

## MOUNTANNem

## 2 new members sworn in, walk out, leaving board unable to reorganize

| The Mountainside Board of Education tried and failed to organize Tuesday: They'll try again tonight. | ause tis due out of the hospital either Wedday afternoon or Thursday morning and the | cDonou |  |
| :---: | :---: | :---: | :---: |
|  |  |  | thoughts were on the problem. <br> While they were gone comments from the |
|  |  |  | nee included: "This is a beautiful start." |
| newly fleted members of the school |  |  | "They can't face the issues," "This wasn't |
| therir fellow |  | on whic Mrs. Palmer. Mirs. Patricia | $y$ said they were going to do during the n." |
| d members at | in | Knodel |  |
| ary. | The a |  |  |
| meeting to order at $\overline{\mathrm{p}}$. m : and after |  | Dr, William it West. tin | mporary chairman of the Board of Education |
| results of the annual schoot electio | st |  | add with the advice of Dr. West, this meeting is |
|  | ny |  | adjourned until Thursday night at g." |
| Donough then took a roll call and noted | meeting. Mr. Biunno and Mr. Wood ran on a |  | official election results reported by |
| Irvin k rause was in the hospital and W | platform of peace. harmony and a spirit of | d Wood walked out of the meeting | MeDonough were Biunno, 1.272; Wood, 1.291: |
| upp was |  |  |  |
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| urfed untit | sactio | nut | ations was 1.013 in favor and 849 |

## Council adopts '75 borough budget

Taxation needs down 8.3 pct. for 3 point cut
Tuition increase listed at Our Lady of Lourdes

| eighth grades and the establishment of a tution schedule for the formerly frev multage proxram has tren announced by the finance eommitte of the (har Lady of Lourdes Setheot Hasd of Education <br> Parens with children in multiage promeram for three and four-year-olds will te -aked to | ples 5ie for any addtional childref. The same fees will the charget for kindergirten through erghth erodes meaning an increase of 550 over the tuition scheflule now in use. <br> According to finaner commitee chairman Fugene ketly, the average eost of edueating nechidat the seloults 5725 per vear, but the maximum any fanily with children in toth |
| :---: | :---: |
| Red Cross urges | levels me the scheol's eflucation syterm will pay as sho |
| sidents to buy od insurance | The Rev (ieraid Mebarty, pastor of Our Lady of Lurrdes Church, stated that any parents with finatial difficultes should condact him to uork out any detals mecessary According to the committe, the ney tution |
| Home and property mwers of Mountainside this weck were reminded by Mrs Gran Lennox ehaieman of the . Westleeld Mountatnade Red Cross chapter, to take ad vantage of los cent hoow imatrater wheh as partially suladized by the ederal koyerninent | charge still dhes not cover entirely the exsts incurrad for the education offerved, "hut a fee adjustment uas fomd to be nevessary to insure saryte of a quaty sducation uth Christian values of thet chititen. <br> It also fumated that depmable chasrom |
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| avalable in communties which mest cersain |  |
| everal sperifeations, Mrs Lenmx ceplaney | ding communities. ", |
| said. "Nox ouners of hemes |  |
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| os and up to a maximum of sto |  |
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| Mr Letnex warter hacal freidets |  |
|  | Han 30 muricipal officials |
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| lans blood bank | Lenthy discussion took place therein sanows areas of the budfoc mere ecophed to teternise where everemite mighi be made |
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| ho | Atrgoent buard of Etukation on a ibtal amoumt (Confinued on prow 3 ) |
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|  Whatime ave relkome it yeu bave any | owers this Saturday |
| nage grenkete etapherts ral |  |
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|  |  tre bhivery, are aviluthe by photith Huth <br>  |




## 'Determination' is key

Paraplegics gainindependence


Regional budget
Dayton's luncheon menus


2 drivers fined by Judge Bauer

## Poraplegics



All As for Freund




Assemblywoman BETTY WILSON reports

No problem is more pervasive or more
serious than the current state of the comnony,
Pessimists say we are in a fullfettect
 optimists are fore

$\qquad$
Barbara Foster sings with Skidmore chorus
 liss Foster is a daugher of ale and 1 in ing.

