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VOL. 164 NO. 32



J.F.K. Center built with hands of the people

by Pat DiMaggio A sense of community children," explained Allen. continues to prosper at the "We realize parents have J.F.K. Center in Rahway, the primary responsibility, thanks, in part, to the input | school provides that formal | of the new director, Reverend Edward A. Allen. Born in Plainfield, Rev. | community. And this center Allen graduated from believes that it provides that Westfield schools and went bridger called community. on to Seton Hall University -We have, with the help of where he received a Ba- other organizations, beer chelor of Science Degree in able to make a real dif-Social Sciences. He has also ference in the lives of earned graduate degrees in [children." Urban Education-Supervision and Administration | center include a summer of Public Schools from day camp, a fully ac-Seton Hall, advanced credited, certified pregraduate studies in Founda- school, counselling services tions of Education from to seniors and help in ob-Jersey City State College taining energy assistance, and in Education and Com- and distribution of clothing puter Sciences at Sains to indigent families.

lege in Educational Ad seniors on social scentity. organization. When we than ever and is prepared to Rev. Allen began his month, after meeting rental our doors, Merek has help the value of an agency like tenure at the J.F.K. Center payments or utility costs, ed us keep our dream alive." this," said Allen. "It is an on March 24. "I enjoy it," they are not left with much Rev. Allen said the center alternative to drugs and a said Allen. "Actually I've for food. All month long, a has just received a grant place were young people spent all of my professional concept I added, we take from the Freeholders to be can experience the things life in and around the referrals from social services used to activate a.m. aid for they can be. We don't build education community and 1 agents of families who may the pre-school program and institutions, we build find that after 14 years of be in need of emergency to provide better manage bridges. It is every child's service to the college com- food and we provide day to ment to all program bridge to adulthood. We've tractual service to the Jer- The center provides the "My greatest fear is that as with the J.F.K. Center." sey City Board of Educa- management and administion this is a real challenge. | tration for the Summer | The others were theoretical | Youth Employment Proand academic in that I got gram. Last year the proto use those trained skills of gram provided jobs for 199 mine providing theory and participants. Due to funinstruction. This is a hands | ding cuts, this year the

on practicum. I get to inter- | county will fund only 49 | face directly with the chil-dren and Lenjoy it." Country war tring only 99 dren and Lenjoy it." Employment opportunities The J.F.K. Center, 796 provide meaningful ex-E. Hazelwood Avenue, is a periences and an opportuni No. 5, Rahway, welcomed Chaplain Ed Durning open-1960's. The center has pro- of myself as a typical pro- their journey from participants. vided social services and duct of those kinds of op. | Washington, D.C. to New | after school activities in portunities," said Allen. York City, which was com- given a standing ovation by cultural enrichment for childen Funding for the various pleted on July 19, dren for 14 years and has programs and services recently undergone the comes from the Division of ducted to draw attention to shown to them.



Residents banding together to fight neighborhood crime

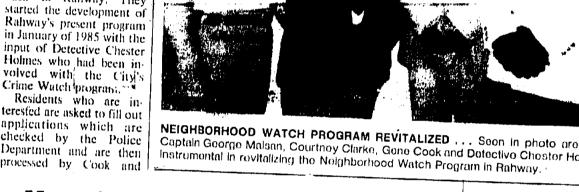
by Pat DiMaggio in revitalizing the Neighborhood Watch Program in Rahwav

"People who live in the country have a sense of sharing and caring about their neighbors," said larke, "We'd like to see that attitude here in Rah way.'

The Neighborhood Watch Program, an offshoot of the Block Watchers, began in 1977 and after a brief flurry of activity lay dormant until recent ly, Gene Cook and Courtney Clarke visited other municipalities with successful programs and prought that information back to Rahway, They started the development of Rahway's present program in January of 1985 with the input of Detective Chester Holmes who had been involved with the City's Crime Watch program," Residents who are interesfed are asked to fill out

applications which are checked by the Police processed by Cook and

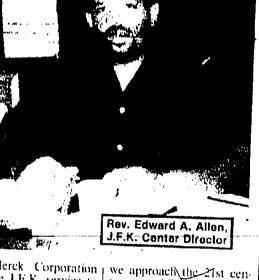
get involved."



of the triangular care for educational sturcture, but | then there is that need for

Programs offered by the

By the third week of the | thought we'd have to close | meet the future. "I know



through a computer system. proven our commitment.

Legion Post No. 5 welcomes the Walk To Freedom vets

community hope built with ty for young people to the Vietnam Veterans Walk ed the luncheon with a the hands of the people of honestly access their skills To Freedom For MIA's as prayer and Commander Ed the community in the late in the marketplace. I think they neared completion of Cwirko congratulated the

The march was con- families for the hospitality Develpment Block Grant as well as other issues in Disney were Co-Chairmen "Our agency sees its role money, grants from the vovling Vietnam Veterans. of the affair, assisted by as providing one of the sides Freeholders and Merek. Post No. 5 hosted a lun- members of the post.

the veterans and their licensing process for Day Youth and Family Services, the missing MIAs and Commander Cwirko and Care which is targeted for a United Way, Union County POWs in South East Asia, Past Commander Bill

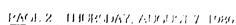
sional School of Business, month. "The main distribu-and a degree in Christian tion is on third Saturdays at "They have provided us "We've seen just how patients and their families. Initiations, planning for the militations, planning for the militations, planning for the forture fortune fortu "I Can Cope" is unique

Health professionals on because of its focus on the



RAHWAY DAY CARE CENTER HELPED ... 1st Ward Councilman, Harvey Williams positions astro turf under the direction of Bd. President, Nellie Weber. A little help from friends of the Rahway Day Care Center went a long way in helping to create a better setting for the children to play







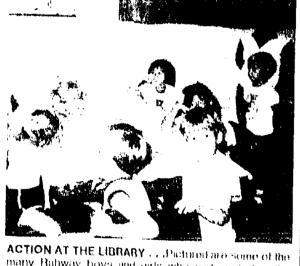
HOSPITAL PARTICIPATION ... Forry McCarthy (right), Hahway Hospital's Mobile Inten- sion. sive Care Unit Coordinator, accepts a plaque signifying the hospital's participation in "Under the Lemon Law, period or within one year of withstanding that requirethe Nutional Disaster Medical System from John Burns, NDMS area coordinator the Division of Consumer the delivery date, whichever ment, no manufacturer has NDMS is a nationwide network designed to meet the country's modical care needs in Affairs was given authority is earlier. The law also may disclosed the number of the event of disasters such as earthquakes, tiros, or industrial accidents.

-Rahway Hospitaljoins NDMS

Rahway Hospital has peterse, the Federal 1 "It is important for joined the National Disaster Emergency Management Rahway Hospital to tie in Medical System (NDMS), a Agency, state and local with other hospitals across voluntary nationwide net governments, and the pri the country, participating in work designed to meet med vate sector. ical care needs in the event NDMS may be imple service," stid Terry McCar of a disaster. When fully mented in a variety of thy, Rahway Hospital's established next year, emergency events, such as Mobile Intensive Care Unit NDMS will be comprised of | earthquakes, volcanic erup | Coordinator 450 special medical res | tions, storms or fires, in | NDMS will not replace | ponse teams, an evacuation [dustrial] accidents, or [state and local disaster plansystem, and 100,000 pre | military contingencies. The | ning efforts, but will supple committed hospital beds system has been planned to ment and assist when those

vices, the Department of war situations.

certificates and refresh the Children's Department agreed to accept patients in twirling, photography, 1986 87 ments. Boys and girls is contacted, telephone the event of a national wishing to participate in the 381 4110, by August 7. wishing to participate in the 1/381/4110, by August 7.



many Rahway boys and girls who participated in the T-shirt day craft held recently at the Rahway Public SPECIAL Library as part of the summer activities for those in Kindergarten through 6th Grade. Each child brought heor her own 1 shirt, had a bear docatoroned on and add ed colors with crayons

Embrey named to dean's list Cheryl Embrey, East Sterns St., Rahway, has



been named to the dean's list at Drew University for POW-MIA the spring 1986 semester. RETURN THEM NOW ************ **BELL DRUGS OF RAHWAY** OUR SPECIALTY

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throughout the country, accept up to 100,000 medical resources are over The system is a cooperative | seriously injured patients re | whelmed by the magnitude | effort of the Department of quiring hospitalization and and severity of an incident. Health and Human Ser is not adaptable to nuclear Rahway Hospital has its from throughout Union ing their pet to the Open sponsored cooperatively by

ederal requirements. turned out to be bureaucratic delays." unrepairable. However, the The state statute defines The Magnuson-Moss

to determine if the apply if the car has been out buybacks or replacements automakers' arbitration pro- of service for repairs for a awards over the past three grams complied with these cumulative total of 30 years. Thus, it is impossible federal standards. The Divi | business days. none of the automakers' Attorney General sent a tion process,

Attorney General W. Consumers who wish to tlement programs comply Cary Edwards said that avoid the costs of litigation with its rule. Thus, New New Jersey consumers who still have the option of using Jersey has the authority to own unrepairable new car, the free arbitration pro- declare the programs inefmay now sue auto makers grams such as the BBB fective for purposes of the directly under the Lemon Autoline, Ford Customer Lemon Law, Law since manufacturers' Appeals Board and Chrysler "The arbitration proarbitration programs under Customer Satisfaction Ar- grams in place in New the law do not comply with bitration Board. However, Jersey fail to recognize the many consumers have come existence of our Lemon ["Our 1983 Lemon Law," plained that the arbitration | Law and rarely award to the Attorney General said, decisions are not based on the consumer everything he "was designed to protect Lemon Law standards and or she may be entitled to buyers of new cars that are often subject to under our statute," Barry

RAHWAY NEWS RECORD/CLARK PATRIOT

law required consumers to a lemon car as a new vehicle Warranty Act requires that first use arbitration pro- with a defect covered by a the arbitration decisions quirements established by and that has been the sub- awards for expenses such as the Federal Trade Commis | ject of repair four or more | towing, lodging, lost pay

tor James J. Barry said, manufactuers' dispute set-1 ter protect consumers,"

Union County 4-H Fair planned for August 10 Members of 4 H clubs | Planetarium show, and br | 7-19 years of age, and is

own formal disaster pro County will display their Pet Show in a costume. the Union County Board of cedure plan established to projects on Sunday, August Refreshments will be sold Chosen Freeholders and cover local emergencies and 10 at the annual 4 H Fair, by the 4-H Association. County Manager, Rutgers-

The Union County 4-H Fair is under the direction balloon, watch a open to all boys and girls

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•FLYERS

•LETTERS

•RESUMES

•SALES BULLETINS

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THE ATOM TABLOID

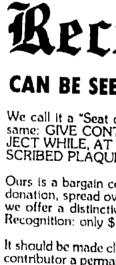
Rahway, N.J.

219 Contral Avo. DELIVERY

•NEWSLETTERS

•ENVELOPES

•POSTERS



Recognition: only \$1000 - total.

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D
r

Rahway Hospital has

projects. agreed to supply 50 beds in Fair visitors can enjoy a of Erika U. Fields, County the event of a national Seeing Eye, Horse & Drill 4-H Agent and Marlene J.

1000 FLYERS

30⁵⁰

GAL

TODA

574-120

THE

ATOM

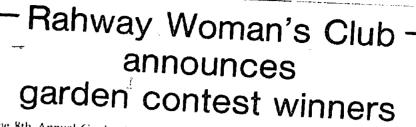
TABLOID

Printini Only

8. The boys and girls will the Library will present a tients who cannot be cared Revue featuring garments gather in the Library at \$25 U.S. Savings Hond to for in the affected area to constructed by county 4.H equipment; to evacuate pa followed by a Fashion One of the highlights of pather in the Library at 525 U.S. Savings nond to 10:30 a.m. and parade to veterans Memorial Field. After the balloons have been launched, the children will parade back to the Accessibility for the hanwill parade back to the Accessibility for the han of hospitals that have crafts, veterinary science, who will serve as the agreed to accept patients in constituer, photography, 1986-87 outstanding



RAHWAY NEWS-RECORD/CLARK PATRIOT



vans Street. According to perennials. rs. Barbara Markey, Con-

event in Rahway, and Among other Flower several years ago became | Garden winners were: Se-Reeves' "Cloister Ave.

