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United Way ruman Service Expo...6



Vol. 6, No. 8

Thursday, August 22, 1991

# Low Crime In Busy LIRR Train Station

By Victor Caputo
The Long Island Rail Road has recently been complimented for providing, commuters with excellent safety measures while they are in the stations and traveling on the trains.

The Hicksville train station is one of the busiest stations on the north shore of Long Island. It attracts commuters from various neighboring villages and communities as well as many Hicksville residents. "The Hicksville train station is a low crime station while being one of our busiest," Sam Zambuto, a spokesperson for the Long Island Rail Road confirmed.

Since the Long Island Rail Road is aware of the mass transit that occurs at the Hicksville station, it is always trying to maintain a high level of security for passengers by utilizing their own security police force in conjunction with the Second Precinct in Nassau County. "Long Island Rail Road police keep up a very active liaison with the Second Precinct. Long Island Rail Road security patrols are made periodically and as the need arises in certain circumstances, we will form a joint task force with the County Police" said Zambuto.

Besides patrolling the areas in the station and the parking fields, Long Island Rail Road security rides on the trains when the circumstances call for it.

The LIRR is also playing a big part in an ongoing outreach program to bring help to the homeless people found on the station grounds. "If there are homeless people found at the station by our staff, we will refer those people to the Nassau County Department of Social Services so that they can get the help they need," said Zambuto.

Hicksville residents do not see crime as that much of a problem or a worry at the station. One resident said that he has parked his car in the station's parking field for many years and has never had a problem. At one time, the homeless were a real problem around the train station.

According to Zambuto, the LIRR has received "little to no parking lot complaints" from passengers who leave their cars in the station's parking lot.

The Town of Oyster Bay constructed a parking garage in 1972 that goes several levels up. It provides for an additional 1,274 parking spaces for cars carrying train passengers. The parking garage is for Town of Oyster Bay residents only. Anyone who wishes to park there must have a Town of Oyster Bay parking permit.

During the day the parking garage is patrolled by meter maids and police officers to ensure the safety of the cars. The auxiliary police also play a part in keeping the parking garage crime free.

(continued on page 18)



BUSY, BUSY! The Hicksville Train Station, while being one of the busiest, is still one of the safest.

(Photo By Cathy Greenfield)

# Residents Fight Theater Project

By Kathy Gerber

Opposition to the construction of a multiplex movie theater in a Jericho neighborhood is galvanizing members of a local civic group who have pledged their support to fight the proposal.

The proposal, to turn the Westbury Drive-In into a 14-screen indoor theater and B.J. Wholesale Club is "unacceptable," according to Leonard Gutterman, president of the West Birchwood civic association.

At a recent meeting of the civic association there was talk of circulating petitions and taking an aggressive stand on the issue which will be decided on by the Town of Oyster Bay.

The meeting was held at the Jericho Public Library to accommodate a larger than usual crowd. The civic group normally meets in a member's home

In another meeting West Birchwood board members met with the attorney for the

property owners to discuss the proposal submitted to the town board earlier this summer.

Gutterman said the board told attorney Jeff Forchelli that both the B.J. warehouse and multiplex are unacceptable proposals because of the impact the projects would have on traffic in the area.

The West Birchwood community opens onto Cantiague Road. The drive-in is located between Brush Hollow and Cantiague Roads.

There is, currently, traffic congestion in the area from the drive-in and the location of the Westbury Music Fair further down Brush Hollow Road, according to residents.

Adding to the traffic on Cantiague Road is a King Kullen food distribution warehouse which recently opened. Gutterman has said that he will urge the town to consider the cumulative effects on traffic from other properties in the area such as the Music Fair and King Kullen.

Adding to residents' concerns is the location of one of the district's two elementary' schools on Cantiague Road.

The board made several suggestions to the attorney that the owners consider other alternatives such as private homes, con-dominiums, an office building or a scaleddown version of a theater, said Gutterman.

The property is zoned "H" light industry. As a matter of right, the following businesses can use the site: a baking plant, veterinary service, lumber yard, warehouse, freight terminal etc..., said Phyllis Barry, spokesperson for the Town of Oyster Bay.

Forchelli said he had heard suggestions from some individuals about other uses but said the owners "are not considering anything else at this point."

He added, Alternatives always look much more attractive until the alternative becomes an actual plah."

(continued on page 18,

# A Word Of Thanks

The Blicker family thanks all their terrific neighbors for their kind expressions of sympathy when their beloved dog, Ginger, pass-ed away. Thanks as well to Dr. Kornet and the staff at Mid Island Animal Hospital for their care and concern during that time.

### Happy Birthday

Charlie, Nancy, Charles and Tommy Dougherty would like to wish wife/mom Nancy Dougherty a very happy birthday. She celebrated her birthday on August 10.

### He Graduated

John William Garger recently graduated from New York University, Washington Square and University College of Art and

### Attending College

Matthew Steiner, a 1991 graduate of Chaminade Hight School will be attending SUNY Oswego in the fall.

### Award Winner .

John Butt of Hicksville recently was awarded the Rensselaer Medal for outstanding achievement in the study of math and science during his junior year at Hicksville High School.

### Dean's List

Lucia Scotto, a senior at SUNY Old Westbury was recently named to the Dean's List for the spring semester. She is majoring in Elementary Education.

### Hicksuille Illustrated News

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Kenneth Thomas Lutz

### New Arrivals

Kenneth Thomas Lutz was born on January 15 at 11:50 a.m. at Winthrop University Hospital. The proud parents are Tracy and Tommy Lutz and the proud grandparents are Carol and Ken Hymes and Pat and Chuck Lutz.



Alissa Marie Mione

Tom and Phyllis McBride of Hicksville are pleased to announce the birth of their granddaughter, Alissa Marie Mione, She was born on July's at Central General Hospital, Plainview, weighing seven lbs. three oz.

The proud parents are Pat and Carolyn Mione of Elmont, She came home to two ex-cited big brothers, Patrick and Joseph.

### Have You Noticed?

We now have a new editor, his name is Victor Caputo. He is a very likable young man. I'm sure he will turn out to be a great editor. Write and tell him when he does something right or wrong or tell him what you would like to see in your hometown paper. Give him a chance to prove himself. I am sure you will be happy with the outcome.

Hans (Ben) and Lillian Ahlsen, formerly of Spruce Street, Hicksville, now at Alliance Retirement Center, Deland, Florida, have recently celebrated their 50th Wedding An-

The couple had lived in Hicksville from 1941 until June of this year. Their four daughters attended Hicksville schools and graduated from Hicksville High School.

Hans was always cheerful and friendly if you went into the A&P store down on Broadway or the one up on South Ostery Bay Road. He worked for Atlantic and Pacific Tea Company for 47 years. After his retirement, he worked part-time as messenger for Norstar Banks.

Lillian taught piano in Hicksville even before her marriage for a total of 55 years. For the past 25 years, they have been active at First Baptist Church, Hicksville.

Lillian's parents were raised on farms in the Hicksville/Old Bethpage area and she was raised on a farm in Amityville. Hans' parents came from Norway in the early part of the century and moved out to Amityville after living in Brooklyn during the early part of their lives.

Matthew Steiner, of Hicksville, has reserved a place in the incoming freshman class this fall at SUNY Oswego. Classes will begin Aug. 28. He is a 1991 graduate of Chaminade

# They're Engaged Mr. and Mrs. Francis J. Klarmann, of

Hicksville, are happy to announce the engagement of their daughter, Kathleen Marie to David Ronald Timmerman, of Copiague Harbor. A summer wedding is planned.

### Proud to Serve

Army Reserve Pvt. Dean J. Lopardo has completed basic training at Fort Leonard Wood, Mo.

During the training, students received instruction in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, first aid and Army history and traditions.

Lopardo is the son of Carmine Lopardo and Lynn E. Yerks, of Bridle Lane, Hicksville.

Army 2nd Lt. Thomas R. Kane, an operating room nurse, has arrived for duty at Tripler Army Medical Center, Honolulu.

Kane is the son of Gerard T. and Mary L. Kane, of West Avenue, Hicksville.

His wife, Marta, is the daughter of Edward P. and Lucille C. Braun, of Rural Route 5, Gibsonia, Pa.

He is a 1985 graduate of Hicksville High School and a 1989 graduate of Molloy College, Rockville Centre, NY.



Paul and Ellen McKeon.

### They're Engaged

Don and Re Zirkel of Hicksville joyfully announce the engagement of their son, Paul to Ellen McKeon of Levittown. A spring wedding is planned.



Artie Labua of Hicksville performs at the Marriott Hotel's contest using the Pioneer LaserKaraoke System.

### Welcome

Ronald Kitt, former Hicksville resident and his wife, Susan, were blessed with an adorable baby girl, Courtney Judith, on March 30. She weighed 6 lbs., 13 oz. at birth. They presently reside in Melville.

Judith and Richard Kitt, long time Hicksville residents, and Barbara and Frederick Grebin, of Lake Mary, Florida, are the very proud grandparents.

The delighted godparents are Christine and Richard Kitt, Jr., also of Hicksville, Ronald's sister and brother.

High Honors

Christopher Grant, Laura Manser and Dawn Trenka, residents of Hicksville, were recently named to the Spring 1991 Presi-dent's List at the State University of New York College of Technology at Farmingdale. The President's List is an indicator of high academic achievement earned by full-time matriculated students who obtain an average of 3,75 or better.

Frances Ginette Sarrel, a graduate of the University of Rochester with degrees in mathematics and statistics, has been named to the Dean's List for academic achievement.

The student is a graduate of Plainview Old Bethpage High School.

### They're Married

Kelly Ann Hild, daughter of Mr. and Mrs. Joseph Hild, 25 year residents of Hicksville, was married at the Brookville Reform Church on June 22 to Brian Michael Paternoster, of Floral Park.

Kelley is a 1985 Hicksville graduate who recently received her Master's degree from Adelphi University in educating the deal

Kelley was attended by her sister, Kathy. the bridesmaides were Laura DiBenedetto. Donna Greiner and Diane Flinter.

The happy couple honeymooned in Tortola, B.V.I., and are now residing in their home in Floral Park.



Homerown People is written by Is Gries, a lifelong Hicksville readers be loves receiving all your word dring, engagement, birthday and family news, livocan writer to a 133 Liberty Avenue, Minosla, NY 1501, or drop off information at California Street (where mailless, driveway). All photoes with returned if you include a SASI.

### NEWSBRIEFS

### Pick Up A Library Card

September is library card sign up month and the Hicksville Public Library is encouraging all Hicksville residents who do not have a card to stop by and apply for one.

All people applying for the card must bring two proofs of name and address such as a recent utility bill, rent receipt, driver licenses are receipt,

driver's license, or passport.

Residents who own old library cards should bring them to the library and have them bar coded. The library has a collection of over 332,000 books to choose from

### How Can We Help

The Senior Connection Program continues at the Hicksville Public Library every Monday afternoon at 1:30 p.m. A trained senior connections volunteer is available to all patrons, but is especially trained to assist older adults and their families by linking them to needed resources within the community.

The volunteer can also answer residents medicaid and medicare questions direct them to needed resources and follow up on information and referrals.

### Dealing With Campus Security

The New York State Senate has taken two actions to address the issue of crime and security on college and university campuses,

A Task Force on Campus Security has been formed to work with college administrators, student groups and law enforcement agencies to develop effective crime prevention programs and encourage campus security measures.

Date rape, as well as other crimes will be addressed by the task force as they will try to increase awareness among students and try to establish other legal measures and strategies to reduce the incidents of trespassing, burglary and violent crime at colleges and universities.

### Walking Guide For Hofstra

The Hofstra Museum and the Arboretum have announced that a walking guide catalogue titled "A Sculpture Garden and Arboretum Walking Tour" will be published and will contain descriptions of the sculptures and trees on the Hofstra Campus.

There will be a reception to celebrate the publication of the catalogue. Members of the Hofstra Museum, the Hofstra Arboretum and invited guests will join with the sculptors for cocktails and a walking tour.

Further information regarding the reception or to obtain a catalogue can be obtained by calling Linda Mondello at 463-5974 or Eve Glasser at 463-6815.

### Raiders In Tournament

The Hicksville Raiders Soccer Team will be playing other Long Island teams on August 24, 25 and 26. On August 24 and 25 they will play at Salisbury BOCES Field in East Meadow, On August 26, the Raiders will travel to Mitchel Park for a soccer game. For more information about the times of the games and exact locations, residents can call Ralph Fleishman at 679-9731.

### Deathtrap To Be Performed

On September 6, 8 p.m., at the Hicksville Public Library, the Other Vic Theatre Company will prsent the play Deathtrap, the classic thriller.

All residents are welcome to attend. The play is co-sponsored by the Hicksville Public Library and the Nassau County Arts Decentralization Consortium with public funds for the New York State Council on the Arts.

# **Church Active Inside Community**

By Victor Caputo

It is not uncommon to walk through the doors of the Parkway Community Church and find most rooms listed on theschedule, board as having a meeting taking place in it by a community service group.

by a community service group.

This kind of community involvement has been a tradition of the Parkway Community Church since it first opened its doors on August 19, 1951. "If the people have a need and we have a space, we try and provide that space for them," said pastor of the Parkway Community Church Reverend Douglas MacDonald.

On December 1, the church will be having an anniversary service and banquet. The church will be celebrating 40 years in the

About 36 groups hold meetings within the different rooms of the church building. None of the groups are solicited by the church and the church's only source of income is by individual contributions. "We have no other source of income. We do not host bingo and we do not have any Las Vegas Nights," said Reverend MacDonald.

There are approximately 400 people who make up the church congregation, but anybody can come and use the facilities: We have always been here to serve the community. We do not ask where people come from. We are inter-denominational and interracial," said Reverend MacDonald.

A sign board at the entrance of the building lets people know when and where a certain group will be meeting. Groups such as Alcoholics Anonymous,

Groups such as Alcoholics Anonymous, Alanon and Recovery hold regular weekly meetings, sometimes every day.

"It is amazing the amount and variety of needs within the community. The groups that holdmeetings in our church are people helping people groups and none of them are led by professionals. That is not to say that these groups do not have leaders. What they do not have is a psychologist or psychiatrist who chairs the group. It is amazing to think that these groups can continue for so long



THE PARKWAY COMMUNITY CHURCH has been helping people who need help for 40 years and is boping to continue to do so. (Photo By Victor Caputo)

on that basis. Sometimes people think that a group needs a professional leader, but as proven here, that is not always true," Reverend MacDonald said.

The Reverend also wanted to point out that there are more than just groups that handle addiction. "The Recovery group meets in the church every week and is for people who might have had a nervous breakdown or are having trouble coping with the world around them. They can also receive community support through the groups who meet here!" said Reverend MacDonald.

Many of the groups are beginning to cater to the many needs of the young people in society.

"The community is doing a lot of good things for the young people," Reverend MacDonald said, realizing that the present time is very tough on young people.

The church also tries to cater to the needs of senior citizens within the community. A program that is offered by the church is the meals on wheels program. It is not meant to be a permanent program, but a booster to help for a short period of time. Meals on wheels brings hot food to those who cannot make the meals themselves.

The church also refers people to town sponsored organizations who help the community.

When asked about what he enjoys to see most in the community, the Reverend Mac-Donald said, "I enjoy seeing people enjoying people. We have a lot of entertainment in this society brought to us by TV. and radio, ((continued on page 14)

# Large Crowd Attends Youth

By Victor Caputo

The Youth Council held a weekend long fair to offset the 20 percent reduction in state aid levied against the council this year. "All money that we raised over the weekend will go to make up for the loss in money that was coming from the state," said Tom Bruno, executive director of the Hicksville Youth

The festivities started on Saturday with a garage and bake sale in the parking lot of the Beacon Federal Bank, located on Old Country Road and Division Avenue. Residents came out in large numbers to take advantage of the many tasty pastries that were for sale.

There was a large amount of fun offerings for the children to take advantage of as well. One booth offered face painting, while another offered a chance to show off some dart throwing skill as peopletried to pop the balloons hanging on a board. In the center of the parking lot stood a fuzz-ball table where residents could show off their skill while competing against their neighbors. Of course there was also a raffle with many prizes to be won and plenty of hot dogs, popcorn and soda.

The big highlight of Saturday evening was contained in the far end of the parking lot. Children could take off their shoes and bounce around in the air filled moon-walker balloon

Even though the garage and bake sale started two hours later than planned, it was still a tremendous success. "It did really well. In fact, it did a lot better than what I expected," said Bruno on Saturday evening.

The fair got even better as the weekend

progressed. In the tail end of the Hicksville High School fields, facing Newbridge Road, on Sunday, was a tremendous flea market.

Bargains were rampant and could be found at every table. Everything from wood carvings to hair spray to shirts for the kids could be purchased at very reasonable prices.

"Maybe I can find some great back to school things for the kids," said one shopper to a friend. "The jewelry is the cheapest I have seen in a while," said another resident.

"We are hoping to generate about \$5,000 from the Save the Youth Council Weekend, We will also be holding another flea market on November 23," said Bruno.

The weather held up all weekend, which helped bring in the large number of people ((continued on page 14)



MANY HAPPY FACES attended the Hicksville Youth Council fair held over the weekend.

(Photo by Victor Caputo)

### TO YOUR HEALTH .

By RICHARD H. BLAU, M.D.

### Lyme Arthritis - The Arthritis of the Northeast

Lyme arthritis was named after Lyme, Connecticut, where it was originally discovered in 1975. This disorder usually occurs in the summer or early fall, and can affect people of all ages and either sex. Although found in other areas, many cases are concentrated in the northeastern United States.

For many years the cause of this arthritis was not known. Recently an organism, called a spirochete, has been isolated and is believed to produce the disease. This spirochete is carried by a tick, and transmitted to people after a tick bite.

The arthritis is often manifested by joint swelling, pain, redness, and tenderness. This arthritis may travel from one joint to another. The larger joints of the body, such as the knees, are often involved.

This disease affects not only the joints, but also the skin. An enlarging rash typically occurs, often at the site of the tick bite. This rash can be associated with chills, fever, weakness, headache, and a stiff neck. In the more severe forms of the disease, both the heart and the brain can be affected. Left untreated, recurrent attacks lasting for several years may occur.

Because of the strong association with arthritis, the disease is often diagnosed and treated by rheumatologists (arthritis specialists). The diagnosis is made on the basis of a careful medical history and physical examination. Recently a blood test has been developed which has been very helpful in confirming the diagnosis.

Although the joint symptoms can initially be treated with anti-inflammatory medication, the spirochete appears to be very sensitive to antibiotics. In fact, tetracycline or penicillin have been known to eliminate the symptoms of Lyme disease.

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

Dr. Richard H. Blau is a board-certified Rheumatologist practicing in Westbury, 516-907-6823.

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### **DELCO SHOPPING PLAZA**

285-5 Broadway (Next to King Kullen)
Hicksville 516-822-0418 Ask for Vicki

# Dillon: Watch Out For Repair Scams

By Margaret Whitely

Nassau County District Attorney Denis Dillon has issued a warning to homeowners to be on the alert for film-flam artists working on Long Island. Elderly people are usually targeted as victims by the con artists; however, all residents should be aware of the scam.

According to Dillon, "Often the con artist offers the target a variety of services, such as driveway or roof repairs, termite inspection and other home improvement work, at low prices. Initial contact may be by a child who says his father is in the area and can do the job right away. If you fall for the swindle, you'll end up paying more than a reputable company would charge for the same work and the top quality materials that are promised are usually a cheap substitute. On other occasions, deposits are taken for work never performed."

DA Dillon gave as an example the recent case of a New Hyde Park senior citizen who was told by three individuals that they noticed sparks coming from her roof. She was told that water was leaking into the house and that if it wasn't repaired immediately her house could go up in flames. The subjects said they could repair the problem for \$6,000. The subjects drove the victim to the bank. She withdrew the money and gave it to the subjects

who left the woman without doing any work.

Dillon said other homeowners have been victimized by individuals posing as water company employees or electrical company workers to gain entry. Once inside, the con artists go in different directions to distract the homeowner and steal valuables. Before the homeowner realizes what has happened the thieves have left the area.

The DA gave another example of an 87 year old woman from Floral Park who was told by individuals who knocked on her door that they were from the water company to repair a leak. Once in the home the subjects went in every direction through the house distracting the homeowner and stealing valuables. Fortunately, these individuals have been apprehended.

The district attorney said, "The conartist have been generally going out in groups to work an entire neighborhood. If you notice any activity in your area, contact your local police department. If you have any questions regarding a contractor, call the County Counsumer Affairs Office. All contractors must be licensed in Nassau County!

"Remember", continued DA Dillon, "to investigate before you invest your hard earned dollars. Deals which sound too good to be true usually are!"



ISLAND BRIDAL GOWN rentals has been doing great business since coming to Hicksville.

Photo by Victor Caputo

### **New Business In Town**

By Victor Caputo

Island Bridal Gown Rentals has recently set up shop in the Hicksville shopping area. Located at 148 Broadway, the store specializes in the renting, cleaning and restoring of bridal gowns.

Owner Judith Stone is very happy that she was able to open up her store in Hicksville. "I chose Hicksville because it is the center of Long Island. It is a wonderful place to do business. Everyone I spoke with about my store knew exactly where Hicksville was," said Stone."

Since the store opened its doors for business on July 5, everything has been going fine. In these days when recession has cut into everybody's ability to spend, the rental business has become very big. "Renting wedding gowns has become much more acceptable today in these tougher times." she said.

Business is far better than she first thought it would be after opening up for business. "Business is excellent. I am very pleased with the way it has been, especially when so many businesses are not doing that well right now. I think we are really lucky," she said.

Beside promising top of the line service, she also offers coupons for savings on the preservation of old wedding gowns. "I have a \$20 coupon that I give out at the store so that customers can save on the preservation and cleaning of the gowns," she said.

She has attracted a lot of local residents to her store, but she also gets a lot of people from outside the area who shop at her place. "My market is very far reaching. Not only do I get local business, but people who come from all over Long Island, the city and even New Jersey," she said.

The store is open on Tuesday, Wednesday and Thursday from 10 a.m. till 8 p.m. On Friday and Saturday the store is open from 9 a.m. until 5 p.m.

After waiting for several months for a spot to open in Hicksville, Judith Stone feels very confident that her business, Island Bridal Gown Rentals, will be a success.



(As part of our war on the recession, we will be publishing reports on new businesses from time to time.)

### COMMUNITY CALENDAR

Thursday, August 22

. The Books Ahoy 1991 Summer Reading Club will be having a party for all members from 7-8:30 p.m. at the Hicksville Public Library. Each member is only asked to bring one or two guests besides themselves. No children under five years old will be accommodated. Seating is on the basis of first come, first serve. All adults will be seated in the back of the room. Children who wish to remain with an adult will also be seated in the back of the room. Raffle winners will be drawn before the party and the winners will be announced the night of the party. All members will receive their book logs that night.

Friday, August 23

. The St. Bernard's of Levittown Widows and Widowers will hold a Sociables Dance at the Elks Club, 80 Barclay Street, Hicksville from 9 p.m. till l a.m. The price is \$9 per person and will feature an open bar, continuous dancing and cake and coffee. Further information may be obtained by calling 483-3707

Saturday, August 24

Three Hicksville sports organizations, the Hicksville Baseball Association (HBA), Hicksville Police Athletic League (P.A.L.) and the St. Ignatius Catholic Youth Organization (CYO), will be holding their "Fifth Annual Charity Baseball, Softball Tournament" to raise money for the Make-A-Wish-Foundation. The Hicksville Fire Department and veterans from all wars in the VFW Post 3211 will receive the "Hicksville Hero Award." Anyone interested in sending a donation can send it to Albert Ciaccio, I Joseph Lane, Hicksville, NY, 11801. Checks should be made payable to the Make-A-Wish-

Sunday, August 25

 A lawn and garden supply sale will take place at the Hicksville Jewish Center, Jerusalem Avenue and Maglie Drive, Hicksville from 10 a.m. till 3 p.m. Featured at the fair will be landscape material, tools, ornaments, sprinklers, chemicals, plant food and much more. Further information can be obtained by calling 931-9323.

Monday, August 26

The Hicksville Public Library Board of Trustees will hold a special meeting on Monday, August 26 at 8 p.m.

Tuesday, August 27

Congressman Ray McGrath will be holding a constituent service meeting at the Levittown Hall, Levittown Parkway, Hicksville, from II a.m. till I p.m. Further information may be obtained by calling

Wednesday, August 28

The Hicksville Senior High School will be sponsoring a ninth grade orientation for all incoming freshman from 9 a.m. till 1 p.m. Further information can be obtained by calling the high school at

. The next meeting of the Hicksville Board of Education will start at 8 p.m. in the conference room of the administration building. All residents are invited to

Make A Note Of It

 The Hicksville Youth Council Board meets on the first Monday of every month at 7:30 p.m. at the Youth Council, 175 West Old Country Road, Hicksville, All residents are invited to attend. For the September meeting, the Board will meet on September 9.

# Hicksville Fire Department Report

Hicksville Fire Fighters responded to an aid request of the Plainview Fire Department on August 9 when a magnesium mold fire at a factory on Commercial Court caused injury to several plant workers at about 1 p.m.

Hicksville, along with the Bethpage and Melville Fire Departments sent ambulances

Later in the evening, Hicksville Haz-Mat member Robert Chiz and Assistant Chief Schweitzer responded back to the fire scene with the department's infra red heat detector to assist Plainview fire fighters who still were trying to extinguish the magnesium. The operation concluded at 12:30 a.m. the

At 4:12 of that same day, the Plainview Fire Department requested the services of Hicksville's Haz-Mat team again when workers cut through a refrigeration line, spewing 300 lbs. of freon into the Plainview Jewish Center's basement. They found, upon arrival that all the gas had escaped from the unit and into the building.

On August 15 at 1:50 p.m., the Hicksville Fire Department and the Hicksville Haz-Mat unit responded to a request for assistance by the Jericho Fire Department (0) help in an overturned oil tank truck in front of the Maine Maid Inn on Old Jericho Turnpike. The firefighters worked feverishly to control the oil gushing from the tanker.

Due to a delay in the accident being reported late, approximately 3,000 gallons of oil leaked out and into the storm drains.

The truck driver was only slightly injured in the accident. The Tyree Company was hired by Costal Oil Company to clean up the

To rehash a fire that took place on July 25, Hicksville firefighters responded to a van engine fire on Newbridge Road. Twenty-five firefighters battled the blaze and were able to confine the fire to just the engine compartment of the fan. There were no injuries reported.



ITS ABLAZEI A van's engine burst into flames on Newbridge Road. The driver was able to pull over and prevent injuries from occurring



GETTING IT UNDER CONTROL! Chief Schweitzer, of the Hicksville Fire Department, trys to extinguish the van's engine fire. (Photo By Cathy Greenfield)

### **Kids Swim** In The Fight **Against Cancer**

The campers at the Carousel Day Camp in Hicksville have diving into the fight against cancer throughout the summer. Over 100 children are swimming laps to raise funds to help support the American Cancer Society, Long Island Division's programs of research, patient services and public

Camp owners Gene and Jane Formica, along with Mike Epstein, the program director, started the annual swimarathon eight years ago. Since its conception, campers have raised over \$30,000 by swimming laps and collectiong pledges from their family and



SWIMMERS DIVE INTO the pool during one of the recent swimaruthons held at the Carousel Day Camp in Hicksville.

### Hicksville Graduate Wins Scholarship

Carrie Ann Sabato, the valedictorian of the graduating Hicksville High School Class of 1991, is the winner of one of the four-year National Merit Scholarships sponsored by the Metropolitan Life Insurance Company.

She was honored on August 9 at a luncheon at the Milleridge Inn. She was presented the award by Sharon Van Baaren, a regional director of the New York Region Group Office in Manhatten. Her father is an active employee of Metropolitan Life Insurance Company.

Sabato participates in many volunteer activities and sings in the chorus. She plans to attend the State University of New York at Binghamton. Her goal, she says, is not just to make a living, but to make living better.

To qualify for the scholarship, an employee's son or daughter must attain the finalist level in the National Merit Scholarship Program by taking two qualifying examinations, one in the junior year and one in the senior year of high school.

Over a million students in over 19,000 public and independent secondary schools entered in this year's competition by taking the first examination.

All qualifying children of full-time Metropolitan Life Insurance Company employees are eligible for the four-year scholarships.

A total of 139 scholarships have been awarded since the company's inception in

### Team In **Tournament**

The Hicksville Raiders U14 soccer team will be playing in the upcoming Thirteenth Annual American Ref-Fuel East Meadow Soccer Tournament. The team will be competing against teams, in individual groups from Canada, New York City, upstate New York, Virginia and all over Long Island.

The fournament will take place from 8 a.m. to 6 p.m. on Saturday, Aug. 24, at Eisenhower Park, Speno, Mitchel, Cantiague and Cuomo Parks and on Sunday and Monday, Aug. 25 and 26, at Eisenhower, Speno and Muchel Parks.

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United Way Plans LI's Human Services Expo

United Way of Long Island and Entenmann's Bakery announced plans for the Fourth Annual United Day of Caring. The event, Long Island's largest health and human services exposition, will be held on Oct. 20 at the Broadway Mall in Hicksville.

A collaborative effort of local businesses, labor, government and education, the exposition will feature more than 100 health and human care agencies providing services including substance and alcohol abuse treatment, mental health care, elderly care, emergency food and shelter and more. "More than 100,000 visitors are expected," said Jack Sage, president and CPO, UWLI. "The event provides a unique opportunity to build awareness of Long Island's tremendous health and human services network,"

Highlighting the day is a unique community service project, "Happiness Is Caring and Sharing". The project encourages local schools to take part in a one-day food drive to help the needy. Students and their families are invited to bring non-perishable food to a special weigh in station at the event. The school that totals up the most pounds of food will win a truck load of Entenmann's cake and a personal computer courtesy of IBM Corporation.

Lively entertainment will captivate visitors throughout the day, including the Nassau Community College Jazz Ensemble, DJ's Unlimited Productions, The Coalition for Disabled Musicians, Portuguese American Dancers, Bethpage High School Band and a "Kids on the Block" puppet show, courtesy of the Epilepsy Foundation of Long Island. Official radio stations WGSM/WCTO Magic 94.3 and WHLI WKJY will be on hand with music, games and prizes.

Sponsors include IBM Corp. (Jericho), SelectCare (Hicksville), along with many

For more information about the United Day of Caring, call United Way at (516) 249-1100.

# What People In Hicksville Are Reading

Every week the Hicksville Public Library takes a tally of what books residents are most

In the fiction area the top five books that the people are reading are, Loves Music Loves To Dance by Mary Higgins Clark, The Kitchen Gods' Wife by Amy Tar, As The Crow Flies by Jeffrey Archer, Beast by Peter Benchley and Paradise by Judith McNaught.

The non-fiction favorites are Chutzpah by

Alan M. Dershowitz, Peter Lawford by James Spada, Boss Of Bosses by Joseph F. O'Brien and Andris Kurins, When You Look Like Your Passport Photo, It Is Time To Go Home by Erma Bombeck and Question Of Character by Thomas Reeves.

The top videos at the library are The Krays, Avalon, Green Card, Postcards From The Edge and Mermaids.



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Free cholesterol and triglycerides testing for all who apply.

INFO Call 516-627-0350/627-9015

(11)

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Private Instrumental Instruction including Private Voice & Voice Master Classes, Drama & Improvization (including our new Intensive Teen Acting Course for grades 9-12), Creative Sculpture, Drawing & Painting Studio, Creative Writing, Sightsinging, Weaving, Dance!

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So come on into All For Fitness today, and start a workout program tomorrow. You'll find you feel much more lively. For just nine ninety fively.

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# All For Fitness

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JESSICA HAND is presented with the scholarship award by Bill Bennett, chairman of the VFW Scholarship Committee at the recent ceremonles held at the Post.

### VFW Post 3211 Presents Scholarship

3211 had an extremely successful year with their scholarship program.

Chairman of the VFW Scholarship Committee presented Jessica A. Hand with a \$1,000 Albinus A. Hanlon Scholarship Award at a recent ceremony held at the Post.

The ceremony was attended by family and friends of Jessica Hand. She is the proud granddaughter of Raymond Hand, a member of the VFW Post. She is a recent graduate of Farmingdale High School with a regents diploma and will be attending Adelphi University Nursing School in September.

### Tired Of Your Kitchen Or Bath? Liven It Up!!

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The first and second alternate winners were Traci Lynn Martin, granddaughter of Ed Martin at the Post and Alice M. Probst, daughter of Carl Probst of the Post.

The VFW Scholarship winner in the Hicksville High School was Lisa Entel, Arecent graduate of Hicksville High School, she was awarded a \$500 check for community service.

### PUBLIC NOTICES

NOTICE TO BIDDERS

The Board of Education of Hicksville Union Free School District of the Town of Oyster Bay, Nassau County, New York, in accordance with Section 103 of Article 5A of the General Municipal Law, hereby invites the submission of sealed bids on Science Lab Renofations-Senior High 1991,92:21 Magazines & Perfodicals 1991/92:22 Computer Equipment 1991/92:23 for use in the Schools of the District. Bids will be received until 2:00 P.M. on the 11th day of September, 1991, in the Purchasing Office at the Administration Building on Division Avenue at 6th Street, Hicksville, New York, at which time and place all bids will be publicly opened.

Specifications and bid form may be obtained at the Purchasing Office, Administration Building, Division Avenue at 6th Street, Hicksville, New York.

York.

The Board of Education reserves the right to reject all bids and to award the contract to other than the lowest bidder for any reason deemed in the best interest of the District. Any bid submitted will be binding for ninety 1901 days subsequent to the date of bid opening.

Dated August 15, 1991

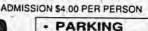
BOARD OF EDUCATION.

BOARD OF EDUCATION HICKSVILLE UNION FREESCHOOL DISTRICT Town of Oyster Bay, Nassau County New York Marie Egan, Purchasing Agent 08/22/91-1T#3287-HICK

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What's more, we also have the lowest loan rates of any major New York bank.

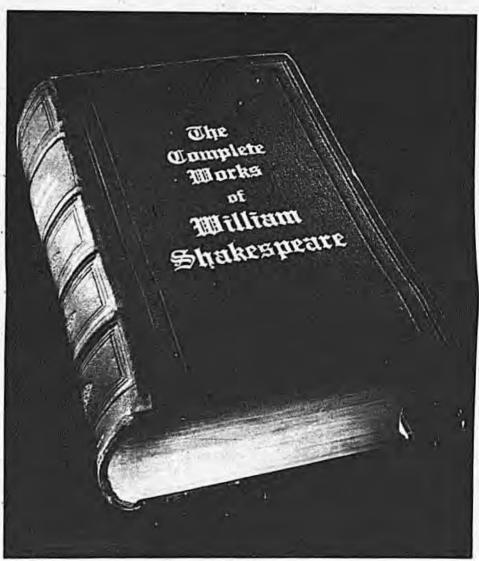
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CHELSEA CENTER: The entrance to Chelsea Center is on the south side of Route 25A in East Norwich. 'A mile west of Route 106 at the traffic light opposite Mill River Road. The Office of Cultural Development can be reached at (516) ESTATE 624-7120, Monday through Friday from 9.00 AM to 4.45 PM FARTS 624-7120, Monday through Friday, from 9:00 AM to 4:45 PM.



