

# From the Water District

## Water Sprinkling Regulations

- No lawn or garden sprinkling 10 a.m. to 4 p.m.
- Odd numbered premises may sprinkle on odd numbered days.
- Even numbered premises may sprinkle on even numbered days.

The above Water Sprinkling Regulations which conform to Nassau County's Ordinance No. 248-A-1987 included the provisions for Enforcement and Fines.

The Board wishes to thank its consumers for conserving the underground water supply.

BOARD OF COMMISSIONERS  
HICKSVILLE WATER DISTRICT  
Commissioner Richard A. Humann  
Commissioner Gilbert E. Cusick  
Commissioner Nicholas J. Brigandi



DAVE DANOWSKI AND his coach, Ron Quatrini.

## Dave Danowski Receives Prestigious Selection

Hicksville High School senior Dave Danowski has been selected by the National Football Foundation as an All-Metropolitan Academic Scholar Athlete.

Dave and his football coach, Ron Quatrini, will be feted at a New York Testimonial dinner later this month. This is the second award to a Hicksville Scholar athlete by the foundation. In 1977, Eric Stahele was so designated.

Mr. Danowski is a student leader of the present graduating class and a member of the National Honor Society. He was a starting tight-end on the Varsity football team during his sophomore and junior years and was the starting quarterback for the 1987-88 season. He played center for the Varsity basketball team and was selected as an all league player by the county coaches. In addition to his academic and athletic abilities, Dave enjoys singing and acting and recently had a starring role in the high school's well received production of *Anything Goes*. Reports are that he has narrowed his college interests to Lehigh, R.P.I. or Delaware.

Dave's grandfather, Ed Danowski, of Hicksville, played with the New York Giants Football Team during the 1930's.

Howard J. Finnegan

## Northwest Civic Meeting

The Northwest Civic Association will meet May 3 at 7:30 p.m. at the Burns Avenue School. Oyster Bay Town Supervisor Angelo Delligatti and Assemblyman Lewis Yevoli will be the guest speakers.

## New Deadlines

The *Hicksville Illustrated* would like to let its readers know that the deadline for submitting editorial material for the following week's edition (including letters to the editor, press releases, photographs and announcements) is Monday at 3 p.m. Material received after that time will not be published in that week's paper.

All submitted material should include the name and phone number of someone who can be reached during the day if more information is needed by the *Illustrated*.

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# HICKSVILLE

## ILLUSTRATED NEWS

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## Residents Protest Travel Agency's Proposal

By Catherine Tokar

A local travel agency's proposal to change its existing zone is being opposed by Hicksville residents who want businesses kept out of their neighborhood.

Janet Fabrizio, owner of KPT Enterprises, Ltd., filed a change of zone permit for her business, located at 201 Woodbury Road, Hicksville, from E (residential) to R-O (residential office). An R-O business zone allows a building in a residential district to be used for

business purposes, said Phyllis Souther, spokesperson for the Town of Oyster Bay.

Mrs. Fabrizio filed for a rezoning of the property on September 30, 1986, when the business was located at 179 Woodbury Road. Because of the town's moratorium on special use permits that was in effect for 1987, the hearing did not take place until April 19, 1988. KPT moved to 201 Woodbury Road on February 28, 1986 when their previous lease expired, said Mrs. Fabrizio.

One of the concerns of local residents is that the area will be taken over by business. Center Street resident Janet Morrisroe said, "First this one will come in, then another."

Residents are also concerned that the business will decrease the value of homes in the area. "It's not them, per se. It's business in general," Mrs. Morrisroe added. "We don't want business bringing property values down...because homes nearby are less desirable."

However, Joseph Fabrizio, owner of the agency, noted that the house behind KPT was sold with the buyer's knowledge that a business was located adjacent to them.

Joan Famiglietti, an 18-year resident of Hicksville who lives on Elm Street, said she opposes the zone change because she bought her home in a residential area and wants it to remain that way. "After KPT leaves, the lot might change to anything. We won't have control over what comes in next," she said, adding, "It could be a McDonald's."

John Ciampoli, attorney for the Fabrizio, said that many people have misconceptions about zoning an R-O district. "I would be naturally frightened, too, if I thought a McDonald's would come into my neighborhood," he said. "An R-O district was created to be a buffer between a business property and a residential property. Not even a bank can locate in an R-O district."

According to Ms. Souther, KPT is complying with the restrictions on a business in an R-O zone in the areas of parking, appearance, sign display and location. "We put a lot of time and effort into the business," said Mrs. Fabrizio. "We want to stay where our clients know us. We like it in Hicksville."

Mr. Fabrizio said that the residents are "over-reacting to a bad situation," explaining that a nearby real estate agency has recently angered residents because of traffic and appearance problems.

"Even though the business is legally zoned, the narrow streets with limited frontage brought more business and traffic and the place looks like a slum," said Mrs. Famiglietti. With four children of her own, Mrs. Famiglietti is "extremely worried" about traffic problems associated with KPT and their travel agent classes held once a week at the agency.

Continued on Page 2



KPT ENTERPRISES, located on the corner of Woodbury Road and East Street, is requesting a zone change from E Residential to R-O Resident Office.

## Residents Request Postponement for Zone Case

By D.F. Karppl

More than one hundred residents signed a petition requesting that the town hold a night hearing to discuss the demolishing of local buildings.

In response to the petition, the Oyster Bay Town Board postponed the hearing last week. Jerry Spiegel Associates plans to demolish existing structures at 67, 102 and 106 West John Street and Strong Street.

Attorney Robert Foley, representing Spiegel Associates, asked the board to put off the night hearing until July or August because he said he did not have a sufficient amount of time to notify an expert to testify on the

case at a night hearing.

Mr. Foley said that when the date for the hearing is set, he will inform local residents, and invite them to a private meeting. He said, "You can't put your head in the sand and pretend. They are going to be there. You might as well meet with them and make some compromises." He also said "When they explain what they want it is then possible to make some changes. You can't do that when there is a hearing."

Current town regulations state that if an evening meeting is desired, there must be a petition of 100 names submitted to town hall for a re-scheduling.

## Hicksville Mourns Passing of Francis Anderson

Hicksville citizens bade a fond and respectful farewell to a friend, political leader and confidant, Francis T. Anderson, last week.

Mr. Anderson succumbed suddenly to heart failure at Winthrop University Hospital, Mineola. He was 81 years old.

Mr. Anderson's career in Nassau County government service spanned more than three decades. Upon the death of Ernest F. Francke, Hicksville Republican leader in 1959, he was appointed to the position of Nassau County Clerk. He had previously risen in the ranks to Deputy County Clerk. In the November election he won overwhelming endorsement from the voters of Nassau County. His innovativeness and cost effectiveness in organizing the office earned national praise and attention. He guided the functional design of the Nassau County Clerk's office in Mineola (on the site of the previous roller skating rink) which houses the vital land records of Nassau County.

In 1964 Mr. Anderson barely missed backing the President Lyndon Johnson landslide

that engulfed Barry Goldwater. Republicans were swept out of Nassau office by 100,000 votes, mindful of Mr. Anderson's dedicated public service, since 1930, members of both parties switched to his name on the Republican line 97,000 times. He was defeated by 6,000 votes. Politics aside, he accepted a position with the Franklin National Bank in the same year.

Despite extended entreatments from the powerful Republican organization to run for County Clerk in 1968 he refused.

He served as government finance vice president to Franklin National Bank. When European-American Bank bought out Franklin National Bank he was a consultant until his 1971 retirement.

Hicksville Republican Club, Chamber of Commerce and Kiwanis all benefitted from his lifetime support. He demonstrated strong backing for the Hicksville Alumni Association.

Many local projects and people were sup-

ported by Mr. Anderson. He was a close advisor to Henry G. Elsemann who many acknowledge as the most powerful unelected politico in Nassau County. Both had direct lines to Congressman Len Hall, Republican National Chairman from Oyster Bay.

He was an avid golfer and a member of the Meadowbrook Club commencing with its move from Garden City to Jericho. After his birth in New York City, Mr. Anderson's family moved to Westbury. In 1938 he married the former Lillian Nelson of Hicksville.

Mr. Anderson is survived by his wife and his daughter, Joyce Merzbacher who lives in Farmingdale, and his two sons, John of Vienna, Virginia and William of Coram. He is also survived by two brothers, Elmore of Westbury and Jack of Massapequa and seven grandchildren.

A Mass of Christian Burial was held at St. Ignatius R.C. Church on Friday, April 22. Interment followed at Holy Rood Cemetery, Westbury.

H.J.F.

## Residents Protest Proposal

Continued from Page 1.

The engineer who studied traffic activity near KPT, Edward J. Sarsky, P.E., reported that KPT would not have an adverse impact on traffic flow on Woodbury Road. The engineer also considered the East Street School area; the school is located 1/5 of a mile from KPT. By observing traffic flow and pedestrian activity, Mr. Sarsky determined that Woodbury Road can "easily accommodate the small traffic surge associated with" KPT and that "the use of 201 Woodbury Road will not have any adverse impact on the surrounding community."

When residents also complained about the appearance of KPT, Mr. Fabrizio explained that he has done many initial improvements to the building's exterior appearance. Overgrown bushes were taken out and the area around the building was landscaped to "upgrade the property," he said. Mr. Ciampoli said that if the petition is granted, the outside will be improved with more landscaping and exterior work. "There will be no overdevelopment, such as extensions," he said. "If you're not specifically looking for it, you won't know it's there."

Mrs. Famiglietti still maintained that the only way to improve the house is by turning it back into a two-family home. "It's what it is, not what it looks like," she said. "There is plenty of available office space, but a shortage of two-family housing. The business should be in an office building where they belong."

Mr. Ciampoli said that the Fabrizio do not want their business located in a shopping center or office building. "That's not what they are," he said. "This is a typical mom and pop family business with only three employees. It's as if they are not entitled to their share of the American dream."

Mr. Ciampoli explained that the Fabrizio offered to meet with residents to find out what they can do to make the people happy—whether it be landscaping or another type of improvement. However, only one resident attended the meeting. "The door has always been open," he said. "They are willing to accommodate and meet demands."

However, Mrs. Famiglietti said that people consciously did not attend the meeting in order to make a statement: "There's nothing they can do to make it a desirable thing."

If the petition is granted, and KPT operates in their new R-O zone, Mr. Fabrizio said he would like to expand the office into the other side of the two-family house. If denied, the company will have to relocate and either sell the building or rent it out, Mr. Fabrizio said.

## May 24 Hearing Set for Special Use Permit

A public hearing has been scheduled for Tuesday, May 24, by the Oyster Bay Town Board to consider an application for a special use permit for an auto body shop in Hicksville. It was announced this week by Town Councilman Douglas J. Hynes.

The applicants, Colonial Auto Body Shop and Arthur Moss, are seeking a special use permit to operate an auto body shop in an "H" industrial district, Hynes said. The property is located at northeast corner of the intersection of Burns Avenue and Charles (Keats) Place, also known as 2 Burns Avenue, in Hicksville.

Hynes noted that a public hearing on the application was originally scheduled for August 26, 1986, and was postponed at the applicant's request.

The meeting will be held in the hearing room of Town Hall East, Audrey Avenue, Oyster Bay, beginning at 10 a.m.

## Students Learn About Greek Mythology

Jason D'Amato, Brian Smith and Frank Milano of Mrs. DeLucia's special education class of the Hicksville School district, took part in a recent unit of Greek Mythology. The students drew pictures of their favorite characters and wrote exciting stories about them. Mrs. DeLucia's class also studied a fifth-grade inter-disciplinary unit called "The Skeletal System," whereby students traced each others' bodies and drew in the bones.

## "KIDS KNOW" Program At Broadway Mall

A balloon launch outside of Stern's Department Store, on Friday, April 29, at 4 p.m., will kick-off "KIDS KNOW" an informational program on the dangers of drug abuse, at Broadway Mall, formerly Mid Island Plaza, in Hicksville.

Mary Lou Bertone and Steve Turk of Hicksville High School's "Teens Against Drug Abuse" are co-chairman of the "KIDS KNOW" event, part of a national public service campaign of the International Council of Shopping Centers.

The opening balloon launch will feature anti-drug messages drawn by Fork Lane and Woodland Elementary Schools, which will be attached to the balloons. "It is a very positive and lively way to approach the 'KIDS KNOW' weekend. We want to stress that it is the positive traits of children: their creativity, inquisitiveness, and intelligence that will allow them to make the smart decision to stay away from drugs," said Caren Fish, marketing director of Broadway Mall.

One of the major focuses for the weekend is the "KIDS KNOW" pledge booth, an area where students can sign a pledge to their peers to live a "drug free" life. The booth, staffed by "Teens Against Drug Abuse" volunteers, will be open from 4 to 6:30 p.m. on Friday, April 29 to 10 a.m. to 9:30 p.m. on

Saturday, April 30, and 11 a.m. to 6 p.m. on Sunday, May 1.

Additional activities for the weekend include "The Kids Know Game Show" geared towards 6-12 year olds, on Sunday, May 1. The contest includes three separate competitions at noon, 1:30 p.m. and 3 p.m., each open to three teams of two people. The competitions will feature: general trivia; drug trivia; name that tune and silly games. The winning team for each show will receive a \$50 gift certificate to Kay-Bee Toys or Record World, and all contestants will receive a KIDS KNOW t-shirt. To register your team call the Broadway Mall at 516/822-6336. Posters will also be on display representing artwork from local elementary schools, depicting the dangers of drug abuse.

Highlighting Sunday's events will be the ceremonial acceptance of the Anti Drug Pledges by TOB Councilman Thomas Clark. The pledges will be presented near Stern at 1 p.m.

Kids and their parents may also receive educational materials from groups like Students Against Drunk Driving, Nassau County Community Center, and the Oyster Bay Department of Community Services.

For additional information, please contact Caren Fish, at the Broadway Mall 516/822-6336.

## Financial Aid For School District

State Senator Michael J. Tully, Jr. (R-Roslyn Heights), in conjunction with the adoption of the 1988-89 New York State Budget, has announced a financial aid package for the Hicksville School District which preserves the traditional "Save Harmless Aid."

"As a result of tough negotiations by the Long Island Senate delegation, we were able to maintain 'Save Harmless Aid' which is essential to our school districts due to declining enrollment," Mr. Tully said.

Save Harmless Aid, which assures school districts a level of appropriations not less than the preceding year's state aid, amounted to \$3,905,227 for the Hicksville School District.

"Without these vital funds local school administrators, such as Hicksville Superintendent Dr. Catherine Fenton, would find it increasingly difficult to adequately manage the growing burden of their districts," Tully said.

Overall the state budget includes a

\$75,223,542 increase in state aid to education. This increases the state's previous commitment to Nassau County by \$16,643,518.

"Governor Cuomo's budget proposals would have been devastating to our area schools," Tully said. "The Senate fought long and hard to protect the already overburdened property taxpayer of Nassau County."

Locally, Hicksville will receive a total of \$9,391,750 in state aid, representing an increase in the amount of \$20,834.

Senator Tully was joined by Assemblyman Daniel Frisa (R-Westbury) in stating: "We want to reiterate that we are in no way satisfied with the inequities that still exist in the disbursement of state aid to suburban school districts. We will continue to do all in our power in the New York State Senate to enhance the quality of education and increase funding for all of our excellent suburban schools."

<h3>MID ISLAND LIQUORS</h3> <p>BROADWAY MALL, HICKSVILLE</p> <p><b>(516) 931-5338</b></p> <p>CALL FOR FREE DELIVERY</p>			
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		<b>GALLO All 4 Liter</b> \$26 CASE <b>6<sup>99</sup></b>	<b>PAUL MASSON ALL 4 Liter</b> \$26 CASE <b>6<sup>99</sup></b>
		<b>CALVIN COOLERS CHABLIS, CITRUS ORANGE</b> 4 PK. <b>99¢</b>	<b>FREXINET CARTA NEVADA BRUT OR SEMI SECCO</b> <b>4<sup>99</sup></b> 750 ML
		<b>GRAPEVINE WINE COOLERS</b> 4 PK. <b>99¢</b>	



## H O M E T O W N P E O P L E

## At the Murphys

There was excitement on April 19th at the home of **Jeanette and Joe Murphy**. Their son **Bob** on a visit home from Lynchburg, Virginia, with his girlfriend **Shelly Herman**, announced their engagement.

Bob is a 1982 graduate of Holy Trinity High School and a 1984 graduate of Emerson College in Boston. He is currently working as a news photographer for station WSET-TV in Lynchburg, VA.

Shelly is the daughter of Mary Elizabeth Herman of Salem, Virginia and is currently the assistant night city editor of the *News and Daily Advance* in Lynchburg.

No date has been set for the wedding.

## Happy Days

Happy days are in order for **Gladys (Smith) Torti** longtime Hicksville resident and longtime employee of the L.I. National Bank, Long Island Trust, and now the Bank of New York. Gladys is retiring on April 29th after 23 years at the bank. She is a 1944 graduate of Hicksville High School and I'm sure many will miss her when they go to the drive-in window. Enjoy your retirement.

## Happy, Happy, Birthday

Our best wishes go to two brothers-in-law: **Norman Duffy** whose birthday was April 4th and to **Coyte Carpenter** who enjoyed his birthday with his wife, **Lucia**. Both these fellows love cake—and their wives both gave them big birthday cakes. . . . and a birthday wish goes to little 4-year-old **Jonathan Sala** who celebrated his birthday April 23rd at a big party at the Ground Round with all his friends. At night all his relatives came and brought even more presents. He finally got his REO 2 Wheeler bike.

## Science Fair Winner

**Carrie-Ann Sabato** won second prize in the Hicksville High School science fair. There were approximately 80 exhibits and 120 students participated. Congratulations Carrie-Ann.

## Two Graduates in One Family

**Leo Tepila** is sending two congratulations messages to two very special people.

## Condolences

Our condolences to the family of **Philip Gletschler** who passed away last week. He is survived by his wife **Jacqueline**, one son **Steven** of St. Louis; three daughters, **Jeanette Cocozello**, **Nancy Oddo** and **Christine**.

Mr. Gletschler was a Retired Reserve Air Force Major and was given a full military funeral at Calverton.

## Played Golf in England

Three Hicksville couples have returned from playing in the **Luffhanna World Cup Golf Tournament** in Hythe, Kent, England. Playing in the tournament were **Agnes and Joe Price**; **Maggie and Dick Eaton**, and **Sis and Bernale Wesnofake**. They were there during Easter week and arrived after the worse storm England has had in 100 years. Agnes is quoted as saying, "It was so cold, rainy and windy. We all wore long johns and gloves—but we loved it." England won the World Cup, Germany won the Red Baron Cup and the Americans won first place in team play. Next year they will hold the tournament in Sweden.

## Anniversary Wishes

Belated anniversary wishes to **Cathy (Duffy) and Tom Filazzola**.

## Confirmation

On Friday, April 15, the Sacrament of Confirmation was conferred on 85 young men and women of Our Lady of Mercy Parish by the **Most Rev. Ronald G. Connors, CSSR**, visiting Bishop of San Juan de La Maguana, Dominican Republic. Our wish is that the Spirit will bring gifts of peace and courage to all these fine young adults.

First, best wishes to his wife **Carol** who will be graduating from Briarcliff College in June. And to his son **Spencer** who will receive an associate's degree in laboratory technology in May from Nassau Community College. He is a member of Phi Beta Kappa and the honor society. Spencer attended Lee Elementary School and Hicksville High School. Both he and his mom are on the dean's list at their college. Best of luck to both of you.



MR. and MRS. JOHN HARRIS

## Doreen Staub Married to John Harris

**Doreen Staub**, daughter of Mr. and Mrs. **Arthur Staub**, became the bride of **Mr. John Harris** on Saturday, February 20, 1988 at a 5 o'clock service at the United Methodist Church, Old Country Road, Hicksville.

Serving as maid of honor for Doreen was **Karen Kline**. Bridesmaids were **Lisa Marcella**, cousin of the bride; and **Missy Harris**, sister of the groom. The flower girl, a cousin of the groom, was **Stobhan Rothwell** of Canada, with her twin brother **Kyle Rothwell**, serving as ring bearer.

John's best man was **Billy Divino**. **Vito Sciascia**

and **Steven Szegedy** served as his ushers.

Doreen, a graduate of Hicksville High School is employed as a dental assistant in Plainville.

John is the son of Mr. and Mrs. **John Harris** of Hicksville. He also is a graduate of Hicksville High School and is presently a computer operator at the **John Robert Simmons Company** in Manhattan.

After the ceremony, a cocktail hour and reception was held at the **Imperial Manor** in Bethpage followed by a honeymoon in St. Lucia.

The couple are now residing in Hicksville.

## News About Town . . .

Good to see **Arnold Fricke**, **Doris Schultz** and **Marite Hennessey** up and around again after their recent bouts of illnesses.

The next activity of the **Forever 55 Club** of Trinity Lutheran Church will be at a luncheon at El Torrito on Tuesday, April 26th.

**Dr. and Mrs. Stuart Dubner** returned home last week after a vacation in Florida. Dr. Dubner has his office at 120 Bethpage Rd. Congratulations to **Robert J. Kelly**, **Jude McFeely**, **William Corrigan**, **John P. Kelly**, **Straghan Zimmerman** and **Michael North**, all students of Hicksville High School who were nominated for appointments to the various U.S. Service Academies. These students were chosen for demonstrating outstanding and leadership abilities. Final selection for appointments will be made by the individual academies.

The 3rd anniversary celebration of the Hicksville I.N.N. staff held a celebration luncheon at Peppercom's Restaurant on April 24.

**Miss Edna Voight** of Wantagh, who has many friends in Hicksville, will celebrate her 87th birthday on May 4th. She is the first cousin of **Howard Darling** of Hicksville.

The office staff of **Trinity Lutheran Church** invited all the volunteer workers to a luncheon held in the church meeting room. This is just a small way they used to express their appreciation for the dedicated time and effort they shared with them in the service of the Lord.

**William Olsen**, of West Marie Street has returned home from the hospital where he was treated for a broken hip. Speedy recovery Bill.

## Get Well Hinda

The employees of Dr. Kasha office wish to send Get Well wishes to **Hinda Russo**. Hinda is recovering from surgery. Hurry and get well.

(continued on page 4)



CONFIRMATION DAY AT OUR LADY OF MERCY CHURCH: (L-R) Monsgr. James Boesel, Keith Maniuszko, and visiting Bishop, Most Reverend Ronald G. Connors, CSSR.



OUR LADY OF MERCY CONFIRMATION: After the ceremony some families celebrated at Steve's Pier 1 in Bayville. From OLM (L-R): Keith Maniuszko, Danielle Caroleo and Danielle Carter.

## Hicksville Illustrated News

is presently engaged in an extensive mailing program so that newcomers to our area can read our weekly endeavors and become regular subscribers.

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# PEOPLE

(continued from page 3)

## New Parents

**Ida Jean and Anthony D'Angelis** became the grandparents of a preemie—4 lbs. 13 oz. boy, **Anthony**, born April 8th to their daughter-in-law and son, **Terry** (Crawford) and **Anthony D'Angelis** of Hicksville.

Terry and Anthony are both Hicksville High School graduates and Anthony is also a graduate of St. John's University.

Mr. and Mrs. **John Crawford**, also of Hicksville are grandparents for the first time and great-grandparents **Fay and John Nunziata** of Bethpage informed me that they will be celebrating 50 years of happiness together in June. Congratulations to all.

## Condolences

Our condolences go to the family of **Valla (Violet Dorschuk) Naso**, 63 years old,

**Violet** passed away suddenly April 21st. She grew up on Lenox Avenue in Hicksville and after marrying **Pat Naso** moved to Kings Park until 1969 when they moved to Woodburne, N.Y. Pat was an assistant principal of the Hicksville Junior High in the '60s and was principal of South Fallsbury, N.Y. High School. After Pat's retirement they moved to Southern Pines, N.C.

She is survived by her husband **Pat** and four children: daughter **Robin Hartman**, a nurse; **Kim Matza**, of Goshen, N.Y.; a son **Kris**, who is a doctor in Kings County Hospital in Brooklyn, and **Paul**, who lives in California.

## The Staubs Have Been Busy

On Feb. 11th **Arthur Staub Jr.** became engaged to **Candy Kook** of Westbury. **Candy** is the daughter of **Phyllis Kook** of Tempe, Arizona. They are planning a June, 1989 wedding.

Then on Feb. 20th **Marie and Artie Staub**

saw their daughter **Doreen** married to **John Harris**. On February 25th, their foster daughter, **Karen Kline** of Levittown, became engaged to **Robert Sinatra** of Commack—on her 25th birthday.

**Karen** is the daughter of **Rox Kline** of Florida and **Robert** is the son of **Rose** and **Charles Sinatra** of Commack. They plan their wedding for July of 1989.

And another close friend of the Staubs became engaged. **Laura Ann Mitchell** of Hicksville became engaged to **Daniel Mark Iglesias** of Carle Place. **Laura** is the daughter of **Mr. and Mrs. William Mitchell** and **Dan** is the son of **Mr. and Daniel Iglesias**. They plan a June, 1989 wedding.

But... St. Patrick's Day was the big day for the Staubs. They became grandparents for the first time. Their son and daughter-in-law, **Michael and Maria Staub**, formerly of Hicksville and now residing in East Northport became the parents of a darling boy, **Ian Matthew**, born March 17, weighing 7 lbs. 10 oz. and 20 inches long.



**MICHAEL TURTURRO & ELLEN McDERMOTT**

## McDermott-Turturro Engagement

**Doris and Frank McDermott** of Hicksville have announced the engagement of their daughter **Ellen** to **Michael Turturro**, also of Hicksville.

**Ellen** and **Michael** are both graduates of St. Ignatius Loyola and Hicksville High School. **Ellen** is a secretary at Avis Inc. **Michael** attended Nassau Community College and is employed at the Merchants Trucking Corporation.

They are planning to be married in February, 1989.

## Happy Birthday Frank

The employees, customers and friends of the F.M. Deli on Levittown Parkway wish to extend sincerest Happy Birthday wishes to the "Silver Fox" **Frank Wing** as he celebrates his 43rd on April 25. Happy Birthday Frank.

## Happy 22nd Birthday

Happy 22nd Birthday wishes to **Joan (Chief) Walsh**. We all love you — Lady, Mr. J. Nick and your best buddy, Elmer.

## Two Celebrations

Mr. and Mrs. **Anthony Medolla** are happy to announce the graduation and forthcoming marriage of their daughter, **Donna**. **Donna** will graduate from St. John's College of Pharmacy on May 21 and will marry **Mr. Richard Cerini** on September 18. Both **Donna** and **Richard** are 1983 graduates of Hicksville High School. **Mr. Cerini**, son of **Mr. and Mrs. Vincent Cerini**, also graduated from Polytechnic University and is now employed as a mechanical engineer at General Dynamics in Groton, Conn.



**IAN MATTHEW STAUB**

**Marie** is just delighted. She loves little babies.

**Ian's** other grandmother is **Laura Delmato** of Hicksville. This is her 6th grandchild. The baby's great grandmother is **Mary Pettit** of Hicksville.

## Dean's List

**Kimberly Anne Apgar**, daughter of **Mr. and Mrs. David Apgar** has been named to the dean's list at Wittenberg University.

## TO YOUR HEALTH

By **RICHARD H. BLAU, M.D.**

## Psoriasis and Arthritis

My patients are surprised to learn that psoriasis may be associated with arthritis. Psoriasis is a skin condition well known to most people. Red, scaling patches are visible around the elbows and knees. Often, the fingernails and scalp are also involved.

It is estimated that as many as 10% of patients with psoriasis also suffer from a very special type of arthritis. This form, called Psoriatic arthritis, is very different from other types of arthritis discussed in previous articles.

Psoriatic arthritis often attacks the end joints of the fingers. In addition to joint involvement, swelling of an entire finger or toe may occur. A recent study at the University of Southern California found that psoriatic arthritic patients can suffer from significant arthritis of the neck.

The overall prognosis of untreated psoriatic arthritis is variable. Some patients have very little discomfort while others have significant disability. Obviously a correct diagnosis is very important. These patients often come to the attention of the rheumatologists (arthritis experts) for diagnosis and treatment.

Treatment for psoriatic arthritis may be complex. The rheumatologist will often work with the dermatologist to control the disorder. Anti-inflammatory medications, exercise, and joint protection are very effective treatments.

Arthritis strikes one out of seven people. Learn the facts. Call for your complimentary copy of "The Joint Approach - An Arthritis Overview."

Dr. Richard H. Blau is a board-certified Rheumatologist practicing in Manhasset, 516-482-0822 and Westbury, 516-997-0823.

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516/626-6900

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Attention: Chris Capone  
Please send BACK PAIN CENTER details.

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## Rally for School Board Candidates

A rally for Bill Bennett and Thomas Nagle, who are seeking re-election on the Hicksville School Board of Education, will be held Thursday, May 19, at the VFW Hall. Donation will be 13 per person/15 per couple. Refreshments will be served.

Tom Nagle, current president of the board, and Bill Bennett, have a total of 28 years experience on the board of education.

For additional information about the rally please call Mike Melody at 931-3847.



THOMAS NAGLE



BILL BENNETT

## \$4,000 in Special State Aid for Hicksville

State Senator Michael J. Tully, Jr. (R-Roslyn Heights), has announced final approval of a series of special state grants that together will provide \$4,000 for service and recreational programs in Hicksville.

Senator Tully, who was joined by Assemblyman Daniel Frisa (R-Westbury) in making the announcement following passage of the 1988-89 state budget, outlined where the funds would be channeled: Hicksville Fire Department, \$2,000; Hicksville Little League, \$2,000.

"I'm particularly pleased that this special funding will further enhance recognized community programs and services available to Hicksville residents," Senator Tully said.

Senator Tully explained that the purpose of the special Senate grant funding is to provide state revenues to help support worthy

community programs and projects without passing any additional tax burden on to local property owners.

## Circus Tickets

The Hicksville-Jericho Rotary Club is selling tickets for the Hanneford Circus which will be held at SUNY-Farmingdale on May 7 and 8. The proceeds from this event will go to the polio-plus program of Rotary. For tickets or information contact Harry Smith at 433-0180.

## Local 8-Year-Old to Play Suzuki Program May 1

Andrew Coppola, an eight-year-old from Hicksville, will participate in a Suzuki demonstration and play several solo pieces in a concert offered by Dr. Judith Alstadter's Suzuki Piano Program.

This concert will be held on Sunday, May 1, at 2:30 p.m. at Levittown Library, 1 Blue Grass Lane, Levittown. There is no admission fee. This is Andrew's second year in participating at the library.

Andrew has completed his second year of studies, as well as his brother, Nicholas, who learns the conventional piano method also with Dr. Alstadter.

## License Renewal

Non-Driver ID's and Driver's Licenses may be renewed six months in advance.

The State of New York Department of Motor Vehicle "Operation Outreach" will be at the Hicksville Public Library May 6 from 10 a.m. to noon.

Please pre-register at the circulation desk of the library.

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- STABILITY...Vote...a consistent independent voting record on all educational issues

## VOTE MAY 25, 1988

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## School Board Candidate Cocktail Party

On Monday, April 25, Patricia Rooney filed her petitions with the district clerk, officially declaring her intent to run for the seat currently held by Hicksville School Board President Tom Nagle.

Hicksville's School Board policy requires a candidate to select the seat of a particular person whose term expires. Mrs. Rooney said, "This sets up an immediate and unfortunate adversarial position for those choosing to serve as trustees. This is not true in many other districts on Long Island, where candidates simply signify their intent to run for the board. Vacant seats are filled by the candidates who garner the most votes on election day." As trustee, Mrs. Rooney said she would work with the board in attempting to change this confrontational pattern.

Peggy Gill reported that some tickets are still available for the "Elect Pat Rooney" cocktail party, which will be held on Wednesday, May 4, from 7:30 to 10:30 p.m. at the Knights of Columbus Hall, Heitz Place, Hicksville. Tickets are \$10. Contact Ann



PATRICIA ROONEY

Freyeisen at 935-8755 or Peggy Gill at 433-8607 for the name of the person in your local area who may still have tickets.

## Atlantic City Trip

A day in Atlantic City at "Trump Plaza" on Sunday, May 15, is being sponsored by the Plainview/Hicksville Unit of the American Cancer Society.

The Express Bus leaves from Rex Place in the rear of Morton Village Shopping Center

at 8 a.m. on Sunday.

\$23 will reserve your bus seat and guarantee \$15 in coin and \$5 deferred coupon for the Sunday trip. To reserve your seat and for further information, call 433-4204 or 681-0986.

## Elementary Students In Free Concert

Music students from Hicksville's eight elementary schools will perform in the District Elementary Music Concert on May 3. The concert will be held in the middle school gymnasium at 7:30 p.m. Admission is free and open to the public.

The District Elementary Orchestra will open the program under the baton of three of the elementary instrumental staff, Ruth Buche, Amy Noll and Robert Dodge. Among the selections they will perform are: *Masterpiece Theme* from *Masterpiece Theatre*, *Strings in Concert*, *Telemann Sonata and Square Dance*.

The District Elementary Chorus will be conducted by two members of the elemen-

tary vocal staff, Karen Frances and Kathleen Scheck. Among the selections they will perform are: *A Voice From a Dream*, *This Little Light of Mine*, *The Alphabet*, *We're On Top and The Clouds*.

Concluding the concert will be the District Elementary Band conducted by three members of the instrumental music staff, Lois Kent, Donald Larsen and Robert Pownall. Among the selections the band will play are: *Little Devil March*, *Homage To America*, *Theme From Brahms*, *Symphony No. 1*, *Mean Street Blues* and *Trumpet Voluntary*. Four hundred and ten students will participate in this concert.

## What Hicksville Is Reading

The following books were highly requested last week at the Hicksville Public Library:

### FICTION

1. MURDER IN THE CIA — Margaret Truman
2. ZERO — Eric Van Lustader
3. THE LAST PRINCESS — Cynthia Freeman
4. ROCK STAR — Jackie Collins
5. FEATHER ON THE MOON — Phyllis A. Whitney

### NONFICTION

1. CITIZEN COHEN — Nicholas Von Hoffman
2. KEEPING SECRETS — Suzanne Somers

3. AMERICAN VOICES
4. WILL THEY LOVE ME WHEN I LEAVE — CW. Smith
5. KINGDOM IN CONFLICT — Charles Colson

The following videos were highly on request last week at the library:

1. DIRTY DANCING
2. ROBOCOP
3. MAID TO ORDER
4. HAMBURGER HILL
5. NADINE

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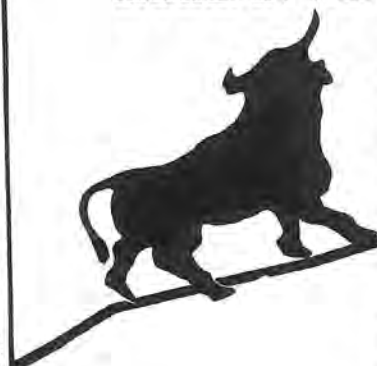
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# HICKSVILLE ILLUSTRATED NEWS

founded in 1986 by Howard J. Finnegan

**RITA LANGDON** Editor  
**EDITORIAL STAFF**  
**CATHERINE TOKAR, JANICE MANASKIE**  
**FLO GRIES** Social Editor  
**ADVERTISING**  
**MICHAEL MATRANGA PETER HOEGL**  
 Incorporating the Hicksville Edition of the Mid-Island Herald  
 founded in 1949 by Fred J. Noeth

Hicksville Illustrated News is published every Thursday  
 by Anton Community Newspapers of Long Island  
 132 East Second Street, Mineola, New York 11501  
 516-747-8282

## Letters From Our Readers

Letters to the editor are welcomed by the editors and publishers of the Anton Community Newspapers. However, they must follow certain guidelines in order for us to print them: they should be as short as possible; we reserve the right to edit in the interest of space; they MUST be signed (a typed name at the bottom will not suffice); they must include an address and telephone number so that we can verify their authenticity.

We receive many fine letters which we would like to share with our readers, but we are unable to use them because they are unsigned or have a typewritten name only.

We cannot publish every letter we receive because of space limitations, but we try to present both sides of all issues. Personal attacks and letters considered to be in poor taste will not be printed.

## Community Calendar

Please address all notices of local events to  
 Calendar Editor, 132 E. Second Street (P.O. Box  
 1578) Mineola, N.Y. 11501 or phone 747-8282.  
 Calendar items must be submitted two weeks  
 prior to the event.

### Friday, April 29

• Overeaters Anonymous: a 12 step recovery program for recovery from overeating, will meet at 8 p.m. at Parkway Community Church, Hicksville. For information call 795-6814.

• Holy Trinity Diocesan High School will perform "The Mystery of Edwin Drood" 8 p.m. in the Trinity theatre. For tickets or information call 433-2900, during school hours. Also takes place on Apr. 30, May 6 and 7.

### Saturday, April 30

• 4th Annual Square Dance, 8:30 p.m. to 12:30 a.m. at St. Martin of Tours School cafeteria, Central Ave., Bethpage. Fee: \$12. Sponsored by Young At Heart. For information call Dolores Stewart at 931-5795 or Mildred Dempsey at 935-6813.

• Goebel of West Germany presents Thomas Schueffler, master painter, demonstrating the process of creating M.I. Hummel figurines, 10 a.m. to noon, 1 to 3 p.m. and 4 to 6 p.m. at World of Plates, 412 Broadway, Hicksville. For information call 931-5064. Also takes place on May 1.

### Sunday, May 1

• Sunday Brunch for all ages, 11 a.m. to 2 p.m. at the Mid-Island Y, 45 Manetto Hill Rd., Plainview. Fee. For information call 822-3535.

• Sunday Message, 10:30 a.m. at 17 Maple Pl., Hicksville. Guest speaker, Mildred Graves. Fellowship immediately after the message, followed by a "Rap."

### Monday, May 2

• Special Young Adult Social Club (SYACS) 20 to 30 years will meet at 7:30 p.m. at the Mid-Island Y, 45 Manetto Hill Rd., Plainview. Fee. For information call 822-3535.

• New Beginnings (for widows and widowers) 40 to 60 years will meet at 7:30 p.m. at the Mid-Island Y, 45 Manetto Hill Rd., Plainview. Fee. For information call 822-3535.

• Business and Professional Singles (ages 35) meeting, 8 p.m. at the Mid-Island Y, 45 Manetto Hill Rd., Plainview. Fee. For information call 822-3535.

• Diabetes Club meeting, 7:30 p.m. in the Staff Room of the Mid-Island Hospital. No fee. For information call 520-2212.

• Overeaters Anonymous: a 12 step recovery program for recovery from

overeating, 8:30 p.m. Mondays and Thursdays at Parkway Community Church, Hicksville. For information call 795-6814.

• The Independent Art Society will feature a demonstration in oil painting by Art Owen, 7:30 p.m. in the Hicksville Public Library Community Room, 169 Jerusalem Ave.

• Island Trees PTA Council meeting, 8:30 p.m. at M.F. Stokes GP Room, Owl Pl. and Condon Rd., Levittown. For information call 731-8048.

### Tuesday, May 3

• Northwest Civic Association meeting, 7:30 p.m. at Burns Avenue School.

• Prenatal Exercise Classes, Tuesdays and Thursdays from 6:30 to 7:30 p.m. in the Staff Room of the Mid-Island Hospital. Fee. For information call 520-2212.

• Fund-raising activity, 7:45 p.m. at Congregation Shaarei Zedek, Old Country Rd. and New South Rd., Hicksville. Refreshments served.

• Recovery Inc., the Association of Nervous and Former Mental Patients, will meet at 8 p.m. at Parkway Community Church, 95 Stewart Ave., Hicksville.

### Wednesday, May 4

• Volleyball, for adults 18 to 30, 7:30 p.m. at the Mid-Island Y, 45 Manetto Hill Rd., Plainview. Fee. For information call 822-3535.

• Emphysema Club meeting, 1:30 p.m. in the Conference Room of the Mid-Island Hospital. No fee. For information call 520-2212.

• Prenatal Classes, 7:30 to 9:30 p.m. in the Staff Room of the Mid-Island Hospital. Fee. For information call 520-2212.

• Hicksville Kiwanis Club meets at 12:30 p.m. at the Milleridge Inn, Jericho.

### Thursday, May 5

• Hicksville (Mid-Island) Senior Citizens will meet from 11 a.m. to 3 p.m. at the United Methodist Church, Old Country Rd. and Nelson Ave., Hicksville. For information call Clare Smyth at 938-7079.

• Hicksville Elks Lodge No. 1931 will meet at 8 p.m. at 80 East Barclay St., Hicksville. For information call 931-9310.

• New Outlook for the Widowed will meet at 8 p.m. at the Mid-Island Y, 45 Manetto Hill Rd., Plainview. For information call the Y at 822-3535 or Blanche Tanay, president, at 938-1747.

• Fund-raising activity, 10:45 a.m. at Congregation Shaarei Zedek, Old Country Rd.



## BEST Mom IN TOWN

### ESSAY CONTEST

Tell us in your own words why nobody does it better than your Mom. This is your chance to brag about all the big things and little things she does for you—from lending a hand at little league to baking your favorite cookies on a rainy day.

And, if you convince our judges that your Mom is the Best Mom in Town, we'll print your essay in our May 12 edition so everyone can read why your Mom is number one. In addition, Mom will receive a great gift from local merchants some of which include:

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### OFFICIAL RULES

1. Name, age, address & phone number must appear on all entries.
2. Essays must be 250 words or less and will be judged on originality and creativity. All judges decisions are final.
3. Winners will be determined in three age categories: 5-7, 8-11, 12-15.
4. Entries must be received by Friday, May 6, 1988.
5. Employees, and relatives, of Anton Community Newspapers or the above listed businesses are ineligible.

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and New South Rd. Hicksville. Refreshments served.

• Hicksville-Jericho Rotary Club will meet at 12:15 p.m. at the Milleridge Inn.

• Homemakers Council of Nassau County Hicksville Day Chapter will meet at 10 a.m. at the Community Church, Stewart Ave., Hicksville.

• Hicksville Community Council will meet at 8 p.m. in the Hicksville Public Library Community Room. For information call 935-5793.

### Friday, May 6

• Holy Trinity Diocesan High School will present "The Mystery of Edwin Drood" 8 p.m. in the Trinity Theatre, Hicksville. For information or tickets call 433-2900, during school hours.

• Overeaters Anonymous: a 12 step recovery program for recovery from overeating, will meet at 8 p.m. at Parkway Community Church, Hicksville. For information call 795-6814.

### Saturday, May 7

• The Connoisseur Chamber Ensemble will perform "The Young Amadeus Mozart" 2 p.m. at the Hicksville Public Library. Free. For information call 621-6008 or 931-1417.

### Sunday, May 8

• The Hicksville Illustrated News extends its greetings for a happy Mother's Day.

• Sunday message, 10:30 a.m. at 17 Maple Pl., Hicksville. Guest speaker, Wilberta Mann. Fellowship immediately after the message, followed by a "Rap."

• Na'Amat U.S.A., Plainview-Old Bethpage Chapter Jai-Alai weekend, May 14 and 15. Fee: \$60 per couple, includes stay over Saturday night at the Holiday Inn, Gourmet Brunch for two and admission to Jai-Alai. R.S.V.P. by

May 1 at 349-1765.

• Looking for a Career Need help with your resume? Schedule a meeting with the Career Counselor at the Hicksville Public Library. Tuesday and Saturday hours are available. For information or appointment call 931-1417.

## Police Report

The Second Precinct has reported the following:

• April 12: A store on North Broadway was burglarized. Entry was made through the front door. Cash was included in the loss.

• April 14: A break-in occurred at an auto dealership on Old Country Road.

The Eighth Precinct has reported the following:

• April 13: Cash was taken during a burglary on Access Lane. Entry was made through the front door.

• April 17: A house was burglarized on Division Avenue. Entry was gained by prying open a rear door. The loss included a VCR.

### Who cares?



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# EDITORIAL AND OPINION



ON MAY 2<sup>nd</sup>, 1925 - 4 YEARS BEFORE LINDBERGH - THE FIRST NONSTOP TRANSCONTINENTAL FLIGHT TOOK OFF FROM MITCHEL FIELD. LTJ. JOHN A. MACREDDY AND OAKLEY KELLY FLEW A SINGLE ENGINE FOKKER T-2 2,500 MILES TO SAN DIEGO IN 26 HOURS AND 50 MINUTES!

## The Investor's Corner

By Joseph P. Frey, Ph.D.

### Being Eclectic

It is time to do a little of this and that. So many things are happening that it is hard to concentrate on only one subject.

**Program Trading**—The program trading system as set up by the New York Stock Exchange has been tested with mixed results. Three times the "collar" (shutting down the system) has been invoked. Twice the market closed changed around the 50 point level, once up and once down. The other time the Dow raced right through the point, closing off 108 points. The professionals were stopped, but the public was not. This, to me, says that the public is scared, deathly afraid of another meltdown, another destruction of value. Expect a volatile market... great for professional traders... awful for investors.

**Interest Rates**—The process to higher and higher interest rates seems to have started. Despite foreign central bank intervention the dollar keeps drifting downward. The consumer seems to have regained confidence about no depression. Imports remain very high despite the higher prices. Factories are running near capacity and the federal government still needs its debt financed. Our Federal Reserve has been fighting inflation by slowing the growth of the money supply. Oil prices have seemed to be rising. In 1988 the federal government will be coming to market with a monstrous 675 billion dollars in new debt instruments, t-bills, notes and bonds. This is going to occur just at a time that foreigners seem to be getting a bellyful of buying more of our government's paper. The supply will increase as the demand seems to fall. This will kick interest rates sharply higher unless the federal reserve can figure some strategy to avert this.

The stage is set for a rather sharp climb in inflation and a rise in interest rates which will lead to bond prices falling. The stock market will take its cue and also decline.

The percentages say that there is more chance both markets will fall, than there is that either will rise. Cash is your best friend in this market unless you are a long term investor. If you dollar-cost-average, do not stop your investment program as long as you are buying quality.

**The Stock Market**—Today we have a market that is not driven by much more than takeover stocks. That's where the action is. The trading is mostly for the short-term and the fast buck.

One or two comments. This is a very dangerous game and you can get burned very severely if you do not know how to protect yourself. I have several students who are trying to "trade for a buck" in an investment class. We have given them some suggestions to diminish their risk. My concern is that, like the students, there are more and more people getting on the bandwagon. My advice is **don't**. The probability is that unlike my students, you will be using real money, while they use a computer's "play money." They cannot get burned, you can.

Doctor Frey is a professor of investments and finance at LIU/C.W. Post Campus on Long Island. If you wish a copy of his "Ten Rules to Get Rich and Keep It, Too" send a large, stamped, self-addressed envelope to Anton Community Newspapers, 132 East Second Street, Mineola, NY 11501, Attn: Dr. Frey. If you have questions you wish answered, send a separate envelope, include your telephone number. Dr. Frey will answer your questions as his time permits.

## A Letter from Lulubelle...

...As I remember it from the early days of my married life, all of the toast was a uniform, lovely shade of tan—all over the slice, no burned edges—and it popped up from that old-time Toastmaster expeditiously, no getting stuck in the slot, no breaking off the crusts, no dark on one edge and light on the other...Such is not the case with me today...For some reason, ever since that old Toastmaster gave up the ghost—and it did last for many a long year—I have never had a really satisfactory toaster...I have tried so many kinds—one made by a famous vacuum cleaner manufacturer—and my husband said, "Why would you expect a vacuum cleaner manufacturer to make good toasters?"—and one from a foreign manufacturer whose name is symbolic of excellent products—and one from that famous, probably first, mail order company—and would you believe, not one works really well...I keep thinking that my bread is more dry on one edge than the other and that's why one side is darker—but they feel consistent throughout—so that's not a good reason...Do they make bread in some different manner?...One slice, two slice, four slice—the kind that allows bagels and French bread—I never find one toaster that makes a good, even slice of toast—and English muffins, with their little "nooks and crannies" are a disaster...How about you?...How's your toaster?...and if it's good, what kind is it anyway???

