

SIU LOOKS TO GREG PAYNE



With three of last year's starters graduated, the basketball season at South Illinois University at Edwardsville will be a rebuilding one, according to Coach Jim Dudley. Back for the SIUE roundballers this year is last season's starter, Greg Payne, a guard. Payne of Scotch Plains averaged better than nine points per contest last year. It will be up to Payne to take over as the backcourt quarterback this season.

TERRILL PLANS BOOK FAIR

A Book Fair will be held as part of Terrill Jr. High School's PTA Fair Night, next Tuesday, November 13, 1979 at 8:00 P.M. Bring family and friends to this fun evening at Terrill and purchase your books early. A wide selection of books will be available to suit all tastes and reading levels. Books will be available for parents to use in helping to improve their children's study and reading habits. New format assignment pads are available this year as well as many children's and young adult's classics. The latest mystery titles will be available for all mystery lovers and for those who love crossword and activity books, many selections will be available.

Mark the date on your calendar, November 13, 1979 at Terrill Jr. High.

SP-F STUDENTS PERFORM WITH ALL STATE CHORUS

Eight members of the Concert Choir at Scotch Plains-Fanwood High School were selected in competition to perform with the All State Chorus at Atlantic City's spacious Convention Hall last Friday evening. The talented student singers are Paul Canada, Joseph Daniels, Mary Allison Elston, Madeline Hahn, Sue Koger, Anders Leidel, David Lee, and David Rodriguez.

The prestigious chorus, composed of three hundred and fifty members from all over the state, presented, in conjunction with the All State Orchestra, the concert at the annual New Jersey Education Association Convention, the largest state teachers' gathering in the nation.

The Chorus and Orchestra will also perform at Plainfield High School Auditorium on Sunday, November 18th at 3 P.M., in a repeat of their Atlantic City concert.

The Scotch Plains-Fanwood High School Concert Choir is under the direction of Mr. Robert Brown.

CHAMPIONSHIP GAME SCHEDULED FOR SP-F SOCCER ASSOCIATION

The Scotch Plains-Fanwood Soccer Association will hold its end-of-season championship games on Saturday, November 17th at Park Junior High field. Opening ceremonies begin at 9:00 A.M. with the National Anthem by the SPFHS Raider Marching Band. Approximate game times are: 9:20-Tyke Div. Exhibition Game; 10:00-Tyke Div. Exhibition Game; 10:40-Atom Div. Mustangs vs. Tigers; 11:50-Pee Wee Div. Fury vs. Sting; 1:15-Bantam Div. Chargers vs. Stars; 2:45-Midget Div. Savers vs. ???

LIBRARY PLANS WOMEN'S EVENT

The Scotch Plains Public Library invites women of all ages - and at all stages of life - to attend a free lecture from 1:15 to 2:15 P.M. on November 26. This program is being presented by the Women's Center of Union College and will cover the skills and techniques necessary to develop more effective decision-making practices. If you would like to enhance your life-style plan to attend this lecture, which is entitled "Decisions...Decisions."

Be sure to look at the fabulous photographs displayed at the library. Over the Vertical File are three new pictures taken and processed by Randolph Hauser from Scotch Plains. In the Display Case are six photos taken by Pat Guempel, Plainfield resident.

The Library will be closed on Thanksgiving Day.

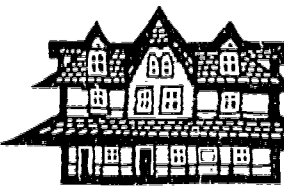


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New Police Fitness and Nutrition Program begins

What's one of the highest stress-level jobs in modern life today? Police work. Doctors' studies have indicated that the very nature of a patrolman's day-to-day life - a combination of sedentary car or desk work with the constant mental stress of knowing that a tension-packed situation may arise at any moment, causes the high stress rating.

Like all police officials throughout the U.S., Chief Michael Rossi of Scotch Plains worries about it. He and his men are also doing something about it. Through a highly innovative program - first of its kind in the nation - the local police have undertaken a volunteer program of fitness training and nutritional supplements.

The trigger, Rossi hastens to indicate, is one Patrolman Rich Muessig. Muessig, a long time advocate of personal physical fitness, an instructor and student, sparked the interest and the program in his department. Last year, the Chief authorized Muessig's attendance at the University of East Kentucky, where he qualified as a training instructor for cardiovascular physical training.

He's listed among a handful of graduates in Law and Order Magazine. Rossi sent him because he was aware that fitness was a coming thing in police work.

