

# RAHWAY News Record

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VOL. 166 NO. 50

RAHWAY, NEW JERSEY, THURSDAY, DECEMBER 15, 1988

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## Municipal tap water: fit to drink?

by Pat DiMaggio

Water. It's a basic we take for granted. We turn on our faucets and out comes clear, clean drinking water. Or is it?

One Rahway resident attributes the beneficial change in his health to the fact he no longer drinks his tap water. Phil Giglia, Ludlow Street, distills his own water and has been doing so for the last seven years. He says he's never been healthier.

"There are problems with the condition of Rahway's water supply," said Giglia. "I wonder if it is even satisfactory to the consumer."

Giglia suffered from kidney stones all his life, he said. Seven years ago a friend introduced him to a "pure, clean water" in the form of a home distiller, which removes impurities from tap water. And for the

past seven years, Giglia says he has not developed any new stones.

"I have my own machine," said Giglia. "I showed people what I get out of the retaining tank, they wouldn't believe it. It looks like rusty dirt and sand. I don't believe what's in this water. Unfortunately, people don't realize what they are drinking."

Thomas Schimmel, superintendent of Rahway's

Water Department, says the City's water is tested regularly and meets all state standards. The City draws most of its water from the Rahway River and purchases some from the Elizabethtown Water Company, said Schimmel.

Although five of the City's six wells were closed down last year when the water supply was found to be contaminated by tetrachloroethylene, a derivative

of dry cleaning fluids and degreasing materials, Schimmel said that tests are run daily on the present water supply.

"The water certainly meets all requirements," said Schimmel. The water Department maintains 100 miles of water lines with 8,000 service lines for metered customers.

Pure, clean water from household taps might be a debatable concept to some

people and the day might be coming when the only way to get pure water is to purchase it in a bottle, but the water supply in Rahway is no better or worse than other municipalities, said Giglia.

"It's not just Rahway," he said. "I'm not condemning Rahway. Most of the water supplies in the country are polluted. I just think that if someone wants clean water, they will have to make their own."



HERE'S TO CLEANER WATER... Phil Giglia doesn't think Rahway's tap water is any worse than that supplied to residents of other municipalities, but says people would be surprised to see what gets removed by a home purifier.

## Hartnett opposes waste-fee freeze deal says a reduction would be more like it

by Pat DiMaggio

Automated Modular Systems (AMS), a transfer station located in Linden, has proposed an amendment to its contract with the Union County Utilities Authority (CUA) that states it (AMS) would forego any increase in its tipping fees in exchange for the Authority allowing it to operate a recycling center when the transfer station closes.

In a meeting held last week, the authority voted 4-4 on the proposed amendment. Rahway Business Administrator Joseph Hartnett said AMS currently charges the authority \$125 per ton in tipping fees for solid waste disposal at the transfer station. Of this amount, \$85 goes for transportation and disposal and \$40 goes for operation of the transfer station.

Recent audit reports indicated that only \$23 of the \$40 can be justified, said Hartnett. "A significant rate reduction is something we should be working for."

The proposal from AMS stated that in exchange for a rate increase, the authority would allow Mataluna Associates to operate a recycling center on the AMS property after the transfer station is closed when the resource recovery facility is built in Rahway.

Saying this proposal was an "unacceptable deal," Hartnett said that tipping fees total \$137.50 per ton, with the authority charged \$125 per ton for disposal. The additional \$12 includes \$3 per ton in host community payments to Linden, state taxes totalling

\$5 and \$4.50 going to the authority for waste flow shortfall reserves.

Hartnett said there is, at present, \$960,000 in the reserve fund, and that charge would not be continued next year.

The Union County Prosecutor's Office is currently investigating the contract between AMS and the authority, said Hartnett, and this is one reason why the proposed amendment should not be accepted. He also said that AMS has made "substantial profits" in the past year, totalling \$5.4 million.

"It's not enough for AMS to say they will continue the same rate," said Hartnett. "This deal is not in the public interest; the contract should not be amended at this time."

## HSPT scores highlight weaknesses ... but are better than last years

by Pat DiMaggio

Educators are generally pleased with test scores released at Rahway's Board of Education meeting last month, but have included lists of recommendations to make them even better in the future.

Results of the High School Proficiency Test (HSPT), given to 9th graders in April, showed improvement, said Superintendent of Schools Frank Brunette.

"Test results indicated general improvement over last year's results," said Brunette. "As important as it is to report results, it is very important what we do with those results when we have them."

The HSPT is a test mandated by the state and is used as a graduation requirement. Students must pass each portion of the test in order to graduate. If a 9th grader fails to pass the reading, mathematics or writing portion of the test, he or she is offered remedial education and is allowed to take the test again in the 10th, 11th and 12th grades.

"Tests are tools," said William Petriano, Director of Student Personnel Services. "They are only as good as the people who interpret them. We are swayed by the feeling that the test is all-powerful and we are swayed by result."

In 1988, 90.5 percent of Rahway students taking the

reading portion of the test passed, 80.2 percent passed the mathematics portion and 85.2 percent passed the writing portion. In 1987, 86.2 percent passed the reading portion, 64.6 percent passed mathematics and 86.1 percent passed the writing portion.

General recommendations for reading curriculum include: Students need more practice with timed reading passages; all teachers must focus on-going instruction on vocabulary acquisition; there should be continuous use of the Be-a-Better-Reader series in grades 4 to 6; instruction must be provided on the interpretation of transition words in all content areas; more sophisticated work in test-taking skills is needed; students need to be taught for the HSPT to read the passage first and to return to the passage for information after reading a test item; more challenging test materials are necessary to improve reading comprehension with more difficult readings; social studies and science teachers need to continue a variety of teaching strategies with students on outlining skills.

General recommendations for improved math scores include: When teaching fractions, special attention is needed when borrowing in horizontal format

when the second number is a whole number; more practice is needed in reading operational signs with mixed numbers in horizontal and vertical format; more practice is needed in grades 7 and 8 with horizontal format; the practice of "How To" sheets and "Do Now" problems should be maintained; there should be increased instruction in the process of estimation and determining reasonableness; emphasis on the thinking processes engaged in mathematics is required; more instructional time is needed in pre-algebra skills/content; planning for instruction should include reduced time on whole numbers and increased time on more difficult concepts and skills; replace the elementary math series and the 7th grade math textbook with more challenging materials.

General recommendations for the writing portion of the HSPT include: A commitment must be made by all professionals to pay attention to the student's use of oral language, correcting and teaching proper usage; All staff must read student compositions with a critical eye to usage, mechanics, spelling and organization; administrators and supervisors should assist teachers in all areas where there is student writing with techniques and methods of dealing with errors in composition;



HURSEI COME QUICKLY... "Ali" recently visited the Rahway Hospital Pediatrics Department, compliments of the Rahway Police Department. Shaking hands with the fluffy galactic alien is 10-year-old Michelle Misko of Carteret.

## Library closed for holidays

The Rahway Public Library will be closed on Saturday, December 24 for Christmas Eve and on Monday, December 26 in celebration of Christmas.



elementary teachers and secondary English teachers must concentrate on areas that are consistently problematic, like parallel construction, pronoun case, sentence combining and transition words; test analyses should be done at all levels.

## Cannon completes training

Navy Seaman Recruit Stephen M. Cannon, son of Beverly A. Cannon of W. Milton Ave., Rahway, has completed recruit training at Recruit Training Command, Great Lakes, Ill.

During Cannon's eight-week training cycle, he studied general military subjects designed to prepare him for further academic and on-the-job training in one of the Navy's 85 basic fields.

Cannon's studies included seamanship, close order drill, Naval history and first aid. Personnel who complete this course of instruction are eligible for three hours of college credit in Physical Education and Hygiene.

A 1988 graduate of Mount Ararat School, Topsham, Maine, he joined the Navy in June 1988.

## Punko completes Naval training

Navy Seaman Recruit Ronald P. Punko, son of Mary L. Punko of Elm Ave., Rahway, has completed recruit training at Recruit Training Command, Great Lakes, Ill.

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A 1984 graduate of Rahway High School, he joined the Navy in August 1988.