The 8th Annual Garden | beautifully landscaped and | W. Lake Ave., Third place: for his entry in the Flower garden with its welcoming Harold Ave. Garden category, the benches and attractive bird garden being located on the baths was abloom with Serving as judges were southerly side of St. Paul's | Easter lilies, unusual and | Mary Ellen DiCataldo, of

and other herbs. Colorful Originating eight years flowers bordered the ago by Bob and Don various sections of this well Markey, the contest has planned garden making it

the Community Improve | cond place: Mrs. Shirley ment Project of the Mensak of 100 Madison Rahway Woman's Club Ave., Third place: Mrs. Barwith Mrs. Barbara Markey | bara Solas of 415 W. Inman erving as chairperson, "It is Ave., Honorable Mention: ewarding to see the many | Mr. Elwood Perry of 105 fine gardens entered by our | Russell Ave., Mrs. Judy residents, all adding to the Farmer of 405 Koenig beautification of Rahway," Place and Mr. Laurence ommented Mrs. Markey. | Bellinger of 402 E. Grand Garden" so called because In the Vegetable Garden

Contest sponsored by the designed English-type Mr. Rudolf Thoms of 1098 Rahway Woman's Club flower garden. Not ten feet Milton Blvd., Honorable came to a close on June 28. away from bustling Irving Mention: Mrs. Helen Following judging, an Street it offers a charming Kopassovich of 641 W. Lin-nouncement was made of retreat from a busy outside coln Ave., Mrs. Jo Hickey the two First Place Win- world. At the time of judg- of 198 W. Lincoln Ave, and ners; Mr. William Reeves ing, this quiet, peaceful little Mr. Joe Stalevicz of 1122

Episcopal Church, and First exotic day filies, a profusion ficial judge, assisted by Mrs. Place winner in the of roses, giant pansies, pop- John (Gloria) Anderson, Vegetable Garden category: Mr. Frank Kovacs of 2159 flowering annuals and Koehler, Mrs. Albert (Muriel) Koehler, Mrs. Markey and Miss Lorraine Smarsch.



THURSDAY, AUGUST 7, 1986 PAGE 3



Church. The first prize winner (Flower Garden category) is Mr. William Roeves. Th was the eighth annual garden contest sponsored by the Rahway Woman's Club

1987 Miss New Jersey USA Pageant -accepting applications-

The Americana Great | February 1st, 1987. A U.S. | expense paid trip to the naand Miss New Jersey Teen | a requirement. The concert program in

swimsuit competitions. successor,

25 years of age prior to In addition to the all prior to July 1st, 1987.

Gorge Resort in McAfee, citizen and state resident tional telecast and the op-New Jersey will again host (dormitory accepted). portunity to win over the Miss New Jersey-USA Performing Talent is not \$150,000 in cash and prizes,

Joe DeRose of WMGQ-FM | U.S.A. in May and has | tion MUST include a recent recently returned from the snapshot, short biography, The three day state finals first annual Miss address and telephone event consists of three equal U.S.A./USO tour of the 6th number. Write to: Miss view, evening gown and don. Lisa will crown her Brunswick, N.J. 08816.

USA state Pageants for A special award will be receive \$1,000 cash, a Flemgiven to Miss Amity, Lisa | ington Fur Jacket, luggage Miss New Jersey USA Summerour Perry, Miss and a "Walk-on" ap-1987 will be conducted New Jersey-U.S.A. 1986 pearance on the ABC/TV November 14-16th, 1986 in won this coveted award at soap opera, "Ryan's Hope". the Beautiful Cabaret with the national telecast of Miss All requests for informa-

categories of judging, in fleet in the Mediterranean New Jersey U.S.A., Dept. cluding personality inter with stops in Italy and Lon "P", P.O. Box 834, East Applications are being ac The pageant includes a jing accepted for Miss New cepted from eligible single self-enhancement seminar Jersey Teen U.S.A. if you are over 15 and UNDER 18



and analysis and and

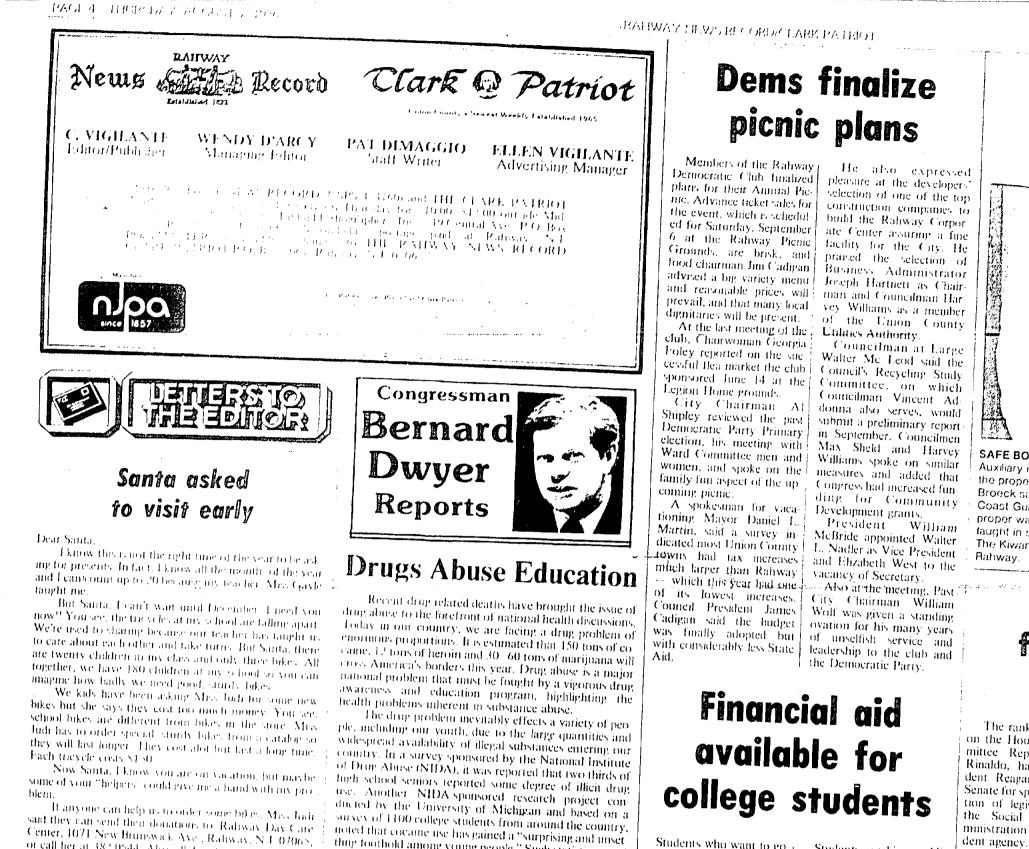
Free vocal concert offered to Clark residents The Union County 1, an opportunity for all Regional High School residents to receive vocal in-District Summer Vocal struction and sing in-

seeking members

Workshop will conduct a dividually or with a group. concert at 8 p.m., August The program is in its second 14 in Room 214 at the year of operation and in-Jonathan Dayton Regional cludes 33 active registrants. High School, Springfield. The concert will be under chudes a medley from the direction of Mr. Al "Brigadoon", individual Pendleton, Vocal Music In- solo's from "Oliver" and structor at both the Gover | "West Side Story" and choir nor Livingston and Arthur renditions. ... Johnson Regional High Schools. The public is invited to this free concert.

The Rahway Historical Society always welcomes new members. Phone the Hotline a and Springfield. It provides 381-0441 for further infor-





thing foothold among young people." Such statistics are of or vall her at 382 0544. Also, all donations are tax deducparticular concern to me and raise questions about the they can, should consider Educational Opportunity "Removal of the Social approved by the House and appointed to staggered six tible and our school will give each "helper" a receipt for Federal government's role in spreading the message that the Educational Opportuni- Fund program should con- Security Administration is now awaiting action in vear terms, and could be Thanks Santa, Dknow Lean count on your "helpers" In a recent hearing before any appropriations sub- Union County College, ac- in Cranford, 276-2600, ex- Health and Human Services makes the administration for neglect of duty of because you have plenty of them around here committee, which is responsible for funding the Justice cording to Henry Pryor of tension 294, in Scotch would give it a stronger an independent agency with malfeasance. The day to Department, Equestioned the Administrator of the Drug Department, Equestioned the Administrator of the Drug Department, Administrator of the Drug Department, Administrator of the Drug Department, Equestioned the Administrator of the Drug Department of the Drug Dep Love John Enforcement Administration (DEA) regarding Federal ef P.S. I'm being real good cause I know Christmas is only lorts to promote drug awareness. The Administrator

tated that there are no plans to gather and circulate in geted to economically and formation about the medical consequences of drug abuse. Submitted by It is niv feeling, based on this testimony and other ed students and provides Judi Munstoy - available information, that current Federal efforts are inadequate This view is shared by the House Select Committee

on Narcotics Abuse and Control, which concluded after a series of hearings that education is crucial to reducing the demand tor illicit narcotics. The committee found that among students, drug abuse is directly related to high tunities were limited by notdropont rates, poor academic performances, and a variety of other problems. In fiscal year 1985, out of a total The Chief Justice would have us believe that New million was spent for the Departments drug and alcohol out of reach financially," Mr. Pryor said, "The pro-

I am co-sponsoring legislation introduced by the The Governor would have us believe that New [that would establish a program of drug abuse education in] Jersey and you are perfect together but not necessarily for elementary and secondary schools. The program would The New Jersey Senate in providing advice and con Fricula, counseling programs, training for teachers and sent confirms these beliefs by setting a precendent for the counselors, and community education programs with a lege, the EOF program of NEPHROSIS LEAGUE FUNDS DIALYSIS CHAIRS ... Alexian Brothers Hospital special emphasis on parents. This bill has been referred to fers assistance to 225 recently presented a plaque to members of the Nephrosis League of New Jersey in Rinaldo and a bipartisan the House Education and Labor Committee, and it is my students including 110 first-appreciation for the organization's \$1,000 donation to the Hospital's Renal Dalysis leadership group to propose hope that the committee will act expeditiously to approve time full-time students. The Unit. The funds were used to purchase two new dialysis chairs for the unit which that the Social Security Ad

Additionally, Lauthored language accompanying the assistance, tutoring at no Sharif, M.D., Vice President of Medical Affairs and League members Anno Adikman of dependent agency with its Instice Department appropriations bill for fiscal year cost to the students, testing Irvington, Financial Secretary and Treasurer: Sara Michaels of Irvington, President, own budget separate from 1987, encouraging the Drug Enforcement Administration to determine what courses Rose Scharfstein of Union, Trustee; and Florence Kalter of Irvington, Golden Book the unified federal budget. to work with the National Institute for Drug Abuse, the should be taken, counseling, Chairman. The Nephrosis League of New Jersey has a 30-year tradition of supporting In calling for administration tion about the health consequences of drug abuse. It also $|_{\Gamma}$ notes the importance of providing this information to educational institutions, civic groups and other communiorganizations.

The use of micit drugs is a national problem afflicting ndreds of thousands of people. A vigorous awareness | optiam is needed to make everyone -- and especially young people aware that they jeopardize their health EDITOR'S NOTE: In order for us to adequately prepare the have been and will continue to be active in the fight

Airman Zurick takes part in Global exercise

Clark, has participated in [Fexas. Global Shield 86, an exer ense involving U.S. Air l - TUESDAY, AUGUST 12 Clark Planning executive Corps units, and elements Zurick is an administra Eurg-

Everhart cited for safe driving

I years of accident free driv-

Cist JO&JOHN JACOBSON POINTS OF DEPARTURE

educationally disadvantag

scholarships, counseling

and other support services, ?

"The EOF program is de-

signed to help students

fault of their own who

| never seriously considered |

college because it seemed]

grain is aimed at students

who would go to college if I

there were a way or whose [

education was interrupted."

Mr. Pryor said.

