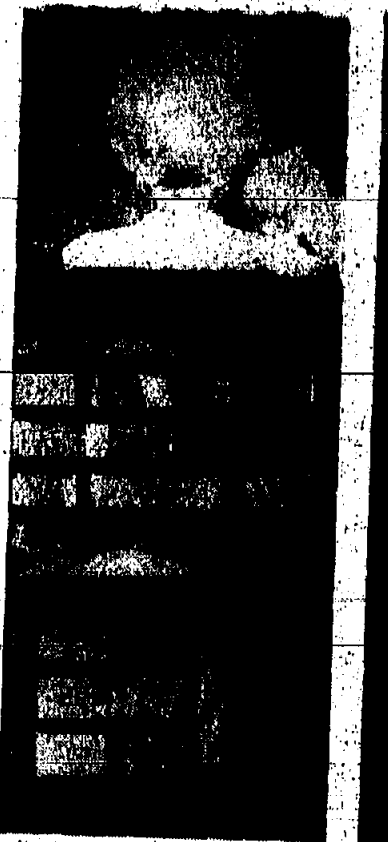


Springfield Leader
1891 Stuyvesant Ave., Union, N.J. 07083
686-7700
WALTER WORRALL, Publisher

Ada Brunner
Executive Editor
Mike Kazala
Advertising Director
Published every Thursday
by Truher Publishing Corp.
(TS/PA 81878) Annual
subscription \$15.00 in county,
\$18.00 out of county, \$26 per
copy. Mailed and entered as
second class matter at the
Springfield, N.J. Post Office.

Scene around the town



The number four... The front wall at the Pelican Village Apartments, located at 1088 Stuyvesant Ave., Irvington.



Continuing my streak... 'Scene around the town' identified: The front wall at the Pelican Village Apartments, located at 1088 Stuyvesant Ave., Irvington.

Tip on tax-cut income shifts can be helpful

If you want to cut your 1983 federal income tax bill, now is the time to act. Don't wait until April 15, 1983, when the New Jersey Society of Certified Public Accountants...

St. James celebrating a key week

SPRINGFIELD-St. James School of Springfield will observe Catholic Schools Week from Jan. 30 through Feb. 4. During this week, many activities are scheduled to celebrate the occasion.

A fun day is expected at the open Gym Classes on Wednesday, Feb. 2. Parents will observe and participate in their child's gym class.

A series of 10 in-service training programs for law enforcement officers will be offered this spring by the Union County Police Basic Training Academy at Union County College.



MINI-MANIA—From Yucker, well-known California artisan, will make a rare last appearance at the Winter World of Mini Mania on Sunday, Jan. 30, at Etihad with a new variety of international air-ports.

Training set for policemen Ogdon understands need to compromise

Assembly member Maureen Ogdon (R-22) said recently enacted income and sales tax increases, coupled with a bill to restore \$87 million cut from various state aid programs last year...

The Nuclear Freeze Committee analyzes 2 current initiatives

SPRINGFIELD—At last week's meeting of the Springfield Nuclear Freeze Committee, two current initiatives before the Congress were analyzed and discussed.

DiFrancesco lauds car insurance

A major reform of New Jersey's current auto insurance system is one step away from being enacted into law, according to Donald DiFrancesco, R-Union.

Once again, ERA

'You've come a long way, baby,' says the commercial. Perhaps. But there's still a long, long way to go. It has been well over a century since that day in 1872 when suffragette Victoria Woodhull was nominated by the People's Party as the first woman candidate for president of the United States.

More decades have gone by, and the 'woman's place is in the kitchen' argument isn't heard as often as it once was. But the fight against the Equal Rights Amendment goes on. At times it seems as if the battle has simply moved from the kitchen to the bathroom.

Check-out line friendships may be for life

By SAM ARENA
The girl that married can schedule a week of activity into one day and invariably does.

My leaves can tell temperature

By MARY HANMANN
Winter has finally come. But, until well into January, it has been a comfortable one.

Pretreatment urged of industrial sewage

By DAVID MOORE
Recently, sudden and shocking proof that the need for pretreatment of industrial sewage emerged from Trenton in the form of a depressing report on the concentrations of polychlorinated biphenyls (PCBs) being found in New Jersey fish.

The State We're In

Like their close chemical cousins, DDT and related chlorinated hydrocarbon pesticides, PCBs are nearly impossible to dissolve in water but readily do so in oil or fat. They tend to cling to mud and clays found in the bottom sediments of streams and the ocean.

EVE sponsors lecture on jobs

EVE, the Adult Advisory Services of Kean College of New Jersey, is sponsoring a free lecture from 7 to 9 p.m. March 3 on entering the job market through sales careers.

Recreation meeting

SPRINGFIELD-The Springfield Recreation Committee has pushed back its monthly meeting to Monday, Jan. 31, 7:30 p.m. here at the Sarah Bailey Civic Center.

HOLLYWOOD JUVENILE

ONE OF NEW JERSEY'S LARGEST SELECTIONS OF
Toys, Games, Tricycles, Crib, Juvenile Furniture, Bedding, Clothing, Bedding, Crib, Strollers, Carriages, etc.

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William H. DiGiacomo, M.D.
William A. DiGiacomo, M.D.
Dennis DiGiacomo, M.D.
Diplomates of the American Board of Internal Medicine announces the opening of their second office in UNION, NEW JERSEY

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Savings up to 60% off

Right now, in the middle of the fur-wearing season, we've taken a gigantic selection of our finest furs and priced the entire dazzling collection up to 60% below our usual low prices.

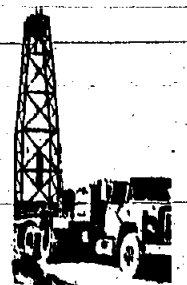
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or personnel,
Clean rugs!



Kill bugs!



Find antique mugs!



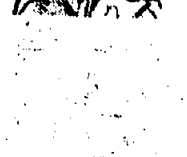
Alter Coats!



Rent boats-



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Siding,

Horseback riding!

Car towing,

Lawn mowing,

Garden growing...

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- East Orange Record
- Orange Transcript
- The Glen Ridge Paper
- Bloomfield Independent Press
- Nutley Journal
- Belleville Post
- Irvington Herald
- Vailsburg Leader



FOR UNION COUNTY CLASSIFIED CALL 686-7700

Your ad will appear in these seven newspapers:

- Union Leader
- Springfield Leader
- Springfield News
- Linden Leader
- The Spectator
- Hillside Leader
- The Suburbanite

Water to give a recital at U. of Maryland Feb. 1

Hillary Watter, a 1982 graduate of the University of Maryland at College Park, will give a recital on Feb. 1 at 7:30 p.m. at the University of Maryland at College Park. She will sing selections from Beethoven, Chopin, Liszt, Schubert, and Tchaikovsky. She is the daughter of Mr. and Mrs. Howard Watter of Maryland and is a 1976 graduate of Assinippi Valley Regional High School. Hillary is a member of the University Chorus and the University Chamber Choir, and was a finalist in the National Association of Teachers of Singing Competition. Hillary is a member and past president of Sigma Alpha Iota, the national honorary music fraternity for women.

Hillary is the recipient of a scholarship awarded by St. Matthew's Episcopal Church and also one by the University of Maryland voter department.

HILLARY WATTER

Dick Gregory to talk at UCC

Dick Gregory, one of the nation's leading political analysts, will speak at the New Year's Eve portion of the Union County College Bicentennial Celebration, 7:30 p.m. at the University of Maryland at College Park.

Gregory is the third well-known personality to be featured in the 1982-83 BJA series, John W. Dean III. While some officials involved in the Watergate era, will speak on March 17.

Gregory is one of the most sought-after speakers in America on college campuses. He will speak at the college's Bicentennial celebration on March 17, 1982.

In his own words, "I have been a student, a teacher, a parent, a manager, a leader, a follower, a man who has risen to the top of his profession."

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Gregory is one of the most sought-after speakers in America on college campuses. He will speak at the college's Bicentennial celebration on March 17, 1982.

Renata Club conducts annual luncheon

The Renata Club of the College of New Jersey recently held its annual holiday luncheon at the Town and Campus restaurant in Union, N.J. The club invited many guests to the luncheon.

RENATA CLUB

Area weather: ups and downs

Metereologically speaking, 1982 in this area was a mixed-up year. It experienced the coldest August ever recorded by Union County College's Cooperative Weather Station, as well as the warmest December ever recorded at the facility, which has maintained records since January 1, 1960.

According to data released by the station's director, Raymond J. Daily of Parsippany, the record high temperature for August of only 69.9 degrees and for December of 40.8 degrees, are in addition to the record low of 10.0 degrees set in 1982.

The record high one-day snowfall in 21 inches, recorded on July 16, while the low was established on January 17, 1981.

Total precipitation for the year 1982 was below normal, in fact, the 41.28 inches recorded by the weather station marks the lowest amount of precipitation recorded in the area since 1960.

RUTGERS BASKETBALL

WEST VIRGINIA vs SYRACUSE

BAT., JAN. 22

TICKETS AVAILABLE

TO CHARGE TICKETS

832-2766 RUTGERS

Introducing this year's longest, widest luxury car.



