

In Three Sections - Sixty Pages
The Only Newspaper Printed and Published In Hicksville

Mid-Island Times & Levittown Times 15¢

Vol. 43 No. 5

USPS 346-760

Friday, February 3, 1984



The New York State School Music Association's All-State Concert was held recently in Albany. Above, Assemblyman Angelo F. Orazio presents an Assembly Resolution to high school students Nell Aaror (left) of Jericho and Deborah Sepe (right) of East Meadow honoring their selection to the All-State String Orchestra. Deborah and Nell were chosen from among 50,000 applicants for this prestigious award.



Oyster Bay Town Councilmen Kenneth S. Diamond (second from right) and Thomas L. Clark (left) congratulate Joseph Normandy of Hicksville following his installation as President of the United Veterans Organization of Nassau County. Normandy was installed at a gala dinner dance held at the Hicksville Veterans of Foreign Wars Hall. Sharing the proud moment was his wife, Louise.



Young Israel of Plainview held their 12th Annual Journal Dinner recently which honored two long-time members, Dr. Robert and Judy Thaler. Over 130 people attended the dinner to recognize the contributions of this couple to the Young Israel. Dr. Thaler was President of the Congregation for two years. Governor Mario Cuomo sent a letter regretting that he could not be personally present to join those who were in attendance. Assemblyman Lewis J. Yevoll (D-Old Bethpage) presented the Thalers with a State Assembly Citation for outstanding community service. Shown at the dinner are (l. to r.) Rabbi Moshe Fertney, Saul Marcus, Dinner Chairman; Assemblyman Yevoll; Dr. Thaler; Mrs. Thaler and Ira Mark, President, Young Israel of Plainview.

Police Cleanup Six Robberies

A joint investigation by Robbery Squad Det. Andy Towner and Third Squad Det's Bob Laferty and Edward Byrnes cleared up six robberies committed in the Second and Third Pds.

Arrested Jan. 21 at 11:30 a.m. at his residence was Edward Lefrak, 29, 80 Oakdale Ave., Westbury. He was charged with Robbery 2nd degree of the following:

Vitamin World, Mid Island Plaza, Hicksville, \$500; Dalton's Book Store, Roosevelt Field, E. Garden City, \$700; Kay Bee Toy, Roosevelt Field, E. Garden City, \$400; Dalton's Book Store, Mid Island Plaza, Hicksville, \$300; LeMarcs Card Shop, Roosevelt Field, E. Garden City, \$600; Waldbaums Super Market, Willis Avenue, Albertson, \$1100.

A simulated hand gun, pellet pistol, used in the robberies was recovered. The investigation is continuing and the subject will be arraigned in the a.m. at First District Court, Mineola.

K Of C Plans Charity Drive

Wm. P. Henne, Sr. Grand Knight of Joseph Barry Council, Knights of Columbus recently attended a kick-off meeting for this year's Nassau Suffolk Chapter, Knights of Columbus, Charity Drive. The annual drive has its principle benefactor, the Cleary School for the Deaf, a non-sectarian school for the deaf and hard of hearing, located in Lake Ronkonkoma.

The meeting consisted of short talks by committee chairmen outlining the work of their committee (Journal, Ball, Donations, etc.) and seeking the support of Councils throughout Nassau and Suffolk Counties.

General Chairman of the 1984 Charity Drive, Vincent F. Carnegie of Garden City, called upon Knights, Columbiettes and Ladies Auxiliaries to put forth a maximum effort for a successful campaign.

Joseph Barry Council will participate in this year's drive as it had in the past and seeks the support of the Community. Grand Knight Henne said, "the main purpose of our organization is Charity, and this will be one of our major efforts for 1984.

The Charity Drive culminates at the Annual Ball to be held on April 13 at the Huntington Town House, Huntington.

School Bd. Says No To Silent Meditation

Special to MID ISLAND TIMES

By Valerie Pakaluk

Sharon Rubin, the mother of a Hicksville Junior High School student, has challenged the district's practice of opening each school day with a period set aside for silent prayer or meditation. Mrs. Rubin, accompanied by counsel for the American Civil Liberties Union, read a statement to the Hicksville Board of Education at the January 25 meeting citing the procedure as unconstitutional.

A change in the district's policy regarding opening exercises of each school day, eliminating all references to "silent prayer", was introduced by Board Vice President William Bennett. Bennett suggested these changes in accordance with Section 3029-a of the New York State Education Law currently in effect. The law allows for a brief period of silent meditation as long as it is not conducted as a religious service or exercise.

School attorney Joseph Campanella advised, however, that several states (approximately 20) have recently ruled such laws as unconstitutional when contested in the federal courts. The most recent, he added, being New Jersey. Campanella also noted that New York State had not yet tried a case of this nature but that the outcome, he felt, was dim for a differing verdict.

Trustee Honey Singer then suggested an amendment to Mr. Bennett's motion eliminating all references to silent prayer or meditation and leaving the opening exercises to commence with the Pledge of Allegiance and the singing (or recording) of the National Anthem. Mrs. Singer stated that Mr. Campanella convinced her the possibility of legal fees and notoriety would be phenomenal and results, most likely, negative. Voting for Mrs. Singer's proposal were John Ayres, Lawrence Wolfson and Arlene Rudin, who along with Mrs. Singer made a majority of 4-3.

All changes in Board Policy require three public meetings for discussion and input from the community before a final vote is taken. The meeting of February 24 will be the final date of this series. Present at last week's meeting were several members of the community who spoke out in defense of retaining silent prayer in the schools. Tony Chepak asked the Board to put a referendum on the ballot allowing the entire population of Hicksville the privilege of deciding such an important matter; Jerry O'Brien said "If you have a principle and give it up, what example do you set?"; Ben Kletecka suggested school counsel inquire as to the exact wording of the laws other states have ruled unconstitutional; Peggy Gill remarked that, as a mother of a 5th grader and a product of the school system, she followed the practice in school as does her daughter and found no problem with it; Tony Previte meanwhile said that State Law 3029-a should be changed in Albany; if changes were necessary, not here in Hicksville. The meeting scheduled for February 8 will allow members of the community an opportunity to address this issue.

Linda Hild, Unit President for Teacher Aides, read a statement to the Board of Education regarding their position with the district. Mrs. Hild claims that duties performed by Aides are required to be reclassified as "Teacher Assistant" with state certification a necessity. Aides are hired to assist teachers in keeping records, helping children, assist in discipline and other non-teaching duties. Aides, however, have been involved in assignments classified as teaching assistant and the group is requesting Board approval for certification in this department.

Honey Singer received Board support in her efforts to develop an American Field Service Chapter in Hicksville. The Chapter allows for foreign exchange students to attend Hicksville schools, tuition free, and enables students from this district to attend schools in other countries where Chapters are located, also tuition free. The community will be hearing more about this program from Mrs. Singer who will also be interested in volunteers to host students visiting here.

In other matters, the Board unanimously approved the nomination of Iris Wolfson, a former School Board Trustee, to a five year term on the Board of Trustees of BOCES. Thomas Nagle informed the public that Neil McCormack had returned home from Mid-Island Hospital and is recovering from surgery. Mr. McCormack served on the Board of Education for 19 years. The system for voting by board members was finalized and all votes cast will be recorded by a show of hands. The district clerk will record the names of Board members who vote nay and/or abstain. The Hicksville Junior High School has entered into a

Continued on Page 2

Letters to the Editor

To the Editor:

It has been brought to our attention that the Hicksville School Board has recently voted to do away with "Silent Prayer" in the public schools. And why? ...Because of the objections of one person, whose child was "Confused" by it, and who agreed to be a plaintiff in the case, so the New York Civil Liberties Union could "Test the constitutionality" of our state law in permitting such meditation. It is sad to think that the rights of many can be taken away, be the selfishness of one, who calls herself "religious", yet deprived the Hicksville School children to begin their day in this uplifting way.

It's ironic that just as the President of the United States has vowed to help get prayer "back into the classroom", the Hicksville School Board would vote to take it out.

It is also absurd to think that "one minute" of silent meditation could in any way violate someone's Constitutional Rights. Any historian can attest to the fact that "Religious Freedom" was the very principle upon which this country was founded. Our Declaration of Independence and U.S. Constitution make mention of "God" and "Our Creator" and were written to safeguard religious freedom in this land. To quote President Reagan, "If Congress can begin each session with a clergyman saying a prayer, then every child in school should likewise have the right to begin their day with prayer."

Our question is "Where will it end?" Should we also do away with all mention of God or religion in our history textbooks? Should these words be stricken from our U.S. Constitution? Is Congress breaking a law by beginning their sessions with prayer? And what about our currency - every coin which bears the words "In God We Trust"? Or what about one of our greatest patriotic songs, "God Bless America". Should this also be banned? Next will they do away with all mention of songs and programs about Christmas, Easter, and Hannuka in our schools? The list could go on and on.

Yes, it's absurd to say that "one moment of silent meditation" can violate anyone's rights. It is a beautiful sight to see children of all religions, races and creeds, put aside their differences and prejudices and humbly join together for one minute of silence to honor their God or Creator or whatever they choose to worship. Those who do not believe in God are not being forced to vocally pay tribute to such. This time can be spent by them in a moment of silent tribute to a loved one or country or whatever, or to spend this time to reflect upon other things.

We urge the school board to reconsider their action and to re-instate this "Moment of Silence" into our schools. Do not let the objections of one deny the rights of all our children in this community to begin their school day in this beautiful and uplifting way.

Citizens for Religious Freedom
Phyllis & Jim Hundertmark
Dolores Caporicci
Martha Hand
Ray Hand
Dennis & Debra Hamel
June Vandelt
Jimmy Hundertmark, Jr

To the Editor:

Our sincere thanks to those Hicksville alumni who have 'caught the spirit' and generously donated to the support of the Hicksville High School Marching Comets.

For those alumni who have not yet heard of the new spirit in our marching band, we are proud to say that the Hicksville High School Marching Comets encompasses many phases of high school activity: Band musicians, Flags, Coquettes and also members of the 9th Grade Junior High School Band. Starting from scratch in 1982, the Comets became an award-winning marching unit by attaining the 1982 Division II Long Island Championship in the Tournament of Bands Marching Competition. In the 1983 Tournament of Bands Competition in November, they won second place in the Division II Long Island Championship. In addition, the Marching Comets have performed at half-time at all the home football games. At the special request of Fordham University, the Comets entertained at half-time at the October Fordham Weber football game. They have also performed at various Hicksville soccer games at Hofstra. They marched in the 1983 St. Patrick's Day Parade and hope to repeat their participation in 1984. The Marching Comets are scheduled to march in the Hicksville Memorial Day Parade.

These 105 hardworking and dedicated students are a credit to themselves, their school and a source of great pride to the Hicksville Community. "Catch the Spirit" and support your Hicksville High School Marching Comets.

The Hicksville High School Marching Comets Parents Association sincerely thanks the following Hicksville businesses and organizations for their generous donations and support of the award-winning Hicksville High School Marching Comets:

Charles Wagner Post #421, American Legion, 24 Nicholai St.; General Nutrition Center Health Food Stores, Mid-Island Pl.; Ben Levitt, Inc., 66 North Broadway; Liberty Plumbing & Heating Supply Corp., 335 W. John St.;

Vernon C. Wagner Funeral Home Inc., 125 Old Country Rd.; Sal's Pharmacy, 89 Broadway; M.D. Cesspool Cleaners, 385 New South Rd.; Westbury Federal Bank, 405 Jerusalem Ave.; Match A Home Realty, 95 Old Country Rd.; George Malvese, Inc., 530 Old Country Rd.

Their good will and community spirit is greatly appreciated.

Hicksville H.S.
Marching Comets
Parents Association

To the Editor:

A tradition of over twenty two years in our Hicksville School District is being taken away from our students and their teachers - Silent Prayer or Silent Meditation.

The Hicksville Board of Education in August, 1962, instituted a policy to start each day with, the Pledge of Allegiance to the Flag, and a period of silent meditation or silent prayer according to the beliefs or desires of the individual pupils. This beautiful, and voluntary practice has been going on without incident for 22 years, until December 19, 1983, when Mrs. Sharon Rubin, a parent in our community demanded this practice of "Silent prayer/meditation" be suspended immediately, and was prepared to bring court action, with the backing and resources of the American Civil Liberties Union.

Our Board Attorney, Mr. Joseph Campanella, advised the Board that if tested, we will lose, on the constitutionality issue. Since other States, notably, New Jersey, New Mexico, California, Tennessee and Alabama banned "Silent Meditation". However, the State of New York allows, Silent Meditation in the schools of this state, and gives precise language and direction. (Law 3029a). Not one of our 702 school districts in this state has challenged this law since 1971. Further, the United States Supreme Court has never ruled on the constitutionality of Silent Prayer or Silent Meditation. Simply stated, that is why it has been a practice in Hicksville for some 22 years.

All former Hicksville Board of Educations have defended, with the backing of the community of some reflection of prayer, until now. The Board majority, made up of Mr. Ayrgs, Mrs. Rudin, Mrs. Singer, and Mr. Wolfson have departed from this tradition. Why were they so quick to make a legal decision before the community was heard from?

It is now up to you and the community to make your views known on this important issue. To you, the members of the PTA, you are keenly aware of the value of education and spiritual motivation, you start your meetings with a prayer, please come forward and be heard February 8 and write to the Board. Teachers, you know the value of citizenship and character building for our students. You must come forward and speak out on February 8. Members of fraternal and religious organizations, you as parents know the value of spiritual enrichment. Please write, and come February 8. Our spiritual leaders in the community you know the value and meaning of silent meditation, speak out to both your flock and the Board on February 8. To our community at large, don't let a twenty two year tradition vanish in a few weeks!

The authors of our Constitution never envisioned that silent prayer or meditation was a threat to individual liberties. Our forefathers knew the meaning and value of prayer when they forged this great Republic, can we in Hicksville do less? Come to the Board of Education meeting on Wednesday, February 8 at 8:15 at the Administration Building, and do your part now, when it counts.

Sincerely,
Bill Bennett
Member Board of Education

To the Editor:

We feel that the decision to remove prayer from the public schools was a grave mistake, and now we are faced with the total removal of a "Moment of Silence" also. This "Moment of Silence" has never been intended or used totally or exclusively for the purpose of prayer. It has been intended and used as a time when all students were free to either pray, meditate, go over their day's schedule in their mind, or to reflect upon anything they wish to do in the privacy of their own mind.

There is grave concern among many of the Christian community about the increasing curtailment of religious freedom in government decisions. Many ministers are now speaking out about the lack of religion in our schools, amongst the entertainment media and many other areas of our lives. We share this concern and hope that you will take the time to help us speak out for what is right.

We ask local ministers to take this coming Sabbath day and let your congregation know what is happening here in Hicksville. We would like to have those concerned people write to the Hicksville School Board and protest this latest decision. There will be a meeting of the School Board on Feb. 8, in the evening, where this issue will be under discussion. We are hoping that those of your congregation who value their freedoms will go to this meeting to let their views be known.

If we stand by, and do nothing, then we cannot complain after the fact when even this little remnant of our religious freedom is taken from us.

Thank you for your support.
Phyllis C. Hundertmark

Three Exhibits At Library

There will be three exhibits on display in the Hicksville Public Library in the month of February.

In the Lobby Case there will be an exhibit of stone sculpture by Cosmo Fazio.

The Fiction Room Case will contain Fabric Craft by Jeanne Beutel. This exhibit is provided by the Rotational Arts Exhibits sponsored by the Town of Oyster Bay Arts Council.

In the Community Room, photographs by Bruce Passon and Richard Schulman will be on display. This exhibit is provided by the Rotational Arts Exhibits sponsored by the Town of Oyster Bay Arts Council.

The two cases can be seen during regular library hours. The Community Room is open from 10 a.m. to 5 p.m. daily and Saturday from 1 p.m. to 5 p.m. on Sunday and everyone is welcome to see these beautiful exhibits.

Continued from Page 1

national competition for recognition of secondary schools. Supt. of Schools, Dr. Catherine Fenton, congratulated Mr. Gerald Klein, principal of the Junior High, for his confidence and pride. A twenty page report has been filed with national headquarters in Washington, D.C.

On the agenda for the February 8 meeting are an elementary foreign language presentation and continued discussion on the elimination of silent prayer or meditation from opening exercises of the school day. The meeting begins at 8:15 p.m. and will be held in the Conference Room at the Administration Building.

Sincerely yours,
Karin Frey

MID ISLAND TIMES

Hicksville, New York 11801

Entered as Second Class Matter in the Post Office, Hicksville, N.Y.

Subscription Rates - One Year \$5.50

Published by the LITMOR PUBLISHING CORP.

Editorial Office: 81 E. Barclay Street, Hicksville, N.Y.

