

The Citizen

"Your neighborhood in print since 1882"

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THE CITIZEN
DECEMBER 5, 1996



Presentation - Joe "Who" Kadulka bestows a check for over \$500 to Mary Lou DeBlis, Supervisor of the South Amboy Recreation Department. The money was raised through by the inaugural Who's Fishing Tournament that was held a few weeks ago.

McLaughlin Named Business Leader of the Year

Heiser and Spezzi also honored

The Chamber of Commerce of Old Bridge, Sayreville and South Amboy recently honored Keith H. McLaughlin, President/Chief Executive Officer of Raritan Bay Medical Center with the 1996 Business Leader of the Year Award, representing the Township of Old Bridge.

McLaughlin was nominated by Old Bridge Township mayor Barbara Cannon in recognition for his leadership and participation on the Old Bridge Economic Development Corporation.

"Keith is a wonderful individual who's given so much back to the community," praised Cannon. "He's been very instrumental in setting the tone for the Economic Development Corporation."

Each year the regional chamber honors one recipient from each of its member towns. Winners are selected on the basis of their overall contributions and support of business and community development. The other honorees were Robert Heiser from South Amboy and Carmen F. Spezzi from Sayreville.

The award program was highlighted by special presentations from local dignitaries. State Senator James McGreevey, Assemblyman John S. Wisniewski and the mayors from each town presented citations and proclamations to each of the three winners.



Acknowledgment - Keith McLaughlin, middle, President and CEO of the Raritan Bay Medical Center accepts a plaque acknowledging his being honored as a Business Leader of the Year by the Chamber of Commerce of Old Bridge, Sayreville and South Amboy. Also in photo are McLaughlin's wife, Mary Pat and Chamber of Commerce President Jay Eriv, right.

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Drama Program Celebrates Anniversary

With the opening of the new South Amboy Community Middle-High School this fall and its drama season in January, the district will be celebrating its five year anniversary. In February of 1992 the district opened its first musical in more than twenty years - "Beauty and the Beast." The success of this show inspired the development of a theatre class, as well as five additional productions in the succeeding four years. Since the move to the new building, the theatre department has planned two musical productions for the coming season.

The first of these productions to go up January 3rd and 4th will be "How to Eat Like a Child", a collection of childhood memories performed by seventeen fourth to eighth graders, directed and produced by the South Amboy High School theatre class. The production is the culmination project and an outgrowth of the theatre grant won by theatre teacher Lyn Davis for the 1995-96 school year. The grant was a matching funds grant co-sponsored by the South Amboy Board of Education and the New Jersey State Council on the Arts. Tickets for the January show will be available in advance through the high school office beginning December 15th or at the door the nights of the show.

The second musical for this year is slated to be a community project - in celebration of the fifth year anniversary, and in keeping with the spirit of the new community school - auditions will be opened to interested community members for the spring production of "Grease". Any interested individuals should phone the high school office, or high school theatre teacher Lyn Davis (721-7216) for audition information. Those interested in working back stage instead of on stage will also be welcomed. We would like to make our anniversary year, and the christening of our community theatre truly a "community project."

Estate Planning Seminar Scheduled

Give away up to \$10,000 per person, per year -- tax free!

The law firm of Wilentz, Goldman & Spitzer, P.A., will be hosting a seminar entitled *How Your Family Can Benefit From Small Gifts* on Thursday, December 5, 1996, from 8:00 a.m. to 9:15 a.m. at 90 Woodbridge Center Drive in Woodbridge.

Discussion topics will include:

- Reduce estate tax liability by at least \$3,700 (37% tax rate) for each \$10,000 gift. Give more than this without gift tax.
- Learn why gifts in excess of \$10,000 also make sense even though they reduce the \$600,000 exemption.
- Understand what trusts are and how they are used to control gifts until a beneficiary is mature enough to handle money (age 18, 21, 25).
- Learn about other non-trust techniques.
- Also, find out how the law helps to keep gifted (or even inherited) property out of the hands of your son-in-law or daughter-in-law if the marriage fails.

There is no admission charge. A continental breakfast will be served. Reservations are required. RSVP 908/636-8000, extension 5689.

American Heart Association 



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Sacred Heart School Honor Roll

The following students at Sacred Heart School in South Amboy have been named to the First Semester Honor Roll:

Eighth Grade

First Honors: Rebecca Kutz

Second Honors: Patricia Mathis and Steven Maslowski

Seventh Grade

First Honors: Erica Kish and Diane Opalinski

Second Honors: Michael Zonak, Tim Ricablanca and Meryl Hamilton

Sixth Grade

First Honors: Lea Dulatas and Jessica Alcala

Second Honors: Greg Symber, Patrick McCurdy, Donald Liberty, Caitlin Solli, Kimberly Michalik and Teresa Bogush

Fifth Grade

First Honors: Katrina Dulatas

Second Honors: Justin Murawski and Jennifer Corridon

Fourth Grade

First Honors: Christine Waleczak

Second Honors: Ashley Robbins

Third Grade:

First Honors: Nicolette Kontor, Rudy Palma, Freddy Beaudry, Olivia Alvarez and Luis Ynayan

Second Honors: Christine Piperato and Sara Bogush

First Presbyterian Church Schedules December Services

First Presbyterian Church, 150 North Broadway in South Amboy will celebrate the birth of Christ this month. The public is invited to attend the children's musical "Cane Lane" at 10:30 a.m. on Sunday, December 8th. Refreshments will be served following the program.

The Christmas Eve service of dramatic readings will begin at 11:00 p.m.

Special services will be held every Wednesday night from 8:00 to 8:45 p.m. for those who work weekends.

December topics include: December 4th - Confession of a Christmas Procrastinator; December 11th - Loneliness or Solitude: What's the difference?; December 18th - A Night of Christmas Carols.

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Yesterday Once More . . .

Dateline: December 12, 1946

There were 180 graduates of Hoffman High School who served in the armed services at war's end.

Former Governor Harold Hoffman, after whom the school is named, was a graduate of the class of 1913. Hoffman was the oldest graduate in service, and also topped the list in rank, after serving as a Lieutenant-Colonel. He is also a veteran of the First World War, where he served as Captain.

Dateline: December 12, 1946

Tuesday evening, members of the senior class of Hoffman High School entertained three class members leaving for military service on Wednesday, at the dinner held at Georgette's. The guests of honor were: Robert Jonasen, William Hawes, and Edward Stochel.

Following the dinner, a party took place at the home of class member Fred Weiss of Portia Street.

Dateline: December 19, 1946

Shortly before noon on Wednesday morning, neighbors in the vicinity of the home of Henry Mehrlander, David Street, detected the odor of gas coming from the building. Miss Mary Leonard entered the building and found Henry Mehrlander lying on the kitchen floor with all the jets in the gas stove open. He was unconscious.

