### Three local grads earn Gold Award

The highest achievement in Girl Scouting, the Girl Scout Gold Award, has been presented to three recent graduates from Fanwood and Scotch Plains: Julie Barbier, Burns Way; Molly McDevitt, Golf Street and Carolyn Sorge, Westfield Avenue. A special ceremony was held in June at the Scotch Hills Country Club. On hand to present citations were Senator Don DiFrancesco, Assemblywoman Maureen Ogden, Scotch Plains Mayor Joanne Spataola, Town Manager Tom Atkins, Police Chief Robert Luce, and Fanwood Councilwoman Maryanne Connolly who was also the guest speaker. Each gave his or her personal congratulations and best wishes for a bright future ahead.

Following the vote, Rinaldo said the environmental impact statement required by his bill to fully substantiate the thousands of complaints from residents of northern and central New Jersey. He said the legislation, which now goes to the Senate, would force the FAA to deal with the problem.

"Until now, the FAA has been performing a juggling act, moving jet traffic from one community to another without notifying the residents of the changes. The amendment would give the FAA 180 days to undertake the study and report back to Congress. The findings would be subject to review by the Environmental Protection Agency and Congress, so it will not be an in-house study designed to shield the FAA from criticism," Rinaldo said. He added that if the FAA had been originally required to do an environmental impact statement ten years ago, when it first began working on the new routes to handle increased air traffic, the Expanded East Coast Plan would never have been ac-
cepted in its present form.

The law does not require an environmental impact statement for air traffic above 3,000 feet. The amendment was pushed by Rinaldo as part of the massive FAA reauthorization bill that would spend $18 billion over the next two years for airport improvements, traffic control and avia-
tion operations.

"If nothing is done now, things can only get worse from a noise standpoint," Rinaldo said, citing Port Authority estimates that the number of air passengers using Newark Airport will dou-
tle to around 40 million after the year 2000.

"This legislation promises to put the FAA's feet to the fire. New Jersey communities are bom-
hard by jet noise, and I'm not satisfied that the FAA has looked at every other possible remedy, including moving more of the westbound air traffic. Please turn to page 15.

### Classical guitarist will appear on Village Green

The Scotch Plains Cultural Arts Committee proudly presents the appearance of Andrew Schulman, classical guitarist, at the Village Green on Park Avenue in Scotch Plains, on Thurs-
day, July 26, 8 p.m. Since his debut in the 1982 Guitar N.Y. Series at Carnegie Hall, he has toured extensively in the United States and Europe and recently appeared at the Senior Girl Scout Leadership Award which includes at least 30 hours of leadership and the Senior Girl Scout Challenge of Living the Promise and Law. Finally, each girl had to design and carry out a four-month project of personal importance in-
volving her strengths and talents and demonstrate her commitment to herself, her community, and the future.

Barbier chose as her project the compilation and production of a directory of local volunteers who, by sharing their time and talent, would help Girl Scouts and their leaders earn badges or interest patches. She utilized her organizational skills and love of people as well as her knowledge of prints, graphics, and com-
puty

Mr. Schulman's many radio and T.V. credits include guest appearances on WQXR-FM's "Listening Room with Robert Sherman", WNNC-FM's "Live from New York and Woodstock", NBC-TV's "Fantasy" with Leslie Uggams. Presently, he is a member of the music performance faculty at Montclair State College where he teaches the annual Master Class for strings. This free concert will be held indoors in the Courthouse in case of rain. Spectators are encouraged to bring lawn chairs and blankets for their comfort. For further information call 322-6700, Recreation Office.
FANWOOD

On July 21st auto parts and a stereo were stolen from a vehicle parked on Portland Avenue. On the 22nd Deron Harris, of Somerset, was arrested for assault and violation of a restraining order. Also on the 22nd Elmore Sumpter, of Plainfield, was arrested for driving while intoxicated.

SCOTCH PLAINS

On Wednesday, July 28th, burglars entered a service station on Route 22 by kicking in a bay door. An undetermined amount of cash was reported missing at that time.

Citizens Against Aircraft Noise meeting to be held

The Scotch Plains/Fanwood Citizens Against Aircraft Noise Committee will meet on Thursday, August 2nd at 7:30 P.M. in the meeting room of the Scotch Plains Library on Basin Avenue. All interested citizens are encouraged to attend.

Hollister number is 755-2933.

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Survivors plant tree of life

Planting a Tree of Life are cancer survivors and volunteers. Betty Harris, Belle Mead, left; Helen Fried, West Long Branch; Richard W. Shepherd, Scotch Plains, Chairman of the Board, American Cancer Society, New Jersey Division; Henry Barna, Clark; Roy Cabrera, MD, Warren; Joe Faccone, North Brunswick; and Amy Herr, West Windsor. Donated by Pollard's Nursery, North Brunswick, the tree is a symbol of hope and courage, rebirth and renewal.

Actor Jack Klugman will lead ceremonies during the third annual Survivors Day, co-sponsored by the American Cancer Society and Coping magazine and the National Coalition for Cancer Survivorship by planting and dedicating a Tree of Life at the national headquarters of the American Cancer Society in Atlanta, Sunday, June 3.

In New Jersey, local county Units of the American Cancer Society are distributing cards for survivors to write their personal messages, which will be sent to the national office and encased at the base of the tree in a permanent marker, honoring cancer survivors everywhere.

