

# Springfield Leader

"Your Community Leader"

VOL. 55 NO. 17 SPRINGFIELD, N.J., THURSDAY, JANUARY 19, 1984

Two Sections



30 cents

(Continued from page 9)

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## Regional board receives 7G in special equipment

By VICKI VREELAND  
The Union County Regional Board of Education accepted a sizeable contribution Tuesday night at its regular meeting at Arthur L. Johnson Regional High School to purchase designated equipment. The acceptance was authorized on the condition that the purchases become the property of the regional district.

The parents of a regional high school student donated almost \$5,000 for the purchase of two Apple II microcomputers for the Neurologically Impaired Program of Jonathan Dayton Regional High School. The donors requested to remain anonymous.

The second contribution was made by Casak Publications, Springfield, who donated an Addressograph machine, a Graphotype machine, and several cabinets of plates to the district's Trainable Mentally Retarded Program at the Arthur L. Johnson Regional High School. The equipment has an estimated value of \$2,600.

At the meeting, Dr. Francis Kenny, director of pupil personnel services, discussed the district's career-counseling program for the students. "Career counseling is an ongoing activity from grades 8-12. We stress the fact that in the majority of guidance counseling sessions, some time of career counseling enters in," Kenny said.

According to Kenny, the first step in career guidance takes place in the ninth grade when students take an "interest inventory." This initiates them into thinking about a career.

The following year, the students complete a 14-page workbook on "career investigation." The workbook is divided in three sections: developing awareness of self, awareness of career opportunities, and realistic applications.

Kenny said that although all students do not reach a career decision in high school, the guidance training they receive teaches them the decision making process.

A career speaker program is also an aspect of career counseling. Professionals from various fields are invited to the schools to speak to students who are interested in their line of work. Students also have an opportunity to enlist in a "Shadowing Program." These programs are usually offered by local Rotary Clubs whose members offer to have a student observe them on their job site for a day.

Kenny mentioned the Boy Scouts circulate career surveys to high school students to determine where career

interests lie. The "Job Placement Services" instruct students on job interview techniques, how to get working papers, and how to fill out job applications.

Kenny referred to follow-up surveys of graduates from the regional districts for evaluation of their career counseling training. According to his statistics, 63.87 per cent of the students reported their career guidance experiences were "satisfying."

Harold Donaldson, board member, stated he saw surveys that implied a large amount of graduates were not satisfied with the guidance training they received.

Dr. Donald Merachnik, superintendent of schools, suggested that the district research a new way of obtaining feedback on the career counseling program, since many students do not reply seriously in surveys.

The board received a legal decision from its attorney, Franz Skok, as to how to dispose of a supply of student athletic shoes purchased in past years. According to Merachnik, the board was instructed by its legal opinion was to hold an auction and sell all the shoes to one vendor.

Stephen Marcinak, chairperson of the policy committee, reported the committee is considering a more "liberalized" approach for tuition of regional schools, but haven't moved into the next year.

John Conlin, chairperson of the education committee, announced the committee would meet Monday to discuss a number of proposals. Those mentioned were: limiting mathematics class sizes to 25, discussion of support of a New Providence Board of Education request to the New Jersey School Boards Association to reduce the time allotted for gym and health classes, and discussion on how to utilize further community resources.

The State Department of Transportation has plans to construct a one foot drainage ditch at the rear of the Governor Livingston High School parking lot to prevent erosion. Work will begin in the spring.



ON STRIKE - Striking workers picket Shop-Rite in Springfield. The meat handlers went out on strike Sunday and are being joined on the picket line tomorrow by the clerks and cashiers who voted to honor the strike.

By VICKI VREELAND  
A group of Briar Hills Circle residents determined to get Possum Pass officially closed are expected to dominate Tuesday's township committee meeting. Also on hand will be Walter Gardiner, Union County traffic engineer.

The coalition is armed with traffic surveys and historical reports that say the opening of Possum Pass almost 30 years ago was a mistake. According to Briar Hills residents, the street is used by the commuters to get into Mountaintop.

Traffic surveys by residents have counted upwards of 4,500 vehicles. Residents claim the traffic problem is compounded by speeding vehicles. They have requested the township committee by oral address and petition to close off the street.

Mayor Philip Feintuch recently said, "At this time, I have a very open mind. I have reservations about closing it, but I haven't made any fixed view yet. The problem appears to be clear; the residents are rightfully complaining about the high volume of traffic and the people who use the roadway are objecting to closing it."

Joanne Tedesco, deputy mayor, said, "I want to hear comments from the township. We really have to believe we can make a sound judgment."

Committee member William Cieri stated, "At this point, I am philosophically opposed to closing the road, but I am willing to hear the evidence. I am opposed to isolating an entire section of the town and putting them on Route 22." Cieri added that emergency vehicles and school buses use the street.

Members from the Briar Hills committee said that William Ruocco, committee member, was very supportive of their cause during his term last year as mayor.

Recent conversations with members of emergency rescue units in Springfield found they are overwhelmingly opposed to closing Possum Pass. The volunteer fireman said it is much traction on snow or ice as regular tires.

## Township committee meeting to draw residents of Briar Hills

things I have ever heard of. Our response time is already slow, and that would take out another three or four minutes." He suggested making the street a One-Way.

Elaine Auer, a first aid squad member, said, "It would be a disaster. Patrolman Judd Levenson commented, "It is already difficult to get to Rolling Rock Road, Chimney Ridge Drive, and Clearview Road. It would make more of a delay for emergency vehicles. We would have to go up Route 22 West to Summit Road."

A spokesman for the fire department suggested that view. "It would, without doubt, cause us some delay. If a gate is put up, we would have to stop and open the gate. A tremendous amount of consideration will have to be given to the construction of something like that. It would have to be a gate that would swing open."

## Icy conditions on roads cause several automobile accidents

Last week's first snowstorm left behind an icy mess that caused a rash of accidents in Springfield. However, police reported no serious injuries.

A three-car accident on Mountain Avenue occurred when the leading vehicle on the roadway skidded sideways and was struck by a following vehicle. The second car tried to avoid the vehicle but was unable to stop on the icy road.

The third vehicle had the same experience. Another accident on Mountain and Henshaw Avenues occurred when a driver stopped for a green light, thinking it was red. The driver told police they could not see the light because of the sun's glare on the snow.

The car was struck by the vehicle behind it who could not stop on the ice.

A driver who tried to avoid a cat crossing Tooker Avenue skidded on and struck a parked car.

Minor accidents were also reported on Silver Court and South Springfield Avenues.

A potential serious accident of another sort occurred Friday morning when a section of the ceiling in the court clerk's office, Olga Murano, court aid violations clerk, and John Keyworth, deputy court and violations clerk, were both seated at their desks when the 2 ft. x 1 1/2 ft. section of plaster crashed on Keyworth's desk.

Both women were unharmed, although hit with falling debris. A member of the Department of Public Works who was on hand to clean-up stated, "If nothing gets done, the whole ceiling will cave in." Municipal employees said the attic has been leaking.

A Millburn man was charged with driving while intoxicated after he struck a parked car on Mounting Avenue about 9 p.m. Saturday. Glenn Zinszer, 36, was released on his own recognizance.

The Springfield Nursery, 492 Mountain Ave., reported 98 windows in its greenhouse, broken sometime Sunday afternoon.

With all the accidents, drivers should be aware of the following tips which make driving during the winter somewhat less hazardous.

The National Safety Council's

Committee on Winter Driving Hazards recommends a check of a car's trunk for broken or missing emergency equipment.

Booster cables should be checked for broken wires, loose connections at the clips. Replace or securely tape torn plastic insulating handles. Tire chains should be checked for broken links and bent fasteners.

Emergency flares or reflectors damaged in a previous emergency should be replaced. Flashlights or lanterns should have fresh, new batteries.

Additional traction aids to get started from, impossible spots could include a shovel along with sand or cinders, rock salt or traction mats, and a tow chain or strap.

Inside the car, carry scrapers and a snowbrush along with a good spray de-icer and clean rags.

The International Association of Chiefs of Police suggest the following winter driving tips.

Away from traffic, get the "feet" of the road by accelerating carefully to see if your wheels spin, or brake gently to see when they skid. Reduce your speed accordingly.

Increase the following distances. It takes three to nine times as far to stop on snow and ice as on dry pavement.

Plan maneuvers far ahead. Avoid sudden changes in direction or speed.

"Pump" brakes to slow or stop, don't jam them on. An intermittent completely on-off pumping action keeps wheels rolling and helps maintain steering control.

Use good tires with good treads. Better yet, use snow tires which provide half again as much pulling power in snow as regular highway tires.

Keep the windshield and windows clear at all times. Replace streaking wiper blades. Be sure your windshield washer fluid contains adequate antifreeze.

Tire chains should be used for severe snow and ice conditions. Reinforced chains provide four to seven times as much traction on snow or ice as regular tires.

## Budget meetings set by local Board of Ed

By VICKI VREELAND  
The Springfield Board of Education held a special meeting last week to approve revised meeting dates for January due to a state requirement on school budgets. George Gomes, Board president, said the county superintendent has requested the district's budget by Feb. 1.

In order to have ample time for public discussion of the budget, the two remaining Wednesdays in January have been scheduled for budget meetings as follows:

Last night, the monthly conference meeting and board discussion of the tentative 1984-85 budget was held at the Gaudineer School cafeteria.

On Jan. 25, a regular monthly meeting for board business is scheduled for 8 p.m. in the Gaudineer School cafeteria. A vote is scheduled to be taken on the tentative 1984-85 budget.

Gaudineer School. The board also intended to discuss a leasing agreement of the Raymond Chisolm School to Springfield. After the vote has been taken, the Board will resume its conference meeting.

On Jan. 25, a special meeting will be held for the purpose of public discussion, and possibly further board discussion, of the tentative 1984-85 budget. The meeting will be held in the Gaudineer School cafeteria.

On Jan. 31, a regular monthly meeting for board business is scheduled for 8 p.m. in the Gaudineer School cafeteria. A vote is scheduled to be taken on the tentative 1984-85 budget.

## Cook receives 2nd Lt. rank

Marthe 2nd Lt. Peter J. Cook, son of Edward and Marie Cook of Washington Avenue, was commissioned in his present rank upon recent graduation from Officer Candidate School.

The 10-week school was conducted at the Marine Corps Development and Education Command in Quantico, Va. The course is designed to screen and train personnel for commissioning as Marine Corps officers by providing instruction in leadership and basic military subjects and emphasizing esprit de corps and self-discipline. A demanding physical conditioning program complements the students' course of study.

Cook will now attend the 21-week course at Officer's Basic School, also at Quantico.

## CARE hearing slated Monday

The last hearing for the CARE versus the Springfield Board of Education case will be held Monday, according to C.A.R.E. attorney James Stahl. The case is being heard in the Office of Administrative Law, Newark, by Judge Stephen Weiss.

Dr. Fred Baruchin, Springfield superintendent of school, is expected to testify in the rebuttal half of the case. According to Stahl, the outcome of the hearing should be decided after Feb. 24.

The C.A.R.E. organization (Civic Association for Responsible Education) has charged that the board of education acted illegally in the bidding procedures for the sale of the Edward Walton School. C.A.R.E. further contends that a township sub-division ordinance was violated.



CLEARING THE LOT - All the schools in Springfield were closed last Wednesday due to the winter storm that dropped about four inches of snow on the township. Pictured above is a snow that helped clear the parking lot at Jonathan Dayton Regional High School on Mountain Avenue.

**On the Inside**

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Classified ads in Focus

Photo by John Routsikakis



MASTERPIECES COMING UP—Students at the Thelma Sandmeier School in Springfield work on paintings during their art class. Sandmeier students in top left, and David Tazaki, in bottom photo are Pal Conte School, are pictured preparing their creations for the annual Channel 13 art competition. (Photos by John Boulskaris)

# Library column This 'look' at marriage done in a positive way

BY RUSSELL SIMON  
SPRINGFIELD—Following are reviews of popular books at the Kenilworth Public Library.

**MAKING MARRIAGE WORK**  
"Giving Time A Chance," by Ronny Romney and Betty Harrison.  
Two happily married women have looked at marriage in a positive way. They have interviewed several average American couples who took their marriage vows seriously, and have worked at making their commitment endure. They selected couples who had forged a good relationship and who had been married for at least five years.

Some were two career couples, others were traditional; some lived lavishly, others had financial problems. Some were young and elderly; some had children, others were childless. All of them admitted that a good marriage takes time, patience, and trust; that there are joys as well as griefs. Their first years together were indeed happy, both advancing their careers, first living in Hollywood, then in Orange, N.J., after their daughter Angela was born.

In 1970 Marilyn's fulfillment of her dreams was realized when she sang at the Metropolitan Opera with Joan Sutherland in "Norma."

She tells of her further achievements, of her becoming a coloratura-mezzo, her life with Lewis, then their divorce, and her present liaison. This candid memoir is interspersed with absorbing anecdotes about herself, her family, and many of them prominent in the world of music. Many photographs and discography are included.

By Rose Simon

**UNDERSTANDING MENTAL DISEASE**  
"Surviving Schizophrenia," by E. Fuller Torrey, M.D.  
More than two million people in the USA alone are afflicted with the brain disease known as schizophrenia (not to be confused with "split personality," and in spite of its prevalence and severity it is also very costly very little attention has been paid to this "most tragic chronic disease remaining in the United States," according to Western civilization.) Unlike cancer, this disease does not evoke sympathy or understanding, which are most essential for the emotional and physical survival of both the patient and the family.

Certain abnormalities in the schizophrenic may be observed. But not all the following are necessarily present: alteration of the senses (either over-acute or blunted), inability to respond appropriately, delusions and hallucinations, altered sense of self, changes in emotions, changes in behavior. Since the disease is difficult to diagnose, it must be evaluated by at least one well-qualified psychiatrist.

Dr. Torrey, a clinical and research psychiatrist, discusses possible causes of schizophrenia: genetic, biochemical, viral, nutritional. While the disease is not usually curable, and is treatable, a course of action is prescribed. Advice for family members is given and considerable attention is paid to behavior, support groups, living quarters (home, hospital or institution), legal and financial matters.

Jurors Ned Rifkin, curator at New Museum of Contemporary Art, New York and of the 84 Venice Biennale; and Irving Sandler, faculty, visual arts department, State University of New York, Purchase, selected the winners. They are Nancy Callahan, Ralph Caplan, Katharine Carter, Mary Funnell, Joel Gale and Ann Kent. Summit. Gary Brieche of Clinton is the winner of the special V.I. Johnson Graphics Award, endowed by the Summit Art Center.

Honorable mentions were awarded to Tim Gaydos, Daniel Jackovino, Patricia Kettinger, Anne Ross, John Salvati and Sally Swenson.

**JURIED SHOW '84** continues weekdays 12-4 p.m., and weekends 12-4 p.m. For further information, call 273-9121.

# Kenilworth Library offering computer checkout

BY DENNIS PANCHVSHYN  
KENILWORTH—Today's library offers more than books. In fact, the Kenilworth Public Library allows patrons to check out computers.

Yes, besides taking out "The Grapes of Wrath" and "Gone with the Wind," a patron can borrow a computer. And it doesn't cost an arm and a leg either, unless it is kept out past its return time.

To borrow a computer requires a \$15 deposit, and the rental fee is only \$1 per day. Most people who take out a computer from the Kenilworth Library return it within a week, according to Joan Scheurmann, library director, and usually there is no writing list.

The library started lending the Times Sinclair 1000 Personal Computer about eight months ago, and there are currently three available. They are hoping to obtain a personal computer for patron use in the library soon, Scheurmann said.

The "Times" computer comes with a complete manual for assembly and instruction and all the connectors which hook up to the television. There is one word of caution—a patron has cable television, the cable has to be disconnected. Not knowing this, some people have returned it saying it doesn't work.

The instructions are simple, and tell the user all he wants to know. The computer will not damage the television, either. The Times is a basic computer, 6 1/2 inches by 7 inches, about the size of a small dictionary. After it is connected, the image appears on the television screen and it is ready to start.

Most people borrow a computer to see if they want to buy one eventually, said Scheurmann, who has been the library director for 13 years. She said they have added numerous books on computers since the error began, including different ones for various models, and even computer books for children. There are also books on what computers can do for you, not just instructional ones.

# Kushen is selected to head Foundation

KENILWORTH—Allan S. Kushen, senior vice president-public affairs, Schering-Plough Corp., has been elected to the additional post of president of the Schering-Plough Foundation, Inc., effective Jan. 1. He replaces Richard J. Bennett, who is retiring on that date.

The Foundation, an independent, non-profit organization sponsored by Schering-Plough, supports activities and programs devoted to improving the quality and delivery of health care through medical and allied education, cultural institutions, particularly where Schering-Plough Corp. has major facilities.

Kushen joined Schering Corp. now a subsidiary of Schering-Plough, in 1965 as an attorney, and was elected vice president and general counsel in 1973 and senior vice president in 1980. He was elected a trustee of the Foundation. Kushen is a trustee of Keon College, the Elizabeth General Medical Center and the Arts Council of the Morris Area, and is a director of the United Way of Morris County.

Kushen received his B.B.A. and LL.B. in 1962 from the University of Miami, Fla., and his LL.M. (Trade Regulation) in 1965 from New York University, where he was a Food and Drug Law Institute Fellow. He is a member of Phi Delta Phi legal fraternity.

Among his professional affiliations, Kushen is a member of the New York and Florida Bars and the American College of Legal Medicine, and a trustee of the Food and Drug Law Institute. He also serves on the Editorial Advisory Board of the Food, Drug and Cosmetic Law Journal, and has lectured widely on food, drug and cosmetic law.

In addition, he is a member of the board of visitors of the Yale Law School (Civil Liability Project) and the New York Advisory Board of the Allemdale Mutual Insurance Company.

Kushen resides in West Orange with his wife and two children.

Also elected at the recent organizational meeting were three trustees. They are Richard J. Kogan, executive vice president-pharmaceutical operations; Hugh A. D'Amico, senior vice president-administration; and Harold R. Hiser, Jr., senior vice president-finance, all of Schering-Plough Corp.

Continuing on the Foundation's seven-man board with Kushen are Schering-Plough executives Robert P. Luciano, president and chief executive officer and R. Lee Jenkins, executive vice president-consumer operations; and William H. Scholl, former vice chairman of the Board of Schering-Plough Corp.

Schering-Plough is an international manufacturer of pharmaceutical and consumer products.



GROUP PROJECT—New office building that has been constructed off of Garden State Parkway exit 138 in Kenilworth was directed by architect Gabriel A. Calandra of Springfield (second from right) and Edward J. Rondinelli, president of Rondelli Construction Corp. Joining in the celebration of the completion of the building are Larry Borujian and John Hansen, presidents of Northern Feather, Inc.