## Kuntz on dean's list











 Sevoral new protrams are now under corrideration by the legislature. One is the Mort-
age Assistance Dension ropkesed to thi toonsion Phan whieh has been propesedt to the kovermor and the lepislature by
the New Jersey Luiders Assoxation. Tis the Niny Jersey luilders Asowiation. This plan
would athow the ue ef some state pension funds


Mr. Miglore, 68; former salesman




 member of the Holy Name Society of Our Lady
of Lourdes Chureh.
 inremanaishiluten
Funeral arrangements were complited b
the Mecracken Funeral Home in Union.
One man injured in 3-car crash Mareh 12 in a three car chain accident on R .
i2 near Pembrook road in Nountannide. Aceording to police, one auto, operated by Douylas Gillette, th. on scotch Flains was
 Sladicka, 34 , of Elizabeth and John Matusik, 59 ,
of scotch Plains, when the Jat Sladicka complained of a leg injury followin

## Fairfield dean's list

 Two Mountainside residents. Diane Pacyynski of Long Meadow and John Kuntz of Syvan land. qualified for dean's list honors
during the fall semester at Fairfield iconn,


Mountainside students honored by N.J. Tech Three sludents from Mountainside have been
named to the acodemie hanor list for the
semester ending in January at the New Jersey Institute of Technology
Honored were Honored were Kevin Fenton, Summit road, -

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## 言IIIIIIIIII The Region


 Inelude
numbe
O.Thursday. March 20, 1975-3 Summit Y offers lifesaving course




 with an inverteded solistors or or breaststroke kice
 course are nom berme taken an the theorl dest保
Sen. McDonough guest at brunch

 Chairren in his 2nnd semate District of

 ${ }^{1: 30} \mathrm{~F}$ p.m.m. $T$. Goodyear, Republican municipal



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## REPRMEE MOVM-Save Gas! Save Money!






## Now thriu Pelarcha 20

USE OUR LIBERAL CREDIT TERMS Prices include delivery. normal installation (except
for coumter tops and wall ovens) and a one-year wam
(i) lizabuethtown Gas



meets regularly at
Methodist Church

## Alcoholics seek new path to life

He was a one-man gang. Alcohol made him blg and he was glgantlc. At his peak, a week bofore last Thanksgiving when he ontered the Alcohol Recovery Unit at Runnells Hosplial, he was lonely, slck and confused. Alcohol made him so big he lost interest in everything else. He was too II got to be
got to be big today. I got big business to take care of. Igot to be me-o Ho lived in o rotton nolghborhood not for from hell. He was killing himsolf. Anyono in range could get hurt. Nobody loves a dead glant. He surrendered packed if in. turned his back on if and took his first tentolivo step down the beanstalk.

By Johnny silver
Alceholism is odevil of odiscoses, as wild and roal
As concor. Some say here oro the soedi of eicoholism in us all. thot our physical makeup, our enchons and cut culture constifute the soil? that Howers ate eandueve to tepid growth end full
while others inhibit or rosizt germination whation sen wifike anyono the more its ollowed:o gan memantum, the worse it gett. emperener of ctiearpetem in the drinking habili of on indwuyal. The mast distinguishing
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 thertening end mere desirable is one of man's Wo:s ste 350.000 glecholes in thew Jersoy and atiested drectly ty deteholism. There ore nino Atentenstits in the US. and hiz curdtwen so throwded in on ononymity
ports of Entry
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Wr wh wo th menth wit o grent from the Thoth ah ihe particepont werning Agoney. At Hers tother whers bertiold. Todey they ore ght her tret the tovt end woopons they noved to
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dere phethe wend encent ro bo x.
is on entry interviow with the siol of counselon and nursos. Medicotions, such os vitomins. or regulated. Only patients in extreme need the tirst For thron weeks pationts ore on a boot-comp sthedule.
There are wokeups of 7 o.m. breakfosts of 7:30 of 8 , tope sessions at 9 , group therapy sessions a $10: 30$. lunches at $11: 30$. midday rest periods, more group sassions at $1: 30$, outdoor waks of $3: 30$ suppers af 430 more rest and incessont cold Alcotolic Anony and snacks at 10:30 and lights out of 11:30. GROUP POWER
The two group therapy sessions each doy are the core of the rehabilitation program. They ore conducted by exporienced counselors, some of There's on "ospirit de corps" among the stoff. The bottle ery is "Honesty!" Tho group powers For vorioty victory. films. ane of them the informative ond entertoining Chain Tolk on Alcoho by o Coholic pres Angeles' Shid Row. Of those who tomplete the program, obout four of 10 stay sober. A relapso during the immediato pos:thospitolization period is one of the mos ore urged to go to AA meotings for 90 days oter dischargo as often as possiblo ather that, ond at least onee o week for life. Runnells isn't AA but it brings olcoholics inte the ortit of $A A$ into o comantic situation beccuse of its emotional conient. He is werned es well, that haill run into cisis within six hours altor ho looves Runnalls end Some groduates hove gone bock a secend and third time other slips. becksliding into drinking. doys ond o third tip will bo out If o petient leoves early, he will drink ogain, still vuinorable to his old hobits and responsos to lifo's chatlengos. A patient is lroe to chock out af ony Some groductos heve died, ollosiod bullatin boord on which cordboord grovestionas mork the nome of ex-patients. the date they entered Runnelts ond tho doy their drinking finally becomotatal,
A palient gets
tobriaty. To bo cured, the elcohelic must bo willing to ocepps the coelties of his situation ond moke the socriticas necestory lor his rabebilitation.: On a grast slope in tho Watchung hills, Runno The outhoc of this ofticio is a newspopor reporto Johnny silver is nol his roal nome.