Yours, Lulubelle

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## What Our Politicians are Saying...

U.S. SENATOR ALFONSE D'AMATO (R-C-NY) has urged the U.S. District Court to reject the proposed settlement between the Consumer Product Safety Commission and the manufacturers of all-terrain-vehicles (ATVs).

Since 1982, ATVs have caused over 1,000 deaths and 350,000 injuries. Half of the injuries and deaths were to children under age 16. More than 65 deaths have occurred in New York State.

In addition to urging rejection of the settlement, Senator D'Amato has proposed a legislation solution that would ban the sale of all 3-wheeled ATVs, ban "kid-sized" ATVs, require free hands-on training and incentives and require extensive multi-media warning campaigns.

Legislation sponsored by ASSEMBLYMAN CHARLES J. O'SHEA (R-C, Baldwin) has been instrumental in providing New York Telephone customers with an option to block access to dial-a-porn at no cost. O'Shea said that New York Telephone originally proposed charging customers a 15 fee to block the "dial-a-porn" services. Those customers choosing to block access would also have lost availability to other information services such as sports, time and weather.

U.S. REP. ROBERT J. MRAZEK (D-Centerport) has announced that he will be sponsoring an Academy Information Night for any student interested in attending one of the nation's service academies.

This forum is designed to inform young men and women about life at the academies and the admissions process. Representatives from the Military, Naval, Air Force, Merchant Marine, and Coast Guard academies will be on hand to give a brief presentation and answer questions.

Any interested high school student should plan to be at Mineola High School on May 9 at 7 p.m. The school is located on Armstrong Road in Garden City Park.



OUR OWN DIRECT LINE columnist Bob McMillan recently visited Fort Dix, New Jersey with Jerald Newman, Civilian Aide to the Secretary of the Army. Seen here with Rocco Negris, Commanding General of Fort Dix, they had just witnessed a modern Army fire power demonstration.

photo by Peggy Buchman



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## A Lesson in Asbestos At Kiwanis Meeting

Asbestos and its use in construction and industrial applications was the subject matter discussed by Charles P. Scapellati, the guest speaker at the April 6 meeting of the Hicksville Kiwanis Club.

Mr. Scapellati is the president of Delrowan,

Inc., certified asbestos removers who inspect, evaluate and, if necessary, remove asbestos where its use is causing, or may cause, health problems. Asbestos is identified as a mineral which separates into long, threadlike fibers and because certain varieties do not burn, do

not conduct heat or electricity and are often resistant to chemicals, they are used for making fireproof materials, electrical insulation, roofing, filters, pipe and duct wrappings in both heating and cooling equipment, filters, automobile brakes, etc. In some of these applications, it is possible for asbestos fibers to get into the air and, if inhaled, could, in some cases, cause what has been known as Asbestosis, which is a form of pneumoconiosis, a lung disease. Asbestos has been known and used for centuries, but it wasn't

heavily used in construction until after World War II, around 1950, according to Mr. Scapellati. He also informed his audience that in 1957, some building codes made it mandatory that asbestos be used to cover heating pipes and it wasn't until 1963 that health problems due to asbestos were being reported, but the use of asbestos in construction continued until 1979. He added that today, every time a driver steps on the brake, asbestos fibers are released into the air.

## Regent Scholarships For Hicksville Youth



THE STUDENTS PICTURED have been named winners of Regent Scholarships for 1988. This year's winners number 36 an increase of 10 over 1987 and of 13 over 1986. Congratulations to these students and their families and teachers:

First Row: Lisa M. Reinhardt, Michael Roth, Michael R. Schaeffer, Gregory J. Shoff, Patricia E. Sutter, Jennifer E. Tower, Robert T. Walsh, Harriet Young, Straughn T. Zimmerman. Second Row: Carol Victor, Faith L. Bloom, Phillip Campisi, Russell Cassar, David H. Danowski, Betsy, E. Edelstein, Stephen Elmsig, Scott Epstein. Third Row: Michael J. Fleming, Michael W. Hoops, Jennifer J. Jackson, John P. Kelly, Shawn P. Kraemer, Nathalie M. Landrein, Anthony J. Langone, Stephen M. Ludwig. Fourth Row: Lawrence J. Mango, Gregory S. Martin, Jude M. McPeety, Nicholas Munson, Tony Nguyen, Kristine M. Noya, Michael Paradiso, Shella Raza. Fifth Row: Adam Barthmare, Dheera Khanna, David M. Laspaluto, Manisha Patel.



KIWANIS PROGRAM chairperson Beth Dalton presents Charles Scapellati with a certificate of appreciation as Kiwanis president Charles Montana, Jr., expresses the club's thanks for an informative program. (Photo by Sieg Widdler).

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## AN ANNOUNCEMENT FROM HICKSVILLE WATER DISTRICT BOARD OF COMMISSIONERS

The Board of Commissioners, Hicksville Water District, has continued to make concerted efforts to conform to the New York State Department of Environmental Conservation plans for a Long Island Regional Water Resources Management Strategy. To this end the District has committed a capital program of \$2,600,000 with early emphasis on treatment facilities at Plants 8, 5 and at least one other plant. The adopted policy is to provide enough well capacity so that there will be adequate reserve units should further problems develop. This is especially relevant with the new lower limits for organics.

Once again the Board and its advisors have approached their goal without the expected need to create any indebtedness to Hicksville consumers. Strong community desires to exercise "home rule" over local community affairs (water, school, fire, etc.) has pointed up the advantages of having a water purveyor that is not concerned with profits, perks and politics and does indeed have a great concern with the public interest and protecting the resource for future generations. If a county water authority were to replace our present type of local district for water supply the debt structure would radically change and Hicksville would in all likelihood have to assume costs for improvements already paid for in our community so that others could play catch up. We do not see any clear cut advantages for us in Hicksville; the luxury of having a water authority in the County would very well be a heavy burden in the form of added costs for supplying us with water.

Allowing for considerable variation in quality with time and adjusting for the treatment systems in operation and under design, the usable capacity of the 19 wells plus a 20th under construction will approximate 28 million gallons per day. Hicksville Water District has already rehabilitated three (3) wells with packed tower air stripping for volatile organics, has contracted for another well rehabilitation with granulated activated carbon and is designing another plant well which will have at least two (2) more nozzle and/or packed tower air strippers. The newer facilities will be designed and constructed to be more easily relocated to other wells when needed.

When the Hicksville Water District made a commitment to extensive water treatment for organics, they instructed their engineers to look for alternative methods to improve efficiency and/or to reduce costs. The engineers have conducted pilot tests on a nozzle air stripping system within the air space of the water storage tank. The pilot tests indicate that at reasonable nozzle pressures, a substantial reduction in organics will result. Calculations based on these tests also show that by repeating the stripping through secondary nozzles will further reduce the organics with a good possibility that it can meet the new low standards.

The Commissioners have authorized the receipt of bids for the installation of two (2) nozzle systems at Plant 5 and 8 and will be anxiously awaiting the final results of these systems. Even if the systems do not reduce the organics as low as desired, they will reduce substantially the operating costs of a carbon adaption system if required.

BY:  
**LOUIS G. DETTLOFF**  
ADMINISTRATIVE ASSISTANT



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# Legionnaires' Log

By GREG BENNETT  
Charles Wagner Post #421, Hicksville



All Americans should pause on April 28 to remember the 749 GI's and 197 sailors who gave their lives during Exercise Tiger, a rehearsal for D-Day on the beaches of South Devon, England. In the predawn hours on April 28, 1944 a group of German torpedo boats attacked the flotilla of U.S. LST troop carriers loaded with thousands of troops and ammunition. British radar stations had sighted the German force but did not have the proper channels to alert exercise ships. A destroyer assigned flank protection broke down and many of the GI's once in the water drowned due to inadequate life belts. These mistakes were hard learned, but correcting them saved thousands of GI's six weeks later on D-Day when Americans hit the French beaches.

Ken Smalls of Slapton Sands lobbied the U.S. and British governments for 35 years to place a memorial at the exercise beach. Smalls spent \$28,000 of personal savings to salvage a Sherman tank for the memorial which was dedicated last year. Smalls was a "committee

of one" as was Connie Steers during the Korean and Vietnam Monument drive in Hicksville.

Remember May 1 is the Department of New York POW-MIA Rally in New York at noon at 45th Street and First Avenue at the United Nations. Buses leave Valley Stream post at 10 am. For information call Hank Grinthal at (516) 961-6319.

As Memorial Day approaches Legionnaires will be out asking for donations in return for poppies made by disabled veterans. Contributions go towards veteran's rehabilitation.

The community of West Hempstead through the Lions Club will be erecting a Korea-Vietnam Monument at Halls Pond on Veteran's Day 1988. The monument will feature two male and one female service member and maps of Korea and Vietnam. For information or donation call Ron Young at 485-1831. Ron is a Vietnam vet.

In the next column we will have information about the Vietnam Women's Memorial Project.

Hicksville and sponsored by the Charles Wagner Post.

Child welfare chairman Moe Sheppard delivered Easter presents to the children at St. Christophers for the holiday and also to the children's shelter on Carmen Avenue.

On May 14, the Spring Conference and Luncheon for the 10th district will be held at the Andrew Fatscher Post in Valley Stream. The 10th district chairman is Cynthia Hochbrueckner and she will preside. President Joan will attend as will Gertrude, Mae, Ethel and Gerry.

Get well wishes are extended to Florence Ruhe, who had recent surgery. Also, a donation will be sent to the American Legion Child Welfare Foundation in memory of past president Elizabeth Beard, who passed away on March 27.

Remember our next meeting on Friday, May 6.

Mr. Samuel Prener, of North Valley Stream, will be the guest speaker. Mr. Prener has been named the Nassau County Senior Citizen of the Year. His topic will be "Financial Advising," a topic of great interest to all.

## Wagner Auxiliary News

By Geraldine Seitz

The American Legion Auxiliary of the Charles Wagner Post, Unit 421, met recently and determined that the results of new officer nominations will be announced at the next meeting, May 6, at 7:30 p.m., at the meeting room at 20 Field Ave., Hicksville. All members are urged to attend.

On March 17, president Joan Rizo attended the department president's dinner honoring Viola Argila from the Island Park unit. Joining Joan were Gertrude Reichlen, Christine Koopmann, Madeline Swallow, Moe Sheppard, Ethel Habenicht, Geraldine Seitz and Cynthia Hochbrueckner.

On March 16, the Auxiliary made a fine showing at the annual awards and ceremony night held at the Knights of Columbus in

## A.A.R.P. Meeting

The next meeting of the A.A.R.P. Chapter #1592 will be held at Levittown Hall on May 3 at 1 p.m.

## Legion Awards Night

Charles Wagner American Legion Post 421 held its annual awards and ceremonies night on March 26 at the Hicksville Knights of Columbus hall.

The evening began with the Post Everlasting Ceremony, a solemn tribute to Legionnaires Robert Sherman, Ralph Cerbone, Vincent DiMello and PC Anne Station, who passed away recently. County Commander Richard Hochbrueckner then presented new Colors to post 421 after PC Arthur Rutz and PC Louis Braun inspected the old post Colors and commander Christo retired them.

Commander Christo then presented Certificates of Appreciation to PC Arthur Rutz, VC Al Cinotti, VC Greg Bennett, PC Wes Tietjen and Americanism Officer Dick Evers. VC Greg Bennett then presented continuous membership awards to PC Arthur T. Bletsch (40 years), Aldo Vitello (40 years), Bobby Boerckel (35 years), William Biggs (25 years), Frank Bove (20 years), Giovanni Cicilese (20 years), Frank Nobile (20 years) and John Meagher (10 years). Americanism Officer Dick Evers then presented oratorical contest awards to three Hicksville students.

### Law and Order Awards

Cdr. Christo, assisted by County Cdr. Hochbrueckner, presented a unit award to eight Hicksville Firefighters and an individual award to an Eighth Precinct and an Second Precinct Nassau County Police Officer. All were honored for bravery and achievements in the line of duty.



OYSTER BAY TOWN SUPERVISOR Angelo A. Delligatti congratulates officers of the seniors of 355 following their installation ceremony. Heading up the Hicksville-based club for the coming year will be (second from left to right) Treasurer Frances Mattioli, Secretary Ann Jablonsky, President Jennie Caravello, Assistant Treasurer Ann Betz and Acting Vice President Julie Mercer. Also on hand for the occasion was the club's director, Chris Bartol (left).

## Hicksville Fire Department

Firefighters honored for their actions responding to a rescue call at Glenbrook Road on February 10, 1987 were Lt. Bill McKee CO#4, Lt. Chris Moskos CO#5, FF William Sullivan CO#5, FF Jeff Schuck CO#5, EX-Capt. Keith Kopenski CO#5, Capt. Ray Fuchs CO#6, Capt. Karl Schweitzer CO#5 and Lt. Phil LaNasa CO#8.

### Officer Joseph Payette

Second Precinct Police Officer Payette, while off-duty at Mid-Island Shopping Plaza, apprehended two men who were breaking into the Cinema Six Theaters on December 21, 1987. Also on December 29, 1987, Officer Payette responded to a report of an auto theft in Westbury. Alertly he followed auto tracks in the snow, observed the stolen vehicle, pursued it and apprehended four felons who possessed burglary tools, stolen property and hypodermic needles.

### Officer Nicholas Ewen

Eighth Precinct Police Officer Nicholas Ewen has demonstrated his personal expertise and courage by working in an unmarked burglary patrol. Through his surveillance and professionalism collecting information, two individuals were arrested in June, 1987 for selling fireworks and \$52,000 worth of fireworks and explosives were taken off our streets. On December 8, Officer Ewen stopped a suspicious vehicle and apprehended an individual who robbed a Newmark and Lewis employee making a night deposit.

# RE-ELECT VOTE

VOTE FOR TOM NAGLE (Vote)

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## Religious Services

### BAPTIST

**First Baptist Church** 11811, Tel: 931-1345. The Rev. Kevin J. Rawlins, Pastor. Services: Sunday morning worship at 11:00. Sunday night gospel hour at 7:00. Sunday school for ages cradle through adult at 9:45 a.m. Wednesday evening prayer at 7:30.

### CATHOLIC

**Holy Family Church** 5 Fordham Ave., Hicksville, 11801. Tel: 931-1345. The Rev. Bernard J. McGrath, Pastor. The Rev. Peter L. D'Amadori, Asst. Pastor. The Rev. Domestico Grazzetta, Asst. Pastor. Masses: Sundays in the Church 7:30, 9:00, 10:15 and 11:30 a.m. 12:45 and 7:00 p.m. In the School at 10:00 a.m. Saturdays at 8:00 and 9:00 a.m. and 5:00 and 7:30 p.m.

**Our Lady of Mercy R.C. Church** 508 South Oyster Bay Road, Hicksville, 11801. Tel: 931-4331. The Rev. Mgr. James E. Bossal, Pastor. The Rev. Charles A. Garner, The Rev. William Donnelly, The Rev. John Fencik. Masses: Sundays in the Church-Saturday evening at 5:00 and 7:30 and Sundays at 7:30, 9:15, 10:30 and 11:40 a.m. and 1:00 p.m. In the lower church-8:30, 9:45 and 11:00 a.m. and 12:15 p.m. Family Mass on the third Sunday of every month at 11:00 a.m. In the lower church. Weekdays at 7:30, 8:00 and 9:00 a.m.

**St. Ignatius Loyola R.C. Church** 129 Broadway, Hicksville, Tel: 931-0088. The Rev. Frederick Harter, Pastor. The Rev. Peter Liu and Rev. Thomas Costa, Assoc. Pastors. Services: Weekday masses, Saturdays at 8:00 and 7:30 p.m. Sundays at 7:30, 8:45, 10:00 a.m. (10:30 in the auditorium) and 11:15 a.m. 12:30 and 8:00 p.m. Weekday masses at 7:00 and 9:00 a.m. Monday through Friday. Saturdays at 9:00 a.m.

### COSMOPOLITAN

**The Parkway Community Church** Stewart Ave. at Levittown Parkway, Hicksville, 11801. Tel: 938-1233/931-0055. The Rev. Douglas R. MacDonald, Services: Sundays at 9:30 and 11:00 a.m. Church School and Infant Care at 9:30 and 11:00 a.m. Midweek Bible Study on Wednesdays at 8:15 p.m.

### EPISCOPAL

**Holy Trinity Episcopal Church** 130 Jerusalem Ave., Hicksville, 11801. Tel: 931-1820. The Rev. Dominic K. Cianella, Pastor. The Rev. William H. Russell, Deacon. The Rev. Anne E. Lynch, Deacon. Services: Holy Communion on Wednesdays at 9:30 a.m. Holy Communion on Sundays at 8:00 and 10:00 a.m. Sunday School at 9:30 a.m.

### GREEK ORTHODOX

**Holy Trinity Greek Orthodox Church** 20 Field Ave., Hicksville, Tel: 433-4522. Fr. George Stavropoulos, Services: Sunday Orthros at 9:00 a.m. Divine Liturgy at 10:00 a.m. Sunday School at 9:45 a.m.

### JEWISH

**Congregation Shalom** 508 South Rd. and Old Country Rd., Hicksville, 11801. Tel: 938-0450, 938-0422. Services: Saturdays at 9:00 a.m.

**Jericho Jewish Center (Conservative)** North Broadway, Route 10W107, Jericho, 11753. Tel: 938-2540. Rabbi Stanley Steinhardt, Cantor Israel Goldstein. Sabbath services at 8:30 a.m. Junior Congregation meets at 10:45 a.m. Morning services Mon-Fri at 7:30 a.m. Sundays at 9:00 a.m. Evening services Sun-Thurs at 8:00 p.m. Friday candlelighting time, Sat sundown. Special Family service on the first Friday of each month at 7:45 p.m. Affiliated with the United Synagogue of America.

### LUTHERAN

**The Lutheran Church of St. Stephen** 270 South Broadway, Hicksville, 11801. Tel: 931-0710. The Rev. Frank L. Nelson, Pastor. Services: Sundays at 8:00 and 10:30 a.m. Sunday School at 9:15 a.m.

**Redeemer Lutheran Church** 17 New South Road, Hicksville, 11801. Tel: 938-0883. The Rev. Dr. Theodore S. Grant, Services: Sundays at 8:00 and 11:00 a.m. Sunday School at 9:15 a.m.

**Trinity Lutheran Church** 40 W. Nicholas St., Hicksville

11801. Tel: 931-2225. The Rev. Dr. John M. Krahn, the Rev. Wayne Pils, Assistant Pastor. Services: Saturdays at 7:30 p.m. Sundays at 8:15, 9:45 and 11:15 a.m. Sunday School and Nursery Care at 9:30 a.m. for the 8:45 a.m. service. Bible Study on Wednesdays at 10:00 a.m. and 7:30 p.m.

### METHODIST

**United Methodist Church** Old Country Rd. and Nelson Ave., Hicksville, 11801. Tel: 931-2828. The Rev. Richard Smeltzer, The Rev. Dale White, Services: Sundays at 9:00, 9:15 and 11:00 a.m. Sunday school from 9:00 to 10:30 a.m. The Bus Ministry of the Church operates every Sunday to bring people to Sunday School or the 9:15 a.m. worship service.

### NON-DENOMINATIONAL

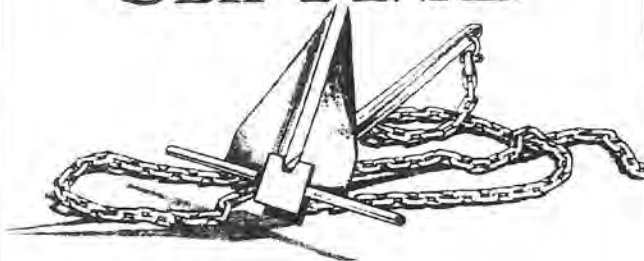
**The Church of Hicksville** 17 Herzog Place, Hicksville, 11801. Tel: 932-8330. Harold Butler, Pastor. Services: Sundays

at 10:30 a.m. Sunday school at 9:30 a.m. Prayer meeting on Wednesdays at 8:30 p.m. Home Bible Study Group. **Church of Christ** 168 Broadway, Hicksville, 11801. Tel: 931-3344. The Rev. Tom Goodall, Minister. Services: Sunday worship at 11:00 a.m. Bible School at 10:00 a.m. Mid-Week Bible Studies, call for time and location. A staffed nursery is provided for all services.

### PRESBYTERIAN

**First Presbyterian Church** 474 Wenhatch Ave., Levittown, 11758. Tel: 731-3888. The Rev. Robert A. Wierman, Services: Adult Worship and Church School on Sundays at 10 a.m. Mid-week Lenten services on Wednesdays at 8 p.m. through Mar. 23. Series topic: "The Seven Last Words of Christ." Sunday morning Lenten sermon series, "I Believe."

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The complete terms are in an offering plan available from the sponsor. CD85-0322.

## A Eulogy for a Very Dear and Good Friend

Matthew Metzger was loved by everyone who knew him. He was always ready to give a helping hand to someone in need—because as a young boy he knew what the definition of the word hardship was. I will miss him very much. He was like a brother to me. Matt, Jim Cooley, Gus Efinger and myself grew up together, and we were the best of friends from school days to the present time.

On Tuesday, April 12th, Matt and I went to Bethpage to play our first golf game of the year. It started out as a very nice day, but ended as a tragedy. My buddy never had a chance to reach the first green. I teed off first, and then Matt teed up his ball, and I was watching his ball. He swung and hit, but not one of the eight people saw his ball or where it went.

It was as if the Good Lord reached out and took that ball out of sight and said to Matt, "If you want this ball back you have to come and claim it."

I believe in premonitions. Two weeks prior to our loss, Matt and I were over at Jim Cooley's house and somehow we got on the topic of burial plots. It was odd that a subject like that should be brought up. At the time no one thought much about it, but after this happened, I remembered that and thought to myself... could it be possible we were given a sign?

On April and my son, who lives in California, came to visit us for a week with his wife and my new granddaughter whom I had never seen. One day I said to my wife, "Let's take them all out to dinner some evening before they return to California. Well, it turned out to be a family reunion. Grandma, Grandpa, sons, daughters, their wives and husbands, and their children. We also invited our good friends Matt and Marian Metzger.

That evening I said to my wife, "It's nice to see the whole family together, we never know what tomorrow will bring." I was talking for myself, never thinking that it would be Matt's last time to see my family. That is why I believe in premonitions. I think the Good Lord is giving us a chance to do these things before a tragedy occurs.

For quite a few years Marian and Matt vacationed together with my wife Marge and I, in Lake George. Matt and I would play golf or go fishing and in the evenings we would play bridge.

We are all going to miss you very much, good buddy. God Bless You.

Your buddy for as long as I can remember  
Tony Schumacher (Shuzzy)

## Obituaries

### Philip H. Gletschler

Philip H. Gletschler, a consultant for sprinkler systems installers, passed away on Apr. 15 at the age of 63. He was a resident of Hicksville.

Mr. Gletschler is survived by his wife, Jacqueline, his daughters, Jeanette Cocozello, Nancy Addo, and Christine Gletschler, his son, Steven, his sisters, Genevieve Muller and Lorraine Heck, a brother, Albert and seven grandchildren.

A Mass of Christian Burial was said at St. Ignatius R.C. Church on Apr. 18. Interment followed at Calverton National Cemetery under the direction of Thomas F. Dalton Funeral Home, Hicksville Chapel.

A veteran of the Army Air Corps during WWII, Mr. Gletschler became a New York City firefighter after the war. After his retirement, he began working with the Long Island Lighting Company and his expertise led him to begin his own sprinkler system company.

Mr. Gletschler was an usher at St. Ignatius Church and was a member of the Aviator's Post 743 of the American Legion.

Ann V. Cook

Ann V. Cook, a resident of Hicksville, passed away on Apr. 18 at the age of 64.

Mrs. Cook is survived by her husband, Charles, her daughter, Patricia Ann, her sons, Charles, Donald, Lawrence and Timothy, her brothers, Joseph and Alexander and four grandchildren.

A Mass of Christian Burial was said at St. Ignatius R.C. Church on Apr. 22. Interment followed at Calverton National Cemetery under the direction of Thomas F. Dalton Funeral Home, Hicksville Chapel.

### Walter G. Eichler

Walter G. Eichler, a member of the Hicksville Fire Department and a retired architect, passed away on Apr. 18. He was a resident of Hicksville.

Mr. Eichler is survived by his wife, Ruth, his daughter, June, his son, Walter Eichler Jr., his son-in-law, Robert Thompson, seven grandchildren and one great-grandson.

Memorial services were held at Brookville Reformed Church on Apr. 23. Interment followed Plain Lawn Cemetery under the direction of Henry J. Stock Funeral Home.

In lieu of flowers, donations to the Alzheimer's Disease Foundation, 70 E. Lake St., Chicago, Ill. 60601, would be appreciated.



## School's Enrichment Night is a Success

A "Dessert Night" was held at the Hicksville Middle School recently. The purpose of the evening was to present information to parents and students involved with Hicksville School's enrichment programs grades 4-12. Since the various programs include more than 200 students, the turnout was very overwhelming.

Maureen Traxler spoke from a parent's point of view as a chaperone on the enrichment trips her daughter's class took to the Vanderbilt Museum and the Ilco facility in Hauppauge.

Marie Marshall, assistant principal at the Middle School, spoke highly of the enrichment programs and of her pleasure with how the Middle School facilities are used by the enrichment students in grades 4-6.

Joanne Cardinali, a Vanderbilt Museum administrator, said a few words about how exciting it was for her to work with Mrs. Friedman and Mrs. Gladstone to develop a "special" museum experience on endangered species. This program will now be offered in the future to other school groups at the Vanderbilt Museum.

Jackie Adelstein, a teacher's aide, outlined some of the things students have done on the computer and some exciting future programs that she is planning.

Dorothy Schorr, an education consultant, spoke of her experiences with a parenting course she is currently presenting to parents

of gifted students which is offered one night per month in room 225.

Nora Friedman and Ann Gladstone commented on the high powered enrichment program that they have implemented under the guidance of Mr. Romano. Both teachers maintain high standards and look forward to continue developing the creative abilities and higher level thinking skills that so many of the students possess.

A commitment to excellence was the theme of Gregory Romano's remarks. Mr. Romano is the supervisor and coordinator of enrichment programs for grades K-12. He spoke of the programs at the elementary level, Middle School activities and the International Baccalaureate geared for junior and senior high school students.

A special slide presentation created by the 4-6 grade students concluded the formal part of the evening. Desserts followed the talks and the parents and students went up to the second floor where displays of the students' work were hanging in the halls.

The highlight of the evening was the animal sculptures made by the elementary students. Each child had chosen an endangered species which had been studied and researched before sculpting.

Any community members who would like further information regarding any of the enrichment programs may call Mr. Romano at the Hicksville Middle School - 933-6562.



MIDDLE SCHOOL students practice on the computers during Dessert Night.

## History of Hicksville Schools-Past & Present

The Hicksville Community Council invites all residents to a "History of Hicksville Schools - Past and Present" program to be held on Thursday, May 5, at 8 p.m. at the Hicksville Public Library in the community room.

Historian Richard Evans will take everyone back to the beginning of the school system.

Dr. Catherine Fenton, superintendent of District #17, will present the 1988-89 school budget. The candidates for the board of education will also be heard. This all school program is the Council's effort to inform the community of the upcoming vote and elections and of the issues involved.



Congressman Norman Lent congratulates Straughn Zimmerman, from Hicksville, on his appointment to the United States Naval Academy at Annapolis. Straughn was one of the top students from across the Fourth Congressional District to receive a nomination from Congressman Lent.



OUTGOING FIRE DEPARTMENT captain Ray Fuchs (left) receives a plaque from incoming captain Jerry Giardina.

## Fire Department Retires 1962 Truck

Hook and Ladder Company No. 6 of the Hicksville Fire Department officially retired its 1962 Mack '85 straight ladder truck on April 8. This ladder truck has served the Hicksville community for 25 years.

The truck was first accepted by captain Joseph Podgurski in 1962, and has been serviced by 14 ex-captains. One captain, Ray

Fuchs, even served two terms and retired the truck in November of 1987.

While this truck awaits a buyer, captain Jerry Giardina and Hook and Ladder Company No. 6 expect a delivery of their new 1988 Suphren 100-foot tower ladder, which will serve the residents of Hicksville and the surrounding community well into the future.



Hook and Ladder Company No. 6 present officers and ex-captains include: (left to right) Steve Schmalz, Gil Canick, Bill Boyd, Sr., John Keyer, Sr., Lt. Mike Azzue, Ed Markey, Capt. Jerry Giardina, Second Asst. Chief Pat Scanlon, Lt. Tom Scully, Mike Galdo and Ray Fuchs.

## Local Youths to Perform At Music Festival

One hundred and sixty-five music students in the Hicksville Public Schools will participate in the annual Solo and Ensemble Festival sponsored annually by the New York State School Music Association. The event will take place on the weekend of May 13-14 at Bethpage Senior High School.

According to William Gagnon, Supervisor of Fine Arts, this annual festival is an opportunity for music students to perform as a soloist or as a member of a small ensemble such as a duo or trio which is a far different experience than performing as a member of an eight piece band. Students at all grade levels and ability levels prepare a piece of

literature and perform a 10 to 15 minute audition before an adjudicator. The student is then given a written critique of his/her performance in such areas as tone quality technique and musical interpretation. This serves as a valuable evaluation of the progress made and of those areas most in need of additional practice.

Students will be performing on all band and orchestra instruments, piano and voice. All have been working on the literature with the music teacher in the Hicksville school. Many of the high school students will also be using this opportunity to audition for the All-State band, orchestra and choral groups.

## Students Participate in 'The Magic Flute'

Students from the Fork Lane Elementary School had the opportunity to be the "special instrument group" for the performance of *The Magic Flute*, an opera-type play given by "Opera Options". Participating were 18 students from Ms. Bollhoffer's music department at Fork Lane. The children were very excited about the opportunity, and gave a great performance. All of Hicksville third to

sixth graders were able to attend the play.

Participating in the program were the following students: Robin Blicher, Katie Andreski, Kristen Burns, Todd Master, Janet Zagerello, Tara McCalley, Christina Foresteri, Kim Dalby, Soula Pappas, Jennifer Eichen, Sarah Beaulieu, Elisabeth Lanza, Michelle Doherty, Kiri Gallahue, Jiyoun Lee, An-Ya Wu, Irene Lee, Stacey Zeiders.

## HTCA Marks 40th Year

Huntington Township Concert Association will conclude its 1987-88 season April 30 with an 8:30 p.m. concert by The Classic Players. This virtuoso septet consists of seven of New York's finest solo and ensemble players and offers a magnificent repertoire for harp, strings and winds, including works by Ravel, Strauss, Scarlatti, Saint-Saens and Mozart. Featured soloist with the septet is harpist Susan Jolles, winner of the prestigious

Naumberg Chamber Music Award.

The concert marks the completion of Huntington Township Concert Association's 40th year of bringing the world's finest music to Huntington. All concerts are by subscription only and are held at Huntington High School, Oakwood and McKay Streets, Huntington. For more information, write P.O. Box 178, Huntington, New York 11743.

## Galileo Lodge News

By Joe Lorenzo



**Skip Monteforte's Message:** "The only birds that talk are parrots, but they don't fly very high." Old saying.

Before we go into the Galileo Lodge's social and recreational program for the late spring and summer, we'd like to mention that this Saturday night, at the Galileo Lodge, an eagerly-awaited and highly-welcomed dance will take place. Yes, I'm sure many of you know that it's our 'Fifties-Sixties' Dance, and needless to mention that this dance also features a show that highlights the music of these two periods. And then add a terrific dinner with all the trimmings and you know why the Galileo Lodge considers that this activity proves beyond all doubt that it offers you the most for the least amount of money. Tickets cost only \$21 per person.

Showbiz will once again come to the Long Island section, including the Galileo Lodge as well. The night is Friday, November 18 and the activity is known as the 'Foolies Follies' of 1988. As I have often described the 'Follies', it is actually a show consisting of small skits and sketches of various aspects of show business, whether they be involved with comedy, singing and dancing, etc. The cast for this production also consists of members of the Ladies Auxiliary and the Galileo Lodge. Every time this show was presented by the Ladies Auxiliary, it 'brought down the house', as they say in showbiz circles. Sue Laurent will once

again supervise this show, assisted by Claire Fuoco. Sue and Claire also announce that on Monday, May 2, at the Galileo Lodge, a special meeting will take place and all those interested in the 'Follies' are cordially invited to attend, males as well as females.

The Ladies Auxiliary, as I have often stated, are not an inertial group. On the contrary, they are lively, active and idea-filled. So they also announce on Friday, May 20, the Auxiliary will present a Military Bridge Party at the Galileo Lodge. Tickets will sell at \$5 per person. Mildred Morace (433-1590) will supervise this activity, and you can call her for tickets and any additional information you may desire. If you wish, you can also contact President Mary Sarrera for the same reasons. All are invited to attend and enjoy this pleasant activity.

A Fishing trip and a golf outing are being planned for May, June and July. A summer picnic at Eisenhower Park is being scheduled for August. And in between these events there will be others that will also provide enjoyment and relaxation for the male and female members of the Galileo Lodge. One such activity comes under the heading of Membership Appreciation Night, and those are the times when the Galileo Lodge gratuitously offers its membership food and refreshments. Help is still needed for the Lodge's bingo sessions.

## Pic-A-Pet Day

P.A.W.S. (Pioneers for Animal Welfare Society) will sponsor Pic-A-Pet Day on Saturday, May 7, at these animal shelters:

**BABYLON** - 165 Edison Ave., West Babylon ... 10 a.m.-3 p.m. ... 643-9270  
**HEMPSTEAD** - 3320 Beltagh Ave., Wantagh ... 10 a.m.-4 p.m. ... 785-5220  
**HUNTINGTON** - Deposit Rd., E. Northport ... 9 a.m.-3 p.m. ... 757-8180  
**OYSTER BAY** - 150 Miller Pl., Syosset ... 10 a.m.-2 p.m. ... 921-7731  
**ISLIP** - 210 Denver Ave., Bay Shore ... 10 a.m.-4 p.m. ... 224-5660  
**SMITHTOWN** - E. Main St., Smithtown ... 10 a.m.-4 p.m. ... 350-7575

OR CALL 922-7760 for further information

PAWS volunteers will be at each shelter to offer help and advice on pet selection, care and training. Certificates will be available for low-cost vet exam, inoculations and neutering.

**SOUVENIR GIFT PACKAGE AND FEE FAMILY PHOTO WITH EACH ADOPTION.**

**ALSO** - Each adoptive family has a chance to win an adorable stuffed toy free.

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Our chef has prepared a variety of dishes featuring fine meats and seafood specialties. Your complete meal starts with choice of soup (Manhattan Clam Chowder, New England Clam Chowder, Sea Food Bisque) or salad of fresh greens, tomato and cucumber. The Twilight Dining menu includes such favorites as English Cut Prime Ribs of Beef au Jus, Cajun Style Fresh Fish, Chicken Con Cord Blue, The Captains Combo (linguine with red sauce topped off with mussels, clams, shrimp and scallops), Roasted Salmon with lemon dill sauce, Fettuccini Alfredo, and more.

And as always at Captain Bill's, our entire selections will satisfy the most diverse tastes. All dinners are served with baked potato, french fries or vegetable and Captain Bill's homemade key lime pie or ice cream plus coffee, tea or Sanka.

Join us Tues-Thurs. between 3-6 pm. Please call for details and reservations plus tax and gratuity.

## \$14.95

## Spring Festival at United Presbyterian Home

United Presbyterian Residence will hold its Gala Annual Spring Festival and Open House sponsored by The Auxiliary, on Friday, May 13, 1 to 4 p.m., and Saturday, May 14, 10 a.m. to 4 p.m. There will be clowns, good food,

crafts, baked goods, plant sales, and a tag sale. United Presbyterian Residence is located at 378 Syosset-Woodbury Road, Woodbury. Call 921-3900 for information.

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MAY 13th

Music Box  
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MAY 14th

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## Physical Education Showcase

The Nassau Zone of the New York State Association of Health, Physical Education, Recreation and Dance (NYSAPERD) will be sponsoring a Physical Education Showcase at the Broadway Mall in Hicksville on May 4 and 5, between 11:00 a.m. and 1:00 p.m. Students

from Hicksville, Plainville-Old Bethpage, Massapequa and Levittown will be demonstrating the content of the curriculum in each of their districts Physical Education departments.

## Students Visit Local Medical Center

One of the highlights of the health program at the East Street School is the annual visit in March to the Cardiology Department at the Nassau County Medical Center in East Meadow. Helen Hatalaky, the nurse/teacher who conducts this program, led Mr. Hilsky's and Dr. Kanawada's sixth grade students through the cardiology laboratories, where the children participated in stress tests and acted as patients on the latest equipment

which determines heart disease and damage. Heart specialist at the hospital, Dr. Frank Clemente, taught the students about the operation and function of the heart, using actual films of heart patients and their recent angiograms. After the rigorous morning of tests and new experiments, the students were surprised when the staff in the cardiac unit invited them to end the day with soda and donuts.

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## Sixth Grade Students At Woodland Study Whales

Mr. Brogle's sixth graders at Woodland Avenue School completed a project on whales as part of their study of *The Voyage Of The Mimi*. They studied many kinds of whales and created models of them for the class's bulletin board.

The models were painted on large paper,

cut out and stuffed to make them appear lifelike. The students also painted a model of the Mimi which is the research ship used by a scientific group.

The class really enjoyed working on this project and is proud of the results.

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SPECIAL EVENTS

PREVIEW: Friday, April 29  
to benefit The Community Hospital at Glen Cove  
For information and tickets call (203) 435-2034 or (516) 922-0479

LECTURE AT COE HALL: Monday, May 2, 2 p.m.

Interiors and Gardens of Style

Harry McCabe—Garden Historian and Designer and

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Lecture, show, Coe Hall Tour & Tea, \$20.

Luncheon 11 a.m.-2:30 p.m. Tea 3:30-5:30 p.m.

DIRECTIONS: Long Island Expressway to Exit 28 North (Glen Cove Rd.)

North on Glen Cove Rd. 2 miles to PSA (Northwest Blvd.) Turn Right (East)

onto Route 25A, 3 1/2 miles turn Left (North) onto Walker Hollow Rd.

(Police Station on corner). At end, turn Right onto Chicken Valley Rd.

1 mile, look for entrance signs to Planting Fields Arboretum.

Edwin T. Palko, manager  
Russell Carrett, consultant



# HEALTH AND FITNESS

## Fighting A Chronic Fatigue

"Yuppie Plague."  
"Lake Tahoe Disease."  
"The Malaise of the Eighties."

Doctors had referred to the baffling condition that was making headlines as Chronic Epstein-Barr Virus (CEBV).

Then 16 physicians held a conference in February, 1988, at the Center for Disease Control, in Georgia, and acknowledged that an illness brought on by viral infection of the B blood cells definitely does exist. The doctors defined the illness and assigned to it an official name.

Chronic Fatigue Syndrome is a disease without a cure, and having to endure the oppressive fatigue, accompanied by any number of the other symptoms, is no way to live. Yet, this disease hasn't proved fatal, so it will not be posting the kind of statistics that have been posted by AIDS.

The illness has displayed some puzzling peculiarities. One is its persecution of the articulate, well-educated, highly motivated and normally active in our society—people living particularly stress-filled lives. Stress has been known to lower the body's immune system. Doctors have even suggested that it may be the stress, or some other environmental factor—such as a bout of flu—working in conjunction with the virus, that may account for the disease and its usually sudden onset. However, it is not known what factor or factors, if any, actually bring on the syndrome, which, unlike the flu, lingers on.

Moody depressions further cloud prognosis. Doctors are attempting to find ways to at least treat the symptoms. In the face of their affliction, patients need a place to turn for counseling, advice, and sympathetic shoulders.

Barbara Kissin, Director of Social Work at the Winthrop University Hospital in Mineola,

was stricken by Chronic Fatigue Syndrome six years ago. Through her position at Winthrop, she was able to start a support group, which is a local branch of the National Chronic Fatigue Syndrome Association that's headquartered in Oregon. The Winthrop group is now in its third year and meets once a month. Kissin reports an ebb and flow of attendance, "which seems to depend on the state of health of our members. Some are faithful and attend every meeting. Other times, the Breed Room is crowded with people who come only when they have experienced a relapse, or newcomers who are there for the first time."

An exact number of sufferers can not be given, but the spread of their symptoms is being reported in alarming numbers. "I'm convinced we're having an epidemic here," says Kathy Adler of Holbrook, founder of the Chronic Fatigue Syndrome Association of Suffolk County and one of its three directors.

Adler, who broadcasts the half hour radio program "Straight Talk with Kathy Adler" five nights a week on WLIX radio in Bay Shore, describes herself as "basically a housewife, and I have two daughters." In her household, Andrea, now ten, was first to experience the symptoms; then the disease struck again, claiming her other daughter; and again, claiming Kathy herself.

Adler ran an ad in her local paper a few months ago which read, "Virus Got You Down?" She received 35 letters responding to her ad, and started the support group which meets on the first Thursday of every month, at the Mather Memorial Hospital in Port Jefferson. Since its formation, Adler and the group's two other directors have been receiving "a total of 30 to 40 calls a week" from Suffolk residents seeking information on the subject, she reports.

The illness has forced her to play repeat tapes of her radio program, but Adler is taking advantage of every remission. She has become a guiding force in efforts to educate and organize legal support on the local and state levels for the syndrome, which she views as a public health menace. Hearing of a Dr. Anthony Kamaroff, Director of General Medicine at Brigham Men's and Women's Hospital, in Boston, Adler caught the first shuttle she could and conducted a video-taped interview with Dr. Kamaroff—to be used as an educational device for families and for school systems. Kamaroff has examined over 500 patients diagnosed with the syndrome and is considered to be an expert on it," Adler explains.

Then, on April 18, she went before the Medical Health Committee of the Suffolk County Legislature, in Hauppauge. Her objective was "to move on the Board of Health and have Chronic Fatigue Syndrome officially recognized." Adler, in the company of a lone physician who attended merely to observe, met with disastrous results, but called committee chairman John Foley the next day. "He invited me to come back in June. I plan to have more people with me next time," she says. A hearing by the state legislature is also on her agenda.

"The hardest part is that we're not believed," she says. "Doctors here about the crying and moodiness, so they relegate that all your other symptoms under one big psychological umbrella."

Until a cure, or at least some sure-fire treatment of the symptoms is discovered, Kathy Adler prescribes this remedy:

"Laughing. Funny videos. The Bible says laughing is good for you."

By Bettina Cohen

According to the *Annals of Internal Medicine*, in order to be diagnosed as having Chronic Fatigue Syndrome, a person must manifest at least eight of these 11 symptoms:

- Sore throat;
- Mild Fever;
- Swollen and Painful lymph nodes;
- Painful joints;
- Muscle weakness and pain;
- Headaches;
- Sleeping disorders;
- Sudden onset of symptoms;
- Confusion or forgetfulness;
- Depression;
- Fatigue lasting at least 24 hours after moderate exercise.

In addition, there is no definitive test that can point directly to Chronic Fatigue Syndrome as the cause of these symptoms, so the person must test negative for all other possible conditions, such as diabetes, cancer, brain tumor, Alzheimer's, allergies, and AIDS.

To contact Barbara Kissin at Winthrop University Hospital, call 663-2341.

To contact the Chronic Fatigue Syndrome Association of Suffolk County's 24-hour hotline, call 548-8237.

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# HEALTH AND FITNESS

## Food Sensitivity Affects Weight Loss...

"Everyone, seems to be concerned about their weight, but for some, weight gain may not be due to how much, but what they eat," according to Chris Wilde, Executive Vice President of American Health & Diet Workshops of Roslyn (627-5601). "Finding AH&D was the most important 'accident' of my life," Wilde says. He's a slim, athletic looking man whose nickname was once "Tubbs." "I used to eat much less food than I do now, but I still gained weight. I joke about it now, but I really lived to eat. If someone had said it wasn't how much, but what I ate, that causes the constant gain, I would have laughed. Now, I stay away from some foods—I'm sensitive to them, they cause me to retain water and bloat, but I eat all I want of others...and I don't gain."

There seems to be much more to food allergies than sneezing and runny noses. For some people, food sensitivities may be the answer to lifelong weight problems and bingeing.

Allergic reactions are a function of the immune system. The body manufactures white blood cells, called lymphocytes, which control and react to foreign substances (allergens) within our bodies. Food allergies affect people in two ways: there can be an immediate reaction (the IgE factor); or a delayed reaction (IgG), which can appear from several hours to several days later. People who are 'allergic' overproduce specific IgE and/or IgG antibodies.

Physical manifestations to these antibodies might include intense cravings for specific foods and bingeing; bloating after meals; fluid retention and erratic weight fluctuations; abdominal pain; flatulence; constipation or loose bowel movements.

Psychological manifestations include loss of concentration; drowsiness; restlessness;

feeling "hyper," experiencing mood swings; anxiety; depression and other debilitating emotions.

Allergic response may also cause bloating and sudden weight gain (from one to ten or more pounds is not unusual) after ingesting foods which produce antibodies.

"The person with a serious, ongoing weight problem due to 'allergic bloat' lives in a world of haze, unaware that a food allergy might be the cause. These people do not get the same biofeedback as other people would," said Wilde.

At American Health & Diet Workshops, the client is interviewed extensively. A blood sample is taken and tested for food sensitivities, and for the severity of these sensitivities. A food program is then developed to help that individual regain allergenic balance. He/she is taught how to rotate those "allergic" foods so the reactions become controllable and are less severe. Once the body's chemistry is back to "normal," weight loss can be achieved...successfully and permanently.

To a person who always thought that they

were "bad," or "just couldn't stick to a diet," or "doomed to be fat all their lives," the relief from guilt allows incredible progress, even in seemingly hopeless cases, according to these weight loss professionals.

One AH&D client expressed his feelings this way: "The effort I exerted to control my craving to eat was so overpowering, I felt that if I could overcome my weight problem, I could do anything! What a sense of freedom it was to learn that my weight gain was a physical reaction, not due to lack of will power."

American Health & Diet Workshops, at 1025 Northern Blvd., Roslyn, offers a full range of individualized programs which include accurate assessment of individual caloric requirements through the use of the American Calometer, a state-of-the-art medical diagnostic monitor, and one-on-one weekly counseling with a specially trained registered nurse who works with the client throughout the program.

AH&D will be opening its new Great Neck office in mid-April. Look for the grand opening at 45 North Station Plaza.

informed, caring companions who enjoy older people can often make the difference in improving the quality of life for both the older person and their frequently overburdened family. The Center for the Study of Aging is planning to conduct evaluation studies on how the new model of companionship can make a difference in the emotional and social well-being of older people, particularly those who are affected by depression or one of the dementia illnesses such as Alzheimer's Disease. The model is based on the idea that a relationship of mutuality and trust will help the older person meet the challenges of aging and some of the more devastating mental and emotional impairments that sometimes accompany aging.

Companions are carefully "matched" with each older person so that the relationship can develop within the context of the companion being a well-informed friend who also helps the older person with some of their ordinary daily activities such as preparing and sharing meals, assisting in light housekeeping, shopping, regular visiting, transportation to the doctor and other places in the community, and in general communicating in an informed way any needs or changes in well-being to family members and professionals involved.