“Seventy-six years ago, cancer was a mysterious disease without clues for prevention of treatment, and life after diagnosis was rare,” explains Richard W. Shepherd, New Jersey Division’s Chairman of the Board. “But today, half of all Americans who get cancer will be alive five years after diagnosis. Survivors Day provides a wonderful opportunity for all Americans to rejoice in the progress that is being made. People do survive cancer.”

June 3 is also a time to be aware of cancer prevention methods, Shepherd adds, “a time to provide the most advanced scientific and medical information in treatment and therapy.”

Most encouraging are breast cancer statistics, which show a 90 to 100 percent survival rate if the cancer has not spread. Others with 84 to 90 percent cure rates with early diagnosis are colon, ovarian, uterine, cervical, prostate, bladder and skin cancer. However, without early diagnosis, those figures drop to 23 to 41 percent. Estimates are that 42,500 lives could have been saved in 1989 with early diagnosis and proper treatment.

For information about

Big Band enthusiasts are in for a rare treat. The Artie Shaw Orchestra has been scheduled to make an appearance on Wednesday, August 1, 1990, at 8:00 p.m. at the Scotch Plains-Fanwood High School, Westfield Rd., Scotch Plains, N.J. to provide an evening of concert swing music.

Under the direction of Dick Johnson, considered by many to be the world's best clarinet player, the Artie Shaw Orchestra will take the audience on a "journey" back to the big band era as they play favorites from the Thirties, Forties, and Fifties.

Artie Shaw directed one of the most popular big bands in the Thirties and Forties. Critics and fans alike regarded him as the best-equipped, most modern clarinetist. In 1982, it was Artie Shaw who declared Dick Johnson to be the best clarinet player, the best clarinet player in the world at Shaw's instrument, the clarinet. That same year, the 79 year old big band wizard selected Johnson to conduct the Artie Shaw Orchestra.

Johnson, a multi-instrument virtuoso, will display his talents as the orchestra performs contemporary numbers as well as favorites including "S Wonderful!" "Moon-glow", "Stardust", "Softly As In A Morning Sunrise" and "Begin the Beguine".

If you are an Artie Shaw fan and you enjoy big band music, don't let this opportunity pass by.

For ticket information, contact Jerry Sorrentino at 201-889-3580. Any tickets remaining will be available at the door on a first come, first served basis.

Funding has been made possible in part by the New Jersey State Council on the Arts through a grant administered by the Union County Office of Cultural and Heritage Affairs.
WHY I LIVE IN SCOTCH PLAINS

I am in the big city. I just love the hustle and bustle. And as I've said before, the dog doesn't drool, and...and especially love the truck exhaust that's blowing directly into my taxi window. I hope I can live in New York City taxi ride. It's a good thing not too many people know about these rides, or else Great Adventure would be put out of business.

The taxi driver's name is Michael Ford. Sounds American. I think I'll talk to him.

Payin' that no English. Guess he changed his name from Anwar DeBooDoo, or something.

Here we are on Route 41. I'm thinking of coming over to NJ. It's a good idea of coming over to NJ. It's a good idea.
Director nominated for Nurse of the Year Award

Victoria Mount, RN, of Pisacaway, has been nominated for the 1990 New Jersey Association of Health Care Facilities (NJAHCF) Nurse of the Year Award by Ashbrook Nursing Home in Scotch Plains.

"Based upon my 25 years experience as a professional registered nurse and health care executive, I feel confident in saying that Mrs. Mount is the finest long-term care nurse I have known," reads a recommendation from Dr. Robert J. Gebhart, Administrator at Ashbrook Nursing Home.

The NJAHCF award recognizes achievements by a nurse who makes outstanding contributions toward improving the quality patient care. It also salutes nurses who demonstrate leadership skills which inspire peers to improve the quality of their own performance.

Mount, who is married and the mother of one, is a graduate of Elizabeth General Hospital School of Nursing and Union County College. Prior to working at Ashbrook, she served as the nursing director for Hunterdon Convalescent Center for four years, and as Greenbrook Manor Nursing Home as a supervisor for five years.

The Nurse of the Year will be selected in September, after all nomination entries have been evaluated by a special committee.

Stress management seminar at S.P. Library

A seminar on stress management will be held at the Scotch Plains Public Library on Tuesday, July 17 at 7:30 P.M.

Dr. Gary Dushkin, clinical psychologist, will present the program which will focus on the symptoms and various ways to make stress manageable.

Everyone is invited to attend this informative program. A question and answer period will follow the discussion.

The session is free and refreshments will be served.

To 350 Park Avenue in Scotch Plains for Thursday evening, August 2nd at 7:30 P.M. Manager Pinky Luerssen will conduct an informal discussion on "How To Approach A Successful Career in Real Estate", Bring a friend, too. Refreshments will be served. No reservations are needed.
The Union County Music Theater, a subsidiary of The New Jersey Workshop For The Arts, will present its first production, "CARNIVAL" on July 26, 27, 28 at 8 p.m. at Union Catholic High School. The program is under the direction of Pear Bridges and includes high school students from all parts of Union County. The Music Theater is designed to improve the theatrical skills of young people by training them under the direction of professional personnel in acting, vocal music, dance, stagecraft, theatrical production and marketing.