## Welfare board copes with heavy food stamp demand



## 'American Heritage' series at college features day trips

They Support a large family on a small income.

- Are an elderly person witha smallincome - Are an elderly person with a smalli income
- Work fulltime or partime for low wages.
-Are unemployed - Are unemployed. ', and their fond budge
- Have a small income and is tight a hot have more than st,400 in saving -Do not have more than 1,400 in savings
(sno00 (or househilds with two or more which
incude someone 60 or older.) include someone 60 or older.
Food stamps are usually not given free to which is lower than the stamps' face value. For instance, a couple with a retirement net incom taxes) of \$90 per month with normal utllity xpenses. pays $\$ 62$ a month for $\$$ se worth o


Red Cross picks Miss Kanane as drive chairman











Tour of Maine offered by Elizabeth YWCA


authorization to an individual the stamps may
bo purchased in loeal banks, which have
special hours for foed stamps. The beginning of each month is the busipst
time for the 20 workers in the Elizabeth offce tume for the 20 workers in the
and the branch in Plainfield. "You have to show up early during the first
week of each month." said Miss Canfield. "The first week is the busiest and should be avoided
We can use 20 or 30 people just to answer telephone inquiries, but our staff must atso take applications and work in the field investigating
Thases. beginning of the month is a difficult time
Tor many social service agencies because thate
they buy or regester for food stamps.
The Bridge street office doesn't open for The Bridge sireet office doesn"t open for ined up outside the building, waiting to apply or gain recertification for their food stamp
purchase. By 7 an the purchase. By 7 z30 the doors to the waiting room are opened and potential clients can take
numbers which establish order of service. In the waiting room individuals canstudy the
requirements for programi participation fisted requirements for program participation listed
on a varicty of Department of Agriculture fact On a victy or Department of Agriculture face
shits. Many who come to the office for the
first time don't realize they need to brig sing first time don't realize they need to bring allong
receipts. pay stubs and other documents before he application can be approved. so they ar ndvised to take the application form and ret

## 'Clean House for Cancer' program

Pharmacists donate dime for unused medicine


Course offered
in mower repair




Stock earnings down for month af PSE\&G
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 or funds used in construction, :thd higher
mierest custs In addition, the ageregate of the

Infant Death unit to meet

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43 by Graziano spark Harvard to crown in lvy

Donkey squads will compete at Dayton tonight


Red Devils finish with 12-0 record




Minutemen face Linden PAL quintet in 3rd round play at Florham Park

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TuE spungheid Alstars completed the Gaudinerer School with a croshing victor
 lowe theit hat mest In their tinal refular seven game, the
Minutemen uere without the services of their
team captain and hith
 Who uats cut whit a hard injury,
Onary Pepe peced up the jlack with a strong
 in if retournd Pepe did all his scoring in th