The New Raritan Valley Line

Every year, Detroit presents its new line of luxury cars. Unfortunately, in its quest for gas efficiency, it's quickly doing away with some of the luxuries that made you buy luxury cars. Comfort. Quietness. An interior you can really stretch out in. You won't find them in most of today's new cars. But you will find them in the new cars NJ TRANSIT is now running on the Raritan Valley Line. We've replaced all the old trains with new ones that are considered the most comfortable commuter cars ever built - providing the smoothest, quietest ride ever. With year-round climate control, carpeting, reversible high-back cushion seats, soft interior lighting and many other "standard" features, these new cars will make every trip you take more comfortable. And faster, too. For example, they can take you from Plainfield to Penn Station in Newark in 30 minutes - from Westfield, a mere 20 minutes. From Newark, they are convenient transfers to midtown New York (Penn Station) on NJ TRANSIT trains and downtown via PATH. We're also adding new platforms and making other improvements at many Raritan Valley Line stations. To save you money and add extra convenience, NJ TRANSIT offers 10-trip, weekly and monthly discount tickets. And Mail-Tik, our computerized ticket-by-mail service, can save you the hassle of waiting in line to purchase your monthly ticket. For off-peak riders, our one-day round trip ticket means a 25% discount off the regular fare. For more information about Raritan Valley Line schedules and fares, call NJ TRANSIT information, toll-free at 800-772-2222. Then start riding the new Raritan Valley Line. After all, how many other luxury cars offer you the added luxury of not having to drive?

NJ TRANSIT

Miss Barbach

Funeral services for Miss Barbara Barbach were held in St. Joseph's Church in Roselle Monday...

DEATH NOTICES

BAKER: On Jan. 18, 1983, Carl, of Belleville, N.J., beloved husband of Jennie (Cloci) Baker...

Funeral services

Funeral services for Mrs. Mary M. Barbach were held in St. Joseph's Church in Roselle Monday...

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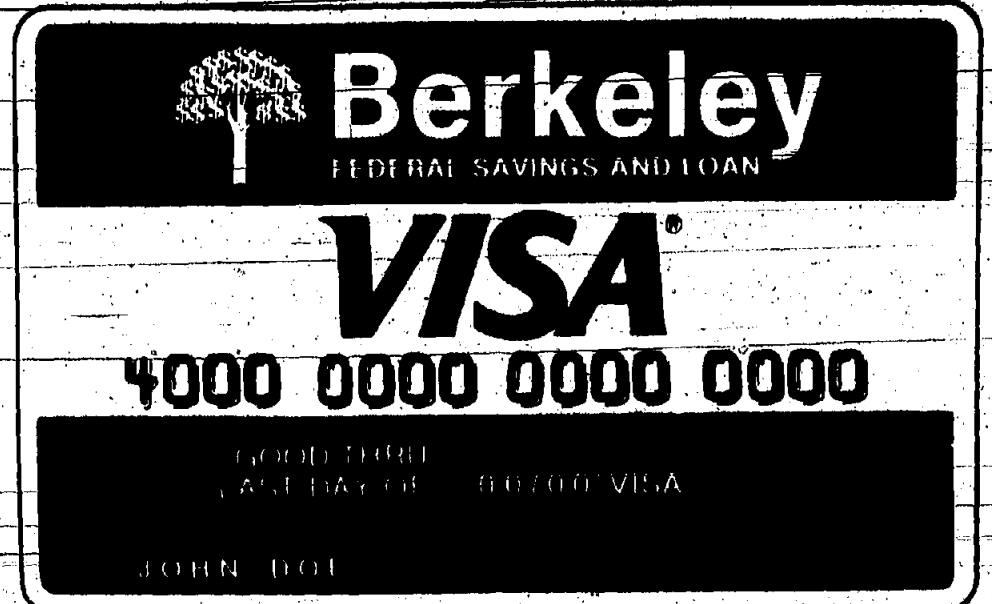
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Free VISA at the Money Tree!



VISA, the most accepted, widely used name in the world for travel, shopping, and cash can now be yours - FREE - from Berkeley Federal Savings!

5 1/4% N.O.W. Checking

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You can open your Berkeley 5 1/4% N.O.W. Account for as little as \$50. And as long as you maintain a minimum monthly balance of \$50, you'll continue to earn a full 5 1/4% interest...

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Charge for Pictures: There is no charge for the announcement, whether with or without a picture...

WEDDING INVITATIONS: INVITATIONS AND ANNOUNCEMENTS, GIFT ACKNOWLEDGMENTS, RECEPTION NEEDS...

OAK KNOLL SCHOOL of the Holy Child announces its annual Cornelian Scholarship Competition

Qualifying test Saturday, January 29, 9 a.m. Girls entering ninth grade in the fall of 1983 are eligible to apply for awards...

THE CATERER THE ATRIUM: Personalized catering at its finest. Superb Cuisine An Expert Staff and Continental Hostess presented CATERING PERFECTION

Superb Cuisine An Expert Staff and Continental Hostess presented CATERING PERFECTION



Quilting class - Florence Degehard (fourth from left) teaches techniques...

Quilting class scheduled: Florence Degehard will give a Patch and Press presentation tonight at 8 to the Ladies Coffee Hour of the Mountaineer Gospel Chapel...

Social and church news

Flo Okin luncheon is set at meeting Wednesday

The Okin Chapter, Inc. will hold a luncheon meeting Wednesday at 12 noon in the dining room of the Mountaineer Hotel...

Quilting class scheduled

Florence Degehard will give a Patch and Press presentation tonight at 8 to the Ladies Coffee Hour of the Mountaineer Gospel Chapel...

School lunches

MONDAY: pizza, hot soups, salad platter, homemade soup, milk; TUESDAY: hot soups, salad platter, homemade soup, milk...

Lodge dance set Saturday

The Springfield B'nai B'rith Lodge 2095 will hold its annual membership dance Saturday evening 7:30 p.m. at the Temple Beth Ahm, Springfield...

Miss Corcoran to be married

Ms. and Mrs. Frank J. Corcoran of Springfield have announced the engagement of their daughter, Teresa Ann...

Author to talk about his book

Dr. Barry Lenton, author and pediatrician, will discuss his book "The Healthy Adolescent" Sunday at 10:30 a.m. in Temple Beth Ahm, Springfield...

Music program set tomorrow

Cheragatone B'nai B'rith, Short Hill, will present a program of music with Cantor Norman Gunders tomorrow at 8:00 p.m. in the sanctuary...

Troth is told of Laurie Ross

Dr. and Mrs. Howard Ross of Springfield have announced the engagement of their daughter, Laurie, to Steven B. Zimmerman of Wilmington, Del.

Annual supper set Saturday

The youth of Holy Cross Lutheran Church, 839 Mountain Ave., Springfield, will hold its annual spaghetti supper Saturday from 5:30 to 7 p.m. in the church...

Sell it through the CLASSIFIEDS 686-7700

Rehmer's Flowers: 143 Chestnut St., Roselle Park 241-8787

The Children's Academy of Springfield is now accepting applications for the 83-84 school year

Large advertisement for Beneficial Bank, featuring the slogan 'You may never have to apply for a loan again.' and listing officers and directors.

STATEMENT OF CONTINUING STRENGTH: Financial statement for Beneficial Bank showing assets, liabilities, and surplus.

Branch locations: Allentown, 1110 Lehigh Avenue; Bethlehem, 1110 Lehigh Avenue; Easton, 1110 Lehigh Avenue...

State official urges: retain student loan subsidy

The elimination of the in-school interest subsidy on Guaranteed Student Loans could have a disastrous effect on providing educational opportunity for New Jersey students," according to William C. Neiser, deputy assistant commissioner for the Commission on Student Financial Assistance in Washington, D.C. Neiser is the state's representative on the National Commission on Student Financial Aid and is to report to the President and Congress on the commission's findings in July with its findings.

Neiser was asked to appear before the House Education Committee on a proposal to eliminate the in-school interest subsidy on Guaranteed Student Loans. He stated that the subsidy pays the interest on these loans while the student is in college, thus enabling students to delay loan payments until after graduation or leaving college.

Analysis of New Jersey students who borrowed last year through the Guaranteed Student Loan (GSL) program indicates that undergraduates face an unmet financial need of \$1,800 after subtracting from education costs the Expected Family Contribution (EFC), other sources of financial aid, and the Guaranteed Student Loan. Students at postsecondary vocational, technical, and business schools show an unmet need of \$2,300, while graduate students face the most severe problem, an unmet need of \$4,200. Neiser submitted his comments to the committee on the day.

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GOURMET DELI CORNER OF GROVE ST. & CLINTON AVENUE 372-6134			
SEVAK			
SEVAK PLAZA 1060 BROAD ST. (ACROSS FROM LINCOLN PARK) 643-8530	9:00 AM	5:00 PM	
SANDWICH TOWN 638 BROAD ST. 643-6950	9:05 AM	5:05 PM	
ELIZABETH			
INTERNATIONAL TOBACCO SHOP BROAD ST. AND ELIZABETH AVE. 354-3344	9:15 AM	5:15 PM	
SEBRATON INN HOTEL RT. 1 & 9 588-1188 EXPRESS	9:25 AM	5:25 PM	

SPECIAL GROUP RATES, MONDAY THRU THURSDAY \$8.50 per PERSON - PAY for 2 get 2 free. FRIDAY, SATURDAY AND SUNDAY SLIGHTLY HIGHER

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Skiwear Jackets • Bib Pants • Sweaters Gloves • Socks • Hats

CLINTON FACTORY OUTLET

Mon.-Sat. 9-5:30; Thurs. 9-3:30; Sun. 12-5
78 Millburn Ave., Millburn, N.J. (201) 762-8262

Scholarship test set

Oak Knoll School of the Holy Child in Summit will give the qualifying test for its Corvelli Scholarship on Saturday, Jan. 29, at 9 a.m. in the school.

The scholarships, which are offered to girls entering Oak Knoll's ninth grade in the fall of 1983, are awarded on the basis of academic ability, leadership and character. They range from \$1,000 to half tuition and are renewable for the four years of each student's secondary school education.

The Corvelli Scholarships were initiated three years ago in commemoration of the 100th anniversary of the death of Cornelia Corvelli, who found

ed the Society of the Sisters of the Holy Child, and have been offered to two girls each year since 1979. This year three scholarships will be awarded.

