

FOCUS

on Union County

March 15, 1984

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

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Family: Coping with an alcoholic

By PHILIP GIMSON

On the road to recovery, it is often the first step that alcoholics find the hardest to make. Unfortunately, for many of New Jersey's 500,000 alcoholics, it is a step that is never taken.

Increasingly though, it is not just the alcoholic who becomes trapped in the downward spiral of dependency, denial and recriminations that prevent him or her from turning for help. More and more, alcoholic counselors and outreach organizations are finding that it is the family and friends of a problem drinker that become virtually immobilized in making any realistic efforts to confront the painful process of getting the alcoholic to seek treatment.

"The people in an alcoholic's household are usually the first to know that a family member has a drinking problem, and often suffer the longest," according to Gladys Kearns, director of the Union County Council on Alcoholism, Inc., Westfield. On March 30, the UCCA will hold a conference at Kean College, Union, concentrating specifically on "Exploring the Alcoholic Family."

Kearns organized this conference in the belief that the household struggle to cope with alcoholism is one of the most difficult and least-understood problems facing modern society. "Family members often per-



IN CONFERENCE—Gladys Kearns, the executive director of the Union County Conference on Alcoholism, and program coordinator Trudi Baird talk over plans for last Friday's UCCA educational program at Kean College, Union. The topic of the program was "Exploring the Alcoholic Family."

ceive themselves as powerless and tend to feed the alcoholic's dependent way of thinking," Kearns claims. "We try to get them to confront the situation."

Elaine Durkin, an alcoholism counselor with Ala-Call, in Cherry Hill, a toll free service that handles some 150 calls a month from Union County residents, explains that "the family often sets up an enabling process that allows the drinker to continue making excuses or find justification for not changing his behavior. They react to the situation in ways that prevent the alcoholic from looking at the problem straight in the face."

55 percent of inquiries coming from alcoholics themselves.

While groups like Alcoholics Anonymous have long been recognized as vital sources of help to the problem drinker looking to reform, family members afflicted by the stress of alcohol abuse among a member of the household are often at a loss for where to turn for help. That's where organizations like the UCCA and Ala-Call fulfill key functions as information and referral services to families trying to cope with the problem drinker, as well as to problem drinkers trying to cope.

In 1983 alone, the UCCA provided primary counseling, referral, and educational services to over 20,000 Union County residents. The UCCA provides periodic conferences and seminars in schools, businesses and in the community to help cultivate public understanding about alcoholism. In the upcoming conference for example, the UCCA will field a panel of experts who will discuss numerous aspects of alcoholism problems with the family, examining the legal and sociological impacts, dealing with the adolescent abuser, and the steps necessary to achieve recovery.

As Kearns sees it, the family's response to the alcoholic's situation is critically important to unlocking the chain of dependent behavior that feeds the sickness of the chronic drinker. "Because the societal rules and regulations that sometimes inhibit the alcoholic from flaunting his behavior in public are not present to the same degree in the home, families often end up being manipulated by the alcoholic," Kearns explains. "Or, they enable the whole dynamic that the alcoholic uses to justify his or her drinking—excuses, lies and deceit—to continue. "What we try to do is to get family members to reverse this pattern of passive behavior by working

(Continued on page 4)

In Focus

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

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

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That's entertainment: The stars, the shows, who's doing what.

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On the calendar

Music

Frankie Valli and the Four Seasons, March 15 to 18; Sid Caesar and Carol Lawrence, March 23 to 25. Playboy Cabaret, Atlantic City.

Young People's Concert by New Jersey Symphony orchestra Sinfonia Youth Concert, March 15, 10 a.m. and 11:30 a.m. in Westfield High School. For school children by invitation only.

Classical piano and cello by William Feldman and Ted Hoyle, March 17 at 8 p.m. "Apples and Oranges." A dance event by Carolyn Dorfman Dance Co. of West Orange and Richard Bull Dance Theater, New York City. Stockholm Sinfonietta with 25-piece orchestra with pianist Staffan Scheja, March 29, 8 p.m. Wilkins Theater, Kean College of New Jersey, Union. 527-2337, 736-5940.

Union Symphony Orchestra Concert, Connecticut Farms School, Union, March 15, 8:30 p.m.

New Jersey Ballet, March 16 and 17 at 8 p.m. Nicholas Music Center, Rutgers University, New Brunswick, 736-5940.

Harry Strep, dancer, choreographer, Kean College dance gym, March 20, 10:40 a.m., 1:40 p.m. 527-2044.

Johnny Maestro and The Brooklyn Bridge, March 16. Enzo Stuarti, Corbett Monica, March 28 through April 1. Jerry Lee Lewis, April 7, 9 p.m. Club Bene Dinner Theater, Rt. 35, Sayreville, 727-3000.

Concerts by New Jersey Symphony Orchestra, Newark Symphony Hall, 213 Washington St., March 25 at 3 p.m.; John Harms Englewood Place, March 24, 8:30 p.m.

Concert by Colonial Symphony, Madison Junior School, Main Street, March 14, 8:30 p.m. 822-1100. Fourth (final) concert, May 4.

Free concert by Livingston Symphony

Orchestra, Livingston High School auditorium, March 17, 8:30 p.m.

"An Afternoon of Classical Music," by Spaulding for Children, Community Presbyterian Church, Meeting House Lane and Deer Path Road, Mountainside, March 18, 3 p.m. 233-2282.

Oratorio Choir of First United Methodist Church, 1 East Broad St., Westfield, March 18, 4 p.m. Marnie Burke, 233-4211.

George Jones and country band, Six Gun, Ritz Theater, 1140 East Jersey St., Elizabeth, 352-4111.

Plainfield Symphony Concert, March 18 at 3 p.m. in Crescent Avenue Church, Watchung Avenue, Plainfield.

"Mostly Music Concert series, Union County College, Cranford, March 24, 8 p.m. 654-3226.

Robert Klein, comedian, "Celebration of the Stars" series, commemorating 130th anniversary of Temple B'nai Abraham, 300 East Northfield Road, Livingston, March 24 at 8 p.m. in the temple. Alicia de Larrocha, April 26, 994-2290.

Richard Nanes, composer-pianist, will perform his works in Lenfell Recital Hall, the Mansion, on the Florham-Madison campus of Fairleigh Dickinson University, March 25 at 7 p.m. presented by the Performing Arts Department of the university. 377-8733.

"Jazz in the Afternoon" concert, Campus Center Theater, Cranford campus, 1033 Springfield Ave. April 1, 4 p.m.

Free concert by Choral Art Society of New Jersey, Inc., in Dwyer auditorium, Elizabeth High School, April 3, 8 p.m. 276-7071 or 232-2173.

Spring concert for Chorus of MUSIC, Inc., South Plainfield High School, on April 28, 756-7439 or 560-0561.

Benefit for New Jersey State Opera at

Monmouth College's "Shadow Lawn. Music by Marty Ames and orchestra, May 5, 623-5757.

Spring concert, May 13, New Providence High School, 3 p.m. 272-3133.

Theater

"The Show-Off," starring Jean Stapleton and Orson Bean. Now through March 18. Paper Mill Playhouse, Millburn, 376-4343.

"Blithe Spirit," now through April 8, 8 p.m., Tues. to Fri., 5 and 9 p.m., Sat., 2 and 7 p.m., Sun. Whole Theater Co., 544 Bloomfield Ave., Montclair, 744-2933.

Pantomime." Crossroads Theater, 320 Memorial Parkway, New Brunswick. Now through March 25. "Your Arm's Too Short To Box With God," April 6 to May 6. "Don't Bother Me, I Can't Cope." April 6 to May 13, 249-5560.

"The Dining Room." McCarter Theater Center for Performing Arts. Now to March 18, 609-452-5200.

"Bok," March 19; "Movie, One Word," April 9; "The Gods of the Theater," April 23; "Happily Ever After," April 30; "Lost Electra," May 14. McCarter Theater, 91 University Place, Princeton. (609) 452-6619.

"Beyond Therapy," previews, March 15 and 16; Runs March 17 through April 7. George St. Playhouse, 414 George St., New Brunswick, 246-7717.

"They're Playing Our Song." March 16. Unicorn Productions, Tri-County Arts Center, 116 Watchung Ave., Plainfield, 757-7070.

"A Murder Is Announced," Actor's Cafe Theater, Bloomfield College, Franklin and Fremont streets, Bloomfield. Weekends to March 17, 8 p.m. "The Entertainer." Weekends from March 23 through April 21. Gene Watson, March

24, 7:30, 11:30 p.m. "1984," April 27 through June 2, 429-7662.

"Taming of the Shrew." Zella Fry Theater, Vaughn-Eames Hall, Kean College of New Jersey, Union. Now through March 18 8 p.m. Sundays at 3 p.m. 527-2337.

"Bus Stop," March 16 through April 14. "The Desperate Hours." April 20 through May 19. New Jersey Public Theater, 118 South Avenue, East, Cranford, 272-5704.

Happy Times Children's Theater, Caldwell College, March 18 and 19, 228-4424, ext. 205.

"Beyond Therapy," George Street Playhouse, 391 George St., New Brunswick. Previews March 15 and 16. Runs March 17 through April 7, 246-7717. Tuesday to Sunday, noon to 8 p.m.

"Marriage Proposal," March 22 to 24; "Straight From the Ghetto," March 29 to 31; "Throw Down," April 5 to 7. Family Repertory Theater Co., March 14, 15, 16, 17, 8 p.m. Symphony Hall, Little Theater, Newark, 622-2129, 477-2522.

"Master Harold...and the Boys," April 14 to May 13.

"Snoopy," April 19 to 28. George Street Playhouse Children's Theater Co., 414 George St., New Brunswick, 846-2895, 246-7717.

"Fiddler On the Roof," Montclair Operetta Club, Mount Hebron School Theater, 173 Bellevue Ave., Upper Montclair, April 26, 27, 28, May 3, 4, 5, at 8 p.m., April 29 at 6:30 p.m., May 6 at 2:30 p.m. 746-0617.

"Pirates of Penzance," Chatham Community Players, 23 North Passaic Ave. April 27, 28, May 4, 5. Liz Moore, 635-9127.

"Butterflies Are Free," Open Curtain

(Continued on page 3)

Rinaldo to get award at 'Candlelight Ball'

Congressman Matthew Rinaldo (R-Union) will receive the Humaitarian Award of the Association for Retarded Citizens, Union County Unit at the organization's 10th Annual Candlelight Ball, Saturday, April 7, at L'Affaire, Route 22 East.

A long-time advocate for mentally retarded and handicapped citizens, Rep. Rinaldo reauthorized in 1983 the Education of the Handicapped Act, a measure providing funds for research, technical assistance, training, and a model project for the training of handicapped students. In addition, the act created new programs to help handicapped persons make the transition from school or college to the working world.

The congressman also secured an extension of the Vocational Rehabilitation Act for five more years. This measure provides federal grants for

the rehabilitation of physically and mentally handicapped people, plus funds for supplemental services to help the handicapped become more independent.

A member of Congress since 1972, Rinaldo has worked closely with the Association for Retarded Citizens, Union County Unit for many years. In 1980, he served as honorary chairman of the association's capital fund-raising campaign, which resulted in the purchase of a building in Plainfield to house the organization's general offices and thrift shop.

The Candlelight Ball is the ARC, Union County Unit's major fund-raiser of the year. Proceeds from the dinner are used to support the association's various programs.

For further information, contact Mrs. Gabri at 754-5910 or the ARC, Union County Unit, 1220 South Avenue, Plainfield.

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On the calendar

(Continued from page 2)

Theater, North Avenue and Forrest Avenue, Cranford. May 4.

Films

"Changed Lives in San Quentin," documentary film, free to the public. Raritan Road Baptist Church, 611 Raritan Road, Cranford. March 18. 7 p.m. 272-7088 or 789-2123.

Free film showings. "Psycho II, March 25, 8 p.m., and March 26, noon and 8 p.m.; "Visiting Hours," April 8, 8 p.m., April 9, noon and 8 p.m.; "Gandhi," April 29, 8 p.m., April 30, noon and 8 p.m.; "Caddyshack," May 13, 8 p.m., May 14, noon and 8 p.m. Film versions of classic novels. Free showings during spring semester by New Jersey Cultural Arts Program Board in O'Meara auditorium (Hutchinson J-100). "Of Human Bondage," April 10, and "Great Ex-

pectations," May 8. 1:40 and 7:30 p.m. 527-2371.

Art

Ruth Segal paintings. Members Gallery of Summit Art Center, 68 Elm St., Now to March 15.

Exhibit and sale by members of New Jersey Water Color Society, Inc. Renee Foosner Art Gallery, Paper Mill Playhouse, Millburn. Now through March 18.

First time showing of 1982-84 black and white photographs by Robert W.

Yoskowitz. Union County College's Tomasulo Gallery in MacKay Library on Cranford campus. Now through March 31. 276-2600.

Two-man show of Bill Rabbit and Charles Pratt. Graphic Image Gallery, 329 Millburn Ave., Millburn. Now through March 18.

Works of John Button, landscapist. "John Button: An American Painter." Now to March 22. The Gallery. Kean College of New Jersey, Union. Free to public 10 a.m. to 7 p.m., Monday through Thursdays. 527-2371.

Blowups of electronic video images by Dr. Donald Lokuta, Kean College of New

Jersey artist-photographer; "Connections: Science Into Art," and other artists' exhibits. Summit Art Center, 68 Elm St. March 18 to May 13. 527-2371.

"A Greek Journey," Wilkins Lecture series. March 15, 8:15 p.m. Eugene G. Wilkins Theater, Kean College. March 15, 8:15 p.m. 527-2337.

Annual St. Patrick's Day dance by Union County Irish-American Association. March 17 from 7 p.m. Immaculate Conception hall, 425 Union Ave., Elizabeth. Theresa Water, 355-2372; Ed Fanning, 467-0783.

Seasonal craft seminars scheduled for spring

Celebrate Spring with seasonal crafts seminars at the Trailside Nature and Science Center, Coles Avenue and New Providence Road, Mountainside.

The April/May schedule is as follows: April 4 (Wednesday) 7-9 p.m. Shaker Boxes. Create a gift by decorating a hand bent Shaker style cheese box. Line with

country-style wallpaper and decorate the outside with ribbon and dried and silk flowers.

April 13 (Friday) 9:30-11:30 a.m. Rattan Rosettes. Decorate the center of your rattan circle with dried and silk flowers, then weave the perimeter with pastel ribbon and finish with a matching bow.