Community Care Companions Inc. is unique in that it also provides companionship to older people living in adult homes or nursing homes as well as in private homes. Just recently the Center for the Study of Aging, Community Care Companions Inc., and St. Johnland Nursing Home entered into a three-way collaboration to develop St. Johnland as the first geriatric mental health teaching nursing home on Long Island.

Neither personal care nor home health aides, companions are ordinarily well-educated and interested in having an ongoing relationship of some depth with an older person. Most work part-time with a schedule that enables them to keep family and other commitments, something which is particularly appealing to senior citizens and mothers of young children. All the companions enjoy making a difference in the

Continued on Page 3

## Community Care Companions: A Friend Indeed—for Seniors

When faculty members at the State University of New York at Stony Brook began to experience difficulty in obtaining ordinary non-medical support services for their elderly, often mentally impaired parents, they went to Paula Manchester, Ph.D. and Lory Bright-Long, M.D. for guidance. In response to the immediate need, they formed a small group of ten companions to provide both friendship and practical support services to older people who were either socially isolated or struggling to meet their special challenges of aging. A year later they formed Community Care Companions Inc., a private company, and in collaboration with the Department

of Psychiatry and the Center for the Study of Aging at Stony Brook University, began to develop their unique model of companionship expanding their service to several communities on the North Shore. In November of 1987 a second neighborhood branch was begun in the Eastern North Shore area of Nassau County. Today there are over forty companions providing ongoing companionship to about fifty older people.

Committed to the concept of providing personalized companionship by people who are compatible with both the older person and the family, Dr. Manchester and Dr. Bright-Long have discovered that well-

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Contemporary Health Care Issues

## Repeat Cesarean Sections... Are They Necessary?

The increasing incidence of cesarean births in this decade has become quite controversial in both the medical and public communities. Although primary cesarean section has been accepted as one of several factors responsible for delivering healthy babies, repeat cesarean section, which contributes to over 30 percent of all cesarean sections in the United States today, has not.

Today's current research supports the practice of allowing an adequately screened woman in a well controlled hospital the choice of vaginal delivery. A trial of labor is as safe, or safer, than an elective repeat cesarean section. This is good news for all women, for many patients desire to share their birthing experience with husbands and/or family members.

Childbirth educators as well as obstetricians are now urging their pregnant patients with previous cesarean sections to request and undergo a trial of labor. Before a woman selects a physician and a hospital, she should realize her new options and discuss them fully.

This medical news is being brought to you as a service by the Long Island Women's Health Care Group. We're a dedicated group of obstetrician-gynecologists who treat each patient as an individual. We're affiliated with the Maternal Child Care Center at Winthrop-University Hospital.

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Gary M. Levine, M.D., F.A.C.O.G., F.A.C.S.  
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# HEALTH AND FITNESS

## Health And Fitness For the Rest Of Your Life

It's not a guarantee. But everyone can choose a life-style that promotes this goal. Proper exercise and dietary habits go a long way in reducing your risk of heart related diseases and several other ailments. Home Fitness, Inc., was established to promote this health related fitness goal by three university professors, two of whom are well known researchers in the fields of Exercise, Weight Control and Nutrition.

Home Fitness, Inc., brings Exercise Training and Nutrition Counseling services to the homes of their clients. In establishing the firm, Drs. McArdle, Toner, and Narayanan, the three directors, set out to construct a program which ultimately offers the client an opportunity to be independent of the exercise specialist. To achieve this goal, their prime commitment was to develop an educated, self-reliant client with sophisticated knowledge of the important interrelationships between health and physical fitness.

Achieving fitness is an ongoing process. To maintain the important benefits of exercise it must be done regularly. To this end, Home Fitness, Inc., realizes that any successful program of exercise must revolve around each client's unique interests and lifestyle. In this way, exercise becomes second nature and incorporated in daily living. To increase the likelihood of long-term success, the broader based health-related benefits of the proper kind of exercise and nutrition are fully explained in the educational component of the program. This certainly is an added incentive for lifelong fitness.

Dr. McArdle and Dr. Toner hold Ph.D. degrees in the field of exercise physiology, are university professors, and have numerous publications in the field of exercise and weight control. They are consultants to several well known national organizations and are Fellows of the American College of Sports Medicine.

This expertise provides the unique background to formulate a scientifically based health related program of proper exercise and weight control.

The first visit by an exercise specialist is complimentary. During this visit the nature of the program and the exercise and evaluation procedures are explained. Following this presentation, if the individual wishes to enroll into the program, several details are taken down with regard to the client's medical history and

lifestyle. A medical clearance from the client's personal physician is required before going on to the second visit and start of the program. Then, the client's complete fitness profile is evaluated. Several tests are performed to measure flexibility, muscular strength and endurance, cardiovascular fitness, and body composition. Based on these results, a program is prescribed in the third visit. From the third visit onwards, the exercise regimen begins. This regimen is upgraded regularly as the client's

exercise capacity improves.

While the office of Home Fitness, Inc., is located in Oyster Bay, they serve most of Long Island: Nassau, Western Suffolk and Queens. Their services are available outside office hours and on week-ends. A complimentary visit can be scheduled by calling their office at (516) 624-7954 between 9 a.m. and 5 p.m., Monday through Friday.

(continued from page 2)

## Community Care Companions: A Friend Indeed—for Seniors

life of an older person and participating in the group meetings when experiences are shared and new ideas for helpful companionship generated.

More information on Community Care Companions Inc. can be obtained by contacting the Community Coordinators—Adrienne O'Neill for Nassau at 932-5102 or Judith Kaplan for Suffolk at 689-6131. Dr. Manchester and Dr. R. Bright-Long frequently give talks to groups of all kinds on the challenges of aging. Any interested group should contact Paula Manchester at 751-5188.

## Booklet About Health Practitioners Available

The State Consumer Protection Board (CPB) has announced the publication of a new booklet titled, "Health Practitioners and What They Do." The booklet lists and describes the different types of health professionals available to consumers.

Richard M. Kessel, Executive Director of the CPB, said that the publication is intended to help consumers tell the difference between different health practitioners, some whose fields sound similar. The booklet also offers consumers guidelines that can help in their search for a particular health practitioner.

## Anxiety Causes Physical Reactions

Anxiety takes its toll on the whole body, not just the mind, according to research by a physical education professor at The Pennsylvania State University.

"If the people only worried between their ears, there would be no difficulty," says Dr. Dorothy Harris. "But people's worries show up in their colons, their blood pressure and all the hot spots. We think with our whole bodies, not just our heads."

Harris' research, in conjunction with Robert T. Durall, a graduate student in the sports psychology program, centers on mental rehearsals by athletes.

Members of the men's gymnastics team were tested in vault and floor exercises and members of the women's team were tested in vault and balance beam.

Each of them was instructed to visualize his or her rehearsal routines and to depress a timing device when finished. During the mental rehearsal, the subjects had electrodes attached to their upper legs and forearms and their heart rates were measured.

While lying down in a relaxed state, the subjects showed a physical activation which proved Harris' point that people "think with their whole bodies."

No significant difference was discovered between the times of mental and actual rehearsal for any activities other than the vault.

Harris feels that people can learn to regulate the physical reactions that are triggered by the mind. The implications move beyond the field of athletics, although Harris feels that athletics are perfectly suited to research of this nature.

"Competitive sports serve as the best laboratory for studying anxiety," he says. "Most kids take part in athletics and they are highly motivated to improve. Often, this is done publicly. Kids may know they can do something in practice but, in public, performance can be different."

Athletes are trained to deal with the anxiety, Harris explains, but the principles are the same for everyone.

"The idea extends to everyone," she says. "The anxiety can mean anything from blanking out on an exam to forgetting someone's name in a nervous social setting."

"It's important for us to clear the flack out of the wiring in the system. People can be taught to regulate themselves."



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# HEALTH AND FITNESS

## The Warning Signs Of Arthritis

What you don't know about arthritis can hurt you, warns the Arthritis Foundation.

"Knowledge is the most important defense against arthritis," said Robert M. Marcus, M.D., Chairman of the Public Education Committee of the Long Island Chapter of the Arthritis Foundation. "People who take a little time now to learn the facts about arthritis will save themselves a lot of pain and money later."

According to the Foundation, arthritis is our country's number one crippling health condition and it affects a surprising number of Americans—one in every seven. Although there is no cure for this often serious group of diseases, much of the pain and crippling can be prevented or delayed, by early diagnosis and treatment.

For those people who think they might have arthritis, the Arthritis Foundation noted that there are warning signals which should alert them to seek medical attention immediately.

- Swelling in one or more joints
- Early morning stiffness
- Recurring pain or tenderness in any joint
- Inability to move a joint normally
- Obvious redness and warmth in a joint
- Unexplained weight loss, fever or weakness combined with joint pain
- Symptoms like these persisting for more than two weeks.

These warning signals often are clues to rheumatoid arthritis, lupus, and other inflammatory types of arthritis such as the arthritis associated with psoriasis, colitis, inflamed lungs, and inflamed eyes.

According to the Foundation, thousands of Americans will get inflammatory types of arthritis this year and many of these people will go untreated because they do not take

arthritis and its warning signs seriously. Or they may think because there is no cure, there is also no help. Because of misconceptions like these, people endure needless pain, suffering and sometimes even disability.

The most common form of arthritis, osteoarthritis (OA), is due to wear and tear to cartilage and bones. In OA, pains often follow weight bearing forces or stresses of the neck or back. As the usual warning signals are absent in OA, a person often does not know to protect his/her joints from repetitive injury until it is too late and the damage is done.

Medication, along with a combination of exercise, joint protection and rest, are frequently part of the total treatment plan for arthritis prescribed by a doctor. These treatments are designed to help control pain and to prevent or delay joint deformity.

"A chronic disease such as a form of arthritis affects both a person's health and lifestyle," said Dr. Marcus. "But, people with arthritis who are properly informed can learn to handle the pain and limitation associated with their disease. In fact, many people with arthritis are able to lead full and active lives."

The Arthritis Foundation is the only national voluntary health organization looking for causes, cures and prevention of all the forms of arthritis. For more information about arthritis, its detection and treatment, write to the Long Island Chapter of the Arthritis Foundation, 501 Walt Whitman Road, Melville, NY 11747 and ask for a copy of "A Serious Look at the Facts on Long Island." You will also receive a list of almost 100 free publications covering the different aspects of arthritis. Please enclose a long self-addressed stamped envelope with your request.

## Controlling Your Child's Sweet Tooth

Do you have a sweet tooth? Most Americans do—and to satisfy it, each one is eating about a cup of sugar each day. Experts say this hankering for sweets starts early. Babies get sugary drinks as pacifiers, toddlers get sweets as rewards, and older children get bombarded with the sweet message in TV ads for candies and presweetened cereals. The more sweets children eat, the more they prefer sweet tastes—and the more tooth decay they're likely to get. Three out of every four kindergardners have cavities.

A sweet tooth isn't born, it's developed. The good news is a craving for low-sugar food can be developed, too. Learn to enjoy natural

flavors of foods. Cut down on sugar in recipes. Check ingredient labels. If sugar or corn syrup is listed first or second, it's probably a high-sugar food. Switch to low sugar breakfast cereals. You'll break the habit that accounts for a large percent age of all the sugar our children eat. And control that sweet tooth before it becomes a decayed or false tooth.

For a free listing of the sugar content of more than 80 breakfast cereals, send a self-addressed, stamped, legal sized envelope to: Cereals, Home Economics Program, Cornell Cooperative Extension, 246 Griffing Avenue, Riverhead, New York 11901.

## Medical School at NYIT Named by World Health Organization as Collaborating Center for Occupational Health

The World Health Organization, after consultation with the U.S. Government, has informed Dr. Philip F. Fleisher, dean of New York College of Osteopathic Medicine, of NYIT, that the college is one of four named as a collaborating center for occupational health based on the work done in its Department of Occupational Health, Ergonomics and Biomechanics.

The designation will be effective for a period of four years, according to Carlyle Guerra deMacedo, Director, Pan American Health Organization, Pan American Sanitary Bureau, Regional Office of the World Health Organization.

NYCOM, established at NYIT in 1977 and dedicated to family medicine and the scholarly pursuit of new knowledge concerning human health and disease with specific attention to the roles of the neuromuscular and musculoskeletal systems, has maintained the Harry Van Arsdale, Jr. Department of Occupational Medicine at the Old Westbury Campus. Named for the late labor leader, it assures that the principles of occupational health are interspersed

throughout the four-year curriculum at NYCOM and will include rotations in occupational medicine.

The Department of Occupational Health, Ergonomics and Biomechanics and the biomechanics laboratory were founded to quantify human motion and the loads imposed on the musculoskeletal system. Activities in the workplace, sports and everyday living can be monitored to determine normal and pathological ranges and to develop methods for injury prevention.

In biomechanics, professionals from the fields of medicine, engineering, mathematics and computer science have been brought together to conduct thorough biomechanical analyses. The lab consists of a range of computer-based data acquisition and display equipment to allow for an accurate determination of the position, velocity, force and muscle activity of the human body. Information can be acquired noninvasively using the Vicon Data Analysis System. Efforts are being directed toward intensive evaluation of posture, gait and spinal function.



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# HEALTH AND FITNESS

## Get In Shape...but Start Smart

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Start Smart, in operation since January 1988, offers clients the skills of medical professionals—doctors and nurses—to start you off on a personalized physical fitness program developed just for you.

A staff cardiologist will supervise your stress test after you've been given a complete initial medical exam. Your medical history will be taken and appropriate laboratory tests will supplement the results of your exam.

Start Smart's nutritionist and exercise physiologist will use these results to develop a program appropriate to your age, body

frame, fitness level and goals, as well as your food and activity preferences.

Based in a large, modern facility (Plainview Medical Group, 100 Manetto Hill Rd., 822-2541) Start Smart offers clients on-going support groups and individual follow up. Their services include cardiac stress and lung function testing, complete blood testing, including cardiac risk tests, chest x-ray, hearing and vision testing capability and a skilled, professional staff to design a realistic program that will reflect your lifestyle, your needs and your individual profile. Much of this testing may be reimbursable under qualified medical plans.

The facility is convenient to all major parkways and serves clients from Nassau and Suffolk. Call 822-2541. Be Smart—Start Smart.

## Back Pain Center Established at NYIT's New York College of Osteopathic Medicine

In response to the growing need for qualified treatment of chronic back disorders, New York College of Osteopathic Medicine of New York Institute of Technology has assembled a team of skilled physicians and health professionals—experts in their field—and an array of advanced diagnostic equipment, to create a Back Pain Center.

Historically, osteopathic medicine has been at the forefront of the study and treatment of back pain for over 75 years and stresses a comprehensive approach to medical care and preventive maintenance. Recent medical findings indicate that there are multiple causes of pain not traceable to any one particular source.

Diagnosis and treatment are structured on a broad-based approach. Patients receive an initial consultation which includes a study of factors vital to proper

diagnosis/treatment such as stress, nutrition, psychological profile, work/home environment and lifestyle; comprehensive medical history and physical examination; diagnostic review including range of motion, muscle strength and exercise prescription potential.

A follow-up consultation is scheduled for each participant at which time an individual portfolio is presented. Plans for treatment may include therapeutic recommendations such as nutritional counseling, stress reduction, osteopathic manipulation therapy, behavioral modification, pain management, exercise program, psychological counseling, rehabilitation and drug therapy.

The Back Pain Center is located in NYCOM's Academic Health Care Center, New York Institute of Technology, Old Westbury Campus, located on Northern Boulevard (Rte. 25A) east of Glen Cove Road. Medical appointments may be secured by calling the Center at 516/626-6900.



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  - ☐ physician supervised exercise sessions
  - ☐ diet and nutritional counseling
  - ☐ discussion groups
  - ☐ health education workshops
  - ☐ stress testing
  - ☐ exercise telemetry monitoring
  - ☐ regular evaluation

### PARTICIPANTS

- Classes are conveniently scheduled for men and women with the following conditions:
  - ☐ post heart attack
  - ☐ post coronary balloon angioplasty
  - ☐ abnormal stress test
  - ☐ post coronary bypass surgery
  - ☐ stable angina pectoris
  - ☐ hypertension with other identified coronary risk factors

St. Francis Hospital • The Heart Center • Roslyn, NY 11576

### YES!

Please send me additional information on the Hospital's Cardiac Rehabilitation Program

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Telephone \_\_\_\_\_



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# HEALTH AND FITNESS

## Weight Control Program Proves Highly Successful

Remarkable things can happen when a person loses weight in a nutritionally sound program that emphasizes permanent changes in eating habits. An example is what happened to John D. Murray, a youthful-looking, 48 year old sociology professor at Manhattanville College.

John, who is 6 feet, 2 inches tall and weighed 262 pounds in May of 1987, was attracted to a healthy weight loss program offered by The Institute for Eating Disorders.

He was told by Dr. Jeffrey J. Felixbrod, the behavioral psychologist who directs the Institute, that a slow, healthy weight loss program might allow him to consume more calories per day after reaching his goal weight than would be the case if he were to lose weight quickly. "This is because the body often adapts to low-calorie dieting by burning calories more slowly. When this happens, it is enormously difficult to keep the weight off," Dr. Felixbrod explained. John was initially skeptical.

As of April, 1988, John had lost 78 pounds — but his friends are puzzled and amazed. Recently, many have observed him dining regularly and eating heartily at places ranging from neighborhood restaurants to classy restaurants on Manhattan's east side. "How can you do this without gaining the weight back?" they ask with astonishment.

"The answer is simple," according to John. "By participating in a weight control program that emphasizes slow weight loss, good nutrition, changing eating habits, and increasing physical activity, I have to consume at least 2,600 calories per day or I'll continue to lose weight!" Needless to say, many are envious not only of the improvement in John's appearance, but of the way he is able to eat without gaining weight.

When asked about the long-term results of his weight control programs, Dr. Felixbrod talks about one of his most famous patients.

Nearly three years ago, the *Gannett Westchester Newspapers* reported that a Yonkers woman took a 112.7 mile walk from

the steps of St. Joseph's Medical Center to the doors of the University of Pennsylvania to dramatize her extraordinary success in a weight control program.

Barbara Ciegler Cann chose the beginning and end points of her six-day journey because Dr. Felixbrod's program at St. Joseph's Hospital is where she took part in a treatment that was originally developed at the University of Pennsylvania School of Medicine.

Mrs. Cann had been overweight since she was 12 years old, and since 1972 had been afflicted with colitis and high blood pressure which continued to pose a great risk to her health through 1984.

Her mother had suffered greatly from diseases related to long-term obesity and Mrs. Cann said she was "fearful she would end up in the same position." When she joined Dr. Felixbrod's weight control program in March of 1984, Mrs. Cann, who is 5 feet, 6 inches tall, weighed 296 pounds. In 13 months she lost 120 pounds on the program.

Now, almost three years later, Mrs. Cann has successfully maintained her weight loss. "For the first time in 22 years, I'm healthy and I feel no physical pain," she said. "I don't stand out in crowds anymore," she explained. "People of normal weight can never understand how obese people feel."

Dr. Felixbrod points out that this weight control program is not a diet. "Almost 98 people out of one hundred gain their weight back following popular diets and rapid weight loss methods. On the other hand, our programs emphasize good nutrition, appropriate eating habits, psychological approaches to self-discipline, and lifestyle change. Medical evidence reveals that this is the most successful approach to permanent weight control."

Professor Kelly D. Brownell, a leading obesity researcher at the University of Pennsylvania School of Medicine, agrees: "Permanent weight loss is the goal, so select a program that will help you change your

lifestyle. Be suspicious of popular diet programs, since many are filled with senseless gimmicks. A program should focus on sensible changes in nutrition and lifestyle, and should be based on the best scientific studies

available."

The programs run by Dr. Felixbrod at The Institute for Eating Disorders are available at his Manhasset Hills offices. According to Dr. Felixbrod, "Approximately 80 percent of patients with eating disorders pay a weekly out-of-pocket expense of five dollars or less." For further information, contact Dr. Felixbrod at (516) 294-5000.

## Getting Children's Dental Care Off to a Good Start

There have been tremendous advances in the area of dental care in recent years, yet many dental myths and misconceptions still persist.

According to Dr. Stephen J. Moss, Professor and Chairman of the Department of Pedodontics at New York University College of Dentistry, it's the responsibility of parents to dispel these myths.

An outspoken advocate of preventive dentistry that begins from birth, Dr. Moss maintains that "very often, dentists don't get the chance to discuss the dental misconceptions their patients may have. Consequently, parents can be approaching their children's dental care with improper information.

The following are some of the most com-

mon dental misconceptions—and their realities:

**Myth:** Infants are born toothless.

**Fact:** Infants actually have more teeth than adults: 20 primary and 32 permanent tooth buds are developing under the jaw long before the first tooth breaks through the gums. These teeth benefit greatly from early and regular exposure to fluoride, and should be given fluoride daily from birth.

**Myth:** Tooth decay is a hereditary problem.

**Fact:** While it's true that some people may have a greater genetic susceptibility to dental cavities than others, proper tooth care from birth is generally sufficient to overcome any hereditary disposition toward cavities.



Robert A. Domingo, MS, CCC-Sp.  
Executive Director

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<b>UNIVERSAL ANIMAL PACK <b>\$22.95</b></b>	<b>CHAMPION METABOLOL 1 LB. CAN <b>\$10.95</b> 1 KILO CAN \$19.95</b>					<b>WE HAVE CYBERGENICS REG. #130 NOW ONLY <b>\$1.25</b></b>	<b>20% OFF WIEDER BODY BUILDING PRODUCTS</b>

# HEALTH AND FITNESS

## The Message is Massage

Massage is one of the oldest healing arts, originating in China approximately 3,000 B.C. Throughout the centuries massage has been prescribed for specific illnesses. Today you can experience all of the benefits from a therapeutic massage designed for your individual needs. A therapeutic massage can:

- Increase blood circulation, thus affecting all body systems.
- Promote healthy nutrition of body tissues.
- Help detoxify the whole system by increasing activity of the elimination system.
- Speed elimination of lactic acid from sore and stiff muscles.
- Help hasten the healing process of strained muscles, sprains, fractures and dislocations.
- Greatly reduce stress that can contribute to aches, pains, tension in the eyes, jaw, neck, chest, stomach or back.
- Help eliminate chronic stress found to cause ulcers, heart conditions, arthritis, digestive disorders and many other common illnesses.
- Diminishes chronic pain and muscle spasms.
- Improves recovery time from traumatic sports injuries and accidents.

Many dancers, runners and other professional athletes have discovered that massage can help them achieve peak performance, as well as prevent injuries. Physicians, chiropractors, psychologists, athletes, nutritionists and other health professionals now recognize the special value massage has to offer. By removing lactic acid from the system, the athlete can train more consistently with less pain. Whether you are a dancer, marathon runner, weekend athlete or an active New Yorker, you will benefit from massage. Whatever your activity may be in today's stressful world, massage is not a luxury but a necessary, practical, preventive health maintenance tool.

• Therapeutic full body, stress balancing, sports and medical treatments available on half hour or hourly basis. Call Bill Agar, M.Th., a graduate of the Swedish Institute. He is licensed in New York State, a member American Massage Therapy Association, and specializes in Swedish, Shiatsu, Sports, Medical and Acupressure Massage Techniques. He is located in Plainview. Phone 932-1209.

## Children's Colds May Really Be Allergy

If your child always has cold symptoms, an itchy nose, breathes through the mouth or frequently has a dry cough, the real culprit may be allergies. An estimated 20 percent of all children suffer from some type of allergy problem. Often the symptoms do not seem severe enough to require medical care, but that can be a mistake.

When children have allergic symptoms during the winter, parents frequently assume it is a viral infection. Allergies can

be mistaken for a cold that lasts through an entire season. Environmental allergies, in particular, may appear during the winter as children start to spend more time indoors. Airborne inhalant allergies surface when the heat is turned on and the windows remain closed. Hot air furnaces increase house dust in the air and have a tendency to dry nasal and bronchial membranes, aggravating an allergy.

Animal dander and hairs, upholstery fibers, stuffed toys, dust and mold spores can cause allergic reactions in a child sensitive to these substances. The most common allergic responses are asthma, hives, eczema and chronic stuffy nose. When symptoms recur frequently throughout the year, or return in the same season each year, allergy should be suspected.

Year-round allergies are harder to sort

out than seasonal allergies, such as hay fever, and it would be useful to consult a pediatric allergist. Through careful observation and testing, the specialist can attempt to identify the triggering causes of a child's allergy and the best means of counteracting it.

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Information/Reservations  
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Street, west for a distance of 30 feet; south side - starting from the west curb line of Walnut Street, west for a distance of 30 feet; east side - starting from the east curb line of Glen Head Road, east for a distance of 50 feet. **WALNUT STREET** - west side - starting from the north curb line of Oaklawn Avenue, north for a distance of 48 feet; east side - starting from the north curb line of Oaklawn Avenue, north for a distance of 50 feet; south side - starting from the south curb line of Oaklawn Avenue, south for a distance of 42 feet. **MAPLE PLACE** - west side - starting at a point 387 feet south of the south curb line of Glen Head Road, south to the north curb line of Walnut Street; east side - starting at a point 390 feet south of the south curb line of Glen Head Road, south to the north curb line of Walnut Street.

That the following location be **ADDED** to SECTION 17-164 of the said Code establishing **NO STOPPING BUS STOP**, which shall be appropriately designated by posted signs: **GLEN HEAD - GLEN COVE AVENUE** - east side - starting at a point 76 feet south of the south curb line of Central Drive, south for a distance of 80 feet.

That the following locations be **ADDED** to SECTION 17-165 of the said Code establishing **NO PARKING ZONES**, which shall be appropriately designated by posted signs: **GLEN HEAD - LOCUST AVENUE** - south side - starting at a point opposite the west curb line of Railroad Avenue, east for a distance of 336 feet. **DOVE STREET** - north side - starting at a point 200 feet west of the west curb line of South Oyster Bay Road, west for a distance of 125 feet. **MORGAN STREET** - west side - starting at the south curb line of Richfield Avenue, south for a distance of 182 feet.

That the following locations be **DELETED** from SECTION 17-165 of the said Code: **NO PARKING ZONES, HICKSVILLE - MORGAN STREET** - west side - starting at the south curb line of Richfield Avenue, south for a distance of 222 feet. **DOVE STREET** - north side - starting at the west curb line of South Oyster Bay Road, west for a distance of 825 feet. **SOUTH FARMINGDALE - MIDWOOD AVENUE** - starting at the northwest corner of Main Street, southwest for a distance of 15 feet.

That the following locations be **ADDED** to SECTION 17-166 of the said Code establishing **PARKING PROHIBITED ON CERTAIN DAYS OR HOURS**, which shall be appropriately designated by posted signs: **GLEN HEAD - OAKLAWN AVENUE** - **NO PARKING 8 AM to 10 AM EXCEPT SATURDAY, SUNDAY AND HOLIDAYS** - east side - starting at a point 300 feet south of the south curb line of Glen Head Road, south to a point 30 feet north of the north curb line of Walnut Street; east side - starting at a point 60 feet south of the south curb line of Walnut Street, south to a point 25 feet north of the north curb line of Chestnut Street; west side - starting at a point 10 feet north of the north curb line of Walnut Street, north for a distance of 90 feet; west side - starting at a point 30 feet south of the south curb line of Walnut Street, south to a point 25 feet north of the north curb line of Chestnut Street.

**GLEN HEAD - WALNUT STREET** - **NO PARKING 8 AM to 10 AM EXCEPT SATURDAY, SUNDAY AND HOLIDAYS** - north side - starting at a point 48 feet east of the east curb line of Oaklawn Avenue, east to a point 30 feet west of the west curb line of Maple Place; south side - starting 18 feet east of a point opposite the west curb line of Maple Place, west to a point 30 feet east of the east curb line of Oaklawn Avenue. **MASSAPEQUA - PITTSBURGH AVENUE** - **NO PARKING 8 AM to 4 PM SCHOOLDAYS, EXCEPT SCHOOL BUSES** - north side - starting at a point located 30 feet east of a point opposite the east curb line of Ocean Avenue, east for a distance of 224 feet. **OYSTER BAY - UNDERHILL AVENUE** - **NO PARKING 11 PM to 8 AM** - east side - starting at a point 50 feet north of the north curb line of Mill River Road, north for a distance of 160 feet.

That the following location be **DELETED** from SECTION 17-166 of the said Code: **MASSAPEQUA - PITTSBURGH AVENUE** - **NO PARKING 8 AM to 4 PM SCHOOLDAYS, EXCEPT SCHOOL BUSES** - north side - starting at a point 30 feet east of a point opposite the east curb line of Ocean Avenue, east for a distance of 490 feet.

That the following location be **ADDED** to SECTION 17-167 of the said Code establishing **LIMITED PARKING ZONES**, which shall be appropriately designated by posted signs: **SOUTH FARMINGDALE - MIDWOOD AVENUE - ONE HOUR PARKING** - south side - starting at a point 33 feet west of the west curb line of Main Street, west for a distance of 95 feet.

That the following locations be **ADDED** to SECTION 17-168 of the said Code establishing **LIMITED PARKING ON CERTAIN DAYS OR HOURS**, which shall be appropriately designated by posted signs: **GLEN HEAD - MAPLE PLACE** - **45 MINUTE PARKING 7 AM to 7 PM EXCEPT SUNDAY AND HOLIDAYS** - east side - starting at a point 30 feet south of the south curb line of Glen Head Road, south to a point 30 feet north of the north curb line of Walnut Street. **MAPLE PLACE - 90 MINUTE PARKING 7 AM to 7 PM EXCEPT SUNDAY AND HOLIDAYS** - west side - starting at a point 30 feet south of the south curb line of Glen Head Road, south to a point 30 feet north of the north curb line of Walnut Street. **OAKLAWN AVENUE** - west side - starting at a point 40 feet south of the south curb line of Glen Head Road, south for a distance of 50 feet. **LOCUST VALLEY - WESTFORTH STREET** - **TWO HOUR PARKING 8 AM to 10 PM EXCEPT SATURDAY, SUNDAY AND HOLIDAYS** - east side - starting at a point 30 feet north of the north curb line of Forest Avenue, north to the south curb line of North Street; west side - starting at a point 30 feet north of the north curb line of Forest Avenue, north to the south curb line of North Street. **OYSTER BAY - AUDREY AVENUE** - **30 MINUTE PARKING 9 AM to 5 PM EXCEPT SATURDAY, SUNDAY AND HOLIDAYS** - southwest side - starting at the north curb line of Shore Avenue, northwest to the southeast curb line of Audrey Avenue (west spur), **AUDREY AVENUE (west spur)** - southeast side - starting at the north curb line of Shore Avenue, northeast to the west curb line of Audrey Avenue. **SYOSSET - JACKSON AVENUE** - **TWO HOUR PARKING 8 AM to 8 PM EXCEPT SUNDAY AND HOLIDAYS** - east side - starting at a point 97 feet north of the north curb line of the entrance to the Town of Oyster Bay Parking Field, north for a distance of 330 feet. **COLDSPRING ROAD** - east side - starting at a point 447 feet north of the north curb line of the entrance to the Town of Oyster Bay Field, north for a distance of 42 feet.

**SYOSSET - COLDSPRING ROAD - ONE HOUR PARKING 8 AM to 6 PM EXCEPT SUNDAY AND HOLIDAYS** - east side - starting at a point 489 feet north of the north curb line of the entrance to the Town of Oyster Bay Parking Field, north and east for a distance to 280 feet.

That the following locations be **DELETED** from SECTION 17-168 of the said Code: **GLEN HEAD**

**MAPLE PLACE** - east side - **45 MINUTE PARKING 7 AM to 7 PM EXCEPT SUNDAY AND HOLIDAYS** - starting at a point 30 feet south of the south curb line of Glen Head Road, south for a distance of 360 feet. **MAPLE PLACE** - west side - **90 MINUTE PARKING 7 AM to 7 PM EXCEPT SUNDAY AND HOLIDAYS** - starting at a point 30 feet south of the south curb line of Glen Head Road, south for a distance of 354 feet. **SYOSSET - JACKSON AVENUE - ONE HOUR PARKING 8 AM to 6 PM EXCEPT SUNDAY AND HOLIDAYS** - east side - starting at a point 97 feet north of the north curb line of the entrance to the Town of Oyster Bay Parking Field, north for a distance of 180 feet; east side - starting at a point 277 feet north of the north curb line of the entrance to the Town of Oyster Bay Parking Field, north for a distance of 156 feet; east side - starting at a point 438 feet north of the entrance to the Town of Oyster Bay Parking Field, north and east to the entrance and exit of the Town of Oyster Bay Parking Field on Cold Spring Road. **COLDSPRING ROAD - TWO HOUR PARKING 8 AM to 8 PM EXCEPT SUNDAY AND HOLIDAYS** - south side - starting at the east curb line of Town Parking Field Entrance (Parking Field Road), east for a distance of 235 feet.

Dated: Oyster Bay, New York  
April 19, 1988

STATE OF NEW YORK, }  
COUNTY OF NASSAU, } ss:  
TOWN OF OYSTER BAY,  
I, CARL L. MARCELLINO Town Clerk  
Deputy Town Clerk of the Town of Oyster Bay, and custodian of the Records of said Town, DO HEREBY CERTIFY that I have compared the annexed with the original Amendments to the Code of Ordinances of the Town of Oyster Bay (Motor Vehicles and Traffic) adopted by the Town Board on April 19, 1988, filed in the Town Clerk's Office, and that the same is a true transcript thereof, and of the whole of such original.

In Testimony Whereof, I have hereunto signed my name and affixed the seal of said Town this 20th day of April, 1988  
Carl L. Marcellino  
Town Clerk  
4-28-88 17-48-41-HICKS

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CODE OF ORDINANCE  
PUBLIC NOTICE

PLEASE TAKE NOTICE, That by Order of the Town Board of the Town of Oyster Bay, Nassau County, New York, pursuant to Sec. 200 (a) of the Town Law of the State of New York and Chapter 51 of the Code of Ordinances of the Town of Oyster Bay, Article II, Division 2, you are hereby required within thirty (30) days from the date of this Notice to reconstruct or repair the sidewalk along the street in front of certain premises hereinabove indicated as owned by you, totally at your own cost and expense and in accordance with the provisions and specifications of said Chapter 51, Article II, Division 2, of the Town of Oyster Bay Code, THAT the sidewalks shall be reconstructed or repaired in accordance with the lines and grades and specifications as set forth by the Commissioner of the Department of Public Works and after a permit is issued therefor by the Superintendent of Highways, with all work to be performed in a good workmanlike manner, and all materials to be of standard grade and free from defects, THAT in the event of default of reconstruction or repair of said sidewalks as required by this Notice within the time specified, the Town Board of the Town of Oyster Bay will cause said sidewalks to be reconstructed or repaired and will assess the cost thereof against the aforesaid premises adjoining said sidewalks in accordance with the provisions of law as hereinabove set forth. TOWN BOARD OF TOWN OF OYSTER BAY, ANGEOLO A. DELLIGATTI Supervisor, Carl L. Marcellino, Town Clerk, Dated: April 12, 1989 Oyster Bay, New York.

Resolution No. 387-88

ORDER DIRECTING ADJACENT OWNERS TO RECONSTRUCT

OR REPAIR SIDEWALKS ALONG CERTAIN STREETS IN THE TOWN OF OYSTER BAY, WHEREAS, pursuant to Chapter 51 of the Code of Ordinances of the Town of Oyster Bay, Article II, Division 2, and in the interest of public safety and convenience, it has been recommended that sidewalks be reconstructed or repaired in various locations in Farmingdale, Syosset, Old Bethpage, Bethpage, Massapequa, Westbury, Jericho, Locust Valley, East Norwich, Hicksville, North Massapequa, Plainview and Oyster Bay, New York; and

WHEREAS, after due investigation, this Board has determined that it is in the public interest of reconstruct or repair sidewalks in front of property hereinafter set forth:

S/W 535-87  
Michael Kowalechik  
17 High St.  
Farmingdale, N.Y. 11735  
Sec. 49 Bk. 20 Lot. 22  
S/W 113-87P  
Maria Mujica  
32 First Ave.  
Farmingdale, N.Y. 11735  
Sec. 48 Bk. 238 Lot. 78  
S/W 253-87-J  
Angelo Proncia  
7 Alexander Dr.  
Farmingdale, N.Y. 11735  
Sec. 48 Bk. 186 Lot. 38  
S/W 194-87  
Mary Altieri  
12 Hyman Dr.  
Farmingdale, N.Y. 11735  
Sec. 49 Bk. 183 Lot. 23  
S/W 533-87  
W. Korbowski  
75 Louis Dr.  
Farmingdale, N.Y. 11735  
Sec. 49 Bk. 183 Lot. 23  
S/W 318-87P  
Thomas Kieselring  
47 Colonial Dr.  
Farmingdale, N.Y. 11735  
Sec. 49 Bk. 178 Lot. 41  
S/W 355-87J  
Fred Boyd  
71 Spencer St.  
Farmingdale, NY 11735  
Sec. 49 Bk. 60 Lot. 98  
S/W 523-87  
Marie Guarnieri  
1 Thomas Ave.  
Farmingdale, NY 11735  
Sec. 48 Bk. 251 Lot. 57  
S/W 110-87  
Steve Mezaros  
8 Lorraine St.  
Farmingdale, N.Y. 11735  
Sec. 12 Bk. 458 Lot. 6  
S/W 253-87J  
Mrs. Razzano  
106 Woodward Pkwy.  
Farmingdale, N.Y. 11735  
Sec. 48 Bk. 254 Lot. 0067  
S/W 172-87  
Ann Marie Watro  
21 Louras Dr.  
Massapequa, N.Y. 11758  
Sec. 45 Bk. 673 Lot. 17  
S/W 327-87  
Louras Ronde  
127 Boston Ave.  
Massapequa, NY 11758  
Sec. 52 Bk. 194 Lot. 2120  
S/W 363-87J  
Simon Lau  
76 South Bay Ave.  
Massapequa, N.Y. 11758  
Sec. 65 Bk. 243 Lot. 11  
S/W 154-87  
Ann Paladino  
94 Frankel Rd.  
Massapequa, N.Y. 11758  
Sec. 65 Bk. 109 Lot.  
S/W 528-87  
Edna Barthau  
22 Hampton Blvd.  
Massapequa, NY 11758  
Sec. 65 Bk. 110 Lot. 2117  
S/W 30-87  
Dana Nowaski  
8 Louras Dr.  
Massapequa, NY 11758  
Sec. 49 Bk. 571 Lot. 2  
S/W 340-87  
Joseph Polizzi  
316 Sunset Blvd.  
Massapequa, N.Y. 11758  
Sec. 65 Bk. 230 Lot. 3  
S/W 549-87  
Martin Elias  
302 Massapequa Ave.  
Massapequa, N.Y. 11758  
Sec. 67 Bk. 297 Lot. 35  
S/W 489-87  
Arthur Franz  
3 Leonard Dr.  
Massapequa, N.Y. 11758  
Sec. 65 Bk. 205 Lot. 15  
S/W 147-87  
George Sullo  
6221 Merrick Rd.  
Massapequa, N.Y. 11758  
Sec. 65 Bk. C Lot. 1365  
S/W 65-87P  
Evelyn Martin  
150 Albemarle Rd.  
Massapequa, NY 11758  
Sec. 65 Bk. 92 Lot. 18  
S/W 550-87  
David Anshar  
30 Massapequa Ave.  
Massapequa, N.Y. 11758  
Sec. 65 Bk. 229 Lot. 23

S/W 82-87J  
Robert Kissinger  
20 Orchard St.  
Syosset, N.Y. 11791  
Sec. 25 Bk. 153 Lot. 210  
S/W 153-87P  
Bruno Zakovic  
22 Edna Dr.  
Syosset, N.Y. 11791  
Sec. 15 Bk. 57 Lot. 107  
S/W 118-87  
Clair Tanner  
16 Warren Dr.  
Syosset, N.Y. 11791  
Sec. 12 Bk. 499 Lot. 21  
S/W 63-87P  
Michael Vecchia  
220 Martin Dr.  
Syosset, N.Y. 11791  
Sec. 15 Bk. 155 Lot. 24  
S/W 565-87  
Marie Notti  
20 Adrienne Dr.  
Old Bethpage, N.Y. 11714  
Sec. 47 Bk. 49 Lot. 41  
S/W 345-87  
Kenneth Garland  
8 Pine Dr.  
Old Bethpage, N.Y. 11714  
Sec. 47 Bk. 100 Lot. 2  
S/W 467-87  
A. Gilbarto  
151 Haypath Rd.  
Old Bethpage, N.Y. 11714  
Sec. 47 Bk. 88 Lot. 37  
S/W 54-87  
Charles Paci  
25 Rose St.  
Bethpage, N.Y. 11714  
Sec. 46 Bk. 316 Lot. 45  
S/W 347-87  
Patricia Di Pasquale  
33 Hayden Dr.  
Bethpage, N.Y. 11714  
Sec. 46 Bk. 602 Lot. 20  
S/W 466-87  
Dorothy Rode  
9 Robinson Dr.  
Bethpage, N.Y. 11714  
Sec. 47 Bk. 3 Lot. 138  
S/W 5-87  
John Restani  
60 S. Robert Dame St.  
Bethpage, N.Y. 11714  
Sec. 45 Bk. 248 Lot. 408  
S/W 513-87  
M. Dulko  
15 Fox Blvd.  
Massapequa, NY 11758  
Sec. 65 Bk. 104 Lot. 1630  
S/W 157-87  
Robert Renick  
48 Leewater Ave.  
Massapequa, N.Y. 11758  
Sec. 66 Bk. 80 Lot. 52  
S/W 151-87  
Michael Johnson  
25 E. Pochontas St.  
Massapequa, N.Y. 11758  
Sec. 66 Bk. 34 Lot. 22  
S/W 337-87J  
David Ertman  
51 Springdale Ave.  
Massapequa, NY 11758  
Sec. 66 Bk. 28 Lot. 20  
S/W 488-87  
Joel Tateos  
22 Red Oak Pl.  
Massapequa, N.Y. 11758  
Sec. 66 Bk. 31 Lot. 68  
S/W 510-87  
Anthony Virgadamo  
17 Cherokee St.  
Massapequa, N.Y. 11758  
Sec. 66 Bk. 7 Lot. 14  
S/W 523-87  
Ruth Jackson  
7 Plymouth Dr.  
Massapequa, N.Y. 11758  
Sec. 65 Bk. A-8 Lot. 5  
S/W 499-87  
Cheryl Smith  
3 Denise St.  
Massapequa, N.Y. 11758  
Sec. 66 Bk. 213 Lot. 17  
S/W 172-87  
F. Stimpfel  
41 Louras Dr.  
Massapequa, N.Y. 11758  
Sec. 46 Bk. 573 Lot. 15  
S/W 103-87  
William Coyle  
20 Harwick Dr.  
Westbury, N.Y. 11590  
Sec. 11 Bk. 294 Lot. 17  
S/W 530-87  
Dr. Irsani  
103 Maytime Dr.  
Jericho, N.Y. 11755  
Sec. 12 Bk. 648 Lot. 10

S/W 512-87  
William McLaury  
8 Ocean Ave.  
Massapequa, N.Y. 11758  
Sec. 65 Bk. 212 Lot. 4  
S/W 500-87  
Robert Miller  
165 Hamilton Ave.  
Massapequa, N.Y. 11758  
Sec. 62 Bk. 288 Lot. 3691  
S/W 550-87  
N. Magalios  
164 New Hampshire Ave.  
Massapequa, NY 11758  
Sec. 62 Bk. 143 Lot. 3168  
S/W 64-87  
Leo Schedra  
192 Radcliff Dr.  
East Norwich, N.Y. 11752  
Sec. 24 Bk. 12 Lot. 7  
S/W 210-87  
Raymond Casey  
127 Vincent Dr.  
Hicksville, N.Y. 11801  
Sec. 12 Bk. 237 Lot. 33  
S/W 454-87  
Joseph D Amico  
144 East Ave.  
Hicksville, N.Y. 11801  
Sec. 46 Bk. 68 Lot. 184  
S/W 112-87P  
Cliffson Flaudrau  
25 Hunter Ln.  
Hicksville, N.Y. 11801  
Sec. 12 Bk. 338 Lot. 14  
S/W 449-87  
Victor Grappone  
9 Albert Rd.  
Hicksville, N.Y. 11801  
Sec. 46 Bk. 535 Lot. 44  
S/W 354-87  
Edward Groger  
1 Columbia Rd.  
Hicksville, N.Y. 11801  
Sec. 12 Bk. 346 Lot. 19  
S/W 285-87J  
James Hubbs  
43 Underhill Ave.  
Hicksville, N.Y. 11801  
Sec. 11 Bk. 323 Lot. 37  
S/W 283-87J  
Patricia Spencer  
56 5th St.  
Hicksville, N.Y. 11801  
Sec. 46 Bk. 270 Lot. 26  
S/W 357-87  
C. Schroeder  
10 Julian Ave.  
Hicksville, N.Y. 11801  
Sec. 12 Bk. 303 Lot. 6  
S/W 287-87J  
Anne Shea  
22 Terry St.  
Hicksville, N.Y. 11801  
Sec. 46 Bk. 631 Lot. 6  
S/W 88-87  
Harry Page  
6 Gerald Ave.  
Hicksville, N.Y. 11801  
Sec. 46 Bk. 195 Lot. 114  
S/W 91-87  
Antoinette Spinella  
25 South Gate  
Hicksville, N.Y. 11801  
Sec. 12 Bk. 283 Lot. 39  
S/W 161-87P  
T. Barone  
5 Kusen Ave.  
Bethpage, N.Y. 11714  
Sec. 46 Bk. 458 Lot. 17  
S/W 105-87P  
Mary Hinnerichschiets  
289 N. Delaware Ave.  
N. Massapequa, N.Y. 11758  
Sec. 62 Bk. 527 Lot. 244  
S/W 127-87  
Richard Lade  
184 N. Syracuse Ave.  
N. Massapequa, N.Y. 11758  
Sec. 48 Bk. 47 Lot. 25  
S/W 324-87J  
James Castellane  
236 N. Hickory St.  
N. Massapequa, N.Y. 11758  
Sec. 62 Bk. 105 Lot. 34  
S/W 321-87J  
Charles Carroll  
252 N. Linden St.  
N. Massapequa, N.Y. 11758  
Sec. 62 Bk. 81 Lot. 89  
S/W 311-87J  
Mr. Alcamo  
1029 N. Central Dr.  
N. Massapequa, N.Y. 11758  
Sec. 62 Bk. 69 Lot. 515  
S/W 88-87P  
Steven Bory  
2 Anjo Dr.  
N. Massapequa, N.Y. 11758  
Sec. 62 Bk. 414 Lot. 1  
S/W 524-87  
Antoinette Costa  
219 N. Oak St.  
N. Massapequa, N.Y. 11758  
Sec. 62 Bk. 106 Lot. 60  
S/W 128-87  
Neil Talia  
174 N. Syracuse Ave.  
N. Massapequa, N.Y. 11758  
Sec. 48 Bk. 3 Lot. 72  
S/W 402-87  
Edward Godenberg  
69 Victor St.  
Plainview, N.Y. 11803  
Sec. 12 Bk. 477 Lot. 12  
S/W 277-87J  
Mr. Hain  
8 Nutley Ct.  
Plainview, N.Y. 11803  
Sec. 48 Bk. 146 Lot. 270  
S/W 277-87J  
Daniel Lopez  
48 Knickerbocker Rd.  
Plainview, N.Y. 11803  
Sec. 12 Bk. 290 Lot. 40

