

Court Proceedings

The following court cases were heard by Municipal Magistrate Joseph C. Hoffman last week:

Francis Thomas Moran, Bayshore Drive, was charged by Howard Wood of the Copper Penny of North Broadway of committing an act of defiant trespass after being told on several occasions by the complainant to leave the premises.

He was also charged by the complainant with harassment and in slapping him in the face.

On each of the two charges, to which he pleaded guilty, he was fined \$100 and \$25 court costs, made to pay \$25 to the Violent Crimes Commission Board, and placed on probation for a term of one year, each to run concurrently, and had a thirty day jail term suspended.

Nicholas Masucci, Greenwood Avenue, Laurence Harbor, pleaded guilty to a citation given him by Patrolman Robert Krzywdzinski for consuming an alcoholic beverage on George and Rosewell Streets and was fined \$75 and \$25 costs.

Identical fines were imposed on Paul Pizzolla, Bayshore Drive, charged by Captain James P. Holovacko, for drinking on Augusta Street and Broadway, and on Kevin Deliman, Westminster Boulevard, Parlin, charged by Patrolman Robert A. Point.

J. Waresk pleaded guilty to failure to clear up garbage and debris from his back yard, on a summons issued by Karen Scott of the South Amboy Board of Health, and was assessed \$50 and \$15 costs.

Amfro, Inc., of Washington Avenue, also pleaded guilty to failure to clear up property of litter and debris, as charged by Karen Scott of the South Amboy Board of Health, and was fined \$200 and \$10 costs.

Matthew D. DeMild, Standiford Avenue, Sayreville, pleaded guilty to violating the 9:00 P.M. curfew at the South Amboy landfill, as charged by Patrolman Bruce Richmond, and was assessed \$75 and \$25 costs.

Allan J. Burke, Phillips Drive, Old Bridge, was charged with consuming an alcoholic beverage on a public street by Patrolman Robert Brinamen, to which he pleaded guilty and fined \$75 and \$25 cost.

William Bath, Bayshore Drive, pleaded guilty to disorderly conduct by creating a physically dangerous condition, as charged by Patrolman William Choeseeman, and was assessed \$100 fine and \$25 costs, as well as a payment of \$25 to the Violent Crimes Commission Board.

Charges of refusing to leave the area of Broadway and John Street as ordered to do so by Patrolman Bernard Mackiel and consuming an alcoholic beverage, as cited by Sergeant Kenneth Szatkowski, were recharged.

William E. Shea, Venus Road, Old Bridge, was charged by Patrolman Gerard Pizzillo with having no vehicle insurance, to which he pleaded guilty and was assessed \$100 and \$25 costs.

James C. Yuhasz, Martha Boulevard, Parlin, pleaded guilty to having an unregistered vehicle, as charged by Ptl. Robert Krzywdzinski, and was fined \$15 and \$10 costs.

For having fictitious plates on his motor vehicle, he was assessed \$50 and \$15. For being an unlicensed driver, he was assessed \$15 and \$10.

William G. Peterson, Jr., Bannard Street, Freehold, pleaded guilty to driving the wrong way on a one-way street, as charged by Ptl. Point, paying a fine of \$100 and \$15 costs.

For driving an unregistered vehicle, he was fined \$35 and \$15 costs, to which he pleaded guilty.

Edward Tremonger, Rahway Avenue, Colonia, pleaded guilty to violation of the landfill curfew, as charged by Patrolman Robert McKeon, and was assessed \$75 and \$25.

Michael J. Fallon, Richards Drive, Parlin, was cited by Ptl. Brinamen with consumption of an alcoholic beverage on a public street, to which he pleaded guilty and was fined \$75 and \$25.

Joseph F. Burka, Janine Place, Hazlet, was cited by Ptl. McKeon with loitering in the area of Broadway and Augusta Street, walking around aimlessly without purpose at 2:17 A.M. on May 3rd. He pleaded guilty and was fined \$50 and \$10 cost.

Frank Prasnal, Brick Street, Edison, pleaded not guilty to placing garbage at the curbside in a business district before 8:00 A.M. on the day of a regular pickup, as charged by Patrick Quinlan, building inspector.

but was found guilty and assessed \$10 and \$10 costs.

Brendan M. Finnegan, Stevens Avenue, Old Bridge, was charged by Patrolman Carl Nemeth with consumption of an alcoholic beverage on a public street. He pleaded guilty and was fined \$75 and \$25 costs.

Kenneth M. Patterson, Village Drive, Avenel, was cited by State Trooper Ryan of operating a motor vehicle while under the influence of an alcoholic beverage. He pleaded guilty, had his license revoked for six months, and was assessed \$250 and \$15 costs.

Sam Stevens of Atlantic City was cited by Patrolman George Kern with having no insurance on his motorcycle and paid \$5 fine and \$5 costs on his plea of guilty.

Kenneth Gallagher, Florence Drive, Parlin,

pleaded guilty to driving while under the influence of alcoholic beverage, as charged by Ptl. Nemeth. He was fined \$500 and \$15 costs, had his license revoked for two years and was assigned thirty days of community service.

He also pleaded guilty to failure to have his vehicle inspected and paid \$10 fine and \$10 costs.

Michael G. Ryan, Schoolhouse Road, Jamesburg, pleaded guilty to disregarding a stop sign at Felton Street and Washington Avenue, as charged by Patrolman Point. He was assessed \$50 and \$15 costs.

Ralph J. Tuor, Westminster Boulevard, Parlin, had a charge of failure to keep to the right dismissed, but pleaded guilty to an altered driver's license, as charged by Ptl. Bernard Mackiel, for which he paid a fine of \$50 and \$5 costs, to having no vehicle insurance in his possession, for which he was assessed \$5 and \$5 costs.

He pleaded guilty to driving while intoxicated, for which he paid a fine of \$250 and \$15 costs, and to driving while his license was suspended, for which he was charged \$750 and \$15 costs, \$100 surcharge, given a two-day county jail term, and had his license revoked for a period of seven months.

South Amboy Kindergarten Registration

Kindergarten registration was conducted on Saturday, March 30th in the South Amboy Elementary School. Any parent needing to register their child for the 85-86 school year must now contact the elementary school (727-3080) to set up an appointment.

On-going registration will be conducted on Tuesdays from 9:30-10:30 by appointment only. Special circumstances and alternative times can be arranged through Mrs. Fodor (727-3080).

HENRY'S BARBER SHOP
106 So. Pine Ave
South Amboy
727-1291



Reverend Joseph Banach, Pastor of Sacred Heart Church, receives the Pelican Award for supporting the scouting movement in the Thomas A. Edison Council of New Jersey, the district of the Middlesex County area.

Presenting the award and congratulating Rev. Banach is Mr. Stanley Kapica, a Sacred Heart parishoner who recently retired as Scoutmaster of Troop 95, and is himself a recipient of the highest adult citation, the Beaver Award, granted to him in the 1960's.

Pictured above (left to right): David Lobycz, Peter Pawlik, David Paczkowski, John Kukulya, Assistant Scoutmaster Englehardt, James Hoshman, Father Banach, Scoutmaster Lobycz and Mr. Stanley Kapica. Photo by Adam Kierst.

Community Service in Progress

A Community Service program is presently in effect in South Amboy whereby sentenced offenders are put to work on various work assignments to work off hours of penalties given to them by court order for offenses committed, such as drunken driving.

The program is sponsored by the Community Service Unit of the Middlesex County Probation Department of which Lyman H. O'Neill is the chief probation officer. William Birardi is the Community Service director.

Locally, the director of the program is Sgt. Thomas Noble of the South Amboy Police Department who has had up to a half-dozen individuals under his supervision working off their hours on Saturdays and Sundays and weeknights so as not to conflict with their regular employments.

These workers appear periodically, at their convenience. They have been working several hours at a time painting the various facilities at police headquarters and doing other community services at the city water works plant during the past eight weeks or so.

The program, which is also in effect in other municipalities, such as South River, was initiated by contact from the Intensive Supervision program of the Administrative Office of the Courts to supplement the efforts of the city employees and has been in progress during the past three years at different group work sites.

It is estimated by the Community Service Unit that municipal government received 2,719 hours of service last month from the participants with a labor value of \$21,752.

Charged with Assault

Joseph F. Nowicki, age 64, of Wilmont Street, was charged Saturday at 12:30 A.M. with aggravated assault against his wife Cecelia, age 53, in a domestic dispute.

She was cut on her hands and required fifteen stitches according to the police report.

Sgt. William Housman was the arresting officer, assisted by Patrolmen Bernard Mackiel, Robert Smith, and Robert Krzywdzinski.

Nowicki was released on \$10,000 bail to await court arraignment.