Lili will be played by Susan Checkett, a senior at Westfield High School. Lili is a member of All State Chorus and has performed in "HELLO DOLLY", "DAMN YANKEES" and "GOODSPELL". Chris Cogan, a freshman at Union Catholic High School will portray Grobert. Chris, a resident of Clark, has performed in "BYE BYE BIRDIE", "FIDDLER ON THE ROOF" and "MUSIC MAN".

Dr. Wilhelm Glass will be portrayed by Brian Cronin, a senior at Westfield High School. Brian has performed in "ROBIN HOOD", "WEST SIDE STORY" and "BYE BYE BIRDIE". Brent Dils, a junior at Westfield High School, will enact the role of B.F. Schlegel. Brent has competed in drama competitions in Monmouth County, is a member of All State Choir and has performed in "CREASE" and "ANYTHING GOES".

Marco will be played by David Friedland of Scotch Plains. David is a freshman at Pingry School and has previously performed in "ROBIN HOOD", "TOM SAWYER" and "PIN". April Hild, a junior at Westfield High School will play the role of Princess Olga. April has appeared in "ANYTHING GOES", "MUSIC MAN" and "ALICE IN WONDERLAND". Chris McHenry, a freshman at Westfield High School, will perform as Jacquot. Chris has appeared in "ROBIN HOOD".

The Scotch Plains Recreation Commission will conduct a bus trip for youth and parents (provided space is available) to Sesame Place on Monday, July 30th. The bus will leave from the Municipal Building Parking Lot at 8:30 a.m., returning about 5 p.m. Sesame Place is fun for the whole family. There are shows, music, various types of splashes and climbs. Children must wear bathing suits in order to get the most out of the water attractions. The Recreation staff and personnel at Sesame Place will insure that all attendees follow the rules and regulations of Sesame Place, especially as to certain height and physical restrictions for safety. Children can be part of this exciting trip at $15.50 (which includes bus transportation and entrance fee) and adults who accompany any children under six, will pay a $12.00 fee. For further information, call the Recreation Office at 322-5065.

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| Beef & Pork Kabobs    | 399 lb. |               |
| Beef Rib Eye Steaks   | 699 lb. |               |
| Kings Pride           |         |               |

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Committee for Jewish day care being formed

A committee is being formed of interested parents in Westfield/Scootch Plains and surrounding communities to study the feasibility of creating a day care program incorporating Jewish culture and values. The program would be fully accredited, state licensed and staffed by caring, certified teachers. Tentative plans call for a Monday through Friday, 7:30 a.m. to 6:00 p.m. program for children ages 2 through 6. Both full-time and part-time work parents would benefit from this schedule.

If Jewish Day Care interests you and you would like to discuss it further, please contact Iris Hyman, 37 Elm St., Suite 9, Westfield, N.J. 07090 (201)233-6680.

Super Troop 1 entered parents and friends at Terril Middle School during an evening ceremony in June at which two of the sixty members would be honored for receiving the Girl Scout Silver Award. Most of the Cadettes received at least one interest patch and several earned their "Challenger of Being a Girl Scout" pin. Seventh graders, Kelly Morse and Yara Tuley, received the Silver Award. Mistress of Ceremonies, Lauren Arnold and Jennifer Monk, gave the girls silver balloons. One of the Cadette leaders, Mary Claire Levins, has presented this award at a special Silver and Gold ceremony held two nights earlier at the Scotch Hills Country Club. Families, friends, and dignitaries were in attendance.

The Park and St. Bart's Cadette Super Troop 1 holds Court of Awards

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The Park and St. Bart's Cadettes presented a staged reading of "Alice in Wonderland" and the Terrill part of the troop performed several humorous blackout skills in "Vaudville Revisited." Approximately 60 fifth graders from the six local elementary schools bridged from Juniors to Cadettes and at the evening's conclusion, Arnold, Morris, Musko and Turki were welcomed into Senior Troop 561. In the foyer, all new Cadettes had the opportunity to sign up for various Scouting activities, and other Cadette leaders for the next school year were Diane Horning, Dorothy Klaiber, Jean Marie Klaiber, Eileen Morris and Joan Ayal

The Fanwood Junior Woman's Club recently held their annual installation banquet. On hand to install the 1990-91 officers was Delores Shunk, president for the Homeless, the Valerie Fund at Overlook Hospital, MAAD of the Battered Woman's Center. The Juniors also have a scholarship fund, which was presented this year to Carolyn Sorge, a graduated senior from Fanwood-Scootch Plains High School.

Americans collect souvenirs to last a lifetime

Americans love to collect, organize, mount and frame mementos of their travels, whether vacation photographs, antique objects, souvenirs or written memories, according to William Sheldon of Irma's Bag of Fanwood. Stories travels can lead to nostalgic stopovers, adventures and collections that can be shared for years.

Taking vacation photographs, making scrapbooks of memories and beginning collections become part of the family history and treasured works for posterity, Sheldon says.

For generations, Americans have loved postcards, restaurant menus, matchbooks, napkins and tickets from movies, concerts, plays, rides, stops and exhibits. For some, such mementos mean nothing unless they are autographed by—performers, proprietors, locals.

And for almost everyone, such collections are carefully molded, neatly organized and lovingly framed. Sheldon suggests the following tips for summer vacation memory making:

• Colleagues only those items that truly interest you.
• Write down dates and locations of your purchase or "finds" in a journal or diary. Include who was with you, describe the setting—lights, sounds, perhaps the highlights of your bargaining.

• A special address book that you keep just for vacations and travel will grow into a treasure of once for lifetime. (Include people who are traveling or vacationing in your hometown.)