S/W 95-87  
Jerome Gold  
127 Birchwood Park Dr.  
Jericho, N.Y. 11758  
Sec. 12 Bk. 515 Lot. 21  
S/W 100-87  
Robert Stegman  
33 Soundview Pl.  
Locust Valley, N.Y. 11560  
Sec. 30 Bk. 172 Lot. 179  
S/W 70-87  
Kathryn Healy  
195 Radcliff Dr.  
East Norwich, N.Y. 11782  
Sec. 24 Bk. 12 Lot. 7  
S/W 69-87  
Edgar Royce  
101 Briarcliff Rd.  
East Norwich, N.Y. 11732  
Sec. 24 Bk. 15 Lot. 31  
S/W 517-87  
John Tobin  
92 Wilfred Blvd.  
Hicksville, N.Y. 11801  
Sec. 12 Bk. 152 Lot. 76  
S/W 214-87M  
John Witowski  
65 Raymond St.  
Hicksville, N.Y. 11801  
Sec. 12 Bk. 106 Lot. 20  
S/W 90-87  
Jessie Butt  
42 Willets Ave.  
Hicksville, N.Y. 11801  
Sec. 12 Bk. 363 Lot. 7  
S/W 78-87  
Raymond Howe  
30 Chance St.  
Hicksville, N.Y. 11801  
Sec. 11 Bk. 423 Lot. 3  
S/W 225-87M  
J.M. Majestic  
30 Wilfred Blvd.  
Hicksville, N.Y. 11801  
Sec. 12 Bk. 152 Lot. 78  
S/W 74-87P  
Thomas Nolan  
62 Charles St.  
Hicksville, N.Y. 11801  
Sec. 12 Bk. 190 Lot. 1  
S/W 228-87M  
Anne Nowak  
14 Birchwood Ln.  
Hicksville, N.Y. 11801  
Sec. 46 Bk. 514 Lot. 13  
S/W 516-87  
Frank Oliva  
8 Ingram Dr.  
Hicksville, N.Y. 11801  
Sec. 12 Bk. 631 Lot. 57  
S/W 355-87  
Debra Olenik  
55 Dante Ave.  
Hicksville, N.Y. 11801  
Sec. 46 Bk. Lot. 31  
S/W 513-87  
Muriel Purnhagen  
53 Notre Dame Ave.  
Hicksville, N.Y. 11801  
Sec. 12 Bk. 201 Lot. 30  
S/W 124-87  
Ida Damila  
220 N. Cedar St.  
N. Massapequa, N.Y. 11758  
Sec. 62 Bk. 97 Lot. 67  
S/W 571-87  
Jim Dominque  
15 Marlboro Ave.  
N. Massapequa, N.Y. 11758  
Sec. 62 Bk. 398 Lot. 32  
S/W 57-87  
Connie Di Lorenzo  
425 Briarwood Rd.  
Massapequa, N.Y. 11758  
Sec. 62 Bk. 364 Lot. 24  
S/W 322-87J  
Paul Heite  
37 N. Nancy Pl.  
N. Massapequa, N.Y. 11758  
Sec. 52 Bk. 446 Lot. 32  
S/W 295-87J  
Jack Jacobs  
222 N. Cedar St.  
N. Massapequa, N.Y. 11758  
Sec. 62 Bk. 96 Lot. 33  
S/W 568-87  
Robert Kaghlian  
234 N. Albany Ave.  
N. Massapequa, N.Y. 11758  
Sec. 62 Bk. 61 Lot. 146  
S/W 183-87  
Mr. or Mrs. Leone  
208 N. Linden St.  
N. Massapequa, N.Y. 11758  
Sec. 62 Bk. 91 Lot. 78  
S/W 323-87J  
Anthony Portugiano  
282 N. Beech St.  
N. Massapequa, N.Y. 11758  
Sec. 62 Bk. 78 Lot. 45  
S/W 505-87  
Terry Sales  
32 Julliard Dr.  
Plainview, N.Y. 11803  
Sec. 12 Bk. 602 Lot. 10  
S/W 368-87J  
Alina Szecspanki  
229 N. Delaware Ave.  
N. Massapequa, N.Y. 11758  
Sec. 62 Bk. 50 Lot. 1594  
S/W 149-87P  
Alice Kirby  
26 Seaton St.  
Massapequa, N.Y. 11758  
Sec. 65 Bk. 152 Lot. 15  
S/W 174-87P  
Garret Hopkins  
22 Surrey Ln.  
Massapequa, N.Y. 11758  
Sec. 45 Bk. 616 Lot. 15  
S/W 175-87P  
Rosemary Marchese  
244 Syracuse Ave.  
N. Massapequa, N.Y. 11758  
Sec. 62 Bk. 52 Lot. 1780

S/W 126-87  
Alisa Lawien  
37 Laurel Ct.  
Plainview, N.Y. 11803  
Sec. 46 Blk. 530 Lot. 10  
S/W 97-87P  
Joseph Millner  
49 Pleasant Ave.  
Plainview, N.Y. 11803  
Sec. 13 Blk. 96 Lot. 12  
S/W 506-87  
Rita Mandel  
9 Richfield St.  
Plainview, N.Y. 11803  
Sec. 18 Blk. 1 Lot. 54  
S/W 567-87  
John Markfelder  
10 Atwood Rd.  
Plainview, N.Y. 11803  
Sec. 12 Blk. 74 Lot. 41  
S/W 93-87P  
Robert Motto  
7 Darley Rd.  
Plainview, N.Y. 11803  
Sec. 12 Blk. 301 Lot. 14  
S/W 318-87  
Beth Busblatt  
6 Wayne Dr.  
Plainview, N.Y. 11803  
Sec. 12 Blk. 408 Lot. 22  
S/W 478-87  
Elaine Salzberg  
86 Lent Dr.  
Plainview, N.Y. 11803  
Sec. 47 Blk. 81 Lot. 3  
S/W 568-87  
Mr. or Mrs. DiMaso  
1 South Onka Blvd.  
Plainview, N.Y. 11803  
Sec. 12 Blk. 590 Lot. 1  
S/W 351-87J  
J. Zimmerman  
17 Laura Ln.  
Plainview, N.Y. 11803  
Sec. 13 Blk. 51 Lot. 5  
S/W 156-87P  
Gary Kendler  
8 Berkley La.  
Syosset, N.Y. 11791  
Sec. 12 Blk. 484 Lot. 16  
S/W 128-87P  
John Wankowitz  
94 Zoranne Dr.  
Farmingdale, N.Y. 11735  
Sec. 49 Blk. 212 Lot. 37  
S/W 253-87J  
Lee Steinberger  
38 Edl. Ct.  
Plainview, N.Y. 11803  
Sec. 12 Blk. 374 Lot. 40  
S/W 556-87  
W. Crawbuck  
42 Amby Ave.  
Plainview, N.Y. 11803  
Sec. 12 Blk. 8 Lot. 54  
S/W 400-88  
Burton Abrams  
22 Julliard Dr.  
Plainview, N.Y. 11803  
Sec. 12 Blk. 602 Lot. 5  
S/W 485-87  
Gene Chan  
15 McCarthur Ave.  
Plainview, N.Y. 11803  
Sec. 46 Blk. 567 Lot. 10  
S/W 348-87J  
Mrs. Friedman  
7 Barby Lane  
Plainview, N.Y. 11803  
Sec. 46, Blk. 599, Lot. 32  
S/W 513-87  
Mary Collins  
46 Notre Dame Ave.  
Hicksville, N.Y. 11801  
Sec. 12 Blk. 198 Lot. 1  
S/W 352-87  
Paul Andriani  
11 Tudor Rd.  
Hicksville, N.Y. 11801  
Sec. 40 Blk. 584 Lot. 6  
S/W 87-87  
James Harris  
214 Park Ave.  
Hicksville, N.Y. 11801  
Sec. 12 Blk. 181 Lot. 17  
S/W 72-87  
George Maloney  
14 Walter Ave.  
Hicksville, N.Y. 11801  
Sec. 40 Blk. 262 Lot. 69  
S/W 96-87  
Brian McCartney  
24 Senest Ave.  
Hicksville, N.Y. 11801  
Sec. 12 Blk. 305 Lot. 16  
S/W 516-87  
Salvatore Rinaldi  
76 Combes Ave.  
Hicksville, N.Y. 11801  
Sec. 11 Blk. 334 Lot. 24  
S/W 75-87P  
A. De Stefano  
9 Stanford La.  
Hicksville, N.Y. 11801  
Sec. 46 Blk. 491 Lot. 7  
S/W 78-87  
Louise Fowler  
71 Kramer St.  
Hicksville, N.Y. 11801  
Sec. 12 Blk. 190 Lot. 21  
S/W 88-87P  
Bonnette Kemp  
20 Flower St.  
Hicksville, N.Y. 11801  
Sec. 45 Blk. 67 Lot. 53  
S/W 355-87  
Debra Olenik  
65 Dante Ave.  
Hicksville, N.Y. 11801  
Sec. 45 Blk. 109 Lot. 31  
S/W 371-87J  
John D. Aloo  
8 Susan Ct.  
Plainview, N.Y. 11803  
Sec. 46 Blk. 147 Lot. 165

S/W 534-87  
William Podewski  
80 Colonial Dr.  
Farmingdale, N.Y. 11735  
Sec. 49 Blk. 180 Lot. 12  
S/W 239-87  
John Reinbold  
30 Kent St.  
Farmingdale, N.Y. 11735  
Sec. 48 Blk. 479 Lot. 70  
S/W 106-87P  
Maryanne Jzianski  
30 Juniper St.  
Farmingdale, N.Y. 11735  
Sec. 48 Blk. 273 Lot. 104  
S/W 187-87  
Frank Savino  
255 N. Linden St.  
Farmingdale, N.Y. 11758  
Sec. 52 Blk. 90 Lot. 87  
S/W 553-87  
Anthony Belviglio  
182 N. Syracuse Ave.  
N. Massapequa, N.Y. 11758  
Sec. 48 Blk. 47 Lot. 25  
S/W 365-87 J  
Michael Amara  
350 N. Elm St.  
N. Massapequa, N.Y. 11758  
Sec. 52 Blk. 42 Lot. 63  
S/W 151-87P  
Jordan Hall  
34 Sea Breeze Rd.  
Massapequa, N.Y. 11758  
Sec. 65 Blk. 172 Lot. 662  
S/W 49-87P  
Mary Walti  
112 Summit St.  
Oyster Bay, N.Y. 11771  
Sec. 27 Blk. 3 Lot. 10  
S/W 352-87  
Martin Butenski  
35 Jefferson Pl.  
Massapequa, N.Y. 11758  
Sec. 65 Blk. 242 Lot. 4  
S/W 332-87J  
Donald Lagrega  
553 Broadway  
Massapequa, N.Y. 11758  
Sec. 65 Blk. 101 Lot. 2289  
S/W 10-87  
Donna Maderski  
22 Joseph Ave.  
Bethpage, N.Y. 11714  
Sec. 46 Blk. 495 Lot. 3  
S/W 53-87  
Murray Popiel  
5 Manor Dr.  
Bethpage, N.Y. 11714  
Sec. 46 Blk. 586 Lot. 15  
S/W 477-87  
Phyllis Kaminsky  
15 Winthrop Rd.  
Plainview, N.Y. 11803  
Sec. 12 Blk. 613 Lot. 3  
S/W 333-87  
Robert Santillo  
19 Pal Way  
Plainview, N.Y. 11803  
Sec. 13 Blk. 8 Lot. 228  
S/W 507-87  
Lloyd Rubin  
8 Gates Ave.  
Plainview, N.Y. 11803  
Sec. 46 Blk. 162 Lot. 15  
S/W 463-87  
Hyman Itzkowitz  
73 Hope Dr.  
Plainview, N.Y. 11803  
Sec. 47 Blk. 20 Lot. 9  
S/W 559-87  
Sandra Goodman  
43 Pal St.  
Plainview, N.Y. 11803  
Sec. 13 Blk. 70 Lot. 8  
S/W 478-87  
Elsine Salzberg  
86 Lent Drive  
Plainview, N.Y. 11803  
Sec. 47 Blk. 81 Lot. 5  
S/W 123-87P  
Franz Herzig  
21 Lenox Ave.  
Hicksville, N.Y. 11801  
Sec. 12 Blk. 192 Lot. 16  
S/W 170-87P  
Jeanette Stokoy  
166 First St.  
Hicksville, N.Y. 11801  
Sec. 45 Blk. 79 Lot. 19  
S/W 137-87P  
Michael Chapak  
18 Switzerland Rd.  
Hicksville, N.Y. 11801  
Sec. 12 Blk. 322 Lot. 12  
S/W 119-87P  
Martha Wiley  
141 5th St.  
Hicksville, N.Y. 11801  
Sec. 46 Blk. 271 Lot. 263  
S/W 86-87P  
Joan Abruzzo  
77 Wallford Blvd.  
Hicksville, N.Y. 11801  
Sec. 12 Blk. 166 Lot. 53  
S/W 479-87  
Leslie Buck  
58 Underhill Ave.  
Syosset, N.Y. 11791  
Sec. 15 Blk. 129 Lot. 15  
S/W 459-87  
Paul De Ronde  
103 Woodward Pkwy.  
Farmingdale, N.Y. 11735  
Sec. 48 Blk. 239 Lot. 79  
S/W 85-87P  
Marie Rohll  
17 John St.  
Bethpage, N.Y. 11714  
Sec. 49 Blk. 84 Lot. 94  
S/W 104-87  
Edward Quackenbush  
14 Bruce Lane  
Westbury, N.Y. 11590  
Sec. 11 Blk. 369 Lot. 6

S/W 142-87P  
William Jones  
18 Galviter Dr.  
Oyster Bay, N.Y. 11771  
Sec. 27 Blk. 60 Lot. 10  
S/W 167-87P  
William Stahley  
18 Elm St.  
Hicksville, N.Y. 11801  
Sec. 12 Blk. 250 Lot. 24  
S/W 136-87P  
Lucille Kenefick  
14 Gate Ct.  
Hicksville, N.Y. 11801  
Sec. 12 Blk. 436 Lot. 29

NOW, THEREFORE, BE IT ORDERED AND DETERMINED That the owners of property hereinabove set forth be and they are hereby directed to reconstruct or repair the sidewalks along the street on which their designated premises abut; that the same be reconstructed or repaired for the welfare and protection of the public; and that the same be reconstructed or repaired by and at the expense of the abutting property owners or their duly authorized agents pursuant to the provisions of Chapter 21 of the Code of Ordinances of the Town of Oyster Bay, Article II, Division 2, such work to be completed within thirty (30) days from the date of this Order; and be it further

ORDERED AND DETERMINED That the sidewalks shall be reconstructed or repaired in accordance with the lines, grades and specifications as set forth by the Commissioner of the Department of Public Works and after a permit is issued therefore by the Superintendent of Highways; with all work to be performed in a good workmanlike manner, and all materials to be of standard grade and free from defects; and be it further

ORDERED AND DETERMINED That in the event of default of reconstruction or repair of said sidewalks as required by this Order, within the time specified, the Superintendent of Highways hereby authorized and directed to cause the reconstruction or repair with his own forces or cause a contract to be let therefor, and this Town Board will assess the cost thereof against the aforesaid premises adjoining said sidewalks; and be it further

ORDERED AND DETERMINED That the Town Clerk shall publish a notice of the Town Board's Order at least twice, the first publication of which shall be at least fifteen (15) days before the time specified for the completion of said work and shall serve a copy of the notice by registration mail upon the owners of the premises in front of which such reconstruction or repair is required.

5/54/28/88-2T-H-60-HICKS

#### STATE ENVIRONMENTAL QUALITY REVIEW ACT NOTICE OF COMPLETION OF DRAFT ENVIRONMENTAL IMPACT STATEMENT AND NOTICE OF HEARING

LEAD AGENCY: TOWN OF OYSTER BAY  
Town Hall, Audrey Avenue  
Oyster Bay, New York, 11771

This notice is issued pursuant to Part 617 of the implementing regulations pertaining to Article 8 (State Environmental Quality Review) of the Environmental Conservation Law and Local Law No. 81977 of the Town of Oyster Bay Environmental Quality Review Law.

A Draft Environmental Impact Statement has been deemed complete for the proposed action described below. Comments on the Draft EIS are requested and will be accepted by the contact person listed below until June 9, 1988 or ten (10) days after the close of the hearing, whichever is later. A public hearing on the Draft EIS will be held on Wednesday, May 25, 1988, beginning at 5:00 p.m., and will continue into the evening at the Town Board Hearing Room, Town Hall East, Audrey Avenue, Oyster Bay, New York.

NAME OF ACTION:  
Long Term Management of Solid Waste Generated by Town Residents.

DESCRIPTION OF ACTION:  
The Town Board acting on behalf of the Town and the Town Solid Waste Disposal District, is considering the adoption of a program for the long term disposal of the solid waste generated by Town residents. The proposed program is an integrated solid waste management program which includes the construction of a resource recovery waste to energy facility by American Ref-Fuel. The facility would utilize the mass-burn technology and have a nominal capacity to handle 1000 tons per day of refuse. A second component of the proposed integrated solid waste management program would be a Townwide recycling plan. The Draft Recycling Plan is an appendix to the Draft EIS.

POTENTIAL ENVIRONMENTAL IMPACTS AND EFFECTS:  
Possible impact on groundwater as a result of the projected water usage of approximately 700,000 gallons per day. The specific potential impacts include possible drawdown and the overall effect of this water loss on the aquifer system. Possible impact on air quality as a result of projected stack emission from the facility. Some of the pollutants of concern are particulates and organic compounds. Possible impacts on human health as a result of the operation of the proposed facility. The proposed action's ability to handle the Town's solid waste in an environmentally sound manner. Possible impacts of ash handling and disposal. Possible impacts on the community as result of the emission of odors in conjunction with the operation of the proposed facility. Possible generation of noise in conjunction with the operation of the proposed facility. Possible impact on the traffic patterns along area roadways. Possible visual impact on the community. Possible impacts on cultural and historical resources. Short term impacts relating to the construction of the proposed facility.

COPIES OF THE DRAFT EIS MAY BE OBTAINED IN PERSON FROM:  
Office of Town Clerk  
Town Hall North  
Town Hall, Audrey Avenue  
Oyster Bay, N.Y. 11771  
Tel: (516) 922-5800

Office of Town Clerk  
Town Hall South  
777 Hicksville Road  
Massapequa, N.Y. 11758  
Tel: (516) 795-1000

COPIES OF THE DRAFT EIS MAY BE VIEWED AT:  
Office of the Town Clerk, as set forth above.  
Public Libraries located throughout the Town.

LEAD AGENCY CONTACT PERSON:  
Joan Keener, Executive Secretary  
TOWN ENVIRONMENTAL QUALITY REVIEW COMMISSION  
150 Miller Place  
Syosset, N.Y. 11791  
Tel: (516) 921-7347  
Dated: April 12, 1988  
Oyster Bay, New York

S/W 135-87P  
Alaina Piccilli  
67 Cedar St.  
Hicksville, N.Y. 11801  
Sec. 12 Blk. 268 Lot. 20  
S/W 134-87P  
Anthony Mariano  
7 Stanley St.  
Hicksville, N.Y. 11801  
Sec. 12 Blk. 267 Lot. 78

BY ORDER OF THE TOWN BOARD  
OF THE TOWN OF OYSTER BAY  
CARL L. MARCELLINO, Town Clerk  
Angelo Delligatti, Supervisor  
04-28-88-1T-H-63-HICK

#### NOTICE OF PUBLIC HEARING

NOTICE IS HEREBY GIVEN That the Town Board of the Town of Oyster Bay, Nassau County, New York, will meet at the Town Hall, Audrey Avenue, in Oyster Bay, New York, at 10:00 o'clock A.M., Prevaling Time, on May 10, 1988, for the purpose of conducting a public hearing in relation to the increase and improvement of facilities for and on behalf of the Town of Oyster Bay Lighting District, consisting of the construction of a building to be constructed on a parcel of Town owned land located behind the Highway Complex on Miller Place in Syosset, at a maximum estimated cost of \$385,000, at which time and place said Town Board will hear all persons interested in the subject matter thereof. It is proposed to finance such improvements by the issuance of \$385,000 serial bonds of said Town, payable in the first instance through assessments levied and collected upon the taxable properties within said Lighting District. Dated: Oyster Bay, New York  
April 12, 1988

BY ORDER OF THE TOWN BOARD  
OF THE TOWN OF OYSTER BAY  
NASSAU COUNTY, NEW YORK  
By CARL L. MARCELLINO  
Town Clerk  
04-28-88-1T-H-65-HICK

#### PUBLIC HEARING

PLEASE TAKE NOTICE, That pursuant to law, a public hearing will be held in the Hearing Room, Town Hall, East Building, Audrey Avenue, Oyster Bay, New York, on Tuesday the 10th day of May, 1988, at 10 o'clock a.m., prevailing time, or as soon thereafter as practicable, to consider the following amendments to the Code of Ordinances of the Town of Oyster Bay pertaining to fees payable thereunder: Amendments to the Building Code, Section 6-34, "Permit Fees," and Section 6-54, "Fees for certificates of compliance for multiple residences"; Amendments to the Electrical Code, Section 7-80, "Class A examination and license fees"; Section 7-81, "Class B examination and license fees"; and Section 7-85, "Persons failing to properly file application for renewal; fees; reexamination"; Amendments to Plumbing Code, Section 20-42, "Fees," and Section 20-53, "Fees"; Amendments and Additions to the Building Zone Ordinances. Add Section 62, "Fees, Amendments and Section 132, "Fees and permits." All persons interested shall have an opportunity to be heard upon said proposed amendments at the time and place aforesaid. The said ordinance and proposed amendments are on file and may be viewed and examined during regular business hours by and or all interested persons at the Office of the Town Clerk at Oyster Bay and Massapequa. TOWN BOARD OF TOWN OF OYSTER BAY, ANGELO DELLIGATTI, Supervisor. CARL L. MARCELLINO, Town Clerk. Dated: April 19, 1988; Oyster Bay, New York.

04/28/88-1T-H-62-HICKS

NOTICE OF PUBLIC HEARING  
NOTICE IS HEREBY GIVEN That the Town Board of the Town of Oyster Bay, Nassau County, New York, will meet at the Town Hall, Audrey Avenue, in Oyster Bay, New York, at 10:00 o'clock A.M., Prevaling Time, on May 10, 1988, for the purpose of conducting a public hearing in relation to the increase and improvement of facilities for and on behalf of the Town of Oyster Bay Solid Waste Disposal District, consisting of improvements to the facilities at the Solid Waste Disposal Area, including improvements to Plants 1 and 2, the Compost Baler and the Scale House, site improvements and other necessary improvements to accommodate the Resource Recovery Recycling Program and Leaf Composting program, at a maximum estimated cost of \$1,680,000, at which time and place said Town Board will hear all persons interested in the subject matter thereof. It is proposed to finance such improvements by the issuance of \$1,680,000 serial bonds of said Town, payable in the first instance through assessments levied and collected upon the taxable properties within said Solid Waste Disposal District. Dated: Oyster Bay, New York  
April 12, 1988

BY ORDER OF THE TOWN BOARD OF THE TOWN OF OYSTER BAY, NASSAU COUNTY, NEW YORK  
By CARL L. MARCELLINO  
Town Clerk  
04-28-88-1T-H-64-HICK



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**NORTH**

♠ A Q 5 6 3  
♥ K J 10  
♦ A K 4  
♣ K D

**WEST**

♠ 5  
♥ 9 7 8 4 3  
♦ Q 6 2  
♣ A 7 6 4

**EAST**

♠ K J 10 9  
♥ Q 6 2  
♦ J 10 8 5  
♣ 5 2

**SOUTH**

♠ 7 4 2  
♥ A 8  
♦ 9 7 3  
♣ Q J 10 8 3

The bidding:

North	East	South	West
1 ♠	Pass	1 NT	Pass
3 NT			

Opening lead — four of hearts.

It is human to err, but some bridge players are more human than others! Consider this deal where it is relatively easy for declarer to make a mistake. West leads a heart against three notrump, declarer playing the ten from dummy and winning East's queen with the ace.

South then leads a spade to dummy's queen, losing the finesse to East's king, and back comes a heart. Dummy wins with the jack and plays the ace of spades on which West shows out.

Declarer is now in serious trouble. He plays the king of clubs from dummy, but West of course refuses to win the trick, putting an end to South's glimmering hopes. Declarer must now go down at least one, regardless of how he plays.

Yet the fact is that not even an earthquake can prevent declarer from making nine tricks if he plays the hand correctly. It is true that South is very unlucky to lose the spade finesse and also to find the spades divided 4-1. But it is also true that South can absolutely guarantee the contract without subjecting himself in any way to the element of luck.

All he has to do is play the king of hearts from dummy at trick one and then lead the king of clubs. If the king of clubs wins, South continues with the nine to the ten and persists with the suit until the ace finally appears. This method of play is sure to produce nine tricks, consisting of four clubs, two diamonds, two hearts and one spade.

In effect, declarer resists the temptation to insure three heart tricks by playing the ten from dummy at trick one — because he knows he can insure nine tricks and the contract by playing the heart king from dummy at trick one and then leading clubs.



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# THE PUZZLE PAGE

**KidSpot** CONNECT THE NUMBERED DOTS TO MAKE A PICTURE. TO FIND ITS NAME, PUT THE FIRST LETTER OF EACH NUMBERED DRAWING IN THE BOXES BELOW.

IT IS SAID TO SING THIS SWEETLY BEFORE DYING.

1 2 3 4 5 6 7 8 9 10

**KidSpot** 1 DOWN 4+3= 5+4= 1 ACROSS 8 DOWN 2 DOWN 9 ACROSS

ANSWERS: ACROSS: 1. STAY 2. NINE 3. THREE 4. FIVE 5. THREE 6. DOWN: 1. SEVEN 2. NINE 3. THREE 4. FIVE 5. THREE

**KidSpot** THERE ARE EIGHT THINGS IN DRAWING "A" THAT ARE MISSING FROM DRAWING "B." HOW MANY CAN YOU FIND?

ANSWERS: CLOUD, LEAVES, SNOW ON MOUNTAINS, TREE, WALKING STICK, BEARING, BARK, HAT, MOUNTAIN, TRAIL, RIVER, LAKE, SUN, MOUNTAIN

Answer to Crossword Puzzle No. 309

Answer to Cryptquip:

AS OUR MASTER BARBER IS TELLING HIS YOUNG APPRENTICE: "THE BEST IS YET TO COME."

## PREMIER CROSSWORD / By Jo Paquin Jeepers Creepers!

ACROSS

1 Felt sympathy  
6 Scolded (rare)  
10 Two Years Before the  
14 Drive too fast  
19 Fine-grained rock  
20 Island dance  
21 Indian  
22 X-rated material: short  
23 Trickery  
25 Upside down  
27 Being  
28 Involve  
30 Marquand's Mr.  
31 Implement  
32 "On a Clear Day You Can - Forever"  
33 Inferior horses  
34 Court barrier  
36 Pete Rose's team  
38 Soap ingredient  
39 House pests  
40 Reporter's dream  
42 Soaks flax  
44 High-ranking angel  
47 Barrymore

and Stander  
49 Thrashing  
53 Genus of grasses  
54 Dancer's skirt  
55 Party pin-on  
57 Consumer advocate  
59 Come in second  
59 Frolic  
60 Geographer's tome  
62 Shade of red  
63 Asian festival  
64 Halt the spread of  
65 Chummy  
67 Dill weed  
68 Social climber  
69 Wisly-washy  
75 Allowance  
78 River in Brazil  
81 Lily plant  
82 Habituate  
83 Made a boo-boo  
84 Diving bird  
85 Fur piece  
87 Aspersions  
88 Vegetables  
89 Climber's spike  
90 Like Abe  
92 One of Patrick Henry's choices  
94 Charge with

gas  
95 Treat with scorn  
97 Western resort lake  
98 Handle  
99 Bland food  
102 Love god  
104 It's before merge or marine  
105 Jason's ship  
106 Bank accts.  
109 Wild ox  
111 Dies  
113 Peril  
115 Legal instrument  
116 Whether desired or not  
119 Very small  
121 Rock music, to a curmudgeon?  
122 Lopez theme  
123 City in Sicily  
124 Russian union  
125 Nose: slang  
126 Chew on  
127 Coteries  
128 Singer Della

DOWN

1 Fine residue  
2 "The Paper" - (movie)  
3 Medieval merchant guild  
4 - Sommer

5 Actress Susan  
6 Small coins  
7 Stalks  
8 Miss Chase  
9 Doris gets sued?  
10 Witticism  
11 Small particle  
12 Abnormally deep sleep  
13 Bed canopy  
14 Harbor: abbr.  
15 Spoiled  
16 Actor Flynn  
17 Diplomat  
18 Sherlock's creator  
24 Georgia fruit  
26 Swiss mountain song  
28 City in Spain  
33 Palm used in thatching  
35 Restless movement  
37 "The Man"  
38 Long, thick hair  
40 Locations  
41 Rio de la -  
43 Sacred Egyptian beetle  
44 Recipe ingredient  
45 Cry of revelers  
46 Take a break

47 Actress Velez  
48 Door part  
50 Baal, for one  
51 Role for Robert Stack  
52 Actor Joel  
54 Scottish plaids  
56 Young girls  
59 Very thin pancake  
61 Council of churches  
64 "...have you - wool?"  
66 Came in first  
67 White poplars  
69 He said, "Candy is dandy..."  
70 Choir section  
71 Where Judge Crater went?  
72 Ponder  
73 To spread news of  
74 Spanish herbs  
75 Scoundrels  
76 Mountain ridge  
77 Trunk compartment  
78 Small quantity  
79 Foolish person  
80 English queen  
84 Italian coin

86 Slave  
89 Mexican coin  
91 City on the Po  
93 Biblical name  
94 "Twelve - Men"  
96 Wearing  
98 Building locales  
99 Dupes  
100 Negative atom  
101 Jonas Salk conquered it  
103 Drawing room  
105 Press follower  
106 Greek island  
107 Wines and -  
108 Fashion  
110 In addition  
112 Fitzgerald or Logan  
114 Hawaiian goose  
115 "The Way We -" (movie)  
117 Thus far  
118 Turn a boat off course  
120 Child's card game

# 310 Average time of solution: 54 minutes.

### CRYPTOQUIP

KUWSW PQEWSIBV KNQTZ BRI JN PEWVZ URP  
ESRFB JW HNBPIBT FBHBJRNP: BJ JUW HBEW  
Today's Cryptoquip clue: B equals A

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<p><b>1 Announcements</b></p> <p>BIRTH: BABY GIRL BORN April 20th, 1987 at Tuxen Medical Center to Carol &amp; Vito Servino. BIRTHDAY PARTIES, FOR CHILDREN: Announcements or Entertainment. Your Place or Ours. Call 205-2099. Package Prices Avail.</p> <p>MEGHAN MCADVOY Happy 1st BIRTHDAY April 30th. Love Mom in Arizona &amp; Grand dms in Pennsylvania.</p>	<p><b>2 Professional Svcs</b></p> <p><b>GROUP FORMING</b> With the goal of helping people who had a significant relationship end. Group includes widowed, divorced and single. Great Neck Location. Carol Usenasky C.W.S. PHI Hoffman C.W.S. 958-773-8145</p>	<p><b>3 Special Occasions</b></p> <p>ERASMUS HALL GRADUATES 40th Reunion Class of 1948 June 25 for details contact: Bruce Mayers 516-893-9490.</p> <p>GROVER CLEVELAND H.S. - Ridgewood, NY Class of 16 40th Class Reunion. Those interested in attending, please contact: Mene Schwab, Corcoran 201-943-3071 or Evelyn Mesagnoff 958-623-4228.</p>	<p><b>6 Services</b></p> <p>PAINTING &amp; WALLPAPERING SPECIALIST: neat, clean, quality work. Tony, 691-1087</p> <p><b>PGI HOME MAINTENANCE</b> Plumbing, electrical, sheet rock &amp; taping. Carpentry - installation. Light demolition - tree cutting. 328-7418</p>	<p><b>226 Child Care</b></p> <p>NANNIES/HOUSEKEEPER-Exp. mature, responsible women to help mother care for 2 1/2 yr. old. Some house work. Refs. 516-757-9283</p>	<p><b>24 Help Wanted</b></p> <p><b>BANK</b> <b>CHECK ENCODER PART TIME GREAT NECK</b> Immediate PART TIME position available for reliable detail oriented individual to operate Burroughs check encoding machine. Prior experience preferred but not required. Hours 5:30pm-8:30pm, Monday-Friday. We offer good starting salary. For consideration call: 212-382-4803</p>
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<p><b>2 Professional Svcs</b></p> <p><b>LIST YOUR PROFESSIONAL SERVICE</b> Anton Community Newspapers Professional Listing appears in all 21 of our newspapers. We have rates for all budgets. For information Call 747-6282 Ask for the CLASSIFIED DEPT.</p>	<p><b>Reunions</b></p> <p>50th REUNION JOHN ADAMS HIGH SCHOOL CLASS OF 1938 "Adjuvant team" 352-6099 481-1180 486-7575</p>	<p><b>SYOSSET HIGH SCHOOL FORMER CROSS COUNTRY ATHLETIC &amp; TRACK, 1958-57 DINNER/REUNION for Class Mates. Please Contact Gary Flannan 367-0089</b></p> <p>WESTBURY SCHOOL CLASS OF '57 IF YOU ARE OR KNOW, a member of the class of 57 PLEASE CONTACT Phyllis 334-4974 or Barbara 333-3183</p> <p>WINTHROP JHS BROOKLYN, NY 50th REUNION, Class of 1938, Planned for July. Please Contact Abby Katzman for info &amp; details. 516-767-3322</p>	<p><b>6 Lost &amp; Found</b></p> <p>FOUND-FEMALE CAT MIXED BREED, short hair, white collar &amp; gold bell on Sunday March 27th. Port Washington. Near L.I.E. PLEASE CALL 718-837-0073</p> <p>FOUND-White Male POODLE. Approx. 4 yrs old. No collar, missing top teeth. Found Roslyn Hts, L.I. Willets Rd. area 479 Call 334-0848 Days 8-9</p> <p>FOUND-one 7 ft. dinghy. Call R.P. MITCHELL 516-822-3373</p>	<p><b>APPLICATIONS</b> Will be accepted at The Port Washington Water District, 38 Sandy Hollow Rd. for the titles of Water Services/Water Service Trainee. Salary commensurate with exp. Minimum of \$18,000 per year with Co. pd. benefits. Must be a resident of Nassau County. Contact Sup't Stephen Nassari, Weekdays at: 767-0171 between 9am to 5pm</p>	<p><b>BOOKKEEPER GAL FRIDAY</b> Pleasant, small busy office. Overstuffed duties. Must be conscientious worker. Port Washington 516-883-6626</p>
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**Managerial Trainee STOCKBROKER**

Possible to earn over \$100,000 in first year. Over 300 openings in Tri-state area. Call in confidence.  
Rod Odum or Charles Monoh  
518-381-7255

**NURSE & MEDICAL ASSISTANT**

Wants P/T. Macleese/Lenox. 365-6822

**OFFICE HELP for roofing co.**

Good opportunity. Benefits. Sales ability with some computer exp. pref. 8:30-4:30. 352-6677

**OPPORTUNITIES UNLIMITED**

In today's Coast Guard, job and career opportunities for men & women between the ages of 17-37 are unlimited. Excellent benefits, 30 days paid vacation - year, training, travel including the G.I. Bill for further education. We have both active duty in Reserve programs. Also we accept G.E.D.'s for men and women.  
Call or Visit our office at:  
Sunrise Mall  
In Nassau County  
765-4170

**24 Hour Wanted**

**OPPORTUNITY**

**Be Your Own Boss**  
F/T - 7 a.m. direct sales. Water treatment units. Expanding market. Training and support provided. Contact Lou-Joanna 818-675-7822

**Order Entry Clerks**

Knowledge of CRT or typing required.

**Customer Service**

Good phone voice ability to handle heavy phone work. Will train.

**WAREHOUSE MATERIAL HANDLERS**

Some heavy lifting involved. Permanent. F/T  
671-5910

**PART TIME Clerical Positions**

(2) Available in Glen Place U.S.D. (1) Youth at Risk Grant and (1) Personnel Office. Typing, filing, work with students, families, etc. Flexible 17 1/2 hours week. If interested write to:  
Dr. Myra Uhlick, Asst. Suppl. Cherry Lane, Glen Place, NY 11514-1789

**P/T OFFICE WORK**

Duties include mail, supplies, light maintenance, & errands for insurance Agency. Good opportunity for retired person. Must have car. Contact Elena or Jean at:  
901-0800

**P/T POSITIONS AVAILABLE for CLEANERS**

Retired person O.K. Mon. Fri. Apply: Warehouse, 9am-2pm. Hicksville Public Schools Administration Building Division 10, 4th & 6th Street. Hicksville

**P/T SECRETARY/RECEPTIONIST**

for chiropractic office. Mon & Wed. 4:30 to approx 9pm. Possible Fri. hrs. 344-6533

**P/T Secretary**

5 Days per week. 5-6 Hours per day. Friendly Real Estate office.  
**MacCRATE**  
888-2900

**PROGRESSIVE**

seeks counselors to work with developmentally disabled adults in residential settings. Full time, part time. State-of-the-art training provided. Call  
334-4210

**P/T BOOKKEEPER-for local**

Great Neck law firm. 516-229-1600

**P/T Counter Help Bagel Bakery.**

Mon-Fri mornings 5:30-7:45-0420

**P/T DEMONSTRATORS**

No exp. necessary. Work in a local supermarket distributing Coupons or brochures. Five days & shifts. High hourly wages.  
CALL 800-FRI 9-4 p.m.  
For immediate interview 334-4444

**P/T DENTAL ASST**

Bus & Thurs. Exp. pref. not essential. Salary commensurate w/exp. Call 758-0085

**Plainville Old Bathpage CSD is seeking qualified coaches and co-curricular advisors for 1988-89 school year in the following areas:**

**COACHES**

Lacrosse - Mens 8th Gr.  
Soccer - Mens JV 7-8 Gr.  
Track - Mens Asst. Vars. 7-8 Gr.  
Volleyball - Mens JV 7-8 Gr.  
Basketball - Womens JV 7-8 Gr.  
Soccer - Womens JV  
Track - Womens Vars. Asst. Vars.  
Volleyball - Womens JV  
Cheerleading - Vars. JV

**CO-CURRICULAR ADVISORS**

**High School Level**  
Kennedy Players  
Drama/Cadets & Music Prod. Funds  
Student Yearbook Adv. & Asst.  
Band Asst.  
Mathletes, Mathletes Jr.  
Mathletes Competency Coach  
Future Homemakers of America  
Cub Scouts  
Computer Club  
Sophomore Class  
Junior Class  
Senior Class  
U.N. Club  
Community Service Club  
Political Issue  
Future Business Leaders of America  
An Club  
Model Congress  
DECA Asst. Coach  
Competency Coach Science Research  
History Club  
National French Honor Society  
Orchestra  
Hickville Instructor

**Middle School Level**

Student Newspapers  
Student Government

Interested parties should apply, in writing, to:  
Mr. Michael Bernardo, Asst. Super. for Personnel,  
Plainville Old Bathpage CSD, Jamaica Ave.  
Plainville, NY 11803  
listing qualifications for specific position.

**BANKING**

**TELLERS/TELLER TRAINEES**

**Full and Part-Time**

Progressive commercial bank with headquarters in Nassau County recognizes the importance of its "Front-line" personnel. We've designed a **GENEROUS COMPENSATION PACKAGE** for our tellers that **SETS US APART** in the banking industry:

- New high starting salary rates
  - Monthly supplemental income
  - Monthly incentive based on performance
  - Profit Sharing Plan
- and much, much more

If you are mature and responsible, interested in a banking career, enjoy working with customers, and are good with figures—join the bank that shares its success with its employees.

Please call for an appointment:

**The First National Bank of Long Island**

**Human Resources Department**

**671-4900**

24 Hour Wanted

**RECEPTIONIST/TECHNICIAN**  
FOR VETERINARY OFFICE  
FULL AND PART TIME  
WILL TRAIN, SEND RESUME  
OR APPLY IN PERSON AT:  
Fellow Veterinary Hospital  
300 Port Washington Blvd  
Port Washington, NY 11060

RECEPTIONIST

**CLERK**  
For diversified desk position.  
Some typing, filing, busy  
phones, RT Salary open. \$10.5.  
Call Mr. Folan  
516-444-8460

**RECEPTIONIST-SECRETARY**  
for modern, pleasant New Hyde  
Park Dental Office. Typing, rec-  
training provided for this ex-  
cellent opportunity. Salary &  
benefits. RT Mon, Tues, Wed,  
Fri and alternate Sat.  
775-3615

**RECEPTIONIST FIT**  
Oyster Bay area. Salary & benefits.  
22-4133

RETAIL

Come join the excitement with a full time or flexible  
part time position in selling in the following areas:  
• BETTER DRESSES • BETTER SPORTSWEAR  
• ACCESSORIES/HANDS  
• YOUNG AMERICANS • WATERWATERS  
• DISHWASHER/PEP COOK • BUS PERSON  
• HOSTESS  
Opportunities are numerous. We offer schedules flex-  
ible with your needs. Excellent starting salary.  
Immediate 25 per cent employee discount.  
Outstanding Medical-Dental benefits. Please apply  
in person at:  
1440 Northern Blvd.  
Manhasset, NY  
827-3000 Ext. 215

EOE M/F

**RETAIL SALES**  
Work With Us  
Fredericks of Hollywood  
is part of something special  
Assistant Store Manager  
Sales Associates  
We are a national retail firm  
Specializing in women's  
apparel.  
OUR STORE OFFERS:  
Exciting fast paced  
environment.  
Sensational & quality  
merchandise.  
If you are an individual with  
previous retail experience, have  
excellent communication and  
organizational skills, submit  
resume including salary req.  
or apply in person:  
Fredericks of Hollywood  
832 Broadway Blvd  
Hollywood, FL  
822-2172

EOE

**RETAIL SALESPERSON**  
Experience preferred. Positive  
growth opportunity at HILLARY'S  
ARMY & NAVY, 37 Glen St., Glen  
Cove.  
071-3330

Real Estate Sales Positions  
Available. Flexible hours, also  
looking for bi-lingual sales peo-  
ple. Let's talk! Confidential in-  
terviews with Carol.  
1 Great Neck Rd.  
Suite No. 1  
Great Neck, NY 11021-2305  
(516) 467-8220

SALES P/T, Selling water  
Purification Systems-EARN  
\$400 to \$500 Weekly  
Call: 718-438-0480

**SECRETARY**  
College Learning  
Center  
Responsibilities include: record-  
keeping, interviewing with  
students and personnel, recep-  
tionist duties, making appoint-  
ments, typing/MS Word, filing.  
PC knowledge a plus. 12 years  
related experience preferred.  
Salary is \$15,870 and benefits  
include full tuition for  
dependents. Send resume to:  
N. Fong  
Polytechnic University  
Route 100, Box 68  
Farmingdale, NY 11735

**SECRETARY**  
Good steno and typing skills.  
Great Neck Public Schools.  
Exc. benefits. Public school  
to Nassau County Civil Service  
Exam.  
Call 773-4449  
EOE M/F

**SECRETARY P/T** for financial of-  
fice in Manhasset, 20 hours per  
week. Call Mr. Hyman  
516-427-3600.

**SECRETARY RECEPTIONIST**  
Must have good secretarial  
and organizational skills, strong  
phone manner a plus. We offer  
good starting salary plus fringe  
benefits. Friendly surroundings.  
UNIVERSAL OVEN CO.  
333-4422

**SECRETARY TYPIST/IMMEDIATE**  
for Glen Cove law office. Word  
proc. a must. Call: 871-5680  
**SECRETARY GUARDS**  
P/T. Part time. Woodbury Port  
Washington location. Retiree  
welcome. 921-3000

**SHELTER WORKERS**  
Huntington area. Immediate  
openings, all shifts. C.O.E. Call  
bet. 10am-6pm 271-1500

**SUMMER EMPLOYMENT**  
POSITIONS  
The Incorporated Village of  
Bayville has positions for sum-  
mer help available for the 1988  
Beach Season!!!  
WANTED  
1) Water safety instructor for  
swim program  
2) Certified Life Guards  
3) Swim instructors (should  
have senior life saving  
4) Seasonal beach labor  
5) Beach Gate Guards  
Applicants must be at least 18  
years of age and in good health.  
The Village of Bayville is an  
equal Opportunity Employer and  
welcomes applications from  
minorities, women and  
senior citizens.  
For more information, please  
contact the Village Hall for an  
application or Call: 828-4188.  
Questions will be answered by  
Village Recreation Director  
Jeffrey Davis or Recreation  
Coordinator Phillip  
Positions are limited and will  
be filled as soon as possible

24 Hour Wanted

DEPARTMENT MANAGER

SUNRISE MALL  
If you're enthusiastic, outgoing and have a strong commitment to  
quality, you fit our profile!

The Department Manager will work closely with customers and  
oversee activities of department personnel. Proven people skills  
are essential; experience in jewelry retail preferred.

In return for your contributions to our dynamic organization, you'll  
enjoy a future filled with promise, competitive salaries, and com-  
prehensive benefits. Please call for information.