# Contract By Steve Becker

### Mayday, Mayday!

South dealer. Both sides vulnerable. NORTH .J76 ¥01063 . 194 4753 EAST WEST + K854 4 A 9 2 VAK1984 ¥752 +73 SOUTH + Q 103 + AKQ 10852

3 NT Dble Pass

Opening lead — seven of hearts.

This remarkable hand occurred in a high-stakes rubber bridge game. North should have passed one diamond, but he was the type of player who finds himself constitutionally incapable of acknowledging weakness by passing. So he responded one

South, unaware that North was shortchanging him, jumped to three notrump. True, South lacked the balanced distribution normally expected for this rebid, but he and his partner had agreed that a three notrump rebid in this sequence showed a long, solid diamond suit and a reasonable chance for nine tricks in

East doubled, directing West to. lead the suit dummy had bid. Delighted with the double, West licked his chops and led the seven of hearts. Dummy's ten lost to the jack and East returned the deuce of clubs

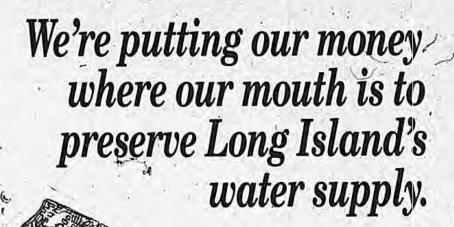
South could have saved a bushel of points by inserting the nine at this point, but, in an effort to hold himself to down one, he put up the king. West won with the ace and led another heart.

East cashed five heart tricks and the jack of clubs and returned a spade, whereupon West took the ace and cashed the Q-8-6 of clubs to bring his side to 12 tricks. West then led a spade to East's king and poor South was down nine - 2,600 points!

North was primarily responsible for the debacle. His one heart bid was strictly from hunger, but even worse was his failure to rescue South from three notrump doubled. This was an error of major proportions, and he paid a terrible penalty for it. North should have realized that his

partner was expecting normal values from him. After East doubled, he should have hauled out the white flag and bid four diamonds. This would have been set at most two tricks, and even if doubled, North-South would have saved themselves 2,100 points!





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Letters to the editor are welcomed by Anton Community Newspapers. We reserve the right to edit in the interest of space and clarity. All letters must be handinged and they must include an address and daytime telephone number for verification. Personal attacks and letters considered in poor taste will not be printed. We cannot publish every letter we receive due to space limitations.

### Hicksville Is A Good Neighbor

8

ri

Having owned a home in Hicksville for thirty years, raised a family there and, perhaps, helped in a small way to contribute to its growth, I hope you will allow me the right to express my opinion in this matter. I didn't have the opportunity to read the letter referred to in Newsday, but concluded it was taken by some to be degrading to Hicksville and its residents.

We retired to New Port Richey, Florida, eleven years ago. Everywhere you turn, you can locate a KMART. We have crime, traffic (ask anyone from this area about U.S. 19)and even people from Hicksville, sometimes, and guess what? We are still a nice community made up of people from all

over who cherish what they have, where they live and take care of their property.

It's only real jealousy that causes some people to try to degrade others, whether it be family, neighbors or communities.

Get with it, Syosset. You couldn't have a better border than your neighboring Hicksville.

### Think Hard About Increases

(The following letter was sent to Carole Wolf, president of the Hicksville Board of Education. It is being reprinted here at the author's request).

Thank you, Mrs. Wolf, for your letter of (continued on page 14)

# Second Annual Bank Leumi Run

Applications are now available for the 2nd annual Maccabiah 5 Kilometer Run through the streets of Plainview to be held on Sunday, September 8, 1991. The Run will start and finish at the Plainview Middle School on Stratford Road in Plainview. The 5K Run will start promptly at 9:30 a.m. preceded by à 1/2 mile fun run at 9 a.m.

The event is being sponsored by Bank Leumi and the Metropolitan New York Chapter of the U.S. Committee Sports for Israel, with a big assist from Apple and Eve Juices, and will be conducted under the direction of the Plainview-Old Bethpage Road Runners Club. POBRRC's Sue Polansky will serve as the Race Director.

Runners and walkers of every age and ability are invited to participate. Distinctive commemorative T shirts will be given to every entrant in the 5K Run and the Fun Run, and a Maccabiah Games frisbee will be given to every youngster who completes the Fun Run. Trophies will be presented to the top first male and female finishers in the 5K Run, to the top three male and female finishers in each of eleven (5 year) age groups, and to the top male and female wheelchair com-

There will be a great post-race refreshments and a giant post-race merchandise raffle, with all entrants in both the 5K Run and the Fun Run eligible to win.

The entry fee for the 5K Run is \$8 for those who preregister and \$10, for those who register on the day of the Run. Fun Run entries are \$6.00 for preregistrants and \$7.00 on the day of the Run. All proceeds go to the U.S. Committee Sports for Israel to support the U.S. team at the 14th annual Maccabiah Games in Israel.

The initial running of this event, held last September, was a great success, with 290 participants crossing the finish line of the 5 Kilometer Run and 68 youngsters successfully completing the 1/2 mile fun run. The 5K winner was Jose Manjarres, the Venezualan National Steeplechase Champion. First woman across the finish line was Karen Cot. ty of the host Plainview-Old Bethpage Road

Runners Club, "We're looking forward to another terrific Run through Plainview on September 8. stated Race Director Sue Polansky. "Thanks to Bank Leumi's support, this year's Run should be even better than last year's, and we hope that every Long Island runner and walker will participate!"

For more information or entry blanks contact Race Director Sue Polansky at (516)

The Investor's Corner

By Dr. Joseph P. Frey

The Dominos - part 3

For the last two weeks we have discussed the financial dominos. The focus was on S&Ls and commercial banks. The next group in trouble are the INSURANCE COMPANIES. Insurance companies historically have been the paragons of stability; especially in New York State.

Have insurance companies gone bankrupt in the past? Sure, all poorly managed eventually earn the dubious honor. The insurance business is not a very complex business. It is a matter of good solid investments which bring in a return greater than the cost of the money acquired to buy the investments. If you match the maturity of the investment with the premiums, you cannot miss. It sounds quite simple, doesn't

it? Unfortunately, it is not so simple.
For life insurance and most other insurance, it become a numbers game. The actuaries, mathematicians who figure probabilities on death, health or accidents, can be rather precise on when the insured are doing to die, get sick or when we will have an accident. Not the individual, but the group can be rated and categorized. The premiums

A Letter from Lulubelle ...

...It all started because I was thinking about waxed paper-do you remember waxed paper?-Does it still exist?...Years ago all of our sandwiches for school or picnic-and all of the leftovers were carefully wrapped in waxed paper-it came in a blue and white box and had a metal teating edge just as boxes do now...We carefully wrapped things and made what was called a "drug store fold" where the two ends joined because these waxed papers did not adhere to each other...this was long before foil and its wonderful qualities of fastening tightly around things-in fact, the only thing approaching foil was the wrapping on Hershey bars and many of us saved it and made huge balls...and can you believe-no paper towels!...We drained the bacon on a brown paper bag and we used the dish towel for our hands...Spills were wiped up with a "dish cloth"(I have friends who still prefer them) not a plastic sponge, and there were no plastic garbage bags-we all used the brown paper bags from the grocery for our garbage, and, of course, they always leaked and tore-and it was a fiendish mess...I once went to hear an older Girl Scout leader speak, and, in the course of her talk, she said. "Can you imagine that I was a Girl Scout and we did handicrafts from objects from around the house, and that was before full, those cute baskets that little round tomatoes come in, and plastic Clorox bottles"...You can understand that it was the dark ages!!

Yours, Lulubelle

\* Annon Community Newspapers KRK

we pay are designed to give the insurance company the necessary spread to pay our heirs or insurance bills and return a profit. If the actuaries use the wrong assumptions, the company gets burned. Needless to say, actuaries are well paid.

With other types of insurance, it is different. One of the growth areas for the past eight to 10 years has been annuities. The tax advantage are a prime consideration. The income is tax deferred. The annuity is a prime place for a lump sum pension distribution for many. It is very similar to an IRA. You have insurance policies that are like mutual funds with a term insurance kicker that is ideal for many. There are many important uses to be had with these types of insurance

As these products were conceived and became successful, they were copied and duplicated. They were very profitable to the insurance company, Profits invite competition in any company or business. Insurance companies are not insulated from it.

The competition caused companies to look for greater yield from their investments. They wanted to offer higher yields to the purchasers of the annuities. As we all know, when you go for high yield, the risk rises for both the insurance company and the annuity holder.

One way to get yield was to buy into the high yielding bonds being offered by Drexel, Burnham first and other investment bankers later. Another way was to invest in commercial real estate and mortgages. Initially, it was wonderful, everybody was happy. The insurance companies grew fat on the money coming in by the bushel basket. Unfortunately, the past scenarios did not change. The first deals were good, later ones were of lesser quality, the last ones were pure junk. Annuity holders were complacent, the paper they got every year showed the ever increasing value of the annuity.

We know the story. Junk bonds begot not high yield, buthigh forfeitures. Commercial real estate begot foreclosures. The insurance companies involved in the game suffered. Some went bankrupt because the investments were illiquid. On paper, the firms were solid because the bonds and real estate mortgages were "not marked to market" price.

There is no government insurance fund to protect the holders of insurance. It is essentially an industry with state, not federal, watchdogs. Each state is different. Wein NY are fortunate. We have the largest market and the toughest laws. We have the best protection, not perfect, but the best. Nobody should lose in NY State. Florida has similar protection.

The slaughter is not over. Mutual Benefit life was not bankrupt; it suffered from a "run on the bank" mentality. People became afraid and tried to cash out. Yield was not important, safety and quality became paramount. The redemption charges were not a consideration. No financial company can survive a "run". It sought state protection to stop the "run".

Have people been hurt? You better believe it. Pension money was tied up some bankrupt companies. In a state with little or no protection, kiss the good life goodbye.

You are a big loser.

Are insurance companies good investments? Yes, if you are very careful to look at the quality of the assets. A large real estate exposure and high yield junk bonds should be investigated. If they are there, stay away. It pays to follow the rating agencies, even though they goofed on several companies. A.M. Best is not always best. We suggest staying away from investing in all of them, good and bad. The industry as a group may be clobbered. Set a down limit for the stock and let your broker know when to sell you

Dr. Frey was a professor of investments and finance. He is an investment planner and money manager with offices in Garden City and New York. Comments and suggestions. Call 516-741-7450.

### LONG ISLAND COMMUNITY NEWSPAPERS

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### COUNTY BRIEFS

### County Says Viral Meningitis Cases Increasing

The number of cases reported to the Nassau County Department of Health of viral meningitis during the past few months show a marked increase in the incidence of the disease. There have been eighty-eight cases of the disease reported as of Aug. 13 in the county; more than double the amount reported in the same time period for 1990 and 1989, Two children at a local camp were diagnosed with the disease in the past two weeks.

Viral meningitis is an infection of the thin lining covering the brain and spinal cord and is caused by any one of a number of different viruses. Most cases are reported as single, isolated events. Children are more likely to get the disease and it can be occasionally associated with mumps or herpes virus infection. Mosquito-borne viruses also account for a few cases each year, but in many cases the virus cannot be identified. The virus can be spread by person to person contact or by insects.

Residents are asked to be aware of the symptoms, which include lever, headache, stiff neck and fatigue. Rash, sore throat and intestinal symptoms may also

The disease is rarely fatal and may last up to ten days. Symptoms, such as weakness, muscle spasms, insomnia and personality changes may last up to a year. Full recovery is usually complete.

Anyone with these symptoms should consult with their physician immediately.

### Health Department **Issues Summer** Food Warnings

The Nassau County Department of Health issued a warning to the public to be sure that the caterer they hire is under permit to the health department and to take extra precautions while preparing their own food since illness caused by food poisoning occurs more frequently during the hot summer months.

This warning comes after a serious food-borne illness outbreak at a Valley Stream residence. Seven people have been hospitalized at Mercy Hospital, 11 people at South Nassau Communities Hospital and one person at St. John's Hospital in Smithtown, after they attended a private birthday party at the residence in Valley Stream on Aug. 11. The department is awaiting confirmation of other patients in local hospitals.

The patients are in an extremely weakened condition, with symptoms consisting of nausea, vomiting, fever, chills and diarrhea. The suspect cause is salmonella D that may have been inthoduced into the food served at the party through improper handling of raw eggs or chicken. A combination of inadequate initial heat treatment, improper cooling technique and time and temperature abuse in the service setting may have allowed for survival and ideal growth opportunities for the salmonella bacteria.

"I urge every resident to take careful precautions, especially during the summertime, in preparing their food. Keep your foods at controlled temperatures prior to cooking and clean all work surfaces carefully to prevent cross contamination. Carefully monitor cooking times and do not allow food to return to room temperature after cooking. Quickly refrigerate all leftovers after meals," said Health Commissioner George Pickett, M.D., M.P.H.

# Blood Drive Targetting Senior Citizen Donors

### Long Island Blood Services Sets Post-Labor Day Drive

By Kathy Gerber

Long Island Blood Services (LIBS) is looking for senior citizens between the ages of 55 and 75 to donate blood at the Golden Donor Blood Drive to be held Sept. on the Huntington Hilton Hotel.

The event will be held in the hotel's ballroom from 9:30 a.m. to 2:30 p.m. and will feature various entertainment, celebrities, food and give-a-ways.

This blood drive is part of a campaign LIBS started last year which specifically targets senior citizens as volunteer blood donors, said Nancy Mitzman, an account representative with LIBS.

The first senior citizens-only blood drive was held last year with retirees from Grumman Aerospace, said Mitzman. It was coordinated with the help of Emil Gilbert who runs the 130 blood drives held at Grumman annually

It makes sense to look for donors among these corporation's retirees because they have donated blood in the past, said Connie Monroe, associate manager of LIBS, She said the age criteria for donating blood was recently changed from age 65 to 75.

"They are good healthy people. Seventyyear-olds are just as healthy as 40-year-olds or 20-year-olds," she added.

Each of Long Island's 50 hospitals receive its blood supply from LIBS. The non-profit agency holds 10 blood drives a day which are booked about a year in advance, said Mitzman.

The agency is one of four divisions of the New York Blood Center—the biggest blood collection center in the world, she said.

Major blood drives such as the Golden Blood Drive are scheduled after holiday weekends when the need for blood is severe due to the number of accidents, said Mitzman. The demand for blood is so great during these times that hospitals postpone all non-emergency surgeries to save blood for



ORGANIZERS of Long Island Blood Services seniors-only blood drive, (from left) Lois Flyan, Dan Flyon, Rita Gennaro, Hank Nuwicki, Emil Gilbert and Nancy Mitzman stand at the organization's headquarters in Melville. Photo by Kathy Gerber

emergencies, she added.

The Golden Donor Blood Drive is being held following Labor Day/weekend for this reason, she said.

A volunteer steering committee made up entirely of retirees helps organize the Golden Donor Blood Drives with LIBS.

Steering Committee member Helene Stone was a secretary to the vice-president of Grumman Aerospace for 25 years before her retirement. She said she is involved in the Golden Donor program because she likes the feeling of accomplishment that comes from working on the project.

"For too many years people looked down toward retirement instead of up," said Dan Flynn, a LILCO engineer for 37 years.

Flynn said he sees retirement as an opportunity for seniors to contribute and become

vital members of the community. His wife, Lois, a steering committee member, retired from LILCO after 30 years.

Other committee members include Rita Gennaro, an executive secretary at Fairchild Republic for 10 years, and Hank Nowicki, a New York Telephone employee for 25

Gennaro, the newest member of the group, is also a representative of the Farmingdale chapter of the American Association of Retired Persons (AARP). The steering committee said it hopes to enlist the participation of membership from organizations like AARP.

Any senior citizens interested in par-ticipating should call 1-800-933-BLOOD.

### NOT-FOR-PROFIT

### March Of Dimes **Prenatal Course**

The Long Island Chapter of the March of Dimes is offering a free prenatal health education program to Long Island companies, unions and organizations. This program, Babies & You, is a series of prenatal health seminars that teach prospective parents about healthy lifestyles and prac-

tices during pregnancy.

Conducted in the workplace by physicians and/or nurse specialists from Long Island hospitals, Babies & You gives prospective parents an opportunity to discuss issues and ask questions in an informal atmosphere. There are a total of nine seminars and companies may choose to hold as few as one or as many as nine. Topics covered include: obstetrical care, health habits, nutrition, exercise, substance use, stress, genetics, prenatal testing methods, children having children and pregnancy after 35.

Benefits of Babies & You include the potential to substantially decrease a company's health care and insurance costs, prompt mothers' earlier return to work, reduce absenteeism, but most of all, promote employees' healthy pregnancies.

For more information about Babies & You, contact Community Services Director Susan Gordon at 496-2100.

### MDA Finds Funds In Cereal Boxes

Kellogg Company has joined the Muscular Dystrophy Association's (MDA) battle against neuromuscular disease in Nassau County as part of the company's new nationwide contribution program to benefit the voluntary healthy agency.

In its first campaign as a national sport sor of MDA, Kellogg Company will donate \$1 for every box of Kellogg's Rice Krispies purchased between Aug. 25 and 31 and guarantees a minimum donation of \$1 million. The company's fundraising efforts will lead up to the 1991 MDA Jerry Lewis Labor Day Telethon.

Kellogg Company is encouraging consumers to support this campaign with supermarket displays and a nationally televised commercial starring MDA National Chairman Jerry Lewis and 1990 MDA National Poster Child Ashley Antolak.

MDA is a national voluntary health agency working to defeat 40 neuromuscular diseases through programs of worldwide research, comprehensive patient and community services, and far-reaching professional and public health education. Receiving no government funding or patient fees, MDA is funded almost entirely by voluntary contributions and supports the MDA clinic at Nassau County Medical Center and Long Island Jewish Hospital.

### **Exercise Program** For Arthritis Sufferers

A special exercise program designed for people with arthritis will be offered in September at the Lorna Del Maestro Fitness and Dance Center, 160 W. Merrick Road,

The program, PACE (People with Arthritis Can Exercise), is sponsored by the Arthritis Foundation. A series of classes, twice each week for four weeks, will be led by exercise instructor Lorna Del Maestro, who has been trained as a PACE instructor by the Arthritis Foundation.

The seven session course will be held on Tuesdays and Thursdays, beginning Thursday, Sept. 5. An afternoon and evening course will be offered.

For more information about programs sponsored by the Arthritis Foundation, call the Long Island Chapter in Melville at 427-8272.

### Walk-A-Thon

The last Sunday in September has been designated as a day of recognition and remembrance by the Long Island Association for AIDS Care (LIAAC).

From All Walks of Life '91, LIAAC's third annual pledge walk-a-thon to benefit AIDS care and support prevention education, will take place at Hecksher State Park in East Islip Sept. 29.

The festivities will begin at 8:30 a.m. with registration and breakfast, followed by entertainment, food, prizes and walk through the park.

LIAAC is the only full-service AIDS agency in the area which offers direct services and prevention education to Long Islanders

For further information, call the WALKline at 351-5777.



KIDS ROMP AROUND in the moon-walker balloon during last Saturday's Youth Council Fair.

### Fair A Success (continued from page 3)

who stopped by to browse and lend support to a charitable cause,

Many Hicksville businesses donated items and gave their time to make the weekend the tremendous success that it was. "We could not have pulled this off without the help of everybody. I have to give a special thank you to all the local businesses that helped us, Youth Council Board members and all the concerned citizens and those who volunteered their time," said Bruno.

All members of the Youth Council took part in setting up and manning the booths

and tables along with 20 other volunteers.

The Hicksville Youth Council was started in 1972 and is a not-for-profit organization. It provides programs in outreach education, counseling, crime prevention and also helps in employment and leisure time activities for the young people in the community.

If the Youth Council is unable to raise enough money to keep itself operating at its present condition, programs will have to be drastically reduced or eliminated. The council's hope is that all the money raised from the fair, along with outside donations will be able to keep everything intact.

The Youth Council is located at 175 Old Country Road and the phone number is

The fair in November promises to be just as grand as the one held this past weekend. Many people put a lot of time into making the "Save The Hicksville Youth Council" weekend a grand success and from the look of the many happy residents who attended the fair, it appears they did their job well.

## Parkway Community Church (continued from page 3)

but it is so nice to see people entertain peo-ple up close, here in the community."

The Church's office hours are written down as 9 a.m. till 5 p.m. but the Reverend said that somebody is usually in the office at all times to answer the phone. He added that people who are in need do not just stay in need between 9 a.m. till 5 p.m. and that is who they try to cater to.

The number for the Parkway Community Church is 938-1233 and that is also the number where residents can find out what meetings are being held and when.

After 40 years the Parkway Community Church has not lost touch with the people it entered the community to serve. They are hoping that after this 40, there will be another productive 40 years. "We are here to provide help for those people in need and we will continue to do that," said Reverend MacDonald.

### Letters (continued from page 12)

Aug. 6, 1991. It was a pleasure and a privilege to be a member of the Citizens Budget Advisory Committee. If a similar need arises please let me know. I would be happy to volunteer.

The committee did become frustrated near the end. We offered 16 different ways to cut costs. Not one was adopted. Not one was even modified and then adopted. The 16 points were carefully thought out. A combined time of 1,400 hours went into the 6 points.

The committee consisted of people with a lot of education and business experience. One person has a Ph.D. I have a BBA in Industrial Management. We were ignored. The feeling among the committee members, as time passed was that the committee was purely window dressing.

Now, on Aug. 28, 1991, the board will raise the tax rate. It seems to be a forgone conclusion. On Aug. 1, 1991 Mr. Gene

new rate to be an increase of \$5 to \$7 per hundred Mr. Martillo, of the board, said it will not be near that. The implication here is that a figure is already in mind.

There does not have to be an increase. If the board would bite the bullet and make the hard decisions that are needed, there could actually be a decrease. I stated on Aug. 1, 1991 that there are 100 too many teachers on the staff. Excess them and save \$5 million dollars, minimum, I asked "How many administrators are there?" No answer from the board or the administration. In my opinion there are 25 percent too many administrators. Another \$1.5 million to be

Long Island is in a depression, not a recession. By increasing the school tax, the board is worsening the depression. Think very hard about any increases. The only people to benefit will be school administrators and teachers. The minority rules.

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ŀ	Sauteed Fresh Mushrooms
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Fettuccini Alfredo	Ē
Spaghetti w/Marinara Sauce, Fresh Mozzarella & Basil	
Green a reliow reffliccini w/Shrimn	
Zucchini, Mushrooms, Pink Cream Sauce 9.9	5
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Tri-Color Rottelli Primavera w/Assorted	0
Garden Vegetables, Extra Virgin Other	
Oil & Garlic	5
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Prosciutto, Vodka Pink Cream Sauce	5
Linguini Pescatore Rad or White	
(Clams, Mussels, Shrimp & Calemari)	5
Dakeu Cijedao Kayloli	•
Baked Stuffed Shells	2
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Triple Laver Laurens	5
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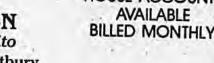


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# Performing Arts Academy Adds New Programs

The North Shore Performing Arts Academy has announced the addition of several new programs for the 1991 fall semester. In addition to private music instruction offered on all band and orchestral ipstruments, pjano, guitar and voice, the Academy is beginning classes in theater and acting for seven through thirteen-year-olds, musicianship and performance classes for junior and senior high students and an expanded Early Childhood Music Discovery class for pre-school children and their parents.

The theater class, taught by Lois Kipnis, will incorporate techniques of pantomime, character improvisation, role playing and developing scenes from plays, Students will be scheduled for classes according to their age. Lois Kipnis has had extensive experience in training youngsters in the art of theater and is known to many local students from her many in-school residency programs.

Classes in musicianship will be taught by the academy's director, John McNeur. The focus of the classes will be to help students understand how music works and getting them to begin writing their own original musical compositions. Also, a portion of the class time will be spent in giving the students the opportunity to perform on their instruments in front of the class.

"These are areas that, for lack of time, are often neglected in school music programs. An institution such as the Academy can real-ly help in this regard in helping to develop the many young musicians in the area," McNeur

A new Early Childhood Discovery Class will be held on Saturday mornings with Jennifer Kalika. The class is designed to bring

together with songs, dances and musical play. "Children at this age are like sponges McNeur added. "In a class like this, which seems to them like playing and having fun, they are actually learning some of the music's most important and basic concepts. What they learn at this age will set the stage for the rest of their lives!

The Academy also plans to continue offering classes in jazz improvisation with trumpeter Michael Mossman. The workshop was a great success last semester and will be open to students serious about learning the art of musical improvisation and with developed skill on their instrument, Mr. Mossman will also be giving private instruction in improvisation.

The North Shore Performing Arts Academy began last September and enrolled close to 100 students during its first year of operation. Private instruction is given on voice, piano, guitar, as well as all band and orchestral instruments. In addition, several concerts, masterclasses and workshops have # been scheduled, several in conjunction with the active music department of the Congregational Church. Advanced students are given several performance opportunities and all students are encoraged to perform in recitals in the spring. All lessons and classes are given at the Academy, which is located in the Congregational Church in Manhasset, across from the "Miracle Mile" stores on Northern Boulevard in Manhasset.

Those wishing further information about any of the Academy classes, workshops or lessonsk should contact the director, John McNeur, at 365-2599. The fall semester will begin Sept. 14.



PIANO INSTRUCTOR Virginia Mattner gives a lesson to Joseph Budd at the North Shore Per forming Arts Academy.

Photo by John McNeu.

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Marilyn Hauer, director of Greentrees, has more than 25 years experience in elementary teaching and supervisory positions. She is a New York State certified teacher in early education, elementary and special education. A certified school administrator, Hauer founded the Pequa Nursery School, which served Nassau's south shore communities for 27 years. Shehas also developed and organized programs for school districts on Long Island that accommodated as many as 800 children.

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For more information about Greentrees Country Day School and its programs, contact 921-4949 or write to 247 Jackson Avenue, Syosset, NY 11791.

# Healthy Students Make Better Learners

There are several ways in which parents can help their children get ready for school. An early bedtime is important to assist your child in developing good health habits. A good breakfast will help your child be nutritionally prepared for learning. Help your child learn to dress for the weather. Keep your child home if signs of illness (e.g., fever, vomiting) are present. Always give your child a hug or kiss before leaving for school. It helps to start the day in a positive way.

. Examination for working papers, sports participation or other activities is required by law. As parents, you always have the right to know about results, but sometimes you may have to ask for them.

Schools have to be ready for all emergencies. Your child may tell about fire drills and bus safety drills. You may receive a call telling you that your child has been injured at school and received a minor first aid procedure. Or you may receive a call telling you that your child is ill and needs to go home. It is very, very important that you provide the school with emergency plans, emergency telephone numbers and emergency transportation should the need ever arise and you cannot be reached.

All children must show proof of immunization before entering or attending school. The law is very strict about immunization. Certain children are excused from these requirements because of medical problems or religion, but these exceptions are rare. If you do not know what the requirements are, call the school early or check with your doctor on whether your child has had the required immunizations. Don't place

your child in the embarrassing position of being turned away on the first day of school.

Encourage your child to learn about good health and develop positive health habits. Take an interest in the school's health education activities in which your child is involved. Look for ways to reinforceor supplement health learnings at home, in the neighborhood or community. Interpret both positive and negative health messages that your child receives from television and other sources. Discussionalth issues with your child at a level appropriate to the child's interest. Above all, be aware of how your own health habits and behaviors influence your child.

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### THE TOWN OF OYSTER BAY parking garage has added additional parking and security for commuters who use the space.

(Photo By Victor Caputo)

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### LIRR Improves Station (continued from page 1)

The Hicksville train station, even with the tremendous volume of people who utilize it, has been able to stay relatively crime free. The problem concerning homeless people taking up residence there has been a priority of the LIRR and has slowly been taken care of,

Commuters are left with little to fear at the Hicksville train station thanks to the joint effort of the Nassau County Police and the LIRR.

### Residents Fighting Mad

(continued from page 1)







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- -no prior German necessary -convenient Garden City location
- -native German speakers as teachers Regents
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- -Low Tuition
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\*German - American School, Regents accredited since 1911

Forchelli is meeting with a coalition of area civic groups next week to discuss the project, he said. The meeting is to inform residents about the "facts and details" of the plan, "The rumor mill is very strong," he added. Forchelli also said that he will listen to residents' suggestions but said he won't promise that the original proposal will be altered before the town holds its public hearing.

The drive-in is able to operate from the site because the property owners received a special use permit in 1953, said Barry. The current application would also require a special use permit which Barry defined as a "special exception to the zone which the town board can grant if it deems the application is a good use of the property."

One of the questions raised at the recent meeting was about one of the owners of the property, Howard Hogan, a councilman on the town board. Barry has reported that Hogan will excuse himself from any participation in the case.

The fact that Councilman Hogan is one of the owners of the property will not play a role in the application. The town board will look at the application strictly on its own merits," said Barry.

Another question raised by residents was how they would receive notification of the public hearing on the proposal. Phyllis Barry, spokesperson for the Town of Oyster Bay, said a hearing date still hasn't been set. When a date is selected she said residents within a 300-foot radius of the property will receive written notification.

The application is currently going through a review process and is being checked by various town departments such as the zoning board of appeals, the building division and the planning department, said Barry. After this process is completed a date appropriate to both the attorney and the Town will be selected, she said.



# Your new neighbors moved in.

Did you meet them yet?

Almost 1 of every 5 Americans moves each year, and wherever Americans move, Getting To Know You welcomes them, with much more than just "Howdy." Getting To Know You and its sponsors make new families in town feel welcome with a housewarming package full of needed information about selected community services. Getting To Know You is the best way fine merchants and qualified professionals can invite new business, new friends to come in.



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# Arts Entertainment

### ATTRACTIONS

### Friday, August 23 Through Sunday, August 25

Murder Once Removed will be playing at the Broad Hollow Theater, Farmingdale. For curtain times and ticket prices call 752-1400.

### Friday, August 23

Guy Lombardo's Royal Canadians will perform in concert at Eisenhower Park's Harry Chapin Lakeside Theater at 8. Admission is free. For more information, call 542-4422.

### Saturday, August 24 ·

Nassau Hiking and Outdoor Club will hold a Fire Island Moonlight Hike and Cookout. The cookout is at 6 (bring your own food) and the hike begins at 7. Meet at Robert Moses State Park, Field 2, West End. For more information, call 938-3695 after 7.

Salute To Veterans featuring the Jimmy Dorsey and Glen Miller Bands will be held at Eisenhower Park's Harry Chapin Lakeside Theater at 7:30. Admission is free. For more information, call

Jean-Pierre Rampal will appear in concert at Planting Fields Arboretum, Oyster Bay at 8. Tickets are \$25, \$20, \$15 and \$12,50. For more information, call 922-0061.

Children's Summer Theatre will present a free production of Pinnochio at 2 at Bethpage State Park. For more information, call 669-1000 ext. 247.

### Saturday, August 24 Through Monday, August 26

United Jewish Ys Thrift Shop will hold a Bag Sale from 10-4. The shop is located at 1099-A N. Broadway, North Massapequa. For more information, call 420-0600.

### Monday, August 26

Chinese/American Night will be held at Eisenhower Park's Harry Chapin Lakeside Theater at 8. Admission is free. For more information, call 542-4422.

### Through August 25

Hofstra USA Productions presents the comedy The Foreigner at the Spiegel Theatre. Tickets are \$8. For more information call 463-5042.

# New York Banjo & Bluegrass Championship

### Bluegrass Goes Hollywood

By William Gravert

At the thought of bluegrass, most people think of country bumpkins in overalls with hayseeds in their socks and manure on their boots. Not any more. For while bluegrass and "old time" musicians certainly haven't 'gone Hollywood," they're well-educated, well-trained and a lot slicker than just a generation ago.

As star attraction of the City Gardeners' Harvest Fair, the 18th annual NYC Bluegrass and Banjo Contest was held last Saturday at Floyd Bennett Field in

Eleven bands from the Northeast competed in an all-day pick-fest under the borrowed Big Apple Circus tent with the \$1000 prize (and hundreds more in bookings) going to Maryland's Wolfe Family

In a separate contest six banjoists matched skills, with 17-year-old Buddy Wolfe taking home the \$225 first prize, resulting in a Wolfe family sweep.

"It's going to be one hell of a ride home!" rejoiced a tearful Bud Wolfe, father, guitarist and bandleader. "We worked hard, and it finally paid off-big."

Other band contestants included: Pavlog's Dawys (from PA.), Bluelight Special (VA), Small Change (NJ), CC & G (NJ), Tobacco Valley Bluegrass (CT.), Great Kills Harbor Bluegrass Band (NYC), Spontaneity (NJ), Tri-County Ramblers (NYC/NJ), Risky Business (NJ) and Chestnut Mountain Boys (CT)

Banjo Contestants: Eric We' y, Dan Mazur, Tom Daily, Rich Rainy, and Tom Stevenson.

National Banjo Champion Lynn Morris, and her band, judged both events, en gave a short performance after the winners were announced. Morris is the only two-time winner of the prestigious National Flatpicking Championship, held yearly in Winfield, Kansas. She's also a fine "old time" composer and vocalist.

In bluegrass, singers and their ly, es are often overlooked in favor of flashy instrumental solos (fiddle, dobro, mandolin, guitar, etc.) featuring lightning-fast licks. But it's the lyricist and his prose that elevates the tunes from mere "chicken-pickin."



TWO-TIME National Bunjo Champion Lynn Morris and her band were judges at the 18th Annual NYC Bluegrass and Banjo Contest.

With its roots in the Grand Ole Opry, the first purveyor of modern bluegrass was Bill Monroe and his Bluegrass Boys (they were from Kentucky) in the late 1930s. Boasting solid musicianship and three and four part homophonic vocals, Monroe laid the groundwork for the growth of popular bluegrass with such staples as "Muleskinner Blues" and "Fire On The Mountain."

Morris' set typified these tight harmonies with Buck Owens' "My Heart Skips A Beat," and her own "Goodbye To The Blues." She even kept the "just-pickin" crowd happy with a stompin' version of

her"Dancing In The Hog Trough".

The City Gardeners' Harvest Fair is the closest thing to a genuine country fair in the metropolitan area. In its 15th year, it's sponsored by the Gateway National Recreation Area at Floyd Bennett Field. Primarily for urban farmers displaying homegrown produce and vying for blue ribbons, the fair also features hayrides, homecraft and 4-H exhibits. Most interesting were the farm demonstrations of apiary honeymaking, sheep-shearing and maple-sugaring. The fair also offered square dancing and a petting zoo.



### Roy Clark and Roger Miller Together at Westbury Music Fair

Roy Clark, "The Ambassador of Country Music," and Roger Miller, "The King of the Road," will give a performance at Westbury Music Fair on August 23 at 8 p.m. Tickets are \$20 and available at Westbury Music Fair's box office and all Ticketmaster ticket centers. For information or to charge tickets, call 516-334-0800.

