



HICKSVILLE ILLUSTRATED NEWS

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Thursday, March 5, 1992

35 Cents

School Closings Yet To Be Determined

By Rona Trachtenberg

A crowd of approximately 700 concerned Hicksville residents sat through seven hours of frustrating school board deliberations, which resulted in seven unpopular votes and still no decision on whether consolidation would take place in the district.

Dissatisfaction with the process and the school board was evident throughout the Feb. 26 meeting, with one resident commenting, "the community no longer has trust in its trustees."

The tension of the evening was evident when the 8 p.m. school board meeting began at 8:40 p.m. because the audience needed time to study the eight proposed elementary school re-districting maps that they found taped to the auditorium walls when they

entered.

The crowd was further kept in suspense for 45 minutes as the board waded through the business part of the five-page agenda until James Black finally requested that the order be rearranged to allow the superintendent to deliver his recommendations on elementary school reorganization and paraprofessional staffing. (See more on Teachers Aides on page three.)

Superintendent Salvatore Mugavero made the following recommendations that he felt were corroborated by the demographic, engineering and redistricting reports, as well as financial implications: Close the Lee Avenue School as of September 1992; redistrict the six remaining schools along the lines of fair and equal parity; and, request community input for the use of the closed school building.

The stunned crowd sat in silence as Mugavero defended his position by explaining that, historically, the need for elementary school consolidation in the Hicksville School District had been a source of discussion since September 1984 when the Board of Education, at that time, had Drs. Bishop and Evans render a long-range planning study regarding the proposed restructuring of elementary schools in the district.

Secondly, upon his arrival as superintendent, he was charged by the total Board of Education to review the areas of elementary school consolidation with a view toward the closing of one or more schools. Thirdly, when he personally witnessed the continuing enrollment decline that Bishop and Evans had predicted he and his board, once again, commissioned the consulting team, along with a community lay committee to analyze the situation of 23 empty classrooms in the 1992-93 school year.

After 2 1/2 months of review and over \$60,000, the following results were presented at a public meeting last month: Two schools couldn't be closed, the Lee Avenue School met the total data for closing; the Old Country Road School could be closed as an alternate; and although their recommendation was specific concerning Lee Avenue, that truly, any single elementary school could be closed.

"It is obvious by the information contained in their report that if we fail to follow the information that is contained herein, we could definitely be accused of non-utilization of our buildings and therefore would be operating in a most wasteful manner for the taxpayers in our school district,"

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WITH THE Divide Tower in the background where LIRR employee Christian Pieper was working when he spotted an attempt by would-be car thieves, the 23-year-old explains the unbelievable events of last Wednesday when he stopped two crimes in progress.

Crime Spree Halted By LIRR Employee

Two Station Crimes Stopped In Hicksville

By Kathy Gerber

Sometimes truth is stranger than fiction. Christian Pieper found that out first-hand last week as he stopped two crimes from happening within the span of one hour at the Long Island Railroad Station in Hicksville.

Pieper, a 23-year-old maintenance worker for the LIRR, was working on a Divide Tower at the Hicksville Railroad Station last Wednesday when he saw four teenagers trying to break into a Mazda 626 automobile parked in the parking lot below him. His screams for them to stop scared the youths away.

One youth was arrested after the teenagers were involved in a car accident trying to flee the scene. They were driving another stolen Mazda 626. The youth arrested was not able to get out of the car because of damage to the car door. The other teenagers ran away.

Just moments later, a woman's screams alerted Pieper to another crime being committed in the vicinity of the railroad station.

A 27-year-old banker was walking outside a restaurant on Broadway when two men tried to steal her purse. As the muggers struggled with the victim, Pieper screamed for them to stop and ran towards them. One of the muggers then turned and fired a gun-

shot at him.

Police, still at the scene of the first incident, heard the gunshot and responded to the scene. By that time the two muggers had reached a getaway car being driven by another suspect and drove away.

Nassau County Police chased after them by car and caught the suspects on Old Country Road. All three suspects in the car were arrested.

Neither Pieper or the mugging victim were injured.

Pieper is a graduate of Holy Trinity High School in Hicksville and St. Edward's in Syosset. He received an Excellence Award from LIRR President Charles Hoppe for his actions.

The award, said spokesperson Susan McGowan, is given "on occasions when the president sees someone who has gone above and beyond the requirements of their job."

Pieper, a volunteer fireman for the Syosset Fire Department, said he is "used to being in different situations that most people aren't," such as fires and car accidents.

He has worked for the railroad for the past two and half years. Next year he plans to take the New York City Fire Department test to become a professional fireman. In addition, he studies Criminal Justice at Nassau Community College and is also considering a career in law enforcement.

Central Nassau Mourns Neal Millman

Neal Millman, executive director of Central Nassau Guidance and Counseling Services, Inc., died of cancer on Feb. 20. He was 49 years old.

Millman devoted 20 years working for Central Nassau Guidance and Counseling Services, Inc., initially known as East Plains Mental Health Services of Hicksville.

He began as a staff social worker in 1972, was promoted to Chief Social Worker in 1982 and was hired as Executive Director in May 1987. Under his administration, the agency expanded its drug abuse services; opened two community residences for the mentally ill, and honed its mental health services to provide quality care for the seriously mentally ill as well as crisis services for citizens of Hicksville and nearby communities.

In addition to his work at Central Nassau, Millman taught courses at Adelphi University and the Long Island Institute for Psychotherapeutic Studies. His commitment to the development of skilled psychotherapy services was demonstrated by his involvement in teaching the staff of Central Nassau, supervising the work of

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HOMETOWN PEOPLE



THE NEW Mrs. Willet shares her wedding day with her fifth grade students from Our Lady of Mercy.

Teacher Weds

The fifth grade teacher at Our Lady of Mercy was married on Jan. 3 and her students were there to share in her special day.

Miss Kerry-Anne Dooley was united in marriage with Mr. Scott Willet. Mr. and Mrs. Willet enjoyed their reception with friends and family at the Milleridge Cottage and then headed to St. Thomas for their honeymoon.

The school community wishes Mr. and Mrs. Willet much happiness in their life together.

Happy Birthday To...

Miles Robinson celebrated his birthday on Feb. 23. Happy birthday Dude. Love, Mom, Dad, Kelly and Pokey, too.

Happy belated wishes go out to Chris Carsten whose birthday was Feb. 6. Love, Aunt Toni, Uncle Voley, Voley, Jr. and Ryan.

Happy birthday Gram (Molly Walker) on Feb. 28. Love, Robbie, Jennifer, Bryan and Kristi.

Happy birthday Nanny (Dot Gozdziwski). We love you. Have a great day. Love, Bobby and Brian Becker.

Happy 70th birthday Poppy (Dick Hudson) on March 5. You're the greatest. Love, Robbie, Jennifer, Bryan and Kristi. Have a super day, Dad. Love, Ro and John too.

Aunt Maureen, have a happy birthday on March 6. Love, Voley and Ryan Martin.

Happy 9th birthday to Kathleen Shurley on March 23. Love, Mom, Dad and Joel.

Ryan Martin will be celebrating his birthday on March 27. Have a happy day. Love, Mom, Dad and Voley.

Happy birthday Maureen Abberton on March 28 from your PTA Friends. What, no party this year?

Anniversary Wishes

Happy anniversary wishes to Grandpa and Grandma Becker. Have another wonderful year. Congratulations. Love, MB, Bob, Bobby Jr. and Brian.

Happy Anniversary on March 5 to Randy. Loving you always, Marianne.

John, it's been great knowing and loving you all these years. Happy anniversary on March 22. Forever yours, Carol.

New Addition

Patrick Jerome Dempsey was born in Stony Brook Hospital Feb. 4.

He is the first great-grandchild of Anita and Joe Fischer of Hicksville and Mary and Jack Cain of Levittown. Patrick is home with his parents, Terry (Fischer) and Jerry Dempsey in Patchogue. Terry is the daughter of Jim Fischer of California, formerly of Hicksville.



CAMDEN MARON

First Birthday

The apple of Artie Schneider's eye, his adorable grandson, Camden Maron, celebrated his first birthday on Jan. 20.

There was a large party at Aunt Barbara and Uncle Bruce's house in Northport with lots of balloons and cake. "Papa" will soon have lots of time to teach Cam how to bowl and weld since he will be moving in with Mom, Ellen, and Dad, Bill.

Artie and Evelyn have graciously made their home into a mother-daughter and the Maron clan will be moving back to Hicksville in late March.



CYNTHIA DISTEFANO AND JOHN SAYRE

Cynthia Ann To Wed

Mr. and Mrs. Charles DiStefano of Hicksville are pleased to announce the engagement of their daughter, Cynthia Ann, to John P. Sayre, son of Mr. and Mrs. James Sayre of Hicksville.

The couple will wed next spring.

From The Mailbox

A reader, Mrs. C. Doyle, wrote in recently and said the following:

"I read the story of Dick Hattenback. He sure was a very happy go lucky fellow, always helpful. He was the boy scout of Hicksville. I remember him, the CYO, working at Spiro and doing for others around town, always a smile.

"Mrs. Mary DeMonaco had a birthday—87 years. Celebrated with her family and friends at home.

"Christopher F. Doyle celebrated his birthday Feb. 22 at home with friends and family as well!"

We received another letter recently—from Jim and Jo Brown—which read as follows:

"We have moved from Hicksville to Stuart, Florida and we thought you might like the news for your column. "We had lived on Elm Street for 41 years. We met each other in the seventh grade at the school on Jerusalem Avenue which was the Junior and Senior High School at that time. We married right after graduating and had three children: Joanne (Burt), Sandra (Engel) and James, Jr. We have seven grandchildren and two of the oldest will graduate in May from college.

"Our oldest daughter, Joanne, is married to Michael Burt, who is a captain in the Navy Chaplaincy, stationed in Italy. They have two daughters, Jennifer and Kathleen.

"Our younger daughter, Sandra, is married to Richard Engel, a Lutheran pastor of Immanuel Lutheran Church in Easton, Maryland for the past 15 years. They have four children, Chris, Tara, Joshua and Janna.

"Our son, Jim Jr. is a tractor-trailer truck driver and his wife is a junior high school home economics teacher. They have a son, James E. Brown, III.

"Our business of 38 years was the Hicksville Clinical Laboratory on the corner of Old Country Road and Division Avenue.

"We will miss Hicksville, but will think fondly of it and will keep it in our prayers and will come back to visit and will always look forward to receiving *The Hicksville Illustrated News*."

Corporate Appointments

The Dryolin Corporation has recently announced the appointments of David V. Hoosack as president and Robert H. Mercer as vice president.

Both Dave and Bob grew up in Hicksville and were graduates of Hicksville High School.

What Hicksville Is Reading

Fiction

- (1.) *No Greater Love* Danielle Steel
- (2.) *Remember* Barbara Taylor Bradford
- (3.) *Scarlett* Alexandra Ripley
- (4.) *Bygones* Lavyrle Spencer
- (5.) *Hideaway* Dean Koontz

Non-Fiction

- (1.) *Return to Love* Marianne Williamson;
- (2.) *Awaken the Giant Within* Anthony Rob-

- bins; (3.) *The Best Treatment* Isadore Rosenfeld; (4.) *Revolution From Within* Gloria Steinem; (5.) *Plausible Denial* Mark Lane.

Videos

- (1.) *Sweet Talker*; (2.) *Only the Lonely*; (3.) *Backdraft*; (4.) *The Closer*; (5.) *Jungle Fever*.

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NEWSBRIEFS

Auxiliary Appeal For Support

Hicksville Auxiliary Police Unit 312 is currently conducting its annual fund drive. Since the Auxiliary Police is an all volunteer non-profit organization, donations from the community are needed for our continuing operation. Your contributions allow Unit 312 to cover general operating expenses such as maintenance of patrol cars, purchasing of modern communications systems, first aid and emergency equipment; all of which are needed to better serve the residents and businesses of Hicksville.

Unit 312 is accepting applications for membership. As an Auxiliary Police Officer, you provide patrols that help reduce vandalism of property and burglaries of homes and businesses in the community.

A 14-week (one night per week) training course is conducted by the Nassau County Police Department at the Police Academy. Training includes traffic and crowd control, basic law, first aid and self defense. To be eligible, you must be between the ages of 18-65, have a clean record, pass a physical exam and pass the Auxiliary Police Academy training.

Experience the self satisfaction of serving the community, join the Hicksville Auxiliary Police. To make an appointment or ask for further information, call 681-2027.

Youth Council Trips

The Hicksville Youth Council is planning two trips in the very near future that might be of interest to some young people.

The first will be to the Nassau Coliseum to see and hear the power and thunder of the monster trucks. This trip is scheduled for March 8, the group will be leaving the Youth Council at 12:30 p.m. and will be returning around 5 p.m. The cost of the tickets to this event will be \$13 and includes a pit pass to see these trucks up close and transportation to the coliseum. You must have your money into the Youth Council by March 2.

The Youth Council is also planning a trip to see one of the greatest rivalries to hit this city. This will be the cross town rivalry between the Mets and the Yankees. This year the Mayor's Trophy Game will be held at Shea Stadium on April 5. The cost of these tickets will be \$8. This will include transportation to and from the stadium. If you are interested in this trip, have your money into the Youth Council by March 13.

Permit Request Withdrawn

A request for a special use permit in Hicksville, that was the subject of a hearing on July 23, by the Oyster Bay Town Board, has been withdrawn, without prejudice, according to Town Councilman Leonard Kunzig.

The applicants, Michael R. Spinelli and Performance Dp Motorsport, Inc., were seeking a Special Use Permit to operate a public garage in an 'H' Industrial District (light industry), according to the town. In a letter dated Jan. 7, attorney for the applicants requested the withdrawal of the application.

The property in question is located at 190 Duffy Avenue, Hicksville.

Hicksville High Internships

The Hicksville High School is in its second year of offering a student internship program for students in grade 12. Under the directorship of the district's business education teacher Susan Galland, students receive one credit for their service on a pass/fail basis. They are required to fulfill approximately 1-1/2 to 2 hours daily for their entire senior year. Interns are not paid for their work. Businesses interested Galland at 933-6500.



TAX REVOLT: Residents of Nassau County who are unhappy with the tax structure and their tax bills took their case to Joseph Mondello and other officials during a recent rally. The visit to Hempstead Town Hall was one of a series to area government offices.

Tax Revolt Coalition Broadening

By A. Anthony Miller

"We are all revolting."

The remark brought the only laughter heard from the audience of 125 at Hempstead Town Hall Feb. 23, but the speaker, Patricia Friedman was describing the expansion into statewide proportions of the tax revolt coalition that she started in Nassau County just a few short months ago.

Mrs. Friedman has attracted audiences of 100 to 300 persons at these rallies staged throughout Nassau: one was held earlier this month in Oyster Bay; another is set for Sat., Feb. 29, at noon at the North Hills Village Hall on Shelter Rock Road, south of the Northern Parkway.

The people who are attracted to these rallies, however, are for the most part elderly, retired, not always in good health, and long-time property owners. Their children have grown, and no longer use the educational services offered by the schools. They live on fixed incomes, unable to cope with the demands of ever-increasing taxation.

They come because the flyers announce a protest of the "highest taxes in the nation!"

Many of them applaud the coalition's goals of a tax freeze, a reversal of the loss of state aid to schools and municipalities, elimination of duplication of services, and the abandonment of state mandates not funded by the state.

And they want more: some oppose the Friedman proposal of a Nassau income tax as an alternative means of funding schools; some want a rollback of all taxes; some want increased medical benefits.

If a common thread weaves its way through these audiences, it's one of helplessness; the inability to deal with, let alone fight, city hall. Many in the audience claim they're barely able to hold on to their homes; some have even said that "next year, it may for me be a choice between eating and paying taxes."

In some of Nassau's communities today, "for sale" signs dot every block, the owners having given up. Others tell of the need to create and rent illegal apartments and the fear of government penalties if they're caught.

Against this backdrop, Mrs. Friedman

brought to the February 23 rally a bi-partisan coalition, including the Republican area legislators who have previously joined with her, and this time, some Democrats, including John Matthews, the Nassau chairman; Assemblywoman Earline Hill, and State Sen. Nancy Lorraine Hoffmann of Syracuse, who said she was the only Democrat in a 35 county area upstate, and who is considered somewhat of a maverick because of some of the legislation she's promoted.

The keynote speaker was Robert Schulz of Glen Falls, a semi-retired civil engineer, who has on his own behalf, filed some 20 separate lawsuits in state supreme court to challenge government spending.

Many of Schulz' suits have been successful, including one two years ago that forced the state to stop using tax dollars to urge taxpayers to vote for the proposed 21st Century Environmental Quality Bond Act. He's in court now challenging the state's proposal to sell Attica prison to a semi-public state agency, a step that would allow the state to borrow money to balance the budget at a

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Controversy Over Teachers Aides

By Rona Trachtenberg

Anyone passing by Hicksville High School Feb. 26 could be assured that a "fight for justice" was in progress as 250 demonstrators, led by Linda L. Hild, president of the Hicksville Teacher Aides/Assistants CSEA, implored the members of the school board to think of the children's needs when voting to abolish the teacher aide positions.

Superintendent Salvatore Mugavero recommended that the position of teacher aide be abolished.

"In an attempt to upgrade the level of service to students throughout our district, and for the reason of educational enhancement of these same students, I recommend that we abolish all teacher aide positions in the Hicksville school district and that we establish a teaching assistant program," Mugavero said. "This program will serve as a model for paraprofessionals by setting higher stan-

dards of the teaching assistance program which will better serve the needs of today's and tomorrow's students. I am recommending that a transition period take place until April 1. The attached job description for teaching assistants stresses this district's commitment to higher educational advancement and assistance for our students. In reviewing the job description, it is obvious that teaching assistants will better serve and assist our teachers in order to better instruct and better serve all pupils of our district. You will note that a concern for dedication to excellence for all students is spelled out loud and clear. All present teacher aides who meet the criteria and fulfill the position requirements shall have first opportunity and shall automatically slide over into the position of teaching assistants."

In a personal interview, CSEA spokeswoman Sheryl Jenks explained that the proposed termination was believed to be retribu-

tion for the 1988 civil lawsuit that the union has a good chance of winning with substantial back payment, Jenks said. Teacher aides have no contract and do the same work as teacher assistants, she said, who receive more money for their title. All the aides want, she said, was the same recognition and pay for doing the same job as the assistants.

The aides contend that their on-the-job experience and established relationships with the students makes them more qualified than any training course could offer because they have already learned teaching techniques such as crisis intervention, student management, behavioral control, planning activities and parent communication.

Judging by the response of the parents, an overwhelming majority considers the aides the finest on Long Island and resents the disruption of the strong rapport that is

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TO YOUR HEALTH

By RICHARD H. BLAU, M.D.

Neck Pain May Result From Arthritis

A common medical problem referred to a rheumatologist is chronic neck pain. Neck pain may affect many Americans some time in their life.

Frequently, neck pain results from arthritis of the spine, spasm of the neck muscles, inflammation of the joints in the neck, or pressure on the spinal nerves. This pain can occur at rest, or with movement, such as turning the head. In fact, anything that puts pressure on the spine may result in neck pain.

The discomfort of neck pain may be only an occasional dull ache, or a severe, sharp, debilitating pain. Most acute neck pain resolves by itself. However, if the pain is very severe, persists, or is associated with pain or numbness in the arms, you should consult your physician.

Proper treatment can only begin once the cause of the neck pain is known. A comprehensive examination, including a complete medical history, and a physical examination are usual-

ly required. X-rays, as well as blood tests, may be needed to aid in the exact diagnosis.

Fortunately, most neck pain can be successfully treated without the use of surgery. Depending on the diagnosis, and if your symptoms do not improve, you may be referred to a rheumatologist (a specialist in arthritis and muscle disorders).

Your rheumatologist can establish an individualized medical program. This may initially involve rest, analgesic medication, and local heat. Special anti-inflammatory medications, specific exercises, and physical therapy may also be required if the pain is persistent. You should keep in mind that most neck pain will improve with proper medical management, and needless pain could be avoided with prompt medical attention.

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, 516-997-6823.
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Hicksville Men Get LIRR Promotions

Long Island Rail Road President Charles Hoppe has announced the promotion of two LIRR senior executives—Robert Reid as the Railroad's new Vice President-Safety, Quality & Cost Control and Bert Cunningham as Chief of Staff.

Reid came to the LIRR last summer from Booz, Allen & Hamilton to serve as the LIRR's Chief of Staff. Cunningham serves as the Railroad's Executive Director of Government and Community Affairs. In line with the current wage freeze in place at the LIRR, there will be no increase or adjustment in salary for either Reid or Cunningham resulting from these promotions.

In tapping Reid for the new VP post Hoppe said: "Having Bob focus his attention on this new initiative will allow the LIRR to achieve better cost control over inventory and operations while increasing quality assurance and safety."

Ever mindful that human resources is one of the largest expense components of the LIRR's operation, Hoppe—in appointing Reid—reinforced his continued commitment to control these costs through the attrition process.

With over 20 years of experience in the transportation field, Reid served as Senior Associate at the consulting firm of Booz, Allen & Hamilton prior to joining the LIRR. There he directed a corporate repositioning study for the State Rail Authority of New South Wales, Australia. Implementing new staffing level and equipment strategies, identified in the study, led to a profitable freight system for the State Rail Authority.

