

News Record

New Jersey's Oldest Weekly Newspaper—Established 1822

VOL. 164 NO. 32

RAHWAY, NEW JERSEY, THURSDAY, AUGUST 7, 1986

USPS 454 160

70 CENTS



RETIRED MEN'S CLUB PICNIC HELD... The Rahway Retired Men's Club annual summer picnic was held in June at the Senior Citizens Building on Entenbrook Ave. Pictured here from the picnic planning committee.

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

by Pat DiMaggio
A sense of community continues to prosper at the J.F.K. Center in Rahway, thanks, in part, to the input of the new director, Reverend Edward A. Allen. Born in Plainfield, Rev. Allen graduated from Westfield schools and went on to Seton Hall University where he received a Bachelor of Science Degree in Social Sciences. He has also earned graduate degrees in Urban Education, Supervision and Administration of Public Schools from Seton Hall, advanced graduate studies in Foundations of Education from Jersey City State College and in Education and Computer Sciences at Saint Peter's College, a Real Estate degree and license from the Union Professional School of Business, and a degree in Christian Ministry from the New York Theological Seminary. He is presently a candidate for a Master's degree at Saint Peter's College in Educational Administration.

Rev. Allen began his tenure at the J.F.K. Center on March 24. "I enjoy it," said Allen. "Actually, I've spent all of my professional life in and around the education community and I find that after 14 years of service to the college community and 3 years of contractual service to the Jersey City Board of Education this is a real challenge. The others were theoretical and academic in that I got to use those trained skills of mine providing theory and instruction. This is a hands-on practical. I get to interface directly with the children and I enjoy it."

The J.F.K. Center, 796 E. Hazelwood Avenue, is a community hope built with the hands of the people of the community in the late 1960s. The center has provided social services and after school activities in cultural enrichment for children for 14 years and has recently undergone the licensing process for Day Care which is targeted for a September opening.

"Our agency sees its role as providing one of the sides

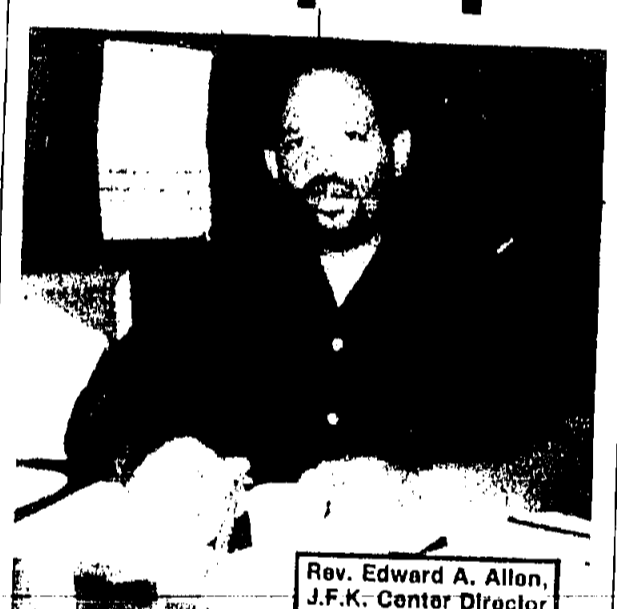
of the triangular care for children," explained Allen. "We realize parents have the primary responsibility, school provides that formal educational structure, but then there is that need for community. And this center believes that it provides that bridge called community. We have, with the help of other organizations, been able to make a real difference in the lives of children."

Programs offered by the center include a summer day camp, a fully accredited, certified preschool, counseling services to seniors and help in obtaining energy assistance, and distribution of clothing to indigent families.

The center also provides emergency food distribution to over 100 families a month. "The main distribution is on third Saturdays at the center," said Allen. "Many times the families who take advantage of this are low income or they may be recipients of welfare or seniors on social security. By the third week of the month after receiving rental payments or utility costs, they are not left with much for food. All month long, a concept I added, we take referrals from social services agents of families who may be in need of emergency food and we provide day to day assistance."

The center provides the management and administration for the Summer Youth Employment Program. Last year the program provided jobs for 199 participants. Due to funding cuts, this year the center will fund only 49 jobs. "Summer Youth Employment opportunities provide meaningful experiences and an opportunity for young people to honestly assess their skills in the marketplace. I think of myself as a typical product of these kinds of opportunities," said Allen.

Funding for the various programs and services comes from the Division of Youth and Family Services, United Way, Union County Development Block Grant money, grants from the Freeholders and Merck.



Rev. Edward A. Allen, J.F.K. Center Director

"The Merck Corporation has made J.F.K. service to the community truly possible," explained Allen. "They have provided us with monies to run the after school program as the government cut back their funding. They are a quiet, true supporting pillar of this organization. When we thought we'd have to close our doors, Merck has helped us keep our dream alive."

