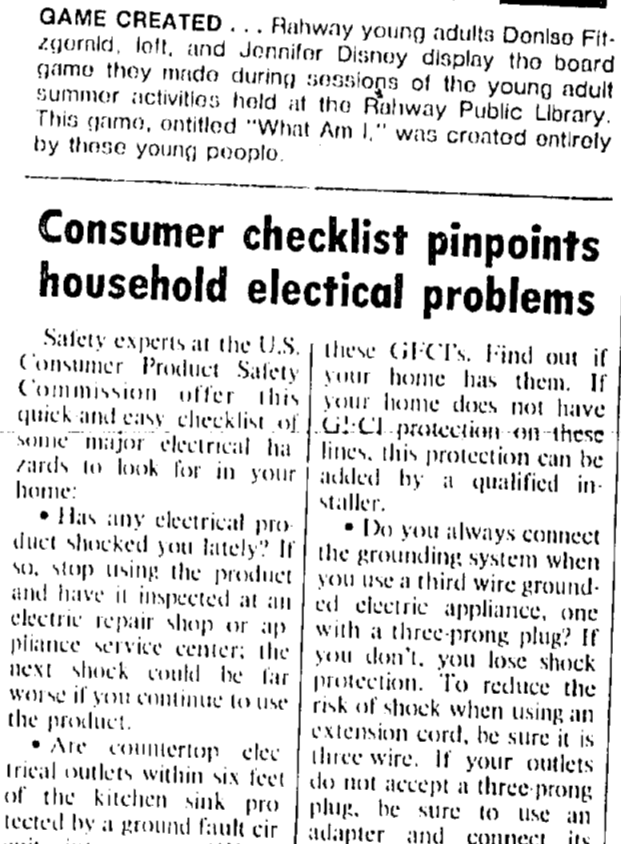
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SEARCH OF INTENTION... RECALLED CALLERS... AGENCY: RAHWAY CITY OFFICE...



NEW POST... Detective Sergeant Valaccioan Uttrini, a recruit of Rahway, was recently promoted to the position of Sergeant First Class within the Division of State Police.



GAME CREATED... Rahway young adults Donnie Fitzgerald, left, and Jennifer Dineen display the board game they made during sessions of the young adult summer activities held at the Rahway Public Library.

SERVICE DIRECTORY

Grid of service directory ads including: C&D TREE SERVICE, ROOFING, COMPLETE HOME IMPROVEMENTS, HOME REMODELING, DAVID GINFRIDA HOME IMPROVEMENTS CO., INC., RAHWAY TRAVEL, HOME REMODELING, DAVID GINFRIDA HOME IMPROVEMENTS CO., INC., RAHWAY TRAVEL, HOME REMODELING, DAVID GINFRIDA HOME IMPROVEMENTS CO., INC., RAHWAY TRAVEL...

Religious News

HOLY MOUNTAIN CHURCH OF GOD IN CHRIST OF RAHWAY. Morning Worship will begin at 10 a.m. the Reverend Robert L. Bragg, the music will be Mrs. Brenda Saffell.

SEARCH OF INTENTION... RECALLED CALLERS... AGENCY: RAHWAY CITY OFFICE...

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Overlook Hospital plans free support groups for caring for elderly at home

Overlook Hospital will sponsor two support groups for those caring for a dependent elderly at home, with group 14. This free caregiver support program will include a general support group session and a second group for specialized support for persons with Alzheimer's Disease or a related degenerative illness.

Consumer checklist pinpoints household electrical problems

Safety experts at the U.S. Consumer Product Safety Commission offer this checklist of quick and easy checks of some major electrical hazards to look for in your home.

Arthritis self-help course leaders needed

The New Jersey Chapter of the Arthritis Foundation is seeking people with arthritis and health professionals such as nurses and physical therapists who would be interested in becoming Volunteer Arthritis Self-Help Course Leaders.

Unhooked

Do you or someone you care about have a problem with drugs? With alcohol? Do you want to get help? Do you know how to help? UNHOOKED! They can help!



THE ATOM CLASSIFIED ADS ARE FULL OF DOG-GONE GREAT BARGAINS... SERVICE DIRECTORY



RINNELLS HOSPITAL ADVISORY BOARD NAMED... The John E. Rinnells Hospital Advisory Board of Managers was re-established after a two-year hiatus, with the swearing-in ceremony of six of the seven appointments, according to Paul J. O'Keefe, Chairman of the Union County Board of Chosen Freeholders. Present at the first meeting of the board are (left to right) Luther M. Smyth, Dr. Hugh G. O'Connell, Peter E. Heath, Ann O'Hanley, Paul J. O'Keefe, M.D., Elizabeth Gannon, Kathleen Hayes, Administrator of Rinnells Hospital and Dennis E. Hargraves.

Consumer Affairs Division offers hot weather warnings for safety

The Union County Dept. of Public Safety, Division of Consumer Affairs, has issued the following information:

No one needs to be reminded that the hot weather has returned, but people do need to keep in mind that hot and muggy days can cause far more than physical discomfort, particularly to the elderly.

The Union County Division of Consumer Affairs issues an alert regarding the dangers of heat stress, especially in the early days of summer, before people have adjusted to the heat and humidity. At the time of the year, people are vulnerable not only to heat stress, heat exhaustion and heat stroke, but also to more serious medical problems, such as heart failure and stroke.

"Many people feel tired and irritable, and have reduced appetites, or oppressively hot summer days. These may be mild signs of heat stress," warns Ellen Bloom, Director of the Division.

"Other bodily changes are more serious and may be early warnings of extreme heat stress or illness. These serious signs include dizziness, rapid heartbeat, dizziness, nausea, throbbing headache, dry skin (no sweating), chest pain, general weakness, mental changes, breathing problems, vomiting or cramps. Any of these signs should be carefully monitored, and a doctor should be consulted if they persist. Heat stress can be fatal," adds Bloom.