• Have your traveling companions or family members take snapshots of you discovering "finds" and put them into a photo album to keep with your collection of memories and mementos.

• A rule of thumb: Sacrifice quantity for quality. While bargain hunting is fun, consider craftsmanship, design and durability, as well as the cost of a souvenir.

• Part of the fun of a well-known city is coming away with memorabilia of the famous time-honored places as well as today's trendy hot spots.

Some traveler about to embark on a trip have discovered Irma's Bag as a treasure trove for photo albums, scrapbooks, vacation journals and diaries to help preserve memories.
NORMAL AGING
by Michele Elkins, MD, PH. D.
Medical Director, Ashbrook Nursing Home
Scotch Plains, N.J.

"May you live to be 100" is an ancient blessing. But nowadays, some may consider it a curse. That deterioration, debilitation and dependency are normal consequences of aging. Too many elderly hear, in response to any complaint or concern, "You're just getting old, what do you expect?"

"Ageing does not have to be a synonym for decline. While certain changes do occur with age, they occur at different rates in different individuals, and some can be prevented or treated. Basic, our reserve capacities decline and we may have more difficulty with tasks we get older. We also become more susceptible to disease and environmental factors.

Our cardiac reserve and our kidney function may be more slowly from disease. Our bladder and colon function may be more sensitive to drugs, and sometimes medications that we have been taking for a long period no longer agree with us anymore. Our vision may be more sensitive to changes in light and movement, and changes in blood pressure; it may be more difficult to see in the dark and to read without glasses. Our hearing may be more sensitive to environmental factors; it may be more difficult to hear in the dark and to read without glasses.

Some of the physical changes that occur with age are related to our declining body mass and the changes in our metabolism. As we age, more bone and muscle mass is lost, and we become more prone to constipation. After menopause, women's bones become more fragile. Some of the physical changes are related to the changes in our skin and our hair. As we age, our skin becomes more fragile and more prone to sunburn. We become more prone to skin infections and more prone to dermatitis. Our hair becomes thinner and more grey. Some of the physical changes are related to our declining sense of taste and smell. We become more sensitive to drugs, and sometimes medications that we have been taking for a long period no longer agree with us anymore.

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Highland Swim Team competes in mini-meet

The Highland Swim Club Team met with Scotch Plains three times: on July 9th, 16th, and 23rd. The Scotch Plains team won both events on July 9th and 16th, but Highland came back on the 23rd to win both events and take the mini-meet series 2-1.

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For more information on our programs, please call 889-2339 and ask for Tom Tambull, school director.

Let us help you put your best feet forward this summer!

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IMPROVE YOUR SOCCER ENROLL NOW!
diedler Hawaiian Day and a
plug party for the coun-

trollers. At Jerseyland, the
children practiced songs
and dancing for their
talent show. Showing ex-
pert "moves" were Krista
and Melissa Hicks,
alonna Fisher, Eboney
unter, Jeannie McCoy,
lotaya Jones, Stephanie
and Michelle Lopez. Jewel
Cote also demonstrated
some drill routines. Talon
Fisher and Michael Hazell
practiced, but did not per-
form.

The "Hula Hooper" at LaGrande Park in Fan-
wood.

The kids at LaGrande Park will have help learning to
tell time with the clocks they made.

Eleven-year-old Theresa Trippe helped the counselors teach lanyard
stitches such as: cobra, piping and end box. The
younger children can learn how to tell time with the
colorful clocks they made.

The summer cookout was a real sell out. A huge
crowd of kids stayed at lunch to enjoy the
delicious hot dogs cooked by counselors Elizabeth
Greenberg and Gary
Keating. Michael Maricic
gave out free pop-
corns in the afternoon.

Come down to LaGrande Park and see all the
fun you’re missing. Bring a baby-picture of yourself for the "Who’s
very nice rainbow key
chain. Maybe he’ll use it
for his car keys in about
fours years.

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fours years.
who pitched 2 scoreless in-
ed to a 5-1 lead. Deyo was
only 2 hits, while SPF rac-
and pitched his best game
were exhibited by many of
games in the Union Coun-
of 7-5. SPF's Jeff
Sported a 13-0 record and
on 7/23/90.
against Roselle Post 229
SPF's players during this
place Union and two

Shawn Deyo started the
other side of the ledger,
tory of the season. On the
Gonzalez, Rameek Wright
Michael Ewing, Lamont
Union's pitcher allowed
in favor of Union. At this
Futher damage was
first six innings with ex-
ning standings as of July
Men's Singles Tennis
Ladder standings

The Scotch Plains
Recreation Men's Single
ng of twenty-six players and
are with the convenience of those
olved. Greg Mas, direc-
tones the following stand-
g as of July 16th.

"A" Ladder
1. Ed Bodell, 2. Scott
Weinstein, 3. Seymour
Fenigold, 4. Joe Barnett,
Bob Lascadi, 5. D. DiBranco,
Stuart, Marc Fieheberg,
Eugene Greumer, 10. Gene
Baker, 11. Jason Berger,
Steve Hayman, 13. Ken
Barber, 16. Ed Kahan.

Soccer Camp set to begin
There are still openings for
the Hills Soccer Camp
for July 30 to August 3rd.
Sign-ups can be made
at Park Middle School on
Monday morning.

