









DRUNK DRIVING KILLS!

Will alcohol claim you as yet another victim of escalating statistics? Each year, the scene is the same. Friends gather together, ringing in the holidays, and will have a drink or two... or three. Then it's time to go home. Whether around the block or long distance, the effect of even one drink makes you a threat to yourself and others!

Reflexes become sluggish and judgement is impaired. In short, you become a potential killer as soon as you get behind that wheel. This holiday season, if you drink, use your head. Don't drive. If a friend has had one too many, encourage him to find another way home. Don't let your celebrating lead you down a dead end street... permanently!

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Weltchek stepping away from the public eye

By LYNN JOPPE
After 12 years on the Township Committee, three years as Mayor, eight years on the Planning Board and a host of other township involvements, Robert Weltchek has decided to sit back and not run for re-election in 1983.
'I feel that 12 years is a long time and I wanted to step down,' he said.
'I'm going to just sit and watch,' Weltchek added. 'I don't expect to become active as a candidate in the future although I don't know how I'm going to feel a year from now after sitting in 12 years of meetings.'

Council on Alcoholism is wary of drivers after leaving a party

The National Council on Alcoholism (N.C.A.) has formulated a list of common-sense suggestions to help party-goers and party-givers mark the holiday season with greater safety.
'We're offering the list to help people have a good time without endangering their own or others' lives,' said John Dennis, chairman of the board of N.C.A. The suggestions are:
\* Decide before the party who will drive home. Individual reactions to alcohol vary greatly and can vary from occasion to occasion. If you're the driver, don't chance drinking alcohol at all.
\* Whenever you entertain, have non-alcoholic beverages available to your guests. Don't push drinks on guests, and respect those who don't wish alcohol.

Course on aging is scheduled

Can you control the rate at which you are aging? Can you do anything to increase your personal life span?
These will be some of the questions covered in a course, "Biology of Aging," being offered during the upcoming Spring Semester at Union County College.
Prof. William E. Darscumble of Clark, chairman of the Biology Department, reports the class is scheduled for 7:30 to 9:30 p.m. on Tuesdays and Thursdays. That hour was chosen to accommodate workers in the health field, who often have 7 a.m. to 2 p.m. work shifts, Prof. Darscumble said.
The course is required for UCC students in the gerontology option of the Human Services curriculum at the College. It is also open to biology majors and any other interested person. Prospective students should have some background in anatomy and physiology, or biology or have permission of the instructor.
Prof. Lillian Mary Flynn of Henslow Park will teach the course. She is the biogerontologist in the UCC biology department. Her research background is in cell biology and she is currently completing her doctoral dissertation at New York University. Her thesis will focus on the area of Cell Biology of Aging.
Some of the material covered will relate to the following general concerns: What am I doing that is shortening my life? and are there any anti-aging pills? These topics and a comprehensive introduction to the nature and causes of aging will be presented. Major concepts concerning aging, criteria, population longevity and theories and mechanisms of aging will be considered.
UCC's Spring Semester will begin on Monday, Jan. 17, 1983. Registration is currently going on and will continue, through Friday, Jan. 14. Call the Registration Hotline - 272-8580 or 8581 for further information about "Biology of Aging."

Rehabilitation unit shining at Overlook

As this International Year of Disabled Persons draws to an end, the Rehabilitation Services Team at Overlook Hospital, Summit, continues to offer comprehensive care to hospitalized patients and out-patients who have become disabled through congenital causes, disease processes, or injuries.
These patients are served by the departments of Rehabilitation Nursing, Neurophysiology, Occupational Therapy, Physical Therapy, Speech Therapy and Audiology, and Vocational Therapy. "Our goal," explains Rehabilitation Services Manager, Jack C. Palmare, R.P.T., M.A., M.P.H., "is to assist each patient in reaching their full rehabilitation potential through the use of treatment and education that is comprehensive, coordinated, and of the highest quality."
Quality rehabilitation depends upon continuity. The Rehabilitation Nurse assists the physician in setting a plan to enhance collaboration between the team members. The nurse zeroes in on ways the team can prevent complications, modify the effects of disability, and decrease the patient's dependence upon others.
A major focus in Rehabilitation Nursing is on "how to live" and "how to do" rather than "doing for." The Rehabilitation Nurse assesses the patient's and family's needs and formulates a nursing treatment plan based upon this assessment, which includes patient and team goals. She assists and teaches patients, families and nursing staff in ways to facilitate independence.
Before the rehabilitation process can be initiated, the physician, aided by a number of test results and through evaluation, must arrive at a diagnosis and prescribe proper therapy. Overlook's Neurophysiology Department performs tests such as the electroencephalogram (EEG), 24-hour Ambulatory EEG monitoring, and Evoked Potential Testing.
The results of these tests are often used as an aid in the diagnosis of patients with strokes, head trauma, convulsive disorders, brain tumors, infectious