(516) 877-1100, Ext. 344

Ask for Jewelry Repair  
actual opportunity employer ref

**SECRETARY**-Experienced in-  
surance Personal lines,  
homeowners, auto, P/T or P/T Call:  
316-471-5978

**SECRETARIAL FRIDAY** for  
publication, RT, bookkeeping,  
skills. Greenvale Location  
454-6022

**SECRETARY P/T** for district of-  
fice. Typing, shorthand req.  
Word processing a plus. Will  
train. Exc. salary/benefits.  
494-1900

**TEACHER/PM SESSION**-Certified  
Early Childhood Ed. Northeast  
Queens Nursery. Experience  
preferred. 716-226-2166

**TEACHERS**  
Wanted part time. Parent Coop.  
3 year old class. \$5 in early  
childhood required. Call  
594-9857 or 694-3885

**TEACHERS**  
If you are customer oriented, personable, interested in a career and  
good with figures...  
WE HAVE FULL TIME & PART TIME  
POSITIONS FOR YOU  
• EXCELLENT BENEFITS PACKAGE  
• OVERTIME COMPENSATION  
(For Friday Evenings)  
• DOUBLETIME COMPENSATION  
(For Saturdays)

**FIDELITY NEW YORK**  
748-5500  
Call Human Resources at Ext. 385  
Equal Opportunity Employer M/F

**TEMPORARY POSITION**  
P/T driver wanted to deliver  
Newspapers in Huntington  
Area. Light work. Good for  
retiree. Excellent pay. Call:  
427-7380

**THE VILLAGE OF BAYVILLE** is still  
accepting applications for summer  
beach employment. Positions  
available include life guards, swim  
instructors, labor and gate guards.  
In order to apply you must be at  
least 18 years old and be in good  
health. All area residents are  
eligible to apply for positions  
and the village of Bayville is an  
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There is also a position for a Water  
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Village Recreation Director  
Jeffrey L. Davis at 828-4188

**TOW CAR**  
OPERATOR  
NORTH SHORE AREA  
MUST HAVE EXPERIENCE  
W/FLATBEDS & WRECKERS  
821-6024

**TRAVEL AGENT**  
Full-Time/Part-Time  
Agent wanted to manage busy  
North Shore Agency. Ex-  
perience with PARS, retail,  
cruise & corporate travel  
required. Hours & salary  
negotiable.  
Call Sally at: 971-9101

**TYPIST**  
Intelligence Unit Department  
of growing commercial bank  
with headquarters in Nassau  
County has an opening for a  
mature, responsible individual  
with good typing skills and an  
excellent telephone manner.  
We offer an excellent compen-  
sation and benefits package in-  
cluding profit sharing and tu-  
ition reimbursement. Our bank  
is growing—join our team and  
grow with us! Please call for  
appointment:  
THE FIRST NATIONAL  
BANK OF LONG ISLAND  
871-4900

**300 Collectors**  
LIONEL AMERICAN FLYER,  
MARLIN Trainee Wanted by Private  
Collector Highest \$75. 438-2055

**27 Business Opportunities**  
OWN YOUR OWN APPAREL OR  
STORE. CHOOSE FROM:  
Jewelry/Sportswear, Ladies, Men's,  
Children/Maternity, Large sizes,  
Piercing, Dancewear/Parade, Bridal,  
Lingerie or Accessories/Flora.  
Add color analysis. Brand name-  
LIZ CLAIBORNE, HEALTHY,  
CHAUSS, LEE, ST  
MICHAEL, FLORENZA, BUGLE  
BOY, LEVI, CAMP BEVERLY HILLS,  
ORGANICALLY GROWN, LUCIA  
over 2000 others, or \$13.95 ONE  
PRICE DESIGNER, MULTI TIER  
PRICED DISCOUNT OR FAMILY  
STORE. Retail prices unbelievable  
for top quality goods normally pri-  
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200 styles, \$17,900 to \$20,000 IN-  
VENTORY TRAINING, FIXTURES,  
AIRFARE, GRAND OPENING, ETC.  
Can open in 15 days.  
MR. LOUGHLIN 812-688-6665

**STAFF NEEDED**  
FOR SUMMER PROGRAMS  
• Instructors for Selling and Tennis  
• Group Counselors • Music Instructor  
• Student Nurse

**FRIENDS ACADEMY**  
SUMMER PROGRAMS  
Duck Pond Road, Locust Valley, NY  
For information Call: 876-0365  
271-8238  
Mr./Mrs. William J. Dalton

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LIONEL AMERICAN FLYER,  
MARLIN Trainee Wanted by Private  
Collector Highest \$75. 438-2055

**27 Business Opportunities**  
OWN YOUR OWN APPAREL OR  
STORE. CHOOSE FROM:  
Jewelry/Sportswear, Ladies, Men's,  
Children/Maternity, Large sizes,  
Piercing, Dancewear/Parade, Bridal,  
Lingerie or Accessories/Flora.  
Add color analysis. Brand name-  
LIZ CLAIBORNE, HEALTHY,  
CHAUSS, LEE, ST  
MICHAEL, FLORENZA, BUGLE  
BOY, LEVI, CAMP BEVERLY HILLS,  
ORGANICALLY GROWN, LUCIA  
over 2000 others, or \$13.95 ONE  
PRICE DESIGNER, MULTI TIER  
PRICED DISCOUNT OR FAMILY  
STORE. Retail prices unbelievable  
for top quality goods normally pri-  
ced from \$10 to \$200. Over 250 brands  
200 styles, \$17,900 to \$20,000 IN-  
VENTORY TRAINING, FIXTURES,  
AIRFARE, GRAND OPENING, ETC.  
Can open in 15 days.  
MR. LOUGHLIN 812-688-6665

**STAFF NEEDED**  
FOR SUMMER PROGRAMS  
• Instructors for Selling and Tennis  
• Group Counselors • Music Instructor  
• Student Nurse

**FRIENDS ACADEMY**  
SUMMER PROGRAMS  
Duck Pond Road, Locust Valley, NY  
For information Call: 876-0365  
271-8238  
Mr./Mrs. William J. Dalton

**TELLERS**  
If you are customer oriented, personable, interested in a career and  
good with figures...  
WE HAVE FULL TIME & PART TIME  
POSITIONS FOR YOU  
• EXCELLENT BENEFITS PACKAGE  
• OVERTIME COMPENSATION  
(For Friday Evenings)  
• DOUBLETIME COMPENSATION  
(For Saturdays)

**FIDELITY NEW YORK**  
748-5500  
Call Human Resources at Ext. 385  
Equal Opportunity Employer M/F

**TEMPORARY POSITION**  
P/T driver wanted to deliver  
Newspapers in Huntington  
Area. Light work. Good for  
retiree. Excellent pay. Call:  
427-7380

**THE VILLAGE OF BAYVILLE** is still  
accepting applications for summer  
beach employment. Positions  
available include life guards, swim  
instructors, labor and gate guards.  
In order to apply you must be at  
least 18 years old and be in good  
health. All area residents are  
eligible to apply for positions  
and the village of Bayville is an  
Equal Opportunity Employer.  
There is also a position for a Water  
Safety Instructor to teach swim-  
ming at the beach. Interested par-  
ties should go to the Village Hall  
on 34 School Street to pick up an  
application. For more information  
contact:  
Village Recreation Director  
Jeffrey L. Davis at 828-4188

**TOW CAR**  
OPERATOR  
NORTH SHORE AREA  
MUST HAVE EXPERIENCE  
W/FLATBEDS & WRECKERS  
821-6024

**TRAVEL AGENT**  
Full-Time/Part-Time  
Agent wanted to manage busy  
North Shore Agency. Ex-  
perience with PARS, retail,  
cruise & corporate travel  
required. Hours & salary  
negotiable.  
Call Sally at: 971-9101

**TYPIST**  
Intelligence Unit Department  
of growing commercial bank  
with headquarters in Nassau  
County has an opening for a  
mature, responsible individual  
with good typing skills and an  
excellent telephone manner.  
We offer an excellent compen-  
sation and benefits package in-  
cluding profit sharing and tu-  
ition reimbursement. Our bank  
is growing—join our team and  
grow with us! Please call for  
appointment:  
THE FIRST NATIONAL  
BANK OF LONG ISLAND  
871-4900

**300 Collectors**  
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**POETS WANTED:** New York publisher actively seeks unpublished poems to complete contemporary anthology of English literature. **Pennsylvania Publications, PO Box 880, Oyster Bay, NY 11771**

**PROFESSIONAL PAINTER,** experienced, honest, reliable, references. Wallpaper and fully insured. Benjamin Moore paints, no job too small. Interior. Senior citizen discounts free estimates. Call Hank 718-344-3510 or 516-786-0281.

**"QUALITY LANDSCAPING"** New installations: Garden renovation, plant pruning, garden construction. Clean up/Weekly service. Consultations. Call 212-685-0451

**"RIVERDALE FENCE CO."** All purpose fencing: Security fencing, chain link, wood, wrought iron, temporary. Installations. Reasonable, friendly, quality service. Call 212-685-0451

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**WE BUY MORTGAGES FOR CASH** No hassles, call for quote 314-794-0211 or write PO Box 430, Monticello, NY 12031

## **43 Boats For Sale**

**17 Ft. Glastron** Bowrider and trailer. New canvas. 200 hp outboard. No engine. 571-7175

**CRUISER 18' 19" 190 Mercury** engine, gasvanized trailer, runs great. Will demonstrate, see for details. \$3000. Call 588-2581

**RENNER 18' 191, trailer, 120 DMC, like new, to \$2000** Call Greg or Frank 221-4215

**STEIGER CRAFT 22' 115 hp** Evinrude. Custom canvas, trailer, many extras. Excellent cond. 1. Near Forestville, Md. \$2,000. 727-5078 or 423-5762.

## **43A Sailboats For Sale**

**BUCCANEER SAILBOAT** 18' trailer & 4 hp Johnson. \$2500/best offer 787-4466

**SOUTHERN SAILS 30, 30 ft. Cabin,** outdoor, trailer, & motor. \$1,800. 621-8888

## **43C Marinas**

**FAMILY MARINA SLIPS AVAILABLE** For 38 season. Pool & all amenities. 261 to 5511 slip sizes. Call 727-5356 or no answer Call 727-3458

## **Real Estate**

### **HOMES FOR SALE**

**SANDS POINT RANCH** Lovely home, 4 BR, 3 bath, excellent condition. \$950,000

**SANDS POINT** Central Colonial grand scale home, 6 BR 7 1/2 baths, pool, tennis, cabana. 2 Acres. \$2,400,000

**SANDS POINT** New City skyline and walkable, Mediterranean Villa, 7 BR, 8 1/2 baths, 3.7 acres, \$2,500,000

**PORT WASHINGTON BUILDING FOR SALE** 7000 Sq. Ft. 2 story building, stores and offices, busy location, parking, near RR. \$1,200,000

### **TOWN & COUNTRY**

**883-5200**

## **44 Apts For Rent**

**PORT WASHINGTON** All Sizes of Apts, Offices, And House Rentals. Some Available For Immediate Occupancy. **BARRY REALTY** 627-6809 883-2244

**BROOKVILLE Studio Cottage** For sale, Furn/Unfurn \$800 **COVE REALTY 621-6161**

**BROOKVILLE ESTATE APT.** Lovely Furnished-Unfurnished. LI, a/c, hwn, BR plus bath. Private Entrance. Very private. Immediate Occupancy. \$750 incl all. **HIGH OAKS REALTY 671-4652 676-9287**

**COPIQUE-off Montauk Highway** Near all 1 bedroom, all new upstairs apt. mature working persons. \$650 includes all. 2 months security. w/fra/fence. **516-780-4366 after 6:30 pm**

**GLEN COVE-3 BR** \$800 plus util. BR \$900 plus util. BR \$1050 plus util. **SALVATO REALTY 576-7915**

**GLEN COVE-3 furnished** fine with Private bath. 107 Sea Cliff Ave. **878-0043**

**GLEN COVE-First Showing!** LI, Kitchen, DR, BR, 1/2 Bath, WALK BEACH. \$840 all Owner **621-1566**

**GLEN COVE-Medium 3 BR, BR,** plus barn, parking, back 3850 **COVE REALTY 621-6161**

**GLEN COVE RENT NOW!** New 1 & 2 BR, Pool, tennis, w/c carpet, AC, dishwasher, terrace. \$1625, \$1800 NO FEE **758-9210**

**GLEN COVE-mod Luxury 3 BR, 2** bth, Duplex Deck, dishwasher, skylights & Laundry room \$3200. **COVE REALTY 621-6161**

**GLEN HEAD 5 room's walk to** beach 7500 ROUGH HILL 758-0293

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**HICKSVILLE** 3 BR, LR, DR, EIK, full bath \$1100

2 BR, LR, Kitchen, full bath, \$850

**JAG REALTY 453-1132**

**HUNTINGTON-2 BR Apt** \$725 incl all. Owner 387-0571

**HUNTINGTON STATION-apt. 1** BR, full bath, 1/2 bath, no pets, no children, no smokers. \$800/mo. incl. heat. Call after 5pm. 421-2212

**OSTER BAY-2 BR Duplex** \$500 plus utilities **MIKE TALBOT 822-6877**

**PORT WASHINGTON-2 BR, 1 Bath,** hwn, yd. Patio. \$875 633-0913

**PORT WASHINGTON-3 1/2 BR,** CAVC Walk to R.R. \$900 incl all **COVE REALTY 621-6161**

**PORT WASH-relocated Studio** Cottage 1, Near RR \$575 incl all **COVE REALTY 621-6161**

**ROSLYN 2 1/2 mte Estate** Setting \$1150 incl all **COVE REALTY 621-6161**

**ROSLYN-Large Luxury 1 BR,** AC plus hwn, dishwasher, side Yard. Alarms \$800 **COVE REALTY 621-6161**

**ROSLYN VILLAGE LAKE FRONT** Newly renovated, 2nd floor, 2 family house. Modern kit., tiled bath, 2 BR, den. AVAILABLE NOW! Parking, garage. Ideal for prof. couple. \$1550 neg **621-6349 621-1185 OWNER**

**SEA CLIFF room w/pt entrance** Kitchen, share bath. \$711. 5325 incl heat **COVE REALTY 621-6161**

**UNIONDALE-New efficient 1 BR** basement apt. near Holsten. Heat included \$600. Call 483-0893

## **48 Homes For Rent**

**BROOKVILLE 3 BR** 2 1/2 house. Civic garage privacy \$1000. **COVE REALTY 621-6161**

**BROOKVILLE-Lovely Cottage** on Wm Estate. Mature Pst. no Pets. \$1400 plus ut. 625-0634

**BROOKVILLE Spacious modern** cottage with deck \$1000 **COVE REALTY 621-6161**

**GLEN HEAD-Magnificent 4 BR** Colonial on tree and estate. All amenities for the executive and his family. \$2500 plus util. **GIL REALTY 871-2300**

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**GLEN HEAD 5 room's walk to** beach 7500 ROUGH HILL 758-0293

# **Real Estate**

## **Space For Rent**

**HICKSVILLE** 3,000 sq. ft. basement space in office building. Ideal for inactive storage. Price open. **Call 916-921-0990**

## **Offices For Rent**

**E. NORTHPORT-on High traffic Rd.** 800 sq. ft. 1st floor for car parking. **James Broker 516-251-3615**

## **GLEN COVE**

**Luxury Elevator Building** Glen Cove Road \$14 per foot

**BEN KIANA 874-4500**

## **GLEN COVE**

**NEW DOWNTOWN** Prime location. from 440 sq ft to 1100 sq ft. Ample FREE parking. Late summer occupancy. **516-671-3330 9am-5pm**

**GLEN COVE-Office/Retail** 900 sq ft. Nica, carpet, main road (50 Forest Ave.) includes Heat. **671-0787**

**GLEN HEAD-Executive Office** Space. New bldg. Reception area. Conference room. All amenities. Full Concession. **671-2300 GIL REALTY**

**GREAT NECK-furnished full** service office space in Great Neck No. 1 Executive Office Suite. Law library, conf rm, indoor parking. 487-5332

**GREAT NECK-psychotherapy** office space in prime bldg. near RR station. **Call 516-773-4287**

**GREENEVALE-2 offices** \$430 **Please Call 621-6427**

**MANHASSET 1 or 2 rooms** avail Nov 1. \$200-600 627-4727

**GLEN HEAD-Beautiful Condo** in "Shangri-La" all amenities and a joy! \$200 Call us. **GIL REALTY 671-2300**

**ROSLYN-nice large 2 BR** bth. All new/unfurn. LVR. Buy direct & save. \$150,000 424-4326

**\* OYSTER BAY \*** **IMMEDIATE OCCUPANCY** 3000 sq ft. Office Space & Office-Reception area and Bath. Newly renovated w/c carpeting. \$2400/month. Includes all. Prime location. Main intersection. **Owner. 516-922-1660 DAYS.**

## **PORT WASHINGTON**

1750 sq ft luxury office space for rent. **Call Even K MacCRATE 863-2800**

## **PROFESSIONAL OFFICE RENTAL**

3 room office suite. Prime location. All utilities & amenities. Ample parking. 300 South Oyster Bay Road. Corner L.I.E. **MR. GORDON 921-1000**

**WOODBURY Office space** to share luxury bldg. 367-3000

## **Building For Sale**

**EAST NORTHPORT** Prime brick - dental - medical - professional building on highly trafficked bus route, near train. 22 car off street parking, CAC, 1800 sq ft. Room to grow. Owner seeks 1 year lease back. \$450,000 Exclusive. **North Country Assoc. 754-1177**

## **Store For Rent**

**GLEN COVE** Two stores for rent Glen Cove Road **BEN KIANA 874-4500**

**HUNTINGTON NORTHPORT** North of SEA busy shopping strip ideal for laundrymat, beauty salon, coffee shop, nail salon, pet shop, chiropractor, podiatrist, travel agent, insurance, printer, office, etc. no competition. Good lease. Low rent. **DAYS 816-421-4970 Eve & Wbnday. 916-421-4915**

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**SEA CLIFF-Store** \$400 and \$600 includes heat. **671-2300 GIL REALTY**

**WESTBURY - Corner store,** acc location, Post Ave, theater bldg, no food. No brokers. 787-7082 eve or 338-4200 area machine.

## **68 Homes For Rent**

**PORT WASH** Furn m. avail. non-smoking couple single new trans. call after 5pm, or extend 653-9000

**ROSLYN-Room to rent.** Female \$400-\$450 incl 2 BR, Kit, Lr, porch & parking. 365-2754

## **61 Real Estate Wanted**

**OLDER WOMAN** needs small apt. in Manhasset area as soon as possible. 627-8808 after 2 p.m.

**PRIVATE Buyer** seeks house any condition! Immediate. PO Box 164, Manhasset 11030

**RESPONSIBLE lady** seeks small apt. to 1100 sq ft. Ample FREE parking. Late summer occupancy. **516-671-3330 9am-5pm**

## **628 Co-ops/Condos**

**FREEDPORT Waterfront Co-Op** Huge 3 BR, 2 bath duplex pool. ocean view. \$175,000 373-3343

**GARDEN CITY-ONE CATHEDRAL** GARDENS renovated 1 BR CO-OP with LVR, maintenance 79 percent deductible. Reduced. \$75M **OWNER 481-6786**

**GARDEN CITY-HEMPSTEAD** Cathedral Gardens, 2 BR, newly renovated. Well below sponsor price \$90K 294-1948

**GLEN HEAD-Beautiful Condo** in "Shangri-La" all amenities and a joy! \$200 Call us. **GIL REALTY 671-2300**

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**GLEN OAKS Co-Op** Top Location Mini 1 BR, w/c, washer-dryer, la maintenance. \$88,500. **FLORAL PARK** Flowering best location, best value 2nd floor, special 2 BR, co-op Modern kitchen and bath ample closet space. Walk LIRR. Only 25 minutes to NYC. **Bonnie Rosenberg 743-0933**

**GLEN HEAD-North Shore Area** Location! Location! Location! The provincial lease expensive houses in the most expensive area. Mini 50 year old brick and state colonial. Park like 1/2 acre. 6 room with easy expansion potential. **\$545,000 Buyer Associates 671-6636**

**GOVERNMENT HOMES** from \$1 (3-Bedroom) Delinquent tax property. Repossessions. Call 805-937-5000 **Call 614-8878**

**GREENVALE-Mid \$200's 3-4** BR-2bth, fpl, Cul-de-sac setting. Convenient to all. Exclusive with. **COVE REALTY 621-6161**

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**BAYVILLE** New Home Under construction 4 BR Colonial w/c w/ptl 2 1/2 baths, full basement near beach. Pre-construction Price \$359,000 **Exclusive with HIGH OAKS REALTY 671-8522 676-9287**

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**BAYVILLE** New Home Under construction 4 BR Colonial w/c w/ptl 2 1/2 baths, full basement near beach. Pre-construction Price \$359,000 **Exclusive with HIGH OAKS REALTY 671-8522 676-9287**

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CHEVELLE CONVERT V8 Auto, needs restoration have all parts. Best offer \$7,500  
CHEVROLET Caprice 1983 fully loaded. Low miles. \$6200 974-4349  
CHEVY 1988 S10 Total Package 19,000 mi running boards, push guard, power windows & lift. \$18,334-8899  
CHEVY Chevette 1988, 65, mini AM/FM, black, \$4000. Call 579-3874 after 6pm  
FORD 1978 COUNTRY SQUIRE Station Wagon V8 auto, A/C, wfm stereo, 4x4, P/W, new tires, brakes, exhaust. Well-serviced & maintained. 78K mi. \$1400. Call: 921-3371  
FORD Escort 1985, 4c, mint cond. 718-337 5540 or 515-489-8478  
FORD FAIRLANE 1987 "CLASSIC" 1987, 2 dr, A/T, V8, body excel. interior, good, needs some mechanical work. Nice car! \$4,000. 516-271-8095  
HONDA ACCORD 1988 LX, 32K fully loaded. 5 sp, ac, am/fm cassette, dark grey \$9550. Call after 4:30 692-7480  
LINCOLN TOWN CAR 1984. Leather seats premium sound, Radar Asking \$10,900. 365-9415  
MERCEDES-BENZ 73 280 Sedan auto, P/S, A/C Excellent throughout. \$3650. 678-6520  
MERCEDES Benz 70, 280SL, 65K, orig owner convert & hardtop, white bottom, blk top leather int, asking \$17500. 212-628-6335  
NEW 1988 Volvo 240GL Sedan A/C, P/S, PB, \$15,020 (203) 454-7965  
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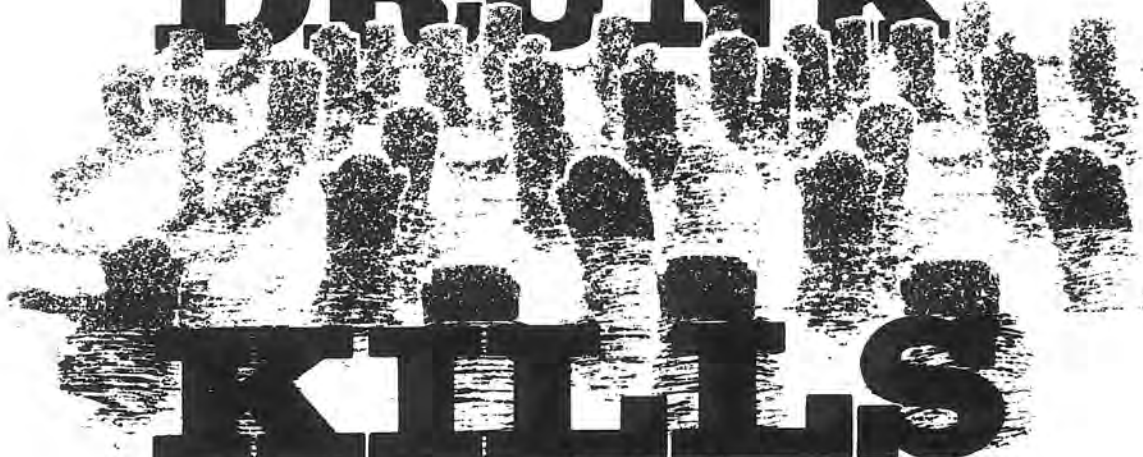
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<b>1983 BUICK SKYHAWK</b> P/S, P/B, Auto, Air Cond., Sun Roof, Stereo. <b>\$5,595</b>	<b>1986 CHRYSLER LASER XE</b> Auto, Digital Dash, Loaded 20,000 miles <b>\$8,995</b>	<b>1985 GRAND AM LE</b> 2 Dr. Coup, P/S, P/B, Auto, Air Cond., Stereo. <b>\$8,495</b>
<b>1984 OLDSMOBILE DELTA 88 BROUGHAM</b> 40 K 2 Dr. SABLE <b>\$6,995</b>	<b>1985 OLDSMOBILE CIERA BROUGHAM</b> 27,000 Miles, Loaded, Blue, 4 dr. <b>\$8,595</b>	<b>1984 PLYMOUTH TURISMO</b> 2 plus 2, Red, 40,000 miles, 5 speed <b>\$4,195</b>

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## Hicksville Shamrocks Beat Jericho 4-1

The Hicksville Shamrocks 1974 travelling soccer team opened their regular Long Island Junior Soccer League season April 9 with a resounding 4-1 victory over the Jericho Jets at the latter's field.

The game featured a total team effort on the part of the Shamrocks, who played with only one substitute, as they controlled the Jets from start to finish, shutting out the opposition until the 69:59 mark when the Jets scored while the Shamrocks only had to men on the field due to injuries. In the first half, despite numerous opportunities, the Shamrocks managed only one goal, put in by striker Jason Kingsley off a feed by left half Dom Perillo.

In second half, the Shamrocks plowed it on as Kingsley again scored, on a feed from Perillo. Right fullback Chuck Oliver, the Shamrocks fastest man, then took one from deep in the defensive zone, completely up the middle, scoring his first goal as a member of the team. This lit the offensive fuse in Oliver, who then led a second charge up to the goal mouth as center half Matt Pordum scored off a feed from striker Jason Kingsley, who picked up Oliver's rebounding shot.

Ed Jacobsen, the Shamrocks' L.I. Select goalkeeper, had his usual fine game, successfully fending off anything that came his way. His punts were deep and constantly to an open man. Sweeper Eric Blicher anchored the Shamrock defense and had some sensational diving headers, which were perfectly placed to stopper Brian Harkins. Oliver, in addition to his offensive charges, was a "bull" on defense. Kris Friedrich was his usual reliable ball of fire at left fullback. Brian Harkins was all over the field with great results from stopper and also took the majority of Shamrock throw ins.

Matt Pordum, besides scoring a goal, had a fine game from center half. Kareem Holman, getting his most playing time to date, had a great game from right half, right wing, center half and right fullback. Dom Perillo was at his offensive and defensive best from the left half and center half positions, setting up both of Kingsley's goals. Jason Kingsley, at striker, did all that was asked and had several near misses, besides the two goals he put in. He took all of Hickville's corner kicks and each of them was perfectly placed. Junior Tomlinson made his presence felt from left wing. Cory Kessler, getting his most playing time yet, had a productive game at wing and halfback. Karl Rice was a dynamo from wing, contributing strong offensive and defensive play.

On April 10, the Shamrocks played a "picture perfect" soccer game against the Massapequa Hawkeyes, Division 2 team, in a second round State Cup game at Grumman, losing 1-0 on a second half penalty shot skillfully placed in the lower left corner.

The game was controlled by the wind, as the Shamrocks, with the wind at their back, dominated the first half. The Hawkeyes did the same in the second half, which featured sensational play by Shamrock goalie Ed Jacobsen. David Lovato and Greg Szumowski, both of whom had missed Saturday's game, made very strong contributions from left fullback (Szumowski) and fullback, wing and sweeper (Lovato). The Shamrocks suffered two injuries, one to wing Karl Rice and the other to fullback Kris Friedrich, which definitely tested the team's overall strength against strong opposition.

The Shamrocks thank coach Herb Pordum and assistant coaches Gianni Lovato and Glenn Kingsley, Sr. for a weekend of great soccer.

# SPORTS SPORTS

## Hicksville Americans Soccer Results

Chase Cup 1973 Tornados 2 Northport/Cow Harbor Whalers 1 (Hicksville goals: John Lovinax, Barry Mannion)  
Chase Cup 1977 Pioneers 1 Newfield 0  
Chase Cup 1976 Tomahawks 1 Northport/Cow Harbor 2  
State Cup 1975 Hawks 2 BW Gotschee 3 (The '75 Hawks went up against '74 Gotschee and lost a heartbreaker in a shootout after overtime found the score still tied)  
League Game 1974 Shamrocks 3 Albertson Falcons 3  
League Game (4/16) 1977 Minutemen 0 North Shore Ninja 8  
League Game (4/17) 1977 Minutemen 1 Jericho Raiders 3  
State Cup (4/16) 1971 Cardinals 2 Rockland United 1 (2nd round game. Cardinals competed against team 2 years older)  
Chase cup (4/17) 1971 Cardinals 6 Brentwood 2

## Hicksville High School Varsity Baseball Team Has 9-3 Record

The Hicksville Varsity baseball team has a 9-3 record midway through the season. The toughest part of their schedule is ahead of them.

Currently Tim Gansrow leads the team with a .441 average and three homeruns. John

Steneck is batting .407; Phil Campisi .406; Joe Passo .355; and Charlie Son .348. Phil Campisi leads the pitching staff with a 4-0 record and 0.50 earned run average. Phil is currently being recruited by Columbia, Brown and Cornell.

## Hicksville Baseball Association Opener



OYSTER BAY Town Supervisor Angello A. Delligatti "throws" out the ceremonial first ball to Jenny Anderson at the Hicksville Baseball Association's opening day ceremony. Seated up and ready for the first game of the season are Marc Atlas, Frank Williams and Kathy Tomolonia and president Greg Simonelli (right). Also attending the occasion were Town Councilman Thomas L. Clark (second from right) and Nassau County Executive Francis T. Purcell.

## Americans Soccer News

Opening day for the Hicksville American Soccer Club was on April 10, and here are some of the exciting moments from the Bantam Division, Intramurals:

Rowdies 3, Wildcats 0: The Rowdies played a terrific game of defense and goalkeeping. The team's first goal was scored by Matthew Hamlin followed by Brian Gallahue's second goal.

Defending the Wildcats' goal were Matthew DiPalma and Andrew Coppola with some excellent saves. The Wildcats displayed good positioning as Kevin Brown, Sean Dorney and Edward Puerta worked with their

teammates for a comeback. However, when Paul Bayley scored the third and final goal for his team, the victory went to the Rowdies.

The Girls' Division made their shining debut for the Soccer Club: Owls 2, Arrows 0. The Owls showed their force and strong defense. Gina Pelletiere scored the first goal followed by Christine Kolm's second goal to make the score 2-0. The Arrows showed strength in their positions and good defense in this game.

Cosmos 0, Blasts 5: The Cosmos' Janice Pfeiffer, Annie McKenna and Erin Sheehan displayed a very strong defense. The Blasts, however, came back to score the winning goals in their first game opener.

## REGISTRATION FOR HICKSVILLE PAL

### SUMMER SPORTS

Boys' Baseball - Girls' Softball July-August 1988  
Connie Mack League 16-18 yrs. old - ONLY BY TRYOUTS  
Ages 8 through 15 years

### REGISTRATION DATES

- **Mon., May 2 7-9 p.m.**  
Hicksville Middle School Cafeteria  
Rear of School on Second Street
- **Tues., May 3 7-9 p.m.**  
Woodland Avenue School  
Rear Entrance - Ketcham Road
- **Wed., May 4 7-9 p.m.**  
Woodland Avenue School  
Rear Entrance - Ketcham Road
- **Thurs., May 5 7-9 p.m.**  
Lee Avenue School - 7th Street

## Cuti's Participate in State Championships



Michael and Patricia Cuti.

Michael and Patricia Cuti, of Hicksville, recently participated in the Y State Championships, held at Nassau Community College and sponsored by the Huntington Y Bluefish, the team the Cuti's are on.

Michael improved several of his times in different events. Patricia came in first in the girls' 11 to 12 year-old butterfly and came in fourth in the 11 to 12 year-old free style.

More than 30 teams and 1,000 swimmers in this meet where, once again, several records were broken, heightening the competition throughout the day.

## St. Ignatius Loyola CYO News

By Barbara Lewis

Our basketball trophy night will be held on Sunday, April 24 at 4 p.m. in the Old School Auditorium. We would like to thank all our commissioners, coaches and referees. All these people gave of their time and knowledge to be shared with our youths and we applaud them.

**Midget League 1st & 2nd Grade**—Commissioner: Gary Lewis; Lions: Joe and Georgette Basso; Bobcats: Vinny Carranza; Cubs: Mike Guerriero; Leopards: Andy DeBernardo and Todd Eger; Tigers: Jim Quinn and Jim Madden; Panthers: Werner Busch.

**Farm League 3rd Grade**—Commissioner: John Flynn; Flames: Bob Bungert; Raiders: Terry Quinn; Saints: John Anderson.

**Minor League 4th Grade**—Commissioner: Walter Hoffman; Knicks: Frank Puglia; Supersonics: Ed Murphy; Suns: Mike Dorney; Rockets: Jim Dilg.

**Intermediate League 5th & 6th Grade**—Commissioner: Don Cleary; Knicks: Fred Foran; 49ers: Frank DeStefano; Warriors: Don Cleary; Flames: Walter Hoffman; Nets: John Anderson; Celtics: Charlie Moore; Rockets: Kevin and Peter Coen.

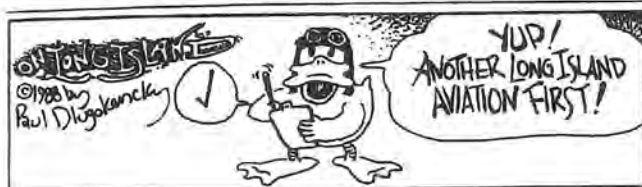
**Major League 7th & 8th Grade**—Commissioner: Pete Cantalupo; Supersonics: Andy Rutherford; Raiders: Nick Apostolo; Bullets: Ed Passaro; Warriors: Pete Cantalupo.

**Titan League 9th - 12th Grade**—Commissioner: Tom Canley; Blue Team: John Toner Jr.; Red & White Team: Tom Canley; Black Team: Al Goldberg.

**Other CYO Members**—time keeper and scorer: Joe Dubon; Girls' Basketball and Volleyball: Terry Bunkert; referees: commissioner Ed Passaro; patch referee: Bill Durkin.

**The staff:** Andy DeBernardo, Todd Eger, Tim Cleary, Chris DeBernardo, Brian Fayda, Chris Gioia, Kevin Coen, Penny Passaro, Jerry MacKay, Bernisch Udeschi, Chad Passaro, Mike Hack, Brian McDermott, Nick Williams, Rob Gelb, Tony Cassano, Stephanie Gaylor and Bob Senn. Special thanks to Andy DeBernardo, Todd Eger, Terry Quinn and Kevin Coen for filling the void in our coaching staff.

## EDITORIAL AND OPINION



ON MAY 2<sup>nd</sup>, 1925 - 4 YEARS BEFORE LINDBERG - THE FIRST NONSTOP TRANSCONTINENTAL FLIGHT TOOK OFF FROM MITCHELL FIELD. LTJ. JOHN A. MACREADY AND CAGLEY KELLY FLEW A SINGLE ENGINE FOKKER T-2 2,500 MILES TO SAN DIEGO IN 26 HOURS AND 50 MINUTES!

## The Investor's Corner

By Joseph P. Frey, Ph.D.

## Being Eclectic

It is time to do a little of this and that. So many things are happening that it is hard to concentrate on only one subject.

**Program Trading**—The program trading system as set up by the New York Stock Exchange has been tested with mixed results. Three times the "collar" (shutting down the system) has been invoked. Twice the market closed changed around the 50 point level, once up and once down. The other time the Dow raced right through the point, closing off 108 points. The professionals were stopped, but the public was not. This, to me, says that the public is scared, deathly afraid of another meltdown, another destruction of value. Expect a volatile market... great for professional traders... awful for investors.

**Interest Rates**—The process to higher and higher interest rates seems to have started. Despite foreign central bank intervention the dollar keeps drifting downward. The consumer seems to have regained confidence about no depression. Imports remain very high despite the higher prices. Factories are running near capacity and the federal government still needs its debt financed. Our Federal Reserve has been fighting inflation by slowing the growth of the money supply. Oil prices have seemed to be rising. In 1988 the federal government will be coming to market with a monstrous 675 billion dollars in new debt instruments, t-bills, notes and bonds. This is going to occur just at a time that foreigners seem to be getting a bellyful of buying more of our government's paper. The supply will increase as the demand seems to fall. This will kick interest rates sharply higher unless the federal reserve can figure some strategy to avert this.

The stage is set for a rather sharp climb in inflation and a rise in interest rates which will lead to bond prices falling. The stock market will take its clue and also decline.

The percentages say that there is more chance both markets will fall, than there is that either will rise. Cash is your best friend in this market unless you are a long term investor. If you dollar-cost-average, do not stop your investment program as long as you are buying quality.

**The Stock Market**—Today we have a market that is not driven by much more than takeover stocks. That's where the action is. The trading is mostly for the short-term and the fast buck.

One or two comments. This is a very dangerous game and you can get burned very severely if you do not know how to protect yourself. I have several students who are trying to "trade for a buck" in an investment class. We have given them some suggestions to diminish their risk. My concern is that, like the students, there are more and more people getting on the bandwagon. My advice is don't. The probability is that unlike my students, you will be using real money, while they use a computer's "play money." They cannot get burned, you can.

Doctor Frey is a professor of investments and finance at LIU/C.W. Post Campus on Long Island. If you wish a copy of his "Ten Rules to Get Rich and Keep It, Too," send a large, stamped, self-addressed envelope to Anton Community Newspapers, 132 East Second Street, Mineola, NY 11501, Attn: Dr. Frey. If you have questions you wish answered, send a separate envelope, include your telephone number. Dr. Frey will answer your questions as his time permits.

## A Letter from Lulubelle...

...As I remember it from the early days of my married life, all of the toast was a uniform, lovely shade of tan—all over the slice, no burned edges—and it popped up from that old-time Toastmaster expeditiously, no getting stuck in the slot, no breaking off the crusts, no dark on one edge and light on the other...Such is not the case with me today...For some reason, ever since that old Toastmaster gave up the ghost—and it did last for many a long year—I have never had a really satisfactory toaster...I have tried so many kinds—one made by a famous vacuum cleaner manufacturer—and my husband said, "Why would you expect a vacuum cleaner manufacturer to make good toasters?"—and one from a foreign manufacturer whose name is symbolic of excellent products—and one from that famous, probably first, mail order company—and would you believe, not one works really well...I keep thinking that my bread is more dry on one edge than the other and that's why one side is darker—but they feel consistent throughout—so that's not a good reason...Do they make bread in some different manner?...One slice, two slice, four slice—the kind that allows bagels and French bread—I never find one toaster that makes a good, even slice of toast—and English muffins, with their little "nooks and crannies" are a disaster...How about you?...How's your toaster?...and if it's good, what kind is it anyway???

Yours, Lulubelle

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## What Our Politicians are Saying...

U.S. SENATOR ALFONSE D'AMATO (R-C-NY) has urged the U.S. District Court to reject the proposed settlement between the Consumer Product Safety Commission and the manufacturers of all-terrain-vehicles (ATVs).

Since 1982, ATVs have caused over 1,000 deaths and 350,000 injuries. Half of the injuries and deaths were to children under age 16. More than 65 deaths have occurred in New York State.

In addition to urging rejection of the settlement, Senator D'Amato has proposed a legislation solution that would ban the sale of all 3-wheeled ATVs, ban "kid-sized" ATVs, require free hands-on training and incentives and require extensive multi-media warning campaigns.

\*\*\*\*\*  
Legislation sponsored by ASSEMBLYMAN CHARLES J. O'SHEA (R-C, Baldwin) has been instrumental in providing New York Telephone customers with an option to block access to dial-a-porn at no cost. O'Shea said that New York Telephone originally proposed charging customers a 15 fee to block the "dial-a-porn" services. Those customers choosing to block access would also have lost availability to other information services such as sports, time and weather.

\*\*\*\*\*  
U.S. REP. ROBERT J. MRAZEK (D-Centerport) has announced that he will be sponsoring an Academy Information Night for any student interested in attending one of the nation's service academies.

This forum is designed to inform young men and women about life at the academies and the admissions process. Representatives from the Military, Naval, Air Force, Merchant Marine, and Coast Guard academies will be on hand to give a brief presentation and answer questions.

Any interested high school student should plan to be at Mineola High School on May 9 at 7 p.m. The school is located on Armstrong Road in Garden City Park.



OUR OWN DIRECT LINE columnist Bob McMillan recently visited Fort Dix, New Jersey with Jerald Newman, Civilian Aide to the Secretary of the Army. Seen here with Rocco Negri, Commanding General of Fort Dix, they had just witnessed a modern Army fire power demonstration.

photo by Peggy Buchman

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## ROBERT R. McMILLAN'S

# Direct Line

Providing for the "common defense" is an indelible part of the Preamble to the Constitution of the United States. While there has



**Robert R. McMillan** was the former Speaker of the New York Assembly, Joseph Carlino and "host," Jerald C. Newman, Civilian Aide to the Secretary of the Army.

Assembling at Fort Hamilton in Brooklyn, we were soon on our way to Fort Dix by helicopter. The basic mission at Fort Dix is to train new recruits in today's all volunteer Army. We first stopped for a fine luncheon prepared by soldiers in training to be Army cooks. The food was great — a far cry from what I remembered during the Korean conflict.

Next, we visited the reception area. This modern building is where new recruits — men and women — get their first taste of Army life. Touring the facility brought back many memories. During a normal week, approximately one thousand new soldiers pass through this reception center. Short haircuts for men and a well groomed look

been controversy over the years as to the implementation of defense policy and how it should be defined, the United States Army has always been on the front line defending this nation. Foreign policy objectives could not be implemented without a ready and fully equipped Army.

A few weeks ago, I was privileged to join a group of New Yorkers on a visit to Fort Dix, New Jersey to view first hand how our taxpayer dollars are being spent to meet that Constitutional requirement. Joining our group

Before returning to Long Island, we were guests to view the color ceremony for the lowering of the flag at the end of the work day. With the Fort Dix Army Band, came four companies of proud basic trainees. The parade that day was in honor of four sergeants who were retiring with sixty nine years of active military service. Rocco Negris, the two star Commanding General at Fort Dix expressed the sentiments of almost all of us. The Army, he said, has been intertwined with our flag and the history of our country from Valley Forge to the present.

Perhaps it is old fashioned to have felt a tinge of patriotism in viewing our flag and those soldiers under such circumstances. But, all of us felt the pride of America that day. As Americans, we are indeed fortunate to have such fine young men and women willing to serve in the defense of our nation. My hat is off to them.

Questions and opinions may be addressed to Mr. McMillan, Nassau Community Newspapers, 132 East Second Street, Mineola, NY 11501.

## An Inside Look at Politics - the Scheduler

Perhaps the most difficult job on any campaign staff is that of the scheduler. The scheduler is responsible for coordinating all appearances by a candidate. In a campaign there are three major resources: money, campaign staff, and a candidate's time. The scheduler is responsible for making sure that the candidate's time is used to maximum effectiveness.

There are many events which a candidate should attend, but is often reluctant to do — for example, to campaign in the early hours of the morning at a train station. A good scheduler must make sure that a candidate does what he is supposed to, not what he wants to do.

In the course of a campaign, the scheduler will have to deal with many organizations and individuals who want the candidate to appear at their particular event. Obviously, the candidate can not be at more than one place at a time. The scheduler, therefore, must turn down many requests. This makes a scheduler a less than beloved figure in many quarters.

Members of the campaign staff will also seek to influence when and where a candidate appears. The down-state campaign staff people will complain that the candidate is spending too much time up-state; and as you can probably guess, the up-state campaign staff will complain that the candidate is spending too much time down-state. On more than one occasion, the scheduler will receive complaints from fellow campaign staff members and the general public.

In a state-wide or national campaign, the name of the game is media markets. A good scheduler will try to get the candidate in as many different media markets as possible on a given day. In the New York Primary the candidates pretty much followed the same formula of an event in New York City followed by an event in either Westchester or Nassau counties, followed by an event in up-state New York (usually in either Buffalo or Rochester).

In the presidential general election, the candidate will appear in an average of four different media markets a day. If at all possible, the scheduler will try to start the day in the eastern time zone to maximize the candidate's time. This way, a candidate can start the day at nine in the morning, eastern time, and finish up at ten in the evening Pacific time (which is one in the morning eastern time). Running for the presidency is one of the world's most physically demanding tasks.

## To The Editor:

We appreciate this opportunity to say a big "Thank You" to your readers for their extraordinary support of the 1988 Girl Scout Cookie Sale. With their help, more than 1,000,000 boxes of cookies were sold by Nassau County Girl Scouts this year — our largest sale ever. This translates into enriched programs for local troops, development of more contemporary programs to help today's youth cope with their changing world, and the training of the hundreds of adult volunteers, needed to guide them. Here's a sampling of today's Girl

for the women were the order of the day. Issuing new clothing, but with a better fit in today's Army, surprised me. In fact, the dress uniform is not issued until the fifth week, recognizing that even young bodies are in a little better shape after a few weeks of basic training.

There was also something new — an amnesty room. This room provides an opportunity for new recruits to get rid of any drugs or other items which they cannot lawfully possess. They are also given a chance to reveal any part of their past which may have been concealed.

After viewing the reception area, we went out to the firing range to see first hand some of the new weapons being used by the modern Army. In a spirited display, we observed everything from today's rifle to a sophisticated rapid grenade launcher with more than a one thousand meter range and pinpoint accuracy. While in Korea, I became familiar with the old M-1 rifle and 30 caliber carbines. They now seem like pop guns when compared to the fire power at Fort Dix. It was awesome to see the capability and reassuring to know it is there as a deterrent. Each of us had the chance to fire a weapon, and I put one out of three dummy grenades right on a target personnel carrier — not too bad for a rusty old soldier.

Before returning to Long Island, we were guests to view the color ceremony for the lowering of the flag at the end of the work day. With the Fort Dix Army Band, came four companies of proud basic trainees. The parade that day was in honor of four sergeants who were retiring with sixty nine years of active military service. Rocco Negris, the two star Commanding General at Fort Dix expressed the sentiments of almost all of us. The Army, he said, has been intertwined with our flag and the history of our country from Valley Forge to the present.

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Questions and opinions may be addressed to Mr. McMillan, Nassau Community Newspapers, 132 East Second Street, Mineola, NY 11501.

## The Advance Man

One of the most important and little noticed person in any political campaign is the advance man. At this point, many readers are no doubt wondering "What is an advance man?"

As the name suggests an advance man is responsible for "advancing" an event. This means that he is supposed to make sure that everything at an event goes as it is expected to. For example, he is responsible for turning out a crowd for an event, attracting the local media, making sure that the acoustics are acceptable, that a candidate is fully and concisely briefed about an issue or problems that may arise at the meeting or event.

There is no detail too small for an advance man to worry about. He must be concerned that there are enough bumper stickers and buttons, what would happen if the microphone failed; and making sure that the candidate leaves on time.

If an advance man does his job well, no one will notice him. A good advance man remains invisible. On the other hand, if an advance man slips up, then the whole world blames him. One advance man in a presidential campaign was advancing an event in a small town in Texas. The event was scheduled for Friday night. This presented a sizeable problem for the advance man as most of the town would be at the local football game. After much cajoling, the town fathers agreed to play the football game on Thursday night. One would think that the advance man's troubles were all over. Unfortunately, this was not to be the case. It poured Thursday night so the game had to be played on schedule. As the advance man had feared, the crowd was very small for the Presidential candidate's debate and the event was generally regarded as an unmitigated disaster.

A few days later, the advance man met up with the campaign manager. The advance man quickly explained his side of the story about how he had worked so hard to talk the town fathers into changing the date of the game, only to be foiled by the elements of nature. The campaign manager was one who did not like excuses no matter how reasonable they appeared. He looked at the advance man with stern eyes and said unflinchingly, "Well, I guess it's ok this time. But we never want this sort of thing to happen again." Every advance man has had this kind of a day.

## MARTIN BURNS

# Our Man W<sup>IN</sup> Washington

everything at an event goes as it is expected to. For example, he is responsible for turning out a crowd for an event, attracting the local media, making sure that the acoustics are acceptable, that a candidate is fully and concisely briefed about an issue or problems that may arise at the meeting or event.

There is no detail too small for an advance man to worry about. He must be

## Primary Night 1988

By Martin Burns

I came away from this past primary night with two very different stories and I am not sure which one, in the long run, is more important.

First of all, Governor Michael Dukakis's impressive win moves him a long way down the road to the White House. Although he has only about half the delegates that he has to have to win the nomination on the first ballot at the Democratic National Convention in Atlanta this summer, he is at this point, the clear front runner.

The Dukakis victory was especially impressive in Nassau and Suffolk counties. Most political observers believe that Dukakis was helped by what may have been a record voter turnout in Nassau county.

Senator Albert Gore Jr. had hoped that his strong pro-Israel position and his endorsement by New York City Mayor Ed Koch would allow him to at the very least, cut into Dukakis's margin of victory. This was not the case however, as Gore was unable to win a single delegate on Long Island and only three in all of New York state. (As compared with 87 for Jackson and 165 for Dukakis.)

One has to wonder what effect the Koch endorsement and his subsequent behavior had on Gore's performance. A few days before the primary I met with one of Gore's most thoughtful supporters on Long Island, Suffolk County Legislator Jim Gaughran. Gaughran speculated that any potential Koch endorsement would probably hurt Gore far more than it would help him. As it turned out, Gaughran's remarks were right on target. Another longtime Democratic activist who was especially disturbed by Koch's attacks on Jackson hoped that the headline in at least one of New York City's daily newspapers would read: "City to Koch-Drop Dead."

Thus, the first story I came away with from this primary night was that at long last the Democrats have a front runner.