April 17 (Wednesday) 9:30 a.m.-Noon. Easter Eggs In A Basket. Make a basket decorated with silk daisies, gingham bows and green moss and fill it with eggs dyed with natural materials.

May 19 (Saturday) 9:30 a.m.-noon. Gathering Basket. This Indian continuous-coil basket involves collecting, soaking, and preparing reeds, grasses, and weeds. These materials will be used to create a decorative coil basket.

To find out more about these and other nature-oriented programs, call the Center at 232-5930.

Trailside Nature Center plans special Arbor Day presentation

It will be a very special Arbor Day at the Trailside Nature & Science Center, Coles Avenue & New Providence Road, Mountainside, as county officials and citizens gather to dedicate the first Union County Arboretum at 2 p.m., Sunday, April 29.

The Union County Arboretum, which when completed will include 112 species of native New Jersey and exotic horticultural specimens, is being installed in front of the Trailside Visitors Center to add to the recreational/educational/aesthetic aspect of the center. According to Debra L. Judd, a planner with the Union County Department of Parks and Recreation, designs for the arboretum have already been completed by Jude Lasota, a self-employed landscape contractor and architect from Elizabeth and the first 20 trees have been donated and will be planted by the Union County Park Maintenance Division. Park Maintenance employees will also install an arboretum trail and provide ongoing maintenance at the site.

This is where an individual, or club or organization, can help. While the county has committed itself to this project by

contracting for design costs and planting the first 20 trees, current county funding priorities preclude the purchase of all selected planting materials. Donations of trees or cash are actively being sought by the Parks Department, Judd said. All forms of support in this effort will receive full and appropriate recognition in the final project.

To date, some \$2,000 has been donated to purchase Arboretum specimens, Judd said. Among those who have made significant donations are the Scotch Plains Garden Club, The Summit Nature Club and numerous private citizens who have donated trees in memory of deceased friends and loved ones.

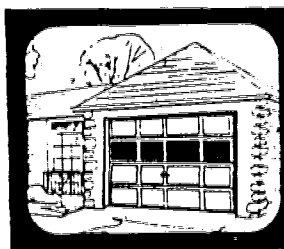
Why not join those who have remembered a friend or relative or commemorated a family name by planting a tree or donating to the arboretum. Once completed, the arboretum will enable visitors to stroll, picnic or jog through the labeled specimens and the path will also be accessible to the handicapped. Donations in any denomination are in great need, Judd said.

The special Arbor Day program will

include a discussion of the history and importance of Arbor Day and Union County's Arboretum. One tree will be symbolically planted and donors will be recognized. A nature walk with a Trailside naturalist will follow. The public is invited to attend free of charge and refreshments will be served.

To donate or find out more information, call Judd at 527-4912.

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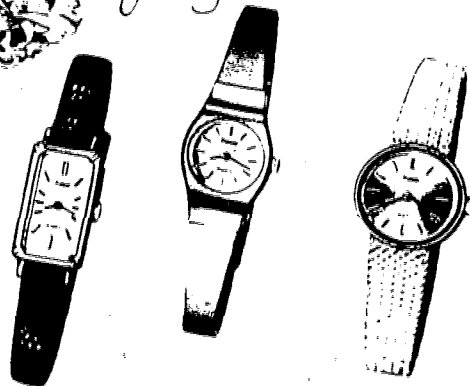
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Lottery winners

Following are the winning New Jersey Lottery numbers for the weeks of Feb. 15, Feb. 22, Feb. 29, and March 7.

PICK-IT AND PICK-4

- Feb. 15 — 537, 4814.
- Feb. 16 — 327, 2303.
- Feb. 17 — 324, 3455.
- Feb. 18 — 134, 6229.
- Feb. 20 — 564, 2098.
- Feb. 21 — 001, 3885.
- Feb. 22 — 714, 4780.
- Feb. 23 — 996, 2151.
- Feb. 24 — 536, 9133.
- Feb. 25 — 829, 0989.
- Feb. 27 — 449, 9538.
- Feb. 28 — 342, 0308.
- Feb. 29 — 420, 2497.
- March 1 — 531, 6696.
- March 2 — 798, 6528.
- March 3 — 000, 3331.
- March 5 — 313, 9398.
- March 6 — 260, 2806.
- March 7 — 341, 9183.
- March 8 — 049, 5090.
- March 9 — 128, 8422.
- March 10 — 164, 8595.

PICK 6

- Feb. 16 — 11, 12, 15, 17, 22, 36; bonus — 08339.
- Feb. 23 — 11, 19, 22, 24, 27, 31; bonus — 82299.
- March 1 — 2, 7, 13, 16, 19, 25; bonus — 86299.
- March 8 — 1, 2, 3, 6, 9, 16; bonus — 83582.

Families coping with alcoholic

(Continued from page 1)

together to understand and confront the problem, rather than simply keeping it in the closet."

This is not as easy as it sounds. Confronting the problem not only means bringing it to the attention of the alcoholic (and only when he or she is sober) but explaining the nature of the disease to the entire family. Alerting the alcoholic to his destructive behavior calls for level-headed discussion rather than venting anger and issuing "stop, or else" ultimatums. "Don't preach, nag, lecture and assume a holier-than-thou attitude" with the alcoholic, the UCCA guidelines caution, and "never use emotional appeals, such as 'if you loved me,' which only tend to increase feelings of guilt and the compulsive need to drink."

Most importantly, Kearns warns families not to expect alcoholics to make immediate recoveries, or to punish or threaten the alcoholic in the event that he fails to follow through on promises to reform. All this indicates that the process of recovery can be as difficult for the family as it is for the alcoholic. "Some of the family members that call us are hurting psychologically, almost as seriously as the alcoholic," Kearns states. "We're there to help the person who is hurting, because we view the family's emotional health as much of a concern as the alcoholic's."

Yet the UCCA does not attempt to intervene in the overall family situation beyond helping those clients who contact the center seeking help. "We don't attempt to call the alcoholic and encourage him to seek help as a result of a

counseling session with a troubled family member," Kearns says. "That family member is our client, not the alcoholic—until the alcoholic decides on his own volition to seek our help. To do otherwise would be interfering in the family's privacy."

Yet, for those alcoholics who do seek out the center's services, the UCCA provides primary counseling—not treatment—in an attempt to urge problem drinkers to obtain further professional, medical or therapeutic help. With the alcoholic's agreement, the UCCA provides referrals to detoxification centers, outpatient programs, and to local chapters of Alcoholics Anonymous. Family members needing further counseling and emotional support are referred to Al-Anon, an organization specifically geared to help educate those who must live with a problem drinker.

Ala-Call provides similar primary counseling and referral services through its 24-hour-a-day hotline number, (800) 322-5525. The hotline number "serves Union County as much as any area in the state," according to Elaine Durkin, an Ala-Call certified alcoholism counselor. Durkin said that the purpose of the hotline is to "lay out the options available to alcoholics and family members. We provide them with information on where they can go for help, and encourage them to attend the next Alcoholics Anonymous or Ala-Non meeting."

Alcoholism is a problem that cuts across all ethnic groups, economic classes and social strata, according to Durkin. "Some of the people that call us are bank presidents and some own their

own corporations. They tend to be more sophisticated in covering up their problems and in coming up with reasons for their drinking, but equally helpless in fighting the problem by themselves."

Denial of the problem is the alcoholic's biggest obstacle to recovery, Durkin explains. "The nature of the disease is that the alcoholic stays in self-denial until he loses everything, unless he finally comes to terms with the realization that he's sick and he'd better get help—fast."

Benefit concert set in Cranford

A benefit concert, "Jazz in the Afternoon," will be given April 1 at 4 p.m. in the Campus Center Theater, Cranford, by the Friends of Union County College. Derek Smith and the Jazz Explosion will be featured in another of a series of events celebrating the college's golden anniversary year.

Among the performers will be Derek Smith, pianist; Ronnie Bedford, percussionist; Scott Hamilton, saxophone; George Duvivier, string bass; Don Elliott, vocal percussion, vibes, trumpet and mellophone, and Harry Leahy, guitar.

Refreshments will be served. Additional information can be obtained by calling 276-2600, ext. 404.

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Tax checklist booklet set for senior citizens

A tax checklist booklet to aid senior citizens in filing their 1983 income tax return has been issued by Rep. Matthew J. Rinaldo, R-N.J., the ranking Republican on the House Select Committee on Aging.

The booklet features a checklist of deductions and hints to help the elderly file their federal income tax returns by April 15. Recent changes in the tax laws are covered in the publication, along with a listing of telephone numbers for taxpayers seeking assistance in completing their state and federal tax forms.

Information is included on residential energy credits; exemptions for the elderly; reporting income from the sale of a home; estimated tax payments;

and gift and estate taxes. There also is a preview of next year's taxes and a look at various programs intended to promote savings.

Rinaldo said the booklet, compiled with the cooperation of the Aging Committee and the Internal Revenue Service, is intended to help senior citizens claim all income tax deductions and exemptions to which they are entitled.

"Too often," he said, "the elderly are not fully informed about changes in the tax laws and about benefits available to them. This booklet helps them avoid a situation where they end up paying more federal income tax than is really necessary."

This is the seventh consecutive year that

Rinaldo has issued a checklist and general information to help senior citizens prepare their federal income tax returns.

Single copies may be obtained by contacting Congressman Rinaldo at 2338 Rayburn House Office Building, Washington, D.C. 20515, or his district office at 1961 Morris Avenue, Union, 07083. The district office telephone number is 687-4235.

From the pulpit

By REV. ROBERT PAUL

Some parents say: "We will not influence our children by making choices for them in matters of religion." Why? The ads will, the press will, radio and TV will, the movies will, the neighbors will, school teachers will, politicians will, their friends will, and the forces of evil will.

We will use our influence over our vegetable and flower gardens, over our lawns and our pets. Shall we ignore our own children? God forbid. Parents, take the time to teach your children in all matters of life, including the spiritual. "Train up a child in the way he should go; and when he is old, he will not depart from it." Proverbs 22:6

Parents should set the example for Sunday school, church attendance, the Bible reading. A family altar will alter your home. The Bible says: "Children, obey your parents in the Lord for this is right." Ephesians 6:1

Label—envelope speeds tax return

Many simple errors that can cause weeks of delay in the processing of federal income tax returns can be avoided if taxpayers use the label and envelope that accompany their tax packages.

The peel-off label containing the taxpayer's name, address and Social Security number is designed to expedite processing at IRS Service Centers and prevent common errors that can delay issuance of refund checks.

One of the common and yet most troublesome errors that can be averted by use of the label is the listing of an incorrect or illegible Social Security number. Such an error can take weeks or even months to correct, and is one of the major causes of delayed refund checks.

Even if corrections to the

label are necessary taxpayers should use the peel-off label. If such is the case—due to a change of address, for example—make your correction directly on the label.

Many state returns also call for the addition of a peel-off label. As a result, some people inadvertently use the state return label on the federal return. Be careful to use the proper label on your return.

Time can be saved also if you use the special pre-addressed envelope, which speeds sorting of tax returns during the deluge of mail arriving daily at the IRS Service Centers:

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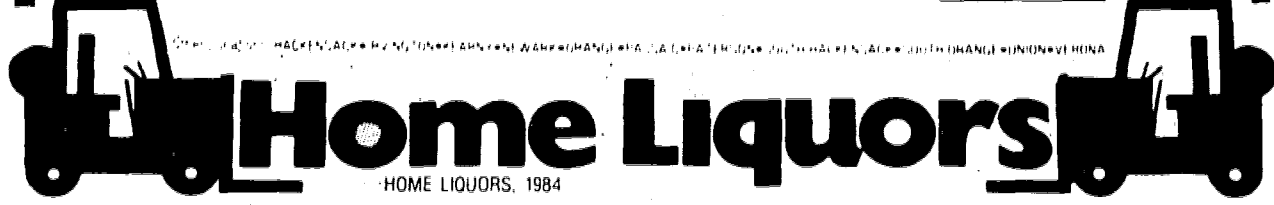
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Be wary in picking fitness center

Each day more and more people make a commitment to better health. After checking with their local physician, consumers should list the specific objectives they wish to attain through diet or physical fitness.

The Union County Division of Consumer Affairs within the Department of Public Safety issues this consumer advisory on choosing a physical fitness center.

"Checking with your doctor is the first step to better health," advises Ellen Bloom, director of the division. "If a consumer has decided to embark upon a program which includes the purchase of a membership in a physical fitness center, certain things must be considered before they sign up."

A reputable health club offers many advantages such as a structured program of exercise, professional equipment, and social interaction.

Continuity is important in a program and because weather, purchase of equipment, and lack of commitment are generally deterrents to exercise, you may be better off at the right gym.

How should you choose a health club? The sensible consumer will take precautions similar to those suggested in other transactions—if it appears that the price is too good to be true, it probably is and should be avoided.

If someone tells you that there is no need to work hard or that they have an easy method involving a gimmick-walk away fast.

Eliminate locations that are too distant that do not offer the range of programs or time periods that are convenient for you. Be sure you will be visiting a safe area

Diabetes group meets Monday

"Everything You Wanted to Know About Diabetes...But Were Afraid to Ask" will be the topic of the next meeting of the Union County Chapter of the American Diabetes Association, to be held Monday, 7:30 p.m., at the Westfield Rescue Squad.

Dr. Richard Paul and Dr. Harold Starkman, formerly Clinical Fellows of the renowned Joslin Diabetes Clinic, will be on hand to answer any and all questions as well as provide an update on the latest research findings. Both Dr. Paul and Dr. Starkman maintain private practices and are experts in the diabetes field.

The Union County Chapter of the ADA celebrates one year of existence this spring, and local interest has been enthusiastic. Plans for a fundraiser are underway and bi-monthly meetings scheduled covering a range of topics of concern to diabetics and their families.

and that the parking is close by and well illuminated at night. Look cautiously at the small, newly established spa or salon to be sure of their continuance of service.

Discuss your needs with friends, relatives and neighbors who belong to health clubs and if you have the opportunity take a member of the club you are considering aside to determine if his or her experience has been satisfactory and pleasant.

Call the New Jersey Consumer Hotline at 648-3295 to determine if complaints have been filed against that particular club.

There is an Association of Physical Fitness Centers (APFC) that supports fair consumer practices through a code of ethics. The literature provided by this organization is the major resource for this article. Check to see if the place you are considering is a member.