Patrolman John Gleason of the Police Department investigated and found that Mrs. Mehrlander was not living with her husband and her whereabouts were unknown. Police also revealed that there were three sealed notes at the scene, but the contents were unknown at this time.

Dateline: December 19, 1946

Louis Borlund, Chairman of the Civil Defense Scrap Committee, has announced plans completed for a tin drive to be held here on Monday. The usual signal will be sounded at 8 a.m. to remind residents of the drive and Mr. Borlund has requested that tin be properly prepared and be placed on the curb early for collection.

It was also announced this week that plans are going forward for a scrap paper drive in the near future, and Mr. Borlund has asked that paper be saved for this effort.

Dateline: December 11, 1971

Council President Fred Henry reported to the mayor and council that South Amboy has received certification of its Workable Program for community improvement. A copy of the letter sent by Secretary George Romney of the U.S. Department of Housing was read at Tuesday night's council meeting.

Henry explained that this certification is necessary before a community can receive federal loans and grants for urban renewal projects and federally aided low-rent housing.

Dateline: December 11, 1971

The South Amboy Board of Health requests that the public use plastic bags for their garbage. This will make it easier to dispose and cleaner -- keeping away rodents.

Dateline: December 18, 1971

Richard J. Ragula, Stockton Street, South Amboy, has been initiated into Delta Tau Delta Social fraternity at Illinois Institute of Technology.

Ragula is majoring in biology.

Dateline: December 12, 1986

Miss Mary Martini, daughter of Mr. and Mrs. Jasper Martini, Raritan Street, South Amboy has been named to the Dean's List at Saint Mary's College, Notre Dame, Indiana for superior academic achievement.

Dateline: December 18, 1986

Robert Donnell, son of Mr. and Mrs. Charles Donnell of South Pine Avenue, South Amboy, has completed basic training at Fort Dix, New Jersey.

At graduation, he received special recognition for outstanding performance during his Basic Combat Training Cycle. He distinguished himself as the highest scorer on the individual proficiency test and was awarded a trophy to signify the achievement.

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December Agenda Set For Trinity United Methodist Church

Trinity United Methodist Church, Frank Avenue in Parlin will host the following activities in December:

December 7

The annual Christmas bazaar from 9:00 a.m. until 3:00 p.m. in Fellowship Hall. The Bazaar will feature home-made cakes and cookies, craft tables, a children's gift room, Grannie's attic of treasures. Luncheon will be served.

December 15

Participation in the yearly Christmas Parade sponsored by the Borough of Sayreville.

December 22

Christmas caroling by the youth group and congregation to the sick and shut-ins.

December 24

Christmas Eve services: 7:00 p.m. - for the families with younger children; 11:00 p.m. - candlelight service.

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Viewpoint

Letter From Trenton

by
Assemblyman John S. Wisniewski



Middlesex County has a great history of providing public leaders who have successfully moved up to leadership positions in New Jersey where they used their knowledge, experience and leadership skills to benefit all the state's residents. We can all take pride in our communities as fertile areas for generating the type of men and women who so ably represent the needs and aspirations of residents throughout the state. I was reminded of Middlesex County's role in producing important state leaders when Jim McGreevey recently announced his intention to explore a campaign for Governor.

At the annual League of Municipalities conference in Atlantic City, local officials and others attending the conference were introduced to a new generation of Middlesex County leaders who are destined for more in their future. Jim McGreevey who serves on the same legislative team along with Assemblywoman Arline Friscia, I am honored to be named as a member of the committee.

I believe that Jim McGreevey would be a great Governor. I also believe that the needs of middle class families throughout New Jersey would be better represented if Jim were the Governor. As Governor, McGreevey would work to keep property taxes down. As Governor, McGreevey would ensure educational opportunities for middle class families. As Governor, McGreevey would preserve our natural resources from contamination. And I know that as Governor, McGreevey would guard the important health care service valued by senior citizens and others.

Christie Whitman has generated a lot of publicity because of her tax cut, the fact that she is a woman in a political party whose policies are not friendly to working women and because she has an appealing media personality. On a personal level, I like Christie Whitman. What is more important than her personality is the impact of her policies on the residents of the state -- especially the great majority of middle class families who are struggling to make ends meet and to raise their children. Governor Whitman's policies have not been friendly to these people.

Jim McGreevey understands the needs of everyday people. Jim McGreevey has demonstrated an ability to make government work better and work smarter. Jim McGreevey has exhibited a commitment to policies that will make New Jersey a better place to live, work and raise a family -- especially for the middle class. If Jim McGreevey becomes Governor, he will continue the important legacy of Democratic leaders in New Jersey who have come out of Middlesex County to lead the state to progressive policies that respect the needs of the middle class.

As part of the legislative team that represents the 19th District in Trenton, I can attest to the skills, sensibility and character of Jim McGreevey. He has worked hard for residents of the district in the same manner he has worked hard for the residents of Woodbridge. As Governor, he will work just as hard for all the residents of New Jersey.

American Heart Association



NOTICE: The opinions expressed in our *Citizen's Voice* column do not necessarily reflect those of this newspaper. The column is given as a forum for readers to express their thoughts. Letters should be brief, must be signed and include a daytime telephone number for verification.

The *Citizen* reserves the right to edit all letters. No more than one letter per month by an individual will be published in a month.

A Social Security Checklist For Baby Boomers

Most experts agree that planning is the key to a successful retirement and that for baby boomers, it is absolutely essential. Increased longevity and medical advances mean that boomers -- people born between 1946 and 1964 -- will generally need to plan for a longer period in retirement.

Following is a checklist to help you plan using your Social Security benefits as a base.

How much can you expect from Social Security in retirement?

Baby boomers have a big advantage over their parents in access to information about what their future benefits will be. You may call Social Security and ask for a "Personal Earnings and Benefit Estimate Statement" (PEBES). The statement tells you the amount of earnings credited to your Social Security record and estimates the amount of benefits payable on the earnings at retirement, or if you become disabled, or die. The number is 1-800-772-1213. Generally speaking, for a worker earning lifetime average wages, the benefits will replace about 42 percent of earnings.

How does working after retirement affect Social Security benefits?

Many boomers say they plan to continue working after retirement. There is a limit on how much you can earn and still receive retirement or survivors benefits, called the retirement test. The limit increases annually with increases in general wage levels. In 1996, it is \$12,500 for beneficiaries age 65 and older (earnings over this reduce the benefit \$1 for every \$3) and \$8,280 for beneficiaries age 62-65 (earnings over the limit reduce benefits \$1 for every \$2 in earnings). In 1997, the retirement test increases to \$13,500 for beneficiaries 65 and over, and \$8,640 for beneficiaries under 65.

How do other types of retirement income affect Social Security?

Income from other than earnings generally will not affect retirement or survivors benefits. These include payments from private insurance and pensions from private employers and annuity payments, and income from investments such as interest and capital gains. This rule is designed to encourage people to build up income for retirement and financial security using Social Security as a base. However, other government pensions and pensions from work not covered by Social Security may reduce your Social Security benefit.