Beginning his professional career in railroading, Reid was hired as a Transportation Analyst in 1971 with the Southern Railway (now the Norfolk Southern Company) in Atlanta, Georgia. There he advanced rapidly to more challenging responsible positions. In 1974, he was named Director-Terminal Utilization, and two years later was promoted to Superintendent of Terminals. Reid joined Consolidated Rail Corporation (CONRAIL) in 1979 as General Superintendent for Service Control and Transportation Analysis where he was charged with improving service quality. The following year he was named Division Superintendent for CONRAIL.

In 1984, Reid was named Vice President-Transportation for I.U. International. Prior to joining Booz, Allen & Hamilton, he served as Vice President of Operations for Bekins Van Lines—the nation's fifth largest van line.

A graduate of the Massachusetts Institute of Technology in Cambridge, Massachusetts, Reid holds a Master's Degree in Transportation Systems and a Bachelor's Degree in Civil Engineering.

Reid, a resident of Hicksville, is married and has two children.

As Chief of Staff, Cunningham will be responsible for policy development coordination among senior staff at the Railroad and with MTA staff members. In assuming the Chief of Staff role, Cunningham will continue to head Government and Community Affairs at the Railroad—a post he has held since coming to the LIRR in the fall of 1990.

In making the announcement Hoppe said: "Bert Cunningham is clear-sighted and a driving force. He possesses attributes required to be truly effective in the role of Chief of Staff."

Prior to joining the Railroad, Cunningham served in the administration of Nassau County Executive Thomas Gulotta as Assistant to the Commissioner for Commerce and Industry. From 1982 to 1989, he was Executive Assistant to the Supervisor of the Town of North Hempstead. Before that Cunningham served as Director of Public Affairs for the New York State Senate Transportation Committee and the State Legislature's Commission on Critical Transportation Choices.

Cunningham served as the Long Island coordinator for the bi-partisan effort to win public approval of the 1979 State Transportation Bond Issue. Proceeds from that successful bond enactment helped pay for several key capital improvements on the LIRR—including, in part, construction of the Caemmerer West Side Storage Yard in Manhattan, a storage and light maintenance facility.

A resident of Hicksville, Cunningham is married and has a daughter. He holds a Bachelor's Degree from the New York Institute of Technology in Old Westbury.

Getting In Shape At Age Eighty

By Kathy Gerber

It's 9 a.m. and already 79-year-old Frank Posthaueo of Syosset has run four miles on a treadmill, climbed 30 floors on a Stairmaster and completed a total weight training program.

"I see too many of my friends who can't move around," explains Posthaueo, who turns 80 next week, on why he joined Sportset—the Syosset Club two years ago.

"He's so much stronger than a normal 80-year-old," said Flora Butcher, exercise physiologist at Sportset. Butcher said his fitness level is comparable to that of a sedentary 40-year-old.

Posthaueo works one-on-one with Butcher and Shari Roessler, two exercise physiologists/trainers in the club's Longevity Center which opened six years ago.

Like its name implies, the Longevity Center is designed for preventative health. Club members who join the center have exclusive access to a roomful of machines which were all designed for cardiovascular fitness. There are treadmills, Stairmasters, Nordic Track and Cyber and Metabolic systems for the upper and lower body, said Butcher, who is also director of the Longevity Center.

"Our focus is on preventative health. We know for a fact that exercise and a good strong heart are going to increase longevity. What we're doing is increasing the quality of life," said Butcher.

Years ago people thought of a health club as a place to "meet and date" said Butcher.

Now more people are concerned about their health. For this reason, membership is growing among people age 50 and over, she said.

"The connotation is that at age 50 you start going downhill. Rather than take that negative aspect we say we're going to prevent those things from happening," she added.

Still, many people experience feelings of apprehension about joining a health club. They feel intimidated by the machines, she said. "They really want to be here, but they know they've let themselves go for such a long time," she said.

For that reason, "we kind of baby them," in the beginning, said Butcher. "Our main concern is to have them leave comfortable and relaxed."

Eventually, members start to feel more self-confident about the machines, she said. For example, Posthaueo's ability to perform on the machines has improved 23 percent since he started, she said.

One of the leading health problems for older people is that their bone tissue becomes brittle from their sedentary lifestyle, said Butcher, who also has a certificate in Gerontology from Adelphi University. For women this starts to happen as they begin reaching menopause.

Lifting weights helps increase bone mass which in turn helps improve balance and coordination. This is very important for older people who are often severely injured when they fall or are involved in some kind of accident, said Butcher.

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COMMUNITY CALENDAR

Thursday, March 5

• The Hicksville High School Band Parents' Association is sponsoring a Burger King fundraiser from 5-8 p.m. at the East Meadow Burger King on the corner of Hempstead Turnpike and Newbridge Road. Treat your family to a delicious dinner, musical entertainment and balloons, but be sure to drop your receipt in the special box that will be provided, because Burger King will donate 20 percent of the evening's total receipts back to the Hicksville Band.

Friday, March 6

• "Write Your Memories" at the Hicksville Public Library from 10:30 a.m. to noon. The program starts today and continues for four Fridays in March. If you would like to recapture your past for your own amazement or amusement, join in. Registration is necessary. Rita Greenstein is the leader of this free course.

Monday, March 9

• The Levittown Day Chapter of the Homemakers Council of Nassau County is having a Military Bridge from 10:30 a.m. to 2 p.m. at Levittown Hall, Levittown Parkway, Hicksville. Donation of \$5 includes refreshments and prizes.

Tuesday, March 10

• The Hicksville High School PTSA will sponsor Color Night from 7-10 p.m. Come see the faculty, staff, students and parents compete in sports and games. All proceeds from this event will benefit the Hicksville High School PTSA Scholarship Fund. Tickets are \$3 for adults and \$2 for high school students with ID and children under 12. Refreshments will be served.

Thursday, March 12

• The Hicksville Community Council will hold its March meeting at the Hicksville Public Library, Kenneth S. Barnes Community Room, at 7:30 p.m. Assemblymen Fred Parola, Dan Frisa and David Sidikman will present their New York State Legislative Report, Judge Yte Wolff Lally will discuss the role of the District Court and Councilman Tom Clark will report on the Town of Oyster Bay. All are welcome to attend this important meeting.

• The Girl Scouts of Nassau County will celebrate their 80th birthday at 4:30 p.m. at the Broadway Mall. The celebration will feature the announcement of a commitment to environmental presentation and protection through community projects, "Girl Scouts Care for the Earth."

Sunday, March 15

• Residents are invited to attend an evening in Irish singing and storytelling at 3 p.m. in the Kenneth S. Barnes Community Room. Admission is free. Storyteller Jim Hawkins will present "Stories And Songs of Ireland," a program of traditional songs of Ireland and Scotland as well as amusing and enchanting stories from the Irish tradition. All residents are invited to attend. Further information may be obtained by calling the library at 931-1417.

Wednesday, March 18

• Congregation Shaarei Zedek will host a Purim party at 7 p.m. The event includes a Megillah Reading followed by Costume Parade/Contest (prizes for all children) and Purim Version of Trivial Pursuit. Refreshments to follow. Members, friends and the local Jewish Community are invited to join the festivities.

SCHOOL NOTEBOOK

Hicksville Scores High In FBLA Contest



HICKSVILLE HIGH SCHOOL had its best year ever in the 1992 FBLA contest. The winning students included Michael Chang, Joaquin Excurra, Sandeep Chainani, Connie Young, Helen Woo, Judy Woo, Neha Patel. Congratulating the students are advisor Mr. Sullivan and principal Mr. Hogan. The team will compete in the state conference in April.

SCHOOL SHORTS

Lee Third Graders Study Buoyancy

As a culminating activity for their science unit on buoyancy, the third graders in Mrs. Foscolo, Miss Geandomenico, and Mrs. Simon's classes at the Lee Avenue School took a trip to the Science Museum of Long Island in Manhasset.

There they were given instruction and "hands-on" experience applying the principles of sinking and floating.

Geography Bee Winners Announced

The Hicksville Middle School social studies department has completed the classroom competitions for the 1992 National Geography Bee. The following students represented their respective teams in the school finals: (7 Red) Nick Taskov, Andy Costello, Paul Lee, and Shaun Rajan; (7 White) Robin Goldberg, Danny Kraemer, Jon Spielman, and Paul Tanek; (7 Blue) Ryan Donovan, Jan Rasmussen, and Mark Gaylord; (8 Red) Kevin Beiner and Roy Truelove; (8 White) Colleen O'Donnell and Dan McGovern; and, (8 Blue) Jason Benowitz, William Murphy, and Melinda LeCren.

Roy Truelove won the contest with Ian Rasmussen a strong runner-up. Roy will now take a written test which will be sent to the regional director of the Geography Bee. Based upon his score, a determination of his continuation in the contest will be made.

All of these contestants will receive certificates for their success at the team level. Roy Truelove and Ian Rasmussen will also receive a globe and a map, for capturing first and second place, respectively.

Lee Avenue's Shining Stars

A dream of people of all ages has always been to become a shining star at one time in their lives. At the Lee Avenue School that

dream is not difficult to fulfill for many students. All they are required to do is follow the School Behavior Rules which reflect the idea of building a genuine respect for others. The children have been more than pleased to participate since the rewards are quite gratifying, along with the feeling of self-pride that accompanies these rewards.

The Shining Stars who have won this title most often during the trimester have come from Mrs. Radziejewski's first grade class, Miss Flanagan's second grade class, and Miss Mead's fifth grade class. Many other classes have also become Shining Stars this month and have had their turn to sparkle on the Shining Stars bulletin board found in the entrance hall of the Lee Avenue School. They had also been invited to attend February's Shining Stars Party which consisted of watching a video, accompanied by popcorn, fruit drinks, gift certificates to Waldenbooks, Lee Avenue School notebooks, fancy pencils, and prizes supplied by the PTA.

Dentistry Can Be Fun At Trinity Lutheran

The children at Trinity Lutheran Nursery School recently enjoyed a puppet show starring Minnie and Mickey, Bert and Ernie, and the Ninja Turtles. The puppet show was performed by Dr. Essner, a Plainview dentist, who not only entertained them, but taught them about proper dental care.

Prior to Dr. Essner's visit, the children learned about the four food groups, and how eating nutritious foods can keep their teeth healthy.

The children were fascinated with Dr. Essner's six-foot toothbrush and were very eager to try out their new toothbrushes at home.

Kindergarten Registration

Kindergarten registration for the Hicksville Public School District will be held during the month of March, at the Administra-

tion Building, Division Avenue at 6th Street, for children who will be five years of age on or before Dec. 1, 1992.

Children who will attend the following schools in September will be registered during the hours and weeks listed below:

Hours: 9 a.m. to 3:30 p.m.
Burns Ave. & Dutch Lane: Week of Mar. 2
East St. & Fork Lane: Week of Mar. 9
Lee Ave. & Old Country Rd: Week of Mar. 16
Woodland: Week of Mar. 23

Note that at the time of registration, parents will have to provide a Certificate of Immunization signed/stamped by their physician. This form will also have to include the date their child had a second measles/MMR immunization which New York State now requires for all children born on or after Jan. 1, 1985 and entering kindergarten.

Favorite Ways Of Learning Contest

Courtney Jerome and her teacher Mrs. Pasetsky from the Burns Avenue School were finalists in the Newsday In Education Family Favorite Ways of Learning Contest which was open to third through sixth grade classes. Participating classes used copies of Newsday provided by Nature's Favorite Apple Chips to study healthy habits. The students created their scrapbooks in class and at home with family members on Family Favorite Ways of Learning and Living.

Trinity Second Grade Adopts Humpback Whales

The second grade classes at Trinity Lutheran School recently adopted two humpback whales through the Whale Adoption Project in Massachusetts.

The children are learning about their whales, Crystal and Lightning, from the Whalewatch Newsletters sent to them by the project. They also learn from books, magazines, plays and songs.

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Revolt

(continued from page 3)

cost to taxpayers of \$290 million in interest payable over the next 30 years. Schulz said he was also using the courts to challenge the law establishing the Local Government Assistance Corporation (LGAC), and he's traveling around the state trying to organize groups, such as Pat Friedman's, into a single organization, called the All County Taxpayers Association.

If any in the audience needed any incentive to join that group or expand the work that Pat Friedman's organization began, Sen. Hoffman's address provided it.

A former college journalism professor, and co-owner, with her husband, of an upstate beef farm, Sen. Hoffman, first elected to the state senate in 1984 as a moderate Democrat running with an independent line, has introduced several items of legislation designed to reform state government.

Among these were bills which would require that all political expenditures on behalf of a candidate be filed in one place so that the press and public can easily see who is financing a candidate; to open closed door-party caucuses in the state legislature whenever public business is being discussed;

and another that would eliminate the payment of special allowances - called "lulus" - money given in lieu of compensation - for political titles.

That last proposal, Sen. Hoffman says, would alone save an annual \$706,500 in legislative allowances paid to 24 of 61 senators and 34 assemblymen who now receive allowances for party positions.

The senator is also supporting another bill that would require public hearings on legislation that would increase taxes by more than one million dollars. "There's a spoils system in effect in state government," she told her audience. "Demand change"

Others who spoke at the rally included Joseph N. Mondello, the Hempstead Town presiding supervisor, who outlined steps he had taken in that town to "do more with less," and who promised that this would be the fifth straight year that Hempstead would not increase its taxes.

County Executive Thomas S. Gulotta was represented by his deputy, Robert McDonald, who pledged Gulotta's continuing support for the move, and who explained that at the county level, 70 percent of the general fund is earmarked for mandated expenses over which the county has no control.

Assemblyman Charles O'Shea pleaded for equitable distribution of state aid to Long Island.

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A WIFE so loving, caring, and full of understanding,
never too harsh, never too demanding,
She saw life through eyes with such emotion,
And lived each day for her loved ones with total devotion.
So unselfish, and always so giving,
To make any of us happy made her life so worth living.
To her husband she gave such love and devotion,
And I know that she filled his each day with emotion.
You are there together, their hearts were like one,
Their days full of sunshine, their nights full of fun.
She gave to him more than anyone could expect,
And sought nothing in return but love and respect.
How good he must be to have a woman so rare,
And believe me Pop, she'll always be there.
A MOM like no other the world could know,
It showed in her smile, her face all aglow.
There was nothing in this world to her more precious
than her son and daughters whom she loved,
adored, and cherished.
Treating us all so equally yet each one apart,
I've never seen anyone with so big a heart.
So special to all in her own loving way,
Filled all of their hearts each and every day.
I know how good that she must be,
Because they're all turned out so wonderful as she.
Though your hearts are breaking and hurting so much,
Just look in the mirror you'll never lose touch.
She's left in all of you something that always will show,
That smile, and that look, your faces all glow.
A NAN in our children how lucky we are,
For in each of their eyes she put their own shining star.

Whether together, or whether apart,
I'm sure they could feel a piece of her heart.
In them she's instilled a lasting love evermore,
That of a grandmother they'll always adore.
To them she's so special and always will be,
The WORLD'S GREATEST NAN you ever could see.
Though as this world's enough, yes, there is more,
She was also the WORLD'S GREATEST MOTHER-IN-LAW.
How could a woman who's love spread so thin,
Still have more than enough to count from within.
But by now we should know of her never ending fun,
That precious smile and her face all aglow.
It will always be there for me this is true,
And from all of us MOM we love you.
A SISTER I know little of this,
But with all of her qualities how could she miss.
Aunt Jane, I can tell by the look on your face,
That no one in this world could ever take her place.
For sisters have something no one else can see,
A love that'll last till eternity.
So be it so special, so honest and true.
Remember, Aunt Jane, Theresa will always be there for you.
To all of her FRIENDS I'm sure you'll agree,
How special she was to all of us here.
You'll never forget her for this is true,
She'll always hold a special place for you.
MOM how good you would be,
If you could only be here to see.
How many people you touched in your life,
WORLD'S GREATEST NAN, MOTHER, AND WIFE.
We'll never forget you, this is true,
where ever we go they'll be a part of you.

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Aides (continued from page 3)

already working well for their children. The parents said that the aides are known and trusted and that 90 hours of training cannot take the place of these caring and experienced individuals.

Linda Hild made an emotional appeal to the seven board members to vote down the motion to abolish her and her 30 colleagues. She said that some of them have worked within the system for 14 years, have performed duties above and beyond their title and have collectively logged over 450,000 classroom hours tutoring and drilling the students.

"Who could be better qualified than we are," she questioned the board. "For us, this

is a real job. Think only of one issue this evening—the children!"

The first attempt to save the teacher aide positions came from William Collins, who strongly urged his colleagues not to entertain a vote. He took swift action by making a motion to postpone the vote. James Black seconded the motion, which was defeated 5 to 2.

With a vote imminent, Collins continued his effort to influence the board. "If the situation isn't broke, don't fix it," he said.

However, when the vote was taken, it was Collins, Black and Pfaender losing to the majority. Teacher aide positions were abolished by a 4-3 vote.

Millman

(continued from page 1)

private clinicians and in his private practice. At the time of his death, Millman was a doctoral candidate at the School of Health and Human Services of Columbia Pacific University. He belonged to the New York State Society of Clinical Social Work Psychotherapists, Inc., the Academy of Certified Social Workers of the National Association of Social Workers, the National Registry of Health Care Providers in Clinical Social Work and the National Society of Fund Raising Executives.

Millman was born in the Bronx, grew up in Massapequa and lived on Long Island all his adult life. He was graduated from Adelphi University and received his master's of social work degree from Hunter College. A lifelong love of jazz led him to study jazz drumming for many years. Mr. Millman's recent interest was the Southwest as demonstrated by his accomplished photography and extensive knowledge of native American pottery.

A loving husband and devoted father and stepfather, Millman is survived by his wife, Loraine Brown Millman of Freeport, sons Daniel of White Plains, and Scott of Rochester; stepchildren Paul and Meg Carlan of Freeport; parents Joseph Jerome and Evelyn Millman of Royal Palm Beach, Florida and sister Shelley Perlove, Ph.D. of Ann Arbor, MI.

A memorial service was held at the Ethical Culture Society in Garden City on Feb. 26.

The family requests that no flowers be sent. Contributions may be made to Central Nassau Guidance and Counseling Services, Inc., 246 Old Country Road, Hicksville, NY, 11801.

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Vote Delay (continued from page 1)

read Mugavero from his recommendation. "The rationale for my recommendation is first and foremost that by closing the school, the taxpayers and the citizens of this district and especially our children will not be forced to discuss the issue of schools closing and redistricting for the next 10 years."

Mugavero continued that choosing the use of the empty school with the community's input would lessen the district's financial burden.

The crowd virtually drowned out the remaining speech when Mugavero said, "This is no doubt the most difficult recommendation I ever had to make." He added that he hopes the students understand that this sacrifice will prevent further cuts in programs and that educators will help with the


people dislocation and make the transition smooth.

While people were still voicing their protest and outrage, Mugavero went on to the next item, the abolishment of the position of teachers aide.

Before the board considered the school closing and redistricting vote, they had to weigh the concerns of the 25 outspoken community members who spent two hours trying to sway their hearts and minds. Quite different from financial constraints and taxpayer budgets, the parents' priorities focused on their children's safety in crossing Hicksville's six major intersections—Old Country Road, Jerusalem Avenue, Newbridge Road, Broadway and Woodbury

(continued on page 14)

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CAMP & SCHOOL

Warmth, Delight At Buckley Country Day

The Buckley Country Day Summer Program offers an atmosphere of warmth and delight to its campers. The Beavers, the four through seven-year-olds, enjoy days filled with swimming, sports and games, arts and crafts and countless little adventures from riding the ponies to making ice cream sundaes. The eight to 13-year-old children shape their own summer by choosing from among 22 workshops, ranging from soccer to karate, aeronautics to photography, jewelry-making to housebuilding.

Buckley can be found at the end of an old country lane in the Village of North Hills. On 23 acres, Buckley houses a huge mansion, swimming pools, playgrounds, tennis courts, woods, fields and a pond. Children find relaxation and a beautiful environment for learning.

Transportation in school mini-vans is provided door-to-door for all participants, as is lunch. The staff is led by experienced teachers who are assisted by college and high school students. The hard-working directors, Michael O'Donoghue and Roby Young, are well known for their leadership, great jokes and riddles.

As the days of winter roll by, enrollment is building up to 90 percent. Call 365-7760 soon for a brochure and an appointment to see the grounds and meet the staff.



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children have the opportunity to mix with and learn from children of different age groups.

Three and four-year-olds attend five half-day sessions, 2½ hours per session. An Extended Day Program for the kindergarten age children is available.

Pre-school applications are presently being accepted. A child must be three before Dec. 1 to be considered for the incoming class.

The school acceptance policy does not discriminate by race, color or creed.

For further information, call 365-9832 during school hours.

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Woodbury Tennis Camp also offers soccer, basketball, volleyball, softball and swimming recreation, according to Director of Tennis Chuck Russell, who is also the men's tennis coach at SUNY Farmingdale.

Campers also enjoy intercamp matches, tournaments, beach trips, night field trips and even holds annual sleepovers and a color war event.

For those who register early with the coupon, there is a \$50 per three-week session savings. The second child can receive a same session savings of \$100.

Door-to-door transportation is available. For further information, visit the Woodbury Tennis Camp on Jericho Turnpike in Woodbury or call 367-3100.



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To find out more about ECLC's summer program which runs from the end of June to August and is available for infants, toddlers, kindergartners and primary students, call 473-7399.