Visit the fitness center at the time of day you anticipate using same to be sure the facility is adequate for your needs.

Study the schedule of classes and special events as well. Visit a class when it is in session. What items are provided for personal care? Is everything in good repair? Is the facility clean? Check for signs of disrepair and poor maintenance, especially around the wet areas such as saunas, pools, showers, lockers and restroom facilities. Failure to keep these areas properly maintained and clean is an indication of the care given by the club generally.

Ask about the qualifications of the instructors and find out if there is nearby emergency treatment available in case of an accident. You should try a trial membership or workout before you join. This is the best way to find out, during the hours you desire, whether the facility meets your needs.

Do not be rushed or intimidated by the sales person and be sure to see a complete list of all types of memberships that are available with the price for each. If this location should close, would a nearby

'Beyond Therapy' previews March 15

"Beyond Therapy" by Christopher Durang, will hold previews March 15 and 16 and will open Saturday and run through April 7 at the George Street Playhouse, 391 George St., New Brunswick.

"Master Harold and the Boys" will play April 14 through May 13.

The Children's Theater production of "Snoopy" will be staged April 19 through 28.

Additional information can be obtained by calling 246-7717 Tuesdays through Sundays, noon to 8 p.m.

location accept your membership? There may be a membership for slow hours or senior citizens which may save you money and be perfect for you. Many prices are negotiable.

Think carefully! A small amount of money per month multiplied by many months can involve a large financial responsibility.

"Lifetime Member" may be for the life of the club, not your life, and should be carefully considered.

Take the contract home to review before signing. Have spouse or family attorney check it to be sure you understand everything and before you are obligated to terms that may not be best for you.

Ask if there is a three day "cooling off"

period, as is provided by members of APFC, giving the consumer a chance to re-evaluate the membership. If you do cancel, it should be by certified mail.

"Make up a checklist," advises Mrs. Bloom, "or take this article along with you so that you don't forget to inquire about everything before you make your decision. This will enable you to make an educated comparison of each facility and allow you to make a better decision."

Consumer education is only one phase of Consumer Affairs. If you have been unable to successfully resolve a problem dealing with a retail transaction, write Union County Consumer Affairs, P.O. Box 186, Westfield, N.J., including a brief letter describing the problem and including copies of receipts or contracts.

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Seniors slate a car seminar

The Senior Citizens Council of Union County will hold a car insurance reform seminar on Saturday, April 28, at 9:30 a.m. at the F. Edward Bierteumpfel Center, 2155 Morris Avenue, Union.

Evelyn Frank, Council president, said, "Car Insurance increases affect all people, our committee should be representative of all people." Our council wished to spearhead a movement to have the public understand how they are affected by the current recommended changes. The State Government is trying to lower premiums but is increasing deductible and copayments. All we want is a chance for dialogue with our lawmakers to help make us knowledgeable and to protect recommendations if the proposed changes are unreasonable.

Arthur Guarriello of Union has been appointed to serve as chairman of the Car Insurance Reform Committee.

Guarriello is a retired Prudential agent and is an active agent/broker and serves as a volunteer deputy coordinator of Emergency Management Services of Union Township.

New Jersey legislators and the State Department of Insurance are being asked to participate in this seminar on April 28 and are now being contacted for additional information.

For more information, call 964-7555.



LUNG POWER—Officials of the 1984 Aerobics 'n Rhythm 'Lung Power' Dance-A-Thon benefit for the American Lung Association of Central New Jersey, Sunday, March 25, 1 p.m., at the Dunn Sports Center, Elizabeth, display the promotion poster and trophy which will be awarded to the winner. From left to right, Dennis Rogers, vice president of Aerobics; Patrician Eichele, R.N., president of the Lung Association and director of nursing at Children's Specialized Hospital, Mountainside, and Jackie Rogers, president of Aerobics 'n Rhythm.

Computers to aid operators at Bell

Starting this month, directory assistance operators will get some help themselves as the telephone company introduces a computerized system for handling part of the requests for information.

New Jersey Bell's new Audio Response System (ARS) works like this: When a customer dials 411 or area code plus 555-1212, a live directory assistance operator answers and enters the name and town of the number desired into the computer; selects the most appropriate listing that appears on the computer screen and then drops off the line.

A computer voice then says to the customer, "The number is XXX-XXXX. Repeat, XXX-XXXX. If you need assistance, an operator will return." After a five second interval and if necessary, a live operator comes back on the line to assist the customer.

With ARS, the computer selects the phone numbers customers request from a prerecorded tape of numerals, zero through 9, and plays them back to the customers in a nearly natural quality voice.

Twelve of the company's 20 directory assistance offices will be equipped with ARS which will be used to process an estimated 475,000 calls each day. Another 200,000 calls that require special attention will still be handled entirely by live operators at the 12 offices. Emergency calls, listings with more than one

number, calls from customers with hearing impairments, and requests for dialing instructions fall into that category.

"Statewide, each day we handle about 875,000 calls to directory assistance and the number of calls is increasing about five percent a year," said Bill McKinlay, New Jersey Bell community relations manager in Union County. "By saving time on each call we will increase productivity and we expect to handle this additional demand without increasing the number of operators."

Increased productivity means lower operating costs for the company and that helps keep phone rates down, McKinlay added.

About 1,100 of the company's 1,500 directory assistance operators will benefit, too, he said, since the most routine part of their job...giving out the number and repeating it...will be eliminated. Instead, they will concentrate on the more interesting aspects of their jobs such as interpreting the requests and finding the correct numbers.

The first directory assistance offices to get ARS are in the 201 area code: River Edge, Pompton Lakes, Wayne, Rutherford, Jersey City, Newark, Elizabeth, Woodbridge and Freehold. In April (1984), the 609 area code offices in Ewing, Woodbury and Pleasantville will also be connected to the system's base computer in Madison.

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UC slates cultural exchange day

Students in ethnic costumes, Greek dancers, Scottish bagpipes, a strolling juggler, ethnic food, demonstration booths, and displays from various countries will all be part of the International Festival to be conducted on April 8 by the International Cultural Exchange (ICE) of Union County College, it was announced by Dr. Adrienne Hawley of Westfield, faculty advisor to ICE and modern languages coordinator.

The third annual International Festival will be held in the College's Cranford Campus Center on Community College Day, Sunday, April 8 from 1 to 8 p.m. in conjunction this year with the College's 50th Anniversary Celebration, according to Michael Hughes of Union, president of ICE and festival chairperson.

The International Fair will include international entertainment, displays of

artifacts from various countries, and ethnic food prepared by students in the College's Institute for Intensive English.

In addition to the International Cultural Fair, the Cranford Campus will be the site that day of a college-wide Open House in observance of Community College Week in Union County. It will feature exhibits and demonstrations, musical and dramatic events, films, lectures, and tours of the campus. The Open House is open to the public at no charge.

Included in the program of international entertainment, which will take place in the Campus Center auditorium, will be dancers and musicians from northern Spain, Greek dancers, an American folk band, an Intirayni South American folksinging group, Irish step dancers, the Ukrainian Dance Club of Elizabeth, and a Bavarian musical group.

Displays of artifacts from various countries, on loan from the Newark Museum's lending collection, will be set up in the Campus Center gymnasium, along with demonstration booths of Japanese flower arranging, Americana batik and quilting, and Ukrainian pysanky art egg decorating.

Ethnic food prepared by students of the College's Institute for Intensive English in Elizabeth will be served at a nominal fee to festival goers, who will be entertained throughout the day by strolling Scottish bagpipers, an Italian singer, and a juggler.

The Institute for Intensive English is a program of concentrated English instruction offered by Union at the College's Elizabeth Campus for more than 500 speakers of other languages. About 25 students from the Institute will

participate in the festival's food preparations, according to Prof. Susan Khodabakshi of Colonia, co-advisor to ICE and an ESL (English as a second language) instructor.

"The Festival not only introduces the various cultures to the public, but also introduces and builds closer relationships between Elizabeth Institute students and those of the Cranford Campus," Mr. Hughes said.

ICE, established in 1975, is an organization composed of foreign and American students, which works to make students aware of the large number of foreign-born students at the College, and how much they can learn from each other. Currently the organization has about 35 members representing about 15 different countries.

The International Festival is open to the public free of charge.

'Thawing out' car door locks

"Recent weather patterns—taking us from a 'balmy' 40 degree to frigid single-digit temperatures in rapid succession—have caused the condensation and subsequent freezing that lead to frozen door locks," states Matthew J. Derham, president of the New Jersey Automobile Club. The AAA Club is offering the following solutions to this aggravating problem:

First, you may wish to anticipate the problem by purchasing an inexpensive commercial lock de-icer and keeping it in your garage or office. Packaged in an aerosol spray can, these de-icers are generally a mixture of alcohol and lock lubricant, which is squirted into the key hole.

If you do not have a commercial de-icing product available, simply warm the key, using a lighter, match, or any other

handy heating device. Use the heated key to try the lock. You may need to repeat the procedure several times to thaw the lock completely.

"Never pour hot water down the side of the car to thaw a lock," cautions Mr. Derham. "You might crack the window glass or mar the finish of your car. At the very least, the water will refreeze very quickly, making matters worse."

John Button art shown at Kean

The works of John Button, a Romantic landscapist who transferred his ability to New York's cityscape, will be exhibited now to March 22 in the gallery at Kean College of New Jersey, Union.

"John Button: An American Painter," will be open free to the public from 10 a.m. to 2 p.m. and 5 p.m. to 7 p.m. Mondays through Thursdays. Zara Cohan, gallery director, will be hostess at a reception in the gallery from 5 to 7 p.m. Saturday.

Sculptor David J. Brooks will be guest curator for the Button exhibit.

New JCC location

Louise Yohalem, president of the Jewish Community Center of Central New Jersey, announced that the Center, formerly located in administration offices on South Avenue, Westfield, has moved into the former Shackamaxon School, 1391 Martine Avenue.

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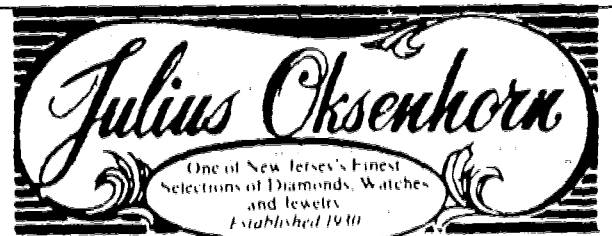
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Focus on entertainment

2,000 students from Westfield go to concerts

Two thousand middle and high school students from Westfield schools will attend a pair of concerts given by the New Jersey Symphony Orchestra, March 15, at 10 a.m. and 11:30 a.m. at Westfield High School. George Manahan, associate conductor of the NJSO, will lead the orchestra in a program, "Speaking of Rhythm," which will include major orchestral works by Bach and Mozart, as well as music by Brubeck, Pachelbel, Strauss and Milhaud.

The New Jersey Symphony Orchestra's Young People's Concerts are part of a full season, state-wide educational program, which this season includes more than 60 free concerts and instrumental workshops.

The Westfield program has been made possible by grants from the Robert Wood Johnson Jr. Charitable Trust, the Westfield Foundation, the Westfield Chapter of the NJSO League, and other local sources of funding.

The programs will be followed by a luncheon given by the Westfield Chapter of the NJSO League.

Admission to the concert for school children is by invitation only. Inquiries regarding NJSO Educational Concerts should be addressed to the NJSO's Director of Education, Judith Nachison, 213 Washington St., Newark, N.J. 07101.

Walking tour set March 15

"Theater Walking Whirlwind," a one-day walking tour of the theater districts in New York City, will be offered March 15 by Union County's College's division of continuing education and community services, Cranford.

Under the direction and supervision of Harry Joyce of Winfield Park, entertainer and member of the college's English department, tour members will see a rehearsal of a play and talk with the cast and crew of an Off, Off Broadway show.

"The day will also include a stop for lunch where the actors go, and a stop for libation at Sardis," Joyce says.

There will also be a visit to the Museum of Theater at Lincoln Center, and to a Broadway or Off-Broadway show.

An information seminar is planned prior to the walking tour at 10 a.m.

Additional information can be obtained by calling 276-2600, Ext. 206 or 238.

Irish dance slated Saturday in church

The Union County Irish-American Association will hold its first annual St. Patrick's Day dance Saturday from 7 p.m. to midnight, with music by the Pat McNelis' Band, a popular group in the Catskills, at the Immaculate Conception Hall at 425 Union Ave., Elizabeth.

Additional information can be obtained by calling Theresa Water at 355-2372 or Ed Fanning at 467-0783.

'Pantomime' staged

"Pantomime" by Derek Walcott opened March 2 at the Crossroads Theater, New Brunswick. It is the fifth production of the season. Additional information can be obtained by calling 249-5560.

Disc & Data

By MILT HAMMER

Pick Of The LPs, "Different Style" by Musical Youth (MCA Records).

When a British import single called "Pass The Dutchie" started making the rounds at United States clubs and radio stations last year, little did anyone know that one of the most celebrated success stories in all of pop music was in the making. The record, an infectious reworking of a Jamaican reggae classic, recorded by five Birmingham, England school boys called Musical Youth, had reached No. 1 on the British charts and was still selling like crazy. When MCA Records, the label responsible for the big British hit, released "Pass The Dutchie" in the states, it took off and didn't stop until it reached No. 1 here also.

Critics, too, hailed the arrival of Musical Youth's spry and spirited sound. Their debut album, "Youth of Today," was considered one of the year's most impressive by a new band, especially one so young. Never before had a youthful group so effectively bridged the musical and cultural gaps between reggae, soul, pop and rock. When "The Youth", as they're affectionately called, sang "Unconditional Love," with Donna Summer several months later, they had quickly scored their second international smash hit.

Here were five young boys—all just big enough to balance the weight of their instruments—with a pair of international hits and a gold debut album. "Pass The Dutchie" had appeared out of nowhere selling more than 100,000 copies a day, eventually reaching the million sales mark and topping charts around the world. Appearances with Donna Summer and a critically-acclaimed headlining appearance at Jamaica's world renown "Sunsplash" reggae festival, helped to make this past year a most memorable one for Musical Youth.

Now a certified music phenomenon, Musical Youth—Kelvin Grant, 12, guitar and vocals; his brother, Michael Grant, 14, keyboards; Patrick Waite, 14, bass; his brother, Junior, 15, drums; and lead singer-percussionist Dennis Seaton, 17,—is back with the follow-up album, "Different Style!", and the four lads from Birmingham continue their meteoric journey, breaking down musical and cultural barriers as they go.