### RECOMMENDED...

Nassau County's first Arts and Crafts lestival will take place August 24 and 25 from 11 a.m. to 5 p.m at Great Laurns at Chelsea Center in East Norwich. There will be live entertainment and refreshments. For information, call 516-624-7120., IMAC, located in Huntington will host a jazz concert with legendary saxophonist Stanley Turrentine on September 21 at 9 p.n. Tickets are \$17.50 for general public. For inform tion, call 516-549-ARTS .. Reba McEntire will pert - m at Westsbury Music Fair on August 22. For information, call 516-334-0800

"The Zest of the Comics," opens in the Art Museum

at The Museums at Stony Brook on August 25 For information, call 516-751-0066

Dean Karuhalis, conductor, performs "The Very Best of the Pops, "on August 29. Phelps Land Park, N. Babylon at 8 p.m. For information, call 516-422-7205 ... Michael Bolton will appear at Jones Beach Theater August 27 and 28. Tickets are \$22.50, call 516-888-9000. The dramatic lion dance will mesmerize audiences when Chir .- 'American Night is held at Eisenhower Park's Lakeside Theater on August 26, at 8 p.m. For int. -mation. call 516-542-4425...



(center) a Williston Park resident, was recently selected as the most recent \$100 contest prize winner by On Target. Tibby Baren, office supervisor (left) and Jill Rosenberg, sales rep (right), presented this delighted lady with her prize. On Target-Long Island's leading direct-mail gift certificate company based in Westbury, NY, serves retailers and professionals all along the east coast. Look out for your packet of On Target gift certificates in order to be eligible to become their next prize winner. For further information contact On Target at: (516) 333-1600.

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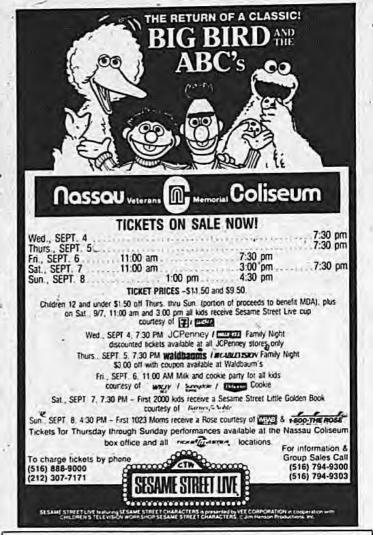
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ANTON COMMUNITY NEWSPAPERS OF LONG ISLAND

Monthly Murder Mystery Roundup Highgate Rise, Anne Perry, Fawcett Columbine, 330 pp., \$18.

Anne Perry is the author of the acclaimed Victorian mystery series featuring Thomas and Charlotte Pitt. Highgate Rise is the latest in that series and it is, to be Victorian, a corker.

The story begins with a fire, undoubtedly arson, in which an innocent woman, Clemency Shaw, has died. A major question is whether she was the target of the arson or was killed accidentally instead of her husband, Dr. Stephen Shaw. At first the police, in the person of Inspector Thomas Pitt, assume that the doctor must have been the intended victim. However, Charlotte Pitt, the inspector's wife, goes about trying to find out more about the dead woman. As she does, she finds that Clemency Shaw may indeed have involved herself in a situation that had led to her murder.

This is a well-plotted book with a denouement that is both satisfying and difficult to predict, but the real value of Highgate Rise lies in Ms. Perry's brilliant recreation of Victorian London. She explores the levels of that highly structured society and gives her readers a satisfying glimpse into its corners,

Ah, Sweet Mystery, Celestine Sibley, Harper Collins, 217 pp., \$18.95. First there was Miss Jane Marple, then

Wiss Maude Silver, then Mrs. Pollifax and other female sleuths of a certain age. Now here is Kate Kincaid Mulcay, the feisty orainchild of Celestine Sibley, a writer for the Atlanta Constitution for more than 40 years. She wrote everything, from reporting on rime to an opinion column. Kate Mulcay

tas had a similar history. Now that Kate's beloved husband, Benjy, tas died, she is living alone in the cabin in the Georgia mountains that they had restored. She is startled, but not heartbroken, to hear hat Garney Wilcox, a former neighbor, has been murdered. Garney had been in the forefront of developers who, Kate believes, are ruining this bucolic paradise.

She is more than startled when she hears that Garney's stepmother, Kate's dear friend 85-year-old Miss Willie Wilcox, has confessed to the murder. Kate finds this incredible and she sets out to track down the real murderer and to find out why Miss Willie has made her confession.

Kate Mulcay is a welcome addition to the sorority of sleuths.

The Christic Caper, Carolyn G. Hart, Bantam Books, 317 pp., \$18.

For the true mystery story afficianado, and particularly for fans of Agatha Christic, we have saved the best for last. The Christie Caper is a convention planned by Annie Darling, owner of the Death on Demand bookstore, to celebrate the centennial of Agatha Christie's birth. It is to be a weeklong celebration, complete with treasure hunt, title clues and Christie trivia. There will also be celebrated mystery writers, editors and critics on hand, to hold panel discussions and give lectures on Dame Agatha and the mystery genre.

Into this intriguing setting comes Neil Bledsoe, the most despised book critic in America. Not only is he despised for his vicious attacks on writers, but for his personal life which has caused at least one young woman to commit suicide and driven another young writer to alcoholism.

Within two days of Bledsoe's arrival, two attempts on his life appear to be made. But when murder occurs, it is not Bledsoe who

The great fun of this book lies in the inremarks and the Christie parallels that crop up. The Christie Caper will send old Christie fans like this write back to reread her books. Eileen Brennan

### Ninth Annual International Jewish Arts Festival Of Long Island

The world's largest International Jewish Arts Festival, sponsored by the United Jewish Ys of Long Island, comes to life on Sunday and Monday, Sept. 1 and 2, of Labor Day weekend. The festival, celebrating its ninth year, presents more than 150 international and performing artists to audiences of nearly 20,000. This two-day event takes place on the 47-acre campus of the YM & YWHA of Suffolk, 74 Hauppauge Road, Commack, Long Island.

This year, the festival will feature the exciting debut of BookFest '91, a showcase of outstanding new literary works of special interest to the Jewish community. Book Fest '91 will be an inspiring new and major component for the festival. Invitations for exhibition have been distributed to major publishing houses with Jewish publications, as well as independent Jewish presses.

The Marketplace is another interesting addition to this year's festival. This brand new concept will enable companies to introduce their kosher products and services to the nearly 20,000 festival patrons through an especially designed Marketplace showcase tent. It affords companies the opportunity to distribute information and samples, introduce new kosher products and speak one-on-one with Long Island Jewish consumers.

Legendary folksinger Arlo Guthrie will highlight this year's festival in a concert performance on Monday, Sept. 2, featuring a six piece band led by his son Abe. Following in the tradition of his father Woody Guthrie, Arlo's music reflects the emotions and sentiments of a turbulent generation. Come back with us to "Alice's Restaurant"!

light the ninth annual International Jewish , &

Legendary folksinger Arlo Guthrie will high

A further festival highlight includes its

traditional Jewish folk arts component, such

as Klezmer, Yiddish, Russian, Bukharan, In-

dian and Moroccan performers, lending an

exotic air to the festival which becomes a col-

orful sampling of Jewish life. Drawing a

multifaceted audience from the tri-state area

and utilizing the help of over 500 dedicated

volunteers, the Festival is dependent on support from public, private and corporate,

sources and is presented by the United Jewish Ys of Long Island, a network comprised of

the six YM & YWHAs of Nassau and Suf-

folk counties. One day admission to all

events, including a free program book and

on-site parking is \$14 for adults, \$12 for

seniors and students and free for children

under 12. A two-day pass is \$20. Group dis-

counts are available. The festival will go on,

rain or shine. Facilities are accessible to the

handicapped and sign language interpreta-

tion and programs in Braille are provided.

The public is advised to bring lawn chairs.

For tickets and further information, call the

UJYs at (516) 938-4600.

## Debonair, Sophisticated, Simply Irresistible: Robert Palmer

Robert Palmer will be performing on Tuesday, August 27 at 8 p.m. at Westbury Music Fair.

Robert Palmer is one of those artists who has been an integral part of the music scene for a number of years, yet has consistently made music that is fresh and innovative. From 1974's Sneakin' Sally Through The Alley which featured a cover of Lowell George's "Sailing Shoes" through his work with POWER STATION, he has evolved with the times, never following the dictates of anyone, thereby establishing himself as a versatile, talented, and provocative musician. Schooled in R&B, soul, and metal, Mr. Palmer's latest EMI album is titled Don't Explain. It follows his multi-million selling Heavy Nova album, featuring "I'll Be Your Baby Tonight" with UB40.

Tickets are \$20 and are available at Westbury Music Fair's box office and all Ticketmaster ticket centers. For information, or to charge tickets on VISA/MC, call

516-334-0800.



### Jazz Stars And Full Moon At Islip Festival

Two brilliant, contrasting groups -Monty Alexander and his Trio and The American Jazz Orchestra — will perform under a full moon at the 9th Annual Islip Jazz Festival, August 24th and 25th. Presented by International Art Of Jazz, Inc. the rain-or-shine weekend event at Heckscher State Park, East Islip, L.I. is free The Festival boasts five hours of nonstop Jazz each day from 5 to 10 p.m. In addition to the headliners, eight other diverse groups will perform. The rain location is the East Islip High School. The Festival is made possible, in part, by grants to IAJ from the Suffolk County Office of Cultural Affairs and the New York State Council on the Arts, and is in cooperation with The Long Island Park Region. The flown of Islip and Computer Associates International, Inc. are the Festival sponsors.

A virtuoso with boundless energy, Monty Alexander is a giant of the Jazz piano who draws from a wealth of resources - musical and personal - to deliver lyrical lines and driving rhythms. Performing with his trio, Lynn Seaton on bass and Duffy Jackson on drums, the Jamaican-born pianist will ignite the night with his joyous, explosive style. Inevitably, sidemen and audience both are infected by the Alexander charm; an evening with Monty Alexander is a trip through the many styles and moods of Jazz,

The brain-child of Jazz critic Gary Giddins, The American Jazz Orchestra, conducted by Loren Schoenberg, continues to revive, redefine and revitalize the timeless tradition of big band Jazz. The AJO gives a thoroughly modern lift to this magnificent music. The Orchestra's sterling lineup, comprised of alumni of the classic orchestras as

well as some born after the music they play was written, includes Bob Millikan, Marvin Stamm, Byron Stripling and Virgil Jones on trumpets; Frank Wess, Danny Bank, John Purcell, Jerry Dodgion, and Bill Easley on saxophones; Jimmy Knepper, Eddie Bert,

and Benny Powell on trombones; Dick Katz, plano; Howard Collins, guitar; John Goldsby, bass, and Dennis Mackrel, drums.

International Art of Jazz is a nonprofit organization based at the State University of New York at Stony Brook. For Festival, other program and membership information, call IAJ at (516) 632-6590.









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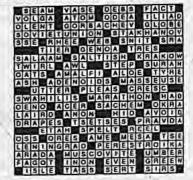
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ROMANTIC PROFESSIONAL Nonreligious Jewish viorum seeks similar male (30-38) to share con-certs, beach walks, good friends, long weakands, DXT 7441:

SUBMISSIVE FRMALE, 29 yrs. Exceptionally strations (no joke), 5°7°, 120 lbs, educated Septs dominant male (25-45 yrs) for possible relationation or Secretary—nearly, formed, lower combine. ENTONERING ESSENTIAL introduction of Corean Preference or the Corean Preference or

BEAUTIFUL, SEXY white limits, 36, seeks old-fashioned pay 36-42 for sensus relationship EXT,7342.

BIG, BEAUTIFUE, BLACK female (40, 518°, Christian), remarce, professional, seeks a man who charables the amontant things in ets (like tame), hences). Seeks of humos a must. Riscs unemportant EXT 7405.

GENUMELY PRETTY natural blonds with big blue eyes is curriculous, sensitive and very down-to-earth with style and class. Sive seeks an equipy at-tractive man ribs 45th se early 50th share 8fg, love and laughs forever. Suburbs preferred EXT 7411.

FREENISHIP FRST, Thirtysomething white female with Christian values and 5-year-old son seeks relationarly with someone 30-44 who loves the brach and going to baseball games with me and my son Nonsmoker, EXT 7445.

VERY PRETTY Jewish worran, 40, looks 30s, seeks financially secure, very attractive Jewish guy to share gym work outs and romance. I'm petite and in great shade with long dark brown hair, brown eyes.

YOU MILET BE a talk successful man, 45-55, with will, style, education, broad interests and good self-esteem who desires a warm, healthy featureship with an amazon's woman who has much to share and give EXT 7444.

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JAZZ SMIER. Attractive black woman (34, 5'8') with cat seeks employed, straight, sensitive strong man. Ne smoke or drugs, social drinker. Any race NY/NLICT, EXT 7401.

CREATIVE Jewish female with sense of humor, 37, brown har, green eyes, dimples, seeking Jewish man 30-45 for commitment, EXT 7408.

EXSTABLE LIPS, HUDGABLE HAPS and cardisings ryte swall you for Insky adventure. I sm 5°F realthy, a normalist. 3°F sives young development black formie. You are last sargle, 35 years or older. [Logother wa't Say. You go the 1938 one. Daby!!!" (Nuresiden.) EXT 7343.

DARLING MASSAU WOMAN trin, pretty, curious mand, varied exterests, mental health professional seeks the good fortune to correct with a respectable, warm-healted man 50-50 to service one shooted's emptying active pursuits, quel momenta DIT 7332.

SUACE LADY speks attractive black man (40-80). Sense of humor important, I leugh easily and an very londite, if you're 5'9" + and enjoy weekends away: call EXT 7341.

HI DUTS How many add have you answered? Don't no any further H don't book a day older than 29. Words can sky describe me as sensational Seek-ing francisky adoptment, well-built, well-endowed Gertie man, 37-46, with mineral direct his CPT-522, 200 Bei 1, incident eith claim. EXT-7421

VERTY ATTRACTIVE blue-gyed blonds, Scotlish, 52°, 44, looks 35, in search of serious yet fun, relate guy 39+ (mountache a plus) to share dancing, holding hands, romance. No drugs, heavy direking, EXT 7.339.

NOVES, SESSUE CHECKEN and music, Jewish furnate, 21, attractive and intelligent, seeka tall, dark ate, 23, attractive and intelligent, seeks, tall, don't handsome Jewish man (24-27) to there the we plus romance and more, EXT 7335.

SMEPLY LOVELY. And very sager to make your ac-quintance. I'm 5°C, 126 los, mature and a non-smoker. If you're a personable, secure black male (4)-55. ST+) seeking a warm, subured look, please call EXT 7417.

OUTE black female, 25, seeks a cool, outgoing guy (23-32) who likes dancing and hanging out for pla-tonic fun. Must be fairly intelligent and able to laugh at tie. DCT 7409.

FILL DF CONTRADICTIONS: Wasp, 37, undersiably structure, not a model lookaliku. Strong and witner-tile. Wasdy and interopection. Highly excusted and bright, sometimes respt. Seeks unpredictable, related Caucasian mun for whitever transpires. DXT 1407.

No COUCH POTATOES PLEASE for this single black female! Instead, Tm looking for an adventurous, humorous and honest white or Ausin professional gry who's streagh, thup-the and ready for a serious resistionship. Call EXT 7412.

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DUMOND IN THE ROUGH. Southern born. Patte, educated, articitate, single, white, no kide, greatings, woman of color, tale 20s. Your professional man of smalls background who loves Mozantio regue. EXT 7310.

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INDEPENDENT, educated and dark complected black female, 40s, nonamoker, seeking tal, large, secure, sensitive, bright gentleman who enjoys the No games, EXT 7420.

THIS IS IT! Pretty, slender Jewish female, 5'5", loves to workout Seeking handsome guy 33-42 (5'9"+) for lasting love. EXT 7422.

WELL WORTH THE WAIT. Sty, sweet African-American woman (23) seeking understanding pay (25-33) for the best franciship one could ask for EXT 1414.

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GREEN-EYED CUTIE, athletic, Rubernaque, seeks white male (30-45) to think in life spidesures excito convice a timedolip that will evolve site the remarked in Retires. Values the arts, fire dering, pood talk, towards we seek and the converse of a time of the conviction of the converse o

ATTRACTIVE YOUNG WOMAN (21, 5'7", skm) fond of music and art. Very responsible. Looking for an established, easygoing man (20-50) with same interests. No smoking or drugs. EXT 7403.

NO THERE! I'm wrating for you. You're warm, bright, 39-49 and ward a relationship. I'm womanly with the heart and soul of a child. .my eyes are thank and seri-ous. To know both, please call EXT 7340.

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TALL AND TERRIFIC white male, 38, never married could never find one worthy or truthful enough Could you be the one five been looking for? Let's talk EXT 7905.

TWO HIGHLY SUCCESSFUL professional men both 38 and nice looking, seeking stender, good-looking women for exching diversions and fun. Re-spond alons or with a friend! EXT 7676.

UNIQUE, CREATIVE, FURLISHED white male, 36, independent, self-employed, fur to be with, loves the outdoors, empty file, values frendring, creating single female who carer about his health. Seeking single female who carer should here and in her own person. Alexing relationability needs the times of \$100.000 and \$100.0000 an

PROFESSIONAL Fit sincere white Christian male, 37, 5 Pr. 140 bit, nonsmicker, would like to hear from atom, nonemoking white female under 36 with similar qualities who enjoys string and children. EXT 7594.

NE: creative, withy, strong, ensertaining, active, 32, stm, 5'8", Swiss, single, fond of art, friends, writing and dining. YOU: swist, natural, warm, Absolute marters challed, 3 olives, Sophia Loren, EXT 7804.

COLLEGE-EDUCATED, WELL TRAVELLED black Carbbean man, 50, 579, 165 lbs, nonemoker, horseowner, seeks a lady who adores clean living and would like to be involved in amonogamous res-Screen DOT 7878.

RACE TUTALLY LIBERPORTANT. Good-looking guy, 34, bias year, 9; stender, professionally estab-lated, searching for studies female with brane and beauty. Should be slender (ander 130 bas), suprissi-cated, professional. Branchilly secure, 25-36. EXT 7918.

ARE YOU A WORLAR OF VALOR who can find? Why, sandaws, intelligent, commappillan, a touch sity (self-critical), normally neutrals (and then some) lewisthy involved adlor and psychotherapies, 42, seeing ecomes of sendanal, intellectual and spiritual depth, EXT 7897.

ASIAN PROFESSIONAL (32, 5°10°) way triandy and tumorous living store in Bayade. Seeking white or Hepanic woman under 26 for pleasant times, long-term relationship. CTT 7838.

YDUNG LADY, DG YOU BAIGY the Meta, camping and going out? Are you 54 to 45 years of ago? Are you down-to-earth and lovely? If so do call so will may tak. If ma rejicuress, 36, 57°, 170 bis, Esucasian, Please, no drugs, EXT 7912.

WEST ELEFOLK white male, 31, estructive, 5'4".
sire, muscular build, Seeking posts white female
seriet, kind and loving, as I am. Serious only please.
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MANNATTANTE. Warm, affectionate businessman (48, 67) seeks financially secure lady to share life with, Good figure, enjoyment of the outdoors and sensuality a must. EXT 7199.

SINGLE WHITE MALE (19) seeking birn black le-mate (20-29) for relating weekends in the country. You must see this youthal, physically fit gentleman (6, 195 bs) before saying, "Ha"s too old for me." EXT 7857.

YOU ARE 40-50 and stractive. Let's not get serrous. Let's have fun. I'm single Jewish male, 32, squasity clean, 5'8", silm and considered hundsome. Let's get together soon. EXT 7854.

NEW YORK, NEW YORK. Born and bred Jewish male 37, single, handsome, healthy, with, 6°1", 185 for Desires sensuous, together lady to fan the fire-EXT 7858.

WHITE MALE, 38, seeks juzz-loving woman 30-45 (nonsmoker), Bonus points if youknow who 'Trane, WSQ Smack, Bean, Rabbe, Little Jazz, Prez and Pound Cake are, EXT 7828.

HIDEOUSLY UGLY while Englishman in late 30s, music, film type, looking for a ravishingly braudful Latin lady Linder 25 (sim). Nobody quals like mis. Find out DXT 7900.

MAK 55,510° Sorta etgani outside, real rice artised. Old movies, sunders, Sunday Times (with ba-ot), just quet times. University uncer, Seelang millert, tim, unpratertious woman (20.40+) considerate and whemscal for loving, forever relationated of the considerate and whemscal for loving. shp. EXT 7819.

JEWISH WIDDWER, young 64. Brooklyn resident. 672, skm, norresigous, nonemoker, sense of hu-mor, easygoing You. a Jewish woman 3 Pr + of sknilla bent. EXT 7823

THE GOOD GUT IS HERE: handsome (47, 5'9', mid-negs' hue), attenc, open minded, good ketener. Loves to loss, hug and caress Ms. Right. Seehs beautifu, curvateous woman (25-35), Let's hold hands and talk, EXT 7843.

TENNES ANYONE? Successful white male (31) look-ing for tennes partner and more. If you have a great backhand, please call. We can meet across the net. EXT 7657.

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# SPORTS



PROUDLY DISPLAYING their Swim-A-Cross banner at last year's event are (f-r) Bryan Anthony, Posey Heisig and Mary Jo Laundis.

### Red Cross Swim-A-Cross To Take Place

A refreshing swim in Oyster Bay Harbor on Thursday, August 29, could help the Nassau County Chapter of the American Red Cross continue to educate the community on health and safety, transport residents to medical appointments and aid fire victims.

Page

12, 1991

Residents can register now for the American Red Cross' Swim-A-Cross from a beach in Bayville to a private dock on Centre Island, a distance of approximately one mile. A maximum of 200 swimmers will gather at 2:30 p.m. for the swim which will be hosted by the new WKJY. Former New York Islander Bobby Nystrom will be participating in the swim.

Registration fee is \$5 and those who wish to register can call 747-3500 and as for Mary Jo Laudis or Bryan Anthony for further information on how to do so.

For those who cannot participate in the Swim-A-Cross, they can still make a donation to the Nassau County Chapter of the Red Cross. The service of residents is crucial to the American Red Cross and the service it provides to the community.

### ST. IGNATIUS CYO NEWS

### Fall Registration

All youths who are registered in the programs for 1991 will be receiving forms for the "Fall Programs". There will also be an open registration on Sept. 8 and Sept. 15 in the Old School Cafeteria between the hours of 9 a.m. and 1 p.m.

### Softball Highlights

### Mets 17 Royals 14 Trailing by five runs, the Mets scored eight

Trailing by fiveruns, the Mets scored eight runs in the top of the sixth to win an exciting semi-final playoff game. Leading the hitting attack were Samantha Alvarez, Melissa Sharkey, Cydney Hayes, Antonietta Suppa and Diana Gabriel. Great defensive plays by Meghan Carolan. Outstanding pitching by Joanne Smith and Cydney Hayes. Well played game by Cherly Noonan, Casey Rorech, Michelle Genzale and Carla Alvarez.

The Royals kept the Mets at bay with outstanding defensive plays by Martina Doherty, Sheila Doherty and Christina Wainer. Good hitting from Kate Cashin, Patricia Doherty and Elizabeth MacKay. Strong game by Stephanie Mitas and Christina Wainer.

### Cardinals 10 Mets 7

The Mets coming off a thrilling semi-final win were held back by the Cardinals in their final game of the season. Each Met player gave 100 percent and was fired up till the final out.

Led by excellent pitching from Joanne Smith and Cydney Hayes. Great hitting by Cherly Noonan, Samantha Alvarez, Melissa Kiernan and Meghan Carolan. Outstanding defense by Carla Alvarez, Antonietta Suppa, Michelle Genzale, Casey Rorech, Diane Gabriel and Melissa Sharkey.

Uniforms and Equipment Collections are still going on. Most all of the uniforms have been collected but there are still some missing. Anyone still holding on to a uniform please contact Mr. Bob Patterson, baseball director, or Fran Quinn, softball director, for further information.

### Hicksville Charity Tournament:

For the past three years, CYO has been involved in the Hicksville Charity Tournament. Two teams represent our organization in these games. The boys' team is managed by Gary Lewis and the girls will be manag-ed by Donna Martillo. We are requesting your support in coming out and supporting our teams in this tournament. The tournament is to raise donations for the "Make A Wish Foundation". The Make A Wish is a gift granting foundation for children with life threatening illnesses. Many dignitaries will be attending the opening ceremonies and the Hicksville Hero Award will be presented to the Hicksville Fire Department and to all Vets. It promises to be an exciting day for all. I hope you can come and enjoy a ball game and help the children of Hicksville make a child's wish come true. It will take place on Aug. 24 at the Abe Levitt Complex, Stewart Avenue/Levittown Parkway. Opening ceremonies start at noon with the games to follow.

# PAL Girls Softball Highlights

The Royals won a very exciting game against the Angels 15-14 on Aug. 8. Trailing 11-5 after three innings, the Royals scored four runs in the fourth inning, and five more runs in the fifth inning to take the lead for the first time in the game 14-12. Jill Hilton came through with the big hit, a bases loaded triple.

In the top of the sixth inning, the Angels came back with two runs to tie the game. In the bottom of the sixth after two quick outs, Cathy Micalizzi walked, Christine Nolan singled then Christine Rutsky drove in Cathy with the winning run with a single to center field.

The hitting was supplied by Christine Rutsky, Jill Hilton and Michelle Martorano with three hits each. Jennifer Mackey, Christine Nolan, Beth Leary, Jennette Maranda and Cathy Micalizzi had two hits each. Kristen Adams and Danielle Haupt had one hit On August 12, the Royals defeated the Yanks in a game that was well played by both teams. At the end of four innings, the game was tied nine to nine. The Royals then scored five runs in each of the last two innings and held off the Yanks' rally to win. The big hits came from, Keri Ann Herber who hit a grand slamand Jill Hilton who hit a three run home run. Keri Ann Herbert had four hits. Christine Nolan, Jenine Camilleri and Beth Lisary had three hits each. Jill Hilton, Kristen Adams, Cathy Micalizzi, Jennifer Mackey and Lorine Knippensberg had two hits each. Christine Rutsky and Michelle Martorano had one hit each.

Defensively, Beth Leary pitched two shut out innings and Kristen Adams, Michelle Martorano, Jennifer Mackey and Lorine Knippenberg continued to show great improvement in fielding.

### Fall Soccer Registration Is Underway

Hicksville American's Soccer Club intramural team registration for the fall season has begun.

The fee for the first child to sign up is \$75, for a second child \$50, for a third child \$25 and there is no charge for a fourth child in the family who signs up.

Fees are paid at the time of registration. Registration fees include accidental medical insurance. It is the parents' responsibility to determine the physical readiness of the child and parents must list any unusual medical conditions on the registraton form.

Further information on how to register a child for the soccer season may be obtained by calling Dean Camerinos at 931-5860.

The league is also looking for volunteers to help in various jobs within the league.

### **Knights Of Columbus Bowling Round-Up**

Going into the second half of the season of the Joseph J. Gorman Knights of Columbus Mixed Summer Bowling League, Up Up and Away, Kim Lindgren, Caesar Diaz, Dee Capazzoli and Millie Heghan, are in sole possession of first place, four points ahead of the Knight Strikers, Bob and Jonell de Poto, Dick and Dot Guliani, The Stars, Walt and Dot Cominsky and Bill and Jean Schier, are holding their own in third place.

Joe Grehan moved into first place pacing the men bowlers with a 171 average; he also has third high series (554) and third high game (209). Only one point behind is Dick Furlong with a 170. Dick also has high series with a 584. Bob de Poto has third high average with a 169. Pete Petti has second high series (570) and second high game with a 227.

John Galasso has high game with a 228. Dot Cominsky leads the ladies with a high

Dot Cominsky leads the ladies with a high average of 161. She also has second high series (537) and is tied with Jeanette Schiraldi for second high game with a 187. Chris Petti has second high average (159), high series (610) and high game (221). Jeanette Schiraldi has third high average with a 157 and is tied with Jean Schier for third high series with a 508.

The Hi Rollers, Chris and Pete Petti and Roselle and Ed Lauth, have high series scratch with a 1976. They also have high game scratch (747). The Knight Strikers have high series handicap with a 2006 and the Conners, Lucille and Ernie Moliterno Mary-Jane and John Mastrodomenico have high game handicap when they rolled a 705

### K-Rockers Hit For Spinal Cord Society



A BIG HIT: On Saturday, Aug. 3, the staff of 92.3 FM K-Rock, including members of the Howard Stern Morning Show, played the Movieland USA softball team in a game of charity softball at John Burns Park to raise funds for the Long Island Chapter of the Spinal Cord Society. Kevin Kalinowski, center, is the founder and president of the Long Island Chapter of SCS and along with his family, owns Movieland USA stores in Massapequa and Hicksville. With Kevin is "Stuttering" John Melendez, left, and Jackle "The Jokeman" Martling, right. More than \$800 was raised at the event, but donations can still be mailed to: L.I. Chapter, Spinal Cord Society, 244 N. Kings Rd., Massapequa, NY 11758. SCS is a non-profit, volunteer, international organization whose goal is to find a cure for the devastating effects of spinal cord injuries.

Photo by Michael J. Maloney

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# Disco

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Friday, August 23, 199

What Is A Weed?

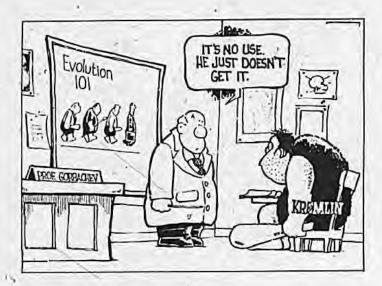


SEE PAGE 3



### **QUESTION OF**

Will Gorbachev be able to resume power and will he continue moving away from Socialism?



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### Most Callers To Input Think Pay Vote Needed

Most callers to Input believe there should be some way for taxpayers to control Congressinal salaries in response to this question: "Should Congressional pay raises be put to a vote of the electorate?" Here are

WON'T HAPPEN

It probably won't happen because the legislators would have to be the ones to revise the laws but certainly Senators and Congressmen are not the ones to decide how much pay they should get. This is so unrealistic that it defies comparison with any other job. There is hardly anyone who would not give themselves a raise if they were the ones to decide. There should be a vote or a committee or something different than we now have. N.F. RECESSION RAISE

The people in Congress are certainly greedy to hand themselves a raise in pay in the middle of a recession. How crass this is. They are talking about the need to raise taxes and then they decide to raise their own pay. There definitely should be a vote. F.S. SOME CONTROLS

It probably is not possible to have a vote on pay increases for Congress. But there does have to be some way of controling what these people can vote themselves. Most easy would be to tie any increase to inflation. The raise they just got was 10 times or more higher than inflation. If people in Congress remove themselves from the problems of the rest of us they will never be able to understand our problems and they will continue a spiral of higher taxes. N.S. SWEET DEAL

Most people I have met think that U.S. Senators are overpaid and that they do not earn what they get. There should be a vote of the electorate to determine when a pay raise is given. Presently they just vote as a body to up their own pay. What a sweet deal. B.S.

**ELECTION ISSUES** 

I have heard it said every time the Representatives or Senators give themselves a raise that something should be done. But each time it turns into a lot of talk and nothing at all is done. Then out of the blue once again they give themselves another raise. Something has to be done. Perhaps this should be an election issue where those running for Congress and the Senate would agree to do something to change the system of pay raises when they are elected. Then if they continue to hand out raises to themselves they should not be re-elected. F.V. BLANK CHECK

Whenever you give any group a blank check they are bound to use it to feather their own nests. It is surprising that they do not use it more often. There, of course, should be a vote on pay raises and I believe from the performance of Congress that any raise would be turned down by the public. J.G.

MATERIALISTIC PEOPLE

It is too bad that we have such materialistic people in Congress that they would raise their own pay when they know that most Americans are now having a hard time making ends meet. I think it is the quality of our officials that matters. We elect such poor specimens and then they act the only way they know. Get more out of the taxpayers, S.B. PERFORMANCE RAISES

Every time the subject of Congressional pay comes up for treatment in the press, the latest salaries of Congressmen and Senators scream for controls of some kind - I believe that the latest expose indicated that salaries had doubled in ten years - a pace which those of us in non-governmental positions could not possibly match excluding, of course, top executives of large corporations who also manage quite well for themselves between merit increases, cash bonuses an stock awards. The problem is that the Congressional pay increases were voted upon by the members themselves with no relationship to performance as well as to gifts from institutions for personal appearances and presentation. Although controls are obviously necessary, I can't quite seehow it can be accomplished by a vote of the electorate. However, a number of us have been trying to establish a pay increase criteria for teachers tied to performance and I believe that such a system could be applied to Congressinal income levels as well as to the gravy which emanates from speeches and appearances. As far as I am concerned, I don't believe it is fair to continue a system of "automatic" pay increases for elected officials when so many civilian workers are obliged to earn every bit of the income they receive and constantly in an atmosphere in which job longevity is far from certain.



# Discovery!



### What Is A Weed?

By Margaret Hartmann

When I was a small child, I lived in what is now called the inner city.

One side of the street was covered with brick apartment houses - all alike - attached to each other like a string of rosary beads.

The other side, the side I lived on, was the same. With one exception. I don't know why, but right in the middle of the block was a vacant lot. It was used as a junk yard.

What is a junk yard? In this instance it was a vacant lot, with a broken down fence around it. People brought their old junk here to try and sell it, or trade it for someone else's old junk.

This junk yard was not paved. It was an area of dirt, which after a rain became a mud puddle. When the sunshine came out, the earth gave forth an abundance of weeds.

In the eyes of this inner-city kid, and her compatriots, the weeds

growing there were not weeds but beautiful flowers.

CLOVERS! of the most beautiful colors. The ones with the flower heads an inch long, were a beautiful rose pink. Smaller ones, had white and pink heads.

These flowers grew in a mass of three part clover leaves. The green clover leaves St. Patrick chose for the Irish shamrock.

After a summer rain shower, we would look through the partially broken down fence to see what God hath wrought. The rain shower and the following sunshine brought out a covering of beautiful clovers - red, purple, pink and white. Here and there the yellow and orange of the butter-and-egg wayed their curly heads.

How to get these clovers? Now came for us Eleventh Avenue kids an adventuresome part. It was not a matter of opening the gate and going into the junk yard, nor taking the more hazardous journey of scaling the

The yard was watched over by a fierce looking man who waved his cane at us, and told us to "beat it." When he chased us he was then subject to a lot of name calling like "peg leg" and "Captain Cook." It was rumored that he had a wooden leg.

was rumored that he had a wooden leg.

Then "how" you may ask did we manage to get the clover? Each afternoon the watchman took a nap. He slept very soundly - due in part to the sun shining in his doorway - or perhaps in part to the bottle kept hidden in the bottom draw of his desk.

At the "ready" we were over the fence and began pulling up heaps of clover and stuffing them into a big brown grocery bag which we carried with us. Then back over the fence - hopefully before the watchman woke up. We would sit down, on the stoop in front of our apartment bouse and make wreaths, as crowns for our heads, by tying the flowers together. We also made bracelets and anklets, if there were enough clover to go round we made rings for our fingers.

Then we would parade up and down the street, subjecting ourselves to the taunts of the bigger boys.

One day, overwhelmed by the beauty of the flowers, I put together a bouquet of clover and proudly presented them to my teacher, Miss Smythe. She thanked me profusely. Then she put them in a vase and set it down on her desk.