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Marching Band Square Dance

The Hicksville High School Marching Comets Parents Association will be having a Square Dance on Saturday, March 10, from 8 p.m. to 12 midnight at the Charles Wagner Post #421, American Legion Hall, 24 Nicholai Street, Hicksville. Donations are \$10 per person. Food and soda are included plus many door prizes. There will be a square dance caller and continuous music. Eight persons constitute a square at each table, but more may be added if requested. There will be no tickets on sale at the door, therefore, all persons are asked to purchase tickets in advance. No one under 19 years of age will be admitted.

Invite your friends, neighbors and relatives for an enjoyable evening and at the same time show your support for the Hicksville High School Marching Comets.

For tickets and information please contact Maryanne Muller, 938-7806. Act now and get your reservations early as there will be a limited number of tickets available.

Church Program On Alcohol Abuse

The Social Ministry Committee of the Lutheran Church of St. Stephen, Hicksville and Lutheran Community Services invites everyone to an important study on "Alcohol Abuse and Other Addictions". The program begins Friday night, February 3 at 7:30 p.m. with a lecture: "Alcohol and the Body". Saturday, February 4 beginning at 9:30 a.m., the program continues with 4 seminars: Morning seminar - "The Alcoholic" (Journey to the soul). Afternoon seminars - 1. "The Alcoholic's Family". 2. "The Poly-Addicted Teenager". 3. "Now, as a Church, what can we do?".

This program is presented by Holly Baepler and Paula Bianca for Lutheran Community Services. Program will be held at Lutheran Church of St. Stephen, 270 Broadway, Hicksville (We. 1-0710). Bring a brown bag lunch, coffee will be provided.

Tax Help

Help is available in preparing Federal and State Income Tax forms at the Hicksville Public Library starting the second week in February and lasting through March and the beginning of April. Volunteers from AARP (American Association of Retired Persons) and VITA (Volunteer Income Tax Assistance) will be available almost every day of the week in the Fiction Room to assist the public free of charge. Call the library or come in and pick up a flyer with the dates and hours that this service will be available.

The Hicksville Public Library also has many different types of forms available and if the one you need is not in stock, the library has a collection of every form that can be copied for your convenience at 10¢ a copy.

Student Admitted To Med School

William Ennis, son of Arline and William J. Ennis of Hicksville has been accepted to St. George University, School of Medicine, which is located in the island nation of Grenada, West Indies. His classes began in January.

As a result of the United States intervention in Grenada and the evacuation of the students, the University is allowing students, who so desire, to pursue their medical education at other locations. A temporary parallel program has been established in Barbados and another at the Long Island University Brooklyn Campus. As a freshman, William was given the option of going either to Grenada or Barbados, and he chose the latter.

William earned his B.S. degree in Biology from Villanova University. He achieved an independent Research Project on Cyclamates. He was captain of the Villanova Varsity Water Polo Team, Student Association Representative and a Team Leader for Christian Awakening. He was a lifeguard and a lifeguard supervisor for the Town of Oyster Bay.

William's father is an account executive with New York Telephone. His mother is a registered nurse. He has two sisters, Patricia and Susan.



William Ennis

Art Students At Met Museum

Forty art students from Hicksville High School spent Thursday, January 12 at the Metropolitan Museum of Art in New York City. A special guided tour of the nineteenth century European painters had been arranged by their art teacher, Mrs. Bea McNamie, and featured the French academy painters, the impressionists, and those who followed into the 20th century. After the guided tour, the students and faculty members proceeded on their own to see exhibits of particular interest to them. At the appointed hour, all students and faculty met at the front of the museum for the bus trip back to Hicksville High School.

For some, this was the first time they had ever been to the Metropolitan Museum of Art and it proved to be an exciting experience. The Metropolitan is one of the great museums of the world and is the repository for countless works of art from all ages.

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4H Girls' Egg To Chick'

For some Hicksville youngsters the sound of spring will be the scratching and peeping of newly hatched chicks - right in their own classrooms! Thanks to a unique 4-H training program offered to their teachers, students will learn first-hand, how an embryo develops from an egg to a chick. At the end of the 21 day incubation period, the students will witness the miracle of life as the eggs they studied and tended, hatch.

Patricia Kelly of the Holy Spirit school is registered for the 4-H sponsored training program - "Chick Embryology and Incubation" - to be held on Tuesday, February 7 beginning at 4:30 p.m. at the Cooperative Extension 4-H Training Center at 1425 Old Country Road in Plainview. The workshop will be conducted by Edward A. Schano, professor of poultry and avian sciences in the New York State College of Agriculture and Life Sciences at Cornell University. Professor Schano manages and develops 4-H poultry science programs for the state.

The training - which consists of lecture, observation and the construction of an incubator, will enable the teachers to guide their students in learning about the origin of life through this fascinating 4-H science project.

Professor Schano says that the embryology and incubation project teaches more than the development of an egg and chick. Students must use math concepts physical sciences, communication abilities, and even artistic talents. "The chick embryo is the tool," Schano says. "The project means learning about life and self. Teachers easily weave other school studies around this event."

Gas Attendant Robbed By Two

The Second Squad is investigating a robbery at the Country Pkwy. Service Station, Old Country Road, and Hicksville Road, Hicksville at 8:25 p.m. on Jan. 28.

The attendant, George Mochan 19 was alone in the station, when two male blacks entered and asked for the key to the men's room. When they returned, one of the subjects produced a hunting knife and demanded money from the attendant. He handed over \$150 from his pockets and the two men fled on foot.

ACS Trip To Atlantic City

Atlantic City trip to the Claridge Hotel on Tuesday, February 21 sponsored by the American Cancer Society. Bus leaves Morton Village Shopping Center at 9:30 a.m. Tax deductible check for \$15 covers all, \$12 in coin on arrival and \$3 meal coupon.

For reservation send check to A.C.S. 1225 Round Swamp Rd., Old Bethpage, N.Y. 11804. For information call 293-7770 or 420-1111, ext. 505.

PTA Council Honors Dr. Rieck

The Hicksville Council of PTA's is holding its annual Founders Day Dinner at the Crest Hollow Country Club in Woodbury on Thursday, February 16. At this annual event the council honors one outstanding member of the community, and each individual PTA unit chooses guests they feel are deserving of this honor. This year's district honored guest is William A. Becker, Director of Facilities and Operations for Hicksville Public Schools. The Hicksville Senior High School PTSA honored guest this founders Day will be Dr. William Rieck. He is currently in his third year as principal of the Senior

High School. Prior to coming to Hicksville, he had six years experience as a principal, ten years experience as a teacher, and two years experience as a college professor in a neighboring state.

The PTA Council said that "Among his many outstanding accomplishments at our high school has been the enormous surge in school spirit. He extended the annual Homecoming events to include not only the dance, but the float parade and the fireworks display after the pep rally. He is responsible for the growth in size, participation, and expertise of the Marching

Comets. He got them to Band Camp, and even went to visit."

"Dr. Rieck is the #1 fan of all extra-curricular activities our students take part in. One can always find him at school events ranging from concerts and drama productions to athletic events, pep rallies, dances, marching band competitions and camp, as well as Honor Society ceremonies. Wherever the student body congregates, Dr. Rieck goes too. He has a genuine deep-rooted interest in all of his students' activities.

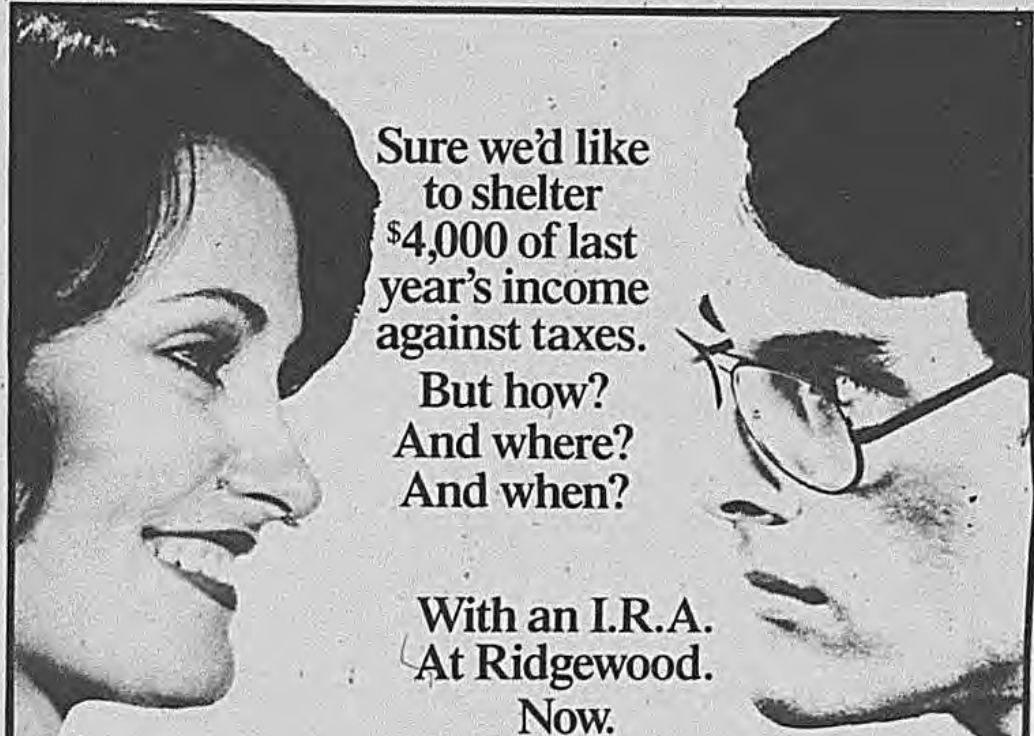
"Dr. Rieck is a staunch supporter of PTSA, taking an active part in executive board meetings, and supporting other activities

and fund raisers as well.

The door to his office is always open to any student or parent who needs a problem solved or discussed, or who needs to just chat. He is always honest and frank."

Career Help

Career problems? Job rut? Resume blues? The Hicksville Public Library offers a free professional Career Counseling service. Call WE 1-1417 for a day or evening appointment.



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East St. School Sees Circus



Mr. Brogle of East Street lends a hand to "The One Man Circus."

The Cultural Arts Committee of East Street School's PTA knows that children of "all ages" love the circus. On Wednesday, Jan. 18, the committee sponsored Jean Paul Jenack. "The One Man Circus" and the children loved it. Mr. Jenack's presentation was about an hour long. He juggled balls, rings, clubs and the devil stick. He balanced spinning plates and rode various sized unicycles. Mr. Jenack's sense of humor spiced his commentary as he performed his amazing feats. Children and teachers alike participated in this very enjoyable program when he used member of the audience as assistants. For his finale, he juggled clubs and

balanced a spinning plate in his teeth while perched upon a six foot high unicycle.

After the performance, Mr. Jenack remained at East Street. He spent the rest of the day in the gym helping the children in a workshop geared to teaching the children the crafts he seems to have perfected. Everyone enjoyed the day.

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No Change In Sanitation

There will be no interruption of Oyster Bay Town sanitation collection on the Monday, Feb. 13, Lincoln's Birthday and Monday, Feb. 20, Washington's Birthday, holidays, according to Town Councilman Kenneth S. Diamond.

"While Town Offices will be closed on Feb. 13 and Feb. 20, Town sanitation collection will follow its regular collection schedule on those days," Diamond stated. "Residents should note that Town park facilities, including the Community Park skating rinks, (weather permitting), will be open on both holidays."

School Bd. Begins Preparing Budget

Dr. John B. Sommi, Superintendent of Schools has announced that the Bethpage Board of Education has begun its deliberations on the 1984-85 budget. The Board wishes to convene a citizens advisory committee to analyze and make recommendations on the proposed budget. Any citizens interested in serving on the committee should contact the central office of Bethpage Schools at 931-2900 so that their names may be placed on file. They will then be contacted concerning the first meeting of the committee.

LEGAL NOTICE

Substance of Certificate of Limited Partnership filed in Nassau County Clerk's office 12/29/83, duly executed, of Long Meadow Associates, c/o Rosen Associates, 333 Jericho Turnpike, Jericho, N.Y. Business: own, operate etc. real property located in City of Glen Cove, N.Y. Term: 60 years. General Partner (GP): The Babat Company, c/o Rosen Associates, 333 Jericho Tpke. Jericho, N.Y.; limited Partners (LPs) names, addresses and cash contributions - Sabine Von Keudell, Anden Linden II, Meerbusch Buderich, W. Germany, \$300,000; Walter Huenke, Ute Huenke each of Freitagstrasse 47, Dusseldorf, W. Germany \$200,000 each; Ursula Fairchild, 6126 Avenida Cresta La Jolla, CAL., Theo Siegert, Arnheimer Strasse 74, Dusseldorf, W. Germany, Peter-Michael Stephan Hoberg, Erbenegemeinschaft, Waldmeisterstrasse 17, Berlin, W. Germany, Peter Bagel, Grafenberger Allee 100, Dusseldorf, W. Germany \$100,000 each. No additional contributions required from LPs except for loans specified in Partnership Agreement (PA). LPs' contributions returned on termination or dissolution of Partnership per PA. LPs receive pro rate share of profits per PA. LP may not sell, assign or dispose of its partnership interest except as stipulated in PA. Additional LP's admitted only with consent of all partners. No priority among LPs as to contributions or compensation by way of income. Upon dissolution or bankruptcy of GP, Partnership is dissolved except as specifically provided for in PA. LPs may not demand or receive property other than cash in return for contributions.

JNJ 1651

6 X 1/13, 20, 27; 2/3, 10, 17

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Our Children

'Is my baby all right?'

By Willard Abraham, Ph.D.

Q. Our baby is only 3 months old and seems to be in good health. However, one thing about her bothers me, and I hope you can put my mind at ease about it.

She seems to be staring into space quite often, and I wonder whether she is having a petit mal seizure. I've read about such seizures, so it looks like she is acting the way those articles have described people who have them.

Can a little baby be like that, or am I worrying over nothing?

A. Because I'm not a medical doctor I'd like to suggest that you check your questions with your own family doctor or pediatrician.

Parents are more concerned than ever these days because they are so aware of all the health factors that can go wrong. In our parents' time such worries were not usually as common.

A little book entitled "Is My Baby All Right?" by Dr. Virginia Apgar and Joan Beck has helped many parents understand what young children's characteristics are within and outside the "normal" range.

Q. My husband has a peculiar idea which I think is harmful for our little girl (she's 4 years old). He insists on showing her the worst pictures that appear in the newspapers almost every day — fires, tornadoes, earthquakes, sickness, killings and all the rest. He goes into a lot of detail in explaining what has happened.

It's a tough world, he says, so why shelter a child from what she will have to learn about someday? I think there's plenty of time for that kind of realism.

At least he's agreed to my writing for your opinion, and he said he'd consider it.

By the way, he thinks that Santa Claus is for the birds. "Children need the truth right from the beginning," he says.

A. I've sent you a copy of my article entitled "The Tooth Fairy, the Easter Bunny, the Stork ... and Sweet Dreams."

It will give you and your husband the idea that I'm closer to your wavelength than his.

Q. My problem concerns my 2-year-old and his stealing habit.

He takes anything he wants and then yells bloody murder if I try to take it away from him. He just doesn't seem to understand that he can't get away with that kind of behavior, and I'm not about to let him.

I won't be one of those permissive parents who let their children ride roughshod over them. I'm afraid it would just be the begin-

ning if I let him get away with his lack of respect for other people's possessions.

What I want to ask you is this — what should I do about his stealing habits?

A. One of the biggest problems of parents is being unrealistic about the capabilities of their children. Young ones don't come into this world with a built-in understanding of right and wrong. Telling the truth and respecting the rights and possessions of others take time to learn.

Most 2-year-olds aren't there yet. Calm, patient explanations in words they can understand, concrete examples of what is his or hers, mine and theirs, attitudes of other children toward such "taking ways," the skills of experienced preschool teachers in handling these situations — all can lead to understanding and acceptance of truth, privacy and ownership.

To call some of these habits "stealing" may be a mistake, just as it is to label many young children's hesitant speech as "stuttering" (even though a small minority of them really stutter). It may sometimes result in self-fulfilling prophecies of actual stealing and stuttering.

If we feel compelled to use labels, let's try to stick to accurate ones based on normal lack of maturity and early stages of development.

Artists Perform At Library



Denise Lozano



Katherine Luna

and with symphony orchestras as soloist. Ms. Luna made her debut recital at Lincoln Center and performed in Alice Tully Hall last year. Last season she performed for Placido Domingo's Master Class in Pittsburgh and most recently appeared in Acapulco, Mexico singing the role of Mimi in La Boheme.

Denise Lozano is principal flutist with the Nassau Symphony Orchestra. She was a Dorothy B. Hoag scholar at Hofstra University and participated in the Master Class of Jean-Pierre Rampal and Julius Baker. Miss Lozano has also made appearances with symphony orchestras.

Cecilia Gniewek Brauer, pianist, is a soloist and accompanist. She has made numerous appearances on radio and at recitals. Ms. Brauer has performed with many symphony orchestras and presently plays celeste with the Metropolitan Opera Orchestra.