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SUMMER PROGRAM 1992

July 6th to August 7th
10:00 a.m. to 2:00 p.m. daily

FULL PROGRAM \$495.00

Opinion

Tell Them What You Want

For the next several weeks, Boards of Education throughout Long Island will be sitting down with advisory committees, administrators, teachers unions, PTAs and residents to determine how much money will be spent in 1992-93, where that money will be targeted and where that money will come from.

It's not going to be easy to appease all the different groups which comprise a school district. There are the students to consider and the education they receive in the classroom and the education they receive outside the classroom in the form of extracurricular activities and athletics.

There are the senior citizens who are facing these difficult economic times with inflexible incomes.

There are the various unions who want to protect their members and provide them with a fair wage.

There are the parents who understandably want their children to have the very best and are willing to sacrifice to see that the best is possible.

And then there are all those other people who don't fit into a category and whose opinions are seldom heard.

As the state aid picture grows grimmer and the economy remains sluggish, it is even more imperative that everyone takes part in this budget preparation process.

These school boards will need the input of every segment of the community to help in the definition of vital services and sacrifices. Do you think there should be evening recreation programs? Should ballplayers pay to play? Could classes and teachers accommodate a few extra students if it means saving a few dollars? Which capital improvement projects can be postponed until better times? How far should kids be allowed to walk before they are entitled to busing?

Help them now, or, as the preacher says, "forever hold your peace."

A Letter from Lulabelle...

...Let's talk about dolls—I have always loved them—and still do... I don't play with them now, but I collect them... I remember so happily—and I hope some of you do, too—the days when I was little and everyone knew that I wanted dolls for every gift-giving occasion, and so, at one point, I had twenty-nine dolls of all shapes and sizes and I still wanted more... There were the beautiful blonde dolls with the exquisite china faces and the lovely satin clothes complete with high button kid shoes—and the By-Lo baby dolls looking so much like a tiny baby with their scrunched up little faces and their long "christening" dresses... I had a cloth doll with long skirts which could reverse from a white girl to a black girl depending on which way the skirt was adjusted—one of my father's friends once thought he had had too much of homemade beer (in those Prohibition days) when he saw the doll change... I never had a Barbie doll and we always wanted to have "lady" dolls and so we used a celluloid doll from the five and ten—she was obviously a chubby little girl doll but we ignored that and tried to put grown-up clothes on her by sticking pins into her celluloid body—No Barbie, for sure, but we never heard of Barbie... And then there were many sizes of dolls from about eight inches to probably twenty-four... And there were chairs and carriages (wicker) and beds for all these dolls... It's lucky I had only one brother and so had a room for myself and my dolls... Now, just this year I received a spectacular Victorian bride doll, an Indian complete with papoose, an enchanting Amish girl with her own faceless (as is the Amish custom) little girl doll, and her name is Rebecca, and Madeline from the wonderful Madeline books... Now, I have many more than the twenty-nine I had as a child and I love them all—the ones hand made in some of the countries I've visited and the wonderfully lifelike Santons from Provence and even Hagar the Horrible—which is my favorite comic strip... I decorate the whole house with little vignettes of dolls sitting or standing and it's fun to change from time to time... Luckily, I don't crave real antique dolls since they are so formidably expensive.

Yours, Lulabelle

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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 handwritten 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.

INVESTOR'S CORNER

By Dr. Joseph P. Frey

This And That:

Stock Market Notes

The New York Stock Exchange (NYSE) tested 3300 on the Dow last week. It was above 3300 (top 3313.51) in January but it did not hold. It is back testing those waters again. Our guess is that the barrier will fall. Last Fall at 2850 this column predicted we would see 3400 some time this year. Now?

Why the surge? It seems there are some good numbers emerging with the usual bad one. Inventories are up. Auto sales, always a harbinger, have turned up (compared to poor numbers). Consumer confidence has stabilized, maybe gone up a tad (depends on which survey you follow). Retail sales seem to be growing. Unemployment figures are not good, but it seems those with jobs are tired of depriving ourselves.

To date the market has been driven by expectations of increased earnings through interest rate cuts. The Federal Reserve does not want to lower rates, and probably will not lower rates. The market rises. Why? We believe the time is here for real corporate earnings growth, not just the anticipation. This moves stock markets.

What does this mean for now. It means be careful. The market has advanced on expectations. Now with the reality upon us, the market may drop. It means now is not the time to speculate. Buy and stick with value. Buy stocks with below market PE ratios. This gives you a measure of protection and room to grow. Do not buy companies with a lot of debt unless their cash flow is very positive. We are not out of the debt troubles of the 1980s.

THE ECONOMY: The economy gives every indication of turning up for good. The numbers have gotten better. Many are still poor, but some important numbers are positive. Consumer confidence is down on one survey, up on another. Inventories are up slightly. Many retailers are reporting increased sales, autos included. Some weak positives are better than no positives.

At the beginning of January the news was all bad. It has changed. Some past figures have been revised to a more positive number. Inflation remains low, very positive. The trade deficit is narrowing as exports grow and imports fall. Housing starts are up. All in all, it looks like the economic indicators are getting ready to turn around. The stock market has been predicting this for a year. What is needed is for the consumer attitudes to turn around for real. Let us hope the positive consumer survey is right and the negative one is wrong. That is what we need.

POLITICS: The "BOYS OF SUMMER" are at it. This is a presidential year, did you notice? We have been watching the Democratic debates. We have listened to President Bush. We have watched the action (?) in Congress. We concluded we cannot expect much from anyone. President Bush's proposals are to provide a short term gain

and a long range nothing. Do you think it is designed to help his election?

The Democratic debates reinforce our conviction of the division in their ranks. No one seems to have a decent program. We have watched Congress. Democratic programs seem designed to cater to the least of us at the expense of all of us.

Nowhere do we see a constructive far-sighted program. The orientation in Washington has been international for too long. Are we ever going to get a president or even some politicians in Washington who understands out people's needs? We need more than lip service.

Some Specifics

U.S. SAVINGS BONDS: In this environment, these are terrific investments. The minimum rate is 6 percent, payable semi-annually. Very good for these times. The rate increases if interest rates increase. The bonds have a 10-year life and can be extended for 20 more years. The interest accumulates tax-deferred. Even this can be forgiven if the bonds are used for education under some circumstances. You can convert the bonds to HH bonds where the interest rate is fixed. You will not pay taxes on the accumulated EE interest with conversion. The money loss risk is zero, you know you will get your money. You do not know what it will be worth however. There is always a risk, in this case an inflation one. You are restricted to purchases of \$15,000 (\$30,000 face) in any one year. They are ideal gifts for children. No limit on the conversion to HH bonds. Note: If you have very old E and H bonds, get thee to a bank to see if you are still collecting interest.

BONDS: We see nothing in the economy or the economic numbers to cause us to change last week's suggestion. Keep your maturities short, to less than 10 years.

STOCKS: Last week we outlined stock buying criteria. This week we will go one step further. We expect the NYSE stocks to do well. We expect the over the counter (OTC) and American Stock Exchange (AMEX) stocks to do much better. In all cases do your homework. Buy value. If you missed last week's column, write in for one to this newspaper.

OPTIONS: We never recommend, on a blanket basis, options of any kind to investors. Most do not understand them. Students from the classroom have a difficult time. Can you make money with them? Do they have an important place in the marketplace? Should some people use them? The answer is YES to all. Should you use them? Probably not without more information. Some strategies are even very conservative.

In all cases know what you are buying. It is a way to keep your wealth for a secure future.

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

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SPECIAL INTERESTS

LI Advertising Club Offers Scholarships

The Long Island Advertising Club is now accepting applications for three scholarships worth \$4,000. The awards are open to any full-time college student majoring in marketing, advertising or a related field during the 1992-3 scholastic year who has a permanent address in Nassau, Suffolk, Queens or Brooklyn.

The top prize is a scholarship worth \$2,000, followed by two grants valued at \$1,000 each. They will be presented during a gala "Honors Night" ceremony, scheduled for June.

This is the 18th year in which the organization has been awarding such grants and to date almost \$120,000 has been distributed. Winners are chosen on the basis of samples of the advertising work they submit, plus such other considerations as classroom grades and letters of recommendation.

Scholarship chairperson John Nason adds that by entering the scholarship competition, participants also gain exposure to potential employers, a big consideration in today's lackluster job market. The panel of judges includes advertising agency principals plus corporate marketing and media executives.

Applications and additional information can be obtained by writing to the Long Island Advertising Club, 755 New York Avenue, Suite 105, Huntington, NY 11743 or phone 351-0800 during business hours.

Women's Issues Seminars At Garden City Hotel

Women's Issues in the Workplace, the second in a three-part seminar series for professional women, sponsored by Roosevelt Field Shopping Center and *Working Woman* and *Working Mother* magazines, will be held Thursday, March 12 at the Garden City Hotel from 5:30 to 7:30 p.m.

Local experts from the public and private sectors will present their viewpoints on the subject.

Cost is \$10 and the proceeds will benefit the Nassau County Coalition for Domestic Violence. Refreshments will be served. To register, call Jeanne Aronow at 742-8000.

The final seminar in the series will be held March 19 and will focus on Simple Nutrition.

Advice will be provided by Long Island's top nutritionists and health advisors.

The location, cost and time are the same as those for the preceding seminar.

North Shore Helps Youngsters Lose Weight

Childhood is a carefree time, filled with new experiences, happiness, and opportunities to learn. For the overweight child, many of those early lessons can be cruel. Overweight children are often socially isolated and can suffer from poor self-image and self-esteem leading to psychological problems. Being overweight is also a major risk factor for a range of serious medical conditions including high blood pressure, cardiovascular disease, gallbladder disorders, arthritis, and diabetes.

The Center for Pediatric Obesity in the Variety Children's Medical Center of North Shore University Hospital is offering a nine-week, supervised weight control program for children aged 5 to 14 who are concerned about their weight. The program combines nutritional education, individualized exercise recommendations, and a comprehensive medical setting to help the child change those eating habits and activity levels that contribute to the weight problem. The program's professional staff is highly specialized and sensitive to the concerns of overweight youngsters.

Each youngster in the program will undergo a medical evaluation to rule out the

existence of endocrine or metabolic disorders related to obesity. The child and his or her family will then attend once weekly educational sessions on nutrition, and once weekly supervised exercise sessions incorporating warm-up, aerobics, conditioning, and cool-down activities appropriate to the child's ability. The child will also receive a personalized nutrition and exercise prescription to continue on a daily basis. A follow-up maintenance program is also planned.

A pediatric nutritionist and exercise physiologist administer the program; a team of pediatricians specializing in endocrinology and metabolism are available for participants who require medical services as well. Many major insurance carriers cover the cost of the program. For additional information, or to schedule an appointment for a free orientation meeting, please contact the hospital's Division of Pediatric Endocrinology, Metabolism, and Nutrition, at 562-4635.

Stop-Smoking Clinic At St. Francis Hospital

Smoking kills 434,000 Americans each year—more than 1,000 each day—more than alcohol, cocaine, crack, heroin, homicide, suicide, car accidents, fires and AIDS combined. This information comes directly from the US Centers for Disease Control.

Smokers may avoid becoming part of these dreadful mortality statistics by joining the popular Stop-Smoking Clinic at St. Francis Hospital in Roslyn. If your doctor has prescribed the nicotine patch or gum, you should attend this clinic.

This highly successful clinic, ongoing since 1975, is conducted by certified smoking cessation specialist Rhoda Nichter at St. Francis Hospital and in the workplace. The clinic provides a 24-hour hotline, an audiocassette, a pulmonary function test and monthly reinforcement meetings after the initial seven-session clinic.

The next clinic will begin Wednesday, March 11, with additional sessions: March 12, 16, 17, 18, 19 and 23. The sessions will be held from 7:30 to 9:30 p.m. each evening at the Lecture Hall, St. Francis Hospital, Roslyn. For registration information, call 938-0080 or 562-6190.

Paumanok Cat Show Accepting Entries

You can enter your household pet cat in the 5th Annual Paumanok Allbreed Cat Show, May 9-10, at the Middle Island Center (formerly Shopper's Club), Rte. 25 (Middle Country Rd.), Middle Island.

Household pet cats will compete in six separate judging rings during the Mother's Day weekend show, which will honor "Momcats." Entry blanks are available at most Long Island veterinary hospitals. Or, call (516) 878-0029 for a show flyer and entry blank.

There are some rules, since Paumanok is a club governed by The Cat Fanciers' Association. Your cat must not be declawed. You and your cat will need to be present during competition hours, all day Saturday and Sunday. The entry fee (\$35.00, each cat entered) must accompany your completed entry form. Entries must be received by May 1, 1992.

If you can't enter, you can enjoy the show as a spectator. You'll love the chance to shop for every imaginable cat item, see 450 cats (more than 25 pedigree breeds!), plus kittens and cats for sale or adoption, and talk with the experts about your cat. Regular spectator admission is \$4; Seniors and Children 6-12, \$3. Children under 6 (accompanied by an adult) come in free! Discount coupons will be available at veterinary hospitals, pet supply shops, and many local stores.

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Road—because the students may walk to their neighborhood school and may be forced to if the district goes on austerity. One parent reported that he stood at one of these corners for two hours and clocked the cars traveling at 50-60 miles per hour.

Parents also heard from several real estate experts in the audience who said that if any of the schools were to be closed, property values would decrease.

Finally, it was stated that special education students would have attended three different schools by the age of five if a school were to close.

While the board's decision would impact most immediately on the elementary students, one senior citizen let the board members know that she was opposed to their intervention into her life, referring to the board's proposed use of the closed school for senior citizens. According to the resident, her peers have walked to their respective neighborhood centers, each situated conveniently in the south, north, east and west quadrants of Hicksville, for the past 25 years and they are happy where they are. Her message to the school board was "Leave us alone."

Item number nine on the agenda was Tabled Motion, which referred to a prior motion made by William Collins and seconded by Black to table the issue of school closings. After speaking to members of the community, Black felt that he could no longer second the motion because he owed it to his constituents to settle this issue before more suffering occurred. The third vote of the night was to leave all schools open and was defeated 6-1, with Collins defending his motion.

With the audience wondering which school to close and the board unable to select one over the other, Black made a motion to close Lee Avenue. After much discussion, the vote was four against, two in favor and one abstention, leaving Lee Avenue open. In a poignant story, Collins told the audience how his wife had told him to enter a vote of abstention on school closings when he visited her grave three months ago. Black said the attendance area was unacceptable; Carol Wolf said it was illogical to close the largest school and reopen it later; Pfander cited that the location was a deterrent to future use; and Lafferty said she was not in favor of the demographic information.

Again at a crossroads of indecision and disagreement, Black motioned to close East Street because it was the least modern looking, was not a one-story structure, had engineering flaws and was in need of costly repair. Black had redistricting designs which he wanted to put into effect at the same time as the closing in order to spare the parents and students further surprises.

After listening to the discussion, James Martillo announced: "I would like to make a motion to move the question, the reason being that I want to expedite this matter and Mr. Collins has informed me that he is going to vote to close East Street so therefore

I say let's vote so we can all go home"

When the roll call vote was taken, Collins voted "no," along with Wolf and Rudin. Martillo abstained and the remaining three board members voted "yes." The same people who applauded when Lee Avenue was saved applauded at having East Street remain open.

Had Collins voted "yes" as Martillo claimed he would, the motion would have passed and East Street would have closed. Because it all happened so quickly, no one seemed to notice that Collins voted "no."

When the crowd and other board members did realize that something was amiss, audience members jumped to their feet and everyone started talking at once. Lafferty proceeded to ask Collins: "Why did you tell Mr. Martillo that you were going to vote 'yes' to close East Street?" Collins responded: "I wanted this to stop, it's been going on all night!" Lafferty told Collins: "This is not a game" to which he responded, "I only made a deal for Lee Avenue."

Members of the audience called for a legal inquisition and a dismissal of the evening's proceedings. The board's attorney, when questioned on the legality of the proceedings, said "it is not illegal to have misconduct that may even be considered unethical... public officials do that!"

Martillo then made a motion to leave all schools open, for the second time. His motion was never seconded. Wolf motioned to close Old Country Road and was seconded by Rudin. Martillo countered with a motion to recess into executive session which was seconded by Black. The board resumed the public session in five minutes and Black made a motion to indefinitely table the Old Country Road motion, seconded by Wolf. The vote on the tabling was passed 7 to 0, keeping Old Country Road from being discussed for the remainder of the evening.

As 2 a.m. approached, there were two distinct viewpoints that filled the room. One group wanted to adjourn and start again at another time. The other wanted to keep playing out the hand, all night if that was necessary.

The last motion of the session was to close Dutch Lane, proposed by Black and seconded by Lafferty. Lafferty gave a lengthy argument on why Dutch Lane would make such an accessible location for a day care center or after school sports facility. She said that the closing would have the least negative impact on property values.

Black told the audience that he was aware of the large number of special education students who have already been moved several times from other schools and that another move would be difficult on these students and their families.

The final vote of the evening was defeated by four against, two in favor and one abstention. Lafferty and Black voted to close the school and Pfander abstained. Dutch Lane was the fourth school to be saved from the chopping block.

The meeting was adjourned until March 2.

PUBLIC NOTICES

NOTICE OF HICKSVILLE PUBLIC LIBRARY ELECTION AND VOTE ON APPROPRIATION OF FUNDS

HICKSVILLE UNION FREE SCHOOL DISTRICT
HICKSVILLE, NEW YORK

NOTICE IS HEREBY GIVEN that pursuant to the resolution of the Board of Trustees of the Hicksville Public Library of Hicksville Union Free School District, Hicksville, New York, adopted January 15, 1992, the Annual District Election of the qualified voters of this School District for the Hicksville Public Library Election and Vote on appropriation of funds will be held on April 8, 1992, between the hours of 10:00 A.M. (E.S.T.) and 9:00 P.M. (E.S.T.) for the seven Election Districts, at the Hicksville Public Library, for the purpose of voting upon the following proposition(s):

PROPOSITION NO. 1
Shall the Library Budget for the school year 1992-93 adopted by the Library Board be approved and a tax be levied on the taxable property of the District in the amount of such Budget, less sums received in the form of State and Federal Aid and from any other sources, all pursuant to the pertinent provisions of the Education Law?

NOTICE IS FURTHER GIVEN that nominating petitions for the office of member of the Board of Trustees of the Library must be filed with the Clerk of the School District no later than thirty (30) days before the Annual Meeting, said date being Monday, March 9, 1992, between the hours of 9:00 A.M. and 5:00 P.M. Separate petitions shall be required to nominate a candidate. Each petition shall be directed to the Clerk of the School District, shall be signed by at least 25 qualified voters of the District (the same being at least 25 qualified voters of the District or two percent (2%) of the number of voters who voted in the previous library election, whichever is greater), shall state the residence of each signer, the name and residence of the candidate. Forms of petitions for Board of Library Trustees may be obtained from the Clerk of the School District and at the Hicksville Public Library.

The following vacancies are to be filled on the Board of Library Trustees: 5 year term ending June 30th, 1996.

NOTICE IS FURTHER GIVEN that Personal Registration and Election Districts have been established in the School District, that no person shall be entitled to vote at the Annual District Election whose name does not appear on the register of the School District, unless such person is registered under the provisions of Section 5-612 of the Election Law and that those qualified to register and vote shall do so in the School Election District in which they reside.

NOTICE IS FURTHER GIVEN that copies of the estimated expenses for the Library for the year 1992-93 may be obtained by any taxpayer in the District at each school house in the District daily except Saturday and Sunday on and after April 1, 1992, between 9:00 A.M. and 4:00 P.M. and that any other propositions to be voted upon are available for inspection by any taxpayer in the District at the Library daily except Saturday and Sunday on and after Wednesday, April 1, 1992, between 9:00 A.M. and 4:00 P.M.

NOTICE IS FURTHER GIVEN that the Board of Registration shall meet in the HICKSVILLE PUBLIC LIBRARY for the seven (7) Election Districts described below on Wednesday, April 1, 1992, from 3:00 P.M. until 8:00 P.M. (E.S.T.)

Any person shall be entitled to have his name placed upon such register provided that at such meeting of the Board of Registration he proves to the satisfaction of such Board of Registration to be then or thereafter entitled to vote at the school meeting or election for which such register is prepared. Said register will be filed in the office of the District Clerk on April 1, 1992, and will be open for inspection by any qualified voter of the District from 9:00 A.M. to 4:00 P.M. on any weekday from April 1, 1992 up to and including April 8, 1992. Residents who voted at an Annual Meeting of the District within four years prior to the date of the current Annual Meeting or who registered within that time need not register to be eligible to vote at the Annual Meeting. Residents otherwise qualified to vote who are registered under the provision of Section 5-612 of the Election Law need not register to be eligible to vote at the Meeting.

NOTICE IS FURTHER GIVEN that during the voting hours on April 8, 1992, the Board of Registration will meet in the various election districts to receive registration for the ensuing year.

NOTICE IS FURTHER GIVEN that applications for absentee ballots may be applied for at the office of the Clerk of the District. A list of all persons to whom absentee ballots are issued will be available in the office of the Clerk on April 1, 1992 through April 8, 1992. Such list will also be posted at all polling places at the election of members of the Board of Trustees.