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 Fans voice grid ideas




## Away schedule

 starts on April 1 for tennis squad
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SPRINGFIELD EMANUEL UNITED VETHODIST CHURCI The Hev. Santes

## PALM SUNDAY

$9: 30 \mathrm{gm}$ Church School tor all ages $9: 30 \mathrm{am}$ German Language Worshlp Services

The Rev. Fred Gruber preaching 10:30 am Fellowship Period Incoam Palm Sunday Morning Worshlp Palm Processional by the Cholrs

## HOLY CROSS

## LUTHERAN CHURCH

 639 Mountain Avenue, Springfield PALMSUNDAY8i30 and $10 ; 45$ s.m
THE FORGOTTEN VIRTUE
MAUNDY THURSDAY
7 ISS p.M. THE CRISIS OF COMMITTMENT
COOD FRIDAY GOOD FRIDAY
1:30 p.m. Children's service $7, \pm 5 \mathrm{pm}$ Tenebrae
 BOOCENTRALAYE MOUNTAL
REVARD, MIGARMYPAS
REV. GERADB WHELAS REV CHARLES B. URNIEK
ASSISTANT PASTORS Sunday-
nopon.
saturday
 and $1: 30 \mathrm{am}$ ams
Miraculous
at $3: 45$ p.m.
Baptisms.
pointment.
pays and First Frydays, from
H5 10 B $: 30 \mathrm{pm}$.



## ST. STEPHEN'S CHURCH

March 23 - Palm Sunday
March 24 - Monday
March 25 - Tuesday
March 26 - Wednesday
Mo
27 - Maundy Thursday


## NOTICE!

THERE'S A COUNTERFEITER IN TOWN


Schafer-Homlish engagement told
 Mofingleld shafer, a praduate of lonatha



Polish unit visited by ex-treasurer
formerly til Mountinside former Prasurer of
the Polish National Alisuce Cluh, Group 3123 suenty visited it the home of Mrse Josep
 thaley, all rom Mountainside, and Mr
Michael Wasung of Chatham



We're offering this dollar to be applied to ALL Dry Cleaning Orders. Just our way to help you FIGHT IMFLATIOH $\star$ SAVE-A-BUCK
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Hallmark


778 MORRIS TURYPIKE, RT: 24 WEST weer Heath spoe SHORT HILLS



PLAN ART SHOW=Mr5. Herbert Soidel, Jeft, ond Mrs. Mitcheil Brodie, both of
Mountoinside. ore co-choirmen of portiolio ort selections tor the 17 th onnuol ort

## Temple Emanu-EI. Westfield.

## University Women's group

## to hear program on Poland



Summer wedding for Miss Meyers

 ollege. (irecmale, $N Y$ y Her Cow, Post Gitinessille, is with the Unity of Forpidia at Miani

Wine, cheese festival planned in Mountainside A wine and chese fetsivat is phaned Priday
rvening. April es, at nur Laty of Lourdes muntitoritum. Central avenue, Mounthinside.
 learning phout wimes while emjoging each
wither Netscherts have girl Mir and Mrs Raymond $A$. Nefschert of tose



Volunteers sought for transporting of cancer patients

Public hearing April 2 on flood control authority

HELP YOUR PHARMACISTS CLEAY HOUSE for CANCER

Poison Prevention Week




For Every Container You Bring
We Will Donate $10 ¢$ To Your County Unit Of The American Cancer Society

Your County Society of Pharmacists A Component of the NJPHA

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Garrubbo sid the bill was prepared in
ronsulation with members of compt phannine
boards. county enkineers. New Jessey boards. county enfineers. New Jespey
Deparment of Environmental Pmotection. Deparment of Environmental Protection.
Division of Water Retources officials and the
governor's lezal staff


Sculpture show delelelelelevelelelelelelelelell
af UC gallery \% GROSSER OSTERBALL
Threr Nex Jessey artists
are reprevted in the Living
With scupte
 sponaged by the seuptote
Leasur of Now York at the Teigue of New Vork at the Tomasula Art Gallery Union
Compere. Crantord, hrough
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nimavale, are the anisis
$\qquad$ Allitims other than spot nown All items other than spot now
wroutd in in our oflice ty foon EASTERELOOEREESTVAL Berliner Club von Hew Jersey Elizabeth S.C. - Handball Team Sat., March 29,'75-8:30 p.m. at farcher's grove Springtield Rd. Mit den: Heimat Klaenge Orchestr,