I was very proud - BUT - when I came back from lunch my eyes went to the desk and the flowers were gone!

Later, in the afternoon, as I approached Miss Smythe's desk, with my spelling paper, I looked down and in the waste basket were my flowers!

I can still remember the sinking feeling in the pit of my atomach. Especially after Mary March (how I hated that girl) noticed the flowers in the wastebasket and told the class.

To Miss Smythe, if you are still around!

"We've come a long way baby!" Take a trip to the supermarket, look at the vegetable display. Yes, there you will see these noxious green three-clover leaves tied into small bundles selling for 89c.

They are toted by our friends the beautifully slim. They, full of pep, vim, and vigor, partially due to the adding of these greens to their diet. (So they say.)

Just let me add this, if you are planning to partake of these greens, soak them first in salted water or cook them briefly to make them more digestible.

Also, remember when driving through the beautiful state of Vermont, that the red clover is the state flower.

### ABOUT THE AUTHOR

Margaret Hartmann is a longtime Plainview resident. She has made several contributions to Discovery.



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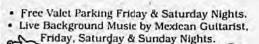
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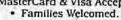


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### Wine Talk

By Richard Nalley

Some 80 samples of California cabernet sauvignon and a deep purple tongue later, I can report that there are some outstanding wines on the shelves right now.

What to look for:

Easy-Drinking cabernet sauvignons for current consumption, \$10 and Under.

Bel Arbors "Cask 88," American Grown (see "Pick of the Week," below); Estancia 1988, Alexander Valley; Bon Marche 1987, Somoma County; Rodney Strong 1987, Sonoma County; Glen Ellen 1988 Proprictor's Reserve, California; Fetzer 1988, "Valley Oaks," California; Benulieu Vineyards 1989 "Beautour," Napa Valley.

Excellent easy-drinking wines for current consumption, \$10-\$15.

Creston Manor 1986, San Luis Obispo Caunty; Benziger of Glen Ellen 1988, Sonoma County; Wente Brothers Estate Reserve, Charles Wetmore Vineyard, Livermore Valley.

Stylish, Medium-bodied cabernet sauvignon for tonight's table, \$12-\$18.

Firestone Vineyard 1988 Vinteers Reserve, Santa Ynez Valley; William Hill 1987 "Silver Label," Napa Valley; Chimney Rock 1987, Stag's Leap District, Napa Valley; Ridge 1986, Santa Cruz Mountains; Franciscan Vineyard, Oakville Estate, Napa Valley; Mont St. John 1986, Napa Valley; Parducci 1986 Cellarmaster Selection, Mendocino.

Rich, full-flavored, but balanced cabernet sauvignons, \$15-\$20.

Domaine Michel 1987, Sonoma County; Sequoia Grove 1987, Napa Valley; Dry Creek Vineyard 1987, Sonoma County; Sterling Vineyards, 1987 Diamond Mountain Ranch, Napa Valley; Shafer 1988, Stag's Leap District, Napa Valley: Cuvaison 1988, Napa Valley, Buehler Vineyards 1987, Napa Valley; Chateau St. Jean 1987, Alexander Valley.

Cabernet sauvignon to cellar for another 3-5 years.

Robert Mondavi 1987, Napa Valley; Sterling Vineyards 1987 Dia-mond Mountain Ranch; Shafer 1988, Stag's Leap District, Napa Valley; Markham Vineyard 1986, Napa Valley; Clos du Val 1987, Stag's Leap District, Napa Valley; Newton 1987, Napa Valley; Gus-tave Niebaum 1986, Tench Vineyard, Napa Valley; Fisher Vine-yards 1987, "Coach Insignia," Napa Valley/Sonoma County; Kenwood 1987, Sonoma County.



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# DININGGUIDE





### READER RATINGS

Q. Where restrooms have a person handing you towels, what is the proper amount to flp?

A. In many cases the attendant operates on a consession basis, taking the tips in return for keeping the restrooms clean and maintained. If you are feeling generous a dollar is enough and will cover any subsequent visits to the restroom. However, you are not obligated to tip the person.

Q. At a restainint where there is valet parking and you do not have a reservation, what do you tip the person when you cannot get a table and decide to leave?

A. Depending on whether you frequent the restaurant regularly, the tip is optional and the attendant will understand if you pass him up this time.

Q. What are the rules of etiquette for eating cakes or confections?

A. Large pieces of cake should be eaten with a fork, and so should large or small cakes that are sticky or messy. Tiny cakes served in a paper frill may be picked up by the fingers and eaten the same way as chocolates or bonbons.

or bonoons.

Q. The term "smorgasbord" has been around a long time and everyone knews it means buffet.

But I would like to knew the derivation of this word.

A. Smorgasbord comes from the Swedish and it can be translated simply as "sandwich table".

# DININGGUIDE



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The Last Word In Restaurant Guides



Where Our Renders Have The Last Word



This newspaper, and the seven other weekly newspapers associated with it, publishes the fast word in restaurant guides and a pald listing of many prominent selected restaurants in this area. White many of them have been rated by the grad, and near great lood conneisseurs, our readers will have the fast word through "fleader flagings,"

O Through a special 74 hour phone system, reading will be asked to call in their assessment of each restaurant they visit. Consensus ratings (good of had) will be published as a continuing part of the Guide.

in addition they can make suggestions, compliments or criticisms to the open phone line and messages will be sent through to the rank management.

(Guide to Good Dining)

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### READER RATINGS

13 IS THEIR LUCKY NUMBER TO WESTBURY'S RESTOR-ANTE VENERE PARTNERS ANTONIO CERVASIO ANGELO GRAZIOSI

Thirteen years in business must be an especially lucky number of years for Westbury's popular Ristorante Venere Partners Antonio Cervasio and Angelo Graziosi because their authentic Italian cuisine establishment is blooming this year like never before. Bloom it should, to live up to the very letter of its name, which translates to Venus who, according to Roman mythology, is the goddess of spring, bloom and beauty. Beauty surrounds you with an antique white ceiling and mauve walls most tastefully decorated with outstandingly original, beautifully framed seashore and seascape water colors.

Where is this most modestly priced thing of beauty located," you ask. It's at 841 Carman Avenue, at the corner of Stewart Avenue, a quarter of a mile south of Old Country Road and just north of Nassau Community Hospital. In fact, if you take the Old Country Road exit off the southbound Wantagh Parkway, you'll find yourself just two blocks east of the establishment. They are most happy to give you directions as they did for us when we telephoned them Sunday afternoon, at 333-2332, when we made our reservations.

From their splendiferous selection of enticing entrees, we chose their house specialty, among the menu's Entrees for Two section, Zuppe DiPesce, served with a white sauce in a skillet. My wife and I both raved over the marvelous medley of fresh shrimp, clams, mussels, calamari and scungilli on a bed of luscious linguine. We accompanied our \$24.95 entree for two with a captivating Caesar salad for two and enhanced our most memorable meal with a 59,95 bottle of the gold medal winning imported Italian White Silvano wine.

Most modestly priced too, are their burgundy, chablis and rose house wines from California's world famous Almadan Vineyards, with a full carafe listed at 59, a half carafe at 55.25 and a glass at \$2.50.

The grand finale of our unique culinary adventure was a 53 serving for each of us, of truly sensational homemade riccota cheese cake, made that very day by none other than Proprietor Angelo who serves with partner Antonio as Ristorante Venere's Executive Chefs. No wonder their food is so fabulous!

They are open seven days a week, Monday through Thursday, from 11:30 a.m. to 10 p.m., Friday and Saturday until 11 p.m. and Sunday from 4 to 10 p.m. Diner's Card, American Express, Visa and Master Cards are honored.

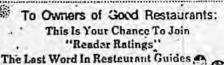
We would also like to compliment our waiter Michael for his most courteous, attentive and efficient service.

We are confident that Roman Goddess Venus would have found the cuisine of Westbury's Ristorante Venere to be heavenly and our libations to be devine! J.DeG.C.











Where Our Readers Have The Last Word

This newspaper, and the seven other weekly newspaper: II, publishes the last word in resisurant guides and a hald listing of many prominent selected resisurants in this area. While many of them have been rated by the great, and hear great lood commisseura, our rescent will have the last word through "Reader Palings."

Through a special 24 hour phone system, readers will be asked to call in their essessment of each restautant they visit. Consensus ratings topics of pad will be published as a continuing part of the guide

In addition they can make suggestions, compliments of Crescisms, thredge the open phone line and messages will be sent inrough to the restaurent management.

(Guide to Good Dining)







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Friday, August 23, 1991 READER RATINGS



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### READER RATINGS



Q. Help! What do who enjoys eating out, but is constantly on a diet and has absolutely no will power? A. One solution might be eating

in a Chinese restaurant. The food is low in fat, desserts are simple and the usual beverage-green tea, with no cream or sugar has no calories at all!

Another good idea might be choosing a restaurant with a big salad bar-a delicious and nutritious way to take the edge off an over-cager appetite.

Q. In a good restaurant that we Q. In a good restaurant that we attended recently an accordian player came around to each table and asked whether we had any requests. My wife made a request and the munician played it. Is this music provided by the restaurant or should I have depect?

J. B. A. Generally the musicians are paid by the restaurant to entertain all of the diners. But when you make a secial request when you make a special request it is expected that a small tip will accompany the request. In this case \$1 would have been a fair





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Bot dog Platter with French Fries.

Hamburger (7 es.) On A Bun with French Fries.

Arilled American Cheese with French Fries.

Calcine Flager Strips (5) with French Fries.

Sloud American Cheese with French Fries.

Sloud American Cheese with French Fries.

Soughetti Supposed with Markarna Suece.

Rount Turkey with Gravy, Dresslag & French Fries. Scoop of Ice Cream, Hot Padge Checolate Syrap and Whipped Cream, creward with a Cherry

Kids Drinks

Shakes (8 az.) Vanilla, Chocolas Milk.....mail

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TWO GRIDDLE CAKES with Butter & Syrup Coffee, Ten or Sanks \$1.95 SCRAMBLED EGGS with Grilled American Che & Bacon, Ham or Sansa Coffee, Ten or Sansa 51,95

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th Bacon, Ham or Samuer 2.40 ce of Small Juice

TWO EGGS, Any Style Potatoes and Tossi Coffee, Tes or Sanks 2.50 ith Bacon, Ham or Se 3.60

4. Choice of Small Juice THREE EGGS, Any Style Potatoes and Toast Coffee, Tea or Sanka 2.95

Ham or Saumge

5. Choice of Small Juice GRILLED VERGENIA HAM STEAK & EGGS Potatoes and Toest

no Marie

6. Choice of Small Juice WESTERN OMELETTE with Imported Ham, Bell Peppers & Onions Potatoes and Toast Coffee, Tea or Sanka 3.50

Choice of Small Juic TALIAN STYLE OMELETTE red Ozione, Tomatoes and age with Melted Messare es and To Coffee, Tea or Sanks

8. Choice of Small Juice BROCCOLLA CHEESE OMELETTE Susteed Broccoll and ad Imported Swise Co

Potatoes and Toast Coffee, Tea or Sanka 4.25

9. Choice of Small Juice CHICKEN LIVERS CHAMBERTIN
sed Fresh Chicken Livers,
hrooms & Eggs Omeletta
Potatoes and Toast

10. Choice of Small Juic NOVA SCOTIA LOX, EGGS A ONIONS subled or Omelette Style Potatoes and Toast Coffee, Tea or Sanka 4.25

11. Choice of Small Juice FRESH SPINACH and MUSEIROOM OMELETIE Potatoes and Toast Coffee, Tea or Sanka 3.95

5

12. Choice of Small Juice AMERICAN CHEESE OMELETTE Potatoes and Toast Coffee, Tea or Sanka 3.50

13. Choice of Small Jules CORNED BEEF HASH and EGGS Potatoes and Toust Coffee, Tea or Sanka 3.50

14. Choice of Small Juice CHALLAH BREAD FRENCH TOAST with Butter and Syrup Coffee, Tea or Sanka

3.25 ith Bacon, Ham or Sa 4.20

15. Choice of Small Juice STACK of THREE CRIDDLE CAKES with Butter and Syrup Coffee, Tea or Sanka 3.05

(All Egg Unders served with Home Pries or French Pries Tours - Owner Boll, Engel, English Muffle or Boll Me extr (Lettice & Teenato or Cottage Cheese instead of Potators X extra) (Second Cup of Sanha 200 extra) (Third Cup i Decalificated 300 extra).



# microwave magic

By Desiree Vives



# Team meatballs with microwave

Small, round shapes microwave evenly, so meatballs are a natural choice for microwaving. They're quick and easy to prepare and so versatile: Serve in a sauce over pasta or rice, add to soup broth or tuck into crusty rolls for meatball sandwiches. And tiny meatballs speared with toothpicks make great party food.

Ground beef is standard in most recipes but, in many cases, other meats can be substituted for variety. For instance, you might mix ground beef with an equal amount of ground pork for a different flavor. Or try ground lamb, which is popular in many Middle Eastern

If you're watching your fat intake (and who isn't?), ground turkey is a wise choice. Nowadays, it's available in most markets, and it's an excellent low-fat alternative to red meats. Since plain ground turkey is lower in fat than beef, it is therefore somewhat less flavorful, but with added ingredlents like herbs, onion and garlic, turkey meatballs can be just as

Turkey Meatball Marinara Sauce spices things up with traditional Italian seasonings: garlic, oregano and basil in a rich tomato sauce. And there's fresh parsley and grated Italian cheese to add even more flavor. Ground turkey can be substituted for beef in most

Ground meat is always a budget-stretcher, but you can make it even more economical by adding an extender: oatmeal, cracker crumbs, bread crumbs (dried or soft), or cooked rice. A raw egg can help to bind the mixture together. When forming, don't pack meatballs too tightly; a gentle touch yields the tenderest results.

r color, brown meatballs on a ming grill, or use a browning agent - soy sauce, dry onlon soup mix, paprika, etc. Or simply serve meatballs smothered in a sauce, like the brown gravy in Dilled Swedish Meatballs and Rice.

Arrange meatballs in a circular baking dish for even cooking - a glass pie plate works well - and cover loosely with waxed paper to prevent splatters. As with all microwaved foods, take care to form meatballs of a uniform size, since these will cook most evenly; rearrange every few minutes during cooking time,

Often, you can transform a "main dish") meatball recipe into an appetizer recipe simply by making the meatballs smaller. Cooking times may vary according to size of meatballs (smaller ones will cook faster), so check frequently when you alter a re-

Recipes in this column are tested in 625- to 700-watt microwave ovens.

1 512 -1 -

#### ORIENTAL APPETIZER MEATBALLS

pound lean ground beef 14 cup tomato sauce 3 tablespoons soy sauce I teaspoon flour 1/4 teaspoon ground ginger 1 clove garlic, minced 1/4 teaspoon ground pepper Sesame seeds

Yields 2 dozen appetizers. Preparation time: 10 minutes. Cooking time: 5 to 6 midutes. Oven setting: HIGH (100 percent power).

Combine all ingredients except sesame seeds in mixing bowl; blend well. Shape into 24 meatballs. Arrange in a 10-inch glass pie plate and cover loosely with waxed paper. Microwave 5 to 6 minutes, rearranging and rotating every 2 minutes.

Transfer meatballs to a warm serving platter and sprinkle with sesame seeds. Serve with tooth-

#### TURKEY MEATBALL MARINARA SAUCE

I pound ground turkey

14 cup diced onion 14 cup seasoned dry bread crumbs clove garlic, minced or crushed tablespoon olive oil 5 cup chopped fresh parsley I (16-ounce) can whole tomatoes, chopped (8-ounce) can tomato sauce teaspoon dried oregano 1/2 teaspoon dried basil

Yields 4 to 5 servings. Preparation time: 15 minutes. Cooking time: 20 to 24 minutes. Oven setting: HIGH (100 percent

Parmesan or Romano

power); MEDIUM (50 percent power)

Combine turkey, egg, onion, bread crumbs and 1/2 clove of garlic in mixing bowl; blend well. Shape into 12 meatballs; arrange in a 10-inch glass pie plate. Cover with waxed paper and microwave at HIGH setting 6 to 8 minutes, rearranging every 2 minutes, until meat is no longer pink. Drain and set aside.

In 2-quart microwave-safe casserole, combine olive oil, 4 clove of garlic and parsley, Cover and microwave at HIGH setting 1 minute. Add tomatoes, tomato sauce, oregano and basil. Cover and mi-crowave at HIGH setting 5 minules, stirring halfway through cooking time.

Add meatballs, cover and mi-crowave at MEDIUM setting 8 to 10 minutes longer, or until sauce thickens. Serve over hot cooked pasta. Garnish with graved Par-mesan or Romano cheese, if de-

BALL WY

# FOR TEENS

By Willard Abrebam, Ph.D.

Dr. Abraham: I'm larger and kind of bulkier than other girls I know, and I resent people telling me that I should go on a diet. What do they really know about me anyway? Like that I'm big-boned and being on the busky, burly side runs in my family. I'm like my mother and two of my aunts are.

Besides, I have a steady boyfriend who is huskier than I am, and the way I am doesn't bother him at

Maybe I should ignore the whole subject and just

the whole subject and just go on enjoying my loving companion. What's your suggestion? Big Girl Big Girl: I couldn't have come up with a better idea myself. You'd be showing your good common sense by turning off the insensitive comments you

Dr. Abraham: I really love this girlfriend of mine, but she is acting as if it is all over. She says it isn't another guy, but that she just needs some breathing space.

She says she will call me on the telephone once in a while and I can call her, but she doesn't want to get together with me. Touching is out, she says.

I just can't believe what is happening. It is such a mystery to me.

What do you think is going on in her mind? — Puzzled

Puzzled: It's a mystery to me, too, but you really have no choice but to go along with her decision. The reason for it could come from many directions, perhaps even one that she doesn't understand herself.

Because telephone conversations are a limited substitute for a close relationship, the odds are that they won't provide much satisfaction for you over a long period of time.

However, try to hold on to them at least for a while. She may want to renew her ties with you, or the break might become even more complete. Time

In the meantime you are free to seek other friends. Contacts with them may be more satisfying than you now recognize.

Dr. Abraham: I really eed your advice because I'm up a creek on some-thing. I'm a 14-year-old boy and normal all the way. The problem is that my speech has a little lisp in it, not much, but some people notice it. Like a couple of guys at school, and they have started to tease about my being gay.

I'm not, and I could easily punch them out to prove it, but fighting isn't my style.

ELMANNIA CONTRACTOR OF THE PROPERTY OF THE PRO

What I worry about isn't those two guys as much as maybe there will be others who also think it is fun to

tease someone like me. So what to do? You tell

me, please. — Speechless Speechless: One choice you have is to face up to those fellows, perhaps trying to explain or reason with them. However, I'm not especially hopeful that it will work.

Another is to seek pro-lessional help from a speech specialist at your school or through your counselor. You might try both at the same time, or just ignore or avoid those two people.

Dr. Abraham: My kid sister is driving me nuts because she is so dumb. She is only two years younger than I am (I'm 16). but she acts like she is about 2 or 3. Here is an example of her dumbness.

She is pretty fat, says she wants to get her weight down, but eats like a pig and does no exercise. So you know what she does? Takes a laxative every day because she thinks that if she gets rid of all that she eats that is the best way to lose weight.

Did you ever bear any-thing so stupid? Or am I the dumb one? - Wonder-

Wondering: No, you're not, but I have to admit that I've heard some stupid ideas that can match this

one — not many, though.

Maybe she will lose weight, but she is also fooling around with her health

If she won't take your word for it (or mine, either), tell her to get to a qualified professional like your family doctor. And to move fast rather than gambling with her health.

NOTICE.

HAVE YOU A HIDDEN TALENT that has yet to be discovered in print?

We are looking for articles, not exceeding 3,000 words or less than 1,500 words, on local topics, opinions, ideas, nice places to visit on Long Island, and even fiction. In our magazine section, we will try to "Discover" one new feature length article and writer per week. Each writer will be reimbursed a stipend of \$25.00.

If you want to be published and be part of an issue of Discovery, you may submit your article to: Litmor Publications, 81 East Barclay Street, Hicksville, N.Y. 11801.

# Cooking Corner



# Mexican-style menu rates an ole!

By Linda Susan Dudley

Summertime is party time. whether it's a weekend or Labor

The days stretch on forever, and nature has brush-stroked the sunset a little brighter. The season mandates casual attire and menu o match, Perfect for an alfresco get-together.

If you want to entertain friends or family and are looking for a simple-to-prepare yet stylish menu, a professional chef has come to your rescue.

Tony De La Rosa, executive chef for Los Angeles-based La Salsa restaurants recently demonstrated how easy it is to put together a party menu to feed a c dozen or so guests and the party hosts and hostess.

De La Rosa drew on his Mexican heritage to devise a barbecue nenu, which he prepared in a snap at La Salsa's restaurant.

He followed La Salsa's marinated meat grilling techniques and the chain's fresh style. (La Salsa is modeled after Mexico's taquerias, where aristocrats, laborers and peasants stand elbow-to-elbow eating.) But some of the recipes. such as the cactus salad, are not found in the restaurant.

"The marriage of tart citrus juice and biting chilles in the marinade and the salsa contracts with the sweet, cooling flavors of the fruit cocktail and the punch and provides several taste experiences at once. said De La Rosa

"That's what makes this meal so satisfying even though it's still very light and healthy," the chef explained

"This is the food of my family, my heritage, and I feel blessed to be able to share this tradition in my work and with my friends," De La Rosa said.

Here are De La Rosa's recipes, which combine the vibrant, spicy flavors of traditional Mexican food with easy-to-do techniques that won't have the cook in the kitchen all day before the party.

#### WATERCRESS AND NOPALITOS SALAD

8 bunches watercress 2 bunches cilantro 3 (30-ounce) jars nopalitos (cactus strips - see note below) 3 medium red onions 8 medium ripe tomatoes

Vinaigrette Dressing (recipe follows)

Yields 15 servings. Rinse greens under cold running water and dry thoroughly. Remove stems from watercress and cilantro; discard stems and chop leaves

Rinse nopalitos under cold running water. Drain well. Peel onions, halve and cut into 1/4 inch slices.

Core and dice tomatoes, discarding seeds.

Mix all ingredients in large bowl. Toss with vinaigrette dress-

Note: Cactus strips are available in Mexican markets and international food section of many supermarkets.

VINAIGRETTE: 8 medium cloves fresh gar-4 cup olive oil

4 cup red wine vinegar 14 cup lime juice 14 cups water % cup salt

1/4 cup freshly ground black pepper 1/4 cup chopped, dried basil

Yields 15 servings. Mix ingredients in blender.

#### RIB-EYE STEAKS AND CHICKEN HALVES ON THE GRILL

2 cups fresh orange juice 4 cups water 20 medium cloves fresh gar-

3 cups fresh lime juice

1/4 cup salt

4 cup freshly ground black pepper

5 (3-pound) fryer chickens, halved

6 (4-inch) Spencer or ribeye steaks

Yields 15 servings.

Marinade: Mix lime juice, orange juice and 2 cups water in large container and set aside. Mix 2 cups water, garlic, salt and pep-per in blender. Blend at high speed for 45 seconds. Add to juice mix-

Marinate chicken at least 4 hours or overnight.

Marinate steaks at least one

Barbecue directions: When coals are ready, place rack at highest level and heat for 5 min-

Place chicken halves on rack skin side down. When coals start to flare, cover barbecue for 10 minutes. Open barbecue and turn, chicken over.

Again, when coals start to flare, cover barbecue for 10 minutes. Repeat process until chicken is fully cooked, approximately 40 minutes.

When chicken is cooked, lower rack to medium level and cook steaks to taste: 2 minutes each side for rare, 3 minutes each side

for medium and 4 minutes each side for well-done.

Note: Your barbecue's temperature may vary - watch closely.

#### TRADITIONAL SPICY RED CHILI SALSA

16 cup olive oil

14 ounces chili de arbol, stems removed

12 medium ripe tomatoes,

sliced 14 medium red onions, peeled and sliced

medium cloves fresh garlic, peeled

4 cup salt

% cup freshly ground black pepper

1 cup red wine vinegar

3 cups water

Yields 8 cups of salsa.

Heat oil in saute pan over medium heat. Saute chilies for 11/2 minutes, stirring continuously. Add tomatoes, onions, garlic, salt and pepper and continue sauteing for 2 more minutes. Add vinegar and

Bring mixture to boil, then lower heat and simmer for 2 minutes. Remove mixture from heat and let sit for 5 minutes.

Pour mixture into blender and puree at high speed for I minute.

Note: Salsa will keep well in refrigerator and will serve as an allpurpose hot sauce after barbecue

#### FRUIT COCKTAIL IN A WATERMELON SHELL

Small round watermelon 3 large jicama 4 medium cucumbers 6 large navel oranges 2 or 3 limes, cut into wedges Pinch of salt Pinch of cayenne pepper (optional, if plain fruit is desired)

Yields 15 servings.

Cut watermelon into the shape of bowl-or basket. Remove watermelon meat carefully and cut into large dice.

Peel jicama, cucumbers and oranges. Cut into large dice. Mix fruit chunks carefully without breaking the pieces.

Place mixture in hollowed-out watermelon shell, cover and refrigerate. Serve fruit cocktail the traditional way, with squeeze of lime and sprinkling of salt and cayenne pepper.
Note: Reserve ¼ of watermelon

meat for following punch recipe or set aside for other use.

#### HIBISCUS PUNCH WITH FRUITS

1/2 pound hibiscus flowers (also called Jamaica flowers; see note)

2 gallons water

2 pounds sugar

3 medium cucumbers

I large cantaloupe

3 large navel oranges

4 small round watermelon

Yields 2 generous gallons. Rinse flowers in cold water, then place them in large pot with gallon water and the sugar.

Bring mixture to boil. Cover pot, lower heat and simmer for 5 minutes. Remove mixture from heat and set aside to cool for 15 minutes.

While mixture is cooling, peel and cut all the fruit into small dice. Place diced fruit and I gallon water in large refrigerator container.

Pour cooled flower mixture into container, carefully straining to remove blooms; discard flowers. Chill punch until ready to serve.

# KITCHEN HINTS

# You are baking lots of cookies

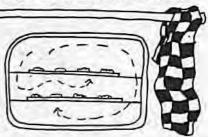
But the results are uneven.

Here's how to get uniform baking:

1. Allow the hot oven air to flow freely around the cookie sheets.

2. Leave at least 1 inch between pans and between sides of pans.

3. Now the hot oven air will bake each morsel evenly



# Backyard Gardener

By Patrick Denton

# Low-maintenance paving fillers

Today I have some green summer thoughts to share with my gardening friends.

#### **PAVING FILLERS**

Throughout my garden there are short walkways made of flat stones at the start of garden paths. Some of them are graced by spe-cies crocus early in the year, but this summer I've been imagining them in a new light, with the spaces between the stones filled with pleasant ground-hugging greenery that would take some foot traffic.

There are many small-leaved, low-growing plants that would suit this purpose. Some bear flowers. Some are fragrant. Here are a few of my preferred choices as walkway filler plants.

Cymbalaria muralis, or Kenilworth Ivy, is a dainty creeper that happily persists in several parts of my garden from the original plant I bought locally years ago. The tiny leaves are attractively lobed, and small, pale lilac flowers rise above the decorative foliage in summer. This plant flourishes in cool, shaded areas.

Corsican mint (Mentha requienii) forms a dense mat of tiny, round, bright green leaves that give off a cellightful fragrance when crushed underfoot. In summer, Corsican mint bears tiny, light purple flowers. This is a good choice for sunny or partly shaded areas where soil moisture is plen-

Baby's tears is a fast-creeping perennial with tiny rounded leaves that clothe the ground as neatly as with a bright green cloth. Baby's tears does best given some shade.

Creeping thyme, or mother-ofthyme, forms a flat mat of rounded deep green, aromatic leaves, with purplish flowers in summer. There is a red-flowered variety, too. This thyme does well in full sun to light shade and is fairly drought-tolerant once established. It can become leggy, but is easy to

Woolly thyme naturally stays closer to the ground than creeping thyme, the stems densely clothed in small, fuzzy grayish leaves. Woolly thyme also is slightly more tolerant of foot traffic. Both thymes release a pleasant spicy scent when crushed or trodden.

The sagina mosses (Scotch moss, Irish moss) are popular cov-ers that form dense, compact, mosslike masses of fine leaves and stems in full sun to part shade. These are not true mosses. They need a reasonable soil and ample water. Green forms are usually sold as Irish moss, golden forms as Scotch moss.

MULTIPURPOSE LETTUCE

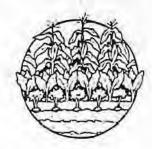
Because I'm a confirmed lei-tuce fancier, I enjoy exploring new uses for lettuce in the garden each year. This summer, I've found that three favorite miniature lettuces in particular lend themselves to different planting situations because they take up little space and easily can fit into odd small-spots in the vegetable and flower garden.

Little Gem, also called Sugar Cos, forms small, tightly packed upright heads of romaine. Tom Thumb is a heritage lettuce, a miniature butter head with tiny but very heavy, fully packed heads of thick, sweet leaves. Both these midget lettuces, in my opinion, deliver superlative lettuce flavor and a satisfying robust, crunchy

Lollo Biondo is a highly decorative, compact leaf lettuce with light, apple green foliage that is deeply curled and heavily fringed. This lettuce is as beautiful in the garden as it is in the salad bowl.

In the spring ,I arranged these lettuces as a border around three sides of a small patch of Seneca Horizon corn. As the corn plants began to develop, the lettuces formed a decorative edible frame for them. Lollo Biondo made a bright, frilly line at an end of the plot while the two others formed dark green borders on either side. Gathering alternate plants for the salad bowl from the time the lettuces were young maintained the decorative value of the edible framework over several weeks.

Lollo Biondo is listed in the catalog of The Cook's Garden (P.O. Box 535, Londonderry, VT 05148). Tom Thumb is in the Shepherd's Garden Seeds (6116 Highway 9, Felton, CA 95018) catalog. Little Gem is available from both sources. There is a charge of \$1 for both these catalogs.





By Willard Abraham, Ph.D.

# Help for abused kids and their parents

Dear Parents: Child abuse is far more widespread than is commonly thought. One reason is that many parents fail to recognize the different kinds of abuse that threaten and involve children.

The National Committee for Prevention of Child Abuse states that such abuse includes "non-accidental physical injury, neglect, sexual molestation and emotional abuse." Each of those four categories includes many specific childhood dangers. The neglect factor, for example, is the failure to provide a child with basic necessities, such as proper food. clothing, shelter and medical care.

These and many other related subjects are discussed clearly and briefly in a very practical folder, that NCPCA has published Among them are corporal punishment, the vastness of the abuse problem, why children are abused, who abuses children, how to identify cases of abuse, reporting laws related to this subject and who may report suspected cases (not incidentally, anyone can) Espe-cially useful may be specific sources where parents can receive

You can obtain a copy of this pamphlet, or one for a person you think could benefit from it, from the National Committee for Prevention of Child Abuse, 332 S. Michigan Ave. (Suite 950), Chicago, IL 60604-4357 Its title is "Think you know something about child abuse? Questions and Answers." A self-addressed stamped businesssize envelope plus \$1 will get this valuable material mailed to you.

Q. Please give us a little consolation! We could certainly use it in connection with our preteen and teen bays, one 12, the other 14 years old.

I guess our two kids are really pretty good, except toward each other. Because my husband and I were only children, we've had no experience with the bickering, anger and frustration our two have in dealing with each other. And then again, they're lovey-dovey, ready to fight the world whenever someone is unkind to either of them. That attitude doesn't last long, though.

Good friends of ours tell us that this is all normal, and they quote someone who apparently found comfort saying, "This, too, shall pass." Some of them went through (survived?) this stage with their kids, but some of the others never had to cope with it. All they had to live through was the peace and quiet of no birds fouling up their

So do we need consolation? You bet we do!

A. Sometimes when our own kids were growing up we had that "birds fouling" thought about them, but usually bounced back fairly fast and realized that the joy of having them around teven when they were preteens and teens) was more frequent, intense and happy than those negative feelings

When I recently came across an unusual book titled "Between Brothers and Sisters: A Celebration of Life's Most Enduring Relationship" by Adele Farber and Elaine Mazlish (Avon Books), I was vividly reminded of the many ups and downs of living with them. It also jogged my memory of conflicts and pleasures my siblings and I had shared

Because the book has such an upbeat quality, I think it might give you the consolation you're seeking

Your kids at their present age might not appreciate that "enduring" emphasis of the book's subtitle, but it's likely that you might if you had siblings to grow up with

Its breezy style, deep sensitivity and warmth and fantastic photographs (each of them is a smileproducing treasure) will probably catch and hold your attention. In fact, your boys, too, might benefit from leafing through it, it's possible that it will grab them more than their conflicts would lead you to believe.

Many bookstores and libraries have it in their stacks. If not, they should, because otherwise they're depriving parents and teens of a rare view into the insights of siblings through all their ages

It's a rare emotional treat





# Can smoking bans curb addiction?

By Susan Duerksen

Besides clearing the air for nonsmokers, cigarette bans at colleges, universities and workplaces could keep many people from becoming smokers, cancer-prevention researchers at the University of California at San Diego have concluded.

Although the vast majority of regular smokers start before age 18, a significant number take up cigarettes at ages 19 through 24, a statistical study has found.

Students might be dissuaded from the habit if smoking was forbidden in the classrooms or offices where they spend most of their hours, the researchers advise in a report published in the Journal of the National Cancer Institute.

Smoking-prevention efforts that focus bn secondary schools may have only a temporary effect, the

study suggests.

"Evidence indicates that school health education alone may bnly postpone the uptake of regular smoking to the young-adult years." the researchers wrote. "People who are only experimental smokers or occasional smokers in school may become regular smokers when they start to spend their days in places without smoking restrictions.

"It is important to have tobacco

policies in place in other areas of society that will maintain nonsmoking behavior through the young-adult years."

Past age 24, almost no one starts smoking, this and other studies have found.

"By then, we've learned other ways to cope with social situations," said Elizabeth Gilpin, senior statistician on the study.

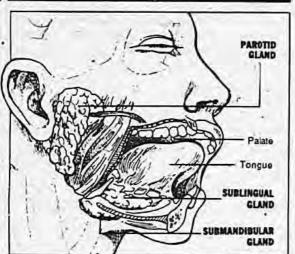
The researchers, led by John Pierce of the UCSD Cancer Center, analyzed the answers of 91,000 smokers questioned about their smoking history in surveys conducted by the National Center for Health Statistics between 1978 and 1987.

They found a steady increase in the number of people who started smoking at a young age — two-thirds of smokers born in the early 1920s started before age 18, compared with 90 percent of smokers born in 1960-62.

College-educated smokers are most likely to have started after leaving high school — almost onequarter took up smoking between ages 19 and 24.

The researchers recommended that colleges ban smoking in classrooms, libraries, dorms and common areas and also ban cigarette sales on campus.

# Your Body



## THE SUBLINGUAL GLAND

WHAT: You're supposed to keep a secret "under your bonagt," but you hold a thermometer sub lingua, which means "under the tongue" in Latin. So even though the sublingual (sub-LING-wal) gland is the smallest of the salivary glands, it isn't difficult to find, Sublinguitis refers to inflammation of the sublingual gland.