HICKSVILLE PUBLIC SCHOOLS ELECTION DISTRICTS

The boundaries of the school election districts, as adopted by resolution of the Board of Education are as follows:

- ELECTION DISTRICT NO. 1 - BURNS AVENUE SCHOOL**
On the East: Broadway, from the District's North Line, to the intersection Jerusalem Avenue and Broadway, continuing South along Jerusalem Avenue to the intersection of Jerusalem Avenue and the Long Island Railroad.
On the South: The Long Island Railroad, from Jerusalem Avenue to the District's West Line.
On the West: The District's West Line from the Long Island Railroad to the District's North Line.
On the North: The District's North Line from the

District's West Line to Broadway. ELECTION DISTRICT NO. 2 - EAST STREET SCHOOL

On the East and North: Miller Road as projected to the District's North Line, South along said Miller Road to Ronald Avenue, then East along Ronald Avenue to Woodbury Road, then Northeast along Woodbury Road to Ardley Gate, then Southeast through Ardley Gate to Dartmouth Drive, then Southwest and South through Dartmouth Drive to its intersection with Haverford Road, then East to the intersection of Haverford Road and Berkshire Road, then East along Berkshire Road to its intersection with Columbia Road, then East along Columbia Road to the District's East Line, then South along the District's East Line to the Long Island Railroad.

On the South and Southwest: Along the Long Island Railroad, from the District's East Line southerly point, to the intersection of the Long Island Railroad and Jerusalem Avenue.

On the West: Broadway from Jerusalem Avenue to the District's North Line.

On the North: The District's North Line from Broadway to Miller Road, as projected to said line. **ELECTION DISTRICT NO. 3 - WOODLAND AVENUE SCHOOL**

On the North, Northeast and East along the District's North Line, from Miller Road, as projected to the District's North Line, to the District's East Line.

On the East: South along the District's East Line, from the District's North Line, to Columbia Road.

On the South and West: Columbia Road, from the District's East Line, West to Berkshire Road, then West along Berkshire Road into Haverford Road, and continuing West on Haverford Road to Dartmouth Drive then North and Northeast along Dartmouth Drive to Ardley Gate; then Northwest through Ardley Gate to Woodbury Road, then Southwest along Woodbury Road to Ronald Avenue, then West along Ronald Avenue to Miller Road, then North along Miller Road and continuing thereon as it is projected, to the District's North Line.

ELECTION DISTRICT NO. 4 - LEE AVENUE SCHOOL

On the East-Northeast: the Long Island Railroad, from its intersection with Old Country Road, to the Southerly point of the District's East Line.

On the South: the District's South Line, from the Long Island Railroad, Southwesterly into Michigan Drive, then South along said District Line to the Hempstead Township Line, then Northwesterly along the District's South Line to Jerusalem Avenue.

On the West and North: Along Jerusalem Avenue, from the District's South Line, to Salem Gate, then West along Salem Gate to Salem Road, then North to Harkin Lane, then North along Harkin Lane to Division, then North along Division Avenue to Glenbrook Road, then Northwest along Glenbrook Road to Newbridge Road, then Northwesterly along Newbridge Road to Old Country Road, then East along Old Country Road to the Long Island Railroad.

ELECTION DISTRICT NO. 5 - FORK LANE SCHOOL

On the East: Jerusalem Avenue from Salem Gate, to the District's South Line.

On the North: Salem Gate, West from Jerusalem Avenue, to Salem Road, then North along Salem Road to Harkin Lane, then Northwesterly along Harkin Lane to Division Avenue, then Northwesterly along Division Avenue to Glenbrook Road then West along Glenbrook Road to Newbridge Road.

On the West: Newbridge Road, from Glenbrook Road on the North, to the District's South Line.

On the South: the District's South Line, from Newbridge Road, on the West, to Jerusalem Avenue on the East.

ELECTION DISTRICT NO. 6 - DUTCH LANE SCHOOL

On the East: Newbridge Road, from Elmira Street, to the District's South Line.

On the South: The District's South Line, from Newbridge Road, on the East, to the District's West Line.

On the West: The District's West Line, from the District's South Line to Arrow Lane, as said Lane is projected West to the District's West Line.

On the North: From Arrow Lane, as projected to the District's West Line, East and along said Arrow Lane, to Levittown Parkway, then South along Levittown Parkway to Beech Lane, then East along Beech Lane to Blueberry Lane, then South along Blueberry Lane to Elmira Street, then East along Elmira Street to Newbridge Road.

ELECTION DISTRICT NO. 7 - OLD COUNTRY ROAD SCHOOL

On the North and Northeast: The Long Island Railroad from the District's West Line to the intersection of the Railroad with Old Country Road.

On the South and East: Old Country Road from its intersection with the Long Island Railroad, Westerly to Newbridge Road, then Southwest along Newbridge Road to Elmira Street, then West along Elmira Street to Blueberry Lane, then North along Blueberry Lane to Beech Lane, then West along Beech Lane to Levittown Parkway, then North along Levittown Parkway to Arrow Lane, then West along Arrow Lane, and as projected to the District's West Line.

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PRELIM

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ATTRACTIONS

Through March 8

The Theatre and Dance Department of Nassau Community College presents *Once Upon A Mattress* at the Mainstage Theatre. For more information, call 222-7676.

Thursday, March 5 Through Saturday, March 7

A Small Company In America will present the comedy *The Perfect Party* at 8 at the Sea Cliff Stage. Tickets are \$10-\$14. For more information, call 759-2848.

Friday, March 6 Through Saturday, March 14

A *Midsummer Night's Dream* will be presented at CW Post. Tickets are \$7 and \$8. For more information, call 299-2356.

Saturday, March 7

Verdi's *Requiem* will be presented by the North Shore Symphony Orchestra and the North Shore Community Chorus at 8 at North Shore High School, Glen Head. Tickets are \$5.

Sunday, March 8

A Sea Chantey Concert featuring the group "Stout" will take place at 2 at the Whaling Museum, Cold Spring Harbor. For more information, call 367-3418.

The Cincinnati Symphony Orchestra will give a concert at 7:30 at the Tilles Center. Tickets are \$37.50 and \$32.50. For more information, call 922-0061.

Monday, March 9

The Long Island Center for Business and Professional Women will hold the monthly dinner/meeting at 6 at the Holiday Inn, Plainview. Reservations are required; call 673-0209.

Thursday, March 12

The Stencil Artisan League will hold a meeting at 7:30 at the Syosset/Woodbury Community Center. For more information, call 423-4247.

David Copperfield will appear at the Tilles Center at 5:30 and 8:30. Tickets are \$24. For more information, call 626-3100.

Through March 15

Blood Moon will be performed at Arena's Second Stage Theater, East Farmingdale. For more information, call 293-0674.

All Eyes On The Academy

By George Wallace

In the wrong hands, classical music can be a weapon - drugging its victim into compliance or bludgeoning him into submission. In the right hands, however, the same music can wake its listener up to untold realms of delight and comprehension.

Last Friday night, the audience was in good hands with the Tilles.

One may safely chalk up another triumphant evening of classical music to the Tilles Center. Last Friday night's offering up of the Academy of St. Martin in the Fields was so perfect it had visitors to the C.W. Post Center checking under their seats for CD player speakers. Under the direction of Iona Brown, the Academy - known to the world through their recordings over the years for Philips, Angel, and Oiseau and Argo label - dazzled a sold out auditorium with a performance of Mozart, Shostakovich, and Schubert which was unquestionably good enough to be called 'a take'.

The program was an intelligent mix of musical delights combining a lighter Mozart Divertimento and a musically engaging Schubert quartet with a soul-crushing yet compelling Chamber Symphony of Dmitri Shostakovich - which confronted listeners with a lucid depiction of the human spirit agonizing under fascist domination. In the context of the Schubert Quartet and the Mozart Divertimento, however, Shostakovich's bitter - if spectacularly written - pill went down smoothly. In no small part due, it would seem, to the exceptional performing skills of the artists as a group.

And here's where the art of the great performance kicks in.

Take the Divertimento in B Flat Major, for example. Just when you think you never want to hear Mozart again, along comes a stellar performing group that reminds you why you'll never be able to resist the wit, grace and beauty of the master's music. The Academy is just such a group, leading its listeners to remark 'how like the recording' it sounds. And in truth, to remark on the precision, style and obvious relish with which they approach their task.

Or take the Shostakovich work. Dedicated 'to the victims of fascism and war,' it quotes from such Russian pop favorites as "Exhausted by the hardships of prison," exploring angry, obsessive and mournful musical textures as its musical hero - seemingly the



ALL EYES ON THE DIRECTOR: Iona Brown led the Academy of St. Martin in the Fields in a feast of classical music at the Tilles Center Feb. 28. Photo by Richard Holt

human spirit - battles, fights and ultimately seems to succumb to the weight of its oppressively fascist world.

Treated in a less intelligent and competent manner, the piece would leave plenty of audiences litigity and annoyed. But under the spell of the Academy of St. Martin in the Fields, the conviction of the work was amply portrayed with a degree of constraint that made it possible to understand the meaning of human subjection without having to endure its consequences for forty-five minutes.

Turning to a more classical piece, Schubert's much-loved *Quartet in D Minor*, the Academy chose a work which is considered 'the most well-known and best-loved of Schubert's string quartets,' according to the program notes. A musically wonderful piece, how to present it successfully after the overwhelmingly graphic Shostakovich nightmare?

Convincingly, if you're the Academy of St. Martin in the Fields.

The Academy of St. Martin in the Fields, founded by Sir Neville Marriner in 1959, is one of those world famous groups that cleaves close to the heart of classical music lovers. It's not just the name - although the group was charmingly named for the 18th Century Trafalgar Square church in London, where it first performed in 1959.

And it's not just the fact that for the past thirty years, among those being introduced to the world's great string music were tens of thousands of poor college students - I know, I was one - who could only afford the 'budget labels' on which many of the group's performances are to be found.

And it's not just the fact that the group is musically top of the line.

Among the reasons why the Academy is so endearing is its status as a small, conductorless string orchestra. Conductorless? Well, not exactly. According to the Academy philosophy, the conductor operates from a chair in the violin section rather than at a podium. True, at the opening of the Tilles performance, Iona Brown swept majestically onto stage in an impressive evening gown, waving to the audience with great relish. After that however, she took her place, sitting down with her fellow musicians for the performance. Not only is the effect egalitarian - it also demonstrates the highly integrated and coordinated nature of the string ensemble art form, rather than overdramatizing the personality of the conductor.

Suitably modest and communal? Yes. Not only that it works. If you don't believe that, check out where all eyes are pointing in the photo accompanying this article!

RECOMMENDED...

... Friends of the Arts will present the *Wind Trio of New York in Concert* at Coe Hall, Planting Fields Aboretum, Oyster Bay, on March 22 at 2:30 p.m. Tickets for the *Wind Trio* are \$15 and may be ordered from Friends of the Arts, P.O. Box 702, Locust Valley, NY, 11560. ... John Huston's *The Dead* will be featured at the Molloy College Film Festival, March 13 at 7:30 p.m. in the Lucille Hays Theatre on the Molloy Campus. For information, call 678-5000, ext. 272 during weekday mornings. ...

Actor Giancarlo Esposito, who played "Buggin' Out" in Spike Lee's film *Do The Right Thing*, will visit Adelphi University March 11 to discuss his personal battle against racism. Esposito will deliver the lecture at 8 p.m. in University Center on South Avenue. The event is free. For info, call 877-3100. ... *Die Fledermaus*, one of the few 19th century operettas to retain its popularity, will be performed by the National Grand Opera at the Tilles Center, March 7 at 8 p.m. For tickets, call 626-3100.

Greenhouse Art Is Setting For Huntington Show

The staff at Scarsella's Florist in Laurel Hollow have created an exhibit amid the blossoms and fragrances of a conservatory for the Huntington Township Art League's Members' Show, on view through March 15. The Greenhouse Gallery, located at 1702 Route 25A is open daily from 11 a.m. to 4 p.m. Admission is free. For info, call 368-0018.



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Contract Bridge By Steve Becker

The King Can Do No Wrong

South dealer.
Neither side vulnerable.

NORTH
♦ J 105
♥ 6
♦ Q 62
♠ K 108753

WEST
♦ K 3
♥ A Q J 95
♦ 1098
♠ Q J 4

EAST
♦ 64
♥ 1083
♦ K 753
♠ A 962

SOUTH
♦ A Q 9872
♥ K 742
♦ A J 4
♠ —

The bidding:
South West North East
1♦ 2♥ 2♠ Pass
4♦

Opening lead — ten of diamonds.
It often happens that declarer is in greater danger if one defender, rather than the other, obtains the lead. A failure to cater to this recurrent problem resulted in South's defeat on the accompanying hand.

South won West's ten of diamonds lead with the jack and, in an effort to ruff his heart losers in dummy, played a low heart at trick two. East took the heart with the eight and returned a trump. South did the best he could when he went up with the

ace, ruffed a heart, ruffed a club, and then ruffed another heart. But all this proved futile when he eventually lost a spade, a diamond and another heart trick to go down one.

Declarer did not give himself the best chance for the contract. His plan to ruff hearts in dummy was certainly correct, but he should have led the king of hearts at trick two, not the deuce!

The bidding indicated that West had the ace of hearts, and South should therefore have aimed to put West on lead with a heart at trick two, rather than East. South could stand a trump shift at trick three far better from West than from East, so he should not have played a heart that would allow East to take the lead for a trump return.

Had South led the king of hearts at trick two, he would have made the contract. West would have won with the ace but would then have found it impossible to stop declarer from making ten tricks.

A trump return would cost West his natural trump trick, while any other return would allow South to ruff three hearts in dummy. To give himself the best chance for the contract, South should have made sure that he saddled West with the lead at trick two.

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Page 38 Action Community Newspapers Week of March 2, 1993

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sauteed with wild mushrooms
and onions

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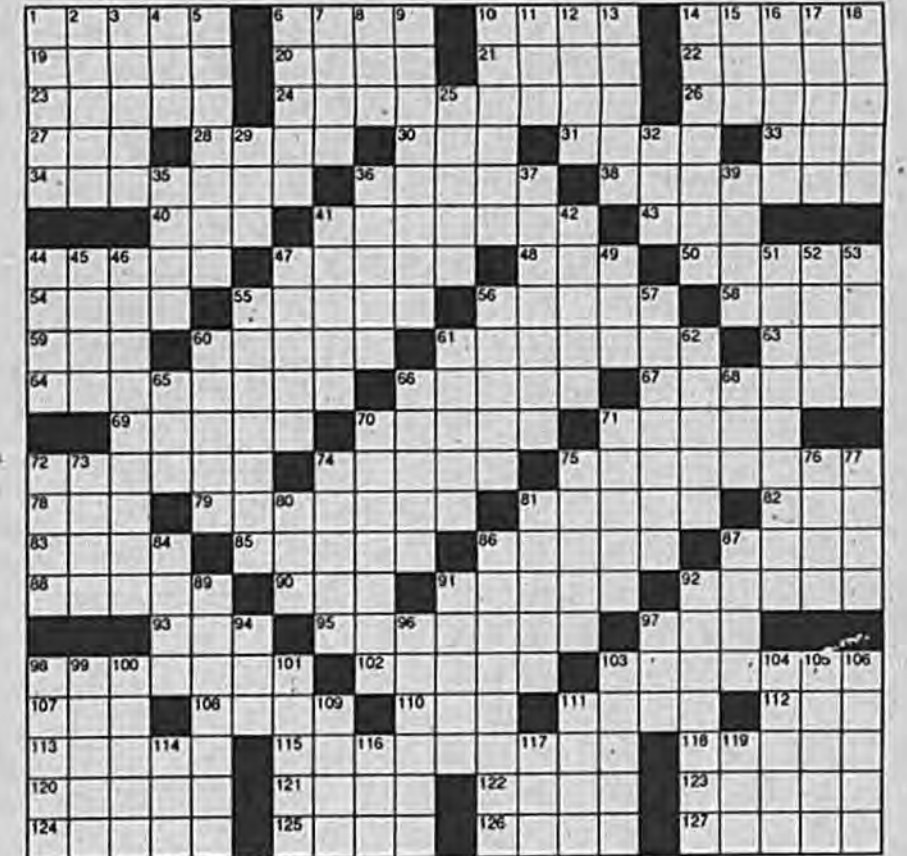
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- | | | | | | |
|-----------------------------------|-----------------------------|-----------------------------------|-----------------------------------|------------------------------|---|
| ACROSS | headgear | Jim Morrison | 2 "Home —" (movie) | tubers | 80 Pinch |
| 1 Seasons food, perhaps | 50 Some fishes build them | 87 Influence or special advantage | 3 Means to an end | 42 Hoglike animal | 81 Choir plums |
| 6 Ladder round | 54 Culture medium | 83 Tasty | 4 Parson bird | 44 Monty or Arsenio | 84 Laundry basin |
| 10 Lamb or pork follower | 55 Blanched | 87 "Footlike organ" | 5 Great plains of Europe and Asia | 45 Exchange premium | 86 Having a certain tendency |
| 14 Wedge-shaped levers | 56 Pueblo Indians | 91 Rural structures | 6 Alex Haley opus | 46 Glissade, for one | 87 Unmixed |
| 19 Attu native | 58 Anagram of post | 92 Assayer's cup | 7 Eskimo knives | 47 Comed | 89 Wears formal attire |
| 20 Hodgepodge | 59 Author Yutang | 93 New Deal org. | 8 — picker (overly fussy person) | 49 Russian plane | 91 Fine porcelain |
| 21 Assistant | 60 Swiss mathematician | 95 Squelches | 9 Praise-worthy act | 51 Accelerated | 92 Meets for discussion |
| 22 City on the Po | 61 Lowest or nearest point | 97 The heart | 10 Gambling house | 52 Pith helmet | 94 Hill-builder |
| 23 "High Noon," for one | 63 Slender finial | 102 Walks through slush | 11 Broadway success | 53 Rotate freely | 96 First name of Otis, the elevator man |
| 24 Not in sync | 64 Way of marching | 103 County in Ireland | 12 German river | 55 Victimize | 97 Mountain pass |
| 26 Anot, once | 66 Straightedge | 106 RBI or ERA | 13 English diarist | 56 Hayes of the theater | 98 Slow to understand |
| 27 — Touch of Venus | 68 Start to participate | 110 Bachelor's last words | 14 Word with house or wagon | 60 Ancient chariot | 99 Method of sarcastic expression |
| 28 Dogs and cats | 69 Follow immediately | 111 Wide, deep chasm | 15 Vandal | 61 High, cold Andes plateaus | 100 Narrow, light boat |
| 30 Caesar's 551 | 70 Entertained at dinner | 112 Rubber tree | 16 "Goodnight" girl | 62 Public warehouse | 101 Wise ones |
| 31 Peasant of India | 71 Actor Terance | 113 Ninth day before 83 Across | 17 Certain runner | 65 Chess PC. | 103 Deceives by trickery |
| 33 Society-page word | 72 Part of the foot | 115 Stiff-legged marching style | 18 Dirks | 66 Kitchen gadget | 104 Pretense |
| 34 Mexican blankets | 74 Prairie ingredient | 118 Leave out | 25 Broadway turkeys | 68 Eugenie, for short | 105 Tree of the birch family |
| 36 Tooth: comb, form | 75 Dancers or horses | 120 Sleep disturber | 29 Shoe width | 70 Hates | 106 Sty, sidelong glances |
| 38 Cast-iron frying pans | 78 Lab animal | 121 Greenland base | 32 Goddess of harvests | 71 Plays the lead | 109 Carry |
| 40 Legal retainer | 79 Contributes | 122 Ireland | 35 The Southwest wind | 72 Murdoch of fiction | 111 Microscopic organism |
| 41 Paint the town red | 81 Freshet | 123 Stair part | 36 Weasel's cousin | 73 Nothing, in Seville | 114 Make a mistake |
| 43 Old French coin | 82 "Live and Let —" (movie) | 124 Rude oglers | 37 Instructed | 74 Party delicacies | 116 Morsel for Dobbin |
| 44 The under-world, to the Greeks | 83 Caesar's fatal date | 125 — precedent | 39 Club fees | 75 Golf club | 117 Juan's aunt |
| 47 Gluts | 85 Saltpeter | 126 Hoover and Aswan | 41 Dried orchid | 76 Irritate | 119 Golf ball's position |
| 48 Highland | 86 Rock group headed by | 1 Prophets DOWN | | 77 Order to a broker | |



512 Average time of solution: 68 minutes

CRYPTOQUIP

EPXM CEFPXOF QDY CFYNT ASHY ZM UYJZTHAUJ
 JHYFT QOJ SYH OGGFTDTSBTTB: DT HYYN O GYQBTF.

Today's Cryptoquip clue: Q equals W

Answer to Crossword Puzzle No. 511

NOLA PARES ADDAS TAAL
 ALEC ALATE LOIRE ALTO
 NAST RICER USAGE NATO
 ANTIMONY VIM LUTETIUM
 NILE PERIL SHEA
 SABINE ARSENIC ELLICE
 TROUT ALA DUMAS YUMAS
 ARAM CLIMB MORSE MAPS
 SAR JAMESON GLESS GOA
 HYDROGEN RAREE SIMONY
 HUNS SORAS MENO
 RAMOSE MINED TUNGSTEN
 ABE TYPAL SOLATES ONE
 BONN SERIC NOTES VIDA
 ADDIS DACHE CUD GALOP
 TESTED HOLMIUM DINERS
 REOS NOELS MEGA
 FLUORINE RUE RUBIDIUM
 RING NALDI XHOSA IOLE
 UNDE GRAIN ESTER UTES
 GOON SENSE STOSS MASS

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HICKSVILLE ILLUSTRATED NEWS SPORTS

Islanders Add Two Olympians To Squad

By A. Anthony Miller

With 17 games remaining in the season, the Islanders, who last week climbed within one point of securing a play-off spot, added two Olympians to the team.

