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# BETHLEHEM

## A pay grab brings activist back to fray

**R**osemarie Friedman is unaccustomed to having people agree with her.

So she was surprised by the big man who walked up to her recently and straggled his arms around her.

And the woman who got up in a senior citizens club at an unsolicited invitation for postal expenses.

And the people who reacted to her complaints about the congressional election with cries of "These the buses are!" or "Let them live on \$2 an hour!"

"I never had a visitor in my whole life," Friedman exclaimed last week from the living room of her Easton home. "This one has me so excited."

Friedman is no stranger to activism. In the 1960s, she threw herself into the civil rights movement, the anti-war movement, the gay liberation movement. She helped organize the first Women of the Lehigh Valley with whom she marched on Harrisburg.

But like many activists from that time, she has been essentially burned out. "The issues were so hot in those days," she says. "The activists hate you so much, they make you feel so insignificant."

"Finally said the hell with it."

So for the next 20 years or so, she followed politics from a safe distance. "I live like my little secretaries, my books, my C-Span and my family. That's about it."

It was C-Span, the TV news work that provides live news coverage of Congress, that finally brought her back into the fray. That is when she saw Roger Nader talk last month about the Congressional Accountability Act. Friedman's challenge is to help the House pay increases to the House of Representatives quickly need to be served, and other federal officials last November.

Friedman called CAP in Wash-



Bill White

ington to offer help, and they made her a district captain, assigned to deliver 100 signatures on a petition and to make sign letters were sent to area representatives.

The petition asks members of Congress to defend and to accept the \$10,000 pay raise, to co-sponsor and support House Resolution 410 to repeal the raise, and to call for public hearings and extended votes on all future pay raise proposals.

U.S. Rep. Don Ritter voted against the pay raise, but has taken an undecided stance on its repeal. He said last week that he would favor repealing the hike if other sources of congressional income were restored. The bill tightens restrictions on honoraria.

**Publicity about Friedman's** of her early life stirred suggestions of a flood of supportive phone calls, and she has had over 100 signatures. Volunteers are circulating petitions at long-gone, community centers and public places while Friedman prepares her mailings, answers the phone, and makes the rounds of Lehigh Valley groups to give speeches and seek signatures. "I am so tired, but I'm loving it," she says.

She called her fellow "we protesters" and found them too wrapped up with work and families to get involved. The new activists are focused on lawsuits. The Fraternal Order of the 65-year-old retired steelworker also has organized a meeting for 1 p.m. today at the Easton Senior Center on Center Square.

"We're only a small branch of a very big tree," Casella says.

The phone keeps ringing as Friedman talks about the campaign. "This is your number to stop the led end just grab," says the message on her answering machine at 372-5400.

"You do get tired of being alone," Friedman says. "And I love the contact with people. That turns me on - especially if they're agree with me."

They wanted to agree with her at the Senior Center in Bethlehem last week, where 20 or so elderly people were at tables, awaiting their lunch. She saw people of surprise with reactions about congressional salaries and perks, and the group interrupted her twice with applause.

Friedman walked away with 24 more signatures. "The old lady is still alive," she says.

## Professor sees prosperity ahead



Lehigh University graduates fill Packer Memorial Church for Founder's Day.

## Lehigh grads told to take risks at Founder's Day

The worldwide triumph of the free market system has brought progressive economic conditions in 25 years, a Lehigh University professor told a Lehigh commencement audience yesterday.

"I think it's going to be great," said the 1938 annual Founder's Day commencement in Packer Memorial Church.

The baby's world conditions could also mean, Amerson said, the best of the world. One day, he said, "There will be a \$100,000 - \$200,000 a year salary for a \$40,000 tuition bill."

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Bernard L. Cohen receives honorary degree

## Group helps bolster those Desert Shield left behind

**N**ine gather in Bethlehem for the 1st meeting

By CHERYL WENNER  
Of The Morning Call

She with the Catholic Social Agency of the Diocese of Allentown, said she decided to start the group after her 40-year-old son Robert, a soldier in the Army's 101st Airborne, left for Saudi Arabia in August. "I was so nervous, I had to find other people with the same problem and talk about it," she said. "Then, it didn't seem so bad."

For those who have loved ones serving in the Middle East, the uncertainty is frustrating. "You don't know what's going to happen," said Thompson. "You don't know what is happening day by day. You feel hopeless."

Thompson struck up a friendship with Mary Ann Goto, the mother of one of her son's high school classmates, also serving with the 101st Airborne, and found that when she had someone else to talk about her feelings and fears. "I started writing better letters to Bobby."