Rev. Allen said the center has just received a grant from the Freeholders to be used to activate a.m. aid for the preschool program and to provide better management to all program through a computer system. "My greatest fear is that as

Legion Post No. 5 welcomes the Walk To Freedom vets

American Legion Post No. 5, Rahway, welcomed the Vietnam Veterans Walk to Freedom For MIAs as they neared completion of their journey from Washington, D.C. to New York City, which was completed on July 19. The march was conducted to draw attention to the missing MIAs and POWs in South East Asia, as well as other issues involving Vietnam Veterans. Post No. 5 hosted a luncheon for the group.

Chaplain Ed Dinning opened the luncheon with a prayer and Commander Ed Cwikowski congratulated the participants. Members of Post 5 were given a standing ovation by the veterans and their families for the hospitality shown to them.

Commander Cwikowski and Past Commander Bill Disney were Co-Chairmen of the affair, assisted by members of the post.

Residents banding together to fight neighborhood crime

by Pat DiMaggio
Gene Cook and Courtney Clarke are trying to put a sense of country living back into the city. Honorary members of the Police Benevolent Association (PBA), Cook and Clarke are instrumental in revitalizing the Neighborhood Watch Program in Rahway.

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

The Neighborhood Watch Program, an offshoot of the Block Watchers, began in 1977 and after a brief flurry of activity lay dormant until recently. Gene Cook and Courtney Clarke visited other municipalities with successful programs and brought 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 interested are asked to fill out applications which are checked by the Police Department and are then processed by Cook and

Clarke. Residents receive identification cards and numbers, a sticker for their home and a poster for the street. Clarke was quick to point out that the police are attuned to report an unusual occurrence in the neighborhood.

The Neighborhood Watch Program lists 5 objectives in its cooperative effort to reduce crime. They ask participants to observe unusual activities of a suspicious nature in the neighborhood and to report to the Police Department, using their ID number; to meet their neighbors and ask to be advised when they

leave on vacation; to advise their neighbors of proper security; to observe cars parked in streets or parking lots; to observe cars parked for extended lengths of time. "It is the concept of neighbors watching neighbors, people helping people," explained Clarke. "The program needs a

budget to operate and Clarke explained that Honorary PBA No. 31 has footed the bill for the first printing of applications and posters. First Ward Councilman Jerry Coleman, a vocal supporter of the program, approached the City Council for help and Business Administrator Joseph Hartnett agreed to set aside \$750 from his budget to help in funding.

To date the program numbers 54 participants in the First Ward, 34 in the Second Ward, 101 in the Third Ward, 53 in the Fourth Ward, 60 in the Fifth Ward and 68 in the Sixth Ward. "Our goal is 1,000 members," said Gene Cook, "and we're almost halfway there. I'd like to see more retired people like me get involved."

Plans are underway to solicit new members and applications are available from the Police Department, Cliff Hardware, Daily Press, Bell Drugs, Reliance Savings, Beverly Sweet Shop and Victor's Barber Shop. "We're trying to arm the entire city against crime," said Clarke, "by having people all over the City sign up. We want the criminal element to know that our property is protected. Our objective is to move them on to somewhere else."



NEIGHBORHOOD WATCH PROGRAM REVITALIZED... Soon in photo are (l-r) Captain George Melan, Courtney Clarke, Gene Cook and Detective Chester Holmes, instrumental in revitalizing the Neighborhood Watch Program in Rahway.

Hospital and Cancer Society to co-sponsor "I Can Cope"

Rahway Hospital, in conjunction with the Union County Unit of the American Cancer Society, will be offering "I Can Cope," an educational and support group for cancer patients and their families. This free program will run for six consecutive Wednesday evenings starting September 10 from 7:30-9 p.m. at the hospital.

Health professionals on

the staff of Rahway Hospital and from the American Cancer Society will discuss the medical aspects of treatment including chemotherapy and radiation, living with limitations, planning for the future, community resources, and other topics of interest to the participants.

"I Can Cope" is unique because of its focus on the

cancer patient's role in his or her own health care. It emphasizes open communication, full disclosure, and education about the disease and its treatment.

Although the program is free, pre-registration is required. Call the Social Service office at Rahway Hospital at 499-6151 for further information.

Institution gives society \$1,000 for wall repair

The Rahway Historical Society has announced the receipt of a donation of \$1,000 from the Rahway Savings Institution.

The donation will be used to help defray the cost of repairing the tap room wall of the Marchant's and Drover's Tavern. The tavern is located on "Liberity Suture" 1632 St. Georges Ave. and Westfield Ave. The tavern, circa

1735, is believed to be the oldest frame tavern in New Jersey, the society spokesperson reports. The society also maintains the Terrill Tavern on the same property.