In separate announcements Feb. 27 and 29, Isles' general manager Bill Torrey said that Scott LaChance, 19 and Marty McInnis, 21, have been signed to contracts and will begin conditioning immediately. Both are expected to see ice with the team this season.

McInnis scored five goals and added two assists in eight Olympic games. He is a forward who said he can play either center or wing. A member of the Team USA, McInnis scored 15 goals and 19 assists in 38 pre-Olympic games. Torrey called him "a young man whose game has improved by leaps and bounds over the past year."

LaChance, a defenseman, is a Bristol, CT, native, who, in his senior year in high school, was 26-41-67 in 35 games and voted his team's best defenseman and its most valuable player.

The Isles can, undoubtedly, use the help, having lost three of four games played between Feb. 23 and 29.

They hosted the Washington Capitals on Feb. 23, who led, 1-0 at the end of the first period, following a power play goal by Kevin Hatcher at 18:27. After a scoreless second period, Washington extended its lead with a goal at 12:36 by Peter Bondra. Steve Thomas scored for the Isles at 13:40 before Washington scored two more goals by Bondra at 15:02 and by Kevin Miller with an empty net goal at 19:47.

Two days later, the Islanders traveled to Philadelphia, where they lost to the Flyers by the identical score. The Flyers scored once in the first period and three times—once on a power play—in the second. David Volek scored the Islanders' only goal at 5:55 of the third period; just one second after an



PIERRE TURGEON (77) and Dennis Yaske (37) assist goaltender Glenn Healy in stripping the puck from a rushing Washington Capitals' forward in the first period of play Feb. 23. Despite the effort, the Isles lost, 4-1.
Photo by A. Anthony Miller

Islander power play expired. Ray Ferraro and Gary Nylund got the assists on the goal.

It was a different story in the Meadowlands on Feb. 28, the first of two home-and-home games the Islanders played against the Devils, who had not beaten them since Oct. 23, 1990.

After a scoreless first period—the first all season for the Isles, Benoit Hogue scored

just 41 seconds into the second, with Ferraro again getting credit for the assist. The Devils scored their only two goals of the night in this period, at 7:34 on a power play and at 14:09, even strength. Steve Thomas brought the Isles even at 1:46 of the third with his 19th of the season and scored again at 3:48 of the overtime, with Pierre Turgeon assisting on both goals.

The shots, power plays and penalty calls

were virtually even between the teams.

The Devils skated into the Coliseum the following night looking for revenge and as Islander Coach Al Arbour said after the game, "They just played a little bit better."

The Devils scored at 5:49 of the first and at 11:38 of the second, the latter goal so fast that it required a review before it became official. Alexander Semak slammed a fast shot that appeared to hit the top bar of the goal net and bounce off, but it actually went into the net, referee Rob Shick ruled, just under the top of the cage and popped out.

A penalty to Devil Laurie Boschman at 18:50 of the third period gave the Islanders their best chance. They pulled goaltender Mark Fitzpatrick and skating 6 against 4, David Volek was able to get close to the net and beat goaltender Devil Chris Terreri with a nifty backhanded shot just 19 seconds later.

Having prevented what would have been only the second shutout of the year, the Isles tried in the following 41 seconds to tie the game, but Devil Dave Brown managed to grab the puck and at 19:43 slammed it into the empty Islander net to give the Devils the game, 3-1 before an audience of 11,000.

The Islanders still hold the advantage in the all-time series against the Devils with a record—including the Feb. 29 loss—of 68-20-16.

Hockey Notes: The Isles host the Canadiens on Mar. 3, when they will honor another newly inducted member of the Hockey Hall of Fame, Mike Bossy, by officially retiring his jersey Mar. 3. On Mar. 5, the Isles travel to Chicago, when they take on the Blackhawks. The road trip continues with a stop in Montreal Mar. 7 and a visit Mar. 8 to the Buffalo Sabres, who visit Uniondale Mar. 14. ... Islander games are televised on Sports Channel and broadcast on AM stations 930, 1230, 1240 and 1570. The Islander hotline number is 358 GOAL.

Youth Hockey Teams Are Expanding

By Anthony Miller

Each week, hundreds of area boys, some as young as seven, come to Iceland.

They put on skates, heavy padding, face masks and gloves, grab hockey sticks and head for the 200 x 85 foot regulation size rink.

Clad in costumes much resembling the uniforms worn by the Islanders, the New York Rangers, the NJ Devils and other member clubs of the National Hockey League, these youngsters will play amateur ice hockey.

And their efforts receive the support of such hockey luminaries as Bobby Nystrom and Gerry Hart, former Islander players, who seek to develop and build a positive relationship between youth hockey and the Islanders.

Perhaps the principal youth hockey club is the Long Island Gulls, coached by Hart and Uniondale's Jim Boesenberg, which has a 30-14-3 record as of late last month and is a travel hockey club. Its 11 members travel throughout the New England area during the hockey season, playing against other amateur teams.

The Gulls have even enjoyed ice time on the rink at the Nassau Coliseum. Four times this season, the first intermission at an

Islanders' game has been enlarged to allow the Gulls to play five minutes of hockey before an audience of as many as 12,000 fans.

"And the last time they played there, in early February against the Green Machine Mites, they scored two goals," said Boesenberg.

The youth hockey activity is strictly regulated and carefully organized. Boys between seven and nine are called "mites." They play on "squirt" teams at ages 9-11; PeeWees at ages 11 and 12; Bantams from 12 to 14; Midgets at age 15 and Juniors between 16 and 19, when most of them will go off to college.

This year's Gulls' team includes Gerry Hart's son, Jordy; Garrett Henning, son of Lorne Henning, the assistant Islander coach; John Yaros and twins Jason and Jordan Becker, all from Queens; William Sullivan from Uniondale; Brian Mitchell of Floral Park; Sean Kilgus of Massapequa; Ryan Vesce of Lloyd Harbor; John Synowiec of Oceanside and Matthew Hughes, whose father, John, was captain of Cornell's team in the early 70s—the year it was undefeated.

Iceland, at 3345 Hillside Avenue, New Hyde Park, is home for the Gulls and the place they practice at least once a week for an hour or so. Other youth hockey clubs

utilize Parkwood Arena in Great Neck and the Long Beach Arena.

Boesenberg, 30, who said he's been skating since he was five years old, is a Hicksville native who joined what was originally the Oyster Bay Gulls some years ago. "The name was changed to the Long Island Gulls in the 1989-90 season," he said.

Trials for the Gulls start in August and play continues through April, with summer programs organized as well. The youngsters don't play the same 20-minute periods as the NHL clubs, but skate for three 12-minute periods with a couple of minutes in between each period. Penalties are called, but only for one minute, not two as in regulation, except for a major, which may be four minutes off ice.

Boesenberg estimates that some 3,000 youngsters on Long Island are presently enrolled in some form of youth hockey, with perhaps as many as 400 in travel teams. "It's a breeding ground for future players," he said. The Gulls this year alone have gone to Lake Placid and, most recently, entered a tournament in Bingham, MA, where they got as far as the semifinals.

How are the Gulls doing? Ryan Vesce has scored more than 50 goals, while Yaros, the

goaltender, has racked up three shutouts this season. Sean Kilgus wears the "C" on his uniform as the team's captain.

How hard is the regimen? Boesenberg says the boys practice 90 minutes per week, with an extra 90-minute session once per month. "They're young and have stamina," he said. Because of the demands on Iceland, games during weekends can be scheduled as early as 5:45 a.m. and could start as late as 6 p.m. Many of the boys are brought to sessions by their parents, who enjoy the togetherness with their sons.

"Sports promote discipline and develop a sense of responsibility to other people, namely teammates and coaches," said Nystrom. He cautioned parents that "one of the most important things to discuss with young players is the meaning of winning and losing. Let them realize that playing the game to the best of their ability is the best they can strive for."

Youngsters interested in trying out for the Gulls may come to Iceland for a practice any Tuesday at 5:15 p.m., with equipment—helmet, skates, gloves and stick, as a minimum or call Youth Hockey President Greg Gallagher at 669-2222 for further information.

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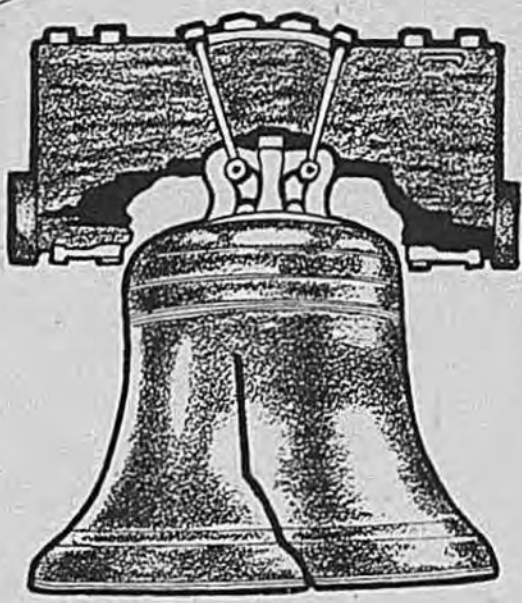
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Friday, March 6, 1992

**A Young Student Looks
At America's Challenge**



SEE PAGE 3



THE QUESTION OF THE WEEK

Do you think gays should be allowed to march in the St. Patrick's Day Parade?



Callers Not In Favor Of Break For Tyson

Most callers to Input do not think there should be leniency or community service for Mike Tyson in answer to this question: "Do you think Mike Tyson should be allowed to serve a probationary community service sentence allowing him to continue fighting?" Here are some of the answers:

NOT ABOVE LAW

Mike Tyson is an adult. He knew what he was doing and he therefore should be ready to pay the same penalty as anyone else. How can we allow him to get a special sentence without saying to anyone else that they can get off too? Just because he is a champion boxer does not put him above the law. N.D.

SOME LENIENCY

Considering that a jail sentence would probably end Tyson's career it would be a terribly big sentence to impose on him and a bigger one than a lesser person would get. Tyson only has a few years to fight and if he is in jail he will lose the years. A sentence that allows him to fight but denies him full freedom should be worked out. B.F.

LONG SENTENCE

For the vicious crimes Mike Tyson perpetrated his punishment should be a long prison sentence. Anything less would be a flagrant miscarriage of justice that would encourage more of these heinous crimes. G.M.

HE MUST PAY

I am appalled at even the idea of allowing him to continue fighting and just community service instead of going to jail. Mike Tyson may be a throwback to the caveman. But even the throwback has to obey the rules of society. He has perpetrated a heinous crime and he must pay just the same as anybody else would. C.C.

ANOTHER VIEW

While Tyson was convicted of a major crime it is one of the few crimes in which it is one person's word against another. In addition the girl involved seems to have presented an image to Tyson that he might have mistaken by being in his room early in the morning hours. In addition she very quickly accepted pay for her story. There might be reason to believe that Tyson was not fully to blame. He did not abduct the girl but yet he was found guilty. I think a review may set aside the verdict. If not, I think the girl should have some say in whether she really believes he should be deprived of his livelihood or even whether there is some shared guilt. L.N.

NEEDS HELP

Tyson needs help. Putting him in jail will make him a far worse person when he gets out than if he is given a heavy fine and restricted for many years. I think I would opt for that. Y.K.

SAME AS ANYONE ELSE

We only know what was presented in court and from everything I have read about Mike Tyson he was asking for trouble. He somehow thought that he had special immunity in breaking laws. I think we have to give him the same sentence anyone else would get. N.C.

LOST OPPORTUNITY

If you look back on Mike Tyson's career you will find that with his enormous boxing talent, he had all the opportunity in the world to become a nice person, a rich person and a role model for the troubled youth of his race. Unfortunately with the death of his mentor, Cus D'Amato, and his subsequent close association with promoter Don King, Mike's character was allowed to revert back to his youthful criminal and arrogant behavior. Considering the numerous sexual abuse charges already on his record, this latest rape conviction indicates that his only salvation is to be put away for several years. Hopefully with the millions he should have saved, he may come out of prison with the proper humility to do the community service that has been suggested. C.K.

BLAME HIMSELF

Looking back, I can't recall any story comparable to the Mike Tyson episode in the field of professional sports in my experience over many years. Perhaps it was due to the absence of TV and sophisticated communications in general or the fact that professional sports stars just didn't have the financial opportunities that current champions do. On the other hand, it could be that our moral turpitude as a nation has fallen to record lows. Whatever may be the case, I firmly believe that professional athletes who have risen to a level of great respect because of their achievement as champions have at least a tacit obligation to their fans and especially the young ones to act as a model of exemplary behavior worthy of emulating. In Mike Tyson's case based upon the charges leveled against him and his impassive reaction to them, I just can't feel that he could capitalize on a community service sentence. I really don't believe he could convincingly demonstrate a penitent feeling for past sex offenses nor a role of behavior worthy of emulating. If that means that he has to sacrifice his career as a fighter of championship caliber, he has no one to blame but himself. P.G.S.

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A Young Student Looks At America's Challenge

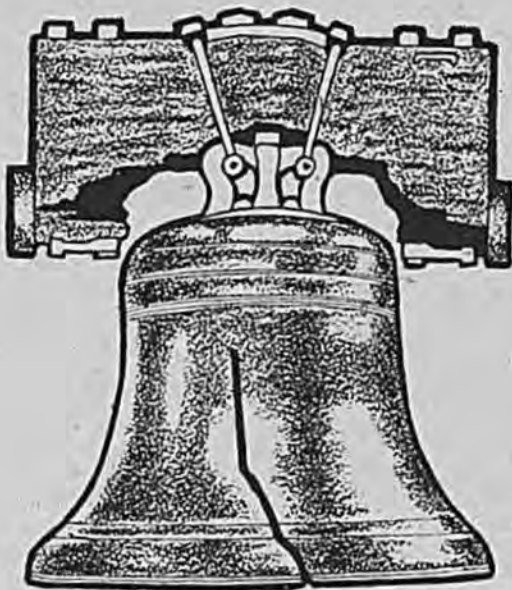
By Domenick J. Freda

The struggle to survive in our world today is a challenge in itself, but add onto that the need to exceed and prosper above our peers and the task becomes even more difficult. In America, the freedom we hold so sacred allows us to achieve whatever goals we wish and gives us the opportunity to use every legal means possible. However, in the land of microwave meals and disposable everything, the temptation for a quicker, more immediate, and often illegal or immoral way to the top has infested the young minds of our country. The challenge of living in America today has become to achieve the financial and political success we dream about while maintaining a standard of high morals. How we accomplish this will determine the length of America's stay as a world power and as the greatest country in the world.

Part of the problem among America's modern youth is how they define success. Where a citizen's status once was determined by his service to his country, his community, and his family, the new standard has become his influence, his paycheck, and his notoriety. The blue-collar worker again reduced to a common laborer, children no longer dream of being police officers or fire fighters; they now seek the more lucrative positions of Chairman-of-the-board or stock broker. Not that these are positions of no merit, only that the reasons for wanting them are wrong. Our culture has created the belief that the value of the dollar outweighs the value of hard work. This can be seen quite readily in the stereotypes of American television and advertising; the "lifestyles of the rich and famous" are always happy and carefree. With such a pleasant life, what child would want to ask why or how they got there?

The capitalist society that has evolved out of western civilization created three means of finding prosperity and success: hard work, ingenuity, and crime. Although those who make use of illegal methods remain a minority of the American public, their numbers are steadily increasing with the ongoing recession and the spread of drugs and drug abuse. Too often are the occasions where an impoverished young man or woman sees him or herself with no future. Unfortunately, the quick and impressive results of selling drugs appeal as the best way out. The media tells stories of the financial empires of Michael Milken and Jim Bakker created through deception and fraud. It would not be unthinkable to imagine a young mind absorbing this information and wondering if he or she could possibly do the same and not get caught. From this moment a criminal is born unless the value of work and the new idea are taught to the individual by a role model as equally impressive as the image of wealth. Examples of the genius of Thomas Edison and Henry Ford must be cited as models of American inventiveness and accomplishment that we all should emulate. Showing how success can be grasped through the correct channels is the first step in insuring the future; next we must show the children why.

Morality and law in themselves are similar but not always equal in the modern society; however, their importance to any society certainly remains the same. The exact definition of morality varies with culture and is not the subject at hand; a general definition that we will use explains morality as a system of virtues which guide human conduct in our society. The virtues that we instill in our descendants and our peers will create the world of tomorrow. We must teach our children that gain at the ex-



pense of another is wrong, or else face the consequences as they take advantage of us. We must teach them the dangers of drugs and alcohol so that they will not destroy themselves. We must teach them to respect all life, including their own, or watch as they waste away the planet. Finally, the most important thing we must teach those that come after us is to tell these things to their own children. The system of values we place in the minds of our young must preserve the society they reside in as well as itself.

The Challenge of America is not as difficult for the individual as for the entire society. We must lead the way into the future with teaching as well as by example. This duty shall fall

upon the parents, educators, and community leaders of the present. The duty of our generation is to become the next group to educate the future with the values we were given. It is only by the joint effort of the entire country that the challenge will be met and preserved for all of our descendants to see.

ABOUT THE AUTHOR

Domenick J. Freda lives in Hicksville. He is a junior at Hicksville High School.

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READER RATINGS



Q. Because of our jobs my husband and I are on different schedules several nights a week. I would prefer to eat out on those evenings rather than to take the time and effort to prepare a meal just for myself. However, I don't really feel comfortable dining alone. I find most restaurants don't really welcome the person who is not in a group.

A. First of all, there is no reason for you to feel uncomfortable. In today's hectic world there is nothing unusual about people eating alone in restaurants! In any case, the person who dines out has the right to expect the same courteous treatment whether he or she is alone or in the company of others. The smart restaurant owner knows the importance of good will. He values all his customers' patronage and makes them feel equally welcome.

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 Joanne Starkey, N.Y. Times 6-5-91

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Vegetarian View

By Margaret Wlaz-Peterson

Bread has an image problem. Dieters often shun it, declaring the loaves to be the root of flabby tummies, and the cholesterol-conscious don't view bread as a beneficial option in heart-smart dining.

However, a healthful food plan includes multiple servings of bread products and their nutritional cousins, cereals and starchy vegetables.

Depending on the variety eaten, bread contains only a trace of fat and cholesterol and provides mostly complex carbohydrates as starch and fiber. Nutritionists agree complex carbohydrates should replace excess fats and sugars in the diet — in fact, more than half your calories should come from carbohydrates.

Just like with much-maligned potatoes, the topping is the "fattening" part. Only 1 tablespoon of peanut butter, margarine, butter or mayonnaise provides 100 calories, nearly what you'll find in one and a half average slices of bread by itself. Calories also expand exponentially as you move away from the basic baked flour-yeast recipe and deep-fry the dough or add butter, shortening or nuts to the formula. Here are other tips:

- Include at least four servings from the grain-starch group every day. Any one of these counts as a serving: a 1-ounce slice of bread (a slice from a standard loaf); the top or bottom of a hamburger/hot dog bun; a small hard roll, half an English muffin; half a bagel; ¼ cup corn, potatoes or peas; ¼ cup cooked cereal, rice or noodles. A slice of the extra-wide loaves from some manufacturers counts as one and a half servings.

- Best are 100-percent whole-grain breads, made with a whole-grain flour listed first among ingredients in the label. "Wheat flour" is simply refined white flour and lacks the fiber and trace nutrients of whole-wheat flour. Graham flour is whole-wheat flour.

Stone-ground flours are generally coarser than regularly milled whole-grain flours and provide a chewier texture. "Wheat bread" packaged in brown plastic bags is only caramel-colored white bread.

- Some manufacturers add oat bran or oats to their loaves, implying significant cholesterol-lowering benefits from the extra soluble fiber. Typically, though, the bread contains too little oat grain to make a health difference — and just costs more.

Instead, get your soluble oat fiber with the regular use of oat-meal or oat bran cereal. Other sources of soluble fiber include cooked dried beans, apples, oranges, carrots and grapes.

- If you like a crescent-shaped bun, stick to the more bready crescent-shaped yeast roll. Just one of the traditional flaky, butter-layered croissants can contain more than a tablespoon of fat. Nutty streusel-topped muffins, cake-textured muffins and the extra-large bakery muffins (even bran varieties) often hide nearly as much fat as Danish pastries.

- Don't apologize if you truly prefer white bread. Instead,

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Q. Every time I take my mother in law out to dinner she insists on taking half her meal home in a "doggy bag". Frankly I feel embarrassed!

A. There is no need to be embarrassed. Your mother in law, like many older persons, probably has a small appetite. If she enjoys her "doggy bag" meal the next day in a delicious sandwich, who can blame her?

Q. Food is too expensive to waste. I give your mother in law credit for her common sense.

A. While it is considered proper in some parts of the world to summon a waiter by snappy fingers, clapping or whistling, in our own country this kind of behavior would be thought rude.

Q. The other day I was sitting in a restaurant with a friend when a man at the next table snapped his fingers to call the waiter. What is your opinion?

A. The best way to call a waiter is to catch his eye and then signal with your hand. If this doesn't work, you may call out "waiter" or "waitress" (not too loudly). If all else fails, you may ask a busboy or another waiter to get your own waiter for you.

Q. The other night I dropped my butter knife while dining at a neighborhood restaurant. Should I have picked it up myself or asked the waiter to do so?

A. If it was convenient you could have retrieved the knife yourself and asked for a replacement. It would also not have been wrong for you to ask the waiter to pick it up. Either way is correct.