Roland Boudreaux will appear as guest baritone. Mr. Boudreaux has performed at the Chautauqua Opera and with numerous re-

putable opera companies and symphony orchestras in the U.S. and abroad.

The concert will begin at 3 p.m. on Sunday, February 5 in the Community Room of the Hicksville Public Library. There is no admission charge and everyone is invited.

Change Of Date For Meeting

The School/Community Relations Committee of the Hicksville Board of Education announces a change in the date for the February meeting. The new date is Thursday evening, February 9, at 8 p.m. The agenda will include committee activities under discussion, particularly the formation of an American Field Service chapter in Hicksville.

All members and interested residents are encouraged to attend, and those who have not yet attended meetings but are interested in becoming a part of the foreign exchange program sponsoring unit would be most welcome.

The meeting will be held in the conference room of the Administration Building on Division Avenue.

As part of the 8th Annual Distinguished Artists Concerts Series, the Town of Oyster Bay, Cultural and Performing Arts Division and the Hicksville Public Library will present Katherine Luna, Denise Lozano, Cecilia Gniewek Brauer and Ronald Boudreaux in concert on Sunday, February 5 at 3 p.m.

Katherine Luna, Soprano, has performed on stage, radio and television. She has sung in operas

LEGAL NOTICE

North Shore Partners '83, 7 Fairchild Ave., Plainview, NY. Substance of Certificate of Limited Partnership filed in Nassau County Clerk's Office December 16, 1983. Business: Sponsor and fund research program to develop power supplies. General Partner and Share of Profits: S. Merrill Skeist, 1620 Cedar Swamp Rd., Brookville, NY, 1%. Initial Limited Partner, Capital Contribution and Share of Profits: Michael A. Civin, 46 Sea Cliff Ave, Sea Cliff, NY, \$100, 99%. Partnership to continue until Oct. 31, 2022. No additional contributions to be made by initial limited partner. Initial limited partner shall withdraw from the partnership an admission date of limited partners as provided in partnership agreement. Limited Partner, Capital Contribution and Share of Profits: \$300,000, 99%. No partner, other than initial limited partner, shall demand return of his contribution. Limited partners may substitute a transferee in his place as provided in agreement. If general partner withdraws without giving 60 days notice he shall be liable as if he had not withdrawn. No limited partner shall demand property other than cash in return for his contribution. SA 7213

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News From Bethpage Library

Bethpage Library Bus Trip to the Historic Queens County Farm Museum

What did Colonial children do in winter? On Tuesday, February 21, the Bethpage Public Library has planned an exciting bus trip for youngsters to the historic Queens County Farm Museum Floral Park.

During this visit to a Dutch farm house built in 1770, young people will step back two hundred years to walk in the footsteps of Colonial children. They will bake bread in the original kitchen as settlers' children did, and they will make cornhusk dolls and begin needlework samplers, as well as visit an old-fashioned herb garden and help feed a variety of animals. Youngsters are requested to bring carrots and stale bread for the animals and will take home some delicious baked treats to eat.

The bus will leave promptly at 12:45 p.m. from in front of the library and will return approximately at 4:15 p.m. All young people in grades 3-6 in District #21 are invited to attend. Admission is \$5.50 per child, which includes museum fees and bus fare, and registration is now being taken at the Bethpage Public Library for the limited number of places available on the bus. For information, please call 931-3907.

The Black Stallion at the Bethpage Public Library

On Saturday, February 18, the Bethpage Public Library will show the classic film hit "The Black Stallion" (color - 118 min.) for young people.

Hailed as the most famous horse story of the century, "The Black Stallion" is the enduring, heart-catching saga of a boy's love for a fiery Arabian stallion, of their shipwreck, and heroic Robinson Crusoe-like survival. Adapted from Walter Farley's stirring adventure, here is the celebrated motion picture produced by Francis Ford Coppola, including Mickey Rooney and other stars.

Showtime is 2 p.m. and all school-age young people residing in District #21 are invited to attend. Tickets are now available in the Bethpage Children's Room. For information, please call 931-3907.

Continuing Registration for Winter-Spring Storytime Programs

Children's librarians at the Bethpage Public Library are now registering additional youngsters for Pre-School Storytime. Those already in the program may remain with us until the end of our storytime sessions in May. Registration is also being taken for Tiny Tots Time.

Weekly Pre-School Storytime sessions are held on Thursday and Friday mornings from 10:30 to 11:15 a.m. for youngsters aged 3 1/2 to five years who are not yet in kindergarten and who have had their third birthday before August 30th, 1983. The programs include stories, songs, puppets, films and games.

Registration is also being taken for Tiny Tots Time, a series of four Wednesday morning programs per month for very young (ages 2 1/2 to 3 1/2). Tiny Tots is held from 10:30 to 11 a.m. and includes stories, finger plays, puppets, songs, films and discussion of materials for the youngest. Children should have had their second birthday before

August 30, 1983 and a parent must be in attendance at all times.

Saturday Storytime for youngsters in grades K through three will continue each Saturday morning through May from 10:30 to 11:15 a.m. This program includes stories, songs, puppets, magic, films, games and lots of fun. No registration is required.

Participation in all of the storytime programs is limited to residents of District #21. For further information, please call 931-3907.

One-Man Circus at the Bethpage Public Library

On Wednesday, February 22, the Bethpage Public Library will present the amazing Jean-Paul Jenack, the "One Man Circus," in an exciting program of juggling, unicycling, acrobatics, and circus magic for young people.

An outstanding circus arts and education specialist, Mr. Jenack has made his way into circus history and his feats have won him a place in "The Guinness Book of World Records". He has also served as director for the National Endowment for the Arts Circus Arts Project and has taught circus arts at Nassau Community College and at other schools on Long Island. In addition, he has appeared at many metropolitan area libraries, parks and fairs.

Showtime is 2 p.m. and youngsters of all ages residing in District #21 are invited to attend. Tickets are now available in the Bethpage Children's Room. For information, please call 931-3907.

Help Decorate the Bethpage Library Valentine Mobile

Valentine's fun galore - leave a message on our bright, over-sized library mobile for a special person or your favorite storybook character!

On Saturday, February 11, youngsters are invited to help decorate the attractive Valentine mobile at the Bethpage Public Library, adorn the rest of the Children's Room, and make some cards to take home too!

Conducted by Dee Agrillo, experienced crafts teacher, the gala valentine work shop will take place from 2-3:30 p.m. for youngsters in grades 3-6 who reside in District #21. Refreshments will be served and participants are requested to bring magic markers, scrap trims, bits of colored felt, a bottle of glue and a pencil.

Register now at the library. For information, please call 931-3907.

Woman Robbed In Parking Fld.

A 56 year old Levittown woman was knocked to the ground as she was walking in the parking field of a Bethpage supermarket, by a thief who ran off with her purse on January 25.

The victim Isadora Szecepaniak had just finished her shopping at Key Food Supermarket, Hempstead Turnpike, Bethpage, at 6:45 p.m., as she pushed a shopping cart towards her car, she was approached by a male while 18-19 who pushed her up against a parked auto, knocked her to the ground and ran off with her purse. As the youth fled the scene he dropped the purse spilling its contents. He stopped only to pick up the \$25 currency and ran away north bound on Stewart Avenue.

Ms. Szecepaniak was not injured during the incident. Det. Peter McGlone of the Eighth Squad is investigating.

Your Social Security



Q. I was married 13 years before our divorce. I have remarried but my former wife has not. My attorney told me my first wife will still be eligible for benefits on my account. That doesn't seem fair to my second wife. — D.C.

A. Your second wife's eligibility to receive benefits on your account is not affected. Under the present circumstances both women would be eligible to receive spouse's benefits.

Q. I'm 64 and I last worked about six months ago. I didn't file for Social Security because I thought I would find another job but now it looks like finding a job will be impossible.

Will I be able to get retroactive payments to the time I last worked? — G.I.

A. No! Reduced retirement benefits payable before age 65 can start no earlier than the month you apply.

Q. I applied for Social Security and SSI payments. On my SSI application I was asked to supply information about my bank account but this was not required on my application for Social Security benefits. Why? — M.Z.

A. You filed for two different types of benefits.

SSI is for needy people 65 or older, or blind, or disabled who have little or no income or resources. SSI payments are made from general revenues.

Social Security benefits are financed by taxes paid by workers and their employers and self-employed people. Benefits are paid to workers and their families regardless of the amount of their resources.

Q. I have been receiving widow's benefits since age 60. I'm planning to be married soon and I want to know if I can still get my checks.

Also can I have them sent to a post office box? My future husband doesn't know how old I am? — T.O.

A. You can still receive your Social Security checks after you re-marry. You may use a post office box as your address but you might also consider making arrangements for direct deposit wherever you have a savings or checking account.

Child Study Spring Workshop

The Bethpage Board of Education at its meeting in early January voted for including a child study workshop in the curriculum of the spring semester of the senior high school.

Applications for community participation in the Child Study Workshop are now being accepted by the Home Economics Department of Bethpage High School. Sixteen four and five year old children are invited to take part in one and a half hours of supervised activities on Tuesday, Wednesday and Thursday afternoons from 12:45 to 2:15 for twelve weeks. There is no cost to parents. Parents are expected to provide transportation for the children. Children must be four by December 1, 1983 and be eligible to enter kindergarten in the fall of 1984.

Parents should call Sunny Mensch, chairperson of the Home Economics Department, at 931-2900 from 7:45 a.m. to 2:30 p.m.

CALL INPUT 931-0027
24 hours a day! Answer the question of the Week or express an opinion on other topics of interest to readers.....

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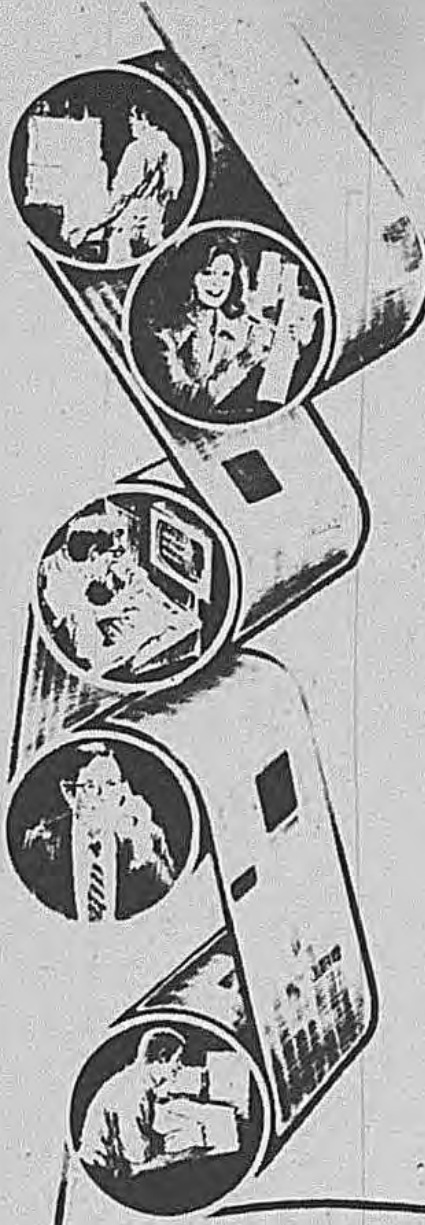
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Mid Winter Concert At Library

The Mid Island Singers will present at mid-winter concert of American music in the Community Room of the Hicksville Public Library on Tuesday, February 7 at 8 p.m. This concert is free and the public is cordially invited to attend.

Special arrangements have been prepared for the chorus by director William Golecke. They range in scope from "Yankee Doodle" through "The Man on the Flying Trapeze" and "Blues in the Night" to "Piano Man" by Billy Joel. The pieces will be sung in chronological order and will be introduced by host Jim McAllister who appeared with the Singers last spring. Mary Elizabeth Latorre will accompany the entire program.

In addition to the choral pieces, there will be several soloists, a duet, and one quartet. Soloists in order of appearance will be Herman Lanis, Myron Berke, Charlotte Krumm, Merrell Weiss Kay List, Dolores Pletzak, Frances DeLuca, Margaret Ceglie Judy Vianest, Bob Ross, Ned Portoghese, Joan Gabriel, and Gerry Singer.

The Mid Island Singers have been bringing good choral music to Hicksville for over twenty years and community support for these efforts has been outstanding. The group now looks forward to bringing another evening of song to its supporters.

CALL INPUT 931-0027
24 hours a day! Answer
the Question of the Week
or express an opinion on
other topics of interest
to readers.....

Pot Holes Sink Cars

The Second Precinct reports two autos had to be towed out of large pot holes which formed after heavy rainfall on South Terminal Road, 100 feet west of Commercial Avenue in Plainview, Jan. 24. Sgt. John Britt of the Second Precinct reports the autos were driving on the roadway when it collapsed. The drivers of the two vehicles were not injured. Sgt. Britt added the roadway is under construction. The roadway is presently closed until workmen from Lizza Construction can make necessary repairs.

In Service

Capt. Kevin P. Monahan, son of Donald P. and Agnes M. Monahan of 70 Cornell Lane, Hicksville, has been decorated with the second award of the Meritorious Service Medal at Fort Sam Houston, Texas.

The Meritorious Service Medal is awarded specifically for outstanding non-combat meritorious achievement or service to the United States.

Monahan, a student, is a 1973 graduate of the College of the Holy Cross, Worcester, Mass.

THE OFFICE CAT



By Gabby Tabby

THE NEW LIST of hazardous waste sites did not miss this area. The Syosset landfill was given its place. In Hicksville three sites, Mattice Petrochemicals, Anchor Lith Kenko and Occidental Chemical Corp. were given notice. In Bethpage the Old Bethpage Landfill made the list. While the listing is a start, it will take 15 or 20 years to clean up many of the sites... YOU WILL be able to bank by gas station soon. Citibank is about to install a machine at the Hess station in Jericho as a test. You will be able to make withdrawals, check account balances and move money from one account to another. If there is another gas shortage the entire station could turn into a bank... THE TOWN is now conducting a physical fitness program designed especially for women. Applications are available at all libraries... WE HAVEN'T had a moment of silence in the Hicksville area since the suit started to fan the moment of silence from Hicksville schools. To date not one letter has been in favor of the ban which seems to indicate that those opposing silence are using it... THE CRIME REPORT is published each week as a public service to acquaint residents of where crime is taking place in the area and as an aid in the Neighborhood Watch program. Anyone seeing suspicious activity should phone 911... BURGLARS broke the side window of the W and W Deli, Route 107 and Boundary Ave., Bethpage between Jan. 25 and 26. They entered and stole cash and cigarettes... THE LOCK was picked on the side door of the Kuhlke residence, 22 Steuben Ave., Bethpage on Jan. 23. Burglars entered the house and stole 15 video cartridges and assorted jewelry... ON JAN. 24 burglars entered the Alfano residence, 50 Southwoods Rd., Syosset. They pried open the front door. The loss is unknown... A WATCH; earrings and a silver serving set were stolen from the Amato residence, 74 16th Street, Jericho on Jan. 25. Burglars entered through a cellar window... THERE WAS no loss on Jan. 28, when burglars attempted to break into a house at 5 Sutton Place, Jericho. They broke glass in a front window but did not gain entry... BURGLARS entered the Chim residence, 12 Putnam Avenue, Jericho on Jan. 28. They entered by breaking glass in a rear window. Jewelry was stolen... ON JAN. 28 burglars broke into the Sobel residence, 500 Marginal Road, Jericho. They broke glass in a rear window to gain entry and stole jewelry... A CAMERA and jewelry were stolen from the Greller residence, 76 Hillside Lane, Syosset on Jan. 30. Burglars pried open a front window to gain entry... FIVE TYPEWRITERS were stolen from the Chemical Bank office at 125 Jericho Turnpike, Jericho between Jan. 23 and 24. Entry was through an unlocked cellar door... BURGLARS broke glass in a rear window of the L and S Liquors, 235 Robbins Lane, Syosset on Jan. 23. They entered and stole liquor... FIVE typewriters were stolen from the Portney Messenger Co., 350 Jericho Tpke., Jericho on Jan. 25. Burglars pried a rear door to gain entry... BURGLARS broke into El Paral, 8 Berry Hill Rd., Syosset on Jan. 25. They broke glass in the front window and stole cash... CASH was stolen from the ISL Products Co. 235 Robbins Lane, Syosset on Jan. 28. Burglars kicked in the front door... THE FRONT door of BOCES, 100 Hasket Drive, Syosset, was pried open between Jan. 27 and 30. Cash was stolen... BURGLARS broken into the American Inst. of Physics, 500 Sunnyside Blvd., Woodbury between Jan. 27 and 30. They stole office equipment. That's all the news for now... G.T.