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FILING DATE FOR HOMESTEAD REBATE CLAIMS EXTENDED
The December 1, 1982 deadline for filing a Homestead Rebate Claim Form for the 1983 Rebate has been extended to January 15, 1983. Since January 15 is a Saturday, the deadline for filing will be Monday January 17, 1983.
If any questions call Springfield Tax Assessors office, 376-5800.

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**LEARNING LESSONS**—Mother Seton Regional High School in Clark utilizes new computer system under the guidance of Sister Jacquelyn Balasia, left, chairperson of the mathematics department. Lisa Baffle is seated at the computer, while Lucy Gomez and Sister Regina Martin look at a printout of terminal.

## Mother Seton purchases several TRS computers

Several TRS-80 Model III computers have been purchased for use at Mother Seton Regional High School, Clark. Funding for the computers came from a school-wide student fund-raising drive sponsored by Sister Jacqueline Balasia, Student Council Advisor.

At present, seniors who elected to do so, are taking a computer programming course learning the BASIC language. All junior and sophomores are taking a course in computer literacy, a course which will eventually become a graduation requirement.

This program is under the direction of Balasia and Joseph Kerrigan, both of whom are members of the mathematics department at Mother Seton Regional High School.

"Anyone who wishes to be competitive in the job market of tomorrow must have a knowledge of computers and the more the better," states Balasia, chairperson of the Mathematics Department. Maximum use of the computers is encouraged throughout the student body. Students use them extensively before and after school and during their unscheduled time during the day. Many math classes are also doing supplemental work with the computers. In addition, most faculty members have taken the Level One course offered to educators by Radio Shack and several have signed up for the level two course. The mathematics and business departments plan to expand the curriculum offerings in the computer area.

## Photo display scheduled

The artistic photography of Ann I. Reed and Marilyn M. Pfaltz will be on display at the North Jersey Blood Center at East Orange during the month of January.

The display is one of a series of month-long art exhibits offered at the Blood Center and featuring the artistic creations of distinguished New Jersey artists.

Ann Reed and Marilyn Pfaltz, both of Summit, have had their works displayed in a number of prominent settings, including the Woodman Gallery in Morristown, Stevens Institute of Technology and the Summit Art Gallery. Their work drew prizes at a Garden Club of America Show in New York.

They work jointly as freelance photographers and are the co-authors

of four books, including the book "How To Move Your Family Successfully." The illustrations of that book began their photographic career.

They have studied photography at the International Center of Photography in New York and at the Maine Photographic Workshop and are members of the Summit Art Center and the New Jersey Photo Alliance. They are presently co-hosting a cable TV travel show.

Reed's and Pfaltz's work can be seen at the Blood Center's headquarters 45 South Grove Street, East Orange, during the Center's regularly scheduled hours on Mondays, Wednesdays and Fridays from 8 a.m. to 5 p.m.; Tuesdays and Thursdays from 9 a.m. to 7 p.m.; and Saturdays from 9 a.m. to 1 p.m. All exhibits are free to the public.

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## 200 police officers finish a gun code orientation

Nearly two hundred Union County police officers, according to the Prosecutor's Office, have completed a special gun code orientation program at the Union County Police Training Academy.

The orientation program, which was taught by two members of the Union County Prosecutor's Office, was based on the new Uniform Firearms Policy recently unveiled by the Pro-

secutor's Office. The policy, effective Jan. 1, sets minimum standards for weapons training and also defines instances when an officer should and should not use a gun.

The nearly two hundred police officers who took part in the Police Academy's orientation program received a card certifying that they are "deemed competent of instruct others on the purpose and scope of the policy."