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## Art panel picked for

 Kean talks

You Can Be Sure of Your Interest and You Can Deposit or Withdraw Anytime Without Loss of Interest


My Wiigblots


The Family Savings Bank
In RUZAEETH 1 UNION SOUAKE I 300 MORRS AVENUE - 209.0EDO in SCOTCH Mains: 2353 nomp AVE. (Cor, Cintwood Rd) - 654.2622


Role of aspirin in preventing heart attacks will be studied

| art attacks: <br> The chance that it may has launched a broad. llaborative study. in which the National ar, $\$ 350,000$ grant to a group of medical centists at the Raritan Valley Hospital of the allege of Medicine and Dentistry of New rsey (CaldNJ). RVH is the primary teaching spial of CMDNJ's Rutgers Medieal School. is away: <br> As explained by Peter T. Kuo, M.D. ofessor of medicine and chief of the division cardiovascular disesses. Who heads the estgating team with John B. Kostis, M.D. sociate professor of medicine, asplin may ve an important but indirect role in heart acks by helping to inhibit the formation of Phatelets Platelets, the clement of the blood ponsible for clot formation mansible oreas of the arteries after a heart "Ock." Dr. Kuo said. Often, pussigevays within the blood vessels Ce already been narrowed considerably by and other fatty deposits. The rent thinking is that if the platelet elusiers. ing like small clots, reduce this space still ther, another heari sttack, with its serious plications, may result. <br> Statistically, heart attack vetims are iwo |
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## Post Office plans used car auction

 announcedta sile of sued pestai wehicles which"ill take place saturdyy at to amm at the
 fent $\mathbf{t o} 4 \mathrm{pm}$. cherk ir mone wer mer payable to Disbursing oficer. Vnited states Prestal Sorvice, im.
meddatey ater award of the bid. Vehicles are
 Symphony Orchestra. offers college concerts The New Jensey symphony Orchestra will Conewrs at Monelair ligh Schol Saturday.



## Jewelry, art auction




Consortium picks its first director of teaching center
 has been appointed as the first director of the
Center for Excellence in College Teaching
which is operated by the Consortiu of Ens which is operated by the Consortium of East Jersey, a voluntary association of public and
privale colleges and universities serving New Jersey. Landrigan is a faculty member at Fordham
University where he conduets the Advanced University where he conducts the Advanced
Teachimg Seminar and 'Practicum in Psychology. He is a graduate of Tuft University and holds a master's and doctorat
from the University of New Hampshire From the University of New Hampshire
The Center for Excelence in College Teaching Fecognizes and fosters teaching performanee on a volutary basis among the aculties of the four member institutions, Seton
Hand University, Kean College, Union College and Union County Technica, Institute. Lan drigan will be responsible for develpoping
resource materials and for providing training programs and activities designed to mprove the teaching process on the higher education
level. According to Dr. Henry E. Scott,
executive director of he consortiom, Landrigan is familiar with both traditional and innowative approzehes to eollege texiching. He
ailso has experience with other faculty in atso has experience with other faculty im
provement programs as well as instructional experience." Scott added, -The center will be
most important

## Parkway accidents fall despite traffic increase

## Slate Parkway in 1974, but the heavy traffic 100 million vehicle miles, While this rate

 the safedt to tisturb the road's rating as one of slightly higher than the 1973 mark of 1.1 which Safety statistics improved in most areas, was lowest among the nation's major tol Commissioner salvatore A. Bentempo of the country's highways in 19.64 and and also is the New Jersey Highway Authority noted this weekas he released figures on trafic and hecidents for the Authority operated Parkway last year. He pointed oul that there were decreases in the number of persons hurt There were 1,875 aceidents, down 13 percent from the 1973 total. The rate of 7.5 aecidents
per 100 million velices per 100 million vehicles mites was the second
lowest among United States toll roads with more than one billion vehites tole miles, ands with to the International Bridge. Tunnel and Turn-
pike Association. The Parkway re A record number of 179.6 million vebicle more than four million over the prior yeare a distinct contrast to carlyyyear projection that were based on the severe gasoline sho
tage. After the gasoline situation assed increased, though the energy crisis still was
 rips. Commissione. Bontempo pointed.
The total distance traveled thy Parkway covered 2 billion, 420 million miles in 1974, contrasted to the record high of milles 553 million miles in 1973 . The decrease in
mileage followed a nationat pern minage followed a national pattern accordin noted. Many of the other toll roads, however also experienced declines in numbers
velieles while the Parkway was recording increase, he added.
$\qquad$ said, an analysis showed that loss of control.
skidding and inatlention rempor common of the contributing factors the mo common of the contributing factors. chonion

