

HICKSVILLE ILLUSTRATED NEWS

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Treatops Program Makes Bookworms Out of Students

By Rita Langdon

As the school year dwindles down to its final weeks, some students look forward to a summer with no studying. But, at Trinity Lutheran School, the students may have changed their attitude all because of a program instituted by a Hicksville parent.

Through a special project similar to RIF (Reading is Fundamental), students are encouraged to read in school and continue reading after school with their parents and family members. Because RIF is a government-run program and funding is not a priority for parochial schools, Anne Rickmeyer, a Hicksville mother with a child in the school, decided that Trinity Lutheran needed a reading program of its own. "RIF program really doesn't fit in with the school," Rickmeyer said. "It was almost like a teacher-run program and we wanted this to be more of a parent, PTFA project."

With backing from the PTFA (Parent-Teacher-Friend Association) and the school principal, in Oct. 1985 Treatops—Trinity Reading Opportunities—made its debut at the school on West Nicholas Street. Now in its fifth year it has grown to such an extent that the students reading scores, which were already high, have improved immensely.

"Our students achievement in reading is above excellence," said principal Weldon Endorf. "I think we are helping parents also start to read more."

In the beginning of the school year Rickmeyer mails a calendar to all parents asking them to guide their child into reading with a partner or alone for 15 to 20 minutes a day depending on the age of the child. Each child who completes the calendar receives a free ice cream. The highest percentage of readers in a class win \$25. The second and third place classes receive \$10 each.

In addition, 15 minutes is set aside each day in the classroom for the students to stop what they are doing and read. Even the school principal and office staff read for 15 minutes a day.

But what makes the program unique is that it is entirely up to the student whether or not to participate. "The calendar is sent home and the kids volunteer to do it," Rickmeyer said. While the sixth, seventh and eighth graders may feel they are too "sophisticated for the program," Rickmeyer said the teachers usually try to get every student involved. "The \$25 helps turn the teacher on to encourage the children. The kids don't feel isolated that they are reading for themselves, they feel like they are reading for their class." The \$10 prize money was offered after the competition got so intense "that we couldn't disappoint the classes that had done so well," Rickmeyer said.

Rickmeyer estimates that about 50 percent of the school participates in the reading program.

The prize money, which is donated by the PTFA, is used by the teachers to benefit the class. Some teachers have purchased such items as books, globes, maps, or throw parties for their classes. Rickmeyer said that the prizes are an added incentive for the students to strive to win something for their class.

"Once they saw what they as a group were working for, I think it really helped spur them on," Rickmeyer said, adding, "And of course it helps the teachers... who became a little more encouraging too."

Rickmeyer said that she also receives positive feedback from the parents. "I hear the effort that goes into it," she said.



Annie Tucker, Takumi Joicochea and Annie Kang read during the 15 minutes set aside by the school.

(Illustrated Photos By Michael J. Maloney)



Even Trinity's principal, Weldon Endorf, takes time out to read.



Trinity Lutheran students Kifon Furline and Laura Lande read to teacher Christine Leone.

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



Marie-Christine LaPostolle Bride of Erik Rogers

Mr. and Mrs. Erik Rogers

Marie-Christine LaPostolle, daughter of Jacqueline and Andre LaPostolle of Dijon, France, became the bride of Erik L. Rogers, son of Judith and Jay Rogers of Hicksville.

The ceremony took place in Judge Joseph J. Goldstein's chambers in the Supreme Court Building in Mineola on Friday, May 4, 1990. Nikolas Rogers and Gerl Rogers, Erik's brother and sister, served as witnesses. A reception

was held at Benny's in Westbury.

Erik graduated from Hicksville High School in 1983 and then went on to graduate from Stevens Institute. He is employed by the Bank of New York as a Computer Engineer. Christine will be starting her Ph.D. in Neurobiology in February.

The couple resides in Kew Gardens.

Grandparents Are Proud

Meredith Lambert, daughter of Denise Lambert Szymanski and the late Peter William Lambert and stepdaughter of James Szymanski (all graduates of Hicksville High School) was awarded a 1990 Junior Achievement Award in Suffolk County recently. Meredith will be in her cap and gown accepting her diploma at St. John the Baptist High School in a few weeks.

She is the granddaughter of Hicksville residents Peg and Tom O'Connor and Bernice Neufeld.



Susan Hoehing

Proud Parents

Irene and Fred Hoehing, residents of Hicksville for more than 35 years, are very proud that their daughter, Susan, will receive her master's degree from New York Tech University on Sunday, June 3. Susan is a graduate of Hicksville High School, class of '78. She resides with her husband, Robert, in Manhattan, and is currently employed as a Computer Program Analyst.

Writes Mom and Dad: "Nice going, Susan, we're so proud of your accomplishments and we wish you the best of everything."



Hometown People is written by Flo Gries, a lifelong Hicksville resident. She loves receiving all your weddings, engagements and family news. You can write to Flo at 132 East Second Street, Mineola, N.Y. 11501. All photos will be returned if you include your name and address on the back.

Lucky Hicksvillites

Jean Glass, longtime Hicksville resident, was the lucky winner of 100 Instant Lottery tickets, thanks to radio station WABC.

Jean, your family is sending you their congratulations—and so are we.

More Luck . . .

Jenny and Jim Dyckman of Levittown (formerly of Hicksville) have won an all-expense-paid vacation to Florida next month. They will take this opportunity to attend the high school graduation of their daughter, Lisa Dyckman, also formerly of Hicksville.

And More Luck . . .

Michael Caruso, a Hicksville and Las Vegas resident, was also a lucky fellow last week. Seems like the Palace Station Casino had a free Give-Away-A-Car-A-Day contest. Mike had his name entered every day and on May 22 he found out that he had won an Oldsmobile. Not bad, huh? Congratulations to all of you.

Congratulations Are In Order

Congratulations Dave and Ilene Ferrin on being honored by the American Liver Foundation; a Research Fellowship has been awarded in your name.

• Congratulations to Eileen and Henry Puerta on the great times you had running in the *Newsday* L.I. Marathon.

To Kristi Walker who made her First Holy Communion on May 12, and to Johnny Lyons and Anthony Millwater, who received their First Holy Communion on May 19th—we're sending our congratulations and blessings.

He's Now Called Doctor

Lawrence Blaszkowsky was among the 150 new physicians to graduate from the SUNY Health Center at Syracuse during its 155th Commencement Exercises May 20.

Lawrence received the M.D. degree from Dr. John Bernard Henry, president of the Health Science Center at Syracuse. The class included 60 males and 54 females.

Dr. Blaszkowsky is a 1986 graduate of Clark University in Massachusetts and is the son of very proud parents, Mr. and Mrs. Eddie Blaszkowsky. He will be beginning an Internal Medicine residency at Mt. Sinai Hospital in New York in July.

Happy Birthday Fran

May 14 was the day Fran (Caruso) Thomas was born—but May 13, this year, was the day her husband, George threw a surprise birthday party for her. We're not saying how many years ago she was born—but she had mentioned she had never had a party so George decided to surprise her.

The party was held at the absolutely beautiful home of her daughter and son-in-law, Patti and Ricky Budinich. Fran thought she was going to Patti's for a Mother's Day dinner along with her other children, George and Pam; Mark and Karen; and Lauren and Billy Clark. Much to her surprise there were many more people there—those from Hicksville or formerly of Hicksville were: George's sisters Margie and her husband, Jack Cummings, Lucy Mae McLaughlin, Rose and Jim McGeever, Joe and I, Leo and Phyllis Ruggiero, Thelma Raab, Ann (Clark) Candella; Lena and Paul Olynk; Howard Finnegan, Jim Gries, Rose Famigletti, Jacque and Steve Jablonski, Evelyn and Richard Budnich; Al Adessio; Barbara and John Grillo and their children, Betty and Bill Minardi, Michael and Laurie McGeever and their children, and Jamie, Barbara and Bryan McGeever.

The food was great. It was catered from Isola Bela Restaurant in Astoria . . . and the beautiful cakes came from that Diane's Bakery in Roslyn.

The guests who Fran enjoyed the most were her grandchildren: Laurie and Lisa Thomas; Kerri Clark, Larissa and Rick Budnich, and Ryan, Matthew and Gregg Thomas.

Many of you will remember Fran's husband, George. He was a great athlete in high school and also played with the Hicksville Field Club. They have stayed in Hicksville all their lives and said they are not planning on moving. They love it here. They both said, "We want to stay here and watch our beautiful grandchildren grow up—that gives us the most pleasure."

George would also like to publicly thank Patti for all the planning and work she did in making the party the success that it was.



Christopher Wright

It's A First For Christopher

Christopher James Wright, son of Tara and James Wright will be celebrating his birthday on Friday, June 8.

Mom, Tara, writes: "His arrival last June not only made this his special day—but it was a special day for the whole family. It was the best gift we could have received for any occasion.

"Especially happy and proud was his grandmother, Elaine Higgins, who has seen to it that he gets plenty of the 'only kind of love and attention a grandparent can give.' Elaine is Chris' only grandparent and she's giving him as much love as if he had four grandparents.

"To the love of our life, Christopher—a very happy first birthday. . . Mom and Dad."

James and Tara are both graduates of Hicksville High School.



Fran and George Thomas

Good Luck, Dianne

Dianne Gargano, daughter of Flo and Russ Gargano of Charles Street, Hicksville, has graduated from the Institute of Audio Recording in Manhattan. She is presently pursuing a career as an audio recording technician. Dianne is a 1986 graduate of Hicksville High School. Congratulations Di for a job well done.

Our College Students

Dave Weinberg, a criminal justice major at Pfeiffer College, a 4-year liberal arts school in Misenheimer, North Carolina, has been named Residence Assistant for the 1990-91 academic year. Dave is the son of Roberts and Stuart Weinberg.

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Students Strut Their Stuff At Senior Prom



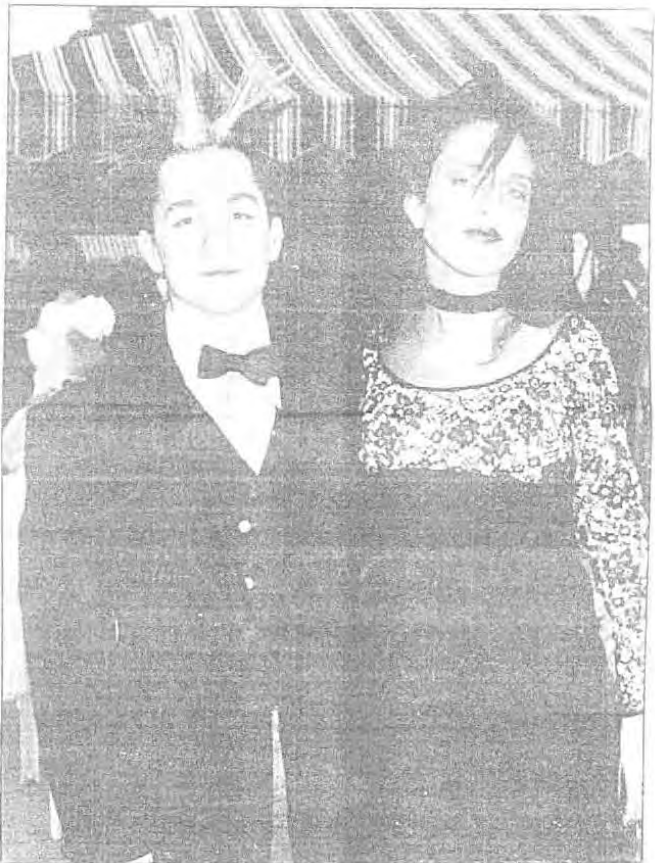
STEPPING OUT In style, at the Crest Hotel - couples Clark and Woodliffe are (left) Pendergast and Steve Joyce.



FROM LEFT ARE Peter Anzani, Jennifer James, Jean Kremer, and Don Hudson. Illustrated photos by Michael J. Mahoney.



FROM LEFT TO RIGHT ARE Colleen Kenny, John Sullivan, Nancy Boury, and Mike Jankowski.



FRANK POREL AND MARLEIGHA VIO may look a little different, but they were at the prom to have a good time just like everyone else.

Hicksville PTA Council Bestows Academic Awards

The Hicksville PTA Council presented its annual Academic Awards ceremony on December 10, 1990, at the Hicksville High School. The ceremony was held in the gymnasium and was attended by many parents and community members. The awards were presented to students from various elementary schools in the district who had achieved high academic scores during the year.

The awards were presented to the following students:

- Burns Avenue School:** [Name]
- Lee Avenue School:** [Name]
- East Street School:** [Name]
- Willett Avenue School:** [Name]
- Woodland Avenue School:** [Name]
- Middle School:** [Name]

The awards were presented to the following students:

- Dutch Lane School:** [Name]
- East Street School:** [Name]
- Lee Avenue School:** [Name]
- Willett Avenue School:** [Name]
- Woodland Avenue School:** [Name]
- Middle School:** [Name]

News Briefs

Some Changes in School Vote Results

Some minor miscalculations were discovered in the results of the Hicksville School budget vote and board of education elections after a recount was taken. The new results are as follows:

John Ayres	2388
Carole Wolf	2631
Arlene Rudin	2271
Jay Schwartz	2015
Charles Strugatz	824
Jo Ann Miltenberg	2514
Stephen Pendergast	2477

Budget	1559 YES
	3588 NO

The changes do not effect Wolf's, Rudin's, or Miltenberg's elections to the board.

Landscaping Approved For West John St.

This fall, Nassau County will plant approximately 15 trees in the West John

Street Islands

Acting on the request of the Northwest Civic Association and Oyster Bay Town Supervisor Angelo Delligatti, the county highway department will plant the trees.

"The trees are really terrific," said Northwest president Mary Ann Ferrado. "It will add a little something up there."

Ferrado and Delligatti had also requested that the county place flower boxes on portions of West John, but the request was denied. "Due to the potential liability incurred if a vehicle loses control and an accident occurs... your request for the flower boxes is denied," said county commissioner Ludwig C. Hasl, P.E. in a letter in Ferrado.

"We are delighted that the county is joining the town and civics in our ongoing efforts to beautify the down area of Hicksville," Delligatti said.

Man Burned While Inspecting Car

A man inspecting a car that was for sale at 51 Tiptop La. on May 29, sustained second and third degree burns after he apparently poured gasoline into the carburetor. The carburetor then backfired, burning the man's upper torso. He was transported to the Nassau County Medical Center burn unit for treatment.

Arson Fire at Motor Lodge

Fire Marshalls and Arson Squad detectives are investigating an apparent deliberately set fire at the Hicksville Motor Lodge on May 27.

The Hicksville Fire Department responded to the fire after receiving a call at 10:45 p.m. The first units on the scene found heavy smoke and occupants escaping out windows. No injuries were reported.

Gasoline was found throughout the main floor of the motel. No arrests have been made at this time.

Arson Suspects Arrested For January Bombing

Four individuals were arrested by arson squad detectives for the January fire bombing of a Hewitt Street home. The bombing was apparently directed at the homeowner's son. No one was injured in the bombing.



HICKSVILLE FIRE DEPARTMENT Volunteers attempt to separate two vehicles that collided at the intersection of East Marie Street and Bay Avenue on May 31. One person was injured in the accident.