Wolf explained that the orientation program taught by assistant Union County Prosecutors Howard Wiener and Raymond Zellner, familiarized the law enforcement officers with the Uniform Firearms Policy, which has now been incorporated into a firearms training manual used by the Police Academy.

That manual, which also includes requirements mandated by the N.J. Police Training Commission and training material furnished by the FBI, is used as the foundation for police recruits who are trained at the Academy on a regular basis.

## Funds are provided for ailing physicians

As many as 1500 New Jersey physicians may be practicing medicine while impaired by alcoholism, emotional illness or physical disabilities, according to the Health Care Insurance Exchange and Princeton Insurance Company, which has pledged \$150,000 over a three-year period to help fund the Impaired Physician Program.

John E. Sauerwein, president of HCIE/PIIC, stated, "we heartily endorse this program and welcome the opportunity to join the Medical Society in this effort to make help readily available to the impaired physicians. Further, it is our belief the program will bring back about a reduction in the number and severity of malpractice insurance claims."

Donald E. Smith, vice president, and Richard F. Jones, vice president-risk services, have been selected to serve on the program's board of directors.

According to national estimates, 10 to 15 percent of America's physicians are practicing medicine while impaired.

In 1978 the Medical Society of New Jersey established a committee to deal directly with the problems associated with the impaired physicians, such as intervention, reporting mechanisms, appropriate treatment,

follow up and monitoring programs. An impaired physician may be referred to the program by spouse, peer, hospital, county medical society, State Board of Medical Examiners or any concerned individual. All records of diagnosis and treatment are confidential. Treatment is individualized on the basis of the needs of each particular physician. Once in the program, the physician's progress is normally followed for two years by the committee.

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## Postmaster urges public to keep walkways clean

"Local authorities and the general public can help the United States Postal Service deliver the mail as timely and as safely as possible this winter," says Postmaster Robert H. Vreeland of the Union Post Office.

Vreeland emphasized the need for ice and snow removal from walkways as a major aid in preventing slips and falls to letter carriers. Slips and falls result in fractured or broken bones, or sprains to letter carriers and messengers.

The other main winter hazards that impede mail delivery, according to Vreeland, are ice and snow on streets, roads, driveways, stairways and porches. Local road authorities and postal customers are requested by Vreeland to keep public and private approaches to residences and mailboxes clean during the winter months.

## Exercise forum is slated for St. Barnabas Center

A special community forum on "Exercise: Fact and Fiction" will be held at 4 p.m. Wednesday, Jan. 5, at Saint Barnabas Medical Center in Livingston. The free one-hour panel presentation is part of the Medical Center's "Monthly Town Meetings" on health and medical topics of current interest to the public. The session, originally slated for Sept. 29, was rescheduled due to a nursing strike at Saint Barnabas.

The meeting will feature a look at the myths and realities of exercise and sports medicine by Saint Barnabas physicians S. Kenneth Jacobson, M.D., of South Orange, attending in Cardiology, and Harold Leeds, M.D. of Livingston, attending in Orthopedics. John Olsen of Chatham, Assistant Chief in the Physical Therapy Department at Saint Barnabas, will also be on hand to demonstrate proper stretching and strengthening exercises for runners. Participation by a live television audience will be a key part of the session and free parking will be provided.

Injuries and preventive measures in common sports such as running, football, skiing and racquetball will be discussed, along with the topic of nutrition for the exercising individual. "We'll also talk about the cardiovascular benefits and hazards of certain sports as well as the psychological reactions to exercise—for example, releasing stress," explains Dr. Leeds.

"Medical Town Meetings" is a project of Saint Barnabas Medical Center and the Saint Barnabas Development Foundation. The January 5 meeting on exercise can be seen on Suburban Cablevision TV-3 on four consecutive Tuesday evenings following the meeting. For more information, call 533-5947.

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## Customers may buy their current phones

New Jersey Bell recently asked the Board of Public Utilities to approve a plan that would allow telephone customers to buy the phones they now lease.

Under the plan, to be implemented by Jan. 31, 1983, single-line residence and business customers will have the option of purchasing Standard, Princess and Trimline phones in desk, wall, rotary dial and Touch-Tone models. Customers who purchase their phones will eliminate the monthly rental charge for those phones.