Parting is a pretty serious business to the Englishspeaking people. The English forms of farewell are used exclusively for departure, while in many other languages such words frequently serve a dual purpose. For example, the Italian ciao, Hebraic sholom, and Arabic salaam are Animan Rudy Y. Zurick, 1 tion specialist with the 96th all used for greetings as well as farewells. So long is an excellent illustration of this phenomenon. According to leading language authorities, so long is an English corruption of sholom and salaam, both meaning "peace," and both used for farwells or greetings. But the anglicized version is used for dismissals

The most popular form of farewell, goodbye or good by, first appeared in print in the 16th century as godbwye. and was simply a telescoping of "God be with you (ye)." Another parting sentiment on this sometimes sad subject is farewell, literally meaning "manage well," Our favorite farewell, however, is the friendly collo quialism from the United States Southeast, with which we now take our leave Y'all comeback - next week!

1986 Leather Impressions, Inc.

perfect together? Jersev can not provide adequate medical facilities, ade | abuse programs. quate education or desirable living conditions for its

New Jersey and You,

their donations.

Pression of some of the case a black case provide the

one of the heaviest tax burdens in the entire United States

Could it be that even out state government is destine [] ed to be administrated by absentee landlords?

> William M. Goydon Peahala Park, N.J.



Community Calendar, all events for the following week against drug abuse should be submitted by 5 p.m. on the WEDNESDAY before you would like them to appear • • •

RAHWAY

MONDAY, AUGUST 14 Rahway Monicipal Court of meeting, City Hall, S.p.m. THURSDAY, AUGUST 14 Returned Railroaders son of Martin and Ferry Bombardment Wing at Club, annual picme, 11 a.m., Semor Citeren Center, Ester Zurick of to Lefferts Lane, Dyess Air Force Base,

CLARK

session, former Brewer School, 318 Westheld Ave , 8 p.m. Jot the Canadian forces. MONDAY, AUGUST 18 CLERK Public Library Book The exercise, coordinated Rahway has been cited by Discussion Club, 2 pm - MONDAY, AUGUST 25 Clark Board of Adjust - An Command (SAC), was transportation corporation ment will hold a tegntar meeting at 8 pm Council designed to enhance read. New Jersey Transit. He Chambers, Westheld Ave., Clark -- TUESDAY, AUGUST 26 The Clark Public Schools to carry out orders should award for attaining ten board meeting will be held at 8 p.m. Administration of deterrence fail

Dems finalize picnic plans

.

plans for their Annual Pic- selection of one of the top nic. Advance ticket sales for construction companies to the event, which is schedul | build the Rahway Corpor ed for Saturday, September ate Center assuring a fine 6 at the Rahway Pienic | facility for the City. He | Grounds, are brisk, and praised the selection of food chairman Jim Cadigan | Business Administrator | advised a big variety menu Joseph Hartnett as Chairand reasonable prices will man and Councilman Harprevail, and that many local vey Williams as a member dignitaries will be present. fof the Union County / At the last meeting of the Utilatics Authority. club, Chairwoman Georgia Councilman at Large Foley reported on the sue | Walter Mc Leod said the cessful flea market the club | Council's Recycling Study ponsored lune 14 at the Committee, on which egion Home grounds. Councilman Vincent Ad-City Chairman Al donna also serves, would shipley reviewed the past submit a preliminary report-Democratic Party Primary in September. Councilmen election, his meeting with Max Sheld and Harvey SAFE BOATING .

The Kiwanis Club of Rahway meets on Wednesdays at 12-15 at the Columbian Club (- which this year had one Also at the meeting. Past of its lowest increases. City Chairman William the Democratic Party.

ding for Community

available for

Students who want to go Students seeking addi In a letter to the Presi vestment Reform Act (HR confirmation by the Senate.

The ranking Republican (action is needed to increase) Social Security trust funon the House Aging Com public confidence in the bonds to help the govern mittee Rep. Matthew J. Social Security program. ment cover temporary cash Rinaldo, has urged Presi- which serves 36 million shortfalls. dent Reagan to press the Americans, and which has Rinaldo explained that Senate for speedy considerate been the target of undue under the bill. Social Securi tion of legislation making political intervention. ty would be placed under the Social Security Ad Rinaldo is a principal the direction of a three

ty Fund (EOF) program at tact Union County College from the Department of the Senate. The measure removed from office only 606 and in Plainfield, help insulate it against Treasury Department from would be administered by a

Fire Department

seeks new members

terested can obtain an ap- on Broadway.

NUMBERS PAY OFF BOX

201 -\$25950 \$43

421 \$219 \$3650

194 \$25950 \$43

574 334050 55650

754 3243 340³⁰

MONDAY July 28 763 331450 552

plication any Thursday [

10000007

July 29

July 30

July 31

August 1

. . Flotilla 44 Commander Dave Ten Broeck of the U.S. Coast Gu

Auxiliary in Sewaren, shows Kiwanis Club of Rahway president-elect Harry Alexand

the proper use of a life jacket. At a recent weekly meeting of the club, Commander Tr

Broeck said the main purpose of the Auxiliary, which is a civilian group attached to th

Coast Guard, is to educate and help support safe boating. He gave examples of the

proper way to go about getting started in boating. He noted that a 10-week course in

faught in some of the area high schools including Rithway and J.F. Kennedy in Iselin

Rinaldo urges support

for making Social Security

an independent agency

ministration an indepension of the Social Security member board appointed by political manipulation. This disinvesting long term commissioner who would be appointed by the board

for a five year term.

The New Jersey Republican said the need for legislative action was pointed up last year when there was a failed effort m Congress to freeze the -January, 1986, cost of hving adjustment (COLA) "under the pretense of reducing the federal budget. a deficit." He charged the freeze proponents with engaging in a political shell game because Social Secon ty funds are dedicated and by law cannot be used to of fset spending for other pro-

program offers financial serves 87 patients from the Union County area. Pictured from left to right are Kurosh ministration be made an in support for HR 5050. Rinaldo said, "We should no longer run the risk of proposals that seek to umper with the system as a solution for reducing the level of red ink in the budget. It's about time we

The Clark Volunteer Fire [evening between 7 and 3 Department is accepting appointed p.m., on any Sunday morn Security a political football plications for new members. ing between 9 and 12 at and showed Social Security Any township resident in- Fire Headquarters located beneficiaries that we are serious about their benefits NONDAY, July 28 FICK FOUR

DICK IN ANTI-	HANDAN
PICK-IT-NUMBERS	NONDAY, July 28 PICK FOUR NUMBER STRAIGHT BOX
FOR THE WEEK OF: JULY 28 thru August 2	3332 \$4,332,50 \$1,083 PICK &LOTTO NO:: 10 13 14 26 27 32 LOTTO BOKUS NO: 84152
STRAIGHT	IUESDAY, July 29 PICK FOUR NUMBER STRAIGHT PAY OFF BOX 2016 \$1,791.00 \$74.50
<u>ES PAY OFF BOX PAIR</u>	WEDNESDAY, July 30 PICK FOUR NUMBER STRAIGHT PAY OF
\$314 ⁵⁰ \$52 \$31	NUMBER STRAIGHT PAY OF BOX 6032 \$3,271.00 \$136.00
1325950 543 32550	THURSDAY, MAY 31 PICK FOUR KUNDER STRAIGHT ROM
\$219 \$3650 \$2150	1746 \$2.019.50 \$84.00 PICK 610TID NO: 11 12 20 22 34 40 10100 ROMUS NO: 22652
\$25950 \$43 \$2550	FRIDAY, Appust 1 PICK FOUR
\$340 ⁵⁰ \$56 ⁵⁰ \$34	5390 \$1,894.00 \$78,50
³ 243 ⁵ 40 ⁵⁰ ⁵ 24	SATURDAY, August 2 PICK FOUR NUMBER STRATCHT BOX 0821 \$2,399.00 \$99.50

RAY'S ROUND Ray Hoagland

Marge Egan, the dean of | ban on medals for high head girls basketball school students who comcoaches in Union County. | pete in track meets held at having serviced at Mother | college campuses. After | Seton High School in Clark | scholastic competitors at | for the past 22 seasons, will the Penn Relays and Rut transfer to take over the gers Relays were deprived. Lady Bears of Kenilworth of their medals, the cries of next basketball season. coaches and the media were

"For the first time, I'll coach a team in a league ference). It should be in thur L. Johnson Regional

terestine.` * * * * * * *

association may repeal its I seasor Suntans are not healthy .

By Christopher Papa, M.D. 1 out, teens have less stress in Bob Cluffeda, Ed Zuraski, tan. In my practice, as well | ly and August turns against | 60. 3 - Bill Capodanno, | Richard Bladis - #6, as in those practices of any them in the fall, and by Oc. Alan Pearlman, 61. number of dermatologists tober those patients are the world over, I strive to | returning to our offices | convince patients that "tan" because their acne has Larry Pisani, 60, 2 Frank is not healthy.

We who specialize in skin | help. diseases, or conditions, What is to be done? never get tired of talking | If I had my way, mothers about the harmful effects of 1 of toddlers would keep their 1 the sun. In addition to being youngsters covered while the cause of the deadly out in the sun and well Lou Petrozziello + #1 - 15, Helen Glenn. cause the appearance of tober. faster aging. More common A final warning. Don't let disfiguring damage,

which appear on the hands | adequate. and face of people over 40, are caused by the sun, not the liver.

Most of my patients say that they avoid the sun, But they forget that activities of daily living --- shopping in a mall, walking from car to house, gardening -- cause

matosus, are worsened con- lenghten your lite. It is one Horner was in charge of the siderably by the sun, and of the best forms of exercise event at the Highland Swim since lupus can be fatal, any | for the average person. It is | Club in Scotch Plains and patient with that disease is less wearing on the joints | Heather Kennedy ran it at | warned to keep out of the than jogging and some the Westfield "Y", Cathy sun.

Common medicines can importantly, it strengthens collaborated at the New cause ultra sensitivity to the 1 the heart muscles. sun. Among these are Accordingly, the Jewish Community Center diureties, sulfa and sulfa- American Heart Associa- of Scotch Plains conducted related drugs, tetracycline, 1ion sponsors Swim for it at their Camp Noam tused extensively in the Heart events during the under Lori Grab. Many treatment of acne) and summer in local pools to similar events were con estrogen. Users of alcohot | both reduce the incidence | ducted during the summer may also react poorly to of heart disease, and to raise in surrounding comfunds for its vital research | munities. Swimmers can be | ultraviolet light. Some years ago it was and public education pro- of any age. The activity is thought that the sun was grams.

actually good for acne, We | For a number of years | mined to an nour of swime ming during which the know better now. We the American Heart Asso number of laps they are realize that the reason teen | ciation has recruited local | comfortably able to comage acne improves in the volunteers, associated with plete is counted. Prizes for summer is that with school | public pools in our area to | funds raised are awarded.

third week of October.

volleyball player in Clark, is competing in the Olympic [] Good news for the track tars of Rahway and Arthur Johnson Regional. The Houston. Tranit was stars of Rahway and Arthur | rently being held in | L. Johnson Regional. The Houston. Trani was [] National Collegiate Athletic | Georgia's MVP this past

by Ray Hoagland COLONIA COUNTRY CLUB

Blind Draw - Saturday -1 ---SUNDA'Y---Low Petrozziello.

Erwin Josephs, Joe Stella, handicap Flight A - 1 TOURNAMENT

days. Sunblock, or sun- ton + #15. The brown spots, some screen, must have a sun protimes called "liver" spots, tection factor of 15 to be

SCATS TOURNAMENT SATURDAY **American Heart Association**

limited to an hour of swim-

says "Swim for longer life" The American Heart $_1$ conduct very successful $_1$. Those interested in either them to be in the sun, and Association reports: Swim- Swim for Heart events. Volunteering to assist with Old Sol's rays find any ex- ming is not only a great way Last year Nancy Carpen- or participate in a Swim for to cool off, now that we're ter headed up the activity at Heart should call the The collagen diseases, getting into hot summer the Berkeley Heights Com American Heart Associaparticularly lupus crythe weather, but it can also munity Pool, Christy tion, 376-3636.