They say it helps to talk to others in the same situation - to share feelings and exchange practical tips and information. Is there any way to get letters and packages to Saudi Arabia quicker? What can and can't you send? Most important,



Some of 400 CROP-walkers make their way along city route.

When he comes home, we'll celebrate everything at once," she said yesterday at the first meeting of Concerned Families and Friends, a support group for those with loved ones stationed in the desert. "It is for the biggest thank you" to you've ever seen. And you're all invited."

It didn't take long yesterday for the nine people who gathered in the parish hall of St. Stephen and Jude Parish Hall in Bethlehem to feel like a family.

Dorothy Thompson of Bethlehem, a staff mem-

## 400 walkers raise \$25,000 for hungry in trek through city

**B**y RICH HARRY  
Of The Morning Call

Grace Tison, 66, and Marian Selsky, 70, and a group of 400 walkers in the shade yesterday at hundreds after walking more than six miles through Bethlehem in the summer heat.

"They did it for a good cause. Bethlehem's 10th CROP walk for the hungry."

Would they like to walk another 6.2 miles?

"You've got to be kidding," said Selsky, laughing.

"Not over," said Tison. "Other than to go home."

Still, the two Bethlehem residents had made it through the day

without much trouble, they said 400 other people.

The walk raised an estimated \$25,000 to help people across the world suffering from famine, war and natural disasters. Transportation, say 25 percent of the money will be used locally.

With a Salvation Army food bank playing a role, the group set out at 1:30 p.m. from the parking lot at the Community Services Building, 225 S. Broad St. Some who may be tired to walk to the finish line.

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Terplan with goddaughter, interns at Concerned Families and Friends meeting.

## Fund-raising picnic to save carousel draws hundreds

A fund-raising picnic to save the carousel at Bushkill Park drew hundreds of guests yesterday.

The event, sponsored by the Historic Karlov, Save Our Carousel Committee, was the latest in a series of events to purchase the antique carousel which has been on the market for two years.

Those who attended enjoyed food, live entertainment, and live-in Summer weather. Gary Dew and his three families played blindfolded games and marbles. Joseph Kople and Tom Torosini entertained 1,000 guests throughout the afternoon.

Committee spokesman Justice Page said the group, which had raised nearly \$11,000 before yesterday, added another \$4,000 thanks

to yesterday's gate receipts.

The funds, however, only represent a beginning. Page says comparable carousels today fetch up to \$100,000 and she expects to pay a similar figure for the one in Bushkill Park.

The committee has an informal agreement with its owner, Ronald Long, a descendant of Arthur Long, a Philadelphia carousel manufacturer whose firm she purchased the carousel. They hope to reach a formal agreement in January.

Before that happens, the Committee wants the professional fund-raising consultants it has hired to make recommendations on how to raise the massive sum needed.

"The main reason for the picnic is to sustain community interest in saving the carousel," she said. "We'll continue those kind of events to raise money to buy professional fees, and are optimistic for the big push. We're ultimately hoping our consultants can help contact large donors."

Carousels have varied in value in recent years. The Bushkill fair was constructed in 1902. Its rare, hand-carved horses make it an extraordinary value.

Page said only 10 of an estimated 4,000 hand-crafted carousels are still in the United States. The rest were either dismantled or destroyed.

"Thirty carousels were broken up this year and sold here by piece," Page said. "The carousel is definitely an undervalued treasure."

B4 THE MORNING CALL, MONDAY, OCTOBER 15, 1990

FOURTH

# Women's Versamling celebrates fun

## 400 members meet, eat and sing in good cheer at 5th anniversary

By RICHARD DRUCKENBROD

The Germansville Fine Company was the host for the fifth anniversary of the Lehigh Valley Women's Versamling, November 1985. The group is now a social organization that meets on the first Friday night after the women on der Baad (the council) meet down the street led by the Versamling's flower ringers, the Bitt, they look their place at the head of the table in their 400 roger rim and women from Berks, Lehigh and Schuylkill counties.

The Versamling's Mildred Neater of Jacobsville welcomed the group. She reminded an anniversary who didn't receive an anniversary card at the door to be sure to see one of the members of der Baad.

The Versamling Dorothy Kerschner led the group in the singing of "12 Versamlingssongs." The group then sang "Three O' beautiful for you" which was written by the Versamling's Marie Wenz of Lehigh County expressed thanks to those for the work and sacrifices of the Pennsylvania German heritage in providing such a rich heritage.

Neater hardly had to invite anyone to Schaefer's as it had their appetites along. There was plenty of everything for all centered on Michael Schaefer's kitchen table.