Hoffman High School Honor Roll Students

The following students have been named to the honor roll for the fourth marking period at Harold G. Hoffman High School:

SENIORS: Regina Green, Scott Gumprecht, Christine Lucovitz, Christine Smith.

JUNIORS: Frank Lijoi, Joseph Lijoi, Rosemarie Malinowski, James Nemeth, Kimberly Schuck.

SOPHOMORES: John Bleicki, William Holobowski, Kelly Jankowski, Roger Kuhn, Mary Anne Lewis, Diana McCloud, Lisa Saccone, Marybeth Toscano.

FRESHMEN: Frank Garguilo, Sherri Hackett, Michelle Herrick, Dennis McKim, Amy Toscano.

Police Car Struck Broadside

Patrolman Robert K. McKeon and Sergeant Kenneth Szatkowski escaped serious injuries when their patrol car was struck broadside at 12:51 A.M. Saturday at the intersection of Bordentown Avenue and Florence Drive.

Both officers were treated and released at the South Amboy Memorial Hospital following the accident.

According to the police report, the police officers were on duty in the patrol car traveling east on Bordentown Avenue, with Patrolman McKeon at the wheel and Sgt. Szatkowski as a passenger, when their patrol car was struck on the driver's side.

Robert D. Manning of Manalapan Road, Spotswood, stated that he was making a left turn, about to make a U-turn, at the Foodtown store, stopped when he saw the headlights of the approaching police car, and then proceeded again, thinking that he could complete his turn.

The police car, according to Ptl. McKeon, tried to halt but slid on the wet pavement.

Both cars were damaged and had to be towed away. Manning was issued a summons for failure to yield the right of way at an intersection. He apparently was not injured.



Local recently held a gubernatorial fundraiser dinner at the Shore Casino in the Atlantic Highlands. Pictured with P. B. A. Local President Carl Nemeth (far right), a member of the South Amboy Police Department, is (l. to r.) Robert Point, vice president of the local P. B. A. and Governor Keam.

HENRY'S BARBER SHOP
106 So. Pine Ave
South Amboy
727-1291

J.J. Harrigan Co., Inc.
Real Estate & Insurance
12541 Rt. 9 South Amboy
721-7500

Peterson Pharmacy, Inc.
Open This Sunday
10:00 a.m. - 1 p.m.
6 p.m. - 9 p.m.
721-0137

Wishing You A Safe and Happy

July 4!

Mile Square Talk

Louis L. Prasnal, who died this past April 12th, held the distinction of being named to the state All-Star baseball team in 1984. The selection was made by G.A. Falzer, field secretary of the New Jersey Interscholastic Athletic Association.

Lou, who was sometimes called "Toots" and at other times "Hook-Em", by local sportswriters of the time, won nine games for South Amboy High School that year. The school, which went without a defeat that season, winning ten games, was renamed Harold G. Hoffman High School following the death of former New Jersey Governor Harold G. Hoffman.

South Amboy won the Group II state championship that year, which was a banner year for baseball players in South Amboy.

Lou was considered one of the best pitchers in the county. Another outstanding pitcher of the time was Joe Shafnacker of St. Mary's, who was placed on the second All-Star team.

Also placed on the All Star second team were Allan Hoffman, a catcher for South Amboy High, and Conrad Gmelka, a right fielder for the St. Mary's Eagles. Tom Souly, a St. Mary's centerfielder, made the third team.

Honorable mentions were won by Norman Morgan and Pete Pavich, South Amboy High School infielders, Henry "Hos" Conroy, pitcher, South Amboy High School, and Frank Morgan and George Lagoda, South Amboy High School outfielders, as well as by Joe Wojciechowski, a St. Mary's first baseman.

The basketball players of the 1934 season also won all-county honors, including Joe Keenan and Ed Springsteen of South Amboy St. Mary's, and Allan Hoffman and Frank Morgan of South Amboy High School.

Some athletic awards winners which were not mentioned in the coverage of the annual Hoffman High School Athletic Awards program held at the Knights of Columbus banquet hall Monday, June 17th:

Billy Moskal, 1985 Rookie of the Year in boys' baseball, the John Zdanewicz Memorial Award donated by Daniel Lewis; Dennis Leonard, 1984-1985 sportsmanship award, the Woodrow McCarthy Memorial Award, boys' basketball, donated by Daniel Lewis;

Lisa Brinkerhoff, most improved player of 1984 in girls' soccer, the Frank Zebro Memorial Award, donated by Daniel Lewis;

Lynn Ust, girls' athlete of the year, 1984-1985, the Robert Eppinger Memorial Award, donated by Daniel Lewis.

Tricia Popowski, the 5-foot-four point guard, Lynn Ust, the 5-foot-eight guard, and Mary Ann Lewis, the 5-foot-five point guard, all Hoffman High School basketball players entering the junior grade next fall, were Region III gold medal winners in the Garden State Games played at the Rutgers Athletic Center June 14 and 15, in which Division Three beat Division Two in the championship game.

City Business Administrator Nicholas Smolney completed his tenure of 9½ years at that position last Friday, June 28th.

He reportedly will be undertaking a similar position at Tinton Falls.

If a man... measures life by its accumulations, these usually fall short of expectations, but if he measures life by the contribution which he has made to the sum of human happiness, his only disappointment is in not finding time to do all that his heart prompts him to do.
—William Jennings Bryan

Madison Seniors Plan Trips

The Madison Seniors of Old Bridge Township are planning several trips: August 6 - Bobby Vinton at the Garden State Arts Center; August 20 - Crystal Springs Picnic Day; September 5 - Hudson River Day Line; October - Mt. Airy Lodge in the Poconos.

For information call Olga Hutchison 566-3283 or Adele Polito 566-4450.

Kean College Honor Society Local Members

The Kean College of New Jersey Honor Society, Lambda Alpha Sigma has initiated 145 new members. Dr. Freda Remmers of Elizabeth, the faculty advisor announced.

Remmers, who is a professor in the Speech/Theatre/Media Department said that admission to Lambda Alpha Sigma is by invitation to juniors and seniors of the School of Arts and Sciences. The organization recognizes and promotes outstanding scholarship.

The following from South Amboy were named: Louis D. Salvaggio and Donna Possett.

COMMUNITY CALENDAR

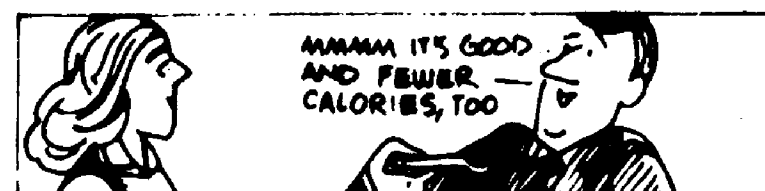
This Event or Trip Column is run as a public service. The first insertion is free of charge - all repeat insertions of the same item will be charged in advance at \$2.00 per insertion.

July 30 - August 4, 1985

The South Amboy Fire Department will sponsor a carnival at the South Amboy Skating Arena parking lot on Stevens Avenue from 7:00 p.m. to 11:00 p.m.

August 30 - September 2, 1985

Trip to Williamsburg, Virginia Labor Day weekend leaving Friday evening at 6 p.m. For reservations and information call 721-5636 or 254-4366.



Thicken soups and stews by adding onions and celery that have been put in the blender for a few seconds. This also adds flavor—and cuts out the added calories from adding flour or cornstarch.

IF YOU LIVE LONG ENOUGH

sooner or later you'll get osteoarthritis—the wear-and-tear disease of joints. The facts on how serious it is and what can be done about it are outlined in a free booklet, "So You Have Osteoarthritis."

FOR MORE INFORMATION CONTACT



15 Prospect Lane
Colonia, N.J. 07067

Local Resident Named to Presidential Honor Society

Raymond Kelly, Macedulski Terrace, South Amboy, has been named to the Presidential Honor Society at the DeVry Technical Institute in Woodbridge.

To be eligible for the prestigious honor, students must have a cumulative grade point average of at least 3.5 (out of a possible 4.0) after two terms of study. Kelly, a student in the Electronics Technician program, has a 3.7 GPA.

NOTICE CANCELLATION OF JULY MEETINGS

The Board of Education of the City of South Amboy, County of Middlesex, New Jersey has cancelled both its monthly business meeting scheduled for July 24, 1985 and its regular monthly meeting scheduled for July 28, 1985.

By order of the
South Amboy Board of Education
7-4-85 3 08

Happy Birthday,
Janel
July 5, 1985
From the
Revere A.C.

Sayreville Elks

FRIDAY NITE SMORGASBORD

Stuffed Shells - Honey-dipped Chicken - Mussels - Squid Calamari
Meatballs - Spaghetti & White Clam Sauce
Tossed Salad - Coffee

SERVING 6 to 8 P.M.