What is the age at which you can retire for full benefits?

For baby boomers, this varies depending on the year in which you were born. Under present law, the retirement age for full benefits will increase gradually from age 65 in 2003 to 67 by 2027. People born in 1938 or later will see the increase. Reduced retirement benefits will still be payable at age 62, but they will be reduced a maximum of 30 percent instead of 20 percent.

What happens to your Social Security benefits if you delay retirement?

Increased retirement benefits are payable to people who delay retirement past full retirement age. The delayed retirement credit is currently set at five percent a year, but will gradually increase to eight percent a year for people who reach full retirement age in 2008 or later.

How much work under Social Security do you need for Social Security retirement benefits?

Under present law, you will not need more than 10 years of work (40 credits) to qualify for retirement benefits. These credits can be earned at any time before you apply. They stay on your Social Security record for life and go with you from job to job.

Who can qualify for benefits on your work record?

Among the family members who may qualify for a Social Security benefit on your work record are children under 18; a mother or father caring for your child under 16; a spouse or widow(er); a divorced spouse or surviving divorced widow(er); and grandchildren, under certain circumstances.

How do taxes affect your benefits?

Federal income tax may be due on up to 85 percent of your Social Security benefits if you have high income. About 20 percent of beneficiaries are affected by this rule.



From the Desk of
Steve Mikulak

Just when you thought it was safe to go back in the water, Hillary Clinton tells Time magazine that she wants to play a "formal role" in monitoring the welfare reform. For the past six months her husband, the President, had somehow managed to enforce a gag order on his controversial and sometimes abrasive wife. He did it just long enough to get reelected and now all bets are off.

We must first start with the fact that it was the Republican Congress and Senate that advanced the long overdue idea that welfare recipients should be required to do some type of work in return for their benefits, and those benefits should not last forever. In short, welfare should not be an entitlement program but a safety net. President Clinton accepted this concept with grave trepidation at first. One might say he was dragged into welfare reform, in public opinion polls, in an election year. I believe the President even vetoed several Republican plans before he gave way to a foxhole conversion and reluctantly signed a bill. Welfare reform is supposed to give more latitude to the individual states in designing a program. That was until the President's wife decided to inject herself into the mix.

Take this same President's wife who appointed herself to the task of health care reform with disastrous results several years ago. In fact, Hillary Clinton's heavy handed blundering has set true health care reform in this country back, perhaps a decade.

With this in mind, it is no wonder that the 32 Republican Governors who will play a central role in implementing welfare reform were less than thrilled to accept the First Lady's assistance. Our own Governor, Christie Whitman, summed it up by saying, "We are the hands on people. We want a chance to make it work. We don't need someone coming in to do a critique of something that isn't up and moving yet." Governor Whitman went on to say, "I think it would be a mistake for the President to empower the First Lady to be the roving ambassador to go around to the states to check up on welfare reform."

White House spokesman Mike McCurry was quick to throw cold water on the First Lady's ill conceived plan. "I'm not aware that there is any formal role planned for the First Lady, other than she will continue a lifetime work on behalf of the children of America." Congressman Clay Shaw (R-Fla.), a leader on welfare reform put it less diplomatically. "If the President wants to put Hillary back on the front line, that's his business, but after what happened on health care reform I'd be surprised." Congressman Shaw went on to say, "I would hope that anybody he gives a lead position on welfare would be in favor of what the congress passed and he signed."

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Statewide Award Given
To County Department

Atlantic City, New Jersey Planning Officials, a statewide organization that represents the planning community, today gave one of their prestigious Annual Achievement in Planning Awards to the Middlesex County Department of Planning and Economic Development. The awards are given to "a county, regional or other governmental entity making a significant contribution to the planning process." The award was announced at a luncheon at noon today at Caesars Hotel and Casino as part of the activities surrounding the League of Municipalities Convention.

The Middlesex County Department of Planning and Economic Development was selected because of its Raritan Bay Plan initiative, an economic development effort that plans to use the natural advantages and features of the Raritan Bay to spur jobs and economic growth. Freeholder, Chairman of the Planning and Economic Development Department, Harry Pozyczki said, "We are honored to receive this award. The Raritan Bay plan is one of our top priorities. It is a critical economic development initiative for the seven Middlesex County Communities that border the bay and will have positive economic and recreation benefits countywide."

The warning signs of stroke are: 1) Sudden weakness or numbness of the face, arm or leg on one side of the body; 2) Sudden dimness or loss of vision, particularly in one eye; 3) Loss of speech or trouble taking or understanding speech; Sudden, severe headaches with no apparent cause; and, 5) Unexplained dizziness, unsteadiness or sudden falls, especially along with any of the previous symptoms. If you have one or more of these symptoms, the American Heart Association says, "Don't wait! See a doctor right away!"

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Energy Assistance Available
For Low Income Homes

Federal funding up 11 percent
New Jersey families who need help meeting winter heating expenses can apply for aid from the Low Income Home Energy Assistance Program (LIHEAP) now through February 1st.
Eligible recipients can expect checks in the mail in December. Last year, the average family received \$214.
For the first time this year, applications will not be handled by the county's welfare offices. Instead, applications can go to the sites of various community organizations which provide weatherization programs.
Eligible households have an income of up to 150 percent of the poverty level. For example, a family of three qualifies for the assistance if their gross monthly income is \$1,623 or less. Another \$328 is allowed for each additional family member.
Most welfare and food stamp programs automatically

Continued on page 7

CBA Mother's Preparing
For Annual Art Show

The Mother's Club of the Christian Brothers Academy is sponsoring its 2nd Annual Professional Art Show and Sale at the school's 50 Newnan Springs Road, Lincolnton, NJ, on February 7, 8 and 9, 1997. More than 100 artists from the New Jersey, New York, Pennsylvania and Connecticut area will present their original works at this year's show.
A preview Cocktail Party with champagne punch and hors d'oeuvres will open the show on Friday, February 7th from 7:00 to 9:00 p.m. Featured artists mingle with party guests and give a preview of their work.
The Main Gallery of the Art Show will be open from 11:00 a.m. until 5:00 p.m. on Saturday and Sunday, February 8th and 9th, respectively. The Artists Palette cafe will be open from 11:00 a.m. to 3:00 p.m. on both Saturday and Sunday. A raffle of works donated by the artists will be held on each day.

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Road Rallye For Toys For Tots

The Motorsport Club of North Jersey (MCNJ), with sponsorship provided by the Saturn of Morristown, is proud to announce our 7th Annual charity road rallye to be held on Sunday December 8, 1996 benefiting the United States Marine Corps' Toys For Tots Program. For the past five years MCNJ has collected hundreds of new Teddy Bears for distribution to local children who would otherwise not receive a gift during the holiday season.

The road rallye is open to the general public and requires only that participants have a car with a working odometer and a pen. Registration for the rallye will begin at 11 AM with the first car off at Noon beginning at the Saturn Dealership of Livingston, Route 10 Circle, Livingston, N.J.