Oak Knoll offers a college preparatory education for girls from 7th through 12th grades. Reservations for the examination can be made by calling the director of admissions, Marilyn O'Shea, at 273-1228 between 8:30 a.m. and 4 p.m. on school days.

Suburbanaire

"Serving Union County"

January 20, 1983 Appearing in the Union Leader, Linden Leader, Springfield Leader, Mount Inside Echo, The Spectator, Kenilworth Leader.

Union County bolsters movie surge

BY J.J. MARTIN

Union County is a far cry from Hollywood. But the distance isn't as far as it used to be.

With the recent filming in New Jersey of such productions as "Ragtime," "Amis Hall," and "The Amityville Horror," film companies have begun shooting more and more in the state, including parts of Union County.

Last year, producers came to New Jersey to make 19 motion pictures, 38 television projects, 13 documentaries or shorts, and 72 commercials.

Since the inception of the New Jersey Motion Picture and Television Commission in 1977, when film-making on this side of the Hudson was virtually nonexistent, hundreds of production companies have brought their crews to the state. They spent a record \$15 million on 187 productions last year, including some \$45.5 million in business and providing jobs for hundreds in virtually every section of the state.

Elizabeth Pate, chairperson of the Union County Motion Picture and Television Advisory Board, feels the increase in production is due to a "newer style" of film making.

"One of the main reasons major movies started in California was the weather," she said. "Obviously we aren't going to put Hollywood out of business but since film-making is getting into newer dimensions with so much being done for television movies and commercials, a lot of production is coming back to the east. Geographically, Union County is well situated being so close to New York City and having a wide variety of locations."

So, from the purple mountains of Watchung to the blue-grey factories of Linden, once again — it's showtime.

However what most people in the West don't know (or refuse to admit), is that the Garden State was the original movie capital.

New Jersey became the first movie-making center following Thomas Edison's invention of the kinescope in 1888 and the invention of reel film by the Reverend Hannibal Goodwin in Newark in the late 1890's. By 1900, Edison's studios in West Orange were turning out features such as the classic, "The Great Train Robbery," D.W. Griffith also began his

"An insurance company that was going to be 100-years-old wanted a storefront that was approximately the same age and unretouched," Pate said. "We found that easily enough in Elizabeth."

Sometimes the requests get a little tougher.

"A few years ago they were filming a movie entitled 'The Guru' and needed a scene calling for people to walk down a major highway. Within 24 hours we were able to get a portion of Route 22 closed for the filming."

According to Pate, the board tries to have at least one representative in each of the county's 21 municipalities, who must know detailed locations within their city.

"Moviemakers are not only interested in historical sites, they're looking for newer things you see in everyday life," she said. "Any given town in the county can have this. Once they even requested a revolving door facing west."

Since the producers are only under requirement to get permission to shoot in Union County from the state advisory board and not the county advisory board, Pate said it is hard to even guess at how many productions are shot here.

"We are only here to help," she said. "The overall objective is to bring filmmaking into New Jersey, thus boosting the whole state's economy. I think the film industry is seriously being pursued in both the state and county and it's going to continue to grow."

One of the more important developments to ensure this growth was the signing of a lease last year by New York real estate developer Jerry Kretschmer for 80,000 square feet in the Hoboken Erie-Lackawanna Terminal as the site for Hoboken stages, and \$8 million studio complex scheduled to be operational in 1984.

With this important addition one can only anticipate significant gains in the establishment of a home-grown motion picture, television, cable, and commercial industry in the near future.

However, whether or not young starlets and future actors pack up their bags to run away to Hoboken instead of Hollywood is yet to be seen.

IT'S SHOWTIME—Producer Lou Prestil directs a scene at Mindewasink Park in Westfield for a documentary on the nation's bicentennial. More and more films are being shot in the Union County area as a result of the rebirth of the movie industry in New Jersey.

directing career here, with "Biograph" in 1908.

Now it appears the movie industry is coming back to its birthplace and it is Pate's job to see that it stays.

Which is exactly what they're doing — coming back. That reckless marching band you saw recently stampeding over the durable "Samsonite" luggage was the Scotch Plains-Fanwood High School marching band.

The majority of filming in Union County has been done for commercials with the County Advisory Board providing some prime locations.

In 1981 the time was right.

Smart buyers bought at Sandpebble because it was the first condominium of its kind on Hutchinson Island.



In 1983 the time is right again.

Smart buyers will buy at Sandpebble because it is the last condominium of its kind on Hutchinson Island.

When people discovered the raw natural beauty of Hutchinson Island they wanted to live here. The rich environment of this vintage Florida makes it perhaps the most valuable island property in the state. And Sandpebble proved to be the most desirable property of all—170 residences were sold in just three months of 1981.

Why this tremendous success? Sandpebble was a new breed of condominium on the island. Designed for quiet, secluded, family vacations, or resort luxury. Also, Sandpebble offers stunning oceanfront or picturesque riverfront lifestyles with every civilized amenity imaginable. Furthermore, Zaremba, the 60-year old firm that developed Sandpebble, took pains to keep the residential density extremely low. They made dramatic efforts to enhance and build within the fragile environment. And then they proceeded to exceed the promises made to buyers at Sandpebble. People saw this as a rare opportunity and they took advantage of it. Result: a monumental success story. It was a question of timing. And in 1981, the time was right.

1983. The time is right again. Perhaps you've read about the building moratorium on Hutchinson Island. Martin County is currently buying up undeveloped beachfront on the island to keep it in its natural state. Martin County citizens voted for a \$5 million Beach Bond referendum to bid for the beach land as part of Florida's Save Our Coast program.

These environmental activities have important positive meanings for Hutchinson Island and the people who will buy at Sandpebble in 1983. It has made Sandpebble the last condominium of its kind on Hutchinson Island. This, in turn, gives you an opportunity to live in an ecologically pure and untouched location.

Furthermore, you can know beyond a doubt, that your purchase of a Sandpebble residence is a uniquely sound, secure and sensible investment.

For more information about Sandpebble, call us and ask for a brochure. Or mail the coupon and we'll send you one. But we urge you to act now. While the time is right. Models now open. Completely furnished models may be purchased.



The location is rare. The time is right.

2001 N.E. Ocean Blvd., Hutchinson Island, Stuart, Florida 33494 • (305) 225-1000

Riverfront from \$131,000
Oceanfront from \$198,000

Please send me information on Sandpebble

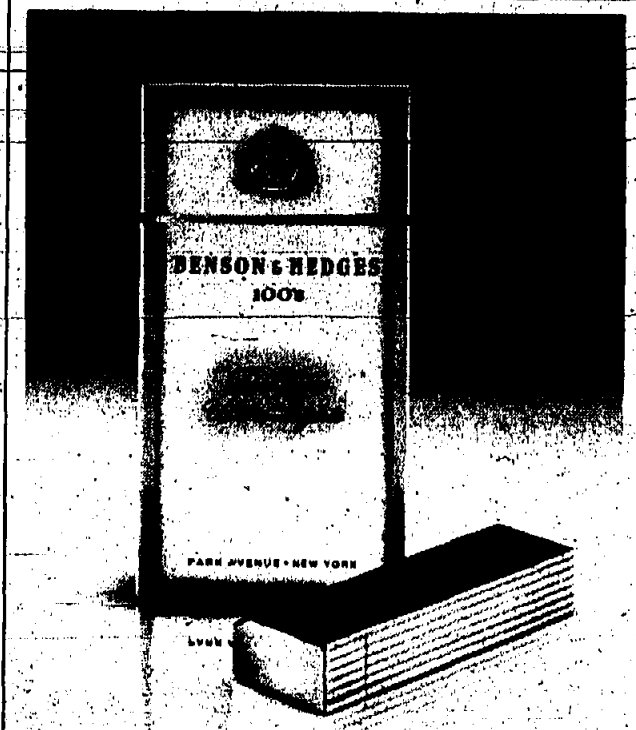
Name _____
Address _____
City _____ State _____ Zip _____

Ask about our Buy and Buy program. Completely furnished models can be purchased.

This offer is valid in states where prohibited by any applicable laws.

BENSON & HEDGES

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Only 6 mg yet rich enough to be called deluxe. Regular and Menthol. Open a box today.

Warning: The Surgeon General Has Determined That Cigarette Smoking Is Dangerous to Your Health.

8 mg "tar," 0.6 mg nicotine av. per cigarette, by FTC method.

Council slates AA seminar

The Union County Council on Alcoholism Executive Director Teresa C. McGarry, M.A., C.A.C., has announced an Awareness Seminar, "All You Wanted to Know About AA & ALANON But Didn't Know Who to Ask," tomorrow. The seminar will be held at the Council offices, 306 North Avenue East in Westfield, with registration and coffee at 8:45 a.m.

A.A., ALANON and Alateen speakers will give familiarization lectures addressing questions from the audience, in an effort to acquaint them in attendance with the function of each group. Following a break for coffee and Danish, Father Joseph Martin's film "The Twelve Steps of A.A." will be screened.

A panel discussion with audience participation will conclude this effort to familiarize those in attendance with the disease and treatment of alcoholism, the third leading cause of death in the country. AA, ALANON, and Alateen, all self-help groups, are among the most successful means of dealing with the disease that affects 200,000 people in Union County alone.

Both the general public and professional personnel are encouraged to attend the seminar.

'Media Center' awaits for ensemble show

There's a flurry of excitement at Union County College's Media Center these days, prior to the Jan. 29 inaugural performance of the Cosmopolitan Chamber Ensemble of New Jersey concert at the College.

Media Center director Steven Kato and assistant director Jacqueline Leonard are busy planning and overseeing all the many facets involved in the videotaping of the concert, which will feature classical music. The College, through a grant from the Union County Cultural and Heritage Commission, and an additional \$200 from its own coffers, plans to distribute the tape to local high schools in the future.