Adults \$7.00 Children under 12 \$4.00

Lodge location: Raritan St. next to B&E Liquors
PHONE: 727-7170

Sayreville Medical Group, P.A.

Proudly Announces that

STEVEN KARANIKOLAS, M.D.

Junior Fellow in the American Academy of Obstetrics and Gynecology has joined our Obstetrical and Gynecology Department in association with

EDWARD A. JASIONOWSKI, M.D.

LOUIS A. LOBOSCO, M.D.

SANFORD F. WHITE, M.D.

DR. KARANIKOLAS specializing in high risk obstetrics, infertility, and early detection of female cancer.

26 THROCKMORTON LANE
OLD BRIDGE, NJ
(201) 679-8500

53 MAIN STREET
SAYREVILLE, NJ
(201) 254-7600

The MEDICAL GROUP consists of physicians in the specialties of Pediatrics, Surgery, Internal Medicine and General and Family Practice. We have X-ray, sonogram, laboratory and EKG services available.

OLD BRIDGE OFFICE:
Pediatrics - 679-5100
Surgery,
Internal Medicine,
General Practice,
Family Practice:
(201) 679-8500

SAYREVILLE OFFICE:
Pediatrics,
Surgery,
Internal Medicine,
General Practice,
Family Practice:
(201) 254-6200

"BY APPOINTMENT ONLY"

WALK-IN MEDICAL/SURGICAL SERVICES are available at our Old Bridge Office as follows:

Monday through Friday 4:00 to 10:00 p.m.
Saturday 1:00 to 10:00 p.m.
Sunday 12:00 noon to 10:00 p.m.
NO APPOINTMENT IS NECESSARY - (201) 679-8500



SCHOLARSHIP WINNER The Stop & Shop Companies, Inc. is pleased to announce Kevin Ryan of South Amboy, as winner of a \$2,000 scholarship - one of ten such awards given by the company to employees and their children. The scholarship will be awarded over a four year period.

Kevin attended St. Joseph's High School, where he was a member of the National Honor Society, the Student Council, the Drama Club, and the Catholic Youth Association. He also served as editor of the school magazine and staff member of the school newspaper.

Kevin has been accepted at Boston College and Catholic University in Washington, D.C.

Shown in the picture are (from left to right): Harold Frank, Senior Vice President of the Corporation and Chief Executive Officer, Bradco Department Store Company, Kevin Ryan, scholarship winner and Mrs. Ryan, and Sidney R. Rabb, Chairman of the Board.

56 Years Serving You

**SOUTH AMBOY -
SAYREVILLE**611 Bordentown Ave.
South AmboySayreville Plaza
Rt. 9, Sayreville*"Where Quality Rules"*

Sale prices effective Sunday, July 7 to Saturday, July 13, 1985

**USDA Choice Boneless
Sirloin Steak**
\$2.99 lb.**Boneless Sirloin Tip or
Top Round Steak**
\$1.99 lb.**Hillshire Farms
Polska Kielbosa**
\$2.19 lb.**Foodtown
Pork Roll**
24 oz. \$2.99**Foodtown
Frozen
Orange Juice**
16 oz. \$1.29**Tetley Tea Bags**
100 ct. \$1.99**Foodtown
Sauerkraut**
16 oz. 4-99¢**Lincoln
Apple Juice**
64 oz. 89¢**Comet Cleanser**
14 oz. 3-\$1.00**Tropicana
Fruit Punch
or Lemonade**
½ gal. 79¢**Scott Napkins**
300 ct. 99¢**Fresh Sliced
Foodtown
American Cheese
(yellow or white)**
\$2.58 lb.**USDA CHOICE
BONELESS BEEF**
Top Round London Broil
\$1.79 lb.**USDA Choice Beef
Sirloin Steak
(full cut with tenderloin)**
\$2.79 lb.**Fresh Lean Ground Chuck**
80% lean
\$1.39 lb.**Fresh Lean Ground Beef**
85% lean
\$1.79 lb.**Scott
Toilet Tissue**
5-\$2.00**Dynamo
Hvy. Duty Liquid
Laundry Det.**
64 oz. \$1.99**DelMonte
Tomato Sauce**
8 oz. 6-\$1.00**Breakstone
Sour Cream**
16 oz. 99¢**Fresh Sliced
Imp. Bavarian
Swiss Cheese**
\$3.38 lb.**Foodtown
Aluminum Foil**
75 ft. 99¢**USDA CHOICE
BONELESS BEEF ROASTS****Bottom Round - \$1.79 lb.****Cross Rib - \$1.79 lb.****Sirloin Tip - \$1.89 lb.****Top Round Roast - \$1.89 lb.****Rump Roast - \$1.99 lb.****Eye Round Roast - \$2.19 lb.****Tropicana
Orange Juice**
½ gal. \$1.89
**Fresh Sliced
Foodtown
Bologna**
\$1.79 lb.**Chuck Full 'O
Nuts Coffee**
16 oz. \$1.99**Hi C Drinks**
46 oz. 69¢**Light & Lively
Yogurt**
6 oz. 25¢**Chicken O' Sea
Solid White Tuna**
6½ oz. 89¢**Ocean Spray
Cranberry Juice**
32 oz. 99¢**Foodtown
Grade A Large
White Eggs**
89¢ doz.**Fresh Sliced
Lean Domestic
Boiled Ham**
\$2.49 lb.**Foodtown
Ice Cream**
½ gal. \$1.59

Foodtown
PHOTO CENTER

NOW 1 DAY
PHOTO PROCESSING
7 DAYS A WEEK!

Color Prints \$1.97
Kodacolor Disc \$2.25
Color Prints \$3.49

SUPER COUPON

Foodtown
Lg. Cal.
Cantaloupe
15's
69¢

With this coupon and an additional \$7.50 or more purchase, excluding milk, alcoholic beverages and other items excluded by law. Limit one coupon per adult customer. Coupon good Sun. July 7 to Sat. July 13, 1985.

SUPER COUPON

Foodtown
Cal. Iceberg
Lg. Head
Lettuce
49¢

With this coupon and additional \$7.50 or more purchase, excluding milk, alcoholic beverages and other items excluded by law. Limit one coupon per adult customer. Coupon good Sun. July 7 to Sat. July 13, 1985.

SUPER COUPON

Foodtown Sliced
In Our Deli
Imported Boiled
Krakus
Polish Ham
\$1.99 lb.

With this coupon and an additional \$7.50 or more purchase, excluding milk, alcoholic beverages and other items excluded by law. Limit one coupon per adult customer. Coupon good Sun. July 7 to Sat. July 13, 1985.

SUPER COUPON

Foodtown In Our Deli
Freshly Sliced
Foodtown
Liverwurst
99¢ lb.

With this coupon and an additional \$7.50 or more purchase, excluding milk, alcoholic beverages and other items excluded by law. Limit one coupon per adult customer. Coupon good Sun. July 7 to Sat. July 13, 1985.

For Your Convenience So. Amboy now has a Pick-It Machine in the Liquor Department

South Amboy Foodtown's Liquor Dept.

Beer by the Case

Red, White & Blue	
24-12 oz. bottles	\$6.99
Pabst	
24-12 oz. cans	\$6.99
Schaefer	
24-12 oz. cans	\$6.99
Busch	
24-12 oz. cans	\$7.99
Budweiser	
24-12 oz. cans	\$9.99
Michelob	
24-12 oz. NR Bottles	\$10.99
Heineken	
24-12 oz. NR Bottles	\$13.99

Wolfschmidt's Vodka	
1.75 Liter	\$8.99
Canadian Club	
750 ML	\$7.99
RonRico Rum 750 ML	\$4.99
Kahlua 500 ML	\$7.99
Bartle & James Wine Cooler	
4 pk. 12 oz. NR	\$3.29
Andre Cold Duck	
750 ML	\$2.99
Carlo Rossi Chablis	
4 Liter	\$4.99

Sayreville Foodtownnow has in
operation**SOUTH AMBOY STORE HOURS**Monday to Friday — 8 a.m.-9 p.m.
Saturday — 8 a.m.-7 p.m. Sunday — 8 a.m.-4 p.m.**SAYREVILLE STORE HOURS**Monday to Friday — 8 a.m.-9 p.m.
Saturday — 8 a.m.-8 p.m. Sunday — 8 a.m.-6 p.m.We are not responsible for typographical errors.
We reserve the right to limit quantities.