Handsome trophies, provided by the generous sponsorship of Saturn of Morristown, are awarded for 1st and 2nd place in each of three classes - Novice, Intermediate, and Expert - Best First Time, Best Family Team, Best Husband and Wife, and Dead Last But Finished.

The entry fee is a New Teddy Bear (or other toy), having a retail value of at least \$15. Beginners and children are always welcome.

Our road rallyes are "fun" rallyes which test the participant's ability to follow instructions and look for answers to questions found along the route. Our rallyes are run on some of the most scenic back roads of northern New Jersey and southern New York state.

For further information contact Michael Szorentini at (201) 845-3456, or Peter Schneider at (201) 633-9069.

Marshals Chosen For Belmar St. Patrick's Day Parade

The Belmar St. Patrick's Day Parade Committee, at its' pre-parade meeting, selected the Grand and Deputy Grand Marshals for their 24th annual parade to be held Sunday, March 2, 1997.

Parade Chairman Dave Stanley announced that Thomas S. Moore of Brick and Josephine Ann Sheehan of Neptune will serve as Grand and Deputy Grand Marshals. Tom, an officer with the New Jersey Port Authority and Josephine, a retired business woman and Mercy Center volunteer, are very active in Irish affairs, and the Belmar parade in particular.

Both selections were enthusiastically endorsed by the Executive Committee members. The meeting was held at Bar Anticipation in South Belmar.

According to the American Heart Association, cardiovascular diseases kill more than 954,000 Americans every year. That's nearly twice as many as all forms of cancer.

Mrs. NJ Pageant Accepting Applications

Contest applications are now being accepted for the 1997 Mrs. New Jersey international pageant. This year's pageant will be held on Sunday, June 22, 1997 at the Hyatt Regency Hotel in New Brunswick, N.J. The pageant will be hosted by radio personality Lou Russo, of WMGQ/98.3 FM in New Brunswick.

Prospective contestants must be between the ages of 24 to 54, married two or more years, a U.S. citizen, and a resident of New Jersey for at least 6 months. Phases of competition will include, a personal interview with a panel of judges, an evening gown and aerobic wear competition. According to State Director, Lynn Rastewicz, swimsuit competition was eliminated to present women in a more dignified manner.

The winner of the Mrs. New Jersey Pageant will receive an all expense paid trip to compete in the nationally televised Mrs. International Pageant in Tyler, Texas. She will also receive a 14kt. gold diamond & ruby crown pendant, a 14kt. diamond crown ring courtesy of Giorgio Jewelers, Freehold Mall, a 25 inch color T.V., and an array of prizes.

The Mrs. New Jersey Pageant is proud to announce that scholarship awards will be given again this year.

Contestants entering the pageant will be awarded a city title. Our city titleholders as well as Mrs. New Jersey International, Joan Thurstans will be on NJN's public funding telethon -- watch for T.V. listings.

MCC Offers Intensive Wintersession

Beginning December 30th, students from dozens of colleges and universities will not only join the competition or make up a course at Middlesex County College.

MCC is offering concentrated classes in a wide variety of course offerings during "Wintersession" from December 30, 1996 to January 17, 1997. Classes will be held every morning, Monday through Friday, during this period. In the event that classes cannot meet due to inclement weather, make up sessions are scheduled for January 4, 11 and 18.

Among the more than 35 courses being offered are basic Mathematics, Financial Accounting, Principles of Economics I, English Composition I and II, Elementary Spanish I, Algebra I and II, Computers in Health Technologies and several courses in Psychology. Students can earn one to four credits in three weeks of study during Wintersession.

Wintersession students should expect to spend as many hours on a single course, both in and out of the classroom, on a weekly basis as they would carrying a full-time load in a normal 15-week semester.

In order to earn credit in a particular course, students who are matriculated at another college must present a letter of permission from their dean of instruction.

More information about the Wintersession may be obtained by contacting the Office of the Registrar.



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Community

Community Calendar

DECEMBER 14

The Middlesex County College Hispanic American Club will sponsor a fundraising social function from 7:30 p.m. to 2:00 a.m. on Saturday, December 14th at the ZPA Cocktail Lounge, 281 Grace Street, Perth Amboy. The music of DJ Tony Bo Jo will be featured.

North Edison's Arthritis Support Group will hold a Christmas Lunch at Charlie Browns in Edison on Saturday, December 14, 1996 at 12 noon. Friends and family are welcome.

DECEMBER 31

The South Amboy Knights of Columbus, Council 426, will be having a New Year's Eve Dinner and Dance on Tuesday, December 31, 1996. A hot and cold buffet will be served with a five hour open bar. Cocktail hours from 7:00 to 8:00 p.m. Those interested are asked to call Vic at 721-3352.

Assistance Available

Continued from page 5

quality for the assistance and should expect checks in December.

The state expects \$27.8 million from the federal government this year to pay for the program, an 11 percent increase over last year.

The state took a cut in federal funding last year, sending out \$34 million in checks averaging \$174. An extra \$7 million was allocated from the federal government in April because New Jersey was declared under a state of emergency during the December blizzard. The state used that money to send out supplemental checks for an extra \$40 per family.



Where's Mickey? - Bernandine Maglia of South Amboy, a student at Middlesex County College, poses with Minnie Mouse while she participated in the Walt Disney College Program. The program teaches students about the entertainment and leisure industry.



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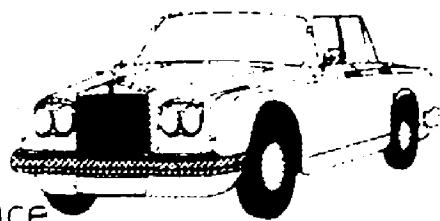
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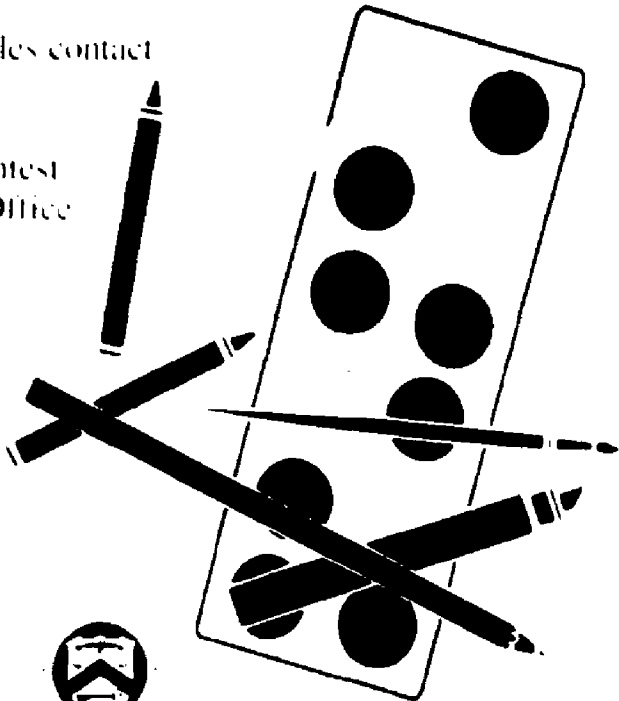
It's the 1997 U.S. Savings Bonds National Student Poster Contest.