## Cadet Fiore earns honors at military academy

Marine Military Academy Cadet Private First Class Nicholas James Fiore, 18, son of Mr. and Mrs. Ralph Ronald Fiore of Westfield, formerly of Rahway, has been named to the Superintendent's List for the first grading period of the 1988-89 academic school year. He was recently promoted to his present rank and is currently a post graduate at the Academy, located in Harlingen, Texas.

Nicholas was also recently awarded a \$1,000 scholarship from the Rahway Kiwanis Club.

To qualify for this honor cadets must earn an academic grade point average of 3.5 or better, a conduct

grade of at least a "B", and an equivalent military proficiency grade which covers all other aspects of life at MMA.

The Marine Military Academy is a private, military, college preparatory boarding school for young men in grades 9 through 12, plus post graduate study. The Academy is the only school in the world which offers military leadership training based on the proven traditions and customs of the U.S. Marine Corps. The Academy is dedicated to the mission of "producing self-disciplined scholars who are mentally alert, physically fit, and responsible citizens."



LOOKING TO THE FUTURE... More than 1,000 students and their families attended New Jersey Institute of Technology's recent open house to tour the Newark campus, attend special seminars, and learn more about NJIT's undergraduate programs in engineering, computer sciences, architecture and management. Among the guests were Edidio Rulolo, left, and Shawn Higgins of Rahway. Both are senior at Rahway Senior High School.





STUDENT JOURNALISTS... from the Arthur L. Johnson Regional High School who participated in the recent Union County Regional High School District Student/Board Press Conference held at A.L.J. are, seated (from left) Carrie Ann Rieker, Ryan Conroy and Jodi Faver; standing, Nicole Barr, Eva Anisko, Jim Chern, Umberto Iannone and Steve Lambert.

### Students, board members exchange questions and answers at district press conference

Twenty student journalists from the four schools of the Union County Regional High School District No. 1 recently had an opportunity to find out more about various school-related issues when they participated in a Student/Board of Education Press Conference conducted at the Arthur L. Johnson Regional High School in Clark.

### City Hall bowling results

The Rahway City Hall Employees Bowling League results for Dec. 6 are as follows:

- All Stars, 1-12; Strikers, 2-12
- Balusters, 0; Recalls, 3
- Ghost Team, 0; Alley Cats, 3
- High Games and Series Don Parks, 210 (559 series, 202-198-169)
- Clay Caschione, 198 (525 series, 198-178-149)
- Bob Cotte, 186
- Fatt Romano, 185 (65 points above average)
- Maureen Collins, 181 (500 series, 181-176-143)
- Eddie Masker, 179
- Milton Crans, 177
- Dec. 6 Team Standings
- Alley Cats, 34-18
- Invaders, 30-22
- Sixers, 29-23
- Recalls, 27-25
- Balusters, 27-25
- Strikers, 26-12-25-12
- All Stars, 21-12-26-12
- Ghost Team, 10-31

### Help child with one last wish

David, an eight-year-old with a terminal illness, has a last wish — to be listed in the Guinness Book of World Records as having received the most Christmas cards.

**FOR HOLIDAY PARTIES**  
Now taking bookings for Holiday Parties  
Private Room available for 20 or more people  
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**EXPRESS LUNCH**  
When you only have a short time for lunch  
WED - THURS - FRI  
11:30-2:30  
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### AAA Foundation offers 'Sober Sack'

The statistics are staggering: Last year in New Jersey 234 people were killed in alcohol-related traffic accidents. Nationwide 23,632 people were killed and 1.7 million suffered disabling injuries. Every 22 minutes one person dies in an alcohol-related crash — an average of 67 each day, with an annual cost of \$12 billion.

The N.J. Automobile Club Foundation for Safety is making available, free, "Rudy's Sober Sack," which contains a holiday "mocktail" recipe booklet, Detect-A-Drunk games, guest and party host tips, non-alcoholic gift ideas, a reproducible camera-ready "Rudy" design, a "Rudy" table tent card and pay envelope stuffer, and a press release detailing the designated driver concept.

### ALJ's Bethann O'Brien is student of month

Bethann O'Brien, a senior at the Arthur L. Johnson Regional High School in Clark, has been selected as the school's most recent "Student of the Month."

**Holiday Dinner of Carteret**  
proudly presents  
**GALA New Year's Eve CELEBRATION**  
8 PM TO 2 AM  
Unlimited Open Bar Throughout the Evening

**COMPLETE DINNER**  
Choice of:  
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• Jumbo Stuffed Shrimp

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\$100's to the 80's  
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### Support group formed for stressed parents

Parents Anonymous is forming a weekly parent support group in Union County for parents to talk together about the stresses of parenting.

Professionally sponsored, self-help groups meet weekly to provide parents with opportunities to share similar experiences in a non-judgmental atmosphere.

### Chiropractic for better health

Dr. Mark C. Zientek, Chiropractic Physician, offers services for better health. "AS YOUNG AS YOU FEEL?"

**Handbar adjusts for comfort and holds for storage**

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**3 Handle moves chain freely or locks in place.**

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**5 The winterized 3 hp 2-cycle engine is ready for sub-zero weather.**

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### SOCIAL SCENE



Lisa M. Asal and Keith T. Dunn

### Lisa Asal to wed Keith Dunn

Mr. and Mrs. Frederick Asal of Clark announce the engagement of their daughter Lisa Marie, to Keith Thomas Dunn, son of Mr. and Mrs. Thomas Dunn of Clark.

### Rahway AARP donates; plans future outings

The American Association of Retired Persons (AARP) Chapter 607 of Rahway, celebrated its Christmas party on Thursday, Dec. 8.

### Close art at UCC mixes photos and paint

Internationally-renowned artist Chuck Close's works, consisting of the interweaving of photography and painting in a realistic approach, will be on display through December 24 at Union County College's Tomasso Gallery.

### Robin Cannone and Russell A. Frank to wed



Robin C. Cannone and Russell A. Frank

### Elaine Dube engaged to Edward Comiskey

Mr. and Mrs. Herbert Dube of Clark have announced the engagement of their daughter, Elaine, to Edward W. Comiskey of Linden.

### Paterson school plans reunion

The "Unforgettable" Eastside High School (Paterson) Class of 1969 is organizing its 20-year reunion. Anyone interested in attending and anyone who knows addresses or telephone numbers of those who graduated in the Class of 69 are asked to call or write Roseanne (Mandan) Zagata.

### PWP slates meeting

Parents Without Partners, Watchung Hills Chapter 418, has scheduled a membership meeting for Thursday, Dec. 15 at United Jersey Bank, 336 Park Ave., Scotch Plains.

### Baseball dinner set for January



C'MON DOWN... Kiwanis Golden K's President Joseph Kracht (right) presents a Certificate of Appreciation to Ralph Davis of Spurger, Texas. Davis, a park ranger, spoke to the Club about the Texas State Park System, describing its functions and the recreation facilities. He also described his duties as a Ranger, and ended his discussion by inviting everyone to visit the Park when they come to Texas.

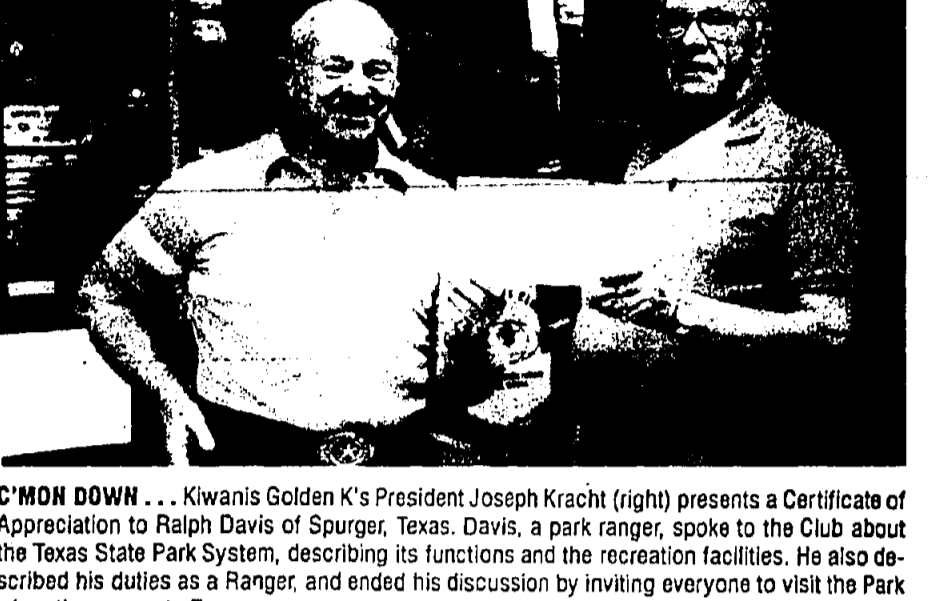
### Church club schedules holiday party

The Young At Heart Club of St. Mary's Church, Rahway, will hold its Annual Christmas Party on Monday, Dec. 19, at 1 p.m. in Connet Hall.