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News From Plainview Road Runners

MID-ISLAND TIMES Friday, February 3, 1984 PAGE TWEL

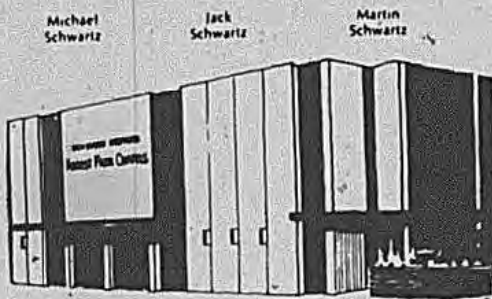
The Tuesday, February 14 meeting of the Plainview-Old Bethpage Road Runners Club will feature a talk by veteran ultramarathoner Larry Davidson on the 1983 Sikkim Research Runtrek Expedition. The meeting will be held at the Plainview-Old Bethpage Public Library, 999 Old Country Road in Plainview, starting promptly at 8 p.m.

Larry was one of fifteen endurance athletes who participated in the seventeen day Expedition, which was sponsored by the University of New Mexico Medical School. The participants ran 10-15 miles a day in the rugged terrain of the high Himalaya Mountains, to test the effect that stress and high altitudes have on the body's sleep cycle. It was an incredible trip and Larry has an incredible story to tell.

The spring-road racing season will be here before we know it, and one of the fringe benefits of attending POBRR's monthly meetings is the availability of applications to all local road racing events. Upcoming races include the March 3 four mile "Footrace from Oldfields to Little Cow Harbor," the March 4 Olympic Village/NIKE four mile Winter Run, the April 1 New Image five mile Run in Hicksville, and the Club's own Plainview PBC 10,000 Meter Run on April 7. Applications for the May 6 New-day Long Island Marathon are also available. Just come on down to the February meeting and help yourself! The general public is welcome to attend all POBRR meetings. Call Club President Mike Polansky at 433-0919 for information.

A most hearty welcome to

POBRR's newest members: Gregory, Patrick Killikenny, Marge Bellafiore, John Boyle, Bobby Eaton, Jon Zell, Mary Angela O'Connor, Pamela Henry, Betty Grayson and Herb Stonck, Jessica Stopek, Theresa Grayson.



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Volunteers Honored At Gregory Museum

Superbowl Sunday brought a dull game to the nation's T.V. screens, but the day was exciting at the Hicksville Gregory Museum. Through a necessary postponement of the party date, and in the teeth of the Redskin-Raiders collision, the Museum held its Annual Volunteers' Party and Anniversary awards and ceremonies and all went off well.

The Old Heitz Place Courthouse was crowded as museum leaders, volunteer workers, members and political supporters celebrated the museum's 21st anniversary and honored outstanding volunteers. Entertainment for children and adults was provided by the comic antics of members of the Long Island Clown Enthusiasts, a group specializing in buffoonery and the bizarre in facial make-up.

Guests of honor present were Assemblyman Frederick Parola who has supported the museum's projects vigorously, Oyster Bay Town Historian, Dorothy H. McGee, representing Town Supervisor Joseph Colby and the Town Board, and Robert Zimmerman, legislative aide to New York State Lieutenant Governor DelBello. Mr. DelBello honored the occasion with a scroll tribute to the Museum's volunteers which was read to the assembly.

Recipients for this year's Museum honors included Dr. Richard W. Smith, past-president of the Board of Trustees, who received a Distinguished Service plaque for "many years of varied service and leadership, rendered with a buoyant, uplifting attitude, regardless of museum trials." Edward and Grace Bady were honored for the "excellence of their photographs depicting museum activities and for their preservation on film of Hicksville's historic past." Ben and Gussie Daines also received the museum's Outstanding Service Award for long service to the museum, as did Marion Koch of Bethpage, who was recognized for her present volunteer work and long commitment, with her late husband, Al, to the Gregory Museum.

Those receiving Certificates of Gratitude for notable volunteer efforts were: Rose Morabito, Museum Trustee and Gift Shop Director; Mr. and Mrs. Hermes Furlin for "family contributions"; Anne Evers for "meritorious, long and varied behind-the-scenes service to the museum cause"; Hicksville High School museum student-interns, Lora Cusamano and Paul DiTroia for their assistance to the museum curator in work with exhibits and collections. A certificate of gratitude was presented, also, to Queens College geology student, Paul Megerdichian, for much volunteer work at the museum.

A Life Membership in the Gregory Museum was given to Melvin Rothstein, Plainview printer, who has generously assisted the museum.

Museum President Douglas Uzakewicz made the award presentations, assisted by Richard Evers, Museum Director and Master of Ceremonies for the occasion. Representing the Museum Board were trustees Elyer Bean, Marjorie Giannelli, Rosemary Barrow, Rose Morabito and Elizabeth Pearce.



Proudly holding a Gregory Museum plaque testifying to their outstanding service to the museum and to Hicksville as museum photographers are Grace and Ed Bady. Looking on are (left) Museum President Doug Uzakewicz and Ben Daines (right) who was honored also for service at the museum at its recent Annual Volunteer Party.



At the Gregory Museum's annual volunteers' party, recently celebrants look on as Robert Zimmerman, aide to State Lieutenant-Governor Alfred B. Del Bello, reads a citation praising the museum and its workers. Left to right: Museum President Doug Uzakewicz, Director Richard Evers and Marion Koch, volunteer honored on the occasion. (Photo by Ed Bady)



Mr. and Mrs. Hermes Furlin of Hicksville were among those Gregory Museum volunteer workers honored with service awards at the museum's Annual Volunteers' Party, recently. Making the presentation to the Furlins is Museum President Douglas Uzakewicz. (Photo by Ed Bady)



Dorothy H. McGee, Town of Oyster Bay Historian, long time Hicksville Gregory Museum supporter, enjoys festivities at the museum party for its volunteers with Museum Director Richard Evers.

LEGAL NOTICE

Substance of Certificate of Limited Partnership filed in Nassau County Clerk's office 12/29/83, duly executed, of **The Babat Company, c/o Rosen Associates, 333 Jericho Turnpike, Jericho, N.Y.** Business: act as General Partner of Longmeadow Associates which will own, operate etc. real property in City of Glen Cove, N.Y. Term: 60 years. General Partner (GP): The Babat Corporation, c/o Rosen Associates, 333 Jericho Tpke., Jericho, N.Y. Limited Partners (LPs) names, addresses and cash contributions - Robert A. Rosen, Florence Rosen each of 85-29 Wicklow Place, Jamaica Estates, N.Y. \$4,000 each; Andrew H. Kaufman, 8 Adams Ave., Bayville, N.Y. \$2,000. LPs agree to make additional contributions per Partnership Agreement (PA). LPs contributions returned on termination or dissolution of Partnership per PA. LPs receive pro rata share of Profits per PA. LP may not sell, assign or dispose of its Partnership interest except as stipulated in PA. Additional LPs admitted only with consent of all partners. No priority among LPs as to contributions or compensation by way of income. LPs may not demand or receive property other than cash in return for contributions. JNJ 160 6x1/13, 20, 27; 2/3, 10, 17

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**LEGAL NOTICE
CERTIFICATE OF
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OF**

**J.D. THAKRAL
& ASSOCIATES
PURSUANT TO**

PARTNERSHIP LAW § 91

The following certificate is being filed in connection with the formation of J.D. Thakral & Associates, a limited partnership (the "Partnership") being formed pursuant to Article 8 of the Partnership Law. In furtherance thereof, the undersigned certifies as follows:

I. The name of the Partnership is J.D. Thakral & Associates.

II. The purpose of the Partnership is to invest in real property and to take such other actions as may be necessary, advisable or incident to carry out its business.

III. The principal place of business of the Partnership is Colgate Drive, Plainview, N.Y. 11803.

IV. The name of each member is set forth below. The General Partner and all Limited Partners reside at 61 Colgate Drive, Plainview, N.Y. 11803:

**General Partner
Jalram D. Thakral
Limited Partners
Pushpa Thakral
Kiran Thakral
Vipin Thakral**

V. The term of the Partnership will continue until December 31, 2020, or such earlier date as the General Partner elects upon requisite prior notice.

VI. Each of the Limited Partners has contributed the following sum in cash:

Pushpa Thakral \$15,000
Kiran Thakral 3,000
Vipin Thakral 3,000

VII. No additional contributions are required to be made by any Limited Partner.

VIII. There is no agreement as to the return of the capital contributions of the Limited Partners. However, any Limited Partner may terminate his relationship with the partnership by assigning his interest in the Partnership upon requisite notice to and the consent of the General Partner.

IX. The Limited Partners shall each receive the following share of profits and losses of the Partnership:

Pushpa Thakral 30%
Kiran Thakral 5%
Vipin Thakral 5%

X. Limited Partners are not entitled to substitute an assignee in their place and stead without prior consent of the General Partner.

XI. The General Partner is entitled to admit additional Limited Partners.

XII. No Limited Partner has priority over any other Limited Partner as to any Partnership matter.

XIII. Upon the death, retirement or insanity of the General Partner, the Partnership will terminate unless the Limited Partners holding a majority of Limited Partner interest affirmatively vote to continue the business of the partnership with one or more substituted General Partners.

XIV. Limited Partners have no right to request distributions other than cash.

**St. Ignatius
CYO Basketball**

4th Grade League

Bullets 20 Pacers 9
Andy Gaynor and Pat Hart combined for 16 points to lead the Bullets. Karl Schieferstein and Brian Harkins each added a basket. For the Pacers, Eric Tjaden had 6 and Joe Flanagan 3.

5th & 6th Grade League

Knicks 30 Lakers 20
Jimmy Theologitis and Tony Goya scored 8 points each to lead the Knicks. Doug Danowski had 6, Chris Kouropakis 4, Mike O'Grady 2, and Brian McNiff 2. For the Lakers, Steve Mongiello scored 6, Michael Valente 6, Bobby Russo 4, Tom Shinnick 2, and Sal Vecchio 2.

St. Edward 49 St. Ignatius 38
Steve Pine scored 16, Joe Toner 8, Tim Cleary 8, Andy DeBernardo 4, and Jim Shinnick 2.

9th & 10th Grade League

Team #4 37 Team #3 35
Jim Malone led all scorers with 13 points. Other scoring was supplied by Paul O'Brien 10, Larry Ziembecki 10, Joe Mongiello 2 and John Gavan 2. Balanced scoring for Team #3 was supplied by Brian Otten 6, Z. Pfeifer 6, Dan Bradley 6, Ray Jergensen 5, Brian Cleary 4, John Garger 4, and Steve Barker 4.

11th & 12th Grade League

Team #4 54 Team #1 47
Bill Wudte was high scorer with 28 points. Other scoring was supplied by Joe Valentino 8, Frank Christiano 7, Brian Hammel 4, Ray Blatz 4, and Peter Bianco 3. Rich Janickey led Team #1 with 14 points. Steve Wayte had 13, Neil Teney 10, and Jim Lauritsen 10.

**Art Society
Special Offer**

Artists who join the Independent Art Society in February will be eligible for entrance into the March Membership Shows of 1984 and 1985. This is a seven dollar bargain not to be missed!

A demonstrator not to be missed is Dr. Stella Russell of Nassau Community College who will share her expertise in Air Brush Techniques at the meeting on Monday, February 6, at 7:30 p.m. in the Hicksville Public Library, 169 Jerusalem Avenue. All are cordially welcome.

LEGAL NOTICE

XV. This Certificate is being executed by the General Partner on behalf of the Limited Partners pursuant to a Power of Attorney set forth in the Partnership Agreement. The Partnership Agreement is dated as of September 23, 1983 and executed counterparts thereof are maintained at the offices of Javits, Kinckley, Rabin & Engler, 145 Avenue of the Americas, New York, New York 10105.
Dated: October 28, 1983.

**JAIRAM D. THAKRAL,
General Partner of
J.D. Thakral & Associates,
acting for himself
JAIRAM D. THAKRAL, as
Attorney-in-Fact for the
Limited Partners named in the
above Certificate of Limited
Partnership.**

SA 7211
6x12/16,23,30;1/6,13,20

Winter Youth Program Begins

Hicksville's winter Youth Activity Program began this week, continuing a program funded in part by the Town of Oyster Bay through a matching funds arrangement. The program, which began on January 30, will continue through March 23.

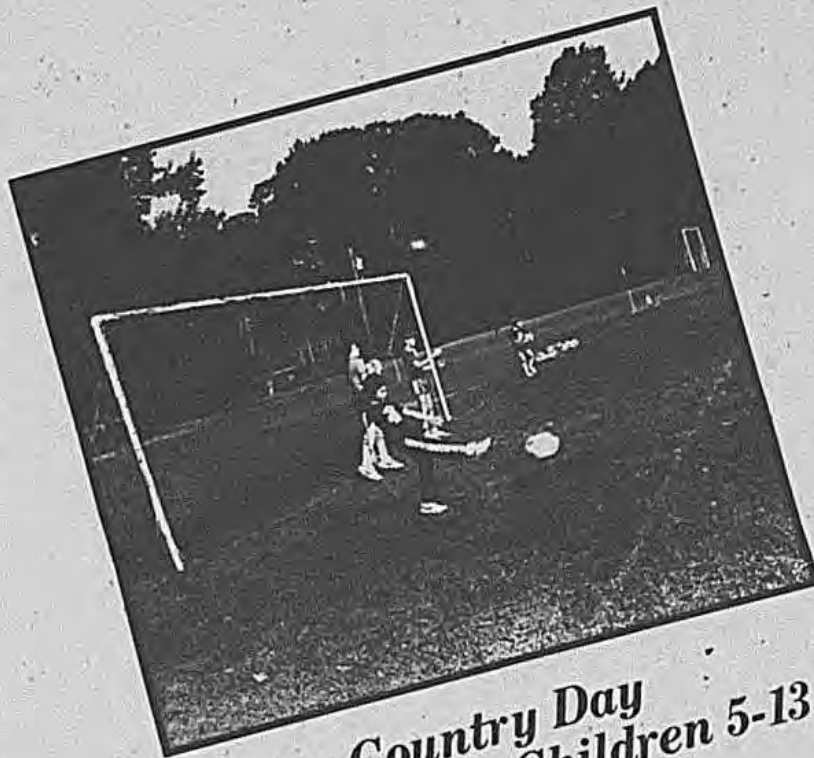
Activities will take place at the Senior High School on Monday through Thursday from 6 to 8:30

p.m. with emphasis on large group enrollment for student in grades 7 through 12. Scheduled activities are: Aerobics - Old Gym; Basketball - Main Gym; Floor Hockey - Main Gym; Weight Training - Weight Room.

Please call the Physical Education and Health Office at 733-2085 for further information.

**February Dance
At Legion Hall**

A "Cherry Pie 'n Polka Dance" will be held, Sunday, February 19 at the Charles Wagner Post, 24 East Nicholas Street, Hicksville beginning at 6 p.m. Tickets are \$4. Call 931-4758 for information. Music by the Long Island Sounds.



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PRESENTS

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PROGRAMS SUBJECT TO CHANGE

movies

THUR., FEB. 2

8-10PM ABC (7 Central/Mountain)

JOHN TRAVOLTA
GREASE
OLIVIA
NEWTON-JOHN



SUN., FEB. 5

8:30-11PM CBS (7:30 Cent./Mt.)

CHARIOTS
OF FIRE



BEN CROSS
IAN CHARLESON
JOHN GIELGUD

9-11:12PM NBC (8 Central/Mountain)

ON GOLDEN
POND



HENRY FONDA
KATHERINE HEPBURN
JANE FONDA
DABNEY COLEMAN

9-11PM ABC (8 Central/Mountain)

MY MOTHER'S SECRET LIFE Loni Anderson is a call girl whose unexpected reunion with her teen daughter forces her to make a frightening decision.

MON., FEB. 6

8-10PM ABC (7 Central/Mountain)

ARTHUR
DUDLEY MOORE
LIZA MINELLI



TUES., FEB. 7

9-11PM CBS (8 Central/Mountain)
THE SKY'S THE LIMIT Three gals battle NASA's intensely rugged training requirements and their own personal problems.

WED., FEB. 8

9-11PM CBS (8 Central/Mountain)
A GOOD SPORT Ralph Waite and Lee Remick in a spirited romantic romp.

FRI., FEB. 10

8-10PM NBC (7 Central/Mountain)
THE FANTASTIC WORLD OF D.C. COLLINS Marilyn McCoo, Bernie Casey and 'Lonesome' George Sobel support Gary Coleman.

SUN., FEB. 12

9-11:30PM NBC (8 Central/Mountain)

CELEBRITY



CELEBRITY Part I: Mini-series based on Thomas Thompson's best-seller about passion and violence.

MON., FEB. 13

9-11PM NBC (8 Central/Mountain)
CELEBRITY Part II

TUES., FEB. 14

9-11PM CBS (8 Central/Mountain)

GONE WITH THE WIND

CLARK GABLE
VIVIAN LEIGH
LESLIE HOWARD
OLIVIA DE HAVILLAND

9-11PM NBC (8 Central/Mountain)
CELEBRITY Conclusion

WED., FEB. 15

8-11PM CBS (7 Central/Mountain)
GONE WITH THE WIND Conclusion.

sports

SAT., FEB. 4

1:30PM-7 NBC (12:30 Cent./Mount.)