During a 60-day period, following notification of each customer, phones currently in place on customers' premises will be offered at a special reduced price. Proposed prices range from \$29.95 for a standard rotary desk or wall model to \$54.95 for a Trimline Touch-Tone set.

All in-place phones will be sold "as is" and may not be returned for refunds. Customers may choose to purchase all or some of their telephone sets that are covered by the sale plan.

New or existing customers who would like additional phones will have the option of leasing or purchasing new or refurbished phones from the company's inventory.

These phones can be purchased at New Jersey Bell Service Centers for slightly higher prices and can be returned for a full refund within 30 days of purchase. Proposed prices for phones sold from inventory range from \$34.95 to \$74.95. These prices also will apply to in-place phones sold after the initial 60-day period.

For customers who previously exercised the single payment option for Princess and Trimline phones, the company proposed prices from \$29.95 to \$41.95, also effective only during the initial 60-day period. Under the proposed plan, customers who buy phones at New Jersey Bell Service Centers will be responsible for installation of that equipment. The company will continue to supply and charge for the associated inside wire and

jacks. Customers who choose to purchase the phones they now lease will be given a 30-day limited warranty after which they will be responsible for all maintenance. Phones sold from inventory will carry a 90-day limited warranty.

Those customers who purchase the phones in their homes will receive dated proof of purchase stickers to permanently identify those phones as their own.

The plan calls for customers to return phones to company service centers for warranty services. Thereafter, New Jersey Bell will continue to repair, for a charge, equipment that is brought into service centers. Company personnel will not visit customers' homes to repair customer-owned equipment.

For customers who continue to lease their phones, the company will continue to provide maintenance and repairs, without additional charge. Payment options outlined in the plan include cash payment in full at time of purchase and, to qualifying customers, payment through monthly bills in one or four interest-free installments.

New Jersey Bell estimates that approximately five percent of existing customers and 15 percent of new connect customers will opt to buy their phones.

Citing a significant number of lease customers who fail to return phones when they terminate service, the company also proposed that those customers be billed for that equipment at sold-from-inventory prices.

### Quilters meeting

"Things mother never taught you about sewing hints" will be the subject of a lecture to be given at the next meeting of the Garden State Quilters on Monday, Jan. 10, at 8 p.m. at St. Paul's Church, 200 Main Street, Chatham. A special invitation is extended to all quilters to come. For more information call 688-8854.

### 'Sober signs' mark county

"Sober Drivers Have Happier Holidays" safety banners have been put up throughout Morris, Essex and Union Counties, according to Matthew J. Derham, president of the New Jersey Automobile Club (AAA).

This coincided with President Reagan's declaration that the week of Dec. 12-18 was "National Drunk and Drugged Driving Awareness week," Derham said. This week has also been designated as such in New Jersey by a proclamation signed by Governor Kean.

Each police department in the tri-county area received safety banners to be hung on trains, trestles, in shopping malls, on municipal buildings and other places to remind motorists that "drinking and driving do not mix," Derham said.

"We hope these banners will remind motorists that if you must drink, don't drive, and if you drive, don't drink," he added.

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**BREATHALIZER TEST**—Teresa McGeeary, executive director of the Union County Council on Alcoholism, gets a breathalyzer demonstration from Detective Brian Bantz of the Fairwood Police Department. A breathalyzer is used by police to determine the amount of alcohol in the bloodstream. According to McGeeary, 50 percent of all traffic fatalities are alcohol-related. "People have to realize that drinking and driving is a serious problem, especially during this time of year," she explained.

### Acting Studio schedules registration for courses

The Acting Studio in Cranford will be registering for the Winter term on Jan. 10 and 11. The classes will begin on Saturday, Jan. 15 and run for 10 weeks ending March 25.

The basic acting class, "The Actor Prepares", is an excellent class for building self-image, for getting rid of inhibitions, and for learning acting techniques used on the stage and in real life.

Other acting classes are "Character Creating", "Building a Scene" and "Scene Study". There is a special class for "Television Acting Technique".