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News Record Clark Patriot

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THE RAHWAY NEWS RECORD (USPS 454160) and THE CLARK PATRIOT (USPS 115740) are published weekly on Thursday for \$15.00, \$20.00 outside Mid...



The Rahway News Record and Clark Patriot are weekly newspapers serving the best interests of their respective communities...

LETTERS TO THE EDITOR

Gratifying turnout

The Clark Volunteer Emergency Squad would like to thank all those members of our community and many Blood Drive such a tremendous success.

Peter V. Watson Publicly Chairman Clark Volunteer Emergency Squad

Thanks for votes

Please allow me to express my sincere thanks to the many readers of your newspaper who voted for my recent candidacy and to wish the public a very happy holiday season.

James J. Fulmer Freholder

Thanks for support

As Thanking committee chairperson, I would like to thank the officers and members of the NCNW (Rahway Section) for making it possible to give six needy families Thanksgiving baskets.

Mrs. Luoviana Harrison

THE WORD

Lindy Hop

Along with us as we bogged down to the way where you will learn all about the Lindy Hop.

Some experts believe that the word hop is related to the English word hope. The basic idea, according to Partridge, would be "a leaping with expectation."

Use the telephone to file for Social Security

If you will be at least age 62 within the next three months and are thinking of retiring, file for Social Security benefits the quick and easy way — by telephone.

Social Security application form with fields for Name, Address, Date of Birth, etc.

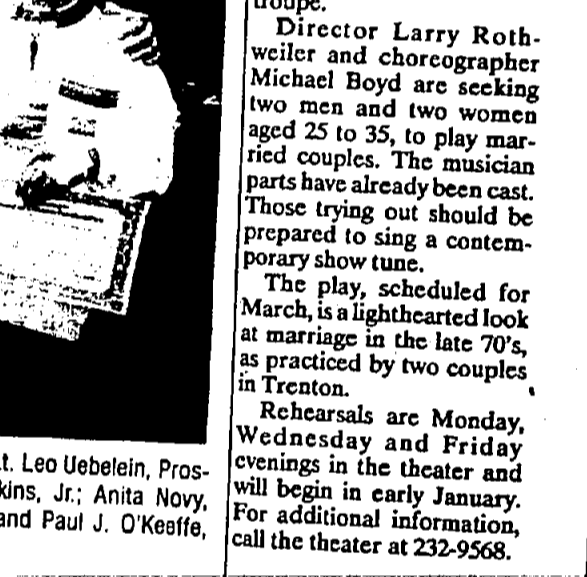


Council urges drivers stay S.O.B.E.R.

Did you know... Motor vehicle crashes are the leading cause of death for Americans at every age from 5 to 34 years.

Players group to hold auditions

The Westfield Community Players have announced the audition dates for their spring musical production of "I Love My Wife."

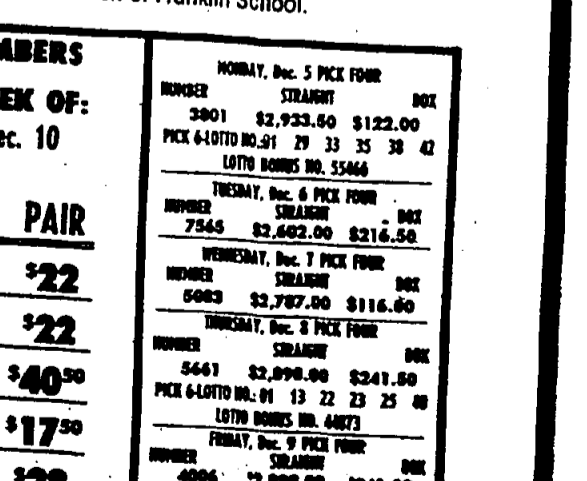


Anti-handgun citizens' committee formed

Senators President John F. Russo has joined with leaders of religious, law enforcement and civic groups to announce the formation of a grass roots coalition to fight for tougher gun control in New Jersey.

PROUD WINNERS in the 9th annual Union County Drug Poster Contest

Place. Standing behind them (l-r) are Lt. Leo Ubbelien, Prosecutor's Office, Judge Rudolph Hawkins, Jr., Attorney General, and Richard Flynn, School #8, Linden, both 3rd



APRECIATION... Mary Louise Sudall, Director of the Rahway Children's Library, accepts a certificate of appreciation

from Frank Bugliosi, Principal of Franklin School, who took an Education Week festival, to acknowledge the continuing support, cooperation and assistance Mrs. Sudall renders to the staff and children of Franklin School.

Honor students at RHS

The following students at Rahway High School have earned High Honor Roll status for the first marking period.

- SENIORS (209 students in class) High Honor Roll (An average of 90-100 in all subjects with no mark below 84) 5% of class

Hangover Run '89

Applications are now being accepted for the annual Central Jersey Road Runners' Club Hangover Run.

Scholarship test at prep school

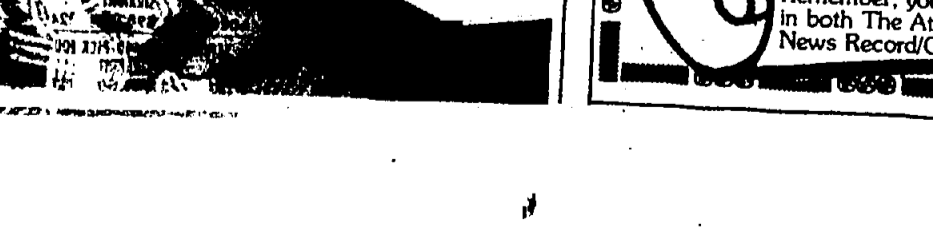
Oratory Prep School, Summit, announces that its 11th-Grade Scholarship Test will be held on Saturday, Dec. 17, at 9 a.m.

5th graders highlight needs of hearing impaired

Mrs. Voynick's 5th grade class at the Frank K. Hochly School in Clark recently presented a special program to the student body, recognizing the needs of the deaf and hearing impaired.

Let Everyone Know A New Baby Has Arrived

Birth announcement form for Atom Tabloid



Champions crowned Elks Hoop Shoot

The Rahway Lodge #1075 Elks Hoop Shoot Contest was recently completed. Run under the supervision of the Recreation Department's Sports Supervisor Sue Baumann, and Elks Representative, Milton Grams with the help of Dennis Weins, the contest was run at Franklin School on Monday, November 28.



Three boys and two girls won the first round of the contest and have been named the Rahway champions. They were Andy Sojka, Kelly Petroski, Joey Fiorelli, Mike Martin, and Gail Gilchrist.



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Kodacolor Gold 100 Multipack \$8.99 new and improved, for better 35 mm size, 36 exposures

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NEW JERSEY AUTOMOBILE CLUB FOUNDATION FOR SAFETY One Hangover Road, Flemington Park 377-7200



It's A Girl!

Mr. & Mrs. Armando G. Casanova of Rahway are proud to announce the birth of their daughter, Amanda, born September 29, 1988 in Rahway Hospital. Amanda weighed 7 lbs., 14 oz., and measured 19 inches.

Dr. & Mrs. Kevin A. Gillette of Rahway are proud to announce the birth of their daughter, Kelly Elizabeth, born October 1, 1988 in Overlook Hospital. Kelly weighed 8 lbs., 1 oz., and measured 20-1/2 inches.