WMERE: The right and left sublingual glands are between the side of the tongue and the jaw bone.

FUNCTIONS: About 20 ducts of the sublingual gland open directly above it. They produce the saliva necessary for keeping the mouth moist and for moistening and softening food as you're eating.

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# THE HEALTHY GOURMET



By Kit Spedaker

Scandinavians are mad about summer. Maybe it's because their seasons run to extremes. Winters are long and dark, but summers, although short, are bright for hours. Daytime begins at 3 a.m. and doesn't end until just before midnight. I've seen Swedes and Norwegians sunning themselves in parks at 8 or 9 p.m.

I suspect they invented smorgasbords, their special sort of buffets, to give everyone, cooks and diners, more time in the sun.

Smorgasbords are constructed of picnic foods, cold and inventive enough to tempt summer appetites. Salads are interesting and easy. Cold salmon comes to the table a thousand ways, and desserts are simple, frequently sum-

All this is served with crisp breads, whole-grain low-calorie crackers distributed under the name Wasa

The taste of Scandinavia below works both ways, as a summer buffet or packaged for a picnic.

#### RED CABBAGE AND CURRANT SALAD RODKALS-OCH SVART VINBARSSALLAD

1 medium head red cabbage 34 cup black or red currant preserves 2 carrots grated

Yields 10 servings.

Each serving has about 75 calories, .09 gram fat, no cholesterol and 5 milligrams sodium.

Grate cabbage or chop coarsely. Stir preserves to mash currents and add to grated cabbage. Stir to coat evenly. Cover and refrigerate. Garnish with grated carrot.

#### BEET AND ONION SALAD RODBETS-OCH LOKSALLAD

- 2 (16-ounce) jars whole pic-kled beets, drained
- 3 or 4 small onions, finely chopped
- 2 teaspoons sugar
- 1 onion sliced and slices separated into rings

Yields 6 to 8 servings. Each serving has about 68 calories, .1 gram fat, no cholesterol

and 371 milligrams sodium. Coarsely grate or dice drained beets. Toss with onion and sugar. Cover and chill. Garnish with

onion rings. CHILLED SALMON WITH HERB SAUCE INKOKT LAX MED ORTSAS

11/2 to 2 quarts water O'cup white vinegar I leek, sliced into 1/4-inch

Beet And Onion Salad Calories per serving: 68

Fat per serving:

- .1 gram

  Cholesterol per serving:
- Sodium per serving: 371 milligrams

- 1 tablespoon black peppercorns
- I carrot, peeled and sliced
- I small bunch dill
- I to 11/2 pounds fresh salmon fillets

Yields 8 to 12 servings,

Each serving has about 130 calories, 5 grams fat, 28 milli-grams cholesterol and 42 milligrams sodium.

Combine all ingredients except salmon in large saucepan. Bring to a boil, reduce heat and simmer 10 minutes. Add salmon and return to high heat.

When liquid returns to boil, reduce heat. Half cover the pan with a lid and simmer 8 to 10 minutes or until salmon flakes.

With a large spatula, carefully lift out salmon and drain. Peel off salmon skin. Cool, cover and refrigerate. Serve topped with Herb

#### PEARS WITH ALMOND TOPPING PARON MED STRIMLAD MANDEL

4 to 5 fresh, ripe pears

1 cup sugar

Almond Topping:

1/4 cup low-sodium margaripe

4 cup sugar

2 tablespoons flour ¼ cup-low-fat milk

i teaspoon vanilla extract

Two-thirds cup sliced al-

Mint sprigs for garnish .

Yields 8 to 10 servings.

Each serving has about 300 calories, 11 grams fat, 16 milligrams cholesterol and 60 milligrams sodium.

Cut unpeeled pears in quarters lengthwise and remove cores. Place in shallow pan and add water to cover, about 11/2 cups. Add 1 cup sugar. Bring to boil, reduce heat and simmer 6 minutes. With slotted spoon, remove pear quarters and place in individual serving dishes.

For the almond topping, melt margarine in saucepan. Stir. in sugar, flour and milk. Heat, stirring constantly, over low flame until bubbly and slightly thickened. Stir in vanilla and almonds. Spoon over pears. Refrigerate until serving time. Garnish with mint sprigs.

> Pears With **Almond Topping**

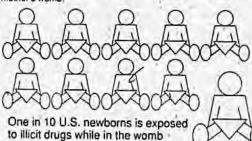
- Calories per serving: 300 # Fat per serving:
- 11 grams
  Cholesterol per serving: 16 milligrams

#### Sodium per serving: 60 milligrams

# HEALTH WATCH

# Many mothers use illicit drugs during their pregnancies

About 375,000 newborns a year face an uphill battle for survival because they are exposed to one or more illicit drugs while in their



SOURCE: National Association of Perinatal Addiction Research and Education (NAPARE)

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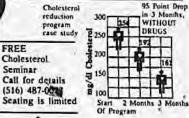
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# Here's How

By Gene Gary

Q: The previous owner of our home decorated a number of rooms in ornate wallpaper. I want to remove this paper and paint the walls a neutral color.

I have found that the paper, applied to wallboard, is not easily removed. When I tried to strip off the old paper, chunks of the wallboard also came off. I have tried soaking, steaming and scraping with no success.

Do you have any suggestions on how to remove this paper without damaging the walls?

A Your wallpaper removal may prove to be a tedious task. If wallpaper was applied directly to the drywall without a primer or sealer, it is likely that the wallpaper is laminated to the top layer of the drywall surface. This makes removal particularly difficult.

The key to removal is moisture. Repeated soaking or steaming of the papered surfaces is the only way to break the bond of the old adhesive holding the layers of wall coverings to the wall.

The most popular way is steam-

ing, using a special machine. Wallpaper steamers can be rented. However, they are bulky, somewhat unwieldy and rarely come with appropriate instructions on usage.

You might want to consider investing in one of the newer models now on the market for use by homeowners. Two such models are Stearmworks (Black & Decker, U.S. Power Tools Group, P.O. Box 798, Hunt Valley, MD 21030) and Wagner Power Steamer (Wagner Spray Tech Corp., 1770 Fernbrook Láne, Minneapolis, MN 55441).

Lâne, Minneapolis, MN 55441).

These machines are relatively light compared to rental, models. They retail in the \$50 to \$60 range vs. rentals, which go for about \$20 per day. They both come with detailed how-to-use instructions and are available at home centers, hardware stores and paint and wallpaper stores.

Steaming machines have a perforated plate, similar to an iron, which is held next to the wall to steam the paper until the adhesion breaks and the paper loosens. Instead of plain water, you can use a commercial wallpaper remover. This is a liquid-enzyme remover that attacks the glue and breaks down its molecular structure, making the job easier.

A key to removal is to steam or soak the paper long enough so that the moisture penetrates through to the adhesive. If you don't wait long enough for the paper to loosen, there's too much resistance, and you can end up gouging the wall.

However, on drywall you do not want to soak any more than necessary. It's a tricky procedure of soaking the top layer just enough so it starts turning loose and coming off without damaging the underlying face of the wallboard.

To help the process, go strip by strip, using a dull removal tool, such as a broad knife. An instrument that is too sharp, such as a razor blade, will tend to slice into the drywall and damage the surface. It is best if the wall can be hand-stripped without using any type of scraper.

To facilitate the steaming process, you can abrade the surface so the water penetrates more easily. You can use a rough sandpaper or a special tool designed to perforate wallpaper, such as one called the Paper Tiger, manufactured by Wm. Zinsser & Co. and available at paint and wallpaper stores. The trick is to apply just enough pressure to cut through the top layer of wallpaper and avoid any penetration of the wallboard.

If, when all of the paper has been removed, you find that you have some gouges and an imperfect surface, the wall must be repaired before you can paint or paper. This involves using spackle or joint compound to skim the wall, creating an even surface.

Make sure that the wall is thoroughly dry after wallpaper removal and between any repair steps prior to painting. Prime before painting and use a primersealer on any walls you are considering for reapplication of wallpaper.



# Decor Score

By Rose Bennett Gilbert



The kitchen/dining arrangement in the photo features built-in spot-lights that are controlled independently. When the family sits down to eat, the lights go out in the kitchen (also obscuring those pots and pans that offend your eyes).



Q. The kitchen of our condo is wide open to the dining area. We don't entertain formally — this is a vacation house — but I really hate to Jook in at all the pots and pans while we eat. What can you suggest? — N.B.

A. There are a number of clever ways to separate the areas visually and psychologically, if not physically. A standing screen, several tall plants in pots, a narrow tablewith-lamp arrangement — anything that sets the spaces apart without actually blocking traffic will do the trick.

 The photo we show here offers more ideas:

 Color can be used to demarcate spaces. You can't tell in black-and-white newsprint, but the colors of the wall-hung quilt are repeated in the tablecloth, chair seats and rug under the dining table, creating a cohesive area the eye sets off from the all-natural tones of the kitchen.

 The flooring also identifies separate functions within the same space. In the working area of the kitchen, it's covered in ceramic tile; the rest of the floor is gleaming wood, with the aforementioned area rug proclaiming the dining "room."

 Lighting also can be an effective setter-apart of certain areas.



KITCHEN PANACHE — An open kitchen is cozied up with a hanging rack over the work island and a quilt and area rug in the bite-size dining area.

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SECRETARY FOR publishing company. We need an organized, hard working person with good secretarial skills to assist the editorial department of a Garden City publishing company. Hours are 9-5, 3 days a week. Person must work well under dead line pressure and be able to juggle a number of tasks. Knowledge of personal computers a plus, but we are willing to train the right person. If you fit the bill, please call Janice or Judy 739-0337. gcAg4

PAPER HANGER WANTED. Must be neat & clean. References a must. Experienced only apply 248-3045. Painter's helper also wanted, part time.

MATURE BABYSITTER Housekeeper needed to watch 2 school age boys. Live in/out. Must speak. English & have references. Call after 6 p.m. only (516) 889-9578. gcag4

# Help Wanted

COMPETENT SELF STARTING clerical part time with good typing (possibly shorthand) skills able to follow systems. Must be reliable, steady no special time off person, able to assume responsibility. Pay commensurate with ability. Send resume to Litmer Publications, Box L, 81 East Barclay St., Hicksville, N.Y. 11801.

REAL ESTATE SALES. WELL established real estate office looking for sales agent. Experience preferred but not necessary. Ask for R. Valentine. Valentine Agency, 746-7200.

P/T LEGAL SECRETARY FULL Days, good skills, litigation experience. \$100 per day. 746-3340. salary open. gca 4

F/T LIVE IN HELP WITH lots of energy to help with 4 young children & house in Garden City, Call for an interview evenings 288-6891. gcag5

RELIABLE & RESPONSIBLE Full Time housekeeper/child caregiver for children 9 & 6 yrs. old, Mon.-Fri. in my Mineola home starting Sept. thru school year. Own transportation. Call 747-4192, leave message. wA4

COLLEGE STUDENT WANTED to care for my 3 and 5 year old children in exchange for room. P/T afternoon and evening hours. References required, 485-9070. GCAGS

TEACHER SEEKS CHILD CARE & light housekeeping. Responsible, loving, out-going, 3 chil-dren, Mon.-Fri. in my Franklin Square home, Non-smoker, Ex-

BABYSITTER/HOUSEKEEPER P/T or F/T. Live in or live out. 3 small children, my Garden City home. References. Call 739-1610. gcag4

perienced, references. Begin

Aug. 26. 437-2693.

# Help Wanted

PIANIST REQUIRED TO PLAY one day a week commencing in Sept. Hours 4-7:30 p.m. Must sight read. Excellent pay. Please call 248-1864. geags

RESPONSIBLE CHILD CARE IN my Garden City home. Mon .-Thurs. 2:30-6 p.m. Supervise 10 year old & prepare dinner, Non-smoker, own transportation. good salary. References required. gcSe2

LOOKING FOR NURSERY School P/T teacher for after-noons. Call 742-8390 or 294-5257. gcSe2

WANTED PART TIME Custodian for Inc. Village of Williston Park Fire House, 20 hrs. per week, hours flexible. Applications available at Village Hall, 494 Willis Ave., Williston Park, N. Y., Mondays thru Fridays, 9 a.m. to 4 p.m.

P/T GARDEN CITY COMPUTER Literate (Wordstar), typing 60 wpm. Call Paul 248-8600 Ext. 371. gcAg4

BABYSITTER WANTED Sundays 8 a.m. - 4 p.m. for two children, ages 3 & 5. Long term position. Call 746-3141. gcag4 maniation and the state of the

HIGH SC' JOL TEACHERS wanted to tutor: bioilogy, chemistry, earth science, mathematics, social studies, AP history. Call 741-3550."

SECRETARY - MUNICIPAL Secretarial position available, general office duties, correspondence, filing, records mgt., etc. Some evening work required take Board minutes. Must be computer literate, MultiMate Preferred. Salary \$375 p/wk. full benefits after 6 mos. Phone 482-4411.

EXCLUSIVE DIET FOOD emporium opening in October in Great Neck, Need full/part time person to assist customers. Knowledge and experience with various diet programs and understanding of food selections is essential. Call Muffin Lady 626-1339

CHILD CARE MON.&/or FRI. 10-6. 1 child in my home. References required, 485-4979

INSURANCE, FULL TIME personal lines customer service representative, 3 yrs. experience, Excellent benefits. Call 745-0800

RECEPTIONIST DENTAL office P/T New Hyde Park area. 23 hours. Write P.O. Box 3841. New Hyde Park, N.Y. 11040. gcAg4

## Help Wanted

FILE CLERK FULL TIME. Large insurance agency, excellent benefits. Mitchel Field area. 745-0800, est. 307.

SECRETARY F/T. PLEASANT working conditions, good pay Albertson. Non-smokers only please. Call 741-6000 for appointment. Ask for Lance. gcag5

GAL FRIDAT. errands, filing, etc. Car neces-sary. Garden City law firm. 746.3140. gcu4 FRIDAY. PHONES, \$8/hour. 746-3340. ......

TEACHER ASST. P/T. 3-6 daily. After School Program in Roslyn with children ages 6-12. Ideal for high school senior or college student. For further information cal 484-9150, 10-4, or 488-4317 evenings. ha4

NIGHT NURSE SEEKING loving Garden City resident to baby sit for 2 year old son 2 or 3 mornings a week. Flexible days. 328-0683. gcSe2

ESTATE Active Garden City office seeks motivated self starter. Experience preferred. Call Ed Keusey Real Estate, 745 Franklin Ave., Garden City. 747-1300. gcO4

SMALL LAW SMALL LAW FIRM P/T Mincola - typing, bookkeeping, reception. Experience preferred. gcag4

RELIABLE & RESPONSIBLE child care for my 3 school age children & one toddler in my Garden City home, Mon. 8:30-3:30 & Thurs. 8:30-6:30. Some flexibility. Own transportation. non-smoker, References, 739-

TEACHER NEEDS BABYSITter Wednesdays & Fridays approx. 1:30 to 5 p.m. in my Herricks home (or yours if close Will consider a grandma or high school/college student (add), hours possible if desired). Please call 741-5419.

\*\*\*\*\*\*\*\*\*\*\* LOVING, RESPONSIBLE woman needed for my 2 children. RESPONSIBLE ages 6 & 8 in my home 3 afternoons per week. Flex, hrs., own transportation. Call 621-

# Situations Wanted

CHILD CARE AVAILABLE NYS certified early childhood teacher with master's degree will care for your child in my Mincola home. Enriched environment. Playmates. Cenified program. Excellent extensive references. 747-5350.

## Situations Wanted

DEADLINE . TUESDAY,

SLEEP IN/SLEEP OUT COMpanion job wanted, Experienced & references. (718) gcSc2

NURSE'S AIDE AND COMPANion, with certificate and license. References. (718) 257-0947 ws2

BABYSITTING - GARDEN CITY mother with older children wanting to babysit occasionally. Preferably daytime. Thank you. 248-5896. gea4

COMPANION. AIDE WITH Experience available full time. Use in or out. References. (510) 795-6629 or (212) 992-6256. Wa5

EF AU PAIR. CHILD CARE affordable: European, live-in child care - 12 months legal program. Weekly average \$165. Call today for our nest monthly arrival, 1-800-333-6056.

ATTENTION - ENERGETIC-Housecleaning Woman with excellent personality-vishes to offer a proposal to residents of Tudor Gardens, If you are special and take pride in your condo, I may have availability to offer my deaning service to you. Reasonable rates. All my work is superb. Call evenings or before 8 a.m. Thank you. 489-8218. gcAg4

RISH GIRL AVAILABLE FOR childcare position. Will also consider taking care of the sick or elderly. Experience and references available. Please call Maureen (718) 347-7103 Live nut. gcAg4

RISH CERTIFIED NURSE'S Aide available in eary for the sick or elderly. Cheekable reference available. Live out. Please call Ann 437-5320.

RELIABLE, MATURE WOMAN wishes to habysit or asout elderly person. Experienced/references.

NANCY CABRERA IS AVAILable for housecleaning daily or sleep out. Has references. 481-7570. Call after 2 p.m. geag5

HOUSECLEANER, HOUSEkeeper looking for job. Experience, references & own transportation. Call 868-4790 or leave message.

HOUSEKEEPER AVAILABLE IN Your Garden City home, Refercnces 739-1610. gcag4

SPAN'S CARPENTRY CO. IS looking for private contracts to do work as a carpenter in schools or hospitals. Licensed & bonded. Call V. Wright, 564-0447. gcS2

# Situations Wanted

would you like to go away and know that your dog or cat is well taken care of? Mature woman who loves animals will give your pet lots of TLC. Fenced in yard. 352-9113. gcs2

MATURE WOMAN SEEKS JOB as nurse's aide, companion or homemaker. References available. Call Hortense at 379-4677.

RCAR4

YOUNG POLISH can clean your house or take care of elderly person, Experienced, references. Call 489-6776 Ask for Anette or Ted. gcAg4

CHILD CARE AVAILABLE IN Garden City home. Former nurse's aide, reliable, responsible & experienced. Reasonable rates References available. Call 294 6393. gcag5

LOOKING TO TAKE CARE of elderly person during the day. Sleep out. Please call Mrs. "J 485-7017. gcag5

RESPONSIBLE, RELIABLE Nurse's Aide with experience will take care of sick, elderly people. Excellent references. 326-2917.

LOOKING FOR POSITION, AS baby sitter or housekeeper. Please 718-485-3400. Ask for Lucinda. gcag5

HOUSEKEEPER AVAILABLE Honest, hard worker looking for daily housecleaning position. Experience & references. Call any time 483-5815 or 489-7166. gcag5

HOUSEKEEPER AVAILABLE Live-in or out, days, 7 years experience, Garden City references. 623-5954. gcAg4

HOUSECLEANER AVAILABLE Monday-Friday. Good references. own transportation, experienced. Call 546-0625 after 4 p.m. gcAg4

EXPERIENCED PERSON SEEKS position to work as a babysitter with light housework. Take care of elderly, weekdays or weekends or day's work. (718) 465-1731.

gcAg4

**ENERGETIC HOUSECLEANING** woman with excellent personality seeking day work. Prefer Garden City area but will work in other vicinities. English-speaking, nonsmoker, own transportation. Reasonable rates. References on request. Call 489-8218 evenings

HOUSECLEANING AVAILABLE Mon.-Fri. References, own transportation, experience 538-1713 gcSe2

EXPERIENCED ENGLISH peaking woman seeks position to take care of elderly or child care &/or babysitting. Full time or part time. Please call 483-5488 any time gcSe2

HOUSECLEANING. EXPERIence & reference. Mon., Tues., & Wed, available 483-6256. Please call after 6 p.m. gcSe2

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## Situations Wanted

ATTENTION VACATIONERS HOUSEKEEPERS/DAYWORKers. Windsor Employment Agency, 1 Cutter Mill Rd., Great Neck. Mrs. Schuster. Licensed owner. 487-2818.

> YOUNG LADY SEEKS Babysitting, housekeeping or companion job, Reférence avail-Gracie Stephens (718)-385-7010 gcSe2

I'M LOOKING FOR HOUSEkeeping/Babysitting job. Experience & references, 293-8424 or gcag5

CHILD CARE/COMPANION Mature, reliable woman, Experienced, live in or out. References available. (718) 941-7262.

TEACHER & MOTHER WILL. babysit in your home or mine. References available. Call after 1 pm 486-2826. wag3

BABY SITTER AVAILABLE P/T Every day after 6 p.m. Reliable, excellent references & experience. Own transporation. Call Masha (516) 741-6234. geag4

ESL TEACHER AVAILABLE for private or group lessons in your home or office. Experienced, certified 742-0520

POLISH WOMAN WITH EX-perience looking for live in housecleaning position. (516) 912-5390. geng4

HOUSECLEANING JOB wanted. Experience & references. Good rates, 481-7355. Ask for Sandra or Byron. gcSe1

HOUSECLEANER AVAILABLE mornings or afternoons. Good experience, good references, own transportation. 867-0927 gcSe2

MATURE GARDEN CITY resident will care for child of working mother in your home, vicinity of Hemlock Park 248,5404. gc5e2

HOUSECLEANER. RESPONSible person, good service, good references; own transportation. Call 1-5 p.m. /746-1249 or 731-3618 any time. gcs2 ......

COMPANION FOR ELDERLY. Live out. Experienced, reliable. 718-327-1550. Wa5

HOUSEKEEPER/CHILD CARE Available. Experienced, reliable. caring to clean your house or care for children. Reference, Call any time 483-5815. pcSe2

EXPEREINCED LADY WITH excellent references available 2 or 3 days for child car &/or housekeeping. Call (718) 779-8642 after 6 p.m. gcSe2

POLISH WOMAN LOOKING for job as housekeeper in Garden City. 565-1751. Ask for Agnes. gcag5

AFTER SCHOOL CHILD CARE offered by energetic, dependable, loving Mom in my Garden City home. Available also during school holidays. Excellent references. Please call 873-1636.

Maria Maria

gcag5

# Situations Wanted

HOUSECLEANER WILL KEEP your house in good condition. Call after 5 p.m. 742-4566.

NURSE'S AIDE LOOKING FOR 4 days work (Monday - Thursday) 564-8520.

HOUSECLEANING - GARDEN City resident wants to help her cleaning woman find a cleaning job. She's reliable, a hard worker & trustworthy. Call 741-0337. Ask for Donna. GCSe1

NURSE'S A AIDE FULLY experienced in hospital, nursing home and private duty. We will work day shift or overnight shift. References, 475-7966.

LOOKING FOR WORK nights a week as companion to elderly. Tuesday - Friday, 785-2014, 378-8771. gcSe1

NURSE'S AIDE LOOKING FOR Weekend job or 3 days a week. Please call 379-7521.

POLISH LADY LOOKING FOR Housecleaning and/or ironing. Good references and experience Please call 489-8006.

EUROPEAN HOUSEKEEPER available to clean your house. Reliable, experienced and meticulous. Available Mon., Tues., and Wed, Excellent references. Josephine, 437-2084. gcSe1

NURSE'S AIDE LOOKING FOR WEEK-END JOB OR 3 DAYS A week. Please call 379-7521. gcSe1

POLISH LADY LOOKING FOR housecleaning &/or ironing Good references and experience. Please call 489-8006. gcSe1

EUROPEAN HOUSEKEEPER available to clean your house. Reliable, experienced & meticulous. Available Mon., Tues., & Wed. Excellent references. Josephine 437-2084. gcSel \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

HOME ATTENDANT very responsible with some nursing skills, available to care for sick/elderly patient. Hours to discuss, pay neg. Verifiable references. Please call 294-3454 between 9-5. gcSe1

HOUSECLEANING JOB wanted. Experience & reference. Good rates. 481-7355. Ask for Sandra or Byron. gcSe1

CERTIFIED NURSE'S AIDE will work for sick or elderly, 6 to 8 hours. per day, Will work evenings or weekends. Own transportation, references. ws1

TRISH COMPANION AIDE 14 years experience. Garden City area. 248-0681. gcs1

DRIVER AVAILABLE P/T OR P/T for family in Garden City. Excellent personality. European. Call 868-4790. gcs1

NURSE'S AIDE. N.Y. STATE certification. 14 yrs. geriatric experience desires P/T hours. Mature. 867-0351.

WILL BABYSIT YOUR CHILD IN my New Hyde Park home Mon. to Fri. References. 746-7773. ws1 ......

# Situations Wanted

EXPERIENCED. MATURE Nurse's Aide seeks job taking care of elderly invalled. Live out. Night or day, non-smoker. References. 485-6276. wsl

HOUSECLEANER, REFERences, own transportation. Experienced. 338-5970. wsl

NURSE'S AIDE LOOKING FOR 4 days work (Monday - Thursday) gc5e1 

IRISH GIRL NURSE'S AIDE available to work days or nights. Experience & references available. Call 718-470-6275.

EXPERIENCED IRISH WOMAN available as nurse's aide/ companion for elderly. Kind & considerate. Day or night duty. Reasonable rates. Call Mary 354-1938. gest

NURSE'S AIDE FULLY experienced in hospital, nursing home and private duty. We will work day shift or overnight shift. References, 475-7966. gcN1

LOOKING FOR WORK 4 nights a week as companion to elderly. Tuer ay - Friday. 785-2014, 378-8771. gcSc1 

HOUSECLEANING resident wants to help her cleaning woman find a cleaning job. She's reliable, a hard worker and Trustworthy. Call 741-0337, Ask for Donna. gcSe1

# Real Estate For Sale

GARDEN CITY. WOODED seclusion! Over 3,000 square feet of living space. A great home for entertaining year round. Over-sized rooms. Formal elegance in the large dining room. Library ideal for family gatherings. Out-doors: solar heated, inground gunite pool with jaccuzi. Large deck. Excellent condition. By owner, 248-9286 ws2

MOTIVATED SELLER. LEGAL 2 family, Mineola Park Section, 41/2 over 51/2. Closets galore, walk to railroad, shopping, 50 x 100, detached garage, excellent rental income, \$239,990. Call owner,

SOUTHOLD (PECONIC) Charming house nestled woods. Price to move quickly. Private bay beach, 3 BRs, fpl, inground pool with deck \$175,000 734-5781, 826-4130, 783-8238. gcSe2

SOUTHOLD BAYFRONT Private park community with deeded boat mooring rights, protected harbor within 500 feet. Year round home, 20 mile panoramic views, % acre, cathedral ceiling, LR/FPL, family room with wood stove, FDR, new ElK, laundry, Master BR with bath & dressing room. 2 additional BRS with bath & jacuzzi, OHW, low taxes, heated guest cottage with bath, outside bather's shower & dressing room. garage. All above in turn-key condition. Immediate occupancy ASKING \$595,000 neg. Call (516) 765-2963 for details & photo brochure. NO BROKERS. 8cs1

# Real Estate For Sale

CITY ESTATES Old World Tudor on beautiful Whitehall Blvd. Gracious center hall, grand foyer, sunken LLR with stone fpi, 6 BRs, 41/2 baths. Principals only. Call 741-6675 for appointment. \$950,000. gcs 2

SOUTHOLD. 1 PLUS\_WOODED Acre. Walk to bay beach, deeded marina rights, undergound utilities. Cobblestone lined street. Terms. \$125,000. 765-1594. gcs2

ALBERTSON/ROSLYN HTS. Adult Condo - 1 BR, living/dining area, 11/2 baths, 4 closets, own laundry & storage rm. Indoor parking, terrace, walk to all. 6 yrs. old. Asking \$179,000. Owner. 747-4221. gcs2

GARDEN CITY ESTATES Elegant, beautifully decorated and renovated Dutch Colonial. Center Hall, 5 BRs, 31/4 baths, LR w/fpl with authentic Dutch tiles, formal DR, Sun Room, fin. bsmt. Brass light fixtures, Laura Ashley curtains & wallpaper throughout. Hardwood floors, new EIK with cherrywood cabinets &top of the line appliances, two car garage. New furnace & water heater. House surrounded by dozens of azaleas. Excellent location, within half mile from Mineola & Hempstead train lines. Tuliamore Park, Homestead & Stratford schools just around the corner. By owner.\$465.000.742-4271. gcag4

GARDEN CITY ESTATES 4 BR CH Brick Colonial. Large Country kit with breakfast rm., beamed fam. rm., LR/fpl, FDR, maid's rm., huge fenced in backyard. One block to RR. \$459,000. 248-7292. gcs2

MONTAUK - 2 RM CO-OP One hundred feet from beach. Electric heat/air conditioned. Walk to dining, shopping. Sleeps four. Full kit., cable TV. Must sell. Asking \$42,500. Great Rental History. 724-5572.

GARDEN CITY OPEN HOUSE Sun., Aug. 25, 3-5, 18 Keenan Pl. Central expanded "Barnes" Ranch features 5 BRs, 3 baths. Walk to RR & stores, Hosted by Barbara B. & Joan H. Prudential L.I. Real Estate 354-6500.

gcag4

SOUTHOLD. JUST A STONE'S throw to beautiful bay beach & marina. Neat & petite 2 BR Cottage. LR/fpl, OHW heat & low, low taxes. Asking \$139,900. Nasau Point. This 3 BR Ranch has new kit, 2 new baths, new OHW heat & new well. All on 1/2 wooded acre. Just reduced to \$195,000. Southold. Very attractive Cape with great room/fpl, 4 BRs, plus loft, 2 baths, 2 car garage on generous 1/2 acre in private community. Just listed at \_ \$225,000. Nassan Point Waterfront exclusive. 124 feet on good boating water. Cozy, comfy 3 BR, 2 bath retreat. Open floor plan/fpl, screened porch, dock, shy acre with lovely veiws. \$349,500. Southold Waterfront year round Cottage on 1 plus acre with 2 BRs, 11/2 baths, LR/fpl, screened waterside porch & low taxes. Reduced to \$209,000. Marion King Real Estate 734-5657. 5057, gcag4

# Real Estate For Sale

HICKSVILLE: 4 BR LEVITT Ranch. New Euro kit & bath. 60x100. Taxes \$2600. 2 zone heating & ceiling fans throughout the house. Asking 165K. Principals only. 735-0793.

GARDEN CITY BRICK/STONE 5 BR expanded Ranch on John St. 3 baths, CAC, den. Anderson windows, 1/2 acre \$550,000. Owner 741-0451.

HILLSIDE AVE., NEW HYDE Park - 4 BR Brick house, attached garage, patio, LR/FPL, DR, EIK, 1 bath, full basement, Excellent professional location. Principals only \$229,000, 747-6759 evenings gcag5

GARDEN CITY ESTATES
CH Colonial, brick/slate, fully
renovated in/out, new appliances, 4 BRS, 2½ baths, EIK,
LR/FPL, DR, Den, CAC &
sprinklers, Owner Reduced to
\$525,000, Call after 6 p.m.
742-0740. gcs2

PAST WILLISTON COLONIAL 18 yrs. young, Large Master BR w separate dressing area plus 3 large BRs, 2½ baths, Ceramic tile large country kit w Bay Window, LR formal DR, den/fpl, private yard w covered Patio, attached garage, CAC sprinkler & alarm system \$400K. Onwer 747-8145.

wal \*\*\*\*\*\*\*\*\*\*\*\*\*\*\* BERKSHIRES, COLUMBIA County - Rt. 82 Ancran, Gallatin, N.Y., near Taconic State Park and Catamount ski area, New England Ranch on hilltop on 7 acres. Beautiful view, 3 BR, modern kitchen with ceramic floor, picture window. LR/stone fireplace, both rooms paneled with beam ceilings, 5 appliances, great well with ample water. Full dry bsmt, oil heat, 2 car insulated garage, acreened breezeway. Fully furnished, \$165,000. Lease/ purchase option. Surrounding this home additional 50 acres with stocked fish pand, great deer and turkey hunting. Call collect, 407-498-3462. hAg4

GARDEN CITY ESTATES 5 brs, 4½ baths Oxford Boulevard
Colonial on Viacre, Price reduction plus flexible owner financing,
Monthly payments as low as
33,000. Owner/broker 248-2450,
ges2

SOUTHOLD - 5 YEAR OLD absolutely mint Contemp home with many extras, in beautiful neighborhood. Walk to bay beach. For sale by owner. \$299,000.765-2720. gcag4

GARDEN CITY ESTATES Ranch. 4 BRs. 3 baths, ElK, LR/fpl, huge fin. bsmt. Beautiful yard, 2 car garage, 80x110. \$485,000. Mint cond. 742-8868.

GARDEN CITY ESTATES brick center hall Colonial. 3 BRs, 3 baths, LR/fpl, FDR, den, bsmi rec room, screened porch, attached 2 car garage, 3400's, Owner 248-8425. gcag4

GARDEN CITY CENTRAL Section 1 BR Condo. Modern EIK & bath, A/C. Walk to all. Low, low maintenance includes heat. Must sell, by owner, \$169,000. 742-8342 evenings. gcSe2

# Real Estate For Sale

MANHATTAN, EAST 80'a Designer Studio in elevator
building. Sunny, built-ins, wall to
wall carpeting. A/C, lots of
storage, separate kitchen, dishwasher. \$70,000 (718) 482-0726.
geSe2

GARDEN CITY ESTATES
Split level, maintenance free
Contemp. featuring cathedraled
Living Room celling, ElK, Dr,
den, 3 BRs, 2½ baths, gas heat, 2
car garage, basement. Principals
only. \$395,000. Call for appointment. 747-0774. gcs2

SOUTHHOLD BY OWNER Remodeled with new addition. 3 BR, 2 Bath Ranch. Walk to sandy beach. A/C, new appliances, beautiful Florida room. Oversized tetached garage. Priced To sell. ow 200K. 765-5496. gcs2

GARDEN CITY-WALK TO RR. Lg. 3 BR, 21/sbaths, Lr/FPL, DR, den, fin. Basemt., new gas heat, EIK, 2 car, fenced yard, Many great estras! Low 3300's Owner (212) 473-0526. gcs1

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GARDEN CITY SPACIOUS home on large property. 5 BRs, 3 baths, screened porch. finished rec. room. Walk to RR. By appointment. Asking \$315,000. Principals only. 775-5974. gcAg4

GARDEN CITY WESTERN
Beautiful Jefferson Street, as bedroom Colonial, formal dining room, living room with fireplace, large enclosed porch. Move in condition, 60 a 100, low taxes, reduced to \$315,000. Walk to everything. Principals only, 775-1133. ws2

GARDEN CITY ESTATES English Colonial. 4/5 BRS, 3 full
baths, large modern ElK/deck,
LR/marble FPL, FDR, original
English wood panelled library,
Moldings, brass sconces. Finished basement/laundry. New
windows & oak floors throughout.
Slate roof, 2 car garage, park-like
yard on beautiful street. Walk to
RR, \$475,000 principals only,
746-6893. gcag5

NEW HYDE PARK. 4 BR Cape. Mint condition, posible M/D. 3 private entrances, 3 baths, 3 kitchens, fin. bsmt., gas heat, 1½ garage, extras. Near all. Owner \$249,000. 488-5497.