"THUMBS UP" TO GOOD HEALTH In recognition of May as High Blood Pressure Month and National Hospital Week, May 12-18, South Amboy Memorial Hospital and McDonald's recently combined their resources to offer a free blood pressure screening to the community at the McDonald's restaurant in Sayreville. Above, left, Mario Gramata of Old Bridge signifies his approval as Lynne Doming, R.N., of the hospital nursing staff, takes his blood pressure.



PLAYING IT SAFE A person can have high blood pressure and not be aware of it, so, in recognition of May as High Blood Pressure Month, South Amboy Memorial Hospital and the Sayreville McDonald's co-sponsored a free blood pressure screening for the public. Among the over 100 participants was Marie Tudisco, of Verona (above left), who had her blood pressure checked by Luminada Salanga, R.N., Assistant Director of Nursing at the hospital.

Computer Home Business Class at Brookdale College

Brookdale Community College will offer a class entitled "Starting A Computer Business At Home." The program will begin on Tuesday, July 16th on the Lincroft Campus and will explore the many opportunities of a home based computer business. The workshop covers ways to start and operate a full time or part time business at home and ways to supplement your income. The two three hour session program includes businesses most compatible with computers, financing start-up costs, promoting your new business, selecting a system, successful planning and related topics. A homebased computer business owner will conduct the sessions and provide many examples of successful computer home businesses. For more information contact Brookdale Community College's Community Services Division at: (201) 842-1809.

Womans Club of Laurence Harbor

Every year the Womans Club of Laurence Harbor presents awards to several outstanding graduates of the Cedar Ridge High School in Old Bridge Township.

This year Co-valecticians Jeffrey Goldschlager and Joshua Bressler were awarded a \$50.00 Savings Bond.

The Laurence Harbor Alumnus Award, a \$200.00 scholarship to the college of her choice (University of Scranton) was presented to Lisa Marie Sherry.

An art kit for an outstanding art student was presented to Gary Gordon.

The awards were presented by Mrs. George Hornung, Education Chairman of the Womans Club of Laurence Harbor. All members of the club congratulate all the graduates and wish them success and happiness in the years ahead.

First Baptist Church News

Did you ever experience fear so powerfully that you felt you would simply disintegrate? Then did you breathe deeply and remember that Jesus is with you? **ALWAYS REMEMBER THAT JESUS WILL BRING YOU THROUGH.**

There will be half an hour of Prayer and Meditation beginning at 9:00 A.M. Sunday, July 7 preceding Morning Worship. The Ordinance of Communion will be observed at this service which will begin at 9:30 A.M. and will be conducted by the Pastor, Rev. E. Genio Devers, with the assistance of members of the Board of Elders.

Bible Study Fellowship will meet at 7:30 P.M. Wednesday, July 10 in the Education Building, with Pastor Devers as leader.

There will be a Mission Work Day on Thursday, July 11, beginning at 10:00 A.M. All that is needed to take part is a part of willing hands, your favorite pair of scissors, and a sandwich for your lunch. The Mission Circle will supply the work, and a beverage and dessert to complete your lunch.

A family and friends picnic is scheduled for Saturday, July 13, beginning at 4:00 P.M. on the Church grounds.

In-Home Safety Repairs Begin for Seniors

Are you a senior citizen in need of safety repairs? Freeholder-Director Stephen J. Capestro announces that the "Safety and Health for the Elderly Project" has begun accepting referrals for the in-home minor repair component of the Program. The safety repairs are geared to assist senior citizens to remain more independently in their homes by providing a safer living environment for them.

Applicants must meet the following guidelines to be considered for the safety repairs:

- Reside in Perth Amboy, New Brunswick or South Amboy
- Be age 65 years of age or older
- Meet Title XX income guide-lines (\$10,250 per year single or \$13,404 per year couple)
- Own his/her home or reside with the homeowner
- Be in need of the repairs

Priority will be given to those individuals **MOST MEDICALLY** and **FINANCIALLY** in need. Please contact the Middlesex County Health Department, Linda Phillips, at (201) 828-8100 if you meet the above criteria and are interested in receiving the safety repairs.

More Women Get Chronic Bronchitis

More women are developing chronic bronchitis, a progressive and debilitating lung disease, once three times more likely to occur in men than women. Since 1961, the condition has become increasingly more prevalent among women.

According to the Delaware-Raritan Lung Association, the Christmas Seal People, this increased rate reflects the large number of women who began smoking in the 1960s.



Abraham Lincoln was born in Kentucky.

Area Student Rutgers Merit Scholar

Outstanding among the more than 6,000 seniors graduating from Rutgers University this spring were 14 exceptional students who completed four-year honors programs as Rutgers Merit Scholars.

At a special reception in their honor, the graduating scholars and their parents received the congratulations of top administrators, deans and faculty members.

The Rutgers merit awards program was established in 1980 to demonstrate the university's commitment to keeping New Jersey's most gifted young people in the state, university officials explain. The incentives offered are generous scholarships based solely on academic or artistic excellence, without regard for financial need. The program also includes challenging honors curricula, with small classes and individual attention.

The merit awards, funded entirely by private gifts, range from the most prestigious, the Presidential Scholar Awards, which cover almost all expenses for four years, to a number of collegiate merit awards offered by each of the State University of New Jersey's 10 undergraduate day schools and colleges.

Recently honored was Diane Gizzi of Sayreville who did an independent study project in computer science at Cook College. Her thesis topic was "Design and Development of a Syntax-Directed Editor." She graduated with general honors.

Air Force Nursing Opportunities

"Exciting and rewarding challenges await young men and women who qualify for Air Force nursing," said Staff Sergeant John S. Holcombe. "The Air Force is looking for registered nurses to serve in hospitals around the world."

The initial three-year commitment begins with commissioning, usually as a second or first lieutenant, based on educational background. New nurses are sent to a two-week orientation course where they learn about their role as Air Force officers and the Air Force mission, its structure, customs, and traditions.

Following the orientation course, nurses are assigned to a hospital which may range in size from 25 to 1,000 beds.

"The Air Force Nurse Corps offers clinical specialties in anesthesia and midwifery and has a special need for mental health and operating room nurses who qualify," said SSgt Holcombe.

Like all Air Force members, nurses enjoy a variety of entitlements including a non-contributory retirement plan, 30 days of vacation with pay each year, worldwide travel opportunities, medical and dental care, low-cost life insurance, and pay raises based on promotion, longevity, and cost-of-living.

Nurses can attend educational seminars and workshops conducted at military and civilian institutions. "SSgt Holcombe said, 'And, nurses are encouraged to continue their formal education through local colleges and universities. The professional growth potential is hard to match.'"

To learn more about nursing opportunities in the Air Force and belonging to one of the finest health care teams in the world, contact SSgt Holcombe at 707 Huntington Pike, Rockledge, Pa., 19111-1736 or call (215) 663-0340.

Host Families Sought for International High School Students

Host Families are being sought for high school students from Sweden, Norway, Denmark, Finland, Holland, Belgium, Switzerland, Germany, France, Italy, Spain and Australia for the school year 1985-86, in a program sponsored by the American Intercultural Student Exchange (AISE).

The students, age 15 through 18, will arrive in the United States in August 1985, attend the local high school, and return to their home in June 1986. The students, all fluent in English, have been screened by their school representatives in their home countries and have spending money and medical insurance.

Host Families may deduct \$50 per month for Income Tax purposes.

AISE is also seeking American high school students age 15 through 17, who would like to spend a high school year or a semester in Australia.

Families interested in either program should call toll-free 1-800-SIBLING.

American Intercultural Student Exchange (AISE) is a non-profit, tax exempt educational foundation dedicated to fostering international understanding. AISE has over 600 area representatives in forty-eight states and regional offices in New York (2), New Hampshire, Ohio (2), Illinois, Iowa, Minnesota, Tennessee, Texas, Colorado (2), Washington and California (2).

Leukemia Society of America Accepting Grant Applications

The Leukemia Society of America is now accepting applications for 1986 grants to encourage research at both the basic science and clinical levels in the fields of leukemia and related diseases.

According to Barbara Morris, President of Central New Jersey Chapter, the awards are a primary source of salary support for individuals whose work is concentrated on seeking the causes and eventual cures for leukemia, the lymphomas, Hodgkin's disease and multiple myeloma.

The Society offers three awards:

- 1) Five-year Scholar grants for a total of \$150,000 to researchers who have demonstrated over a period of not less than five years their abilities to conduct original investigations in the specified fields.
- 2) Three-year Special Fellow grants for a total of \$63,000 for those investigators in the intermediate stages of career development.
- 3) Two-year Fellow grants for a total of \$34,000 for promising investigators with no or minimal prior experience assisting and training with scientists and physicians in the related fields in all categories.

Candidates should hold a doctoral degree but may not have attained tenure status.