Q. Some time ago I attended a formal dinner at which each table was decorated with an elaborate candelabra. However, the candles were of several colors and they had been used previously. I did not think this was correct.

A. You are right. Traditionally, only white brand-new candles should be used at the most formal dinners.

Q. My friend and I have a bet. He claims white wine should be served with duck, just as it is with other fowl such as chicken and turkey. I believe, however, that red wine is preferable.

A. Your friend loses the bet. Red wine is the usual accompaniment with duck. However, it must be added that today many people order the wine they prefer, whether or not it "goes with" the entree.

Q. Why in some restaurants do I have to sit there so long before the waitress gives me the check?

A. Well the answer to your question is hard to define. It might be simply because the restaurant is so busy that the waitress hasn't time to add up the check. But at some of the better restaurants you will never get a check unless you ask for it. In these establishments they feel that the guests should decide how long they wish to talk or occupy the space after eating and only on rare occasions will they bring a check that has not been solicited and then with apologies.

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DINING GUIDE

Vegetarian View

Continued From PAGE 5A

choose whole-grain products — pasta, cereals, crackers — when possible and load up on vegetables and fruits the rest of the day (do eat the seeds and peels).

• For more variety at a low-fat price, try English muffins, pita pocket bread, whole-wheat hamburger buns, bagels, rye and pumpernickel items, French bread, kaiser and hard rolls.

• When going homemade, seek recipes that have a minimum of margarine, shortening, butter or eggs. For flavor in sweet breads, rely on dried fruit, brown sugar, vanilla and spices — not loads of butter. Sprinkle fatty nuts sparsely. Use non-stick pans and non-stick cooking spray. Replace beaten whole eggs with low-cholesterol egg substitute to reduce cholesterol.

• Whole-wheat flour can replace up to half the white flour in all but the most tender of bread doughs and still give acceptable results. If you want only whole-grain flours in your loaf, use a recipe that has been specially formulated for their inclusion since whole-grain flours yield denser products.

• Don't cover up bread's own subtle sweetness with fatty spreads — eat it as is. Or as a compromise, smear on just a little marmalade, honey, jam or jelly. Although sugar-rich, these toppings have less than half the calories of fatty choices.

HERBED PARMESAN WEDGES

- 1 package active dry yeast
- 1½ cups warm water (105 to 115 F)
- 2 teaspoons dried Italian herb seasoning
- ½ teaspoon sugar
- ½ teaspoon salt
- 1 cup plus 2 tablespoons whole-wheat flour
- 2 cups bread flour
- 1 tablespoon all-purpose flour
- 2 teaspoons olive oil
- ¼ cup freshly grated Parmesan cheese

Yields 24 wedges.

Per wedge: 67 calories, 12 grams carbohydrate, 2 grams protein, 1 gram fat, 12 percent calories from fat, 1 grams cholesterol, 60 milligrams sodium.

Dissolve yeast in warm water in a large bowl; let stand 5 minutes. Add herb seasoning, sugar and salt, stirring well. Gradually stir in all of whole-wheat flour and enough of bread flour to make a soft dough. Sprinkle all-purpose flour evenly over work surface.

Turn dough out onto floured surface and knead until smooth and elastic, about 8 to 10 minutes (If using heavy-duty mixer or food processor, knead using dough hook or dough blade until smooth and elastic.)

Place in large bowl coated with non-stick cooking spray, turning to coat top. Cover; let rise in draft-free, warm place (85 F) 1½ hours or until doubled in bulk.

Punch dough down and divide in half. Spray two large bak'ug sheets with non-stick cooking spray. Place one portion of dough on each baking sheet. Roll each to a 12-inch circle.

Cover; let rise in warm draft-free place 30 minutes or until doubled in bulk. Prick dough generously with a fork. Over each circle, drizzle half the olive oil and sprinkle half the Parmesan cheese. Bake 25 minutes at 400 F or until golden. Cut each circle into 12 wedges; serve immediately.

DINING GUIDE

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Desiree Vivea

Life on the half-shell

Resting safe below the tumultuous surf, nestled among the starfish and pier pilings, dwell sumptuous bivalves just waiting to be harvested.

Starting out in infancy no bigger than a pinpoint, "spats" or baby oysters, grow up to become one of the world's most relished species of shellfish. From French Marenne to Blue Point, Chincoteague to Canadian Golden Mantle, oysters by any other name would taste as sweet.

Oysters inspire not only the palate but the mind's fancy. Creole legend has it that errant husbands, sidetracked in their wanderings and tardy in returning home for the evening, could placate irate wives with a gift of oysters.

A Creole dish of split and toasted French bread, drizzled with butter and smothered in fried oysters, was often used as a peace offering to avert scoldings. Once called *la mediatrice*, or peacemaker, this New Orleans dish is now commonly known as "Oyster Loaf."

Perhaps Diamond Jim Brady, the infamous New York gambler, was thinking of the folk belief that oysters are an aphrodisiac when he polished off a hundred of the critters at one sitting.

Oysters have commonly been thought to be a high-cholesterol shellfish — and cholesterol is one of the building blocks of sex hormones. Yet recent research has revealed that oysters harbor much less cholesterol than previously thought. (Diamond Jim probably ended up with a low-cholesterol bellyache instead of "bedroom eyes.")

Oyster lovers need to keep a few "dos and don'ts" in mind. First, remember that fresh oysters must be just that: fresh. If you purchase oysters that have been sitting too long, you run the risk of food poisoning.

Oyster season runs through the winter months, when the shellfish are brimming with glycogen (cellular sugar) that makes the flesh sweet and firm. This is the best time to buy them at the fish market. Oysters should smell fresh and shells should be tightly closed.

The next step is to wrest oysters from their shells without risking lacerations. Scrub the shells in cold running water and break off the thin end of the shells with a hammer. Force a knife point between the shell halves at the broken end, twisting the knife and forcing open the shell. Cut at the muscle to separate the oyster from its shell.

Canned or frozen shucked oysters are a safe bet if you are unsure of the quality of "fresh" oysters. To defrost oysters in the microwave, place 12 ounces of frozen oysters in a 1-quart microwave-safe baking dish. Cover and mi-

crowave at LOW/DEFROST (30 percent power setting) 3 to 5 minutes, breaking up and rearranging as necessary during thawing. Let stand 5 minutes to complete thawing.

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

MICRO-TIP OF THE WEEK

To open oysters in the microwave, place 6 oysters at a time, hinges facing out, on a paper towel-lined plate. Cover tightly with plastic wrap and microwave on HIGH (100 percent), until shells open slightly after heating 1 to 1½ minutes. Remove the oysters as they start to open (discard any that do not open). Holding oysters with hinge toward you, insert knife between shells near hinge, twisting the knife to open the oyster. Cut muscle to remove meat from shell. Serve on the half-shell.

SCALLOPED OYSTERS

- ¼ cup butter or margarine
- 1½ cups dry bread crumbs
- ¼ cup grated Parmesan cheese
- ¼ teaspoon fresh ground black pepper
- Dash ground nutmeg
- 2 (8-ounce) cans oysters, undrained
- ¼ cup dry white wine or water

Yields 6 servings.

Preparation time: 5 to 10 minutes.

Cooking time: 11 to 12½ minutes (plus 5 minutes standing time).

Oven setting: MEDIUM (50 percent power).

Place butter or margarine in 4-cup glass measure. Cook at MEDIUM setting for 2 to 2½ minutes or until butter is melted. Stir in bread crumbs, cheese, pepper and nutmeg. Arrange half of crumb mixture in bottom of 1½-quart microwave-safe baking dish.

Spread oysters evenly over crumb mixture, then pour oyster liquid and wine over all. Top with remaining crumb mixture. Microwave on medium for 9 to 10 minutes or until oysters are hot. Let stand 5 minutes before serving.



By Willard Abraham, Ph.D.

Dr. Abraham: I have some questions to ask you about girls. I hope it isn't too many.

Are all girls sort of moody, kind of sour and unpleasant? Do they get down in the dumps a lot? Do they act as though they don't like a guy, and then suddenly change and like him? Can I do anything about this? Will it be better or even worse when they get older? Are smiles hard to put on their faces? Do they get so tied up with themselves that they stop talking?

That's a lot of questions I've been thinking about, and wish you'd tell me how you feel about them. I'm a 13-year-old regular boy, and I'm wondering about a lot of things about girls these days. I've got even more to think about. — Set Me Straight

Set Me Straight: You have plenty of company in thinking about the way girls act, at least some of them anyway. Girls are often mystified about boys in some of the same ways.

Some people of both sexes, and regardless of age, are often, sometimes, or seldom "moody," "sour" or "unpleasant." The same people are either frequently or infrequently on the "plus" or happy side. Feelings toward another person may change, and many reasons can be the cause for such changing attitudes.

What you can try to do is accept the fact that smiles, frowns and quiet moments vary from person to person. The more we like an individual the easier it may be to take in stride any variations in his or her personality.

Dr. Abraham: I have a serious problem, and it's that I just have too much to do. It's driving me crazy.

My load at school is heavy (five tough courses, two of them in honors classes), I have a part-time job at a supermarket, I want to be with my friends (I won't give them up, that's for sure), and sports are my love in life. All my days and nights are full, full, full and it's getting me down.

My folks don't seem to understand, so that's why I'm coming to you. — Frustrated

Frustrated: It is easy to see why you are — frustrated, I mean.

Your problem is serious, but it can be handled. I agree that you are trying to take on too much, so perhaps the key word in your life these days should be "priorities."

How about getting a large piece of paper and a pen or pencil, and setting up a chart showing the seven days of the week across the top (for seven columns) and hours you are awake down the left side? Fill in the blocks with all of your current involvements, not forgetting to enter meals, travel and all the school (including homework), job, friends and sports activities you mentioned.

Go through them, one by one, and ask yourself: Which are the most important, most necessary and next and next as you go through the list.

Then starting with the ones not at the top of your list, ask: How can they be trimmed back, reducing the time involved? Can any be delayed or totally eliminated? Move up on the list and ask those questions about even the most significant of your involvements.

After you've taken on this important task, discuss your results with your school counselor and your folks. With that information on paper you might find out that your parents really do understand what you are up against and may have some practical suggestions. At least it might be worth giving them a chance to participate with you on this vital project of yours.

The result of all this could be a somewhat revised schedule that is more comfortable than your present worrisome one. I certainly hope so.

Dear Teens: You may think this is an unusual "collection" that I've made, but I've done it with you in mind.

Until recent times there was only a limited number of names on the list of musical groups. Now the list seems almost endless, containing some very unusual ones especially when it relates to those like heavy metal and hard rock groups.

I just have two questions for you to chew on: Are they for real? What do they mean? I hope you'll drop me a note on this interesting topic.

Here are just a few of them that I've come across, and many of you no doubt know others: Alice in Chains, Artec Camera, Ice-T, Jane's Addiction, Living Colour, Pop Will Eat Itself, Rollins Band, They Eat Their Own.

I guess I may still be back with The Beatles and Pink Floyd, updated a little with INXS and Megadeth.

Where are you in this "music scene?"

Cooking Corner



Luxury goes casual at Bel-Air Hotel

By Charles Britton

LOS ANGELES — A story, possibly apocryphal, about the Hotel Bel-Air, where swans glide on sun-dappled ponds: This Rolls-Royce pulls up to the entrance, chauffeur gets out, removes gunny sack from trunk. Something is moving around inside the sack.

So the chauffeur gives the sack to the attendant, and says: "Madame asked me to return the swan. She decided to take it home with her after luncheon."

It's easy to believe such tales about the Bel-Air, because it's not exactly your average motel advertising easy freeway access. Among other details that set the place apart, it is distinctly off the beaten path, up Stone Canyon Road, cheek to cheek with some of the fanciest residential real estate in the country — a very good address, indeed.

Despite the depredations of ladies who lunch, the famous swans still paddle through the property.

You have to cross a stream on a footbridge to get into the Bel-Air, and the passage marks entry into the realm of the acknowledged grand-luxe.

Still, these things are relative, and to some people — an assortment of royals, business travelers with lavish allowances and varied celebrities — the hotel is down home. That goes for the people who live nearby, too.

"A lot of the neighbors treat the Hotel Bel-Air as their neighborhood tavern," said George Mahaffey, who has held the post of executive chef since 1989.

With only 92 accommodations — somehow "rooms" doesn't seem adequate for a suite that may go for as much as \$2,000 a day — the Bel-Air has to depend on a sizable outside trade to keep its dining room occupied.

Mahaffey heads a staff of 34, whose duty it is to spring to attention when, for example, Ringo Starr sends out a late-evening call for mushrooms. His suite had a kitchen, and he was doing a little cooking. Then there was the "very special guest," due in recently, who insisted on a strict vegetarian regimen — but no onions, not too many tomatoes and absolutely no fried foods.

More in the regular line of duty, the kitchen serves 75 to 100 dinners on weekdays, more on weekends, plus a substantial power-lunch and power-breakfast trade, too.

Then there's the traffic in wedding receptions and such. The Bel-Air is the place in town for such events, and it maintains a sepa-

rate kitchen for them. Mahaffey said potential hosts should allow \$85 to \$120 per person for food. Hint: Go for a weekday date. You might get a little break on prices.

The secrets behind such provender have recently been spilled to all and sundry in "The Bel-Air Book of Southern California Food and Entertaining" (Crown), written by Norman Kolpas with Mahaffey.

Breakfasting with "the heavy hitters of the business world"? Well, steak and eggs are out. Cholesterol, you know. Instead, make it orange juice, oatmeal, raisin toast, sliced fruit and black coffee. Of course, the O.J. will be squeezed from the rare blood oranges (the Bel-Air favors the Moro variety), the oats will be prepared with China cinnamon ("a very rare, dark variety of the spice"), the toast will be from homemade bread (three days in the making), the fruit will include bananas from a grove in Ventura County ("outstanding, rare varieties of the fruit"), and the coffee will be Kenya AA ("one of the world's finest").

This is several cuts above some of the operations in which Mahaffey has worked. In these locales, he said, the big issue was "who made the best deep-fried pork chop." He traced his own awakening back no more than five or six years, when he worked with a chef in Georgia who opened his eyes to the potential of fine ingredients.

Mahaffey — whose shock of silver hair belies his 40 years — picked up some pointers about how food is supposed to look in such surroundings, too.

"A lot of effort goes into making the plates look elegant — but not too studied in the style of the old nouvelle cuisine," he said. He sketches out how the plates are supposed to look and keeps a file for future reference.

Unstudied elegance fits the hotel. Despite its elevated status, the Bel-Air isn't one of those contemporary extravaganzas, complete with lobby apparently designed by NASA. Instead, it's rather cozy in an old-money sort of way.

The sprawling complex started out as the stables for the local horse set, converted into a hotel in 1946. One staff member, archivist Phil Landon, has been there since the beginning and can tell you all about the fires and floods that have threatened the complex over the years.

The place aims to project a kind of well-heeled ease, and for

today's clientele, it manages to be comfortable in one sense but not in another. When you dine at the Bel-Air, you will find space, professionalism and, in this day of the deafening restaurant, a rare calm. On the other hand, the ambience is distinctly formal by today's unbuttoned standards; this is one of the few dining rooms left where "gentlemen are requested to wear jackets."

One of the few times the Bel-Air raised eyebrows was in 1989, when it was bought by Sazale Corp., a Japanese company with other hotel holdings. Sazale paid \$110 million — or, as the industry figures it, \$1.2 million per room, a record.

Of course, as hotel spokeswoman Victoria King Bohmann pointed out, for that price, the company got 11.5 acres of some of the fanciest real estate in the world plus rights to a famous name. The firm is now engaged in turning the Bel-Air into a chain of luxury hostels.

Sazale took over the Hotel du Cap-Ferrat on the Cote d'Azur and turned it into the Hotel Bel-Air Cap-Ferrat. The Hotel Bel-Air Punalu'u is under development in Hawaii, and a Hotel Bel-Air Malibu is in the works for the civic center area of that community.

Despite the glut of hotel space and the highest average room rate of any operation in North America, the original in Bel-Air enjoys an occupancy rate comfortably in the 80-percent range, thank you. (Average for U.S. hotels is in the sickly 60-percent range.)

In esteem, it ranks second to none, unless it's the Peninsula in Hong Kong, with which it often runs neck and neck in consumer surveys. Readers of *Condé Nast Traveler* magazine once rated it the most satisfactory destination, ahead the entire cities of Florence, Paris and Vienna.

Unlike most of the grand-luxe dining establishments of the world, it's an almost perfect location for a special occasion dinner.

"Prices are high — but not that high," Mahaffey said. Dinner entrees are in the \$20 range, suggesting that \$50 or \$60 per person would provide a reasonable allowance for food.

"We try to give people their money's worth," he added. If there's something you want that's not on the menu, you can always ask, just like the longtime customer who once complained to Mahaffey that the place no longer offered a hamburger. She got her burger.

For most, though, the choices are more likely to be dishes such as these, culled from Kolpas' and Mahaffey's new book.

Few main courses bespeak the grand-luxe style better than pheasant. You can find the birds, frozen, at some supermarkets that specialize in fancy provender. Pheasant is easy to deal with, but you must take care not to let it dry out. Mahaffey's advice: Better to undercook it a little. The Hotel Bel-Air maintains its own herb garden; if you don't have fresh herbs, use pinches of dried herbs.

- 1 sprig fresh thyme
- 1 sprig fresh rosemary
- 3 cloves garlic, crushed
- Salt, pepper to taste
- 1 tablespoon unsalted butter
- 1 medium onion, coarsely chopped
- 1 stalk celery, coarsely chopped
- 1 carrot, coarsely chopped

Yields 2 servings.

If frozen, bird should be fully defrosted. Place herbs and garlic inside bird; it does not have to be trussed, but you may find it neater to do so. Season inside and out with salt and pepper. Preheat oven to 350 F.

In medium skillet, melt butter over moderate heat. Sauté onion, celery and carrot until golden brown. Place in small baking pan. In same skillet, brown pheasant, turning frequently; you won't be able to give it an even color, but do your best.

Place bird on vegetables in roasting pan, breast up. Roast until juices run clear when thickest part of thigh is pierced with a thin skewer, about 25 minutes.

Let bird rest about 15 minutes before carving. At the Bel-Air, only breast is used, and thus 1 pheasant will serve 2.

Accompaniments for the pheasant include an interesting sauce, made with dried cherries (available at markets that deal in fancy foods) and a new way of using sweet potatoes.

DRIED CHERRY SAUCE

- 5 whole black peppercorns
- 1 sprig fresh thyme
- 1 whole clove
- 1 (1-inch) cinnamon stick
- ¼ medium shallot or green onion
- ½ cup apple juice
- ½ cup cranberry juice
- ½ cup water
- ½ cup dried cherries

Yields 4 servings.

Tie peppercorns, thyme, clove, cinnamon stick and shallot in piece of washed cheesecloth. Bring to boil with apple and cranberry juices and water in a small saucepan. Simmer 5 minutes.

Add cherries and simmer 10 minutes more. Let cherries steep 5 more minutes in hot liquid.

Remove cheesecloth bag. Puree sauce in blender or food processor. Pass through a fine sieve, adding a little warm water if necessary to give it a thin, syrupy consistency.

This sauce can be made in advance. Mahaffey steeps a few dried cherries in the sauce and uses them to garnish the dish.



ROAST PHEASANT

A 2½- to 3-pound pheasant, ready to cook

Growing asparagus is long-term investment

By C.Z. Guest

A bed of asparagus is a long-term investment in great eating. For this reason, the effort involved in proper soil preparation is well worth every minute. Early spring is the best time to start a bed.

Asparagus demands a sunny location, so work the soil deeply, at least to a depth of three spade blades, and incorporate ample quantities of manure, adding about 5 pounds of 10-6-4 fertilizer per 100 square feet.

Dig your trench about 6 inches deep and 8 inches wide. Set the plants about 15 inches apart in the trench, covering the crowns with 2 inches of prepared soil. Distance between trenches should be 4 feet.

As growth starts, keep filling in the trench with soil until the top of the soil in the trench is level with that on either side.

The first year, allow all the stalks to grow and produce their ferny top growth without harvesting. Allow this to stand over the winter for protection, then remove the dead tops in late winter or early spring, before the new growth starts. At the same time, add 5 pounds of 10-6-4 per 100 square feet.

In the second year, you can harvest young shoots sparingly by cutting or breaking them off at ground level, but do so carefully to avoid injuring the neighboring shoots that have not broken the

soil surface.

It is most important to wait until the bed is well established before harvesting. If the bed has started well, a few spears may be cut the second year, a few more spears the third year. A full crop should not be harvested until the fourth year.

By following this procedure, in the succeeding years, you can harvest freely.

Q. Last fall we took our geraniums out of the pots and hung them in the basement, as you suggested. When should they be repotted, and should they be pruned?

A. Take your geraniums down in early March, prune them back 3 to 4 inches (the roots as well), and plant them in a pro-mix commercial soil. Give them one good soaking and put them in a light, cool place without drafts. Use a liquid fertilizer every two weeks.

In May, when the weather warms up, take your geraniums outdoors and plunge the plants, pots and all, right into the ground.

C.Z. Guest is a gardening authority whose work appears in *House and Garden* and is author of numerous books and videos, including "Five Seasons of Gardening" (Little, Brown and Co.).