With songs contributed by Stevie Wonder ("Whatcha Talking 'Bout"), Culture Club's Boy George ("No Strings"), and Lamont Dozier ("Sixteen"), as well as additional vocals by Donna Summer (returning the favor) and Jody Watley of Shalamar, "Different Style!" finds the Youth on an international playground romping through reggae, pop, soul and rock. "She's Trouble," a rock dance track featuring Junior on leads, moves in leaps and bounds with trance-like appeal and is an obvious standout. Also, "Tell Me Why," an American pop song with a reggae beat, is a sparkling example of The Youth's versatility. "Whatcha Talking 'Bout", is another pop/reggae charmer.

On Dozier's "Sixteen", Musical Youth recaptures the innocence of '60's Motown, while venturing further into pop/rock with Bruce Sadano's "Incommunicado," inspired by the lads' visit to Hollywood. Boy George's "No Strings" is performed with the ease of seasoned pop stylists.

Growing up in their native Birmingham, Musical Youth listened to Jamaican reggae, and it remains the single greatest influence in their sound. When they perform such songs as "Shanty Town (007)" (a remake of the Desmond Dekker classic), "Mash It," "Yard Style," and the fun-loving "Air

Taxi," the Youth honor their tradition.

It all began at the Saltley Music Workshop, a community arts center in Nechells, Birmingham, England. Freddie Waite, father of Junior and Patrick and one-time lead singer of a popular Jamaican reggae band, taught Michael and Kelvin Grant music lessons at the workshop. Freddie put the Grants and his sons together as his backup band and started playing Birmingham pubs. They recorded "Political Generals" for 021 Records in Birmingham and won a spot on John Peel's Radio One, England's alternative radio program that plays new recordings and demo tapes by unknown acts.

This led to the group's signing to MCA Records. That was in April, 1982. Shortly afterwards, Freddie decided to leave the group, and it was suggested that a younger lead singer replace him. With all in total agreement, Musical Youth welcomed Dennis, a school chum of Junior's.

It was during that summer in London that "Pass The Dutchie" and the Youth of Today LP was recorded with producer Peter Collins. The single came out in early September just as the boys were returning to fall classes. Within two weeks it entered the British charts at No. 26, and the following week it was No. 1. All of a sudden a new craze—"Youthmania"—began, and Musical Youth made the national BBC news and headlined front page stories in the British press.

Now, their lives revolve around juggling stardom with math, English, history, and science. Sometimes, with their school's blessing, they miss classes to meet at least some of the huge demands for Musical Youth concerts, radio and television appearances. Happily, Dennis, Junior, Michael, Kelvin and Patrick continue to succeed in school.

With new album Different Style!, the fivesome show that they also continue to deserve straight A's in music.

Pamela Frank set for concert

Violinist Pamela Frank, 16, will be guest artist in the Plainfield Symphony concert Sunday at 3 p.m. in the Crescent Avenue Church, Watchung Avenue, Plainfield. The program will include the works of Mendelssohn, Smetana, Debussy and Stravinsky. It will be directed by George Marriner Maull.

Frank will play Mendelssohn's "Concerto for Violin in E Minor." Concert master of the Juilliard Pre-College Orchestra, Frank has studied at the Fontainebleau Conservatoire in France for the past two summers. She is a recipient of the 1983 "National Concerto Competition," sponsored by General Motors and Seventeen Magazine, and is a member of the Youth Symphony.

Free concert set Saturday

The Livingston Symphony Orchestra will present its third free concert of the season Saturday at 8:30 p.m., featuring clarinet soloist Brian Farias at the Livingston High School auditorium.

Farias was the winner of the orchestra's annual Young Performer's competition last spring and performs as a soloist with the Livingston Symphony.

This year's Young Performers' competition will be held April 29, and is limited to pianists.

The Livingston Symphony Orchestra is conducted by Carolyn Hill, who is now celebrating her 10th anniversary in the post. This will be her final year with the orchestra, and at the end of the season, she will go to New York City. She also is director of the music program at the United Nations School, and is music director and conductor of the New York Music Society.

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*All Dinners Include Soup (St. Patrick's Day only)

Jade Garden

430 North Wood Avenue, Linden

For Reservation: **925-3744**



Restaurant Guide

First-time showing of photographs set

A first-time showing of 1982-84 black and white photographs by artist Robert W. Yoskowitz is on display at Union County College's Tomasulo Gallery in the MacKay Library on the Cranford Campus now through March 31.

"Singular Images-Photographs, 1982-84," will be on view to the public free of charge at the UCC Tomasulo Gallery from 1 to 4 p.m., Mondays through Saturdays, and from 6 to 9 p.m., Mondays through Thursdays.

Movie timeclock

BELLEVUE (Montclair) I—THE DRESSER, Fri., 7:30, 9:45; Sat., 1:30, 3:40, 5:50, 8:15, 10:30; Sun., 2:15, 4:45, 7:15, 9:30; Mon., Tues., Wed., Thur., 7:25, 9:40.

BELLEVUE II—AGAINST ALL ODDS, Fri., 7:45, 10:15; Sat., Sun., 2:30, 5:10, 7:45, 10:15; Mon., Tues., Wed., Thur., 7:30, 9:50.

BELLEVUE III—BLAME IT ON RIO, Fri., Mon., Tues., Wed., Thur., 8, 10; Sat., Sun., 2, 4, 6, 8, 10.

FIVE POINTS CINEMA (Union)—MIKE'S MURDER. Call theater at 964-9633 for timeclock. Adult midnight show, **PRINCESS**.

LINDEN TWIN ONE—TANK, Fri., 7:15, 9:20; Sat., Sun., 1:25, 3:30, 5:35, 7:40, 9:45; Mon., Tues., Wed., Thur., 7:15, 9:20; Fri., Sat. midnight show, **ROCKY HORROR PICTURE SHOW**.

LINDEN TWIN TWO—CHILDREN OF THE CORN, Fri., 7, 8:40, 10:15; Sat., Sun., 1:15, 3, 4:45, 6:30, 8:15, 10; Mon., Tues., Wed., Thur., 7:45, 9:30; Sat., Sun. midnight show, **THE SONG REMAINS THE SAME**.

LOST PICTURE SHOW (Union)—FOOTLOOSE, Fri., 7:30, 9:30; Sat., Sun., 1:30, 3:30, 5:30, 7:30, 9:30; Mon., Tues., Wed., Thur., 7:15, 9:15.

Oratorio choir set in Westfield church

The Oratorio Choir of the First United Methodist Church, 1 East Broad St., Westfield, will open its Sunday concert at 4 p.m. with Johann Sebastian Bach's Motet No. 1 for two choirs.

Musical director is Philip Dietterich. Additional information can be obtained by calling Marnie Burke at the church office, 233-4211.

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MARCH 19-23

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'Connections' art exhibit slated Sunday in Summit

"Connections: Science Into Art," an exhibition that examines ways in which contemporary artists are integrating current scientific and technological advances into their work, will be presented at the Summit Art Center, 68 Elm St., from Sunday through May 13.

The exhibit will include about 25 works by 15 artists. Holography, computer-generated art, still video photography, and neon canvases will be installed in the Palmer Gallery.

Also on view will be video installation and motorized and kinetic sculptures and conceptual works. The exhibition has been organized by Ann Kent and Perijane Zarembok.

A reception, free and open to the public, will be held Sunday from 2 to 5

Dance set

Apples and Oranges, a dance event featuring New Jersey and New York artists, will be presented 8 p.m. March 24 and 3 p.m. March 25 at Kean College of New Jersey on the Wilkins Theater stage. The Carolyn Dorfman Dance Co. of West Orange and the Richard Bull Dance Theater of New York City will be featured.

Ticket information at the college can be obtained by calling 527-2337.

Benefit party set March 25

The Soroptimist International of Elizabeth will hold a benefit theater party at the Cranford Dramatic Club, 78 Winans Ave., Cranford, March 25. The play will be "Life With Father." There will be a wine and cheese reception at 6:30 p.m., and showtime at 7:30 p.m.

Additional information can be obtained by calling Marie Westerberg at 862-4990.

p.m. to inaugurate the exhibit. Ted Victoria, Todd Siler, and Dan Schweitzer will take part in a panel discussion at 3 p.m. A presentation, "Video Art

Today" is scheduled for April 15 at 3:30 p.m.

Tours of the exhibition

can be arranged by calling 273-9121. The Palmer Gallery will be open on

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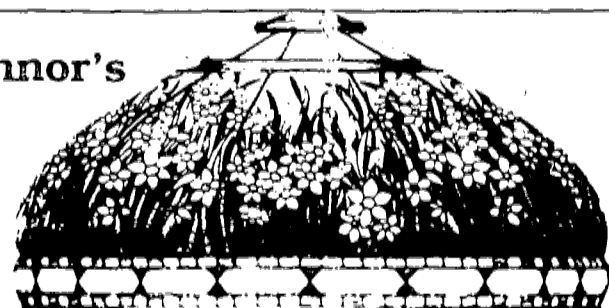
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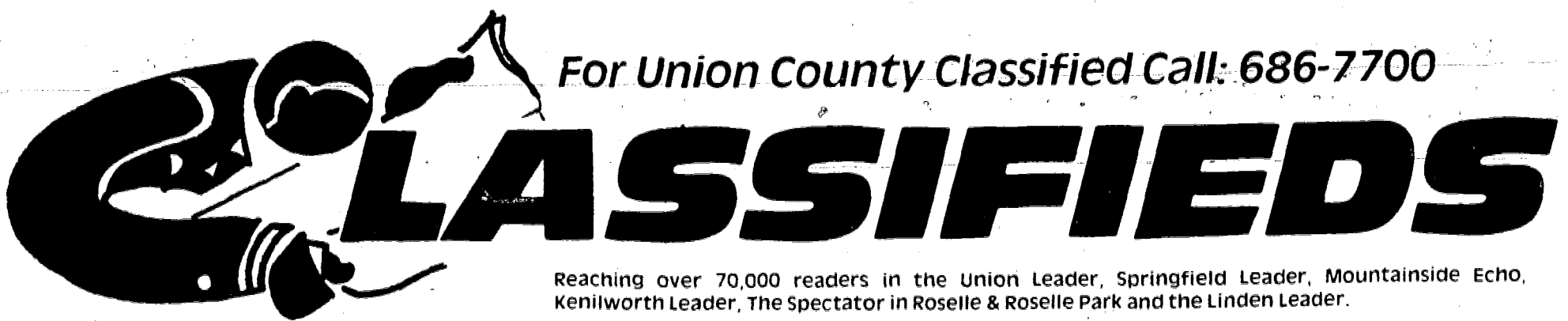
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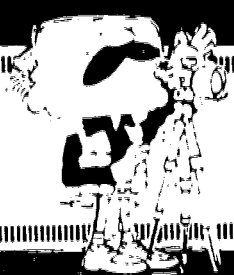
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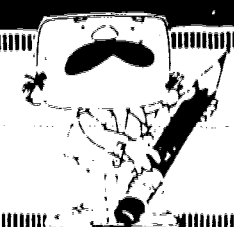
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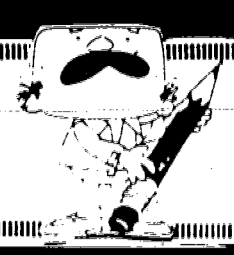


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'83 CJ7 RENEGADE 4X4
AMC Jeep, 6-cyl., 5-spd. man., PS/B, AM/FM st., road whls., hardtop. Stk. #4B052A 10,321 mi.

\$9195

'83 THUNDERBIRD HERITAGE
Ford, 6-cyl., auto, PS/B, wind./seats/locks, air, st. w/ tape, cruise. Stk. #1145R 6,142 mi.

\$10,999

'79 F-100 P/U
Ford, 8-cyl., auto, PS/B, cap. AM/FM Stk. #4P043A, 61,809 mi.

\$4195

'78 COROLLA
Toyota, 4-cyl., 5-spd. man., PS/B, air, stereo, rr. dfr. Stk. #1140A, 70,322 mi.

\$2495

'81 E150 CARGO VAN
Ford, 6-cyl., auto PS/PB, 82,837 mi. Stk. No. 4V069A.

\$3495

'83 COUNTRY SQUIRE WGN.
Ford, 8-cyl., auto, PS/PB, air, stereo, cruise, rr. rack, r/dfr. 12,055 mi. Stk. #4C010A.

\$10,495

'78 MALIBU WGN.
Chevy, 8-cyl., auto, PS/PB, air, AM, rr. rack, r/dfr. 54,678 mi. Stk. No. 42116A.

\$3895

Abbreviation explanation: p.s.: power steering, p.b.: power brakes, auto.: auto. trans., cyl.: cylinder, spd. man.: speed man. trans., m.s.: manual steering, m.b.: manual brakes.

BRAND NEW 1984 IN STOCK!

RANGER P/U

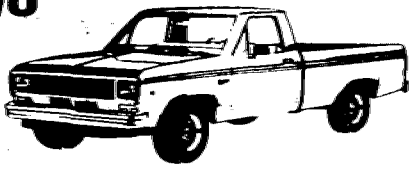
Ford, 114" whl. base with stand.; 2.0 ltr. 4-cyl. eng., man. strng. plus opt.: pwr. brks., 2-tone pnt., headliner & mold., gauge pkg., brite frnt. bmpr., rr. step bmpr., bright low mount mirrs., dtx. whl. trims, AM/FM, lite group, conv. group, 4P185 x 75R14 SL w/w tires. 1 in stock, #4R033. Many other models in stock to choose from with popular options.