Deadline for filing applications with the Society is September 1, 1985. Only one application in each grant category from any one department or faculty sponsor may be submitted. Proposals will be evaluated on a competitive basis by the Leukemia Society's Grant Review Subcommittee in January 1986 with funding to start July 1, 1986.

For application forms and additional information, write to Research Grant Coordinator, Leukemia Society of America, Inc., 733 Third Avenue, New York, New York 10017.

John T. O'Leary Joins Citizens First National Bank



Richard G. Kelley, chairman of the board of Citizens First National Bank of New Jersey recently announced that John T. O'Leary has joined the bank and will serve as Trust New Business Officer in the Trust Division, Administrative Headquarters, Glen Rock.

Mr. O'Leary previously served as a Financial Consultant with Ford Associates, Florham Park, as General Manager of R. Alfred Design, Old Orchard Beach, ME, working from the Cranford, N.J. office, and taught in the South Amboy School system. Mr. O'Leary also served as a Police Officer with the South Amboy Police Department. He is a resident of South Amboy.

Mr. O'Leary is a graduate of Croyden Hall Academy, Atlantic Highlands and Saint Bernard College, Cullman, Alabama. A Saint Bernard's he majored in both Political Science and Secondary Education and was a member of their nationally ranked Soccer team.

At the present time Mr. O'Leary holds membership in the Big Brothers Program, Middlesex County, and serves as a member of the South Amboy Board of Education. He is Executive Director of the John M. Donnelly Foundation, an organization devoted to helping the youth of South Amboy in sports and with scholarships.

Middlesex College Displaced Homemaker Workshop July 11

The Displaced Homemaker Program of the Community Advise and Resource Center, Division of Community Education at Middlesex County College, is offering a workshop for men and women who are returning to the single life style after the end of a long term relationship. The workshop will be offered on Thursday, July 11 from 8:00 p.m. to 9:30 p.m. in the College's West Hall Annex.

The workshop is designed to assist both men and women in understanding feelings of anxiety, fear, loneliness, and confusion regarding their new lifestyle. The goal of the workshop is to help participants learn ways of coping with these special concerns and frustrations, as well as to learn new behaviors which can lead to success in interacting with others.

Martin Tashman, M.S.W., A.C.S.W., a marriage and family therapist and director of the Central Jersey Counseling Service, will conduct the workshop.

A \$10 registration fee is required. For more information and to register, contact the Displaced Homemaker Program of the Community Advise and Resource Center, Division of Community Education at Middlesex County College at (201) 548-6000, Ext. 463.

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Model Spinal Cord Injury System in N.J.

The University of Medicine and Dentistry of New Jersey/University Hospital and its affiliate, Kessler Institute for Rehabilitation, Inc. the Model Spinal Cord Injury System in New Jersey, has initiated a series of spinal cord injury prevention campaigns. The first, scheduled for the months of June through September, will focus on the public's increased awareness of spinal cord injury as a result of diving accidents.

Spinal cord injury is a catastrophic, traumatic injury that affects 10,000 people per year. Diving accidents are the number one cause of spinal cord injury during the months of June, July, and August, with the heaviest concentration of these injuries statistically occurring to males between the ages of 15-29.

The Model Spinal Cord Injury System has designed a unique poster urging New Jersey residents to check the depth of the water before they dive. The posters will be displayed throughout the state at YW-YMCA's, camp facilities, municipal pools, lakes, public libraries and recreation buildings.

Debbie Canady, R.N., B.S.N., Education Supervisor for the Model Spinal Cord Injury System, will offer educational programs throughout the state. Spinal cord injured patients from Kessler Institute for Rehabilitation, Inc. will accompany Ms. Canady to describe their accidents, hospitalization and rehabilitation and life as spinal cord injured persons. The programs will attempt to develop an awareness in New Jersey residents that drastic and permanent physical damage can result from diving into the unknown.

The Model Spinal Cord Injury System was designated by the United States Department of Education on September 15, 1984. The New Jersey System is one of 17 so designated and funded in the United States. The goal of the Model System is to provide a multidisciplinary approach in the treatment of a spinal cord injured individual from the onset of injury through hospitalization and comprehensive rehabilitation care including life time follow-up. In an effort to spare New Jersey residents the agony of a spinal cord injury, the Model System is strongly committed to the concept of prevention. In addition to diving accidents, the prevention campaigns will focus on other major causes of spinal cord injury throughout the year such as motor vehicle accidents and contact sports.

Auditions for N.J. Ballet Summer Workshop

Auditions for an exciting and intensive Summer Dance Workshop are scheduled at the New Jersey Ballet studios in West Orange on Wednesday, July 10th at 2:00 p.m. for both male and female dancers. Internationally known New York dancer and choreographer Helen Douglas will teach the five Saturday Workshop beginning July 13 and ending August 11.

Dancers auditioning must be at Advanced or Intermediate Advanced level and be in the age range of fourteen to nineteen with aspirations for a professional career in ballet. A five hour session will be scheduled each Saturday and will include a technique class, a variations class, original choreography and a session in therapeutic movement, a system of efficient movement patterns which strengthens and stretches the body successfully relating to the classical disciplines.

Ms. Douglas, a native of Oklahoma moved quickly from City Center Joffrey into the American Ballet Theatre to a five year tour as principal dancer with the Eliot Feld Ballet. Her dancing career brought her under the tutelage of choreographers Jerome Robbins, Feld, Glen Tetley, Agnes de Mille, Anna Sokolow, the late Kurt Jooss, Leonide Massine and Anthony Tudor.

Early music training and working with some of the generation's greatest choreographers formed the launching pad for Douglas' meteoric rise as a choreographer.

She has won five National Endowment Fellowships for choreography, the New York State Council on the Arts Caps Grant and was one of three finalists in the Boston Choreographers' Competition.

Her ballets are in the repertoires of Boston Ballet, Ballet West, Milwaukee Ballet and American Ballet Theatre and Joffrey II Companies.

She has received outstanding reviews as a dancer and choreographer from the New York Times, Washington Post, Boston Tribune, Milwaukee Journal and the Baltimore Sun.

Registrations for the audition are being taken by phone and in person at New Jersey Ballet, 270 Pleasant Valley Way, West Orange, N.J. (201) 736-5940.

"Diligence is the mother of good luck."
Benjamin Franklin

Engagement



Mr. and Mrs. John P. Mulez Sr., 507 David Street, South Amboy, have announced the engagement of their daughter, Shari Ann Mulez, to Joseph Francis Sturtz, Matawan, N.J., son of Mrs. Alice Sturtz of Toms River, N.J. and the late Mr. Francis J. Sturtz.

Miss Mulez is a graduate of Middlesex County Vocational & Technical High School, Woodbridge. She is employed as a merchandising manager with Hohenberg Co., Inc., New York, N.Y.

Mr. Sturtz attended St. Michael's High School in Jersey City, and is employed as a conductor with N.J. Transit Rail Operations.

The couple plans a September, 1985 wedding at St. Mary's R.C. Church, South Amboy.

Residential Energy Tax Credit Expires at End of 1985

This will be the last year in which New Jerseyans will be able to take advantage of the residential energy credit, which could save them hundreds of dollars in federal taxes, reports the Newark District Office of the Internal Revenue Service.

The credit, which directly reduces one's tax bill, is available to home owners and renters who purchase and install certain energy saving items and renewable energy source property by the end of the year.

Taxpayers who buy and install qualified energy saving items in their principal home, substantially completed before April 20, 1977, can write-off 15% of the cost of such items. However, the credit can only be taken on items costing up to \$2,000.

The credit is also limited to home and water heater insulation, storm or thermal windows or doors for outside the home, caulking or weather stripping of outside doors and windows, clock thermostats, furnace replacement burners, ignition systems that replace a gas pilot light, and flue opening modifications, and for meters that show the cost of energy use.

You cannot take the credit for heat pumps, fluorescent lights, wood or peat burning stoves, replacement boilers and furnaces, and hydrogen fueled equipment.

Taxpayers can get an even bigger tax break by installing new renewable energy source property, such as solar collectors, windmills and geothermal wells. In such instances, the credit allows a write off equal to 30% of the equipment's cost. This credit is limited to expenditures of no more than \$10,000.

Persons who failed to claim a credit on a previous return may obtain an immediate benefit by filing an amended return. They also have the option of delaying such a claim until 1987.

Additional information on energy credits is contained in Publication 903, which can be ordered by calling the taxpayer assistance number listed in local telephone directories.

Rutgers University Presents Two New Plays

"Dog Lady" and "The Cuban Swimmer," two new plays by Milcha Sanchez-Scott, will have their New Jersey premiere July 9-21 at Rutgers University.