Illustrated photo by Cathy Greenfield

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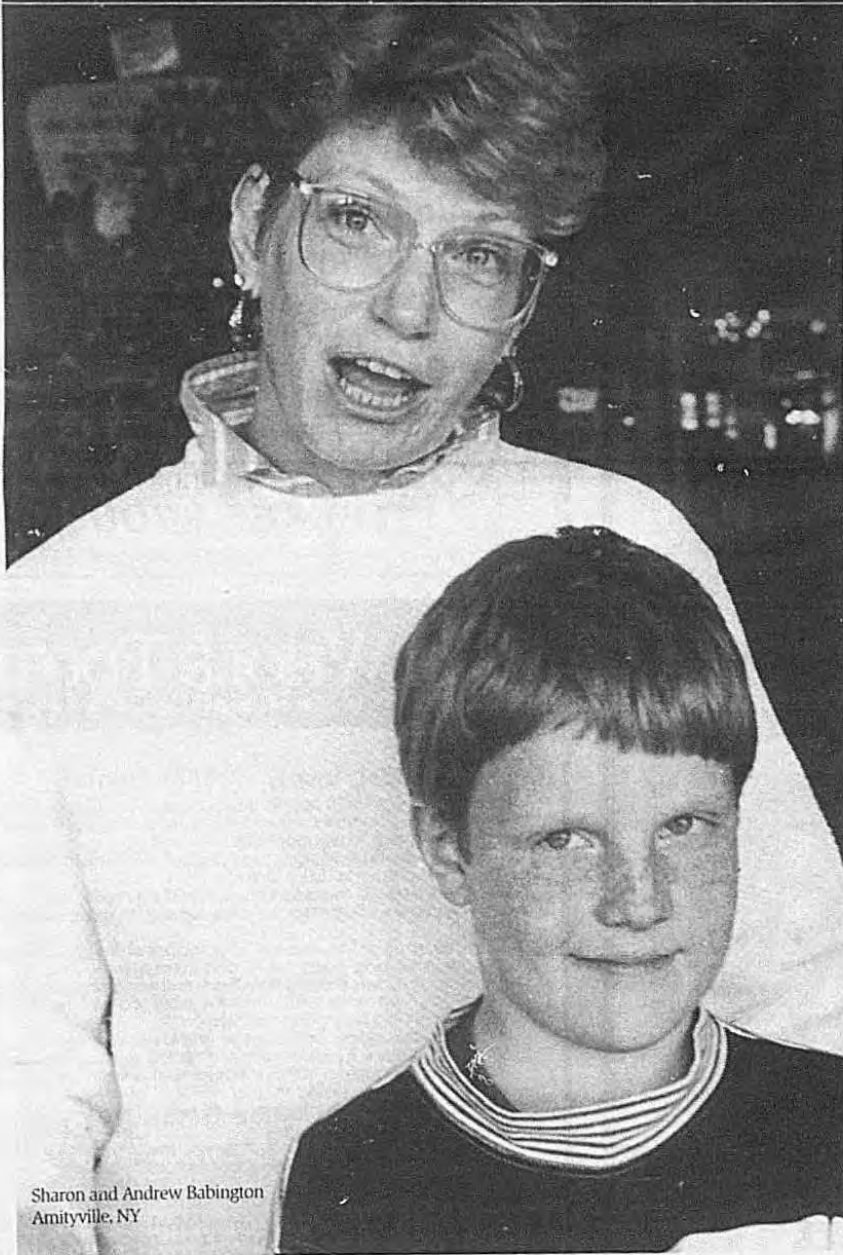
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Resident to Head North Shore Senior Men's Club



Oyster Bay Town Clerk Carl L. Marcellino (center) presents a special certificate to Lou Morone of Hicksville, who was sworn in as president of the North Shore Mens Club. The presentation was made at the club's annual installation luncheon, held this year at the Woodbury Country Club. Also heading up the club for the coming year will be (left to right) treasurer Bob Safar of Hicksville, secretary John Walters and Sgt. at Arms Michael Romano of Plainview.

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THE WHOLE TOOTH

by Laura Selub, D.D.S.



Taking Charge of Your Mouth

Here are a few more thoughts on your role in keeping dentally fit. In this effort you are irreplaceable. But it does take conscientious application of several basic practices.

Brushing, for example. A simple exercise, no? You spread toothpaste on the brush and scrub up a storm.

Well, there's a little more to it than that-if you really want good results from your work. By the numbers, here's one effective way to proceed:

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- 2- Use short strokes, moving from tooth to tooth, but gently, gently.
- 3- First the front of the teeth, then the back, all the time keeping up the short, back-and-forth strokes.
- 4- The inside surfaces of the upper and lower front teeth require special treatment. Turn the brush to a vertical position. The strokes are now up-and-down rather than across the teeth, with the top end of the brush working for you.
- 5- The final step-brush your tongue to remove bacteria there and help keep your breath sweet.

That's about it. Your dentist can help you select the proper toothbrush for the size of your mouth and the position of your teeth. Choose a fluoride toothpaste and, if you want additional dental hygiene support, use a fluoride gel or mouthwash. Then make sure that your dentist or dental hygienist teaches you how to floss. Five minutes of properly applied dental home care each day, coupled with regular dental examinations and cleanings can virtually prevent tooth decay and gum disease, the two biggest causes of tooth loss.

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Sun. 11 am-5 pm

PUBLIC NOTICES

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 June 19, 1990, 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 the construction of a remedial treatment facility for the primary purpose of removing contaminants from an underground water plume, at a maximum estimated cost of \$8,200,000, at which time and place said Town Board will hear all per-

sons interested in the subject matter thereof. It is proposed to finance such improvements by the issuance of \$7,500,000 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 and by the expenditure of \$700,000 monies of said Solid Waste Disposal District.
Dated: Oyster Bay, New York,
May 22, 1990.
BY ORDER OF THE TOWN BOARD OF THE
TOWN OF OYSTER BAY, NASSAU COUNTY,
NEW YORK
By CARL L. MARCELLINO
Town Clerk
06-07-90-IT-29079-HICK

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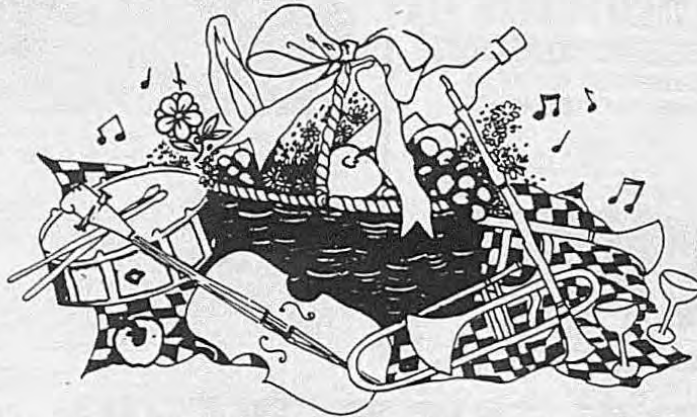
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A musical feast under the stars
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Gates Open: 6 P.M.
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Advance ticket sales only.
For information
call (516) 676-5000
Ext. 2140

SATURDAY, JUNE 16, 1990
Rain Date June 17, 1990
General Admission \$50, 15 and under \$15 *

* All contributions tax deductible to the extent allowed by law

Summer Picnic Concert

I would like to be listed as:

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4 Concert and Cocktail Reception tickets, Special Parking
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Saturday Evening, June 16, 1990

Summer Picnic Concert

Development Office
North Shore University Hospital at Glen Cove
St. Andrews Lane, Glen Cove, N.Y. 11542

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ADDRESS _____

CITY, STATE _____ ZIP _____

TELEPHONE () _____

What Hicksville Is Reading

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

- Non-Fiction**
1. *Men at Work* — George F. Will
 2. *Liar's Poker* — Michael Lewis
 3. *Simona de Beauvoir* — Deirdre Bain
 4. *The Broken Cord* — Michael Dorris
 5. *Flashbacks* — Morley Safer
- Fiction**
1. *September* — Rosamunde Pilcher
 2. *An Inconvenient Woman* — Dominick Dunne

3. *Clear and Present Danger* — Tom Clancy
4. *The Golden Orange* — Joseph Wambaugh
5. *Bright Star* — Harold Coyle

- Videos**
1. Look Who's Talking
 2. Dead Poet's Society
 3. To Kill a Priest
 4. Shirley Valentine
 5. Cookie



Hicksville physician Dr. Joseph J. LoPresti (right) is presented with a certificate for fifty years of medicine by Nassau County Medical Society President Dr. Robert Bruce Bergmann.

Hicksville Physician Marks Fifty Years of Service

Joseph J. LoPresti, M.D., an ophthalmologist who is in his thirty-third year of practice in Hicksville, was honored this week by the Nassau County Medical Society for fifty years of medicine.

Dr. LoPresti earned his medical degree

from New York University College of Medicine in 1940. He took his internship at Montefiore Hospital and his residency at Long Island College Hospital. From 1943 to 45 he served in the U.S. Public Health Service. He is a Diplomate of the American Board of Ophthalmology and a member of the American Academy of Ophthalmology. He is affiliated with Nassau County Medical Center and Syosset Community Hospital. Dr. LoPresti has resided in Manhasset for ten years.



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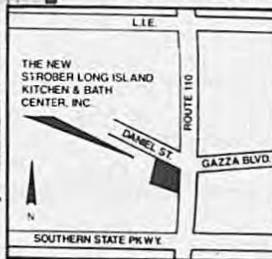
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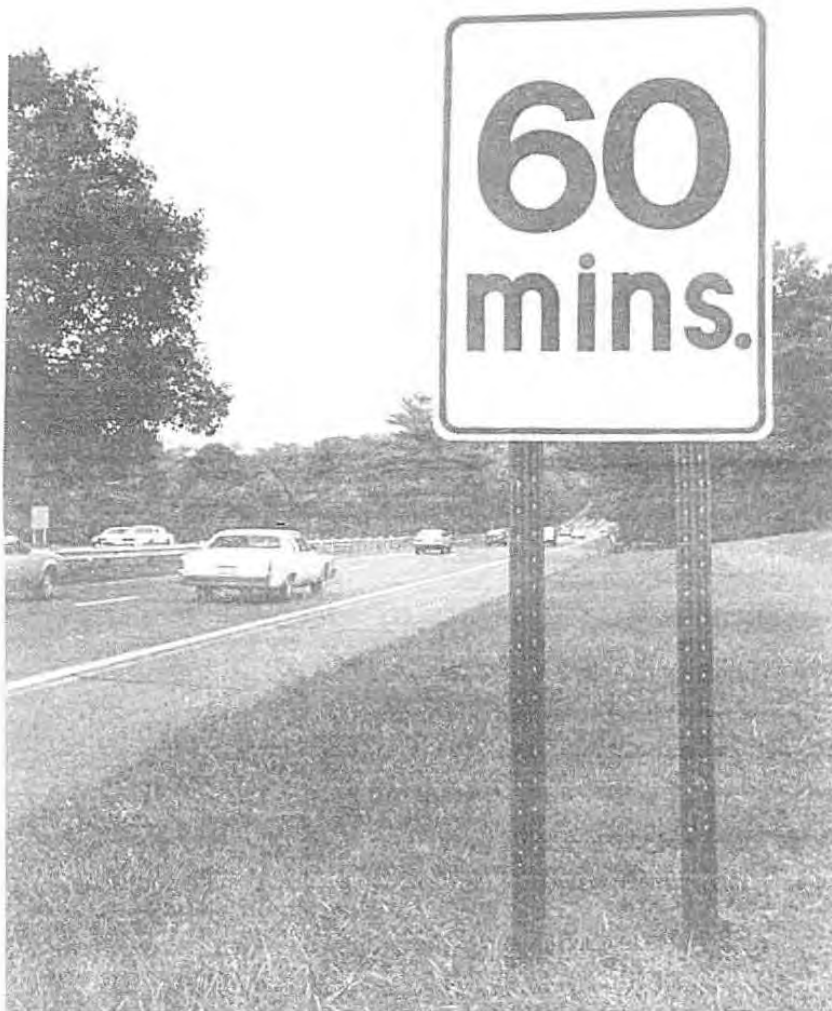
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Employees and Relatives of Employees of Anton Community Newspapers are not eligible



JUNE 7



JUNE 14







JUNE 21



JUNE 28

Return to:
Hicksville Illustrated News.
132 East Second Street, Mineola N.Y. 11501

<p>JUNE 7 Find this Symbol</p> 	<p>1 _____</p> <p>2 _____</p> <p>3 _____</p>
<p>JUNE 14 Find this Symbol</p> 	<p>1 _____</p> <p>2 _____</p> <p>3 _____</p>
<p>JUNE 21 Find this Symbol</p> 	<p>1 _____</p> <p>2 _____</p> <p>3 _____</p>
<p>JUNE 28 Find this Symbol</p> 	<p>1 _____</p> <p>2 _____</p> <p>3 _____</p>

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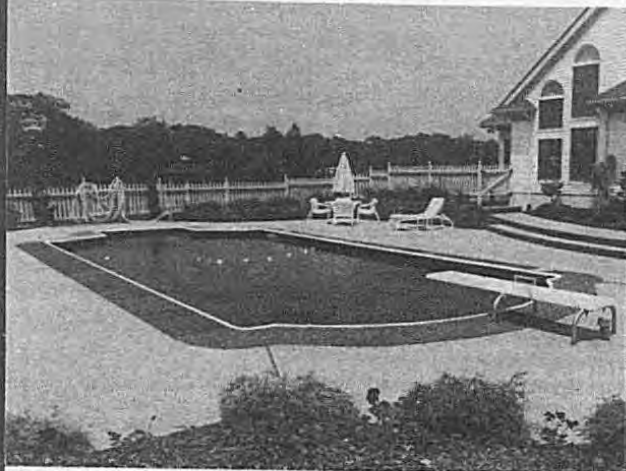
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Real Estate



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"Hicksville's Leading Brokers"

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Deductibility of mortgage interest and property taxes for primary and second homes remains completely intact. This is often the largest tax deduction for most homeowners and will continue to be so. Also intact are the rules that allow you to defer tax on the profit when you sell, if you roll it over into another home, and the \$125,000 tax exclusion from profit if you are over age 55.



HOMEOWNERS were the big winners under the Tax Reform Act. Your home remains a great tax shelter.

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Saturday, June 9
10 - 12:00
284 Old Country Road
Hicksville

Call For Reservations

935-5113

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, June 8

- Co-dependents Anonymous, a 12 step support group, will meet from 8-9:30 p.m. downstairs at the Parkway Community Church, Hicksville. For information call 735-1583.
- 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.

- Families in Recovery, a communication skills and support group for those concerned with unacceptable behavior of a child or other family member due to alcohol, chemical substance, or gambling, meets at 8 p.m. at Redeemer Lutheran Church, Old Country Rd. Free. For information call 423-5903.

Monday, June 11

- Overeaters Anonymous, a 12 step recovery program for recovery from overeating, will meet at 8:30 p.m. at Parkway Community Church, Hicksville. For information call 795-6814.

Tuesday, June 12

- Heal Your Life at the Healing Circle, 8:10 p.m. at the Parkway Community Church, Stewart Ave., Hicksville. Fee. For information call 883-9133.
- Recovery Inc., the association of nervous and former mental patients, will meet at 8 p.m. at Parkway Community Church, 95 Stewart Ave., Hicksville.
- The Hicksville Youth Council will hold its monthly board meeting at 7:30 p.m. at Hicksville Youth Council, 175 W. Old Country Road. All are welcome.

Wednesday, June 13

- Hicksville Kiwanis Club will meet at 12:30 p.m. at the Milleridge Inn, Jericho.

Thursday, June 14


- Hicksville Elks Lodge No. 1931 will meet at 8 p.m. at 90 East Barclay St., Hicksville. For information call 931-9310.
- Hicksville-Jericho Rotary Club meet at 12:15 p.m. at the Milleridge Inn.
- Overeaters Anonymous, a 12 step recovery program for recovery from overeating, will meet at 8:30 p.m. at Parkway Community Church, Hicksville. For information call 795-6814.
- For "Victorious Living in the 90s" join a "spirit-filled" bible study at 8 p.m. in Hicksville. For information call 681-1671.
- The Ladies Auxiliary to the William M. Gouse Jr. Post 3211 will meet at 320 So. Broadway, Hicksville at 8 p.m.
- The Joseph F. Lamb Columbiettes will hold a business meeting, 8:30 p.m. at Our Lady of Mercy School in the cafeteria. For information call 681-3562.