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15 OTHERS AVAIL. WITH POPULAR OPTIONS



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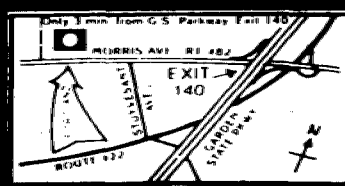
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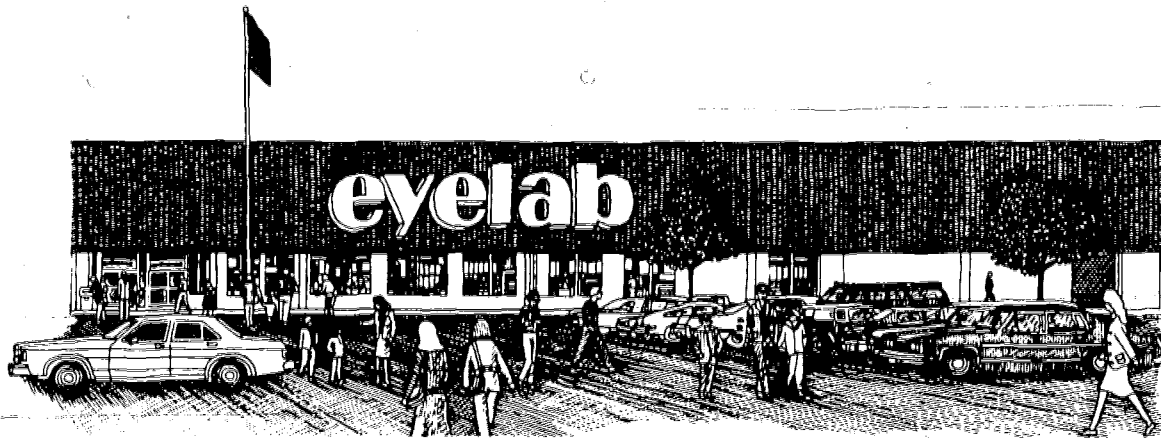
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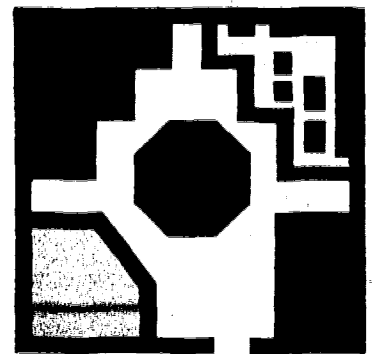
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Even better, the new Eyelab building is here.

Within the same building as Eyelab, you will find the equally exciting service concepts created by two equally dedicated optometrists. **Eyexam 21** is the new, more comprehensive, more valued eye examination. It includes a 21 point state-of-the-art eye examination. **Contacts 21** may be the largest, most complete contact lens facility in the state. Both are here in this new Eyelab building in Springfield. Doctors are not affiliated with Eyelab.

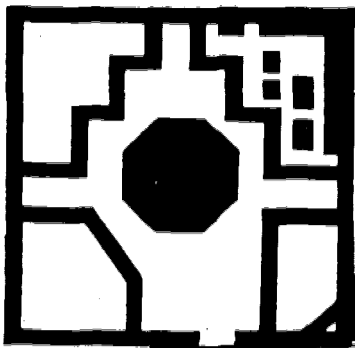


eyelab™

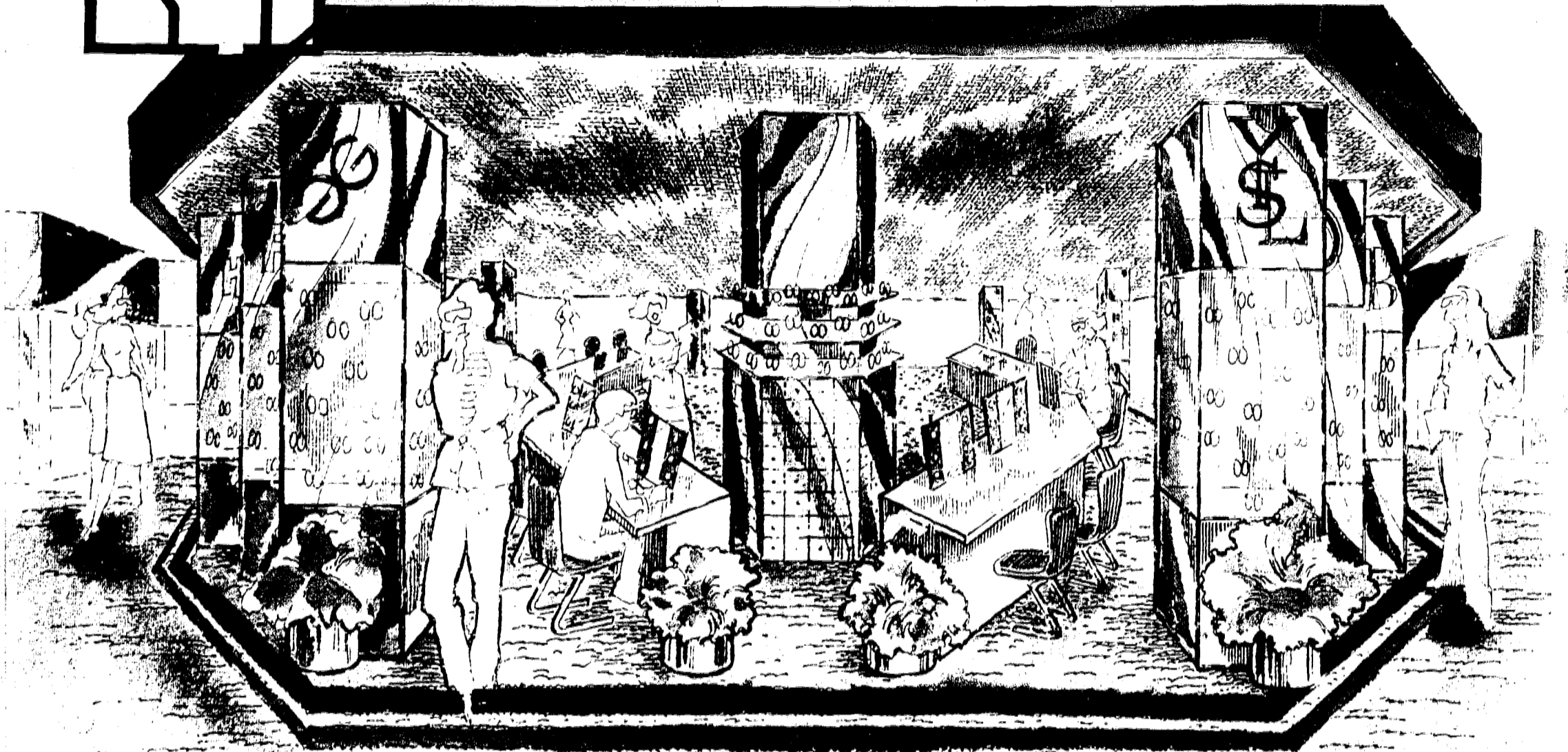
This message greets you as you enter the doors of Eyelab.



Looking down upon the main floor
at Eyelab, front center (roof removed) is
Eyelab Presents; it is flanked to the front by
Kidslab and **Funslab**. Across the rear,
stretching from the **Eyexam/Contacts**
area to **Enslab**, are Eyelab's
Hislab and **Herlab** departments.



eye lab presents:



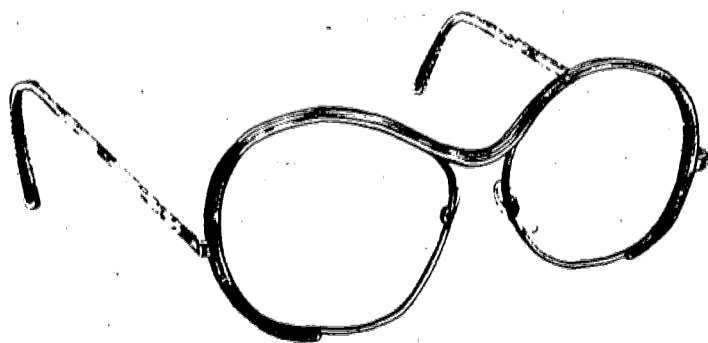
Fashion Finds a Home.

To fine craftsmen, eyeglass frames, like fine jewelry and fine watches, are works of art. To top designers, frames help to dramatize, glamorize and personalize the wearer. To these craftsmen and designers, and to the quality-conscious people who follow them, **Eyelab Presents:** is dedicated.

Eyelab Presents: The Finest

Here is where eyewear fashion finally comes into its own, with presentations of complete-designer

collections, with frames of exotic and exquisite design and fabrication:



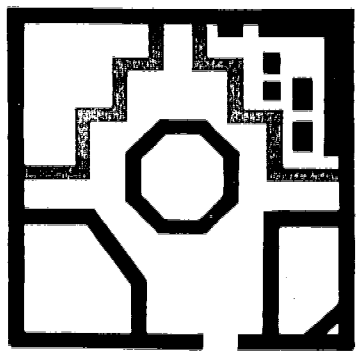
buffalo horn frames, tanned leather frames, wooden frames, snakeskin frames—even solid gold frames. And each created with a striving for perfection you may not have known existed in eyewear.

Here you will see the craft of the Great Europeans: Silhouette, Rodenstock, Neostyle—side by side with master innovators: Ted Lapidus, Giorgio Armani, Nina Ricci, Yves St. Laurent and on and on.

Each must earn entry to **Eyelab Presents:** by passing Eyelab's Fashion Review Panel, and by no other means, be its name familiar or unfamiliar.

Aren't you pleased you'll be able to see the finest the world has to offer?

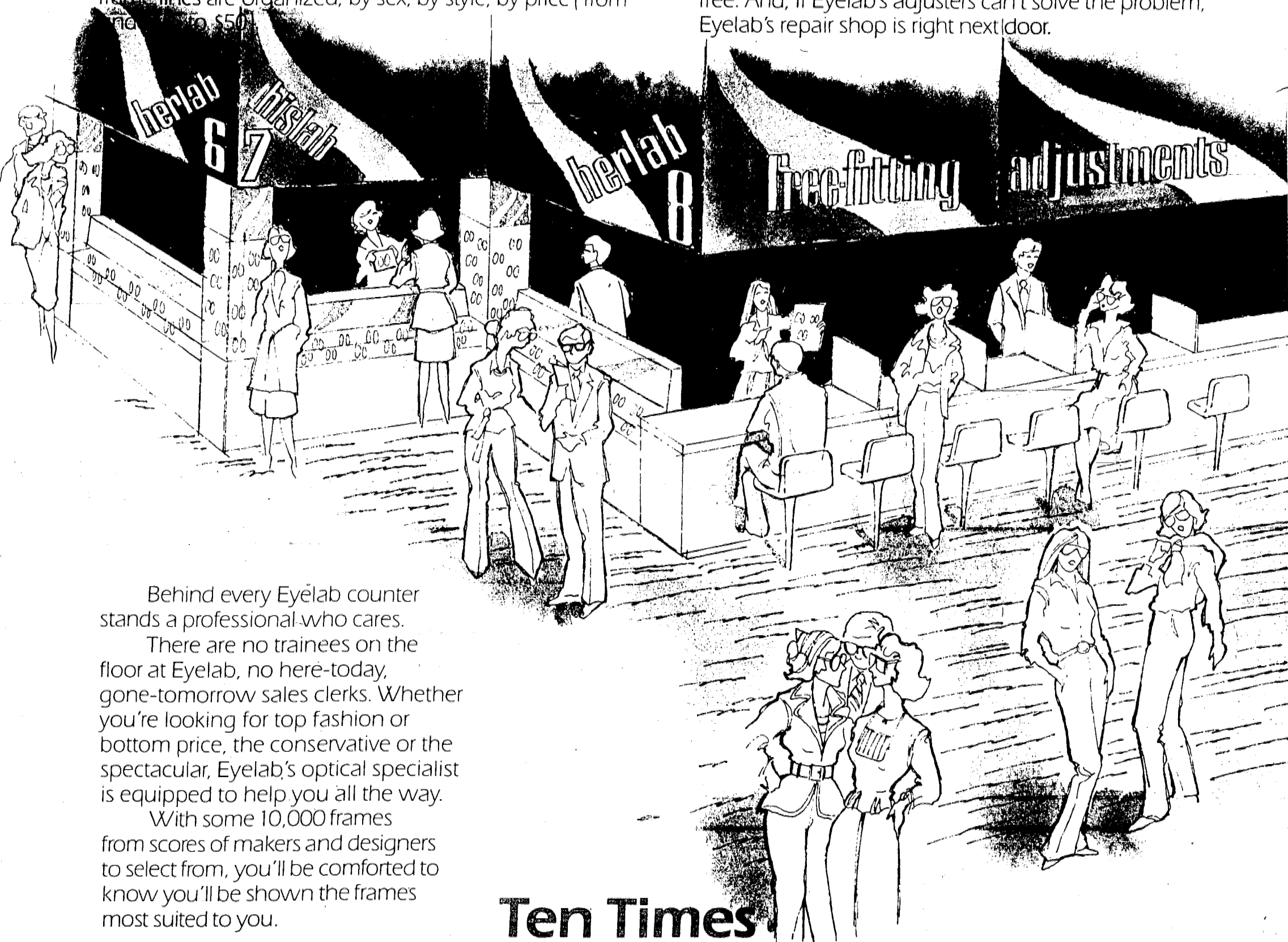
At Eyelab prices.



hislab/herlab

Spanning Eyelab are the eyewear departments, known as hislab and herlab, each with its own purpose and function. Within them, scores of designer and fine maker frame lines are organized, by sex, by style, by price (from

At the end of the frame counters are fitting and adjustment departments. Here, regardless of where you obtained your prescription, lenses or frames, the service department is free. And, if Eyelab's adjusters can't solve the problem, Eyelab's repair shop is right next door.



Behind every Eyelab counter stands a professional who cares.

There are no trainees on the floor at Eyelab, no here-today, gone-tomorrow sales clerks. Whether you're looking for top fashion or bottom price, the conservative or the spectacular, Eyelab's optical specialist is equipped to help you all the way.

With some 10,000 frames from scores of makers and designers to select from, you'll be comforted to know you'll be shown the frames most suited to you.

All at Eyelab prices.

As one observer put it, "If you don't see what you want at Eyelab, you probably shouldn't want it."

Ten Times The Frames Of Any Vision Center.

eyexam 21



Here are the tests and examinations of your eyes that you will receive at the Eyexam facility.

1. **YOUR HEALTH HISTORY** is recorded by trained optometric assistants.
2. **YOUR PRESENT GLASSES Rx** is analyzed, electronically.
3. **YOUR VISUAL SKILLS** are assessed in tests with present glasses.
4. **YOUR DEPTH PERCEPTION** is tested, using a subjective method.
5. **YOUR COLOR PERCEPTION** is tested, with numbers-in-color dot cards.
6. **YOUR DISTANCE VISION** is measured objectively by an eyexam computer.
7. **YOUR VISUAL FIELD** is measured (if you are over 35) by an **AUTO PERIMETER**. This planetarium-like electronic instrument has a high degree of accuracy in spotting early symptoms of glaucoma or other diseases that may affect your sight. (A small surcharge is made for this special examination.)