Schaefer French them with the trimmings. The staff of the company presented an excellent and enjoyable evening.

Neater welcomed the appetites of all for the first course. The group then sang "The Good Grocer who went to the back of the store" and "The Good Grocer who went to the back of the store" and had a host of letters. He no more than had the compliment of his worth when he noticed the fellow had followed him. Not to be outdone.

though, the clerk said, "um, do his gut hurt and do some heart trouble" and here's the fellow who will take the other half."

Kerschner came back to lead the group in singing "Schuld'ge" (Schuld'ge) "Gott lobt uns" (God bless us) and "The Maid Schuld'ge" (the old school days).

In the Versamling, Neater had the women present among other things, three Masselant took in from Neater's kitchen. "Do love them more and to stand by them better, but to drive the line on a husband who chews tobacco in back, especially laying on his back, spitting tobacco juice all through the night."

The men had to promise "nissin so hal so es" (not to be any) and to be more courteous when spitting tobacco juice out to the park, especially with cheer. "Watch off der Ley" (Watch out on the way). The men had to pledge to smoke their every-two-weeks from every Sunday night, whether it was necessary or not.

The Goldwasser presented Anna Blatt of Berks County was called up to be recognized on the occasion of her birthday. From her sister, Neater, she received a special gift: "an add hat and Lichte for Aase" (an old hat with lights for eyes). They all had fun trying to find the witch.

The church leader Maureen the first anniversary Little George Patrick in the district center forward to introduce the Amstutz (the efficiency) including Mildred Neater, Little George, Marie Wenz, Dorothy Kerschner, and Fern Kober of Lehigh County, Pearl Zahm and Marie Wenz of Lehigh County, Dorothy Kerschner, Anna Blatt, Marie Wenz, and Dorothy Kerschner of Berks County.

Neater presented the group with a "Versamlingssong" (photo liberally)

heads) were introduced from other Versamling and lodges in the area. After this the Schuylkill County Versamling met in Prokold the proceedings of the day starting after 8:30 and continued with several additional songs.

Ratsefrau Lillie Mengel called Sterling Zimmerman and the wife Phyllis to the fore to present them with a special gift for their guidance and contributions in getting this Versamling started and providing a meeting place for der Baad at the Wesley's Center House. The gift proved to be a much appreciated picture of the hotel, inscribed by Neater from a newspaper.

In the featured (the festival speech) Sterling Zimmerman characterized each member of the efficacy by a short rhyming poem, which was read on to continue on way in which school days of old were quite different from today's children and in time with the Schuylkill County (the barn work) and last to go on first to school, in school the teacher read from the Bible; the Bible was not gotten (and prayed).

"They" entertained with numerous stories relating to the historic process. One story told of the old best teacher who often posed unanswerable questions for the children. One day he asked his pupils how they thought he felt if they passed correctly they got off easy that Friday. After a bit of hesitation, one fellow — the closest in the class, put up his hand.

"You're right, teacher," he said, "but I don't know how to answer." The teacher asked how he came to his answer. The boy revealed his secret calculation device: "I have a teacher at home, he's 22 and he's just had crazy."

Neater presented the group with a "Versamlingssong" (photo liberally)

### Hearing in Heftertown today on land for library

Heftertown Council will hold a public hearing at 7:30 p.m. in Heftertown Hall to discuss offering land to the borough library for a new building.

The hearing will be part of the regularly scheduled council meeting. Library engineers asked council to purchase a 2.00-acre parcel to build a new library building and move from their current 10th Main St. location. An anonymous donor has offered \$20,000 toward a new facility, but the location is likely to be at least half of new facility is planned.

Council suggested a parcel along New York Avenue near Mill Hill on a long-term lease basis. However, council will accept public opinion gathered tonight before making a formal offer. Council has said that a final decision could be made tonight.

### CROP

Continued From Page B1

their churches. College Hill Moravian and Messiah Lutheran. "I provided a couple of times," said Tress. "But I made it."

The walkers went south on the Main Trail Bridge, then onto Daily Avenue for a tour of the South Side building and move from their current 10th Main St. location. An anonymous donor has offered \$20,000 toward a new facility, but the location is likely to be at least half of new facility is planned.

Refreshments were served at several rest stops. The walk was coordinated by Audrey Berlich, executive director of the Greater Bethlehem Area Council of Churches, which sponsored the walk.

### SUPPORT

Continued From Page B1

The support group members said they supported the spirit of the yellow ribbons, white and blue ribbons for loved ones, and purple and white ribbons for loved ones who were missing. The group plans to meet on the second and fourth Sunday of each month at St. Simon and Jude, 23rd Avenue and W. Broad Street, Bethlehem. The Oct. 28 meeting will be at 8 a.m.