Next to the tavern is the Revolutionary War era cemetery where the grave of Abraham Clark, signer of the Declaration of Independence, may be found.



RAHWAY DAY CARE CENTER HELPED... 1st Ward Councilman, Harvey Williams positions a table under the direction of Bd. President, Nollie 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.



CREATIVITY IN MOTION... Young adults from Rahway express their creativity in a sidewalk drawing session held at the Rahway Public Library as part of the summer activities for children in Kindergarten through Grade 6.



HOSPITAL PARTICIPATION... Mary McCarthy (right), Rahway Hospital's Mobile In-home Care Unit Coordinator, accepts a plaque...

Rahway Hospital joins NDMS

Rahway Hospital has joined the National Disaster Medical System (NDMS), a voluntary nationwide network...

About the "Lemon Law" . . .

Attorney General W. Cary Edwards said that New Jersey consumers who own unreliable new cars may now sue auto makers directly under the Lemon Law...

The Magnuson-Moss Warranty Act requires that the arbitration decisions consider all legal remedies appropriate under the circumstances...

Under the Lemon Law, the Division of Consumer Affairs was given authority to determine if the automaker's arbitration program complied with the requirements established by the Federal Trade Commission...

It is important for Rahway Hospital to be in the county, participating in the nationwide community service, said Terry McCarthy, Rahway Hospital's Mobile In-home Care Unit Coordinator.

Union County 4-H Fair planned for August 10

Members of 4-H clubs from throughout Union County will display their projects on Sunday, August 10 at the annual 4-H Fair...

The 4-H Teen Council will sponsor Milk Drinking, Bubble Gum Blowing, and Watermelon Eating Contests. Fair visitors can sign up for 4-H Tours of the Cooperative Extension Display Garden...

Phonetrans show, and bring their pet to the Open Pet Show in a costume. Refreshments will be sold by the 4-H Association.

One of the highlights of the fair will be the awarding of trophies to the 4-Hers who exhibited the best entry in each division and the crowning of the two teens who will serve as the 1986-87 outstanding 4-Hers.

The Union County 4-H Fair is under the direction of Erka U. Fields, County Extension Director. The 4-H Youth Development program is open to all boys and girls.



JAIL-A-TION HELD... The American Cancer Society had a jail-a-tion on the lawn of the National State Bank...

4-H Home Economics Club organizing in Union County

The Union County 4-H Youth Development Program will be organizing a NEW 4-H foods club in the community of Westfield starting this fall...

Programs are open to all without regard to race, color, or sex, national origin or handicap.

Cynthia Galiszewski, daughter of Mr. and Mrs. T. Galiszewski of Clark, has been named to the dean's list at the Johns Hopkins University for the spring 1986 semester.

Galiszewski named to dean's list

POISON HOTLINE 1-800-962-1253

ARIS Fair

Seat of Recognition CAN BE SEEN IN THEATRE WINDOW

We call it a "Seat of Recognition." Other arts centers have different names for it, but the objective is the same: GIVE CONTRIBUTORS THE OPPORTUNITY TO PROVIDE FINANCIAL AID TO THE PROJECT WHILE, AT THE SAME TIME, PERPETUATING THE MEMORY OF A LOVED ONE VIA AN INSCRIBED PLAQUE ON THE BACK OF AN AUDITORIUM CHAIR.

Our is a bargain compared with some others. For example, an arts center in San Diego requires a \$5000 donation, spread over four years, for a single commemorative seatback plaque.

As a bonus, the contributor is granted a 3-year complimentary membership in Rahway Landmarks (the nonprofit organization operating the arts center), and the honoree's name will be listed in all future printed counts on souvenir items, and on tickets to certain events.

Act Now: this offer will be limited to the first 200 seats only. Send in your check now to Union County Arts Center Seat of Recognition P.O. Box 1061 - Rahway N.J. 07065

Form for Seat of Recognition application with fields for Name, Address, and Phone.

Remember: Your contribution is a tax deduction.

The Social Scene



CLEO AND HERMAN... A good time is being had at the Great Auditorium...

IN CONCERT... Dobby Boone will appear in concert in the Great Auditorium...

HAPPY FELLAS... The grape pickers sing and dance in the vineyard!



Legion Auxiliary No. 5 installs officers

The American Legion Auxiliary Unit No. 5 of Rahway held its installation of officers for the year 1986-87...

Murphy named to Arts post

The Council for the Arts in Westchester, N.Y. has appointed three new members to its staff...

Miss Christine Schmitt receives degree

Christine, a 1983 graduate of Rahway High School, has achieved the title of Registered Dental Hygienist.

SAFE MANEUVER... Frank Viverito, Anthony Ruiz and demonstrate safety and the Heimlich method...