Other types of classes offer at the Acting Studio are: "Speech and Diction", which is for anyone who wants a more beautiful voice and clearer diction; "Dance for the Theatre", a dance class aimed at actors who want to be able to move better on stage or in a musical; "Improvisational Acting", which involves pantomime and imagination.

Musical classes are also offered, like "Musical Performance", which is an acting class for singers; "Singing Technique" for voice training; "Voice and Performance" combining the two above classes; for advanced students; and "Sight Singing" to teach ear training and music reading.

Although the above classes are for adults, there are comparable classes for children, ages 7 thru 12.

The special class for children is "Children's Production Class", in which the students put on a play (sometimes musical) during the term. The last production class produced a musical version of "Story Theatre". Children's classes are either after school or on Saturday.

David Christopher, who has been running The Acting Studio for six years, is the primary acting teacher. His classes are small (no more than 8) for maximum individual attention.

Angela Intili is the singing teacher and all her classes are private lessons, except for the combined "Voice and Performance" class which she shares with Christopher.

For a brochure of all the classes, and information about times and costs, call Christopher 276-0276.

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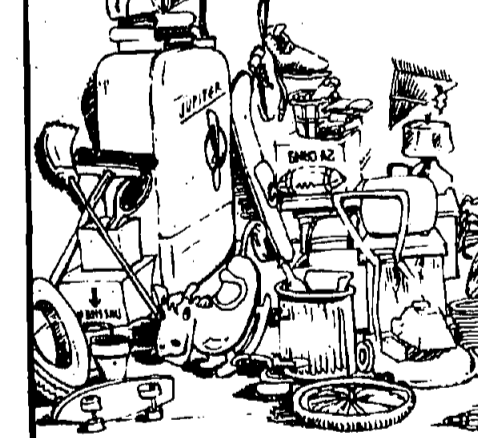
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### Dumont to give address at the third Tax Institute

W. Hunt Dumont, United States Attorney for New Jersey, will be one of four keynote speakers at the third annual Tax Institute, to be held Jan. 5 and 6 on the Fairham-Madison Campus of Fairleigh Dickinson University. Dumont will speak on "Views of the United States Attorney" at 12:45 p.m., Jan. 6.

Before he was appointed to his present post, Dumont was a member of the law firm of Robinson, Wayne and Greenberg in Newark. A graduate of Lafayette College, he received his L.L.B. degree from Seton Hall University School of Law. He is admitted to practice before all the courts in New Jersey, as well as the United States District Court for New Jersey and the Third Circuit Court of Appeals. He is a member of the Federal, American, New Jersey and Essex County bar associations.

a B.A. in economics at the University of Massachusetts and a J.D. from the University of Connecticut School of Law. He is a member of the Massachusetts and Federal Bar Associations as well as the Bar of the United States Supreme Court. He is director of the Newark District, Internal Revenue Service.

This year's conference will focus on new developments and practical tax planning ideas relative to the Economic Recovery Tax Act of 1981 and the Tax Equity and Fiscal Responsibility Act of 1982. Four concurrent panels will be offered during each morning and five for the afternoon session. The sessions will run from 10 a.m.-12:30 p.m. and

from 2:15-4:45 p.m. All sessions will be held in Dreyfuss College Building.

The program will include 18 sessions featuring such topics as: current developments in New Jersey inheritance, gross and corporate taxes, the sale, purchase and liquidation of a business; utilization of computers in a tax function; and evaluation of tax shelters. Experts in their fields will lead discussions at each of the sessions.

The cost of the seminar is \$145, which includes registration, lunches, and materials. For further information, call the Division of Continuing Education 377-7700, ext. 302.

### Holiday Greetings



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## Heart group begins a huge fund campaign

Next month postmen in Union County communities will be delivering "Dear Neighbor" letters sent from 5,000 volunteers on behalf of the American Heart Association. They will be requesting funds for the support of heart programs that contribute to the heart health of all Americans.

Treatment for a heart attack, for example, has come a long way during the last three decades. Until the late 1940's, if a patient survived a heart attack and was admitted into a hospital, treatment usually included bed rest, oxygen and pain killers.

"A heart attack victim was placed in

any available bed for several weeks and was gradually brought back to activity," said Dr. M.J. Berger, Ph.D., MD, president of the American Heart Association, Metropolitan Chapter. Today, patients still must have ample bed rest, but usually for only a few days or a week.