NCAA BASKETBALL

1:30PM NYT. Kentucky at Alabama

4PM NYT. St. John's at DePaul

3PM PT. USC at Washington State

2PM-7 CBS (1 Central/Mountain)

NCAA BASKETBALL

2PM NYT. Boston College - Pittsburgh

UCLA at Washington

UAB at Memphis State

4-6PM CBS (3 Central/Mountain)

GOLF Bing Crosby National Pro-Am

5-6:30PM ABC (4 Central/Mountain)

BOXING WBA title bout

SUN., FEB. 5

1PM-7 CBS (Noon Cent./Mount.)

NCAA BASKETBALL Oregon State at Michigan State.

2PM-7 NBC (1 Central/Mountain)

NCAA BASKETBALL

3-6PM CBS (2 Central/Mountain)

GOLF Bing Crosby National Pro-Am

MON., FEB. 6

11:30PM-Midnight ABC (10:30 C/M)

OLYMPIC WINTER GAMES Preview of ice hockey with Al Michael, Ken Dryden and Mike Eruzione.

TUES., FEB. 7

8PM-7 ABC (7 Central/Mountain)

OLYMPIC ICE HOCKEY Opening round between U.S.A. and Canada.

WED., FEB. 8

9PM-Midnight ABC (8 Cent./Mt.)

1984 WINTER OLYMPICS

WINTER OLYMPICS Opening ceremony at Sarajevo, Yugoslavia

THUR., FEB. 9

8PM-Midnight ABC (7 Cent./Mt.)

WINTER OLYMPICS

FRI., FEB. 10

7:30PM-Midnight ABC (6:30 C/Mt.)

WINTER OLYMPICS Men's & Women's 500 Meters Speed Skating.

SAT., FEB. 11

11AM-1:30PM ABC (10 Cent./Mount.)

WINTER OLYMPICS Downhill Women's Alpine Skiing.

1:30PM-7 NBC (12:30 Cent./Mount.)

NCAA BASKETBALL

1:30PM NYT. Virginia at Louisville

3:30PM PT. Oregon State at UCLA

2PM-7 CBS (1 Central/Mountain)

NCAA BASKETBALL Brigham Young University at Georgetown.

3-5PM ABC (2 Central/Mountain)

WINTER OLYMPICS Bobsledding

4PM-7 CBS (3 Central/Mountain)

BASKETBALL DePaul-Notre Dame.

5-6:30PM NBC (4 Central/Mountain)

GOLF Hawaiian Open

8PM-Midnight ABC (7 Cent./Mt.)

WINTER OLYMPICS

SUN., FEB. 12

1PM-7 NBC (Noon Central/Mountain)

NCAA BASKETBALL North Carolina at Arkansas, or Iowa at Illinois

2-4:30PM ABC (1 Central/Mountain)

WINTER OLYMPICS Figure Skating

4:30-6:30PM NBC (3:30 Cent./Mt.)

GOLF Hawaiian Open final round.

7PM-Midnight ABC (6 Cent./Mt.)

WINTER OLYMPICS Men's 5,000 Meter Speed Skating.

MON., FEB. 13

8PM-Midnight ABC (7 Cent./Mt.)

WINTER OLYMPICS Women's Giant Alpine Slalom.

TUES., FEB. 14

8PM-Midnight ABC (7 Cent./Mt.)

WINTER OLYMPICS Women's Giant Alpine Slalom.

WED., FEB. 15

8PM-Midnight ABC (7 Cent./Mt.)

WINTER OLYMPICS Men's Giant Alpine Slalom.

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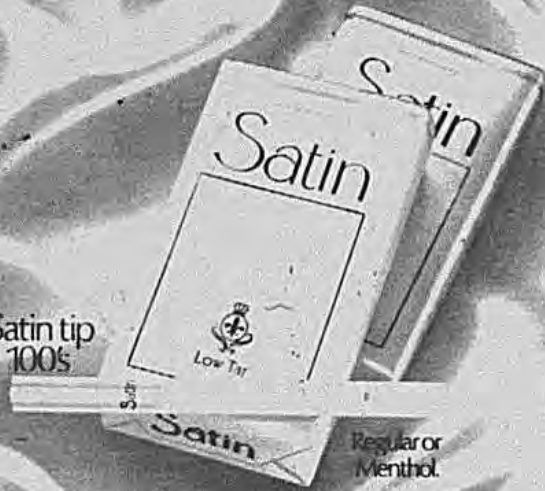
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ANNUAL

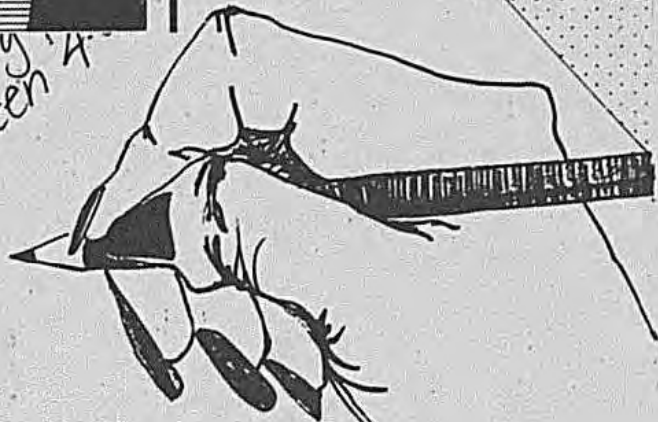
Health Care Supplement



Friday, February 3, 1984



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ADVERTISER	PAGE NO.
American Vision Centers.....	18
Army Reserve.....	19
Attentive Care.....	17
Comprehensive Counseling Center.....	13
Contemporary Health Care.....	20
Electraprint.....	24
Exerciser of Long Island.....	17
Garden City Home Care.....	9
Gensel's Wayside Furniture.....	21
Healthworks.....	3
Human Resources Center.....	22
Island Aides.....	12
Jackl Sorensen's.....	12
Ken's Nautilus Center.....	9
Kwik-Care.....	23
Massapequa General Hospital.....	8
Medical Personnel Pool.....	4
Medical Shop, The.....	19
Mid-Island Hospital.....	3
Nassau Hospital.....	5
National Foot Care Center.....	6
Polizzi, Sebastian, O.D.....	14
Professional Eye Care.....	20
Prosthetic & Orthotic Services.....	7
Psychological Consultation Center of L.I.....	11
Psych-Scan.....	7
Rupolo, John G., P.C.....	10
Smythe Travel.....	15
United Presbyterian Residence.....	10
Visiting Home Health Services of Nassau, Inc.....	11
Walston, Dr. Patricia A.....	13
Women's Surgical Boutique, Inc.....	22
Yellow Book.....	16

In This Issue

IMPORTANT FEATURES IN THIS SPECIAL SUPPLEMENT

TOPIC	PAGE NO.
FOOD SENSITIVITIES It may be something you ate.....	2
ULCERS Are you a prime candidate?.....	12
HOME HEALTH CARE Cutting the cost of medical care.....	13
SMILE Test your dental IQ.....	14
FORMER ANOREXIC Teen makes comeback from dreaded disease.....	14
OSTEOPOROSIS Steps to fight this common bone disease.....	15
WATER BABIES Pee wees get in the swim.....	16
MAN CARE Skin care is important for men.....	17
CHILD'S PLAY Play is the "work" of children.....	19
BOTANICALS Folklore goes modern in beauty business.....	20
PAIN RELIEF A new and thriving industry.....	22
PACE-SETTERS Employee fitness programs are shaping up.....	23
YOUR DOCTOR Choose doctor before you need one.....	23
WEIGHT-HEALTH TABLES	22
HOSPITALS	3
HEALTH RELATED AGENCIES Courtesy of YELLOW BOOK Community Telephone Directory, 1983 Community Information Section	3,4,7,8,9,10,11 (compiled and corrected to 11/83)

FOOD SENSITIVITIES

It may be what you ate

By JACK WILLIAMS
Your nose is running the gamut — from non-stop to stuffy. Your head feels like somebody mistook it for a soccer ball. And your nerves are wound up like a fishing line.

Could it be something you ate?

A growing number of health professionals are saying "yes." Despite the persistent doubts of the medical establishment, they're saying all of us have hidden food intolerances and sensitivities — minor allergies some call them — that to varying degrees impair our health and disposition.

Medical science has long acknowledged the acute food allergies that afflict some of us — the immediate reactions that clearly establish a cause-effect relationship.

But the more subtle symptoms — often not perceived until we stop eating a certain food that has become a staple of our diet — continue to be sources of controversy.

Some doctors and nutritionists who within the last

three decades have studied the body's reactions to certain foods are attributing all sorts of ailments to food sensitivities. Estimates are that as many as 60 percent of the people visiting doctors' offices have symptoms either caused or complicated by chronic food sensitivities; that all of us are ingesting foods that tax our immunity systems.

At the heart of these claims is a test that has drawn considerable attention recently among people seeking a cure to persistent symptoms their doctors have been unable to alleviate, and among health-conscious people in general.

Called the cytotoxic test (derived from the Greek word "cyto," meaning cell and "toxic," meaning poisoning effect), it is designed to pinpoint those foods to which we have intolerances. In so doing, say its advocates, it can also identify foods to which we are physically addicted — without which we would experience the discomforts of withdrawal.

Sadly, those foods we crave and consume most frequently often show up as

culprits on cytotoxic tests. Among the most common food products that elicit a reaction: milk, wheat, corn, eggs, yeast (both baker's and brewer's), soybean, coffee, citrus fruits and chocolate.

Symptoms said to be associated with food intolerances include headaches, dizziness, ringing of the ears, blurred vision, watery eyes, runny or stuffy nose, heart arrhythmias, nausea, rashes, chronic fatigue, joint ache, pallor, depression and mental lethargy.

If you wake up in the morning with a headache or runny nose and get immediate relief from a cup of coffee or what you eat for breakfast, it could be that you're addicted to those substances; that the temporary symptoms you experience were manifestations of withdrawal, say the test's adherents.

They also claim that people prone to food binges are victims of food addictions, and that although we originally craved certain foods because our body needed them, necessity has turned into abuse in many cases.

Hospitals

NASSAU AND SUFFOLK

Brookhaven Memorial Hospital Patient Information Hospital Rd., Patchogue 11772	854-7100 854-7102	Mercy Hospital Patient Information 1000 N. Village Ave., Rockville Centre 11570	255-0111 255-2501
Brunswick Hospital Center, Inc. Patient Information 366 Broadway, Amityville 11701	789-7000 789-7485	Mid-Island Hospital Patient Information 4295 Hempstead Tpke., Bethpage 11714	520-0322 520-2297
Central General Hospital 888 Old Country Rd., Plainview 11803	681-8900	Nassau County Medical Center Patient Information Hempstead Tpke., East Meadow 11554	542-0123 542-2211
Central Islip Psychiatric Center Carlton Avenue, Central Islip 11722	234-6252	Nassau Hospital Patient Information 259 First St., Mineola 11501	663-0333 663-3244
Central Suffolk Hospital 1300 Roanoke Ave., Riverhead 11901	369-6000	North Shore University Hospital Patient Information Community Drive, Manhasset 11030	562-0100 562-4480
Community Hospital at Glen Cove St. Andrews Lane, Glen Cove 11542	676-5000	Peninsula Hospital Center (212) 945-7100 51-15 Beach Channel Dr., Far Rockaway 11691	562-0100 562-4480
Deerpale General Hospital 55-15 Little Neck Pkwy., Douglaston 11362	485-6265	Pilgrim State Hospital Brentwood 11717	231-8000
Eastern Long Island Hospital Manor Place, Greenvale 11944	477-1000	St. Charles Hospital 1 Belle Terre Rd., Port Jefferson 11777	473-2800
Franklin General Hospital 900 Franklin Ave., Valley Stream 11580	825-8800	St. Francis Hospital Port Washington Blvd., Roslyn 11576	627-6200
Freeport Hospital 257 So. Ocean Ave., Freeport 11520	378-0800	St. John's Episcopal Hospital (212) 471-8100 327 Beach 19th St., Far Rockaway 11691	473-2800 627-6200
Good Samaritan Hospital Patient Information 1000 Montauk Hwy., W. Islip 11795	669-6670 937-4005	St. John's Smithtown Hospital Patient Information Route 25A, Smithtown 11787	360-2000 360-2110
Hempstead General Hospital 800 Front St., Hempstead 11550	483-9700	Smithtown General Patient Information Smithtown Blvd., By-pass & Rte. 111 Smithtown 11787	978-4000 978-4024
Huntington Hospital 270 Park Ave., Huntington 11743	351-2000	South Nassau Communities Hospital Patient Information 2445 Oceanside Rd., Oceanside 11572	536-1800 784-2338, 784-2315
Long Beach Memorial Hospital, Inc. 455 East Bay Drive, Long Beach 11561	432-8000	South Oaks Hospital (The Long Island Home) Sunrise Hwy., Amityville 11701	264-4000
Long Island Jewish—Hillside Medical Center Patient Information New Hyde Park 11040	(212) 470-2000 (212) 470-5000	Southampton Hospital 265 Herrick Rd., Southampton 11968	263-2000
Lydia E. Hall Hospital 320 W. Merrick Rd., Freeport 11520	378-8500	Southside Hospital Patient Information Montauk Hwy., Bay Shore 11706	435-3000 435-3352
Manhasset Medical Center Hospital 1554 Northern Blvd., Manhasset 11030	627-9000	University Hospital Stony Brook 11790	688-8333
Massapequa General Hospital Patient Information 750 Hicksville Rd., Seaford 11783	454-3498 454-3201	Veterans Administration Hospital Middleville Rd., Northport 11768	261-4400
Mather, John T. Memorial Hospital No. Country Rd., Port Jefferson 11777	473-1320		



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Health Related Agencies

EMERGENCY
DRUGS 542-3925
ALCOHOL 742-2400

NASSAU COUNTY DEPT. OF HEALTH

Provides therapeutic and preventive personal health services and also monitors and works to preserve and improve the environment for residents
John J. Dowling, M.D., M.P.H., Commissioner
240 Old Country Road, Mineola 11501

535-3410

Health Centers

Child, health, general medical, maternity, gynecology, family planning, rehabilitation services, chest and dental care available at most Health Centers. For some services there may be a fee, based on ability to pay.

Elmont Health Center Elmont Road & Village Ave. Elmont 11003	354-3604	Inwood/Lawrence Health Center 270 Lawrence Ave. Lawrence 11559	239-2200
Freeport/Roosevelt Health Center 460 North Main St. Freeport 11520	378-7310	Plainview Health Center 1535 Old Country Rd., Plainview 11803	420-5200
S.T.D. (Sexually Transmitted Disease) Clinic	160 Old Country Rd., Mineola		535-3575

The following services are maintained by the Department:

Information and Referral Service

A special unit to help residents find answers to, and ways for solving health problems. A central source of information on available health programs and facilities serviced by a professional staff.

535-3410

Communicable Disease Control Program

Investigates disease outbreaks, incidents of food poisoning, distributes vaccines to physicians, assists school and physicians with public health problems.

535-2532

Environmental Health Division

Works to control all actual or potential environmental hazards to public health.

Air Pollution Control	535-3232	Residential Environment	535-3678
Food & Beverage Control	535-3681	Water Pollution Control	535-3602, 535-3642
Radiological Health	535-3313	Water Resources	535-3325

For information call

535-3693

Home Health Services

Provides on a part-time basis professional nursing care, physical, speech and occupational therapy, medical, social services, and nutrition service (when requested by a physician). For information call

535-3522

Area Offices

Freeport 450 N. Main St., Freeport	378-8620	Mineola 160 Old Country Rd., Mineola	535-3566
Glen Cove Family Practice Building 11 Trubee Pl., Glen Cove	759-0918	Plainview 1535 Old Country Rd., Plainview	420-5241

Office of Public Health Nutrition

Consultation on food service, diets, patient education, food buying and storage, eating practices.

535-3373

Public Health Education

Consults with community groups, prepares and distributes pamphlets to the public. For information call

535-3344

Questions and Answers Concerning Home Health Care

What are the benefits of Home Health Care?

It now is commonly accepted in the health care field that recovery or convalescence progresses better in the home environment, as long as necessary care is being made available to the patient. For example, the healing of a broken limb might progress more rapidly in the home environment, as would postoperative recovery once complex medical procedures have been accomplished. There are other instances where the choice may be to stay at home and receive home health care rather than enter a health care facility for a number of conditions - based on your physician's concurrence.

What is the family's role in effective Home Health Care?