The playwright, a California resident, is a "very interesting new voice with a wonderful ear, a sense of dramatics and a delicious sense of humor," said director John Bettenbender.

The double bill is the second production of the season for the Levin Theater Company, a professional troupe in residence each summer at New Jersey's State University.

Both one-acts have a quality of "magical realism," said Bettenbender, who is the founder and artistic director of the Levin Theater Company. In both, a determined young woman attempts to overcome great obstacles and achieve a great victory.

"Dog Lady," set in the barrio of Los Angeles, is about a long-distance runner and her Mexican-American family.

"The Cuban Swimmer" takes place on a boat going from San Pedro, California, to the island of Catalina, as the title character competes in an open-ocean swimming contest. Throughout the play, the swimmer remains in the water.

In both works, "strange things happen in an apparently realistic background," said Bettenbender. Sanchez-Scott reveals the Mexican-American and Cuban cultures in ways that are "absolutely delightful and charming," he said.

The plays were previously staged at the Inbar Theater in New York City. The Rutgers production will use the Inbar sets, which were designed by Ming Cho Lee, winner of the Tony Award for his "K2" set design.

The eight-member cast features Raul Davila, Ilka Tanya Payan and Antonia Rey, all members of the Actors' Equity Association with extensive experience in theater, film and television.

Playing the title role in both plays will be Mary Walworth of Highland Park, a 1985 graduate of the master of fine arts acting program at Rutgers University's Mason Gross School of the Arts.

Costumes are by Sharon DeRosa, with lighting by Dan Kinsley.

Performances will be given at 8 p.m. July 9-14 and July 16-21 in the air-conditioned Levin Theater on the Douglass College campus.

Tickets range from \$7 to \$10 for the general public and from \$5 to \$8 for students, senior citizens and members of the Rutgers Community.

For reservations and additional information, call the Levin Theater box office at (201) 932-9882 from noon to 6 p.m. Mondays through Fridays, or from noon till curtain time on days of performance.

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The first coin bearing the portrait of a President was the 1909 Lincoln penny.

Bill Approved to Combat Teen Suicide

A bill sponsored by Assemblyman George Otowski that would establish a pilot program to combat teenage suicide was approved recently by the Assembly.

"We all have read about the alarming increase in teenage suicides in New Jersey and nationwide," said Otowski, who chairs the committee. "It is a terrible thing when promising youngsters on the brink of full and productive lives kill themselves. Many of these youngsters have given no indication to parents, teachers or friends that they are so depressed or overwhelmed that they can think of no other solution than to take their own lives."

"We cannot allow these dreadful tragedies to continue," said Otowski. "We must find ways to prevent them."

"My bill, A-2286, would appropriate \$300,000 to establish three regional demonstration youth suicide prevention projects. The demonstration projects would operate for three years, after which, if successful, they would be expanded statewide."

"It is my hope that experts in mental health and education, as well as ordinary citizens, will come up with innovative approaches to preventing teenage suicide that will end these needless and senseless deaths," Otowski said.

Otowski's bill also would establish a seven-member State Suicide Prevention Advisory Council in the Department of Human Services to coordinate the youth suicide prevention programs.

American Cancer Society News

Colorectal cancer — now the leading form of cancer in the state — will claim the lives of 2,400 New Jerseyans this year, according to an American Cancer Society projection.

"Unfortunately," says Dr. Lewis D. Zinkin, Chairman of the ACS New Jersey Division's Task Force on Colorectal Cancer, "most people, and even their doctors, don't realize the examination for this disease should be included in one's regular physical checkup. This is especially true to persons over 40 years of age."

The preliminary examination can be relatively simple — a slide test for the detection of hidden blood in the stool and a digital exam by the doctor. If suspicious symptoms appear, further examination with a flexible lighted tube and/or barium enema is recommended.

"While the prognosis for advanced colorectal cancer is not good, says Dr. Zinkin, "early detection can result in a cure rate as high as 80%."

In addition to rectal bleeding, symptoms of colorectal cancer include constipation or diarrhea, or both alternately, and abdominal discomfort. A pamphlet on colorectal cancer and recommended cancer-related checkups may be obtained by calling or writing the office of the American Cancer Society listed in all local telephone directories.



The most popular dessert in American restaurants is apple pie.

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"A NEW BEGINNING, BECAUSE WE CARE."



RECYCLING PAYS FOR MIDDLESEX COUNTY! Mr. RE CYCLE the working symbol of the New Jersey Department of Energy. Office of Recycling, magically illustrates the value of recycling at the New Jersey Association of Counties' 1985 Conference in Atlantic City.

With Mr. RE CYCLE is Anthony Trivisano of South Amboy.

Governor's Scholars in the Arts Local Participant

On Sunday, July 7, 100 of New Jersey's most promising young artists will be arriving at Trenton State College to begin an exciting month as Governor's Scholars in the arts. Included among these is Lauren T. Post, of Sayreville War Memorial High School.

Drawn from a diverse pool of applicants representing students from across the state, these rising seniors were selected through a rigorous audition and portfolio evaluation process.

"Applications to the Governor's School of the Arts at TSC are up 25 percent from last year," noted Glenn Rodman, director of the School. "We had 660 students apply. We think this is an indication of the success of last summer's program, when TSC hosted its first class of Governor's Scholars."

Intensive studies, workshops with guest artists, cross-disciplinary projects, and many informal performances, exhibits and displays will fill the scholars' busy schedule. The School's five divisions include creative writing, dance, ensemble music (both vocal and instrumental), theater and visual arts.

The public will be welcomed to the Hillwood

Lakes campus on several occasions to see and hear the young scholars' works in progress. Performances and exhibits are scheduled for the Sunday afternoons of July 14, 21 and 28 from 1 to 4 p.m. A final all-day celebration will be held on Saturday, August 3, from approximately 10 to 3, and will include readings, a dance concert, vocal and instrumental recitals, an art exhibit and a play. All events are free.

The Governor's School of the Arts was established in 1983 and is funded by the Department of Education and Higher Education, with some additional grants from private sources. The program is offered at no cost to the scholars.

For further information about the Governor's School of the Arts at TSC, please call Glenn Rodman in the TSC Division of Continuing Studies at (609) 771-3114. Students who will be juniors this fall and wish to apply to the Governor's School of the Arts should contact their high school principals.

Army Nursing News

If you have a Bachelors Degree in Nursing, are currently registered to practice in the United States or Puerto Rico, and are 21 years old, then the Army can make you an offer you can't refuse. Consider:

- * Nurses are commissioned as second lieutenants immediately upon induction and earn almost \$1,200 a month in addition to clothing, housing and food allowances.

- * Pay increases as rank and length of service increase.

- * There is no traditional basic training. Nurses attend a five-week Officer's Basic Orientation Course at Ft. Sam Houston, just outside of San Antonio, Texas. It is taught in a classroom setting except for a few days spent in the field in a simulated combat area where nursing skills are challenged under adverse conditions.

- * The Army makes every effort to comply with assignment requests and offers a choice of overseas assignments in Germany, Hawaii, Italy, Korea, Belgium and Alaska.

- * The Army pays for travel and re-location costs as well as for duty uniforms.

Because the Army is unique as an institution, the Army Nursing Corps offers opportunities no often duplicated in civilian nursing.

Most Army hospitals, there are 48 of them worldwide, are "teaching hospitals" and the Army encourages its personnel to continue their education by offering Nurse Practitioner courses in Pediatrics, Obstetrics and Gynecology, and Adult Medical-Surgical Health Care along with clinical courses in Intensive Care, Operating Room Nursing, Anesthesiology, Psychiatric Mental Health Nursing, and Community Health and Environmental Science. A Nurse Midwifery Course is also available.

The clinical experience gained in the Army can be invaluable after service time is completed. Because Army hospitals are well staffed and well supported, the nurse is free to care for patients; not exercise secretarial skills.

But, best of all, Army nursing offers the chance to hone skills and exchange information with the other 5,000 Army physicians and nurses now practicing in Army facilities in eight countries and five continents and of making important contacts and friends that last a lifetime.

For more information about Army Nursing opportunities, contact the nearest Army recruiter in the Yellow Pages.

Credit Card Holders Advised

Credit card holders are warned to be on the lookout for telephone schemes that ask customers to disclose their credit card numbers in order to win "valuable" prizes. The warning was issued by Andrew R. Babyak, chairman of the New Jersey Bankers Association Bank Security Committee, and Vice President and Director of Security, First Fidelity Bancorporation, Newark.

"The scheme usually begins with a congratulatory telephone call in which the caller asks the cardholder to disclose their credit card number to 'verify' the customer's identity and/or address," Babyak said.