The production of the videotape is being sponsored by the College's Continuing Educational Humanities Project, which is designed to bring cultural and entertainment programs in the humanities to Union County residents. "We want the concert to be visually interesting," said Leonard, who will be directing the taping of the performance, while Kato serves as producer.

"We want to cover the music visually as well as provide the audio portion for viewers," Leonard explained. The Media Center hopes to produce a video documentary of the concert which will be 60 minutes long.

"It will include portions of the rehearsal of the concert as well as the performance itself. We also plan to include a question-and-answer session so that viewers will get some background on the Ensemble and the people in it. Since the documentary is a visual medium, it is important to interest people, the background we provide to the performance will help them relate personally to the whole event," Leonard explained. "An isolated performance might not be as interesting."

Four students enrolled in Union County College's Communications program who have taken television production courses will serve as part-time technicians for the production of the video documentary, according to Leonard.

Most of the equipment to be used in taping the concert will be provided by the Media Center, which boasts a \$200,000 equipment inventory, including a broadcast quality color television studio and editing facilities.

The College hopes to provide a quality program which will promote and advance the arts in Union County, not only for students at the College and in local high schools, but for senior citizens, and the general citizenry as well.

Senior citizens will be admitted to the concert on Saturday, Jan. 29, for \$3.50, with local students being admitted for the same price. General admission will

be \$5. Transportation for 100 senior citizens will be provided in an effort to allow those who could not otherwise get to the performance to enjoy it.

The concert will be performed in the College's Campus Center, which houses a 450-seat theater. The performance is scheduled for 8 p.m.

Those who choose to see the concert live will certainly enjoy seeing the performance under optimum circumstances. But for those who see it as a video documentary, said Leonard, "they will enjoy a complete experience. We will give them the performance, the people and the music."

MAJOR CONTRIBUTION—Richard J. Bennett, Chairman of the Board of Schering-Plough, Inc. of Kenilworth, presents Verdell Roundtree, state director of the United Negro College Fund, with a \$25,000 check as part of the 1982 corporate cam-

aign of the UNCF. The fund provides financial aid to more than 35,000 students enrolled in the 41 UNCF member colleges. Bennett is the 1982 New Jersey General Chairman.

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SBA gives approval

A new small business investment company (SBIC) has been licensed by the U.S. Small Business Administration (SBA) to provide capital for small companies in the State of New Jersey.

The new SBIC is Alpha Financial Corporation, Officers of the new company include Michael Miller, president, Carol Miller, secretary. The SBIC is located at 485 Morris Avenue, Springfield.

SBICs are privately owned and operated investment firms which provide venture capital to small businesses for growth or expansion. The SBICs are licensed and regulated by SBA and are eligible to receive some funding from the Federal Government. The initial capital of these investment companies comes from private sources.

In making the announcement, SBA Administrator James C. Sanders said in Washington, D.C., that "the SBIC program fills a real need for entrepreneurs who have ideas but have difficulty finding financing for their ventures. Alpha

Financial Corporation will generate growth of new and existing small businesses and, as a result, will create more revenues and jobs." Sanders also said, "Creation of the new SBIC reflects President Reagan's continuing interest in small business and is in line with the President's overall economic program of utilizing federal funds and resources together with local and private funds and resources to create jobs and stimulate local economies."

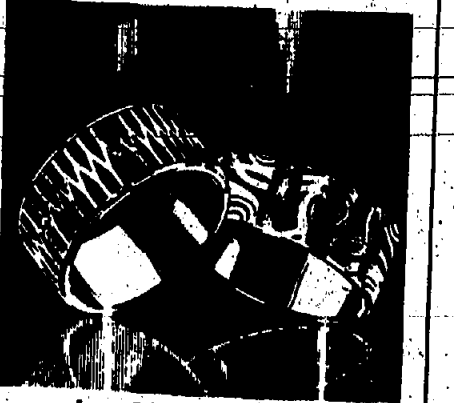
An SBIC's major function is to make investments by supplying equity capital and long-term venture loans to small companies.

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Jaffe to speak at bar dinner

Herbert Jaffe, reporter for the Newark Star Ledger, will discuss the role of the lawyer in today's society with attorneys and legal secretaries at a Union County Bar Association dinner meeting, Jan. 28 at the Town & Campus Restaurant in Union. The Union County Legal Secretaries Association will join the Bar Association for the evening's program.

The evening will begin with a cash bar at 5:30 p.m., dinner at 6:30 p.m., followed by the open discussion with Herbert Jaffe. For more information contact Grace Nall, Executive Secretary of the Association at the County Courthouse Annex in Elizabeth.

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Kean professor, students combine for handbook

A Kean College professor and four of his former students have joined forces to write "Teaching Children to Love Themselves: A Handbook for Parents and Teachers of Young Children." According to Dr. Michael E. Knight, chairperson of the Department of Early Childhood, the book is an outgrowth of his interest in the development of a child's self concept, the theme he used for his Doctor of Philosophy thesis in 1973 at Fordham University, New York City. The four former students who joined him in developing the eight chapters of

the handbook are: Susan Robichaud Miazza, principal of School 21, Elizabeth; Terry Lynn Graham, who is in charge of the Special Children's Center at Sandy Springs, Ga.; Rose A. Juliano and Pamela G. Tommie, both teachers in the Bloomfield Public Schools. In addition, Kim Mitter illustrated activities, charts and room arrangements for the book. Each chapter contains a series of suggested activities to develop the concept and states the aim, the materials needed

and the goal that is to be accomplished. It is geared for the pre-school and school-age child. The authors presented excerpts from the book before the National Conference of the Association for Education of Young Children. They pointed out that while they have collected several activities that are familiar to educators, they also have developed new ones. Some of these are "I Can Do It," "A Me Collage" and "I Am Special." The teachers or parents are encouraged to have the children prepare scrapbooks showing their emotions. The activities

also include a variety of games in which the child may participate and poems by Mrs. Graham. The book, which is a Spectrum Book published by Prentice-Hall, Inc., Englewood Cliffs, contains an extensive bibliography of children's literature, professional resources, films and film strips, teaching resources, songs and poems. Knight holds bachelor and master's degrees from Kean College and taught first grade at Bergen Street School, Newark, before he joined the college faculty in September, 1980.

Businesswomen to hold annual breakfast in D.C.

New Jersey's women business owners will be hosting the Second Annual Congressional Breakfast in Washington, D.C. on Feb. 4, the morning after the State Chamber of Commerce Annual Congressional Dinner in the nation's capital. According to Phyllis Worme, president of the New Jersey Association of Women Business Owners (NJAWBO), the breakfast is being held to acquaint legislators with the legislative program of the business women's organization and with the general concerns of small business owners. Pat Winter, Chamber

of Commerce liaison for NJAWBO, is the coordinator of the event. Senators Bradley and Lautenberg and members of the New Jersey Congressional delegation have been invited to the breakfast as well as Governor Kean. The speakers will be Commissioner Patricia Bailey, Federal Trade Commission and Lee Gray, Director of Consumer Affairs, U.S. Department of Commerce. The New Jersey Association of Women Business Owners is a statewide organization formed to encourage and provide assistance to women business owners in the state and to further the aims of small business owners.

Those men and women interested in attending the breakfast, which will be held at 8:30 a.m. Friday, Feb. 4, in the Annapolis/Rockville Room of the Sheraton Washington Hotel in Washington, D.C., should call Worme at 609-853-1530 or Winter at 201-766-1183.

Historical unit slates meeting

The Clark Historical Society will meet Wednesday, Jan. 28, at 8 p.m. at the Clark Public Library, 303 Westfield Ave., Clark. Mrs. Nancy Dorer of Summit will speak on "Folk Art in New Jersey" and the focus of the lecture will be on Baggage, 1850-1900 and Bergen County Furniture.

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UCC offers nine self-help courses

Nine "self-help" programs are among 19 one-day seminars to be offered by Union County College's Division of Continuing Education during the spring semester. It was announced by Dennis Madej, acting director. The one-day seminars will provide assistance to individuals in such diverse areas as seeking employment, how to start a home business, time management, making your money grow, creative financing, managing your own business, career decision-making, interviewing, and "getting your act together." Union will also offer seminars in "Introduction to Word Processing," "Basic Supervision—Developing Management Skills," "Assertiveness Training for Women," "Working Mothers,"

"Cramation—A Sensible Alternative," and "The Water Birds of New Jersey during the Spring Migration." The seminars will be conducted in February, March, April and May and most of them will be offered on Saturdays on the Cranford campus. "The Hidden Job Market," which will be conducted on Feb. 5, from 9 a.m. to noon, will give assistance in taking charge of a personal job search, and how to sell yourself and succeed in the interview. "How to Start Small 'At Home' Businesses" will be offered on Feb. 26 from 9 a.m. to noon. It will focus on developing a business plan, learning the market and organizing one's self to operate a successful small business at home.

On March 5, "Managing Your Time" will run from 9 to noon. It is an intensive practical seminar for individuals concerned with making the best possible use of their time and "living smarter, not harder." "Career Decision-Making and Self Assessment" will be offered from 8 to 9 p.m. on Wednesday, March 9, at the Elizabeth Urban Educational Center. The evening seminar will give each participant an opportunity to identify his interests, assess his skills and experiences and develop career goal. On March 12, "Interviewing for Success" will run from 9 a.m. to noon. It will offer practical tips on how to prepare for an interview. "Getting Your Act Together," also scheduled for March 12, will be held from

9 a.m. to 4 p.m. with an hour lunch break. "Money Market Investments—Making Your Money Grow" is a one-day conference to be conducted on April 16 from 10 a.m. to 3 p.m. with a lunch break. It will provide information about financial instruments available to investors who would like the highest yield for their investment. On April 23, "Creative Financing and the Home Mortgage" will run from 9 a.m. to 3 p.m. with a lunch break. The all-day seminar will cover the variety of new and sometimes confusing mortgage available today. Registration information on any of the non-credit seminars may be obtained by calling Union County College, 276-2800, extension 206 or 238.

