



SCOTCH PLAINS

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## Happy NEW YEAR

### Swedish Meatballs give way to American football

If you ask Fred Armstrong of Scotch Plains what is the most popular up and coming sport in western Europe, he will tell you it's American football. And Fred should know. For the past two years, this 1981 Scotch Plains-Fanwood High School graduate has been playing and coaching that sport in Sweden!

How he got there is as interesting as the phenomenon itself. After attending college at Fullerton Jr. College in California and Towson State in Maryland, Fred somehow found himself in London all set to be a member of a team in the International League of American Football. But the league never got off the ground, and there he was, all set to play but no place to do it. Fortunately, a friend of his, Eric Simmons, was going with a Swedish girl who told them about American Football in Sweden. Fred sent his resume and some tapes and was hired by the Lidngo team. It won its division championship and Fred was chosen as "Player of the Division".

Fred then became coach of the Swedish National American Football team for young men 19 years old and under. That team went on to beat Finland, an accomplishment that had never been done before. These teams have a roster of 40 but only 35 may dress for a game, as opposed to the over 19 teams which have a squad of 45. The rules are the

same as the NCAA and the Swedes have been playing the game for 10

years. Fred explained that when they first began to play, the boys wore

hockey helmets and shoulder pads; the only equipment they had. Now they are fully outfitted, but each youngster not only has to provide his own equipment but must also purchase a license to play. The license, among other things, covers insurance.

He said that the hardest positions to teach were quarterback and defensive backs. Besides being head coach on the Junior National team, he is also defensive co-ordinator of the Senior National team. The Senior team qualified to go to the European championships by defeating Holland and will play this July against Italy in Naples. If they win that game, they will play in the finals.

Fred, besides coaching, will also probably play again this season, if only

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FRED ARMSTRONG

### Township enlarges recycling program

Have you always wondered what to do with all the junk mail you accumulate? Well, wonder no more, because in Scotch Plains, it is now recyclable.

Starting with the beginning of 1993, "mixed papers", which consists of junk mail, magazines and catalogues, should be put at the curbside along with your other recyclables for pick up on the specified days. The "mixed papers" may be tied up in bundles,

like your newspapers, or they may be placed in paper bags with a tie around them to keep them from opening.

Another change is that tin cans and aluminum cans need no longer be separated from each other and may now share the same container. Also, labels don't have to be removed.

For the time being, the balance of the recyclables remain the same: bundled newspapers, #1 and #2

plastic containers (identified by the triangle on them), glass bottles and jars, and flattened and bundled corrugated board.

Later in the year, additional items will hit the recyclable list, and residents will be notified as they occur. All Scotch Plains citizens are urged to continue the good work in recycling, a major factor in cleaning up the environment.