"If you receive a call like this, it is probably a fraud," he said. "Reputable businesses do not solicit credit card numbers over the phone to verify names or identities. You wouldn't give your checkbook or checking account number to a stranger who asked for it regardless of the reason. Don't give them your credit card number either. Unfortunately, giving them one is just about like giving them the other."

A drivers license or social security number is much easier to check and therefore more useful for identification. These numbers do not involve a credit device.

In one variation of the scheme, the caller will ask the customer to "verify" the credit card number, and will then read an imaginary number, hoping the person will correct him by giving the real number. In another variation, the caller will invite the customer to call back and give him the credit card number. The calls are frequently tied-in with the sale of overpriced merchandise or an attempt to use the credit card number to make unauthorized charges against the victim's account.

"Never give the credit card number to anyone unless you initiate the call," urged Babyak. "And never verify or correct a card number read to you over the phone. Remember, your bank has no way of knowing whether or not a credit card voucher received from a business or bank is valid. You and you alone control access to your card and your credit account."

"Credit cards are for ONE purpose only," Babyak emphasized, "that purpose is to allow someone to obtain money from you. Do not give the number out unless YOU are responding to an ad, YOU initiate or control the contact and YOU expect to get charged for a purchase."

Should you receive such a call, bankers and state consumer protection authorities urge you to find out the name and address of the company placing the call. Do not give them your credit card number under any circumstances, but immediately call your local bank, the "hot line" listed on your credit card or documents or the New Jersey Department of Banking's Consumer Complaints Legal and Economic Research Division, (609) 292-7859.

Here are some other tips to consumers for protecting credit cards:

- * Be certain to retrieve your card after using it and be certain that when it is returned, that it is, in fact, your card.

- * Be cautious about signing an incomplete or blank charge card voucher.

- * Obtain and destroy all carbon paper used in connection with copies of the voucher.

Customers will shortly see several other changes to credit card voucher forms designed by banks for the protection of their customers, such as carbons that snap-out with the customer copy or carbons that do not reproduce the card number. Babyak said

8th Annual Great Bloomsbury Balloon Race August 2, 3, & 4

The 8th Annual Great Bloomsbury Balloon Race is off and flying and people from all over the tri-state area are making plans to attend this spectacular event in the small town of Bloomsbury located in the rolling hills of northern Hunterdon County.

The Bloomsbury Balloon Race is New Jersey's oldest and largest hot air balloon race. In the past, Bloomsbury's town fathers have officially changed the name of the town to "Balloonsbury" for the three-day event. Admission is free to all, and the community's non-profit organizations benefit from the weekend. Held this year on the first weekend in August (August 2, 3, 4), "Balloonsbury" is expected to attract an enthusiastic crowd of over 60,000 people.

Balloon rides for the public, Bloomsbury's famous Hound and Hare Races, The Great Bicycle Return Race, live entertainment, exhibits, refreshments, souvenirs, and much more, in addition to fireworks displays, are all part of the excitement of the 8th Annual Great Bloomsbury Balloon Race.

Following an eight year tradition, this year's race will be held at the Garden State 76 Auto/Truck Plaza. In the past people of all ages have found the "Balloonsbury" weekend to be a very unusual and fun experience.

For additional information regarding the balloon race, call the "Balloonsbury" Hotline (201) 730-7876.

Middlesex County Receives Air Pollution Grant

Middlesex County has received a grant from the United States Environmental Protection Agency to allow it to continue to monitor and control the quality of air in the county. The grant was announced recently by Congressman Bernard J. Dwyer.

The grant will permit the continuation of the cooperative agreement which exists between the county and the federal government under which the county assumes the responsibility for monitoring air quality, and investigating complaints, through the county health department.

"This cooperative program has proven itself effective over the years in the advancement of clean air," Dwyer said in announcing the grant. "I am delighted that the program will be continued."

Among other responsibilities, the Middlesex County Air Pollution Control Program responds in emergency situations to releases of hazardous materials into the environment and maintains a 24-hour phone number to investigate possible violations.

Under the award announced in Washington, the county will receive \$156,841 from the Federal government and will contribute just over \$100,000 from its own resources to form a program worth over a quarter of a million dollars.

In addition to covering Middlesex County, the program also handles air pollution complaints from Union County on a contract basis.

Fluoride: A Natural Cavity Fighter

The "back to nature" trend can be an important part of your dental health. That's because fluoride, a mineral found naturally in many water sources in the U.S., can help reduce tooth decay by as much as 60 percent.



Fluoride helps strengthen teeth and makes them resistant to decay. If your water supply doesn't have enough fluoride to provide optimal protection, steps can be taken to have it added through your city's water supply system.

But while fluoride in the water is the most effective—and cheapest—way to help prevent decay, fluoride in many other forms can keep smiles bright.

If you don't have fluoridated water, your dentist can prescribe fluoride supplements for infants and children up to age 13. Taken daily, these supplements help strengthen and protect developing teeth. Regular applications of fluoride gel in the dental office also provide protection against decay.

At home, the entire family should brush with a fluoride toothpaste, and everyone in the family over the age of six can benefit from fluoride mouthrinses.

The American Dental Association seal of acceptance on the label of your toothpaste and mouthrinse means these products have been proved effective and safe for daily use. This message is brought to you by the American Dental Association in recognition of National Children's Dental Health Month.

Help Your Heart



American Heart Association

Stroke and brain damage

There is sometimes a tendency to associate cardiovascular disease (CVD) exclusively with heart attack. Yet one of the most devastating forms of CVD affects not the heart, but the brain. The disease is stroke.

Stroke occurs when the blood supply to a part of the brain tissue is cut off, and as a result, the nerve cells in that part of the brain cannot function. When some of the nerve cells in the brain are not able to function, the part of the body controlled those nerve cells cannot function either.

The American Heart Association explains there are a number of causes of stroke. One of the most common is blockage of a cerebral artery by a clot, or "thrombus", that forms inside the artery. This condition is known as cerebral thrombosis. Sometimes a wandering clot, an "embolus", is carried in the blood stream and wedges in a cerebral artery. Emboli generally originate in a heart damaged by disease. When a clot—either a thrombus or an embolus—plugs a cerebral artery, the condition is termed cerebrovascular occlusion.

A third common cause of stroke is cerebral hemorrhage. This occurs when a diseased artery in the brain bursts and brain tissue is flooded with blood. Not only do cells nourished by the burst artery fail to get their supply of food and oxygen, but the accumulation of blood from the ruptured artery soon forms a clot which displaces brain tissue and interferes with brain function.

As the result of stroke a person may have difficulty speaking, an inability to walk, or a loss of memory. The effects of stroke may be slight or severe; temporary or permanent. And the effects manifest themselves in a variety of ways.

Typically, the most visible sign of stroke is paralysis on one side of the body. If the paralysis is on the right side it is called right hemiplegia, this means there is injury to the left side of the brain. A patient with right hemiplegia is likely to have "aphasia", a difficulty with speech and language. Aphasia can be temporary or

permanent, and the degree of aphasia can vary.

In addition to language problems, right hemiplegics have a tendency to be slow, cautious and disorganized when approaching an unfamiliar problem. Often this hesitant style comes as a surprise to friends and family members who knew the patient to be quite different before the stroke.

If stroke affects the right hemisphere of the brain, there can be a paralysis on the left side of the body. In addition to the paralysis, a stroke patient with right brain damage will often show difficulty with tasks that involve judging distance, size, position, rate of movement, form and the relation of parts to wholes. While the right hemiplegic tends to be slow and cautious, the left hemiplegic tends to be impulsive and too fast. The patient often seems unaware of any deficits.

In addition to paralysis and effects upon personality, there are several other common post-stroke symptoms. Stroke patients can have what are referred to as visual field cuts. The effect on vision is much as it would be if goggles were worn with tape across half of each lens. Most stroke patients learn to compensate for visual field cuts by turning their heads. In some cases, however, stroke patients do not seem to make this adjustment. They do not turn their heads to see all parts of an object when they glimpse part of it nor do they automatically check to see if they have missed something. This is called "neglect" and left hemiplegics generally have more problems with neglect than do right hemiplegics.

Some stroke patients give no evidence of paralysis, and yet show signs of the intellectual deficits such as behavioral changes or neglect. Others demonstrate paralysis but little or no evidence of other problems. When a person has a stroke, it is likely their behavior will give some evidence of brain damage. Some functions of intelligence are so complicated they need virtually a totally functioning brain. Even minor damage may interfere with these complicated functions.

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Diabetes Research Finding Answers

In the past five years great advances have been made in understanding the causes of diabetes. Much has been learned concerning how insulin and other hormones work, and what goes wrong with hormone production or action in diabetes and other diseases.