Friday, June 15


- Co-dependents Anonymous, a 12 step support group, will meet from 8-9:30 p.m. downstairs at the Parkway Community Church, Hicksville. For information call 735-1583.
- Families in Recovery, a communication skills and support group for those concerned with unacceptable behavior of a child or other family member due to alcohol, chemical substance, or gambling, meets at 8 p.m. at Redeemer Lutheran Church, Old Country Rd. Free. For information call 423-5903.

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BEADS

Government Watch

Resource Recovery Contracts Awarded

As the Town of Oyster Bay moves closer to attaining necessary permits for its planned resource recovery facility in Old Bethpage, the town board recently approved a number of resolutions that would facilitate the process.

The town board approved an increase in fees to the law firm of Beveridge and Diamond in connection with the resource recovery contract. In the resolution, the board approved a \$41,000 increase to the \$220,000 1989 amount and also authorized a \$330,000 increase for 1990.

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With the total contract amount increase, the board also approved a new rate schedule for some of the firm's New York and Washington staff.

In another resolution, the town board authorized the continuation of services from Willke, Farr and Gallagher, the project's bonding counsel. The firm, according to the resolution, is to continue services "for an amount not to exceed \$175,000."

In addition to legal services, the town board

also approved several engineering contracts in connection with the resource recovery facility:

*Lockwood, Kessler and Bartlett, Inc. was authorized to continue its engineering services for an amount not to exceed \$115,000;

*Cashin Associates, consulting engineers, not to exceed \$90,000;

*and, HDR Engineering, Inc. not to exceed \$27,000.

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Subway Celebrates 25 Years In Hero Business

Subway, named the number one franchise by *Entrepreneur* magazine for an unprecedented three consecutive years, celebrates 25 years in the fast-food industry this summer. Hicksville residents can join in the celebration at 495-04 South Broadway.

Subway is the world's largest submarine sandwich and salad chain and fastest growing franchise. The chain opens franchises at a rate of 100 a month and has a goal of opening 8,000 stores by 1995.

To help kick off the anniversary celebration, stores will participate in a chainwide Buy One Get One Free sale for one day only, Sun-

day, June 10, from 11 a.m. to 7 p.m.

Subway's President and founder, Fred DeLuca, started the chain as a means of earning his college tuition back in 1965 in Bridgeport, CT, with a \$1,000 loan from a family friend, Dr. Peter Buck. He began franchising in 1974.

Today, operations are international with more than 160 stores in Canada's provinces, as well as stores in Europe and Australia. More stores are in the offing for Mexico and possibly Brazil and Japan, according to DeLuca.

Hicksville Republican Club

Joseph Jablonsky
Executive Leader

Bill Maher
President

By Marc Herbst

Grumman Official To Speak At Republican Club On June 8

The Ernest F. Francke Republican Club of Hicksville will have its June general membership meeting on Friday, June 8 at 8:30 p.m. The meeting will feature a guest speaker from Grumman Corporation who will discuss the company's proposed Sterling Center development at the Bethpage airstrip. All members of the community are welcome to attend this informative meeting at the Hicksville V.F.W. Hall, 320 South Broadway, Hicksville.

Grumman will discuss its development plans for approximately 185 acres in our neighboring community of Bethpage. The proposal calls for 3 million square feet of office space, a 300 room hotel/conference center and two 50,000 square foot retail struc-

tures to service the office and hotel. The buildings are planned to be situated on the southern end of the Grumman complex where the airstrip is now located. The new employment center is expected to create between 15,000 and 20,000 jobs. Residents near the site have raised concerns relative to traffic, water consumption and other environmental issues. The speaker will address these matters.

Following the presentation coffee, soda, beer and desserts will be served.


The club's officers and board of directors will meet one hour prior to the general membership.

Teacher's Paintings on Display at National Expo

Lois V. Walker, former teacher at Lee Avenue School in Hicksville, will have a painting in the 33rd Chautauqua National Exhibition of American Art this June and July in Chautauqua, New York.

A major exhibition, it was juried by Jeremy

Strick, of the National Gallery of Art in Washington, DC. She also has won first place in the Arts Council at Freeport 10th Juried Art Exhibition for two of her paintings. They will be exhibited at the Freeport Memorial Library in June.



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Baked Ziti or Manicotti \$4.25
Lasagna (meat or vegetable) \$4.50
Pasta & Broccoli \$4.50
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Cheesecakes • Chocolate Mousse Cakes • Black & White Espresso Cakes • Apple Crumb & Many More

BEVERAGES

Fountain • Can Espresso • Cappuccino • Coffee • Tea



Members of the East Street School Cub Scout Pack 172 recently visited the office of the *Hicksville Illustrated News*. They learned about the newspaper business including how our paper is printed on the press. Here, Andrew Hackmack and Marc Ferguson read a copy of the *Hicksville Illustrated News*.

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CUISINE CONNECTION

The Seacrest Diner: It's All Greek To Me!

By Andrea Martone

In pleasant weather, one would likely find Nick Bouloukus tending to the tomato and pepper plants in the garden outside. If not there, try the kitchen where he and his cooks are busy chopping onions for the fresh Pasticcio that will be offered to his guests that day.

On this particular day, however, I found Nick doing both, while shifting back and forth from my table, engaging in pleasant conversation and directing the waitress in his native Greek tongue to bring more food from the kitchen. "How does a nice three-pound steamed lobster sound?" he says, in his soft spoken voice. "You like Pasticcio? I just made it, and it's fresh and hot." A detectible accent, though slight, reveals it's been quite some time since he emigrated from Greece to become a successful restaurateur in the United States. "I built this building myself in 1979," he says of the diner that occupies the northeast corner of two major thoroughfares. The absence of a sign that identifies it as the Seacrest Diner has some motorists perplexed. For those who are familiar with it, however, the Seacrest Diner is a good reason to apply the brakes.

Once inside, customers are faced with a large tank filled with live, Canadian lobsters that are served as specialties Monday and Tuesday evenings. For \$16.95, in fact, any one of the fresh crustaceans are offered with soup, salad, potato, vegetable, coffee or soda and dessert. Beyond the tank lies a large, newly-renovated dining room with upscale touches such as mirrored walls, a fireplace (for decoration only) and seafoam green, crescent-shaped booths, large enough for five to sit comfortably in the elegant room that is softly lit. Another less formal room off to the left as you walk inside, offers choices of tables, booths and a counter with stools.

The best part about diners is that you can

find virtually anything on the menu that suits your palate. Seacrest is no different, with an extensive menu that offers everything from a tuna sandwich to choices of nine fresh fish dinners, that will appeal to any mariner's appetite. Brought in fresh daily, Seacrest offers soft shell crabs, swordfish, salmon, flounder and sole, as well as an assortment of Greek specialties that Nick makes himself. Moussaka, Pasticcio, lamb and beef shishkebab, Greek salad, Athenian shishkebab... one would think they were in Greece. A sampling of the pasticcio and Athenian chicken; moist, delicious, marinated in subtle spices, make you wonder when the belly dancing will begin! You come back quickly to your senses, however, while staring out of one of many windows that offer a busy view of traffic on Glen Cove Rd. The Aegean Sea, after all, is oceans away.

Seacrest diner sees an endless procession

of guests who come through its doors from as early as 6 a.m. with the arrival of early breakfast diners — to the busy lunch crowds who take advantage of the \$4 lunch special of soup, sandwich and coffee, the dinner crowds who want to catch a quick meal before a show or en route home from work, to the late night diner, who will find the doors of the Seacrest open until 2 a.m.

Seacrest offers, in addition to the lobster specials, "all the chicken you can eat" on Mondays and Tuesdays from 3 p.m. to 9 p.m. for \$8.95. Children under twelve, \$5.95. Located at 4 Glen Cove Rd. in Old Westbury at the intersection of Jericho Tpke., Nick Bouloukus need not worry that the absence of a sign to identify the Seacrest Restaurant will not attract business. Word spreads quickly, and the greek word is *Exeretiko* and that means **Excellent!**



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ENTERTAINMENT

Belmont HorseFair 90: Attractions For All

A. Anthony Miller

There are only a few miles to go and only a few days left.

HorseFair 1990 ends at Belmont Raceway June 10. The third annual HorseFair, which began June 2 at America's largest racetrack - 430 acres - has as its premiere event the 122nd running June 9 of the 1500 thousand Belmont Stakes.

But HorseFair 1990 has something for folks of every age, including youngsters. The New York Racing Association, which sponsors the event, said that about 40 percent of the half million people who attended the first two HorseFairs were children.

"Children are enchanted with horses," said Liz Siaba, a Cornell Cooperative Extension agent who manned the 4-H booth last year, and who praised the HorseFair as a community activity. "At Belmont HorseFair they had an opportunity to get up close to some of the horses and to gain an appreciation of the horse industry."

More than 30 of the 250 different breeds of horses are represented at the HorseFair. One of the most unusual thoroughbreds at the fair is a two year old, whose owner, Pete Petersen, came all the way from North Dakota. The horse is named 'Heart', and he's the only thoroughbred around who has a perfect heart-shaped mark in the center of his forehead. All who see this horse, who will be running for the first time next year, are impressed by him.

For the entire family, there's an opportunity to have breakfast at Belmont, beginning at 7:00 am every day. The sponsors boast that you can eat like a horse while you watch the real thing. There's no admission charge, and you pay only for what you



eat. The menu includes a pancake breakfast; or choice of eggs, hash brown potatoes and toast; cereal; bagels or Danish Pastries; a fruit bowl; and children's specialties.

Racehorses eat between 5 and 7 am, but on days they race, they're not fed until after. By the time visitors arrive the animals are already exercising.

Fans can get a close-up look at the starter's gate and an explanation of its functions. Paddock 'horse clinics' inform those in attendance about proper grooming techniques, horse care and riding equipment.

Post time is 1 pm every day, and the feature race is at 5:30 pm, with post time for the last race set for 6:05.

Between acts and races, the stabling area is open for visits. Additional information about many of the breeds is available at the different booths, and dozens of souvenirs of all kinds, all related to horses and racing, are on sale.

Want to ride a pony? Both the carousel style and the real thing are available, and if the kids get restless, there's a playground on the premises, complete with sandbox and jungle gym.

With seating capacity of 20,475 at trackside, and a park area of more than nine acres, Belmont offers free admission every day until 11:00 am (9:30 am on June 9th, Belmont Stakes Day), after which it's \$2 for the grandstand and \$5 for the clubhouse.

Further information about the HorseFair is available by calling the Racing Association at 718 641-4700. But remember - there are only a few more days, and it's just a few miles to Belmont Race Track for a very enjoyable, summertime 'Must Do' event.

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QUEENS 43-73 Kissena Boulevard at Cherry Avenue 104-19 Queens Boulevard at 69th Avenue, Forest Hills	NASSAU Broadway Mall, Hicksville 201 North Broadway at Bethpage Road, Jericho 333 Merrick Road, Rockville Centre	

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Legionnaires' Log

By Greg Bennett

Charles Wagner Post #421,
Hicksville



Charles Wagner Legionnaires marched in the Hicksville Memorial Day Parade. Post Color Guard members were PC Arthur Rutz, PC John Rizo, Greg Bennett, and PC Lou Braun. Commander Arlene Howard led post marches behind the color guard.

Charles Wagner Post 421 extends a job "well

done" to the Memorial Day Parade Committee led by Chairperson Connie Steers of William M. Gouse, Jr. 3211 V.F.W.

The parade featured Army National Guard troops and vehicles led by Captain Lawrence Rivera. Captain Rivera was an impressive guest speaker as he spoke of citizens becoming involved in education, drug prevention and other volunteer activity.

The 72nd Nassau County American Legion Convention is June 7-9, in Floral Park. The convention parade is Friday evening in Floral Park. Our post once again is seeking the 3rd Division Banner Award. Adjutant Greg Bennett submitted a public relations scrapbook and a

history scrapbook to be judged at the convention.

Vietnam Veterans and their families are encouraged to call The American Legion Vietnam Veteran's Family Assistance Program, which can refer veterans and their family to private and public services to assist with PTSD, substance abuse, developmental child disabilities associated with Agent Orange exposure and PTSD. The number is 1-800-882-1778. This program is funded by a grant from The Agent Orange Class Assistance

Program and The New York Department of The American Legion.

Commander Arlene Howard finished a busy Legion term of office as Post Commander by attending Memorial Day Services at Eisenhower Park UVO Ceremony, Plainlawn Cemetery in Hicksville, and the National Cemetery at Pinelawn. Commander Howard also led services at the gravesite of Charles Wagner at Holy Rood Cemetery.

Veterans interested in joining Post 421 should call 796-9485.

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HICKSVILLE ILLUSTRATED NEWS

founded in 1986 by Howard J. Finnegan

Rita Langdon EDITOR
EDITORIAL STAFF
Cathy Greenfield, Michael Maloney
Flo Gries SOCIAL EDITOR
ADVERTISING
Mike Matranga Peter Hoegl

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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.

Response to Letter

I am writing in response to Mr. Jay Schwartz's letter that appeared in your May 24 issue.

I would like to inform you and your readers that the Hicksville Teacher Aides Association is IN NO WAY connected to the Hicksville Congress of Teachers. The Teacher Aides are part of the C.S.E.A. Union. The Hicksville Congress of Teachers is a part of the N.E.A. Union. This fact can be easily verified.

Since Mr. Schwartz wants the truth to be known, I am surprised he did not inform you and your readers that support was requested from C.S.E.A. for a candidate for the "B" Team. This request was denied because my letter arrived first. If this were not the case, the "B" team would be singing praises to the Unions.

One other point of truth—The Teacher Aides contract was settled after 2 years of negotiating BEFORE the board election, yet the "B" team continued to use this point against Steve Pendergast, whose wife is a Teacher Aide. The Memorandum of Agreement was signed by the Superintendent and myself on May 10, 1990.

Dear Editor and readers, don't believe everything you read. Make phone calls. Come to meetings. Ask questions.

Linda L. Hild, President
Hicksville Teacher Aides
C.S.E.A.

We Are Devastated

I would like to thank all the Hicksville taxpayers who voted down the budget. You were angry about many things so you sought revenge but only succeeded in slapping the students in the face, not the board or teachers. You voted down a budget of \$3 million to go on austerity which is \$1 million dollars.

I hope you realize that on austerity you won't be reading in the *Hicksville Illustrated* about our first place soccer and gymnastic teams. All three drama productions will never take life on our stage. Our award winning music program will be limited to one class during the school day.

You didn't want to close an elementary school because you didn't want the students crossing main roads. On austerity, there are no buses so they will have to cross them anyway. The basic necessities such as paper, tissues, glue, crayons, etc. will be cut. Adults will not be entitled to Adult Education and Senior Citizens will not have free trips. The whole community suffers on austerity. It will have such a negative effect.

Please support the budget if it is resubmitted. TEACHERS AND ADMINISTRATORS GET PAID ON AUSTERITY. STUDENTS RECEIVE NOTHING. The two million dollars

you shot down also shot down the students. If you doubt me, you are in for a big surprise in Hicksville.

A Group of Devastated Students Thanks for Support

To The Hicksville Community:
Thank you for your generous support towards my campaign for Trustee of the Hicksville UFSD. Although not elected, I was not defeated.

I raised issues including: 1) failure of administrators to implement practices and procedures to promote children's safety; 2) inappropriate union influence in the election process; and 3) budgetary mismanagement, referable to preserving buildings and jobs without advancing educationally sound goals.

Although the other six candidates ran in two blocks of three each, and outspent my campaign budget by more than five and ten times, I received 17.7 percent of the vote in a three candidate race.

Your friendship and personal responses from community members made it all worth while.

Charles R. Strugatz

Thanks for the Tickets

To The Editor:

Thank you for choosing my coloring picture of Bugs Bunny as a runner up and for sending me tickets to Six Flags Great Adventure. I also thank my mommy so much for taking the picture out of the newspaper for me to color. I love to color.

Ursula Simicic

Correcting Untruths

To The Editor:

Jay Schwartz's letter to the editor of May 24, in which he seeks to "correct untruths," contains many untruths.