Certain individuals may be especially prone to hot weather sickness. People with weak or damaged hearts, stroke victims,

diabetic, people suffering from hypertension or circulation problems, overweight people and the elderly should exercise special care in the hot weather.

Anyone taking prescription medicines for high blood pressure, arteriosclerosis, depression, or poor circulation should check with a doctor or pharmacist for advice, since some of these medicines may increase a patient's vulnerability to heat. Other medical conditions, such as infection, fever, diarrhea, and sun burn may be seriously aggravated by extreme summer heat.

The Union County Division of Consumer Affairs, within the Department of Public Safety, reminds county consumers of some common sense guidelines for keeping cool, and reducing their chances of falling victim to heat-related illness.

Keep your home or apartment cool by leaving shades down during the day.

If you have been unable to successfully resolve a problem with a retail transaction, write to Union County Consumer Affairs, P.O. Box 186, Westfield, New Jersey, 07091, in cluding a brief letter and copies of receipts or contracts.

If you are thirsty to drink. By the time you feel thirsty you already may be dangerously low on water.

Watch what you eat. Avoid hot foods and heavy meals, and try using the stove less than usual.

Watch salt use. Check with a doctor before increasing your salt or potassium intake. Do not take "salt tablets" without your doctor's permission.

Dress appropriately. Wear as little as possible around the house. Lightweight, light colored, loose fitting clothing (especially cotton) is very comfortable in summer.

Wear a hat or use a parasol or umbrella to protect your head and neck when you are outdoors.

Take cool baths and showers for relief. Cool water removes extra body heat 25 times faster than cool air, and can be helpful in minor sunburn problems.

Use air conditioning and fans whenever possible.

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"SKATEAUSAURUS" VISITS HEHNLY SCHOOL... The United Skaters of America "Skateausaurus" visited the Frank Hehny School in Clark, Hehny School was involved in the USA Birthday Party Potluck Program this past school year. "Skatey" visited the school along with Sales Manager Jill Marshall, on right, and rink General Manager Philip De Angelo to present a check for \$205 to the school. Guest receiving the check for the school is Mrs. Montgomery.

HOCKEY CLUB MEMBERSHIP TOPS 1000 ... Susan Zurek, of Linden, is the 10,000th member of the Rahway Hockey Club for registered members, which was started two years ago. Mrs. Zurek, who is expecting a baby in December, said she joined the club to make the wait go more quickly. She and her husband, Stephen, already have a two and a half year old son, Anthony. Hockey is a family affair, as Mrs. Zurek's two sons, both boys, are also members. The club has a membership of over 1,000 members, and is the largest hockey club in the state. The club is open to all ages and skill levels. The club is open to all ages and skill levels. The club is open to all ages and skill levels.

Hospital program stresses colorectal cancer screening

An educational program held recently at Rahway Hospital on colon and rectal cancer, early detection through screening was stressed. Umberto Campus, M.D., Chairman of the hospital's Department of Surgery, explained the methods used to detect this disease, and Gerry Dedrick, R.D., Chief Clinical Dietitian, explained how people may be able to lower their risk of this type of cancer through diet.

Dr. Campus explained that the colon and the rectum are part of the bowel, the lower end of the digestive tract. Their function is to absorb water from the remains of digested food and to hold the waste material until it is expelled from the body. About 40 percent of the colon and rectum are from polyps, which occur when a layer of the bowel wall called the mucosa becomes raised. Not all polyps are cancerous.

The major symptoms of colorectal cancer are a change in bowel habits and the presence of blood in the stool. Dr. Campus said that there are two screening methods which should be part of routine health examinations at the age of 40-45. One is a test for blood in the stool. This is a simple test which can be done at home and the results submitted to a lab or physician for interpretation. Positive results do not necessarily mean there is cancer present. Blood in the stool can be an indication of other diseases. In fact, only 6-8 percent of those with positive results actually have cancer.

The other important screening method is the proctosigmoidoscopy. The physician visually examines the bowel for polyps or other irregularities with a lighted instrument.

When the physician suspects a problem, a colonoscopy is performed as a

diagnostic and therapeutic procedure. The bowel is examined with a flexible fiber optic scope. This is the procedure Dr. Campus has had to remove polyps. Mrs. De Mato explained that the colonoscopy is done in the hospital and only takes a few minutes; the patient can go home on the same day.

In addition to following the above screening methods, there is evidence that you follow a low fat, high fiber diet you may be able to lower your risk of colon cancer. Fiber is indigestible material found in food from plants. It helps move food through the intestines and out of the body.

Mrs. Dedrick said that the average American takes in about 10-20 grams of dietary fiber a day, but it is recommended that this be increased to 25-35 grams a day. You can increase fiber in your diet by eating more fresh fruits and vegetables, as well as whole grains. For instance, a fresh apple has 5 grams of dietary fiber, while

an equivalent amount of apple sauce has only 1 gram, and a baked apple has 3 grams. A bran muffin or whole grain cereal contains a greater amount of fiber than a more refined product, such as a donut.

There is some evidence that certain vegetables, called cruciferous vegetables, such as broccoli, cauliflower, and brussels sprouts, may actually lower your risk of colon cancer even more.

Mrs. Dedrick reported that high fat diets have been associated with a greater risk of colon cancer as well as heart disease. Americans currently consume about 45 percent of their calories from fat, but it is recommended that this be lowered to 30 percent.

Mrs. Dedrick stressed that when modifying your diet to follow these guidelines, you practice moderation and eat a variety of food from all of the food groups to get all of the nutrients you need for good health.

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