"Thanks to research, we can do much more for the patient today. Modern diagnostic instruments help us pinpoint the problem. Coronary Care Units help us study the patient's condition around the clock.

"Once we've identified the problem precisely, we can now treat it

precisely—with new medicine, or pacemakers, or open heart surgery. None of these techniques were available to doctors of the forties," Dr. Berger said.

The advances in heart attack treatment are partly due to the efforts of the American Heart Association in research, professional and public education and community service. These activities are supported through voluntary public contributions such as those that will be raised by the "Dear Neighbor" campaign.

Although heart attacks happen suddenly, research has demonstrated that

they are often the result of a slow disease called atherosclerosis.

"In atherosclerosis, the insides of the coronary arteries (the arteries that supply blood to the heart muscle) are gradually roughened and narrowed by deposits of cholesterol and other fatty substances. If a blood clot blocks one of these narrowed passageways, blood cannot flow to part of the heart's muscle, resulting in a heart attack," Dr. Berger said.

But all heart attacks are not the same since the amount and location of heart muscle damage varies among patients.

"During the 1950's and 60's, researchers developed tests to determine the presence, location and extent of heart muscle damage caused by an obstructed artery," the heart association president said.

The tests have shown that the full extent of heart muscle damage often occurs between 12 and 72 hours after an attack. By responding quickly, it may be possible in some cases to limit the loss of muscle tissue. The extent of damage can also be measured now by the level of certain enzymes in the blood and by some special electronic devices.

"Research during the 70's has focused on patient psychology, new ways to detect blockages that obstruct arteries and non-invasive procedures to detect heart disease," she said.

And with the treatment is improving, scientists are continuing research to identify the various causes of atherosclerosis, in hopes of avoiding a heart attack in the first place," Berger said.

The American Heart Association has invested millions of dollars in research during the last 30 years and the investment has paid rich dividends. "But more needs to be done. So give generously to your "Dear Neighbor" campaign," she said.

Union County communities participating are Berkeley Heights, Clark, Cranford, Fanwood, Mountainside, New Providence, Scotch Plains, Springfield, Summit, Westfield.

## Literature, psychiatry come together

For Dr. Norman Will and his Union County College English classes, contemporary literature and psychiatry go hand-in-hand.

A novel approach to teaching literature?

"Yes," says Will of Glen Ridge, "but it works."

What the Union County College professor did this semester was to invite two members of the psychiatric profession to speak to two different classes, after receiving a letter from the New Jersey Psychiatric Association offering the group's services in the educational forum.

"I can provide a literary viewpoint, but the two psychiatrists who lent their expertise to my classes offered a psychoanalytical point of view," said Will.

That contemporary approach to teaching literature apparently paid off, because according to the Union County College professor the students in both English classes reported their perceptions of two well-known writers have changed since hearing the psychoanalytical viewpoints.

Will first decided to tie in this different approach to understanding literature with the study of the poetry of Sylvia Plath, author of "The Bell Jar." A very popular writer among students, Plath, in a macabre sort of way, is admired by young people because she committed suicide.

"Students seem to think that art and insanity are synonymous," said Dr. Will. "I wanted to dispel this myth."

To the end, Will employed the aid of Dr. Martin Silverman of Maplewood, a psychoanalyst, who provided the English class with a "psychological viewpoint" of Ms. Plath, as well as a professional viewpoint of her suicide.

"Dr. Silverman provided us with a very intense class session," reported Will, "as he tried to argue that Plath's poetry did not grow out of her illness and that her suicide was a failure of her poetry. Said Dr. Will, "poetry should make sense, it should give life. In that, she failed, as a poet."

Did the class get the message?

Discussion among the students following the lecture by Dr. Silverman and in subsequent classes showed students "shifting" their view of Plath, no longer admiring the things they should pity," said Will.

"One student thought after reading poetry that you had to be crazy to be a poet. Now he sees his own poetry in a clearer light. He has no false expectations about his role as a writer."

A second class studying Shakespeare and his sonnets also benefited from the psychiatric expertise, this time offered by Lawrence Bloom, a psychotherapist from Montclair.

An English major at one time himself, Bloom spoke to the class about Shakespeare as a creative personality.



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