Muessig has already recruited one-third of the Scotch Plains police officers on a volunteer basis. He'll lead the Physical Fitness-Cardio-Vascular training end. Then, in conjunction with Tony Accocella of Tony's Nutrition Center on Second Street in Scotch Plains as advisor, the police will also volunteer for vitamin supplement and nutritional training to further combat stress. The Thomp-



Pictured above (left to right) Tony Accocella, Tony's Nutrition Center; Captain Robert Luce and Chief Michael Rossi, Scotch Plains Police Department. They are discussing proper vitamins to use in conjunction with a Physical-Fitness Cardio-Vascular training program.

son Vitamin Company - an outfit which sponsors the Olympics, promotes vitamins and nutrition for weightlifters and other Olympic caliber athletes - will donate vitamins. A representative of the Thompson firm will visit Scotch Plains in February, working with Accocella to present a seminar on stress.

The novel program will expand yet further, when a Union County Physical Training Association becomes functional. As Chief Rossi explains it, police throughout the county already have associations which meet to share information and educate themselves in other facets of police work such as firearms, etc.

Physical training is of equal or greater importance in the effective performance of police work, so Rossi hopes that Scotch Plains will lead the way in encouragement. Rossi will be director of the new Association, and Directors will include Captain Robert Luce of Scotch

Plains, Joseph Powers (former Scotch Plains Chief and now Director of the county Police Chiefs Academy at Union College) and Accocella. Patrolman Muessig will serve as Physical Coordinator. "I hope Patrolman Muessig will eventually draft many of the 2,000 police officers in Union County," Rossi said.

The Scotch Plains Department has been giving a Cardio-Vascular Award to an outstanding physical fitness student at the Union County Police Chiefs Basic Training School since 1977 and will add another award this year to the outstanding physical fitness performance by a new police recruit.

The objective of all the effort, according to Rossi, is two-fold: to increase physical performance and to reduce injuries and sick time. "The ordinary officer on a four-to-twelve shift could never just drop into bed and fall asleep," Rossi explains. Police traditionally require a "cooling off" period as they finish a shift. Even during an ordinary, routine patrol, when no stress situation occurs, the stress builds up within the officer due to his awareness that at any second he may gear into a stress or anxiety building situation.

Although police officers must pass a routine physical test periodically, true cardiovascular fitness has never received sufficient emphasis, Rossi notes. "There's no question in my mind that this is something the police have been looking for for a long time."

Watch for the following officers! They'll become more and more fit as they progress through their training period: Patrolman Ernest Hines, Patrolman Matthew Hoesel, Lieutenant Thomas

O'Brien, Patrolman Thomas DeNizio, Detective Carl Sicola, Captain Robert Luce, Patrolman Michael Sachkowsky, Patrolman Edward Blake, Patrolman Norman Stickle, Patrolman Richard Migliorato, Patrolman William Lynch and Patrolman John Kennedy.

As for their leader, Chief Rossi, he undertook his own morning "jumping jacks" several months ago and reports it has most definitely improved fitness and circulation. In fact, he hopped up and demonstrated a few for a local reporter!

Scouts sell calendars

Girl Scout Cadets from Scotch Plains and Fanwood are once again selling Girl Scout calendars. Both pocket and regular size are available at a cost of 75 and 60 cents, respectively. Area residents may purchase calendars from Calendar Chairperson Mrs. Barbara Swindlehurst, 70 Willoughby Road, Fanwood.

EARLY CLOSING DEADLINE SET FOR HOLIDAY

The TIMES will be published and distributed a day early next week, due to the Thanksgiving holiday. Copy will be accepted until 5 P.M. on Friday, November 16, and advertising will be accepted until 5 P.M. on Monday, November 19, to accommodate early printing dates.

The Scotch Plains Library has also announced an early closing at 5 P.M. on Thanksgiving Eve, Wednesday, November 21 due to the holiday.

Community invited to Thanksgiving Service

A Thanksgiving Eve Service sponsored by the Fanwood-Scotch Plains Ministerial Association will be held on November 21, at 8 P.M. at the First United Methodist Church, 1171 Terrill Road, Scotch Plains.

The Rev. John R. Neilson, of All Saints' Episcopal Church will welcome the congregation to this annual ecumenical service.

Assisting as leaders in worship will be Pastor G. Milton Johnson of Gethsemane Lutheran Church, Plainfield and the Rev. Dr. Norman E.

Smith, of the First United Methodist Church. Lay readers will be Mrs. Mabel Satrape and Robert Johnson.

Rev. Father Francis A. Reinbold of Saint Bartholomew's R.C. Church will deliver the evening sermon. Guest Organist will be Ms. Marilyn Thorne, of Willow Grove Presbyterian Church.

The offering will be presented to Contact-Welfare. This organization is a Christian Telephone ministry available to all who are in trouble, confused or need special services. Their service is free and confidential.