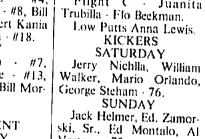
In the baladaine ... Spacial forms of aerobics but, more | Doremus and Walter Kelly Yew Backett Flome Retention Burns Providence Pool. The *399** Check your fuel oil prices then call SIMONE BROTHERS and compare . We are a Full Service Oil Company 🖌 We Provide: Automatic Delivery • Budget Plans • Complete Heating Installations • Prompt & Dependable Service • Service Contracts Serving Union & Middlesex Counties For Over 50 Years SIMONE BROTHERS Union County Call 862-2726 FUEL OIL CO., INC. Middlesex County Call 634-2624 \$

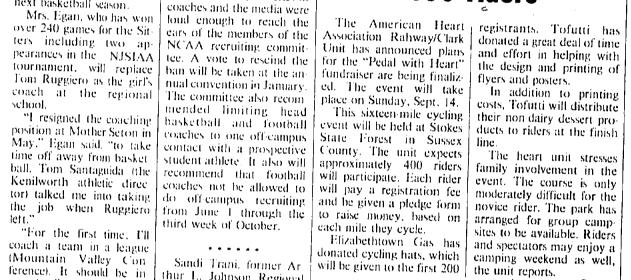
melanoma which has double creamed with sunscreen on George Martino - #4, Flight C - Juanita ed in incidence every any exposed area. I advise | Richard Fuschetti - #8, Bill | Trubilla - Flo Beekman. decade since 1930, the sun's | adults, including men, to do | Murphy - #6, Albert Kania | Low Putts Anna Lewis. rays spoil good looks and the same from May to Oc. #3, Joe Colandrea - #18. SUNDAY Tony LoSapio - #7, skin cancers are rarely fatal those cloudy days fool you. Frank DelleDonne - #13, Walker, Mario Orlando, but also can result in severe, Bad burns happen on such Bill Murphy - #1, Bill Mor- George Steham - 76.

SCRATCH

SATURDAY

Vastano - 72.





each mile they cycle. sites to be available. Riders Elizabethtown Gas has and spectators may enjoy a donated cycling hats, which | camping weekend as well,

OAK RIDGE

GOLF CLUB

CLARK

-Estelle Hiller, 2 - Jesse In-

Flight B - Jean Petersen,

nocente - Anna Lewis,



a.m. The public is invited.

This years chairman of the

The tournament is spon- services.



RAHWAY NEWS RECORD/CLARK PATRIOT

Cancer Society slates annual golf tournament

The American Cancer | September 15, 1986. Win- | Shotgun tee off starts at 1 Society's fourth annual golf | ners of the N.J. Champion- p.m. A 1986 Cadillac will be tournament gets under way ship will continue on to awarded for a hole-in one Monday, August 11, at Doral Country Club in (17th hole) courtesy of Echo Lake Country, Club. | Miami, Florida for the Na- | Smith Motors in Elizabeth. Registration for 144 golfers | tional Championship -Oc- | Special prizes will be award | n 36 teams begins at 11 | tober 23, 24, 1986. ed in a number of categories All donations will help for both men and women. A variety of handout prizes This years chairman of the
Golf Tournament is Dr.
Roy T. Forsberg, of
Roselle.support various cancer
research programs, educa-
tional, and rehabilitationA variety of handout prizes
will also be given to all who
register.

For more information will be eligible for the New ["Nineteenth-Hole Cocktail] Jersey Division American | Party" at 6:00 p.m." Non-





by Ray Hoagland graduate of Immaculate seasons. Sam DeLuca / #11, Joe Conception High School in Lanza - #10, George Mar | Montelair.

There's no such thing as a that season. However, that 56. 2 Tony LoSapio Zygler - #10, Bill Morton high school, Racioppe ac his senior year.

Women's Association continued to play baseball at the school. Wendy Roccamonti

Obedin earns four gold medals _ in swim meet _

Stacy Obedin, representing the Clark Community Pool Swim Team, won four gold medals in the 59th Annual Union County Swim hampionships.

The meet was held July 29 and August 1 at the Cranford Recreation Complex. Nine swim teams participated. Obedin placed a.m., Football and Cross first in her age group in the | Country. 100-yard freestyle, 100-yard individual medley, 50-yard a.m., Soecer, boys and girls butterfly, and 50-yard Cheering Squad and Girls backstroke events.

Fuel Oil Savings

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LOSERS with illegal DRUGS -----



YMCA RECEIVES DONATION ... Bahway YMCA Fy sored by the Union County Dr. Forsberg stated, call the American Cancer accepting a donation for the YMCA from tennis teaching Unit of the American "That world famous golf Society during regular pro-Hilda Manhardt during National Jennis Week Spon-Cancer Society, and Daiwa. trick shot artist, Paul Hahn, business hours 9.5 at sored by the Lipton leed Lea Company, a clime for youth was run at the Rahway tennes courts,

TENNIS TIME . . . The Rahway Rec Dept. in conjunction with the Lipton Iced Tea Company colobrated National Tennis Week with three days of instructions by certified teaching pro Hilda Manhardt. Seen in photo are some of the younger students that

Lou Racioppe to begin season as RHS football coach

by Ray Hoagland

will be held in Rahway

Monday, August 18, 9

Tuesday, August 19, 9

Reminder to all students

- You must have a com-

pleted physical form before

you will be able to take the

physical exam. If you have

not already completed this

form, you may pick one up /

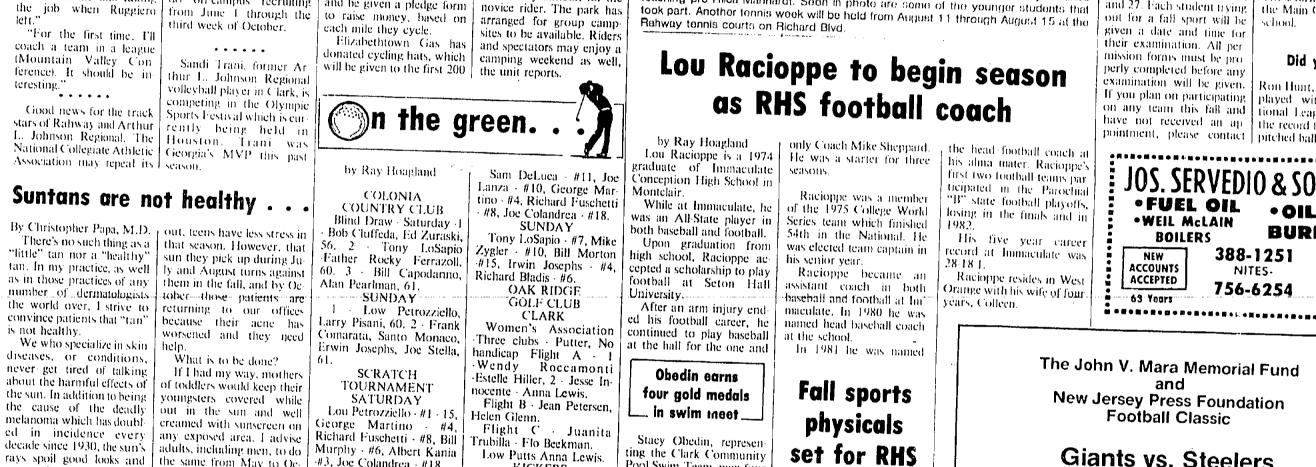
at the High School prior to

Tennis.

the physicals,

High School as follows:

Physicals for fall sports



THORODAY, AUGUST 7, 1986 PAGE 5

Annual City Olympics winners listed

The Rahway Recreation | ing Long Jump winners Department summer were Dennis Burney and playground program held Dawn Hannon. its annual City Olympics In the Senior Division Monday, July 14 at winners were: Glenn Sniez-Veteran's Field. Over 337 ck and Tracie Muriell for competed. In the Midget Division | Hill and Rosetta Kincaid

for boys and girls were | Distance; Glenn Sniezek boys and girls were Robert | Tracie Muriell won the Jones and Rachel Eger. Running Long Junip. Midger Softball Throw for Accuracy for boys and girls were Richard Eger and dy Lacefield, Demond Laurie Mione, Midger Run | Finch, Dyson Woody and ning Long Jump for boys | Dwayne Arrington for the and pirls were Richard Eger | Junior Drys while Tanya and Doria Gutterrez.

for the 50 Yard Dash; Soft | Suiezeck, Sean Hickson, Dwayne Arrington and Shumate for the boys. The Melissa Rusin; Softball Senior girls were led by Throw for Accuracy win Tracie Muriell, Deidre ners were Dennis Burney Finch, Kerrie Milone and and Valerie Ingram; Runn- | Rosetta Kincaid.

the 50 Yard Dash; Dwayne the 50 yard dash winners | for the Softball Throw for Travis Crayton and Hope | and Tracie Muriell for the Lamb. Midget Softball Softball Throw for Ac-Throw for Distance for curacy, Shawn Hickson and

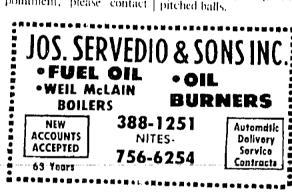
Relay winners were: An Tate, Installi Sully, Jennifer In the Junior Division | Canales and Valerie Ingram winners were: Andy led the Junior girls. Senior Lacefield and Tanya Late Relay winners were Glenn ball Throw for Distance, Jermaine Stallings and John

Fall sports physicals set for Johnson High Director of Athletics | the school immediately.

Louis J. Peragallo has an Students who go to their nounced that physical ex- own physicians, must have mination for fall sports will a school medical card and given at Arthur L. permission slip signed by Johnson Regional High the examining physician. School on August 25, 26, These forms are available in and 27. Each student trying | the Main Office of the high

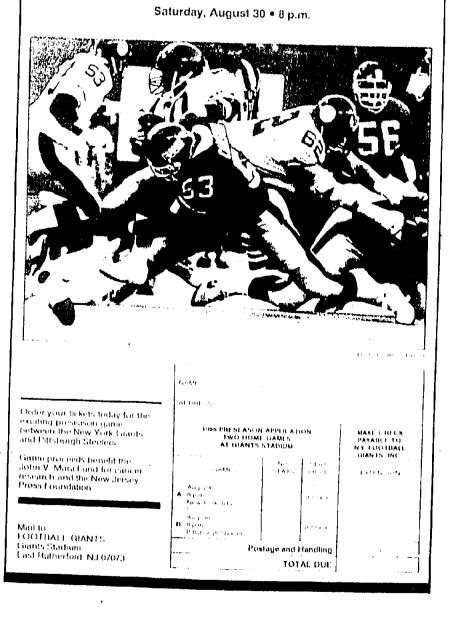
out for a fall sport will be | school. given a date and time for their examination. All permission forms must be pro perly completed before any

Did you know? examination will be given. Ron Hunt, an infielder who If you plan on participating played with various Naon any team this fall and | tional League teams holds have not received an ap the record for getting hit by pointment, please contact pitched balls.



The John V. Mara Memorial Fund **New Jersey Press Foundation** Football Classic

Giants vs. Steelers





Infant mental health an important new field

by Thea Bry and Diane Shrier, M.D.