GARDEN CITY DRASTIC reduction. Won't last. Owner relocating. Northeast Split. Move-in condition. Low taxes, aluminum siding, CAC, 3 BRs, 2 baths, 60x125, 3275,000. Principals only. 746-7281. gcs1

SOUTHOLD (JOCKEY CREEK Area). Luxury 7 rm, 2,000 sq. feet Ranch. 3 BRs, 2 baths, fam. rm. Expandable attic, fin. bsmt., 2-way fpl, 5 appliances, double garage. Sits on picturesque wooded creek front plot. Large floating dock, Reduced to \$395,000. Bookmiller Real Estata 722-4423.

GARDEN CITY VICINITY Large 1 BR modern Condo. Move in cond. Washer/dryer, CAC, indoor parking, park-like grnds. Maintenance 5115. Owner pays first year. Anxious. 599,000, 538-8380. gcag4

# Real Estate For Sale

NASSAU POINT/CUTCHOGUE Bayfront. First offering by owner. Beautiful 2 year Ranch with own beach, & cabana-plus 4 BRS, 4½ baths, 2 FPLS, family room, LR, DR, master BR & kitchen. All with spectacular views, CAC. Beautifully land-scaped, \$885,000, 734-7871.gcSe1

ROCKVILLE CENTRE SCHOOLS Spacious 2 story, modern brick & shingle. 4 BRs, 3 ½ baths. den, sun deck, LR/FPL, DR, EIK, full finished basement. ½ acre. By owner \$185,000. 485-5098 geag4

222 SEVENTH STREET CONDO Newly renovated throughout. First floor overlooking beautiful court yard, Walk to all. Owner \$189,000, 742-8337. gcs1

ATTENTION BUILDERS OR investors. Bethpage residential fot 50 x 100. Vacant building parcel needs subdivision. For sale by owner. Call 938-7192. gcsl

CUTCHOGUE. EX GARDEN City residents selling 3 BR, 3 bath Ranch. Large LR/fpl, FDR, new EIK, CAC, 1 acre. Excellent condition. \$395,000. 734-5779.

gest

PECONIC - YOU HAVE THE advantage our forefathers only dreamed of in this 1905 updated beach home. 3 plus BRs, 2 fpls & large screened wrap around porch. Private beach rights on Peconic Bay. \$259,000. First offering, Nassau Point Contemp. bay front, fabulous views & sandy beach at this hidden 3/4 BR house. Super deck, grand great rm. with stone fpl, CAC, extra heating system, disposal, com-pactor & more at \$595,000. First ffering. Nassau Point bayfront. 5 BRs, 2 bath Cape Cod, LR/fpl, sunroom, large den, guest house, beautiful plantings. Gorgeous views of Cutchogue Harbor & Robin's Island, \$795,000. Marilyn Lang Realty 734-6690, 734-6472.

GARDEN CITY. MINT CONDItion Split level in the heart of the Estates. Lovely awninged deck, fam. rm., 3 BRs, 2 baths. Walk to station & Stratford school, \$369,000. Owner 742-4249. gcs1

SOUTHOLD WATERFRONT Country home with bay views. Large LR/FPL, beamed ceilings, DR. large Master bedroom suite plus 2 BRS & hath, garage with studio, \$395,000. Catchogue. Dutch Colonial. 4 BRs, 3 baths, LR, DR, EIK, laundry rm. on I acre. Value at \$179,000. Laurel. Oversized Ranch on treed lot, LR/fpl, DR, den, sunroom, J BRs, 2 baths. Owner financing. Bring offers. Asking \$185,000. Southold. Traditional home features LR/fpl, FDR, EIK, 4 BRs, 2 baths. Walk to sandy bay beach. \$225,000. Southold. Contemp Ranch on 1.2 wooded acres. Secluded & private. LR/fpl. Anxious owner wants offers. 5200,000. Southeld Waterfront with miles of views. Large glassed LR/fpl, FDR, 4 large BRs. 3 baths, professionally landscaped \$545,000. Burt Lewis Real Estate 298-4600, 734-5533, RCAR4 765-5810

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# Real Estate For Sale

EAST ROCKAWAY, NEAR Lynbrook, Two BRs, EIK, DR, two enclosed porches, LR/fpi. Attic, utility rm., garage. Asking 5160,000. Low taxes. Call weekends 887-2934, ws1

MINEOLA AREA CONDOS/ Co-ops: Horton House 1 & 2 BRs starting at \$79,000. Cathedral Gardens 4 RMs \$79,000. Garden Plaza Gramercy \$66,000. Lexington \$90,000. Madison \$112,000. Clinton Arms 1½ baths, terrace \$110,000, Harrison House 2 BR \$145,000. Others available with The Valentine Agency 746-7200. waS

GARDEN CITY CAPE
Western Section, 4 BRs, 2 full
baths, LR/fpl, FDR, EIK, low
taxes. Move-in condition. Reduced to \$299,000. 326-9294. gcs1

GARDEN CITY PRIME ESTATE section split. 3 BRs., 2 baths, LR/fpl. FDR, EIK. paneled playroom & lower basement, oversized 1 car garage. patio. 2 zone gas heat, walk to schools & RR, \$300's. Owner 747-3882.

GARDEN CITY - TOTALLY Renovated, uniquely charming Colonial. 3 BRS, maintenance free, Low taxes. Asking \$339,000. Principals only. Call 741-3878. Open House Saturday, August 24, 10-noon. geScI

gest

GARDEN CITY NORTHEAST Expanded Ranch. 5 large BRs. 2 baths, ElK, for rent \$2400 or for sale \$369,000. Owner 742-837. gcs1

GARDEN CITY BROOK ST. Cape. 4 BRs, 2 baths, LR/fpl, DR, large fam. rm/fpl on 60 x 125, Must see at \$369,000. Owner 742-8337. gcs1

GARDEN CITY CONTEMPOrary living for the growing family. Cathedral ceiling, fam. rm., new kit, 3 BRs. 2 new baths, new vinjusiding, windows. Prime Estates location. \$399,000. Owner 742-8337. gcs1

MOVE RIGHT INTO THIS stone & brick home. Western Section overlooking golf course. LR/fpl, FDR, new designer kit, 3 BRs, 2 baths. Great buy at \$349,000. Owner 593-2613. gest

CATHEDRAL GARDENS Large CH Dutch Colonial on 1/4
acre. LR/FPL. FDR, den, big EIK
with tin ceiling. 4/5 BRS, 3/4
baths, finished basement. 2 car
detached garage, \$235,000,
Owner 483-4015. gcSe2

FLORAL PARK - LEGAL 2
FAMILY OR M/D.
80 x 100, brick, 3½ over 5.10 foot
ceiling in basement, full attic.
LR/FPL, zoned professional in
residential area. Walk to stores,
schools, houses of worship, RR
station. Lowered price for quick
sale. Needs some work. Asking
5285,000. Owner (516) 352-4922.
gcSel

GARDEN CITY 4 BR CAPE, 2 full baths, fin. bsmt., property 60 x 100, private backyard, near schools & playground. Owner asking \$260's. 747.3667. hs2

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# Real Estate For Sale



G.C. HAMILTON GARDENS Gorgeous, oversized 1 BR Co-op., Quiet corner apartment totally renovated, new Euro style EIK, separate DR, new bath, refin. hardwood floors, California closets. Eatra large rms., heated garage. Close to all, Reduced to \$115,000, 747-3607.

MINEOLA CLINTON ARMS -Huge 1 BR, 1 1/2 baths, top floor, terrace, Indoor parking. Walk LIRR, courts, hospital. Mint \$110,000, neg. Owner 747-8919. geag5

CHERRY VALLEY 1 BR MINT condition. New kit & bath, wall to wall, ceiling fan. Walk to LIRR & stores, Maintenance 81% deductible. Owner anxious. \$85,000.294-7889.

GARDEN CITY-BEAUTIFULLY renovated large designer Co-op. 3 BRs, 2 baths, large LR/fpl. FDR, ElK, walk-in-closet, 3 exposures, A/C. Walk up. Quiet, best location. Walk RR. Principals 877-2847. gcs2

MINEOLA GARDEN PLAZA Spacious 1 BR Co-op, to (5th
floor) 24 hour security/parking/
garage. Walk to LIRR/shopping/
Nassau Courts. Wall to wall, 2
A/Cs, reasonable maintenance.
Move in condition, 597,000
741-8342 gc5e2

N.Y.C. EAST 56th ST. CO-OP. Large, sunny, alcove Studio, CAC, 24 hr. doorman. \$89K or \$1,200 rental. 746-5194. gcag5

GARDEN CITY 3 BR CO-OP ON Th St. Oversized LR & DR, fpl, Country EIK, 2 full baths, foyer, washer/dryer, a/c, new windows. Walk to RR, shops, schools, Mint undition. Must sell \$219,000. Call 742-1268. gcag4

GARDEN CITY CHERRY Valley 1 BR Co-op, first floor. Walk to LIRR & stores. 593,000. Principals only, 294-955b. gca5

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CO-OP IN HOLLISWOOD Gardens, 2 BR, 5 rms, quiet courtyard, convenient to N.Y.C./
L.I. 2 AC's deluxe kit & bath, financially secure building, 587,500, Owner 718-479-0231.

ws2

GARDEN CITY - HEART OF Village-LR/fp), DR, EIK, 2BRs. \$145,000, 741-9659. gcAg4

GARDEN CITY / HEMPSTEAD Cathedral Gardens - I BR Co-op, Assumable mortgage, Low down payment, Priced to sell, Owner 565-4117. gcAg4

GARDEN CITY CHERRY Valley co-op. 2 BRs, CAC. new EIK, updated bathroom, second loor. Move in condition, walk to JRR, \$136,000, 747-8850 or 747-1771. 893-

# Real Estate For Sale

BEST 3 BR. 2 BATH in town. FDR, kitchen, LR/FPL. view of Stewart Ave. Christmas tree. Maintenance. \$990. 71% tax deductible, \$265,000. Day (212) 841-7887, eves, and weekends (516) 746-4165. gcAg4

GARDEN CITY, 2 BR CO-OP New kitchen/bath, wash/dry. dishwasher. "Mint. MIS \$124,000. 741-4248 KUNZ.

CO-OP LINCOLN MINEOLA Arms. Top floor, 1000 sq. ft., 1 BR, 1½ baths, occurry building \$92,000. Days 66.1-2579, eves RCAR4

MINEOLA - HORTON HOUSE I BR, large IR, secure building. Convenient to RR, hospital, stores. Must sell \$79,000. By owner 742,8711. geage Brag4

........................ GARDEN CITY 2BR CO OP ON Seventh Street for sale by owner. Close to all low maintenance, Must sell, 294-9318, Asking \$137.000 EL ARA

# Gren 10USE

GARDEN CITY ESTATES SPLIT by owner. 234 Kensington Rd . Garden Cuy Sat., Aug. 17 & Sun., Aug 25, 11-3. Principals only 747-0774. gcpg4 only 747-0774.

GARDEN CITY, 6 SOMERSET Avc. Sundays, Aug. 11, 18, 25 & Sept. 6, 1-3 p.m. or by appointment, 3 BRs. 3½ baths den off 4th BR, LR/fpl, cathedral ceiling, formal DR, Elk, fin. bsmt, w/wel bar, 2 car garage. Move-in condition. Owner 747geng5

#### Real Estate For Rent

HONEYMOON COTTAGE 3 Rooms on 1/2 acre, perfect for 1 or 2 working people only. Car O.K. Immediate occupance 5675 per month Call owner \$79,4186.

WILLISTON PARK, HILLSIDE Ave., room & bath, private, walk to LIRR, Includes heat, Security required. \$500 a month. Cavallere R.E. 627-8866. wa5

MINEOLA STUDIO ROOM turnished, quiet residential area, no cooking, no smoking, one person only, 747-1110 wa4 wa4

PSYCHOTHERAPISTS & RElated professionals + individual office for rent by month or longer lease. Furnished or unfurnished, parking, \$600 mo., 2 Hillside Ave., Williston Park, Call after 6 p.m. 944-7730.

WEST HEMPSTEAD/GARDEN City Border. Nicely furnished from: quiet, residential area. suitable for mature working woman. Must be clean & neat. non-smoker. Share bath with kitchen privileges. Near shops & trains. Parking available. Security & references, \$400 per month includes all utilities. 489-5941. GcSe2

# Real Estate For Rent

GARDEN CITY ROOM FOR Rent. Non-smoker, walk to station. Share bath. \$450.. 742gca5

NEW HYDE PARK APT. 3 BRs, kitchen, LR, bath. Own utilities, no pets \$1.100, 328-7059

FRANKLIN SQUARE - BRAND New hasement Atudio, separate entrance, non-smoker, no pets. Single preferred \$575 incl. utilities. 437-0051. grag5

HOLLIS HILLS/FEMALE Mature, responsible share spacious, beautiful home. Nonsmoker. Near transportation, residential area, \$500 includes milities, (718) 465-0952. geag5

FRANKLIN SQUARE - 3 1/2. Very large rooms BR, LR, EIK. full bath, private entrance, Goods location between Southern State and Hempstead Tpk. One block to hus and all conveniences. Quiet. respectable business person. Immediate \$750 plus electricity. (516) 328-9175. geags

WILLISTON PARK LEGAL 2 lamily expanded Cape. Upstairs 2 BRs. LR/DR combo, kit & bath: Ground floor = 3 large BRs. LR. FDR. EIK. fin. bsmt... 11/2 baths, parklike grounds, walk RR, all. Owner 741-9263, leave message, \$325,000 or rent downstairs \$1150+

GARDEN CITY / HEMPSTEAD Cathedral Gardens, I BR Apartment for rent, fully renovated. Immediate occupancy. By owner. 565-4117. gcAg4

EAST WILLISTON STUDIO Studio Apartment for rent. Generous, airy space, good storage, convenient location. \$400. 378-3739 early A.M. or after 6 P.M.

CHERRY VALLEY - 2 BR, FIRST Hoor, GAC, EtK, garage available. Convenient to all. Available Sept. 1, \$1,100 per month. Call geag4

I BR I BATH, TUDOR GRDNS elevator huilding, 51,200/mo. Avail. Aug. 15. Day (212) 841-7887, eves, & weekends (516) 746-4165

GARDEN CITY ROOM FOR rent. Nice area, \$85/week. Female only. Please call eves. 741-4865. gcag4

TWO BEDROOM APT: LR. dinette, full bath. skylight. private entrance. Half mile from Southern State Pky. Sunset City area of N. Babylon. \$765 includes water, gas, use of yard. Across from Belmont State Park. 254 0428 hag4

# Real Estate For Rent

NEW HYDE PARK APARTment for rent. Excellent one BR. All new appliances, including sofa bed, kit set. Walk RR, bus, all stores. Utilities included. Private entrance. Available now. \$595. Call 775-2456.

LOOKING FOR MALE OR female roommate to share house in Williston Park, Walk to LIRR. \$450 a month includes utilities. 248-5373.

JERICHO. 3 LARGE RMS., private ground floor entrance, Hi Ranch. Convenient, no pets. One month security \$675 includes all. Sept. 1. 433-1302. gcs1

GARAGE FOR RENT Mincola Park section. Perfect for storage, \$75 per month. Available Sept. 1. Call 746-3141.

F VILLAGE/ BELLEROSE Nassau - 4 rms. Walk LIRR, city/Nassau buses, over office, EIK. Immediate. Suitable for 2. \$700 firm plus utilities. 352-5659. geag5

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ROOM FOR RENT WEST Hempstead. Prime President's area. Furnished, cheerful room for quiet, non-smoking female. Share bath, kitchen privileges. \$75 a week. 292-0582. Res2

APARTMENT/GARAGE FOR Rent - Williston Park, bright, modern, 3 large rooms, private entrance. Elk. dishwasher, ale. large storage area. Use of back yard. \$800 plus gas & electric. Garage \$80/mo. 248-8563 eves. gca5

WILLISTON PARK 3 ROOM apartment with storage, newly renovated, near RR, \$750. 741-6144 or 742-5393. WA4 

NEW HYDE PARK APARTment for rent. Excellent 1 BR apt. All new appliances incl. sofa bed & kit set. Walk to buses, RR & all stores. INcludes all utilities. Avail now. \$600, 775-2456. hsl

BELLEROSE completely renovated J room apartment. Convenient to all. Great location, 9/1 occupancy, Private entrance. Asking \$675. Call (516) 328-8244. gcSel

GARDEN CITY. LARGE RM IN quiet area. Prefer mature person to share bath with gentleman. No drink, nor smoke, Telephone interview. Best call after 6 p.m. - gcjy4

WEST HEMPSTEAD APT. I BR. LR, EIK, Bath. Private entrance, near all. Ideal for one or Iwo. Child OK. 5600, all. No smoking, no pers. 292-3901, leave message. hAg4

# Bargain IN THE CLASSIFIEDS

# Real Estate For Rent

CITY BORDER~ GARDEN Luxury apartment building. 1 & 2 BR apartments, new kitchens & appliances, A/C, bright, large rooms \$750 & \$825. No fee, 481-7745 or 489-3010.

LLORAL PARK APARTMENT 2 BRS, 1 bath, kitchen, dinette, porch, attic for storage, garage. Oct. 1, \$940 plus utilities. Owner, Leave message, 746-6345. gcAg4

WILLISTON PARK. 3 RMS. private building, parking, walk to all, 5700's. Garden City/West Hempstead. Studio & 1 BR, parking included. Near all from \$500. No fee. Owner. 747-1300.

# Vacation Rental

SANIBEL ISLAND, FLORIDA Lush tropical setting, virtually unspoiled, southern Florida Gulf coast. Sundial Beach & Tennis Resort selected by Better Homes & Gardens as one of the top resorts in the USA. 2000 ft. beach, 5 pools, jacuzzi, 13 soft/hard court tennis, golf, boat/bike rentals, supervised children's activities available. award winning chef & gourmet restaurants, superb shopping, world famous shelling, only 35 min. to Ft. Myers airport. Complete resort right on the Gulf. Recent multimillion dollar beautification program. One or two BR Condos with full kitchens. Rent daily, weekly, etc. Reasonable. (516) 746-2211, (516) 326-7711.

MOUNT SNOW HAYSTACK Arga, clean, confortable, fully equipped condo, fpl., 2 BRs, loft & 2 baths. Sleeps eight. 2 miles from Mount Snow. Long term rental, Dec. I thru April 30. Great deal, 873-9029.

SANIBEL ISLE, FLORIDA Large 2 BR, 2 bath Condo in small complex. Tennis, pool, beach access to gulf. Reasonable sumand fall weekly rates. 747-7482. ws3

CHARLESTON, S.C. QUIET island, miles of beaches, front beach homes & villas, Daily & weekly. Golf packages available. 1-800-476-0400. gcAg5

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MT. SNOW/HAYSTACK Large fully equipped 4 BRs plus loft, 21/2 baths w/color TV, VCR. microwave. Weekly/monthly. Beautiful views, privacy. Near golf, tennis & lakes, 466-6120.

MARCO ISLAND, FLORIDA. French village, 2 BR, 2 bath Condo. Pool, steps to gulf. Weekly/monthly, reduced rates now through Dec. Owner 718-352-

MT. SNOW, VT. - BEAUTIFUL fully equipped Condo, sleeps 8. Large deck with privacy. Golf, tennis, indoor Clubhouse on premises with racquer ball, gym & swimming pool. Short or long term rental for fall foliage and ski gcSe3 season. Call 741-1824.

# Vacation Rental

MATTITUCK. CHARMING 2 BR house, 600 ft. Peconic Bay beach. Seasonally, monthly or weekly. Great area. Quiet, relaxing, 1/2 hr. to Hamptons. Also for sale, Suitable for retirement or starter house, 722-4901. 

RENT OR SALE-HAMPTON Bays Contemp., 3 BRS, 11/4 baths, in ground, lighted, fenced pool with 17 x 29 cedar deck, skylights, front deck, back covered patio & lots/glass on cul de sac. 2 miles to beach. Perfect 3 couples or family with young adults. Weekly rentals for August. September is beautiful in the Hamptons. Call for weekly & weekend rates. Also for sale by owner \$185,000. (516) 579-4186. gcAg4

# Real Estate Wanted

GARDEN CITY COUPLE seeking house to rent with option to buy. Estates or Western Sections only. One child, no pets. Call 326-7864. gc53 ...........

3 BR. WASHER/DRYER hook up preferred. Use of yard 5900 a month, Prefer Garden City, Williston Park, West Hempstead, Franklin Square, 221-3070. Ask for Denise. gcAg4

LONGTIME GARDEN CITY Resident with 2 mature children looking to rent 3 BR house in Garden City with option to buy and/or rental only. Move right in. Call 741-1593. gcag5

## Car For Sale

1990 FORD BRONCO 14,500 miles, a/c, power windows, power locks, great condition. \$12,500. 485-8346.

hAg4

88 VW JETTA, RED, AM/FM cassette, A/C, new exhaust, brakes, tires. Body very good, mechanically excellent. All service records, 134K highway miles, \$2,250, 741-5748 gcag4 gcag4

82 FORD MUSTANG-2 DOOR hatchback, 60K. Very Good cond.,a/c, sun roof, AM/FM cassette, automatic. 51100. 248-2819 gcag4

1978 CHEVROLET IMPALA V8 -Tilt wheel, solid transportation, looks and runs great. Just tuned. new battery, \$975, 775-6035geag4

83 BUICK SKYLARK, 4 DR. A/C, power steering, power locks, cruise control, AM/FM cassette. Well maintained. Good running condition. \$2,500. 58,000 miles. 248-9498. gcag5 \*

1972 BMW BAVARIA four door, automatic, excellent in and out. Maroon and tan, \$1795. 741-8402. hAg4

YOU CAN BE A RESTAURANT CRITIC - If you visit any of the restaurants selected for inclusion in this section - call 931-0027 at any bour and tell your ideas. We want you, the reader, to be our critic. Your message then can be printed in this space.

\*

#### 78 TOYOTA CELICA, 5 speed, sun roof, AM/FM cassette, very reliable, great station car. Asking \$500. 877-1163. hs2

1986 CAMARO, V8 AUTOmatic, air conditioning, power steering, power brakes, power windows, AM/FM stereo cassette, new engine, 300 miles, excellent condition, 54,495, 741-5399 after 5:30. ws2

1979 LINCOLN TOWN CAR Good running condition. Full power, Serviced regularly. Alarm \$1500, negotiable. Call 747-3251. ws2

'87 JEEP WRANGLER LAREDO maroon, 42,000 miles, hard top, 6 cylinder, A/C, Benzi box, 59,000, Call week days (212) 545-6739, week-ends (516) 747-5379. gcSe2

MERCEDES 1982 300 SD. Maroon/palamino leather, sun roof. One owner, garaged, 79 K miles. Excellent condition. \$12,250,747-3076. gcSe2

1983 GMC FULL SIZE, 4 WHEEL Drive, black/silver, 83,000 miles. Running board, tow package, push bar, sir horns, tinted windows. Excellent condition, \$5,800, 285-8430. | | | | | | | | | | | |

1989 CADILLAC COUPE DE Ville, 8 cylinder, leather, highway mileage, loaded, excellent cond., 518,000, 741-6655, 9-5, wA4.

1959 CORVETTE. EXCELLENT condition, Trophy winner! Must see, Asking \$33,000 or best offer. 919-637-6770. gcag4

MERCEDES BENZ RARE 1984 SL-5 speed, 2+2 leather rear seats with belts, full MB-AMG spoiler package, 3 part BBS rims and high performance tires, a/c, red/tan leather, 2 tops, 25,000 miles. Third owner. Mint, 528,000, 746-2586. hAg4

1985 CHRYSLER NEW YORKER Turbo, 63K, clean, excellent condition. Asking \$3200. Call 935-6094. hA4

OLDS 1984 TORONADO. Loaded, 69,000 miles, garaged. Original owner. Superb condition. \$3,975 (516) 764-6371. gcag4

REDUCED 1985 MERCURY Marquis, 4 Dr., 6 cyl., A/C, power windows & brakes, (ull front seat. Excellent condition, 78K, reduced to \$2500 negotiable, Call 364-2916.

1988 LINCOLN TOWN IS YOURS for \$11,900. Loaded. Like new. 741-6675. gcsg5

'86 CHEVETTE, 4 DOOR, AT, PC, A/C, AM/FM, 63K. Mint condition. \$2,300 neg. 516-741-6254 or 718-847-2862. gcag5

\*

1984 CHEVOLET CELEBRITY, 6 cyl., A/T., A/C., white with burgundy interior, 63,000 miles. Service records & excellent mechanical condition. \$1450 neg. 935-6417.

\*87 TOWN & COUNTRY Wagon. 50,000 miles, original owner. Good condition, \$5,000. 352-4454.

## Car For Sale

1982 BERLINETTA CAMARG Burgundy, V-6, a/c, automatic, stereo/cassette, mag wheels, excellent condition, 52500, 922-8173. gcag4

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1988 LINCOL MARK VII LSC. Immaculate, white/grey leather. Every option including 100K warranty. Local doctor's wife's car. 59K. Best offer over \$11.000. 248-1864. gcagS

TWO CLASSIC CARS: 1964 Lincoln Continental. In storage for 12 years, 53,000 recently spent mechanically, Excellent condition. 55,000. Also, 1968 Cadillac Fleetwood, always maintained. 52,500. Both original owners. Estate Sale. 759,4444 gcs1

'89 HYUNDIA SONATA MIDnight blue, 4 door, automatic, high power cassette, sun roof, alarm, alloy wheels, 11,000 miles. Great commuter car. Asking 57,900 (516) 742-7271, gcSe1

1989 JEEP CHEROKEE
Blue with grey int. 27K miles, sun
roof, Michelin A.T. tires, garage
kept, 5 speed, man. trans., mint
cond. \$12,500. 873-9112. gcs1

MERCEDES BENZ '69 280 SE, 4 door sedan, full power, leather interior. Excellent cond. \$5,300, 957-0684. gcs1

'89 NISSAN SENTRA, 2 DR, 4 speed immaculate in & out. Asking 53,950. 718-347-3705 (Floral Park, Queens). gcsi

STATION WAGON BUICK 1983. Power steering, power windows. Very good cond. 52,900. Chevrolet Malibu Gd. Cond. 5350 741-7750. Call afternoons or

gcag4

gcag5

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1990 HONDA ACCORD EX Coupe-5 speed, silver/red, loaded, cellular phone, Security Lock, 19,000 miles, \$14,500, 747-8210 gcag4

1983 OLDSMOBILE DELTA '88 Cruise control, a/c, 70,000 miles. Good, safe college car. 52,800 neg. 742-3248 gcag4

1988 VW JETTA CARAT 25K, auto, all power, ext. warr., Benzi. Mint. 59,500. 516-328-3318 after 6 p.m. Days 212-564-4777.

1990 HONDA CIVIC HATCHback 51, 22,000 miles, a/c, power roof, 59,500, 248-5278. gcag5

77 BUICK REGAL, 4 DOOR, V8, AC, reliable vehicle. Recently replaced alternator, battery, brakes, belts, hoses, fuel pump, oil pump, water pump & starter. \$1000. Call 294-7759 after 5 p.m. (718) 830-5584 before 11 am. wa4

# Car Wanted

Lanconagaganasiasanan mpanamakananananana

HONDA ACCORD MID 1980's & up or larger Civic Sedan or Wagon. Reasonably priced, low mileage, one owner, garaged preferred. Please call 579-4186. gcag5

## Wanted

MEN'S LEFT HANDED GOLF clubs. Please call 746-4820.

gcag5

DOUS WANTED

I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. hs2

OLD GUNS, SWORDS, Binoculars, old knives, bamboo fly rods. Call 825-0979 or 354-1943. hag.

INFANT JOGGING STROLLER. 873-6121. gcsl

ADULT 3 WHEEL BICYCLE 3 speed, hand brake desirable. Call 747-2015. gest

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, gco2

UPHOLSTERY, DRAPERIES, window treatments, vertical & soft pleated shades, upholstery repairs. Call McLeer Interiors. S16-CUSHION. gcS2

THE CUISINE SCENE

Fine catering, glorious food, complete party planning service, menu suggestions for all occasions. Weddings, my specialty including beautiful cakes. Professionally trained staff. Call Susan 742-1956.

\*

EXPERIENCED TYPIST/ Secretary seeking work at home assignments. Typing, phones, filing, etc. Reliable and professional, references available. Negotiable rates. Call Linda at 248-5487. Wag 4

LEAKS & SQUEAKS HANDYman Service. No job too small, old house specialist. General home repairs, 15 years experience. Day & evening hours available. Call Jim 868-4984. geaS

PAINTING - INTERIOR & Exterior - Reasonable & reliable. Free estimates. Best paints used. Call Jimmy Mac (516) 248-7314. GeN3

BRAIN CLINTON MOVERS. Lincensed & insured. One piece to a house load. Free estimates. 333-5894. Owner supervised. Carle Place. License #F11154. Services

DO IT YOURSELF! DIVORCES, separation agreements. We will help you. Call any time. (718) 599-4886. gcSe2

TELEPHONE INSTALLATION & repair: TV cables & modular jacks installed. Electrical wiring & fixtures. Prompt, reliable & reasonable. Fully insured. Free estimates, Over 30 yrs, telephone experience, Residential Biness systems. Call Al Byrnes. 481-4665. gcn3

MARIO POLITO'S COMPLETE home remodeling. I do everything from ceilings to floors & lots more. All types of carpentry, ceramic tiles, painting, etc. Free estimates, 538-2273. License #HO 418010000. gc53

LITE MOVING & STORAGE Very reasonable. Call day or night. Long & short term storage. Local/long distance. Will beat any price. Free estimates. \$10 off with this ad. 599-0996. gcn1

HANDYMAN, QUALITY HOME repires: plumbing, leaky faucets, toilets, tiles and grouting. Shelves, fences. Doors shaved, carpentry, sheetrock patching. Ceiling fans & window air conditioners installed. Call Joe 746-7517.

wSJ.

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satisfaction guaranteed. Free
estimates & fully insured, 8876076. gcS3

\*

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DO YOU HAVE A SERVICE to advertise? Our Service Directory is sure to bring results. Call 931-0312 294-8900 or 745-0240 for rates and information.

Si to so

For Sale

DARK PINE DR SETT Table, chairs & hutch, \$750 negotiable. Call 773-3337 evenings & weekends. hAg3

SOLID WOOD (walnut) queen size BR set. Includes headboard, two night tables, triple dresser & mirror. Excellent condition. Orginally \$4000; selling for \$500. 'Call 007-1055. geage

HARDMAN/PECK STUDIO upright piano. Solid mahogany attorney's desk, leather desk chair, file cabinets, sisal rugs, 78 rpm records, stereo speakers, electric keyboard, Salton hot table, 741-1513. geag5

REPLACEMENT WINDOWS-Aliminum, double hung with till feature. Three at 49 1/2 x 31 5/8, two at 37.1.2 x 23 5/8 and two at 49 1/2 x 27 5/8. Like new. Reasonable 775-5281. gcAg4

DINING ROOM TABLE 2 leaves, custom pads, 2 Captain chars, 4 straight chaits, new seatcivers. Excellent condition, Also IV (steren gabinet, other tiems) 352-1152 gc/sc2

BR SET/GIRL'S BENNINGTON pine, light stain, headboard, foot board, dresser, mirror, desk, chair, night table, Excellent condition, \$650, 746-3629. gcs2

DINING ROOM SET 42X66 table with leaves, pads, 6 chairs, breakfront 5600. Also BR set & fruitword desk 24X54, 248-3752, gcs2

LIVING ROOM/DEN furniture, large early American sofa, lovescal & wing chair. Earth tone colors. Very good condition. Call after 5 p.m. 248-8354.

SET

JUNIOR DINING ROOM SET, Country French, 6 chairs, lighted china closer. Excellent condition. \$600, negotiable, 742-9085 ws2

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COMPUTER FOR SALE. ATARI 1040 ST. Color monitor, mouse, dust covers, lots of games, software & literature, Best offer, Call Doug 248-4068 after 5:30 p.m. eges1

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GARDEN DUMP CART, 2 CU. ft., 530. Garden 5 H.P. shredder. \$295. 4' wide wall mirror. \$95. Oak rocker, \$85. D.C. lights -generator 500 W, \$125, 488-6261

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· GIRL'S FRENCH PROVINCIAL furniture. Off-white 6 drawer hutch, two 3 drawer dressers, corner desk, White eyelet curtains, white wooden shutters. white eyelet ceiling light. Great for Williston Park home, 747-8219, \$400 for everything. wall

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BOY'S RED, 2 SPEED, POWER wheels motorcycle, 2 new batterjes, \$60. Boy's/Girl's Ross 20 inch red bicycle with training wheels, \$40, 742-7763! WA4 

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LARSON 75, 17 FT., FIBER-glass, 85 HP, merc. trailer 81. Must sell, asking \$2000. Call 718-626-7304.

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> PIANO KEYBOARD INSTRUCtions. Professional, B.A. music, 10 years experience. Flexible, well rounded curriculum. Great with children from 6-60 plus. Reasonable rates. Call 746-5969. ges 1

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We are looking for articles,

not exceeding 3,000 words or less than 1,500 words, on local topics, opinious, ideas, nice places to visit on Long Island, and even fiction. In our magazine section, we will try to "Discover" one new feature length article and writer per week. Each writer will be reimbursed a stipend of \$25.00.

# Garage/Tag Sale

FABULOUS FRENCH SALE
Sun., Aug. 25. Preuch antiques &
superb Brunovan reproductions
at reasonable prices. A small
sampling: Pair of Louis Philippe ebonized side cabinets, circa 1870, bronze mounts, boulle stiles & doors; Louis XV table desk, tulipwood, marquetry & bronze chased mounts; Dolphin " carved gold leaf, glass and simulated malachite coffee table; Pair Regency open arm chairs, circa 1810; Empire heavily ornamented, ebonized, gilt & marble console table, circa 1810; Louis XV style marquetry semanier, precious wood, marble & bronze ormolu mounts; Pair French late 18th century engravings; stunning Venetian carved glass mirror circa 1850; several pair of antique French porcelain & bronze marble urns. Many wonderful antique & repro bronze, brass & china lamps; a vast array of marble, mahogany & bronze coffee tables, commodes & occasional tables; an extensive collection of contemporary art; several unique collectors chess sets; a stunning king sized upholstered headboard set; eclectic dining room of the finest quality; many Louis XV and XVI seices, sofas & bergeres; assorted fine china, cyrstal & linens; kitchenware; tools; office furniture including a contemporary rosewood desk; garden furniture & household items. All merchandise of the finest quality. Directions: Glen Cove Rd. to Northern Blvd. Right on Northern Blvd. to Wolver Hollow Rd., left on Wolver Hollow to Chicken Valley Bd., right on Chicken Valley (becomes Oyster Bay Road), Take to Ayers Lane; right to Beaver Lane, first left, #8 Beaver Lane at end of cul-de-sac. Sale 10 a.m. to 7 p.m. Inquiries 431-4460 days, 759-1343 eves, Dealers welcome. gca4

FRIDAY, SEPT. 6 TO MONDAY, Sept. 9, nine to five, multi-amily. Household items, appliances, crafts, books, upholstery labrics, plus more. 175 Banbury Rd., Mineola

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FRIDAY, AUGUST 23 & SATurday, August 24, 9-2, 12 Kenmore Rd., Garden City, All mahogany dental cabinet, car-penter construction tools, old golf clubs, stamps & old coins, books, 78 RPM records, old toys gcAg4

TAG SALE - CONTENTS OF Hame. Furniture, knick-knacks. No antiques. Friday, August 23 & Saturday, August 24, 9-3, 39 Clinch Ave., Garden City. geag4 

"BASEMENT SALE", SAT., Aug. 24, 9 to 5, rain or shine, 84 Fourth St., Garden City. Upright freezer, bicycles, some antiques, wicker, children's toys, furni-ture, baby stroller, TV's, clothing, many unusual items. wa4





NOVENA TO ST. JUDE Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked. St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Mary's, 3 Gloria's. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. R.T. gca 4

HOLY SPIRIT YOU WHO SOLVE all problems, who light all roads. so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions, al wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. A.R.C.