More than emotional support is involved. The patient may have home health care needs that require planning and preparation. Not only physical comforts must be provided, but quite often equipment must be obtained and routines followed that may require changes in the family's own routine. Having someone who is ill, recuperating or convalescing in the home may put a strain on the family. At the very least, the patient requires time and attention from members of the household and, quite possibly, the situation requires someone to be ready to respond to the patient any time, day or night. While the home environment most often is beneficial to the patient, this benefit must be weighed against the strain it might put on the family in being able to help.

We Have The Answer!

Our company's years of experience make the patient and the family comfortable with Home Health Care. Although home health care has dramatically gained in popularity, and is increasingly being talked about as a health care alternative, many people still are unaware of its availability. Just as important, not many people are aware of WHAT is involved in securing home health care. The question is often heard, "Do I need to be hospitalized or can I get the needed care at home?" Whether you're a patient or a family member interested in the patient's care, there is much to know about home health care in order to make an informed decision.

Medical Personnel Pool's

Comprehensive Home Health Care Program starts with pre-discharge planning in a hospital or nursing home. MPP's Director of Health Care Services works with the hospital, the patient's physician, the patient and family, to implement a smooth transition to the home. Home Care personnel is selected by SKILLMATCHING. We match trained and experienced home care personnel to the patient's specific needs. Constant supervision and review of the Home Health Care Program at regular intervals is provided by RN supervisors.

Service is available 24 hours a day, 7 days a week - day or night - around the clock, including weekends and holidays.

Medical Personnel Pool

Provides: Registered Nurses (RN's).....Licensed Practical Nurses (LPN's).....Nursing Assistants.....Home Health Aides.....Live-Ins.....Companions.....Home Makers.....Physical Therapists.....Occupational Therapists.....Speech Therapists.....MSW (Social Workers).....Dieticians.....Nurse Consultants.....Bathing Services.....Travel Nurse (accompany patients on planes and trains).....All are employed, insured and bonded by Medical Personnel Pool, and supervised by the Director of Health Care Services (an RN) and the Home Care Supervisor (an RN).

We offer a free consultation and initial assessment of Home Care needs.

When you call also ask for our free booklet - "Questions and Answers about Home Health Care."

OFFICES LOCATED IN:

Nassau-West Hempstead 516-485-5560

Suffolk - Stony Brook 516-689-8920

Southampton 516-283-7272

Queens - Flushing 212-352-2240

Westchester - White Plains 914-946-2810



24 Hour Service  7 Days A Week

Medical Personnel Pool

Since 1966 with over 200 offices coast to coast

Health Related Agencies

DRUGS & ALCOHOL

Alcoholics Anonymous Preamble:

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for A.A. membership, we are self-supporting through our own contributions. A.A. is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. Printed courtesy of the A.A. Grapevine, Inc. For A.A. meeting places and times, call 794-1144 or 282-3040

Alcoholism Information Center—L.I. Council

Voluntary health agency—information, consultation and referral service free of charge. 1505 Kellum Place, Mineola 11501 747-508

Al-Anon and Alateen

Help for the family and friends of the alcoholic. For meeting places and times call 222-0556

Drug Abuse Control Agency (DACA) Town of Oyster Bay

DACA concentrates on the development of wholesome values, attitudes and self-esteem as natural deterrents to negative behavior. Educational programs conducted encourage positive alternatives to substance abuse. Drug related movies, literature, speakers bureau and referral services are utilized. Support programs for the traditional as well as the single-parent family structure are available. Harry J. Meyers, Superintendent 977 Hicksville Road, Massapequa 11758 795-5943 Ext. 25

Families Anonymous Meetings

Anonymous self-help group for families of drug and alcohol abusers and related behavior problems. Meeting places in Amityville, Garden City, Glen Cove, East Meadow, Massapequa, East Rockaway, New Hyde Park, and Hicksville. For information call 334-1811, 796-4770, 354-3006, 747-3580

Family Service Association of Nassau County

Individual and family therapy for drug abusers and their families. Sliding scale fee. Hours: Mon. Tues. & Thurs. 8:30 am-9 pm, Wed. & Fri. 8:30 am-5 pm. Dr. Salvatore Ambrosio, Exec. Dir. 129 Jackson St., Hempstead 485-4600

Long Island Jewish-Hillside Medical Center Mineola Consultation Service

Comprehensive alcohol treatment program for the alcoholic and his/her family. Individual, group, marital, family and children's sessions. Psychiatric consultation, vocational and occupational services, weekly Alcohol Education Series for adults and children. Staffed by psychiatrists, social workers and counselors. Medicaid, Medicare, sliding scale fees. Hours: Monday-Thursday 9 am-9:30 pm, Friday 8 am-4 pm. Pearl Levine, CSW, Director 366 Jericho Tpke, Mineola 11550 742-4015

Nassau County Department of Drug and Alcohol Addiction

Confidential help for residents and their families with drug-alcohol related problems. 175 Fulton Avenue, Hempstead 11550 560-1973

Plainview Rehabilitation Center

For Nassau County residents aged 18 and up. Inpatient 10 week program for men and women dependent on alcohol. Individual counseling, group psychotherapy, occupational and recreational therapy, family education and counseling services. Office hours (for referral): Monday through Friday 10 am-4 pm. Margaret Guthrie, Director 1425 Old Country Road, Plainview 11803 420-5032

Recovery House

Halfway house for recovering alcoholics—Nassau County residents, men only aged 18-55. Applicants must be detoxified, attend a rehabilitation center 6 to 8 weeks, and be screened by a staff psychiatrist. Work-oriented program for six month duration. Donna Iorio, Director 1425 Old Country Road, Plainview 11803 420-5110

Topic House

Nassau County Department of Drug and Alcohol Addiction. A residential, drug free treatment facility for individuals whose drug and alcohol problems are serious enough to warrant in-patient services. 1425 Old Country Road, Bldg "L", Plainview 11803 420-5138

HANDICAPPED

Association for Better Conditions for the Disabled, Inc.

ABCD—a volunteer group focusing on eliminating barriers in housing, transportation and employment. ABCD assists the handicapped to enjoy a fuller life. Janet Rosenthal, Secretary-Treasurer 433-9590

Able/Disabled — Social Recreation Group

Persons with disabilities, 18 years and older, meet every other Thursday evening 7:30 pm to 10 pm at Eisenhower Park Special Recreation Building. Socialization, table pool, games, ping pong, refreshments and special events. For further information call 437-7763, 248-6534; 379-4681

Choice Magazine Listening

Magazine selections on phonograph records for those unable to read normal print because of visual or physical handicap. Free of charge, issued every two months, 8 hours of best articles, fiction and poetry from over 100 periodicals. Playable on free Library of Congress record player. Doris Fields, Editor Choice Magazine Listening, Dept. Y, P.O. Box 10, Port Washington 11050 883-8280

Direction Center - Variety Pre-Schooler's Workshop

For those who live and/or work with Nassau County handicapped children from birth to 5 years. Free options and information matching children's needs to appropriate services. Judith Bloch, ACSW, Director 47 Humphrey Drive, Syosset 11791 364-8580

Easter Seal Society of Long Island

Serving all handicapped persons on Long Island regardless of age or disability. Educational, recreational, and referral service. Focus on stroke patients, adults with disabilities. Equipment loan service, Residential Camp, Scoliosis, Summer Speech. Nancy Behrman, Long Island Director 734 Walt Whitman Road, Melville 11747 421-2200

GAP (Group Activities Program for the Handicapped) Town of Oyster Bay

Serving the mentally retarded, learning disabled, neurologically impaired, hearing impaired and multiply handicapped. GAP offers its members a full complement of therapeutic recreational activities ranging from field trips and social events to sports and dance. Under the leadership of trained personnel, the strengths and abilities of the handicapped are nurtured, giving them greater confidence in meeting the problems of every day living. This program is designed for ages 5 through approximately 40. Group counseling is available for mothers and couple parents of GAP participants. A six-week summer day camp experience for school aged children is provided during July and August. Dr. Dan Vogrin, Superintendent 977 Hicksville Road, Massapequa 11758 795-5943

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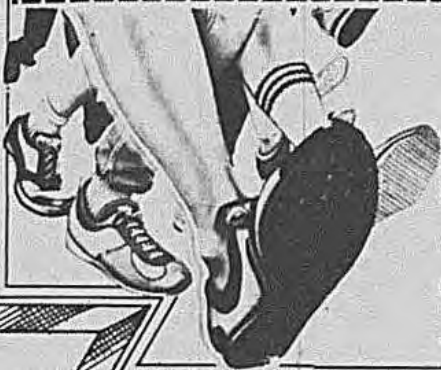
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561 Hempstead Avenue, West Hempstead, NY 11552
(516) 481-8099

3601 Hempstead Turnpike, Levittown, NY 11756
(516) 731-7300

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561 Hempstead Avenue, West Hempstead, N.Y. 11552



Name.....

Address.....

City.....State.....Zip.....

Health Related Agencies

HANDICAPPED Continued From Page 4

Human Resources Center

A private non-profit organization dedicated to providing educational, vocational, social and recreational opportunities for the severely disabled.

Abilities Inc. conducts programs of work evaluation, training, job development and career placement for the disabled.

Human Resources School offers tuition-free education to over 230 severely disabled children.
I.U. Willets Road (cor. Seeringtown Rd.), Albertson 11507 747-5400

Long Island Center for Independent Living for the Disabled

Provides an open forum for all disabled and visually impaired in Nassau and Suffolk Counties at no charge. Advocates for the disabled with Social Security Administration, County Department of Social Services. Coordinates all rehabilitation information and keeps a directory of suppliers, equipment, aids and services. Holds formal and informal workshops on benefits, legislation, college and school related problems and independent living skills.
Hours: Monday-Friday 9 am-5 pm Pat Moore, Project Director
3601 Hempstead Turnpike, Levittown 798-0144/5; TTY 798-0135

Mill Neck Manor

Lutheran School for the Deaf

A private, state supported special educational day school servicing the needs of severe to profound hearing impaired children from birth to 21 years of age. Services children from Queens, Nassau and Suffolk Counties.
Henry O. Bjorlie, Supt. Frost Mill Road, Mill Neck 11765 922-4100

Nassau County Department of Health

Physically Handicapped Children's Program

Provides financial assistance and monitors treatment and rehabilitation services for children under the age of 21. Medical eligibility is based on diagnosis confirmed by the Health Department, financial eligibility is based on determinations made by the Department of Social Services. If not eligible through DSS, applicant may be eligible for benefits under a "supplemental" program for physically handicapped children. Orthodontal program 535-3443
240 Old Country Road, Mineola 11501 Medical Program 535-3448

Nassau County Medical Center

Rehabilitation Center

Comprehensive rehabilitation center whose services include but are not limited to the following: Amputee Center, Brace Center, Stroke Center, Child Development Center. Physical and occupational therapy, rehabilitation counseling, home economics, medical social service, rehabilitation nursing, psychology. Hours: Monday through Friday 9 am-5 pm.
Lawrence W. Friedmann, M.D., Chairman
2201 Hempstead Turnpike, East Meadow 11554 542-2821

Nassau County Office for the Physically Handicapped

Public information agency for disabled citizens. Issues New York State Handicapped Parking Permits, provides information and referral services on transportation, education, civil rights, employment and recreation for disabled persons. Provides technical assistance to education and health facilities, corporations and cultural centers to remove architectural barriers and promote independent living for people with disabilities. Acts as ombudsman for Section 504 compliance.
Don Dreyer, Director Elizabeth Byrne, Community Liaison
240 Old Country Road, Mineola 11501 535-3881

New York State Commission for the Blind & Visually Handicapped

Provides counseling and vocational training for visually handicapped.
Georgine Volkammer, District Off. Manager 175 Fulton Ave., Hempstead 11550 538-7070

Office of Vocational Rehabilitation, State Education Department

Counseling, training, and placement for the mentally and physically handicapped.
50 Clinton Street, Hempstead 11550 483-8510

Training for Handicapped, Inc.

Open to Nassau County residents. Young adults who are mentally retarded may apply for a trial period. Funded by United Cerebral Palsy Association of Nassau County and Rotary Club of Valley Stream. Located on the corner of Fairview & South Franklin Avenues, Valley Stream. Entrance on Fairview Avenue, Room 2.
Co-Directors: Donald Hall 825-8212 H. Bartram Keller 824-2283

United Cerebral Palsy Association of Nassau County, Inc.

The Cerebral Palsy Treatment and Rehabilitation Center in Roosevelt serves 1,000 children and adults. The facility provides a wide range of services for those with cerebral palsy and other developmental disabilities - medical diagnosis and evaluation, speech, physical and occupational therapy, developmental education, psycho-social services, adult services, vocational rehabilitation and recreational programs, dental and podiatric clinics, plus summer day and residential programs.
Salvatore Gullo, Executive Director
380 Washington Ave., Roosevelt 11575 378-2000

Visually Impaired Program Center

Recreational, cultural and educational programs for visually impaired adults of Nassau County. Hot meals-contributions voluntary. Meets Thursday 10 am-2 pm at St. James United Methodist Church, St. James Place, Lynbrook. Volunteers will provide transportation where possible. Additional services include: counseling, rehabilitation, reading material in Braille and large-type print; sound recordings. Sponsored by Catholic Charities.
For information contact: Marie Palusca 593-4600

Adelphi Social Services Center

(Division of Adelphi University's School of Social Work)

Staffed by social work faculty members, social workers, graduate and undergraduate students and consulting psychiatrist, psychologists and family therapists. Individual, group and family counseling. Special programs for women in transition, rape victims and their families, post mastectomy women, Alzheimer's support services, physically disabled young adults, learning disabled adolescents and adults. Sliding scale fee based on ability to pay.
Women to Women Hotline (breast lumps) 489-7382
Refugee Assistance Program 483-1210
Adelphi University School of Social Work, 150 Oak Street, Uniondale
Louise Skolnik, Director For appointment call 560-8060

Adelphi University Postdoctoral Psychotherapy Center

Institute of Advanced Psychological Studies

A non-profit middle income center for individual, couple, family and group therapy for adults, adolescents, children; also a gerontology program for people over 62 years of age. The center also offers low and medium cost psychoanalysis, and is staffed only by doctors who see people in their private offices throughout Long Island.
Ms. Mary E. Gentile, Asst to George D. Goldman, Ph.D. Director of Clinical Services
Adelphi University, Garden City 11530 294-8700 Ext. 7465

Association for Children with Learning Disabilities

A non-profit, non-sectarian organization for the neurologically impaired. ACLD provides recreation, training and residential living programs to children, youth and adults who are neurologically impaired, or developmentally disabled. Fees are based on program.
Aaron Liebowitz, Executive Director 825-0960
1 Albertson Avenue, Albertson 11507

Continued On Page 8



Computerized Psychological Testing Service

- Adolescent & Adult Personality, Marriage and Family Assessment.
- Child Personality and Development Assessment.
- Mental Abilities Tests.
- Neuropsychological and Learning Disabilities Tests.
- Social, Psychiatric and Medical Assessment.
- Personnel and Vocational Assessment.
- Written reports and consultation with a licensed Psychologist provided.

505 Northern Blvd., Great Neck

(516) 829-3858



Prosthetic and Orthotic Services

Our Services

Prosthetic and Orthotic Services, established in 1972, is dedicated exclusively to providing prosthetic and orthotic devices to patients pursuant to a physician's prescription and according to a patient's requirements.

The scope of our services includes the ability to evaluate, design, measure, fabricate, and fit a variety of prosthetic and orthotic devices. An important part of our service involves patient management. At the request of and in consultation with the physician, we assist in the formulation of the prescription for a prosthesis or orthosis.

We keep abreast of new developments concerning patient care in our field and instruct the patients in the use of the device provided. We maintain patient records and update them as necessary.

Special Services

Evaluation and/or discussions of recommendations with patients or referring physicians.

Attendance at appropriate clinics.

Custom-designed devices for complex disabilities.

Consultation requiring comprehensive evaluation involving expert opinion for litigation.

Our Locations

Prosthetic and Orthotic Services, Inc.

Main Office
151 Hempstead Turnpike
West Hempstead, NY 11552
(516) 481-9670 (212) 347-1060

New York City Office
193 Third Avenue
Between 17th and 18th Streets
New York, NY 10003
(212) 505-6337

2500-23 Route 347, Building 5
Stony Brook, NY 11790
(516) 751-6966

Blind Brook Lane and Purchase Street
Rye, NY 10580
(914) 683-1758

265 North Main Street
Spring Valley, NY 10977
(914) 425-2250

Mary B., who lives in a small house in Farmingdale, was reaching for her stationery to write a letter to her niece in Seattle when she lost her balance and fell. Frightened, she pushed the "Lifeline" button hooked up to the emergency room at Massapequa General Hospital to summon help. Nurses on duty there called Mary's neighbor, who had agreed previously to be part of the Lifeline program, and the neighbor hurried next door. Mary, it turns out, was fine and the hospital was called with a report. Had there been an injury, the neighbor would have reported that and Massapequa General would have taken appropriate action. Lifeline gives Mary B., and other elderly or handicapped persons who want to continue living on their own, the peace of mind they need.