Mr. & Mrs. Richard Staneski of Olyphert, Pa. are proud to announce the birth of their daughter, Stephanie, born October 13, 1988 in CMC-Seranton, Pa. She weighed 8 lbs., 2 oz., and measured 20-1/2 inches.

Mr. & Mrs. Kyle Vitalek of Avenel are proud to announce the birth of their son, Eric Scott, born November 25, 1988 in John F. Kennedy Medical Center. Eric weighed 7 lbs., 11 oz., and measured 20 inches.

Michael & Nancy Rotal of Rahway are proud to announce the birth of their son, Michael Anthony, born October 26, 1988 in John F. Kennedy Medical Center. Michael weighed 8 lbs., 4 oz., and measured 20 inches.

Mrs. Christopher McDonough & Mrs. Barbara Finelli of Woodbridge are proud to announce the birth of their son, Anthony Edward, born Thursday, December 1, 1988 in Rahway Hospital. Anthony weighed 7 lbs., 12-1/2 oz., and measured 21 inches.

Mr. & Mrs. William Stalc of Avenel are proud to announce the birth of their son, Michael David, born October 26, 1988 in Rahway Hospital. Michael weighed 8 lbs., 4 oz., and measured 20 inches.

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Religious News

OSCEOLA PRESBYTERIAN CHURCH
The Rev. S. Timothy Petti will preach the 10 a.m. worship service of the Osceola Presbyterian Church on Sunday (Dec. 18) at the Charles Brewer School, Clark. Fellowship hour follows.

EBENEZER AFRICAN METHODIST EPISCOPAL CHURCH OF RAHWAY
On Sunday, Dec. 18, at the 11 a.m. Worship Service, Rev. Rudolph P. Gibbs, Sr., the pastor, will deliver the sermon. Music will be presented by the Children's Choir with Mrs. Geraldine Jackson, director, and Mrs. Barbara Parker, pianist.

FIRST PRESBYTERIAN CHURCH OF RAHWAY
Morning worship, Dec. 18 at 10:30 a.m., will be conducted by the Reverend Robert C. Fowley, Pastor. Music will be provided by the Westminster Choir under the direction of James W. Musacchio, with Faye Wilder at the organ.

UNION COUNTY BAPTIST CHURCH OF CLARK
On Sunday, the Main Worship Service will be at 11 a.m. The Evening Service at 6 p.m. Sunday School will begin at 9:45 a.m. for children, youth and the municipally handicapped, and at 10 a.m. for the adults.

TRINITY UNITED METHODIST CHURCH OF RAHWAY
Tonight (Dec. 15) - The Senior Choir will meet at 7:30 p.m. for practice.
Sunday (Dec. 18) - The 11 a.m. Family Worship Service will be conducted by the Pastor, the Rev. Donald R. Jones.

St. Mary's offers reconciliation service
The ministry of reconciliation, according to Rev. Michael Fickett, pastor of St. Mary's Church, Rahway, is directed to the individual who is returning to the Church repentant. But it also has broad communal implications.

TEMPLE BETH TORAH OF RAHWAY
The Rahway Hebrew Congregation announces its schedule of activities for the week of Dec. 15-19.
Thurs., Dec. 15 - Morning Services at 7 a.m.
Fri., Dec. 16 - Late Friday Evening Services at 8:30 p.m.

Program at Y for widowed
The Widow/Widowers Group of the Y.M.C.A. of Union County will host a program featuring the Harmonica Band of Union on Sunday, December 18 at 2 p.m. Chanukah refreshments will follow the performance.

ZION LUTHERAN CHURCH OF CLARK
The main worship service at 10:30 a.m. with Sunday School and Bible Hour for all ages at 9:15 a.m. Nursery care is provided during the worship hour.

Clark sisterhood slates 2 meetings
WRAP (Women's Ritual Awareness Program) Sisterhood of Temple Beth Or, 111 Valley Road, Clark, will hold its next WRAP at the Temple on December 18, 10:30 a.m.

Second Presbyterian Church Rahway, New Jersey
Josephine C. Cameron, Pastor
David Bower, Director of Music
Annual Christmas Candelight Service
SUNDAY, DECEMBER 18, 1988
4:30 P.M.
Featuring "The Interludes" String Quartet
Choir and Soloists
Works by Holst, Reger, Sowerby and others
A Reception will follow the Service.
All Welcome! Crit Room Available

Atom Tabloid
The Equivalent of a complete religious encyclopedia in one master reference edition. With the most beautiful pictorial images ever placed on the Holy Scriptures.
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219 Central Avenue, Rahway, N.J. 07065
Call Vivian Phillips at 201-982-8112, for reservations.



OUTSTANDING STUDENTS... Sister Regina Martin of Mother Seton Regional High School is pictured with Commended Students, from left, Yvonne Harmon, Cindy Ehrhardt, Springfield; Lisa Fichner, Linden; Kim Jurgensman, Roselle Park; Susan Beltram of Mountanside, at right, was named a Semifinalist in the National Hispanic Scholarship Awards Program.

Mother Seton names outstanding students

Mother Seton Regional High School has been notified by National Merit Scholarship Corporation (NMSC) that Cynthia Ehrhardt of Springfield; Lisa Fichner, Linden; Yvonne Harmon, Rahway; Kimberly Jurgensman, Roselle Park, have been designated Commended Students in the 1989 National Merit Scholarship Program.



PASTOR HONORED... Harry McDowell, Zion Lutheran Church, Rahway, Council Chairman, presents Rev. Julia L. Fraser, pastor of Zion Lutheran Church, Carteret, a bouquet of roses as thanks for her service as Interim pastor during the year.

Women couples unit sets Chanukah party

Ez Chayim, B'nai B'rith/B'nai B'rith Women Couples Unit has scheduled a Chanukah party on Dec. 17, at 8 p.m. For more information, call Nadine at 241-8763, or Elaine at 232-0062.

Advertisement for Fireside Family Bible, featuring Atom Tabloid and Sprague products. Includes prices like \$500 OFF Christmas Tree and \$200 OFF BALSAM WREATHS.

Interim Pastor at Rahway's Zion honored at dinner

Zion Lutheran Church recently held its annual dinner-dance at the Landmark Inn with Rev. Julia L. Fraser, of Zion Lutheran Church, Carteret, as the honored guest. Rev. Fraser served as interim pastor during the year Zion in Rahway was without a pastor.

CYO meet yields medallist
The children of St. Mary's School in Rahway participated in the CYO Elementary Cross Country Meet on Sunday, November 6 at Wanamaker Park. Medallists were: Silver - Laurie Mione, Bronze - Matthew Montone, Michael Mazur, Jennifer King and Elvis Diaz.

Susan Kritik

Mrs. Susan Kritik died Nov. 23 at Union Hospital after a brief illness. Born in Homer City, Pa., she moved to Linden 37 years ago.

Emma Irving, 90

Mrs. Emma Irving, 90, died Dec. 5 at Southern Pines Nursing Center in New Port Richey, Fla., after a long illness. Born in Pennsylvania, she lived most of her life in Rahway, before moving to Florida two years ago.

Angela Liddy, 92

Miss Angela M. Liddy, 92, died Dec. 8 at Heath Village after a brief illness. Born in Elizabeth, she lived in Linden 45 years before moving to Hackettstown four years ago.

Ruth Mulligan, 73; area school teacher

Mrs. Ruth Waters Mulligan, 73, died Dec. 6 at the Mahlenberg Regional Medical Center in Plainfield after a long illness. Born in Elizabeth, she lived in Clark most of her life.

Anne M. Gudor, 67; active in Clark

Mrs. Anne M. Gudor, 67, died Dec. 3 at home after a sudden illness. She was a lifelong resident of Clark. Mrs. Gudor was a member of the Zion Lutheran Church, Rahway.

Sarah Richardson, 65; Elizabethtown Gas secretary

Mrs. Sarah Quigley Richardson, 65, died Dec. 3 at Rahway Hospital after a brief illness. Born in Scotland, she came to this country and Elizabeth as a child. She also lived in Union before moving to Clark 27 years ago.

Steffel Pivonski, Mary Ammoscato

Mrs. Steffel Dolores Slovekoski Pivonski, 81, died Dec. 9 at Rahway Hospital after a brief illness. Born in New York City, she lived in Linden the past 73 years.