# Art show runs through Feb. 5

SPRINGFIELD—Juried Show '84, a national exhibition at Summit Art Center, Summit, is running through Feb. 5. Six \$250 prizes and six honorable mentions will be presented at the gala event.

Jurors Ned Rifkin, curator at New Museum of Contemporary Art, New York and of the 84 Venice Biennale; and Irving Sandler, faculty, visual arts department, State University of New York, Purchase, selected the winners. They are Nancy Callahan, Ralph Caplan, Katharine Carter, Mary Funnell, Joel Gale and Ann Kent. Summit. Gary Brieche of Clinton is the winner of the special V.I. Johnson Graphics Award, endowed by the Summit Art Center.

Honorable mentions were awarded to Tim Gaydos, Daniel Jackovino, Patricia Kettinger, Anne Ross, John Salvati and Sally Swenson.

**JURIED SHOW '84** continues weekdays 12-4 p.m., and weekends 12-4 p.m. For further information, call 273-9121.

# Drunk drivers target of 2 bills by Bassano

State Senator C. Louis Bassano is urging Gov. Thomas Kean to sign into law legislation requiring first-time drunk offenders to serve a minimum of 12 hours in a county resource center to determine whether the driver has a drinking problem.

"State police have determined that nearly half of all fatal accidents in our state are due to alcohol abuse. We in the legislature are making a concerted effort to eliminate drunk drivers from our roadways," Bassano said.

Another bill sponsored by Bassano, which recently passed the Senate unanimously, would suspend the driver's license of an "undrugged drunk" who uses false identification to purchase liquor. If the offender does not have a license, it will require a one-year waiting period before a license could be issued.

"Too many of our young people are killed on our highways because of drunk driving. We are toughening up the penalties they face if they drink and drive to discourage such behavior. These bills, along with the recent arrest of 167 adults and 164 juveniles. There were 54 burglaries reported, 24 stolen cars, 26 drug abuse violations, one rape, two cases of prostitution, three robberies, and seven bomb scares.

A total of 2,532 motor vehicle summonses were issued, the majority (1,353) which were parking violations.

# Korn earns his degree at FDU

KENILWORTH—Ronald Korn of Chilton Avenue, Kenilworth has completed requirements for the bachelor of arts degree at Fairleigh Dickinson University, Madison Campus.

An English major with a concentration in communications, Korn achieved dean's list honors in his final semester and was also nominated by Dr. James Scully, dean of students for the national dean's list. The 1979 David Brearley Regional High School graduate also distinguished himself in varsity golf at the university.

He played four seasons for FDU, capturing the squad in his senior year, and gaining M.V.P. honors in his last two seasons. Korn also played in the past two I.A.A. golf tournaments, both held in Ohio.

# Borough police busy in 1983

KENILWORTH—The Kenilworth Police Department recently released its year-end report for 1983, which showed police responded to a total of 8,580 incidents.

The highest number of calls, 1,540, were general requests for police service. The report showed 915 false alarms were called in.

Other fairly common types of calls were: criminal mischief, 259; animal complaints, 223; noise complaints, 178; motor vehicle accidents, 50; domestic complaints, 35; and motor vehicle complaints, 574.

More serious cases for police action were: lesser in incidence. Police arrested 167 adults and 164 juveniles. There were 54 burglaries reported, 24 stolen cars, 26 drug abuse violations, one rape, two cases of prostitution, three robberies, and seven bomb scares.

A total of 2,532 motor vehicle summonses were issued, the majority (1,353) which were parking violations.

# HELPING JUNICEF—The children in Mrs. Kathryn Ensslin's fourth grade class at Harding School in Kenilworth collected \$42 during their Halloween trick-or-treat travels to help the UNICEF organization in its effort to provide food, medical supplies and education to people in underprivileged areas of the world. From left to right, Jennifer Zalinski, Jason Fennes and Cheryl McSweeney, the top collectors in the class.

# \$2500 Is All You Need at INTER COMMUNITY BANK "The I Care Bank"

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DEPOSIT	PERIOD	RATE	BALANCE AT END OF PERIOD
\$ 2,500	60 Mos.	8%	\$ 3,673.32
\$ 5,000	48 Mos.	8 1/2%	\$ 6,929.29
\$ 7,500	36 Mos.	9%	\$ 8,712.72
\$10,000	36 Mos.	9 1/2%	\$13,129.32

Your choice of either:  
19" G.E. Color T.V. or  
a Sanyo Microwave Oven

DEPOSIT	PERIOD	RATE	BALANCE AT END OF PERIOD
\$ 2,500	72 Mos.	7%	\$ 3,751.83
\$ 5,000	60 Mos.	8%	\$ 7,346.64
\$ 7,500	48 Mos.	8 1/2%	\$10,393.94
\$10,000	36 Mos.	9%	\$12,950.29

Your choice of either:  
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Linden Office: 1638 St. George Avenue, Linden, New Jersey 07036  
Union Office: 2331 Morris Avenue, Union, New Jersey 07083

# Board of Health appointments

SPRINGFIELD—The Springfield Board of Health announced positions for the new year at a recent reorganization meeting.

Dr. Allen J. Spiegel was appointed chairman and Patricia Cuberly was selected deputy chairperson. Richard Sherman, Esq., will serve as the board's attorney. Arthur Dieters, township clerk, will be appointed Secretary and Registrar of Vital Statistics, and Helen Maguire will serve as deputy registrar.

Other members serving on the board are: Gail Muntanari, Doris Sobin and Dr. Richard Luciani. Dr. Henry Birme is the health officer under contract with the Regional Board of Health of Summit. Susan Kellerman was appointed sanitarian for the year 1984. The board of health meets the third Wednesday of each month at 7:30 p.m. in the council room at the municipal building.

**DeLorme finishes recruit training**  
SPRINGFIELD—Marine Pvt. Joseph F. DeLorme, son of Joseph M. and Evelyn DeLorme of 32 Henshaw Ave., has completed recruit training at the Marine Corps Recruit Depot Parris Island, S.C.

During the 11-week training cycle, he learned the basics of battlefield survival. He was introduced to the typical daily routine that he will experience during his enlistment and studied the personal and professional standards traditionally exhibited by Marines.

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**Portable Heaters**

**Arvin 850 Watt Radiant Heater \$19.99 Reg. \$27.00**  
Space-saving, with safety tip over switch, carrying handle. Model no. 10425.

**Crestline Portable Radiant Quartz Fan-Forced Heater 44.95 Reg. 55.95**  
• Built-in thermostat for consistent heat.  
• Fan-forced for wide heat distribution.  
• Automatic tip-over shutoff - Quartz tube heating element - Quartz glass reflector - Convenient carrying handle. #4940

**Crestline Radiant Convection Space Heater 59.95 Reg. 126.00**  
Rated heat output 6,500 BTU/estimated heating area 20' x 20' (540 sq. ft.). For 14 to 20 hours. Built-in fan. Carrying handle. #4940. Features: Supply Limited, Model 3102

**Arvin 1320 Watt Portable Electric Heater 25.99 Reg. 33.00**  
1320 Watt, with auto reflector & instant ribbon element. For greater heating. Automatic room thermostat. Tip over safety. #4940.

**Crestline Radiant Heater 89.95 Reg. 118.00**  
Rated heat output 6,500 BTU. Estimated heating area 20' x 20' (540 sq. ft.). For 14 to 20 hours. Built-in fan. Carrying handle. #4940. Features: Supply Limited, Model 3102

**Crestline Radiant Convection Heater 109.99 Reg. 176.00**  
Rated heat output 10,000 BTU. Estimated heating area 20' x 27' (740 sq. ft.). For 14 to 20 hours. Built-in fan. Carrying handle. #4940. Features: Supply Limited, Model 3102

**Crestline Convection Heater 129.99 Reg. 218.00**  
Rated heat output 10,000 BTU. Estimated heating area 20' x 27' (740 sq. ft.). For 14 to 20 hours. Built-in fan. Carrying handle. #4940. Features: Supply Limited, Model 3102

**Arvin Portable Radiant One Heat Fan Forced Perimeter Heater \$47.99 Reg. \$67.00**  
2200 Watts, with auto reflector & instant ribbon element. For greater heating. Automatic room thermostat. Tip over safety. #4940.

**Clean-Heat Catalytic Converter \$19.95 Reg. \$24.00**  
For Your Kerosene Heater. #4940. Features: Supply Limited, Model 3102

**Arvin Two Heat Perimeter Heater \$54.99 Reg. \$65.00**  
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### Springfield Leader

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## Action overdue

A number of the residents of Briar Hills Circle, as well as surrounding streets, will be out in force at Tuesday night's Township Committee meeting to try to correct a problem they feel has existed for almost 30 years.

According to the residents, when Briar Hills Circle homes were constructed in 1955 off Mountain Avenue, they were assured that "Possum Pass," located at the south end of the circle, would not be opened as a street.

However, it was opened as a street, and almost immediately, drivers began to use it as a "through" street shortcut to avoid other routes. As early as 1956, the Briar Hills Circle residents banded together to complain about what they felt was a blatant disregard by the township for its original plan for Possum Pass.

The traffic on the Pass has continued to grow and it has been estimated that over 4,500 cars pass through daily. There have been warning signs erected over the past three decades, but with no real meaning. There is a "no thru street" sign at the entrance of Briar Hills Circle from Mountain Avenue, which has no effect. There was once a "no thru street" sign at Possum Pass, but residents say it disappeared a long time ago.

Residents have approached the Township Committee with facts and figures to prove the circle was not meant to be a "thru" street. An ordinance to close Possum Pass has been talked about, but its introduction could come only after a public meeting, which is Tuesday night at Town Hall.

This almost 30-year battle to maintain neighborhood quality deserves the praise of all members of the community. We salute the people of Briar Hills Circle for their perseverance, and we hope the Township Committee will finally act on a situation that has been allowed to fester for much too long.

## Letter to the editor

**Sees 'ambitions'**  
Once again I am using this good paper to assert my views. It is clear to me that the defense being forced out from the "metaphoric majority" concerning the legal expenditures has little or no meaning. It is my impression that so vital a majority position on the Board of Education to "Cause" leaders to aspire to higher political ambitions within the town, that only a top law firm such as Giblin and Giblin will do to defend their actions. The opposition to the "metaphoric majority" is a political compromise for the "metaphoric majority" are using the most basic political election, the school board, to aspire to higher political office. It is that assumption coupled with a genuine desire for a better school system, that the people of Springfield are doing a hard day's work. Some to the board meeting to hurl charges at their adversaries, and to be verbally abused in return.

The opposition to the "metaphoric majority" has offered compromise, by changing their views on the Caldwell School building closing, and guaranteed its permanency. They have been denied compromise, even after making this major shift in their thinking. It is my opinion that if the balance is buried, the "metaphoric majority" can no longer take advantage of the fragility of the human mind.

Let me explain what I mean: First, being human beings, we all look for shortcuts in remembering, to help us face the multitude of facts we live with everyday, the word "Cause" served that purpose. The word was an entirely symbolic saving Caldwell School. The mere mention of the word spared the residents of the area to think in terms of devalued equity in their homes. Thus, the metaphor "Cause" was invented. The self-proclaimed "elitists" arrived and grew greedy, for they did not consider the influence of the Walton School area, the needs of the Cause constituency would not be met. The competition in such psychological areas as dress and trips, etc. or the parents who did not have a second car to pick their children up in the event of an emergency, or myself admitted guilt in this matter, for I did not think in those terms. But that is all behind us now, and "Care" has offered compromise. The compromise is "political obsolescence" for the "metaphoric majority," for they have nothing to offer other than the word "Cause," which would lose its validity if Caldwell were saved permanently. If the Caldwell vs. Walton closing would be gone, who would be left to insure their tenure on the board?

Theoretically, an organization such as the one they command now could be put to good use in any township committee election, in an issue such as "backing the proper majority."

These are all very feasible ideas, if the political price is right, for the "metaphoric majority." If the last of the "metaphoric majority" is to influence political events in this town, the school board should not be exploited to do it. Each group sees an entirely different picture of the other, and that is wrong, for they both live in the same environment.

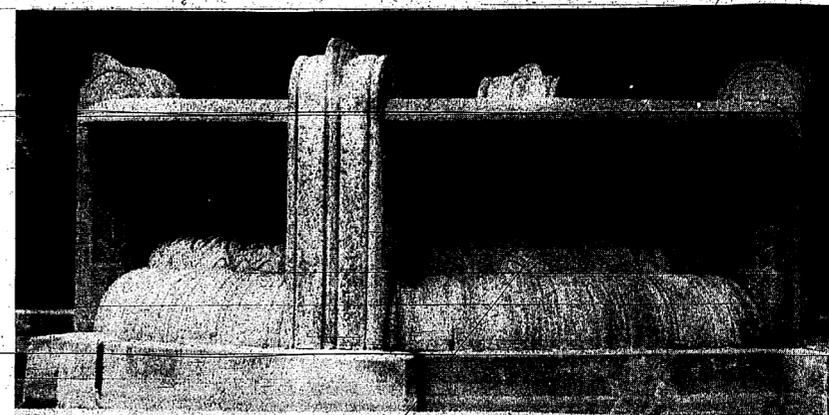
In my opinion, unless the majority is defeated no one can ever answer the question posed in the form of a question several weeks ago in this very paper by Dr. Charles Berenson, who asked in his letter "What has happened to the town I knew, my beautiful town?"

MARTY NOVICH  
Mekel Avenue

## Municipal meetings

**AT MUNICIPAL BUILDING**  
Mountain Avenue  
Township Committee, 2nd and 4th Tuesdays at 8 p.m.; conference, preceding Monday at 7:30 a.m.  
Springfield Board of Education, 3rd Monday at 8 p.m.; conference, preceding Wednesday at 8 p.m.  
Board of Health, 3rd Wednesday at 8 p.m.  
Zoning Board of Adjustment, 3rd Tuesday, 8 p.m.  
Planning Board, 1st Tuesday at 8:30 p.m.  
Environmental Commission, 2nd Wednesday at 8 p.m.  
Base Leveling Board, 1st Thursday at 8 p.m.  
Board of Review, 1st Tuesday at 7 p.m.

## Scene around the towns



Guest photographer David Allison of Linden didn't have to go far off the beaten track to find this week's Scene (at top). It's located in Union. If you recognize it, tell us about it by 9 a.m. Monday. Write to Scene, room of this paper, P.O. Box 3109, 1291 Stuyvesant Ave., Union 07083.

One of those who recognized last week's Scene was Jeanie Spangola, a fourth-grader at Deerfield School in Mountainside, who came up with her second correct answer in three weeks. It is she pointed out, the Springfield Post Office, "across the street from the high school." She wrote, "I go past the Post Office a lot. In the summer I go past the Post Office because I go to the swimming pool close to there. My mother and father go there a lot."

Ernk McSweeney of Linden, who has become a Scene regular, also recognized the picture of the Post Office, "across the street from the Dayton Regional High School." As a school bus driver, McSweeney explained, he passes it daily when he takes students from Mountainside to the high school. "Last Friday, as I was passing the Post Office, I heard some of the kids identify the building as I go to the swimming pool and know what's going on," he added.

Owen E. Morrison of Kenilworth had an even better reason for recognizing the picture. "I was employed by the Post Office at Springfield for 41 years, and on June 1, 1971, became its postmaster. I retired in April 1983."

Susanne Rendeiro spotted the Scene as one that she passes daily on her way home from school. "I have passed it every day for three years now," she wrote. She added, "I recognized it by the tree. It's a beautiful tree and would make the perfect town Christmas tree as long as it isn't cut down."

Thomas W. Apparon of Irvington has recognized any of the Scenes that appeared in recent months but is now submitting an answer for the first time, he reported. Employed in an office building three blocks away, he visits the Post Office twice a week and "I know many of the personnel who work there," he wrote. Though a resident of Irvington, he has worked in Springfield "for many years," he added.

Barbara Reifsnider of Springfield scored her third correct answer when she recognized the Post Office. Michael Korab of Linden and Mrs. K. Roettger of Springfield were other readers who came up with the right answer.

Too late for last week: A letter from McSweeney, who this week has his first guest column on this page, found its way into the wrong mailbox and didn't arrive until late last week — even though he wrote it on Dec. 23, the day he spotted a familiar Scene. "The mystery Scene this week is the Mountainside Library," he wrote. "I spent many hours at the library in between my school runs. You see, I drive for the Mountainside schools, have time between 1971, between my runs and instead of going home ... I retired in April 1983."



When you start training your animal, go to a nice quiet place in your house, away from all distractions, such as other people, television, radios. Work with only one animal at a time. I have four animals and I have to work with each one separately. If you plan on training a kitten, it will take a little longer for her to learn a trick than if you'd for a dog. You can teach a dog to do a trick in a week; it may take two to three weeks with a cat, but she will learn.

The first trick we will be learning, in the next article in this series — in a few weeks from now — is jumping through a hoop. If you have a hula hoop, that will do. If not, get some kind of a hoop or belt. This is the easiest trick to do. My dog learned it in four days and my cat did it in two weeks.

Animals love to do tricks. They want to please you. They love the time you put in with them. So, as I said, do you want the smartest animal on your block? It's up to you. Give it a try, and follow the training program.

**Good question — and even better answers**  
At a Washington source, Ronald Reagan asked Jimmy Doolittle a good question about his raid on Tokyo in 1942: "How did you get away with not taking any news coverage?"

That was the President's way of defending himself for obstructing American news coverage of the Grenada invasion.

It's a good question and there are answers. A few:

1. Jimmy Doolittle was fighting in a war declared by Congress under the Constitution. World War II was not one of those presidentially declared wars we now fight. Jimmy Doolittle, we should add, was a gallant pilot whose public reputation came in large part from the news reporting of his exploits.

## Connolly stays as Rec boss

MOUNTAINSIDE—John A. Connolly was unanimously reelected chairman of the Mountainside Recreation Commission, and Adele Magnolia will head the Pool Committee.

## Newcomers luncheon

MOUNTAINSIDE—The Mountainside Newcomer's Club kicked off the New Year with a recent luncheon at the Sligo Coach Inn. The Club's successful Christmas fundraising luncheon was discussed at the meeting.

The success was the result of donations by numerous businesses in the community and through individual efforts by club members. Maryann Cusano presented the donations to Chief Ron Huter on behalf of the Mountainside Fire Department, Shirley Biegler of the Childrens Specialized Hospital and Anne Sison of the Mountainside Rescue Squad.

Club business also included the election of a nominating committee for the next semi-annual elections.