## GEITEITS CDUPDN

nssun SALE

## Chi and Siversivesive Ona Hall Gallon of Geiger's Apple Cider (You Pay Only 50 : <br> 


on one half gallon of
Geiger's Home Made Iee Cream
$\$ 199$ Coffee


Workshopopens
Kean conference on child education
on New Frontiers in Eduention, sponsored by
the deparmen of Farly Cildhood Education of Kean College of Neu Jersey, will be held
Solurday. They will be preceded by special
twodday workshop on indiwidualizine the urriculum workshop on individualizing the

Dr. Ann Hirst, assistan propesson, of Early
Chiddhood Education. Northeastert Hilinois University. She is the editor and contributor to a book on learring centers. "Challenge and diseussion. demonstration, and workshop aperienees are the design, implementation. curricular atres and ind widualization of the and prome The special workshop ewordinators The Saturtay conference from 8 830 am, to




## Museum exhibit for N.J. artists

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| PRE-SEASOH SALE <br> * 3-TOM FEDDERS COMPLETELY <br>  <br>  |  |
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| CRLL For | $\begin{aligned} & \text { BEDFORD } \\ & \text { SERVICE } \end{aligned}$ |
| 241-8050 |  |

## 

## Drew, repertory group expand theater course



CD warns mobile unit on wind toll




Reorienting life to cities is goal by Regional Plan
 he New Jersey capital need Commission to
lead the state to a new thrust toward
reorienting life in New Jersey around erity reorienting life in
downtowns again.
downtowns again.
The association said it is the only way to solve the major problems of New Jersey: conserving energy, protecting, the environment,
strengthening the economy and improving social relations.
"This is the moment," the assoclation stated Population growth has almost stopped
households and labor force will continue to grow only for 15 years, at most. Building for Ghese needs is the last opportunity to con
centrate centrate activities in the downtowns. All the
prospective growth in jobs and services should Eo to the cities, state leadership and new
limited state land-use controls are essential to limited state land-use controls are essential to
prohibit future activities from lining the high prohibit future activities from lining the high
ways and scattering through the countryside. "Tochange the strongtrends running agains
the cities will require a giant thrust in the the cities will require a giant thrust in the
opposite direction... Regionial Plan Association urges the public to raise this issue sharply for public consideration and to take 'a strong position in favor or redirecting state in
vestment and corporate interest to the eities, the statement concluded.
Regional Plan Association is a civic
organization that has werked for an improved
urban, suburban and rurat environment in the urban, suburban and rurat environment in th
New. York-Connecticut New Jersey Urba
Reion since the Oriental art exhibit, sale to be held at Kean
Anexhibitionand sale of original-Oriental art
Marson Ltd; of Baltimore, will exhibit work

HOPE OFFERED TO THE

HARD OF HEARING | New Government |
| :--- |
| Bookect Avalabie |

WILINGGTON, DEL An Anew United States Government booklet, "Hearing Loss
Hope through Research," is now avallable t the public at no charge.
The booklet, which is published by the U.S
Dept. of Pubtic Health. Education Dept. of Public Heath. Education and
Welfare for ueb by hard of hearing, cover suet facts as inherited deafness, diseoverin carly trouble, selecting a hearing aid. noise
damaging an adutt's hearing, and the main types of hearing losses.
Persons interested in securing a free cop.
of this $U . S$. Government bxoklet can do 5 . of this U.S. Government bemklet can do on or simply writing to "Governmen Bookle
Independence Mall, Suite 65,1601 Concor







Renumintromene:



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Recycled earth could be the answer
Dredged sediment may restore beaches


\section*{beneflis from them.