Mr. Schwartz claims Mrs. Rudin supported me for re-election in 1987. That is true. What Mr. Schwartz fails to point out is that I ran unopposed for re-election and Mrs. Rudin had little choice but to support me. Schwartz also claims I made promises to Mrs. Rudin for her support. That is obviously untrue for the reason stated above.

Mr. Schwartz claims Mrs. Rudin walked away rather than face defeat for a second term. That is untrue and Mr. Schwartz knows it. Before he says the same about me, let me say that I decided not to run for a third term on July 27, 1987, almost three full years ago.

It is Mr. Schwartz who lives in a fantasy world and the public knows it. That is why we sent him down to defeat at the polls in 1987, 1989 and 1990.

Daniel C. MacBride
Hicksville, New York

Hicksville High School Final Exam Schedule

Monday - June 11

Full Day of Classes
PART I EXAMS
All Business
All Fine Arts
All Phys. Ed/Health
Theory of Knowledge
Programming in Pascal
All Practical Arts
All Foreign Language
(EXCEPT Level III)
Public Speaking/Debate
Creative Writing

Tuesday - June 12

Full Day of Classes
PART II EXAMS
All Business
All Fine Arts
All Phys. Ed/Health
Theory of Knowledge
Programming in Pascal
All Practical Arts
All Foreign Language
(Except Level III)
Public Speaking/Debate
Creative Writing

Wednesday - June 13

Homeroom - 7:51 a.m.
8:10 - 9:40
ENGLISH
9 - Honors/Regents/Basic
10 - Honors/Regents/Basic
11 - Standard/Basic

Thursday - June 14

Homeroom - 7:51 a.m.
8:10 - 9:40
SOCIAL STUDIES
9 - Honors/Regents/Basic
12 - Economics
Honors/Regents/
Standard/Basic

12 - Honors/Regents/
Standard/Basic

10:00 - 11:30 SOCIAL STUDIES ELECTIVES

American Family
Psychology
Criminal Law

12 - Government
Honors/Standard/Basic

10:00 - 11:30 SCIENCE

Oceanography
Biology - Standard/Basic
Chemistry - AP/Standard
Anatomy and Physiology

MATH

Math 10 - Basic
Sequential Math I - Stand.
Sequential Math II - Stand.
Sequential Math III - Stand.

Friday - June 15

9:15
RCT in Writing
Sequential Math I
Physics
RE in Global Studies
*Accounting
Financial Info. Processing

Monday - June 18

9:15
*Introduction to Occupations
Comprehensive Greek
**Pre-Calculus/Calculus

1:15
Comprehensive English
*Clothing and Textiles
*Food and Nutrition
*Housing and Environment
*Human Development

1:15
*Basic Agricultural Skills
*Business
analysis
business computer appl.
*Health
occupations education core

*Communications Systems
*Productions Systems
*Transportation Systems

Tuesday - June 19

9:15
RCT in Math

Biology
RE in US History and Gov't

Wednesday - June 20

9:15
RCT in US History and
Government

1:15
RCT in Reading
Earth Science

Sequential Math II
Sequential Math III

*Electronic Information
Processing
*Principles of Marketing

1:15
RCT in Global Studies
Comprehensive French
Comprehensive German
Comprehensive Hebrew
Comprehensive Italian
Comprehensive Latin
Comprehensive Spanish

*STATE EXAMS **SCHOOL EXAMS

Thursday - June 21

9:15
RCT in Science
Chemistry

Friday - June 22

9:15
RATING DAY

BUS SCHEDULES

Until and including June 12 - normal buses.
Last day of school for Developmental Learning Students — June 12.
June 13 and 14 - normal morning pick-up.
11:45 a.m. buses leave from school for home.
NO VOCATIONAL BUSES TO BOCES
June 15 through the end of school — NO BUSES.

LUNCH SCHEDULE

Normal lunch schedule through June 12.

Business Calendar Of Events

Activity in the world of business meetings heats up this week. On June 11, **Business After Hours**, features business networking for members and guests of LIA. At the Carlin Hotel in Melville, from 5:30-7:30 pm. On June 12, the Hauppauge Industrial Association's Luncheon Meeting features **Summer Health Care**, with presentations by Sports Injury and other medical specialists. The meeting, which begins at 11:00 am with free health screenings, will be at the Sheraton Smithtown.

A regional conference for owners operators and staff in the **Hospitality Industry** will be held Tuesday, June 12 at the Royce Carlin Hotel in Melville. Highlights include summaries of the latest developments in the hospitality industry, including the legislative and professional arenas. Also on the 12th, former New York City Council President Carol Bellamy will install the new Board of Directors for the **National Association of Women Business Owners**. The installation

festivities will begin at 6:30 pm at the Fox Hollow Inn, Woodbury.

June 13 is the date of Ellen Cooperperson's next business workshop. Entitled **Taking Charge in the Decade of Change**, this hands-on workshop, presented by Corporate Performance Management and sponsored by several organizations, will be held at the LIA Conference Center in Commack from 8:00 am to 5:00 pm. Also, **Corporate Gainsharing** will be presented at CW Post on June 13, 9:00 am to 5:00 pm. The seminar is for company managers and executives responsible for productivity and compensation.

Finally, on June 14, the Holiday Inn in Plainview will be the site of a 3 1/2 hour seminar by Carrier Safety's Francis Hammond on the subject of **How To Survive A DOT Audit**. Congress requires the US Department of Transportation to audit the safety records of all firms operating leased or owned equipment with a gross weight of over 10 thousand pounds.

LILCO: Summer Electric Supply 'Better This Year'

LILCO officials announced in late May that the company is in a better position to meet electric demand this summer, compared to the past several years, due to steps they have taken to improve the electric power supply to its customers. According to Joseph McDonnell, LILCO vice president of Communications, the company has installed new turbine generators, and implemented various conservation and other programs, which as improved the reserve of electricity.

But while McDonnell predicted that LILCO has sufficient reserve to meet the projected increase in demand this summer, he cautioned that unusually hot weather could put a strain on the utility's aging power plants, and increase the possibility of power shortages.

LILCO is forecasting an electric peak demand of 3,750 megawatts to occur this sum-

mer, a projected increase of 74 megawatts over last year's summer peak. The company says its projection takes into account its conservation plan, which is expected to shave some 161 megawatts from peak demand.

Among the improvements noted by McDonnell were: the installation of a 240 megawatt turbine plant; the restoration of a 185 megawatt unit at the EF Barrett plant; an expanded conservation plan; and the additional electricity supplied by independent power producers.

On the East End, where transmission lines are at capacity and demand is growing, McDonnell noted that the new Shelter Island cable, expected to be in operation next summer, will provide a continuous 'electric loop' and allow LILCO to re-route power from one fork to the other.

A Letter from Lulabelle...

...Once in a while when it takes me a little longer to fall asleep, I amuse myself by wandering, mentally, through the rooms of my grandmother's house, the house in which I was born... (It's still there in a nearby town and I often ride by just to look at it)... And in my thoughts, I enter through the side door—funny, I don't remember ever having entered through the front door, although we always used it to go onto the screened porch... The side door opened into the dining room which had a "set" of furniture, mostly covered with carving which was miserable to dust on those days when I was called upon to help... The table sat squarely in the middle of the floor under a stained glass chandelier—probably not really Tiffany—that had beaded fringe around the bottom... There was a china closet completely filled with cut glass of every description and on top was a blue and white china clock that was wound every day with a big brass key... The sideboard which was catercornered on another wall had a top shelf, then a mirrored back panel against which always stood a wicker tray with pressed butterflies under glass... and the counter part of this side board was filled with other treasures of silver and crystal... In the cupboards underneath were dozens of linen tablecloths and napkins all starched and pressed to perfection... In the front or living room was the piano which my grandmother could play and several antique tables and chairs... On the walls were oil paintings in ornate gold frames—very dark paintings that I never liked... But no one ever sat in that room—all the sitting was done in a back room just off the dining room—and that was the room in which I was born at an earlier time... In this room were the comfortable chairs, a "studio couch" for napping and several afghans for coziness... On the wall were two large oval frames with lots of flags surrounding the photos of my two uncles in the uniforms of the World War I soldier... under these pictures was a wildly carved marble topped table with enough curlicues and knobs to decorate a wedding cake and I hated it—and how I wish I had it now!... But the heart of the home was the huge kitchen with its big table under the windows (stories are told that I fell out of one of those windows as a small child and almost scared by grandmother to death)... and there was a gas stove—one of those with the oven side much higher than the burner side—can you remember them?—and there was kitchen cupboard—not a built in—that had tiny drawers for spices and a sifter bin for flour and many closets for whatever... there was a "frigidaire" with that coil on top in later years. But, of course, in the beginning it was an ice box... and I had my own little tiny cup and saucer and I had "tea" (largely milk) with my grandmother—and how I loved to go to that special house!... Why don't you walk, mentally, through your grandmother's house and enjoy, once again, the pleasure of being with someone who thought you were so wonderful—as grandmothers always do.

Years, Lulabelle

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The Investor's Corner

By Dr. Joseph P. Frey

Commodity Futures + More
In last week's article on commodity futures we outlined how you can win or lose big; pro-

fessional and non-professional. We did not have space to show why this was so.

The name of the game is volatility. Traders and speculators feed on it. It is the enemy of the non-professional. It is the reason these players are usually losers. The volatility comes from the structure of a future contract. As an example we can use heating oil. Most of us need it. Using Barron's of May 28, 1990 we look up heating oil, p. 152, under the NY Mercantile Exchange. This is one of nine commodity exchanges listed where commodities are traded. We find that a contract is for 42,000 gallons. These gallons are priced for different months delivery. The June closing price was 49.66 cents per gallon, July—49.55, Aug—50.48 and Sept—52.14. The price you will notice is up and down, month to month. The price is set by the supply of oil expected to be on the market and the demand for it. Each month is separate.

To find out what a contract is worth multiply the price by 42,000 gallons. June contract valued at 49.66 cents per gallon is \$20,857.20, July—\$20,811, August—\$21,201.60. A contract obligates you to deliver (if you sell a contract) 42,000 gallons of oil in the month for a payment to be received at the different amounts listed above. If you buy a contract you will receive 42,000 gallons and pay the listed amount. You pay a deposit for the contract of about 10 percent, about \$2,000. This is the margin.

As the supply or demand for a monthly contract changes, the value of the contract will change. Assume the price of a contract fell 2.26 cents per gallon on 5/28. You would have lost \$949.20 for the day on one contract if you had bought, and vice versa if you had

sold. We are required to maintain our 10 percent margin. Winners get credit for 1949.20 and losers pay the 1949.20. For every winner there is a loser. The swing + or - of 1949.20 represents 46 percent of your margin for one day. That is volatile! The 2.26 cents per gallon is a real figure. That was the decline of the June contract from the previous day.

The point is that a 46 percent return for one day is great if you are on the right side of the trade. It is hell if you are wrong. This "investment" is only for people who have deep pockets and/or who are professionals. The others get wiped out unless they are lucky or have a lot of time to watch the markets. My advice: stay away.

BUSH/CHINA/RUSSIA. We have bashed Russia for years about human rights. We have mildly rebuked China on human rights violations. Russia has relaxed her stand to such a point that the world does not know what to do with the refugees that can now leave. (This includes the United States). China slaughtered and executed their students over the past year.

We have granted most favored nation status to China, not to Russia. We have helped China while we continue not to help Russia. It makes no sense to me, except that we get cheaper labor from China. We are supposed to operate as a nation of principle. Have we traded in our principles for trade?

RUSSIA AND LITHUANIA ET AL. To understand this mess takes a little knowledge of political history. In the 1400's Lithuania, Estonia and Latvia were part of Greater Russia. The Russian nation has always looked at those countries as theirs. When they were reacquired in the early 1940's, they had not been out of the Russian orbit for long. Russia got back what they considered was theirs by right. These "countries" are states of the Soviet Union, under their constitution.

The countries of Eastern Europe were never part of the Soviet Union. They were under the influence and domination of Russia, vassal countries. When they no longer were a positive economic force for Russia, they were allowed to go.

If Lithuania, Estonia and Latvia are allowed to leave, any of the other parts of Russia won over the last several centuries by conquest, annexation or purchase could leave. This would undo the policy of centuries. The Czars and premiers have carefully built a great nation and world power. There is no way they can allow these countries to go. We fought a civil war for the same reason.

THE COMMUNITY WEEKLY NEWSPAPER

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Obituaries

Nicholas Patrick

Nicholas Patrick of Hicksville, formerly of Locust Valley, died on April 23. He was 93. Mr. Patrick was pre-deceased by his wife, Loretta. Devoted father of Nikki Cook. Cherished grandfather of Valerie, Ronnie

Bauer and Misty Cook. Dear father-in-law of Wayne Cook.

Mr. Patrick was superintendent and chauffeur on the George M. Gales estate of Locust Valley for 53 years. He immigrated from Russia at the age of 16.

After his retirement, he moved to Hicksville with his daughter, Nikki, and family. Interment was at Holy Rood Cemetery in Westbury.

Kurt A. Maler

Kurt A. Maler, a former 31-year resident of Hicksville, passed away on May 19 in Fort Richey, Florida at age 68.

He served in the Hicksville Volunteer Fire Department in Co. 3 and was a charter member of Co. 6 and 30 years in the department. He was a life member of the Exempt Fireman's Association.

He was a life member of Manetto Lodge No. 1025, Hicksville, a life member of the Telephone Pioneers of America, a HAM operator and member of the Gulf Coast ARC and the ARRL, and a veteran of WW II.

He is survived by his wife, Florence, two sons—Kurt of Port Jefferson Station, and Jerald of Bayport, and a daughter, Joyce Claus of Mesquite, Texas, and eight grandchildren.

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HEALTH & FITNESS**Head Injury Rehab Program at LIJ Offers New Hope**

Each of us is vulnerable to serious head injury, whether it be caused by a car accident, falling off a ladder, down the stairs, a sports injury, or as a result of illness such as stroke. Transitions of Long Island, a post-acute head injury rehabilitation program affiliated with Long Island Jewish Medical Center (LIJ), offers Long Islanders a unique opportunity to get intensive one-on-one reality-oriented therapy to help regain individual life skills and restore independent functioning.

Located in LIJ's Manhasset Ambulatory Care Center on Northern Boulevard, Transitions of Long Island is the only such comprehensive ambulatory center on Long Island. Its Day Program opened in 1988, and

a 22-bed residential facility has recently been added. The addition is particularly significant since Long Island has the third highest incidence of head injuries in New York State.

The program serves medically stable clients who have suffered head injury, stroke, brain tumors and disease, post-concussion syndrome or post-operative neurological brain impairment. Emphasis is on "reality-oriented" therapy to help each individual gain the highest possible level of independent functioning—cognitive, emotional and psychosocial.

A handsomely furnished residential section is available for those who require more day-to-day support than is available in their

homes. Living quarters include a communal living room and dining area, a professional kitchen, as well as one for the patients' use to promote daily-living skills. There are comfortable, fully furnished, home-like single- and double-occupancy bedrooms with private baths.

Residential and ambulatory treatment at Transitions begins with a thorough evaluation, followed by intensive training in communication and independent living. The last stage of therapy emphasizes pre-vocational assessment and adjustment training. Client and family support services are an integral part of the program.

The Transitions team is directed by neuropsychologist Jack Rattok, PhD, former team leader of the Rusk Institute Head Injury Program. The team includes a neuropsychologist, occupational therapist, speech pathologist and vocational specialist, in consultation with a neurologist, physiatrist and neuro-ophthalmologist. Affiliation with LIJ assures access to back-up medical support in all specialties.

"Loss of independence is a crushing experience, whether it's a young adult recovering from head injuries after a motorcycle accident, or an older person trying to regain speech after a stroke," says Dr. Rattok. "Last year alone, more than 3,000 Nassau and Suffolk residents suffered traumatic head injury. All our efforts are aimed at returning these people to the highest level of functioning as quickly as possible."

For more information about Transitions of Long Island, call (516) 305-4335.