SUSANNE DEWITT

## Bi-consortium preschoolers with disabilities

SPRINGFIELD—Aid for preschoolers with suspected learning or physical or emotional disabilities is available through the Morris-Union Consortium. A group of school districts working together to provide services to area children.

The Consortium includes the districts of Springfield, Berkeley Heights, Bernards Township, Chatham Borough, Chatham Township, Florham Park, Harding Township, Madison, New Providence, Passaic Township, and Summit.

## Local teacher plays role in 'jump-a-thon'

MOUNTAINSIDE—Kean College students raised \$1,630.80 for the American Heart Association's three-hour jump-a-thon organized by a physical education class.

Mrs. Filomena Scuderi of Mountainside, assistant professor of physical education, said 12 members of her class in organization, administration and supervision of physical education, raised up 75 volunteer jumpers and organized them in to about a dozen teams.

Each jumper secured sponsors and each team was obligated to keep someone jumping for the entire evening event in the main D'Angelo Gymnasium. Scuderi said a sponsor of the event was the New Jersey Association for Health and Physical Education, Recreation and Dance.

## Gill urges jail for drivers who try to elude police

A mandatory jail sentence of 90 days would be imposed upon "anyone deliberately eluding a law enforcement agent by means of a motor vehicle" under a legislative proposal by Assemblyman Edward K. Gill (R-District 21).

Gill urged the passage of the bill to address the hazards of high speed police chases to "unwitting bystanders and property." Gill said recently that the threat of a three-month jail term would solve the double-bind in which law enforcers currently find themselves — how to allow police the necessary leeway to apprehend suspects without endangering others.

"Most law enforcement officers agree that it is the fear of apprehension that is the biggest deterrent of crime," Gill said. "That being true, then it seems to me that we should place more of the onus on the felon."

## DeWitt gains post at Vail

MOUNTAINSIDE—Susanne Tennant DeWitt, a native of Union County, has recently been appointed the director of admissions at the Vail-Deane School in Mountainside.

An alumna of Vail-Deane, she says, "Telling parents about the school is easy for me. As a graduate of Vail-Deane and a teacher for 15 years, I can speak with conviction and enthusiasm about the joys of being part of a school as stimulating as Vail-Deane."

## Pulice cited

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## Office building is burglarized

MOUNTAINSIDE—A Route 22 East office building reported a weekend burglary that occurred sometime between Saturday night and Sunday morning. Police found a broken window to be the method of access to the building.

All first-floor offices were ransacked and the telephone line to the building was cut. At this time, an undetermined amount of petty cash has been reported missing.

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Gill urged the passage of the bill to address the hazards of high speed police chases to "unwitting bystanders and property." Gill said recently that the threat of a three-month jail term would solve the double-bind in which law enforcers currently find themselves — how to allow police the necessary leeway to apprehend suspects without endangering others.

"Most law enforcement officers agree that it is the fear of apprehension that is the biggest deterrent of crime," Gill said. "That being true, then it seems to me that we should place more of the onus on the felon."

## DeWitt gains post at Vail

MOUNTAINSIDE—Susanne Tennant DeWitt, a native of Union County, has recently been appointed the director of admissions at the Vail-Deane School in Mountainside.

An alumna of Vail-Deane, she says, "Telling parents about the school is easy for me. As a graduate of Vail-Deane and a teacher for 15 years, I can speak with conviction and enthusiasm about the joys of being part of a school as stimulating as Vail-Deane."

## Pulice cited

SPRINGFIELD—Frank Pulice, son of Mr. Frank Pulice, Irwin Street, Springfield, has been named to the Presidential Honor Society at the DeVry Technical Institute, Woodbridge.

## DeWitt gains post at Vail

DeWitt received her BA at the University of Michigan and an EDM from the Rutgers Graduate School of Education. In addition to her admissions work, she continues to teach classes, and she believes that being in the classroom helps her to keep in touch with the students and their needs. Besides her work at Vail-Deane, she volunteers at the Traillside Science and Nature Center in Mountainside. Her husband, Omar, is chairman of the mathematics department at Vail-Deane. "After teaching elsewhere, I came to Vail-Deane as a result of witnessing Susanne's obvious joy in going to work every day," he stated. Vail-Deane is a K-12 co-educational college preparatory day school serving Union- and surrounding counties. Admissions interviews for 1984-1985 are in progress. Inquiries concerning applications can be made directly to Susanne DeWitt by calling 232-5502.

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presents  
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In the ballroom.  
Saturday, January 28th  
Dine and Dance to the Music of

**L'Affaire**  
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Dinner 7 P.M. Music 8 P.M.  
FULL COURSE DINNER  
Choice of Prime Rib of Beef or Filet of Sole  
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6 - Thursday, January 19, 1984 - SERVING SPRINGFIELD, MOUNTAINSIDE, KENILWORTH

### Murray builds a new office

SPRINGFIELD—Murray Construction Co. of Springfield will build a warehouse/office in Ramapo, N.Y., for Pierce Business Archives. The 65,000 square ft. building is the third to be constructed for Pierce by Murray, a builder/developer headquartered in Springfield. The two earlier Pierce buildings are in Franklin Township, N.J., and Clarkstown, N.Y.



**BANDING TOGETHER**—Jonathan Dayton Regional High School band director Jeff Anderson listens as marching band members practice for their final competition. The band wound up the season taking fourth place overall at the Eastern Marching Bands Association's competition in Little Falls. Earlier, the band had captured a fourth place at the Atlantic Coast Championship, with best percussion and best band front awards in all groups. At the Chapter V Championship, Dayton took second place in Group I, as well as best music, best percussion and best band front. Winter activities include winter guard competitions and exhibitions, a mid-winter concert and a music department 12-hour marathon.

### Franks: Amendment for a parole statute

MOUNTAINSIDE—A recent State House demonstration by the Fraternal Order of Police protesting the parole of a convicted "cop-killer" after only seven years in jail "is a clear and understandable incident of our parole eligibility statutes," according to Assemblyman Bob Franks (R-22).

### Blood drive set Tuesday

MOUNTAINSIDE—The Junior Women's Club of Westfield and the Westfield Mountain Side Chapter of the Red Cross have joined together to sponsor a blood drive to cover the community's blood replacement needs. The drive is scheduled for Tuesday, from 2 to 7:30 p.m. at the Red Cross Chapter, 321 Elm Street, Westfield.

Located at the intersection of Rt. 45 and the New York State Thruway, the new building will be used primarily for archive storage. Pierce, headquartered in Folsom, Pa., manages and stores inactive records for major companies from Boston to Washington. The company reports a constantly increasing demand for its services, which include storage, control of records and computerized access and delivery of wanted materials.

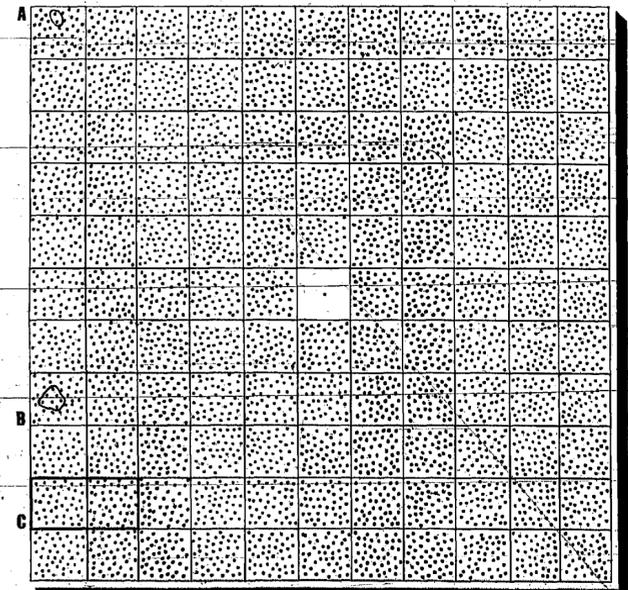
**Rescue squad busy in 1983**  
MOUNTAINSIDE—The Mountain Side Rescue Squad reported that it was involved in 334 incidents during the year. Of that number, 319 were emergencies, 83 were motor vehicle accidents, 72 transportation, seven fire stand-by, six dead on arrival, 2 reboils, 1 childbirth, and 43 were classified as miscellaneous.

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**Just moved in? I can help you out.**  
Don't worry and wonder about learning your way around town. Or what to see and do. Or whom to ask. As your WELCOME WAGON Hostess, I can simplify the business of getting settled. Help you begin to enjoy your new town... good shopping, local attractions, community opportunities. And my basket is full of useful gifts to please your family. Take a break from unpacking and call me.

**LUTZ FOOD VALUES**  
American LEGS of LAMB... \$1.89/lb.  
Boneless SIRLOIN STEAK... \$3.59/lb.  
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German Ham BOLOGNA... \$2.69/lb.  
Home Made KIELBASI... \$2.69/lb.  
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The dot in the center represents the destructive force of all the firepower used during the entire six years of World War II. Three million tons of TNT. Three megatons.

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YES. Enough is enough. We must reverse the arms race now. We don't need more nuclear weapons. I want to help!  
Send me a photostatic copy of this ad so I can run it as an ad in my local newspaper. Enclosed is a check for \$5.00 to help cover costs.  
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Send me the 24 page Nuclear War Prevention Manual which has practical information about things I can do right here in my community. Enclosed is a check for \$5.00 for each manual.  
Here is a tax deductible contribution to bring this message to others:  
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City/State/Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

## A STATEMENT OF CONTINUING STRENGTH

DECEMBER 31, 1983

OFFICERS		ASSETS	
ROLAND LEWAN, JR.	President	CASH	\$ 6,327,466.37
DOREEN R. BYRNES	Senior Vice President	U.S. GOVERNMENT OBLIGATIONS	174,992,429.78
ROBERT J. MOIR	Senior Vice President	MORTGAGE LOANS	434,616,859.59
JERRY PANZER	Senior Vice President	OTHER LOANS	108,632,486.19
MATHEW F. RAFTREE, CPA	Senior Vice President	FEDERAL HOME LOAN BANK STOCK	4,167,200.00
WILLIAM F. WARD	Senior Vice President	OTHER INVESTMENT SECURITIES	480,788,988.80
JULIUS KOEHLER, JR.	First Vice President	ASSOCIATION PREMISES - NET	2,634,634.43
CHARLES L. LYNCH	First Vice President	REAL ESTATE SOLD ON CONTRACT	395,000.00
EUGENE F. RADELL	First Vice President	FURNITURE-FIXTURES AND EQUIPMENT - NET	642,708.20
DANIEL F. RYAN	First Vice President	PREPAID PREMIUMS FOR INSURANCE OF SAVINGS	768,929.76
ROSE SIKLER	First Vice President	OTHER ASSETS	7,198,754.81
JOHN B. STRUCKO	First Vice President		\$1,221,165,356.93
LAWRENCE E. BEHNING	Second Vice President	LIABILITIES—RESERVES—SURPLUS	
RICHARD J. DOUGHERTY	Second Vice President	SAVINGS	\$ 732,605,275.91
ROSEMARIE LOMONACO	Second Vice President	ADVANCES FROM FEDERAL HOME LOAN BANK	75,000,000.00
CHRIS C. MATALAS	Second Vice President	REVERSE REPURCHASE AGREEMENTS	364,313,755.67
JOHN F. WOLGAST	Second Vice President	N.J. MORTGAGE FINANCE AGENCY FUNDS	937,575.00
DONALD J. BODE	Third Vice President	ADVANCE PAYMENTS BY MORTGAGORS FOR TAXES AND INSURANCE	1,762,742.90
MARIE GROSSBY	Third Vice President	OTHER LIABILITIES	12,551,893.33
GERALDINE DEPETRA	Third Vice President	RESERVES - SPECIFIC	122,638.71
DIANE C. KRAEMER	Third Vice President	RESERVES - SURPLUS*	33,871,475.41
DOLORES LINFANTE	Third Vice President		\$1,221,165,356.93
ISABEL PIZZOLATO	Third Vice President		
DEBORAH P. STOUT	Third Vice President		
ANNE SMITH	Secretary		
MICHAEL T. HOLMES	Senior Auditor		
DAVID W. ROSSNAGEL	Auditor		
EDWARD B. NAGEL	Assistant Vice President		
MARY LOU PHIFER	Assistant Secretary		
JUDITH SCHROPE	Assistant Secretary		
ANITA ERICKSON	Assistant Treasurer		
MARY LOU KOESTLE	Assistant Treasurer		
DIRECTORS			
ROBERT A. BOYD, JR.	ROBERT F. LOMOINE		
EDWARD E. BRIEN, JR.	ROLAND LEWAN, JR.		
NEIL W. BUIE	JOHN F. MULLER, JR.		
C. STEWART HAUSMANN	JAMES O'BRIEN		
JULIUS KOEHLER, JR.	A. LOEW RICKERT		
ANDREW G. KRESS, JR.	CHARLES A. SCHAIBLE		
DIRECTORS EMERITI			
WILLIAM B. HORBACK	THOMAS A. TULLY		
COUNSEL			
HERRIGEL, BOLAN AND MANAHAN			
COUNSEL EMERITUS			
FRED HERRIGEL, JR.			

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1331 Springfield Avenue, Springfield, N.J. 07081  
1055 Eisenhower Avenue, Springfield, N.J. 07081  
PLAINFIELD: 400 Park Avenue, Plainfield, N.J. 07064  
ROCK HILLS: The Mall (Lower Level), Rock Hills, N.J. 07068  
SPRINGFIELD: 173 Mountain Avenue, Springfield, N.J. 07081  
SPRING LAKE HEIGHTS: Highway 71 and Warren Avenue, Spring Lake Heights, N.J. 07081  
UNION: 977 879 Suburban Avenue, Union, N.J. 07083



### Social and church news

## Francine Simini is wed to Mr. Neff of Irvington

Francine Simini, daughter of Mr. and Mrs. Frank Simini of Mountainide, formerly of Irvington, was married recently to Charles Neff, son of Mrs. Lorraine Neff of Irvington, and the late Mr. Charles Robert Neff.



IRENE M. TICKL RALPH J. EHMANN

## Tickl-Ehmann froth is told

Mr. and Mrs. Michael Tickl of Essex Street, Irvington, have announced the engagement of their daughter, Irene M. Tickl, to Ralph J. Ehmann, son of Mr. and Mrs. Emil Ehmann of Kenilworth.

The bride-elect, who was graduated from Frank H. Morrell High School (Irvington High School), is an assistant supervisor at Federal Savings & Loan Association.

Her fiancé, who was graduated from David Brearley Regional High School, Kenilworth, is self-employed at Jewelry Tool & Die Co., Kenilworth.

A September wedding is planned in St. John's Ukrainian Catholic Church, Valhalla, with a reception at the Club Napho Manor, Irvington.

PLANNING FOR EDUCATION DAY—Members of the combined Hadassah chapters—Irvington, Springfield, Roselle-Cranford and Hillside, formulated plans recently for the event, including lunch, scheduled Sunday at 11 a.m. in Temple Shomrei Torah, 910 Salem Ave., Hillside at the home of Gerda Mills of Hillside (fifth from left). They are, left to right, Ellen Meth, Alice Lefkovic (Cranford), Sydel Spalter (Union), Lita Barsky, Mrs. Mills (Hillside), Ise Frank (Union), Dr. Pearl Lief (Springfield), Ruth Friedman (Hillside) and Alice Weinstein (Springfield). Additional information can be obtained by calling 926-6283.

## Special event celebrated

The combined chapters of Hadassah, Union, Springfield, Roselle-Cranford and Hillside will celebrate Education Day Sunday at 11 a.m. in Temple Shomrei Torah, 910 Salem Ave., Hillside. The theme will be "The American Jewish Family in the 1980s: Fact or Fiction?"

Featured will be guest speakers, Samuel Heitman, professor of sociology and chairman of the department of Jewish studies at Queens College, and Bayla Faber, a certified social worker. Workshops will be held on "Singles of All Ages," led by Dr. Pearl Lief of Springfield; "Divorce: Expectations and Realities," Alice Lefkovic; "The Synagogue: Does It Meet the Needs of the Family Today?" Gerda Mills, and "The Elderly in Today's Family Structure," Bayla Faber.

A buffet luncheon will be served, and a musical interlude will be provided by Cantor Martha Novick, accompanied by Mrs. Mills.

Among those serving on the committee are Dr. Lief, Alice Weinstein and Ruth Weinstein, all of Springfield; Ise Frank, Sydel Spalter and Dina Weinstein, all of Union; Lefkovic, Ellen Meth, Mrs. Mills, Janice Carno, Lita Barsky, Ruth Friedman and Rose Kallishman.

Tickets can be purchased from any of the chapters by calling 926-6283.

REGIONAL HIGH SCHOOL. FRIDAY, pizza, carrot and celery sticks, submarine sandwich with shredded lettuce, cheese wedge, peanut butter and jelly sandwich, large salad platter with bread and butter, homemade soup, desserts, milk; MONDAY, minuscule asst. on bus, frankfurter on roll, egg salad sandwich, potatoes, vegetable, large salad platter, homemade soup, desserts, milk; TUESDAY, spaghetti with meat sauce, bread and butter, tossed salad with dressing, fruit, hot ham sandwich on soft roll, American cheese and tomato sandwich, large salad platter, homemade soup, desserts, milk; WEDNESDAY, hot turkey sandwich with ravy, velvety Parmesan on bun, salami sandwich, potatoes, chilled juice, fruit, large salad platter, homemade soup, desserts, milk; THURSDAY, hot meatball submarine, potatoes, vegetable, fruit, macaroni and cheese, bread and butter, tossed salad with dressing, fruit, peanut butter and jelly sandwich, large salad platter, homemade soup, desserts, milk.

Guest to talk on IRS subject. Ann Primavera, Internal Revenue Service representative, will be guest speaker at a luncheon meeting of the Kwanis Club of Millburn-Springfield, Jan. 26 at 12:15 p.m. at the Holiday Inn, Rt. 22 west, Springfield.

Stork club. An eight-pound, seven-and-a-half-ounce son, Kyle Robert Will, was born Jan. 5 in St. Barnabas Medical Center, Livingston, to Mr. and Mrs. Robert Will of Cross Street, Kenilworth.

Mermon announced. The Rev. Matthew Garippa, pastor of the Mountainide Gospel Chapel, 1180 Spruce Drive, will have his sermon at the worship service Sunday at 11 a.m. "Christianity Versus Perfectionism."

Dance is planned. The Essex-Union Chapter of Parents Without Partners will hold a meeting and dance Wednesday at 8 p.m. at the Holiday Inn, Kenilworth. An orientation for new members will be held at 7:30 p.m.

## Jewish family to be subject at joint event

"The American Jewish Family of the 1980s - Fact and Fiction" will be the topic for the Education Day panel at the Union, Springfield, Cranford and Hillside chapters of Hadassah Sunday in Temple Shomrei Torah, 910 Salem Ave., Hillside.