Insulin metabolizes the sugar (glucose) we eat and transfers it to various cells of the body, where it is either stored or used for our immediate needs. Medical researchers have been studying the relationship between control of blood glucose and the development of diabetic complications as part of the effort to establish the link between high glucose and complications and, ultimately, to improve treatment and forestall the development of these problems.

Diabetes is marked by the inadequate production or effect of insulin due to a malfunction of the pancreas, the organ that produces it. Recognized for a couple of thousand years, but virtually untreatable until the discovery of insulin in 1922, the disorder can lead to a variety of serious problems, including cardiovascular disease, kidney failure, and blindness.

There are two types of diabetes: insulin-dependent, or "juvenile," diabetes, in which the individual absolutely requires insulin for survival; and non-insulin dependent, or "adult" onset, diabetes, in which the patient may or may not require insulin to control his blood sugar. For the vast majority of people with the non-insulin dependent type, regular activity, weight reduction if overweight, and adherence to a dietary regimen will usually control the problem.

Both dietary and genetic factors can contribute to the development of diabetes in certain populations. For example, Eskimos are rarely diabetic, while the incidence of the disease is high among the Pima Indians of the American Southwest. There has been an historically low rate of diabetes among the Yemenites in Yemen, an Arab country bordering the Red Sea. However, among the Yemenite population living in Israel since immigration to the country in 1948, the incidence has increased and is comparable to that of the general European-Israeli population. It is believed that change in dietary habits, with consumption of refined sugars, contributed to the increased occurrence of diabetes in this population.

In the United States, the vast majority of diabetics (approximately 12 million) are of the non-insulin dependent or "adult" onset type. They are usually older (middle aged), overweight, with a family history of the disease, and, among women, those who have given birth to large babies (over 9 pounds). There may be no symptoms at all with this type, and detection is often only through a blood or urine test.

Those contracting insulin-dependent, or "juvenile" onset diabetes (about 5 percent of all diabetes) are usually younger and thinner. Symptoms include weight loss, excessive thirst, frequent urination, weakness, fatigue, susceptibility to boils and skin infections, and, among children under 10 years old, bed-wetting. Left untreated, insulin-dependent diabetes leads to accumulation of fat-breakdown products in the blood, changes in the blood's acidity, coma, and death. Most patients who are careful to take care of their diabetes do not develop ketoacidosis, but if symptoms indicating exacerbation of the diabetes or impending ketoacidosis

develop, immediate action must be taken and fluids and insulin must be administered.

Treatment of insulin-dependent diabetes always requires insulin. Some patients with the insulin-independent type require insulin to control the blood sugar. Insulin-dependent diabetes may convert to insulin-dependency, sometimes only transiently.

A new ambulatory care program available at the University of Medicine and Dentistry of New Jersey, Newark, offers the use of an innovative round-the-clock insulin pump for those who are insulin-dependent. It focuses on an intensification of insulin therapy, either with multiple injections of insulin or with the pump, coupled with the daily self-monitoring of glucose levels in the blood. The pump is attached to a syringe that is connected to a plastic tube at the end of which is a small needle that is inserted into the abdominal wall. The device is worn externally, usually attached to a belt loop.

A potentially promising project underway at UMDNJ's Rutgers Medical School campus in Piscataway involved evaluating exercise as a means of protecting the insulin-independent diabetic from atherosclerosis. Atherosclerosis is a disease of the arteries common to diabetic patients that causes heart disease, heart attacks and loss of limbs. Exercise in non-diabetics improves the ability of their bodies to handle sugar by helping the tissue to respond better to the body's own insulin. If this is true of the diabetic patient as well, it could result in improved control of the disease.

American Red Cross N.J. Blood Services July Blood Drives

The following is a list of July blood drives. In order to maintain an adequate supply of blood in area hospitals, it is vital that the public be informed of donation times and sites as follows:

Wednesday, July 10, 17, 24, 31 and Friday, July 5, 11:30 a.m. to 5 p.m. at New Jersey Blood Services, 187 New Street, New Brunswick; Tuesday, July 9, 1 p.m. to 6:30 p.m., Woodbridge Health Center, 2 George Frederick Circle, Woodbridge.

All of these drives are sponsored by the Central New Jersey chapter of the American Red Cross and New Jersey Blood Services. For further information, please call 626-9101.

Easter Seal Softball Benefit August 24 & 25



Mattingly gives New Jersey Easter Seal Poster Child, Shawn Dennstead some batting tips for the upcoming 6th Annual Easter Seal Softball Weekend, August 24, 25th. The New York Yankee first baseman has pledged his support to kids and adults with disabilities as this year's honorary chairman. For information and registration materials, contact the New Jersey Easter Seal Society, (201) 247-8353, P.O. Box 155, Milltown, N.J. 08850.

New York Yankee, Don Mattingly, in accepting the chairmanship of the Annual Easter Seal Softball Benefit for a second consecutive year, announced that registration for the tremendously popular Easter Seal Softball Benefit, scheduled for August 24th and 25th is officially underway. He asked all interested individuals — especially those teams who came out last year — to contact the Easter Seal Society for registration materials. In addition, he welcomed back the Miller Brewing Company, and its official radio station, WPLJ Power 95.

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Foot Comfort For Women

Women are increasingly willing to sacrifice their feet in the name of fashion, according to a national attitude study on feet. But foot specialists say that the sacrifice is usually unnecessary.

The study, conducted by the Gallup organization for the American Podiatry Association indicates that nearly half of all women have occasional foot pain, and one-third blame it on improperly fitted shoes. Yet, 45 percent of those women say they wear uncomfortable shoes because they look good.

Nearly one-quarter of the women surveyed said that they would continue to wear high heels knowing that they were damaging their feet. Women in the 18-24 age group were most likely to place fashion before comfort.

However, podiatrists point out that there's nothing wrong with wearing high-fashion shoes nor will the wearer have to suffer — as long as they aren't worn non-stop. The key is to wear the proper shoes for the proper occasion and change shoes

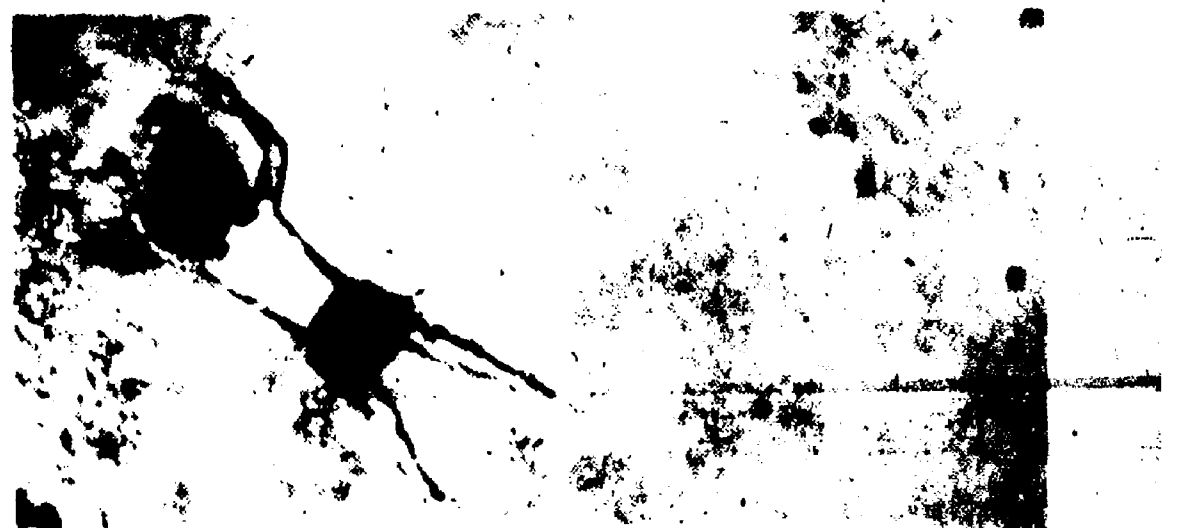
and heel heights during the day.

If you constantly wear high heels and suddenly switch to flats, the shortened muscles in the back of your legs will suffer sudden strain. If you go for a long period wearing only flats, and then switch to high heels, you may find the same muscles have gone slack and that your feet will slide forward, cramping your toes.

John P. Nelson, D.P.M., Chief of Podiatry, East Orange General Hospital recommends that you select shoes that provide good, comfortable fit and whose looks give you a psychological lift. He says that feet, classic examples of durability and grace, can look good, too.

Finally, high heels are not all bad. They actually exercise the calf muscles if you remember to alternate them with rounded flats.

For further information contact Dr. Nelson, East Orange General Hospital's Family Health Center, 674-3500.



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