HOME-LIKE SETTING aids rehabilitation of clients recovering from head injuries. Transitions, a post-acute rehab program, offers intense, one-on-one therapy on an outpatient or residential basis. Transitions is located at LIJ's Manhasset Ambulatory Care Center on Northern Blvd.

Alzheimer's Help-Lines

Alzheimer's Disease and Related Disorders Assn. Nassau/Suffolk
161 Levittown Pkwy., Hicksville
935-1033

24 Hour National Hotline:
800-621-0379

Peninsula Counseling Center
124 Franklin Place, Woodmere
569-6600

Nassau County
Senior Respite Program
50 Clinton St., Hempstead
489-7733

Community Program Center of L.I.:
Elderly Day Program
300 Park Ave., Deer Park
586-4644
(Nassau & Suffolk Residents)

Suffolk County Respite Program,
550 Smithtown Bypass, Hauppauge,
979-6333
(Suffolk Residents only)

Following is a listing of ADRDA Family Support Groups—Please call for address and details.

Franklin Square: **560-1371**

Great Neck: **487-0025**

Hempstead: **560-1371**

Hicksville: **935-7157**

Five Towns/Rockaway: **489-0738**

Huntington: **364-0179/692-2828**

Long Beach: **432-8000 ext. 2388**

Massapequa/Seaford: **752-0092**

New Hyde Park: **742-2050**

Patchogue: **289-6646**

Port Jefferson: **473-2800 ext. 6350**

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HEALTH & FITNESS

Hair Loss — Examining The Causes

by Tina K. Funt, M.D.

Millions of dollars are spent yearly in an effort to regenerate or replace lost hair. Hair loss is clinically known as alopecia and a wide range of factors can be the cause. It is normal to lose 100-150 hairs per day, but when hair loss exceeds this amount, medical evaluation may be required.

Underlying medical illness such as anemia or thyroid disease, severe emotional stress, rapid weight change, surgery or childbirth may result in a diffuse loss of hair. Oral medications such as heparin, coumarin, Vitamin A, accutane, high dose steroids, lithium, chemotherapy medicines, and discontinuation of birth control pills can also be the cause of hair loss. In most cases, this is a temporary condition and the hair will grow back within weeks to months.

Baldness may also be due to autoimmune disease, wherein the person's immune system attacks the growing hairs.

About 30% of the population is genetically predisposed to common or androgenic baldness. Hormones may exert a role in this phenomenon. This type of hair loss occurs in women as well as men, since both men and women carry the genes for baldness. In ad-

dition, menopausal women may experience hair thinning due to the decrease in the female hormone estrogen. Hair loss accompanied by increased facial hair, acne and weight gain may signal hormonal problems in the female.

Other causes of hair loss may be infection, skin diseases such as eczema, seborrhea, or psoriasis. Cosmetic manipulation of the hair such as extensive grooming, waving, or hot combs may also cause hair loss.

The treatment depends on the degree and cause of hair loss. If the diagnosis is common (androgenic) alopecia, there are a variety of treatments. Minoxidil, an agent that is rubbed onto the scalp twice daily may transform the small hair-follicles into larger more productive follicles. This treatment may be effective, but there is no guarantee. Cosmetic treatments include hair transplants, hair weaving and hair pieces. Some of these surgical procedures are quite effective. The disappointing fact is that since "common" hair loss is genetic, many people are destined to lose hair. However, the good news for those people who are upset about losing hair, is that more effective treatment continues to be available.

Dr. Funt is a dermatologist with offices at 877 Stewart Ave., Garden City.
For further information or an appointment, call 745-0010

Summer Camp For Children With Cancer And Their Siblings

A new camp on Long Island for children with cancer and their siblings will make its debut in August, 1990. Sponsored by the American Cancer Society, Long Island Division, "Camp Adventure" will provide seven days of fun in Wading River, on Long Island's beautiful North Shore.

The camp, which is free to all participants, will run from August 19-25. It is the only camp for pediatric cancer patients on Long Island and one of the few in the nation that is open to siblings.

"This project has been a labor of love—one which we have been working on for more than a year," said Robert Bornstein, Camp Committee Chairman for the American Cancer Society.

"In designing the camp program, the American Cancer Society included siblings for some very important reasons," according to Susan Lucci, Camp Adventure spokesperson. "Cancer affects the whole family—brothers and sisters need support to enable them to grow through this difficult experience. Camp Adventure offers the chance for patients and their brothers and sisters to have a special time together—and to meet

other kids who understand the stresses of living with cancer," she said.

"The hard work of volunteers and the generous contributions of Long Islanders made Camp Adventure possible," Bornstein said.

The pediatric oncology programs co-sponsoring Camp Adventure are Schneider Children's Hospital, North Shore University Hospital, Nassau County Medical Center and University Hospital at Stony Brook. Medical staff from these facilities have offered their advice and counsel in the planning.

The recreational activities will include boating, swimming, and arts and crafts; and will be under the supervision of Charles Albert, Director of the host facility, Camp DeWolfe.

In its initial year, the camp will accommodate 50 campers. To be eligible, campers should live in Nassau or Suffolk counties, be between the ages of 7 and 17, and have approval of their pediatric oncologist. To receive a free brochure and application forms, please call the American Cancer Society, Long Island Division at 1-800-ACS-2345.

Obesity And Its Treatment

A Registered Dietitian Speaks Out

By Cathleen Colligan, M.A., R.D.

The terms overweight and obesity are often used interchangeably, but they have different meanings. Overweight is defined as an excess weight-for-height as assessed by standards such as those of the Metropolitan Life Insurance Company's height and weight tables. Obesity is defined as excess body fat.

In most individuals, overweight and obesity are related. However, there are some exceptions, such as the body builder, who is overweight but not obese, having a low body fat percentage. Very inactive individuals who are not overweight but who have a high body fat percentage, are classified as obese.

When I ask patients why they are obese, they respond by answering that they eat too much. When I ask them if eating too much causes obesity? They all respond with an emphatic "yes"! Then we must conclude that eating too much causes obesity. "Do you know someone who can eat all he or she wants and not gain weight?" I ask. Everybody says, "yes." If eating too much does not cause obesity, what causes it?

Heredity has been linked to some types of obesity by affecting metabolic regulating processes in the body. Also, the number and size of fat cells, which are determined by genetics, have an effect. Efficient metabolism (when the body stores energy rather than burning it) as well as a decrease in thermic response to foods, may explain obesity in some in-

dividuals. However, other responses associated with eating also play a significant role.

Treatment: A well balanced diet that is low in saturated fat and total fat, calories, as well as high in complex carbohydrates, is recommended. Calories should not be severely restricted in order to prevent a slowdown in metabolic activity. No one food should be restricted, to prevent binge eating later on. Activity that is moderate such as walking, should be incorporated into a weekly exercise routine for a minimum of twenty minutes, three times weekly.

Individual counseling with a qualified professional is important in establishing the proper guidelines for patients to follow. Medical evaluation with a physician to screen for risk factors associated with obesity (hypertension, diabetes, and elevated cholesterol) is also an important part of treatment.

It is possible to lose a large amount of weight without professional guidance and medical evaluation; unfortunately most people will regain the weight just as quickly as they lost it. Patients who come to my office for dietary counseling have learned to successfully change their eating habits and maintain their weight loss. Changes in their behavior and eating habits have resulted in weight reduction, lower cholesterol and normal blood pressure without medication.

Cathleen Colligan, M.A., R.D. is a registered dietitian in private practice at North Shore Nutrition Associates, 55 Bryant Avenue, Roslyn, New York 11576, 484-6050 or 767-7697. She has been in private practice for over ten years advising patients to improve their eating habits and change behavior with excellent results.

Springtime Means Basketball Fever

By Dr. Peter C. Douris, Ed.D., P.T.

Spring has arrived. To most people this means it's time to start spending more time outside, picknicking, smelling the flowers, or doing yardwork. To the "weekend warrior" it means the outdoor basketball season is underway.

Millions of basketball players of all ages, shapes, and sizes take to the concrete playgrounds every spring, for pick-up games and organized play. Unfortunately, a good percentage of these players will suffer some sort of physical injury.

The nature of basketball injuries reflects the inherent contact nature of the sport. The most common areas to be injured are the foot, ankle, knee, low back, hip, thigh, shoulder, elbow, and hand. The types of in-

juries are usually ligamentous sprains and tears, muscular strains and tears, tendonitis, bursitis, fractures, and contusions.

The best way to decrease your chances of being injured is to take part in a pre-conditioning program that should concentrate on the following:

- 1) Weight training exercises to increase the strength and power of the lower body, upper body and trunk.
- 2) Flexibility exercises focusing on increasing ankle, knee, hip, low back and shoulder range of motion.
- 3) A running program consisting of a combination of long distance and interval-sprint workouts.

A pre-conditioning program does not totally protect you against injury, but will substantially decrease the risk. Most older recreational players, who play once or twice a week usually do not exercise or take part in a pre-conditioning program on the belief that they can "play their way into shape."

The physical therapist can successfully treat the musculoskeletal injuries resulting from basketball with a wide variety of treatment modalities. The goals of treatment are to alleviate the pain, and swelling, improve function, increase muscle strength, and range of motion of the affected area.

The physical therapist will outline a specific conditioning program for the patient to protect against reinjury and also to improve performance. In addition, the patient receives instruction regarding specific warm up flexibility exercises which should be performed prior to playing basketball.

A properly educated and well conditioned patient will greatly decrease his risk of physical injury and, if injured, will return to his previous level of functioning with less time and effort.

For any information on this topic or other questions regarding physical therapy please contact: Dr. Peter C. Douris, Ed.D., P.T., Expressway Plaza 4, Suite 110, Roslyn Heights, New York 11577
(516) 621-1170

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Asbestos: An Ounce Of Prevention Is Worth A Pound of Cure

By Mark S. Javello and Dennis M. Burke, AquaTerra Environmental Services Corp.

In recent years, there has been mounting concern about the health risks related to asbestos exposure. While headlines have focused on incidents involving large residential buildings, not enough emphasis has been put on the hazards associated with asbestos exposure in one and two family homes. Nine out of ten homes that we have inspected on Long Island contain asbestos pipe or boiler insulation.

Asbestos has been used and appreciated as a "miracle" substance since ancient Roman times, when it was woven into cloth and fabrics.

In America, asbestos is in over 3,000 products, from spray-on fireproofing to brake pads. The heaviest usage of the material in the United States was during the 1950's and 1960's.

In homes, asbestos is most commonly found in boiler and heating pipe insulation, as insulation in radiator units, in ceiling and floor tiles, in hot air ducts, and in roofing materials.

Asbestos is a health hazard because it can break down into micro-fibers that become airborne and can penetrate all the body's defenses against inhaled foreign materials. If asbestos were crushed and a handful was thrown into the air, 95 percent of the resultant micro-fibers would be small enough to pass by the body's defenses and lodge in the lungs.

Theoretically, it takes only one asbestos fiber to cause cancer. But the risk of illness increases with the level of exposure (fibers per unit of air) and the length of exposure (days or years). Typically, the onset of illness occurs from ten to twenty or more years exposure to the material. This time delay creates a greater risk of disease for those exposed at an early age. The likelihood of a five year-old child falling ill during his or her lifetime due to asbestos exposure is far greater than that of a forty year-old adult with the same exposure level. This risk for children prompted federal legislation requiring asbestos identification, removal or management in primary and secondary schools.

Exposure to asbestos in the home can hap-

pen in many ways. Respirable fibers may fall to a basement floor from pipe insulation or from the asbestos covering on a boiler or burner or become airborne from the vibrations caused by simply walking through the basement. A "do-it-yourselfer" may unwittingly decide to remove asbestos-containing floor tiles or replace steam pipe insulated with asbestos. Asbestos can be spread from contaminated areas to other areas of the home on the soles of shoes or on clothes. Vacuuming or sweeping of asbestos-containing areas should be avoided, as these cleaning methods just launch asbestos fibers into the air. Wet cleaning methods are recommended in such areas.

It is important to note that improper removal of asbestos-containing materials can create more potential health problems than if the material were to remain untouched. The choice of a diligent and competent abatement contractor is not easy. A review of credentials and references is important. The low bidder for a job may well not be the company to choose. Low bidders may cut corners to meet budget, forsaking the quality of work and leaving the homeowner with a greater problem than he started with.

The best way to determine if the removal is being performed properly is through visual inspection coupled with air monitoring by an independent monitoring company.

What should you do if you think there might be asbestos in your home? The responsible course of action would be to have an asbestos survey. A survey will identify asbestos-containing material, evaluate its condition and suggest proper courses of action in dealing with specific situations. Asbestos is a hazardous material and, unlike many other hazardous materials, it has been proven to cause specific ailments, including cancer. Exposure to asbestos is preventable, and, as with most hazardous materials, an ounce of prevention is certainly worth a pound of cure.

For further information, call AquaTerra Environmental Services Corporation 212-983-4373.

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There's a brand new way to rid your home or office of airborne pollutants, from second-hand smoke to invisible micro-organisms. Enviracaire is a portable room air cleaner that utilizes a High Efficiency Particulate Air (HEPA) filter with a patented air moving system to remove 99.97% of impurities to .3 micron size from your room.

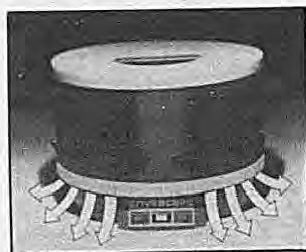
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HEALTH & FITNESS

Codependency...A New Disease?

by Marcel Sufrin MD.

In the past years, the word "codependency" has entered our vocabulary, has attracted massive media attention and has gained legitimacy in the public eye. It is promoted a disease in best-selling books, on TV talk shows, at seminars and meetings, and in journals and magazines. There are therapy centers and hospitals that offer treatment for it.

As it is presented to us, codependency is a disease specific to the children, spouses and parents of alcoholics. It is a family disease, a disease of relationship between the alcoholic and the others who share their life.

In his book, "Diagnosing and Treating Codependency," Dr. Timmen L. Cermak, a psychiatrist, noted some specific symptoms, such as distorted relationship to willpower, a confusion of identities, denial and low self-esteem.

Dr. Cermak believes that codependency is a personality disorder that must, to achieve validity, be included in the American Psychiatric Association's Diagnostic and Statistic Manual, the guidebook for diagnosis of psychiatric diseases.

There are, however, other opinions about codependency.

In an article published in the Sunday N.Y. Times Book Review section *Chances are You're Codependent*, Feb. 11, 1990, writer Wendi Kaminer discussed the books published, to date, on the subject. She wrote: "Codependency is advertised as a national epidemic, partly because every conceivable form of arguable compulsive behavior is classified as an addiction." She commented: "Almost everyone (96% of all Americans) suffers from codependency, these self-proclaimed experts assert, and, given their very broad definition of this disease, we probably do..."

Based on my own, extensive, clinical psychiatric practice with alcoholics and their families, I believe that there is some misinter-

pretation and exaggeration of very real facts.

In sharing the life of an alcoholic, drug addict or gambler, the spouse, children, parents, even friends may suffer the trauma of a disturbed relationship. The dependent individual may exhibit unpredictable, irresponsible, uncaring, selfish, even abusive or violent behavior, depriving everyone else of love and financial stability.

As a result of these traumatic experiences, these people may suffer from different kinds of psychiatric disorders...personality disorders, anxiety, depression, etc. They may become alcoholics, addicts or gamblers themselves. However, with professional help, they can find "sanity" and a normal way of life.

It is my opinion that the term "codependency" is too general, and ignores the knowledge that we, the psychiatric community, have gained about the pathological relationship between the sufferers of dependency disorders and their families.

By labeling everybody a "codependent," a therapist might well deprive a person of the possibility of receiving treatment based on specific individual differences. Would it not be an error to treat anxiety and depression in the same manner? And wouldn't it be a gross mistake to treat a person who may have paranoid thinking in the same manner as we treat an individual who manifests anti-social behavior?