RAHWAY NEWS RECORD/CLARK PATRIOT

of child and adolescent and parenting,

decades, researchers have normal growth and develop- groups. Through formal giver at the Conterrealized that infants are not [] ment are jeopardized. nassive objects but feeling human beings who are much more perceptive than [in babies within the first] infant-mother relationship [was previously thought. weeks of life. They may be and device a strategy to deal These researchers have also | depressed if they appear | with these problems. By come to understand how apathetic, unresponsive and having mothers share their h infant-mothers relations to manifest itself in delayed observe other mothers and

sit on. Admission is free. | mothers are not prepared | maternal infant relation | changes, providing models |

and their babies become the | Medicine and Dentistry of object of these conflicts. New Jersey (UMDNJ) in Such babies are threatened Newark, help is available (Dr. Shrier, of Upper by abuse or neglect. There for troubled mothers and Montclair, is clinical asso- is the pervasive problem of their babies through the Inciate professor of psychiatry ["children having children,"] fant Mental Health Service [and pediatrics and director or adolescent pregnancy of the Community Mental

We can identify problems | blems involved in the there may be a general lack parenting. Our intervention

Health Center. The service, psychiatry at the University | We have heard much in | established in 1980, helps f Medicine and Dentistry | recent years about the im | foster healthy, infant of New Jersey-New Jersey | portance of bonding bet | development and parent-

> and informal testing, we assess the nature of the pro-

| Rd., Mountainside. There is | are those whose guilt over | his or her emotional needs | mother and infant are preis the need for health profeseducate parents about child Caro Centor, development and what they should expect to see in their hildren during each stage f growth. The UMDNJ-Community Mental Health Center now offers a twoyear postgraduate Training | ogram in Infant Mental ealth to accredited practioners in the fields o psychology, psychiatry, pediatrics, social work, and [The Rahway Area Junior] conding to the pattern

hood.

public service of the Univer- toilet training can be in- additional costs to parents tistry of New Jersey. In many opportunities | Center is directed by Mrs. quiries to the column may | throughout the day to move | Judy Munsey with hours

Raised letters

Business

Cards

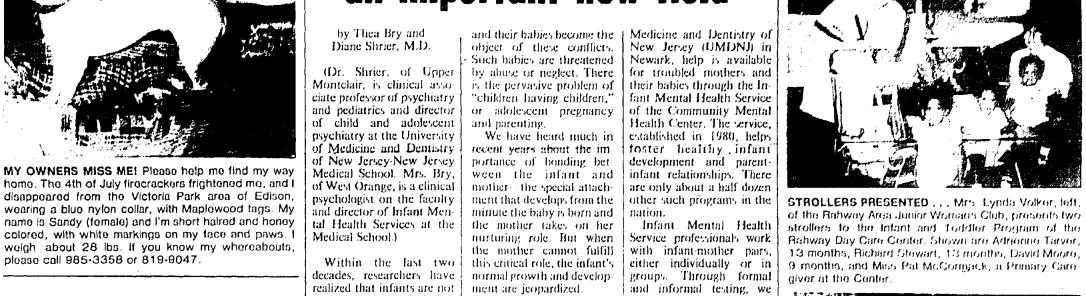
Black Ink

White Index

500

only ⁸16⁹⁰ plustax

newspaper.)



THURSDAY, AUGUST 7, 1986 PAGE 7



VOLKER AND MOORE ... Mrs. Lynda Volker, Hone Life Chairman of the Rahway Area Junior Woman's Club have unresolved conflicts At the University of sionals to know how to is soon with David Moore, 9 months, at the Rahway Day

Junior Women donate strollers to Day Care Center

pediatric nursing. It is the Woman's Club recently established at home, when first program of its kind in | donated two strollers to the | the baby reaches 18 mon-

the country. The more that | Infant and Toddler Pro | ths, group meals and naps those in the helping profes | gram of the Rahway Day | are introduced. In the tod sions know about infant | Care Center, a program for | dler room, material, and mental health, the more of | children 3 months 2½ | organized activities en they arise during parent | needs of very young chil | I he child is cared for by a dren. The infant room is Primary Caregiver, a Head Further information subdivided into a sleeping Teacher certified in Early about the service or the room and an activity room [Childhool Education, and postgraduate training pro to allow for privacy and the Agency Director. Chit gram may be obtained by quiet rest when the child duen may be enrolled on a sity of Medicine and Den- troduced. Babies are given The Rahway Day Care be made through this about and explore. Meals Monday through Friday and naps are scheduled ac 6:45 a.m. 5:30 p.m.

LUAU FUN . . . A fun filled, inter-housing Luau, was given for over 200 senior citizons | fective they can be in help- years. The infant and tod | courage | language, motor by Rahway Housing Authority and Rahway Housing Corporation. Food, singing, dance ing parents to prevent pro- dier classrooms are designed coordination and time to newsletter Country Sales as ing, (including the Hula), door prizes and meeting friends were the high-lights of the blems or correct them as to provide for the individual learn about other people. Facts about cosigning a loan. . .

> etc. If this debt is ever in you might owe. The lender cerning debt, ask for the may be able to negotiate the Rule" and "Solving Credit for the debt. In most states, you might want to have Commission, Washington,

lender to agree, in writing, alert and will attempt

debt, your liability for this rower and the seller. papers, you may have to get

consumer credit for which records specialist.

Consumer advisories are

Muke sure you get copies Affairs, P.O. Box 186,

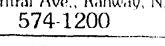
Neil Helfrich stationed in W. Germany ----

Army Pvt. Brian Helfrich, son of Neil C Rahway, has arrived for du ty with the 381st Personnel Services Company, West Helfrich is a personnel

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219 Central Ave., Rahway, N.J.



PROFILE HURDAY AFOUST / 1986

THRST PRESBYTERIAN OIL ROL OF RAHWAY Subdis Numer (Our 9:30 a mothemembers of "Old-Let Chuck sill join in union worship at Second. The Element hanch. Our congregation and that of Trunch Bir sen festaal Predisterian Church, Sunday August Consider for lage will be at fright Presbyteman Church MELTING, OF THE WEEK AT "ON FIRST "

Religious News

Chine to Agentization Manholic Anonymous members will

Post Aussian 11, the fields of the Women's Association [Reheated, 7 p.m., Gospel Chorus Reheated, 8 p.m.] - Contract solution and the church history. The Received Reduct C. Basedory is primted of CONC Fact Control cross closated at the corner of West Creat Assence and Church Street

THRST BAPTIST CHURCH OF RAHWAY

The Reserved Ratish Benson, Chaolan at Fort Monmonth, will be the givest preacher on August 10, at the of the annotativity of Worship. Hermitizage is "Are My-Prayers Heard? Mrs. Deborah I., Klimm, Director of Mule withear the organ console. Child care is provided. for young children an our Nursery during the summer The American Baptist Church is located on the cor-

HOLY COMFORTER FPISCOPAL CHURCH

ner of Ehr and Esterbrook in Rahway.

OF RAHWAY The annuer schedule for the Holy Comforter A phatopat Church (churung July and August) 187 Sunday 7:30 a m and 10 a m. Holy Fucharist.

 Fuesday, 10 a m. Holy Eucharist in the Chapel. - Duursday, 7.30 p.m., Holy Eucharist in the Chapel The church relocated at Seminary Avenue at St.

OBILUARIES

Ann Chodosh, 87, 60 years in Rahway

Num – Lieger J Chain Chapter, Perth Am Chodoch S7 died July 31 boy Born in Lowell, Mass. | Chodosh, died in 1973. Chodosh lived an l 60 venis aro Temple Beth Torah

والاستعاريطو وحافا

ر به المحمول بود المحمول و . . . و المحمول المحمول المحمول المحمول المحمول المحمول المحمول المحمول المحمول الم

at home after a brief illness | Her husband, Abe M. Surviving are two sons, Hizabeth and Carterer, Dr. Paul L. of Hillside and before moving to Rahway Richard B of Rumson; a brother, Martin Tieger of She was a member of Verona: two sisters, Mrs. Alberta Feldman and Mis. Miss. Chodosh, was a Carol Zipper, both of Foit member of Hadassa, Hauderdale, Hag eight I Deborah and the Order of grandeluidren; and four

Patricia Angelo, 59, 40 years in Rahway

the Eastern Star Golden (great-grandchildren, -

Another sy died fully 9 at of Torrance. Calif., and Church in Rahway and its | Fatontown, bome after a brief illness – Miss Pamela R. Angelo, at Born an Unzabeth. Mrs. home; two sons. Paul L. Jr. Angelo lives fur belin before of Brick Lown and Phillip J. movine to Rahway 40 years of Rahway, five brothers William E. O'Neill of Alex. She was a communicant andria, Va., Thomas of St. Mark & R. C. Church - O'Neiff of Cranford, Joh

How husband, Paul I. [1] O'Neill of Washington, Angelo Si Just ne 1984 D.C. James M. O'Neill e Surveyores are tony Mount Holly and Edward dameticary Mrs. Patricia C., H., O'Neill, of Woodland Brownelle of Lautax, Va. Hills Calif., and six grand Mrs. Phylic G. Valentin of [Children] Reducto Brach Calif

Mary K. Derkach, had 33 great-grandchildren

Raliway and a member of children. Her husband, its Rosary, Altar Society (1) Tohn, died in 1974 (1)

Jean Cogan,

Consult 88 duct hily 29 at Edward Hawley of atter a brief dby:

nary Mis Konty Derkach | Mary Blazobie of Clark, ! came to the United States in [Mrs. Martha, Kunak, of] (1913) She byed at Rahway 2 Rahway, Mrs. Anna. Tar 3 most of her hier and mit of a owsky of Carteret, and [onta for the last 20 years. Mrs. Pauline Dacko, also of [She was a communicant of 10 Carteret; a brother. Charles, St. Thomas Byzantine Lot Avenel; 20 grandehil-Catholic Church in I dren, and 33 great grand-

19 years in Clark Miss Jean J. Downey (pand, John J. Cugan, a son,

Overloof, Hospital Summit | Keyport, her mother, Mis. | Eleanor Downey of Brick Born in thiabeth shell town two sisters, Mis. J moved to Clark 19 years [Fleanor DiMarino of] - Earasota - Ela L and Mis-Miss. Cogan was a conc.] Mary D. Burkhaudt of Sea.] ¹ by orandomidicise

EBENEZER AFRICAN METHODIST EPISCOPAL CHURCH OF RAHWAY At the 10 a.m. Worship Service on Sunday, August 10 Paul Davis will deliver the sermon. Special music will ϵ_i there Marsen i Church will share in summer world be presented by the Men's Chorus, under the direction of Percival Tate: Mrs. Vera Bergen is the organist. The Sunday Church School will commence at 9 a.m. Rev. Ronald * Green, pastor of Mr. Monah Baptist Church, Linden, will be the guest preacher at the 7:30 p.m. Worship Service, Meetings during the week: Today, Prayer Meeting such a companyation of the providence of the pro - Rahway Park, 10 a.m., Monday, August 11, Youth Choir

> UNION COUNTY BAPTIST CHURCH OF CLARK On Sunday the Main Worship Service will be at 11 and the Evening Service at 6 p.m. Sunday School will be at 9.45 a.m. for children, teens and the mentally handicapped, and at 10 a.m. for the adults. Children's Church will begin at 11 a.m. Meetings during the week: Tuesday, Ladies Fisher's Club and Fellowship 10 a.m.; Wednesday, Mid Week Prayer Service 7 p.in.; Thurs day, Visitation 7 p.m.; Saturday, Visitation 10 a.m. Transportation will be available by calling the church at 574 1479. Numery care will be provided at all the se

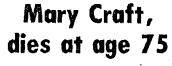
> The church is located at 4 Valley Road, at the Clark Parkway Circle, Exit no. 135 of the Garden State Parkway Dr. Frank Papandrea is the pastor.

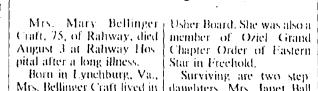
ZION LUTHFRAN CHURCH OF CLARK The main worship service during the summer mons is at 9:15 a m, with the Sinday school in recess. -Registration for the fall term of Stinday school ca made by phone (482-7320). Thursday, bible study, 8 p.m.

ZION LUTHERAN CHURCH OF RAHWAY The Service of Worship will be conducted by Mr. ry McDowell Sunday, August 10, at 9 a.m. Children ncouraged to worship with their parents. Church Council meeting will be held Monday igust 11 at 7:30 p.m. The church is located at 14m and Esterbrook Avennes

TRINITY UNITED METHODIST CHURCH OF RAHWAY Sunday, August 10: The congregation of Trinity Inited Methodist Church will unite for the Summer-

Union Worship Service at Second Presbyterian Church at - 9:30 a.m. Trinity's Fair Workshop continues to meet on Thursdays from 10 a.m. until 2 p.m.