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Elderly must be careful in colder weather

"A drop in body temperature can be particularly dangerous to or senior citizens," warns Ellen Bloom, Director of the Union County Division of Consumer Affairs, within the Department of Human Resources.

Everyone is trying to live within their heating budget, but the steps the younger generation can attempt, such as turning down their thermostats, may not be tolerable for the elderly.

Hypothermia is a condition marked by an abnormally low internal body temperature, typically 95 degrees F. (35 degrees C) or under.

Until recently, not much was known about this danger, but recent studies done in Great Britain suggest that about 10% of persons over 65 are at risk.

Easily affected are: People who live alone. Those who do not shiver or react normally to cold. Folks who do not move around easily. Someone taking medication which may prevent the body from normal temperature regulation.

As the reader can tell, many seniors fit into one or more categories - thereby increasing their danger.

"Consider the chances of an elderly person falling during the night and remaining unable to summon help - while inadequately dressed for the cold. The opportunity for hypothermia is evident.

We must all take on the responsibility of those within our communities who are alone and elderly. A simple visit or phone call can literally be a life-saving habit," adds Bloom. "Our Division deals with a majority of complaints from Seniors - and we are as concerned for their safety as we are when we distribute a warning on unsafe toys."

Some warning signs of hypothermia: An abnormal reaction to cold while others shiver and put on sweaters; an older person may insist that he or she is comfortable.

Family or friends may notice abnormal behavior indicating that the person is not thinking clearly.

Should you know an older person who is taking drugs to treat anxiety, depression or nausea - such as chlorpromazine or

other phenothiazines, they should be warned to pay particular attention to sufficient warmth.

Other signs to look for are: A change in appearance. Uncontrollable shivering or stiff muscles. Prior incidents of hypothermia. Lack of coordination; sluggishness. Low indoor temperatures or other signs that a victim has been in an unusually cold - rooms, slow and sometimes irregular heartbeat; slurred speech; shallow, very slow breathing; weak pulse; low blood pressure; confusion, disorientation or "drowsiness" perhaps causing coma. The lower the body temperature, the more likely that the victim will be unconscious. Coma is very probable if the body temperature is 90 degrees F. (32.2 C) or under.

What to do: The victim must be rewarmed, carefully, or else he or she will stay chilled. A doctor MUST be called or an ambulance. While awaiting the arrival of help - prevent further heat loss by wrapping the victim in a warm blanket (thermal or aluminex); using hot water bottles or electric heating pads (preferably on the victim's abdomen, but never on a high setting); and, if the victim is alert, giving him or her small quantities of warm food and drink (but nothing alcoholic!).

If these methods are not available, you can use your own body heat to help keep the victim warm. Lie close to the person, being careful not to handle him or her too roughly. Rubbing the person's limbs, for example, can worsen the condition.

If the victim is unconscious, lower the head and raise the feet to prevent shock and guard against accidental choking.

Although we know that continued exposure to even mild cold can be a deadly threat to many elderly, we still do not understand hypothermia itself. We have no sure way to tell who is susceptible. We do not understand the defects in the body responsible for accidental hypothermia.

It is sometimes who appear well protected.

We still need to learn the best way to treat accidental hypothermia. In the elderly and distribute this information to

physicians, nurses, and paramedics. At present, to protect the old from accidental hypothermia as best as possible, we must teach physicians and emergency medical personnel how to recognize and treat the condition.

The Union County Division of Consumer Affairs warns our citizens in these colder months to be particularly aware of these dangers and to always dress appropriately for cold weather - indoors and out!

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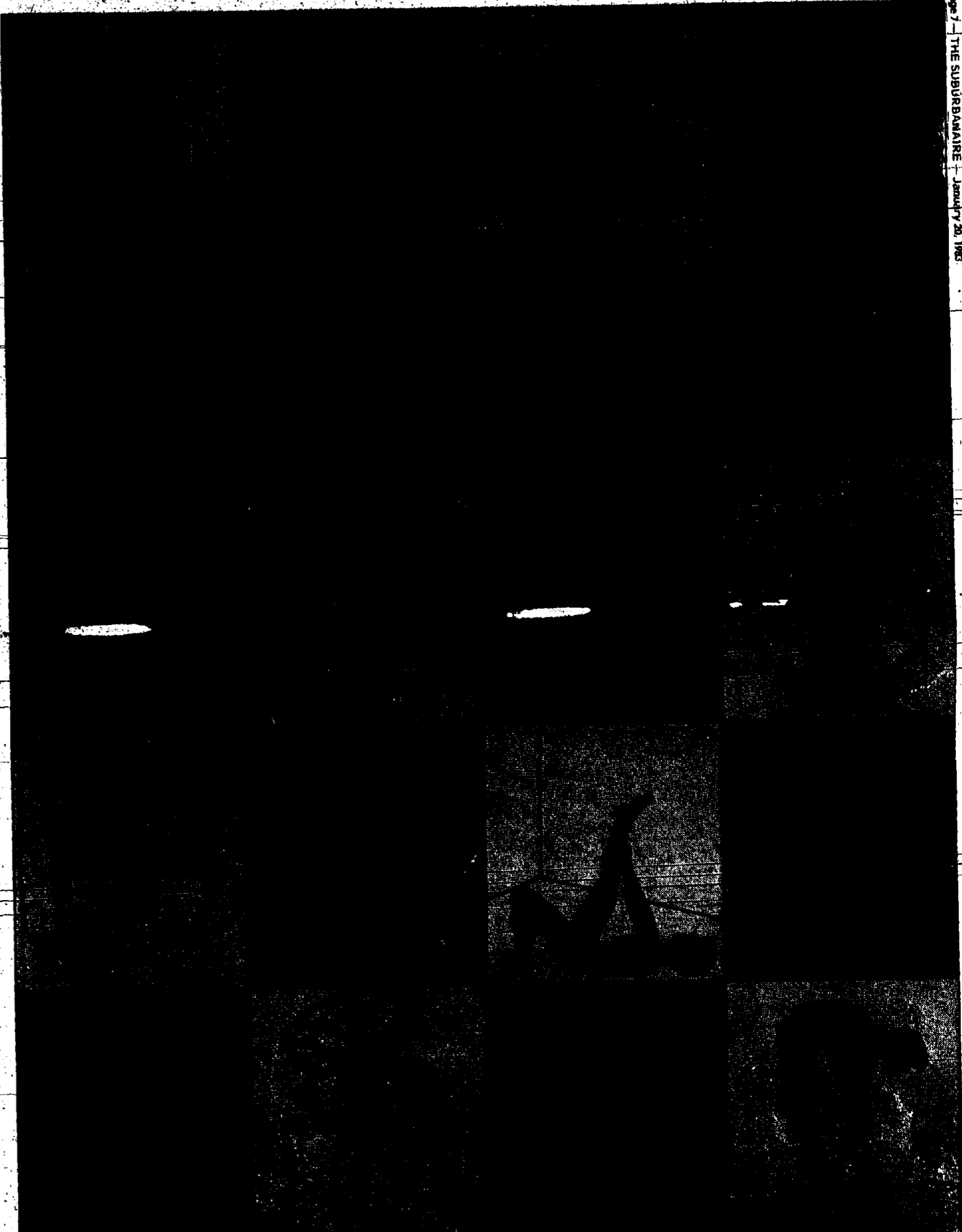
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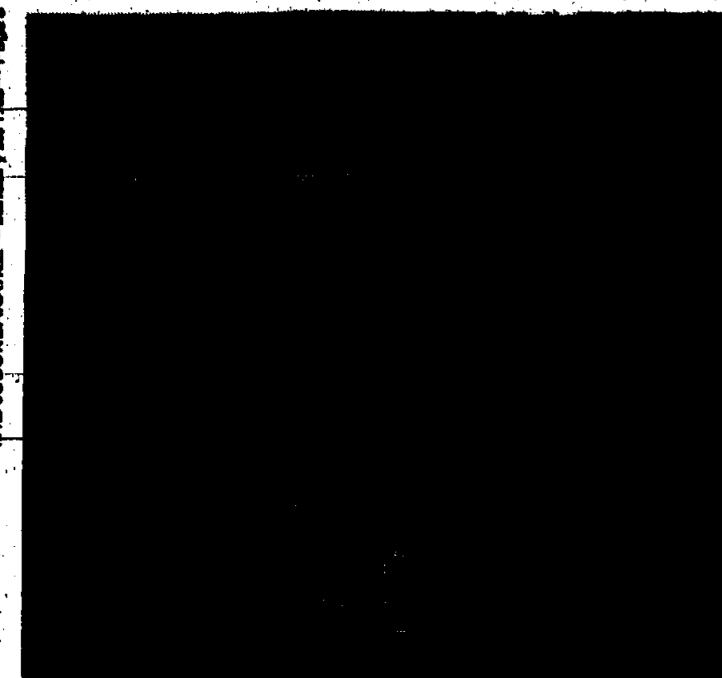
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Body Magic offering top fitness program

Carol Eisenbud and Susan Skeer of Berkeley Heights are now offering their year-old fitness program, Body Magic, in communities throughout the area, including Springfield, Linden, Millburn, Summit, Westfield, Clark and other locations, among them Manhattan.

Body Magic is a choreographed fitness program which combines exercise routines with aerobic conditioning. The program format features warm-up and stretching exercises both before and after the specially selected aerobic dances which build up the cardio-vascular system, in addition to specific spot exercises for problem areas such as waist, abdomens, and thighs.