Rahway Woman's Club announces garden contest winners



VEGETABLE GARDEN... First prize winner Mr. Frank Kovacs of 2159 Evans St. He will receive a \$100 United States Savings Bond.

The 8th Annual Garden Contest sponsored by the Rahway Woman's Club came to a close on June 28.

Mr. Frank Kovacs, 2159 Evans Street, was the first prize winner in the Vegetable Garden category.

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CLOISTER GARDEN... Seated in the garden is Father Joseph Guavin, St. Paul's Church. The first prize winner Mr. William Reeves, St. Paul's was the eighth annual garden contest sponsored by the Rahway Woman's Club.

Free vocal concert offered to Clark residents

An opportunity for all residents to receive vocal instruction and sing individually or with a group...

The American Great Gorge Resort in McAfee, New Jersey will again host the Miss New Jersey USA and Miss New Jersey Teen USA state pageants for 1987.

Miss New Jersey USA 1987 will be conducted November 14-16th, 1986 in the beautiful Carver with Joe DeRose of WMQG-FM as the host.

The three day state final event consists of three equal categories of judging, including personality interview, evening gown and swimsuit competitions.

Applications are being accepted from eligible single women over 17 and under 25 years of age prior to February 1st, 1987.

expensive paid trip to the national telecast and the opportunity to win over \$150,000 in cash and prizes, the state winner will also receive \$1,000 cash, a Hampton Fur Jacket, luggage and a "Walk out" appearance on the AIR TV soap opera, "Ryan's Hope".

All requests for information MUST include a recent snapshot, short biography, address and telephone number. Write to Miss "P", P.O. Box 834, East Brunswick, N.J. 08816.

Applications are also being accepted for Miss New Jersey Teen USA, if you are over 15 and under 18 prior to July 1st, 1987.

Free vocal concert offered to Clark residents



SHOPPERS DISCOUNT LIQUOR

BEER SPECIALS: BUDWEISER 99¢, MOLSON 119¢, PILSENER 59¢, SCHLITZ 79¢, GENESSEE 89¢, ABBOT 79¢, LITE non-alc 99¢, POSTERS 129¢, MICHELOTTI 99¢, BLACK LABEL 59¢, C-COOLIFE 99¢, SEAGRAMS 299¢, SUN COUNTRY 299¢, DARTLES & JAYMES 99¢, JUG WIVES 99¢, CALO BUDWISER 49¢, CALO DOBI 49¢, CALO CHILLI 49¢, CATYAN 49¢.

FABULOUS VALUES: BUDWEISER 139¢, MOLSON 139¢, PILSENER 89¢, SCHLITZ 109¢, GENESSEE 119¢, ABBOT 109¢, LITE non-alc 129¢, POSTERS 149¢, MICHELOTTI 109¢, BLACK LABEL 69¢, C-COOLIFE 109¢, SEAGRAMS 399¢, SUN COUNTRY 399¢, DARTLES & JAYMES 109¢, JUG WIVES 109¢, CALO BUDWISER 59¢, CALO DOBI 59¢, CALO CHILLI 59¢, CATYAN 59¢.

SUPER SPECIALS: BUDWEISER 39¢, MOLSON 39¢, PILSENER 29¢, SCHLITZ 39¢, GENESSEE 39¢, ABBOT 39¢, LITE non-alc 39¢, POSTERS 39¢, MICHELOTTI 39¢, BLACK LABEL 39¢, C-COOLIFE 39¢, SEAGRAMS 39¢, SUN COUNTRY 39¢, DARTLES & JAYMES 39¢, JUG WIVES 39¢, CALO BUDWISER 39¢, CALO DOBI 39¢, CALO CHILLI 39¢, CATYAN 39¢.

WEDDING INVITATIONS to express your very own tastes. 15% OFF Now thru August 31, 1986.

If you have a specific style and working in mind for your invitations, we invite you to stop in. We can show you an extensive selection and you're sure to find "your style."

The Atom Tabloid Clark Patriot Rahway News Record 219 Central Ave. Rahway, N.J. 07065 574-1200

Religious News

THE PRESBYTERIAN CHURCH OF RAHWAY ... The church will hold its annual worship at 10:30 a.m. on Sunday, August 10, at the church. The church is located at 1000 Park Avenue, Rahway, N.J. 07065.

THE BAPTIST CHURCH OF RAHWAY ... The church will hold its annual worship at 10:30 a.m. on Sunday, August 10, at the church. The church is located at 1000 Park Avenue, Rahway, N.J. 07065.