It's a fun, educational project and a great way for 4th, 5th, and 6th grade artists to use their talents and learn the benefits of saving. Plus, they can win prizes ranging from a \$200 to a \$5,000 U.S. Savings Bond, and a trip to Washington, D.C.

To enter, students must design a poster promoting the contest theme "U.S. Savings Bonds - Invest Today, Enjoy Tomorrow." The contest deadline is February 7, 1997.

For a copy of the contest rules contact your school or write:

National Student Poster Contest
Savings Bonds Marketing Office
Room 331
Department of the Treasury
Washington, D.C. 20226



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Health

Low back Pain

What is low back pain?

Low back pain is an aching sensation originating in the lumbar portion of the spine, which consists of the five lowermost vertebrae. It is an extremely common health problem; at some point, virtually everyone can expect to suffer a bout of low back pain. The pain, which ranges from mild to severe, may be a symptom of arthritis or some other condition, or simply the result of overweight and poor posture.

What causes low back pain?

Many anatomists have noted that the human spine is poorly designed for walking upright. Low back pain, they propose, is a result of the evolutionary shift from walking on all four legs to walking on two hind legs. Since the lumbar area supports most of the body's weight, anything that puts additional pressure on the back muscles or nerves can result in pain.

The specific causes of most episodes of low back pain are unknown. Possibilities that may be investigated include a ruptured (slipped) disc, arthritis, stress, and tumors.

SYMPTOMS

- Severe back pain from muscle spasms.
- Pain that radiates from the back into a leg.
- Pain after special exertion, a fall, or another injury.
- Loss of bladder control.
- Numbness or tingling in one or both legs that can make walking difficult.

How is a low back pain diagnosed and treated?

Diagnosis usually can be made by physical examination and x-rays of the spine. Depending upon the nature of the pain, testing for neurologic responses and muscle function may be needed. Other diagnostic studies may include a CT (computed tomography) or MRI (magnetic resonance imaging) scan, myelogram (a contrast x-ray of the back), and analysis of the cerebrospinal fluid.

The first treatment is usually bed rest for at least two days. Heat and cold treatments are often used for pain relief. Painkillers and muscle relaxants may be prescribed to break the cycle of muscle spasm.

What can I do myself?

Rest in bed for 2 or 3 days, and use a heat lamp, heat pad, or warm compress to relieve pain.

Losing excess weight helps reduce stress on the back. A corset-like back brace may also be recommended. Reducing emotional stress also helps, since many people unconsciously tighten their back muscles when they are worried or tense. Once the pain has subsided, a careful exercise program may be the key to recovery. Poor posture and lack of abdominal and back muscle tone may result in improper alignment of the spine, which can be corrected with special exercises.

When should I see my doctor?

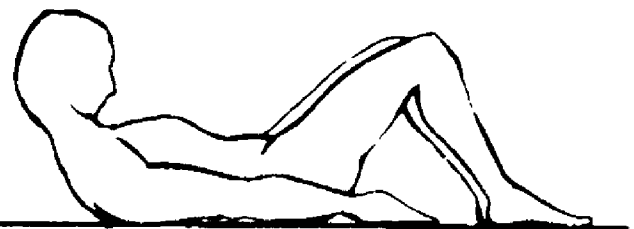
Most episodes of low back pain do not require a doctor's care. However, you should see your doctor as soon as possible if any one of the following symptoms occur:

- Weakness or numbness in one or both legs.
- Pain radiating to the buttocks or down the leg.
- Loss of bladder control.

Exercises for back pain



Lie on your back with your knees bent. Tighten your buttocks and tilt your pelvis upward. Hold for a count of 5.



Assume the same position as for the pelvic tilt, but instead of tightening your buttocks, slowly raise your head and shoulders. Lower them on a count of 5.

- There is also a fever or a stiff neck.
- Pain that persists after a few days.

What will the doctor do?

The doctor asks you to sit and lie down and move your back in different positions, observing and feeling the painful area, and checking to see if other areas are tender. X-rays may be needed, along with a CT or MRI scan if a ruptured disc is suspected. Other special tests such as a myelogram, bone scans, and blood tests are occasionally necessary.

The course of low back pain

The pain often goes away in a few days or weeks and does not recur. The longer a back problem lasts, however, the more likely it is to recur or become chronic. For intractable pain, you may be referred to a specialist. If stress is a factor, psychological counseling may be recommended.

Is low back pain dangerous?

Not usually. However, pain resulting in leg weakness or numbness, bladder problems, or the inability to move can be serious.

What can I do to avoid low back pain?

- Maintain ideal weight.
- Participate in a regular exercise program that includes exercises to strengthen the back.
- Practice good posture.
- Wear flat or low-heeled shoes.
- Sleep on a firm mattress.
- When lifting any object, squat down by bending your knees to pick it up, hold it close to you, and slowly straighten your legs to rise.



Tribute - Parlin resident, Margaret Wagner, the Information Desk Supervisor at JFK Medical Center in Edison, was named November "Employee of the Month". Wagner will receive various gifts as recognition for her exemplary service.

Woman's Health

How Can a Pap Smear be Wrong?

The Pap test has long been hailed as one of the great lifesavers of this century. It is responsible for reducing the number of deaths from cervical cancer by at last 70 percent over the past 50 years.

Why, then, are there reports of things going wrong with it?

Like many tests, the Pap test is subject to human error at many different levels. The doctor performing the examination may take a sample that contains too few cells to be representative of cervical tissue for a number of reasons. The laboratory technician examining the smear may fail to spot an abnormality. And even if the slide containing the smear is read correctly, the results may be communicated in ambiguous terms, leading to a failure to properly follow-up on abnormal findings.