MASSAPEQUA GENERAL MORE THAN A HOSPITAL

We're a community-based, health service center concerned about finding out your needs and offering innovative programs to meet them. We're a facility offering the latest in medical technology and self-help programs where people like Lifeline subscriber Mary B., who want to hold onto their independence, can feel confident. Give us a call. Maybe we can help.

Coping With Cancer

Meets second Tuesday at 8 p.m. to provide emotional support, educational resources.

Arthritis Club

Meets fourth Wednesday at 8 p.m. for speakers, workshops. (Does not meet Jan., Feb., March due to weather)

Heart Club

Meets second Wednesday at 7:30 p.m. for films, discussion groups, education.

Diabetic Teaching Program

Meets three times weekly for in-patient diabetics and their families for discussion about daily living, activities, pharmacology, nutrition.

Physician Referrals

Service providing physician referrals in the area.

Medical Explorer Post

Meets twice a month on first and third Wednesdays at 7 p.m. A branch of the Boy Scouts, the group consists of men and women interested in pursuing careers in medicine.

Lifeline

An emergency response service offered to the elderly or handicapped in which home communicator equipment is installed in the home and connected to the emergency room at Massapequa General. By pushing a button, the subscriber alerts emergency room personnel that help is needed. Personnel contact a neighbor, who has previously agreed to be part of the program, and that person checks on the subscriber and calls the hospital with a report. The Medical Explorers are involved in this service.

More information about these programs is available from Sharon Resler at 454-3203 during business hours Monday through Friday, 8 a.m. to 4 p.m.

**EMERGENCY TELEPHONE NUMBER:
454-3313**

**MASSAPEQUA
GENERAL HOSPITAL**

**750 Hicksville Road,
Seaford, NY 11783**



Health Related Agencies Continued From Page 7

Catholic Charities Community Life Center

Serving Northeast Nassau County—St. Anthony's Guidance Clinic
Family counseling, mental health therapy and counseling, psychiatric evaluation and treatment, psychological testing, geriatric counseling. The Center "reaches out to the hard-to-reach." Home visits, when appropriate, are available. Sliding scale fees, Medicaid.
Hours: Monday, Tuesday, Thursday 9 am-9 pm; Wednesday, Friday 9 am-5 pm.
Joseph Buttigieg, CSW, Regional Administrator
75 Post Avenue, Westbury 11590 897-5500

Counseling Service of the Long Island Council of Churches, Inc.

A non-sectarian, non-profit clinic offering individual, marital and family therapy. Offices at Albertson, Amityville, Lake Ronkonkoma, Riverhead, Wantagh, and Rocky Point. Sliding scale fee. Hours: Monday through Saturday. For appointment call between 10 am-2 pm.
The Rev. S. Bruce Wagner, Administrative Director
134 I.U. Willets Road, Albertson 484-1122

East Plains Mental Health Services, Inc.

A non-profit community mental health facility. Serves children and adults of all ages in Bethpage, Farmingdale, Hicksville, Jericho, Old Bethpage, Plainville and Plainville. Provides individual, family and group psychotherapy, psychological testing, psychiatric evaluation, chemotherapy and drug abuse unit. Professional staff of psychiatrists, psychologists and psychiatric social workers, supportive services by paraprofessionals. Qualified volunteers welcome to perform various non-professional services.

Hours: Mon., Tues., Thurs. 9 am-9:30 pm, Wed., Friday 9 am-6 pm, Sat. 9 am-1 pm.
Robert M. Bressler, ACSW, Exec. Dir. Robert N. Pilosi, M.D., Medical Dir.
248 Old Country Road, Hicksville 11801 822-6111
Drug Abuse Unit
Hours: Mon. 9 am-9:30 pm, Wed. 9 am-9 pm, Tues., Thurs., Fri. 9 am-5 pm
Barbara Bertell, CSW, Program Director
248 Old Country Rd., Hicksville 822-4060

Ecumenical Consultation Center

A non-profit, non-sectarian agency offering comprehensive mental health services for individuals and families of all ages. "Sensitive to the religious needs of our clients." Counseling provided by only licensed/certified professionals. Individual, marital and family therapy, premarital counseling, crisis intervention, psychological testing, counseling for school problems, parent-child difficulties, services for hearing impaired, speakers bureau. Home visits available, where appropriate. Specialties include geriatric evaluation and counseling, family consultation services, family life education, work with blended families, educational disability counseling. Sliding fee scale—No waiting list—Evening hours available—Simplified intake procedures.
Hours: Mon.-Fri. 8 am-10 pm, Sat. 9 am-1 pm Dr. Theodore S. Grant, ACSW Exec. Dir.
30 Grand Avenue, Hicksville 935-4437

Family Life Center

A non-profit, non-sectarian agency providing marriage and family counseling, information and referral, and family life education groups on a sliding scale fee. Groups include parenting, stress management, assertiveness training, and self-esteem.

Hours: Tuesday-Thursday 10 am-4 pm, evenings by appointment.
101 Kensington Rd. (Garden City Community Church), Garden City 11530 746-1709
Ann Mallouk, CSW, Director

Family Service Association

Family counseling services for people who live and/or work in Nassau County. Individual and family therapy; sex therapy and counseling; family financial counseling; senior financial counseling, divorce mediation, bereavement center; senior citizen services; special programs for parents and/or youth and families in crisis.

Hours: Mon., Tues. & Thurs. 8:30 am-10 pm; Wed. & Fri. 8:30 am-5 pm.
Dr. Salvatore Ambrosino, Exec. Dir. 129 Jackson St., Hempstead 11550 485-4600

HAD-Help-Aid-Direction

Individual, family and group counseling, drug and alcohol counseling, parents group, referrals, crisis intervention. Educational services, speakers bureau; outreach services in local schools; vocational skills workshops, readjustment counseling for Vietnam Veterans, counseling for the visually impaired.

Hours: Monday-Thursday 10 am-10 pm; Friday 10 am-4 pm; Sat. 9 am-12 noon
Alfred J. Peck, C.S.W., Executive Director
23A Jerusalem Ave., Hicksville 11501 935-8858

Herricks Community Life Center

Voluntary non-profit agency, providing professional, individual, group and family counseling to residents of Herricks and nearby communities. Services are offered to teenagers, young adults, parents, older adults. Hours: Monday through Thursday 9 am-10 pm. Fri. 9 am-5 pm.
Toni Kapen, Executive Director
348 Hillside Avenue, Williston Park 11596 294-6969

Jewish Community Services of Long Island, Inc.

(Outpatient services to all Nassau-Suffolk residents)
Individual, family and group counseling, walk-in center, psychological testing, psychiatric services, consumer education, drug abuse unit, family life institutes. Staffed by psychiatrists, psychologists, and professional social workers. Qualified volunteers welcome to perform various non-professional services.

Hours: Monday & Wednesday 9 am-9 pm, Tuesday, Thursday & Friday 9 am-5 pm
50 Clinton St., Hempstead, Lawrence Weissberger, CSW, Sr. Casework Spvr 485-5710
175 Jericho Tpke., Syosset, Marsha Lehrman, CSW, Director 364-8040

Little Village School & Day Treatment Program

(For Developmentally Disabled)
A comprehensive education and therapeutic day program for infants & young children through grade school, residing in Nassau County and Queens, who are developmentally delayed due to emotional disturbance, mental retardation, autism, neurological impairment or multiple handicaps. No tuition charge to students. Programs encompass family counseling and supportive clinical services. Early Intervention Program for infants and parents.
Crisis Intervention Hotline - 24 hours a day 746-5560
Caryl Bank, CSW, Educational Dir. Barbara Feingold, MA, Admin. Dir.
Bayberry Avenue, Garden City 11530 746-5575

Lutheran Community Services, Inc.

Information and referral service. Professional counseling for individuals, couples and families. Programs, seminars and workshops available to Pastors, congregations and community groups. Rap groups and educative/preventive programs available on request. Hours: Mon.-Fri. 9:30 am-5 pm. Evening appointments may be scheduled.
Madeline Langdon, Director
91 No. Franklin Street, Room 307, Hempstead 11550 483-3240

Mental Health Association of Nassau County

Free information and referral counseling services. "Family Phone" responds to all family problems. Monday thru Thursday 9 am-9 pm; Friday 9 am-4:30 pm
186 Clinton St., Hempstead 11550 489-2322

Health Related Agencies

MENTAL HEALTH

Continued From Page 8

Middle Earth

The Crisis Counseling and Referral Center of Nassau County
Hotline and walk-in center, 24 hours a day, 7 days a week. Free counseling, information and referral for Nassau County youth and families, regarding drugs and alcohol, family and school problems, pregnancy, sexuality, sexual identity and suicide. Volunteers needed. Non-profit agency funded by Nassau County Youth Board.
Linda Leonard, Director
2740 Martin Ave., Bellmore..... 826-0600

The Nassau Center for the Developmentally Disabled

A voluntary agency serving Nassau County providing for children and adults excluded from other programs and identified clinically as suffering from autism, pervasive developmental disorders, chronic organic brain syndromes and/or mental retardation. Complete clinical diagnostic and treatment procedures for social, intellectual, and emotional disorders. Medical, psychiatric, psychological, social, educational, remedial, habilitative, child care, residential placement.

Special educational procedures and supportive clinical services. Full day activities for adults and children. Clinical services available to families.
Benjamin Hirsch, Ph.D., Exec. Director
Harim R. Al-Chalabi, M.D., Medical Director
72 South Woods Road, Woodbury 11797..... 921-7650

Nassau County Department of Mental Health

Responsible for the planning, monitoring and administration of mental health and mental retardation/developmental disability programs in Nassau County, including inpatient, outpatient, and special services.
Isidore Shapiro, ACSW, Commissioner
240 Old Country Road, Mineola 11501..... 535-3355

Nassau County Medical Center—Rehabilitation Counseling

The goal of this service is to maximize the patient's vocational potential and to foster a realistic self-image. Rehabilitation counseling is given to persons with emotional and/or physical problems who need assistance in formulating plans to return to their occupation or train for a new one. Vocational evaluation; personal adjustment training and appropriate referral service.
Richard Sloan, MS, PD, CRC, Rehabilitation Counselor
2201 Hempstead Turnpike, East Meadow 11554..... 542-2227

North Shore Child Guidance Center

Mental health services to children, adolescents, and their families. Clinical services include psychodiagnostic assessments, individual, family, and group therapy, chemotherapy, parent counseling, crisis intervention, short-or-long term therapy, Early Childhood Study Center. Services tailored to meet the needs of a particular community. On-going educational counseling groups (Adoptive Parents, Single Parents, etc.).

Special Adolescent Services Unit:
(Comprehensive services for youthful offenders and other adolescents and their families who are experiencing emotional, educational and vocational problems).
Full array of clinical services for Spanish-speaking families. Staffed by psychiatrists, psychologists, psychiatric social workers, and social service assistants.
Marion Levine, ACSW, Executive Director
Sheldon Golub, M.D., Psychiatric Director
Main Office: 145 Northern Blvd., Levittown, Manhattan 11030..... 827-6871
Westbury Branch: 183 Grant St., Westbury 11590..... 333-3990

Recovery, Inc. Meetings

Self-help care method to prevent relapses in former mental patients and chronicity in nervous system—no charge.
Brookville—Brookville Reformed Church, Brookville Rd., Monday 8-15 pm
Garden City—United Presbyterian Church, 91 Chester Ave., Thursday 8 pm
Hicksville—Parkway Community Church, Stewart Ave., Tuesday 8 pm
Seaford—Marie Regina R.C. Church, 3945 Jerusalem Ave., Tuesday 8 pm
For additional information call..... 333-8500

REFLECTION

Plainview Old Bethpage Youth Activities Council

Community based agency providing services to adolescents, adults and families. Services include individual, group and family counseling; counseling for drug abusers; crisis intervention; psychological, educational and vocational testing and counseling; physical examinations; psychiatric services; community education and Speakers Bureau.

Qualified volunteers welcome to perform various non-professional services.
Hours: Monday-Friday 10 am-9 pm, Friday 10 am-5 pm
City Klein, Jr., Director, 449 So. Oyster Bay Rd., Plainview 11803..... 822-6071

Runaway Youth Coordinating Council (RYCC)

Individual and family crisis and short-term counseling; emergency housing and food; information and referral; advocacy; case management services are provided to runaway/homeless/maltreated youth and their families. Services also available to youth and families in an attempt to prevent family difficulties from developing into runaway, homeless, or maltreatment crises.

Office Hours: Monday - Friday 9 am-5 pm
24 HOUR HOTLINE..... 488-6088
80 North Franklin Street, Suite 200-204, Hempstead 11550

TRI—The Rehabilitation Institute

Comprehensive vocational rehabilitation services for the emotionally handicapped aged 18 and older. Enables individuals to return to the community as competitive workers. Intensive program of vocational evaluation, training and job placement. Psychiatric, psychological and social services at no cost.
Louise Friedman, Associate Director
Edmund C. Nauhaus, Ph.D., Director, 223 Jericho Tpke., Mineola 11501..... 741-2010
Sheltered Workshop 971 Stewart Ave., Garden City 11530..... 222-2092

Variety Pre-Schooler's Workshop

Twelve month school for children ages 15 months to 7 years with learning, behavior, and language development problems. Offers support services to families.
Judith Bloch, ACSW, Director, 47 Humphrey Drive, Syosset..... 921-7171

Woodward Mental Health Center

Designed to meet the needs of emotionally disturbed children, aged 2-21. Program for 2-5 year-olds provides diagnostic, intervention, and prevention... program for 6-15 year-olds is a special education in a therapeutic setting... program for 16-21 year-olds provides (on an individual basis) an academic curriculum or aid-to-daily living curriculum. Electives include pre-vocational skill areas.

All programs are based on a treatment plan for both the child and the family by the Medical Director and Psychiatrist, and implemented by a clinical staff of psychologists and social workers... fully qualified professionals. Hours: Monday-Friday 8:30 am-5 pm
Nina L. Sloan, Executive Director
John Price, M.D., Medical Director
201 West Merrick Road, Freeport 11520..... 378-0900

MENTAL RETARDATION & DEVELOPMENTAL DISABILITIES

Association for Children with Down's Syndrome, Inc.

Open to residents of Nassau and Suffolk Counties. Designed to bring early intervention into the lives of Down's Syndrome children and their families in order to make a major difference in each child's ability to become a functioning member of society.

The School consists of several programs: infant program for parent and child (birth to 18 months), toddler program for children (18 months to 2 1/2 years) and a pre-school program for children (2 1/2 to 5 years). North Shore University Hospital Child Development Center provides medical consultation.
Freda Stimell, Executive Director
2616 Martin Ave., Bellmore..... 221-4700

Continued On Page 10

Garden City Home Care



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- RN's • LPN's
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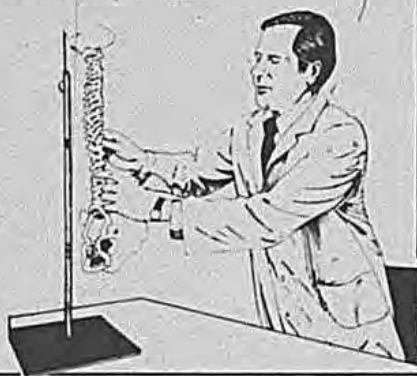
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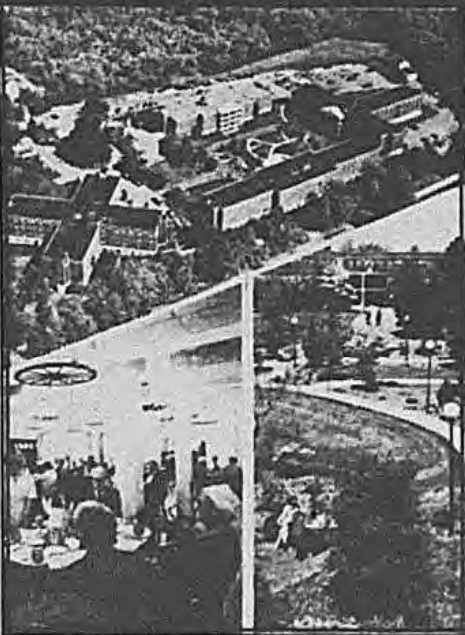
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United Presbyterian Residence
378 Syosset-Woodbury Road
Woodbury, New York 11797
Telephone: (516) 921-3900

Health Related Agencies

Continued From Page 9

MENTAL RETARDATION & DEVELOPMENTAL DISABILITIES

Association for the Help of Retarded Children

Comprehensive services for the mentally retarded of Nassau County. Diagnostic and therapeutic clinic; pre-school program; school-aged children who are excluded from public school facilities; vocational training and sheltered workshops; occupational day treatment for adults too handicapped to qualify for vocational training; summer day camp; summer resident camp; after-school and evening recreation programs; family counseling; hostels; information and referral service.
Helen Kaplan, Executive Director
189 Wheatley Road, Brookville 11545..... 626-1000

Vocational Centers: Milton Levine, Director
230 Hanse Avenue, Freeport 11520..... 548-7700
115 East Bethpage Rd., Plainview 11803..... 293-1111

L.I. Developmental Disabilities Service Office Long Island Developmental Center

New York State Office of Mental Retardation and Developmental Disabilities. Facility for residents of Nassau and Suffolk Counties for the treatment of mental retardation and developmental disabilities. Inpatient and outpatient programs—all basic therapeutic disciplines and all medical specialties normally involved in the treatment of mental retardation. For information and services call the Nassau Community Service Unit.
Frederick A. McCormick, CSW, Director Box 788, Melville 11747..... 271-3900

SPECIAL SERVICES

Alzheimer's Disease and Related Disorders Association, Inc. Nassau/Suffolk Chapter

Nonprofit organization dedicated to family service, education and research. Provides support groups for family members of Alzheimer's Disease patients. The disease, which is the main cause of memory loss in older adults, is a progressive degenerative brain disease for which there is no known cause or treatment.
For information call: Nassau..... 935-7157 Suffolk..... 543-5188

American Cancer Society, Long Island Division, Inc.