Instructors are trained to encourage individuals to work at their own levels - not to compete with others nor to exceed their bodies' limits.

Having received their certification in CPR (cardio Pulmonary resuscitation) and taken instruction in physiology during their three years as YMCA aerobic instructors, both directors said they insist on rigorous, professional training for their instructors. An intensive period of apprenticeship precedes actual teaching. There will be a training program for new and returning instructors the end of February. Anyone interested may contact the office.

Registered occupational therapist Robin Blackburn of Springfield is a member of Body Magic's professional staff. She oversees and tests all the program's exercises and dance movements. Before each session's new program, she works with instructors.

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MARY DECKER TAAB—Mary Decker Taab, shown in recent competition, is considered the top American middle-distance runner.

Activities begin in schools

Very frequently, the school is the place where children have their first exposure to organized sports activities. Their first chance to participate in team games such as volleyball and softball, their first opportunity to utilize balance beams, chinning bars and the parallel bar.

As part of their nation-wide "Fun 'n Fitness" campaign, Post is offering free athletic equipment to schools across the country.

How can your school take advantage of this program? It's easy. By collecting proof of purchase seals from Post Cereal boxes, schools can obtain their choice of a wide variety of sporting equipment, which is detailed in the 1982-83 Post "Fun 'n Fitness" catalog.

Equipment is earned through a points system. Proof-of-purchase seals vary from two to four points, depending on the size of the product package.

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High Fiber Diet offer at Hudson diet clinic

A revolutionary high fiber diet has been developed by Dr. Tooshi after several years of intensive research. This diet is offered now at the Hudson Diet & Weight Control Clinic in Springfield.

Epidemiological studies have indicated that fibrous food such as fruits, vegetables, whole wheat bread and cereals provide tremendous immunity against ailments such as gastro-intestinal tract infections, colonic cancer, constipation, heart disease and diverticulosis.

These studies also indicate that in continents as Asia, Australia and rural Africa, where a large portion of the diet consists of fibrous foods, those digestive problems are practically non-existent. Whereas in the United States people consume large amounts of meats, dairy products and refined sugars and have a high rate of obesity, diabetes, gall stones, gout, hemorrhoids, cardiovascular disorders and diverticulosis. Many causes of abdominal pain, infection, gas and constipation are associated with processed and bleached foods and lack of fiber. This results in smaller and

harder stools. Dietary fiber, especially bran, tends to hold water in the stool, preventing it from becoming hard. By adding fruits and vegetables to the diet, after a few days the stool becomes larger and softer. This causes the pressure on the colon and helps prevent both diverticula and diverticulitis.

Today, medical authorities around the

world believe that fiber reduces the transit time of food and increases the mobility of the digestive system. Therefore, food materials are rapidly removed.

This action leaves little time for the small intestine to absorb the calories. As a result, almost 70% of the food is not absorbed into the blood. This causes a permanent weight loss.

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Planned Parenthood celebrating its 50th

Planned Parenthood of Union County Area is making its 50th anniversary this year. A voluntary, non-profit family planning health agency, it is dedicated to the principle first enunciated by Margaret Sanger, the founder of the Birth Control Movement, that the first right of every child is to be wanted.

In opening the first American birth control clinic in 1916, Sanger founded a movement based upon the conviction that family planning is a basic human right. Joined six times in those early years, she

never abandoned her efforts to help impoverished women determine their own reproductive goals.

This year, Planned Parenthood of Union County Area is celebrating 50 years of service to the women of the Union County area. Initially, women were carpooled to a birth control clinic in Newark.

The first clinic in Union County opened in Plainfield in July 1953. Since then, continued growth has necessitated relocating five times. The most recent move was December 1968 to expanded quarters at 303 Park Ave. in Plainfield.

Service for the first 23 years was concentrated in the western end of the county. In 1966 Planned Parenthood realized the growing need for family planning services in the eastern end of the county. In May 1966 the first clinic was opened in Elizabeth in the port area. Rising demand for services has required the Elizabeth clinic to move twice since then. In March of 1982, the

Elizabeth clinic relocated in the downtown area of Elizabeth at 1108 E. Grand Street.

The intervening years also saw the establishment of family planning services in Middlesex County. At first the service was a branch of Planned Parenthood of Union County Area operating out of Middlesex General Hospital. In 1972 Middlesex became a separate affiliate.

Today Planned Parenthood of Union County Area is a health service, a social service and an educational service.

A professional staff of registered nurses and gynecologists provide a range of services that include medical exam, contraceptive education and supplies, VD testing, pregnancy testing, cancer screening, counseling, and community education, and

referrals as needed to other agencies. Bilingual services are also available.

Last year Planned Parenthood of Union County Area provided 4,000 women counseling, medical and social services related to their reproductive health, regardless of ability to pay. Further information is available from Planned Parenthood in Plainfield at 766-3736.

Senior population increasing rapidly

America is a society growing older. The number of middle aged and elderly Americans increases at a rate more rapid than the rest of the population.

Today, life expectancy of the average person in the United States is 73 years. What was once a very much youth-oriented culture is changing to meet the needs and desires of America's seniors.

Virtually every community has a program for the elderly. These are special housing developments planned strictly for their convenience and pleasure.

During the aging process, the body undergoes many changes which may affect a senior's mobility. Factors contributing to these alterations include arthritis, gout, vascular disease and the wear and tear the body has withstood through many decades of use.

The practice of podogeriatrics is that branch of podiatry which is best equipped to help the older person overcome these natural changes that occur.

An integral part of podogeriatrics is biomechanics, the science which relates human motion to body structure.



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352-8431 (general info.) 352-8410 (Special Event Hotline)

3 seminars are scheduled at Natural Living Centre

Ways to cope with allergies, guard against colds, and plan a well-balanced diet will be among subjects discussed during health and nutrition seminars on Jan. 27, Feb. 3, Feb. 10 at the Natural Living Centre in Union. The seminar will feature noted nutritionist Kathleen Kellers of Union and there is a \$5 admission per person. The three sessions will begin at 7 p.m. on consecutive Thursdays.

Nutritionist Kellers will lecture on how balanced diets and the use of vitamins and food supplements can ensure proper nutrition and good health. Kellers will also speak on how many common ailments may be remedied by restricting or eliminating certain foods or beverages from the diet. Also, each session will include a question-answer

segment during which seminar participants will be able to have their individual concerns addressed by the nutritionist. According to Mani Beibide, president of the center and host of the seminar, "The lectures will provide everything you ever wanted to know about basic nutrition as well as tips on the latest health and dieting aids."

The "Winter Health and Nutrition Seminar" is the complement of a highly successful "Spring Into Summer Health and Nutrition Lecture Series" held at the center during last May and June last year.

"With the changing of seasons, we feel the seminar is very appropriate," Beibide added. "There has been an overwhelming demand for the lectures and we hope to

help area residents stay in the best of health the year around."

Kellers, who was also the featured lecturer in the

spring series, is a graduate of Donabach University in Huntington Beach, California. She has also studied nutrition at New York University.

The Natural Living Centre is located at 1300 Galloping Hill Road.

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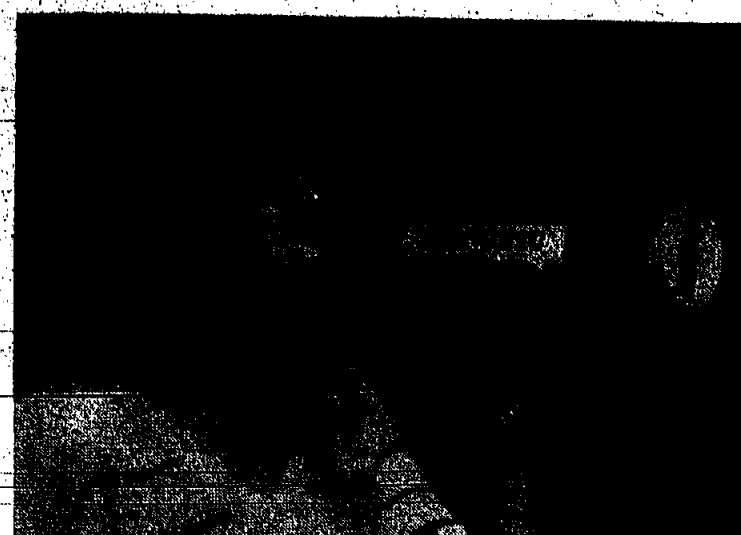
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LUNG EXERCISER—This piece of equipment is designed to increase respiratory capacity. By breathing into it for two minutes a few times daily, a greater amount of air is forced into the lungs, increasing breathing muscle capacity.

E. Powers Salon set to open

A new Elaine Powers Figure Salon will hold grand opening ceremonies Sunday, January 30, at 328 West St., Georges Avenue, Linden.

Charlene Wakefield, Elaine Powers' New Jersey area manager, said "Now is the time when women are particularly concerned about holiday shape-up. The grand opening with its special savings and the recent introduction of the 'Powercise' program is a great time for Linden area women to join the millions of women nationwide who have achieved inspiring weight-loss results with the short-term programs available at Elaine Powers Figure Salons."

In honor of the new salon, all participating Elaine Powers salons are offering two-for-one savings to new enrolling members. Elaine Powers, which has more than 300 salons nationwide, is the largest figure control system for women in the world. Wakefield said, "Its popularity stems from a combination of personal supervision and a program that enhances figure improvement by helping women develop sensible eating and exercise habits."

Diabetic test

A recent breakthrough in diabetes research has enabled diabetic patients of all ages to check their blood sugar levels at home. The patient, using an automatic lancet device, pricks his or her finger and squeezes a large drop of blood onto a chemically treated strip of paper. After 60 seconds, the excess blood is wiped off the strip with cotton. After waiting an additional 90 seconds, the patient then matches the colors on the strip to a color chart on the package which indicates the blood sugar level.