False negative Pap results -- that is, tests that are reported normal when there is an abnormality present -- occur between 10 to 20 percent of the time and are obviously the most serious since they can cause patients and their doctors to overlook potentially serious conditions. Cervical changes leading to cancer tend to occur gradually, usually

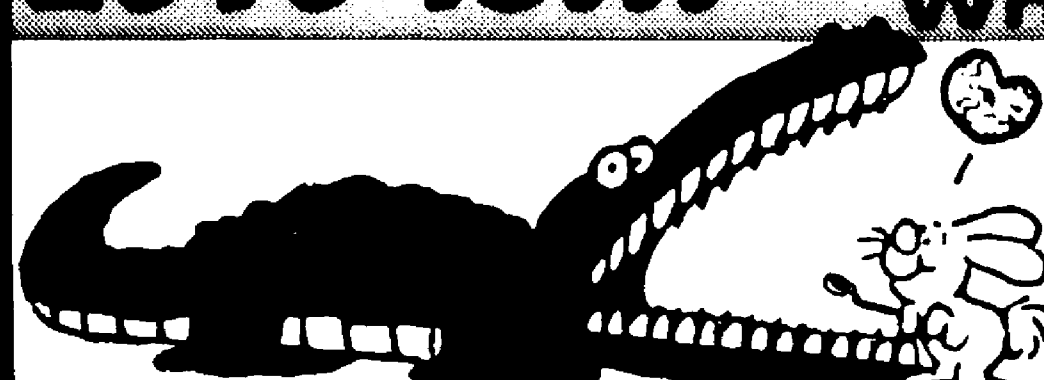
over a matter of years. The Pap test detects changes and identifies pre-cancerous tissue at an early stage -- when treatment is more successful.

Within recent years there has been an emphasis on developing ways to improve the accuracy of the Pap test. Protocols (or standardized guidelines) have been developed to protect against human errors in the pap test at all levels, and physicians and laboratories are cooperating to make them work. The following are but a few examples of improvements:

- Laboratories are being instructed to notify the physician if the sample is inadequate; for example, it contains too much foreign material or too few cells to be conclusive.
- Better training is being provided for laboratory technicians who read Pap smears, along with restrictions on how many slides they are expected to read in a day.
- Certification standards are being implemented to raise the level of accuracy and make it more consistent among various laboratories.

Continued on page 12

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Sports

SAHS Girls To Begin Basketball Season

The Lady Guys of South Amboy High School will start their basketball season with two away scrimmages. The first will take place Tuesday, December 10th against Henry Hudson and the second on Monday, December 16th versus John F. Kennedy High School. The final scrimmage will be at home playing against Keyport on Wednesday, December 18th.

The girls season is as follows:

Dec 20	Fri	St. Peter's*	Away
Dec 23	Mon	Windbridge V.T.* Var Only	Home
Jan 3	Fri	East Brunswick*	Away
Jan 8	Wed	South River	Home
Jan 10	Fri	Piscataway V.T.*	Away
Jan 13	Mon	Metuchen	
Jan 16	Fri	Spotswood	Home
Jan 21	Mon	Highland Park*	"
Jan 24	Wed	St. Peter's*	
Jan 27	Mon	Woodbridge V.T.* Var Only	Away
Jan 29	Wed	East Brunswick V.T.*	Home
Feb 3	Mon	St. Mary's	Home
Feb 5	Wed	Carteret	Away
Feb 7	Fri	Piscataway V.T.*	Home
Feb 11	Tues	Highland Park*	Away
Feb 13	Thur	Dunellen*	Home
Feb 14	Fri	North Brunswick	Away

SAHS Boys Basketball Calendar

The South Amboy Boys basketball team will begin their season with three scrimmages. The first will be held against Highland Park on their court at 5:30 p.m. The two other games will be home against Bishop Ahr on Friday, December 13th at 3:45 p.m. and away versus Keyport also at 3:45 p.m.

The regular season follows:

Dec 20	Fri	Dunellen*	Home
Dec 23	Mon	Perth Amboy V.T.*	Away
Jan 3	Fri	East Brunswick V.T.*	Home
Jan 7	Tues	St. Mary's*	Away
Jan 9	Thurs	Keansburg	Away
Jan 10	Fri	Piscataway V.T.*	Home
Jan 13	Mon	Metuchen	
Jan 17	Fri	Spotswood	Away
Jan 21	Tues	Timothy Christian	"
Jan 24	Fri	Somerset V.T. Var Only	"
Jan 27	Mon	Perth Amboy V.T.*	Home
Jan 29	Wed	East Brunswick V.T.*	Away
Jan 31	Fri	Timothy Christian	Home
Feb 5	Wed	St. Mary's*	"
Feb 7	Fri	Piscataway V.T.*	Away
Feb 10	Mon	Keansburg	Home
Feb 12	Wed	Somerset V.T. Var Only	"
Feb 13	Thurs	Dunellen*	Away

Touch Football Classic At Giants Stadium

Over 70 teams from throughout the Tri State area, 85% from New Jersey, will compete in a two day tournament of Touch Football sponsored by Cerebral Palsy of North Jersey. The event will raise over \$50,000 for the developmentally disabled cared for by the group.

All games will be held on the Giants Stadium field on Saturday and Sunday, February 22nd and 23rd from 8:00 until 7:00 p.m. each day. The games will be played regardless of rain, shine or snow.

Those wishing more information should contact Terry Boccassini at (201) 674-1150, extension 27.

The championship game will be played in Sunday from approximately 4:00 p.m. until 7:00 p.m.



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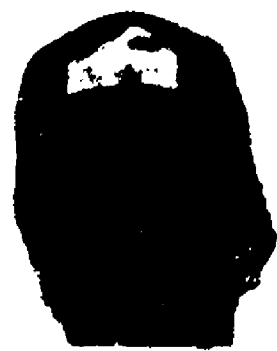
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7	11:12	4:46	11:20	5:03
8		5:33	12:01	5:53
9	12:06	6:18	12:50	6:40
10	12:54	7:02	1:39	7:26
11	1:43	7:47	2:27	8:14
12	2:32	8:35	3:14	9:06
13	3:22	9:26	4:02	10:01
14	4:13	10:22	4:52	11:00
15	5:07	11:21	5:45	
16	6:09	12:00	6:44	12:20
17	7:19	12:58	7:46	1:18
18	8:29	1:56	8:47	2:17
19	9:33	2:55	9:43	3:18

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WHO'S COLUMN

by Joe Kadulka



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I'd like to take the opportunity to thank all the anglers that participated in the Who's Inaugural Fishing Tournament and a special thanks for keeping the beach as clean as you did. The tourney was a huge success and should only get bigger in the years to come.

Flounder

Broke wide open the past two weeks with a good number of those flatties in the 2-pound range. Local pros, Charlie Koerner and Bill Bouchard have been putting their hearts in catching those huge fish. They had a couple of trips in the high thirties along with a nice score of eighty.

Stan Moskal, his son and Walt Therklisen put together a beautiful catch of those "Snowshoes". They boated about forty in only a half days time.

Woody McCarthy, put "The Turtle" Mark Abbatello and Paul Gulick into about fifteen of those bad boys.

I also gave it a shot and the action was "Hot". Ron Smith, Norbert Ratajack, Big Joe Kolbasowski and I threw eighty over the rail, up to 2 1/2-pounds.

Note: You must use a heavy chum to keep them around the boat. If the action slacks, its usually better to stay put because they'll turn back again.

South Amboy Surf

It is still producing some fine bass fishing with an occasional flounder, white perch and a few tommy cods mixed in. The Moskal brothers, Timmy and Jeff, each beached a keeper bass. Jeff landed the smaller of the two, 8 1/2-pounds while brother Tim's was 15-pounds. "Joe the Backer" also threw a 15-pounder on the shore. "Hot Dog Frank" caught a fish in Cliffwood Beach in the 30-pound range.