HOLY SPIRIT YOU WHO SOLVE all problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions, I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately, Thank you Holy Spirit, R.T. gca 4

NOVENA TO ST. JUDE Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to who God has given such great power to come to my assistance. Help me in my present and urgent petition. In return I promise to make your name known and cause you to be invoked St. Jude, pray for us all who lovoke your Amen. Say 3 Our Fathers, 3 Hail Mary's, 3 Giorias. Say for 9 consecutive days. Publication must be promised. This novens has never been known to fail. Thank you Holy Spirit and St. Jude...C.E. ws2



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By J.R. Rose

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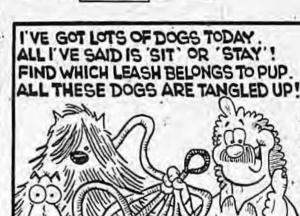


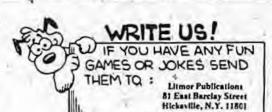
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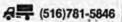
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# ANTIQUE

By James G. McCollam

# Two items from Villeroy & Boch

Q. Enclosed is a picture of a blue and white platter that is 20 inches by 12 inches. Also enclosed is a picture of the mark "Villeroy & Boch, Dresden."

Can you tell me something about its origin and value?



A. This Blue Onion pattern platter was made by Villeroy & Boch, a company that made all kinds of ceramics in Dresden, Mettlach and seven other cities in Germany.

Your platter was made in the late 1800s and would probably sell for about \$165 to \$185.

Q. The attached mark is on the bottom of what I think is a German punch bowl. It bolds about 1 gallon and has an underplate. It has a scene depicting a drunken man clutching a barrel and the handles are formed by drunken

Please tell me about the origin and value of this bowl.



A. Your punch bowl was made in Mettlach, Germany, by Villeroy & Boch during the late 1800s. It would probably sell in an antique shop for \$800 to \$900.

#### BOOK REVIEW

"Collector's Guide to Treasures From the Silver Screen" by John Hegenberger (a Wallace-Homestead imprint from the Chilton Book Co., Radnor, PA 19089, \$16.95 plus \$2.50 postage, or at your local bookstore) providés detailed information on how to find, buy and sell posters, lobby cards, stills, press books; movie reels and

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#### VIOLINS

Do you have an antique Stradivarius that you are saving to support you in your golden years? Better plant a vegetable garden instead.

What's wrong with owning a Stradivarius violin? Well, experts have determined that all violins made by Antonius Stradivarius have been accounted for and are in the hands of known collectors and violinists. They don't change hands very often, but when they do, the price is usually more than \$1 million.

Stradivarius made the finest violins the world has ever seen in Cremona, Italy, during the early 18th century. In the late 19th and early 20th century, thousands of fake "Stradivarius" violins were produced in Germany, France and Czechoslovakia. These sold so well that they also used the labels of Guiseppe Guernerius, Carlo Bergonzi, Jacob Stainer and Nicolo Amati

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The best of these fake Strads might be worth \$150 to \$200, depending on their musical quality. If you have one that Sears sold for \$2.95, complete with instruction book, take the strings off before

someone tries to play it.

If you do have an "antique" vio-lin, take it to a local musician or museum for a qualified opinion.

Statistics suggest that an unlabeled violin has a better chance of being valuable than one with a famous maker's label

Send your questions about antiques with picture(s), a detailed description, a stamped, self-addressed envelope and \$1 per item (limit one item per request) to James G. McCollam,



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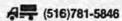
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**ANY PURCHASE** \$8.00 Min.

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The best of these fake Strads might be worth \$150 to \$200, depending on their musical quality. If you have one that Sears sold for \$2.95, complete with instruction book, take the strings off before someone tries to play it.

If you do have an "antique" violin, take it to a local musician or museum for a qualified opinion.

Statistics suggest that an unlabeled violin has a better chance of being valuable than one with a famous maker's label.

Send your questions about antiques with picture(s), a detailed description, a stamped, self-addressed envelope and \$1 per item (limit one item per request) to James G. McCollam,



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By R.G. Elmore, D.V.M.

# Insecticides often poisonous to dogs

for dogs? We have an ant and roach problem and would like to latory collapse spray our premises with strong insecticides. However, we are wor-

bicides and insecticides contain ing should be induced at home by argenic Dogs are often poisoned giving powdered mustard or salt. by ingesting these substances

The onset of clinical signs usually occurs from one to several hours following ingestion. The early signs of arsenic poisoning indominal pain These signs are usu- to avoid poisoning ally followed by diarrhea

Q. Are most of the inrecticides containing blood. The vomiting that are used in homes poisonous and diarrhea soon lead to extreme weaknes's, dehydration and circu-

Dogs consuming arsenic-containing substances should be taken ried about the safety of our small to a veterinarian as soon as possible. If you cannot get the dog to a A. Many of the ant poisons, her- veterinarian immediately, vomit-

Before using any insecticides, you should read the entire label to determine the possible dangers that may occur to your pets and family. Isolating your pets and clude vomiting, extreme restless- family from the treated areas for ness, whimpering and severe ab- a period of time may be necessary

# JUNIOR EDITION



# Aunt Tilly's Corner

Last Monday there was a big storm, called Hurricane Bob which passed by east of Long Island. The storm knocked down big trees and power lines because of the strong winds. But fortunately, the damage asn't as bad in our area as it was a few years ago when Hurricane

Gloria hit Long Island.
Did you stay home because of the storm? Did your electricity go off? Did any trees fall in your neighborhood?

At our house the power stayed on, but the top of a dead tree fell and dented something on our house.

Your friend, **Aunt Tilly** 

P.S.: This week's coloring contest winners re Stacy Abrams and Claire final.

# RULES BOYS AND GIRLS

Here is your chance to win One Dollar. (\$1.00) - to spend or to

- Here's all you have to do: Contest is open to children 4 to
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- August 30, 1991 3. Paint, watercolors and crayons
- must be used on the above.
  4. Decision of the judges will be

Mail your entry (just clip our cartoon) to this newspaper at: 105 Hillside Avenue Williston Park, N.Y. 11596

# The World's Most Beautiful Grandchildren



The twins are Michele and Joseph Jr., ages 7. Their parents are Barbara and Joseph Tesauro of New Hyde Park. And our newest grandchild is Shannou Tesauro, age 8 months. Her parents are Tracey and Thomas Tesauro, of Huntington.



Victoria Palge Belinsky at 3 months. She was born on July 16, 1990 and is the first granddaughter of Marie & Theodore Vecchio of Mineola. Victoria has brightened all our lives.

Her proud parents are Liss & Lawrence Belinsky who reside in Manhattan.

monutes and appropriate and ap

YOUR ' SOCIAL SECURITY

# **Understanding Social** Security jargon

By William M. Acosta

Q. Why can't Social Security write letters that you can understand? You almost need a lawyer to explain any correspondence you receive. — H.L. A. The Omnibus Budget Recon-

ciliation Act of 1990 has a provision that requires that Social Security and Supplemental Security Income notices be written in clear and simple language. The intent of this provision is to assure that people understand the notices they receive. The notices also include the office address and a telephone number through which that office can be reached.

Q. I realize that you must have limited income in order to be eligible for SSI, but would my wife's income also count? - R.M.

A. In determining eligibility, the law assumes that a husband and wife who live together share their resources and income. Contact your Social Security office regarding your particular situation.

Q. My father is reluctant to apply for his Social Security, re-tirement benefits because he does not have a birth certificate. What should I tell him to do? - W.D.

A. He should not delay filing his application because he doesn't have his birth certificate. Social Security can help him get any needed documents. He should contact his local Social Security office so that a representative can assist him.

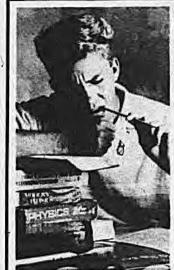
Q. Recently, I have heard quite a bit about hospice. Is it some kind of hospital? — D.T.

# YOUR SOCIAL SECURITY

A. A hospice is a public agency or private organization that is primarily engaged in providing pain relief, symptom management and supportive services to terminally ill people. Hospice care, which includes both home care and inpatient care, is a special type of care for people who are terminally ill. For more information, refer to the Medicare Handbook.

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# BACK TO SCHOOL

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KID COUTURE - The first day of school is a little easier in a pretty, comfortable dress. Shown here: Dress by Oshkosh B'Gosh.

When it comes to clothing, kids have only one thing in mind popularity. They don't want to look "nice." They just want to look like the person they most admire peer, rock star or otherwise.

This pursuit taxes both pocket-book and patience. The most a parent can do is to infuse these trend-fangled wardrobes with comfort, durability and practicali-

Parents used to cringe when their child came to breakfast decked in plaid and polka dots. Now new trends endorse these devil-may-care combinations. Droopy T-shirts, Spandex with cottons, short pants, long shorts, uncoordinating accessories, different shades of the same color thrown in together.

A next-generation combination of skateboarder chic and ethnic influence, these wild getups are children's answer to MTV. Resale and thrift shops may prove your most reliable resources.

You want your child to make it to school without contracting pneumonia and then avoid asphyxlation once in class. Layering coordinates, such as sweaters, sweat shirts and leggings, are the ticket for ever-changing climates. The diminishing emphasis on matching makes pulling it together easier. Don't forget to tag all articles with your child's name.

Young children who resist clothing aren't necessarily bankering for nudism. They may just have an aversion to a fabric finish or detergent residue. Hypersensitive children can become irritable in wool and rough synthetics. Check for redness or rashes. Use liquid soap and rinse laundry thoroughly.

Powwow with children before making way for the malls. Go through newspapers, catalogs and magazines. Determine what look the children are after. Set some limits on expenditures and make sure they understand budget as an issue. Don't do other errands during this shopping trip, and try to shop with just one child at a time.

The travails of prying children out of bed in the morning and force-feeding them something nourishing leave little energy for helping them get dressed. Make it easier on yourself and your child by thinking about the next day's clothes the night before.

Intricately decked-out little people are adorable. But realistically, who has time to fuss with complicated closures and accessories in the a.m. frenzy. Adopt a fire drill dressing philosophy. You want clothes that go on fast, easily and without controversy. Pull-on tops, simple snap closures, elastic waists and perma-press fabrics are a beleaguered, somnolent parent's best friends.

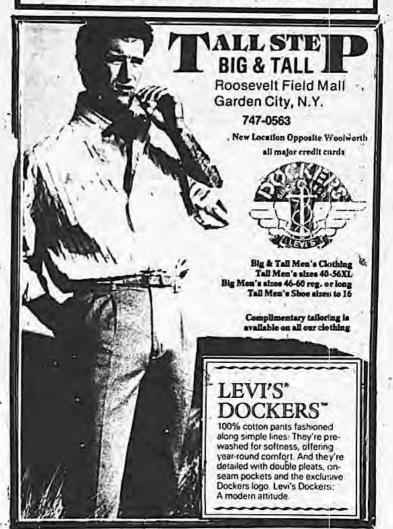
Let your child choose his or her own accessories. Kids cultivate mythology around their ornamentation. Different jewelry, hair accessories and hats represent their alliances and give them a kind of

If all the grasping at price tags leaves you woozy, you might want to stitch that clothing yourself. Home sewers can provide top style and quality at great savings. You'll be assured of adequate seam allowances, strong stitching and well-attached notions. You can reinforce elbows and knees and even allow for alterations as your children grow.

Sportswear separates such as McCall's Jumping Beans line are low-cost, easy-to-sew patterns. Different fabrics make these patterns infinitely versatile. Simplicity's Yes I Can Learn to Sew pattern collection is manageable even for the homemaker who's all thumbs. Singer publishes a volume titled "Sewing for Children" available at bookstores and Singer re-

A cautionary note: Save the unique detailing for your own wardrobe. Kids don't want distinction; they want to be carbon cop151 Mineola (Willis) Ave., Roslyn Heights, NY 2 Blocks North of L.I.E. Exit,37

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# EDUCATIONAL EATING Nutrition boosts academic performance

By Alison Ashton

Does it seem like your son's grades don't reflect his abilities? Does your daughter become fractious and irritable after meals or specks?

The problem could very well be what your children eat. Every parent knows that too much sugar can make an active child really bounce off the walls.

But did you know that an allergy to milk makes children lethargic, depressed and forgetful? Or that children who are deficient in certain vitamins and minerals are easily fatigued, irritable and have trouble concentrating?

The forthcoming book "Eating For A's A Delicious 12-Week Nutrition" Plan to Improve Your Child's Academic and Athletic Performance" by Dr. Alexander Schauss, Barbara Friedlander Meyer and Arnold Meyer (Pocket Books) offers tips on spotting nutritional weaknesses and how to remedy your child's eating habits. "No matter what we think about

the well-rounded child, we never think of him sitting down and eating," say the authors "Yet a child's behavior is influenced by the chemical reactions of his food choices."

Most children in this country suffer from what the authors call "overconsumptive malnutrition." Most kids eat a lot, but most of it is overprocessed, denatured food that has been stripped of its nutritional value.

"People assume that whatever is sold in a supermarket must have some kind of nutritional value," say the authors, "In fact, many favorité items might not even be considered food at all because they cannot be classified into the traditional food groups."

The authors recommend at least a 12-week commitment to wean children off "non-foods" such as corn chips, doughnuts and

soft drinks for two reasons. First, your children can't change their eating habits overnight. Second, it takes most children that long to stop craving the sugar rush they get from most sweet afternoon snacks.

Changing your child's eating, habits also requires a commitment on your part. It takes time to read package labels, stock the kitchen with the right foods and prepare an interesting menu.

# LEARNING NUTRIENTS

There are 12 nutrients that affect a child's ability to concentrate and learn.

Necessary vitamins include vitamin A, thiamin, riboflavin, niacin, pyridoxine, folic acid and vitamin C. Minerals include iron, magnesium, potassium, zine and chromium.

Deficiencies in nearly all of the learning nutrients manifest themselves in the form of fatigue, mood swings, depression, slowed intellectual processes, inability to concentrate, poor sleep and impaired memory.

"Eating for A's" advocates getting the nutrients you need from the food you eat rather than from vitamin and mineral supplements. That means lots of whole grains, fresh fruits and vegetables, nuts and seeds, chicken, fish, tofu and other healthy items most kids claim to hate.

# FOOD ALLERGIES

Food and chemical allergies are another source of learning problems, but how do you know if your child suffers from an allergic reaction?

Behavior is one key. Sudden mood swings after eating, craving a particular food or if the ability to read or reason changes from one day to the next could signal a food or chemical allergy.

Also look for physical signs, such as dark circles under the eyes, a persistently stuffy or

runny nose, flushed cheeks, chronic laryngitis or cold hands and feet

Common pediatric food allergies include cow's milk, wheat, eggs, corn, chocolate, beef, pork, peanuts, oranges and grapes, sugar and artificial food coloring and preservatives.

Some ethnic groups are more prone to different allergies. For example, most Orientals, blacks and many Jews can't tolerate the lactose found in cow's milk. (If this is true for your family, other sources of calcium include soybeans, broccoll, collard greens, fish, kidney beans and almonds.)

Other food allergies might be harder to identify, you can start by eliminating certain foods. If necessary, consult a doctor.

#### THE SHOPPING LIST

Getting your child on a better diet doesn't mean you have to run to the nearest health-food store to restock your kitchen. The 12-week plan means you gradually replace bad choices (such as snacks with white sugar) with better foods.

Happily, larger supermarkets have gotten better about carrying items that were once the domain of health-food stores. Now you'll find things like soy milk, wholegrain breads and whole-wheat flour. For foods like tofu (in its many forms), brewer's yeast or carob powder, however, you may need to visit a health-food store.

Wherever you shop, it's important to read labels carefully. The authors point out that food manufacturers are sneaky. For example, carob syrup, diastatic malt and sorbitol are all sugar in one form or another. Another example is refried beans, which are an excellent source of protein and carbohydrates — but most brands contain lard.

Schauss and the Meyers also offer smart shopping tips:

Concestrate on outer aisles.
 That's where you'll find the freshest produce and better foods.

Beware of lower shelves.
That's where junk food items are
placed to catch the eye of junkhungry children. The check-out
stand is another area to watch out
for. Bring along some carrot
sticks or apples to appease hungry
children or, better still, leave
them home while you shop.



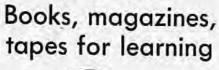
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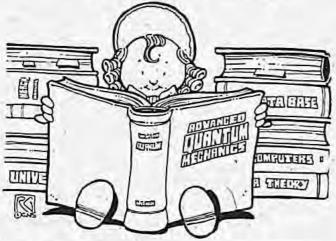
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By Sharon Williams

Some of the best libraries around don't require a card and lack an elaborate cataloging systern. When one keeps a book or videotape too long, he or she has only to answer to Mom or Dad.

Whether it's down the hall and to your left, upstairs or located in a corner of the family entertain-ment center, the home library is fast becoming an important part of many American homes.

And why not? Never has the se-lection of video and audiocassettes, magazines and, of course, books for the younger generation boasted so many offerings - and so many good reasons for keeping them in the family.

In fact, with so many choices out there, making decisions about just what belongs in a home library can be as bewildering as it is exciting for both parent and child when they've decided to compile their own family collec-

After all, colorful and descriptive video or book jackets don't guarantee that the latest library additions won't end up gathering dust in the coming months. Whether the title is a new or familiar one, it's sometimes a challenge to separate the hits from the

## BEST BOOKS

From depictions of alternative lifestyles and stories with a global conscience to cartoon character spin-offs and all-time classics, every parent knows shopping for kids' books isn't as simple as locating the Dr. Seuss section any-

Yet there are plenty of ways to make good choices as you stroll through the shelves. Consider the following hints and helps gathered from the experts:

Batfled about what your elementary, junior high or high school student wants to read? Turn to your local experts and ask your child's teacher or librarian to give you some suggestions for great books to buy.

Other good resources include "Choosing Books for Kids" by J.Oppenheim, B. Brenner and B. Boegehold (Ballantine) and, for

preschoolers, "The New Read-Aloud Handbook" by Jim Trelease (Penguin).

Don't forget to take a look at the lists. The Caldecott and Newbery Medal winners are presented annually by the American . Library Association and are the most coveted of children's book awards. Choose a winner, and you'll likely end up with a book your family will cherish for years to come.

Book reviews published in parent-oriented magazines, mean-while, can put you in touch with the latest and greatest literary offerings.

Keep up with the classics. Besides keeping abreast of the newest books on the market, make sure your library is filled with timeless favorites, such as "The Little Engine That Could," "Black Beauty," "Little Women," "Winnie the Pooh" and "Treasure Island."

Never fear if the classic is longer and more complicated than your youngster's usual fare, say experts - just make time to read the book aloud. Most children enjoy listening to books that don't have a picture on every page long before they are able to read them.

If you can't remember the books that enthralled you years ago, check parent-oriented magazines or your library for lists of all-time favorites. The ALA has published a list of 30 "ideal choices" to start children on the path to becoming lifetime readers that offers six books in five age categories from preschool to 14

Keep in mind that can't-put-' em-down books are often those that match your youngster's cur-

rent interests. For instance, since young children enjoy books that allow them to learn and participate, look for interactive books, such as "This Old Man" (Houghton Mifflin, illustrated by Carol Jones), that are designed to get the whole family singing, or "What's Inside?" (Dial) that encourages young audiences to have fun identifying bright colors and familiar objects.

With older children, target hobbies, favorite subjects, even recent family activities.

Continued On Page 16

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# SCHOOL MEDIC UPDATE

# Pediatric medicine, dental and eye care

By Debra Lee Baldwin

Remember those blissful days before you were a parent, when you thought of children as angelic little beings who looked cute in clothes, loved to be cuddled and were an unceasing source of joy?

Of course you love your kids dearly, but reality has set in: They occasionally throw up, have runny noses, wet their beds and, in general, tend to get sick when it's most inconvenient.

It ain't easy being a parent even if you're home all the time. And especially if you're not.

The good news is that keeping kids healthy is easier than ever. Antibiotics can put an end to ear infections, vaccinations keep killer epidemics at bay, breakthroughs in dentistry have all but cured cavities. There are even day-care centers that specialize in looking after sick kids.

Wise parents keep abreast of what's new in pediatric medicine, and are aware of anything — from the quality of local playgrounds to after-school activities — that impacts their children's well-being.

The following is a compendium of health and safety news you'll find helpful for your school-age children. (Of course your child's pediatrician should be your first and foremost source of medical advice and information.)

## HEALTH AND NUTRITION

Where there's smoke, there's cancer.

"So the experts are unanimous in their advice: Don't expose your children to your smoke," says Prevention magazine. "And just as important: Don't let your child start-using tobacco in any form—including snuff or chewing tobacco, which is popular with preteen boys."

Other cancer-preventing health

 Keep your kids away from areas you've sprayed for bugs.
 Risk of leukemia increases in children exposed to insecticides.

 Protect kids from skin cancer by keeping them clothed, covered and slathered with sun screen

and slathered with sun screen.

"Just one bad sunburn can increase your child's chances of developing malignant melanoma." advises Prevention.

There is an association be-

There is an association between certain cancers and high featurables. Keep fresh fruits and vegetables on hand for after-school snacks, and forbid greasy treats.

Enforcing good nutrition is one of the hardest tasks for parents, but also the one with the biggest payoff — after all, you want your kids to live longer than you do.

### **EXERCISE AND FITNESS**

Studies have shown that the more children engage in sedentary activities, such as watching television or playing video games, the more prone they are to being overweight, and to health problems related to obesity (high cholesterol, high blood pressure).

Help your child set reasonable , fitness, goals , perhaps a halfpound weight loss in one month (but only if the doctor say she needs to lose weight). Work up to a two-mile walk or bike ride in three weeks' time. Offer small but tempting rewards for each goal reached, and then set another goal immediately.

Make a point of exposing your child to a variety of athletic activities: gymnastics, karate, rollerskating, tennis, racquetball, watersking, snow skiing, more — even if you have to send her to camp, or pay for lessons.

Kids are more receptive to trying new things than adults are; if they're not exposed to sports now, they may not be interested later.

## SAFETY AND SUPERVISION

From the day we bring our newborns home from the hospital, our children's physical safety is a constant concern.

Often tragedy results from simple oversights — such as forgetting to cover the hot tub or replacing the batteries in a home's smoke alarm. (A rule of thumb: change the batteries every time you change the clocks, in spring and fall.)

Toys have never been so safe, thanks to stringent industry regulations. But parents should never take anything for granted; evaluate any toy — from teething rattles to archery sets — by imagining the "worst case scenario."

Nag, nag, nag. Do your warnings fall on deaf ears? An award-winning new video, "Kids for Safety" (Classic Telepublishing, Rock-ville, Conn.) uses animation and music to teach kids important lessons about bicycle, fire and personal safety. The video is available to individuals, schools, libraries and institutions.

Wouldn't it be nice if kids needed less supervision as they got older? Unfortunately, even adolescents should not be left alone for long periods of time — studies have shown that latchkey kids are more likely to abuse alcohol, for example.

Fortunately, many schools, libraries, fitness centers, YMCAs and learning centers are now offering productive, entertaining activities for kids who find themselves at loose ends after school.

## ISSUES AND EMOTIONS

Sex, drugs, violence, war — it's a hard world to grow up in. Kids today are especially vulnerable.

There are therapists and support groups who specialize in helping kids deal with emotional problems, from coping with the absence of a parent to the trauma of witnessing a gang shooting.

If your child is experiencing emotional problems, or you suspect substance abuse, consult his school counselor or family physician for referrals — and don't worry about the cost Your child may be eligible for special assistance, and treatment may be covered by health insurance.

# LEARNING EXCELLENCE

# How to ensure smart kids

By Steve Hurtado



Tutors of all ages help kids learn a tough subject and smart study habits.

As a parent, it's up to you to help your children get the most from their formal education while at the same time introducing them to out-of-the-ordinary learning experiences.

#### **BOOK BONANZA**

The sooner your children learn to value books, the better. No skill is more important than reading when it comes to getting a good education.

When you read to your kids before bedtime, it's a stress-free transition between activity and rest. Even pre-verbal tots enjoy the pictures, the cuddling and the rhythm of the words.

Start making trips to the library every week, and take your children along to help choose. You'll discover a few books you and your children enjoy so much you'll want to own them (for example, "The Ice Cream Coot and Other Rare Birds" by Arnold Lobel, Parents Magazine Press).

On gift-giving occasions, give your qhildren books that tie into their developing interests: stories about magic and fantasy, illustrated how-to books; paperbacks with puzzles and riddles.

Let your kids see you reading for pleasure, rather than watching TV. As you open the newspaper each day, share the comics with them. And when someone questions the meaning or spelling of a word, reach for the dictionary.

Assemble a home library of books and periodicals that will help your children during their school years; include an encyclopedia, fiction classics, magazines such as NationalGeographic and Smithsonian , an atlas and an almanac.

## SCHOOL SCENE

It's hard if you're working full time, but if you possibly can, volunteer to help in your children's classrooms

You'll get to know the teachers and the other students - making it easier for your children to discuss the day's events after school, and giving you perspective when

they do.
"Use mathematics to solve reallife problems," suggests Judy Lar-kin, associate editor of Family Circle magazine. "How much gas did we use on our car trip? What percentage of our weekly food money goes for ice cream? Measure the sugar in a cookie recipe.'

Routines are important. Your children should understand that they may not play or watch TV until homework is completed. If they need help, supply suggestions or explanations, but avoid doing the work for them yourself.

Set aside a study area - ideally a desk in the child's room - as an "office" (just like Mom's or Dad's). Make sure it has adequate lighting, drawers to store paper and supplies, shelves to hold books and a comfortable chair.

Review homework assignments and ask to see graded tests. If your child seems to be having difficulty, it helps to catch the problem early - before report cards are handed out.

Remember, praise is probably the most important ingredient in building a child's self-esteem.

"Praise their efforts - not just their accomplishments," suggests Larkin. "And share your enthusiasm about learning a new skill like refinishing furniture — show-ing your children that learning is a lifelong experience.

If your child has a learning disability or just can't seem to keep up in school, consider getting outside help. There's no shame in working with a tutor or signing up at a learning center -results can be dramatic.

Most schools have extracurricular activities that offer excellent learning opportunities. Organizations and businesses may sponsor certain areas of study, or donate computers and software. Special programs provide otherwise unavailable opportunities for low-in-

Continued On Page 14



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# Sports and fitness training for kids



HEALTHY CHILDREN — Even busy, active children need to learn the fine art of relaxation.

By Mike Dale

Vince Lombardi once said that, "Winning isn't everything, it's the only thing."

You would think, by watching how parents and coaches push youngsters to excel, that the immortal football coach was talking about competitive sports and fitness for kids.

Lombardi was addressing his beloved Green Bay Packers certainly little Johnny or Suzie are no Jerry Kramers or Bart Starrs.

"Parents' involvement in their children's athletics can be good for the family," says Yale University pediatrician Barry Goldberg.

Most kids play sports because they like to, not because they're being forced to actualize their parents' dream, and parents attend practices and games to spend time with their children.

"Kids talk about winning, but they care more about how they feel about themselves," says John McCarthy Jr., author of "A Parent's Guide to Coaching Baseball."

THE SUCCESS TRAP

Success in sports measures other victories in adults' lives.

"Pressures arise for kids when parents emphasize making allstar teams and winning, rather than having fun and developing social and motor skills," adds Gold-

A specialist at Tufts University, in fact, calls such behavior "sports abuse," a largely overlooked form of child abuse.

"I am not opposed to involving young children in sports," says pediatric orthopedic surgeon Michael Goldberg (no relation). "But parents have to decide the purrose."

Some startling statistics emanate from competitive-minded youth sports, courtesy of the Massachusetts Department of Public Health: Sports-related injuries are second only to falls as the leading cause of emergency room visits by injured children ages 3 to 19.

In other words, for every 10,000 children, 446 will visit the emergency room each year for sports injuries.

Parental precautions are a must, says Goldberg of Tufts.

Some sports are physically safer when a child is older. Competitive swimming, for example, witnesses a lot of injuries in children because they swim 6,000 to 10,000 yards per day, which is fine for trained college athletes, but not for 10-year-olds with little muscle mass.

Goldberg also recommends that coaches really listen to youngsters when they complain of pain.

"No youngster should be instructed to work through or play with pain," he says.

Other telltale signs of burnout or dissatisfaction with athletics: making excuses to avoid practice, overreacting about the severity of

Continued On page 13

# Activities, from art to athletics, for all

AFTER-SCHOOL HOBBIES



AFTER-SCHOOL HOBBIES - Cheerleading is a traditional afterschool activity. Other hobbies include school clubs, music lessons and volunteer work.

#### By Sharon Achatz

For the average kid, school is a place to put in time until real life begins at the ringing of the day's final bell.

After that, it's on to a friend's house or club meeting, sport practice or a job. For some, it's hours alone at home until Mom or Dad returns from work.

While classroom hours logged lead to the development of a responsible adult, after-school activflair. Teachers and prescribed curricula determine what a child does during school hours, but he's his own person after, the final bell

The happiest child is one who is allowed to choose from a variety of organized events and unstructured play, one who's allowed to pursue his own desires and reach individual fulfillment.

Teens and preteens benefit from an elaborate system of schoolsponsored activities designed to round out their lives - from stu-dent clubs and athletics to marching band and dramatic presenta-

Elementary students, with the limited autonomy that comes with youth, often end up as latchkey, kids in search of ways to fill empty hours. \*

Some are lucky enough to be enrolled in after-school ca - s - offered by churches, Y leges and private bu. ses where they can make crafts, play

region and the

games and read. Others can benefit from parental guidance on cre-ative ways with after-school hours whether they have a parent at home or are latchkey kids.

Believe it or not, parents do their children a favor by assigning them realistic household chores. It's not only a surefire time-filler, but psychologists say it's one of the best ways to teach responsibil-ity and build self-esteem.

If kids balk at more traditional housework such as dishwashing and bed-making, avoid a battle by assigning tasks such as watering or spray-misting houseplants, mending clothes, wrapping loose change into bank rolls or clearing out cluttered closets - collecting old clothes to give to charity and setting aside wire hangers for recycling at a dry cleaners.

Pet care is another best-bet activity to turn work into fun.

To make certain children learn good pet-care practices whether for dog, cat, lizard or pig bring them along to the veterinarian's office and encourage their school or clubs to invite speakers from the local humane society or pet shops.

Joining a club such as Campfire Girls or Boy Scouts offers opportunity for work and play - work on special skills, play in song and games.

Kids also are great at forming their own clubs, such as those based on hobbies such as sbek or

Continued On Page 12



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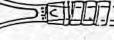
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BACK TO SCHOOL

'90s, both paper and box lunches should be packed with reusable plastic containers - whether for juice, pasta salad, sandwich or

# Kids' TV

interested in good eating.

For middle schoolers, paper

When it comes to their children and the computer or television. parents often enter a love/hate re-

They love the diversion both provide, but hate the high-tech ad-diction to frivolous, waste-yourtime software and junk food-type programming that often ensues.

Is a blowout between parent, child and machine imminent? Not necessarily and not likely, thanks to the bounteous crop of child-oriented software that has sprung up in computer stores and the increase of quality in children's tele-vision that's largely a result of independent producers, cable and syndication.

In computer software, the best programs steer clear of arcadelike graphics and instead encourage exploration and creativity. want to do and the order they want to do it in.

So how do parents find great programs such as "The Playroom" (Broderbund Software Inc.), which takes children to an electronic playroom filled with interesting bjects and playmates that dance talk or play a song when activated by a touch on the keyboard, or SimFarth (Maxis), a computer program that bring a complex

simulation of geology, weather and life to home computers?

Software reviews in parent-ori-

ented magazines and newspaper columns can help, but experts say the ultimate way to tell a good program from a bad is to try

The best in television meanwhile, comes in many forms: cartoops dramas and documentaries to name just a few. But who has time to flip through all the chan-

It's better, say experts, for par-ents to begin with program de-scriptions and "best of" and "worst of" lists frequently published in newspapers, magazines and television guides.

Such articles will proclaim the virtues of quality programs such as "Jim Henson's Mother Goose Stories" (The Disney Channel), "Maniac Mansion" (The Family Channel) and "Invention" (The Discovery Channel), while panning the programs to be missed

Once informed, the real trick to parents to pay attention to what their children are watching says TV Guide. It's a good idea to monifor both what and how much children watch, and to actually watch television with them and comment on good and bad values when pos-

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LUNCH BOX LORE

By Sharon Achatz

Back to school means back to

the hasics of reading, writing,

etic - and nutrition.

The information age has made us more aware than ever that a

child's diet has a major effect on his development and future life-style — but what to do with kids

who won't eat breakfast who

trade away healthy lunches and then pig out on high-fat snacks after school?

Start at the grocery store. Smart eating starts with smart shopping because kids eat what's

on hand and easy, according to nu-

Instead of chips and cookies, stock up on banana chips, trail mix and date-nut or other fruit

breads. Instead of high-fat bolo-

gna, for example, make turkey or

chicken your deli selections. Fill

the refrigerator with juices in-

Purchase items like nuts, ra-

isins, crackers and dried fruits in

bulk, then divide them into single

servings as quick grab bags for snacking or to toss into lunches.

Keep your fruit bin full of a varie-

This isn't to say kids have to

give up on all the high-sugar, high-fat foods they seem to crave. Most

kids won't - they'll trade for snack cakes at school and buy

soda or candy bars on the way

But if your house is stocked

with a large variety of tasty and easy healthful options, they will

- and so will be mixing health

choices with not-so-healthy selec

tions to end up with a relatively

The key to convincing children to eat healthier choices is basical-

ly not to convince them, experts

say. Rather, now that your house's pantry is healthy, let the child

choose what he wants to eat -

snack there at least occasio

balanced diet.

ty of the season's best.

Just set the basic guideline that Junior's lunch or breakfast should include one item each from the food groups - meat and alterna-tives, bread and cereals, fruits and vegetables, milk and dairy prod-

EDUCATIONAL EATING - Even young children can appreciate that smart nutrition makes smart.

If he wants peanut butter and crackers, cold pizza or spaghetti for breakfast, so be it. Waffles with fruit for dinner? Serve it up.

groups now and again, don't fret - it usually can be made up at other meals or at snack time.

BREAKFAST BASICS

Not all kids will stomach the traditional breakfast package of a glass of orange juice, bowl of cereal and whole-grain muffin. Younger kids may be too groggy to feel like eating; teens may be avoiding meals in an attempt to For beauty-conscious teens, try

pointing out the benefits of eating balanced dlet for complexion, hair texture and muscle tone.

To entice the appetite of all youngsters, spice up hot or ready-to-eat cereals by adding dried or fresh fruit and sprinkling with. chopped nuts.