Consistent regimen part of looking fresh

Newspaper political columnist Beth Fallon has, in her words, "impossible" baby fine hair, "touchy" dry skin and a hectic New York schedule.

"Two strategies keep me reasonably presentable," she says. "One is a rigid hair and skin care regimen. The other is a secret: I have emergency kits squirreled away all over New York City."

Fallon's job takes her frequently from City Hall in lower Manhattan, to her midtown Daily News office, to the upper East Side neighborhood where Mayor Koch lives.

"I have a makeup kit stashed in a desk drawer in the City Hall pressroom, another in my office, and the full panoply at home because I live uptown."

"I cannot carry around a lot of stuff; it weighs too much and my job requires enough equipment, like notebooks, pens

and tape recorders," she explained. Beth Fallon's fine brown hair gets shampooed every other morning, "unless I'm in a coma," she quipped. "I use an extra body shampoo with conditioners in it, such as Revlon's Milk Plus 3, which Revlon recommends."

"Her skin, 'cranky' with many moisturizers, requires a moisturizing cleanser which is another Milk Plus 6 product 'recommended' by a friend," said the columnist.

"I would give up all makeup forever," she concluded, "before parting with a good moisturizer which experimentation has proved best for me."

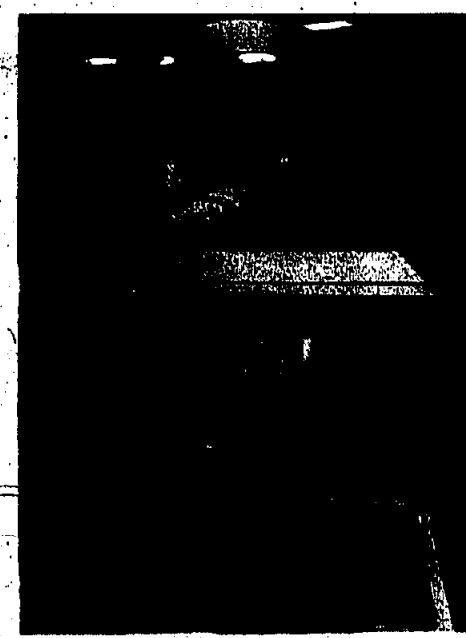
"Healthy hair and skin are the base. At least if I have those and have been too busy to make up in the morning, I can give for one of my emergency kits when I get a minute."

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Victor J. Fresolone, President

A Community Teaching Hospital

Diet Institute shows way to slash pounds

Marge Geffner lost 80 pounds on a diet developed by Harvard University. What's more, she has kept the weight off for nine years.

Now, the former English teacher is president of The Diet Institute. She is passing on her successful method to hundreds of men, women, and teenagers who need to lose 30 pounds or more.

The Diet Institute has four Centers in New Jersey and intends to open 30 more in New York, Connecticut and New Jersey by 1983.

Under the medically-supervised plan, people can lose as much as 30 pounds in just 40 days, without hunger. There are no pills to take, no shots, no pre-packaged foods, no crash dieting.

"It's not a miracle," insists Geffner. "It's a very successful method which has its dieters reporting to the Institute three times a week for monitoring."

The program is based on what is called a "protein-sparing modified fast" under which most carbohydrates are eliminated from the diet. This causes the body to utilize fat reserves for energy. This contributes to weight loss.

An important sign that the body is burning fat is the accumulation of ketones. These can be measured by a special machine. A numerically high read-out on the machine (which Geffner calls "Big Brother") confirms that the dieter is sticking to the diet.

An important element in the program is behavior modification, by which the dieter undergoes training to reform eating habits. Once a week, the dieter is required to attend a lecture and "rap session" led by the staff psychologist. A physical therapist sets up an exercise plan tailored to the overweight clients' needs.

Motivating oneself to do more walking and step-climbing is part of it. For example, it is suggested that the client park his or her car "far" from the destination in a shopping mall rather than close to it. That way, one has farther to walk.

The program will help those teenagers who are genuinely motivated to lose weight. Their diet is different from that of the adults; even two snacks per day are permitted. Concentration is on both the physical and psychological aspects of weight control.

"Commitment is essential and regularly required," the diet expert maintains. "With those two qualities operating along with our medically-approved method, overweight can be overcome."

The Diet Institute has a high record of success. Weight loss is rapid. "More than 60 percent of our clients make it to goal weight," according to Geffner. "But we don't love them and leave them... we work with our clients to maintain their new healthier, happier selves."

The Diet Institute is one of the few such programs that has a junior division.

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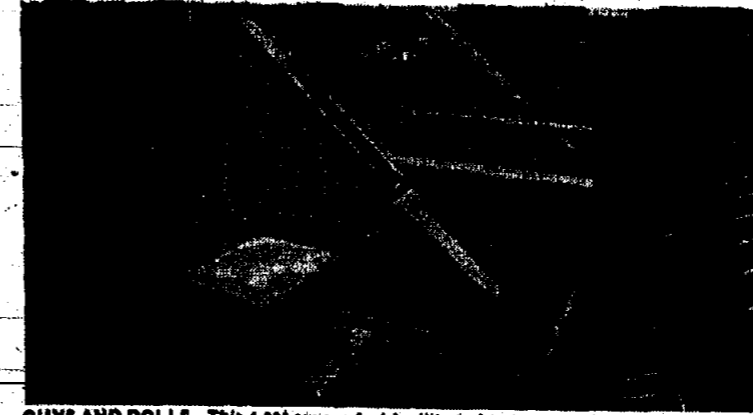
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Planned Parenthood of Union County Area



GUY'S AND DOLL'S—This 4,000 square foot facility in Linden offers the latest in equipment.

Yoga provides stretching, relaxation

The ancient system of yoga provides stretching and muscle toning along with the added advantage of relaxation and stress release.

Deep breathing exercises are an integral part of yoga and are a perfect way to unwind after a long day.

For those who come alive to a rhythmic beat, dance classes offer exercise in combination with anything from the syncopated movement of a jazz class to the stringent discipline of a ballet barre.

As part of the fitness fever that has swept through the country, there is also an increasing awareness of the importance of good nutrition. For example, along with the health food stores and restaurants that have sprung up in nearly every community, local supermarkets now stock their shelves with numerous varieties of whole grain breads and bran cereals, which doctors are now prescribing to add fiber to the average diet.

Vitamin researchers tout the importance of natural supplements as a means of bolstering the nutritional quality of the food we eat, as more and more people are introduced to the likes of brewers yeast, lecithin, etc., that have sustained Olympic and professional athletes for years.

Popular spa

Guy's and Doll's Health Spa located at 530 E. St. George Ave., Linden (at Chestnut) has a 4,000 square foot facility which includes nautilus machines, sauna, steam room, heated whirlpool, sun room, and lockers. The spa is open seven days a week and offers massage, aerobics, bodybuilding, reducing programs,

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Two Union dentists battle gum disease

Dr. Marvin S. Diamond and Dr. Michael J. Albanese, members of the Institute for Non-Surgical Advances in Periodontics, are dentists practicing in Union.

They explained that we can now scientifically evaluate samples of bacterial plaque, which are attached to the teeth and gums. This is made possible by the use of advanced microscopic techniques. "We always knew that it was the bacteria which cause gum disease", explained Diamond, "However, it is now possible to view a television monitor and see the exact type and numbers of organisms which are present. Through this examination and in combination with our traditional oral examination it becomes possible for us to prescribe a precise personalized treatment plan for each patient."

"In moderate and advanced forms of periodontal disease, deep pockets develop between the gum and the tooth

which could not successfully be cleaned by a patient using normal brushing and flossing techniques. In the past, cases such as these required periodontal surgery which lowered the level of the gums thereby eliminating the deep pocket, making it more accessible to clean.

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Weight loss clinic slated for children to be aired

"You the Consumer," on Suburban Cablevision, in conjunction with The Children's Weight Loss Clinic of Livingston, Union and Woodbridge, recently taped a half hour documentary, "Why The Children's Weight Loss Clinic?"

The program, to be aired on Suburban Cablevision PA-1, channel 32, covers such topics as:

- How do children become overweight?
- Why does being overweight affect a child?

- Why the Children's Weight Loss Clinic over other weight loss programs?
- How the children's Weight Loss Clinic helps the overweight child.

The Children's Weight Loss Clinic is

Aerobic dancing set at Sorensen's

"Harmony" is the theme of Jacki Sorensen's aerobic dancing life winter season. A special two week course will be offered in Union, Mondays and Wednesdays at 5:15 p.m., beginning next Monday at the United Methodist Church. Jacki Sorensen's Aerobic Dancing Life is a physical fitness program of easy-to-learn dances choreographed for those who choose to limit their physical activity and still benefit from cardiovascular and respiratory conditioning.

directed by a certified school psychologist, Mindy Abramson, M.A., P.D., who, as a child battled a tendency to overweight, and her husband, Louis Abramson, a physical education teacher who is also certified in health and psychology. The Abramsons said their method has worked because they do not treat the overweight child as a younger version of an overweight adult. "The child needs a different approach than those applied to grown-ups," they said.

Additional information on the program is available from Greg Mandelkern or Peter Marks, 975-0325, "You the Consumer."

Musical Slimnastics plays a fitness tune

A unique program of fitness has been devised at Musical Slimnastics of Millburn—according to proprietor Jani Kovacs. "In the past few years, we have been lucky enough to host a garden variety of exercise and fitness programs, and the newest one, springing up on the horizon is Musical Slimnastics."