August 3 at Rahway Hos | Chapter Order of Eastern Born in Lynchburg, Va., Surviving are two step Mrs. Bellinger Craft lived in | daughters, Mrs. Janet Ball Rahway and Keyport for of Matawan and Mrs. Conthe past 60 years. She was a stance Guy of Philadelphia: Mr. Patricia C. O'Neill J. Mis. Perette J. Handsaker - member-of-Second Baptist and a step son, Harold Jr. e



kach of Rahway died George of Colonia, John of of Hahway's elementary schools participated in the August fur Roosevelt Hos Rahway, Charles of Iselin, district's annual "Around the World with G/T" Travel Fair pital in Edison after a long and Michael of Old Hudge; in May Under the direction of G/T program resource live daughters. Helen loachor, Mrs. Jano Storn, this exhibit was a culminating Born an Austria Hun Derkach of Carteret, Mrs. activity in the students' study of cultural anthropology



minicant of St. Agnes R.C. Cart. a brother. Francis T. AUCTION FLASHBACK ..., Sophie Ruiz, Barbara D'Amico and Bob Ablino groot a and 9 from 9:30 a.m. to 3 Downey of Elizabeth, and customer at a Chinese Auction aponsored by St. John the Apostlo School in the spr- p.m. Many items will be



RAHWAY NEWS RECORD/CLARK PATRIOT

Coffeehouse to present Christian music -Somebody's Place Cofe₁ music is guitar-oriented

feehouse will present "New | with computer driven syn-Dawn" in concert on thesizers providing a lively Angust 16 at 8 p.m. the five | background. Admission is member band, based in cen- free and a variety of refreshtral New Jersey, plays high ments are available. This energy contemporary Chris- month's special food is ice tian music. The group's cream. Door prizes will also be given. Somebody's Place Cof echouse presents live music

> Alliance Church, Retfore Avenue and Cherry Street (behind the Pizza Hut or South Avenue). The coffee house is easily reached by Route 22 or the Garder State Parkway, For more information, please call 2764617. Church plans rummage sale

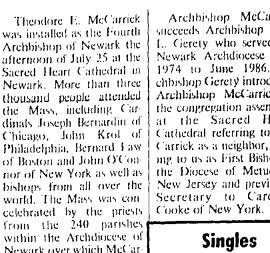
seach month at the Cranford

The Holy Comforter Episcopal Church at St. George and Seminary Avenues, Rahway, will hold a rummage sale on Fr day and Saturday, August 8

available

-St. Mark's is represented – at Archbishop McCarrick's installation ceremonies





Newark over which McCa ick will now preside a piritual leader. Archbish Pio Laghi, Apostolic Pre Nuncio to the United States, represented Por

installing Bishop. chbishop McCarrick told (464-5862) by August 25. hose in attendance "You and I are called to serve, we are called to serve together. He has already celebrat Mass at Holy Trinit Church in Hackensack, St

chdiocese.

Theodore E. McCarrick Archbishop McCarrich was installed as the Fourth | succeeds Archbishop Peter Archbishop of Newark the | L. Gerety who served the afternoon of July 25 at the | Newark Archdiocese from Sacred Heart Cathedral in 1974 to June 1986. Ar Newark. More than three | chbishop Gerety introduced tousand people attended [Archbishop McCarrick to : Mass, including Car.] the congregation assembled inals Joseph Bernardin of at the Sacred Hear 'hicago, John Krol of Cathedral referring to Mc Philadelphia, Bernard Law | Carrick as a neighbor, com f Boston and John O'Con- ing to us as First Bishop of nor of New York as well as the Diocese of Metuchen hishops from all over the New Jersey and previously world. The Mass was con | Secretary to Cardinal

Singles sponsor

ice-breaker The Catholic Alumni John Paul II and served as Club of North Jersey, a Catholic Singles Club, will sponsor a "mid-week ice-"Representatives from all breaker" on August 26. arishes within the Ar from 9 to 11 p.m. at a local hdiocese of Newark which lice-skating rink in West erves Union, Bergen, Hud Orange. New and prospecon and Essex counties, five members are most were invited to the welcome. For direction and ccremony and a dinner ban-further information. call quet that evening. Ar Floreen (743-4705) or Judy

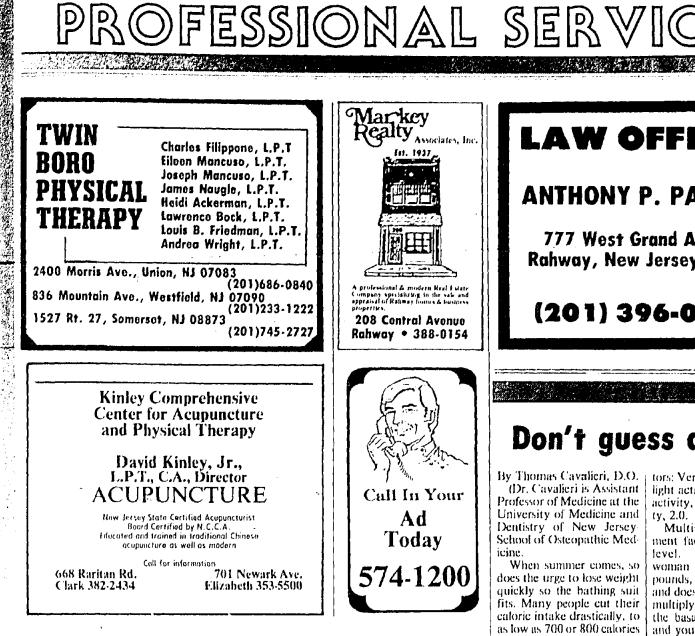
Singles to dine The Catholic Alumni Club of North Jersey, a Catholic Singles Club, will Mary of Assumption meet at a local restaurant in Paramus, NJ on August 19 for cocktails at 6:30 and tion of dropping in unan prospective members are call Bill at 862-1137 or Mary at 342-7388.

Temple Beth O'r registering children for Religious School

Temple Beth O'r, a con-| grade. It is held every Mon servative synagogue in day afternoon. Children in Clark, is now registering third through seventh children for its religious grades attend regular school for the 1986-87 Hebrew School classes school year. The program every Sunday and two consists of pre-primary, afternoons a week. primary and regular Students in Temple Beth Hebrew School classes. O'r Religious School receive The pre-primary program | instruction in a variety of for children ages 3 Jewish subjects, including through 6 and is held one | the Hebrew language, Bible, Sunday per month for three | customs, laws, prayers, and four year olds and two | holidays and history.

For further information.





Precautions can prevent most eye injuries

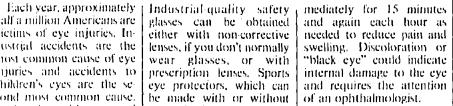
half a million Americans are glasses can be obtained and again each hour as good health. A diet of fewer To lose weight, she will will result in gradual, but cond most common cause.] be made with or without] of an ophthalmologist. And, today, with more and { corrective lenses, are goggle more people getting involv- type molded eyeglasses. ed in sports, eye specialists (are noting an increasing number of eye injuries con-

More than 90 percent of problem can largely be stuck in it. Do not rub the weight. Multiply your curall eye injuries could have been prevented. Because blindness can result from To guard against chemi. juries, prompt treatment of cal burns or splashes, with water, keeping the eye basal level. Don't stop here. all eye injuries is extremely students working in school open. Do this continuously Next, adjust your caloric A few simple precautions glasses. Parents should also holding your head under activity level, using the --important.-----

eyes with appropriate safety not allow children to play the eye, but do see an glasses or eyeguards with bows and arrows, ophthalmologist immediate whenever you play racquet | darts, BB guns or | ly after irrigating the eye, ball or work in an area firecrackers. where fragments of flying | In case you do injure burns. metal or chemicals could your eyes, keep in mind the damage your eyes.

Although all cycglass aid procedures; tivities often requires a rub your eyes.

following emergency first MATTERS lenses now must be made of | • For a speck in the eye: | public service by Middlesex | national, Inc., 1441 Irving impact-resistant glass or | Lift the upper cyclid out | General University | St. plastic, they often are not and down over the lower [Hospital. For Speakers]. The promotion was anstrong enough to withstand | eyelid and allow tears to | Bureau information or to | nounced by the firm's printhe force of a fast moving | wash out the speck. If the get on the mailing list for | cipals, Anthony S. ball or a stone thrown by a speck does not wash out, free health care newsletter. Cicatiello, chairman, and lawomower. Working out | keep the eye closed, ban | write Community Rela- | John M. Neiswanger, presi doors, in a home workshop | dage it lightly, and see an | tions, Middlesex General | dent. or engaging in athletic ac ophthalmologist. Do not University Hospital, 180 Associated with CN since



• For punctures of the swimming pools can cause ophthalmologist immediate ment, first determine how strength and physical ty calories.

wances

rent weight (not your ideal) • For a chemical burn: or average weight) by 11. To guard against chemi- Flush the eye immediately The result will equal your labs should wear safety and gently for 15 minutes, needs to suit your personal

> | because serious eye damage | can result from chemical -OFdirector of administration at 1 HEALTH is provided as a | CN Communications Inter-Somerset Street, New 1980, Mrs. Sloan will direct

sports eye protector or in For a blow to the eye: Brunswick, New Jersey the marketing and public relations agency's purchas. Change the type of listing? This is the time ing, personnel, accounting and administrative operations for their Rahway and] New York City offices. Mrs. Sloan is married to Barry T. Sloan and they

have one son. Eric.

Virginia Sloan

promoted at

CN Communications

Rahway resident Virgin

B. Sloan has been named

Lisa Starr graduates from Capri Institute

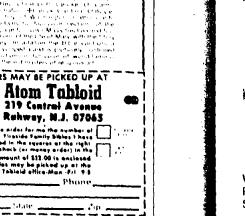
Miss Lisa Starr of Clark is 1 among new graduates of the Capri Institute of Hair } Design in Kenilworth. Completion of the Capri program prepares the grast agent. duate to take the state licensing examination. Miss Starr will continue her association with Revelations Hair Studio in South Plainfield, where she was employed while a student in 1 Capri's cosmetology pro-Daughter of Mr. Mrs. David Starr, Miss

Chark.



WINNING TRIO... Some of the winners at a recent session of book bingo held at the | Starr is a graduate of Ar | Rahway Public Library are, left to right, Erin Yulli, Kristen Novalany and Rachael thur L. Johnson School in

Strong.



BAHWAY NEWS RECORD/CLARK PATRIOT



LAW OFFICES

ANTHONY P. PASCALE

777 West Grand Avenue Rahway, New Jersey 07065

(201) 396-0850

Don't guess at caloric needs...

By Thomas Cavalieri, D.O. 1 tors: Very light activity, 1.2; 1 fitness and increase bone (Dr. Cavalieri is Assistant | light activity, 1.3; moderate | mass to offset the danger of Professor of Medicine at the [activity, 1.5; strenous activi-] osteoporosis in later life. By

School of Osteopathic Med ment factor by your basal pound dieter may double level. For example, a her weekly weight loss, When summer comes, so woman who weighs 130 without sacrificing nutridoes the urge to lose weight | pounds, sits at a desk all day | tion or feeling too hungry. quickly so the bathing suit and does not exercise: First, | And, she will see a dramatic fits. Many people cut their | multiply 11 times 130 to get [improvement in her overall caloric intake drastically, to the basal metabolism level fitness, as low as 700 or 800 calories and you get 1,430 calories. a day. Even on a strict Next, multiply 1,430 weight loss or exercise proweight-loss diet, you should | times the adjustment factor | gram, do see your doctor for consume at least 1,000 of 1.2 for very light activity a check-up and tell him or calories a day. Twelve to fif level, yielding 1,716 her your plans. Eat three teen hundred calories would calories. Our 130 pound nutritious meals every day,

and minerals to maintain weight.

spacts.

aconomic climate.

just walking briskly for a Dentistry of New Jersey Multiply your adjust half hour a day, our 130-

Before beginning any





be better, because below woman needs approximate | with plenty of whole grains | DETECTIVE PITTS HONORED ... Mayor Daniel | these levels you probably by 1,716 calories a day to and fresh fruits and vege. Martin (R) is soon in photo prosenting a special resoluwon't get enough vitamins maintain her current tables. Forget about fad tion honoring Detective Danlel Pitts, recipient of the diets and choose a diet that | Union County Prosocutor's Office Award. "This award was not made by the City, but is is something we want | with drugs? With alcohol? victims of eye injuries. In either with non-corrective needed to reduce pain and than 1,500 calories should have to cut her daily caloric permanent weight loss. to recognize," said Martin, "It makes us stand out as a Do you want to help? Do dustrial accidents are the lenses, if you don't normally swelling. Discoloration or be supplemented with a intake by 500 to about Don't overdo your con- City, but more importantly, it makes Detective Pitts you know how to help? Call most common cause of eye wear glasses, or with "black eye" could indicate multivitamin and mineral 1,200 calories a day. At this sumption of diet foods and stand out as an individual." Detective Pitta, (L) injuries and accidents to prescription lenses. Sports internal damage to the cyc supplement which contains rate, she will lose about a sweeteners. Avoid fats and omployed by the Rahway Police Department since help. children's eyes are the se eye protectors, which can and requires the attention 50 to 150 percent of the pound a week-a sensible large quantities of protein. 1969, is a Detoctivo in the Juvenile Buroau. "This recommended daily allo, rate of weight loss. How And remember, while all award is a reflection of Detective Pitts unselfish devoever, if the increases her dai | cohol and sugar are com | tion to the City of Rahway, the Police Department and | day, for New Jersey trat-Heavily chlorinated eye or cyclid: Bandage the eye or cyclid: Bandage the sonal daily calorie require- weight faster, build her they contain plenty of emp- floors," road the rosolution presented to Detective substance abuse information To determine your per- ly activity level she can lose | pletely devoid of nutrition, | should be an inspiration and example to his follow of - ment program referrals Pitto.