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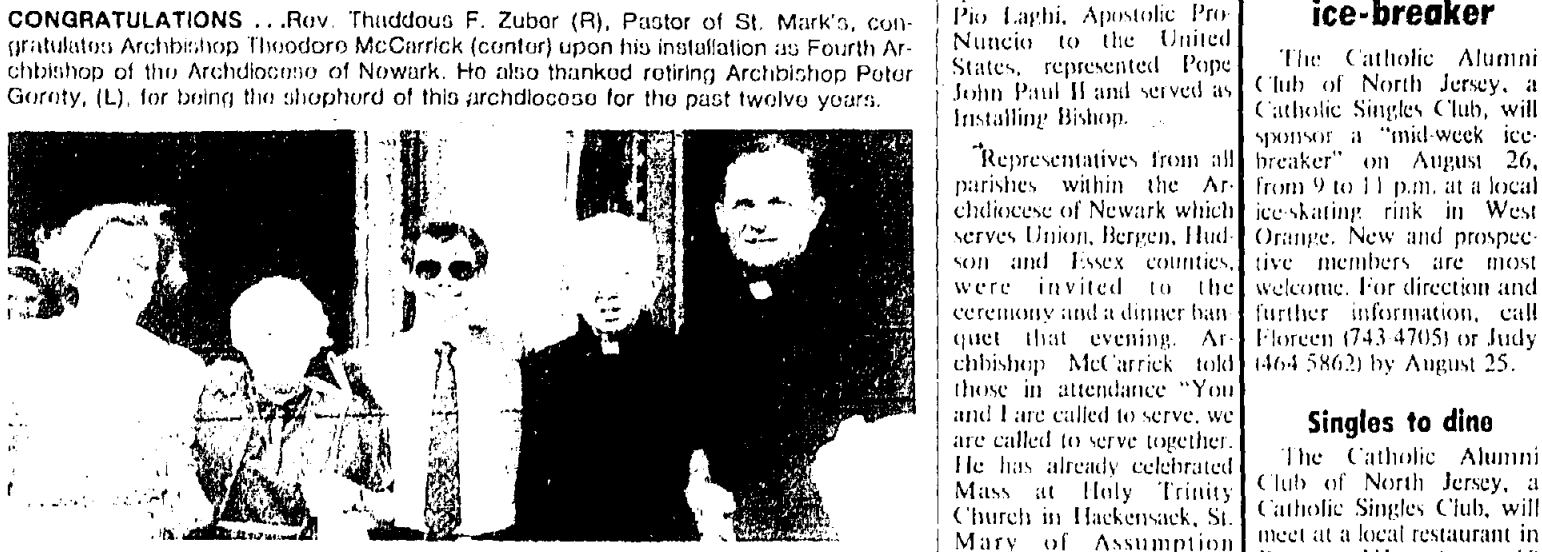
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St. Mark's is represented at Archbishop McCarrick's installation ceremonies

Archbishop McCarrick was installed as the fourth Archbishop of Newark on July 25 at the Sacred Heart Cathedral in Newark. More than three thousand people attended the ceremony. St. Mark's is represented by Rev. Theodore F. Zubor, pastor of St. Mark's, and Rev. Theodore F. Zubor, pastor of St. Mark's, and Rev. Theodore F. Zubor, pastor of St. Mark's.



CONGRATULATIONS ... Rev. Theodore F. Zubor (R), Pastor of St. Mark's, congratulates Archbishop Theodore McCarrick (center) upon his installation as Fourth Archbishop of Newark. He also thanked retiring Archbishop Peter Gerety (L) for being the shepherd of this archdiocese for the past twelve years.

INSTALLATION REPRESENTATION ... Representing the parish of St. Mark's at the installation of Archbishop Theodore McCarrick as Fourth Archbishop of Newark at the Sacred Heart Cathedral in Newark on July 25 are, left to right: Mrs. Theodosia F. Zubor, Archdiocesan Director of Religious Education; Rev. Theodore F. Zubor, Pastor of St. Mark's; and Rev. Theodore F. Zubor, Pastor of St. Mark's.

JOYOUS SONG ... Students at Governor Christian School, located in Cranford, participated in the choir under the direction of Gordon Erickson. The school's annual concert was held on Sunday, August 10, at 8 p.m.

Coffeehouse to present Christian music ... Somebody's Place Coffeehouse will present "New Dawn" in concert on August 10 at 8 p.m. The five-member band, based in central New Jersey, plays high energy contemporary Christian music.

Church plans rummage sale ... The Holy Comforter Episcopal Church at St. George and Seminary Avenues, Rahway, will have a rummage sale on Friday and Saturday, August 9 and 10, from 9:30 a.m. to 3 p.m.

AUCTION FLASHBACK ... Stephen Ruiz, Barbara D'Amico and Bob Altman grew a garden of a Chinese Auction sponsored by St. John the Apostle Church on the spot.

PROFESSIONAL SERVICES

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 Charles Filippone, L.P.T.
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 Joseph Hengle, L.P.T.
 Heidi Ackerman, L.P.T.
 Lawrence Bock, L.P.T.
 Louis B. Friedman, L.P.T.
 Andrea Wright, L.P.T.