The second story involves two young Jackson campaign workers: James Lanier, 14, and Derrick Sperill, 25. As I entered the hotel lobby where the Jackson campaign was eagerly awaiting the election returns, I caught the attention of Lanier and Sperill. Seeing that I carried the traditional accoutrements of a journalist—a badge hanging around my neck and a steno pad under my arm, Lanier and Sperill eagerly asked to be interviewed. As I am always looking for an interesting angle to a story, I readily agreed. James explained that he was for Jackson because "Dukakis had no foreign policy. Derrick was a Jackson supporter because Jackson 'speaks for the common man'."

Although both of these two young men were very well versed in the issues of the campaign, that was not what impressed me the most. What impressed me the most was the hope that radiated from their eyes and their faith in the American political system. Here were two young people who very well may have had just cause to give up hope in America and its political processes. However, rather than "hanging out" on some street corner smoking "crack," they were in a hotel ballroom trying to root their candidate onto victory.

Whatever you think of Jesse Jackson, he certainly inspires hope in people who have been without it for too long. America is a better nation because Jackson is able to kindle the flame of hope in the hearts to some of our fellow citizens who have been frozen out side the political system for a generation.

## Volunteers Needed

Volunteers are needed to work in the Gift Shop of Long Island Jewish Medical Center in New Hyde Park on Tuesday and Wednesday evenings from 3 to 8 p.m. The assignment is particularly suited to couples or friends working as a team in a friendly atmosphere performing a valuable service for a leading hospital. All Gift Shop income is contributed to patient and research programs. Free parking is provided for volunteers. For more information, telephone the Assistant Director of Volunteers, Long Island Jewish Medical Center, (718) 470-7092.

## Scouting:

- It's Teenage Girls
  - Teaching younger girls how to "say no to drugs"
  - Shadowing a doctor as part of a career exploration project
- It's Younger Girls
  - Matching wits with a computer
  - Learning the do's and don'ts for their personal safety
- It's Little Girls
  - Celebrating a holiday of another culture
  - Adopting a "grandmother" in a nursing home

## It's Adult Volunteers

- Taking a course to recognize signs of stress in children
  - Juggling job, family, school and volunteering because they believe so strongly in the positive influence of Girl Scouting.
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- All spring suits in misses' sizes, 25% off.
- Selected women's shoes, 25% to 33% off.
- Selected spring dresses, only 59.99.
- Summer wardrobes for men, 20% & 25% off.
- Summer leather handbags, 30% off.
- Summer sleepwear, 20% to 30% off.
- Summer sterling jewelry, 1/3 off.
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## Symposium On The Quality of LI Coastal Waters

A day-long symposium on "The Quality of Long Island Coastal Waters" will be presented by the Long Island Environmental Chemistry Committee of the American Chemical Society. The meeting will be held at Hofstra University on May 19. Interested members of the public are encouraged to attend.

Speakers for the day are: Karen Chytalo, Marine Resources Specialist with the New York State Department of Environmental Conservation; John Ohlman, Corporate Director for Environmental Protection, Grumman Corporation; Larry Penny, Direc-

tor of Natural Resources, Town of East Hampton; John Caruso, Deputy Commissioner of the Nassau County Department of Public Works; and Dr. Harry Gregor, Professor Emeritus Columbia University.

For a detailed program of this symposium, or to make reservations, call Dr. Sy Solomon at 482-4828, Dr. Neil Jespersen at 883-7864 or Dr. Frances Sterrett at 352-6641. Symposium fees are \$10 for students; \$16 for ACS members and \$19 all others. Paid reservations received before May 6 include a luncheon.

## LIA Emphasizes Water Conservation

The Long Island Association, the region's largest business and civic group, recently emphasized the need for major water conservation efforts and said a regional approach to water management is essential to preserving Long Island's water supply without harming economic expansion.

At a public hearing before the New York State Department of Conservation, LIA Environment Committee member Leo Deobobes, supervisor of occupational safety and health, United Technology/Norden Systems, said, "What Long Island needs for the future, and what LIA sees as already happening, is economic development that takes into account the fragile state of our water supply system. This controlled development can be facilitated through major conservation

efforts all across Long Island and by a regional approach to our water management."

"The business community stands ready to work with all of the water suppliers of Long Island to help provide the information and requirements necessary for such programs, and to encourage its members to find new ways to save water in the operations of their businesses. Up to 30 percent of all the water used on Long Island can be saved through intelligent water conservation efforts," Mr. Deobobes said.

The LIA continues to support meaningful water conservation efforts, including the purchase of major watershed lands through the environmental bond act of 1987, funds from the extension of the 1.4 percent Suffolk County sales tax, and other alternatives.

## Town Reminds Commuters to Recycle Newspapers

Long Island Rail Road commuters at the Manhasset station were greeted during a recent morning rush-hour period with flyers reminding them to recycle newspapers. North Hempstead Supervisor John Kiernan has announced.

Some 1,500 flyers were handed out in Manhasset by Town personnel to request people to take their unwanted newspapers off the train and discard them in the specially marked newspaper recycling containers instead of litter baskets.

"The Town has developed a very aggressive recycling program to address many different sources of waste," Supervisor Kiernan said. "This [separating newspapers from other refuse at railroad stations] is just one more step in the overall effort."

The Town, in cooperation with the LIRR, recently inaugurated the newspaper recycling effort as a pilot program at the Manhasset and Port Washington railroad stations to reduce the amount of waste that is left on trains and must be disposed of in the Town landfill.

The recycling containers, conveniently located near exits, are marked for "Newspapers Only" with the Town's recycling logo. But Supervisor Kiernan has noted, "The biggest problem so far is getting commuters into the habit of throwing newspapers in the recycling containers and other garbage in trash receptacles."

In 1987, the Town received more than \$144,000 for the more than 12,500 tons of newspaper that were recycled.



**RECOGNITION FOR LONG ISLAND QUILTERS...** North Hempstead Supervisor John Kiernan is pictured above with members of the Long Island Quilters' Association displaying one of many handmade quilts that reflect local folk lore, customs and other cultural history. The quilters are, from left: Margot Cohen who made the quilt pictured, Association President Janet Ratner and Quilter Kathie Versheck. Supervisor Kiernan presented the quilters with a Proclamation in honor of their program which hopes to identify and record valued quilts and their makers.

## DiNapoli Sponsors Hearing On Long Island Sound

Assemblyman Tom DiNapoli (D-Great Neck), chairman of the New York State Assembly Subcommittee on Marine Resources and the Task Force on the Long Island Sound, has announced that a hearing on the Sound will be held in May. The hearing will be jointly sponsored by DiNapoli, Maurice Hincley, chairman of the Committee on Environmental Conservation, and Assemblyman Ronald Tocci, chairman of the Subcommittee on Coastal Zones and Harbors.

"Many issues will be discussed at this meeting, including: long-term stability of marine resources, the problem of low oxygen levels in the water, steps to further reduce the sewage flow, a possible bi-state committee with New York and Connecticut and many others," Assemblyman DiNapoli said.

The hearing will be held on Thursday, May 5, at 1:00 p.m. at the United States Merchant Marine Academy, Room 227, Samuels Hall, Steamboat Road, Kings Point. Anyone who

wishes to testify should contact Assemblyman DiNapoli's District Office in Great Neck at 482-6060.

"The Sound is very important to all of us recreationally and commercially, so we need to do all we can to protect it. In order to do that, we must investigate what needs to be done and how to do it. I encourage everyone to attend and participate in this hearing," DiNapoli concluded.

## Tax Payment Due

North Hempstead Receiver of Taxes Robert Valli has reminded Town residents that second-half 1987/88 School Taxes, due April 1, 1988, may be paid without penalty through Tuesday, May 10, 1988.

Tax Receiver Valli suggests that residents not making the payment in person, allow a few extra days for mail time.

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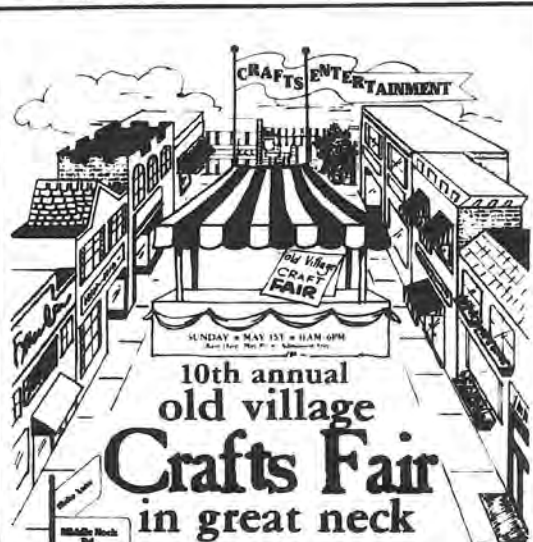
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## Muppet Babies at the Nassau Coliseum

A box is a box... is a box... is just a box. But when the Muppet Babies get a hold of one, a box becomes an invitation for fun and fantasy. Cardboard may never seem the same after *The Muppet Babies' Magic Box*, presented by Jim Henson, brings the world of make-believe to the Nassau Veterans Memorial Coliseum for eight performances Thursday May 19 through Sunday, May 22.

Baby Kermit, Baby Gonzo, Baby Piggy and all the rest of the Muppet Babies are starring in a brand new musical stage production. And co-starring with this famous bunch of Babies are the adult Kermit the Frog, the adult Miss Piggy and a large, empty box.

In *The Muppet Babies' Magic Box*, Miss Piggy, who has just won the porcine prestigious "Pig of the Year" award, is delivering a nostalgic acceptance speech with Kermit by her side. Wishing longingly to return to the historic spot where her road to stardom began, she and Kermit begin reminiscing about a particular day from their youth. They are carried away by the memory and suddenly find themselves back in the nursery where Nanny has just left the Babies alone with orders to have the place spic-and-span when she returns in an hour. All their toys, games and assorted clutter are supposed to be tossed into a cleanup box. But when Nanny is safely out of sight, housekeeping duties are happily abandoned and the box inspires an imaginative free-for-all.

A series of fast-paced, light-hearted sketches unfolds as each of the Babies takes a turn and uses the box to help act out a favorite fantasy or dream.

Tickets for *The Muppet Babies' Magic Box* are on sale at the Nassau Coliseum box office and all Ticketmaster locations. To charge tickets by phone call (516) 888-9000 or (212) 307-7171. For further information call (516) 587-9222 or (516) 794-9300.

Performances will be:

Thursday, May 19, 7:30 pm Taco Bell/WBLI Family Night - \$3.00 discount with coupon  
Friday, May 20, 11 am\* & 7:30 pm WBAW/U.S. Laboratories Camera Night

Saturday, May 21, 11 am\*, 3 pm\*, & 7:30 pm\*  
Sunday, May 22, 1 pm\* & 4:30 pm\*

\* \$1.50 discount for children under 12 at \* performances courtesy of WALK Radio.



**WE'RE LEARNING ALL ABOUT HOSPITALS...** In celebration of "Children and Hospitals Week," Schneider Children's Hospital of Long Island Jewish Medical Center held its first annual Health Fair. School children from all over Long Island had a grand time making finger puppets from cast materials, painting with syringes and taking turns riding in wheel chairs. Debbie Baslik, Roslyn, president of the Children's Medical Fund Women's Division played clown. (L. to r.): Derek Halpern, Travis Brennan, and Evan Halpern, (rear): Marcie Rosenberg of the LIJMC Board of Trustees, all of Great Neck.

## Some Seating Still Available for Museum Ball

If you planned on meeting Miss Helen Hayes, legendary stage and screen actress, at the 1988 American Merchant Marine Museum Foundation Ball on May 6, but haven't yet made your reservations, there's still hope, said museum executive director, Captain Charles M. Renick.

Some seating is still available, he said, but reservations will be limited to the first 150 received, in order to maintain the intimacy of the evening.

The ball is the annual major fund-raising activity of the non-profit museum foundation. Tickets for the black tie gala event are \$150 each, a portion of which is tax deductible. Fine dining and music by the Ken James Orchestra will be features of the ball, which will be held in the beautiful U.S. Merchant Marine Academy Officer's Club, overlooking Long Island Sound. But, the real highlight of the evening will be the opportunity to meet Miss Hayes, who began her acting career in 1906 at age six.

To order tickets to the ball, write to the American Merchant Marine Museum, c/o U.S. Merchant Marine Academy, Kings Point, N.Y. 11024-1699 or call the museum at 773-5545.

## Coe Hall Open for Tours

Coe Hall, the historic house museum at Planting Fields Arboretum in Oyster Bay, is open for guided tours through September. The Tudor Revival country home is the former estate of insurance magnate, William R. Coe. Visitors are escorted through the main floor of the house which has been restored to its 1920's appearance. Tours are Monday through Friday from 1:00 to 3:30 p.m. Group tours are by special arrangement and are in the mornings. There is an admission fee of \$1.50 for adults; \$0.50 for seniors and children aged 7-12; children under seven years of age are admitted free.

For those unable to visit during the week, Coe Hall will be open two weekends in May in conjunction with the Collectors Eye Antique Show, April 30-May 1, and the Rhododendron Festival, May 21 and 22. In addition, the house will be open on Mother's Day, Sunday, May 8.

For more information, call 922-6479.

## TO YOUR HEALTH

By RICHARD H. BLAU, M.D.

### Psoriasis and Arthritis

My patients are surprised to learn that psoriasis may be associated with arthritis. Psoriasis is a skin condition well known to most people. Red, scaling patches are visible around the elbows and knees. Often, the fingernails and scalp are also involved.

It is estimated that as many as 10% of patients with psoriasis also suffer from a very special type of arthritis. This form, called Psoriatic arthritis, is very different from other types of arthritis discussed in previous articles.

Psoriatic arthritis often attacks the end joints of the fingers. In addition to joint involvement, swelling of an entire finger or toe may occur. A recent study at the University of Southern California found that psoriatic arthritic patients can suffer from significant arthritis of the neck.

The overall prognosis of untreated psoriatic arthritis is variable. Some patients have very little discomfort while others have significant disability. Obviously a correct diagnosis is very important. These patients often come to the attention of the rheumatologists (arthritis experts) for diagnosis and treatment.

Treatment for psoriatic arthritis may be complex. The rheumatologist will often work with the dermatologist to control the disorder. Anti-inflammatory medications, exercise, and joint protection are very effective treatments.

Arthritis strikes one out of seven people. Learn the facts. Call for your complimentary copy of "The Joint Approach - An Arthritis Overview."

Dr. Richard H. Blau is a board-certified Rheumatologist practicing in Manhasset, 516-482-6822 and Westbury, 516-997-6823.

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California Pencil Asparagus Tossed in Orange Vinaigrette

—OR—

Baby Shrimp Cocktail Served with a Sherry Flavored Cocktail Sauce

—OR—

Polo Ravioli — Homemade Seafood Ravioli, Sauce Americaine

#### SALAD

Garden Salad — Romaine, Red Leaf, Endive, Radicchio, Arugula and Watercress

#### ENTREE

Roast Rack of Veal "Plume de Veau", Mushroom Cognac Sauce

—OR—

Prime Rib of Beef, Au Jus

Grilled Swordfish Steak Served with a Pink Champagne Sauce

—OR—

Baked Breast of Chicken Stuffed with Spinach and Mushroom, Sauce Forestiere (All Entrees Served with a Stuffed Baked Potato and Medley of Vegetables)

#### DESSERT

Vanilla Ice Cream Topped with Sliced Strawberries Marinated in Grand Marnier

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# BUSINESS AND FINANCE

## Ring Group Receives Contract from GTE Hawaiian Tel

Ring Group, Inc., located in Great Neck, has announced the sale of a fully enhanced 9-1-1 automatic call distribution system to GTE Hawaiian Tel for use in Honolulu City and County, Oahu.

The Ring system is a computerized call-handling system with two proven life-saving enhancements—Automatic Number Identification and Automatic Location Identification—which instantly provide emergency services personnel with a caller's phone number and location.

The new system will serve an island-wide population of between 800,000 and 1,000,000 people.

The sale to GTE Hawaiian Tel is Ring's third to a GTE telephone company.

"Ring system installed in 1985 and 1986 in Sarasota and Manatee Counties, Florida, currently serve a combined populace of nearly 600,000 people," said Paul Buggi, president of Ring Group. "Together, GTE and Ring are helping to protect towns and counties, literally, spanning from the Atlantic to the Pacific Oceans."

The new system will be installed at Honolulu Police headquarters, where calls for police, fire or medical assistance are answered by trained screeners who route calls for help to the appropriate department for handling.

## Access the Equity In Your Home

With the value of local area homes steadily rising in recent years, the popularity of home equity loans has increased, as well. Home equity loans allow homeowners to turn the equity they've established in their homes into ready cash for their use.

The amount of a home equity loan is secured by the value of the home. This is usually up to 75 percent of the appraised value, less any balance outstanding on a fixed mortgage, up to a maximum of \$250,000. Borrowers usually receive a credit line of 120,000 minimum, with check writing privileges. Once the borrower receives the loan, he/she can use it for virtually any purpose.

Rates on home equity loans are generally variable and are based upon the prime rate. Fidelity New York Savings and Banking has recently announced a limited time offer, whereby new applicants will receive an annual percentage rate of 7.50 percent on their home equity loan for the remainder of this year. After that, the interest rate will convert to 1.50 percent above the prime rate. For further information, call Fidelity New York's Home Equity Department at 488-2400.

## NORTH SHORE BUSINESS FORUM

**When:** Wednesday, May 4th at 11:45 a.m.

**Who:** J. Peter Grace, Chairman, CEO and President, W.R. Grace & Co., Inc.

**What:** "Government Waste: Inroads on Your Business Profits"

**Where:** George Washington Manor Roslyn (opp. Clock Tower)

*The Forum Means Business!*  
Information/Reservations  
883-0930

## J. Peter Grace to Speak at North Shore Business Forum

J. Peter Grace, Chairman, Chief Executive Officer, and President of multinational W.R. Grace & Co., Inc., will focus on his primary civic target "Government Waste: Inroads on Your Business Profits" when he addresses the North Shore Business Forum at its luncheon meeting on Wednesday, May 4, at the George Washington Manor in Roslyn. The meeting will begin at 11:45 and end at 2 and is open to all. For information/reservations call 883-0930.

The North Shore Business Forum, Betty Bingham and Scotty Lee Directors, provides a place where smart business people are seen and heard, where noted speakers are seen and heard, and where who and what are seen and heard are remembered profitably. The Forum is open to all; one need not be a member to attend.

J. Peter Grace, Chairman, Chief Executive Officer and President of W.R. Grace & Co., Inc., has led his New York based corporation for more than four decades, the longest tenure for a Chief Executive of any major U.S. industrial concern.

Mr. Grace has served three Presidents—Eisenhower, Kennedy, and Reagan—and sits on numerous corporate boards. To list his participation in and recognition by business organizations, public service groups, charitable and educational institutions would take several pages. One among many of his awards is Notre Dame's Lactare Medal, the highest Catholic honor in the U.S.

Undoubtedly, however, his most publicized public service began in March 1982 when President Reagan appointed Mr. Grace Chair-



J. PETER GRACE

man of the President's Private Sector Survey on Cost Control in the Federal Government. In short, "the Grace Commission." In less than two years time, the volunteer commission that he formed, consisting of 160 top American business leaders and 2,000 corporate volunteer staff, published 2,478 specific recommendations on how to save taxpayers \$424.4 billion over three years, simply by cutting inefficiency and adopting common-sense business management practices.

## LILCO Offers Rebates on Air Conditioning

Long Island Lighting Company's residential customers can stay cool this summer—and put some cold cash in their pockets—by participating in two new air conditioner rebate programs offered by the utility.

The two programs—one for room air conditioners, the other for central air conditioning and heat pump systems—are part of LILCO's \$14 million consumer energy-saving plan, the most comprehensive in the state. The cash rebates will be offered through more than 250 appliance dealers and air conditioning contractors on Long Island.

LILCO customers who install qualifying energy-saving central air conditioning or heat pump systems as of April 1 are eligible for rebates as high as \$75 per ton; starting April 15, those who purchase high-efficiency room air conditioners can get up to a \$90 rebate. Rebates also are available to customers who upgrade their present central air or heat pump systems with more energy efficient condensers. To be eligible, LILCO requires that home cooling units be installed within its operating territory.

"We believe these rebates will give LILCO customers an incentive to step up to more energy-efficient models," said Anthony Ricca, the company's manager of energy management. "Not only will they save on the initial purchase price, but they'll cut their electric bills over the life of the appliance. The program also helps avert power shortages because it will reduce Long Island's electric consumption during peak demand periods."

LILCO officials expect that the two air conditioner rebate programs will save about 600,000 watts of power this summer. Overall, the utility's residential and business energy conservation programs should reduce summer electric consumption by 80 million watts (megawatts), they said.

The use of high-efficient air conditioners will also result in significant dollar savings for the customer. Operating cost reductions of up to 25 percent are possible by switching to more energy-efficient units, depending on the model selected.

According to Mr. Ricca, residential air conditioners use constitutes the greatest portion (20 percent) of Long Island's summer electric demand. Industry forecasts show that more than 165,000 room air conditioners will be sold on Long Island this year, up 10 percent from 1987. Another 19,000 central air conditioning

and head pump systems will be newly installed or replaced.

Consumers can get full details on the LILCO rebate programs from their local participating appliance dealer or air conditioning contractor. Further information can be obtained by calling LILCO's toll free Energy hotline, 800-692-2626, from 9 a.m. to 7:30 p.m., Monday through Saturday, and 12 noon to 5 p.m. on Sunday, or by visiting LILCO's Energy Works Center in the Sunrise Mall, Massapequa.

## New Royce Hotel Opens On Long Island

Servico, Inc., parent company of Royce Hotels, has opened its eighth Royce facility, The Royce-Carlin, in Melville.

The new Royce-Carlin is located on Route 110 at 508 Broad Hollow Road and rates as the second largest hotel now on Long Island. Constructed of red brick and green glass, the 308-room upscale hotel offers 24,000 sq. ft. of meeting and banquet space and a ballroom for up to 1,000 guests.

In addition to state-of-the-art meeting facilities, the Royce-Carlin has two restaurants, two lounges (one, a 2-tier, 10,000 sq. ft. nightclub), and a health center with two pools, tennis court and gameroom.

## IDEAL Personnel Joins Fidelity Employment Group

Fidelity Employment Group, Inc. has announced that it will supply office support personnel to Long Island business through its new affiliate—IDEAL Personnel.

According to Fidelity president Susan Evans, the division will be headed by Lyn Kobel who had been with the 40-year-old Hicksville-based IDEAL agency for the past 10 years.

As vice-president of IDEAL Personnel, Kobel has been supplying para-professional and office support personnel to Long Island's small to major firms.

Firms or individuals seeking further information are invited to call Fidelity at 496-2900.

## Business Seminar At Bloomingdale's

A business seminar titled "Starting A Successful Consulting Practice" will be offered at Bloomingdale's Garden City on Monday evening, May 9 from 7:00 to 9:00 p.m. It is designed to provide to practical insight into the fascinating field of selling advice to others.

This informative seminar will be conducted by Professor Jack K. Mandel of Nassau Community College. He is a principal of Island Craft and Business Consultants and has authored a booklet on the topic of consulting for The U.S. Small Business Administration.

Topics of the program include: how to get started; developing your credibility and image building; marketing strategies needed to build a client base; and case study profiles. Each participant will receive a "Consultant's Resource Kit" to help begin the venture professionally.

The fee for this seminar is \$20, which includes the Resource Kit. Mail your check to Bloomingdale's Consulting Seminar, P.O. Box 756, Garden City, N.Y. 11530. Space is limited and reservations will be taken in the order received. For further information, call the Bloomingdale's Public Relations office at 248-1400, ext. 2234.

## New Trustee at Old Westbury Gardens

Old Westbury Gardens has announced the election of Robert McMillan to its Board of Trustees. Mr. McMillan is a senior partner in Rivkin Radler, Dunne and Bayh, Long Island's largest law firm. He is also chairman of the Board of Directors of Fragrance Resources, Inc., a company specializing in manufacturing aroma chemicals, perfume products and creative fragrances. For many years he was corporate vice president of Avon Products, Inc. with responsibilities for several major profit centers and departments. Mr. McMillan serves as chairman of the Board of Trustees of the only professional equity theatre company on Long Island—"Long Island Stage." He is a Trustee of Adelphi University and a member of the Board of Directors of Key Bank of Long Island and Lumex, Inc. In addition, he is chairman of the newly formed Long Island Housing Partnership, a coalition of businesses, banks, universities, labor and the Diocese of Rockville Centre.

Mr. McMillan is the author of *Direct Line*, a column appearing weekly in the *Antian Community Newspapers*.

At Old Westbury Gardens, he will be active in the areas of long range planning and development.

## Social Security Answer Man

A new Social Security publication program has been introduced to allow the public to better understand the program. The new system, according to Anita Jankowski, Mineola District Manager, provides materials that are easier to understand, more attractive and better suited to the needs of each audience.

While the new publications still advise the public about Social Security services and how to obtain them, some changes have been made. The leaflets have been divided into four series, each with a specific purpose. Many people will find the general series, with information about when to contact Social Security, financial and retirement planning and reporting responsibilities, helpful.

Booklets covering specific areas, such as retirement, survivor, Medicare, Supplemental Security Income (SSI) and disability are also available free of charge. A special pamphlet, *Social Security-How It Works for You*, is also available by calling (800) 995-2000 or by writing to Social Security, Pueblo, Colorado 81009.

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14K Gold  
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14K Gold  
\$187 reg. \$250

Amethyst  
\$337 reg. \$450

14K Gold  
\$176 reg. \$235

Pearl and diamonds  
\$168 reg. \$225

Amethyst  
\$187 reg. \$250

Garnet  
\$337 reg. \$450

14K Gold  
\$112 reg. \$150

Diamond and opals  
\$221 reg. \$295

14K Gold Heart  
\$93 reg. \$125

Amethyst  
\$221 reg. \$295

14K Gold  
\$337 reg. \$450

Mother Pearl  
\$131 reg. \$175

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## Camp Goodwill Open for People with Disabilities

Applications are now available for disabled children and adults interested in attending Camp Goodwill this summer. Located in Chittenango, Camp Goodwill is owned and operated by the New York Easter Seal Society. The staff, program and special facilities at Camp Goodwill are geared to the abilities of

the physically disabled camper. Staff are carefully chosen and trained in the care of people with disabilities. A nurse is always on duty, and Camp Goodwill is located within 15 miles of Upstate Medical Center. A Certified Red Cross Water Safety Instructor is in charge of the heated double pool.

For more information, call or write Camp Goodwill, Rotary Park, Chittenango, New York 13037; telephone (315) 655-9735.

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## SPECIAL FRESH AIR CHILD

KENNY, age 11 (center), of The Fresh Air Fund joins Gil-Miguel, age 8 (left) and his brother Daniel Bernardino, age 11, in a game of soccer outside the Bernardino home. Kenny participates in The Fresh Air Fund's Weekend Respite program. This program allows children with developmental disabilities to leave New York City every six weeks during the school year and enjoy country backyards and new experiences.

Through the Weekend Respite program, youngsters like Kenny with Down Syndrome or other mild to moderate forms of mental retardation get a chance to cope with new people and new experiences, to make friends and become more independent. Parents appreciate a break from the care of a child with special needs, and host families enjoy giving of themselves and gain an understanding of children with disabilities. For more information about The Fresh Air Fund and the Weekend Respite program, call Rima Wexler at (212) 221-0000.

(Photo credit: Scott Areman)

## Dinner Dance to Benefit INN

A gala dinner-dance on Friday, May 13, will raise funds for the homeless on Long Island, sponsored by the Interfaith Nutrition Network (INN), according to Michael Moran, executive director of INN.

The event, to be held in Cold Spring Hills, will honor Adrian Cabral, executive director of Nassau County Health and Welfare Council, for his outstanding work in assisting programs for the homeless and poor on Long Island.

The dinner-dance will be held at the former home of the late financier, Otto H. Kahn. The 170-room mansion, known as OHEKA (an acronym for Otto Hermann Kahn), is considered the nation's largest private residence.

Interfaith Nutrition Network, a non-profit organization, often called the INN, operates

twelve soup kitchens and five emergency shelters at various sites in Nassau and Suffolk. It is currently seeking additional volunteers to bolster its growing programs. Funds gained from the dinner-dance will be used toward expanding these programs.

The INN feeds more than 1,000 people a day and houses more than 60 people in emergency shelters. Hundreds of others are given take-home packages for those, such as school-age children and the ill, who cannot get to the INN. Professional help by social workers, job counselors and health aids is also available.

For further information on the dinner dance or other INN programs, call Michael Moran at 486-8506 or write to him at 148 Front Street, Hempstead 11550.

## Host Families Needed For Foreign Teens

Four hundred French, German and Spanish teenagers are due to arrive in New York State this summer, but so far only half of them have homes for their month-long visits.

Homes are needed for the foreign students, said Stephen and Alice Murphy, state coordinators of Nacel Cultural Exchange, a non-profit international organization run by European and American language teachers.

The students are fully insured, have their

own spending money and have a minimum of four years of English. Their purpose in coming is to experience the American way of life. Families need not have teenagers to apply for the program.

The first group of students will arrive June 29 and stay until July 27; the second group will arrive July 26 and leave August 23.

Any family interested in hosting or wishing further information is asked to contact Eileen Buglion, 17 Hawk Lane, Hauppauge, N.Y. 11788; telephone 724-7138 or 800-451-0503.

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## Eye on the Law: Detective Story

By A. Anthony Miller

**Editor's Note:** this is another in a series of essays in which our reporter examines the way the law functions in this county.

Most people believe detectives are just like what you see on television: they're always lieutenants, they work by themselves, never contact headquarters, arrive on the scene just in time to catch the murderer before he kills the heroine, and the crime is always solved within 60 minutes - less time for commercials and closing credits. If you believe this, you couldn't be further from the truth if you tried.

In the real-life world of the Nassau County Police Department, detectives function in a tightly-knit well-regimented method, under strict control of Wayne T. Seay, the Chief of Detectives, who took time out recently to ex-

plain how things are really done. (The name Seay is pronounced as if the last letter was not there.)

chief of detectives (there are two of them), and finally, there is THE chief of detectives, who is at once typical of his men and in many ways, unique.

The command structure meets every morning to review important cases and make determinations on the progress of a case. Will extra manpower help? Chief Seay can assign additional detectives. Is lab work required? Is overtime called for? Anyone else have a slant on this case? The team effort pays off, and the management style is a plus for everyone. Nothing is overlooked.

### Becoming a Detective

For a police officer to become a detective, he must be recommended by his sergeant or lieutenant, based on aptitude and performance of duties. How the officer carries out his assignments, how he deals with people, how self-starting he is, are only some of the factors considered. We say "he," but today's detectives are chosen from both sexes. Police brass receive recommendations from all commands, and formulate a list from which the commissioner ultimately will make selections based on the number of openings.

The officers selected will be assigned to detective school, taught at the police academy, for a three week basic investigation course. He will then bridge the gap from theory to the practical by being assigned to work with an experienced detective for another few weeks.

After working in the detective unit for some seven to eight months, the officer will be formally evaluated, and a decision will be made whether to retain or return him to patrol work. Most men, Chief Seay said, stay.

### How The Detective Works

While most detectives work in one of the eight precinct squads, some are sent to specialized units: bomb squad, homicide squad, robbery squad, and so on. Each detective is responsible to work on his own cases, and will team with another detective on an arrest or when conducting an investigation "in the field." When one detective is assigned to "catch" new incoming cases, another will back up him and help out with paperwork, telephone calls, and so on.

What cases are assigned to detectives? All felonies and certain misdemeanors, plus whatever jobs the uniformed lieutenant thinks detectives should look into. In 1987, the detective division investigated more than 37,000 cases, with burglary (8000) the most common, and one of the hardest to solve.

Officers in uniform usually handle all cases initially. Where a case cannot be resolved rapidly, the need to keep them on patrol and available for other calls dictates the need to assign it to a detective, who will gather evidence, conduct extensive interviews, work with the district attorney on the prosecution of the accused, and co-ordinate with specialized or technical squads, such as polygraph or the police laboratory.



Chief Seay, at left, with two of the reasons why the headquarters detective division works as well as it does: Lt. Albert Anderson, seated at center, and Det. Al Helmske. Photo by A. Anthony Miller

### Promotions

Like uniform officers, detectives may take competitive tests for promotion to sergeant, lieutenant and finally to captain, the highest civil service rank. All other titles above the rank of captain are appointive and serve at the pleasure of the police commissioner. A man who is promoted usually is returned to uniform, at least for a time, to round out his education as a supervisor and give him greater experience. Those who show exceptional talent may be returned to the detective division after one or two years in uniform.

### The Chief

And what about Chief Seay? He was reluctant to discuss himself, but through other sources in the department, some background on the top sleuth was gleaned. At 52, he's been a police officer 30 years. The chief of detectives doesn't work on individual cases, his function being that of supervisor, administrator and bridge between his men and the police commissioner. Nonetheless, if a case is of sufficient importance, you may find him at the scene, lending his expertise.

Appointed to the department in 1958, Chief Seay was promoted to sergeant in 1966, to lieutenant four years later, and then to captain in 1974. He was made deputy inspector in 1976, inspector the following year, deputy chief inspector in 1981, and assistant chief inspector in 1983. In 1984 he was named chief of detectives. While climbing through the ranks, the chief didn't ignore the value of education: he received an associate's degree from Nassau Community College in 1975 and his bachelor's degree from Adelphi in 1978. He took a master's degree in police science at Post College in 1980.

Nor did Chief Seay, a black belt in judo, an accomplished pistol shot, and tournament-quality chess player, stint in police education: he graduated from the FBI National Academy in 1978, and was named Detective Association "Law Enforcement Man of the Year" in 1987. Leader of the Hostage Negotiation Team from 1975 to 1981, the chief is the author of several magazine articles on police topics.

He's quiet, effective and thorough. And he's one of the reasons why the Nassau police department has a top detective squad.



Chief Seay visits the homicide squad to check the progress of a case. At right is Det. Sgt. Robert Edwards, deputy commanding officer; manning phones are, at left, Det. Gary Abbondandolo and at rear, Det. Jeri Mullins. Photo by A. Anthony Miller



Det. Arthur Kreitzman, on telephone, takes incoming call for the central detective office at Mineola headquarters as Chief Seay, standing, confers with Det. Michael Greene, seated at computer. Photo by A. Anthony Miller

plain how things are really done. (The name Seay is pronounced as if the last letter was not there.)

In television, detectives are always "lieutenant" or "inspector". In real life, those titles signify high-ranking officers, who supervise a number of investigations and detectives rather than handle the minute details of any one particular case. Even the title "detective" is a designation of a police officer to a particular job, rather than a civil service title, because a detective serves at the pleasure of the police commissioner. A detective is equal in rank to a police officer, and lower than a sergeant in the chain of command, although his salary structure is higher than that of the uniformed officer.

There are about 580 detectives in Nassau County, some 320 of whom work in the eight precinct detective squads. Each such squad, under the command of a lieutenant, has 21 to 30 men plus a number of sergeants. The lieutenant in turn reports to an inspector (there are no detective captains at present). The inspectors are accountable to a deputy



Members of the Guild of St. Francis Hospital prepare for the annual flower sale. (L-r) front row: Helen Rosel, of Roslyn, Viola Ferrin of Manhasset, and Vera Protosow, of Douglaston; back row: Natalie Dutra, Althea Laura, and Louise O'Connor, all of Manhasset. Missing from the photo is Evelyn Muller of Valley Stream. The sale will include: pockets, flats-pots, and hanging baskets of impatiens, begonias, fuchsias and other plants. The deadline for ordering is May 6 and flowers may be picked up at St. Clare's Pavilion on May 13 and 14 from 10 a.m.-4 p.m. All proceeds will benefit St. Francis Hospital. For further information, call 627-4390.

## Country Fair At Portledge School

Vibrant red, white and blue will color a Fair for all...this year's Portledge School Annual Country Fair commemorating the Constitutional Bicentennial. It will be held on Saturday, May 14 (rain or shine) from 10 a.m. to 4 p.m. on the 64-acre campus on Duck Pond Road in Locust Valley.

Lori Bahnik and Vicki Greenfield, Fair Chairmen, promise a day of fun with games, rides, wonderful things to buy, and great food to eat—all to the music of the high-stepping, heart-warming Clan Gordon Pipers.

Pony rides, the Hay Dive, games, and amusement-park rides will be available for children of all ages. The many stalls containing antiques, white elephants, beautiful handmade articles, new merchandise of various types, the book mart, and the flower and plant shop will also be at the Fair.

From the ubiquitous hot dog and hamburger to exotic Vietnamese dishes the food tents will be dispensing refreshments all day. At Frozen Assets, ready-for-the-oven appetizers, entrees and desserts will be available to take home and enjoy. The baked goods tent will feature homemade goodies.

For children big and small, there are two

new activities—a Martial Arts Demonstration, and Hi Striker, a chance to show off those rippling muscles and that great prowess.

Chances to win prizes from local merchants will be on sale, including a trip to Bermuda and a lifetime Paddington Bear.

For further information, call the school at 671-1475.

## 'Children of a Lesser God'

The Parents and Friends Association of Human Resources School (HRS) are sponsoring a Dinner Show. The 7 p.m. performance of *Children of a Lesser God* by the Malverne Players will be Saturday, April 30, at the Beinecke Adapted Sports Theater, Human Resources School, I. U. Willets Road, Albertson.

A complete buffet dinner will be available. Reservations are needed as no tickets will be sold at the door. Tickets are \$20.00 per person before Friday, April 22. Call HRS Office: 747-5400, Ext. 1511 or 1514, or Ann Leale: 593-5390.

# HEALTH AND FITNESS

## Fighting A Chronic Fatigue

"Yuppie Plague."

"Lake Tahoe Disease."

"The Malaise of the Eighties."

Doctors had referred to the baffling condition that was making headlines as Chronic Epstein-Barr Virus (CEBV).

Then 16 physicians held a conference in February, 1988, at the Center for Disease Control, in Georgia, and acknowledged that an illness brought on by viral infection of the B blood cells definitely does exist. The doctors defined the illness and assigned to it an official name.

Chronic Fatigue Syndrome is a disease without a cure, and having to endure the oppressive fatigue, accompanied by any number of the other symptoms, is no way to live. Yet, this disease hasn't proved fatal, so it will not be posting the kind of statistics that have been posted by AIDS.

The illness has displayed some puzzling peculiarities. One is its persecution of the articulate, well-educated, highly motivated and normally active in our society—people living particularly stress-filled lives. Stress has been known to lower the body's immune system. Doctors have even suggested that it may be the stress, or some other environmental factor—such as a bout of flu—working in conjunction with the virus, that may account for the disease and its usually sudden onset. However, it is not known what factor or factors, if any, actually bring on the syndrome, which, unlike the flu, lingers on.

Moody depressions further cloud prognosis. Doctors are attempting to find ways to at least treat the symptoms. In the face of their affliction, patients need a place to turn for counseling, advice, and sympathetic shoulders.

Barbara Kissin, Director of Social Work at the Winthrop University Hospital in Mineola,

was stricken by Chronic Fatigue Syndrome six years ago. Through her position at Winthrop, she was able to start a support group, which is a local branch of the National Chronic Fatigue Syndrome Association that's headquartered in Oregon. The Winthrop group is now in its third year and meets once a month. Kissin reports an ebb and flow of attendance, "which seems to depend on the state of health of our members. Some are faithful and attend every meeting. Other times, the Breed Room is crowded with people who come only when they have experienced a relapse, or newcomers who are there for the first time."

An exact number of sufferers can not be given, but the spread of their symptoms is being reported in alarming numbers. "I'm convinced we're having an epidemic here," says Kathy Adler of Holbrook, founder of the Chronic Fatigue Syndrome Association of Suffolk County and one of its three directors.

Adler, who broadcasts the half hour radio program "Straight Talk with Kathy Adler" five nights a week on WLIX radio in Bay Shore, describes herself as "basically a housewife, and I have two daughters" in her household. Andrea, now ten, was first to experience the symptoms; then the disease struck again, claiming her other daughter; and again, claiming Kathy herself.

Adler ran an ad in her local paper a few months ago which read, "Virus Got You Down?" She received 35 letters responding to her ad, and started the support group which meets on the first Thursday of every month, at the Mather Memorial Hospital in Port Jefferson. Since its formation, Adler and the group's two other directors have been receiving "a total of 30 to 40 calls a week" from Suffolk residents seeking information on the subject, she reports.

The illness has forced her to play repeat tapes of her radio program, but Adler is taking advantage of every remission. She has become a guiding force in efforts to educate and organize legal support on the local and state levels for the syndrome, which she views as a public health menace. Hearing of a Dr. Anthony Kamaroff, Director of General Medicine at Brigham Men's and Women's Hospital, in Boston, Adler caught the first shuttle she could and conducted a video-taped interview with Dr. Kamaroff—"to be used as an educational device for families and for school systems. Kamaroff has examined over 500 patients diagnosed with the syndrome and is considered to be an expert on it," Adler explains.

Then, on April 18, she went before the Medical Health Committee of the Suffolk County Legislature, in Hauppauge. Her objective was "to move on the Board of Health and have Chronic Fatigue Syndrome officially recognized." Adler, in the company of a lone physician who attended merely to observe, met with disastrous results, but called committee chairman John Foley the next day. "He invited me to come back in June. I plan to have more people with me next time," she says. A hearing by the state legislature is also on her agenda.

"The hardest part is that we're not believed," she says. "Doctors here about the crying and moodiness, so they relegate that all your other symptoms under one big psychological umbrella."

Until a cure, or at least some sure-fire treatment of the symptoms is discovered, Kathy Adler prescribes this remedy:

"Laughing, Funny videos. The Bible says laughing is good for you."

By Bettina Cohen

According to the *Annals of Internal Medicine*, in order to be diagnosed as having Chronic Fatigue Syndrome, a person must manifest at least eight of these 11 symptoms:

- Sore throat;
- Mild Fever
- Swollen and Painful lymph nodes;
- Painful joints;
- Muscle weakness and pain;
- Headaches;
- Sleeping disorders;
- Sudden onset of symptoms;
- Confusion or forgetfulness;
- Depression;
- Fatigue lasting at least 24 hours after moderate exercise.

In addition, there is no definitive test that can point directly to Chronic Fatigue Syndrome as the cause of these symptoms, so the person must test negative for all other possible conditions, such as diabetes, cancer, brain tumor, Alzheimer's, allergies, and AIDS.

To contact Barbara Kissin at Winthrop University Hospital, call 663-2341.

To contact the Chronic Fatigue Syndrome Association of Suffolk County's 24-hour hotline, call 548-8237.

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# HEALTH AND FITNESS

## The Warning Signs Of Arthritis

What you don't know about arthritis can hurt you, warns the Arthritis Foundation.

"Knowledge is the most important defense against arthritis," said Robert M. Marcus, M.D., Chairman of the Public Education Committee of the Long Island Chapter of the Arthritis Foundation. "People who take a little time now to learn the facts about arthritis will save themselves a lot of pain and money later."

According to the Foundation, arthritis is our country's number one crippling health condition and it affects a surprising number of Americans—one in every seven. Although there is no cure for this often serious group of diseases, much of the pain and crippling can be prevented or delayed, by early diagnosis and treatment.

For those people who think they might have arthritis, the Arthritis Foundation noted that there are warning signals which should alert them to seek medical attention immediately.

- Swelling in one or more joints
- Early morning stiffness
- Recurring pain or tenderness in any joint
- Inability to move a joint normally
- Obvious redness and warmth in a joint
- Unexplained weight loss, fever or weakness combined with joint pain
- Symptoms like these persisting for more than two weeks.

These warning signals often are clues to rheumatoid arthritis, lupus, and other inflammatory types of arthritis such as the arthritis associated with psoriasis, colitis, inflamed lungs, and inflamed eyes.

According to the Foundation, thousands of Americans will get inflammatory types of arthritis this year and many of these people will go untreated because they do not take

arthritis and its warning signs seriously. Or they may think because there is no cure, there is also no help. Because of misconceptions like these, people endure needless pain, suffering and sometimes even disability.

The most common form of arthritis, osteoarthritis (OA), is due to wear and tear to cartilage and bones. In OA, pains often follow weight bearing forces or stresses of the neck or back. As the usual warning signals are absent in OA, a person often does not know to protect his/her joints from repetitive injury until it is too late and the damage is done.

Medication, along with a combination of exercise, joint protection and rest, are frequently part of the total treatment plan for arthritis prescribed by a doctor. These treatments are designed to help control pain and to prevent or delay joint deformity.

"A chronic disease such as a form of arthritis affects both a person's health and lifestyle," said Dr. Marcus. "But, people with arthritis who are properly informed can learn to handle the pain and limitation associated with their disease. In fact, many people with arthritis are able to lead full and active lives."

The Arthritis Foundation is the only national voluntary health organization looking for causes, cures and prevention of all the forms of arthritis. For more information about arthritis, its detection and treatment, write to the Long Island Chapter of the Arthritis Foundation, 501 Walt Whitman Road, Melville, NY 11747 and ask for a copy of "A Serious Look at the Facts on Long Island." You will also receive a list of almost 100 free publications covering the different aspects of arthritis. Please enclose a long self-addressed stamped envelope with your request.

## Controlling Your Child's Sweet Tooth

Do you have a sweet tooth? Most Americans do—and to satisfy it, each one is eating about a cup of sugar each day. Experts say this hankering for sweets starts early. Babies get sugary drinks as pacifiers, toddlers get sweets as rewards, and older children get bombarded with the sweet message in TV ads for candies and presweetened cereals. The more sweets children eat, the more they prefer sweet tastes—and the more tooth decay they're likely to get. Three out of every four kindergartners have cavities.

A sweet tooth isn't born, it's developed. The good news is a craving for low-sugar food can be developed, too. Learn to enjoy natural

flavors of foods. Cut down on sugar in recipes. Check ingredient labels. If sugar or corn syrup is listed first or second, it's probably a high-sugar food. Switch to low sugar breakfast cereals. You'll break the habit that accounts for a large percent age of all the sugar our children eat. And control that sweet tooth before it becomes a decayed or false tooth.

For a free listing of the sugar content of more than 80 breakfast cereals, send a self-addressed, stamped, legal sized envelope to: Cereals, Home Economics Program, Cornell Cooperative Extension, 246 Griffing Avenue, Riverhead, New York 11901.

## Medical School at NYIT Named by World Health Organization as Collaborating Center for Occupational Health

The World Health Organization, after consultation with the U.S. Government, has informed Dr. Philip F. Fleisher, dean of New York College of Osteopathic Medicine, of NYIT, that the college is one of four named as a collaborating center for occupational health based on the work done in its Department of Occupational Health, Ergonomics and Biomechanics.

The designation will be effective for a period of four years, according to Carlyle Guerra deMacedo, Director, Pan American Health Organization, Pan American Sanitary Bureau, Regional Office of the World Health Organization.

NYCOM, established at NYIT in 1977 and dedicated to family medicine and the scholarly pursuit of new knowledge concerning human health and disease with specific attention to the roles of the neuromuscular and musculoskeletal systems, has maintained the Harry Van Arsdeale, Jr. Department of Occupational Medicine at the Old Westbury Campus. Named for the late labor leader, it assures that the principles of occupational health are interspersed

throughout the four-year curriculum at NYCOM and will include rotations in occupational medicine.

The Department of Occupational Health, Ergonomics and Biomechanics and the biomechanics laboratory were founded to quantify human motion and the loads imposed on the musculoskeletal system. Activities in the workplace, sports and every day living can be monitored to determine normal and pathological ranges and to develop methods for injury prevention.