"Our role is to help Extension provide the kind of service to the marine communitity that it
has always: provided for agriculture;" Dr has always pro
The explained. The New Jersey Intracoastal Waterway is a
u7 mile link in a partly manmade waterway extening from paruy manmade waterway
sheltered route for pleasuretts crafl and aens. A shellered route for pleasure craft and com-
merclal and sport fishing vessels, it is of merclal and sportfishing vessels, it is of
erucial importance to une econamic and recreational life of Ocean County.
In order to maintain minim

## EARTHBOUND

By JOSEPH TOBIN Ervironmental Consultant



## THE LIVNGG WATER BOOKSTORE EASTERSPECIAL 


 for high school srogradents
depths and to keep its boat baskns open,
periodic dredging is required. What to do with periodic dredging is required. What to do with
the dredged sediment a a scrious proble
"Sedine Sediment must be dumped somewher
within a one-mile radius of the dredging site

\section*{

##  <br> feasiblity deredging environm marshand destroyed

"Today we're trying to develop an en
"ironmentally vironmentally viable balance sheet where
recreational commercial, and ecological factors will all have e place.
One approach to this balance sheet is to
determine whether dredged sediment can be used and not just dumped.

## "Materials" dredged from inlets are

 predominanty sand and these materials makegoxd beach rill," Dr, Psuty noted. "If tests we are about to conduct show that sand or certain types of sand will remain on the beaches, we replacing the sand that is being washed away,
This can be a tremendous boon sinee 20 percent of the waterway is accossible to this. type of treatment, back bays, dredged material In the back bays, dredged material is preliminary calculations by Marine Science
Center scientists, these materiss are com. Center scicnists. these materials are com-
patible with those found in marthes and make up for wellands lost during earlier dredging operations and developmut projects.
Marches and to fill in shallow waters adjacent to the existing weltands into the new materials.
These grasses should fix te fill in pince so that These grasses should fix the fill in place so that
it won't slip back into the channels.: Dr Psuty explained "SSince an appreciables percentage of
New Jersey's marshlands are near drediged New Jersey's marshands are pearen
areas, the results can be importani."
 Maxacing Moons
-Whos in charge around "ho's in charge around
here"." ${ }^{\text {a }}$ a good guestion to
ask yourself when you've been experiencing too mauny moods moun that tlock ir reduce your satisfaction in living you But don't get the idea that if or "high." you should start worrying about the state of determining when your mooxds
may need special
 feelings geterseline the wo my my ny
toing my best work or of my ability to love work ber or my me
it is human and normal to It is human and normal to
fees sid. angry. guily. fearful.
 person can feel-ilthe teelings
bave resulted from añ apo have resulted from an apo
propiate calse and if your reephitions caure seatistically
reatignet to brine you bak designed to bring-you back in
balance. oalance. the bik problems we
One on attempting to nanaige face in attempting to manage
our mods 1 that we dont
alway kiow what eatues always know what ceaces
them. Many felingsare drep: sometimes we can't ferret out
the root causes of negaitr moods that absorb nur
coneries and thus present their use for productive living.
if the problem is more than a person can handle: he may need belp from a mental
health profesional. However. therels much that the averape
individual can do to improve doy to day emotional fune
lioning Honing
The fir
seme The first step in mannging
your moods is tomove the
seales from your cyes so to scales from sour cemove to to
speak, and admit to yourself The real cause of
wanted feelings. Another important step is to
exprest your felings in ap exprest yeur felings in ap
propriate ways-am-towari appropfiste petwam it such
are Involved- rather than allowing the leelings to fester
and grow and then pertapes to find expression lowa Many usful pointers underruanding your emotions and manasing your moods are
found in a pamphtel published by the Noulonal tnstitute of
Mental healh which Menzal heallh, which s a part
of HEW Abue. and Menal Heali
Administ Yor a tree copy of u
pampate. tPreeing Yourrul pampalea. Moots urite to the Public Jaquiries Section.
 llealith, 5owo Fithery
Rockille, MiD, 2005