GOLF RESULTS
Scotch Hills
The Women's Golf
Organization of Scotch
Hills held their annual
"Be The Pro" Tournament on
July 9th. The winner of this
tournament was

Men's Slow Pitch Softball
division results
Dennis Pedicini, League
Director, has given the
following standings for the
Scotch Hills Baseball League as of July 17th:

In the "A" Division:
2. Brian D'Angelo, Landscaping and F&M
Disposal will be playing
make-up games, some
double headers.

Overhead Door, World
Arrow Tournament in the "A"
Division have made up
the final standings for
rain-outs. In the "B" "Division, J.J. Rocker,
Valleymed Landscaping and F&M
Disposal will be playing
make-up games, some
double headers.

Marian Jones with a net
26.
Low Gross, Laura Bot-
43. Low Putts - Guri
Kelly. 14. Chip-Ins by
Philip Condmus on Hole
No. 2.

Barracudas easily defeat
Westfield 294-188
The Willow Grove Bar-
racudas splashed and
battered their way to a re-
sounding win over the
Westfield Memorial Pool's
"B" team Saturday,
294-188.

Their second straight
win, 20 Barracuda swim-
ners took blue ribbons in
14 individual events. They
also pooled their efforts to
take blue ribbons in six
relays.

Five Willow Grove swimmers
led the attack by taking first
place in three individual events
and

Karen Squires won the
12 and under individual
medal and the 11 and 12
backstroke and butterfly;
Brian Shoats took the
13-15 individual med-
and the 15-17 freestyle and
butterfly;
Lynde Goldblatt won the 13-15
individual med-
and the 15-17
freestyle and butterfly;
Amy Sweeney contributed
with blue ribbons in the 9
and under freestyle,
backstroke and butterfly;
and the girls' 13-17
chipped in with wins in the
13-14, freestyle, backstroke and butterfly.
Five Barracudas also
took blue ribbons in two
individual events.

Scott Goldblatt won the
12 and under individual
medal and the 9-10
butterfly; Cassie Ca-nd in
top 8 in the 8 and
under freestyle and
backstroke; lan Doebber
won the 9-10 freestyle and
backstroke; Caitlin

Dimnow won the 9-10
freestyle and backstroke;
and Justine Mosko
grabbed the blue ribbon in
the 9-10 breaststroke and
butter.

Other winners in in-
dividual events included:
Tim Tandy, 7 and under
freestyle; Carl Phil-
s, 11-12 freestyle;
Mike Sidun, 13-14
freestyle; Danny Morris,
15-17 breaststroke; Ted
Gicas, 11-12 breaststroke;
Colleen Krefl, 13-14
freestyle;
Barristers; Dave
kage, 13-17 breaststroke;
Keith Swen-
15-17 backstroke;
and Brian Jan-
13-14 butterfly.

Freestyle relay winners
included Jillian Cordes,
Scott Swenson, Keith
Rutkowski in the 8 and
under freestyle; Danny
Morris, Chris Jan-
and Scott Goldblatt in the
9-10 girls' relay;
Caitlin Dimnow,
Justine Mosko, Erin
Goricko and Peter
Kane in the 13-14 boys'
event; Christi
Wagner, Michelle
Phillips, Marissi Gior-
done and Colleen Kraft in
the girls' 13-14 relay; and
Kristin Jarzem, Stephanie
Sherwin, Brian Shep-
and Keith Swen-
15-17 relay.

Scotchhills Liquors Value
10% OFF SALE
Everything in store

Beer, Wine,
Liquors, Cordials
Not Responsible For Typographical Errors
Must Present This Ad With Purchase
Ad Expires 8/1/90
SPT

WE HAVE BEER BALLS
(Bud & Coors. Reg & Light)
(Exclusive in-store specials)
Cash & Carry Only

FREE DELIVERY (except Sundays) - ICE CUBES - GIFT WRAPPING
2261 SOUTH AVE, Scotch Plains • 233-6333
(Next to Friendly Ice Cream)
Sale Items
OPEN EVERY DAY 9 a.m. - 10 p.m.
N.J. Lottery
Cash & Carry
Abbey-Foster
Randy Rosen, Branch Manager

For quite some time, Abbey-Foster has aided the people of this area with their complete selection of healthcare equipment available on a rental or sales basis. They are conveniently located at 1225 Globe Avenue in Mountainside, phone 769-0000. These community-minded professionals keep in mind modern and clean home healthcare equipment available. They strive to aid thoseconvalescing at the most reasonable rental rates possible and offer third party insurance billing for your convenience. They will find the proper equipment to be caring and helpful. If you have a bedridden loved one, or someone living with you who walks with difficulty, Abbey-Foster has sensibly priced equipment to aid in most any problem. They have the widespread admirations of doctors, nursing home and hospital administrators, and patients alike, for quality equipment and service.

Remember the name Abbey-Foster. Whether you need a hospital bed, crutches, a walker, wheelchair, or anything else in the hospital or healthcare equipment line, they are conveniently located at 186 North Avenue East in Cranford, phone 789-8222. The doctor and his staff invite your inquiries. They provide concerned, quality care to all of their patients.