The event will feature keynote speaker Samuel Heitman, professor of sociology and chairman of the Jewish Department at Queens College, who will provide a philosophical viewpoint; and Bayla Faber, who will deliver the psychological view.

Simultaneous workshops will be held on "Singles of All Ages," to be led by Dr. Pearl Lief; "Divorce," to be led by Alice Lefkovic; "The Synagogue," to be led by Gerda Mills, and "The Elderly in Today's Family Structure," to be led by Bayla Faber.

A buffet luncheon will be served, and a musical interlude will be provided by Cantor Martha Novick.

Serving on the committee together with the speakers will be Alice Weinstein and Ruth Hoffman, both of Springfield; Ruth Frank of Union; Ellen Meth of Cranford; Janice Carno, Ruth Friedman; Lita Barsky and Rose Kallishman, all of Hillside.

## Nursery School to hold open house tomorrow

Temple Beth Ahm Nursery School, Springfield, will hold its open house Wednesday at 10:30 a.m. Registration for the 1984-1985 school year will begin. It was announced that all those who are interested in the school are invited to attend.

Innovated events are planned for the pre-school children. Music enrichment, three classes will be offered for the two, three and four-year-old children.

A full pre-school computer program will be instituted. A large selection of class possibilities will be provided allowing parents to custom fit a program to meet their children's needs.

Two-year-olds may attend nursery school two or three mornings; three-year-olds may attend three, four or five afternoons with the option of one, two or three full days.

It was announced that many extended lunch day programs will be available for both the three and four-year-old children.

Barney Kahn, director of the nursery, may be contacted at 376-0350 for additional information.

## Singles dance is set

The B'nai B'rith Bet Chai Singles as well as hold a dance Saturday at 8:30 p.m. in the Jewish Center of West Orange, 300 Pleasant Valley Way. Refreshments will be served. Ticket information can be obtained by calling Mary or Ed Koenig at 467-3588.

## Obituaries

### Mr. Carl Ledig, 71, on Planning Board

SPRINGFIELD—Services for Carl F. Ledig, 71, of Springfield, a member of the Springfield Planning Board, were held yesterday in the First Presbyterian Church of Springfield by arrangement with the Smith and Smith (Suburban), Springfield, Mr. Ledig died Saturday at home.

Born in Irvington, Mr. Ledig moved to Springfield 40 years ago. He was the vice president of the Pharmacaps, Inc., for 10 years before retiring in 1967.

Mr. Ledig was a member of the Springfield Planning Board and the First Presbyterian Church of Springfield. He was also a deacon in the First Presbyterian Church of Springfield.

Surviving are his wife, Margaret; a son, Dr. C. Bruce Ledig, a daughter, Gail B. Soderman; a brother, Arthur O.; two sisters, Katherine Jackson and Mae Weber, and five grandchildren.

### Mrs. Ovila Hyde, 77

SPRINGFIELD—Services for Ovila Hyde, 77, of Denver, Colo., formerly of Springfield, were held Monday in the Holy Home, Maplewood. Mrs. Hyde died Jan. 12 in the Sunny Acres—Medical Center, Denver.

Born in Farwell, Minn., Mrs. Hyde lived in Short Hills and Springfield before moving to Denver three years ago. She had been a school teacher in Aiken, Minn., from 1928 until 1935. Mrs. Hyde was a member of the Woman's Club of Millburn, the Women's Guild of the Community Congregational Church and the Drexel Club, both of Short Hills, and the Suburbanites of Millburn-Short Hills.

Surviving are a son, Richard A.; two daughters, Barbara O'Neal and Carol Kennedy, and six grandchildren.

### Margaret Pittenger

SPRINGFIELD—A Mass for Margaret W. Pittenger of Springfield was offered Jan. 12 in St. James Church, Springfield, following the funeral from the Smith and Smith (Suburban), Springfield, Mrs. Pittenger died Jan. 9 in Overlook Hospital, Summit.

Born in Scotland, Mrs. Pittenger lived in Springfield for 25 years; she was a legal secretary for the Air Reduction, Inc., Murray Hill, for eight years. Mrs. Pittenger retired in 1964.

Surviving are her husband, A. Raymond; a brother, John Wisdom, and a sister, Mary Orrell.

### Death Notices

EDWARD J. EDWARDS, age 83, of Union, died Monday, January 16, 1984, at the home of his wife, Edna, in Union. He was born in Union, N.J., on January 13, 1901. He was a member of the Holy Trinity Church, Union, N.J. He is survived by his wife, Edna, and two daughters, Mrs. Mary Ann Edwards and Mrs. Elizabeth Edwards. Burial will be in the Holy Trinity Cemetery, Union, N.J.

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## Super Sunday benefit aides are announced

Bernard Burkhardt and Herbert Cooper, co-chairmen of the annual Pre-Super Sunday Super Celebration, have announced the names of the Jewish Federation of Central New Jersey committee members assisting at the benefit event.

The evening of music, dancing, refreshments and entertainment highlighted by the award-winning "Partners in Faith," will be held Jan. 28 in Temple Emanu-El, Westfield. It is a curtain raiser for Super Sunday when the 1984 United Jewish Campaign officially gets under way.

Among the committee assistants are: Elio Levin and Miriam Spalter, both of Union; Itzo Dvoren and Robert Welberg, both of Mountainide, and Maurice Hakin of Union.

"Partners in Faith," a multi-media presentation won the gold medal at the 26th annual awards competition of the International Film and Television Festival. Written by Issachar Miran, the composer of "Tzema, Tzema, Tzema," the show features two vocalists, soloists and an instrumental ensemble in a musical salute to Israel, Jewish life and Judaism's cultural inheritance.

Reservations can be made by calling the Jewish Federation of Central New Jersey, Green Lane, Union, 351-5060.

## Winter retreat set Saturday

St. Marguerite's House in Mendham will be setting for "Silence and Society," a winter retreat, led by the Rev. Robert C. Morris Saturday from 9 a.m. through 6 p.m. Sunday. Morris, a trainer in spiritual disciplines adapted to modern life, is the director of Intervolve Center for Holistic Living.

St. Marguerite's is operated by the Community of Episcopal Sisters of St. James, the Baptist. Additional information can be obtained by calling 373-8312.

## Orientation slated by Parents' group

Parents Without Partners 418 will hold an orientation meeting tonight at the Franklin State Bank, 338 Park Ave., Scotch Plains, in the lower level. All single people (previously married and now separated, divorced or widowed) with children are invited to attend and participate in the group activities for the family and adult activities. Refreshments will be served. An adult social is held on the second Monday of each month.

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## Social and church news

### Synagogue will install Schneider as president

Zachary Schneider, a founder of Congregation Beth Shalom of Springfield and its Young Israel Division, will be installed as president of the congregation at a dinner tonight at 7 in the synagogue, Mountain Avenue and Shumple Road. He will lead officers and trustees who will guide the affairs of the congregation for the next two years.

Schneider has served as an officer and a member of the board of trustees of the congregation and its Young Israel Division since the latter was established in 1971. He was a member of the merger committee which helped to effect the union between the two congregations and the present synagogue. In 1981, he was honored as the congregation's "Man of the Year."

Schneider is a major partner in the law firm of Schneider, Cohen, Solomon and Zimmerman of Jersey City which practices law in New Jersey and New York. His wife, the former Marilyn Leventhal, and their children, Mark, Mindy, Jay and David; and Schneider's mother, Mrs. Helen Schneider, are all congregants of the synagogue.

The other officers to be installed tonight are: Fred Bayroff, Abraham Horowitz, Ben Gabbay, Allen Penn, Norman Sizer and Ralph Witkin, vice president; Sanford Israel, treasurer; Bernard Koller, financial secretary; Signa Roth, recording secretary, and Margot Schlesinger, corresponding secretary.

Also to be installed are the board of trustees: Leah Amang, Philip Arman, Howard Block, Louis Brooks, Jack Burshtyn, John Craner, Solomon Greenblatt, Michel Harelki, Sheldon Greenblatt, Joseph Levy, Judy Levy, Kohn, Edward Kurzer, Judy Levy, Herman Mytelka, Melvin Ostro, Sidney Schiffman, Jack J. Solomon, Physicist, Joseph Weinberg and Isaac Wind.

Dr. Leonard Strulowitz, president for the past two terms, will be inducted as president emeritus. John Sufman, past president of the congregation, will continue as honorary president, and Abe Brodsky will be cited for his work as chairman of the congregation's cemetery.

The 126-year-old congregation will observe UJA (United Jewish Appeal) Sabbath with every synagogue and temple in Essex and Morris counties. Spiritual leaders are Dr. Barry Hewitt, Greene, senior rabbi; Rabbi Stephen V. Goodman and Cantor Norman Summers. The Temple Choir will be directed by Warren H. Brown.

The Couples Club of B'nai Beshurim will hold its annual tennis party Jan. 28 at Center Court Tennis Club, Chatham. A motorcade will leave from 1330 College of New Jersey, Union, parking lot at noon and will return at about 4:30 p.m. The group will have dinner at the Towne House Restaurant, Union. Chris Hanns is chairman, and Gen DiVenuto is president of the auxiliary.

Additional information can be obtained by contacting Sylvia Pierre Landy at 353-2500.

## Group to see 'Ice Capades'

The Clara Barton Auxiliary of Eastern Union County Chapter, American Red Cross, has announced that it will hold a trip to the "Ice Capades," starring Dorothy Hamill, the Meadowlands Jan. 29 for the 1330 p.m. performance.

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## Elaine Snepar returns from NATE confab

Elaine Snepar, director of education of Temple Sha'arey Rahel Religious School, Springfield, recently returned from the National Association of Temple Educators (NATE) conference in Denver, Colo., where she participated in a special program formulated to certify her as a "curriculum implementation advisor" of the new Union of Reform Judaism (URJ) curriculum.

The curriculum entitled "To see the world through Jewish eyes," helps the learners develop perceptual, emotional and intellectual insights. For members of the Reform Movement, the curriculum "brings forth the best of options from which Reform Jewish teachers and learners can make sensitive choices, and it creates a landscape for ongoing evaluation, refinement and redirection."

The temple will introduce the new curriculum into the school at the pre-school and primary department levels in September.

Rabbi Benjamin A. Kamin, North American director of the World Union for Progressive Judaism, the international body of Reform Judaism, will be guest speaker Jan. 27 at 8:30 p.m. in Congregation B'nai Beshurim, Short Hills. The community is invited to attend.

## Guest speaker set by temple

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## Folk singer slated by PTA of Caldwell

The James Caldwell School PTA, Springfield, will present folk singer Jim Albertson tomorrow at 1:30 p.m. in the school auditorium.

Albertson, who features songs about brotherhood, encourages group involvement. Parents are invited to attend.

## THURSDAY DEADLINE

All items other than spot news should be in our office by 4 p.m. Thursday.

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Guest to talk on IRS subject. Ann Primavera, Internal Revenue Service representative, will be guest speaker at a luncheon meeting of the Kwanis Club of Millburn-Springfield, Jan. 26 at 12:15 p.m. at the Holiday Inn, Rt. 22 west, Springfield.

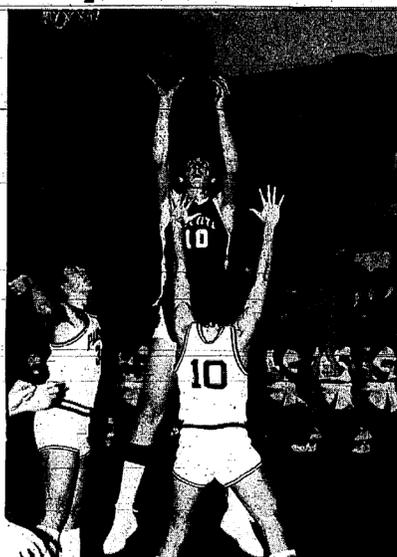
Stork club. An eight-pound, seven-and-a-half-ounce son, Kyle Robert Will, was born Jan. 5 in St. Barnabas Medical Center, Livingston, to Mr. and Mrs. Robert Will of Cross Street, Kenilworth.

Mermon announced. The Rev. Matthew Garippa, pastor of the Mountainide Gospel Chapel, 1180 Spruce Drive, will have his sermon at the worship service Sunday at 11 a.m. "Christianity Versus Perfectionism."

Dance is planned. The Essex-Union Chapter of Parents Without Partners will hold a meeting and dance Wednesday at 8 p.m. at the Holiday Inn, Kenilworth. An orientation for new members will be held at 7:30 p.m.

Mountainide Public Notice. NOTICE IS HEREBY GIVEN that the Board of Trustees of Mountainide Synagogue, Inc. has elected the following officers for the year 1984-1985: President: Dr. Barry Hewitt; Vice President: Norman Sizer; Secretary: Signa Roth; Treasurer: Sanford Israel.

# Dayton '5' wins comfortably; Brearley struggling



GOING FOR TWO—Willie Nickal of David Brearley Regional High School launches jump shot over Roselle Park defender during last week's game. The Bears bowed to the Panthers, 75-58.

## Bear matmen coast past two opponents

David Brearley won two wrestling matches last week. The Bears crushed North Plainfield, 57-5, on the strength of five pins. Recording falls for the Bears were the following: Rich Sheehan (114, 1:34); Dan Verno (128, 1:50); Frank Calowell (134, 1:52); Fred Soos (157, 5:41); and Lou Pascarella (167, 5:45). Posting decisions were: Ron Ryan (121, 8:41); Lou D'Addario (20, 7:55); Don Scorese (147, 13:31); and Mark Phillips (169, 17:53). John Chessa (100) and heavy right Tony Scarpino won by forfeit. Frank Chessa lost his 107-pound bout, 16-3. The Bears then pitched a shutout by routing Green Brook, 63-0. John Chessa

After a season of thrashings, the Jonathan Dayton Regional High School boys basketball posted a couple of rare one-sided wins last week to push its record to 7-2. Dayton was able to easily dispose of lowly Middlesex, 62-38. A 10-point streak to close out the third quarter turned a 10-point lead into a rout. Chris Kriener led the way for the Bulldogs with 19 points and eight rebounds. Glenn Hooker also had a well-balanced night, scoring 10 points and collaring 11 rebounds. Mitch Nenger contributed 12 points. Kriener again led the way with 17 points, as Dayton bombed Arts of Newark, 80-55. The Bulldogs, who placed five players in double figures, tallied the first eight points of the game and spurred out to a 22-8 lead after the opening period. Dayton was in command, 41-10, at halftime. The Bulldogs have a pair of home games coming up. Dayton hosts Oratory of Summit Friday night, and then entertains Roselle Park Tuesday, 4 p.m. The Dayton girls also had a problem with Middlesex, breezing to a 60-41 triumph. Linda Hockstein collected 14 of her 20 points in the first half as the Bulldogs built a 32-10 lead. Tracey Karr added 12 points and Kathy Drummond chipped in with 10. Wanda Flippen led the way for the losers with 23 points. The Dayton girls were headed to Westfield yesterday, and will host West Orange tomorrow, 4 p.m. The Bulldogs will then visit Roselle Park Tuesday, 7:30 p.m. David Brearley boys bowed to Roselle Park, 75-58. The winners grabbed a 21-8 first quarter lead and were never headed. John Barr tallied 19 points to spark the Bears. The Bears were doubled by intermission, 42-21.

The Bears then dropped their seventh game in eight tries by bowing to North Plainfield, 64-55. The Bears made a battle out of it, trailing only 26-23 at halftime. But North Plainfield (3-5) increased the margin to eight points by the end of the third quarter. Brearley put three players in double figures, with Nickel netting 15 points.

## Sports this week

Steve Barr 12 and Jerry Stickle 11, NP's Jeff Getz paced all scorers with 17 points. The Bears play at Governor Livingston in Berkeley Heights tomorrow night, 7:30, and are home to Middlesex Tuesday night at the same time. Bunny Legg hit for 14 points but it wasn't enough as the Brearley girls were vanquished by Roselle Park, 60-25. The winners jumped off to an 11-4 opening period lead and were never headed. The David Brearley girls remained winless by falling to North Plainfield, 64-27. The Bears jumped off to a 16-6 lead and appeared to be on their way to their initial triumph of the season. However, NP rallied to tie the game at 18-18 by halftime. Brearley managed to score only nine points in the entire second half to go down to defeat. The Bears actually scored more points in the first quarter (16) than they did in the remainder three quarters combined (11). Legg scored 16 for Kenilworth. The Bears play at Governor Livingston tomorrow night, 8 p.m., and then are home to Middlesex on Tuesday.



TIGHT GUARDING—David Brearley's John Barr attempts shot despite tight guarding by Roselle Park player. Bears were defeated by Panthers, 75-58. (Photos by John Boutsikaris)

## Bulldog, Bear bowlers

After two weeks of action at Green Brook Bowling Lanes, Jonathan Dayton Regional Bulldogs and David Brearley Regional Bears are in a virtual tie for first place in the Mountain Valley Conference Bowling League. Coach John Swedish's Bulldogs, who captured the conference championship last year, are in the top spot by a 32-16 record while Coach Vinnie Albano's Bears own a 31-17-16 ledger in second place. Immaculata took third place with a 27-20-16 score followed by New Providence at 19-28-24, and Governor Livingston Regional at 10-38. The MVC league meets at Green Brook Lanes every Monday and Tuesday with action starting at 3:30 p.m. Top bowlers for Jonathan Dayton include the following: Captain Sharon Katsop (158), Mitchell Cohen (151), Elva Nugent (160), Jon Rubinstein (150), Greg Goodfriend (140) and Don DiLano (143). Chris Reid and Chris Toner make up the alternates. David Brearley's top bowlers include the following: Elliot Wansky (167), Len Tripodi (162), Will Kinney (161), Vincent Tango (160), and Paul Gibbardson (140). Alternates are: Christine Collins and John Drono.

## Running club sets meeting for Feb. 6

The Amazing Feet Running Club will meet Monday, Feb. 6, 7 p.m., at the Berkeley Heights Library, 209 Plainfield Ave. The business meeting will include introduction of the new officers, collection of 1984 dues and discussion of the upcoming race on Sunday, April 8. Guest speaker will be Hugh Swersey. All members and friends are welcome and new members may join at this time.