OBITUARIES

Selma Winard, 67; son resides in Clark

Mrs. Selma G. Winard, 67, of Springfield, died in Cleveland, Ohio, Dec. 3. Mrs. Winard was a member of the Women's League of Temple Beth-Abm, Springfield, and the Springfield Chapter of Deborah, Hadassah and the Kidney Foundation.

Frank Kovacs, 79; native of Hungary

Frank Kovacs, 79, died Nov. 29 at Rahway Hospital after a brief illness. Born in Hungary, he came to this country and Rahway in 1965. Mr. Kovacs was employed as a mechanic by the Regina Corp., Rahway, nine years, retiring in 1974.

Susan Kritik

Mrs. Susan Kritik died Nov. 23 at Union Hospital after a brief illness. Born in Homer City, Pa., she moved to Linden 37 years ago.

Harry Peirano, 85; American Cyanamid foreman

Harry G. Peirano, 85, died Dec. 4 at Rahway Hospital after a brief illness. Born in New York City, he lived in Linden before moving to Rahway 40 years ago.

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# Religious News

**ST. MARK'S R.C. CHURCH**  
Traditional holiday celebrations are taking place at St. Mark's Roman Catholic Church at 287 Hamilton Street in Rahway. During the season of Advent, the time of preparation for the birth of Christ, Sunday Masses begin with the lighting of the Advent Wreath and spiritual meditations by the celebrant calling the parishioners to recognize that the Son of God brought the light of hope to the world.

Religious Education Coordinator Maryanne Conroy reported that the elementary school students will celebrate a Christmas Mass on Sunday, December 18 in the parish hall with the children participating as lectors and commentators. President Roberta Smith stated that the parish will have a Christmas Eve service at 7:30 p.m. on Thursday, December 22 at 7:30 p.m. and on Saturday, December 24 from 4 to 5 p.m. and after the 6 p.m. Mass, after each weekly Mass from December 19 through the 23rd, after the St. Jude Novenas which is on Thursday evening, December 22 at 7:30 p.m. and on Saturday, December 24 from 4 to 5 p.m.

**FIRST UNITED METHODIST CHURCH**  
Worship is at 11 a.m. on Sunday (Dec. 18) with the pastor Holly E. Nye preaching. The fourth candle of the Advent Wreath will be lit. The Annual All-Church Charge Conference will be held at 6 p.m. with The Southern District Superintendent Rev. Maxwell G. Tapp presiding. The evening starts with a covered dish supper followed by the business meeting. A review of the past year in the form of reports from all areas of the church plus a look into the future of the church and its mission will be presented. Mrs. Elaine Argenterio will lead the worship. Christmas carols will be sung.

On Tuesday evening, Dec. 20 at 7:30 p.m., United Methodist Women will meet for a program of worship, a cookie exchange and a gift exchange.

On December 24, Christmas Eve there will be a service of worship at 11 p.m. Rev. Holly Nye and Rev. Kenneth Williams will give first-person accounts of Biblical characters. The Church will be open on Christmas Day at 11 a.m.

**SECOND BAPTIST CHURCH OF RAHWAY**  
On Sunday morning at 9:30 a.m., Church School will be held at 11 a.m., Morning Worship Service will begin, and will be officiated by your pastor, the Reverend James W. Eddy, who will also deliver the message. The music will be rendered by the Youth Choir under the direction of Mr. Bryant Richardson. All are invited.

In the afternoon at 4 p.m. the Annual Sunday School Christmas Service will be held, and will be open to all who wish to Fellowship with us.

Every Wednesday evening at 7:30 p.m., mid-week Prayer and Bible Study will be held. All are welcome to bring your Bible and a friend.

The church is located on the corner of East Milton Avenue and Lawrence Street, and our doors are opened that you might come and praise God with us.

**Trinity Sunday service to feature Christmas 'musical'**  
On Sunday, December 18, at 11 a.m., Hour of Family Worship, Trinity United Methodist Church in Rahway will present "Glory to the Newborn King," a Christmas musical by John Finnes, to be sung by the church choir.

No matter how many times the Christmas story is told, it always seems to have a "first-time" quality about it. In this work, the aim is not only to capture the perennial freshness of the Christmas story musically, but also enhance it. The narration and some of the musical texts are taken from the Scripture and some Scripture paraphrase.

This forty-minute musical includes the following selections: "Glory to the Newborn King; For Unto Us a Child is Born; Mary and Joseph; The Manger; Glory to the Child in the High; The Shepherds Song; O Little Child; Seeking the Savior; My Heart, His Home; Glory to the Newborn King (Finale)."

**47 youths participate in rite**  
St. Mary's Church in Rahway congratulates its young people on their formal inscription as candidates for the Sacrament of Confirmation. Forty-seven candidates with their families were present with us for the Rite of Inscription at a recent 9 a.m. Liturgy.

For more information about St. Mary's Confirmation Program, call the Religious Education Center at 382-0004.

**SECOND PRESBYTERIAN CHURCH OF RAHWAY**  
Second Presbyterian Church welcomes visitors and newcomers to the community and invites all to join our worship and programs.

December 18 — Worship Service 11 a.m. The Rev. Josephine C. Cameron will preach. Supper served 9:30 a.m. Upper Room Bible Class, 9:40 a.m.

Scheduled meetings include:  
Thursday, Dec. 15, 1:30 p.m. — Presbyterian Women Christmas program. Refreshments will be served. A free will offering will be taken.  
Friday, Dec. 16, 6 p.m. — Covered Dish Supper sponsored by the Session. Christmas program with the Sunday School children.  
Saturday, Dec. 17, 10 a.m. — Choir Rehearsal.  
Sunday, Dec. 18, 9:30 a.m. — Sunday School Christmas Party, 4:30 p.m. — Christmas Eve Cantillation Service. Reception in front of the choir will follow. 7 p.m. — Caroling to members and friends at home.  
Tuesday, Dec. 20, 7:30 p.m. — Session Meeting.  
Wednesday, Dec. 21, 7:30 p.m. — Pastor's Bible Class.  
Saturday, Dec. 24, 7:30 p.m. — Christmas Eve Lessons and Carols. Refreshments will follow.  
Sunday, Dec. 25, 11 a.m. — Worship Service. No Sunday School. The sacrament of Holy Communion will be observed.

**A HAPPY CHRISTMAS TO ALL!**  
The "Church of the Lighted Cross" is located at the junction of Main Street with New Brunswick Avenue.

**Church choir to present special holiday concert**  
Christmas selections old and new, familiar and less well known, will be sung a cappella by the professional Chancel Choir of the Cross-Center Avenue Presbyterian Church in Plainfield on Sunday, December 18, at 5 p.m. in the church choir.

The program, which also includes the choir, will include Christmas motets. The audience will be invited to join in the singing of some familiar hymns. "We have the perfect position for you!"

There is no admission charge for the concert, funding which was made possible in part by the N.J. Council on the Arts through a grant administered by the Union County Office of Cultural and Heritage Affairs.

The church is at the corner of Watching Avenue and Seventh Street in Plainfield.

**Retired members of the Rahway Retired Men's Club recently participated in a program with the Union County Center for Alcoholism in Westfield. Pictured from the left are Jean Kovacs, Nico Colonna, Helene Helred and Edward Mella. Colonna and Mella are Retired Men's Club members. Kovacs and Helred are the presenters for the UCCA.**

**Coping with holiday stress**  
The holiday season, traditionally associated with the spirit of loving and giving, can be an emotionally taxing time of the year for families, according to Drew Altman, commissioner of the N.J. Dept. of Human Services, and co-chair of the Governor's Task Force on Child Abuse and Child Neglect.

"Although most people take joy from their children and the closeness of the season, some families, including those under financial strain, may find the season to be tense and emotionally burdensome."

"Unfortunately, children may be caught in the middle," Altman points out at the end of the year, we may feel pressured to meet deadlines or to get things done. Parents may vent their frustration on their children.

Altman points out that holidays can be emotionally painful for children of divorced parents as well. "Emotionally, these children are put in the middle of two different families," he says. "It's not easy for the parents either. They may remember happier times and feel especially sad and isolated during the holiday."