I am treating three of five daughters of an alcoholic father. Each one of them (who might be labeled "codependent") is suffering from a different psychiatric disorder. One became a drug addict, one has anxiety and suffers panic attacks, the third is unable to function in any job situation. Fortunately, the other two daughters are making a more satisfactory adjustment.

Their mother, in trying to save the family, developed an extremely domineering and controlling way of dealing with this situation

without realizing that her method hurt her daughters as much as the alcoholic husband did.

It is not possible to treat the schizophrenic child of an alcoholic parent by just labeling him/her as "codependent," and sending him to AA meetings. Rather, that child needs appropriate psychiatric treatment, with medication or hospitalization, if necessary.

In order to make the term "codependency" valid as a condition, and to recognize and differentiate it from other psychiatric diseases, as Dr. Cermak wrote in another of his papers, "the criteria for codependence require considerable testing and refinement."

Why then, in their search for truth in this aspect of addiction, alcoholism, or pathological gambling, do some people rush to give the impression that they have found something about which we, the psychiatrists, are unaware?

Take the case of the husband of an alcoholic woman who is suffering from manic depressive illness. He has been unable to function on any job for the past two years, unable to provide for his family. He has become suicidal. To treat him as a "codependent" while he is in this state, would be a grave error. Yet, who should decide where he, and others in this situation...the addicts, their families, their friends... should go for help? Should they seek self-help groups, or go to a qualified professional for evaluation and treatment?

The good intentions of a friend in AA, or the enthusiasm of a "preacher," could, and, unfortunately sometimes does, lead to disasters.

In my experience, codependency is not a disease, but a condition, an abnormal familial relationship which may produce in its members all kinds of behavioral disorders, from very mild to severe pathology. These disorders have to be diagnosed and treated with the latest scientific knowledge and therapeutic methods.

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A typical dinner party begins with an hors d'oeuvre of Cherry Tomatoes stuffed with Diced Vegetables and Rainbow Vegetables with Dip Culinary Architect. For starters, Troy makes a Curried Carrot Soup garnished with her farm fresh herbs. It looks and tastes like its creamy counterpart, but instead it has only a quarter of the calories. Next, clients are indulged with Sole Steamed in Lettuce Leaves with New Potatoes and Sautéed Zucchini. Following, in the French tradition of having a salad as a "digestive course," comes Spinach Salad with Enoki Mushrooms and Fresh Herb and Garlic Mayonnaise. Sublime, at a mere 75 calories per serving! The delicious repast ends with homemade Mandarin Orange Sorbet. It's hard to believe that all of these goodies weigh in at 410 calories.

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For further information, contact: Alexandra Troy, Culinary Architect Inc., at (212) 410-5474 or (516) 883-7885 or visit her showroom at 475 Port Washington Blvd., Port Washington, for a complimentary consultation.



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HEALTH & FITNESS

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After eighteen years of study at some of the world's most prestigious scientific research facilities, the benefits of TM on the mind and body have become an identifiable reality. Long accepted by the holistic health community, TM's ability to produce profound relaxation as well as a variety of beneficial physiological changes has been recognized by numerous medical and psychological authorities in the United States and abroad.

In the 60's, Transcendental Meditation was considered a "fad," another cultural escape route used by the flower children of that decade. Mantras and gurus, and, all too often, "harmless" drugs were part of the "trip to one's inner self."

"We've learned, all too well, about the effects of the chemicals so blithely called 'harmless.' We've also learned about the positive side of that gentle, introspective, truly beneficial Eastern approach to inner well-being and self-awareness, Transcendental Meditation, or TM.

A recent study conducted by a group of post-doctoral fellows at Harvard University and which appeared in the December issue of the American Psychological Association's *Journal of Personality and Social Psychology*, compared three different self-development procedures and their effects on factors known to decline with aging.

Designed by Dr. Charles Alexander, the study was conducted on a randomly selected group of Massachusetts retirement home residents with an average age of 81. Utilizing TM, and two similar meditative/relaxation approaches, and a control group which received no treatment, the study charted the effects of meditation on systolic blood pressure, cognitive flexibility, paired-associate learning, nurses' ratings of mental health and a variety of self-report indicators of personality and behavioral functioning. It was conducted over a three-year period, with some aspects measured at three month and 18 month intervals.

After three years, the study found that the TM group had a zero mortality rate (100% survival), compared to a 62.5% mortality rate for the 478 retirement home residents not involved in the study. The second highest survival rate, 87.5%, was found in the study's "mindfulness" control group.

According to Dr. Alexander, now an associate professor of psychology at Maharishi International University in Fairfield, IA, "We wanted to test the beneficial health claims of a variety of self-development procedures in a rigorous scientific atmosphere. Our findings suggest that the TM program may help the elderly postpone the aging process. Certainly, we found that all meditation and relaxation techniques are not alike.

"Some researchers have claimed that it is possible to get the same results as TM produces by just sitting with the eyes closed, relaxing and mentally repeating a simple thought. Our carefully controlled study indicates that TM is not reducible to those elements, and that it produced a significantly greater effect than 'generic' meditation/relaxation techniques that included all those factors.

"Previous studies have found that TM techniques improve performance on factors that normally decline with age...cognitive functioning, near-point vision, blood pressure, auditory threshold, and the level of the hormone DHEAS.

Our findings from this study indicate that with the introduction of Transcendental Meditation, the deleterious effects of aging may not be as inevitable for senior citizens as has been thought," Dr. Alexander remarked. "TM produces more significant and holistic benefits, because it is more than just simple relaxation.

For more information about this study, and about Maharishi Transcendental Meditation in general, contact L.I. Maharishi Capital of the Age of Enlightenment, 57A Alpine Way, Huntington Sta., 549-5540.

Chiropractic Care for Children

Dr. Peter Swerz is originally from Westbury, Long Island. He completed his undergraduate study at SUNY Stony Brook with a Bachelor of Arts Degree in Psychology with a pre-med background. In April 1983 he completed The Doctorate of Chiropractic program from N.Y. Chiropractic College in Greenvale, N.Y.

"In my practice over the years people have asked many questions concerning children and Chiropractic. The most common questions asked are: "Why should children be checked regularly by a Chiropractor?" "Do chiropractors treat children?" "Do back problems run in the family?"

These are but a few of the commonly asked questions about children and chiropractic. Let's examine some basic considerations of this subject.

Childhood Posture. A child's growing years are critically important to his or her future well being. The development of a strong and healthy musculoskeletal system is vital. Normal spinal development is essential for a healthy and sound

adult posture. In fact, many adult postural problems have their origins years earlier, during childhood.

Such problems may include curves of the spine Scoliosis — a later curvature of the spine when viewed from behind — is predominantly a childhood disorder, which in many cases can be adequately treated if detected early enough.

Childhood Trauma. Children, particularly, are subjected to many types of physical trauma. Repeated, seemingly innocent falls and spills are commonplace. While youngsters are amazingly resilient to frequent mishaps, problems can often develop unnoticed.

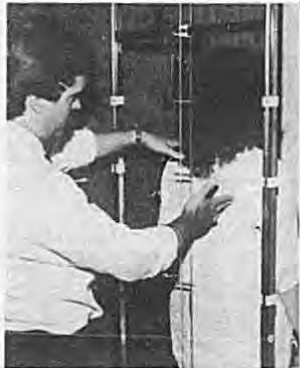
Small children often suffer from improper lifting by adults. Parents will frequently lift a child by the arm and place its full weight upon the shoulder girdle. This joint is not designed to support full body weight and, consequently, neck, shoulder and arm problems may develop.

Structural and Postural Evaluation. The Doctor of Chiropractic specializes in postural and structural aspects of the human frame.

The Doctor of Chiropractic can detect early warning signs that may indicate spinal or structural problems are present in the child. Special attention is given to proper spinal development. Excessive curves, misalignment and loss of normal flexibility can be corrected in most cases once early detection is made.

Chiropractic care, now in the mainstream of treatment for back related problems, should always be considered before other noninvasive types of treatment. Chiropractic care, without the risk of drugs or surgery, can handle these problems very effectively.

For more information on Chiropractic and its methods of treating spine and other related problems, please don't hesitate to call us at the Carle Place Chiropractic Center, 333-2233."



Dr. Peter Swerz (left) Carle Place Chiropractic, uses a plumb line to examine a patient's spine (left) posture.

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"They also like sleeping on Glen's waterbed. "They have the best disposition with my grandchildren (**Kerri**, **Katie** and **Jessie**). They sit on the dogs, step over them, sometimes they miss and step on them, and they just lay there. "When Glen gets home at night, Cheech and Otto go right to his room to sleep for the night. They just have to hear the truck pull up and they know it's time for bed. They never need a leash on, they stay right with Glen all the time.

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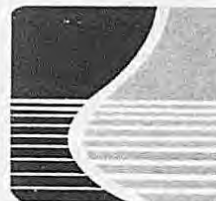
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THE SCHOOL NOTEBOOK

At Old Country Road



Preschoolers Graduate

On April 28, Old Country Road School Preschoolers held graduation exercises. After the children sang a few songs, principal Mrs. Silver presented the children with their diplomas.

At Fork Lane

'Should the sale of animal clothing be banned?'

To The Editor,

My students wrote editorials to the question, "Should the sale of animal clothing be banned?" We are hoping that you may be able to print some of their thoughts in your newspaper. It is our hope that others can appreciate these young people's ideas and in turn, that our students will grow in the awareness of becoming an active, thoughtful community participant.

Please help us in the effort. Thank you for your consideration in the matter.

Ms. A. Bergeron
Fork Lane School
Grade 6

By Lisa Uckardes

My opinion on the question should the sale of animal furs for clothing be banned is yes. I think this because that it is mean and unfair and because there aren't many animals left in world. Many animals are extinct because we used them for food, experiments, leather, cotton, polyester, silk and many other substances. Killing animals for their fur is like wearing someone else on our back.

Animals suffer through life. For instance, they have to hunt for food for themselves and their babies. They have to protect themselves from animals that are bigger than them. We are giving them more to worry about by hunting them. These are the reasons I think of selling animal furs for clothing should be banned.

By Laura Fitzsimmons

I don't feel animal furs for clothing should be banned. In the Constitution, we have the freedom to decide what we want to wear. Not letting us wear furs for clothing takes away our rights.

If animals are not hunted, their population will grow too large and there won't be enough food for them in the winter. It is like car that runs out of gas. Their numbers will be less than if they were hunted!! Large populations can damage farmers' crops. Many people won't have meat for the year or furs to sell.

Therefore, I think the sale of animal furs for clothing should not be banned because of these reasons.

At Burns Avenue



Reading Contest Winners

Congratulations to Burns Avenue students who were winners in the California Raisins Reading Contest at the school. The following students read and reported on 12 books in three months: Laura Devlin, Keith Wilkins, Jeffrey Antone, Adam Geslak, Michelle Kaszuba, Carly Birnham, Deanna Ghozati, Joanna Christodoulou and Ali Ghozati.

From Lee Avenue



Class Trip to Philadelphia

Recently, the fifth graders at Lee Avenue School went on a class trip to Philadelphia, Pennsylvania. While there, the students and many of their parents visited the Franklin Institute where they enjoyed walking through a giant model of the human heart. The trip also included stops at Independence Hall, Betsy Ross' house and the Liberty Bell. Picture, students in Miss Mead's class in the courtyard of Independence Hall.

From Lee Avenue



Cub Scouts Visit Area Food Places

Cub Scout Den No. 3, Pack 382, of Lee Avenue School, visited Domino's Pizza on Levittown Parkway and McDonald's on South Broadway recently. At McDonald's, Manager Tom Kwasiak and staff gave the boys a tour and hamburgers to eat. At Domino's, the cubs scouts were able to make their own pizza. (From right to left) scouts Michael Theis, Greg Waterson, Joey Restivo, Tommy Myron and sister Katie Myron.

At Holy Family



Annual Science Fair

Holy Family School's annual science fair was held last month. There were 42 seventh and eighth grade students involved. The winners are (top row, from left) Nicholas Marcantonio, Joseph McHugh, Jason Dellacona, Colleen Chase, Heather Farago, Kelly Rosado, Ava DeVivo, Karen Pugh, Lauren Byrne, Theresa Gazzello. (Bottom row) Christine Pettei, Rosemary Nash, Colleen Burns, Jeanne Griffith, Felicia Dyer and Erica Jones.



THE SCHOOL NOTEBOOK

At Woodland Avenue



Theater Program

Woodland Avenue PTA Cultural Arts Committee recently presented a program by Theaterworks USA titled *We Tell Stories—Let Them Eat Books*. Some students from the audience were asked to participate in the play. Here, students Vincent Viola and Randall Russell perform in the play.

At Fork Lane



Bowling at Levittown Lanes

Fork Lane students who were star bowlers at North Levittown Lanes. (Bottom row) First place: Jonathan Schara, James Fulfaro and Michael Kilfoil. (Middle row) Third Place: Danielle Faulkner, Jaclynn Demas and Pamela Rodriguez. (Top row) Second place: Ross Finocchio, Brian Gallahue and Peter D'Amato, and organizer Mrs. Christine DePaoli.

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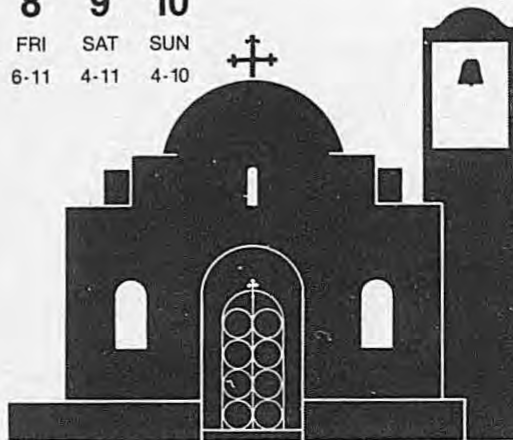
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PERSONAL DIALOGUE

ATTENTION LONG ISLAND SINGLES!...THIS PAGE IS FOR YOU

Dear Reader,

Would you like to meet a partner, a companion, or just a friend? The ads on this page were submitted by readers in your area who want to meet you. Read the ads carefully. Some might intrigue you, some might appeal to you, and some might make you chuckle. Circle the ones that look interesting.

Behind every ad is a voice. And behind every voice is a person. But first things first. To listen to the voice, call 540-5060 from your touch tone phone and enter the extension number of the ad you circled. You'll hear the advertiser's special voice message. If that message isn't exactly what you're looking for, simply try another. But if you like what you hear, leave your own message at the tone.

Personal Dialogue isn't just convenient—it's fast. And it works! For example, if you call on Wednesday, it's entirely possible to arrange a date before the weekend.

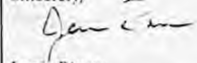
The service operates 24 hours a day. And it costs only \$1.50 a minute.

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Sincerely,



Jamie Rivers
Customer Service Department

P.S. Since we publish new ads each week, look for us each time you pick up the paper.



LET'S GET TOGETHER Hispanic male out there, tall with muscular and beautiful build, down-to-earth, business oriented, 24-28. Single black female on the look out. EXT 3529.

BEAUTIFUL, SLIM BLONDE, Christian, 27, 5'9", seeking white Christian male interested in commitment. Funny, serious, party animal. Loves dancing, books, romance, beach, long talks, honesty. Just looking to fall in love. Could you be the one? EXT 3411.

ADVENTUROUS, ATHLETIC white Christian female, 28, loves sports, music, the arts—from the Met to the Mets, Ella Fitzgerald to the B52's. Secure, slim and attractive. Seeking secure, adventurous guy who likes to laugh. EXT 3307.

ATTENTION UNIQUE GUY! Italian female, 25, wants to meet you. Enjoys the beach, the Mets, the movies and so much more. You're a single white male (25-31) who enjoys the same. No drugs. EXT 3623.

BLUE-EYED SAGITTARIUS (27), recently divorced, seeking a kind, sensitive, family-minded man for special relationship. I enjoy romantic dinners, movies and an occasional night out on the town. Call EXT 3432.