FIGHTCANCER Checkup ts. Check

## AMERICAN CANCER SOCEN:

2-Thursday, March 20, 1975 Science, thealth seminar planned by Seton students


 expected to attend the conference which has
taken its theme "A Strugle to Make Science Benefit the People.
The sponsoring organization hopes that the
conferenes will molvate black communities conterenee will montwate black communities,
student, professionals ond youh to take action students, professionals and youlh to take action
on sueh vital issues as: the high rate of inime
mortality, inadequate hospitals, insufficient mortality, inadequate hospitals, insufficien
housinit, poor nutrition, and encral healt housing, poor nutrition, and erneral health
problems in thait respetive commuities
throughout the State. The sessions. which will Hegughout the State. The sessions. which will Center, are open to the general public
Professionats the the fields of healt.
education and welate will chatir related corkshops and be on hind to answer question
frimen top participitits. Expected to attend ard Amina Marakip the wife of Amiri Baraka
Coniress of Arrikan People. Beulat Sanders Congress of Arikan People: Beulah Sander
the acting charwonan of Welfarr Workers for

 E. Andersmomark nossishins professor at the tat purry.
The hust organization. made up of black tudents majoring in natural science and




 EATONTOWN F EAST BRUNSWICK
In NEW YORK. YORK CITY - STATENISLAND

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An unorthodox teacher 'Art not confined to galleries'

| A dramatization of a brok. "The Defamation of Sexuality and of Women," a panel discussion on rape and a series of interviews with middleaged women in the arts may seem unorthodox final exams for a college course, but not 10 Camille Billops of Rutgers Newark College of Arts and Sciences. <br> An art teacher who has strong convictions about not confining art to the museum and gollery, she has included all of the above in her courses. <br> "Arts is meaningful in every phase of our lives," she said, "and in my course on Women in the Arts, I want to lecture on art history and also make sure that my students understand the relationship of women and the arts in their own lves and in the light of their own interests <br> "Their finals were self-assigned. I just in sisted that every student had to do something in which he or she was truly concerned. A vital young black woman whose looks deny her admitted to years. she also teaches a her admitted to years. she also teaches : course in ceramies, where her methods again are unusuil. |
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## St. Lifer named

 by Jewish Fund

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## Concert at Delbarton

The prograñ will inelubly Delbarton campus
 therapy, that's fine. The clay in our hands is not
just a cup or a bowl, it's us!" Ier students run from a teen-nge freshmen to
a junior whis a grandmother of five, a one.
time nurse who had to wait until her chidee

 During her Arts and kitual course, Frof,
Biilops brought in , formmer Japanesectudent
who demonstrited
 in the Passover Seder and kidduined its used
pase. A Catholic student who was studying for
the vriesthood brought a chalice used in
ceterating Sass.
-Th. "The ceramic cups we make are part of us,"
according to Ms But
 She is particularly anxious to develop the
ceramues progran at Rutgers in Newark
"t would like all siudents
 something out of our own selves with our own TWewher with her busband, James Hatech,
an anskiate profesor of English al CCNT: she foundey ath is developing the Hateh-Billop
colletiont an
arclive of are more than tobou stides of mack Ametican
 Fuuded hy a grant from the National
Bmownen ior Humanities and by the New
fork.

DEATH
NOTICES



SUBURBAN CALENDAR

## Music, dance

 CAMFORO

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daily topic
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Sun, plonets
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Program to cite Jersey authors
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companytas Nriters con.
ference on Saturday, April $x$
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many history booke and editor
 lo fiction, nonfiction, writhg Makazine: Gene Dallaire.
for specialized audiences. Magazine: Gene Dallaire.
assistant editor of Civil
Entinering and timp assistant editor of civil
Enginering: and Kemp
Mdecrson. editor in chief of Andersoni, edi
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regarding program details
and reservations for the and reservations for details
and
workshop program ond he vorkshiop program and the
authors luncheon is available authors luncheon is available
by writing or telephoning by writing or telephoning
NuTs Division of Contiung Studies, 323 High st. Newark.
$\mathbf{0 7 1 0 2}$ ( $645-5235)$
 werkshop is ses, for nor
students and 55 for students.

THE NEW WAY TO SHOP FOR FOOD AND FIGHT INFLATION GROCIIRS' MODD DEIPOI apoksman
Five New Jersy nuthors
wil recie wpecial honots al
he NuT





Jersey art on display


Filr , $\frac{1}{\text { Children }}$


Museums
Otherevents