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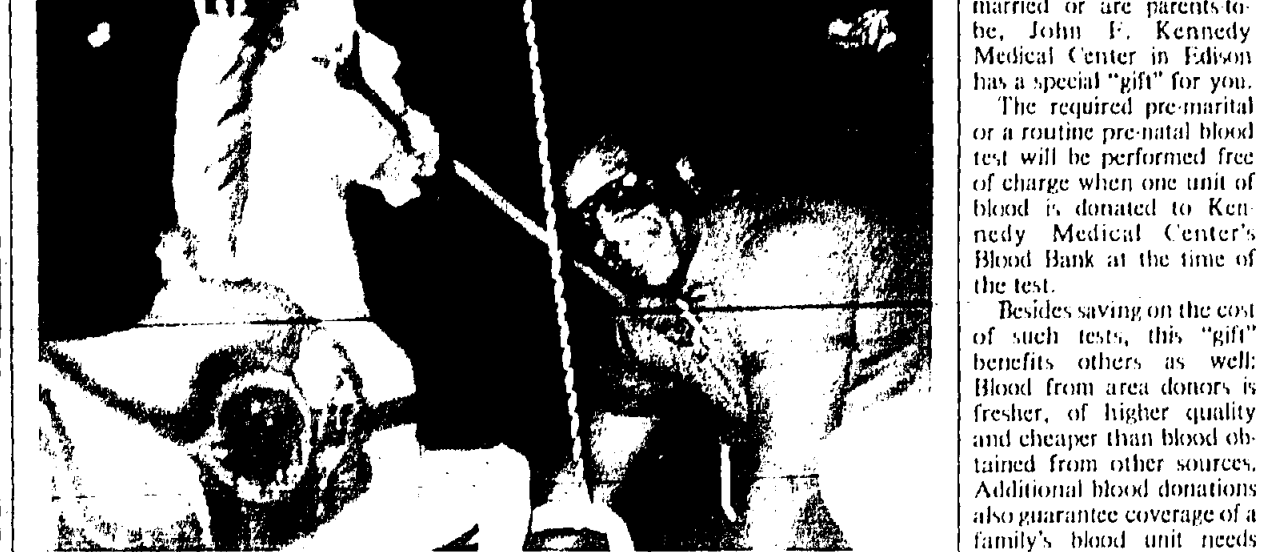
Don't guess at caloric needs...
 By Thomas Cavalieri, D.O., Director of the Center for Nutrition and Health at the University of Medicine and Dentistry of New Jersey School of Osteopathic Medicine.

Precautions can prevent most eye injuries
 Each year, approximately half a million Americans are victims of eye injuries. In most accidents, the most common cause of eye injuries and accidents to children's eyes are the use of tools, toys, and sports equipment.

Real Estate Corner
 Virginia Sloan promoted at CN Communications
 Ray Rogers, Jr., Realtor

Century 21 Taylor & Love, Inc.
 200 OFFICES THROUGHOUT NJ
 MADE US #1
 7500 OFFICES NATIONWIDE

Free blood test for unit of blood



WORKING HARD TO HELP DAY CARE CHILDREN ... Councilman Walter Meador is brought to his knees to center the trainings, recently during a training session along the children at the Rahway Day Care Center.

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

City resident graduates from Keen College
 Robert E. Antrim, son of Mr. and Mrs. Antrim of Elm Terrace, Rahway, was awarded a Bachelor of Science Degree in Management Science from Keen College of New Jersey at Commencement exercises on June 5.

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

DETECTIVE PITTS HONORED ... Mayor Daniel L. Martin (R) is given in photo presenting a special commendation honoring Detective Dennis Pitts, recipient of the Union County Prosecutor's Office Award. This award was not made by the City, but is something we want to recognize, said Martin.

Real Estate Corner
 Virginia Sloan promoted at CN Communications
 Ray Rogers, Jr., Realtor

Century 21 Taylor & Love, Inc.
 200 OFFICES THROUGHOUT NJ
 MADE US #1
 7500 OFFICES NATIONWIDE

OBITUARIES

Ann Chodosh, 87, 60 years in Rahway
 Mrs. Ann Josephine Chodosh, 87, died July 31 at home after a long illness. She was born in Rahway, N.J., and had been a resident of Rahway for 60 years.

Mary Craft, dies at age 75
 Mrs. Mary Bellinger Craft, 75, of Rahway, died August 3 at Rahway Hospital after a long illness. She was born in Rahway, N.J., and had been a resident of Rahway for 75 years.

OBITUARIES

Patricia Angelo, 59, 40 years in Rahway
 Mrs. Patricia C. O'Neill Angelo, 59, died July 31 at home after a long illness. She was born in Rahway, N.J., and had been a resident of Rahway for 40 years.