THURSDAY, AUGUST 7, 1986 PAGE 9

Free blood test for unit of blood

If you are planning to get married or are parents-tohe, John F. Kennedy Medical Center in Edison has a special "gift" for you. The required pre-marital or a routine pre-natal blood test will be performed free of charge when one unit of blood is donated to Ken nedy Medical Center's Blood Bank at the time of the test.

Besides saving on the cost of such tests, this "gift" benefits others as well: Blood from area donors is fresher, of higher quality and cheaper than blood obtained from other sources Additional blood donations also guarantee coverage of a family's blood unit need for one year up to 25 units of blood. To make arrangements

for a free required premarital or routine pre-natal blood test, contact the Blood Bank at Kennedy Medical Center at 321 7683.

City resident graduates from Kean College

Robert E. Antrim, son of fr. and Mrs. Antrim of Elm Terrace, Rahway, was awarded a Bachelor of Science Degree in Management Science from Kean College of New Jersey at Commencement exercises on June 5. He is a graduate of Union

'atholic High School, Scotch Plains and Union ounty College, Cranford.

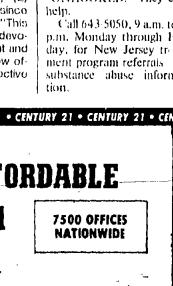
UNHOOKED Do you or someone you

care about have a problem "UNHOOKED," They can Call 643-5050, 9 a.m. to 5



NID + CENTURY 21 + CENTURY 21







274,619.00 1,325,921.00 8,436,477.00 \$ 9,762,398.00 Fee: \$86.18

in the best interest of the City, or for tics, military courtesy, 21-8/7, 8/14, 1986 Fee: \$73.78

PUBLIC NOTICE NOTICE TO BIDDERS lotice is hereby given that sealed

Y.M.C.A. In the office of the Ex- Rahway in the Council Chambers in ecutive Director located in the The City Hall, City Hall Plaza, Rahway Y.M.C.A. Rahway Y.M.C.A. 12.656.343.00 sums shall not be returned 1.228.073.00 der and must be enclosed in a seal fice of the City Engineer. \$138,104,551.00 ed envelope bearing the name and Bidders may obtain Plans and address of the bidder and the pro Specifications at the office of the Ciject name. The bid must be accom _____ty Engineer, during regular business \$119,805,575.00 panied by a Certificate of Surety hours, at City Hall \$128,342,153.00 ecuted Political Contribution Af not be returned.

> ten percent of the total bid. ates will apply. Y.M.C.A., or for reasons required c.127.

11-8/7/86 PUBLIC NOTICE

SHERIFF'S SALE SUPERIOR COURT OF NEW JERSEY CHANCERY DIVISION UNION COUNTY DOCKET NO E-5208-85 FREDERICK C. PIZZUTO, Plaintiff VS A.B.S., Inc., 4 omoration of New Jerse STATE OF NEW JERSEY Defendants CIVIL ACTION WRITE OF EXECUTION FOR SALE OF MORTGAGED PREMISES By virtue of the above-stated wr execution to me directed I shall

spose for sale by public vendue, in

ROOM 207, in the Court House, in the City of Elizabeth, N.J. on WEDNESDAY: the 3rd day of

RALPH FROEHLICH

SHERIFF Fee: \$132.68

Pvt. Suttles completes – training –

Pvt. Wendy Suttle daughter of Hattie G. Suttles of Main St., Rahway, has completed basic train-Joseph M. Hartnett military justice, first aid, Business Administrator and Army history and tradi-

tions.

NOTICE TO BIDDERS Notice is hereby given that sealed ids will be received by the Ex- bids will be received by the Business live Director of the Rahway, Administrator of The City of

PUBLIC NOTICE.

Rahway Y.M.C.A., at 1564 Irving Rahway, New Jersey on Tuesday Street, Rahway, New Jersey on August 19, 1986 at 10.00 A.M., Monday, August 18, 1986 at 12 prevailing time, at which time they p.m., prevailing time, at which time shall be opened and publicly read they shall be opened and publicly for the project entitled "Resurfacing read; for the Reconstruction of - 1986". General Purpose Room for the Major items of construction under this contract include: 100 C.Y. of The Reconstruction of General Roadway Excavation Purpose Room is to be constructed Unclassified; 4,300 TONS of In accordance with the Plans and Bituminous Concrete Surface Specifications on file in the office of Course, FA BC 1, Mix No. 5, 2 the Executive Director of the Thick; 115 TONS of Leveling Bahway Y.M.C.A. Bidders may ob-64,957,983.00 tain Plans and Specifications during Course; 70 TONS of Bitumhous Course; 70 TONS of Bitumhous regular business hours at the Mix No. 2; 55 EACH Reset Rahway Y.M.C.A. Manhole Castings to Grade; 500 The Charge for Plans and L.F. of 9* x 20" Vertical Concrete 54,194,339.00 Specifications is \$15 per set, which Curb; and all other work necessary sums shall not be returned. Bids must be submitted on the proposal Form function that the structed in accordance with the 231,593.00) Proposal Form furnished to the bid Plans and Specifications in the Of

365,897.00 guaranteeing to furnish a Perfor. The charge for Plans and 491,783.00 mance Bond for 100% of the con- Specifications are \$20.00 per set tract in event of award, an executed and for Standard Specifications 678,898.00 Non-Collusion Affidavit, an ex- \$5.00 per volume, which sums shall fidavit, a statement setting forth the Bids must be submitted on the names and addresses of all Proposal form furnished to the bidstockholders in the corporation of der and must be enclosed in a seal 0.930,477.00 partnership who own ten percent or ed envelope bearing the name and more of its stock of any class or of 1 address of the bidder and the pro-9,762,398.00 all individual partners in the partner ject name. The bid must be accom ship who own ten percent or greater panied by a Certilicate of Surety

tract in event of award, an executed Bidders are required to comply Non-Collusion Affikiavit, an ex with the requirements of P.L. 1975, ecuted Political Contribution Affidavit, a statement setting forth the Funds for this project are granted names and addresses of all stock-In full by a U.S. Department of holders in the corporation or part Housing and Urban Development nership who own ten percent or unity Development Block more of its stock of any class or of irant. Therefore, all Federal regula- all individual partners in the partner tions as well as prevailing wage ship who own ten percent or greater Interest therein, and a Certified The Board of Directors reserves | Check or Bid Bond for not less than \$6,205,264.00 the right to accept or reject any and ten percent of the total bid. all bids which in their opinion will be Bidders are required to comp in the best interest of the Rahway | with the requirements of P L. 1975, The Municipal Council reserves

Interest therein, and a Certified guaranteeing to furnish a Perfor

D. Russel Taylor the right to accept or reject any and President, Bd. of Directors | all bids which in their opinion will be of Y.M.C.A. in the best interest of the City, or for Fee: \$ 38.75 | reasons required by law. Joseph M. Hartnett Business Administrato 21-8/7, 8/14, 1986 Fee: \$80.60

PUBLIC NOTICE

SHERIFF'S SAL SUPERIOR COURT OF NEW JERSEY CHANCERY DIVISION UNION COUNTY DOCKET NO E-2575-85

THE NEW YORK GUARDIAN. MORTGAGEE CORP., Plaintiff /S. CHARLES G. BACOME, et als, Defendants CIVIL ACTION

WRIT OF EXECUTION FOR SALE OF MORTGAGED PREMISES September A.D., 1986 at two ' By virtue of the above stated writ The premises subject of this expose for sale by public vendue, in

> Rahway, N.J. Tax Lot and Block: Lot 8-B, Block 125 on the Tax Map

46-7/17, 7/24, 7/31, 8/7/86 Fee: \$114.08

Newsletter available for agoraphobics

The National Agoraphobia Network newsletter reports on the latest progress in treating this condition, and provides a communication link with other people with agoraphobia. Membership is \$5 a year., For information, send a

self-addressed, stamped envelope to National Agor-During the training, aphobia Network, Box students received instruct 1708, Twentynine Palms, Ca., 92277

> Marchitto named to Drew dean's list

Caroline Marchitto, Hall Dr., Clark, has been named o the dean's list at Drew University for the spring 986 semester.



Councilman-at-Largo, Walter McLood (L) and 1st Ward Councilman Harvoy Williams The councilmen recently worked on a playground project at the center.

Woody Herman's big band swings into city

Woody Herman and his | ving Street, Rahway. [p.m. Tickets may also be New Thundering Herd will Reservations are sug- purchased in person at the be riding into town on a gested since public response arts center on Thursdays wave of Big Band sound on | has been enthusiastic. Ad | from 6:30.8 p.m., and on | Saturday, August 16 at 8:30 | vance reservations may be | Saturdays from 1.4 p.m. p.m. at the Union County | made by calling the Theatre | Woody Herman, famed Arts Center, formerly the Box Office at 499-0441, Rahway Theatre at 1601 Ir | weekdays from 8:30-4:40 | is celebrating his 50th year



CUT, SNIP, PROBE ..., St. John the Apostle students are deeply engrossed in their dissecting course. Under the guidance of Miss Diano Varela, Science instructor, the students dissocted an earthworm, starfish, grasshopper, crayflah, clam, perch and frog during the tober 24-November 1 recent school year.

Fathers of retarded children find rewards are greater than challenges

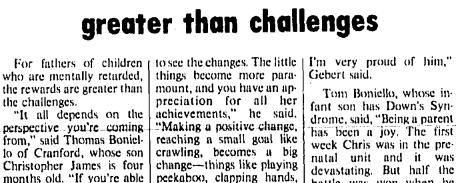
who are mentally retarded, things become more para- Gebert said. the challenges. from," said Thomas Boniel | reaching a small goal like | at a time, it's a joy." nizing the pets."

of developmentally disabled "When you really shake it boy." youngsters are taking an ac- down, the demands of rais-Burton E. Michaels of they find that involvement gives them a whole new of the demands normal outlook on their children teenagers might. But there "It's important for fathers and a new perspective on | are other responsibilities."

special and really rewarding | son communion breakfast. | pays off."