In biomechanics, professionals from the fields of medicine, engineering, mathematics and computer science have been brought together to conduct thorough biomechanical analyses. The lab consists of a range of computer-based data acquisition and display equipment to allow for an accurate determination of the position, velocity, force and muscle activity of the human body. Information can be acquired noninvasively using the Vicon Data Analysis System. Efforts are being directed toward intensive evaluation of posture, gait and spinal function.

Contemporary  
Health Care Issues

## Repeat Cesarean Sections... Are They Necessary?

The increasing incidence of cesarean births in this decade has become quite controversial in both the medical and public communities. Although primary cesarean section has been accepted as one of several factors responsible for delivering healthy babies, repeat cesarean section, which contributes to over 30 percent of all cesarean sections in the United States today, has not.

Today's current research supports the practice of allowing an adequately screened woman in a well controlled hospital the choice of vaginal delivery. A trial of labor is as safe, or safer, than an elective repeat cesarean section. This is good news for all women, for many patients desire to share their birthing experience with husbands and/or family members.

Childbirth educators as well as obstetricians are now urging their pregnant patients with previous cesarean sections to request and undergo a trial of labor. Before a woman selects a physician and a hospital, she should realize her new options and discuss them fully.

This medical news is being brought to you as a service by the Long Island Women's Health Care Group. We're a dedicated group of obstetrician-gynecologists who treat each patient as an individual. We're affiliated with the Maternal Child Care Center at Winthrop-University Hospital.

Michael M. Sber, M.D., F.A.C.O.G., F.A.C.S.  
Gary M. Levine, M.D., F.A.C.O.G., F.A.C.S.  
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# HEALTH AND FITNESS

## Health And Fitness For the Rest Of Your Life

It's not a guarantee. But everyone can choose a life-style that promotes this goal. Proper exercise and dietary habits go a long way in reducing your risk of heart related diseases and several other ailments. Home Fitness, Inc., was established to promote this health related fitness goal by three university professors, two of whom are well known researchers in the fields of Exercise, Weight Control and Nutrition.

Home Fitness, Inc., brings Exercise Training and Nutrition Counseling services to the homes of their clients. In establishing the firm, Drs. McArdle, Toner, and Narayanan, the three directors, set out to construct a program which ultimately offers the client an opportunity to be independent of the exercise specialist. To achieve this goal, their prime commitment was to develop an educated, self-reliant client with sophisticated knowledge of the important interrelationships between health and physical fitness.

Achieving fitness is an ongoing process. To maintain the important benefits of exercise it must be done regularly. To this end, Home Fitness, Inc., realizes that any successful program of exercise must revolve around each client's unique interests and lifestyle. In this way, exercise becomes second nature and incorporated in daily living. To increase the likelihood of long-term success, the broader based health-related benefits of the proper kind of exercise and nutrition are fully explained in the educational component of the program. This certainly is an added incentive for lifelong fitness.

Dr. McArdle and Dr. Toner hold Ph.D. degrees in the field of exercise physiology, are university professors, and have numerous publications in the field of exercise and weight control. They are consultants to several well known national organizations and are Fellows of the American College of Sports Medicine.

This expertise provides the unique background to formulate a scientifically based health related program of proper exercise and weight control.

The first visit by an exercise specialist is complimentary. During this visit the nature of the program and the exercise and evaluation procedures are explained. Following this presentation, if the individual wishes to enroll into the program, several details are taken down with regard to the client's medical history and

lifestyle. A medical clearance from the client's personal physician is required before going on to the second visit and start of the program. Then, the client's complete fitness profile is evaluated. Several tests are performed to measure flexibility, muscular strength and endurance, cardiovascular fitness, and body composition. Based on these results, a program is prescribed in the third visit. From the third visit onwards, the exercise regimen begins. This regimen is upgraded regularly as the client's

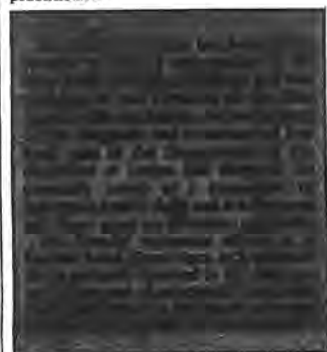
exercise capacity improves.

While the office of Home Fitness, Inc., is located in Oyster Bay, they serve most of Long Island: Nassau, Western Suffolk and Queens. Their services are available outside office hours and on week-ends. A complimentary visit can be scheduled by calling their office at (516) 624-7054 between 9 a.m. and 5 p.m., Monday through Friday.

## Booklet About Health Practitioners Available

The State Consumer Protection Board (CPB) has announced the publication of a new booklet titled, "Health Practitioners and What They Do." The booklet lists and describes the different types of health professionals available to consumers.

Richard M. Kessel, Executive Director of the CPB, said that the publication is intended to help consumers tell the difference between different health practitioners, some whose fields sound similar. The booklet also offers consumers guidelines that can help in their search for a particular health practitioner.



## Anxiety Causes Physical Reactions

Anxiety takes its toll on the whole body, not just the mind, according to research by a physical education professor at The Pennsylvania State University.

"If the people only worried between their ears, there would be no difficulty," says Dr. Dorothy Harris. "But people's worries show up in their colons, their blood pressure and all the hot spots. We think with our whole bodies, not just our heads."

Harris' research, in conjunction with Robert T. Durall, a graduate student in the sports psychology program, centers on mental rehearsals by athletes.

Members of the men's gymnastics team were tested in vault and floor exercises and members of the women's team were tested in vault and balance beam.

Each of them was instructed to visualize his or her rehearsal routines and to depress a timing device when finished. During the mental rehearsal, the subjects had electrodes attached to their upper legs and forearms and their heart rates were measured.

While lying down in a relaxed state, the subjects showed a physical activation which proved Harris' point that people "think with their whole bodies."

No significant difference was discovered between the times of mental and actual rehearsal for any activities other than the vault.

Harris feels that people can learn to regulate the physical reactions that are triggered by the mind. The implications move beyond the field of athletics, although Harris feels that athletics are perfectly suited to research of this nature.

"Competitive sports serve as the best laboratory for studying anxiety," he says. "Most kids take part in athletics and they are highly motivated to improve. Often, this is done publicly. Kids may know they can do something in practice but, in public, performance can be different."

Athletes are trained to deal with the anxiety, Harris explains, but the principles are the same for everyone.

"The idea extends to everyone," she says. "The anxiety can mean anything from blanking out on an exam to forgetting someone's name in a nervous social setting."

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# HEALTH AND FITNESS

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frame, fitness level and goals, as well as your food and activity preferences.

Based in a large, modern facility (Plainview Medical Group, 100 Manetto Hill Rd., 822-2541) Start Smart offers clients on-going support groups and individual follow up. Their services include cardiac stress and lung function testing, complete blood testing, including cardiac risk tests, chest x-ray, hearing and vision testing capability and a skilled, professional staff to design a realistic program that will reflect your lifestyle, your needs and your individual profile. Much of this testing may be reimbursable under qualified medical plans.

The facility is convenient to all major parkways and serves clients from Nassau and Suffolk. Call 822-2541. Be Smart—Start Smart.

## Back Pain Center Established at NYIT's New York College of Osteopathic Medicine

In response to the growing need for qualified treatment of chronic back disorders, New York College of Osteopathic Medicine of New York Institute of Technology has assembled a team of skilled physicians and health professionals—experts in their field—and an array of advanced diagnostic equipment, to create a Back Pain Center.

Historically, osteopathic medicine has been at the forefront of the study and treatment of back pain for over 75 years and stresses a comprehensive approach to medical care and preventive maintenance. Recent medical findings indicate that there are multiple causes of pain not traceable to any one particular source.

Diagnosis and treatment are structured on a broad-based approach. Patients receive an initial consultation which includes a study of factors vital to proper

diagnosis/treatment such as stress, nutrition, psychological profile, work/home environment and lifestyle; comprehensive medical history and physical examination; diagnostic review including range of motion, muscle strength and exercise prescription potential.

A follow-up consultation is scheduled for each participant at which time an individual portfolio is presented. Plans for treatment may include therapeutic recommendations such as nutritional counseling, stress reduction, osteopathic manipulation therapy, behavioral modification, pain management, exercise program, psychological counseling, rehabilitation and drug therapy.

The Back Pain Center is located in NYCOM's Academic Health Care Center, New York Institute of Technology, Old Westbury Campus, located on Northern Boulevard (Rte. 25A) east of Glen Cove Road. Medical appointments may be secured by calling the Center at 516/626-6900.

## Diet Designed to Help Control Diabetes Can Benefit Health of Most Americans

Shrimp stroganoff, Strawberry yogurt pie, Cranberry fruit sauce. Do they sound like diet foods? Well, they are.

These were among the winning recipes of the *Glucotrol® (glipizide) Meal Challenge*, a national recipe contest for people with diabetes. The contest was sponsored by Roerig, a division of Pfizer Pharmaceuticals.

Control of elevated blood sugar levels is key to diabetes management and diet is the main method of that control.

Many of the 4.6 million Americans with Type II diabetes must follow diets that strictly limit their intake of calories, sugars and fats. So, preparing good-tasting foods that are appropriate can be challenging. But it can be done!

The prize-winning dessert, Mrs. Charles Burrows' Strawberry Yogurt Pie, is proof. Mrs. Burrows' pie:

- Substitutes low-calorie yogurt to replace high-fat cream for richness;
- Calls for oats, a natural complex carbohydrate, instead of flour;
- Adds extra flavor with spices such as cin-

namon and vanilla, rather than salt;

- Uses sugar substitutes to sweeten, instead of sugar.

"We can all take a lesson from the diabetic diet," said Marion Franz, director of nutrition, International Diabetes Center, and a contest judge. "Recent recommendations by the American Diabetes Association (ADA) are very similar to those of the American Heart Association, the American Cancer Society and the U. S. Dietary Guidelines by the Department of Health and Human Services."

- To optimize health, all four groups advise:
- Maintain desirable body weight;
- Reduce dietary fat;
- Increase intake of starch and fiber;
- Moderate consumption of sugar and salt.

"We've learned that what's good for helping control diabetes is also good for preventing heart disease and cancer, and for most everyone's general health," said Ms. Franz.

Roerig is planning to publish, and offer free of charge, a cookbook featuring the *Glucotrol® Meal Challenge* recipes. For a free copy, see your physician.

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# HEALTH AND FITNESS

## Weight Control Program Proves Highly Successful

Remarkable things can happen when a person loses weight in a nutritionally sound program that emphasizes permanent changes in eating habits. An example is what happened to John D. Murray, a youthful-looking, 48 year old sociology professor at Manhattanville College.

John, who is 6 feet, 2 inches tall and weighed 262 pounds in May of 1987, was attracted to a healthy weight loss program offered by The Institute for Eating Disorders.

He was told by Dr. Jeffrey J. Felixbrod, the behavioral psychologist who directs the Institute, that a slow, healthy weight loss program might allow him to consume more calories per day after reaching his goal weight than would be the case if he were to lose weight quickly. "This is because the body often adapts to low-calorie dieting by burning calories more slowly. When this happens, it is enormously difficult to keep the weight off," Dr. Felixbrod explained. John was initially skeptical.

As of April, 1988, John had lost 78 pounds — but his friends are puzzled and amazed. Recently, many have observed him dining regularly and eating heartily at places ranging from neighborhood restaurants to classy restaurants on Manhattan's east side. "How can you do this without gaining the weight back?" they ask with astonishment.

"The answer is simple," according to John. "By participating in a weight control program that emphasizes slow weight loss, good nutrition, changing eating habits, and increasing physical activity, I have to consume at least 2,600 calories per day or I'll continue to lose weight!" Needless to say, many are envious not only of the improvement in John's appearance, but of the way he is able to eat without gaining weight.

When asked about the long-term results of his weight control programs, Dr. Felixbrod talks about one of his most famous patients.

Nearly three years ago, the *Gannett Westchester Newspapers* reported that a Yonkers woman took a 122.7 mile walk from

the steps of St. Joseph's Medical Center to the doors of the University of Pennsylvania to dramatize her extraordinary success in a weight control program.

Barbara Ciegler Cann chose the beginning and end points of her six-day journey because Dr. Felixbrod's program at St. Joseph's Hospital is where she took part in a treatment that was originally developed at the University of Pennsylvania School of Medicine.

Mrs. Cann had been overweight since she was 12 years old, and since 1972 had been afflicted with colitis and high blood pressure which continued to pose a great risk to her health through 1984.

Her mother had suffered greatly from diseases related to long-term obesity and Mrs. Cann said she was "fearful she would end up in the same position!" When she joined Dr. Felixbrod's weight control program in March of 1984, Mrs. Cann, who is 5 feet, 6 inches tall, weighed 266 pounds. In 13 months she lost 120 pounds on the program.

Now, almost three years later, Mrs. Cann has successfully maintained her weight loss. "For the first time in 22 years, I'm healthy and I feel no physical pain," she said. "I don't stand out in crowds anymore," she explained. "People of normal weight can never understand how obese people feel."

Dr. Felixbrod points out that this weight control program is not a diet. "Almost 98 people out of one hundred gain their weight back following popular diets and rapid weight loss methods. On the other hand, our programs emphasize good nutrition, appropriate eating habits, psychological approaches to self-discipline, and lifestyle change. Medical evidence reveals that this is the most successful approach to permanent weight control."

Professor Kelly D. Brownell, a leading obesity researcher at the University of Pennsylvania School of Medicine, agrees: "Permanent weight loss is the goal, so select a program that will help you change your

lifestyle. Be suspicious of popular diet programs, since many are filled with senseless gimmicks. A program should focus on sensible changes in nutrition and lifestyle, and should be based on the best scientific studies available."

available."

The programs run by Dr. Felixbrod at The Institute for Eating Disorders are available at his Manhasset Hills offices. According to Dr. Felixbrod, "Approximately 80 percent of patients with eating disorders pay a weekly out-of-pocket expense of five dollars or less." For further information, contact Dr. Felixbrod at (516) 294-5000.

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## IMPROVING SELF-ESTEEM

By: Dr. Charlie Weber, Ph.D.



Self-esteem is what people think about themselves. It answers the two basic questions:

AM I LOVABLE? AM I CAPABLE?

Self-esteem is developed very early in life. It's earliest foundations are built on the consistent love, interest and encouragement provided by one's parents. The unconditional love and support given by one's family teaches the child that they are lovable.

As a young child grows he or she is faced with learning how to solve increasing numbers of life's problems. As time passes, these problems become more complex both physically and emotionally. Failure becomes an inevitable part of learning. The young child learns to accept their failures when they believe they are lovable in spite of these failures.

In today's competitive society, too often we unknowingly give our children the message that they are loved more when they are successful and loved less when they fail. The message becomes, "If I am capable,

then I am lovable". This results in a fragile sense of positive self-esteem. One's self-worth is only as secure as one's last success. Failure brings down this house of cards.

The strongest self-esteem is built on the foundation of unconditional love, acceptance and support. From this foundation one can learn to be capable. Success should never be a prerequisite for being lovable.

Some warning signals of low self-esteem are:

- persistent anxiety over one's performance...
- persistent self-critical thoughts and feelings.
- persistent feelings of failure, in spite of numerous successes.
- never feeling satisfied that you've done a good job.
- never feeling good about yourself.

In some instances when people have persistently low self-esteem psychotherapy can be helpful. Presented by: Dr. Charlie Weber, Ph.D. He is available for individual, marital and family psychotherapy. Phone (516) 627-0259.

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# HEALTH AND FITNESS

## Health Tips: High Blood Pressure?

- Have it checked regularly.
- Keep weight at your correct level.
- Don't use excessive salt.
- Maintain a low fat-low cholesterol diet.
- Don't smoke! • Restrict alcohol.
- Take prescribed medications exactly as ordered.
- Have regular check-up—keep the appointments—be honest with your doctor.

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## The Message is Massage

Massage is one of the oldest healing arts, originating in China approximately 3,000 B.C. Throughout the centuries massage has been prescribed for specific illnesses. Today you can experience all of the benefits from a therapeutic massage designed for your individual needs. A therapeutic massage can:

- Increase blood circulation, thus affecting all body systems.
- Promote healthy nutrition of body tissues.
- Help detoxify the whole system by increasing activity of the elimination system.
- Speed elimination of lactic acid from sore and stiff muscles.
- Help hasten the healing process of strained muscles, sprains, fractures and dislocations.
- Greatly reduce stress that can contribute to aches, pains, tension in the eyes, jaw, neck, chest, stomach or back.
- Help eliminate chronic stress found to cause ulcers, heart conditions, arthritis, digestive disorders and many other common illnesses.

- Diminishes chronic pain and muscle spasms.
- Improves recovery time from traumatic sports injuries and accidents.

Many dancers, runners and other professional athletes have discovered that massage can help them achieve peak performance, as well as prevent injuries. Physicians, chiropractors, psychologists, athletes, nutritionists and other health professionals now recognize the special value massage has to offer. By removing lactic acid from the system, the athlete can train more consistently with less pain. Whether you are a dancer, marathon runner, weekend athlete or an active New Yorker, you will benefit from massage. Whatever your activity may be in today's stressful world, massage is not a luxury but a necessary, practical, preventive health maintenance tool.

• Therapeutic full body, stress balancing, sports and medical treatments available on half hour or hourly basis. Call Bill Agar, M.Th., a graduate of the Swedish Institute. He is licensed in New York State, a member American Massage Therapy Association, and specializes in Swedish, Shiatsu, Sports, Medical and Acupressure Massage Techniques. He is located in Plainview. Phone 932-1209.

## Children's Colds May Really Be Allergy

If your child always has cold symptoms, an itchy nose, breathes through the mouth or frequently has a dry cough, the real culprit may be allergies. An estimated 20 percent of all children suffer from some type of allergy problem. Often the symptoms do not seem severe enough to require medical care, but that can be a mistake.

When children have allergic symptoms during the winter, parents frequently assume it is a viral infection. Allergies can be mistaken for a cold that lasts through an entire season. Environmental allergies, in particular, may appear during the winter as children start to spend more time indoors. Airborne inhalant allergies surface when the heat is turned on and the windows remain closed. Hot air furnaces increase house dust in the air and have a tendency to dry nasal and bronchial membranes, aggravating an allergy.

Animal dander and hairs, upholstery fibers, stuffed toys, dust and mold spores can cause allergic reactions in a child sensitive to these substances. The most common allergic responses are asthma, hives, eczema and chronic stuffy nose. When symptoms recur frequently throughout the year, or return in the same season each year, allergy should be suspected.

# HEALTH AND FITNESS

## HEALTH & FITNESS



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### STRAWBERRY YOGURT PIE

- 1 cup old-fashioned oats
- 1/4 cup finely chopped walnuts
- 1/4 teaspoon ground cinnamon
- 1/4 cup unsalted butter, melted
- 1 packet sugar substitute—NOT aspartame—(equal to 2 teaspoons sugar)
- 2 tablespoons unsweetened apple juice concentrate, thawed
- 2 tablespoons cold water
- 1 0.25 ounce packet unflavored gelatin
- 3 ounces boiling water
- 3/4 cup lowfat plain yogurt
- 1/4 teaspoon vanilla extract
- 2 packets sugar substitute (equal to 4 teaspoons sugar)
- 6 ounces whole, unsweetened frozen strawberries (DO NOT THAW)

#### Fresh strawberries for garnish

1. Preheat oven to 350° F.
2. In small bowl, combine oats, walnuts, cinnamon, butter, and one packet sugar substitute. Press mixture into bottom and sides of 9-inch glass pie plate.
3. In glass measuring cup, soften gelatin in apple juice concentrate and cold water. Add boiling water and stir until gelatin completely dissolves.

With electric blender, combine gelatin mixture, yogurt, vanilla and two packets of sugar substitute for 30 seconds on medium speed.

Add frozen strawberries; blend on high speed until strawberries are pureed and mixture is smooth, about one minute.

4. Pour yogurt mixture into cooled pie shell. Refrigerate for two to three hours or until firm.

Garnish with fresh strawberries.

Serves 8.

## Take the first step toward better health

If you take the first step, we'll lead you to better health at Old Brookville Physical Therapy.

All evaluations are done by physical therapists who have had a broad background of professional training and experience. Our therapists will design an individualized program to improve your functional abilities, alleviate your problem and familiarize you with your special needs. Subsequent treatments require a referral from a physician, podiatrist or dentist.

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# WEIGHT CONTROL PROGRAMS

### WHO WE ARE

THE INSTITUTE FOR EATING DISORDERS provides comprehensive, sensible and healthy approaches to permanent weight control.

In our programs, you can learn to control your eating habits, handle stress more effectively, and develop a lifestyle that can improve your health and appearance.

We do NOT use gimmicks, pills, or low calorie diets because medical evidence reveals that these methods generally do NOT lead to permanent weight control.

### SEVERAL PROGRAMS ARE AVAILABLE

- General weight control
- Eating habit control for binge eaters
- Professional services for people who overeat because of personal or emotional problems.
- Programs for people who are unable to lose weight even with restricted calorie intake
- Weight control for children and adolescents
- Weight control for the seriously overweight
- Nutritional counseling for people with medical problems such as diabetes and heart disease

### UNDERSTANDING CARE

Most programs are administered by Dr. Jeffrey J. Felixbrod, an experienced behavioral psychologist who understands the difficulties and frustrations of weight control. Nutritional counseling is administered by registered dietitians.

### CONVENIENT LOCATIONS AND SCHEDULES

For your convenience, we now have professional offices in MANHASSET HILLS. (Our other offices are in Forest Hills and Westchester.) Our programs are offered throughout the day and evenings, and also on weekends.

### OUR PROFESSIONAL FEES

Good News: The majority of our programs may be available at little or no out-of-pocket expense to you.

Please call us for free information and a free consultation. Ask us about our professional credentials, our programs, and our fees. There is absolutely no obligation. The best times to phone us are 11:00 a.m. to 11:00 p.m., seven days a week.

## THE INSTITUTE FOR EATING DISORDERS

Dr. Jeffrey J. Felixbrod, Director  
(516) 294-5000





FRESH POND ROAD acrylic by Ty Stroudsburg.

## Vered Gallery Presents 'Intimate Landscapes'

Vered Gallery initiates its eleventh season and celebrates its newly enlarged galleries with an exhibition of Intimate Landscapes. In Gallery I, the paintings of Priscilla Bowden, Elwood Howell, Casimir Rutkowski and Ty Stroudsburg will be shown, along with the sculpture of David Slivka. In Gallery II, works by Nell Blaine, Nicolas Cicovsky, Thomas Eakins, Jane Freilicher, Paul Georges, Wolf Kahn, Darraugh Park, Fairfield Porter, Edward

Weston and Jane Wilson will be shown. A gala champagne reception will be held on April 30 between 6-8 p.m.

Vered Gallery II doubles the exhibition and storage space, a necessary response to the great interest in the work of contemporary artists of the area. In addition, exhibition of stellar work of earlier years is now possible as always with an emphasis on artists of the Hamptons.

## Nassau Symphony To Present Clarinetist

Clarinetist David Shifrin will be the guest soloist when the Nassau Symphony Orchestra presents the final concert of its 1987-88 season on Saturday, May 7 at 8:00 p.m. at the Hofstra University Playhouse. Mr. Shifrin will perform Mozart's famed *Clarinet Concerto*. Also on the program are the *Dance Overture* by George Perle and *The Great C Major Symphony No. 9* of Franz Schubert.

Mr. Shifrin has appeared with the Philadelphia Orchestra, The Pittsburgh Symphony, l'Orchestre de la Suisse Romande, The Los Angeles Chamber Orchestra and others

and has performed the Mozart Concerto at the Mostly Mozart Festivals at Lincoln Center and the Kennedy Center. In addition to his solo career, David Shifrin is a highly acclaimed chamber musician. He is currently Music Director of Chamber Music Northwest, the nationally acclaimed chamber music festival in Portland, Oregon.

For ticket information, call the Nassau Symphony office at 877-2718. Tickets for this concert are \$15 and \$13, with discounts for seniors and students.

## Old Westbury Gardens To Open April 30

Old Westbury Gardens and Westbury House will open for the 1988 season on Saturday, April 30 at 10:00 a.m. The house and gardens will be open Wednesday through Sunday, plus all holidays, from 10:00 a.m. to 5:00 p.m. from April 30 through November 6. Guided tours of the house and gardens are available to all visitors.

In keeping with tradition, opening weekend will feature the Old Westbury Gardens' Perennial Plant Sale in the Palm House located just south of the Walled Garden. Hours for the plant sale are 10:00 a.m. to 4:00 p.m. The Horticultural Staff and

volunteers will be available for the entire weekend to answer gardening questions. Each person whose plant purchase totals \$25.00 or more will receive a complimentary ticket to visit Old Westbury Gardens.

A sale for Members of the gardens will be held on Friday, April 29, from 10 a.m. to 4 p.m. Admission to the gardens is \$4.50 for adults and \$1.00 for children 6 to 12 years. Admission to the house is \$3.00 for adults and \$1.50 for children. Senior citizens admission to both house and gardens is \$3.50.

For further details, membership information or a calendar of events, call 333-0048.

## LI Mozart Festival Orchestra At Tilles Center

The Long Island Mozart Festival '88 will open its third season of orchestra and chamber music concerts on Long Island with an orchestra concert on Saturday, May 7, 8 p.m. at the Tilles Center on the campus of C.W. Post College in Brookville.

The concert will feature the Long Island Mozart Festival Orchestra, the Sea Cliff Chamber Players and guest artists in a program of three masterworks by Mozart and Beethoven - Mozart: *Concertone In C Major for Two Violins, Oboe, Cello and Orchestra* and his *Symphony No. 40 In G Minor*; and the *Triple Concerto for Piano, Violin, Cello and Orchestra* by Beethoven.

Members of The Sea Cliff Chamber Players who are soloists on the May 7 concert include

violinists Hamao Fujiwara and Guillermo Figueroa; cellist Ko Iwasaki; pianist Barbara Speer; and oboist Marsha Heller.

Tickets are \$17.50, \$14.50 and \$9.50 and may be purchased with a major credit card by calling 671-6263. Tickets are also on sale at the office of the Sea Cliff Chamber Players, located at 321 Sea Cliff Avenue in Sea Cliff.

The Long Island Mozart Festival '88 will continue at the Planting Fields Arboretum in Oyster Bay at the end of May over the three-day Memorial Day Weekend and will conclude the first weekend in June with 15 concerts and recitals, special events, Mozart terms for sale, food, and much more. For complete information, call 671-6263.

## Chelsea Chamber Ensemble at Coe Hall

Friends of the Arts will present the Chelsea Chamber Ensemble on Sunday, May 15, at 2:30 p.m. in Planting Fields Arboretum, Oyster Bay, as part of the series "Concerts at Coe Hall."

On the program will be Handel's Trio Sonata #2 for violin, oboe and piano, Saint-Saens' Oboe Sonata, Poulenc's Trio (1926) and

Brahms' Horn Trio. Members of the Chelsea Chamber Ensemble who will perform are violinist Eric Wyrick, oboist Gerard Reuter, French hornist Russell Ritzner, bassoonist Steven Divner and pianist Juana Zayas.

Tickets are available at \$9.50 per person. For further information, or to charge tickets, call Friends of the Arts at 922-0061.

## Spring Festival at United Presbyterian Home

United Presbyterian Residence will hold its Gala Annual Spring Festival and Open House sponsored by The Auxiliary, on Friday, May 13, 1 to 4 p.m., and Saturday, May 14, 10 a.m. to 4 p.m. There will be clowns, good food,

crafts, baked goods, plant sales, and a tag sale. United Presbyterian Residence is located at 378 Syosset-Woodbury Road, Woodbury. Call 921-3900 for information.


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Standing next to the "helping hands" tree are members of the North Shore University Hospital's Child Development staff (l to r) Patty Weiner, Educational Coordinator; Jessica Davis, M.D., Director; Susan Gottlieb, M.D., Physician-in-Charge; and Yvette Francois, Child Life Coordinator. The tree represents the hand prints of all hospital personnel who have worked with the Child Development staff and was on display at the Children's Art and Media Festival recently held at the hospital. The Child Life Program at North Shore is designed to help children and families cope with the hospital experience.



Plans for the 1988 AHRC Golf Classic are reviewed by members of the leadership committee (left to right): Helen Kaplan, Executive Director Nassau Association For The Help of Retarded Children; Charles Fuschillo, Councilman Town of North Hempstead; and Chester Kelsey, Partner Sidney Bowne & Son. The Golf Outing is set for August 1 at the Brookville Country Club. Mrs. Kaplan is serving as chairman of the event along with Frank Antetomaso, Commissioner of Oyster Bay's Department of Public Works and Joseph M. Margiotta, Honorary Chairmen are: Thomas Gulotta, Nassau County Executive; Joseph Mondello, Hempstead Town Supervisor; John B. Kiernan, North Hempstead Supervisor; and Angelo Delligatti, Supervisor of Oyster Bay Township.

## ANNOUNCING

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(The Academic Health Care Center is easily reached - on Northern Blvd., Rte. 25A, east of Glen Cove Road.)



New York Institute of Technology  
Old Westbury, NY 11568  
Attention of Chris Capone

Please send BACK PAIN CENTER details.

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DO2

## AIDS Brochure Available

An 11-page brochure, titled, *No-Nonsense AIDS Answers*, accompanied by a resource guide of information, counseling, antibody testing and other AIDS-related sources, has been made available to the general public by Empire Blue Cross and Blue Shield.

The brochure, published by the Blue Cross and Blue Shield Association, was prepared from interviews with Dr. Robert E. Windom, assistant secretary for Health and Human Services; Dr. C. Everett Koop, Surgeon General of the U.S. Public Health Service; and other public health officials. Written in clear question-and-answer form, *No-Nonsense*

*AIDS Answers* helps to dispel the myths associated with the disease. Drs. Windom and Koop address the issues of how AIDS is spread, its symptoms and the facts about AIDS testing. Their collective answers spell out the fact that the best defense against this preventable disease is education.

Copies of the brochure and resource guide are available by sending a stamped, self-addressed business size envelope to: AIDS Brochure, Empire Blue Cross and Blue Shield, Village Station, P.O. Box 680, New York, N.Y. 11014.

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## 'The Adventure Of a Letter'

Did you ever wonder how your letter, along with the other \$0.08 million pieces mailed daily, gets to its destination?

Now the Postal Service has produced a unique film, *The Adventure of a Letter* to help increase understanding of the postal system. Automation, lasers, high-speed sorters, trucks, planes and people are all involved in getting a letter from New Hampshire to California.

What's special in this film is that the 'letter' is a person, a fictitious TV talkshow host who is mailing himself to his mother.

*The Adventure of a Letter* will be introduced to Long Island with a special showing on Channel 55, WLIG, Saturday, April 30 at 7:30 p.m.

Schools, libraries or community groups wishing to view the film can do so by contacting the Postal Service Communications Department at 755-2805/6.

## KITCHEN, BATH & HOME INTERIOR IDEAS

There Can Be Plenty to Learn in a Kitchen Showroom

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A fine kitchen showroom can be a learning experience for almost anyone. Even professional designers and architects often take advantage of this opportunity to learn, because there always is so much that is new and improved in styling, colors, materials, technology and in construction, quality and finish.

For example, you might think you like contemporary styling. Fine, but precisely what is it?

Contemporary can be in either wood or decorative laminate finish, on framed or frameless cabinets, with or without decorative knobs and pulls, in light or dark colors. You can't really define it from a picture you see in a magazine.

And what combination of factors make "quality" construction? Why? What determines whether the cabinets will last forever or will look old in five years?

There's no way to know these things without seeing and touching, and then discussing.

That's why we so often invite you to come into our showroom to look at the displays. Here you can compare one feature with another, deluxe appliances with the ordinary ones.

More important, in a showroom you also see ideas, ways to put the parts of a kitchen together in the different and interesting ways that create magic. So, again, come see us soon.

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## County Acquires Coles House

Nassau County Executive Thomas S. Gulotta has announced County acquisition of the Coles House, one of the most architecturally and historically significant homes on Long Island.

The house and accompanying barn, now located on their original site at 7 The Place, Glen Cove, will be moved this spring to Old Bethpage Village Restoration.

"We are very grateful to Edna Coles for donating her family home to the people of Nassau," Mr. Gulotta said. "This gift makes it possible for us to preserve a fine 19th Century Gothic style building, which was one of the most contemporary and popular designs of the period."

Coles House is a wooden, Gothic revival structure built in 1859, an excellent and rare example of the style developed by noted architect Andrew Jackson Downing. Despite the building's age, it is remarkably well-preserved — having its original porch and shutters, a sloping gabled roof with carved barge board edging, interior Italianate trim accents, and two chimneys topped with unusual terra cotta "pots."

For more than a century, Coles House has been occupied by members of that distinguished family. Isaac Coles, the original owner, was a fifth generation descendant of Daniel Coles, a founder of Glen Cove.

Active in politics, Isaac helped to organize the newly created Republican Party and in



THE COLES HOUSE IN GLEN COVE, BUILT IN 1859.

1862 became the area's first Republican elected to the New York State Assembly. In addition, he was instrumental in establishing the Glen Cove Union Free School District and in persuading the Long Island Railroad to establish a Glen Cove station.

In preparation for the move, the house will be disassembled into three major segments. Such items as floor and wall boards, chimney pots, railings and moldings will be detached and carefully coded for protection and proper reassembly.

The house—with porch and roof

detached—and barn then will be transported to Old Bethpage Village, where they will be situated on a knoll and restored to their original mid-19th Century appearance.

Old Bethpage Village Restoration is an eclectic blend of local structures chosen to reflect architectural trends representative of 19th Century village life.

"The Gothic architectural features of the Coles House will add a missing dimension to the existing assortment of Greek Revival and Federal styles already assembled on the 209-acre site," Mr. Gulotta noted.

## Roslyn Landmark Society Plans House Tour

The Roslyn Landmark Society will hold its 38th annual tour of early Roslyn houses, rain or shine on Saturday, June 4, from 10:00 a.m. to 4:00 p.m.

The tour is believed to be the longest continuous historic house tour on Long Island. The Roslyn Village Restoration holds the Honor Award of the National Historic Trust for Historic Preservation and is considered one of the most complete vernacular architectural portraits of any community in New York State.

The buildings to be exhibited are:

"Clifton" (Sycamore Lodge) (ca. 1862-1863)  
Frederic M. Eastman Carriage House (1875)  
Eugene Conklin House (1886)  
Herbert Conklin House (ca. 1870 & 1828)  
Jacob Sutton Kirby House (1843-1847)  
Locust Hill Academy (ca. 1845)  
John Rogers House (ca. 1870 & ca. 1850)  
Wilson Williams House (ca. 1870 & 1828)  
John Robeson-Jeremiah Williams Grist Mill (1715-1740)

Advance sale admission is \$10.00; admission purchased on the day of the tour is \$12.50. The admission price includes the Society's detailed 100 (plus) page Tour Guide. Advance sale admissions may be purchased at Roslyn Savings Bank, 1400 Old Northern Boulevard.

Also open to visitors, will be the Van Nostrand-Starkins House (circa 1680). It is both a restoration and a museum sponsored by the Landmark Society. A small fee is charged to those who want to visit this earliest restored structure in the Village.

Tour restrictions are limited to holding down possible damage to homes on the pro-

grams. In this connection, children under 12 years of age will not be admitted; spike heels should not be worn, because they permanently damage pine floors; smoking is not permitted in homes nor is photographing interiors permitted.

For further information call 621-2779, or 627-2316.

Roslyn Village has been described by the National Trust and others as a unique example of community restoration, achieved, primarily, through the efforts of private citizens. There is nothing like it in the Metropolitan Area. In all, some 40 early to late 19th century home have been restored.

Architectural and interior restoration on nearly 40 structures in the Village have been completed since the formation of the Roslyn Preservation Corporation and the Roslyn Landmark Society in 1960. Both are non-profit organizations which also aid and cooperate with community members who undertake preservation.

The combined efforts of these organizations, the community and its local governments have restored to use and beauty, a Village that had been largely bypassed by modern highways and was threatened with extinction by the crowding-in of multi-family dwellings and development homes. All restored structures are used for daily living or commerce.

## Local Residents Elected National Officers of American Jewish Congress

At the recent Biennial Convention of the American Jewish Congress, a national human rights organization, Steve Bloom and Rosaline Odessey were elected National Vice Presidents.

Mr. Bloom is president of the American Jewish Congress' Long Island Council and lives in Hewlett with his wife, Bonnie.

Mrs. Odessey is president of the North Shore Division of the American Jewish Congress and has been an active participant in its programs for many years. She lives in Great Neck with her husband, Paul.

The American Jewish Congress Convention was held in Philadelphia to commemorate the founding of the organization in that city seventy years ago.

## United Way Gives Pioneer Vision Award

In 1987, United Way of Long Island inaugurated the Pioneer Vision Award to recognize exceptional achievement in developing an innovative idea for the local organization. For developing and implementing a Planned Giving program, the 1988 recipients of this award are Robert R. McMillan of Garden City, Partner, Rivkin, Radler, Dunne & Bayh; and Richard W. Meyer of Glen Cove retired from Morgan Guaranty Trust Company of New York.

In addition to serving as a director of United Way, Robert McMillan sits on the Boards of Adelphi University and the Long Island Association, and serves as Chairman of the Board for the Long Island Stage and the Long Island Housing Partnership. In his spare time, Mr. McMillan writes a weekly column on public issues for the *Anton Newspapers*.

Over the years, Richard Meyer has served as Fire Commissioner, Police Commissioner, Fiscal Officer and Deputy Mayor of Upper Brookville. He is currently a member of the Board of Managers of Episcopal Health Services and serves on the United Way First Call for Help Information Committee and Referral Committee and the Administration Committee.

In 1987, Dick Meyer headed a task force charged with investigating whether United Way should enter into a Planned Giving program. The task force, and subsequently the Board of Directors, overwhelmingly approved the concept. Bob McMillan agreed to chair the Planned Giving Committee which would oversee the program.

United Way's Planned Giving program has resulted in a Human Care Fund that is separate from dollars raised in the organization's annual appeal. Prior to its implementation, United Way had never been the beneficiary of a will nor received a gift as the result of estate planning. In less than a year, United Way has been named in three wills now in probate and has been notified of five inclusions in other wills. The Human Care Fund is off to an encouraging start as the recipient of three memorials: The Byron T. Miller Fund, The Chester J. Pergan Fund, and The Thelma Reymers Fund.

The term of "Meyer and McMillan" had the vision to see that Planned Giving through the United Way is an opportunity for all Long Islanders to support—in perpetuity—a wide range of human care services.

Presenting their awards was Jack Kulka, President of Kulka Construction Management and United Way's 1989 Chief Fund Raising Volunteer, at the organization's 22nd Annual Recognition Luncheon.

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# C A M P A N D S C H O O L



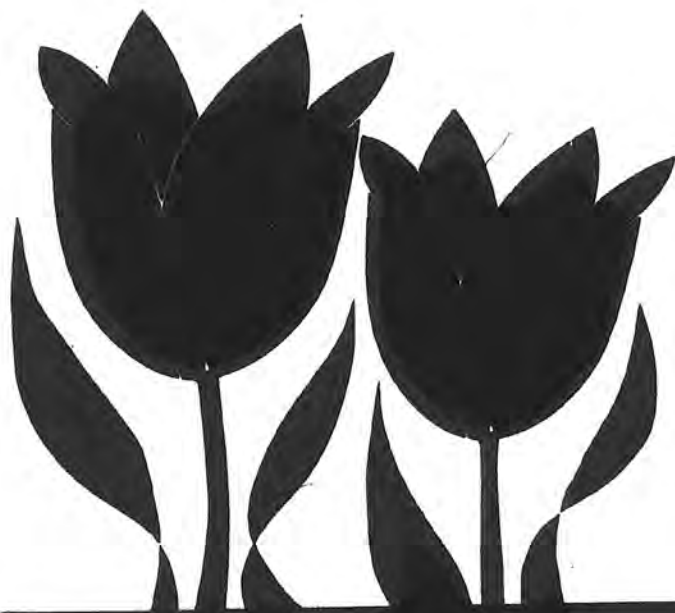
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\*The Hofstra Arboretum  
\*The Hofstra Dutch Festival

\*The Hofstra Arboretum will be in full bloom for the annual Dutch Festival on Sunday, May 1. Take a walking tour of Hofstra's 240-acre campus and see 70,000 tulips and many other Spring flowers. The Hofstra Arboretum is accredited by the American Association of Botanical Gardens and Arboreta. For further information call: (516) 560-6816.

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North Shore Day School  
Plans For 46th Year

Joseph Brundige, age 9, camper, the 3rd Brundige son to attend camp & school.  
1988-89 School Registration Now In Progress

1989 will be North Shore Day School's 46th year in operation and plans for the 46th school year are well underway.

For 1987-88 North Shore has added a new toddler program and evening parenting classes to its program. Both programs will continue for 1989. The toddler program runs five days a week with the choice of 2, 3, or 5 mornings. The children enjoy a very enriched environment of art, music, free play and have an indoor gym area and new outdoor toddler play area.

The parenting classes are run by Lois Raviv, a local psychotherapist, on topics such as the trials and tribulations of the working mother, the problems handling divorce and single parenting, and also there is an ongoing workshop about overall parenting concerns. The school has had numerous requests for this type of program and Ms. Raviv has been a successful addition to the

North Shore environment. She also runs a number of successful workshops at the Glen Cove Parenting Center.

The director of North Shore, Barbara Brundige, attended the school, as her parents were the founders. Her 2-1/2 year old son Jesse is her fourth child to attend. Currently Barbara is teaching the Philosophy of Early Childhood Education at Nassau Community College and her 22 student teachers have given her another perspective on education today. Being currently involved in the field with student teachers has been an asset to Barbara's role as director. For 1988-89 she plans to have Nassau Community College's student teachers apprenticing in North Shore's program.

Her mother, Mrs. Ida Mae Shoen, still lives at the school to add to the continuity of the family business setting!

North Shore Day School is the oldest private school in Glen Cove serving the local community as well as areas of Port Washington and Oyster Bay Cove. It is also the largest nursery school-kindergarten in the area and is located on 14 acres of land. The students also enjoy riding the school horse as well as touring the Welwyn Park Preserve of 200 acres across the street.

In addition to the school, North Shore runs a day camp for ages 3-13 during July and August. For 1988, the camp is adding a teen travel program of two day trips to Boston and Washington as well as some exciting day trips for campers finishing 5th-7th grade. Also, the camp's international program of bringing over 15 English teachers for day camp positions will now be in its third year. The students live with local families and have a wonderful summer on Long Island!

North Shore's campus is open every Sunday 12:30-3:00 for visitation for all programs as well as weekdays by appointment.

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Barbara Brundige, center, seated with 14 English graduate students who worked at North Shore Summer of 1987.

## Friends Academy Summer Camp Program

Friends Academy, Locust Valley, is registering boys and girls for its summer camp and sports program scheduled to begin its twentieth season on Wednesday, June 29th.

The camp program, under the direction of William J. Dalton, Jr., is available to boys and girls ages four through thirteen, and offers a wide variety of activities and experiences including instructional and recreational swimming, arts and crafts, music for the younger children and tennis instruction for older campers. Friends also offers as part of the summer program a variety of field sports such as baseball, softball, touch football, soccer and kickball. Our field house enables us to offer additional physical education programs to all children in such areas as basketball, volleyball, floor hockey and indoor track.

The sports program provides an opportunity for older children, ages eight to four-

teen, to concentrate on and develop skills in two athletic activities. Sports offered include soccer, ice hockey, figure and power skating, tennis, horseback riding, lacrosse, baseball, sailing and football.

An early morning swim team, which will occasionally compete against other teams, will meet daily at 7:45 a.m.

The eight week summer season will conclude on Tuesday, August 23rd. Parents may wish to register their children for a four or eight week session. An optional lunch program is available and bus transportation is provided for all campers. The camp day will begin at 9:30 a.m. and children will be leaving the campus at 4:30 p.m.

For additional information call Mrs. William Dalton weekdays and on Saturdays between the hours of 8:00 a.m. and 4:00 p.m. at 676-0393.

# Camp and School

## How To Select A Summer Camp

BY KARENNE BLOOMGARDEN

First of all, selection of a camp needs to be by parents needs and child's needs. Many times parents select camps by convenience and influence "the neighbors send their child to Camp A so why shouldn't I?" Because your child is not the same as your neighbors child.

**LOCATION** How far away do you want your child to go? The only considerations should be seeing the camp before you select it and/or travel for visiting day.

**COST** 8 weeks camps vary in cost from \$2,300 - \$3,800. Few camps have an all inclusive price. Several camps charge extra for trips, linens, canteen, riding, transportation, and insurance. Find out the cost of all the extras before you decide.

**PROGRAM** Competitive vs low key. There are various types of competitive camps. You can find out how "strong" the competition is by asking the director about the intercamp competition schedule how many days per week do they play, do campers play by choice, is competition mandatory, are there tryouts for the teams, what was their win/lose record last year? This can give you an idea of how the camp feels about competition. Low key camps can have sports for fun and/or for skill development. The major issue for selecting a low key camp is to find out how much time in the day does the camp structure for the child? There are usually 5-6 periods in a day are all periods open choice

by the child, 1/2 of the day is open choice, a camper can stay at one activity for half of the day?

**SPECIALTY** Overweight, Theatre Arts, Watersports, I prefer sending a young child to an all around camp to experience all types of activities. As they get older and want to excel in certain areas then I encourage some specialty situations, yes there are always exceptions.

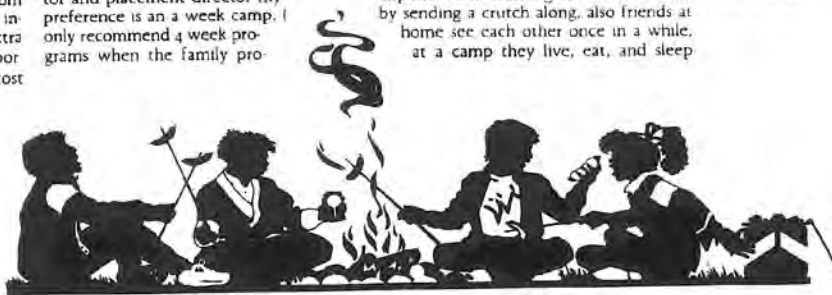
**LENGTH OF STAY** As a camp director and placement director my preference is an 8 week camp. I only recommend 4 week programs when the family pro-

vides some experience for the entire family summer vacation, summer home. A mother will say "My child is not ready for 8 weeks," my usual response is "Is it your child, or you're not ready to let him/her go for 8 weeks?"

**CHILD'S NEEDS** Co-ed vs single sex camps, warmth and support, skill development, peer relationships, responsibility, desired experience, going to camp with a friend (Try not to do this, you can prevent the child's experience of learning socialization skills by sending a crutch along, also friends at home see each other once in a while, at a camp they live, eat, and sleep

together, friendships might change.)

**ADDITIONAL ADVICE** Try not to look for a camp for one summer, look for a philosophy, and atmosphere where your child can grow up in, where you hope the experience will last for many summers. How you feel about the director when he/she comes over to the house is usually how he/she operates the camp (high pressured vs low key, relating to your child.) See the camp in '87 and send your child in '88.



Karenne Bloomgarden is the only Camp Consultant in the country who has been Executive Director of the American Camping Association, NY, is a Certified Camp Director and a Standards Accreditation visitor for the American Camping Association. No one has the experience and expertise that Karenne has. Karenne has over 20 years camp experience, has visited over 125 camps, and has directed camp. Karenne has taught Physical Education and Health, and Career and Vocation Coordinator for the public schools. Karenne has been quoted as being "the encyclopedia of camping," and has opened her own Camp Referral Service, CALL THE EXPERT - KB CAMP SERVICES- KARENNE BLOOMGARDEN : (212) 535-3777.