Mary K. Derkach, had 33 great-grandchildren
 Mrs. Mary K. Derkach, 73, died July 31 at home after a long illness. She was born in Rahway, N.J., and had been a resident of Rahway for 73 years.

OBITUARIES

Jeann Cogan, 19 years in Clark
 Mrs. Jeann E. Dwyer Cogan, 19, died July 31 at Clark Hospital after a long illness. She was born in Clark, N.J., and had been a resident of Clark for 19 years.

Church plans rummage sale
 The Holy Comforter Episcopal Church at St. George and Seminary Avenues, Rahway, will have a rummage sale on Friday and Saturday, August 9 and 10, from 9:30 a.m. to 3 p.m.

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DIAL-A-SERVICE

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• Curtains
• Rugs
• Upholstery
• Draperies
• Bedding
• Bath Linens
• Towels
• Linens

Shop at Home
• Slipcovers
• Bedspreads
• Pillows
• Curtains
• Rugs
• Upholstery
• Draperies
• Bedding
• Bath Linens
• Towels
• Linens

Reupholstery "485"
• Sofas
• Chairs
• Benches
• Stools
• Tables
• Beds
• Mattresses
• Pillows
• Curtains
• Rugs
• Upholstery
• Draperies
• Bedding
• Bath Linens
• Towels
• Linens

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AFB establishes hotline

The American Foundation for the Blind (AFB) has established a free telephone hotline to answer queries about products, books, services, technology, and requests for general information about blindness.

The AFB Hotline, 800 AFBLIND (423-5463) is in operation from 8:30 a.m. to 4:30 p.m. Eastern Standard or Eastern Daylight Time, Monday through Friday. Calls to the Hotline can be made from anywhere in the contiguous, continental United States. New York residents should use (212) 620-2174 to reach the Hotline.

What is hypertension?

Hypertension, or high blood pressure, is an abnormally high level of blood pressure within the arteries. There are close to 60 million hypertensives in the United States, but you might be surprised to learn that 90 percent of these cases have no known cause. Hypertension is not necessarily a disease; it can simply be considered an abnormal regulation of the blood pressure. However, the effects of untreated high blood pressure puts a person at high risk of other serious ailments. These include stroke, heart attack, kidney failure and ruptured blood vessels. Fortunately, lowering blood pressure helps to reverse the complications caused by high blood pressure.

Your diet may be an important factor in the onset and control of hypertension. A diet high in cholesterol and salt does not necessarily cause hypertension, although there appears to be a connection. In societies where salt is used sparingly, high blood pressure is rare if nonexistent. As for cholesterol, people who have a high level of cholesterol often tend to have what doctors call an associated risk factor. Cholesterol can contribute to atherosclerosis, get blood arteries clogged to some extent, and thus contribute to high blood pressure.

Lifestyle factors are also a concern for people who are at risk for high blood pressure. Hypertension caused by oral contraceptives is not that common, only 1 or 2 percent of women who use the pill experience high blood pressure, but because so many women take birth control pills, there seems to be a large number of associated hypertension cases. Birth control pills related high blood pressure is usually completely reversible and then added causes with contraceptives.

PUBLIC NOTICES

STATEMENT OF FINANCE & EXPENSE
June 30, 1986

ASSETS		
Cash & Due from Banks	\$3,982,671.00	\$3,299,406.00
U.S. Gov. Obligations	4,162,915.00	4,162,915.00
Municipal Bonds	20,812,537.00	20,812,537.00
Real Estate Loans	38,679,394.00	38,679,394.00
Commutational F.I.A.	8,972,214.00	8,972,214.00
Other Loans	1,194,339.00	1,194,339.00
Unearned Deposits & Interest	12,656,343.00	12,656,343.00
Investments	231,253.00	231,253.00
Other Assets	2,328,973.00	2,328,973.00
Total Assets	\$138,104,551.00	\$138,104,551.00

LIABILITIES & NET WORTH ACCOUNTS
June 30, 1986

Savings Deposits	\$119,805,576.00
Other Deposits	1,235,937.00
Other Liabilities	491,783.00
Other Liabilities	678,298.00
Total Liabilities	\$122,211,594.00
Net Worth	\$15,892,957.00

STATEMENT OF INCOME & EXPENSE
June 30, 1986

Current Operating Income	\$ 2,403,734.00
Other Income	3,393,039.00
Income	4,696,773.00
Total Operating Income	\$6,205,264.00
Current Operating Expenses	42,659,127.00
Commutational	33,221.00
Operating Costs	372,793.00
Other Expenses	372,793.00
Total Operating Expenses	43,434,943.00
Net Current Operating Income before Taxes & Interest	5,432,781.00
Taxes & Interest	245,000.00
Interest Paid on Deposits	4,136,479.00
Net Current Operating Income After Taxes & Interest	1,051,302.00
Net Non-Operating Income	274,619.00
Net Income for period	1,325,921.00
Net Worth as of 6/30/86	8,436,477.00
Net Worth as of 6/30/85	\$ 7,922,938.00