LIBRARY CRAFT SESSION ... Parents and children work on bear masks at a craft aeasion held at the Rahway Public Library during the series of summer activities for childran in Kindergarten through Grade 6. Seen (Left to Right) are Bobby Huntley, Mra. Connie Marchitto, Mrs. Roberta Sallerno, Duatin Sallerno, Kyle Sallerno, Mrs. Debbie Ingrassia and Danny Ingrassia.



perspective you're coming "Making a positive change, has been a joy. The first to of Cranford, whose son crawling, becomes a big natal unit and it was Christopher James is four change-things like playing devastating. But half the months old. "If you're able peckaboo, clapping hands, battle was won when he to adjust and take one day recognizing us, and recog. came home and we felt we were contributing to his More and more, fathers In Joseph Gebert's view, well-being. He's a beautiful

tive role in raising their ing a retarded child are dif- Westfield, president of the children, and with some ferent but much the same as ARC/Union County, noted help and guidance from the raising a normal child. that "Having such a child Association for Retarded These children are very certainly does change your Citizens/Union County, casy to be with and lovable, life. In a positive sense, it "It's important for fathers

not to set limitations on Gebert, a resident of what their child can and Joseph Scacciaferro of Chatham, is the stepfather cannot do," said Michaels, Union feels he's grown of 12-year-old Patrick J. whose daughter Patricia is closer to his 13-month-old Golden, formerly of New 11, "My daughter has come daughter Valerie, who has Providence."We play games a very long way, and she's Down's Syndrome, than he around the house, I help not alone in this category. If might have otherwise. "It's him with his homework, these children are placed in a challenge, but it's really and we went to a father and programs early, it really

clarinetist and band leader, in the music business. His "Herd" was one of the bestknown big bands of the World War II era with ecords like the "Woodhopper" which sold 2 nillion copies. The Union County Arts Center concert part of Herman's yearlong anniversary tour traveling the East Coast this During its' fall season, the Union County Arts Center will also be presenting Kurt Weill's light opera, "Down in the Valley" on September 19 and 20, the American

musical "1776", September-25-28, and "The Wiz", Oc well as other cultural enter tainment.







RAHWAY NEWS-RECORD/CLARK PATRIOT

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RAHWAY NEWS RECORD/CLARK PATRIOT

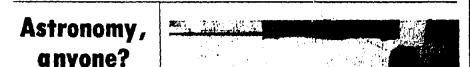
Heart failure all too common



HAPPY WITH THEIR SHIRTS Some of the participants in the T-Shirt Day craft held recently at the Rahway Public Library wore (left to right), first row: Dlanna Kasprzyk, Eric Kasprzyk, Daniella Kasprzyk, Brian Carter, Erin Zupkus. Second row, (left to right), Usa Sforza, Tara Roesch, Jeannotte Milano, Maureen Zupkus, Kristino Roszkowski. Each boy and girl brought his or her own T-Shirt, had a bear decal ironed on and then added colors with crayons.



MAY WALKS IN RAHWAY . . . A new program was initiated in May by the Rahway Rec Dept, called "May Walks in Rahway". The program was open to adults of Rahway and was held Saturday mornings at the park walking track. Pictured are walkers on a cold May day. Margaret Jenkins, program initiator, is third from right. The program continued through June and will begin again in the fall. Approximately 30 people enrolled.



quently as women. Symptoms of heart failure include shortness of breath, fatigue or not being able to perform the physical activity one is accustomed to. Some patients will simpy complain, "I just don't feel the way I used to," These symptoms could strike suddenly or build up gradually with progressive loss of physical stamina. No doctor can cure this condition; we can't make it go away by wishing. What we do attempt is to find the right medications to improve the patient's physical capacity and extend the quality of life for longer periods.

(Dr. Shindler, of East

University of Medicine and

One out of every 500 per-

Heart failure can also be

a heart attack.

We don't tell these patients to "take it easy," we encourage physical activity. But moderation and common sense are necessary so as not to overdo it.

Obviously, we monitor the situation through regular office visits (every three to six months is typical) and offer advice. For those who are overweight, the cornerstone of

that advice is to remember the old adage, "life is like a

suitcase, the heavier the

load, the shorter the trip,"

and take off pounds accor-

The second piece of ad-

vice is to throw away the salt shaker to make the

heart's job easier. Salt con-

sumption translate into

water retention, which

equals more volume in the

body. The greater the

MEMORIAL

PROGRAM

A Glft to the

dingly.

by Daniel M. Shindler, M.D. | volume, the tougher it is for the heart to pump. Diurctics, or water pills, are prescribed to reduce the volume of water contained in the body and to get rid of salt (sodium). Diurctics have been available for about 30 years. We tell our patients that the diurctics are "paying for their sins" (namely, salt intake). We teach them to become label readers when food shopping. A red light should go on every time the word "sodium" is listed on the ingredients. Once a patient is symptomatic with "failure," he

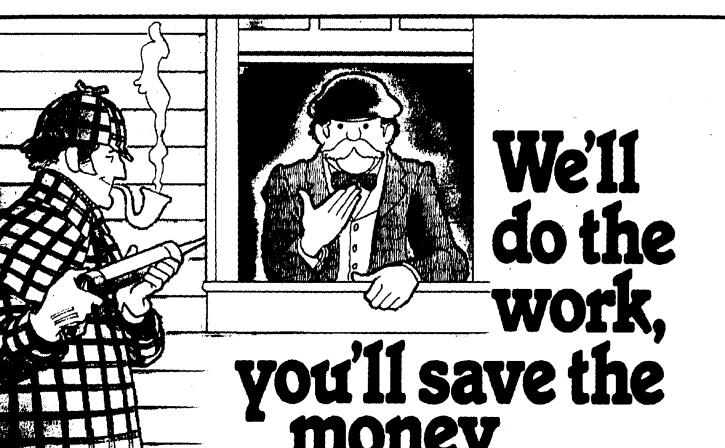
caused by a virus, high blood pressure or excessive will probably be given use of alcohol. Unhappily, digitalis, a derivative of the foxglove plant and a medihalf of those with this diagnosis do not live cation which physicians beyond five years after have two centuries of exonset of symptoms. At perience in prescribing. greatest risk are older per-Regulated dosage is the key, sons (age 50 on) and espeespecially if there are any cially men, who suffer from kidney problems. heart failure twice as fre-

Another group of medications used in heart failure are blood vessel dilators, called vasodilators, which have been around for 10 to 15 years. By their use, the blood is allowed to flow forward with greater case --sort of like opening another lane on the highway to permit traffic to flow better. At the Piscataway/New Brunswick campus of UMDNJ, we are working with the National Institutes of Health to determine whether a promising type of vasodilator called Enalapril will make heart failure patients live longer. We also have available several experimental medications that hold the promise of increasing longevity and physical stamina.

Selected patients may be referred for heart transplantation when all else fails.



CERAMICS CLASS ... The Rahway Roc Dept. summer playground coramics class is seen during a session. The class is under the direction of Carol Balla. The fall session begins on Sept. 23, Tuesday, from 3 p.m. to 4 p.m. Rahway children from 7 years and up may take lessons. For more information, please telephone 381-8000, ext. 467,



For the 19th consecutive year, Amateur Astronomers, Inc., and Union County College will present an Introduction to Astronomy course. Members of AAI will be

the lecturers on the topics: introduction to astronomy, earth and moon systems, solar system, constellations, birth and death of a star, 11. galaxies, cosmology - story of the universe, and ex-

ploration-of-known-space. Following each lecture, which will be held in the Sperry Observatory, there will be observing in the dome rooms of the Observatory on clear evenings. The 24-inch reflector and the 10-inch refractor telescopes are among New Jersey's largest.

The astronomy course will be offered on eight Mondays from 8 to 9 p.m. in the Sperry Observatory from September 15 to November 3.

Amateur Astronomers, Inc., and Union County College jointly operate the Sperry Observatory on the College's Cranford Campus.

For information on Introduction to Astronomy and dozens of other courses without credit being offered this Fall by UCC, call the Division of Continuing Education, 276-7301.

Stars of the past films at the library

A program of films featuring movie stars of the past will be presented by the Rahway Public Library on Tuesday, August 12 from 7:30 p.m. to 9:00 p.m. "Son of the Shick," Rudolph Valentino's last film, and "Summer Solstice," starring Henry Fonda and Myrna Loy, will be shown. Admission will be free.

Accessibility for the handicapped may be arranged if the Adult Department is contacted, telephone 388-0761, by August 11.



AND THE "BEARS" ARE ... The names of these young "Bears" are, left to right, Jennifer Piewa, Kimberly Plewa, Kevin Bobenchik, Jennifer Bobenchik, and Amy Taylor. These masks were made by the children in a craft session held as part of the summer activities series for Kindergarten through 8 Graders at the Rahway Public Library.

can make a big difference in cancer control - Instan - Restar - R get a grip on the news FIND OUT WHAT'S HAPPENING IN THE RAHWAY CLARK AREA Subscribe to Clark @ Patriot RAHWAY Neuis SER Record Union & Middlesex Counties Out of County and State 1 Year - \$10.00 1 Year - \$12,00 2 Years - \$18.00 VISA 2 Years - \$22.00 -3 Years - \$25.00 3 Years - \$30.00 Please enter my subscription to the Rahway News Record or The Clark Patriot starting immediately Enclosed is my check, cash or money order to cover subscription. d'lease pour name i leady! STREET ADDRESS. SIAN

219 CENTRALAVE., RAHWAY, N.J. 07065

ا 🖉 الالات 🖉 ير الالالات ف يجرب ف السميديات ا

制器。图由 Ψ. with PSE&G's Customer Seal-Up Service Program

"SEAL-UP THIS FALL AND SAVE YEAR AFTER YEAR."

PSEaG's Customer Seal-Up Service offers fast, efficient, and economical ways to lower home energy loss and could save you hundreds of dollars each year. A PSEAG energy specialist will both provide and install needed energy-saving measures in your home. The money you'll save will easily cover the seal-up costs. And...all work is unconditionally guaranteed for one year. Choose from a variety of economical services:

"THREE CAPITAL IDEAS TO HELP YOU KEEP **COZIER THIS WINTER AT LOWER COSTS!"**

· Window and door caulking with high-grade silicone caulk that can end those troublesome drafts and save you money. Cost: \$5.50 per window or door

· Window weatherstripping that cuts down on drafts and helps keep heat inside, where you want it. Cost: \$6.00 per window

· Door weatherstripping that effectively seals your doors even further and helps save you money. Cost: "V" seal: \$6.00 per door Tubular: \$8,25 per door

"TWO INTRIGUING SOLUTIONS TO HELP YOU SAVE ON WATER HEATING COSTS."

 Water heater insulation. Wrapping your water heater tank with an insulation blanket keeps the heat where it's wanted, ... inside the tank. We will also check the water heater thermostat to insure that it is not set too high. Cost: \$10.00

· Low-flow showerhead that provides a good shower while reducing your water use to under 2.5 gallons per minute. Cost: \$7.50 per showerhead

"TWO SUPER SAVERS TO CUT YOUR COSTS."

Hot water and heating pipe insulation that helps keep the heat inside, where it belongs! Cost: 55¢ per foot of hot water pipe (up to 3/4" pipe)

75¢ per foot of steam pipe (up to 2" pipe)

· Forced warm air duct insulation that can save you money if you have ductwork that is exposed in unheated areas. Cost: \$3.00 per linear foot of duct



To order any of the above services, mail the coupon below. Or, if you prefer, call PSEaG's Energy Conservation Center, toll-free at 1-800-854-4444 weekdays between 9 AM-5 PM. SEND NO MONEY!

Avoid last year's rush...order now.

SERVICES ARE AVAILABLE ONLY TO PSE&G SPACE HEATING OR WATER HEATING CUSTOMERS. BOTH HOMEOWNERS AND RENTERS ARE ELIGIBLE. MINIMUM ORDER \$10.

SEND NO MONEY. Payment is made when the work is completed. Our installer will give you a bill based on exact services performed. Payment can be made by check, cash or, if over \$20, VISA or MASTERCARD.

Please sllow 30 to 60 days for installation.

Note: If you rent, the owner's or landlord's permission is required before any work can be started. Call us for further details.

"Seal-Up and Save...it's elementary!"

PSEAG CUSTOMER SEAL-UP SERVICE PROGRAM

ltem	Installed Cost	Quantity Requested
- · · ·	\$5 50 en	windows
	\$5.50 ea	doors
Weatherstripping	\$6 00 ea	windows
	\$6 00 ea	doors
Tubular	\$B-25 ea	doors
Showerheads	\$7.50 ea	
Water heater wrap	\$10.00 ea	
Pipe insulation	\$0.55 - 25/R	n
Duct Insulation		. A .
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Mail coupon to: PSEaG ENERGY C	onservation	N CBNTER

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