LIFE WITHOUT YOU is like a bagel without cream cheese. Attractive, petite, 26, educated (BA, MS), professional bagelite seeks attractive, clean-shaven, secure, professional Jewish bagel, 31-37, to share life, laughs, love. EXT 2101.

SASSY BLACK FEMALE, 25, very pretty, dominating at times, beautiful big legs. Seeks you—single white male, 24-28; a kind, stable man of passion and humor, nonsmoker, nonuser. Call EXT 3325.

PRETTY VEGETARIAN, 29, white, Catholic, environmentally conscious, college grad, loves animals, the Mets. Seeks sensitive white male, 28-35, nonsmoker, with same interests for permanent relationship. EXT 3321.

ITALIAN BEAUTY, vivacious and athletic, mid-30s, loves adventure, cities and countryside. Seeks stable, attractive man (34-42) for caring, sharing, romance. I'm independent, brave and need sincerity and mental stimulation. EXT 3303.

LIVE DANGEROUSLY! Explore double-dating and take your pick. Blonde and brunette, attractive Jewish females, 29+, seek single, 30-38, dynamic Jewish men who love skiing, beach, travel, arts and football. EXT 3505.

SHY JEWISH FEMALE, new in town, 25, nonreligious, nonsmoker. Caring and adventurous. Enjoys sports, film and much more. Seeks Jewish male with similar interests to share very special times, laughter and perhaps more. EXT 3351.

LOOKING FOR LOVE in all the wrong places, this sweet white female, 31, hopes to find it here. Want to meet a sincere guy for real relationship. Mustached male a plus. EXT 3304.

LOST AND FOUND, white Christian female, 27, brown hair/eyes, seeking good-hearted male. Not interested in playboy types. Want a man of substance with good values. Call me! EXT 3624.

PRETTY, PETITE, young Oriental-looking woman who loves to dance seeking romantic, professional-type white male (30-40) for friendship and possibly more. EXT 3322.

RANGER HOCKEY, afternoon tea and leisurely strolls are some of life's necessities for this attractive, educated Jewish lady (31). Especially if accompanied by an outgoing, professional Jewish male (30-36), smoke/drug-free. Let's talk. EXT 3301.

ATTRACTIVE BLACK FEMALE, tall, seeking white male only (25-40) for relationship. You won't be disappointed. EXT 3375.

FULL-FIGURED BEAUTY (27) with a Christian attitude. Attractive and enjoys long walks, candlelight, soft music and overall good time. Seeks male 27-30. Race unimportant, but please share similar interests. Nonsmoker and no drugs. EXT 3628.

ADVENTUROUS, attractive, educated woman (30, 5'4", 125 lbs) interested in meeting active white Christian professional man, 30-45. Enjoy lively talks, nonfiction reading, 10-speed biking, hiking, aerobics, sailing and travel. Honesty a must, humor a plus. EXT 3504.

SEEKS SPECIAL MAN. Me: Petite white female (smoker), 31, into tennis racquetball, aerobics, romantic evenings. Enjoy each day to the fullest. You: 28-38, funny, athletic, sensitive, unafraid of taking chances. EXT 3306.

TWO WISE WOMEN, Lithuanian and Cuban, 30s, artistic, not pessimistic, spiritual, eclectic, ethnic. Have similar traits? Looking for double dates? Sincere men only need reply. Much dancing and laughing. Gintarale and cafe con leche. EXT 2223.

THIS IS IT! Pretty, slender, Jewish female, 5'5", loves to workout. Seeks handsome male, 33-42, 5'9+, for lasting relationship. EXT 3381.

SMASHING FRENCH ACCOUNTANT, petite brunette, hazel eyes, chic with "jolie de vivre". Athletic, cultured talented—has it all. Seeks successful, slim, 35+ Jewish guy for romance and future. EXT 3334.

FOXY, FIERY, full-figured femme fatale, 35, with a warm, caring nature and wicked sense of humor seeks a kind-hearted, generous (27-40), well-mannered mensch. No good-time Charlies. EXT 3601.

EXTREMELY ATTRACTIVE, dynamic, bright, green-eyed blonde, 32, Jewish female (with nice smile). Slim, secure, selective. Wants to meet Jewish male, 28-42, who's handsome, successful, professional. Sensitive and easy with good sense of humor a plus. EXT 3302.

NEED COMPANIONSHIP? Ready to settle down? Prefer friendship first and discuss future? Like-minded white female, single, attractive, educated, many good qualities. Slim, 35. Are you into swimming, shopping, modern dancing? Like the simple life? Hope you're a congenial, open-minded white male, 37-52, nonsmoker. Wish to remain in Franklin Square. EXT 3626.

HOPEFUL ROMANTIC. Does mountain-chilled champagne served tereside at sunrise on your own private island sound romantic? This 5'9" (34) pretty, athletic, professional, black urban cowgirl seeks smoke-free professional male for life who also loves camping, skiing, art, Raitt, rock & Bach. Race unimportant. EXT 2138.

THIRTY-SOMETHING, pretty, professional, petite. Green-eyed Jewish female seeking attractive, professional white male (33+) who's caring, open and honest. Should want committed relationship. EXT 2142.

VIVACIOUS, full-figured Italian beauty, 35, intelligent with no dependents. Seeks white male, 28-32, attractive, intelligent, tall, kind, no dependents. For friendship, fun, romance, relationship. EXT 2201.

CLASS BABY! Romantic divorced mom of one, 35, blonde, 5'2", slim. Seeks positive, intelligent, humorous male soulmate. It's time to share life, romance, laughter. Blue eyes/uniforms get extra points. EXT 2414.

A MATCH FOR A MAN with a happy childhood who's secure, energetic, intelligent, athletic, left-of-center, good hugger. I'm a pretty Jewish professional, 31, 5'2", 112 lbs, who loves hugging, travel, dancing, friends and working to help our world survive. Looking for a loving best friend and equal partner. EXT 3383.

VERY SWEET, artistic and attractive white female, late 30s, wishes to meet a sincere man with good values and a good sense of humor. EXT 3417.

WANTED; erudite, accomplished, upscale, professional male (late 40s, 40+). This sportily aspiring (meditation), exotic-looking black lady, 35, slim, 5'6" loves walking, arts, travel (Ardes, Alps, Rockies). Wants to discover new interests. Call and tell me yours. EXT 3556.

SLEEK, classy, professional lady (5'9") with beauty, brains, heart and humor in harmonious balance seeks commitment-minded like Christian Beau 5'9"+, 35-48, with a compelling joie de vivre. Together, let's soar! EXT 2162.

VIVACIOUS Teri Garr lookalike hoping to meet sports-minded, stable white male for friendship, possibly more. I'm 5'8", 120 lbs, dark blonde hair, love biking, dogs, and country western music. EXT 3681.

FOOTLOOSE, FANCYFREE, Attractive, outgoing, educated, blue-eyed, blonde, single, 40ish, professional male to share sun, fun and tennis. I'm nonsmoker. EXT 3622.

VITAL, VERBAL, VIVACIOUS model (late 40s) seeks romantic lead for her real-life sitcom. If you still believe in fairy tales, this part could be for you. EXT 3622.

DEVELOPER-DEVELOPING PROPERTY manager seeking Jewish male (43-48) to develop with Property is 43, divorced Jewish female, 5'0", blondish and cute. Investor should be nonsmoker, intelligent and able to deal with a "base" person. EXT 3323.

HOW LUCKY CAN YOU GET? Bright, beautiful brunette seeks upbeat, professional guy (40-50) for meaningful relationship and/or romance. I'm 5'9", very attractive, well proportioned and athletic. What are you waiting for? EXT 3352.

JEWISH WIDOW, 46, attractive, friendly and sincere with many interests, seeks divorced or widowed man, 46-56, with similar qualities for nice times. Nonsmoker only. EXT 2224.

ROSEANN BARR-TYPE seeks John Goodman-type Mr. SWF, age 48. Warm, witty, willing and wonderful. You: SWM, age 46-56. Sincere, lovable, laughable, warm hearted Teddy Bear. Us: together, prime time. EXT 3415.

OUTGOING white female (40s) loves the outdoors and enjoys tennis, biking and cooking. Looking for cultured male for life (40s-50s). EXT 3342.

JUNE WILL BE BUSTING OUT all over, and I am bubbling and fizzing to meet someone interesting. I'm a 45-year-old Jewish female who loves to have fun, travel and enjoy life. Seeking an effervescent Jewish man 50-55 with a zest for life who's flexible and eager for a new relationship. EXT 3627.

INTELLIGENT and attractive divorced Jewish female, 40, 5'4", seeks same in divorced Jewish male, 42-55, 5'7"-5'9", successful, for relationship leading to marriage. No drugs. EXT 2102.

ADVENTUROUS, pretty, 5'2" Jewish widow, slim, energetic and outgoing. Enjoys nature, travel, crosscountry skiing, theatre, museums and photography. Seeks nonsmoker (44-53), a good communicator with a sense of humor and a kind heart. EXT 3433.

ENHANCE LIFE with a classy Jewish widow, sophisticated, intelligent, adventurous, romantic man, 58-65, 5'10"+, to be friend, confidante, lover. EXT 3416.

VERY ATTRACTIVE, shapely redhead, nifty 50s, ready smile, affectionate with passion for life. Looking for fun-loving, quality man with varied interests for loving friendship. EXT 3413.

WOMAN NEWSPAPER EXEC, attractive, 47, My back and my feet hurt; my bones creak, but I still think I deserve a kind, funny, smart, traditional, romantic, successful, nonsmoker man—for our declining years! EXT 3371.

I'VE GOT IT ALL—Have you? Woman with great smile, mind, body seeks fun white male, 5'10" or over, 45-55. EXT 2105.

VERY GOOD DANCER, very intelligent, very attractive woman, 48, originally from Europe. Petite, no figure, sense of humor, many interests. Waiting for a man of same qualities and high standards in everything, including relationships. EXT 3357.

HAZEL-EYED divorced white Christian female seeking the right man for serious relationship, 35-65. Be emotionally secure and like camping and walks. EXT 3431.

WHAT WE HAVE HERE is a failure to communicate. I'm a petite Jewish female (nonreligious), 50s, professional, interested in kind, considerate man with sense of humor who enjoys music, museums, movies, dining, dancing and the great outdoors. EXT 3341.

ITALO-AMERICAN WIDOW, mid-50s, attractive, great sense of humor, seeks special man 55-60 years young who enjoys family, friends, precious moments. If you feel you have the above qualities, call EXT 2221.

TENNIS ANYONE? Attractive, warm, Nassau psychoanalyst woman, 32, seeking man with solid ground strokes for love set. Challenging interests encouraged of courts also (fortranis player welcome). Age 33-65. EXT 3621.

VERY, VERY GOOD-LOOKING Jewish male, 28, loves life and laughter. Always happy and in a great mood. Very successful business owner; works out 6 days a week. Is 5'10", 195 lbs with broad hair and big blue eyes. Looking for Ms. Right. Her description: Jewish, petite, extremely good looking, young, classy lady. Hope you're out there. EXT 3630.

TO BE OR NOT TO BE HOPPEL, to be! This musician, actor, athlete and scholar wants you to be his leading lady. White male, 21, 5'9", 160 lbs of pure teddy bear material. This could be the thing you've been waiting for to happen. I hope so! EXT 3436.

ATHLETIC Italian male, nice looks, 28. Enjoys beach, quiet times, dining but will try anything with that right girl. You are slim, 23-30, have a warm smile and are looking for friendship first. EXT 3631.

SWEET BLACK MALE, single, 24, 5'7", 146 lbs, new to NYC, loves sports, music, quiet evenings. Seeks attractive, fun woman, 21-30, for romance and more. EXT 3438.

TRMA, attractive and secure within himself. Divorced Jewish male, late 30s, casual, professional with fine sense of humor seeking growing/sharing relationship with intelligent, pretty, slim, sensible and sensitive woman with clear self-image. Enjoy some sports, reading, nature, pets, romance with someone special. EXT 3632.

"A CATCH" Jewish male, 34, entrepreneur, works in environment not conducive to meeting women; seeks Jewish female, fitness/health oriented, 24-36, who enjoys old-fashioned romance, spontaneity, dry humor, animals, travel, laughter. Commitment oriented special. EXT 3439.

DECENT-LOOKING (I'm modest) Jewish male (not religious), 28, fun, down-to-earth, seeks genuine, intelligent lady. Let's enjoy WDR, the outdoors. life EXT 2226.

LOOKING FOR LASTING relationship? SWM, 23, 6' 165 lbs, seeks female over 19 to spend quiet evenings at home or dance till dawn with EXT 3633.

QUIET AND SOMETIMES SHY, Man, 30, light brown hair, blue eyes, 170 lbs, 5'10", likes anything to do with mountains, hard science fiction and diversity. Seeks white female, 24-30, intelligent, earthy, petite to average in size. Tonkoy look a real plus. Call EXT 2228.

NONSMOKER, Professional male, 31, does sailing, skiing, beach, theatre. Cheerful and sincere. Seeks woman with similar attributes and interests. EXT 3442.

SINGLE LATIN male, 30, Puggedy handsome, light golden brown complexion. Educated, introspective, career environmentalist. Outdoors and fitness oriented. Looking to connect with intelligent, attractive, genuine woman (25-33) without kids for nurturing relationship. EXT 3634.

SPRING'S HERE, summer's not far behind. So why not spring into summer with me? 6'3", white Christian male, 28. Seek nonsmoker white Christian female, 5'3" or taller, 25-30 years old to be my spring/summer love and maybe more. EXT 2229.

TAKE A CHANCE on this affectionate, hardworking, dependable SWM, 37, 5'7". I enjoy anything from dining out and dancing to long romantic walks on the beach. Seeking a 21-25 SWF, sensitive, caring, attractive, drug-free, who wants an honest, open relationship. If you seek a man who doesn't play games, call EXT 3443.

EDUCATED AND FRIENDLY white male, 26, 6'2", enjoys architecture, history, surfsets, thundering guitars, late nights. Seeks gentle, thoughtful white female over 22 for comfortable friendship. Saving romance for the right one. EXT 3525.

ACTIVE SENIOR CITIZEN, Jewish male (nonreligious), 54, many interests, humorous, sincere, easygoing Nonsmoker. Looking for friendship and companion for serious relationship. EXT 2222.

"NICE GUY" aware, loyal, intimate, 5'11", 165 lbs, separated, white, Christian, 45. Seeking friendship/relationship with petite/medium female. Sensitive to a person's wants and needs and expect the same. Will grow with you. EXT 3420.

GOOD-LOOKING, well-educated professional Jewish man, 40, 5'7", slim, nonsmoker. Enjoys running and fitness, Mets and movies, music and traveling. Seeks slim lady for friendship and future. EXT 3421.

HANDSOME, Divorced white male, 44 years young, professional, athletic, intelligent. Loves to party. Seeks woman for fun, friendship and whatever on Fire Island/Forest Hills. EXT 3422.

SUCCESSFUL ENTREPRENEUR, 52+, new in town, seeks one very pretty woman, 25-40, for romance! EXT 3425.

JEWISH MALE, 44. Are you tired of nights alone without a man? This gentleman is willing to try anything once to please his lady. (After all, we were man and woman put on this earth?) You are 30-42 and sincere. You'll be pleasantly surprised. EXT 3426.

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Walk in; '82 GMC 3500 4x4 PU; '85 Chev 4x4 Blazer; (2) '84 GMC
S15 Jimmy's; (2) '83 GMC 3500 PU's; Dump Trk.; (8) Load Lug-
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CCLIV	ARID	MALM	VOLES
SHALE	TGG	SOLDO	ELIAS
LOVEBOAT	MENTAL		
IRK	FIRS	LAC	SERF
RENEGES	CALLA	REFINED	
ALAMOS	FORLOVE	SALINE	
DAVID	WARM	NAVE	IKONS
EYER	PANES	ELIXIR	NAT
SLANT	DULSE		
ANA	ORDAIN	CREDO	MASS
NEGEV	AIDE	AUNE	LININ
NEAREO	LOVESET	BOLIDE	
ADVISES	LIVID	RIVETER	
LYE	TATS	NIN	TOSE
MORALS	LOVESEAT		
ARMOR	REEDS	ONE	PURER
MAORI	LENO	SCUT	PROSE
PRASE	EPOS	HART	LIANA
SATES	TYRE	ALIEE	ENDED

Answer to Cryptquip:
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KNIGHT IN SHINING ARMOR, COULD YOU SAY
THAT THE CZECH WAS IN THE MAIL?