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An affiliate of National Educational Music Co., Matthew rents saxophones, flutes, violins, trumpets, clarinets and other instruments to members of many Long Island school bands. "We offer youngsters the option to purchase their instruments," says Bob Forte, manager of the well known store, "and there's no deposit or down payment required. All the instruments are new or restored to new condition," he said.

The shop carries a full stock of instructional books—method, and manuscript books. Matthew Music carries the finest names in musical instruments and acoustical accessories: Ovation acoustic electrics and

Gibson solid body electrics, beginner student guitars from as low as \$40, and Takamine classical and acoustic guitars. Is Matthew known for its quality and selection? Absolutely! Celebrities like Steve Vai (who bought his first guitar here) and Eddie Murphy are among the familiar faces who shop here.

Besides a fine selection of sheet music—rock, jazz, pop, classical, country, ethnic, and Broadway shows, Matthew carries singing machines which allow you to record your own voice on professional instrumentation backgrounds. There are many arrangements and styles available on the cassette format backgrounds. The concept was developed by the same company that popularized the "Music Minus One" tapes for musicians.

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  - music, cookouts, field trips, etc.
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- Swimming
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### SPORTS PROGRAM June 29 - August 23



Athletic program for children ages 8-14

Concentration Programs — Limit Two of following:

- figure skating, ice hockey, lacrosse, sailing
- tennis, soccer, horseback riding, baseball
- football

### SWIM TEAM June 29 - August 23



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- Members may compete or train with team
  - Swim Meets

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(516) 676-0393 or 271-5238

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Extensive field testing is used to determine each program before it is put into use. Students, from the educationally limited to the gifted, from every economical level and from all areas of the country participate in this research, to ensure that the programs meet the Center's basic philosophy: **EVERYONE CAN LEARN.** Direct instruction programs have consistently proven to be more effective as instructional tools.

Teachers involved in this direct instruction method is actively involved in every lesson. The Center for Direct Instruction runs a 30 hour teacher training course prior to each semester, where instructors learn the skills necessary: to teach specific programs; to monitor students; to bring students to skill mastery; and to use positive behavior management. During the instructional segments, teachers are monitored by the Center's supervisory staff.

The Center for Direct Instruction offers classes in reading, comprehension, math, Earth Science and prechemistry (twice weekly); and expressive writing and spelling classes meet once a week. Classes are scheduled after regular school and during the summer. Most instruction is on a small group basis, and individual instruction is available.

The Center accepts students from 3½ to adult, of all ability levels: LD, dyslexic, remedial and enrichment. Students are

carefully tested and grouped on a skill-need basis.

Individuals are invited to visit the Center while classes are in session. For complete details, call (516) 352-3630 or (718) 225-2565.

## Hofstra Goes A-Maying With Annual Dutch Festival, Sunday, May 1

It's tulip time at Hofstra, and thousands of Long Islanders are expected to gather Sunday, May 1, from noon to 5 p.m. to celebrate spring at the annual Dutch Festival.

This year, more than 70,000 tulips will be out by Festival day, waving colors from pale yellow to pink to maroon. The pure white Hofstra tulip will be back—8,000 strong. And Fred Soviero, Director of Grounds, will be on hand with other members of his staff to give tips on planting next year's bulbs.

Hofstra students outfitted in traditional Dutch costumes will act as guides for walking tours of campus. Bus tours and helicopter rides (the last for a nominal fee) will also be offered. On the Playhouse quadrangle (South Campus) craftsmen will demonstrate how to paint illustrations on Delft china, and vendors will offer pastries, lace, chocolate, wooden shoes and freshly cut flowers.

The annual Pop's concert, under the baton of Professor Seymour Benstock, will be heard at 1 p.m. on the lawn in front of the John Cranford Adams Playhouse. Dutch films and lectures will be offered throughout the afternoon. And the University will raffle off two free trips to Holland, with raffle proceeds going to the scholarship fund.

What would a Dutch Festival be without Dutch art? Rembrandt and Jan Steen are among 44 artists from the Golden Age whose works are on display in the Emily Lowe Gallery exhibit, "People at Work: 17th Century Dutch Art." The exhibit curator, Professor Donna Barnes, will present an accompanying slide lecture at 1 p.m. The con-

temporary Dutch artist Henk Hofstra will exhibit oil.

Festivities start at noon in the Hofstra Hall Plaza with a fanfare and salute from the Dutch Burgher Guard and brief opening remarks by President Stuart and a representative from the Dutch consulate. Call M.F. Klerk at 516-560-5661 for further information.

## College Night

Lynn Schwartz will present a college planning seminar for high school juniors and their parents to give them a head start on the college admission process. A college advisor and representatives from the State University of NY, an Ivy League college, and a private college will discuss their type of school, what they offer, and what they are looking for in a student.

To register for this free seminar to be held at the Garden City Jewish Center on Thursday, May 19 from 7:30-9:00 p.m., please call Lynn Schwartz's College Entrance Exam Preparation Center at (516) 826-5367.

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**LSAT** Saturday, April 30, 2-4 p.m.  
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**Restaurant Review:**  
*Cafe Continental*

By Keni Woodruff

Dining at Cafe Continental in Manhasset, on the Miracle Mile, embodies their heartfelt "Buon Appetito!"

Their fine milk-fed veal is no more exquisitely presented than when you order a lightly breaded, golden brown veal chop, delicately seasoned with a blend of cheese, breadings, mushrooms and herbs (#18.). This ample main course is perfect after an appetizer of roasted peppers and fresh mozzarella, tanged with fresh basil, sun dried tomatoes and tiny black olives.

Fresh onion soup, crusty with melted cheese, or a rich minestrone, maybe a creamy lobster bisque gently touched with sherry, vie for top billing on Cafe Continental's soup list.

Appetizers, from their deliciously prepared Baked Mussels Trieste (\$4.75) to their bountiful hot antipasto (\$8.00), are great starts to a long, leisurely meal.

Dino and his staff have moved this Nor-

thern Boulevard restaurant into the realm of "sublime," combining excellent service, friendly atmosphere, and fine food from a diverse menu of Italian and Continental selections.

Pasta here is homemade and the specialties are really delicious: Paglia e Fieno Continental; Cappelletti: green noodles al pesto (smooth, nutty, sharp with fresh parmesan and garlic); or their very special Penna with Porcini Mushrooms, the sauce a surprisingly rich brown enhanced with the earthy taste of these hearty wild mushrooms. . . mmm! Bene!

If seafood or fresh fish is your favorite, you can't go wrong at Cafe Continental. Try the mussels in buttery, herbed garlic sauce; or fresh red snapper (Francesca or Meunier); or

filet of sole; or for the hearty, Calamari Luciano.

Of course, the menu is filled with Italian and Continental selections—veal, chicken, beef and more. Frogs legs Provencal are favorites, and the calves liver Veneziana is tender and sweet.

Cafe Continental offers guests a selection of desserts to complete the meal. There's crisp cannoli, fresh rum cake, rich chocolate mousse, zabaglione, coupe au marron and fine Italian cheesecake. There's cappuccino or espresso for the continental taste, and fine "Americano" for simple coffee lovers, like me.

Open for lunch Monday through Friday, for dinner Monday through Saturday, closed Sunday. Reservations are suggested. Call 627-4260.

**Steve Adelson Trio**  
**At the Jazz Club**

The Steve Adelson Trio will be appearing on April 28 at the Jazz Club at the Commodore Inn in Bay Shore. A Long Beach resident, Steve Adelson is well-known in the jazz world for his performances at almost every Manhattan and Long Island club and at the incomparable Newport Jazz Festival in 1985. Recently featured on Cablevision's Lively Arts program, Adelson is best known for playing the unique and challenging Chapman Stick.

The Chapman Stick, introduced by Emmett Chapman in the early 1970's, is a 10-string instrument resembling the neck of a guitar. Requiring a two-hand playing technique similar to that of Stanley Jordan, the instrument combines bass, melody and chords.

A teacher in a Brooklyn guitar workshop, Adelson said the Chapman Stick has opened new doors for him professionally and artistically. He describes his repertoire as "half original, half standards," although he says even the standards are performed in original style.

Rounding out the trio are Alan Bates on vibraphone and Dick Weller on drums.

A visit to the club is the perfect way to spend a romantic moment or a night on the

town with friends.

In the restaurant next door, twilight dining specials are an affordable and delicious way to begin the evening. Offered Monday through Thursday from 4-7 pm, the price of \$14.95 per person, excluding tax and gratuity, includes appetizers, entrees, desserts and coffee.

The Jazz Club at the Commodore Inn, located at 122 Ocean Avenue, is open every Thursday night from 8pm until closing. Casual, but neat, attire is required. For updated performance schedules, call 666-3677.

Next time you're hungry for good food, good sounds and good company, check out the jazz club. It's cool, and it's hot, and on Thursday evenings, it's the only place to go for fabulous waterfront dining and all that jazz.

• Hofstra University College For Continuing Education, Hempstead, offers Canals, Art, Music, Tulips: The Netherlands, from June 1 to June 10. Fee: \$1823; \$500 deposit by June 1. For information call 500-5010.

• Hofstra University College For Continuing Education, Hempstead, offers Chamber Music & the Art Song in Bavaria & Austria, Aug. 7 through Aug. 21. Fee: \$1203; deposit of \$500 by June 1.

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SYNOPSIS: TRIPLEX  
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(1) SUNSET  
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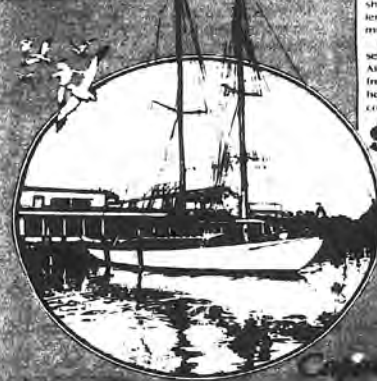
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Elegant dining and a breath taking view of the sun setting on the Great South Bay. Captain Bill's has combined the best of these two worlds to bring you our early evening dinner specials.

Our chef has prepared a variety of dishes featuring fine meats and seafood specialties. Your complete meal starts with choice of soup (Manhattan Clam Chowder, New England Clam Chowder, Sea Food Bisque) or salad of fresh greens, tomatoes and cucumber. The Twilight Dining menu includes such favorites as English Cut Prime Ribs of Beef, Cajun Style Fresh Fish, Chicken Cordon Blue, The Captain's Cumin Linguine with red sauce topped off with mussels, clams, shrimp and scallops. Roasted Salmon with lemon dill sauce, Fettuccine Alfredo, and more.

And as always at Captain Bill's, our entree selections will satisfy the most diverse tastes. All diners are served with baked potato, french fries or vegetable and Captain Bill's homemade Key Lime Pie or Ice Cream plus coffee, tea or Sanita.

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## Take Me Out to the Ball Game Via the LIRR

The Long Island Rail Road will make additional stops at Shea Stadium for New York Mets home games. The stops will be made on eastbound trains from Penn Station and westbound trains from Great Neck and Port Washington in time for all afternoon and evening games through October.

The following Port Washington Branch trains will stop at Shea Stadium:

### Monday to Friday - Day Games

- Eastbound trains leaving Penn Station every half hour between 11:50 a.m. and 4:25 p.m.

- Westbound trains leaving Port Washington between 10:36 a.m. and 3:36 p.m.

### Monday to Friday - Night Games

- Eastbound trains leaving Penn Station between 5:54 p.m. and 12:20 a.m. the following morning.

- Westbound trains leaving Great Neck and Port Washington between 6:20 p.m. and 12:39 a.m. the following morning.

### Saturday, Sunday & Holiday Day Games

- Eastbound trains leaving Penn Station every hour between 11:20 a.m. and 7:20 p.m.
- Westbound trains leaving Great Neck/Port Washington between 10:39 a.m. and 6:39 p.m.

### Saturday - Night Games

- Eastbound trains leaving Penn Station every hour between 5:20 p.m. and 12:50 a.m. Sunday morning.

- Westbound trains leaving Great Neck and Port Washington between 4:39 p.m. and 12:26 a.m. Sunday morning.

Met fans travelling from branches other than the Port Washington line can reach Shea Stadium by taking a regularly scheduled train to Woodside Station, then changing to a Port Washington Branch train. Since Shea Stadium is situated in Zone One, tickets to that zone from outlying stations are valid to Shea; however, ticket collectors on trains must be notified of a fan's intention to go to Shea Stadium.

For specific train information, contact the LIRR's Travel Information Center at 794-LIRR.

## Elegant Gala to Preview Benefit Antique Show

Exquisite floral arrangements will help to transform the Hay Barn tent at Planting Fields Arboretum in Oyster Bay, into a virtual fairyland for the 6 Preview Party & Auction, April 29, to precede the opening of The Collector's Eye Antique Show.

Created as a benefit for The Community Hospital at Glen Cove, the Preview Cocktail Party with its attractive decor, food and music is viewed by antique collectors as a worthy successor to the prestigious January winter antiques show held at the Seventh Regiment Armory.

A highlight of the auction, which will take place in the garden setting provided by prize-winning floral designer J. Barry Ferguson, Ltd., will be the 12-foot tall Edwardian gazebo designed by Nancy Taylor of the international architecture landscape firm of Innocenti & Webel and built by Gold Coast Construction. Other items include cocktails and dinner for 20 in the owner's box at Shea Stadium; luncheon for 12 in Sorbey's board room, complete with lecturers; cocktails for 20 at the New York Historical Society with lecture and many other choice selections.

The raffle to be held on May 2 will offer such items as a dress by Bill Blass; a sapphire and diamond ring from Grant Peacock; two round-trip Eastern Airlines tickets from Austin Travel; and other goodies.

Chairmen for the affair are: Mr. and Mrs. Henry R. Breck; Mr. and Mrs. John K. Colgate, Jr.; Mr. and Mrs. Nelson Doubleday; Mr. and Mrs. Julian H. Robertson, Jr. Vice Chairmen are: Mrs. David L. Banker, Mrs. Louis B. Bernstein, Mrs. Peter O. Crisp, Mrs. Anthony D. Duke, Mrs. Douglas A. Warner III. Raffle Chairmen are: Mr. and Mrs. J. Wright Rumbough, Jr. and Mr. and Mrs. Frederic H. Williams.

Tickets may be secured at the hospital's Development Department: 676-5000, extension 2140.



**CUTTING THE CAKE** are the elected officers (l to r) David Steiner of Oceanside, Vincent Buarrotti of Hicksville, Roland Sluder of Hicksville, Harry Muivey of Farmingdale and Ed Aherns of Plainview.

## 94th Infantry Division Association Seeks Members

The newly formed Downstate Chapter of the 94th Infantry Division Association held its first meeting in Levittown recently. According to President Roland Sluder they are seeking to contact fellow infantrymen who served in the 94th during World War II.

The 94th Infantry Division fought in World War II at the Battle of the Bulge and spearheaded General Patton's 3rd Army through the Sarr Moselle Triangle breaking the Siegfried switchline, crossed the Sarr River and smashed the main Siegfried line. This ac-

tion helped bring the German army to its knees.

The association which was organized in 1950 is one of the largest and most active of all World War II U.S. Army Infantry Division Associations. There are regional chapters from coast to coast with some 3500 dues paying members. The chapters meet two or three times each year for picnics, weekend outings and other family type activities. For further information contact Mr. Sluder at 938-6257.



**ROBERT P. ZIMMERMAN** (right), Special Assistant to New York State Assembly Speaker Mel Miller, brought congratulations to the Nassau County Library Association and to (left to right) Kenneth Well of the Jericho Public Library, Past President of the Nassau County Library Association, Liz Smith, journalist, author and guest speaker and Elaine Lieber of the Roslyn Public Library, newly installed President of the Nassau County Library Association.



**SENIOR "POPS" ELECTS '88 OFFICERS.** The 75 members of the Senior "Pops" Orchestra of Long Island recently elected new officers for 1988. They are (l-r): Howard Jung (Melville), treasurer; Florence Borg (Glen Head), secretary; Herbert Neediman (Greenlawn), president; and Ralph Angellillo (Garden City), vice president. The popular group's next free concert is at 2 p.m. on Sunday April 24, at the University Center Building of Adelphi University.

## Radiography School Taking Applications

The School of Radiography at The Community Hospital at Glen Cove is accepting applications for its fall term, according to Robert Arculeo, R.T.(R), Educational Director. The school trains students in radiologic technology, the application of x-rays in medical diagnosis.

"The sophisticated radiological equipment used in advanced diagnostic procedures requires a highly trained radiographer," said Mr. Arculeo. "That means there's a demand for qualified radiographers to operate that equipment. It's a rewarding profession with a lot of responsibility because people are depending on you."

One of only six hospital-based programs on Long Island, the full-time program instructs students in modern radiologic theory as well as the use of associated complex machinery. Students are taught not only procedures and techniques, but the principles behind them.

Students completing the 24-month course are eligible to take the licensing examination given by the American Registry of Radiologic Technologists. The course is approved by the Registry as well as the American Medical Association, the American College of Radiology, the New York State Department of Education and the Bureau of Veterans Education.

Applicants must be at least 18 years old and have graduated from an accredited high school. They should also have an interest in science coupled with a desire to care for the sick, according to Mr. Arculeo.

Registration is limited for the fall class, and applicants are advised to call for an application form at 676-5000, extension 2574 or 2774.

## LI Advertising Club Offers Scholarships

College scholarships worth a total of \$5,000 have been announced by the Long Island Advertising Club. This represents the 14th consecutive year that the club has offered such grants to students majoring in marketing, advertising or a related field.

To be eligible, a student must be a resident of Long Island (Nassau, Suffolk, Queens, Brooklyn) and be enrolled full time in any college, technical school, professional school or course of study pertaining to the marketing/advertising field.

Three scholarships will be awarded, one for \$2,500 and two for \$1,250.

As support for their formal applications, students are given the opportunity to submit samples of any work they've done that demonstrates their interest and aptitude in the marketing/advertising field. Entries will be judged by a panel of advertising professionals and winners honored at an awards ceremony of Woodbury Country Club on June 21. Deadline for entries is May 2.

For further information, those interested should contact their college's financial aid office. Applications can also be requested directly from the Long Island Advertising Club by calling 691-1911.

## Networking Workshop At Hofstra

A positive powerful presence is the result of preparation and practice and knowledge of the skills necessary to develop that presence. You have the opportunity to acquire, prepare and practice these skills at a workshop titled *Networking Naturally*.

Human resource trainer, Mary Jane Hartigan, director of *Professionally Speaking*, will lead a workshop at Hofstra University's Student Center, Room 221, on Saturday, May 7, 10:00 a.m. to 12:30 p.m. Through the medium of networking, where people connect with people to share ideas and resources, you will learn how to build self-confidence, improve your public speaking skills, develop your leadership abilities, increase your visibility, and establish a powerful presence. *Networking Naturally* will help you make those connections effective, informative, productive. For registration information, call *Professionally Speaking*, 627-6788.

## Portledge School Honors Athletes

Portledge School held a special assembly recently to recognize the outstanding athletes for the winter season. Coaches presented letters and pins to team members, and singled out individuals who had made exceptional contributions to each sport.

Robert Braren, Fencing Coach, awarded eleventh grader Lance Bondy, of Matinecock, the Unsung Hero Award; George Govatzadakis, an eleventh grader from Bayville, the Most Improved Player Award; and Senior Neal Goldman, of Great Neck, the Most Valuable Player Award. Goldman recently competed in the U.S. Junior Olympics, and was third alternate for the Nationals in Sabre. Govatzadakis qualified for the Nationals in Epee, and Bondy was a fourth alternate in Sabre.

For excellence on the ice, Coaches William Mosely and Frank Harrington named Hicksville Junior Keith Merkle, co-captain of the Varsity Ice Hockey team, Most Valuable Player; Claude Bahnik, a sophomore from Fort Salonga, was named most improved player; and Coaches Award went to Brad Sywolski, a junior from Old Brookville, Jimmy Brundige, a senior from Glen Cove, and Team Manager Whitney Cranis, a sophomore from Upper Brookville.

Coach John Skarulis thanked his Varsity Boys Basketball team for their efforts, and presented a Coaches Award to senior David Barton of Lloyd Harbor; Most Improved

Player Award to Tommy Hogan, a junior from Locust Valley; Most Valuable Player Award to team co-captain Andy Hughes, a senior from Oyster Bay; and named sophomore Brett Granat, of Old Brookville, the Unsung Hero. Team Captains Hughes and Craig Dempster presented Headmaster Huson Gregory with the trophy the team had received as League Champions.

Curt Sawyer, Coach for the Girls Varsity Basketball team, recognized Alex Garner, a ninth grader from Brookville, and Susan Stetz, a sophomore from Locust Valley, as G.I.S.A.L. All Stars, and named Emma Dailey, a freshman from Plandome, as Unsung Hero; twelfth grade Amy Darri, of Huntington, as Most Improved Player. Senior Alex Dadourian of Plandome, received the Coaches Award; and Lisa Breslin, senior from Cold Spring Harbor, was named Most Valuable Player. Breslin completed her varsity career with 721 points, and Coach Sawyer, in a touching gesture, presented her with the ball with which she had broken the school's all time scoring record. Dadourian, Breslin and Dailey was also named G.I.S.A.L. All Stars.

Cheerleading captains Joy Pardi, a junior from Sands Point, and 10th grader Diana Hyman, of Roslyn Harbor, were presented with Captains' pins, and thanked by all the teams for their support throughout the season.



Assemblyman Tom DiNapoli met with school board members at a recent Legislative Network Meeting in Albany to discuss concerns of local school districts. School board members joining Assemblyman DiNapoli are from left to right Michael Philburn, Mineola School Board, Connie McNichol, Great Neck School Board and Mary Lou Thall, Roslyn School Board.

## Helping Your Child Learn to Read

By Howard I. Berrent, Ph.D.

Learning to read is an essential skill. The good reader is likely to be able to do well in school. There are many ways in which parents can help their children become good readers:

1. **TALK TO YOUR CHILD:** Educators have found that a key to good reading is good language and vocabulary skills. Speak with your children. Talk to them about school, their hobbies, their sports, music, games, the weather. The better their language proficiency, the better their reading can become.

2. **LISTEN TO YOUR CHILD:** If you do all the talking, your children will not develop their own language skills. Listen to what your children have to say. Then respond. Not only be an interested parent, but show your children that you care by listening to what they have to say.

3. **READ TO YOUR CHILD:** Everyone loves to hear a good story. Children thrive on it. They also learn that books can make them laugh, give them information, tell them about interesting places, and be a source of enjoyment. Reading to your child is a wonderful sharing experience.

4. **GO PLACES WITH YOUR CHILD:** The

broader the experiences your children have, the more extensive a background they have for learning. Follow-up your visits with a book.

5. **SHARE EXPERIENCES WITH YOUR CHILD:** Try to do things with your children and then talk about it. Watch the soccer game they're in and talk about the plays, the other team, the coaches. Have that book ready that tells about Pele's life. Watch television with your children, then talk to them about the show they have just seen. How real were the characters? Could the events have happened in real life? How would the cartoon character behave if it lived next door to you? There are books about Walt Disney, Mr. T, and making TV shows.

6. **READ THE SAME BOOK YOUR CHILD IS READING:** Discuss the book that you both have just read. Do not become your child's teacher but rather talk about the book as you would with another adult. Talk about the parts you like or did not like. Talk about the ending. Talk about how you felt as you read the book. Then, listen to your child's thoughts and feelings.

Dr. Berrent of Roslyn is an Associate Professor at LI University/CW Post Campus.

## Hunger is closer to home than you think.



The cruel fact is, one out of ten Long Islanders faces hunger every day. That's why Long Island needs Long Island Cares. And that's why we need your help. It's for your Long Island neighbors less lucky than you.

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## Eternal Vigilance

North dealer.  
Both sides vulnerable.

**NORTH**  
♠ A Q 8 6 3  
♥ K J 10  
♦ A K 4  
♣ K 9

**WEST**  
♠ 5  
♥ 9 7 6 4 3  
♦ Q 6 2  
♣ A 7 6 4

**EAST**  
♠ K J 10 9  
♥ Q 5 2  
♦ J 10 8 5  
♣ 6 2

**SOUTH**  
♠ 7 4 2  
♥ A 8  
♦ 9 7 3  
♣ Q J 10 8 3

The bidding:  
North East South West  
1 ♠ Pass 1 NT Pass  
3 NT  
Opening lead — four of hearts.

It is human to err, but some bridge players are more human than others! Consider this deal where it is relatively easy for declarer to make a mistake. West leads a heart against three notrump, declarer playing the ten from dummy and winning East's queen with the ace.

South then leads a spade to dummy's queen, losing the finesse to East's king, and back comes a heart. Dummy wins with the jack and plays the ace of spades on which West

shows out.

Declarer is now in serious trouble. He plays the king of clubs from dummy, but West of course refuses to win the trick, putting an end to South's glimmering hopes. Declarer must now go down at least one, regardless of how he plays.

Yet the fact is that not even an earthquake can prevent declarer from making nine tricks if he plays the hand correctly. It is true that South is very unlucky to lose the spade finesse and also to find the spades divided 4-1. But it is also true that South can absolutely guarantee the contract without subjecting himself in any way to the element of luck.

All he has to do is play the king of hearts from dummy at trick one and then lead the king of clubs. If the king of clubs wins, South continues with the nine to the ten and persists with the suit until the ace finally appears. This method of play is sure to produce nine tricks, consisting of four clubs, two diamonds, two hearts and one spade.

In effect, declarer resists the temptation to insure three heart tricks by playing the ten from dummy at trick one — because he knows he can insure nine tricks and the contract by playing the heart king from dummy at trick one and then leading clubs.



# THE PUZZLE PAGE

**KidSpot** CONNECT THE NUMBERED DOTS TO MAKE A PICTURE. TO FIND ITS NAME, PUT THE FIRST LETTER OF EACH NUMBERED DRAWING IN THE BOXES BELOW.

IT IS SAID TO SING THIS SWEETLY BEFORE DYING.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

**KidSpot** 1 DOWN 4+3= 2 DOWN 3 DOWN 4-1= 5+4= 6 ACROSS 7 ACROSS 8 DOWN 9 ACROSS

**KidSpot** THERE ARE EIGHT TREES IN DRAWING "A" THAT ARE MISSING FROM DRAWING "B." HOW MANY CAN YOU FIND?

"LAST TIME HE GOT LOST AND A FAMILY OF BEARS FED HIM FIVE DAYS UNTIL HE WAS FOUND."

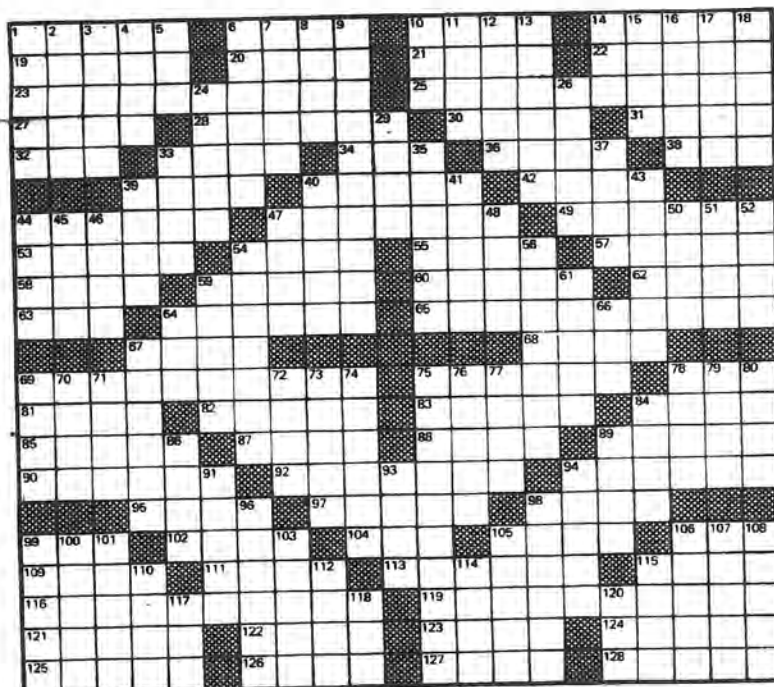
Answer to Crossword Puzzle No. 309

BABA CLING BABES THAW  
OLEG RATIO ORACH HERNE  
NERGO AVISO ROUTE  
ASGODAS DUN MAKE GOOD  
TROMPE TOOGOOD LOOPE  
HORAS TAUSE MEM DLXI  
EBAN GORSE PELEG SITA  
SIN PONTI CONTROL ERR  
ENTERO SNEER AGOOD DAY  
NODE GORES EGOY  
GOODWILL LISTS MASHER  
ASP SEDILIA REDAN ERI  
ASTAG SEMIS GALENZ GRAS  
DELON RIM SOILS MOOSE  
SOSON TEAPOTS MOODEN  
GOOD DOES ORS GOODTIME  
ABLE DOORN YIELD UREY  
GILA ORNE ENROL RALE  
ETAL DEGAS SCARY NETS

Answer to Cryptquip:  
AS OUR MASTER BARBER IS TELLING HIS YOUNG APPRENTICE: "THE BEST IS YET TO COME."

## PREMIER CROSSWORD / By Jo Paquin Jeepers Creepers!

- ACROSS**
- 1 Felt sympathy
  - 2 Scolded (rare)
  - 3 Two Years Before the
  - 4 Drive too fast
  - 5 Fine-grained rock
  - 6 Island dance
  - 7 Indian
  - 8 X-rated material
  - 9 Trickery
  - 10 Upside down
  - 11 Being
  - 12 Involve
  - 13 Marquand's Mr.
  - 14 Implement
  - 15 "On a Clear Day You Can — Forever"
  - 16 Inferior horses
  - 17 Court barrier
  - 18 Pete Rose's team
  - 19 Soap ingredient
  - 20 House pests
  - 21 Reporter's dream
  - 22 Soaka flax
  - 23 High-ranking angel
  - 24 Barrymore
  - 25 and Stander
  - 26 Thrashing
  - 27 Genus of grasses
  - 28 Dancer's skirt
  - 29 Party pin-on
  - 30 Consumer advocate
  - 31 Come in second
  - 32 Frolic
  - 33 Geographer's tone
  - 34 Shade of red
  - 35 Asian festival
  - 36 Halt the spread of
  - 37 Chummy
  - 38 Dill weed
  - 39 Social climber
  - 40 Wishy-washy
  - 41 Allowance
  - 42 River in Brazil
  - 43 Lily plant
  - 44 Habituate
  - 45 Made a booboo
  - 46 Diving bird
  - 47 Fur piece
  - 48 Aspersions
  - 49 Vegetables
  - 50 Climber's spike
  - 51 Like Abe
  - 52 One of Patrick Henry's choices
  - 53 Charge with
  - 54 gas
  - 55 Treat with scorn
  - 56 Western resort lake
  - 57 Handle
  - 58 Bland food
  - 59 Love god
  - 60 It's before merge or marine
  - 61 Jason's ship
  - 62 Bank acct.
  - 63 Wild ox
  - 64 Dies —
  - 65 Peril
  - 66 Legal instrument
  - 67 Whether desired or not
  - 68 Very small
  - 69 Rock music to a curmudgeon?
  - 70 Lopez theme
  - 71 City in Sicily
  - 72 Russian union
  - 73 Nose: slang
  - 74 Chew on
  - 75 Coteries
  - 76 Singer Della
  - 77 DOWN
  - 78 Fine residue
  - 79 The Paper — (movie)
  - 80 Medieval merchant guild
  - 81 Schmeer
  - 82 Actress Susan
  - 83 Small coins
  - 84 Stalks
  - 85 Miss Chase
  - 86 Doris gets sued?
  - 87 Witticism
  - 88 Small particle
  - 89 Abnormally deep sleep
  - 90 Bed canopy
  - 91 Harbor: abbr.
  - 92 Spoiled brat's expression
  - 93 Actor Flynn
  - 94 Diplomat
  - 95 Sherlock's creator
  - 96 Georgia fruit
  - 97 Swiss mountain song
  - 98 City in Spain
  - 99 Palm used in thatching
  - 100 Restless movement
  - 101 "The Man"
  - 102 Long, thick hair
  - 103 Locations
  - 104 Rio de la —
  - 105 Sacred Egyptian beetle
  - 106 Recipe ingredient
  - 107 Cry of revelers
  - 108 Take a break
  - 109 Actress Velez
  - 110 Door part
  - 111 Raal, for one
  - 112 Role for Robert Stack
  - 113 Actor Joel
  - 114 Scottish plaids
  - 115 Young girls
  - 116 Very thin pancake
  - 117 Council of churches
  - 118 Bed canopy
  - 119 "...have you wool?"
  - 120 Came in first
  - 121 White poplars
  - 122 He said, "Candy is dandy"
  - 123 Choir section
  - 124 Where Judge Crazer went?
  - 125 Ponder
  - 126 To spread news of
  - 127 Spanish herbs
  - 128 Scoundrels
  - 129 Mountain ridge
  - 130 Trunk compartment
  - 131 Small quantity
  - 132 Foolish person
  - 133 English queen
  - 134 Italian coin
  - 135 Slave
  - 136 Mexican coin
  - 137 City on the Po
  - 138 Biblical name
  - 139 "Twelve — Men"
  - 140 Wearying
  - 141 Baiting locales
  - 142 Dupes
  - 143 Negative atom
  - 144 Jonas Salk conquered it
  - 145 Drawing room
  - 146 Press follower
  - 147 Greek island
  - 148 Wines and —
  - 149 Fashion
  - 150 In addition
  - 151 Fitzgerald or
  - 152 Hawaiian
  - 153 "The Way We —" (movie)
  - 154 Thus far
  - 155 Turn a boat off course
  - 156 Child's card game



# 310

Average time of solution: 54 minutes.

### CRYPTOQUIP

KUWSW PQEWSIBV KNQTZ BRI JN FEWVZ URP  
ESRFB JW HNB PJRT FBHBJRNVP: BJ JUW HBEW  
Today's Cryptquip clue: B equals A

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1 Announcements	2 Professional Svcs	3 Special Occasions	6 Services	226 Child Care	24 Help Wanted
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**CHIROPRACTIC ASSISTANT**  
Wanted for Royston office to work front desk and insurance dept., and to help DPT with patients. Experienced pref'd. Will train.  
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**CLEANER—Early morning & evenings, 20-25 hr/week. Public Library/Amherst, Mass. Ideal for retiree. Call mornings.**  
Mr. Boring 258-7265.

**CLEANER PT.** Washington Public schools. Temp. night classes. 9-10 weeks. 220-11pm  
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**The First National Bank of Long Island  
Human Resources Department  
671-4900**

24 Help Wanted

24 Help Wanted

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24 Help Wanted

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Soccer - Womens - JV  
Track - Womens - Vars. - Asst. Vars.  
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Pleinview-Old Bethpage C.D. Jamaica Ave.  
Pleinview, N.Y. 11550  
listing qualifications for specific position.







# AUTOMOTIVE SECTION

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CHEVY 1986 510 Total Package 19,000 mi running boards, push guard, power windows & lift. \$16-334-8009  
CHEVY Chevette 1986, 8k, mint 4MPM, black, 24000. Call 578-3974 after 6pm  
FORD 1978 COUNTRY SQUIRE Station Wagon, V6 auto, A/C, am/fm stereo, cassette, 1900, new tires, brakes, exhaust. Well-serviced & maintained 78K mi. \$1400. Call: 921-3371  
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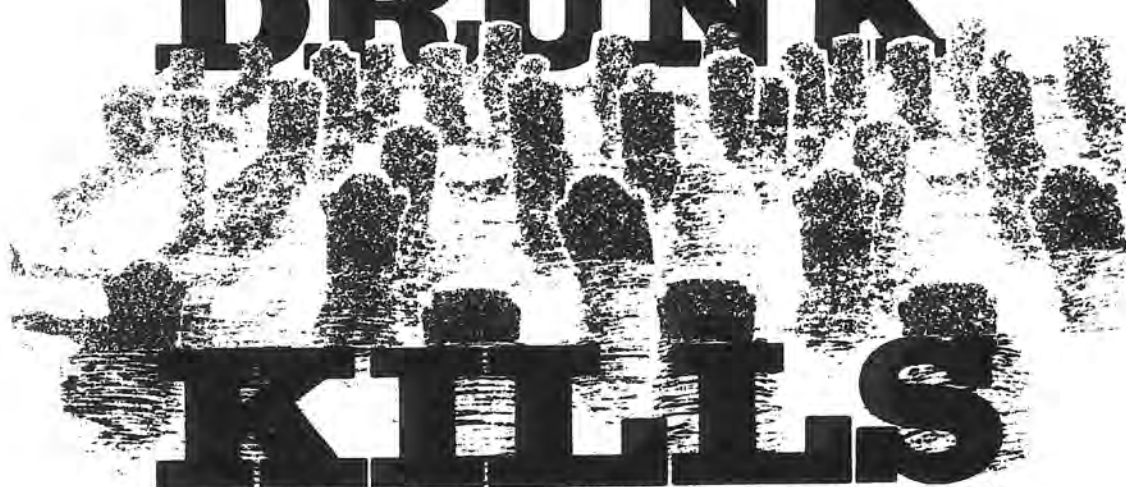
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# NASSAU COUNTY WIDE SPORTS



**NASSAU COUNTY EXECUTIVE** Thomas S. Gulotta; (second from left), proclaimed the week of May 1, through May 7 as "Physical Education and Sports Week" in the County of Nassau. Accepting the Proclamation are, from left to right: Rerule O'Brien of Rockville Centre, Executive Director for Interscholastic Athletics, Nassau Public High School; Dr. Robert Christenson of Bethpage, District Director of Physical Education and Athletics, Nassau Public High School; and Dr. Frank Saracino of Westbury, President of the Nassau County Athletics Council.

## Ice Hockey Game to Honor Coach

Alumni of the Ice Hockey Program at the State University of New York at Stony Brook will be gathering at the Superior Ice Rink in Kings Park on April 30, to compete in the Annual Red & White Hockey Game. This year's affair will honor the Patriots' first full time head coach Bob Lamoureux for his service and dedication to the program at the University as well as his many years of support to Youth Hockey on Long Island.

Lamoureux started coaching the Patriots in 1975 when current head coach George Lasher was but a sophomore center on the squad. He guided the patriots for five years, turning the team over to Lasher and co-coach Rick Levchuck of Commack in 1982. "Bob did a lot of the work getting the team started, commented Lasher. I spent two years with him as an assistant coach. When he decided to step down, he left a stable, healthy and

competitive program that Rick and I have been proud to keep going."

Lamoureux comes from an intensive Hockey background. Born in Canada, he is the son of Leo Lamoureux, a teammate of Rocket Richard on four Stanley Cup winning Montreal Canadiens teams, played for Indianapolis in the Central League and the Bridgeport Oilers in the old Eastern league.

Besides his five years coaching the Patriots, Lamoureux has been the head coach of the Long Island entry in the Empire State games, twice guiding the team to silver medals. He has also coached for many years in the Nassau arrows organization, most recently as head coach of the N.Y. Jr. Islanders.

Ceremonies will start at 6:15 p.m. with the game immediately following. Admission is free.

## Sports Med Line

STEPHEN HENRY, M.D. and REGINA WHITE DUNN, L.P.T.

### Marfan's Syndrome

Sports Med Line has received numerous inquiries regarding Marfan's Syndrome. This disorder has been responsible for a number of deaths among young athletes in their prime.

More than two years have passed since the death of the 1984 U.S. Silver Medalist, Flo Hymán. Considered the best American woman volleyball player, she died suddenly while playing in Matsui, Japan. What was initially thought to be a heart attack was instead a ruptured aorta (the major vessel leading from the heart). She was later diagnosed to have Marfan's Syndrome.

Chris Patton, a 6'9" sophomore at the University of Maryland, died suddenly during a pickup game. The diagnosis was a ruptured aorta due to Marfan's Syndrome.

Marfan's Syndrome is an inherited condition which afflicts more than 20,000 people in the United States. This syndrome is as common as hemophilia and sickle-cell anemia in our population; however, it is less known and identified.

Marfan's Syndrome is most commonly found in tall individuals with long fingers, legs and arms. They frequently are nearsighted and have curvature of the spine (scoliosis), loose or double joints, flat feet, and deformities of the breastbone (sternum).

The syndrome also affects the cardiovascular system (heart and blood vessels). The aorta is most often involved and is at risk

for tearing or rupturing. Other individuals have impairment of the heart valves and have heart murmurs. Herein lies the true danger of Marfan's Syndrome. Many individuals with this disorder have only a few signs and symptoms, and diagnosis is extremely difficult. Victims may appear to be in excellent condition; however, they may be at risk for sudden death.

Since most of these individuals are tall and have long fingers and arms, they usually excel in sports such as basketball and volleyball. Most colleges and universities are now aware of Marfan's Syndrome and perform thorough screenings on incoming high school athletes. Once Marfan's Syndrome is diagnosed, most physicians restrict the athlete from future sports activities.

If you suspect Marfan's Syndrome, contact your family physician for an evaluation. Your physician will evaluate your family medical history and perform a complete physical examination with attention given to the eyes, spine, arms, legs, and the heart. Patients with multiple signs of Marfan's will require a chest x-ray, EKG, and echocardiogram to exclude a serious heart problem. Marfan's Syndrome is not a common problem; however, any individual with several signs of this disorder should undergo a medical evaluation.

If you have a question regarding Marfan's Syndrome, please write to Ms. Priscilla Ciccarillo, Chairperson, National Marfan Foundation, 382 Main Street, Port Washington, New York 11059.

## Nassau Sports Review

By Jack White

There were some outstanding efforts on Nassau's baseball diamonds last week. Mark Eads of Levittown Division hurled a no-hitter against Bellmore Kennedy. The senior left-hander struck out 13 in the Blue Dragons 6-0 victory. Garden City's Jim Trocchia fanned 11 Port Washington hitters as he recorded his second straight shutout. Three days later he drove in six runs with a home run and two doubles.

Jason Loscalzo of Plainview blanked Mineola, 5-0, for his second straight shutout. Farmingdale scored 12 runs in the first inning on the way to a 19-1 win over Hempstead. Floral Park plated 11 in the first in a 26-6 slaughter of Elmont. Chris Sinacore of MacArthur fanned 12 as he beat Glen Cove, 11-2. MacArthur took two of three from the Covers in what could be the key series of the Division 11-D season.

The first state high school lacrosse rankings were issued. West Genesee of Syracuse is in its familiar top spot but Ward Melville is a close second. Lynbrook tops the Class B schools.

### Large Schools (and Section)

1. West Genesee - 3
  2. Ward Melville - 11
  3. Farmingdale - 8
  4. Garden City - 8
  5. Fayetteville-Manlius - 3
  6. Bay Shore - 11
  7. West Babylon - 11
  8. Yorktown - 1
  9. Baldwinville - 3
  10. Smithtown East - 11
- Other Nassau schools in the top 20 were Port Washington (No. 8) and Massapequa (No. 19).

### Small Schools

1. Lynbrook - 8
2. Commack East - 4

3. Manhasset - 8
4. Jamesville-DeWitt - 3
5. Homer - 3
6. John Jay - 1
7. Elmont - 8
8. Skaneateles - 3
9. Bethpage - 8
10. Harborfields - 11

The State Lacrosse Committee will meet on April 30 to vote on a proposal to allow Catholic High Schools to participate in the State Tournament. . . . West Genesee has now won 27 straight games. . . . In track, Derrick Adkins of Malverne won both hurdles and ran a leg on a winning relay at the big Malverne Invitational. Adkins' times of 13.8 in the highs and 53.5 in the intermediates were exceptional. The top field event effort was a 13 foot 8 inch pole vault by Junior Jay Nixon of Garden City. . . . Wantagh's Chris Danigellis recorded an excellent 3000 meter time of 8:33.4 in an invitational meet in Philadelphia. . . . At North Rockland, the McQueen twins of Uniondale, Kelvin and Kevin both ran 14.2 in the finals of the high hurdles.

The All-New York State Girls' Basketball Team was announced last week and on the first five is a 5'6" guard from upstate Eldred High School named Tammi Reiss. All Tammi did this year was average 46.3 points per game. Wow!

The All-State squad:

Tammi Reiss	Eldred - 9 Sr.
Kathy Ghoslon	Wyandanch - 11 Sr.
Karen Lounsbury	Lourdes - 1 Sr.
Carmen Starling	Nottingham - 3 Sr.
Trina Wilson	August Martin - NYC Sr.

Nassau selections were: Noreen Winterfeldt, Farmingdale (4th team), and Veronica Sims of Freeport (6th team).

## Application Available for N.Y. State Senior Games

Applications are being accepted for the sixth annual New York State Senior Games, to be held June 16-19 at SUNY College at Cortland.

State residents 55 years of age and older are eligible to compete in the Games, sponsored by State Office of Parks, Recreation and Historic Preservation, in cooperation with the State Office for the Aging and the State University of New York at Cortland.

More than 20 events are scheduled, including archery, badminton, swimming, bocci, bowling, golf, racquetball, softball, tennis and track and field. Drop-in activities, such as bait casting, darts and basketball are also scheduled.

In the past, most of the participants

entered the Recreational Division for fun and fitness. The Competitive Division is limited to more serious competitors trying to qualify for the United States National Senior Olympics in 1989 in St. Louis or warming up for the Masters Division of the Empire State Summer Games, to be held in Syracuse this year.

Gold, silver and bronze medals will be awarded to winners in each event in both divisions.

To insure the participant's placement in events, early registration is encouraged. Applications and details are available from county offices for the aging, state park regional offices or by writing to: Senior Games, State Parks, Albany, N.Y. 12238. Applications also are available by calling 1-800-342-9871.

## Crossbow Target Shooting To Be Discussed

"The interest in crossbow target shooting has greatly increased during the past few years," said Nassau County Fish and Game Association President Charles Bevilacqua. "So, in order to keep sportsmen and women informed about this interest in a very old sport, the association will present an informative lecture and demonstration on Wednesday, May 11 at 8:15 p.m. at the Hempstead American Legion Hall, 160 Marvin Ave., in the Village of Hempstead. Specialists Bob Kaczmarek and Charles Sacco will be the guest speakers."

"There are many misconceptions about the crossbow which inhibit its welcome into sporting circles," said Bob Kaczmarek.

"Once these ancient misbeliefs are cast aside, the true art of the sport surfaces. It's safe, competitive, great for the handicapped, and fun to learn."

The May meeting is open to everyone there is no admission and membership in the association is not required.

The Fish and Game Association represents more than 200 affiliated clubs and more than 400 individual members. It's the sportsmen's voice in all legislative matters. Membership information can be obtained at the next meeting, or send a post card with your name and address on it to: Nassau County Fish and Game Association, P.O. Box 245, Rockville Centre, N.Y. 11571.

## Spring Health Run

Joggers and runners of all ages are invited to participate in the second annual "Spring Health Run," sponsored by the Department of Medicine at North Shore University Hospital on Sunday, May 22, at 9:30 a.m. The five-mile race will begin and end at the hospital, located at 300 Community Drive, Manhasset.

Refreshments, an awards ceremony and a raffle featuring a grand prize of a six-day trip for two to Acapulco will follow the event. All

pre-registered runners will receive commemorative T-shirts.

Entry fees are 10 for adults and 17 for children. Day-of-race entries will be 10 for adults, 18 for children. Proceeds will benefit medical research and education at North Shore. Applications can be obtained by calling Dr. Williams at 562-0200, or by writing to North Shore University Hospital, Spring Health Run, 300 Community Drive, Manhasset, New York 11059 for an application.