## Dayton girls 2nd in track

The Jonathan Dayton Regional High School girls' winter track team came in second Saturday in the first Union County Girls' Indoor Relay Championships at Dunn Athletic Center, in Elizabeth. The Bulldogs recorded 22 points, nosing out third place finisher Rahway, which also recorded a second in the two-mile relay in 18:28.5, behind the shuttle hurdles (3:24) and a fifth in the sprint medley (5:25.5). Dayton captured two events, claiming the distance medley in 13:39.5 and tying for first in the high jump with a total of 9-10. On the distance medley team were: Laura Richter, Sandy Bremner, Tracy Bilber and Mary Pat Franciosi. Dawn Comorato and Karen Wnek composed the high jump team for Dayton. Dayton also registered a second in the two-mile relay in 18:28.5, behind the shuttle hurdles (3:24) and a fifth in the sprint medley (5:25.5). Guest speaker will be Hugh Swersey. All members and friends are welcome and new members may join at this time.

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## Nettes suffer close loss

The Springfield Nettes dropped a narrow 25-24 decision to Cedar Grove last week. The locals had led, 5-2, after the first quarter on a basket by Laura Hyslop and Staci Weimerman's three points. Springfield held the lead at the half as Marianna Bofa hit a field goal and Weimerman added three more points to put the margin at 10-7. Hyslop, Julie Koppkein, and Lauren Meixner all scored field goals and Hyslop added a foul shot during the

## World Fishing Expo is slated

In addition to the exhibits and included in the price of admission (\$4.50 for adults, \$1.50 for children under 12), there will be daily seminars and clinics on hunting and fishing featuring many nationally famous outdoorsmen and local experts to share their knowledge with expo goers. Parking is free. Hours will be open from 11-10 p.m. Wednesday through Friday, from 9:30 am - 8 p.m. on Saturday and 10 a.m. - 7 p.m. on Sunday. The exposition can be reached by taking Exit 14B (Airport Road) off the New York State Thruway. Exit 14B is the next exit west of the Garden State Parkway, and is about 10 minutes from the Tappan Zee Bridge.

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# Renno basket with 10 seconds left decides game

A foul shot by Marcello Renno with 10 seconds left in the game helped Yale edge Princeton, 37-35, recently in the Ivy League Division of the Springfield Recreation Basketball League. Renno finished with 22 points, while Adam Miller directed the attack and added 15. Tom Todesco and Claudio Renno also contributed. Neil Berman, Paul Tucker and Scott Leonard each tallied 10 points for Princeton. Josh Wasserman and Spencer Parie each added a basket. In the Small Fry League, the Lakers

shaded the Raiders, 12-10, as Clayton Trivet scored the key baskets. Trivet ended up with six points, as did Bobby Grins. Victor Worthington scored eight for the losers and Seth Elson added two points. In the State League, Utah edged Texas, 19-18, on a deciding basket by James Morrison. Charles Waltzman and Greg Wilcox (five Matt Lynch scored 10 for Cornell) while Mike Zucker added four and Dan Francis three, along with strong rebounding. Tom Berger and Rob Fischberg each had a basket. In the Small Fry League, the Lakers

Alabama by Oklahoma, 17-16. Freely scored nine points while Leo Gravin added four and Joe Pecora and Davis Gerson each tallied a basket. Mike Montmarl led the losers with six points, while Jered Powell added four points, as did Chris LeLave. The Springfield Junior Minutemen opened their season against St. Agnes from Scotch Plains. The Juniors defeated their opponents 48-41. Dave Lassie led the Juniors with 15 points followed by Paul Tabor with 12. Their next game was against Livingston, and the Minutemen won 57-30. The Juniors game against Livingston was a victory for them, 49-30 followed by a New Providence victory 53-27. The last two Senior games were not in their favor. They lost to Millburn 53-48 and to Bloomfield 57-38. In the Millburn game, Matthew Lynch led the scorers with 17 points followed by Chris Monaco with 8, Rob Valention 7, Greg Walsh and Marcello Ityna netted 6 each. In the Bloomfield game, Rob Valention led the scorers with 16 points. Danny Lissy, Marcello Reyna, Matt Lynch, Adam Miller, Chris Monaco, Lenny Saia and Cameron Bayrall also scored.

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# Focus

on Union County

Section Two Of the Union Leader, Springfield Leader, Mountainside Echo, Linden Leader, The Spectator, Kenilworth Leader

January 19, 1984  
★ ★ Over 70,000 Readers

## 'Sharing' lifts handicapped spirits

By BEVERLY GOLDROSEN  
The disabled should not be "isolated, inactive or forgotten" according to a message by "Sharing", a non-profit organization that publishes a free monthly newsletter of the handicapped.

The newsletter, which has a circulation of about 3,000 in New Jersey and nearby states, was founded in 1977 by Dorothy K. Landvater, president and editor.

Prompted by the experiences of her son, David, following a "near fatal" and ultimately debilitating 1972 car accident, Landvater originated the organization and its newsletter in an attempt to create for the handicapped a forum in which to share information and experiences.

"The essence of the newsletter is mainly informative," Landvater said. "It's very helpful to others to know that whatever they're going through they're not alone — to be able to say, 'I've been through that, or I'm going through something similar.'"

"It's a good way to share personal experience," she continued. "It's a learning tool."

Landvater said that the other major concern of the organization is to help the disabled appreciate and utilize their potential — and to promote the same idea to others.

That over 500 handicapped volunteers produce "Sharing" indicates it is more than a means to an end, Landvater said.

"It proves that they're people who can function," she continued. "They may need aid, but they can function."

Through Sharing, the disabled can express their problems and utilize their talents — in compiling the newsletter as well as in reading it, Landvater explained.

Volunteer Ina Eglitis, 21, exemplifies this point, and the spirit behind the cause, according to Landvater.

Eglitis had been receiving rehabilitative treatment at Children's Specialized Hospital in Mountainside when a psychologist suggested she join Sharing after completing the hospital's therapy program.

"She can't work full-time," Landvater explained, "but she can work for us and utilize her talents. Ina records the totals of all the volunteer hours monthly and yearly. She also does posters for us and art work for the newsletter."

"That's the beauty of it —

involvement," Landvater added. "Otherwise, one might have no reason to get up in the morning and move about — what's the point of watching the boob tube all day? This way, if they can't make it into the office, they can also work through their home."

Landvater added that the newsletter is regularly sent to agencies like Children's Specialized Hospital, Runnells Hospital of Union County of Berkeley Heights, the Cerebral Palsy Treatment Center of Union County, based in Union, as well as area colleges that feature facilities, training and counseling for the handicapped.

These institutions, she said, participate in Sharing by exchanging information regarding services, products and groups that are of interest to the disabled.

"We share together through the newsletter and by sending information back and forth," Landvater said.

"Trillions of support groups all around" also contribute to and benefit from Sharing, she added.

"There are an awful lot of support groups which help families and friends of the disabled to cope with people who have been debilitated as the result of an accident or disease," Landvater explained.

Reviews of books that pertain to disabilities, including disorders like stuttering, are also included in the newsletter.

"Sometimes problems like stuttering are overlooked," Landvater explained. "But they can be just as much of a handicap as those that are considered to be more serious."

The same books are available through Sharing's lending library, Landvater said.

The organization has also effected legislative action on behalf of the handicapped, public transportation being among the "hottest" of these (Continued on page 6)

### In Focus

Calendar of events: A comprehensive look at what's happening and where throughout the area in music, theatre, the arts, recreation. If it's happening, we've got it. page 8

The winners: All the winning New Jersey Lottery numbers for the past month. page 4

Senior center: All the latest information and news of interest to senior citizens in Union County. page 2



GETTING IN SHAPE—Women, like men, have taken to weights to firm and tone their muscles. Pictured above are two local women pumping iron at Guys & Dolls Health Spa, 520 E. St. George Avenue, Linden. A special physical fitness section can be found in Focus.

## Senior Center

**By ADA BRUNNER**  
The Union County Division on Aging will find a little more money in its purse this year than last.

It will help the division to continue its programs for the sick, the elderly and the poor, according to Peter Shields, director.

But the increase in federal and state funds from \$1,427,991 in 1983 to \$1,486,643 will just about enable the division to keep up with inflation, he said. It won't really cover the need — especially the need for

home health care, the program on which the division is placing special emphasis.

"The elderly in Union County are badly in need of assistance for home health care, particularly the medically needy," he said. These are the people whose incomes are above the eligibility limits for Medicaid, he pointed out.

"We have people on waiting lists for home health care who are not getting the care they need," Shields said. "That's why I'm advocating passage of 'medically needy' legislation."

Last year, he reported, the Union County Division on Aging provided 360,000 meals, about one-third of them delivered to the homebound and the other two-thirds served at locations throughout the county. These meals were served to an average of 1,500 persons a day, including 500 at their own homes, according to Shields.

In addition, the division provided 54,000 hours of nursing and home health aide care for approximately 975 people. There are at least another 90 people on a

waiting list for home health care, the division chief said, "and those are only the ones we know about."

The Union County Division on Aging also uses some of its funds for medical transportation programs for the elderly blind and hospice programs, he reported.

The bulk of the money used by the division for its operations comes from the federal government, under the Older Americans Act.

Of the \$1,427,991 it received in federal-state aid last year, \$34,660 came from the state and the remainder from Uncle Sam. This year, the state share dropped, with New Jersey putting up \$76,093 of the \$1,486,643 total.

### To Publicity Chairmen:

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## 'Wettest' December on record

December, 1983 was the wettest December in the 23-year history of weather recordkeeping at Union County College's Cooperative Weather Station here.

Rainfall in December totaled 11.31 inches, according to Prof. Raymond J. Daly, director of UCC's U.S. Cooperative Weather Station. He said the previous record was 9.60 inches recorded in Dec. 1973. The greatest rainfall in any one day was 2.69 inches on Dec. 13, as measurable rainfall was recorded on nine days. The least precipitation in December was .74 inches recorded in 1980.

Only a tract of snow—3 inches—fell in December, while the norm for December

is 5.38 inches. The greatest December snowfall recorded at the Union County College station was 22.8 inches in 1960—the year the station opened.

The coldest day was Christmas Day when the thermometer plunged to a frigid two degrees. The warmest day was three days later when 59 degrees was recorded on Dec. 28. The mean temperature for the month was 32.74 degrees compared to 40.61 degrees in 1982. The highest temperature ever was in 1977 when the mercury hit 75 degrees. The coldest temperature was -5 degrees in 1980.

There were 1,000 degree days in the month with an average per day of 32.25. Total degree days since the heating

season began on September 1 was 1989 compared with the 1619.5 degrees recorded last year during the same period.

A maximum humidity of 100 percent occurred on Dec. 6, 12, 13 and 28. The average relative humidity was 76.33 percent, with a low of 54 percent on Dec. 20.

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**CERTIFICATE OF APPRECIATION**—Fred Feldman of Shadow Traffic accepts a certificate of appreciation from the American Heart Association, Metropolitan Chapter, and its executive director, Adele Lerner, for his participation in chapter activities last year. The chapter serves Union, Essex, and Hudson counties.

**Daitch named president of property group**

The Property Owners Association of Union, recently re-elected Stanley Daitch of Scotch Plains as president and named 19 other officers for 1984.

Guida, "designed to help the small business person managed property," was distributed to all paid members at the latest regular membership meeting at the Coachman Inn, Cranford.

Further information regarding the Property Owners Association of New Jersey is available by calling 964-5010, during business hours or writing to P.O. Box 1981, Morris Ave., Union.

## Families being sought for exchange students

The American-Scandinavian Student Exchange (ASSE) is seeking local families to serve as hosts for 15-Scandinavian, German, Swiss and British high school students who are part of the ASSE exchange visitor program, according to Cynthia Wright, Eastern Director of ASSE.

The non-profit ASSE is affiliated with the Swedish and Finnish Departments of Education and is officially designated by the U.S. Information Agency as an exchange Visitor Program.

The students, 16 and 17 years old, are fluent in English and are carefully selected for the program based on their high school performance, good

character, and interest in the ASSE program.

All the students are covered by comprehensive medical and liability insurance and have adequate money for personal needs supplied by their parents. The host family furnishes meal and housing.

"Seeing American culture and customs through the eyes of an exchange student transforms what we consider ordinary into something fresh and exciting," said Wright.

Families interested in serving as hosts for the 1984-85 school year should contact ASSE's local Area Representative, Elliot Gersten, 1788 Union Avenue, Union, 07946; 687-7149.

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### Lottery winners

Following are the winning New Jersey Lottery numbers for the weeks of Dec. 19, Dec. 26, Jan. 4 and Jan. 11.

#### PICK-IT AND PICK-4

Dec. 19 - 443, 0893.  
Dec. 20 - 276, 0792.  
Dec. 21 - 266, 5091.  
Dec. 22 - 734, 3333.  
Dec. 23 - 176, 7978.  
Dec. 24 - 577, 8142.  
Dec. 26 - 021, 6540.  
Dec. 27 - 985, 4591.  
Dec. 28 - 454, 6420.  
Dec. 29 - 184, 2208.  
Dec. 30 - 509, 7533.  
Dec. 31 - 148, 4090.  
Jan. 2 - 161, 3052.  
Jan. 3 - 246, 8701.  
Jan. 4 - 223, 6325.  
Jan. 5 - 638, 5353.  
Jan. 6 - 411, 4389.  
Jan. 7 - 278, 5548.  
Jan. 8 - 713, 8708.  
Jan. 10 - 480, 0000.  
Jan. 11 - 887, 3052.  
Jan. 12 - 451, 1018.  
Jan. 13 - 332, 8717.  
Jan. 14 - 987, 8590.

#### PICK 6

Dec. 22 - 1, 10, 14, 26, 35, 36; bonus - 12595.  
Dec. 29 - 2, 7, 9, 10, 23, 26; bonus - 26561.  
Jan. 5 - 12, 15, 17, 18, 21, 33; bonus - 31611.  
Jan. 12 - 3, 4, 11, 12, 13, 21; bonus - 38202.

### Speech meeting

The next meeting of the Union County Speech and Hearing Association will be held at Children's Specialized Hospital, Mountainside, on Wednesday, 3 p.m. The featured speaker will be Marsha Hershman.

## Union County SANE elects slate

A new slate of officers to guide Union County SANE in this year-of-national elections was selected at the peace activist group's regular monthly meeting recently at the Westfield Rescue Squad headquarters.

Bruce Nielsen was elected chairman of the organization, whose chief purpose is to work for a reduction of nuclear weapons around the world, including a bilateral nuclear freeze with the Soviet Union. Other officers are Robert Berenson, secretary, and Carol La Pierre, treasurer. Jack Rockett was

named issues analyst for the group.

Newly-elected Chairman Nielsen emphasized the importance of working on projects in 1984 that result in the election of a President and a Congress dedicated to a mutual freeze and reduction of nuclear weapons. The several hundred members of Union County SANE will be canvassed for their opinion, and specific projects will be selected at the next meeting.

Berenson reported on a preliminary survey he and other members made in Westfield, Clark, Garwood and Linden to

determine what steps, if any, were being taken to protect residents and care for their medical needs in case of a nuclear attack. Basically, he reported, there was very little in the way of planning for this kind of emergency.

Some of the comments he received from town officials were remarks like, "In case of nuclear attack, it's every man for himself," and "No plan is possible, because we're living in a blast area." Citing a recent newspaper article by veteran statesman W. Averell Harriman warning of the increasing danger of nuclear war, Berenson said he was "very concerned" about the apparent lack of preparation in the area and planned to attend the next meeting of the Westfield town council to raise the issue there.

The next regular meeting of Union County SANE will be held on Feb. 6 at 8 p.m., the site to be announced. Interested persons may call Carol La Pierre, 233-4278.

### Volunteers added to hotlines

Eleven telephone volunteers recently completed training and will soon be commissioned to the staff of Contact-We Care and Deaf Contact, area 24-hour hotlines for the troubled.

The volunteers were inducted at a special evening service at Westfield Presbyterian Church Tuesday marking their finishing 50 hours of instruction in the 14th class of phone workers since Contact-We Care originated in the community in 1975.

They will join the approximately 100 trained workers who during 1983 have handled almost 25,000 calls from people needing a listening ear.

At the service, which will conclude the Contact center's annual dinner meeting, Rev. Charles Mingle of St. Stephen's Lutheran Church in South Plainfield will deliver the commissioning address. Other participants in the ceremony will be Rev. Wesley Olson, director of Contact-We Care; Mercedes Rossol, director of Deaf Contact; and Weyman Steengrafe, president of the Contact

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## Sharing aids handicapped

(Continued from page 1.)  
issues, Landvater said.  
"Issues like housing — buildings and apartment houses — employment, transportation and installing wheelchair ramps at churches and synagogues, for example, are always being worked on," she explained. "We'd like to help create a very accessible society for the handicapped."

"We were instrumental in helping to resolve the problem with identification placards."  
Landvater explained that these placards are now issued not to the drivers of vehicles that transport the disabled, but to the handicapped person they are meant to aid.

"We'd like to create changes for the handicapped and for society at large, she explained. "The disabled should be thought of first as a person and secondly as a person with a disability."

"The organization is supported through donations from businesses and private

### To Publicity Chairmen:

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citizens — and through fund-raising events.

For example, a permanent thrift consignment shop for infants and children — "The Sharing Closet for Little People" has been housed in the organization's New Providence headquarters since just before Christmas, Landvater said.

"Customers can bring merchandise to sell on consignment and receive 50 percent of the profits when the item is sold," she explained. "People will be able to buy high quality merchandise at a good price."

"We wish to function as independently as possible," she added.  
Landvater said that the shop would be a permanent fixture at Sharing headquarters, until the organization itself relocates to a larger facility.

"We do need more space," she said. "We've had quite a bit of growth and progress, and we'd like to rent a larger place."

In the meantime, Sharing can be found at 1788 Springfield Avenue, New Providence.

"If anyone would care to share with us," Landvater said, "either volunteers or new readers, they can write us or call 464-7700."

## Nursing homes advised to keep residents warm

The New Jersey State Ombudsman, John J. Fay, Jr., has once again offered the following information to operators of boarding homes and administrators of nursing homes throughout New Jersey, and ensuring the comfort and safety of residents during the upcoming winter.

An individual is especially vulnerable to hypothermia (an abnormally low body temperature), if he does not shiver or respond to cold temperature normally; if he is unable to move around well, or if he is taking medication that may alter the body's ability to regulate temperature.

Signs of hypothermia include confusion, slurred speech, shallow and slow breathing, along with drowsiness.

If anyone suspects that any person is suffering from hypothermia, it is important that that person is kept warm and taken to an emergency room for medical treatment immediately.

Fay has suggested for the protection of residents of these facilities that the following precautions take place.

1. Ensure that living areas are heated to 72 degrees during the day and 68 degrees at night.
2. Encourage residents to dress warmly when outside, emphasizing the wearing of hats since a large amount of body heat is lost through the head.
3. Provide nutritionally adequate meals.
4. Provide adequate bed covering at night for all residents.
5. Consult at all times with a physician regarding resident's medications, which may alter the body's ability to regulate temperature.