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matching chairs, glass & bamboo DR
set, Vase, a moon Cam & carry Fr.
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MOVING SALE FRI 6:30 SAT, 6:30
10 to 4 p.m. 68 B'11th Lane,
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217425 6/7

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Furniture, clothing, bric-a-brac,
more! Friday 6:30 thru Sun 6:10,
9am-5pm
14 OLD HILLS LANE
PORT WASHINGTON
217584/7

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Contents of home
LR, DR, BR, refrigerator, lamps,
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10 a.m. - 4 p.m.
9 Woodridge Lane
Sea Cliff
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617584

50 Garage/Tag Sales

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6/9, 9:12 Raindate 6/10
STRICKLAND PL. MANHASSET
217585/6

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| ACROSS | 1 Role for Alan Ladd | 6 Highland lassie's kerchief | 11 — as a judge | 16 Hypothetical protein molecule | 17 City in Bolivia | 18 Made amends | 20 Ballpark snacks | 21 Boundary | 22 Diplomatic hostility between countries | 24 Picnic pest | 25 Crushes into bits | 27 Frightened | 29 Actress McClanahan | 30 Gossip column libbit | 32 Patron saint of Norway | 33 War god | 34 Be in harmony | 35 Spanish bulls | 37 Fencing sword | 39 Slide out of control | 40 Companions | 41 Impart gradually | 43 Colonized | 45 Slope backward | 46 "The Party's —" (song) | 48 Massenet heroine | 49 Corn covering | 50 Deep trouble? | 54 Beard on grain | 55 Quick-tempered people | 59 The Bard's river | 60 Reject with contempt | 62 Garbo of filmdom | 64 Too much, in Paris | 65 Give one's word of honor | 66 Chemical suffix | 67 They loop the Loop | 68 Wraith | 69 Bread spread | 71 — Fougé, | 73 Loses one's self-control: slang | 75 Map maker's big job | 76 Deli delights | 78 Ending for | proverb or resident | 80 Card shark's ammunition | 82 Clothing: slang | 83 Of the blood | 85 Swarm | 86 Those dispensing medicine | 89 Mountains in Pa. | 91 Draw forth | 95 Caesar's "that is" | 96 Whales | 97 Feeling blue | 99 Persians: var. | 100 Pale tinge | 101 Bikini tops | 102 Word before kick or leaf | 104 Noun suffix | 105 One — customer | 106 Expresses mirth | 108 Large lealike part | 110 French shooting match | 111 Unconscious | 113 Nebraska city | 115 Souped-up jalopies | 117 Became peevish | 118 Garment of | ancient Greece | 119 Whole | 120 Singer Helen | 121 Stench | 122 John and Walter | DOWN | 1 Mother's helpers | 2 Mortar trough | 3 In a tizzy | 4 River in Brazil | 5 Store fodder | 6 Fearful person's ailment? | 7 Best-selling author | 8 Molasses liquor | 9 Malay dagger: var. | 10 Breakfast treat | 11 "Nothing —" (movie) | 12 Indians | 13 Prominent and clear | 14 Goal | 15 Revise | 16 Fashionable society | 19 Used finger paints | 20 West Indian country | 23 Singer Della | 26 Takes forty | winks | 28 Barren | 31 Detroit, Mich. | 34 Short coat | 36 Hindu god | 38 — Frome | 39 David's weapon | 40 Netlike material | 42 — "Do It" (1928 song) | 44 Large, fancy marble | 45 Rue herb genus | 47 Reiterates | 49 Lively nightclub | 50 Actress June | 51 Convex molding | 52 His-or-hers item | 53 Little ones | 55 Spiral: comb. form | 56 Answer the alarm | 57 Order of architecture | 58 Command to Fido | 61 Classic car | 63 Electrical unit | 70 Most peculiar | 71 Signs of spring | 72 Dorothy, to Em | 73 Carefree spree | 74 Sly: dial. | 75 Hold in high regard | 77 Brusque | 79 Word in Latin I | 81 Food shop | 83 Know-it-alls, in a way | 84 Process of canning food | 86 HI and Lois's son | 87 Hatful | 88 Dole, for one | 89 Wampum | 90 Chapter of the Koran | 92 Synagogue soloists | 93 Word before job or track | 94 Rows | 96 Filthy | 98 She has a day in May | 101 Tied in bundles | 103 Place a call | 106 Nobleman | 107 Indecent talk | 108 Leg part | 109 Kitchen fol-
lower | 112 Actor's signal | 114 Cuckoo | 116 Free |
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Average time of solution: 68 minutes
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X W JDXQIGQS QGZSJ. IMDJW-DJQJSJ HDDV'I
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West dealer.

East-West vulnerable.

NORTH

▲ A Q J

♥ K 10 6

♦ J 8 4 3

♣ 10 9 2

WEST

▲ 6 3

♥ J 7 5 3

♦ Q 2

♣ A K 6 4 3

EAST

▲ 7 5

♥ Q 9 8 2

♦ K 10 9 6

♣ J 7 5

SOUTH

▲ K 10 9 8 4 2

♥ A 4

♦ A 7 5

♣ Q 8

The bidding:

West North East South

Pass Pass Pass 1 ▲

Pass 3 ▲ Pass 4 ▲

Opening lead — king of clubs.

Assume you're in four spades and West leads the K-A and another club. You ruff, but the outlook is bleak, because it seems likely you'll lose two diamond tricks and go down one.

Upon further consideration, though, you see that there's a possibility of executing an elimination play that might allow you to make the contract. Accordingly, you cash the A-Q of trumps, the A-K of hearts and

ruff a heart.

You next play the ace of diamonds, everyone following low, and exit with a diamond. West wins with the queen and is forced to return a heart or a club, so you wind up making the contract after you ruff the return in dummy and shed the remaining diamond loser from your hand.

Note that West could have thwarted your scheme by dropping his queen when you cashed the ace of diamonds, in which case you'd have had to lose two diamond tricks. Indeed, West should have seen the handwriting on the wall and made this play, as he had no chance of stopping the contract unless his partner had the K-10 of diamonds.

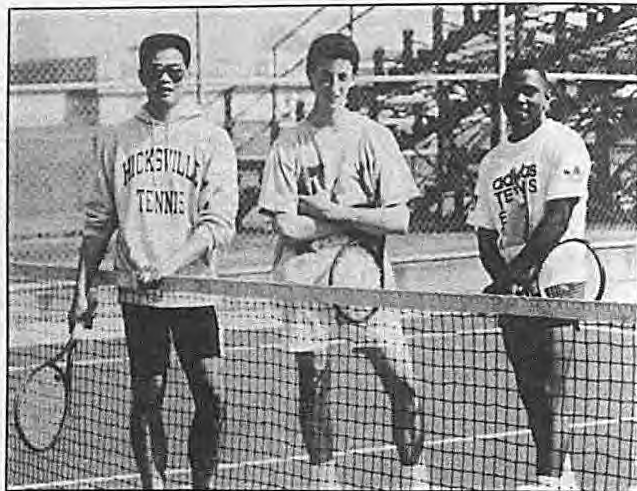
But note further that you could probably have forestalled such a play by West by doing a better job of concealing your intentions. Suppose you had led a trump to dummy at trick four and played a diamond to the ace at trick five. In that case, West would have to be uncommonly farsighted to drop his queen under your ace. And if he failed to do so, he would then be unable to extricate himself later from the ruff and discard situation that gives you the contract.

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Boys Varsity Tennis Team Completes Season



The Hicksville High School Boys Varsity Tennis team finished the season with a record of 5-9. They are (from left): Trevor Beckford, Brian Garnets, Shobin Oomen, Ed Russo, Bob Jordan, Mark Soliman, Ron Ladimir, Russell Frey, Sachin Mathur, Michael Boord, Tony Ng. Missing from photo: Aymen Elfiky, Soo Young Kim, Joshu Schlanger, Sanjuy Tewari.



Senior Michael Boord (center) had the best record on the team (11-3) as the second singles player. Senior Trevor Beckford (right) was 9-5 as the first singles player. Joining them is senior player Tony Ng.

Raiders Traveling Soccer Remains Undefeated

The Hicksville Raiders, the 1978 traveling soccer team, remains undefeated for their spring season with a record of six wins and one tie.

The Raiders have shown tremendous growth as a team and should be very proud of their accomplishments. The backbone of this team is the goalie, Paul Oliva. Paul prevented goals from being scored for three consecutive games with his skills and quick responses. He is truly a great keeper. When Paul comes into play, the job of goalie has gone to David Koehn and Nikitas Koroneos who have also done a superb job in this capacity.

On May 19, the Hicksville Raiders played against the Rockville Centre Raiders in Rockville Centre. The first few minutes of the game started with a set-up by Anthony Riccardi to Nikitas Koroneos towards the RVC goalie. As the goalie came towards Nikitas, Nikitas made a quick, short pass to Jack McTigue who made the shot on goal.

Hicksville remained strong during the first half with continual shots on goal. Ryan Ferraro kept pressure on the RVC goalie with high shots that missed scoring but kept their defense scrambling. Once again Nikitas Koroneos on a fast, controlled attack on the goal, gave a short high kick to Jeff Simpson

who headed the ball into the net for the second goal.

The second half of this game was scoreless as Hicksville kept the pressure in RVC with continual attacks to the goal without success due to wide or high kicks. Once again Hicksville's defense of Chris Allen, Sue Accardo and Chris Illsley prevented RVC from scoring.

Hicksville's successes this year are also due to continual strength from Mike Tesoriero, David Koehn and Jeff Reinhardt in preventing sudden break-aways by the opposing teams. The forwards and half backs played by those already mentioned and by Nicholas Riccardi, Edward Puerta and Kevin Brown have made the Raiders a strong team this season.

Special Thanks

Special thanks to our sponsor, Giovanni's Deli on Bloomingdale Road. The coaches, Richard Illsley and Giovanni Riccardi also need to be congratulated on the team's success, because without their knowledge and coaching skills, none of this would be possible. Last, but not least, thanks must go to our knowledgeable, dependable "linesman" Brian Koehn, who has been a help to the team with his coaching skills.

Ebbets Field Cafe Off To Successful Start

The softball team from the Ebbets Field Cafe opened their Sunday morning season on a successful note by winning nine of their first 12 games.

Playing the Blasters of Merrick, Ebbets Field Cafe won the first game of a double-header 23-20 and lost the second 23-16. The Ebbets team hit 11 homeruns in the two games including four by Bill Lawson and two by Gerry Newman.

The following week, the ball club swept a double header from Tony Romas by scores of 9-8 and 21-6. The leading contributors of the victories were Kenny Mayer (6 for 8), Nick DiCostanzo (5 for 7) and John Stolz (4 for 4, 2BB). Stolz ended the second by the "Run Rule" by clubbing a home run that cleared a line of trees and a fence before landing in

a swimming pool.

The team placed third in the Seaside Classic Tournament over Memorial Day weekend at Newbridge Road Park. Led by Gary Scarola and Kevin Rottkamp, Ebbets Field Cafe went 6-2 for the weekend, only losing to the first and second place finishers, Gold Key of Freeport and Superswings of Smithtown. The Superswings were defeated by Ebbets Field Cafe in an earlier round by the clutch hitting and fielding of Kenny Mayer.

Ebbets Field Cafe, by placing third in a field of 30, can now advance to the August Regional Tournament. The top finishers in this will represent Long Island in a September tournament in Florida for the National "C" Softball Title.

St. Ignatius Loyola CYO News

By Barbara Lewis

Memorial Day Parade

The sun did shine on the Memorial Day Parade, and we would like to thank all our teams, coaches and our "C.Y.O. Cheerleaders" for the big turnout for C.Y.O. Also a special thank you to our clowns who gave out balloons along the parade route.

Baseball Highlights

K-2 Whales 11 - Jaybirds 10
Hitting stars (going 3 for 4) for the Whales were Brian Horvath, Michael Conk, Thomas Foran, Steve Verde and Jimmy Bligh. Ryan Walker had four hits for the Jaybirds. Mark Becht and B.J. Carney had three hits each.
Robins 10 - Bluefish 8

Great playing for the Robins by Danny Gooch who went 3 for 3. David Welt went 3 for 4. Good defense on the pitching mound by Jeff Sward, who also went 4 for 4. Hitting a grand slam homerun for the Bluefish was Jesse Uanino. Excellent catching ability by Phillip Raniello.

Cardinals 34 - Eagles 21

Hitting stars Danny Rogers and Brian Hebron both went 5 for 5. Brent Rogers and Chris Barbino went 4 for 4. Collecting 3 hits each were Jerrod Troise, and Brian Quinn. John Westendorf, Michael Vicchiarelli and Eric Johnson had three hits each for the Eagles. Matt Snadecky had a homerun and 3 hits for the day.

Jaybirds 24 - Robins 14

Hitting 5 for 5 for the Jaybirds were B.J. Carney, Mark Becht and Ryan Walker. Homerun stars for the Robins were James O'Donnell (2) and James Willie. Good defense by Christopher Sward.

Robins 7 - Dolphins 7

Great hitting for the Robins by Mike Vernace. Danny Gooch had a homerun and triple. Good defense by Christopher Sward, and good hitting by James O'Donnell. For the Dolphins, good hitting by Chris Carsten and good defense by Thomas Tyson and Jesse Shaul.

4th & 5th Grade League

A's 11 - Yankees 9
Batting stars for the A's were Greg Quinlan, Eric Micalizzi, and Omar Syed. For the Yankees, good hitting and defense by Pat Walker, Phil Irka, Kevin Brennan and Jason Stanton.

Royals 7 - Mets 3

Great pitching for the Royals by Colm Naughton, while clutch hitting was supplied by Sean Conk, Kevin LaVelle and Michael Verde. For the Mets, good pitching and hitting by Brian Klein, Andrew Berner and Chris McGunnigle.

Phillies 8 - A's 3

There were many stars for the Phillies. Jerry Singer smacked a 3-run homer to put the game out of reach, while Dan Carsten also contributed key RBI's. Andrew Colton, Michael Guerriero and Kea McCullough combined for the victory. On defense, Alex Jiminez made a sparkling play in right field and gunned a runner out at home.

A's 5 - Yankees 3

In a hard fought game, Marco Moncayo, Scott Woodworth and Daniel Vicchiarelli excelled for the Yankees. For the winning A's, Eric Micalizzi, Jonathan Sattler and Omar Syed supplied all the defense that was needed.

6th & 7th Grade League

A's 8 - Braves 3

Pitching for the A's was James Westendorf. Hitting a double for the A's was Eric Chung.

Indians 24 - Braves 2

The Indians are on the "War Path". After 4 games with a total of 12 hits, they exploded against the Braves for 19 hits in one game. It was a total team effort for all 12 players both in the field and at bat. Each player gave 100%.

Indians 8 - Pirates 7

Coming off a win the night before, the Indians came out and beat the undefeated Pirates. The game was so close it went down to the bottom of the 7th inning with two outs, when Wade Grann, the catcher, picked up a passed ball, ran back to the plate and tagged out a Pirate runner who was in the process of stealing and tying up the game. Mike DelBagno, who also played catcher for six innings, made 2 great plays at home stopping the Pirates from scoring twice. One play was made by Chris Matiuk, who threw out a runner from left field. With the pitching effort from Jim Walker, Kevin Sullivan and Sean Dorney, they were able to silence the Pirate hitting. The Indians hitting was led by Steven Sattler who went 2 for 3 with a homerun and 3 RBI's. In the last two games Anthony Anzalone has been at bat 6 times with 5 hits.