To help parents avoid holiday stress and tension, the Governor's Task Force offers the following tips:

— Try not to feel pressured into buying your children expensive gifts that you cannot afford. Remember that the most important gift you can give your children are your time, warmth, and compassion.

— Don't water down your special part of the season.

— Plan some time alone for yourself, even if it is only a half-hour spent in the bathtub. Use this time to relax. If you are tired and grouchy, time with your children will not be quality time.

— It's important for single parents to interact with other adults during this season. If you're feeling lonely, call a friend or relative.

— If you're feeling frustrated, remove yourself from the situation. Take a walk, or get someone to sit with you for a while. It will give you time to clear your head. If you still feel frustrated, call 1-800-THE KIDS, a toll-free hotline manned by parents like yourself.

The Task Force's "Parents Survival Guide" and "Parents Survival Tips" may also be obtained by calling 1-800-THE KIDS.

**Pets have their own Santa**  
Sit on my lap, stand by my side. Wag your tail, purr with joy. Bring your pet to pose with "Doggie Claws," the animal's Santa.

Doggie Claws is sponsored by Club Pet, 135 E. Highland Parkway, Roselle.

All proceeds go to the Animal Alliance Welfare League of New Jersey, Inc., a nonprofit organization for stray animals.

Pictures will be taken Tuesday and Wednesday, Dec. 20 and 21 from 1-3 p.m. and Thursday and Friday, Dec. 22 and 23 from 1-3 and 5-7 p.m. The cost is \$3 per picture.

For further information, call Club Pet at 241-6175.

There will be two Antiphonal Masses of Christmas on Christmas Eve, December 24, one at 6 and one at 7:30 p.m. St. Mark's Choir will present Christmas carols at 9:30 p.m. on Christmas Eve in preparation for the Shepherd's Mass at 10 p.m. on the Roman Martyr's Christmas Service will be held, and will be open to all who wish to Fellowship with us.

Every Wednesday evening at 7:30 p.m., mid-week Prayer and Bible Study will be held. All are welcome to bring your Bible and a friend.

The church is located on the corner of East Milton Avenue and Lawrence Street, and our doors are opened that you might come and praise God with us.

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**REAL ESTATE GUIDE**

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**Attention publicity people:**  
Guidelines for submitting news releases and pictures

The following suggestions are offered to those who submit press releases to ensure better and more effective newspaper articles. Also, following these guidelines will help in more timely processing of press releases.

— All releases should be typed and double spaced. If you don't have a typewriter, legible printing will be accepted.

— Do not capitalize entire press release — use capital letters only where appropriate.

— Include your name, telephone number and the date of preferred release of the story on page one.

— There is no charge for press releases, except for weddings, birth announcements, and engagements.

— We welcome articles and photographs from all our readers for any event you would like to share.

— News releases will not be taken over the phone. Deadline for copy is Thursday, 5 p.m. for the following week's issue.

— Do not submit small scraps of paper — they can be easily misplaced.

— Clear, black and white photographs reproduce best. Although we will accept color, we cannot guarantee we will print them if they are poor quality. It does not matter what photo you submit, each can be enlarged or reduced without damaging your photo. If you wish photo returned, please send self-addressed envelope or pick up in person, with the date the picture appeared in paper.

— Do not submit in flyers of coming events. Articles must be submitted in press release form; send them in a you would like them to appear in print.

— Identify photographs on back, and indicate which person is where (left, right, etc.).

— And, finally, please be patient. We do our best to see that all submitted articles and pictures from our readers are published. Thank you for your cooperation.

Send releases to: Editorial Dept., 219 Central Ave., Rahway, N.J. 07065.

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## PUBLIC NOTICES

BECAUSE THE PEOPLE MUST KNOW

**NOTICE OF SALE OF PROPERTY FOR NON-PAYMENT OF TAXES, ASSESSMENTS AND OTHER MUNICIPAL LIENS.**  
Public Notice is hereby given that pursuant to the Revised Statutes of New Jersey, 1997 Title 54, Chapter 5, and the amendments and supplements thereto, the State and the municipalities and counties, and other municipal corporations and agencies, are authorized to sell the real property owned by the delinquent taxpayer, together with the collection of the taxes, assessments and other municipal liabilities, to the highest bidder, by public auction, at the general office of the State, the undersigned Collector of the Township of Clark, County of Union, State of New Jersey, will sell at Public Auction in the Township Municipal Building, 430 Westfield Avenue, Clark, New Jersey, Union County, New Jersey, at 11:00 o'clock in the forenoon on Monday, the 15th day of December, 1988, the property delinquent as listed below. Said property will be sold for the amount chargeable against said lands on the 15th day of December, 1988 as computed and shown on the list.

Said property will be sold in fee to such persons as will purchase same, subject to the redemption at the lowest rate of interest, but in no case to exceed of Eighteen (18%) per cent per annum. Provided that if any person at such sale shall offer to purchase subject to redemption at a rate of interest less than one (1%) per cent per annum, then such person may, in lieu of any rate of interest, offer a premium over and above the amount of taxes, assessments, and other charges due the municipality, and in such case the property will be sold to the bidder who offers to pay the amount of such taxes, assessments, or charges, plus the highest premium.

The purchase price of any property must be paid before the conclusion of the sale and the property will be sold to the highest bidder. Any parcel or real estate for which there shall be no other purchaser, will be struck off and sold to the Township of Clark, in the County of Union, at a fee for redemption at eighteen (18%) per cent per annum, and the municipality shall have the same rights and remedies as other purchasers, including the right to bar or foreclose the right of redemption.

At any time before the sale, the Collector will receive payment of the amount due on any property with the interest and costs incurred by such certified check or money order.

The sale properties so to be sold and the names of the persons against whom the same are levied, together with the amount of taxes, assessments and other charges, including the right to bar or foreclose, is as follows:

| Item | Block                 | Lot | Name and Address                           | Amount   |
|------|-----------------------|-----|--|----------|
| 1    | 4 3303                | 8   | Schulze, Margaret<br>1299-64               | 3,705.65 |
| 2    | 7                     | 69  | 2802 Orange Mtn., Inc.<br>31 School Street | 1,299.64 |
| 3    | 9                     | 71  | 2 Board of Education<br>152 Central Avenue | 5,990.06 |
| 4    | 1124, 121, 128 & 1215 | 188 | Esplanade<br>152 Central Avenue            | 5,990.06 |

Given under my hand this 10th day of November, 1988.

Jeanne K. Decker  
Collector of Taxes  
Township of Clark

## SPORTS SCHEDULES

### Rahway High School Varsity Swimming

| Date    | Opponent                      | Place | Time      |
|---------|-------------------------------|-------|-----------|
| Dec. 15 | Scotch Plains                 | H     | 3:15 p.m. |
| Dec. 19 | Sayreville                    | H     | 3:30 p.m. |
| Dec. 20 | Madison Central               | H     | 3:30 p.m. |
| Jan. 5  | Union (Boys Only)             | H     | 3:30 p.m. |
| Jan. 9  | Union Catholic                | H     | 3:30 p.m. |
| Jan. 11 | Summit                        | H     | 3:45 p.m. |
| Jan. 18 | Elizabeth                     | H     | 3:45 p.m. |
| Jan. 19 | Plainfield                    | H     | 4:00 p.m. |
| Jan. 20 | Madison                       | H     | 4:00 p.m. |
| Jan. 24 | Roselle Catholic              | H     | 3:45 p.m. |
| Jan. 26 | Cedar Ridge                   | A     | 3:15 p.m. |
| Jan. 31 | Ranney                        | H     | 4:00 p.m. |
| Feb. 1  | Cranford (No Diving)          | H     | 3:45 p.m. |
| Feb. 10 | Westfield (Diving)            | H     | 2:30 p.m. |
| Feb. 14 | Jonathan Dayton (Springfield) | H     | 3:45 p.m. |