NOTICE TO BIDDERS

Notice is hereby given that sealed bids will be received by the Executive Director of the Housing Authority of the City of Newark, N.J., at the City Hall, City Hall Plaza, Newark, New Jersey on Tuesday, August 19, 1986 at 10:00 A.M., provided time, at which time they shall be opened and publicly read. The project is for the reconstruction of the Reconstruction of General Purpose Rooms for the City of Newark, N.J.

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HELPING THE CHILDREN... Pictured with Railway Day Care Center toddlers are Councilman-at-Large, Walter McLeod (L) and 1st Ward Councilman Harvey Williams. The councilman recently worked on a playground project at the center.

Woody Herman's big band swings into city

Woody Herman and his New Thundering Herd will be riding into town on a wave of Big Band sound on Saturday, August 16 at 8:30 p.m. at the Union County Arts Center, formerly the Railway Theatre at 1601 Irving Street, Newark.



CUT, SNIP, PROBE... St. John the Apostle students are deeply engaged in their dissecting course. Under the guidance of Miss Diana Varola, Science Instructor, the students dissected an outworm, earthworm, grasshopper, crayfish, clam, perch and frog during the recent school year.

Fathers of retarded children find rewards are greater than challenges

For fathers of children who are mentally retarded, the rewards are greater than the challenges. "It all depends on the perspective you're coming from," said Thomas Bonifazi of Cranford, whose son Christopher James is four months old. "You're able to adjust and take one day at a time, it's a joy."

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T-SHIRT PRIDE... Some of the participants in the T-Shirt Day craft hold recently at the associated hypertension cases. Birth control pills related high blood pressure is usually completely reversible and then added causes with contraceptives.

Machuzak receives NJIT recognition

Michael G. Machuzak of Railway was recently awarded for his achievements in the field of technology. He was recognized by the National Institute of Technology (NJIT) for his contributions to the field of electrical engineering.

Pvt. Suttles completes training

Pvt. Wendy Suttles, daughter of G. Suttles of Main St., Railway, has completed basic training at Fort Jackson, S.C. During the training, students received instruction in drill, marksmanship, weapons, map reading, tactics, military courtesy, military justice, first aid and Army history and traditions.

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.



LIBRARY CRAFT SESSION... Parents and children work on bear masks at a craft session held at the Railway Public Library during the series of summer activities for children in Kindergarten through Grade 6. From left to right are Bobby Koenig, Mrs. Corinna Marchitto, Mrs. Roberta Salerno, Dustin Salerno, Kyle Salerno, Mrs. Debbie Ingrasola and Denny Ingrasola.

DR. CLARK PATRIOT
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.



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: Dianna Kasprzyk, Eric Kasprzyk, Daniela Kasprzyk, Brian Carter, Erin Zukkus. Second row, (left to right), Lisa Stora, Tara Roesch, Jonnette Milano, Mauroon Zukkus, Kristina Rozzkowski. 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.

Astronomy, anyone?

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, galaxies, cosmology - story of the universe, and exploration 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 Shiek," 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.

Heart failure all too common

by Daniel M. Shindler, M.D. (Dr. Shindler, of East Brunswick, is a cardiologist and an assistant professor of medicine at Rutgers Medical School of the University of Medicine and Dentistry of New Jersey.)

One out of every 500 persons in the general population will have "heart failure," a partial mechanical failure of the heart as a pump, which is most commonly preceded by coronary artery disease and/or a heart attack.

Heart failure can also be caused by a virus, high blood pressure or excessive use of alcohol. Unhappily, half of those with this diagnosis do not live beyond five years after onset of symptoms. At greatest risk are older persons (age 50 on) and especially men, who suffer from heart failure twice as frequently 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 simply 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.

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 accordingly.

The second piece of advice is to throw away the salt shaker to make the heart's job easier. Salt consumption translates into water retention, which equals more volume in the body. The greater the

volume, the tougher it is for the heart to pump.

Diuretics, or water pills, are prescribed to reduce the volume of water contained in the body and to get rid of salt (sodium). Diuretics have been available for about 30 years. We tell our patients that the diuretics are "saying 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 will probably be given digitalis, a derivative of the foxglove plant and a medication which physicians have two centuries of experience in prescribing. Regular dosage is the key, especially if there are any kidney problems.

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 ease — 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 Rec Dept. summer playground ceramics class is soon during a session. The class is under the direction of Carol Balla. The fall session begins on Sept. 23, Tuosday, 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.



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