Also consider the eye-opening novelty of breakfast foods to go —

hard-boiled eggs, scrambled eggs. in pita bread, fruit chunks in a plastic bag, a mini-carton of yogurt or a fruity muffin.

As another option, remember it's the rare child who'll turn down milk shake - our tasty Breakfast Shake replaces ice cream with low-fat yogurt and frozen fruit and packs a protein bunch with the addition of nuts or wheat

LUNCH BUNCH

Once they've had their fill at the breakfast table, send kids packing with healthful lunches they

wouldn't think of trading away.
While sandwiches are the stand-

Snacks, meals-to-go and eating right

ard, they are by no means the only cents are a winning sandwich re-

ing a new lunch box each year is a small price to pay to keep kids

placement, but if your child tires of bread-and-meat combinations.

substitute whole-grain crackers, rice cakes, cereal, rice or pasta

Kebabs are another fun ontion.

Threading cubes of leftover meat,

low-fat cheese and vegetables onto straws satisfies a child's love

for treats cut into bite-size pieces

key Broccoli Roll-Ups two simple

choices. The roll-ups are great for

lunching or snacking - and any leftover spread can be layered on

a bagel and topped with sunflower seeds, chopped peanuts or raisins.

Cut-up veggies and fruits also

satisfy the eat-with-your-fingers

urge - especially when paired with a dipping sauce such as

peanut butter and honey, cream

cheese and crushed pineapple or

the meal should include a treat to

make kids look forward to opening

their box or bag. Occasionally it can be edible - oatmeal cookies.

popcorn or granola — but other times it can be a colored pencil, a

flexible straw or a cheery note

with a joke, riddle or piece of triv-

Elementary students thrive on carrying lunch boxes + as long as they're cool. A lunch box's life

span is often incredibly brief, as characters of favor lose their

sheen from year to year. But buy-

To keep lunchtime interest high,

and interesting shapes Children also love finger foods, with Lunch Box Fajitas and Tur-



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AFTER-SCHOOL HOBBIES

Continued From Page 9

# Activities, from art to athletics, for all

insect collecting, ecology or reading - with each child reading the same book and then meeting to discuss a chapter at a time.

Don't forget, however, the power - actually the necessity of pure and simple play. Kids often can create their own games, but here are some ideas from Child magazine to set wheels in motion.

Set up a pillow drum set and play it with wooden spoons, do a phone interview with Grandma or Grandpa, draw the floor plan of your house and then draw your dream house. Turn on the radio and make up aerobics, make a list of favorite names, begin writing your life story, paint a mural on an old sheet.

To enhance a child's creativity, experts recommend you provide space - a corner in the child's room, a table in the kitchen where the child doesn't have to worry about keeping things neat. Have it well-stocked with paper, pens, glue and other artistic materials. Also, set aside an area to exhibit creative output - a wall, a counter or special table - and avoid criticism of his efforts.

Consider also buying project-based books such as "How Science Works" (Reader's Digest) and "50 Simple Things Kids Can Do to Save the Earth" by John Javna (Earthworks Group). They'll give kids ideas for hours of educational - and productive - fun.

For example, set up recycling bins for aluminum cans, glass and paper. Not only newspapers can be recycled, but also paper bags, cereal boxes, old homework. phone books and junk mail.

Make a bowling game from empty plastic dishwashing detergent bottles. Write letters to praise or complain about a company's environmental practices encouraging them to use recycled paper products instead of plastic foam, for example.

. 47 7

For kids whose parents are at home after school, there are even more possibilities, with Mom acting as a shuttle to piano lessons or the ballet studio, to the riding stable or a bowling alley.

As for teens and preteens, there is a myriad of motivators.

To start, there are school-sponsored clubs for every interest, from computers and chess to foreign languages and ecology.

Every middle and high school

offers athletics for building the body and self-esteem, as well as activites for the creative soul, from drama clubs and play acting to marching bands and touring choral groups.

Community-minded teens can volunteer their services at churches, hospitals, child-care agencies or senior centers. They also can tutor special education or handicapped students.

For about one-third of U.S. teens, after-school means off to work - some to help out with household expenses, others to save for college, still others for spending money.

In any case, parents should make certain employers abide by child labor laws that uphold a minimum wage, prohibit 14- and 15-year-olds from working more than 18 hours a week and limit the types of machinery older teens can operate. Check with the U.S. Department of Labor for more specifics.

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# Predictors of back-to-school vogue see plaid in a variety and plethora unequaled since kilts.

Top trends

By Tershia d'Elgin

Krissy Carlin, buyer for Fred Segal, sees plaid for dresses, shorts, pants and shirts. They'll stock baby-doll dresses in cotton florals, rayons and velvets. She sees lots of hats for both boys and girls - cloches, fedoras, baseball

giris — ciocnes, redoras, basedan hats and bowlers.

The "four eyes" stigma is gone, says the Luxottica Group, the world's largest eyewear manufac-turer. Popular celebrities such as Meg Ryan, Sly Stallone and Spike Lee have made wearing glasses hip. Vintage-inspired frames and classic preppy specs are available in metals, tortoiseshell and richcolored plastics.

In most schools there exists a rigid footwear code; bonding takes place from the ground up. Keeping pace with this pivotal prestige issue can be expensive, but there are usually reasonable knockoffs to be had. Boys want Nike high-tops, white or black. Girls are hankering for rhinestone go-go boots.

Sports paraphernalia abounds. A big, expensive letterman's jacket could be your guy's favorite cover-up. Also considered "cool" are baggy sweats, baseball caps and woven bracelets. Chicks need a full spectrum of leggings with coordinating "scrunchies" for their dos.

First-Day Fears

You can ease your child's tran-sition to school days by tucking notes into her lunch box and encouraging her to invite classmates home after school. Also ask specific questions about her day. (CNS)

Home Schooling

Teaching children at home is legal in all states. Iowa and Michlgan have the strictest require-ments - home-school instructors must be certified teachers. Some states and counties, however, offer expense accounts for home-school instruction. (CNS)

Backpack Blues

Overstuffed backpacks can be a royal pain in the neck. Make sure kids don't overfill their packs and that they carry something in front to distribute weight evenly. (CNS)

an injury, experiencing frequent headaches, losing appetite or

#### THE NUTRITIOUS ATHLETE

Child obesity, note health officials, is reaching epidemic proportions in the United States, to the point that one-fifth of American youngsters are overweight.

"It's a problem that involves more than simple schoolyard vanity," according to Dr. George Blackburn of Harvard Medical School.

As parents might well know, however, growing athletes need a low-fat, high-carbohydrate diet not an easy task in the age of ice cream, french fries and cheeseburgers.

Children will eat what they eat and parents aren't going to make

radical changes, says the American Dietary Association.

But if you know what your kids enjoy, steer them to high-carbohydrate choices to fuel their muscles pastas, breads, wheats.

Cooking for preteen athletes usually isn't difficult, say nutritionists. The dietary equation changes when children enter growth spurts and begin daily workouts.

So don't be alarmed when teen boys, for instance, start shoveling down 6,000 calories per day. With snacks, moderation is the key.

#### INTERSCHOLASTIC SPORTS

How can you tell if school and neighborhood sports programs are serving your future Babe Ruth's best interests?

Arnold Schwarzenegger - bodybuilder, actor and chairman of the President's Council on Physical Fitness and Sports - met last year with physical education leaders in five states and was unimpressed.

He says many schools, mostly in inner cities, don't offer physical education classes due to budget

Still, Schwarzenegger says his goal is to implement mandatory physical education in all 50 states. Currently, only Ilinois requires P.E. for kindergartners through 12th grade.

There are five key questions parents can ask to evaluate a school's P.E. program:

· How often does my child have a structured class with a certified P.E. specialist?

. How much exercise is my child getting?

. Is my child learning about health-related benefits of exercise?

· Does my youngster enjoy physical activity?

· Is my child developing motor skills, both fundamental and specifig?

#### **OUT-OF-SCHOOL SPORTS**

Though school is the center of most kids' early experience with sports and fitness, there are millions of youngsters playing orga-nized sports outside the confines of school, whether it's soccer or Little League baseball.

Again, ask questions - and get answers - before plunging your little superstar into competition.

What's the philosophy of the

league? It could be a program in which kids will have fun, or it could be a feeder program that identifies precocious athletes.

Find out how the league really operates. Go to practices. Observe the coaches. Watch how players are encouraged to treat one anoth-

Determine if the coach is sensitive to the players. Does he or she listen to all the kids, or just the best athletes?

Finally, what's your kid like after practices? If Johnny or Suzie is enthusiastic, it's a good sign you have found the right program.

#### THE DISCOVERY ZONE

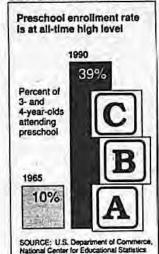
Not all athletic programs involve winning and losing.

The Discovery Zone, a unique fitness center for kids resembling a glorified "jungle gym," has been designed by Olympic gymnastics coach Al Fong and gymnasium entrepreneur Ron Matsch.

Located in 10 U.S. cities, and expanding rapidly, the Discovery Zone boasts a plastic fantastic wonderland of "human tunnels," trampolines, climbing "mountains" and "ball baths."

The equipment even can accommodate adults who want to let their hair down and renew their youth. Non-competitively, of course.

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2:30 am, Saturday morning, quiet residential neighborhood, myself, my family and my Doberman we're all sleeping upstairs. Suddenly, the Doberman barks in a way that says "something is wrong." I hear something fall in the living room and thought my 73 year old mother-in-law was downstairs and had fallen. The dog and I rushed down the stairs and find a chair overturned and the Litchen window wide open. Even with my dog in the house, my VCR 2 cameras, small TV, watch and wife's purse are gone. There was more to be taken, and I can't help but wonder what more could have happened? I've been procrastinating about putting in an alarm system. Not any lunger!

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# How to ensure smart kids Continued From Page 7

come and minority students.

Do your children have interests they cannot explore at school? Chances are these can be found elsewhere in your community. Art, dance and music are taught at studios and by private instructors; public recreation centers, YMCAs and private health clubs offer team sports and athletics.

#### EXPLORE THE WORLD

How often do you sit down to dinner or drive along the highway with your children and no one says a word?

Make an effort to encourage conversation, as a way of sharing your own knowledge - but avoid lecturing!.

For example, you might reminisce about experiences and people from your past, and share what you learned from them. Tell about your first job, military service.

travels to foreign countries, more.

Just taking a walk with your children can be an opportunity to impart information. Explain what it means when a fruit tree blooms, where to look for birds' nests, what the words "PED XING" mean, and why street lights turn yellow before they turn red. If you don't tell them, who will?

Let your teens watch as you pay bills, balance your checkbook, and budget your finances for the upcoming weeks. They should have their own savings accounts and long-term spending goals. ("When I'm 16 I'll buy a used car for \$3,000.")

One of the best ways for a child to learn a language is to live with a family who speaks it. And when you invite an exchange student into your home, your children's interest in studying that language and culture will skyrocket.

# Choosing a school

By Monica Perez

For many, the question of where their child will attend school has a simple answer. He'll attend the one in their district.

Actually, though, even the pub-lic school system has options. By calling the superintendent of schools, you can obtain a list of the magnet schools in your area. These are schools with particularly strong programs in different areas: arts, sciences, language or even the method of teaching. Visit the campuses during school hours, if possible.

Even though some driving or busing is involved, you may find a school better suited to your child's emotional and academic bent.

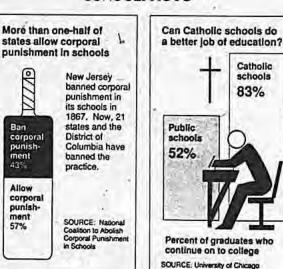
If private school is an economically feasible option, you may discover more in your town than you thought. Again, the superintendent of schools often publishes a list of private schools in your area

When looking at schools - public or private - make a list of the qualities important to you: strict or loose discipline; emphasis on the three R's or a more creative curriculum; cultural diversity or sameness; availability of sports and music programs. What social programs does the school offer for keeping kids out of trouble? Is there after-school care? How many counselors on staff?

Call the school, and see how accessible the principal is. Ask when they're holding their next open house, and bring your child along for his/her reaction. Ask if they allow potential parents to sit in on a class. Talk with the teachers.

Finally, allow your child some input. The school you think is the greatest may be intimidating and cold from his standpoint. It's difficult for anyone to do his best in an uncomfortable environment.

# SCHOOLFACTS





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# KIDS' HOME LIBRARY

# Books, magazines

Continued From Page 5

A trip to Ellis Island, for example, might inspire the purchase of-The Kids' Book of Genealogy: An Official Ellis Island Guide" by Ira Wolfman (Workman), while the family animal enthusiast might enjoy "The Salamander Room" by Anne Mazer and illustrated by Steve Johnson, which is the story of what it's like to bring a wild animal into the home (Alfred A. Knopf).

Choose books that will help your children cope with confusing or troubling experiences.

"Bibliotherapy" offerings ad-dress situations ranging from simple bedtime anxiety and divorce to death or the arrival of a new sibling. Examples include "My

Mother's Getting Married" by Joan Drescher (Dial Books for Young Readers) and "Understanding AIDS" by Ethan A. Lerner (Lerner Publications).

Books centered around current people, places and events are interesting to children because they help make sense of the headlines.

"Going Green: A Kid's Hand-book to Saving the Planet" by John Elkington, Julia Hailes, Douglas Hill and Joel Makower (Viking Penguin, illustrated by Tony Ross), for instance, introduces older children to solid facts on pollution, then gives them a means to evaluate their houses and schools with a "green audit."

# WORKING PARENTS PRIMER

# Easy ways for speeding up the a.m.

By Pamela Redmond Satran

As the veteran of countless early morning tantrums, harried leave-takings and late arrivals at work, I finally have licked the getting-out-of-the-house-in-the-morning problem. Here, then, are some (almost) foolproof tips for getting you and your child going with maximum efficiency and minimum stress:

. Do what you can the night be-

Pack non-perishables - box juice, apples, crackers - in your child's lunch box. Make sure everything he needs, from his homework to his show-and-tell toy, is packed and ready to go. With your child, choose and lay out clothes, down to underwear and socks, for the next day. Put backpacks, briefcases, keys, even coats by the front door for quick exit.

· If waking up is a problem, establish an earlier bedtime.

This is such a simple solution to can't-get-up-in-the-morning blues, but one that many parents overlook. Often the reason is that parents don't want to get up too early themselves. But in my book, being jumped on by a 3-year-old at 6 a.m. beats a struggle at 8 a.m. any

· Establish a morning routine. Children like routines, and even if you're a play-it-by-ear type, a

morning ritual will go a long way toward smoothing your path to the door. It may take some thought to devise a routine that works best

for your family.

Choose a pattern that's consistent with your nature and your child's: If you can't function without coffee, make that your first priority, if your child needs a long snuggle in order to face eight hours at nursery school, don't sacrifice that purely for the sake of efficiency.

· One good rule: Everyone should be dressed before going downstairs

If at all feasible, this should bethe one constant you build into

your morning routine, even if it's antithetical to the way you have been operating up until now. If worse comes to worst - if the eggs burn and the homework's lost and everyone gets distracted by "Beverly Hills Teens" - at least you'll be ready to go outside when the school bus honks at the front

· If you have a baby in addition to school-age children, get inhome child care if you can afford

Many parents of small children who can afford to do otherwise nevertheless bring their children to a baby sitter's home. All things being equal, I think this is a mistake. It saves an enormous amount of time and energy to be able to get yourself ready in the morning and leave the baby's breakfast, bath and clothing to a

· Learn the art of always doing two things at once.

Mornings are so hectic for working parents that combining tasks often is a must. You can cook breakfast (or wash the dinner dishes) while the coffee brews, eat while you watch television, combine putting on coats with hugs goodbye.

# SCHOOLFACTS

#### Largest colleges and universities

College or university E	nrollment
U. of Minnesota	61,556
Ohio State U.	53,661
U. of Texas	50,106
Michigan State U.	44,480
Miami-Dade Community College	43,880
Arizona State U.	43,426
U. of Wisconsin	43,364
Texas A&M U.	39,163
U. of Illinois	38,337
Pennsylvania State U.	37.269

Save time by keeping the kitch-en stocked with ingredients. Buy extra pizza to keep on hand for snacking. Pre-grate cheese for make-in-a-flash Quesadilla Cutouts, and prepare the cheesy spread for Turkey Broccoli Roll-Ups in advance.

#### BREAKFAST SHAKE

- I cup low-fat peach yogurt I cup cubed melon, frozen
- I banana
- I cup milk or orange juice 2 tablespoons wheat germ or chopped nuts

Yields about 4 shakes.

Combine all ingredients in blender. Blend on high until smooth. Pour into glasses and drink frosty cold.

Create your own favorite blend by using different flavors of yogurt and fruit juice and a variety of frozen fruits such as blueberries, peaches, nectarines or

#### HAM-AND-CHEESE CRESCENTS

- 1 (8-ounce) package refrigerated crescent rolls
- teaspoons mustard 4 slices ham, cut in half
- 4 slices American or Swiss cheese, cut in half
- 2 to 4 gherkin pickles, quart-
- 1 tablespoon milk

Yields 8 crescents.

Heat oven to 375 F. Unroll crescent roll dough and separate into triangles. Spread each with mus-

Place I half-slice ham and I half-slice cheese on each triangle. Place pieces of pickle on wide end of each triangle and roll up. Brush with milk.

Place rolls on ungreased baking sheet and bend to form crescents. Bake 10 minutes. Serve warm or refrigerate and bring to room temperature before servings.

Recipe from Parents magazine.

#### LUNCH BOX FAJITAS

- 6 slices cooked steak or chicken breast
- 1/4 red pepper, seeded and cut in thin strips
- 1/2 yellow pepper, seeded and cut in thin strips
- 1/4 cup prepared salsa 2 flour tortillas

Yields 2 servings.

Pack all ingredients - keeping meat, peppers, salsa and tortillas

separate.

Let children assemble their own fajitas, rolling meat and peppers into tortillas, then drizzling with

Recipe from Child magazine.

## TURKEY BROCCOLI ROLL-UPS

- I cup cottage cheese 3 tablespoons orange juice 1/4 tablespoon mustard 2 teaspoons honey
- 4 slices smoked turkey 8 cooked broccoll spears

Yields 4 to 8 servings.

Prepare spread by combining cottage cheese, orange juice, mustard and honey in blender. Process until smooth, stopping blender often to scrape sides. Set aside.

Cut each turkey slice in half to form long strips. Spread 1 teaspoon roll-up spread on each slice. Place broccoli spear at one end of each turkey slice and roll up tight-

ly, allowing broccoli floweret to protrude from end.

Serve immediately or arrange on platter, cover and chill until serving time. Use leftover spread on bagels, muffins or toast.

Recipe from American Health

# QUESADILLA CUTOUTS

- 6 ounces grated cheddar or Monterey Jack cheese
- tablespoons canned diced green chilies
- 1 teaspoon oregano

10 flour tortillas

Yields 5 servings. Combine cheese, chilles and oregano. Lay 5 tortillas out on work surface. Cover each tortilla with cheese mixture, dividing equally. Top with remaining 5 tortillas, pressing to flatten. Using metal cookie cutters, cut tortillas into shapes.

Cook cutouts over medium-high heat in lightly oiled skillet, a few at a time, until both sides are golden brown and cheese is melt-

To cook in microwave, arrange cutouts on dinner-size microwavesafe plate. Lay paper towel over top. Cook on high power about 30 seconds or until cheese melts.

#### SIMPLE SNACK MIX

- 3 cups popped popcorn 1 cup miniature pretzels
- 1 cup whole-grain cereal squares
- 16 Eup dry-roasted peanuts
- 1/2 cup raisins

Yields 6 servings.

Combine all ingredients in medium bowl. Toss until thoroughly mixed; wrap individual servings in plastic wrap.

# SCHOOLFACTS

Average tultions at state colleges and universities will be up

Average tuition at a state college or university



# Tips for coping with sick schoolkids

By Richard Nalley

Of all the pressures working parents face, the problem of how to handle a child's illness can be one of the most intense. Most employers do not allow absences to care for a sick child, but parents without in-home child care usually have no choice but to stay home with the child themselves.

How to juggle the demands of your workplace with the needs of your ailing child? While there are no ideal solutions, the following may help:

. Call the doctor at the first sign of your child's illness.

When you hope for the best, at-tributing the first signs of illness to something your child ate or a later-than-usual bedtime, you may find yourself faced with the worst: several days home with an illness that might have been cleared up by antibiotics within 24 hours.

If your doctor isn't receptive to such calls, or is not understanding of your problems as a working parent, perhaps you should look for another doctor.

. Build a roster of sitters who may be available to care for a sick child.

It can be worth your while to cultivate sitters who are available to come to your home during the day on short notice if your child is ill. This may take some effort. You can advertise in your local newspaper, post a notice at your church, call the job services department of a local college, ask other working parents in your town for referrals.

· Consider forming a baby-sitting pool with other working parents.

Joining forces with other parents to keep a sitter on retainer to be available to care for sick children may make sense if your child is in his first year of day care and nursery school, when most kids get sick often.

. Attempt to reason with your

If your boss is at all receptive, talk to him or her about your problems in caring for a sick child. Make it clear that while you've made certain emergency arrangements, sometimes you have no choice but to stay home. Let it be known that you don't want to lie when your child is sick by calling in sick yourself and that you are concerned about getting your work done

Even if your company has no policy regarding sick children, your immediate supervisor may be willing to work out an arrangement with you. Perhaps you could bring work home, make up for lost days on the weekends or even bring a sniffly child to the office with you for part of the day.

· Keep your child comfortable, but don't make staying home sick

too much fun. If staying home sick means a wonderful day playing with Mom or Dad, some kids will attempt to stretch out illnesses or will plead to stay home at the slightest twinge. Keeping a sick child in bed, limiting activities and going about your own business in the house at least part of the day will not only help your child get well faster, but will also make him or her look forward to getting back to day care or school as soon as he or she feels better.

# Global education

By Steve Hurtado

National tests in other industrialized countries set high standards for academic achievement, while the United States has no equivalent exam, according to the National Endowment for the Human-

President Bush and Education Secretary Lamar Alexander have called for voluntary national achievement tests as part of the 'America 2000" educational strat-

True, the Scholastic Aptitude Test (SAT) is a uniformly accepted measure of a student's educational aptitude, and shows how the student compares to others nationwide. But it is multiple choice.

In other industrialized nations, students must answer detailed questions on history and other humanities subjects, showing their ability to organize their thoughts and present them in writing.

In Germany, for example, students are asked to describe the role and significance of Robespierre in the French Revolution. Japanese students must be able to identify European thinkers such as Euclid, Ptolemy, Bacon, Newton and Locke. British students are asked to write an essay arguing whether Woodrow Wilson was "unbelievably naive" or "a dogged man of principle."

According to NEH chairman Lynne V. Cheney, "One of the most important points implicit in the tests is the degree to which other nations have identified the humanities as a source of strength. The high expectations they have are manifest in the demanding questions they ask, not only about their own history and culture, but also those of other societies."

Cheney claims that the high standards demanded by achievement tests and the incentives they provide should be part of every student's education, and cites examples of how achievement testing in inner-city schools has dramatically improved student performance.

"A democracy is stronger when its citizens know its history," says Cheney. "When people understand the practices and institutions through which it works - when they know how those practices and institutions evolved, what threatened them, and what strengthened them.

"A society is also stronger when its people understand histories and cultures different from their

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HIGH SCHOOL COOL

# Surviving and enjoying the good days

By Debra Lee Baldwin

Of any four consecutive years in your life, were any as challenging, scary, frustrating and thrilling as those of high school?

You changed from a child to an adult. You learned to drive, made lifelong friends and fell in love. You studied long and hard, decid-ed if you wanted to try for college, and to this day remember certain teachers with fondness (or disdain).

And now you have kids of your own in high school.

You want to be supportive without being overprotective. To help, guide and advise without being ob-

That's a tall order — but not impossible. Heed the following wisdom, gleaned from "Greetings from High School," by Marian Salzman and Teresa Reisgies (Peterson's) and "The College Guide for Parents" by Charles J. Shields (The College Board).

#### SURVIVAL SKILLS

Remember the blur of those first lew days, the anxiety over finding classrooms, and how big upper classmen seemed?

Salzman and Reisgies have reassuring words for freshman minnows caught in the raging cur-

· Recognize that high school is a state of mind and do what you can to get yourself as psyched up as possible about making the most of

the time and place.

 Don't become so focused on what other people are thinking about you that you forget that you're a good person. Similarly, be sure that at least once a day you assess your actions and reactions and decide whether you are being

the person you want to be.

Study hard, but give yourself the freedom to learn for the sake of learning. You are in school to learn, not just to get grades to please your parents, your teachers, and college admission committees or potential employers.

### VOCATIONAL TRAINING

Not everyone is a born student. Most parents hope and pray their kids will go on to college. But pushing a child who has neither the skills nor inclination to do so can only damage the relation-ship and alienate the child.

A vocational high school may be the answer — and here is good news, a student may still be able to go on to college later if he or she has a change of heart (it may be necessary to take supplementa-ry courses at a community col-

Students choose to attend vocational high schools for many different reasons," say Salzman and Reisgles. "Often they feel that a technical skill will make them more competitive in the post-high school job market."

It's wrong to assume that voca-tional training means settling for a dead-end job.

"Professionals such as engineers and architects are often technical school graduates," say the authors.

TARGET: COLLEGE

Your child's transcript is an academic resume, a record so important to college admissions committees that it's usually the first document they review, says

After all, a teacher's written recommendation is just one person's opinion. Admissions tests reflect the efforts of a few hours. But a transcript is a record detailing four years of effort.

So choosing the right classes is important from the beginning. This is where counselors come in; they know what colleges require, and can suggest a schedule that whatever is necessary and import-

Which is not to say that the student's desires are irrelevant. Quite to the contrary; no one should be forced to take advanced calculus if he longs to pursue third-year French. Chances are the same student also won't be interested in becoming a mathematician or engineer - and shouldn't be pushed to do so.

"Junior year is crucial to the college-bound student," advises Shields. "This is the year that admissions officers will expect to see your child hit her stride in school. Plan a balance of solid college prep courses with extracurricular activities."

Most high schools have activities such as band and sports; some offer Advance Placement (college-credit) courses.

"Junior year is also a good time for your teen-ager to think about spending part of the summer participating in an on-campus pro-gram," says Shields.

Examples include special science programs, fine arts workshops, natural science expeditions, writing seminars, drama productions, computer camps and classes for gifted students.

#### SAT TRAUMA

There isn't a teen alive who isn't terrified of the Scholastic Apti-tude Test (SAT), that once-in-a-lifetime evaluation of education

How can you help your high schooler feel cool and confident?

The best way to alleviate fear is to understand the enemy.

Make sure your teen knows what to expect on the test day, the format of the test, and what will be expected of him.

What about coaching courses? A diligent, hardworking student probably won't need them - unless he's nervous and needs reassurance.

"A worthwhile course should be spread over a reasonable length of time," advises Shields. "Forget about weekend 'crash courses.

There should be a substantial number of classroom hours involved. And stay away from outfits that just sell your child a do-lt-yourself workbook — he can buy cheaper ones at any major book-store."

By Sharon Williams

When talking supplies for the back-to-school set, you're dealing with a lot more than a ruled tablet and a handful of just-sharpened pencils.

Sure, the basics for reading, writing and 'rithmetic are, basi-cally, the same. But, it's a whole new box of crayons in terms of the astounding array of choices in ev-eryday supplies, not to mention the bevy of toys, teaching aids and accessories designed to help kids before, during and after school.

Depending on the product, the newest wave of school supplies can inspire a budding artist, reinforce teacher's lessons, help a child tote a load of homework back and forth or teach him a new concept

Some are just fun, others strictly serious and still others a combi-nation of both. But all share a common goal — to make learning fun. Following are a few of the newest Innovations:

#### TAKE IT WITH YOU

Getting from Point A to Point B is as easy as 1-2-3 for school-age children, thanks to the proliferation of creative totes designed to hold books, papers and such. Some of the newest ideas in-

clude colorful knapsacks and backpacks in an assortment of shapes and sizes. Kids can find carriers emblazoned with everything from their first name in big, bold letters to favorite cartoon characters. Or, they can personal-ize their own with colorful stick-

Fannypacks are smaller, but perfect for carrying pencils, keys and other personals. From surferinspired neon brights to packs shaped into wearable stuffed animals, the wide selection in fannypacks is as much about : mallfry fashion as it is function.

#### WILD THINGS

Does Junior know a stegosaurus when he sees one? Learning about dinosaurs - or horses, insects, whales, snakes or jungle beasts can be child's play with the wide assortment of animal toys that double as educational tools.

Kids, for instance, can get a literal grip on the wild and prehistoric kingdoms with collections-of molded or stuffed animals; they're a natural for both play and dis-

play, Other wild-side fun-and-games include Insect Dominoes - where players match bugs instead of dots; spongy dinosaur shapes for bathtime; and model kits for constructing wooden dinosaur skele-

Youngsters who like to have something creeping, crawling, splashing or swimming about the house can get an up-close-and-personal look with bug-collecting kits and aquariums. There's even a new take on the traditional "ant farm" - Ant City contains five modules plus see-through tubing for many building variations.

#### ASPIRING ARTISTS

Soon-to-be David Hockneys or Kenny Gs can easily exercise creative flair ) outside of, arts-and-eralts or music period with the many kits and supplies available for stocking a small-fry studio.

Young artists can put inspira-tion to work with child-size easels or chalkboards and kits brimming with color markers, chalks, paints, clays and crayons in colors one may never have seen before and of course, plenty of blank paper.

There also are poster-size pic-tures in black and white that beg to be colored and displayed, and

# SCHOOL SUPPLIES Pens, software and the works

stamps, stickers and glittery inks waiting to dress up everything from a notebook to plain-Jane sta-

My First Sony's Electronic Sketch Pad allows little Picassos to paint on the television screen in 12 colors.

Kids who can't stay out of the family toolbox, meanwhile, might plan and pound out an assortment of projects at a mini workbench or drafting table.

And, with easy-to-play electron-ic keyboards and rhythm band instruments such as triangles and tambourines, budding musicians can practice the tunes they learned at school at home .... whether or not they're taking music lessons.

#### SUPPLIES TO DEMAND

It's not just a spiral notebook ... it's a statement.

That's the underlying thought behind school supplies of the 1990s, there are so many choices that even the picklest students will likely find something they like ... and hopefully will like to use.

Myriad cartoon characters, col-

ors, logos and motifs now grace the covers of notebooks and binders, while pens and pencils en-graved with the owner's name ensure that they'll never wander too

Kids can wipe away mistakes with tiny erasers cut into animal shapes, or get creative with sophisticated art boxes that house colored pencils, crayons and wa-

tercolors all under one roof.

Another trend for kids with global consciousness recycled school supplies. The Earthwise line by Esselte Pepdaflex includes wirebound note and memo books, composition books, three-ring binders, ring book indexes, panel and border report covers and twin pocket partfolios ... all made from 100 percent recycled fibers and available in a variety of earthtone colors.

Even quintessential crayons have been given a 1990s twist; Craynla recently replaced eight of its classic crayon colors with shades such as wild strawberry. dandelion and royal purple.

#### GLOBAL AWARENESS

Today's kids know the world

doesn't begin and end within the boundaries of their city limits, and dozens of learning aids are helping them gain a clear perspective of its past, present and future.

Take the traditional globe, for instance. Variations include a clear globe that lets the observer see through the surface for a true sense of geographical positions and a seemingly magical levitat-ing version that floats in midair, thanks to high-tech electronics

and electro-magnetic wizardry.

Other globally related tools include electronic games such as GeoSafari, where kids choose one of 18 map games and use the con-trol panel to answer questions about countries, states, capitals, waterways and more, and collection sets that help them compile and categorize rocks, stamps, coins and seashells from both home and abroad.

#### YOUNG SCIENTISTS

Potions bubbling in the kitchen and a volcano exploding in the bedroom aren't unusual sights when there's a budding scientist in the house

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1991/92 SERIES

January 18 & 19\*

The show. "Anything Cost". "Can Can".

Kiss Me Kate", "DuBarry Was A Lady"
and the songs. "Right and Day", "Begin
the Begaine," I' Cet A Kick Out DY You",
"Too Darn Hot" usay it all. The words
and mask of one of America's greatest
streighnics take contentage as Andrew
Schenck leads the NSO in a specticular
committed with surphisherated Days.

A Cole Porter

Celebration

March 28

Big Bands

Guest Conductor Walter Norma

Join us in our own Make-Befree

Ballroom! Renowned Guest Conductor Walter Noona leads the NSO in a terrific

water worst leads the NSO in a terric-program of his own flig Bard arrangements and Pops (aventes. Hear the best of Clenn Miller, Duke Ellington, Tommy Donsey and others as we transform the NSO into the biggiest flig Bard of all Cet greaty to swing with the NSO of Nation Carefully

The Symphony

Swings With The

nave created dozens of instruments and projects for those with a penchant for science, such as scaled-down microscopes just for kids, magnet sets for exploring the powers of positive and negative attraction and even a kit that lets one build and erupt his own vol-

Kids with stars in their eyes can learn all about the solar system through night-sky posters, glowin-the-dark planet mobiles and, of course, telescopes for peering at the constellations from bedroom windows.

#### STUDY HALL

The kitchen table is out - and personal work spaces in when the issue is homework.

As a result, many parents are helping their children create pintsize study centers with scaled-down desks, bookshelves and even computer stands for an everything-in-its-place effect. With the right equipment, a spare corner, the space under an elevated bed or a little-used closet can become a prime place for learning

After the basics - the dictionaries, rulers, seratch pads and thesauruses — accessories and equipment might include a child's electronic typewriter and calculator with large keys and bold numbers and letters



October 12

And Zwilich The Symphonic Mozart. Part L. Gustavo Romero, Piarist

Symphyny No. 36 in C Major

November 16

Mozart And...

Berlioz And

De Falla

Berling

tachmanmoff
Plano Concerto No. 2 in C minor

The Concerto Mozart, and a Spanish

Violin Concerto No. 5 in A Major

De Falla The Three-Cornered Hat (Copuplete Balet)

James Sedares, Guest Conductor Kurt Nildranen, Violinist

"Le Corsare" Overture

December 7

Schumann

Mozart And... Kupferman And

The Operatic Missart, and a World Pres Stanley and Nasmi Drucker, Clarinetists

Mozart
Overture to "The Marriage of Figure"

Double Concerto for Two Clarinets

and Orchestra (World Premiere, commissioned by the NSO)

ed by Anton Community Ne

Symphony No. 4 in D minor

Zwilich Celebration















Any Questions? Call! (516) 877-2718 \*January 19 performance will be at the Staler Center. Stony Brook University at 3:00 PM. Take L.I.E. (Roads 4:50: In East 62: Follow Needle Road (Roads 97) North



Symphony No. 41 in C Hayer Plupser?

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All Walls & Ceiling

 Tape & Spackle Kohler Farmington Sink 'Actua

Villager Tub (cast iron)

Wellworth Bowl

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•36" Tri-View Medicine Cabinet

•36" Mirrored Lite Bar

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Lite in tub area

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