Taylor Brothers Painting Contractors
Gary Taylor, Owner

For a professional painting service, regardless of the size of the job, the company to call in this area is Taylor Brothers Painting Contractors, located in the Westfield area, phone 232-8281. Give them a call for information on any residential or commercial painting job. Contact them anytime and let one of their trained estimators come out to your home or business to do a free estimate. They work on the lowest prices possible. They are fully bonded and insured for your protection. They will work on all the details and present you with an accurate estimate of the cost of the materials and labor. Their experience and professional equipment enables them to tackle any contracting job and complete it on time with expert craftsmanship. They will handle any part of your project or take care of the entire construction job. Call them when you need a contractor for any reason. If you are contemplating any building project, you'll be more than pleased with the work of the Taylor Brothers Painting Contractors.

Meridan Nursing Center-Westfield
Beth Capano, Admission Director

Meridan Nursing Center-Westfield, located at 1515 Lambert's Mill Road in Westfield, phone 232-8700, is doing their part in the care of the chronically ill, the elderly and the convalescent. At this complete health care facility, you can always find friendly people surrounded by a pleasant atmosphere. Ask about their "Quality of Life" program. As a volunteer, your vitality and cheer can forge a link with the outside world, bring a sense of the community and caring to enhance the lives of the residents.

Today, people are not only living longer—they are living more useful and productive lives. But, an increasing number of the chronically ill, the elderly and the convalescent need some place other than a regular hospital or their home where they can receive specialized health care, personal attention and the opportunity to live productive, useful lives with true meaning. The Meridan Nursing Center-Westfield features 24-hour professional nursing care and offer speech, physical and occupational therapy programs for their residents. Their facility is equipped with the most modern fire alarm and smoke detection systems to always ensure the utmost in safety for the people under their care.

For special diets, when needed, are carefully adhered to and both private and semi-private rooms are available. The Meridan Nursing Center-Westfield was designed to provide comfort, safety and a home-like atmosphere for the elderly and convalescent. Your inspection of their fine facility is invited.

W. Prussak Electrical Contractor, Inc.

For the finest in residential or commercial electrical contracting, the contractor to call in this area is W. Prussak Electrical Contractor, located at 49 Hale Street in Cranford, phone 276-5958. This contractor is well recognized for his high standards of work and his ability to complete the job in the shortest time possible. No matter what type of electrical work is needed, this contractor has had previous experiences with all facets of electrical work and he will complete the job in a most efficient manner. He makes it a point to provide expert electrical work which is always finished as quickly and carefully as possible. When you have a job that demands an electrical contractor, contact W. Prussak Electrical Contractor. Regardless of the size of the job, if you want it done right this is the company to call.

Woerner Plumbing & Heating
Serving the Area for Over 25 Years & 3 Generations

Prompt, expert plumbing and heating work is only a phone call away when you call Woerner Plumbing & Heating, located in Scotch Plains, phone 755-1406. These local professionals have earned an excellent reputation for themselves by serving the residential and commercial plumbing needs of this community.

At Woerner Plumbing & Heating, they employ only men fully qualified in the plumbing and heating business. Their employees are experienced in all phases of their field. They specialize in installations of new heating systems, hot water heating, sewer and drain cleaning, emergency repairs, and custom bathroom and kitchen remodeling. They are experts capable of handling both small residential jobs as well as large, difficult commercial and industrial accounts.

When you contact Woerner Plumbing & Heating, you are assured that the job will be done right the first time, and at most reasonable prices. Their men are fully licensed, bonded and insured, and only the best quality work. If you are planning any new construction, remodeling or alteration work, call the professionals at Woerner Plumbing & Heating. They’ll be glad to help you with your plans and select your heating equipment.

Can-Do Corporation

The Can-Do Corporation, in Scotch Plains, located at 322-3743, is noted throughout this area for first-class contracting work. They have a reputation for their service and that is important to many people.

The Can-Do Corporation handles many aspects of construction work—excavation, foundation and concrete work, commercial and residential buildings, remodeling and additions, paving work, parking lot striping and guard rails for any construction job. The Can-Do Corporation handles many aspects of construction work—excavation, foundation and concrete work, commercial and residential buildings, remodeling and additions, paving work, parking lot striping and guard rails for any construction job.

It is good to know that when you employ a contractor you can depend on him to do the job according to your specifications or to advise you on the most cost-effective and high-quality product for your needs. The Can-Do Corporation specializes in this part of the job. You have paid to have it done and lastly long. They can do not only new construction, but also renovation repair, patching, stripping and layout of existing cement. They work on the lowest prices possible. They are fully bonded and insured for your protection. They will work on all the details and present you with an accurate estimate of the cost of the materials and labor. Their experience and professional equipment enables them to tackle any contracting job and complete it on time with expert craftsmanship. They will handle any part of your project or take care of the entire construction job.

Call them when you need a contractor for any reason. If you are contemplating any building project, you’ll be more than pleased with the work of the Can-Do Corporation.

Twin Boro Physical Therapy Associates, PA

Charles T. Filippone, LPT; Joseph E. Mancuso, LPT; Lawrence Beck, LPT

Physical therapy is the therapeutic use of physical agents other than drugs. Through the use of heat, light, water, electricity, massage and exercise, these physical agents help to bring about treatment by speeding up or slowing down bodily functions and pain caused by injury or disease. In close association with your doctor and upon his referral, they will plan a personalized treatment program utilizing physical agents for your particular needs. They are utilized for years in Twin Boro Physical Therapy Associates to help you recover and return to your normal activities or to assist in regaining as much function of the affected area as possible.