8. **YOUR PRESCRIPTION** is first determined by use of the traditional PHOROPTER. Results are compared with other Rx tests before your eye doctor writes your final prescription.

9. **YOUR CORNEA** is measured by use of a **KERATOMETER**.

10. **YOUR CORNEA** is inspected through a **BIOMICROSCOPE**.

11. **YOUR EXTERNAL EYES** are inspected for movement and for signs of disorder, such as inflammation; discharge, etc.

12. **YOUR INTERNAL EYES** are inspected for disease or any sign of eye disorder, such as cataracts.

13. **YOUR REFRACTION** is determined by examination with a **RETINOSCOPE**.

14. **YOUR DISTANCE AND NEAR VISION** are measured through a Subjective Test Series.

15. **YOUR MUSCLE BALANCE** is analyzed to determine how well your eyes perform, separately and together.

16. **YOUR OPTICAL ACCOMMODATION** is tested, measuring your response to changing distances of visual stimuli.

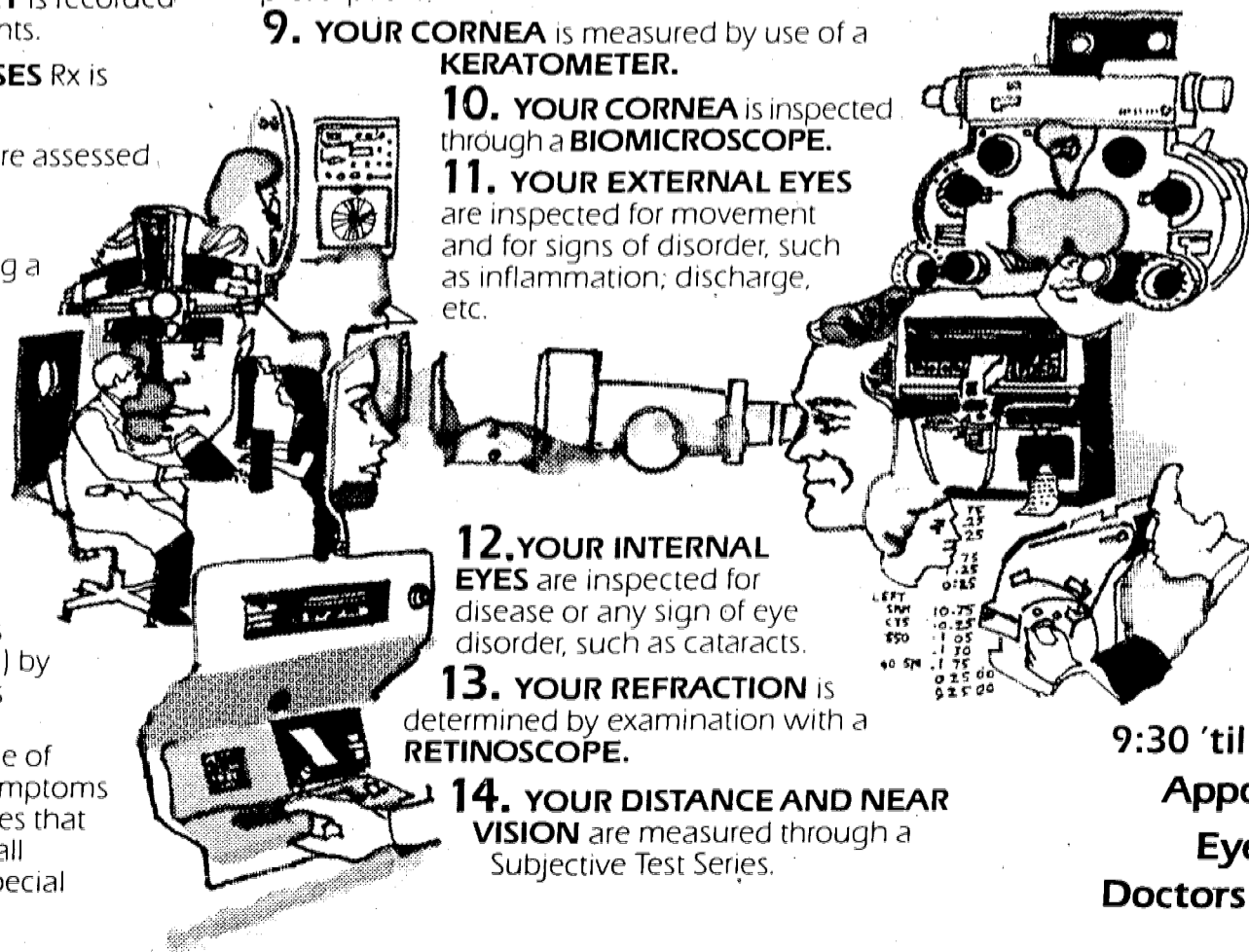
17. **YOUR NEW PRESCRIPTION** is made and tested through use of test lenses.

18. **YOUR BLOOD PRESSURE** is taken as an added index of your health.

19. **YOUR EYES ARE SCREENED FOR GLAUCOMA** by airpuff tonometry.

20. **YOUR FINAL CONSULTATION** to answer any questions you may have.

21. **YOUR NEW EYEGLASSES** are checked for accuracy.



VISA MASTERCARD

9:30 'til 9:30—Monday thru Saturday

Appointments are not required.

Eyexam 21: (201) 376-8900

Doctors are not affiliated with Eyclab.

contacts 21



Think "Contacts" Now!

If you've ever thought of trying contact lenses, this is the time to think even harder. Our contact lens department brings you the most modern facilities, with the newest innovations. Plus the greatest price values and the largest selection of contact lenses in the State of New Jersey, if not in the world.

Isn't it time to see what contact lenses can do for you?

Seven examination rooms 3,000 lenses

We utilize the finest and most up-to-date analytic and testing equipment and fitting instrumentation, and duplicate every piece in each of seven separate fitting rooms.

The experience is virtually unparalleled, with well over 1,000 lens fittings a month in the original Eyclab Building alone.

One of the main reasons for success is the vast assortment of contacts... with over 3,000 lenses in stock.

The Great Contact Lens Wall

The secret of good fitting and correct vision in contact lens service is carrying maximum variations of prescriptions to fit variations of the human eye. The Great Lens Wall will show you more about contacts than words could.

9:30 'til 9:30—Monday thru Saturday
VISA MASTERCARD

These lenses cover virtually every vision problem, from minor malfunctions to lenses for astigmatics who, until now, could not wear conventional lenses. There are even lenses for post-cataracts and for those suffering from monovision.

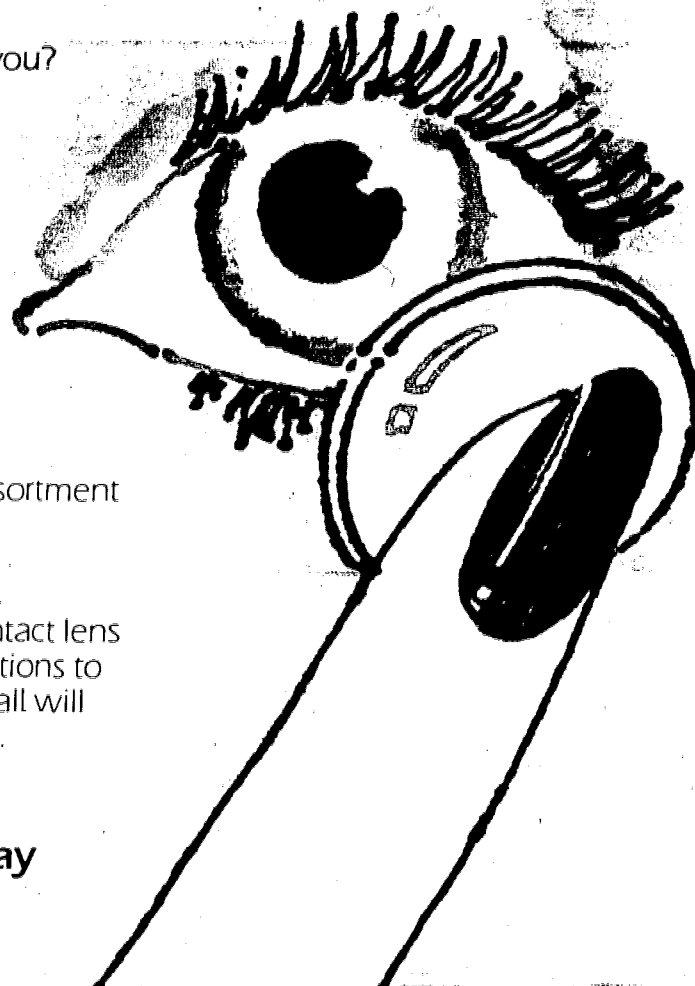
Every quality manufacturer is represented, including Bausch & Lomb, American Optical, Vistacon, American Hydron, Syntex-Polycon, Conforma, Hydrocurve, and more.

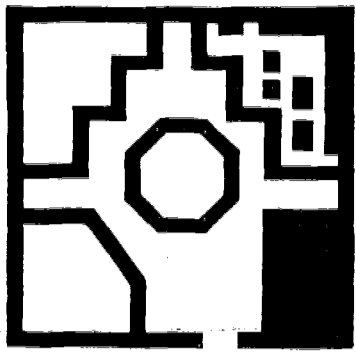
"Contacts" You Wear for Thirty Days.

You may have heard of the newest breakthrough in soft contact lens wearing. These new lenses, Permalens and Hydrocurve, may be worn for up to four weeks, day and night, without removal. Called extended wear contact lenses they are now in the Extended Wear Department.

Particularly if you have worn contact lenses before, you will appreciate the great convenience, practicality and comfort these lenses of the future can give you today.

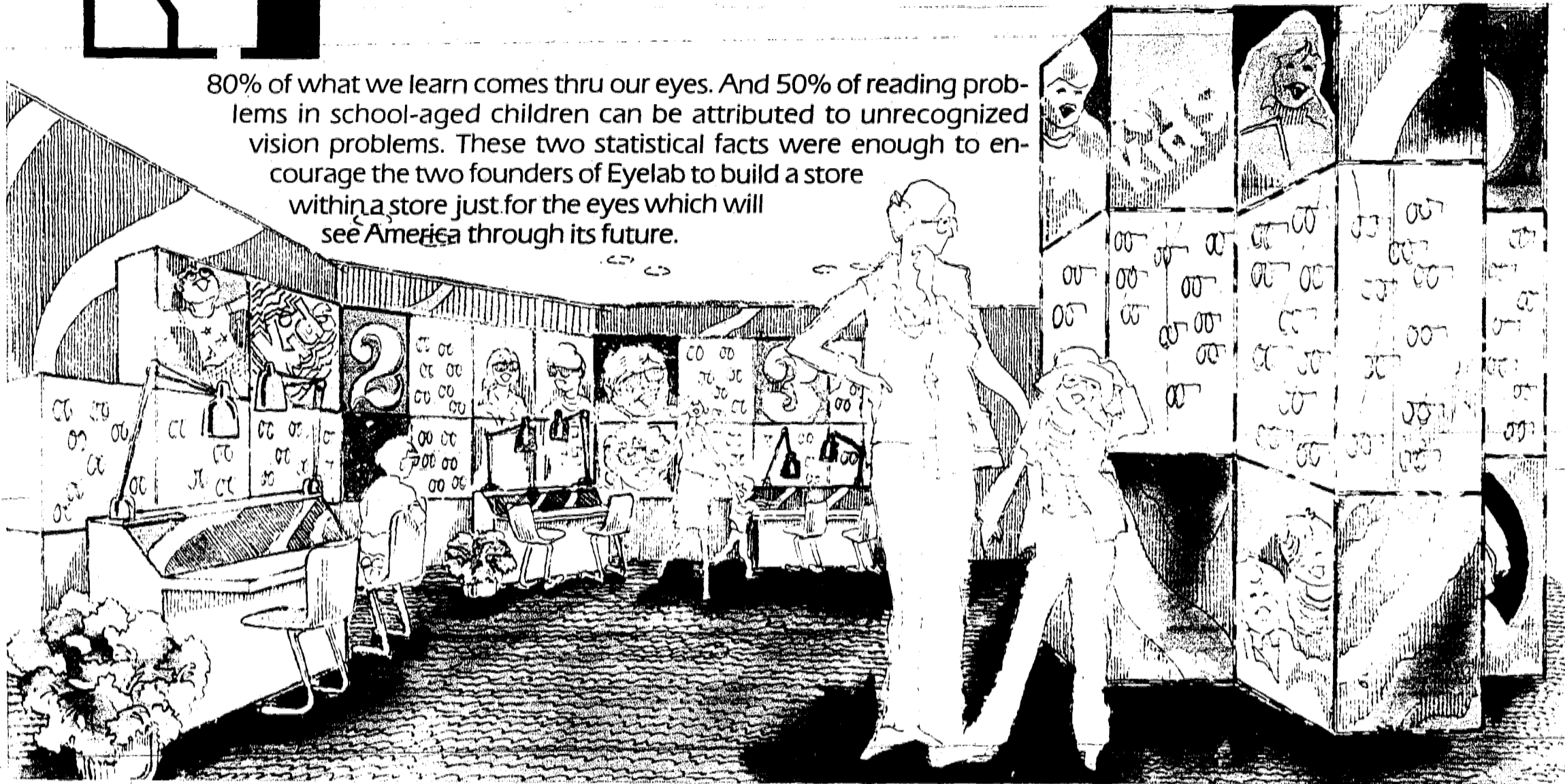
Appointments are not required.
Contacts: (201) 376-8902





Kidslab

80% of what we learn comes thru our eyes. And 50% of reading problems in school-aged children can be attributed to unrecognized vision problems. These two statistical facts were enough to encourage the two founders of Eyelab to build a store within a store just for the eyes which will see America through its future.



To See Is To Know. To Know Is To Grow.

THE MOMENT A CHILD ENTERS KIDSLAB, HE KNOWS EYELAB IS ON HIS SIDE.

Simply identifying a vision problem is not enough. Good eye exams and proper lenses are not enough. The child must accept and wear the glasses. And, with the glasses many are "ordered" to wear, who can blame their balking.

In approach and in frame selection, Kidslab treats the child like an adult.