Coach: Richard Nolan

### Rahway High School 7th/8th Boys' Basketball

| Date    | Opponent                      | Place | Time      |
|---------|-------------------------------|-------|-----------|
| Dec. 16 | Hubbard (Plainfield)          | H     | 3:45 p.m. |
| Dec. 20 | Hamilton (Elizabeth)          | H     | 3:45 p.m. |
| Jan. 3  | Bainbridge (Elizabeth)        | H     | 3:45 p.m. |
| Jan. 5  | Union                         | A     | 3:45 p.m. |
| Jan. 9  | Union (Linden)                | A     | 3:45 p.m. |
| Jan. 10 | Bye                           |       |           |
| Jan. 13 | Orange Avenue School          | A     | 3:45 p.m. |
| Jan. 17 | Maxon (Plainfield)            | H     | 3:45 p.m. |
| Jan. 18 | Union Ave. School (Irvington) | A     | 3:45 p.m. |
| Jan. 20 | Hillside Ave. (Cranford)      | H     | 3:45 p.m. |
| Jan. 24 | Cleveland (Elizabeth)         | H     | 3:45 p.m. |
| Jan. 27 | Westfield                     | H     | 3:45 p.m. |
| Jan. 31 | Terrill (Scotch Plains)       | H     | 3:45 p.m. |
| Feb. 2  | Roselle Catholic              | H     | 3:45 p.m. |
| Feb. 3  | Park (Scotch Plains)          | H     | 3:45 p.m. |
| Feb. 9  | McManus (Linden)              | H     | 3:45 p.m. |
| Feb. 9  | Lafayette (Elizabeth)         | H     | 3:45 p.m. |

Coach: Kenneth Farrell

### Rahway High School Varsity Wrestling

| Date    | Opponent       | Place | Time      |
|---------|----------------|-------|-----------|
| Dec. 20 | Hillside       | H     | 4:00 p.m. |
| Dec. 21 | Union Catholic | H     | 4:00 p.m. |
| Jan. 4  | Elizabeth      | H     | 7:30 p.m. |
| Jan. 6  | Scotch Plains  | H     | 7:30 p.m. |
| Jan. 11 | Plainfield     | H     | 4:00 p.m. |
| Jan. 14 | Irvington      | A     | 7:30 p.m. |
| Jan. 20 | Summit         | A     | 4:00 p.m. |
| Jan. 26 | Elizabeth      | A     | 4:00 p.m. |
| Jan. 28 | Kearny         | H     | 7:30 p.m. |
| Feb. 1  | Union          | H     | 4:00 p.m. |
| Feb. 1  | Cranford       | H     | 4:00 p.m. |
| Feb. 8  | Cranford       | H     | 7:30 p.m. |

Coach: Fred Steuber

### Rahway High School Boys' Varsity Basketball

| Date    | Opponent        | Place | Time      |
|---------|-----------------|-------|-----------|
| Dec. 16 | Scotch Plains   | A     | 7:30 p.m. |
| Dec. 17 | Belleville      | H     | 2:00 p.m. |
| Dec. 20 | Elizabeth       | H     | 4:00 p.m. |
| Dec. 23 | Linden          | H     | 7:30 p.m. |
| Dec. 23 | Christiana Twpn | A     | T.B.A.    |
| Dec. 29 | Christmas Twpn. | A     | T.B.A.    |
| Jan. 3  | Union Catholic  | H     | 4:00 p.m. |
| Jan. 7  | Union           | H     | 7:30 p.m. |
| Jan. 7  | Westfield       | H     | 4:00 p.m. |
| Jan. 13 | Elizabeth       | H     | 4:00 p.m. |
| Jan. 17 | Kearny          | H     | 4:00 p.m. |
| Jan. 19 | Irvington       | A     | 4:00 p.m. |
| Jan. 21 | Plainfield      | H     | 7:30 p.m. |
| Jan. 24 | Scotch Plains   | H     | 4:00 p.m. |
| Jan. 27 | Summit          | A     | 7:30 p.m. |
| Jan. 31 | Linden          | A     | 4:00 p.m. |
| Jan. 31 | Union Catholic  | H     | 4:00 p.m. |
| Feb. 4  | Cranford        | A     | 7:30 p.m. |
| Feb. 8  | Piscataway      | H     | 3:45 p.m. |

Coach: Thomas Lewis

### ALJ Wrestling

|         |                       |      |            |
|---------|-----------------------|------|------------|
| Dec. 17 | Summit                | Away | 1:00 P.M.  |
| Dec. 20 | J.F. Kennedy          | Away | J.V. 12:00 |
| Dec. 28 | Woodbridge Tournament | Away | 7:00 P.M.  |
| Jan. 4  | Bayonne               | Home | 4:00 P.M.  |
| Jan. 7  | Gov. Livingston       | Away | 7:00 P.M.  |
| Jan. 14 | Dayton Regional       | Home | 1:30 P.M.  |
| Jan. 18 | North Plainfield      | Away | 4:00 P.M.  |
| Jan. 21 | Greenville Regional   | Away | 1:00 P.M.  |
| Jan. 25 | Middlesex             | Home | 4:00 P.M.  |
| Jan. 28 | Woodbridge/Metchen    | Away | 4:00 P.M.  |
| Feb. 1  | Roselle Catholic      | Away | 7:30 P.M.  |
| Feb. 4  | Hillside              | Home | 1:00 P.M.  |
| Feb. 8  | Ridge                 | Home | J.V. 6:00  |
| Feb. 10 | Ridge                 | Home | 4:00 P.M.  |
| Feb. 11 | County Tournament     | Away | Home       |
| Feb. 15 | Linden                | Away | 4:00 P.M.  |
| Feb. 28 | N.J.S.I.A. Districts  | Away | 4:00 P.M.  |

Head Coach — Tom Galaszewski  
Asst. Coach — Tom Galaszewski

### ALJ Boys' Winter Track

|         |                  |      |  |
|---------|------------------|------|--|
| Jan. 9  | County Relays    | Away |  |
| Jan. 11 | Hillside         | Away |  |
| Jan. 15 | N.J.S.I.A. Group | Away |  |
| Jan. 15 | N.J.S.I.A. Group | Away |  |
| Feb. 5  | N.J.S.I.A. Group | Away |  |

Head Coach — Ralph Johnson  
Asst. Coach — John Giannattaso

## SCHOOL LUNCHMENU

**ARTHUR L. JOHNSON REGIONAL HIGH SCHOOL  
RAHWAY HIGH SCHOOL  
AND RAHWAY INTERMEDIATE SCHOOL**

Week of December 19, 1988

Each luncheon may contain 1/2 pint of whole or skim milk

**MONDAY**  
Luncheon No. 1: Chicken nuggets, soft roll.  
Luncheon No. 2: Sloppy Joe on bun.  
Luncheon No. 3: Bologna and cheese sandwich.  
Each of the above lunches will contain choice of two: potatoes, vegetable, fruit.

**TUESDAY**  
Luncheon No. 1: Hot meatball submarine.  
Luncheon No. 2: Hot baked ham on bun.  
Luncheon No. 3: Tuna salad sandwich.  
Each of the above lunches will contain choice of two: potatoes, vegetable, fruit punch.

**WEDNESDAY**  
Luncheon No. 1: "Coney Island Day Special"  
Super-long hot dog on roll, frank's bar (sausagekraut, onions, mustard, catsup, pickles and relish), baked beans, fruit.  
Luncheon No. 2: Veal parmesan on bun.  
Luncheon No. 3: Chicken salad sandwich.  
Lunches 2 and 3 will contain choice of two: potatoes, vegetable, fruit punch.

**THURSDAY**  
Luncheon No. 1: Macaroni and cheese; bread and butter; tossed salad with dressing; fresh fruit.  
Luncheon No. 2: Hamburger on bun.  
Luncheon No. 3: Salami sandwich.  
Lunches 2 and 3 will contain choice of two: potatoes, tossed salad w/dressing, fresh fruit.

**FRIDAY**  
Luncheon will not be served today.

Daily Specials  
Large salad platter with bread and butter, homemade soup, individual salads and desserts

Pre-announced specials  
Menu subject to change

**RAHWAY ELEMENTARY SCHOOL**  
Lunches for the Week of December 19, 1988

Each luncheon may contain 1/2 pint of whole or skim milk

**MONDAY**  
Luncheon No. 1: Chicken nuggets, soft roll.  
Luncheon No. 2: Bologna and cheese sandwich.  
Each of the above lunches will contain potatoes, vegetable, fruit.