### H Block opens two new offices

H&R Block tax service recently opened two new offices: at 1318 North Broad Street opposite the National State Bank in Hillside; and at 1158 East Jersey Street in Elizabeth.

Office hours at both offices are 9 a.m.-9 p.m. Monday through Friday and 9 a.m.-5 p.m. Saturdays and Sundays. Appointments are available, but are not necessary. For further information, call the Hillside office, 923-2122, or the Elizabeth office, 353-6072.

## Kean planetarium open to visits

Anyone who has either forgotten or never has seen the real night sky should visit the planetarium on the top floor of the science building at Kean College of New Jersey.

Every Monday at 12:30 p.m. a taped program on the constellations of the autumn sky is shown in the 44-seat room. Dr. Donald Krall, who is doing the showing, recommends not bringing very small children and that members of the surrounding community make arrangements by phone ahead of their visit.

Krall can be reached in the department of earth and planetary environments. A

colleague of his in the department, Alexander A. Hall, an associate professor of astronomy, said, "By having the planetarium we are able to make an artificial sky for learning purposes."

Hall explained, "It's extremely useful to the students because with the tremendous amount of light we have at night from the cities, it is almost impossible to see the natural stars."

Hall was the motivating force behind the planetarium project for it since arriving at Kean in 1965. Long before Kean opened its science building in 1974, Hall wanted the planetarium in the

"I was department chairman when we were planning the building. This is a pet project. I really wanted it," Hall said. Unfortunately for him and the college, the planetarium was not considered a high priority. Hall waited and sought funds.

So the science building was built and there was an odd-shaped empty room on the top floor. They called it a lab but it remained empty for about six years. At that point, the Kean College Alumni Association came up with \$50,000 and Professor Hall was very happy.

In November of 1981, after the installation of the domed ceiling, Hall

attended the dedication of the planetarium. And this fall the weekly showing of seasonal skies opened to the campus and general communities.

But, he still is not satisfied. The planetarium uses a projector on loan from the Newark Museum that is old and requires repairs. Hall said, "We still are looking for our own projector and a number of slide projectors."

**WEDDING STORIES**  
Wedding stories and photos must be submitted to this newspaper within eight weeks of the wedding date.

## Hospital receives a photo series on natural childbirth

The St. Elizabeth Hospital Nursing Education Department was recently the recipient of a series of photographs on natural childbirth to be utilized in the audio-visual portion of its ongoing Preparation for Childbirth classes.

Vincent Bellotti of Westfield, a professional photographer and new father, presented the photographs to the hospital.

After being treated for six years for infertility problems by Donald Friccione, M.D., SEH Chief of Obstetrics/Gynecology, and Dr. Malcolm Schwartz, Bellotti and his wife, Karin, enjoyed the birth of their first child, Justin, at St. Elizabeth. Bellotti was an active participant who attended the childbirth preparation classes with his wife before the baby's birth. The photographs which he donated to the hospital are for future classes and show the actual childbirth of Justin.

In presenting the photos, Bellotti said, "The professionalism of the staff at St. Elizabeth and the outstanding facilities impressed my wife and me tremendously. I was most affected with the care our baby received while in the St. Elizabeth nursery."

When a baby is born, the new parents become very selfish in wanting to care for the baby and take him home as soon as possible. But the nursery team at St. Elizabeth makes certain the baby is completely healthy, before he is ready to go home and start a new life with his parents. A hospital is its people, and the people at St. Elizabeth willingly commit their efforts in working together to take care of their patients' well-being." Zeng Chen, M.D., SEH director of the nursery, and Mila de la Cruz, M.D., assistant director of the nursery, assisted in the baby's medical care in the nursery.

Mrs. Bellotti used the hospital's birthing room, a modern, safe alternative for parents who want their babies born in private, home-like surroundings but do not want to give up the security of the hospital's trained medical staff and life-saving equipment. Located in the hospital's labor and delivery suite, the birthing room shows little resemblance to traditional labor or delivery rooms with their tiled walls and floors crowded with unfamiliar equipment.

Following the birth, the new baby is checked by the physician and nurses, and the parents may hold and feed the child. "St. Elizabeth's philosophy of family-centered maternity care is one that views pregnancy and childbirth as joyful experiences to be shared by the entire family unit," states Diana Sullivan, R.N., Assistant Director of Nursing/Family Centered Perinatal Center.

St. Elizabeth was one of the first hospitals in Union County and the first hospital in Elizabeth to have the birthing room. This alternative method of childbirth is a part of the component of selection of services available at St. Elizabeth to make childbirth a happy, family-centered experience.

The program includes extended visiting hours for fathers, sibling visitation, and rooming-in of baby with mother, which may be either modified or on a 24-hour basis. "Those first few moments after birth are important, and time is provided for the new family to bond," states Mrs. Sullivan.

The next series of Preparation for Childbirth classes, which assist parents in the physical and emotional preparation of the birth of their child, begin Jan. 3 at St. Elizabeth. Classes, which are held weekly from 7:30 to 9:30 p.m. for six consecutive weeks, are planned for the mother and coach with a limited class size of 25 couples.

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# On the calendar

## Music

Uses of piano pedal. Carol Ferri, Kean College. Teacher: Madison Public Library. Jan. 19, 9:45 a.m. 527-2371.

Concert by Choral Art Society of New Jersey, under direction of Evelyn Bleske. First Presbyterian Church, Union and Springfield avenues, Cranford. 8 p.m. 276-7071.

All Nations Dance Co., "Joy in Every Land." YM-YWHA of Metropolitan New Jersey, 760 Northfield Ave., West Orange. 8 p.m. Jan. 22. 736-5300, ext. 511.

Spring concert auditions for Chorus of MUSIC, Inc., South Plainfield High School. Jan. 23 and Jan. 30, 7:30 p.m. Concert set for April 28. 756-7439 or 560-0561.

Sing-in. Kean choral society. Wilkins Theater Building, Room 143, Kean College of New Jersey, Union, Jan. 25 at 8 p.m. 232-2348, 232-1168.

"Partners in Faith" at second annual presser Sunday celebration directed by Issachar Miron, Israeli composer and educator. Temple Emman'El, Westfield. Jan. 28 evening.

Concert featuring Allison Brevator, pianist. Fellowship series of Saturday Night Concerts. Morristown Unitarian Fellowship, 812 Normandy Heights Road, 8 p.m. 549-1177.

Free concert by Chamber Orchestra of the Society of Musical Arts. Jan. 29, 3 p.m. Morrow Memorial Methodist Church, 600 Rigewood Road, Maplewood. Rehearsal at 1 p.m.

Flute, harp duo. Carol Wincone and Heidi Lehvalder. Wilkins Theater For the Performing Arts, Kean College of New Jersey. March 3, 8 p.m. Lance Olson, 527-2058.

"Cavalliera Rusticana," opera by Mascagni. N. J. Ballet Co. Wilkins Theater, Kean College of New Jersey, Union, March 10, at 8 p.m., March 11 at 3 p.m. 527-2337.

## Theater

"The Guardsman," starring Lucie Arnaz and Laurence Luckhull, now through Feb. 12. Paper Mill Playhouse, Millburn. 376-4343.

"Alterations," now through Jan. 29. "Talley's Folley," Feb. 7 through March 4. "Blithe Spirit," March 16 through April 8. 8 p.m., Tues. to Fri., 5 and 9 p.m., Sat., 2 and 7 p.m., Sun. Whole Theater Co., 544 Bloomfield Ave., Montclair. 744-2833.

"Send Me No Flowers," Gary Powell, Kay Nell, Robert Kras, Wade Betler, Pat

Hickson. Now through Feb. 12. Lee Elvis, Jan. 7, 9 p.m.; "They're Playing Our Song," The Reviers, in residence at El Bodegon Restaurant, 169 West Main St., Railway, Jan. 29 through Feb. 18, Friday and Saturday, 8:30 p.m. 574-1255. Uncle Floyd Show, Jan. 21 at 9 p.m. Henry Youngman, Jan. 28, 9 p.m. The Amazing Kreskin, Feb. 4, 9 p.m. Jack Jones, Feb. 17, 18, 19. Club Bene Dinner Theater, Rt. 35, Sayreville. 727-3000.

"The Rimmers of Eldritch," play, at New Jersey Public Theater, 118 South Ave., East, Cranford. Weekends to Feb. 4, 8:30 p.m. 272-5708.

"The Old Flag," by Vincent Canby. To Feb. 4. World premiere. George Street Playhouse, 391 George St., New Brunswick. 846-2895.

"Ah, Wilderness!" Princeton University, McCarter Theater, 91 University Place, Princeton. Jan. 19, previews; opening to Feb. 5. "Jan McKeelen, Acting Shakespeare." One-man show, Jan. 30, 8 p.m. (609) 452-5200.

"Langston," a tribute for Black History Month. Crossroads Theater Co., 320 Memorial Parkway, New Brunswick. Jan. 29 through Feb. 12 (with previews Jan. 19). 249-5589.

"Same Time Next Year." Cranford Dramatic Club, 78 Winans Ave., Cranford. Jan. 27 through Feb. 11 weekends at 8:40, 276-7611, 7:09 p.m.

"A Community Celebration of Yiddish Culture." New Legacy series of Jewish Education Association of Metro-West. Dr. Karl Leviant, Rutgers University professor; Cantor Norman Summers of Temple B'nai Jeshurun, Short Hills, and Ruth Kaminska, Yiddish Theater actress. At JDA, 1 Henderson Drive, West Caldwell. Jan. 22, 1 to 4:45 p.m.

"The Shadow Box." Godel Productions in cooperation with Middlesex County College Performing Arts Department at Studio Theater. Feb. 16, 17, 18 at 8 p.m., and Feb. 19 at 3 and 7:30 p.m. 548-6000, ext. 367.

community Center, 314 Chestnut St., Roselle Park. Jan. 23: 245-0666.

## Art

Exhibit and sale by artists Carol Friedman, Honey Ruskin and Hugh Paper Mill Playhouse, Brookside Drive, Millburn. Now through Feb. 12. One hour before performances and during intermission of "The Guardsman." Also noon to 3 p.m., Fridays.

Charles Länman: Landscapes and Nature Studies, 10 a.m. to 5 p.m., Mon. to Sat.; 2 to 5 p.m., Sundays, to Feb. 28. Morris Museum of Arts and Sciences, Morristown. 538-0454.

Holiday art exhibit of Yard School of Art's "Older Adults" classes to Jan. 29, 11 a.m. to 6 p.m. Lobby of Whole Theater Co., 544 Bloomfield Ave., Montclair. 744-2933.

## Potpourri

Women Lawyers in Union County cocktail party honoring Union County Judiciary. Jan. 19, 5:27 p.m., Old Mansion, 917 North Broad St., Elizabeth. 687-7080.

"A Community Celebration of Yiddish Culture." new Legacy series of the Jewish Education Association of MetroWest. 1 Henderson Drive, West Caldwell. Jan. 22 from 1 to 4:45 p.m. 575-6650.

Slide show on Union County Vocational Technical Schools. Jan. 19, 3:30 p.m., in the Elizabeth Public Library auditorium, fourth floor. 889-2000, ext. 214.

Union County Hiking Club, 3 hikes, Jan. 21. South Mountain-Ramble, 5 miles, with lunch afterwards. Staten Island

Green Bell Hike, 9-10 miles, 10 a.m. Kektat Circular, 8-10 miles, moderately fast, 9:20 a.m. 527-4900.

Union-County-Hiking Club, 3 hikes, Jan. 22. Mills Reservation Dog Walk, 6 miles, 10 a.m., dogs permitted. Intermediate Ski Tour, 6:30 a.m., Wayne. Wynonole Circle; Wausque, 9:15 a.m., fast paced, strenuous. 527-4900.

## Culture Board elects officers

The Cultural and Heritage Programs Advisory Board of the Union County Board of Chosen Freeholders held its annual meeting recently, in the County Administrative Services Building, Westfield. The Advisory Board elected officers and set dates for its regular meetings in 1984.

Mrs. Bettle MacDonald, was named chairman. Mrs. Marcia Cohen and Mrs. Audrey Morgan of Roselle Park, were elected vice chairman and secretary, respectively.

The Advisory Board will meet Feb. 6, March 5, April 2, May 7, June 4, June 25, Aug. 6, Sept. 10, Oct. 1, Oct. 29, and Dec. 3. Interested citizens of Union County are invited to attend. Meetings begin at 8 p.m. at the offices at 300 North Ave., Westfield.

The Cultural and Heritage Programs Advisory Board devises and recommends programs to encourage and promote public interest in local, county, state and national history and culture. The Board deals with fine and performing arts, historic architecture, archeology, and genealogical and historical research, advising the Board of Freeholders on these matters.

## Seton Prep

Seton Hall Preparatory School in South Orange is seeking information on any Prep graduate who is not on the Alumni mailing list, especially the classes of 1984 and 1984. For more information contact Pat McMahon, Seton Hall Prep Alumni office, So. Orange, N.J. 07079 or call 761-6512.

# Focus on entertainment

## Disc 'n' Data

By MILT HAMMER  
Pick of the LPs. "Once A Rocker Always A Rocker," by Joe Perry Project (MCA Records).

For the Joe Perry Project's first recording for the MCA label, the album title is definitive. It zeroes in on the eponymous mad doctor of third generation rock guitarists in the 1970s, phenomenally successful group Aerosmith and more recently the leader of his own band, Perry's deeply rooted rock sensibilities continue to prove that once is not enough.

Joe Perry's image as the dark stranger in leather pants is just part of rock and roll tradition. Kids always have been drawn to the unknown, and Perry knows it. His idiosyncrasies give a personal dimension to his on stage persona.

It wouldn't be fair to talk about Joe Perry without mentioning his former relations with Aerosmith. Joe met lead singer Steven Tyler as teenagers in New Hampshire when on summer vacation with their parents. Steven's band played local clubs, and Joe, as a fan, would catch his act. In 1970, while Joe was jamming with future Aerosmith bassist Tom Hamilton, broke up. It seemed only natural that Joe Perry and Steven Tyler should get together.

The collaboration led to several gold and platinum records and sold out stadiums for Aerosmith. It all came to an abrupt end in 1978, when Joe declared that he would leave Aerosmith to form his own band. It wasn't a decision made in haste. Success had become routine for Joe. Gone were the challenges of struggle, and in its place came frustration with his creative intuition. There were problems within the cocoon like confinements that go along with the high price of success, especially living and working with the same people every day. Eventually, Joe fulfilled his obligation to Aerosmith. But his musical fervor yearned to be released, and on the heels of platinum success with a major band, he set out on his own with enough original material for a solo LP. Columbia Records signed Perry for his



JOE PERRY

first album. "Let the Music Do the Talkin'." Joe's creative drive helped him reach new musical goals, and after a second album, he decided to look for a record label more receptive to his high-powered brand of rock and roll, as well as his personal need for freedom of expression. A year and a half later, he emerged with

an album that he could finally say was right for him, his self-produced "Once A Rocker Always A Rocker" on the new MCA Records.

The new and true Joe Perry Project consists of lead-singer Mach Bell, who grew up across the tracks from Joe and had formerly fronted a band called Thundertrain, bassist Danny Hargrave and drummer Joe Pet, formerly of Berlin Airlift. The Joe Perry Project has been playing to sold out dates. When the group returned to New Hampshire, 6,000 loyal fans waited outside to get a glimpse of their home town hero.

On "Once A Rocker Always A Rocker," Perry wrote all the music except for T. Rex's "Band A Gong," and a song called "Women in Chains." Mach Bell wrote all the lyrics except for Joe's "Black Velvet Pants." Some of the songs depict the band's personal experiences. This is most notable in "Four Guns West," which documents the members' last road trip when they narrowly escaped arrests for indulging in what Joe calls "normal fun." "Adrianna" is about a girl the group met when touring South America, while "Crossfire" is a place you don't want to get caught. "King Of the Kings" tells the story of a girl who makes you feel like a King of Kings.

"Walk With Me, Sally" is a rock and roll song, and "Never Wanna Stop" is how the band feels about its outlook on life. "Once A Rocker" speaks for itself. Joe produced the record with some assistance from engineer Michael Golub, and session pianist Harry King. Joe feels this album reveals a funkier side of his personality.

Joe's lived and dealt with so many of life's changes, but so far, he says, the highlight of his career was his jam with his mentor Jeff Beck. He still includes "Train Kept A Rollin'" in every live performance. His only other influence besides Jeff Beck is Clint Eastwood, possibly because of the similar Machiavellian attitudes they share.

Joe Perry's career has taken roads filled with twists and turns but through it all his mystique and charisma survive. With "Once A Rocker," Joe proves he always is a rocker.

## Chansonettes rehearsals set after holidays

The Chansonettes of Westfield, directed by June Cotter and accompanied by Jean Schork, will resume activities and rehearsals this week following the holiday break.

Rehearsals have begun for the spring program which will have a patriotic theme. It was announced by Muriel Lawrence of Roselle Park, program chairman.

A medley of American folk songs will be sung. The songs include "Shenandoah," "Betsy From Pike," "Skip to My Lou," George M. Cohan's "You're A Grand Old Flag," "Alexander's Ragtime Band," the jazz-rock "Sing Out, Sweet Land" and "If I Loved You" from Rodgers and Hammerstein's "Carousel."

The Chansonettes is a group of women who "like to sing for fun." It was announced that any area woman, usually one who enjoyed the Glee Club in high school or college, is welcome to join and may sit in at any rehearsal. Rehearsals are held on the first and third Wednesday nights in the Presbyterian Church in Westfield.

Additional information can be obtained by calling Mary Stanke of Mountainside at 283-4315.

## Spring concert auditions set

Auditions for the spring concert for the Chorus of MUSIC, Inc., will be held Monday and Jan. 30 at 7:30 p.m. in the instrumental room of South Plainfield High School. The chorus, which will prepare the Brahms "Liebeslieder" and other choral works by Schumann and Schubert for the annual spring concert April 28.

The group has announced that it plans to extend its members. Members are carefully chosen by audition. A singer must display a pleasing voice and musical ability. Potential members need not prepare any vocal material for the audition.

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# Restaurant Guide

## Big Band music set by L'Affaire

L'Affaire, 1099 Rt. 22, eastbound in Mountainside will stage a return to the Big Band era with a 14-piece orchestra playing tunes from the 1940s and early 1950s on the evening of Jan. 28. Music by Glenn Miller and Benny Goodman will be featured by the David Aaron Orchestra. Some of the members of the orchestra worked in the big name bands.

Robert Connelly, chef and owner, has announced that a \$20 ticket will include a choice of prime rib or beef or filet of sole. Taxes and gratuities included. Reservations can be made by calling 232-454 or 232-3388.