"Musical Slimnastics is a fun way to firm up and slim down; the main concentration is on stomach, waist, hips, thighs, and tummy. The routines are varied and diversified, and set to all different types

of music. There is not much aerobics involved, and participants will not leave the class huffing and puffing. Musical Slimnastics is more concerned with reducing measurements rather than your heart and pulse rate."

The class lasts 75 minutes, the last 15 minutes during relaxation exercises devoted to discussions and information on Diet/Nutrition, and other topics.

Information about registration can be obtained by calling 667-0548 or 667-3287.

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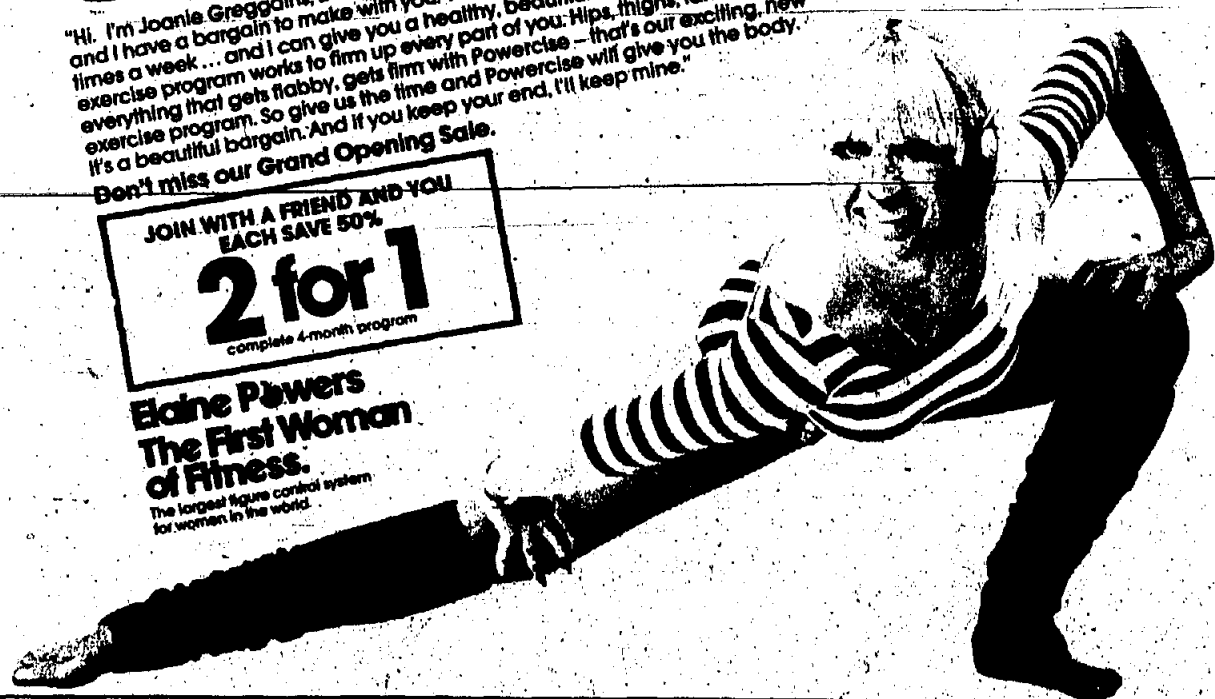
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Auditions are scheduled

Auditions are slated for Feb. 22-23 and 24 for "talented county residents" interested in competing in the Union County Amateur Talent Night, sponsored by the Union County Department of Parks and Recreation. The auditions will be held in the auditorium of the Tralalade Nature and Science Center, Coles Avenue and New Providence Road, Montclair, a facility of the Parks Department.

There will be two age groups for entrants from 12 to 17 years old and for 18-year-olds. The performing categories are dance, vocal and instrumental. Prizes will be awarded on talent night, scheduled March 23.

The deadline for audition applications is Feb. 16. Forms are available at the offices of Union County Department of Parks and Recreation, Acme and Canton streets, Elizabeth.

The mailing address is P.O. Box 276, Elizabeth, N.J. 07202.

Additional information can be obtained by calling 382-9431.

Ethical group to stage play

The Ethical Players will present its second show of the season, "The Ethical Players Strike Again," Jan. 21 at 8:30 p.m. in the Society Building, 516 Prospect St., Maplewood. The show will offer an evening of "scenes" from famous plays and will feature Dan Sofman, Jean Banks, Ted Seagull, Jackie Padovan, Russell, Mike, Corstius Halsted, Hoopie Sussman and Martha Rados with Helen Shea, Janet Bruders is director.

The Ethical Players' workshops will begin next month, and the public will be invited to the workshops free of charge.

Clown course is announced

A clown workshop is being offered by the Whole Theater Co., 844 Bloomfield Ave., Montclair. The workshop is for actors who plan to refine their comedic skills and develop basic circus skills. The clown workshop will introduce students to such aspects as juggling, mime, magic, acrobatics and pratfalls. The class will include public showcases. Albert P. Hellman, instructor, is the founder and director of the Fantocini Troupe in Bergen County. He also has served as an artist in residence for the New Jersey State Council on the Arts. The workshop will meet Wednesday evenings. Additional information can be obtained by calling Linda Cane at 744-2833.

Mystery play opens Jan. 21

Agatha Christie's "Murder at the Vicarage," the second production of the season, will be presented at the Cranford Dramatic Club Theater, 78 Winans Ave., for three consecutive weekends at 8:40 p.m. beginning Jan. 21 and Saturday. Anne Nisenzel will direct the play. Two other productions will be presented this year. They are "Heaven Can Wait" and Cole Porter's "Anything Goes."

Additional information can be obtained by calling 276-7611.

Concert set in Westfield

J. S. BIER'S "Mass in B Minor" will be presented by the Choral Art Society of New Jersey, Inc., at its annual winter concert Jan. 29 at 8 p.m. in the First Congregational Church, 125 Elmer St., Westfield. It will be directed by Evelyn Bliske and will include soloists, semi-chorus, full chorus and orchestra, with organist Annette White. The featured soloists will be Beverly Myers, soprano; Mary Ann Hart, contralto; Mark Blecke, tenor, and Wilbur Pauley, bass.

Additional information can be obtained by calling 276-7071.

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Disc & Data

By Mill Hammer

Pick of the LPs, "Head to Toe," by Kenny Nolan (MCA Records). The music world is well-stocked with people who excel at one particular creative facet, be it as a performer, songwriter or producer. But those individuals capable of success... combining... several functions while maintaining a high standard of excellence in each are rare.

Indeed, Kenny is one of those multi-talented artists. A singer, songwriter, producer, he already has parlayed a knack for tapping heartfelt emotions with a sure pop sense into a substantial number of memorable hits, such as "Labelle's" "Lady Marmalade," "Frankie Valli's" "My Eyes Adored You," "Discos Tex's" "Get Dancin'."

He followed that formidable run of success with several more Top 40 American hits and a remarkable string of six consecutive gold singles in England, including his number one smash, "Swing Your Daddy," by Jim Gilstrap. "High Wire" by Dee Clark. "Take Your Mama For a Ride," "Boogie Flap" and "Dancin' Kid" by Disco Tex. But the challenge of performing his own songs grew ever stronger, and in 1976, Nolan took the plunge.

"It was a totally different feeling because when I sang as Kenny Nolan, it was me. All I did was sing in my normal voice. I was so used to doing that high disco screaming that finally, when I sang 'I Like Dreamin', it was a total departure."

That departure obviously touched a responsive chord in the listening public.

'Raisin' ends run; Folk Heroes' tour

The George Street Playhouse, 414, George St., New Brunswick, and the Crossroads Theater Co. will ring down the curtain on their stage musical, "Raisin," on Sunday, it was announced by Eric Krebs, producing director. The final performances are scheduled Jan. 19 at noon and 8 p.m., Jan. 20 at 8 p.m., Jan. 21 at 8:30 p.m., Saturday at 4 and 8:30 p.m., and Sunday, 3 p.m. and 7:30 p.m.

The playhouse has announced its spring tour of the children's theater show, "Folk of American Folk Heroes," Feb. 1 through May 27. It will be available for schools, churches, libraries and other groups. It was announced by Charles King.

Additional information can be obtained by calling King at 846-2885.

Aerobics set in Cranford

Dobbie McCracken, teacher and associate director of the Yvette Dance Studio, Cranford, will teach aerobics to teachers, when she appears on the faculty of the Dance Educators of America convention Sunday at the Waldorf Astoria Hotel ballroom in New York City. She presented her, "Aerobic Fever" album this summer at the national convention.

Additional information can be obtained by calling 276-3539.

To Publicity Chairman: Would you like some help in preparing news stories, releases? Write in this newspaper and ask for our tips on Submitting News Releases.

Movie Times

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LINDEN TWIN ONE-FOUR CROWNS, Fri., Mon., Tues., Wed., Thur., 7:30, 9:30, Sat., Sun., 1:25, 4:30, 6:30, 8:20, 10:10.

LINDEN TWIN TWO-THE DARK CRYSTAL, Fri., Mon., Tues., Wed., Thur., 7:30, 9:15, Sat., Sun., 2:10, 3:55, 5:50, 7:40, 9:30.

LOST PICTURE SHOW (Union) - EATING RAOUL, Fri., 8:45, 10:30; Sat., 5:30, 7:15, 9, 10:35; Sun., 2, 3:55, 5:10, 6:45, 8:20, 9:55; Mon., Tues., Wed., Thur., 7:45, 9:20.

STRAND (Summit) - TIMERIDER, Fri., 7, 8:35, 10:10; Sat., 2, 3:40, 5:20, 7, 8:40, 10:20; Sun., 2, 3:50, 5:30, 7:25, 9:15; Mon., Tues., Wed., Thur., 7:15, 9.

5 BEST FRIENDS (PG) "A LITTLE FRIENDLY MASS" (G)

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