For more information, call Elizabeth at 963-3227 or the Catholic Social Agency at 426-1541.

### LEHIGH

Continued From Page B1

America's infrastructure, including everything from deteriorating highways to a fuel crisis, is steadily and takes credit, could decay as well as cause economic ruin, he said.

"I get depressed just thinking of these things," Aronson said. He advised the graduates to take advantage of the future and all its inherent risk. "The year immediately in, the risk must find work that you love. If you just work it, you'll never prosper. Prosperity runs deeper than economic success."

After Aronson's remarks, 95 Lehigh Valley residents received undergraduate and advanced degrees. The Lehigh Valley residents are among 206 students who completed their degree requirements during the past summer.

Two honorary degrees were also awarded during the ceremony. Bernard L. Cohen, the 1934 Lehigh graduate, is well known for his leadership in the Lehigh Valley. Cohen is retired and lives in the Lehigh Valley. He is the former president of the Lehigh Valley Chamber of Commerce and chief executive officer of Pirella Göttsche.

Luther W. Brady, one of the world's foremost cancer specialists, received an honorary doctor of science degree. He is in the Hyattsville, Maryland, area. He is the former president of the Department of Radiation Oncology and director of medicine at Mount Sinai Hospital, Philadelphia.

The Lehigh faculty members who have been named to endowed professorships in the past year were honored during the ceremony. They are Mark H. Rickard, the Henry L. Luce Professor of Cognitive Robotics and Philosophy of Knowledge, and D. Raymond Bunker, the Cooper Lehman Professor in Accounting.

During the ceremony, 86 students were honored for outstanding achievements. Some local students were among those honored. They include:

John Pollock, and Caroline Kay Mirok, both of Allentown, will receive the Elizabeth Major Neater Award to fifth year students on the basis of leadership, citizenship and scholarship.

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# DISC FACTS AND FALLACIES

The term "slipped disc" is commonly used to describe a multitude of back pains and problems. A look at the composition and function of a disc explains why it doesn't really slip, and why discs shouldn't carry the blame for everything that goes wrong with our backs.

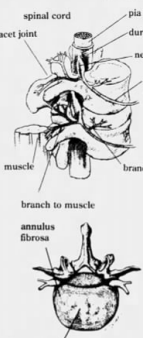
### The Composition And Function Of A Disc

Each vertebra in your spine is separated from its neighbor by a cushion of cartilage called a disc. The annulus fibrosus, the outer ring of the cushion, is dense and layered with crisscrossed fibers, like the covering of a radial tire. The interior cartilage, the nucleus pulposus, is soft and squishy, like thick jelly.

The disc is located between two vertebrae. It does not slip out of position. Rather, the disc may bulge out from between the vertebrae. A disc serves as a hydraulic shock absorber. One third of the spine's height of our spine is made up of discs. In the lower back the nucleus is located slightly to the rear of the vertebral bodies, making it quite vulnerable to injury.

### Healthy Discs

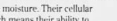
Healthy discs compress and release, like springs. They serve as flexible spacers between vertebrae, giving all the body parts and tissues of the vertebral joint room to breathe and move. At night, when our discs are free from gravity's pressure, they soak up nutrients and water from the blood, making the average person as much as two inches taller in the morning.



### Aging Discs

As we age, our discs lose moisture. Their cellular activity slows down, which means their ability to regenerate after injury or disease is reduced. As the disc loses moisture it also loses height, which stimulates the growth of osteophytes within the vertebrae, and can put pressure on nerves. This can also affect the alignment of the facet joints. There's a some good news about aging discs. As the disc center loses moisture and diminishes, less pressure is put on the annulus, which makes a tearing or crack of the disc covering less likely.

### Dr. Michael T. Lynch



Dr. Michael T. Lynch

### Herniated Disc

When the disc covering weakens before its center has dried out, the pressure from the center can cause the annulus to crack or rupture. The nucleus pulposus oozes out and may push against a nerve, often causing severe pain. This protrusion can be mild or severe, depending upon how much of the disc center escapes, and what it presses against. A herniated disc is the most severe disc problem and can be caused by a sudden injury trauma. Sometimes surgery is the only solution for a herniated disc.

### Bulging Disc

A bulging disc does not involve an annulus crack or rupture. The bulging disc can irritate a nerve root or ligament without disturbing its function. This pain tends to come and go, and is often brought on by bending forward, which puts stress on the rear wall of the spinal column.

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