Physical therapy methods and treatments are many and varied. They include casts, traction, exercises, electric shock, cold, heat, ultrasound, and air pressure. If you've experienced a sports injury, a fall, a work-related injury or if your doctor has recommended physical therapy for treatment of conditions such as headaches, TMJ, sprains, strains, or low back pain, they areutilized for years. Twin Boro Physical Therapy Associates are trained experts, evaluate and treat all sorts of physical disabilities, bodily dysfunctions and pains caused by injury or disease. In close association with your doctor and upon his referral, they will plan a personalized treatment program utilizing physical agents for your particular needs. They are utilized for years in Twin Boro Physical Therapy Associates to help you recover and return to your normal activities or to assist in regaining as much function of the affected area as possible.

Portuguese Mason, Inc.

Sergio Lourenco, Owner

Portuguese Mason is a brick and stone contracting firm which has won an outstanding reputation for the quality and success of its construction. They are conveniently located at 153 Madison Avenue in Westfield, phone 223-4113. Remember, for all masonry work, call Portuguese Mason. Their quality workmanship and reasonable prices are sure to please.

Martin R. Curlik, MD, FACS

Specializing in Urology

Well-known in this area as a specialist in the field of urology, Dr. Martin R. Curlik offers professional care and counseling for patients suffering from any urological ailment. Many people experience urological problems at some point during their life. Dr. Curlik has the specialized training and expertise to diagnose and treat anything from a minor infection, to difficulty with voiding, to cancer of the urinary tract. In addition, he can perform vesicostomies vesicostomy reversals and is a specialist in male infertility and prostate disorders and diseases.

Through specialized testing, medication, and in some cases, surgical treatment, most problems can be treated in a relatively short time. Although many urological conditions are permanent, patients are capable of overcoming these feelings and resume a normal life by seeking proper treatment.

Dr. Martin R. Curlik is available for primary care or second opinions and welcomes new medical insurance plans. He treats both adults and children from his office in Westfield, phone 232-3113. His office is conveniently located at 1125 Globe Avenue in Mountainside, phone 753-2881. Give them a call for information on any residential or commercial painting job. Contact them anytime and let one of their trained estimators come out to your home or business to do a free estimate. They work on the lowest prices possible. They are fully bonded and insured for your protection. If you are planning any new construction, remodeling or alteration work, call the professionals at Woerner Plumbing & Heating. They’ll be glad to help you with your plans and select your heating equipment.

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Call them when you need a contractor for any reason. If you are contemplating any building project, you’ll be more than pleased with the work of the Can-Do Corporation.
Mrs. Lauricella and the students in her morning kindergarten class show off their crazy hats.

In conjunction with the work they have been doing in their H letter books, the students enjoyed parading through the school to show off their crazy hats.

REAL ESTATE SOLD

Deegan Boyle Realtors is pleased to announce the sale of 627 Shadowlawn Drive in Westfield for the Eder family. Broker representative Pete Peterson marketed the property.

Students perform in Heidi

Three students from Scotch Plains and Fanwood will be featured in The Westfield Workshop For The Arts production of "HEIDI" on July 31 and August 1 at Edison Intermediate School, 800 Railroad Avenue, Westfield, New Jersey. Director Jan Elby has announced the following students will perform in the 8 p.m. performance.

Brigitta, an eighth grader at Park Middle School, Michelle has previously participated in "CHARLIE AND THE GREAT GLASS ELEVATOR" and "KIDS ON BROADWAY." The Minister of Darfil will be played by Lauren Sturm. A seventh grader at Park Middle School, Lauren studies piano and flute.

The Westfield Workshop For The Arts, a division of the New Jersey Workshop For The Arts, is in its 19th season. For ticket information call 201-322-5065.

Sinky Sneaker Contest at U.C. 4-H Fair

The third annual Sinky Sneaker Contest will be held on Sunday, July 29th at the Union County 4-H Fair. First prize winner will be awarded $25.00. The event is being sponsored by the Union County 4-H Teen Council.

The fair will be held at the Union County Complex, 300 North Avenue East, Westfield from 10 a.m. to 5 p.m.

Registration for the contest will be at 11:00 a.m. with judging at 1:00 p.m. There is a registration fee of $1.00. All sneakers must be naturally used, abused and worn. Any purposefully destroyed sneakers will be disqualified.

A one of the judges, brought in for the sole purpose of judging, is a specialist in old shoes. For directions or information, please call 654-8586.

Gold Award...

Continued from page I.

Wood Recycling Center where she helped educate residents about plastic recycling. While a student at Scotch Plains-Fanwood High School, Julie was a member of the Varsity Bowling Team, German Club, AFS, and various other activities. She will be attending the College of St. Elizabeth with an intended major in Foods and Nutrition and a career goal of being a dietician.

McDevitt developed a Self Esteem/Living Yourself workshop which she presented to 260 adolescents on ten different occasions to various troops and church youth groups. It included an original flip chart, handouts, lecture, discussion, and role-playing. She utilized her leadership and communication skills as well as her own very strong positive self image and firm belief that everyone should establish a task to help a teen resist negative peer pressure, especially the temptation to experiment with alcohol, illegal drugs and tobacco.

An Honors student at Bishop George Ahr H.S., where she was Student Council President, Molly played Varsity Soccer and was active in the International Relations Club, Model U.S. Senate activities, and Senior Statesman programs, and Spanish Club. As a Girls' State delegate, she was elected President of the Senate. Active in the St. Bart's Youth Group, Molly is also a lector for her parish. She will be attending Chestnut Hill College where she plans to major in Political Science. She hopes to become a lawyer.