Along with a lot of shorts, I saw eight keepers brought up on shore since Thanksgiving. All in the eight to ten-pounds range.

Both the flounder and striped action should hold up as the water temperature stays as it is.

I hope everyone had an enjoyable Thanksgiving and we'll be writing the column so long as the fish keep biting.

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Obituaries

CATHERINE JULIANO

A Mass for Catherine A. Juliano, 70, was offered at St. Mary's R.C. Church in South Amboy following services at the Gundrum Service Home for Funerals, South Amboy. Burial was at New Calvary in Parlin.

Born in Perth Amboy, she moved to Sayreville 50 years ago.

Mrs. Juliano, a communicant of St. Mary's Church, died at her home.

Mrs. Juliano is a former member of the South Amboy Boat Club Ladies Auxiliary.

She was predeceased by her husband, S. Joseph, in 1977, and by a brother, William "Sam" Lane.

Surviving are a son, Joseph V. of Sayreville; three daughters, Christine Wood, Ann Grankowski and Katherine VanCles, all of Sayreville, and six grandchildren.

DAVID E. QUINLAN

David E. Quinlan, 77 and a lifelong South Amboy resident, died at Bayshore Community Hospital in Holmdel.

Mr. Quinlan retired from NL Industries in 1981 after 29 years of service as an operator.

He was an Army veteran of World War II.

Mr. Quinlan was a former Captain of the Progressive Fire Company in South Amboy.

He was predeceased by his wife, Anna, in 1992, and a son, Charles, in 1991.

Surviving are three sons, David and George, both of Cliffwood Beach, and Dennis of Livingston, Tx; two daughters, Mary Brennan and Beverly, both of Jackson; three brothers, Eugene of Snowflake, Az., Alfred of Jackson and Gerard of Washington DC; a sister, Catherine Kauchak of Jackson; 17 grandchildren and 16 great-grandchildren.

Services were from the Maliszewski Memorial Home, in Sayreville with burial at Franklin Memorial Park in North Brunswick.

DORIS DIMMICK

Services were held at the Michael J. Hegarty Funeral Home in Old Bridge for Doris Dimmick, 75, of South Amboy. Burial was at Hollywood Memorial Park on Union. She died at the Memorial Medical Center at South Amboy.

Born in Newark, Mrs. Dimmick moved to South Amboy 30 years ago.

She was retired in 1986 from Ohuas Scale Corp. in Florham Park where she worked as a machine operator.

Mrs. Dimmick was predeceased by her husband, Frederick P., in 1965 and by her brother, John Baer, in 1984.

Surviving are a son, Frederick J. of Brock; a daughter, Betty Ann Buske of South Amboy; a brother, Frank Baer of Brick; two sisters, Margaret Hartie of Kenilworth and Rose Marie Hnatuk of East Brunswick, and four grandchildren.

MIRIAM L. SENIOR

Services for Miriam L. Senior, 85, were held at the Whiteley Funeral Home, South Amboy. A private cremation service followed. She died at the Memorial Medical Center at South Amboy.

Born in Newark, she lived in Roselle before moving to South Amboy 11 years ago.

A member of the South Amboy Senior Citizens, Mrs. Senior had been a homemaker.

She was predeceased by her husband, John, in 1981.

Surviving are a son, Keith, of Edison, and two grandchildren.

GERTRUDE GORDON

Gertrude Leonard Gordon, 95, died at Carriage House Manor Nursing Home, Parlin.

Born in Brooklyn, she lived in Bloomfield before moving to Sayreville over 30 years ago.

Mrs. Gordon had been employed as a secretary with the American Federation of Musicians, New York City, for 40 years retiring in 1976.

She was predeceased by her husband, Lester, in 1952, and a daughter, Jeanne Denson Ziccardi, in 1984.

She is survived by a daughter, Edith D'Alora of Sayreville; a brother, Frank Leonard of Levittown, NY; two grandchildren and three great-grandchildren.

Services were at the Maliszewski Memorial Home, South River followed by burial at Glendale Cemetery, Bloomfield.

JAMES SMITH

Services for James C. Smith, 80, were held at the Gundrum Service Home for Funerals, South Amboy. A Mass at St. Mary's RC Church, South Amboy followed. Burial was at Brig. Gen. William C. Doyle Veterans Memorial Cemetery in Arnytown.

Mr. Smith was a lifelong South Amboy resident.

Mr. Smith had retired from Hercules, Inc. in Parlin where he was employed as a machine operator and leadman.

He had also been employed with the Middlesex County Arcawide Transportation Service in New Brunswick for 10 years retiring in 1994.

A Navy veteran of World War II, he was a past commander of the VFW, Post 645, South Amboy, the DAV, Beney-Connors Chapter 67, South Amboy, and the Military Order of the Cootie.

He was a communicant of St. Mary's R.C. Church in South Amboy.

He was predeceased by a brother, Charles.

Surviving are two sons, George C. of Sayreville and Raymond of Stanhope; a daughter, Ann Marie "Susie" Applegate of South Amboy; a brother, George of Springfield; two sisters, Frances Neives of South Amboy and Mary Peporne of Lakewood, a six grandchildren.

LILLIAN GULICK

Services were held at the Maliszewski Memorial Home in Sayreville for Lillian Schmitt Gulick, 87, of Parlin. Burial was at the Evergreen cemetery in Hillside.

Born in Elizabeth, she moved to Parlin over 30 years ago.

Mrs. Gulick was a member of the Daughters of America, Council 37 in Elizabeth and was a member of the AARP.

She was predeceased by her husband, John, in 1958; a son, John, in 1994; and two brothers, Bernhard and Raymond Schmitt.

Surviving are a son, George of Parlin; 13 grandchildren and a great-grandchild.

MARGARET PHELAN

Margaret "Gretta" Phelan, 79, died at Carriage House Nursing Home, Parlin.

Born in Glasgow, Scotland, she moved to Parlin 10 years ago after living in Cliffwood Beach.

She was a homemaker.

Her husband, John, died in 1979; a daughter, Margaret Van Exter, died in 1980.

She is survived by two sons, Michael of Parlin and Patrick of Bakersfield, Ca., and four grandchildren.

Services were from the Day Funeral Home, Keyport. Burial was at St. Joseph's Cemetery, Keyport.

VICTORIA MALKIEWICZ

A Mass was offered for Victoria Zaczek Malkiewicz, 74, a lifelong Sayreville resident, at St. Stanislaus R.C. Church in Sayreville following services at the Maliszewski Memorial Home, Sayreville. A cremation service followed.

Mrs. Malkiewicz died at her home.

Mrs. Malkiewicz retired from Sunshine Biscuits, Sayreville after 19 years of employment.

A communicant of St. Stanislaus Church, she was also a member of its Rosary Society.