Garden Talk

GARDEN TIPS

Asparagus adventures

- Plant asparagus in early spring in a sunny location.
- Work soil deeply, using ample amounts of manure and adding 5 pounds of 10-6-4 fertilizer per 100 square feet.
- Set plants 15 inches apart in a trench that is 6 inches deep and 8 inches wide. Cover crowns with 2 inches of prepared soil.
- Don't harvest shoots the first year. A few spears can be harvested in the second and third year; wait until the fourth year to harvest a full crop.



Our Children

By Willard Abraham, Ph.D.



What to do when little ones lie

Q. I know I'm doing wrong when I yell at our little boy when he lies, but he just drives me up the wall with his lies and wild statements. My husband says that I should just ignore him when he is like that, but that's easier said than done.

Can you give me some practical suggestions and at least some consolation relating to our 3-year-old? I certainly need both.

A. I'll do my best and hope these ideas and suggestions are helpful for you to act on.

Telling the truth in the early years doesn't come naturally. It has to be learned, and that takes time. It is so easy not to tell the truth in order to avoid punishment, get parents' approval, feel older, escape blame or create excitement.

Because a child sometimes doesn't know all the right words to use, or hasn't yet learned difference in sizes, shapes or directions, he or she may stretch the truth — "I saw lots and lots of fire engines" (although maybe there were only two) or "His daddy has the biggest car in the world."

Everyone needs recognition and affection, and children may lie to get it. (So will adults, sometimes, of course.) It may also seem to be worth a little lie to see how surprised people look and to get a father who seldom visits to stay longer. A young child doesn't often think ahead to the fact that you may find out the truth.

Young children can't always tell the difference between "real" and "pretend," or between make-believe for fun and telling a lie to get something they want.

Here are some ways you might consider to help you cope with this situation:

- Try not to use the word "lie" or to call a child a liar when you are not getting the whole truth.
- Understand that they are less likely to lie again if they know that parents aren't fooled and that you don't like it when they lie (but always say, "although I never stop loving you").
- Explain that "make-believe" and "really true" aren't the same. At 2 years old, it may be too early to succeed, but by 3 or 4, it might get to be pretty easy.
- Say, "Tell me what you really saw (or took or did)" rather than

"Don't you dare lie to me." Severe punishment sometimes leads to a child becoming more skillful at lying than telling the truth.

• Prevent situations that encourage lies. It doesn't help to ask whether hands were washed when you can see how dirty they still are. If you ask, you might have two problems: carelessness and lying. So don't ask; it would be better to take a youngster gently to do the task and perhaps even help out.

• Recognize that a child who always seems to lie or make believe may need professional help. But a little bit of exaggeration or evasion of facts is completely normal.

• Set the example yourself. It is probably your own business when you boast about cheating in work or play or lie about your age, but do your young children have to hear you? If you can't avoid the original act, perhaps you can at least stop talking about it. Lying may be kind of contagious, and young children often learn from what they see and hear adults do.

Time and patience are on your side. Good luck!



Our Children



Fitness Forum

Kids' gym makes exercise a game

By Jack Williams

In an age when most schools' physical education classes are history, fitness for the MTV/Nintendo generation is small potatoes — much to the delight of the nation's couch-manufacturing industry.

But Jeff and Melissa Woods are doing their best to turn the young and impressionable of the world into non-vegetating movers and shakers, participants in their own animation festival.

"We feel it's our responsibility to get children tuned in to fitness," says Melissa, who with husband Jeff operates a juvenile gym.

Their J.W. Tumbles centers in Solana Beach and La Costa, Calif., cater to more than 550 kids, from 4 months to 12 years old. Among their activities: mom-and-baby movement classes, sports skills for 2-year-olds, relay games and circuit training for 9-to-12-year-olds and "twist and shout" sessions that mimic adult aerobics for pre-teens.

You can forget the stair-climbers, exercise bikes, treadmills and weight-lifting paraphernalia endemic to exercise emporiums.

Fitness is no formality here. Circuit training in these gyms is a constantly varying obstacle course, putting bats on balls, sliding down beams, swinging on a trapeze, crawling through tunnels, climbing ladders, surging up and down steps, jumping rope and pitting awakening muscles against the resistance of rubber bands.

And somewhere along the line, even if by accident, the kids may learn a modicum of patience.

"They learn to wait their turn and watch others perform as they get older so that they become more oriented to being part of a group," says Libby Flynn, a mother with two children in the program.

"We have 100 different stations to test different skills," says Melissa, a thirtysomething mother of 4- and 1-year-old daughters.

"We work 'em out on their level," she says. "They wouldn't have fun going to Mom and Dad's gyms, pedaling a stationary bike or climbing a StairMaster."

"We try to stay abreast of fitness and bring it down to children's levels. Our whole thing is to make it fun, and make the kids feel good about themselves."

Fun — not fitness — is what seduces the kids. And fun, ultimately, may be the crucial ingredient in reversing an alarming trend that, among other things, has seen obesity increase 54 percent among children 6 to 11 since the 1960s.

"As we go through the '90s, we're going to see more fitness programs for kids," says Kathie Davis, executive director of IDEA: The Association for Fitness Professionals.

"Because of fitness being scratched from school budgets, fitness professionals like J.W. Tumbles are moving in to pick up the slack.

"Kids, teens, those physically challenged — all these groups are going to get more attention."

According to Dr. Kenneth Cooper of Dallas, a pioneer in preventive medicine and aerobic training, "the most serious threat to kid fitness arrives just before the onset of adolescence, when many children are in the 8- to 10-year age range."

During this time, he says, a previously relaxed exposure to sports takes on a competitive edge, accompanied by "a great surge of discouragement and declining interest in sports and fitness."

Besides such options as J.W. Tumbles, there is another program for 5- to 17-year-olds that preserves the team concept without the competition: the San Diego Whiz Kids Aerobic Team, a 200-strong group launched in 1989 by Karen Whisnant, a certified aerobics instructor and fitness consultant.

Although the team performs at school assemblies and community events, the program is not confined to dazzling dancers.

"We get kids at all levels," said Whisnant. "This is my way of reaching the 90 percent of kids who don't participate on school sports teams — the ones without a chance to shine."

"I regularly have moms of the kids in aerobics calling and saying, 'I can't stop him (or her) from bouncing around now' and they might not have done anything before."

"They have a healthy physical and emotional foundation to build on as they continue to take steps toward being fit for life."

Whisnant's innovation is in keeping with the increased emphasis being placed on childhood fitness by the President's Council on Physical Fitness and Sports.

The emphasis is prompted, in part, by a 1987 study that found that one-third of youths 10 to 18 did not engage in sufficient physical activity to receive any aerobic or endurance benefit.

Add that to the recent discovery that 40 percent of children 5 to 8 have at least one heart-disease risk factor and that no more than 32 percent of children 6 to 17 meet

minimum standards for cardiovascular fitness, flexibility and strength.

Cooper insists that parents must play a pivotal role: "Young children are unlikely to embark on a long-term, comprehensive conditioning program without the backing and guidance of a supportive mother or father."

Says James Ross, project director of the National Children and Youth Fitness Study: "Parents should attempt to establish a pattern that will continue to guide the child on a lifelong basis."

And Bob Glover, co-author of "The Family Fitness Handbook" (Penguin) says, "Children who engage in a variety of outdoor and aerobic activities can become surprisingly fit. Maybe this represents the earliest, most basic form of cross-training."

Flynn introduced her children — Christina, 8, and Sean, 5 — to the recreationally oriented Tumbles when her daughter still was in diapers. Now Christina plays soccer, rides horses and shows the

kind of motor skills that will serve her well.

Ditto for Sean, who started the program at 18 months.

"At first," says Flynn, "I was looking for an activity that we could do together. Until the age of 3, the moms are involved as well."

Such early activities as singing with their moms and feeling different textures evolved into swinging on a trapeze and performing balancing exercises.

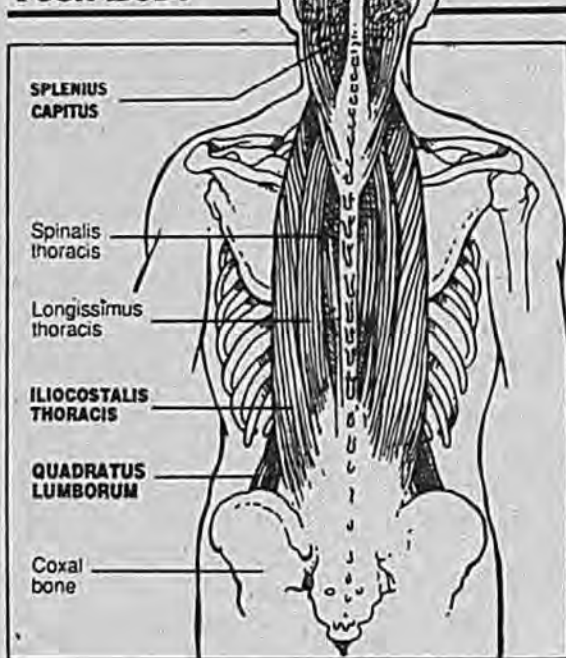
"Both my children are extremely well-coordinated and move with ease," says Flynn, "and I think it may be due to that (the early activities). They laid a foundation."

"It's something that carries over. If they go to the park, they want to play on the monkey bars and things. Both really enjoy that type of activity."

But just so they don't get needlessly distracted from all this positive energy expenditure, Flynn lays down the law:

Only one hour of TV a day.

YOUR BODY



THE SPLENIUS CAPITUS

WHAT: In Latin, a *splenium* is a patch or bandage, and *capitus* is a form of *caput*, which means head. The *splenius capitus* (SPLEE-nee-us CAP-ih-tus), then, are large, flat muscles that seem to "patch" the area between the back of the head and neck.

WHERE: The right and left *splenius capitus* muscles span the

posterior neck area, from the first four thoracic vertebrae (that is, toward the chest) to the seventh cervical (neck) vertebrae.

FUNCTIONS: Without your *splenius capitus*, you would have trouble turning and extending your head and turning and flexing your neck.



By Kit Suedaker

Crab is king in salads, entrees

Crab is the food of celebration at my house. It has more good stuff for its calories than any dessert and is just as big a treat. Be sure, however, to thaw it carefully if frozen and cook it at once if it's fresh. Crab is nothing to take a chance on. It can spoil as you watch.

Despite that, crab, with the look and flavor of a feast, is easy and simple to deal with. It's good as is served with olive oil, melted low-sodium margarine or simply lemon juice. This may seem more like a gala Sunday night supper than a party, so I've added three recipes below that make a statement with crab.

The first is a baked version of Maryland Crab Cakes, for me the ultimate in fish cakes. The second is a deliciously quirky King Crab Fruit Salad sparked by mango or pear. It has a fresh taste and spares the budget. And finally, Crab in Mustard Sauce, which doesn't mask the crab flavor but is so good it will raise almost any fish to party heights.

CRAB CAKES

- 1/2 cup chives or green onion tops
- 2 tablespoons chopped Italian parsley
- 2 tablespoons non-fat yogurt
- 1 tablespoon lemon juice
- 1 tablespoon low-fat mayonnaise
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon paprika
- 1/4 teaspoon red pepper
- Pinch dry mustard
- 1 pound crabmeat
- 1 1/4 cups bread crumbs

Yields 4 to 6 servings.

Each serving has about 150 calories, 3 grams fat, 68 milligrams cholesterol and 400 milligrams sodium.

Put chives, parsley, yogurt, lemon juice, mayonnaise, Worcestershire, paprika, red pepper and mustard in a bowl. Make sure there are no little pieces of cartilage in crab and add it to mayonnaise mixture. Add 1/4 cup of bread crumbs and mix thoroughly.

Form mixture into patties and coat each with remaining bread crumbs, pressing crumbs into cakes. Place on racks in refrigerator for half an hour to dry. Place patties on baking sheet coated with non-stick spray and bake at 350 F for 10 to 15 minutes or until cakes are golden brown. Serve at once.

KING CRAB FRUIT SALAD

- 2 king crab legs (thaw in refrigerator) or scallops
- 1/2 cup chopped sweet bell pepper
- 1/4 cup chopped onion
- 1/4 cup chopped fresh basil
- 1 mango or pear, cubed

- 1 tablespoons lime juice
- 1 tablespoon balsamic vinegar
- 1 tablespoon olive oil
- 1/2 teaspoon low-sodium soy sauce
- Bibb lettuce

Yields 4 to 6 servings.

Each serving has about 500 calories, 1 gram fat, 57 milligrams cholesterol and 600 milligrams sodium.

Crack crab and pick out meat. Shred this and place in bowl with bell pepper, onions, basil and mango or pear. Toss.

Put lime juice, vinegar, oil and soy sauce in bowl and whisk. Pour over crab and mix to coat. Place a leaf of lettuce or a bed of lettuce torn into bite-size pieces on each plate. Divide crab mixture among them and serve.

CRAB IN MUSTARD SAUCE

- 8 tablespoons low-sodium margarine
- 1/2 cup minced green onions
- 10 ounces mushrooms sliced
- Freshly ground black pepper
- 1/2 cup dry sherry
- 1/2 cup all-purpose flour
- 3 cups low-sodium chicken stock
- 2 tablespoons tomato paste
- 1 bay leaf
- 1 cup heavy cream or half-and-half
- 1 cup milk
- 3 tablespoons cognac
- 2 tablespoons Dijon mustard
- 3 pounds crabmeat or cooked chicken breast, skinned, boned and cut into dice
- Paprika

Yields 8 to 10 servings.

Each serving has about 350 calories, 2 grams fat, 180 milligrams cholesterol and 400 milligrams sodium.

Melt 2 tablespoons of margarine in large skillet and add green onions. Saute, stirring, until soft. Add mushrooms and freshly ground pepper and cook, stirring for 4 or 5 minutes. Almost all mushroom juices will have evaporated. Add sherry and boil for 1 minute. Set aside.

Melt remaining 6 tablespoons of margarine in large saucepan and add flour. Cook and stir for about 3 minutes until flour bubbles. Add stock, tomato paste, bay leaf and mushroom mixture. Bring to a boil, stirring, reduce heat and continue to stir until sauce is thick and smooth. Simmer uncovered, stirring once in while for about 15 minutes. Add heavy cream and milk, and cook uncovered for 5 minutes or until sauce coats back of a spoon. Stir in cognac and mustard. Remove and discard bay leaf. To serve, fold crabmeat or chicken into sauce and warm over low heat. Transfer to a serving dish and sprinkle with paprika.

HEALTH WATCH

About 20 million women experience noticeable hair loss

While men generally experience hair loss only in spots or patterns on their scalps, women tend to lose hair gradually over their entire scalps. About 25 percent of women have some detectable hair loss by their late 30s. This number will increase to about 60 percent by menopause.



About two in every five people losing their hair are women.

SOURCE: Upjohn Co.

A second skin

A new technique of skin regeneration is helping formerly untreatable victims with severe burns or sores to have a new quality of life. The skin is cloned, not donated or grafted from other areas, and reapplied.

1 Victim suffers severe burn. Large area of burn prevents use of traditional grafting.

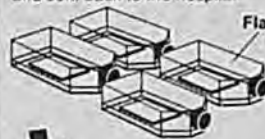


2 Burn areas are dressed. Small patch of healthy skin is removed.

Burn area

Actual size of patch

3 Skin patch is sent to lab, where cells are cloned and larger grafts grown in flasks. Once grown, they are removed, prepared and sent back to the hospital.



Flask

Removal

4 Skin graft patches are surgically applied to patient. Because the grafts are the patient's own cells, there will be no rejection. Usually 4 weeks may be needed for complete healing.

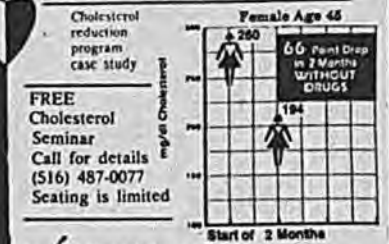


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Here's How



By Gene Gary

Q. I was given an ornate table that has some gold-leaf trim and design work. Unfortunately, there are scratches in the finish. Is there any way to resurface this table without harming the gold-leaf designs?

A. With patience, you can work around the designs and refinish your table. To preserve gold-leaf decals or accents, rub a thin coat of petroleum jelly over them and cover with a sheet of clear plastic, cut to fit and fasten with masking tape.

Use a cotton swab to carefully refinish the surrounding wood area. You can then begin applying your new finish. Before refinishing, you may want to consider other furniture rejuvenation approaches that do not require stripping the finish.

A complete line of wood refin-

ishing and refurbishing products is manufactured and distributed nationally by Formby's. Face Lift by Formby's is particularly good in restoring luster and life to older, dull wood finishes.

Minor scratches and bare spots can be camouflaged. Use a cotton swab to apply a homemade stain. (Mercurochrome and iodine match mahogany, cherry or maple; liquid shoe polishes match walnut and oak.) Buff with a cotton cloth after stain dries.

For deep scratches, heat the tip of an ice pick over a candle, wipe away the soot, place the tip of the ice pick in the scratch and hold a crayon or wax stick against the ice pick. Overfill the scratch with melted wax; let cool one hour. Shave away the excess with a plastic credit card.

These furniture repair tips were provided by Formby's, which maintains a toll-free consumer hot line to assist you: (800) 367-6297.

Q. I have a lovely, ornate dining-room set that has been in the family for years. Over time and repeated use, the chairs have loosened at the joints. Is there a method of repair that I can do myself?

A. The product Chair Loc is made specifically for your type of problem. The chemical, designed to help tighten the loose glue joints, is available at hardware stores.

For long-lasting results, your best bet is to take the chairs apart and reglue all the joints. This is quite a chore, as each joint, either the dowel or tenon type, must be opened and the parts cleaned to remove all old glue before regluing and clamping until the glue has dried.

Use a rubber mallet to disassemble the loose joints, numbering them if necessary to avoid confusion. Scrape off old glue and sand lightly, both the rungs and the holes.

Use a good-quality glue. For a job of this nature choose among

polyvinyl acetate (white glue), aliphatic resin and liquid glue. The strongest is an aliphatic resin such as Elmer's Carpenters Glue or Franklin's Titebond. This type has a slightly stickier tack (a glue's adhesive quality), making gluing a bit easier.

Before returning parts to position, coat the rung with glue and wrap tightly with cotton thread. Put glue in the hole and reassemble. (Both parts of the joint should be coated with glue.)

To secure, bind tightly together with heavy cord or furniture clamps to hold in place until the glue has hardened. Wetting the cord will bind more tightly as the cord will shrink as it dries.

For joints not fitting tightly, place a piece of nylon stocking over the hole so that the fabric will be crowded into the joint when fitting the pieces together. Trim off protruding excess with a razor blade.



Decor Score

By Rose Bennett Gilbert



Q. There must be ways to encourage children to pick up their rooms. Our two sons live in a constant disaster area. The bedroom they share is small, but it would work if they'd just put things where they belong.

P.S. They are 11 and 9. Is there any chance they'll outgrow this phase? — Frazzled Mom

A. Having lived through two who could have been the prototypes of your sons, I can only suggest that neatniks are born, not made. However, there is hope. I hasten to add: You must (1) encourage tidiness at every opportunity (you could compliment them on keeping a neat ceiling, for example), (2) provide for tidiness in the first place.

That is, give them the kind of storage they need to keep everything stowed, at least when the urge strikes.

An answer you may not have thought of is handsomely illustrated in the photo we show here, where cabinets usually associated with kitchens have been relocated in a boy's room.

Since kitchen cabinets can be customized for every specific storage, they make great sense in other rooms, too. (These are from Rutt Custom Kitchens, which has authorized dealers all over the country.)

Designed to make the most of one wall, the cabinets include space for a computer, desk, open and closed shelves and drawers, all planned with the help of the young inhabitant.

The cabinets are sturdy, of course, and these have been color-keyed with blue frames to repeat

the blue-and-white scheme in the rest of the room.

Of course, it looks neat as a bow tie in the photo, but since the room is so easy to keep shipshape, there's at least half a chance it will be.



MALE ROOM — Custom cabinets encourage neatness in a boy's room where there's a place for everything, including homework.



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NOW after 2 p.m. phone in your ad 24 hours a day to our special after hours ad number. You can phone your ad 24 hours a day and it will appear in the next issue of the paper (up to the 12 noon deadline for week of publication). If you miss the hours of our regular ad takers at any of the above numbers call 746-0240 and give your ad 24 HOURS A DAY.

Help Wanted

TYPIST NEEDED FOR DAYS Mon., Tues., Wed. evenings, 5-9 pm hours. Can start immediately. Should be able to type at least 50 w.p.m. Work in Hicksville. 931-0012.