**TUESDAY**  
Luncheon No. 1: Hot meatball submarine.  
Luncheon No. 2: Tuna salad sandwich.  
Each of the above lunches will contain potatoes, vegetable, fruit punch.

**WEDNESDAY**  
Luncheon No. 1: Frankfurter on roll.  
Luncheon No. 2: Chicken salad sandwich.  
Each of the above lunches will contain potatoes, vegetable, fruit.

**THURSDAY**  
Luncheon No. 1: Pizza.  
Luncheon No. 2: Ham salad sandwich.  
Each of the above lunches will contain carrot & celery sticks, vegetable, fruit.

**FRIDAY**  
Luncheon will not be served today.

Menu subject to change

**Live Christmas trees worth considering**

According to statistics from the N.J. Christmas Tree Growers' Association, which has conducted a marketing survey since 1966, three choices and preferences have changed in 1986 to the most popular Christmas trees, sold at tree farms, were Norway Spruce, Douglas-fir and Colorado Blue Spruce.

Besides "Choose-and-Cut" trees, many New Jersey Christmas tree farms also sell live trees, with their roots imbedded in a ball of soil, wrapped in burlap or placed in a bushy basket. After Christmas, the tree can be planted outdoors.

Planting a live tree should be done well in advance of freezing weather.

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## 'Season To Be Jolly' a hard time for people with depression

The midwinter holidays — "the season to be jolly," — can be a season of unhappiness and even despair for people suffering from depression. New Jersey's psychiatric physicians are warning.

The New Jersey Psychiatric Association cautions that while the holiday season may be uplifting and inspiring for some people, it is just the opposite effect for others, including people suffering from depressive illness — conditions that can be treated, but often are not.

"Some of us experience transient attacks of the blues during the holidays," said Eva Muller, M.D., president of the N.P.A., "but generally the season leaves us as a group of people who are not clinically depressed but for whom the holiday experience may be unpleasant, saddening or distasteful."

"Then there is the third group — the large body of people whose clinical depression may be aggravated, sometimes seriously, by the onset of the holidays."

N.P.A. offers these words of advice for the three holiday "response" groups:

— People who are "holiday depressives" but have no other signs of clinical depression can recognize their aversive reaction to the season and try to avoid contact with "triggering" events, people or settings. Often such "holiday blues" begin in childhood with unhappy experiences in the home — unfulfilled expectations of gifts, family friction, illness or loss — and many carry over into adult life where they may be provoked by family gatherings for the holidays, the pressures of gift giving and receiving, or even seasonal music and decorations.

For holiday blues sufferers, the best course of action is to try to reach a compromise in dealing with the triggering situations, e.g. accepting family situations that cannot be changed or that cannot be avoided, the precipitating situations, including family gatherings that evoke pain or anger. It is also helpful and satisfying to use the season as a time for giving — especially giving

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**SIGN HERE PLEASE** ... Students register to participate in the recent Johnson Regional Volleyball Marathon for charity.

## Volleyball marathon nets food for needy

The students of Arthur L. Johnson Regional High School in Clark recently displayed their concern for the needy or less fortunate citizens of the area when they conducted their Third Annual Volleyball Marathon for charity at the school.

Over 400 students attended this event, which was coordinated by English teachers Susan Dougherty and Doug Felner. Approximately 200 of the students in attendance were active participants in the Volleyball Marathon, serving, spiking

and setting on three different courts in the A.L.J. gymnasium from 7 p.m. to 7 a.m. Numerous individuals sponsored the volleyball players by pledging a set amount of money per hour, and everyone who entered the gym during the 12-hour overnight marathon was asked to donate canned, non-perishable items to the cause.

"We collected close to \$2,000 in pledges and a whole lot of canned goods," explained Mrs. Dougherty. "Our students have taken some of that money and purchased enough food items to put together eight complete food baskets. These baskets have been distributed to needy families in the area, and the remaining funds have been donated to local charities."



**UP IN THE AIR** ... A group of A.L.J. students keep their eyes on the volleyball during the school's recent Volleyball Marathon.



**READY OR NOT** ... The Johnson Regional Student Council team gets ready for the serve during the recent A.L.J. Volleyball Marathon.



**FOOD FOR THOUGHT** ... Arthur L. Johnson students collect and store canned goods that were donated by other students taking part in the school's Volleyball Marathon.

## CHRISTMAS

**Holiday hours at post office**

The Rahway Post Office has holiday hours — from now through Dec. 23, the hours will be 8 a.m. to 5:30 p.m., except for Saturday, Dec. 17, when the hours will be 8 a.m. to 1 p.m.

## P.O. offers special services for last-minute gift mailings

It's the day before Christmas and it's taken until now to find the special gift or card for that special person. Only the special person is halfway across the continent. What to do?

Express Mail Service is a last-minute alternative. No one should procrastinate, yet all of us sometimes let things slip through the cracks and we forget to send a holiday message or gift to a special friend or relative. Express Mail stands ready to save the day with overnight service. It's always better to mail early. But, when you can't for one reason or another, Express Mail is an alternative, delivering even on Christmas and New Year's Day.

Rahway Postmaster Joseph P. Ruffolo says, "Ex-

press Mail is delivered overnight from our post office to nearly anywhere in the country if you mail by 5 p.m. For Express Mail up to a half-pound, the newer low rate is \$8.75. Up to two pounds, the rate is \$12. The rate increases in increments for packages up to 70 lbs.

Express Mail can be used to make an impression on that special someone. "Imagine it," says Postmaster Ruffolo, "The packages and cards have all been opened but there's nothing from you." Then a postal vehicle pulls up out front and there's a knock on the door. Your special gift is delivered — and in style!

If time is not of the essence in getting your Christmas gift delivered, Priority Mail Service is a compromise option. Packages weighing up to two pounds can be sent anywhere in the country in just two days between major metropolitan areas, and three days everywhere else for the one

low flat rate of \$2.40. For larger items, the price of sending a package weighing up to five pounds ranges from as low as \$3.61 to a maximum of \$6.37, depending on the destination; and for heavier pieces — up to 70 pounds — the rates are also low.

Priority Mail is ideal for people who want packages delivered promptly, but at a lower cost," says Postmaster Ruffolo. This service is available with insurance, return receipts, COD, certificates of mailing and special delivery.

## Party tips to help prevent DWI

December 11 through 17 has been designated as "National Drunk & Drugged Driving Awareness Week." Remove Intoxicated Drivers (RID) has suggestions for party hosts to make that week and the upcoming holiday season safer:

- Serve snacks or hors d'oeuvres first to prevent guests from drinking on an empty stomach.
- Keep cocktail "hour" short.
- Have a selection of attractive non-alcoholic beverages available at all times.
- At large gatherings, a bartender (either a responsible friend or a professional) is recommended.
- Act early to offer a milder or non-alcoholic beverage to any guest who has been drinking too much or too fast.
- Close the bar at least one hour before the party ends.
- If any drivers have had too much to drink, call a cab, drive them home or have them sleep over. If you are responsible for organizing an office party, consider providing transportation.

"It doesn't take much effort to make parties happy

occasions and at the same time to keep our highways safe for all travelers during the holiday season," said Gail Murphy, RID-NJ President.

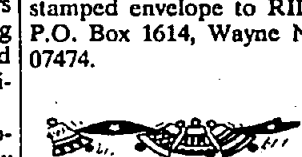
For a copy of the RID brochure with additional party

## Donate clothes as gifts for needy

Remember the gift you received and did not want... because it was not the right size or type, or just because...

Take it out of the drawer and wrap it for Christmas, mark it for what it is, who it is for and the size. The Social Concerns Committee of St. Mary's Church, 232 Central Avenue, Rahway will distribute them.

Gifts may be brought directly to the rectory or the rectory may be contacted at 388-0082.



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**SEW MUCH FUN** ... Melinda Elich, left, and Arlene Glasco are students of Bernice Valentine, who has been instructing the sewing class at the Rahway Adult School for the past five years. This informal class meets on Tuesday nights, while the Rahway Adult School is in session. Next session begins March 6. (ACE project photo)

**HAPPY HOLIDAY**

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