There are fun frames and serious frames, great European craftsman frames and designer frames and plenty of frames for the plenty of differences between kids. And, to help them, Kidslab is staffed with child-oriented specialists who are skilled in turning what at times seems to be a "bum rap" into a "good deal".

For the parent, the "good deal" is Eyelab's price.

KIDS COMBAT GLASSES.

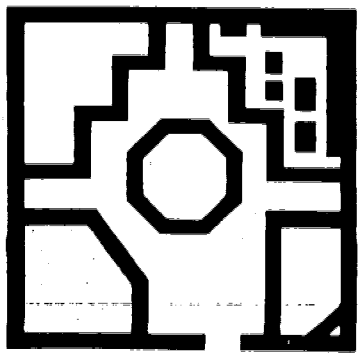
For young sports, check out Eyelab's collection of "short-sports" and other lenses and frames for young athletes. They are a must for every sport from

hockey to King of the Mountain. Warning: "Mr. Macho Man" may refuse to take them off at bedtime.

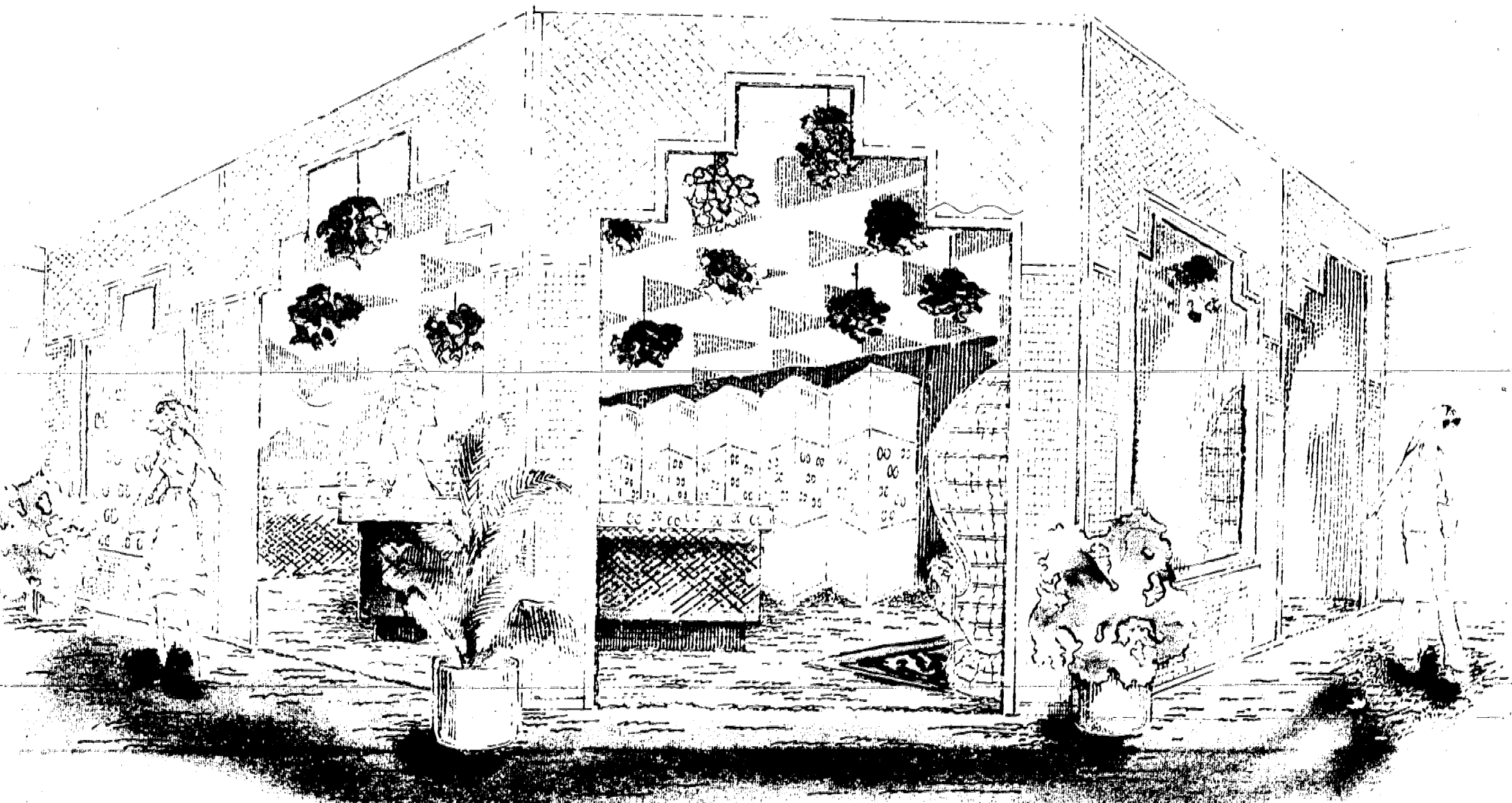
THEY MAY COME HOME WITH SCRATCHES, BUT THEY WON'T BE ON THEIR GLASSES.

Every kid can have lenses made at Eyelab with a special hard finish "Super Shield"™—an invisible protective shield. We call these "Can't Scratch Me" lenses and they're always in stock at Eyelab. At Eyelab prices.





lab



Sunlab
and
Giftlab

At last, a fashion showplace to fit the size of America's sunglass craze. In Sunlab are ten times the fine designer and quality maker sunwear usually seen in department stores. Ray-Ban is here and Colors in Optics and Porsche Design by Carrera in profusion.

Sunsensor Lenses® by Corning are here and mirror-coated lenses by Bausch & Lomb and the latest photochromatic glass coated with plastic by C-Lite™ — everything under the sun.

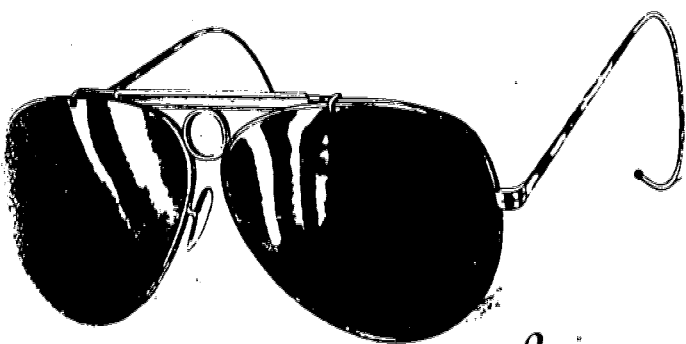
But you won't find poorly made sunwear here, the cause of eyestrain, fatigue and accidents.

Sportslab/Funlab/Giftlab

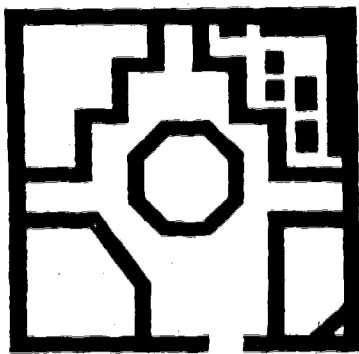
Here, you'll also find Sportslab with all the frames for the games people play... from racquetball to riflery, from mountain climbing to SCUBA diving and every place in between.

Here, in Funlab, you'll try on French Welder's Glasses and Night Shades and even Crazy Eyes for the kids.

And, in Giftlab, you'll find gifts that aid Man's greatest gift—eyesight—from magnifiers of every type to specialty lenses and accessories, to binoculars and even Eyselab Gift Certificates, in case you're playing it safe.



Ray-Ban
SUNGLASSES



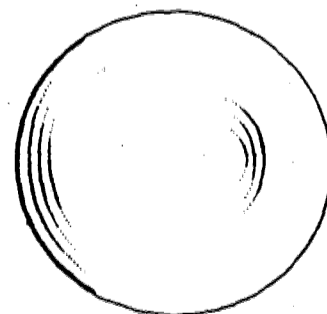
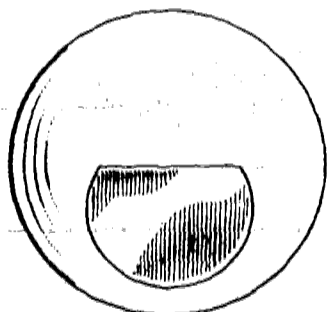
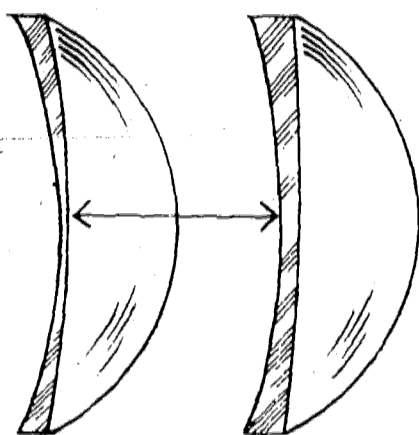
lens

What You See Is What You Get.

ALL THE LATEST LENSES

New ULTRA-THIN LENS

A breakthrough by the founders of Eyelab, Ultra-Thin is 25% thinner in the central body of the lens giving not only greater comfort through lightness but a more attractive look as well.



THE "INVISIBLE" BIFOCAL

Until recently, the only bifocal lens you could buy showed its not-so-attractive marks of distinction, a distinct line or box where lens power changed. Now, there is a new type of lens in which the power of the lens gradually changes from far to near vision. Magically, there is no dividing line. We call it, "The Invisible Bifocal", but it has very visible benefits, both in "the look" and in the looking.

New SILOR SUPER SHIELD™ New AMERICAN OPTICAL PERMALITE™

Breakthroughs in scratchproof lenses. Each resists scratching through an amazing new finish. Perfect for kids or anyone with an active lifestyle.

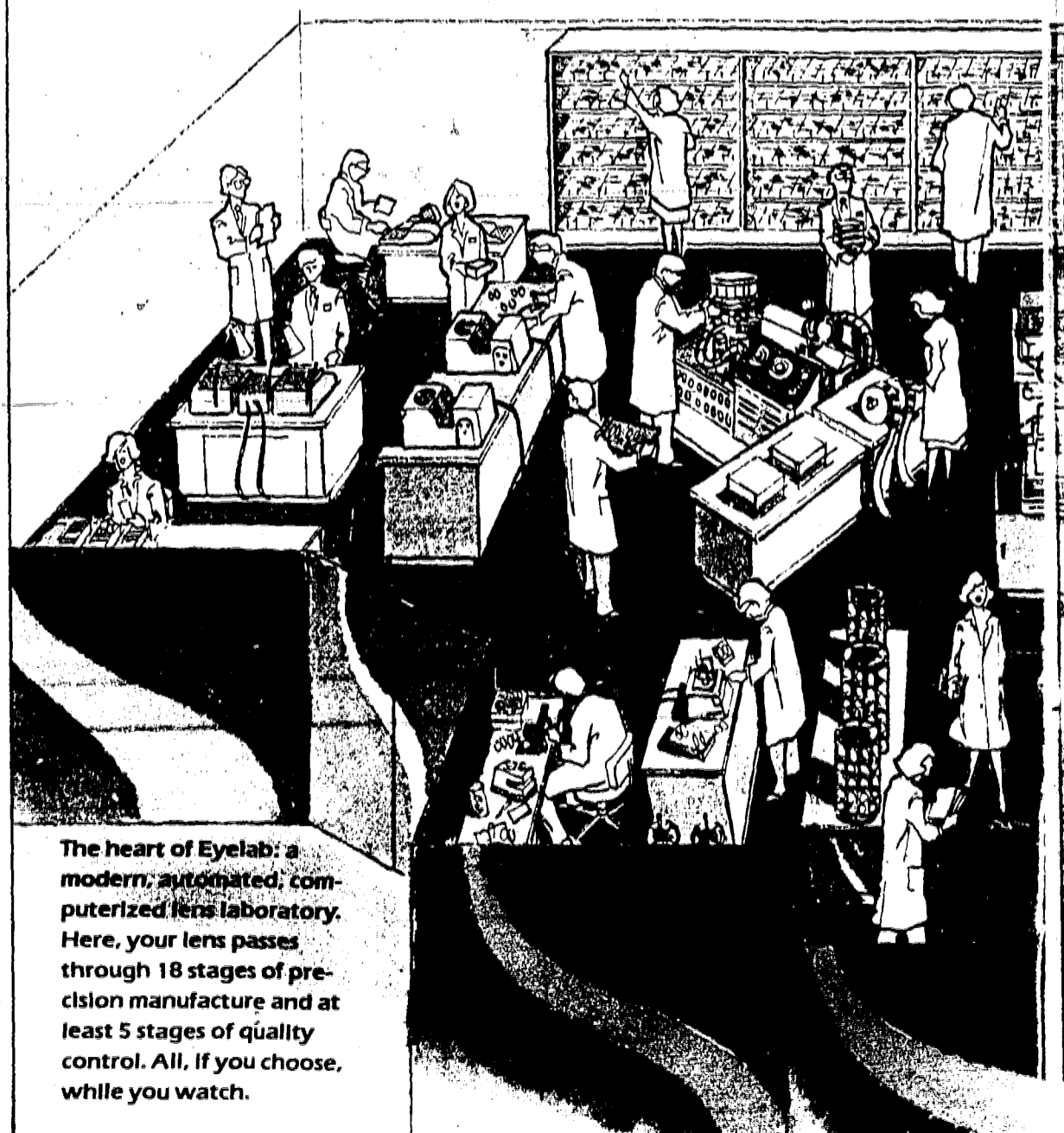
ALL AT EYELAB PRICES.

Ever since Man first discovered that lenses could aid his vision, he's been waiting for his glasses. Today, although some advertising claims imply otherwise, most prescriptions are fulfilled in an optical laboratory, far removed from the eyeglass store. In the majority of cases, the "short waiting period" for glasses will range from 2 days to 2 weeks. But, never at Eyelab.

And, heaven forbid the laboratory should make an error, for, then "back the lenses go" and your wait begins anew (but, never at Eyelab).

The Wait Is Over.

the lenses



The heart of Eyelab: a modern, automated, computerized lens laboratory. Here, your lens passes through 18 stages of precision manufacture and at least 5 stages of quality control. All, if you choose, while you watch.