## 'Langston' play preview slated

The Crossroads Theater Co., 320 Memorial Parkway, New Brunswick, will begin the new year with "Langston," a tribute for Black History Month. The original adaptation will be directed by executive director Rick Khan and will hold previews on Jan. 19. Performances will be held Jan. 20 through Feb. 12.

Five Crossroad veterans will be featured. They are Clifton Powell, Nick Smith, Candy Mayfield, Ron Talton and Brenda Thomas.

Additional information can be obtained by calling 249-5560.

## Concert is set by choral unit

The Choral Art Society of New Jersey, under the musical "direction" of Evelyn Blecke, will open its 22nd season Saturday at 8 p.m. in the sanctuary of the First Presbyterian Church, Union and Springfield avenues, Cranford. It will feature soloists Mary Ann Hien, Yin Teng, soprano; Alan Seale, baritone; a 35 member orchestra and a 75-voice chorus.

The society is supported by a grant from the Union County Cultural and Heritage Programs Advisory Board made available by the New Jersey State Council on the Arts.

Additional information can be obtained by calling 276-7071.

## Spring semester set for Theater School

The Whole Theater Co. Professional Theater School, 544 Bloomfield Ave., Montclair, will begin its spring semester during the week of Jan. 30. The school will offer comprehensive professional multi-level training in acting, dance and voice for children through adults taught by a faculty of practicing professionals.

Creative Dramatics I and II for ages five through 7 and eight through 10 also will be available at the Maplewood extension, Wednesday afternoons at the Ethical Society Building.

Additional information can be obtained by calling 744-2933.

## 'Joy in Every Land' set for Y on Sunday

The All Nations Dance Company will perform "Joy in Every Land," a selection of ethnic dances and songs from around the world, at a special family program at the Y.M.Y.W.H.A. of Metropolitan New Jersey, 760 Northfield Ave., West Orange, Sunday at 3 p.m.

Additional information can be obtained by calling the Y at 736-3290, ext. 511.

### WEDDING STORIES

Wedding stories and photos must be submitted to this newspaper within eight weeks of the wedding date.

## Movie timeclock

**BELLEVUE I (Montclair)**—SCARFACE, Fri., 1, 4:15, 7:30, 10:45; Sat., 1, 4:15, 7:30; Sun., 5:15, 8:30; Mon., Tues., Wed., Thur., 1, 5:15, 8:30.

**BELLEVUE II—MAN WHO LOVED WOMEN**, Fri., 2:15, 5:15, 8:15, midnight; Sat., 2:15, 4:15, 6:15, 8:15; Sun., 6:15, 8:15, 10:15; Mon., Tues., Wed., Thur., 2:15, 4:15, 6:15, 8:15.

**BELLEVUE III—UNCOMMON VALUE**, Fri., 1:45, 3:45, 5:45, 7:45; Sat., 1:45, 3:45, 5:45, 7:45; Sun., 5:45, 7:45, 9:45; Mon., Tues., Wed., Thur., 1:45, 3:45, 5:45, 7:45, 9:45.

**FIVE POINTS CINEMA (Union)**—SUDDEN IMPACT. Call theater at 964-9633 for timeclock. Fri., Sat. adult midnight show, FELICIA.

**LINDEN TWIN ONE—HOT DOG**, Fri., 7:45, 9:35; Sat., Sun., 1, 2:50, 4:40, 6:30, 8:20, 10:05; Mon., Tues., Wed., Thur., 7:30, 9:20.

**LINDEN TWIN TWO—SCARFACE**, Fri., 8, Sat., 2:15, 5:30, 8:45; Sun., 2, 5:15, 8:30; Mon., Tues., Wed., Thur., 8.

**LOST PICTURE SHOW (Union)**—SCANDALOUS, Fri., 8:40, 10:20; Sat., 5:20, 7, 8:40, 10:20; Sun., 2, 3:50, 5:40, 7:30, 9:20; Mon., Tues., Wed., Thur., 7:30, 9:15.

**STRAND (Sommit)**—GORKY PARK, Fri., 7:30, 9:45; Sat., 2, 4:45, 7:10, 9:40; Sun., 2, 4:25, 7, 9:25; Mon., Tues., Wed., Thur., 7, 9:15.



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## 'Partners in Faith' is set for a Jan. 28 celebration

Issachar Miron, Israeli composer and educator, will direct his award-winning production, "Partners in Faith," on the evening of Jan. 28 in Temple Emanu-El, Westfield. Sponsored by the Jewish Federation of Central New Jersey (Union County), "Partners in Faith" will be the highlight of the second annual pre-Super Sunday celebration.

## Two free films will be shown

The Casano Community Center, 314 Chestnut St., Roselle Park, will show two free movies Monday.

"Falso," a romantic comedy, starring Dom DeLuise and Anne Bancroft, will be shown at noon to senior citizens and at 7:30 p.m. to all residents.

That afternoon at 3:30, the Walt Disney picture, "The Lady and the Tramp," will be shown to children and their parents.

There will be no admission charged for the movies which are shown on a large, professional screen. Additional information can be obtained by calling the community center at 245-0666.

## Uses of Piano Pedal set by Kean teacher

Carol Ferri of Maplewood, who has taught piano at Kenn College of New Jersey, Union, will speak on the "Uses of the Piano Pedal" Jan. 19 at 9:45 a.m. in the Madison Public Library. She and Charles Huether, a piano technician, will show slides and discuss the pedal mechanics. Sponsors are the Music Educators of New Jersey.

Additional information can be obtained by calling 527-2271.

Miron has composed more than 2,000 songs and instrumental works including the international hit, "Tzena, Tzena, Tzena."

He is the recipient of such awards as the Industrial Film Festival Gold Medal for Music, the International Film and Television Festival 1979 Silver Medal for Music, the 1980 Silver Medal for Script, Music, Multi-Media Design and Direction, the 1981 Bronze Medal for Script, Music and Direction, and the 1982 bronze and silver medals, respectively, for "Casting Light" and "San Francisco, My San Francisco... Jerusalem in the Golden Gate" for script, composition and direction.

Additional information can be obtained by calling 351-5060.

## Shows slated for Princeton

Eugene O'Neill's only comedy, "Ah Wilderness!," will preview Jan. 19 and continue through Feb. 2 at the McCarter Theater, Princeton University, 91 University Place. It will be presented under the guest direction of Margaret Booker.

"Judevine: A Vermont Anthology," a collage of poems by David Budbill, put together by associate artistic director Robert Lancaster, creating a new play for McCarter Theater's developmental Stage Two project, will be presented at Murray Dodge Theater on the campus now to Jan. 29.

Ian McKellen, English stage actor, will bring his one-man show, "Ian McKellen Acting Shakespeare," to Alexander Hall on the Princeton University campus for one performance only, Jan. 30 at 8 p.m.



NANCY CONNOLLY

## Simon musical has local talent

Nancy Connolly of Linden will be featured in Neil Simon's stage musical, "They're Playing Our Song," which opens Jan. 20 at the El Bodegon Restaurant, Rahway, presented by the Revelers. Connolly also will double as the production stage manager.

Robert Warren, FMS, a Marist brother at Roselle Catholic High School, will have the featured role of Vernon Gersch, a composer of hit songs. Brother Warren also will choreograph the show.

The play will run for six weekends through Feb. 18, Fridays at 8:30 p.m. and Saturdays at 7:30 p.m. Additional information can be obtained by calling 574-1255.

## First anniversary

Somebody's Place Coffeehouse will celebrate its first anniversary Saturday with the group, "Bones & Joan," at the Cranford Alliance Church, Retford and Cherry streets, Cranford, from 7:30 to 11 p.m. All are welcome. Refreshments will be available.

## A free concert is set Sunday

Sold Brass, an ensemble of 10 brass players, will present a free concert Sunday at 2:30 p.m. in the Crescent Avenue Church, Plainfield.

The program will include works by member composers Carl Della Perulli and David Sampson, and the Charles Ives "Variations on America," arranged by guest organist Clare Gesualdo. Also on the program will be the works of Jeremiah Clarke and Richard Wagner.

The concert is supported by a grant from the Union County Cultural and Heritage Programs Advisory Board through funding made available by the New Jersey Council on the Arts.

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# PHYSICAL FITNESS

## Athletic footwear boasts variety

Sneakers. Once you could shoot hoops, lope around a tennis court, or bat a home run in them. But in the past few years, sneakers have gone the way of the dinosaur.

What has emerged is athletic footwear: court, running, turf shoes and their offspring. For the vast majority of athletes who truly care about their feet, sneakers are a memory.

The new athletic footwear is designed by how the foot functions in a particular sport. Manufacturers spend years and millions of dollars to research the foot and its interaction with different types of athletic shoes.

If you're still questioning why you shouldn't run in a tennis shoe and vice versa, researchers offer the following explanation.

In running, the dominant motion is a forward roll and the more the shoe mimics this natural rolling motion, the better protected the foot will be.

To do this, a shoe needs a stable platform that will move the foot forward in a straight movement. A firm heel counter, the back of the shoe which holds the heel in place, is a must. Some shoes even have a rear-lacing system which cinches the shoe in around the heel.

In general, a running shoe laces from the toe area to the top of the foot. This again helps to keep the foot moving in one continuous motion.

Moving onto the tennis court, the primary motion is side-to-side and the foot needs to be protected from the stresses of this weight shift. Support is thus built into the midfoot of a tennis shoe. Less support and protection are given to forward motion.

Unlike the sole of most running shoes, the corners of a tennis sole are rounded for ease of side-to-side movement and to prevent one from "falling off" the shoe. The toe piece is often reinforced with rubber as many tennis players drag their toes.

Tennis should be played up on the toes. Therefore, a stiff heel counter is not as necessary as in running.

Many tennis shoes are built up in the heel area for better forward momentum. But research suggests that this strategy may be a myth.

A new shoe, called the Catalyst, features a two-piece sole with no sole under the midfoot and no heel lift. This

arrangement, the manufacturer claims, enables the player to naturally play up on the toes and thus move more effectively to the ball.

Although a relatively new athletic pursuit, there is even a shoe for aerobic exercise. Unlike the others described, an aerobic shoe features extra forefoot cushioning, stress-aerobic exercise and dance include a number of movements on the toes.

In general, these shoes are very lightweight so they do not add extra weight to the feet.

While one sneaker used to resemble another, the categories of athletic shoes are many and varied. Although it all may seem confusing when you first enter an athletic footwear store, begin by trying on a few pairs of shoes. Your feet will thank you.

## Nutrition is vital to one's health

It may not seem like ice skating season to you, but for World Figure Skating Champion Rosalynn Summers, it's time to buckle down to a strict diet and exercise regimen designed to prepare her for the next, and perhaps biggest, challenge of her skating career — the 1984 Winter Olympic Games slated for Sarajevo, Yugoslavia, in February.

All summer long, she will spend eight to 10 hours a day working on her skating technique. In addition to her long workouts at the rink, Roz will continue to study ballet and jazz to improve the artistic qualities of her skating that have become her trademark.

And she'll keep a close eye on her diet to maintain the 16-pound weight loss that may have been the crucial element in her Gold Medal winning mental attitude and skating performance at the 1983 World Championships in Helsinki, Finland.

"I eat a lot of chicken and fish, and a lot of vegetables and fruit. And, basically, I stay away from the junk food and — keep with the — high-nutritional foods," Roz said.

"The rink is so cold, and when we get off the ice, we like to have something warm, you know, to keep our bodies functioning. And soup is right there on the list. It really works wonders."

The importance of good nutrition is magnified when you're a world-class

athlete bound for the Olympics, but it's crucial for anyone interested in maintaining good health.

Research shows that of more than 32,000 people surveyed by the U.S. government, those with the fewest symptoms of nutritional health problems ate a variety of foods from the four food groups, more soup and dairy products and fewer sugary foods and beverages.

Another study, conducted by University of Nebraska researcher Dr. Jack L. Smith, shows that soup may act as a "dietary pacemaker" to help moderate caloric intake, helping to prevent

overeating and obesity. The study analyzed three-day dietary records of 28,000 people polled in the Nationwide Food Consumption Survey conducted by the U.S. Department of Agriculture.

"You don't have to be a world champion like Rosalynn Summers to make the most of good nutrition. Whatever 'title' you strive for will come a little easier if you eat right — and work hard!"

**WEDDING STORIES**  
Wedding stories and photos must be submitted to this newspaper within eight weeks of the wedding date.

## Protein-rich foods helps sleeping

Trouble sleeping? Eat Magazle. plenty of protein-rich foods during the day and have a piece of watermelon before bed, according to Dr. Alice Kuhn Schwartz, quoted in an issue of Glamour.

Watermelon, corn, rice pudding, potatoes, grape, apple and orange juices all cause drowsiness and enhance sleep if certain protein-rich foods have been eaten during the day.

Foods high in protein often contain an amino acid called tryptophan, considered to be a sleep inducer. Tryptophan is activated by carbohydrates.

## 'Heavyhands' proves an aid to exercises

The benefits of exercise are intimately tied to the difficulty and duration of the exercise we choose—how hard it is and how long we do it.

Heavyhands is a new kind of exercise of combined movements: arms, legs and often times trunk muscles work together. The upper body is studiously emphasized.

Small aerobic hand weights especially designed for this purpose by AMP are used in a variety of movements including dance, callisthenics, walking, jogging and shadowboxing. Thousands of repetitions may be performed during prolonged workouts.

The Heavyhands Principle works because the heart is less strained when supplying oxygen to many trained muscles than when equal work uses only a specialized few muscles.

Heavyhands training allows a given amount of work to be done at a slower heart rate. Distributing the exercise work among lots of muscles makes

healthy exercise feel easier and injury less likely.

Heavyhands is for the young and old, from the most sedentary and inexperienced to the most accomplished athlete; Heavyhands will enhance any exercise program and is an important adjunct to weight training.

The Heavyhands Principle leads to many health related benefits: resting and "exercising" pulse rates and blood pressure lower. In addition, more body fat is lost per minute of exercise.

Also, Heavyhands can be used indoors or out, more varied than other systems, relatively inexpensive, more adaptable to group participation, and makes "respectable" exercise available to beginners. The handweights designed by AMP make for both good control of added levels and finely graded increases.

Make sure to avoid the following uppers — tea, chocolate, colas, pickled herring, Chianti wines, champagnes and aged cheese. They all contain small amounts of stimulants that inhibit sleep.

To relax before bedtime, Glamour suggests an herbal bath (herbs steeped in warm water), but if there isn't enough time to bathe the whole body, take a shortcut and soak the hands in an herbal bath instead. According to Glamour, "Certain herb-like lemon balm leaves, promote a feeling of calmness. Others like rosemary flowers, give you a refreshing sensation."

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# PHYSICAL FITNESS



MIKE GULLA of Fitness Forum in Union shows form that enabled him to win title of Mr. Metropolis. Gulla is at the Union health club whenever he is available to impart tips on physical fitness.

## Union's Fitness Forum answers questions on physical condition

Very few people really know what being fit entails. Everyone should be aware that being fit is essential to combat the stresses of the hectic life-style of today. Reducing tension and stress, staying slim, relative freedom from illness, and a positive, vivacious attitude towards living are some of the benefits of total fitness.

Here are answers to some of the most frequently asked questions concerning fitness.

1. When I was younger, it seemed that I could eat as much as I wanted without gaining weight. Why does everything I eat now seem to turn to fat? As you become older and less active, you burn less calories than when you were younger. But your food intake often stays the same or increases slightly. To lose weight you must burn more calories than you take in. It's easy. EXERCISE MORE AND EAT LESS.

2. Can muscle change to fat? Muscle

**Avoiding sodium**  
Concerned about your family's salt intake? Try to avoid buying groceries that have sodium.

- At the produce counter, remember that fresh fruits and vegetables are generally lower in sodium than the canned or frozen form, because salt may be added in these processes.

- In the snack aisle, reach for popcorn kernels instead of most potato chips, pretzels or nuts. "Pop" the popcorn at home and top with unsalted butter plus chili or curry powder for extra flavor.

- Use the fresh meat counter instead of the deli counter, where most meats are already prepared with salt.

does not change into FAT nor FAT into muscle. If you eat too much and exercise too little your extra caloric intake will be stored as FAT. If your muscles are not used they will weaken and diminish in size, but not turn to fat.

3. What is cellulite? There is no such thing as cellulite. The concept of cellulite is irrational and unscientific. Cellulite is merely a promotional name for a certain formation of fat. FAT is FAT. The only way to lose fat, short of surgery, is by proper diet and regular exercise.

4. What is the best diet for weight loss? Diets are not the key. Correct habits are. This means you should follow sound

nutritional habits, and follow an exercise program designed to improve cardiovascular functions. Perhaps the best diet is exercise.

5. Is exercising fun? "Yes," according to the Fitness Forum in Union. Fitness Forum offers a full line of Nautilus, circuit training, aerobic dance and exercise classes in a cool atmosphere. They are open seven days a week and specialize in personalized instruction. Customer satisfaction guaranteed.

The Fitness Forum staff includes "Mr. Metropolis", Mike Gulla, Joe, Colleen and Sue. For further information, call 688-5252.

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## Positive self image key to health

Along with being a physical state, health is, perhaps even more so, a state of mind. Health trends today emphasize how the two are inextricably bound.

As health is an attitude, having a positive self image is one of the keys to good health. Feeling good about yourself is often the impetus needed to maintain the discipline and will-power required to sustain a proper diet and exercise regime.

Dieting is necessary for many to keep trim. Whether you need to lose or just maintain, having the will-power to turn down a thick slice of chocolate cake in

favor of a piece of fruit, at least most of the time, can make the difference between reaching your goal weight or always being a bit heavier than you would like.

Whether or not weight control is necessary, exercise most certainly is, as even the thinnest need to maintain firm muscle tone.

Whether it be swimming laps at the neighborhood "Y" three nights a week, jogging around the block, or working out on equipment at a local spa, discipline and consistency are the key to results.

If you find yourself lacking the motivation to exercise after a long day's

work, the latest in sweatshirt couture may inspire you.

You'll find colors that span the spectrum of the rainbow, their numbers rivaled only by the variation in styles. So if an added boost is what you need to help your fitness resolve firm, try putting together a colorful workout wardrobe.

Along with colorful clothes, colorful foods also contribute to health and well being.

Not only are bright, crisp salads and ripe, fresh fruit low in calories, they are also loaded with the vitamins and minerals that will keep you going and glowing.

Arranging a platter of crunchy crudites or a fresh fruit salad can be an appealing incentive to keep diet resolutions as well as providing some nutrient-rich munching.

The old adage, "you are what you eat" seems truer today than ever, as researchers learn more and more about the link between nutrition and health.