Carolyn Sorge used her skills as an Emergency Medical Technician and her leadership ability to organize classes for local G.S. troops to earn the First Aid badge and for Boy Scouts to earn their First Aid Merit badge. A member of the Scotch Plains Rescue Squad, Sorge enjoyed helping children to know very important skills that might save their own life or that of someone else. The children, however, most enjoyed Carolyn's tour of the ambulance at the Rescue Squad building. While at Scotch Plains-Fanwood High School, Sorge was a member of the National Honor Society, the French Club, Student Council, and she will be attending William Paterson College where she will major in Communications.

Barber, McDevitt and Sorge become the seventh, eighth and ninth community recipients of the Gold Award. Previous winners include Beth Sheldon, Heather Skinner, Betsy Smith, Tricia Heffner, Jennifer Koening and Karen Schaefer.

CHIT CHAT

Thomas F. Keenan and Ann-Marie Zeck, of Scotch Plains, were guests at commencement ceremonies at the University of New Mexico.

Amy Christine Kipp, of Scotch Plains, has been named to the 1990 spring semester Dean's List at Drew University.

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Marie Cpl. Andrea L. Brown, daughter of Harold and Ilona A. Brown, of Scotch Plains, has been named to the 1990 spring semester Dean's List at Drew University.

A 1979 graduate of Scotch Plains-Fanwood High School, she joined the Marine Corps in February 1988.

The third annual Sinky Sneaker Contest will be held on Sunday, July 29th at the Union County 4-H Fair. First prize winner will be awarded $25.00. The event is being sponsored by the Union County 4-H Teen Council.

The fair will be held at the Union County Complex, 300 North Avenue East, Westfield from 10 a.m. to 5 p.m.

Registration for the contest will be at 11:00 a.m. with judging at 1:00 p.m. There is a registration fee of $1.00. All sneakers must be naturally used, abused and worn. Any purposefully destroyed sneakers will be disqualified.

A one of the judges, brought in for the sole purpose of judging, is a specialist in old shoes. For directions or information, please call 654-8586.

The third annual Slinky Sneaker Contest will be held on Sunday, July 29th at the Union County 4-H Fair. First prize winner will be awarded $25.00. The event is being sponsored by the Union County 4-H Teen Council.

The fair will be held at the Union County Complex, 300 North Avenue East, Westfield from 10 a.m. to 5 p.m.

Registration for the contest will be at 11:00 a.m. with judging at 1:00 p.m. There is a registration fee of $1.00.

All sneakers must be naturally used, abused and worn. Any purposefully destroyed sneakers will be disqualified.

One of the judges, brought in for the sole purpose of judging, is a specialist in old shoes. For directions or information, please call 654-8586.
Letters...Continued from page 4
d to political success in America. That's why we've had so many in- dependence in our lifetime, and it's why there's been a national budget in 1990. The country has been led by men and women who have been able to make decisions for the common good. Our current president is not one of those people. He's more interested in personal gain than in serving the needs of the American people.

I hope that more people will realize this, and that they will vote accordingly in the next election. Only then can we move forward towards a brighter future for all Americans.
HOW TO PICK A LIFE INSURANCE COMPANY AND POLICY

At one time or another, if you’re like most people, you have been approached by a life insurance salesman. And if you are like most people, you have a need for some form of coverage to protect your family in the event of a death or for tax free savings. The following may offer you some pointers on how to purchase the right policy from the right company.

In determining which type of policy to purchase - Term, Whole Life, Universal Life or Variable Life; a complete financial plan should be done to uncover your needs, both in the short run and long run. There is no right policy for everyone. Term is the least expensive, if you only need life insurance for a short period - 1 to 10 years. In the long run, most people drop their term insurance as the premiums get extremely costly, and end up leaving no death benefit to your family.

Beware of an insurance agent who looks at your existing policy for three minutes and then tells you to cancel it immediately, and buy a new, “better” product from him or her. These agents are what we call “replacement artists” and their primary concern is to make a commission by replacing what you already invested time and money in.

Also, don’t base your decision to buy a company’s product simply because their illustration looks better than another company. An illustration only represents how the company sees the future economic situation to be at a particular point in time. Many things can change so that these numbers may be better or worse then projected.

Your major concern should be that you trust the agent who you are dealing with. This is the person who will be servicing you over the next few decades and giving you financial planning advice. If you have any questions, please feel free to call me at 322-2634.

UNB reports net income

Kenneth W. Turnbull, Chairman and Chief Executive Officer of United National Bancorp, reported net income figures for the first six months of 1990 of $2,303,000 compared to $2,466,000 for the same period a year ago, a 7% decline. For share earnings were $1.07 versus $1.15 for the prior year period. Second quarter net income was $1,166,000 compared to $1,209,000 in 1989, a 4% decline. Total assets increased to $617,821,000 from $580,838,000 and deposits grew from $593,216,000 to $539,616,000, a 7% increase over 1989.

Reflecting a sluggish loan demand, total loans outstanding decreased marginally to $314,410,000 from $314,907,000 in 1989. “Although net income was off to some degree, it is encouraging to note that income before provision for Federal Income Taxes was slightly ahead of last year - $2,497,000 compared to $2,428,000 a year earlier. We look forward to continued earnings improvement in the second half of the year.” Mr. Turnbull said.