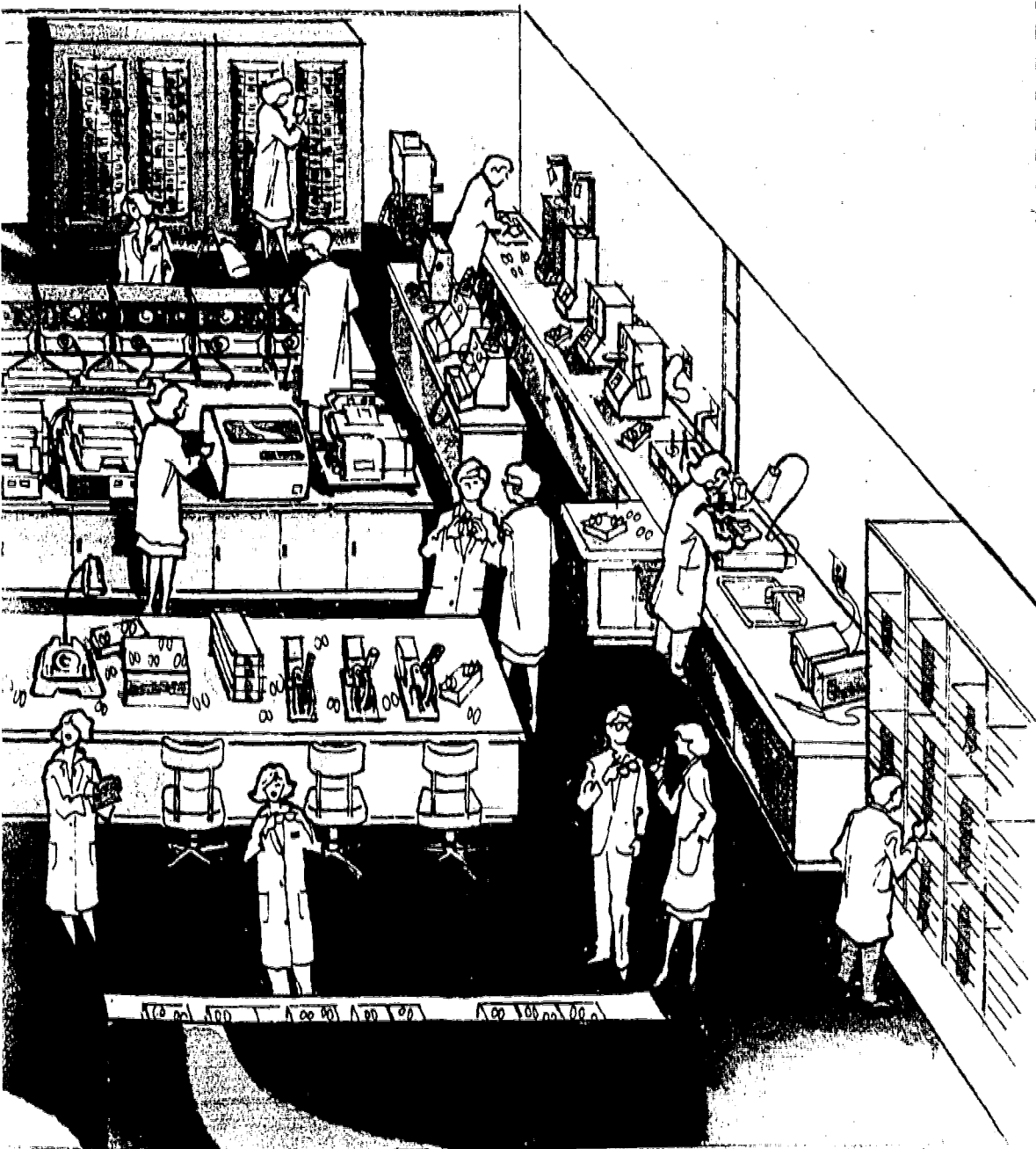
lab

Just a few years before they began to build their "dream store", the founders of Eyclab founded and operated what became the most successful lens-making laboratory in the Eastern United States.

What they learned, they have now applied to creating a "dream lab". Computerized and automated, outfitted with the latest developments and finest precision lens-making equipment and instruments, it is right on the spot, under the one roof of Eyclab.

One result? What took two days or two weeks now takes two hours... or less. Another result? You can observe the precision craftsmanship and the superior quality control techniques applied to your lenses while they are being

the frames



made. You not only know what you are getting but you can see where you're getting it from.

You'll see that in its experience, skill, precision, quality and concern, there is truly nothing to equal what you get from Eyclab.

ALL THE NAMES. ALL AT EYELAB PRICES.

Here is a sampling of those who create and make the thousands of eyeglass frames in Eyclab.

ADOLFO, ALFA ROMEO, L'AMY, ALTAMODA, ATRIO, AVANT-GARDE, RENATO BALESTRO, PIERRE BALMAIN, BAUSCH & LOMB, GEOFFREY BEENE, LAURA BIAGIOTTI, TERRI BROGAN, PIERRE CARDIN, CARRERA (PORSCHE DESIGN), CAZAL, CELINE, ROBERT CLAUDE, COTTET, LA COSTE, CARAN D'ACHE, CHRISTIAN DIOR, DUNHILL, EXOTIQUE, FASHION ITALIANA, FERRE, FILOS-MENAGE, FIORUCCI, GAMBINI, REGGIE JACKSON, EMMANUELLE KHAN, ANNE KLEIN, MICHELLE LAMY, LANVIN, TED LAPIDUS, ROBERT LA ROCHE, RALPH LAUREN, LOGO OF PARIS, SOPHIA LOREN, MENRAD, METZLER, NEOSTYLE, FRANCK OLIVIER, OPTYL, PERRIS, PLAYBOY, POLO, REGE, REVUE, RIVE GAUCHE, NINA RICCI, ROBERTA DI CAMERINO, RODENSTOCK, SAFILO, PHILIPPE ST. CLAIR, YVES ST. LAURENT, MAURICE ST. MICHEL, SAPHIRA, SILHOUETTE, SWANK, GLORIA VANDERBILT, VERSAILLES, VIVA OPTIQUE, VICTORY, JOHN WEITZ, SIR WINSTON AND ZEISS.

And in Kidslab: many of the above plus ANNIE, FLINTSTONES, HOLLY HOBBY, LITTLE LOGO, PINK PANTHER, PATHWAY, LE STAR, STRAWBERRY, SHORTCAKE, SUPERMAN, WONDER WOMAN and more.

And in Sunlab/Sportslab/Giftlab: Many of the above plus ALITALIA, BUSHNELL, RAY-BAN, CARRERA PORSCHE, COLORS IN OPTICS, FRANEL, JORDACHE, PAPPILLION, PRIVATE EYES, SNOOPY, SOL-OPTICS, SPORT DESIGN, REC-SPECS and more.

**HOW TO ARRANGE
A TOUR OF EYELAB**
Call Miss Eyetour (at any
Eyelab). Groups of 12 or
more will be booked for a
free guided tour of the
Eyelab complex. Tours are
of special interest to

schools, senior citizens,
business associations,
fashion groups, students
of physical sciences and,
of course, any one with
interest in the optical
industry.

eyelab

NOW IN SPRINGFIELD, N.J.—ROUTE 22 THE WORLD'S FIRST EYEWEAR DEPARTMENT STORE.

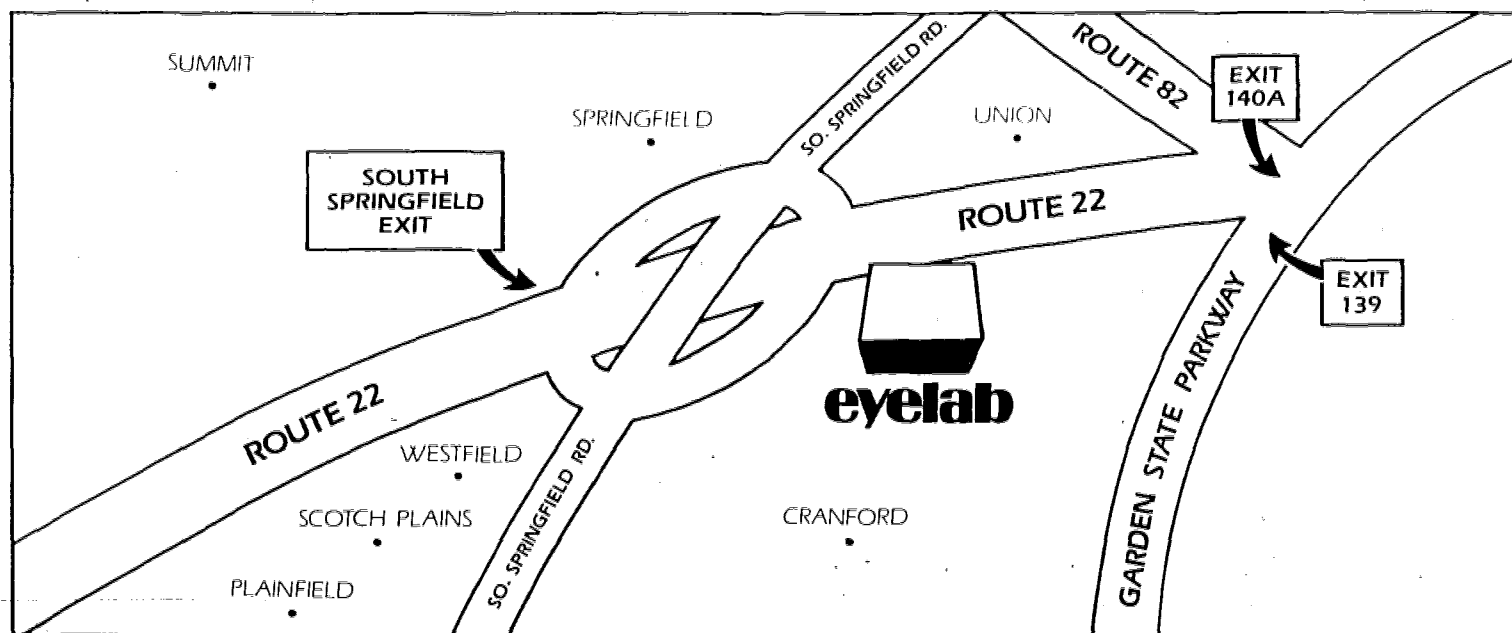
HOW TO GET TO EYELAB, SPRINGFIELD:

From Garden State Parkway Northbound: Take Exit 139

Left onto Chestnut Street then quick
left on to Route 22 West. Go 2 miles.
Go past Eyelab (see store on left side
of Route 22). Go under overpass.
Take So. Springfield Ave. exit ramp
southbound. Turn right onto South
Springfield Ave. overpass turn left
onto Route 22 eastbound. See Eyelab
on right.

From Garden State Parkway Southbound: Take 140A

Follow signs to Route 22 West. Go
2 1/2 miles. Go past Eyelab (on left). Go
under overpass. Take So. Springfield
Ave. exit ramp southbound. Turn
right onto So. Springfield Ave.
overpass, turn left onto Route 22 east-
bound. See Eyelab on right.



ALL STORES OPEN 9:30-9:30 MON.-SAT.
ALL MAJOR CREDIT CARDS.

EYELAB CARLE PLACE

148 Glencove Road
Carle Place, N.Y. 11514
(516) 248-2100

EYELAB PARAMUS

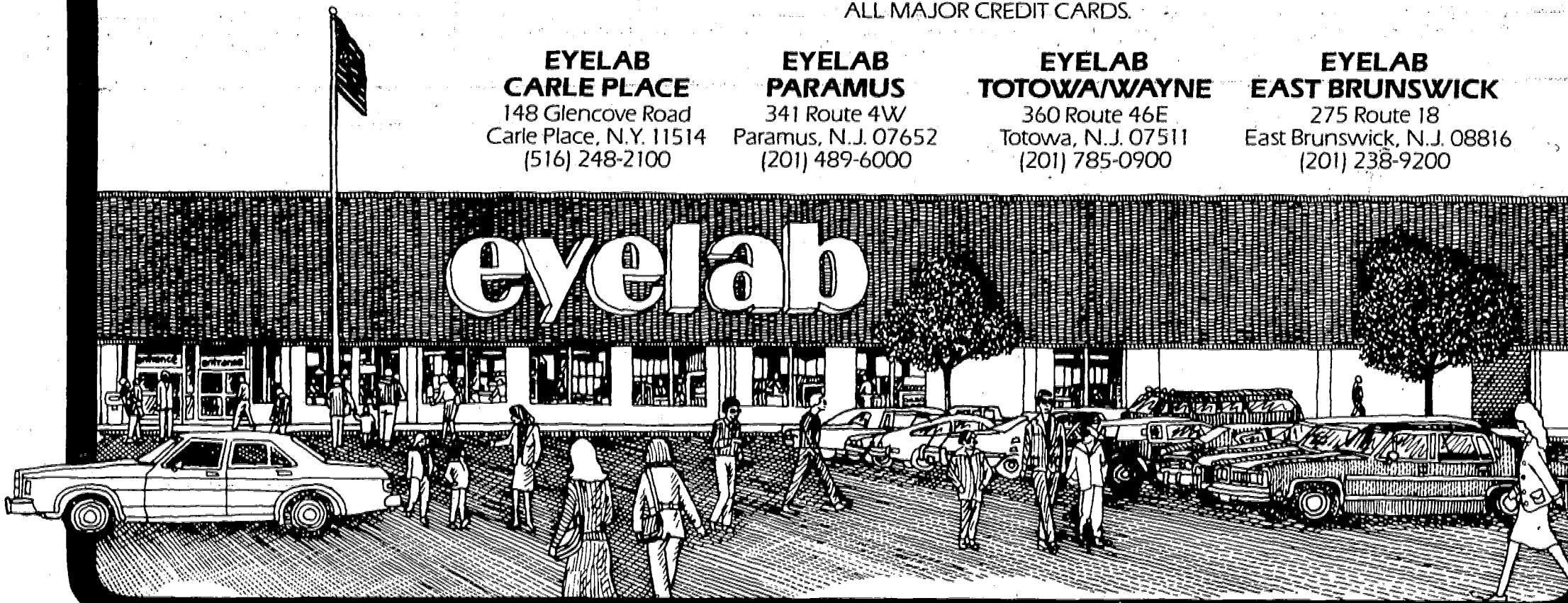
341 Route 4W
Paramus, N.J. 07652
(201) 489-6000

EYELAB TOTOWA/WAYNE

360 Route 46E
Totowa, N.J. 07511
(201) 785-0900

EYELAB EAST BRUNSWICK

275 Route 18
East Brunswick, N.J. 08816
(201) 238-9200



eyelab

275 ROUTE 22, SPRINGFIELD, N.J. 07081
(201) 376-7900