REAL ESTATE FIRM seeks experienced sales manager for active Garden City office. Call Ed Keusey, 747-1300. gcm3

P/T SECRETARY, WORD processor, 2-3 days a week. 739-0111. gcm1

MATURE PERMANENT BABYSITTER for 2 children, 6:30-10:30 Thursday, 9:30 a.m.-1:30 p.m. Saturday. Excellent salary. References. 742-7203. gcm2

OFFICE WORKER FOR bankruptcy attorney's office. Heavy phone contact, general office duties, legal experience and computer skills a plus. Car necessary. Garden City / Hempstead border. Please call 565-0600. gcm2

TUTOR WANTED FOR elementary school. English, creative writing in Garden City. Call 747-7415. gcm2

EXPORT SALES OFFICE requires typist F/T to work in billing department. Hours, 9-5. Also one person for expediting & traffic position with some typing. Will train for both positions. Call 741-8755 9-6 daily. gcm4

BABYSITTER, INFANT, OUR home Cathedral Gardens area, 3-4 days a week, experience with children. 489-1369 evens. hm2

TRANSPORTERS/DRIVER-S. NO experience necessary. Local-nationwide. Start up to \$35K. 1-800-992-8005. hm2

Help Wanted

NEWSPAPER WRITING Good chance for students, retirees, housewives. Attend local evening meetings, & write articles for local newspapers. Pay is on a per article basis. Some experience helpful, must be reliable. Call 931-0012. wtfm

F/T BABYSITTER FOR 2 preschoolers in my Garden City home. Light housekeeping. Call 488-7581. Leave message. gcm2

ACTIVE LOCAL REAL Estate Office has sales position available. Call Robin Valentini for details at the Valentini Agency. 746-7200. wmy4

BABYSITTER NEEDED for infant in my Stewart Manor home. Three days: Tuesday, Wednesday, Thursday, 7:30 to 6:30 p.m. 358-2134. wm4

AU-PAIR NEEDED FOR girls ages 1 & 4 - Live-in. Most weekends off. E.Moriches, L.I. (near beaches). References required. \$125 per week. 874-2785. wm3

MOMS, TURN YOUR knowledge and experience into a money-making career. Flexible hours. Discovery Toys 485-2994. gcm1

DAY BABYSITTER - NANNY F/T or P/T wanted for 3 year old in our New Hyde Park home. Position can be live-out or live-in. Nanny/housekeeper with private room and bath. Happy, secure family. Must speak English, non-smoker, references required. Please call 294-1994. gcm3

ACTIVE & BUSY REAL Estate office needs licensed sales persons, experienced or not experienced. 20 hrs. per wk. Garden City & vicinity, Elaine J. Nolan, 485-7054, 292-9749. wml

Help Wanted

PART TIME CHIROPRACTIC receptionist with emphasis on bookkeeping/clerical & insurance billing. Seeking self-motivated individual with good organizational skills. Will train. Experience preferred. Mon., Wed., Fri. 9-2. Woodbury area. 496-7775. hm4

F/T LIVE OUT babysitter needed for infant in our Garden City home Mon.-Fri., 8-6 p.m. Non-smoker, English speaking. References required. 294-4804. gcm4

HOUSEKEEPER NEEDED NEW Hyde Park area every other week. Must have own transportation or use Hillside Ave. bus. Good references. Evenings 747-4362. gcm4

PART-TIME SECRETARY wanted. W/P, light phones, filing for small Floral Park office. Word Perfect preferred. Flexible schedule. 25 hrs. per week. Call Katherine 358-7663. gcm4

CHILD CARE / HOUSE KEEPER. Full time in my Garden City home. Mon.-Fri. for my two children ages 5 & 7. Must have own transportation, speak English, non-smoker & have excellent references. Please call after 5 p.m. 741-5859. gcm4

MAINTENANCE: NASSAU COUNTY Child Care Agency seeks capable individual with overall maintenance background. Duties include carpentry, plumbing, painting, grounds-keeping & some electrical work. Competitive salary, liberal benefits. Call 921-0808, ext. 202. hm4

POSTAL JOBS \$11.41 to \$14.90/hr. For exam & application information call 219-769-6649 ext. NY-180 9 a.m. - 9 p.m. 7 days. gcm3

FIELD SERVICE TECHNICIAN. PT hrs. National company seeking energetic individual with car to repair mail handling equipment at customer locations in Nassau County. Must have experience on electro-mechanical systems & work independently. Ideal for individual who is semi-retired, ex-military or has a non-demanding night job looking for 10-20 hrs. per week at up to \$10 per hr. Send resume to: Agiasar Corp., Service Dept., 525 Benton St., Stratford, CT 06497. gcm2

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Situations Wanted

GARDEN CITY HOUSE & Office Cleaning Corp. Bonded and insured, serving all Nassau County. We will sparkle clean your house or office with a team of experienced, honest and reliable persons who will be in and out in no time until your heart is contented. Cleaning process is supervised by owners, who are Garden City residents. We use our own cleaning tools and detergents. Call for a free estimate 248-8690, leave message and we will promptly call you. gcap2

FULL TIME LOVING CARE available for your infant or child in my Williston Park home. Mom with many years experience. 747-2183. wm4

VERY NICE LADY seeks position as a baby sitter, house maid or taking care of an elderly person. Live in. (212) 731-1475. gcm3

POLISH WOMAN LOOKING for job cleaning houses, housekeeping 4-6 hrs. per day in Garden City, Stewart Manor, Franklin Square or nearby vicinity. Call 327-0259. Leave message on tape. gcm3

HOUSECLEANER & BABYSITTER available Mon.-Fri. Honest person, experienced & has own transportation. 741-5827. Ask for Maria. gcm3

HOUSECLEANER NEEDS 3 days work. Good references. 488-3382. gcm3

HONEST, RELIABLE, NURSE'S AIDE wants to work with elderly or sick person in any area. 718-949-5516. gcm3

ATTENTION VACATIONERS - 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. gcm5

NURSE'S AIDE FULLY experienced in hospital, nursing home and private duty. We will work day shift or overnight shift. References. 475-7966. \$10 per hour. gcm1

BABYSITTER, GARDEN CITY mother with older children wanting to babysit occasionally in your home, daytime. 248-5896. gca2

NURSE'S AIDE WITH experience of hospital rehab & private home wants to work with elderly and sick person. F/T or P/T. 248-4029. gcm1

Situations Wanted

WILL BABYSIT YOUR child in my New Hyde Park home, Monday to Friday. References. 516-746-7773. WM3

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

GOOD HOUSECLEANER WITH experience looking for sleep-out position. Good reference and own transportation. 538-9415. gcm1

EUROPEAN WOMAN AVAILABLE for cleaning house. References and own transportation. For additional information call 292-2420. gcm1

LIVE IN/LIVE OUT, experienced housekeeper, 379-0765. gcm1

HOUSECLEANER AVAIL-ABLE - Experienced, references, own transportation. Available Monday to Friday. Garden City area preferred. 538-1713. gcm1

CHILD CARE AVAILABLE NYS Certified early childhood teacher with Master's degree will care for your child in my Mineola Home. Enriched environment. Playmates. Certified program. Excellent extensive references. 747-5350. wml

IRISH GIRL SEEKS extra babysitting jobs Mon.-Thurs. Also will clean on Sat. mornings 248-5663. gcm1

CERTIFIED HOME HEALTH Aide can provide live-in care for the elderly. Available 7 days a week, has certification. I am experienced in many phases of health care equipment (wheelchair, hospital bed, hover lifter). 753-2094. gcm1

HOUSECLEANING AND BABYSITTING available Saturday - Monday or every weekday after 6 p.m. Own transportation, experience and references. Please call 565-5071. gcm1

IRONING LADY AVAIL-ABLE Sat. Will do cleaning and laundry, references available, experience. Call after 6 p.m. 248-3035. Ask for Maria. gcm1

HONEST, HARD WORKING, Reliable cleaning woman available for daily work. \$50 per diem. Excellent references (living with Garden City family) 488-2788. gcm1

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1986 SUBARU GL-10 4 wd, turbo, auto, 73K miles, power windows & sun roof, power brakes & lock. A/C, radio cassette. Mint cond. inside & out. Must see. \$3,850. 741-6254. gcm4

For Sale

FOR SALE - WILLISTON
Park, 179 Capitol Ave. - Mint: Round table, chairs, leaf - \$225; Hutch - \$175; End tables - \$75; Lamps - \$75; Singer machine - \$50; Mahogany chest - \$50; Bachelor chest - \$95; Nesting tables - \$50; Piano bench - \$25; AM-FM Stereo Console - \$25; Trestle table with chairs - \$50; Wing chair - \$25; Train table - \$20. Metal storage cabinets, sewing table, picnic bench, upholstered foot stool and other items. 742-0256. wml

BABY GRAND PIANO, Wurliizer professional organ, large Colonial sofa with Ethan Allen cherry end tables & coffee table. Make offer, 746-3007. gcm3

DINING ROOM. SOLID cherry wood, light finish, oval table, 2 leaves, with pads, 6 chairs, china closet & 60" buffet. Excellent condition \$525. Call 742-2590. gcm3

3 PIECE SECTIONAL Italian Provincial, 2 chairs, 2 marble lamp tables. Excellent condition. Call after 4 p.m. 485-8359. gcm1

72 INCH QUEEN SIZE Sofa bed, one year old, tan and white, striped back cushions, roll arm. Call 747-6483. \$250. hml

BAHAMA CRUISE. FIVE days, four nights, overbought, corporate rates to public. Limited tickets. \$239 per couple. (407) 331-7818, ext. 434, Mon.-Sat. 9-9. hm2

TWIN SIZE ALLISON Castro Convertible with bedframe. Never used. Cream colored with arched sleeves. Excellent condition. \$525. Evenings 741-0711. gcm2

DARK OAK TRUNDLE BED & night table. Curio cabinet, chinese black, glass doors, sides & shelves. Back is mirrored, 6 ft high 15" deep, 28" wide. Extra long white sofa, pair of blue loveseats (one of which is a queen size Sealy Sleeper). Call evenings. 248-9286. wm2

AUTHENTIC HITCHCOCK DR. set autumn finish. Table 42x54" with two 12" leaves & pads. Buffet base/side board 19x54". Six black & autumn chairs. Excellent cond. \$1,300. Also Childcraft 6 room dollhouse with furniture. \$95. 741-6188 evenings. gcm4

4 TICKETS FOR Tanya Tucker at Westbury Music Fair, Wed., Mar. 11, 8 p.m., row F, \$22.50 per ticket. Call 741-3753. gcm1

COMMODORE 128 - 1541 disc drive, 3 joy sticks, lots of games, basic 7.2 color monitor. Call evenings 741-1648. gcm4

For Sale

CUSTOM LAURA ASHLEY sofa, love seat with matching custom curtains \$1,500, 746-4933. gcm4

MEDITERRANEAN BEDROOM SET including triple dresser, two night stands, large armoire and twin beds. Good condition. \$600. 352-0292. wml3

3 LIVING ROOM SETS: 1-5 pc. \$600. Excellent condition. 1 Loveseat/chair \$500 excellent condition, China Closet, 2 boxes of Avon - Best offer. Refrigerator. \$125. 248-5487, wfn

REASONABLE: 3-20" BOYS bikes, 1-20" Girl's bike, 1-26" Woman's bike. Call after 5 p.m. 625-1104. wml4

KITCHEN TABLE, FOUR chairs, sturdy farm table with four Windsor chairs. 2 yrs. old. Natural color. Asking \$300. 741-3936. wml4

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THOMASVILLE DR. SET. Triple hutch, table has 4 leaves & 6 chairs (2 armchairs). Best offer over \$5,000. 538-1512. gcm4

ITALIAN PROVINCIAL BLUE & green floral sofa in a satin cut velvet fabric with matching club chair. 488-3557. gcm4

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LATTAN 1930's FIVE piece set. Sofa, two chairs, ottoman, table. Needs cushions. \$850. Call evens. 747-6373. hml4

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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. gcm2

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DOLLS WANTED
I collect dolls and other doll memorabilia, new or old. What do you have for sale? Call me at 747-8496. gcap4

ANY TYPE ANTIQUE Victorian or other furniture wanted. Also cut glass, silver jewelry, paintings, bronzes, dolls, frames, clocks, rugs, linens, trunks, china lamps. Will call for any time, any place. Call Kay & Tom, Westbury, 334-4117. gcm2

FURNITURE GENTLY USED. Young professional couple with child seeking sofa/love seat combo, sectional/modular sofa, Castro sofa bed/day bed/love seat, twin size mattress/box spring, Harvard frame, coffee table and end table in good condition for our home. 294-1994. gcm1

UPSET WITH LOW bank CD rates? Two Garden City entrepreneurs need a limited amount of capital to acquire a lucrative existing business. This could be your opportunity to lock in a high rate (12%) with terms tailored to your own financial situation. Inquire: 741-4245. gcm2

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PIANO, ACCORDION AND Guitar lessons - all levels, all ages. 2 years experience N.Y.S.S.M.A. and L.I.M.T.A. member. Call 354-1721. gcm3

Fair

FLEA MARKET, SATURDAY, March 14, 10 a.m.-3 p.m., Our Saviour Lutheran Church, Minnola, Jefferson & Willis Avenues. New and used bargains, plants, baked goods, novelties, bric-a-brac, housewares, jewelry, refreshments available. hm2

Garage/Tag Sale

MOVING SALE. SAT. Mar. 7, 9 a.m.-3 p.m. Household items, bric-a-brac, some furniture, books, records, scouting equipment, clothing & much more. 205 Roxbury Rd., Garden City. gcm1

Lost and Found Pets

\$100 REWARD - LOST 11 year old Gorman Shepherd mix, medium, approximately 47 pounds, tan, no collar. Lost Saturday, February 1, at 6 a.m. Last seen on Elmira in Hicksville. Answers to Lucky. Please call 931-8128; leave message. gcm1

Notice

FEMALE BORN 12/30/55 in Lake Forest, Illinois searching for birth mother, Colleen, born 6/13/36. Write: Barbara W., 436 NE 65th, Portland, Oregon 97213. (503) 254-0469. gcm4

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Novenas

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. M.S. gcm4

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. ARC gcm1

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 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. G.R. gcm4



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Games, rhymes, and riddles for children and their parents, too!

By J.R. Rose

DRAW IT!

DRAW A FLOWER FOR THIS BEE TO POLLINATE!



CAN YOU FIND FIVE WORDS IN HONEYBEE?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



HONEY IS THE MOST DELICIOUS WORD YOU'LL FIND!

BZZZZZZ

THESE HONEYBEES ARE REALLY GREAT. THEY LEAVE THEIR NEST TO POLLINATE! JUST FIND TWIN BEES TO SOLVE THIS GAME FOR ONLY TWO ARE JUST THE SAME!

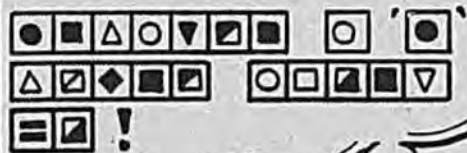


ROSE!

©1992 CUNY NEWS SERVICE!

SMIFF! SMIFF!

SOLVE THIS CODE TO SEE WHY PUP THINKS THE LETTER 'A' IS SO MUCH LIKE A FLOWER...



PUP THANKS
EMILY WHITMAN
OF PEMBERKE, VA
FOR THIS JOKE!

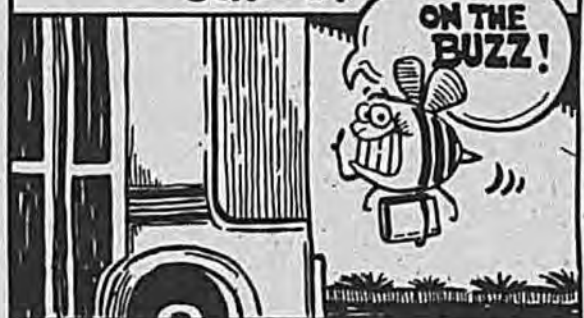
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
Q	R	S	T	U	V	W	X	Y	Z						

WRITE US!

IF YOU HAVE ANY FUN GAMES OR JOKES SEND THEM TO : **PUP**

81 EAST BARCLAY STREET
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HOW DO HONEYBEES GET TO SCHOOL?



ON THE BUZZ!

PUP THANKS RENEE STRAUB OF PLATO CENTER, IL FOR THIS FUNNY JOKE!

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ANTIQU OR JUNQUE

By James G. McCollam



This love seat is sitting pretty

Q. Enclosed is a picture of a love seat that belonged to my great-grandmother. I think it is made of cherry wood inlaid with

mother-of-pearl. How old is it and what is its value?



A. Your love seat was made about 1900 and would probably

sell for \$350 to \$375 in good condition.

Q. The attached mark is on the bottom of a porcelain vase with handles. It is 8 inches tall, cylindrical in shape, with a ruffled top. Please tell me whatever you can.



A. As shown in the mark, the origin date is 1886. There was an importing company, Ebling & Reuss, founded in Philadelphia in 1886. Logic suggests that "Erphila" was the trademark of Ebling & Reuss, but experts say this is not the fact.

Your vase would probably sell for about \$125 to \$135.

Q. Can you provide any vital information about a cranberry opalescent hobnail glass pickle jar in a holder marked "Meriden S.P. Co." There is a pair of silver tongs hanging on the handle.

A. The silver-plated holder and tongs were made by the Meriden

Q. Several months ago, you showed a porcelain figurine of a Dalmatian dog that was quite valuable.

I have one that is 9 1/2 inches long lying down; it is marked "Goldscheider." What is this fig-

urine worth?

A. The one in the column was a Royal Doulton and sells for more than \$100. Your Goldscheider Dalmatian sells for about \$65 to \$75. Silver Plate Co. in Meriden, Conn., around the turn of the century. The maker of the glass jar is not known. Sets like this are called pickle castors.

A dealer would price this at \$500 to \$600.

Q. After seeing the movie "Hook," it occurred to me that my Royal Doulton Character Mug, "Captain Hook" (HN-6597), might have special value.

Please express your opinion about this.

A. "Captain Hook" has been selling for about \$500. I doubt if there will be any rush to buy at prices higher than that.

This Character Mug was produced from 1963 to 1971.

BOOK REVIEW

Revised edition of "Antique Jewelry With Prices" by Doris J. Snell (Wallace-Homestead, an imprint of the Chilton Book Co.) has pictures and prices of more than 1,000 bracelets, brooches, cameos, earrings, fobs, lockets and rings made between 1850 and 1950. It is the standard price guide in its field.



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Points on Pets

By R.G. Elmore, D.V.M.

Q. Is it safe to feed dogs bones from the table? My dad often gives our 3-year-old beagle bones after he has eaten the meat off them. The dog loves them and protects them for days. I worry constantly that the dog will choke on one of these bones.

A. Large beef bones generally are safe for dogs. However, if the bone has a hollow center that might hook over the large incisor teeth of the dog, it should not be given to him.

Chicken bones or bones that often splinter should never be given to dogs. Bones that splinter easily may injure the dog's mouth as he chews on them or may cause severe internal injuries if swallowed.

Small bones of all kinds that can be swallowed should be avoided. It is not unusual for swallowed bones

to get lodged in the esophagus and subsequently choke the dog.

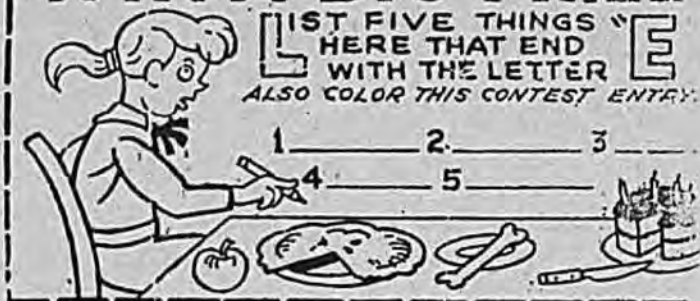
There are many safe, artificial chew toys manufactured for dogs. Perhaps you can purchase some of these and convince your dad that your dog no longer needs bones from the dinner table. Most dogs naturally love to chew and should be given the opportunity to indulge in this activity safely.



JUNIOR EDITION

WIN A BIG PRIZE

LIST FIVE THINGS HERE THAT END WITH THE LETTER **E**
ALSO COLOR THIS CONTEST ENTRY.



Aunt Tilly's Corner

This weekend I went outside and saw that some of my early spring flowers have started pushing their noses out of the ground. Since I just planted them last fall and this is the first time they have come up, it is very exciting to watch. I just hope the week of warm weather we had didn't fool them into coming up too early! I am looking forward to seeing what color the flowers will be. I'll let you know as soon as they bloom.

Your friend
Aunt Tilly

RULES BOYS AND GIRLS

Here is your chance to win One Dollar. (\$1.00) - to spend or to save.

Here's all you have to do:

1. Contest is open to children 4 to 12 years of age.
2. Entries must be received by Friday, March 13, 1992
3. Paint, watercolors and crayons must be used on the above.
4. Decision of the judges will be final.

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



We are the proud grandparents of triplets, Jillian, Joseph and Edward, age 10. Mr. and Mrs. Joseph J. Ra are their parents of Franklin Square.

Mr. and Mr. J. P. Ra
Garden City

YOUR SOCIAL SECURITY

Medicare coverage while traveling

By William M. Acosta

Q. I am 67 years old, and I am planning on traveling to Europe this summer. If I should become ill while traveling, will Medicare cover any hospitalization that might be necessary? — M.F.

A. No. Medicare generally does not cover anyone while they are outside of the United States. (Under certain conditions, care in Canada or Mexico might be covered.)

Q. My husband and I both worked under Social Security coverage and are eligible to receive payments. Would I benefit by receiving under my husband's account, or would it be more beneficial for me to file on my own account? — M.F.

A. Generally, benefits are payable on your own work record. An additional amount might be payable on your husband's account. Contact your local Social Security office for more information.

Q. I currently receive Social Security benefits and continue working. They continue to deduct Social Security tax from my wages. Doesn't this stop when you start to

receive monthly Social Security benefits? — M.F.

A. No. As long as you continue to work under Social Security coverage, Social Security tax will be deducted.

Q. I divorced my husband after nine years of marriage. I was previously married for 11 years and then got a divorce. Am I eligible to receive benefits on either one of these men? — M.F.

A. You have to be married for at least 10 years prior to getting divorced. No benefits can be payable on the nine-year marriage. However, benefits are payable to you on the 11-year marriage.

YOUR SOCIAL SECURITY