For example, in the field of cancer research, certain vegetables—namely cabbage, broccoli, brussels sprouts and cauliflower—are being studied as they are suspected to contain certain elements that may aid in cancer prevention. There are also indications that vitamins A, C and E may contain agents that would aid in cancer prevention.

Along with being what you eat, it might also be said that you become what you think, so that if you see yourself as a vibrant, active person that glows with good health, chances are that you will lead a lifestyle that promotes such a healthful sense of being.

## Women working out to develop a fit body

Muscles, sleek and firm, that's how the woman of the 1980s views beauty. More than half of all American women today are working hard to stay fit.

Why the "Fitness Fever?" The healthful benefits of exercise are tough to ignore. Researchers claim regular workouts actually can combat stress and heart disease, add stamina, result in better sleep and a longer life as well as produce those sought-after flat tummies, firm thighs and sleek calves.

This quest for fitness has spawned a new form of sports chic. The best looking athletes have tossed out their bulky sweatsuits in favor of sleek, body-hugging exercise-wear.

Leading the way in developing new sport logs are the fiber experts at Du Pont. Working with top manufacturing and designers, they are helping to create exercise-wear in a spectrum of colors and fashionable styles.

Unitards and dolman-sleeved leotards come in bright solids colors or sophisticated ombre designs. All styles will stretch and flex through an aerobics class, jazzercise routine or a bodybuilding workout because the fabric is styled with "Lycra" spandex fiber

which assures optimal flexibility, durable wear and second-skin fit.

Sleek unitards in animal prints or rich solids cap and long-sleeved leotards with padded shoulders or keyhole cut-outs with dyed-to-match thighs are some of the new styles designed to brighten up exercise time.

For the woman who wants to feel ultra-feminine while she pumps iron, there are even long-sleeved leotards with lace flaring at the neckline and coordinating lace trims in rich jewel tones. And all these fashion right looks combine the comfort of contour-loving "Lycra."

With so many different exercise programs and fashions available today, there's no excuse for remaining sedentary. But fitness experts agree that before you begin any exercise program:

- Always consult a physician;
- Start working out three to four times a week for about six weeks; then work up to five or seven times per week. Avoid only once or twice-a-week workouts. You'll end up exhausted without getting any of the benefits of a regular workout;
- Set realistic goals. If you attend a class or have joined a health club, consult your instructor before trying any moves beyond your level; injuries can occur when the body is not conditioned properly;
- Always warm up first with appropriate exercises.

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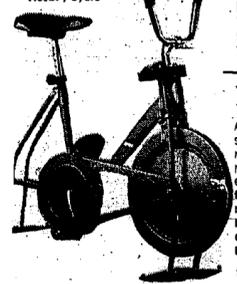
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**INSURANCE CLAIMS REPRESENTATIVE** TRAINEE We are looking for a hard working individual with decision making ability. If you have completed 1 or 2 years of college and are looking for a challenging career with a national company, please submit your resume to: Classified Box 465, Suburban Publishing, 1201 Stuyvesant Ave., Union, New Jersey 07093. Equal opportunity employer m/f.

**JOB OVERSEAS** Big money, fast, \$20,000 to \$30,000 plus per year. Call 1-216-453-3000, Ext. 6026.

**HELP WANTED**

**LEGAL SECRETARY** Elizabeth law firm, Elmore section. Experience required. Must have excellent typing, stenographic and dictaphone skills. Litigation experience helpful. Salary commensurate with experience. Call 353-5300.

**MANAGEMENT** Recently expanding firm formal wear chain seeking aggressive salesperson to join our management team. Starting salary \$18,000. For interview call 93 pm. **DANTE TUXEDOS** 21 W. George Ave. Linden, N.J. 07036

**MEDICAL ASSISTANT TRAINEE** Full time. Will train aggressive, articulate individual as Optometric technician for our ultra modern eye care center. Contact us wearing a plus. Call Jack at 376-8900.

**NEED EXTRA CASH?** I need transportation, for details call 687-6539.

**OFFICE CLEANING** PART TIME DAYS Major caride manufacturer. Mature minded person to maintain corporate office in convenient location. Related experience preferred. Individual should be self starter with good judgment and pleasant manner. Excellent compensation. For immediate consideration call: Call me 1-900. Equal opportunity employer m/f.

**MAKE MONEY WORKING AT HOME** Be flooded with offers. Details rush stamped addressed envelope to M & D Enterprises PO Box 884, Springfield, New Jersey 07081.

**MAKE MORE MONEY WORKING OVERSEAS** IN COUNTRIES SAUDI ARABIA, VENEZUELA, ETC. ALSO POSITIONS ARE AVAILABLE IN NORTHERN REGIONS OF CANADA, ALASKA AND THE NORTH SEA. P E R M A N E N T / TEMPORARY WORKERS NEEDED ARE TRADES PEOPLE, LABORERS, PROFESSIONALS, ETC. FOR FULL INFORMATION SEND A SELF-ADDRESSED STAMPED ENVELOPE TO: Overseas, Dept. 502 701 Washington Street BUFFALO, N.Y. 14205, USA

**MATURE SALES** Person wanted for ladies clothing store. Friday, Saturday and Sunday. Experience preferred, good salary. Call 836-4266 and leave name and number.

**MANAGER** Experienced. For retail store in Union. Call Mr. Alan, 375-0033.

**MAINTENANCE PLANT** 2nd shift opportunity in metal fabrication plant. The right person will be a generalist desiring a wide variety of maintaining & troubleshooting our equipment. A strong mechanical background is desirable.

We are a New Jersey based international company making products for the building industry.

Salary \$8.63 to \$10.65 per hour. Excellent company paid benefits plus profit sharing.

Apply in Person or Call Ann for Appt. **201-272-5200**

**Construction** Specialties, Inc. 35 Winans Avenue, Cranford, N.J. Equal Opportunity Employer M/F

**MANICURIST/BEAUTICIAN** Experienced, only. Part time. Complete nail care in busy shop with pleasant working conditions. Call 9 to 6, 379-3439.

**HELP WANTED**

**PART TIME BOOKKEEPER** For busy retail store. Friendly atmosphere. Apply in person. **HARROWS**, Route 22, Union.

**SECRETARY** - Springfield law office. Bright beginner with good skills. Non smoker. 379-2444

**TYPIST** - With receptionist duties. Good typing skills, stenographic and dictaphone helpful not required. Good salary plus bonus. **SUNDAY** only routes available also, 6 to 8:30 AM, 277-0155.

**PART TIME DRIVER** - With car for early morning newspaper home delivery. Route in Summit, Monday thru Saturday 5 to 7 AM. Compact routes, deliveries average \$4.00 to \$8.00 or more per hour. Flexible hours. Be your own boss. Call 862-1828 or 688-0810.

**PROCESS MAIL AT HOME** \$2.00 per hundred. No experience. Part or full time. Start immediately. Details stamped self addressed envelope to C.R., 5005, P.O. Box 3149, Stuart, FL 32945.

**PART TIME DAY** help needed. Apply in person between 2 & 4 PM. **ROY ROGERS**, 2650 Rt. 22 Union.

**PART TIME CLERK TYPIST** Union area. Hours 7 AM - 1 PM. Responsibilities include typing, filing, and the ability to handle phones. Familiarity with purchasing departments procedures a plus. Call 688-6900 Ext. 322 between 9 AM - 3 PM to set up an appointment for interview.

**RED DEVIL INC.** 2000 Valley Road Union, N.J. 07093 Equal Opportunity Employer M/F

**PART TIME** Temporary receptionist. Springfield office. Call 379-7377.

**PART TIME** Receptionist. Doctor's office. Thursday, 5 p.m. - Wednesday, 8 p.m. Experience preferred. 467-1700.

**PART TIME CLERK TYPIST** Must be good with figures. Hours 8:30 am to 2 or 3:00 pm. Good working conditions & benefits. Call 379-1234. **THE JAYDOR CORP.**, 16 Blocker St., Millburn, N.J.

**PART TIME** Marketing researchers needed. Immediately for an industrial marketing firm in Linden. Heavy telephone and typing required. Call Liz 862-8836.

**PART TIME** Clerk/Cashier. Must be 18 or over and have cash register experience. All shifts are available. Apply within at the 711 Food Store, 1361 Stuyvesant Ave. Union.

**PART TIME** BOOKKEEPER. For small store. Flexible hours. Call after 6 PM, 688-4465.

**HELP WANTED**

**STOCK HELP** - For busy retail store. Friendly atmosphere. Apply in person. **HARROWS**, Route 22, Union.

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**PART TIME** BOOKKEEPER. For small store. Flexible hours. Call after 6 PM, 688-4465.

**FOR SALE**

**CEMETERY PLOTS** HOLLYWOOD MEMORIAL PARK Gethesmane Gardens, Mausoleum, Office: 1500 Stuyvesant Ave., Union, 688-4300

**CONCERT TICKETS** • Yes  
• Police  
• Neil Diamond  
• Van Halen  
• N.Y. Ramblers  
• Liberachi  
• Ozzy Osbourne  
• Billy Joel  
• 811-2880  
(Marj Creder Caros Accepted)

**FRENCH PROVINCIAL** Bedroom set, Single bed, corner desk and chair, hutch, end table, and mirror. General Electric upright freezer. All in good condition. Call 686-5075 after 4 PM.

**H O L L Y W O O D** MEMORIAL PARK - New crypt, double inside Gethesmane Chapel Mausoleum. Reasonable. 201-929-8769.

**60 INCH COLONIAL LOVESEAT** And easy chair (like new), 42 inch maple electric upright freezer. All in good condition. Call 686-6621.

**ITALIAN Living room set**, blue velvet, 2 pieces, very good condition, \$150. Magnavox stereo, \$50. Grandfather Clock, \$75.00. 688-8981.

**MICROWAVE OVEN** 20 x 18. Inge model. Cherry wood dining room table, 3 piece living room set. All like new. Must sell. Reasonable. 925-9199.

**GARAGE SALE** 3

**HOUSE SALES** CONDUCTED For a free consultation to sell, full or partial contents of your home or apartment CALL LUCILLE 687-3365

**ANY LIONEL FLYER, TRAINS** Top prices paid. 435-2358 334-9709

**A & P PAPER STOCK, INC.** RECYCLING PLANT, 48-54 SOUTH 20TH STREET IRVINGTON, NEW JERSEY 07111. YOUR CASH IN YOUR POCKET!!! BUYER OF S C R A P NEWSPAPERS, 70 PER 100 LBS. GLASS BOTTLLES, \$1.00 PER 100 LBS. ALUMINUM CANS, 21 PER LB. RAGS, \$1.00 PER 100 LBS. BATTERIES • CARDBOARD • LEAD • OLD ALUMINUM • COPPER • BRASS • CAST IRON. (Price Subject to Change). 201-374-1750.

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**OLD CLOCKS & POCKET WATCHES** Highest cash paid, also parts. Union, 964-1224.

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**T.V. SETS WANTED** Working or not. Color or tables only. DVS call 753-7333, evens. 464-7496. Cash paid.

**WANTED TO BUY**

Wanted For Cash - OLD BOOKS & STAMPS ORIENTAL RUGS ANTIQUES Private Buyer 224-6205

WANTED 8 or 9 piece Fruitwood or Pecan dining room set. In fairly good condition. Call 687-7299.

**INSTRUCTIONS** 5

**MATH TUTOR SERVICE** I will tutor your child in General Math & Algebra in your home. Very reasonable rates. Call Gar, 687-3956.

**PRIVATE INSTRUCTIONS** Professional musician. I bring out your musical ability. Beginners and advanced students. Call Steve, 686-2851.

**SERVICES OFFERED** 6

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**CATERING** WE DO ALL TYPES OF PARTIES INDOOR-OUTDOOR WEDDINGS ANNIVERSARIES BIRTHDAYS CHRISTMAS OCCASIONS ETC. SPECIALIZING IN CHARCOAL ROAST BEEF & ROAST PORK For info call Sig 376-5247

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**ELECTROLYSIS BY ANDREA** - Permanent removal of unwanted hair. Private, reasonable, confidential, also ear piercing. Senior client. Union County area. Available evenings & Sundays 289-1950 after 5 PM.

**TURNING POINT CLUB** The intelligent alternative for selective singles. Join now and get 3 MONTHS FREE! (201) 467-9780. Mary Shaw Director.

**ACCOUNTING** 6

**DEGREE ACCOUNTANT** - Over fourteen years experience to do business accounting work. Computerized general ledger, inventory, account analysis, quarterly tax returns, financial statements, etc. REASONABLE RATES. CALL M. MAILLOUX, 379-9487.

**LONGO & BARRAN** • CERTIFIED PUBLIC ACCOUNTANTS Small business accounting and tax services. General ledger, payroll reports and income taxes prepared at reasonable rates. 851-0152

**HELP WANTED**

**PERMANENT CHILD CARE POSITION** AVAILABLE IN SUMMIT. Monday, Tuesday, Wednesday and Friday. Experienced, reliable person desired for one year old. Must have own transportation. References, 273-3151.

**RELIABLE** Mature woman needed to babysit in my home, during school year. Call 964-0067 after 4 PM.

**WORKING COUPLE** - Seeks woman care for infant in our home near Union Center. 4 days per week. 688-6692.

**HELP WANTED**

**PRINTING** B/W Offset Printer expanding work force. Immediate openings on:

1st Shift 7:45 A.M. - 4:00 P.M.  
• General Bindery Worker  
• General Bindery Worker  
• Stripping Compoberson  
• 1250 Multi-Pressman/W  
• General Bindery Workers  
• 2/C Millier Perfection Pressman/W

3rd Shift: Midnight 8:00 A.M. - 5:00 P.M.  
• General Bindery Worker  
• 2/C Millier Perfection Pressman/W

Good Opportunity Excellent Benefits Call 753-0200 Ext. 12 or Apply to: Appetite Printing Co, 177 Ryan St. South Plainfield, N.J.

**HELP WANTED**

**CABINET MAKER** TRUCKER: with some experience in general shop work and for machine laminating. Call for interview 862-7727.

**CLERICAL** Part time afternoon and Saturday Positions. Hours Monday-Friday, 12 to 5 p.m., Saturday, 8:43:30 p.m. Typing necessary. Pleasant working conditions. Excellent benefits program. Apply at Personnel Office weekdays, 14 p.m. **SEARS, ROEBUCK & CO.** Lousons Road, Union. Equal opportunity employer m/f.

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**HELP WANTED**

**AMBITIOUS PERSON** - Looking to make a career in dental lab. On the job training. Preferred Dental Lab. Call 687-0392.

**HELP WANTED**

**THE BOROUGH OF MOUNTAINSIDE is Seeking:**

Tax Collector, Deputy Borough of Mountainside. Duties include receiving taxes from property owners, maintaining accounts, reporting to the State, cooperating with auditors, assessment of interest, compliance with State Laws. Experience and certificate preferred. Send resume by January 23, 1984 to James L. Roberts, Administrator. 1385 Route 22 Mountainside, NJ 07092 EQUAL OPPORTUNITY EMPLOYER

**HELP WANTED**

**LABORER** BOROUGH OF ROSELLE PARK DEPT. OF PUBLIC WORKS Full time employment. No skills required. Must meet physical requirements. Applications available at the Borough Clerk's office, 110 E. Westfield Avenue, Roselle Park, will be accepted thru January 27.

**HELP WANTED**

**CLERICAL BILLING CLERK** Union, N.J. computer distributor. Sales person. Duties: inventory or computer terminal operation exp to work in their capacity depending on business. Excellent benefits. Send resume to: Classified Box 465, Suburban Publishing, 1201 Stuyvesant Ave., Union, New Jersey 07093. Equal opportunity employer m/f.

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**HELP WANTED**

**CLERK TYPIST** Busy South Orange ad agency seeks person with bookkeeping experience, above average typing skills. Comfortable with figures. Accuracy essential. Call Ms. Strano, 762-8100.

**HELP WANTED**

**BOOKKEEPER** Growing company seeks full-time person to assist in bookkeeping department. Experience necessary. Excellent benefits. Call 19 to 5, 688-0224.

**HELP WANTED**

**CLERK TYPIST** General office work, answer phones and typing etc. Part time may work into full time. Union based company. Call for interview 687-1030.

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**HELP WANTED**

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A BETTER ACCOUNTANT Offers accounting, bookkeeping and tax services for all businesses and individuals. Free initial consultation. Call 325-6425.

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A-1 ALTERATIONS and HOME IMPROVEMENT CARPENTRY. Windows, doors, ceilings, dormers, decks, roofing and siding. No job too small. Free estimate. Fully insured. Ask For Mike: 688-4635.

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CARPET CLEANING - FREE Scotchgard with every Scotch cleaning. Call Day or Night. 763-5991. Homes & Offices. Absorb Maintenance. "Gold Seal" Carpet Cleaning. Free estimates.

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The Latest Look in Acoustical Appearance Sprayed textures ceilings. Choice of medium or coarse aggregate textures, either affect available. Dries to a crisp, handsome finish. No painting necessary. Corneals minor flaws and cracks in plaster ceilings of very low prices. Commercial/Residential. Fully Insured. Free estimate. Call: 382-7894

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CLEAN UP SERVICE

R & W CLEANING TEAM Have your home or apartment cleaned by us. We supply our own equipment and we come with references. Call us today. 373-4538 or 372-1954 after 5:30 PM. Free Estimates.

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CHRISTINE'S ELECTROLYSIS Medically approved method of permanent hair removal. 1st treatment 1/2 price. Free consultation. Reasonable rates. 245-7467.

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CHAIN LINK AND WOOD FENCING. At Reasonable Prices. Free Estimates. Industries. 651-0017, Union.

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Split-Seasoned, ready to burn. HARDWOODS, GUARANTEED. Full Cord! Call 322-5331 or 636-0278.

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DAMIANO - FURNITURE & PIANO REFINISHING. Expert refinishing at reasonable prices. Hand Skipped-No Dipping - Free estimates, pick-up and delivery. Repairs and restoration of all furniture and antiques. Pianos, repaired, bought and sold. 786-5449, Day or Even, 7 Days.

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NEW OVERHEAD DOORS. OPERATORS. INSTALLED. Residential repairs. Call after 6, 667-5414, ask for Tony.

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SAVE \$ - Insulate. Now Before You Waste Money On Excess Heating Cost. Call for Free Estimate. HEAT CONTROL, EST. 1951. 753-7911, 272-7272.

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All phases of Home Remodeling. Alterations. Kitchens-Baths-General Carpentry, Cabinet & Formica Work. R. Heintz 685-7924

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SHEET ROCK SUSPENDED PLASTER. BATHING. Days 824-7600. After 5 P.M. 687-4163

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