She also was a member of the Sayreville Seniors Wednesday Club.

Her husband, John, died in 1962.

She is survived by five daughters, Susan and Nancy, both of Sayreville, Victoria Biggins of Tampa, Fla., Ruth Coyle of Holmdel, and Joan Harper of Parlin; four brothers, Sam, Joseph and Stanley Zaczek, all of Sayreville, and Raymond Zaczek of East Brunswick; two sisters, Millie Morse of Carteret, and Wanda Zaczek of Sayreville, six grandchildren and two great-grandchildren.

ANDREW F. CARVER

Services were offered at the Gundrum Service Home for Funerals for Andrew F. Carver, 69, of Morgan. He died at Morristown Memorial Hospital in Morristown. Burial was at Christ Church Cemetery, South Amboy.

Born in Larksville, Pa., he lived in Laurence Harbor before moving to Morgan 35 years ago.

He had owned the Harbor Chevron gas station for 25 years. He also had been an auto mechanic for Schwartz and Sons in Red Bank for 10 years retiring last year.

A Navy veteran of World War II and the Korean war, he was a member of the American Legion in Laurence Harbor.

He was a member of the Grace Lutheran Church, Perth Amboy.

Mr. Carver was also a past president of the Morgan Athletic Association.

Surviving are his wife, Arlene; a son, Jeffery of Howell; his mother, Anna Musial Carver of Laurence Harbor; two brothers, Leo and John, both of Crozet, Va.; two sisters, Ann Sladek of Myrtle Beach, SC, and Margaret Pittius of Bartel, Pa., and a granddaughter.

VIRGINIA MIRANDA

Virginia McGreen Miranda, 68, died at Bayshore Community Hospital, Holmdel.

Born in Brooklyn, she moved to Parlin 29 years ago.

She was a member of St. Bernadette's R.C. Church in Parlin and a member of its Senior Citizens Club.

She was predeceased by her husband, Frank P., in 1992, and a son, Joseph F., in 1978.

Surviving are a daughter, Donna Kincaid of Lexington, Ky.; a son, Frank J. of Easton, Pa.; two sisters, Elizabeth Sweeney of St. James, NY, and Patricia McGreen of Parlin; a brother, Joseph McGreen of Fort Myers, Fla., and four grandchildren.

Services were from the Kurzawa Funeral Home, South Amboy followed by Mass at St. Bernadette's Church. Burial was at Shoreland Memorial Gardens, Hazlet.

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Playing It Smart

On the Slots, Avoid the Trap of the Small Bet and Next Pull

by Alan Krigman

Slot machines are captivating to cadres of solid citizens. The allure is that pocket change can buy a limo ride to Easy Street, and that a win is as apt to appear on the next try as any other.

Gaming gurus often counsel coin-droppers about the slots which shave the casino's edge. But the punting public rarely responds. Few folks fret over exact expectations of making money. Or over precise percentages of bets the internal computers are set to let the casinos keep. Most only care about the cost of betting the bonus-busting maximum number of coins and the size of the prize.

So slot players don't generally split hairs, say, between slots offering 499,999-to-1 odds against \$100,000 jackpots for \$0.75 bets and holding 12 percent, and units offering 749,999-to-1 odds against \$250,000 jackpots for \$3 bets and holding only 8 percent. Four factors complicate such comparisons, anyway. 1) Combinations of parameters are mind-boggling. 2) Machine performance profiles are usually more sensitive to numbers, amounts, and chances of intermediate payoffs than to jackpot characteristics. 3) Results are highly skewed so statistics, which are based on large samples, don't reliably anticipate specific returns even for frequent players. 4) Because jackpots are astronomical for bets players consider trivial, few people perceive much penalty for "taking a shot," notwithstanding odds or edge.

Many players of traditional table games thrive on distinctions like \$15 on the pass line at craps versus \$5 on the line with \$10 odds, or hitting versus doubling on nine against a six at blackjack. Such alternatives win or lose different amounts under the same circumstances. And, even during relatively short sessions, one option is likely to prove far better than the other. But slot stuffers, by and large, don't want to be flustered by anything as philosophical as facts. You have a hunch you're going to win because you found a nickel by the tree where Fido was sniffing when you took him out that morning. So, why sweat technicalities like statistical average, fluctuation, and skew?

Slot players I meet seem to visit casinos with bankrolls set aside for entertainment, wanting to spend time investing the money in a chance for a big return. They usually lose it all in the quest. But the cash buys them an unparalleled leisure experience. This is no spectacle viewed vicariously from the sofa or the sidelines. It's real. Risk and reward. Agony and ecstasy. Defeat and victory. From the inside, not the outside looking in.

There's a trap, though. A snare into which a small fraction of casino-goers fall and near which others venture precariously.

Players are drawn to the trap by the wee wager needed for the giant jackpot. Nobody makes only one bet, though. So, we're not talking three coins in a quarter machine, a mere \$0.75, to win \$100,000. It's \$25, \$50, \$500, or more at risk. A sum which may not be paltry when pitted against almost no chance at big bucks.

Players are held in the trap by the idea that a jackpot may be just a pull away. Regardless of how low a bankroll falls, one more try could represent not only recovery but riches. And, it seems downright un-American to quit with a piddling profit when a big score is impending. This reasoning creates incentive to go just a bit longer, then longer yet. True, a winning combination is as likely to appear on the next bet as any other. Still, the likelihood is minuscule. Any hand at video poker might be a royal flush; the odds against it are 649,739-to-1. Any hand might also be an ascending sequential royal in spades paying a bonus on top of the jackpot; the odds against it are 311,875,119-to-1.

Understanding odds and percentages can help players cautiously gravitate toward the gold. Understanding the trap can help keep them from frantically pursuing pots of pyrites. Both are useful. Which is moreso? Sumner A Ingmark, the bard of the one-arm bandits, answered thus:

*Whenever I'm near the slots and stop,
I figure the odds then coins I drop.
Resolved that whene'er my bankroll's gone,
I won't get way down a spiral drawn.*

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Services Offered at Synagogue

The public is invited to a Hannukkah program, at Adath Israel Synagogue, Woodbridge, NJ, which will commemorate two heroes of Israel's quest for peace: Jonathan Netanyahu, the Israeli soldier who was killed in 1976 while rescuing Jewish hostages at Entebbe airport, and Alisa Flatow, the teacher who was killed last year in Jerusalem by a terrorist's bomb.

The program will start at 2:00 p.m. on Sunday, December 8, 1996 and will be addressed by Stephen Flatow, father of Alisa Flatow.

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Woman's Health

Continued from page 8

Standard terminology has been adopted to reduce ambiguity in reporting pap smear results.

The pap smear, even with its imperfections, is still the best screening tool we have for cervical cancer. Most women should have the procedure done each year. Unfortunately, nearly one-third of women in this country fail to do so. Be sure to ask your doctor when you're due for your next Pap test.

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