Services for patients and their families; information; referral and guidance; group counseling; limited financial assistance; free loan of sickroom equipment; transportation within certain areas; speech therapy for laryngectomees; rehabilitation visitation programs for mastectomy, laryngectomy, and colostomy patients. Laryngectomy and colostomy clubs in both counties. Public education programs for adults and youth; film showings; speakers; distribution of literature; cancer detection and smoking withdrawal clinics. Programs for health professionals. Research through Cancer Prevention Study II to find environmental and lifestyle causative factors in cancer. Memorial plaques. Volunteers for neighborhood units, the above services, bingo, and thrift shops. Cancer Information Service..... 426-1882
John B. Dibeler, Exec. Vice Pres. 535 Broadhollow Road, Melville..... 420-1111

American Diabetes Association - Long Island Chapter (NYDA)

Voluntary health agency provides programs of patient education and service, public information and detection and research support. Youth programs combine education, recreation and counseling. Operates Camp NYDA, the largest camp for diabetic children in the world. Hours: Monday-Friday 9 am-5 pm; evening hours for diabetes clubs as scheduled.
Carol Russo, Field Director 401 Broadhollow Rd., Melville..... 752-1752

American Heart Association

Raises money for heart research, provides information and referral for heart and stroke related services, and sponsors various self-help groups for heart and stroke patients and their families.
365 Willis Avenue, Mineola 11501
Memorial donation or information about services, call..... 741-5522

American Lung Association of Nassau-Suffolk

A nonprofit voluntary health organization dedicated to the prevention and control of lung disease, including emphysema, asthma, tuberculosis, bronchitis and health hazards related to smoking and environmental and occupational issues.
Geraldine Danzig, Executive Director
1710 Hempstead Tpke., East Meadow 11554..... 794-1180

Arthritis Foundation, Long Island Division

Voluntary health agency offers help to arthritis sufferers through programs of research, patient services, public health information and education. Trained volunteers answer phone calls requesting information, counseling and emotional support. Equipment available for loan. Referrals to specialists and clinics in Nassau and Suffolk Counties. Clubs sponsored by the Foundation provide community centers of activity.
Hours: Monday-Friday 9 am-5 pm Patrick T. McAssey, Exec. Dir.
501 Walt Whitman Road, Melville 11747..... 427-8272

Birthright, Inc. of Nassau-Suffolk

Counseling to girls and women who are distressed by pregnancy. Non-profit, non-sectarian. Offers, at no charge, pregnancy tests, layettes, maternity clothes, baby equipment, housing, and referral to reduced medical fees. Birthright offers a positive alternative to abortion. Office open Monday to Friday 10 am-2 pm & 8 pm-10 pm. 24 hour answering service for information. Fully staffed by volunteers. Offices also in Manhasset, Islip and Smithtown.
Geraldine Edmonds, Director 1939 Wantagh Ave., Wantagh..... 785-4070

CACHS (Council of Agencies to Coordinate Homebound Services)

A non-profit coalition of 40 agencies in Nassau County which use volunteers to visit the homebound of all ages.
P.O. Box 67, Westbury 11590 For further information..... 334-5560
Homebound Help Line: Weekdays 9 am-4 pm..... 535-3410

Cancer Volunteers of America

Free services to cancer patients and their families including financial aid and sickroom supplies; Blood Banks and Donor Programs; counseling; referral, medical supplies and nursing services available. Lump-sum death benefits; Mastectomy Salon accounts for patients in need of garments.
Ruth Fisher, President 25 Franklin Place, Great Neck
24 Hour Emergency Telephone Answering Service..... 487-1740

Coalition for Abused Women

Community organization for Nassau County residents experiencing violence within the family. Individual, and group counseling, advocacy, legal consultation, emergency Safe Home housing for battered women, information and referral, community education and training.
Nassau County Medical Center, Nurses Residence Box 285, East Meadow 11554
Crisis Hotline..... 542-0404

Compassionate Friends—L.I. Chapter

Self help organization offering friendship and understanding to bereaved parents and siblings. Monthly meetings, newsletter. Promotes public awareness concerning bereavement and grief.
P.O. Box 151, Sea Cliff 11579..... 759-9759
Angela & Peter A. Purpure, Chapter Leaders

Coping With Cancer

Meets 2nd Tuesday of the month at 8 pm, September through June, in the Lecture Hall of Massapequa General Hospital. Provides educational material dealing with cancer; helpful methods in handling stress; guest speakers.
Judy Palini, R.N., Moderator For information call..... 454-3274

Continued On Page 11

Health Related Agencies

SPECIAL SERVICES

Continued From Page 10

Epilepsy Center of Nassau County - EPIC Health Center

New York State licensed clinic under contract with Nassau County Dept. of Mental Health, offers medically supervised counseling and group services to those with epilepsy, seizure disorders, developmental disabilities and related conditions. Day Treatment Program for adults over 18 years of age with physical, developmental or psychological problems. Community Residents Program is available for adults 18 years of age and older who require a supervised living arrangement.
 Hermon Putter, Ph.D., Exec. Dir.
 550 Stewart Avenue, Garden City 11530 794-5500

Family Service Association of Nassau County PACT (Parents and Children Together)

Family life groups which focus on parenting skills and counseling for parents, teenage parents, and families with children in foster care. No fees. Hours: Monday-Friday 9 am-5 pm (some groups meet in the evening).
 Dr. Salvatore Ambrosino, Exec. Dir. 131 Jackson St., Hempstead 485-1616

Felngold Association of New York, Inc.

Nonprofit association helping hyperactive-learning disabled children through dietary intervention, without drugs. Individualized help.
 Carol Cummings, President
 1034 Jericho Turnpike, Smithtown 11787 543-4658

GASP of New York (Group Against Smoking Pollution)

GASP is an environmental action group specifically concerned with the problem of air pollution caused by tobacco smoke. It is an organization of volunteers with objectives to educate the public concerning the adverse physical effect of second-hand smoke on the nonsmoker, to seek and support legal ways and means to protect the health and rights of nonsmokers in public places and to provide information on smoking cessation programs.
 Rhoda Nichter, President Box 101, Old Bethpage 11804 838-0080

Human Growth Foundation

HGF is a national health organization of volunteers concerned with the elimination of growth disorders of children such as dwarfism and by supporting medical research and providing information on growth problems to the community.
 Human Growth Foundation Chapter 433-1334
 Beverly Ait, Long Island Chapter President 484-0059

Industrial Home for the Blind Pre-School Vision Screening Program

Screening for eye defects in children ages 3-5. Trained volunteers in local communities provide screening on a scheduled basis at no charge.
 Maureen Geier, Nassau County Coordinator
 320 Fulton Ave., Hempstead 11550 485-1234

Long Island Birthright

Provides free pregnancy tests and confidential counseling to women with an untimely pregnancy. Non profit, non sectarian, staffed by trained volunteers. Baby layettes, equipment, maternity clothes; agency referrals.
 Connie LoMonte, President
 422 Conklin St., Farmingdale 11735 293-5999

Long Island Sickle Cell Project, Inc.

Testing, screening, education, genetic counseling, information and referral service, free treatment clinics. Presentations to groups on request. No fee.
 James W. Couch, Executive Director
 1425 Old Country Road, Plainview 11803 420-5026, 420-5028

National Association of Patients on Hemodialysis and Transplantation (NAPHT)

NAPHT is a non-profit voluntary organization, dedicated to promoting the interest and welfare of the kidney patient. It functions in all areas of the renal field and educates both the public and patients about kidney disease, care and rehabilitation.
 Sheldon Kaufman, DDS, President
 2635 Pettit Ave., Bellmore 11710 : 221-7441 24 HOUR HOTLINE 433-8658

Overeaters Anonymous Meetings

Hot Line Number 249-5930 For information about meetings 794-1333

P.A.C.E. (Parent And Child Education Program, Inc.)

Weekly daytime discussion classes for mothers of infants, toddlers and pre-schoolers. Designed to help mothers become more aware of, and effectively handle the needs of children, family and self. Excellent child care while mother attends class. Modest fee charged. Information brochure available. Introducing new mother/infant class. Request special flyer.
 Bethpage--Plainedge Community Center, Northedge School, Stewart Ave. and Hempstead Tpk. Monday and Friday 9:30 am-11:30 am or 12:30 pm-2:30 pm.
 Manhasset--Congregational Church, Northern Boulevard. Classes Tuesday and Thursday 9:30 am-11:30 am or 12:30 pm-2:30 pm.
 Valley Stream--Willow Road Elementary School, Willow Road and Catalpa Drive, Wednesday 9:30 am-11:30 am or 12:30 pm-2:30 pm.
 Paula Montalvo, Director For information call 333-9181

Parents Anonymous

A self-help group for Nassau County parents who are having difficulty coping with their children, and for those parents who feel that such problems have already led, or will lead to, child abuse. Afternoon and evening meetings. 24 Hour Hotline (800) 462-6406

Planned Parenthood of Nassau County

Birth control education, information and medical services for all who need and want them. Medical services by individual appointment. Pregnancy testing walk-in hours. All related information provided. V.D. and cancer screening. Sliding scale fee based on ability to pay.
 Rose Brown, Executive Director 107 Mineola Blvd., Mineola 742-0144
 535 South Franklin Street, Hempstead 11550 483-3033

Prison Families Anonymous, Inc.

A non-profit self-help group whose goal is to keep families of prisoners and/or former prisoners intact. Meets: Christ First Presbyterian Church, Washington & Fulton Aves., Hempstead, Friday 8:30 pm For information call 538-6065

Visiting Home Health Services of Nassau, Inc. (VHHS)

VHHS is a voluntary, non-profit home health care agency providing Visiting Nurse services in Nassau County for over 70 years. Services include professional nursing care, physical, occupational and speech therapy, medical - social workers and home health aides. VHHS is recognized by Medicare, Medicaid, Blue Cross and other health insurers.
 225 Community Drive, Lake Success 11020 829-4510

Widowed Persons Service

Non-profit organization giving voluntary help to the widowed through the first difficult year. No regularly scheduled meetings, help given on a one-to-one basis. Affiliated with National Association of Retired Teachers and Association of Retired Persons. Sponsored by Long Island Jewish-Hillside Medical Center with office located in Administration Bldg. of the hospital.
 Lyla Bradley, Acting Coordinator 410 Lakeville Rd., New Hyde Park 352-1711

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Psychological Consultation Center Of Long Island

7 Franklin Avenue,
N. Lynbrook, N.Y., 11563

DESCRIPTION

The Psychological Consultation Center of Long Island is a team of skilled mental health professionals offering a wide range of services at moderate cost. Our aim is to provide service specialized to the need of the client. We do so by utilizing a staff of specialists and by offering a diversity of treatment techniques.

STAFF

The Center's staff consists of Psychologists, Psychiatrists and Social Workers carefully selected for skill, technique, training and experience.

PROCEDURE

For your convenience, the Center is open 7 days a week and a doctor is on call 24 hours a day in case of emergency. Day and evening sessions are available by appointment. Initial consultations are arranged promptly.

FEES

Fees are moderate and based on a sliding scale. Major medical plans are accepted.

ADDITIONAL SERVICES

The Center sponsors lectures and workshops in the community. Call for information.

Dr. Robert M. Benedek
Executive Director

Dr. Benedek is a N.Y. State licensed psychologist who also serves as Coordinator of Psychological Services for the N.Y. City Division of the American Cancer Society. He has been a guest on WABC, WOR and WHLI.

SERVICES

- *Individual, group and family psychotherapy
- *Stress Management
- *Psychological testing
- *Loss and bereavement counseling
- *Marital therapy and divorce mediation
- *Phobia therapy
- *Habit control (smoking, overeating, gambling, etc.)
- *School psychology and treatment of learning disabilities
- *Anorexia and bulimia program
- *Dental anxiety program
- *Consultations to business and industry
- *Employee Assistance Programs

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ULCERS

Are you a prime co



Contrary to popular belief, it's not just ambitious male executives who get peptic ulcers. Recent medical research indicates that anyone can get an ulcer regardless of economic, social, ethnic or age group.

By DEBRA HUNTER

We've all heard the myths about ulcers. It's been said that they're the cost that ambitious, hard-working male executives pay during their fight up the corporate ladder.

Since we were children, so-called experts told us that tension and emotions are not to be kept in or we'll get an ulcer.

The majority of us believe in these bromides, but current medical thinking is leaning away from these beliefs.

When we talk about ulcers, what we really mean are peptic ulcers or sores caused by digestive juices. There are three main types of peptic ulcers: gastric, or in the stomach, duodenal, or in the section of the small intestine immediately below the stomach, and ulcer of the esophagus, or the tube connecting the mouth with the stomach.

The following quiz will test how much you really know about ulcers and methods of treating them and will help you determine if you're a candidate for ulcer disease.

1. Only harried, always-rushing, white business executives get ulcers, and women very rarely get them. (a) true (b) false.

2. How many North Americans suffer from ulcers? (a) 100,000 (b) 1 million (c) 4 million (d) 25 million.

3. What is an ulcer? (a) a swelling in the walls of arteries feeding blood to the stomach (b) a condition

which stomach acid is flushed back up the esophagus (c) a hole in the skinlike lining of the digestive tract.

4. Ulcers are caused by: (a) stress and emotions (b) alcohol and spicy food (c) heredity (d) regular doses of aspirin (e) smoking.

5. The only way to heal an ulcer is to remove it surgically. (a) true (b) false.

6. Peptic ulcers, or ulcers caused by digestive acids, are found in the: (a) stomach (b) uppermost section of the small intestine (c) esophagus (d) all of the above.

7. Pain for the duodenal ulcer patient usually appears (a) when one wakes in the morning (b) at bedtime (c) shortly after eating (d) while exercising.

8. Surgery is essential in order to diagnose a peptic ulcer. (a) true (b) false.

9. If you don't have pain, you don't have an ulcer. (a) true (b) false.

10. Once an ulcer is cured, there is little chance of it returning. (a) true (b) false.

ANSWERS

1. (b) False. Research by Smith Kline and French Laboratories and the Center for Ulcer Research and Education in Los Angeles indicates that anyone can get a peptic ulcer regardless of economic, social, ethnic or age group or emotional health. Twice as many men as women used to suffer from ulcer disease, but the rates for both sexes are now almost equal.

2. (c) It's estimated that 4 million North Americans

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number gastric or stomach
ulcers by 4-to-1. Ulcers in
the esophagus are even less
common.

7. Pain usually appears
in duodenal ulcer patients
(c) shortly after eating,
most often from 30 to 120
minutes after a meal. Pain
also may occur during the
middle of the night.

8. (b) False. Surgery is
not required to diagnose
ulcer disease. Barium X-
rays (known as a G.I. se-
ries) can identify up to 90
percent of active ulcers.
Patients whose X-rays turn
up negative, but who con-
tinue to have ulcer symp-
toms, can be tested further
by endoscopy, a visual ex-
amination of the gastroin-
testinal tract utilizing a
fiber optic tube.

9. (b) False. Pain is not a
definite indication of pep-
tic ulcer. People can have
severe stomach pain with-
out an ulcer, and individu-
als can have an ulcer that
does not cause pain.

10. (b) No permanent
cure has been found for
ulcers. An ulcer may or
may not recur, and may
consist of a single episode
or frequent occurrences.
Taking one dose of cimet-
idine at bedtime decreases
the chance of reoccure-
nce, however.

If you think you have an
ulcer, see your doctor.
Don't treat yourself. There
are many other conditions
that can mimic peptic
ulcer disease, and your
doctor is the most qualified
person to find out what is
ailing you.

Indidate?

suffer from ulcers at any
given time. About 46,000
require surgery each year,
and some 6,000 die annu-
ally from ulcer complica-
tions.

3. An ulcer is (c) a hole in
the skinlike lining of the di-
gestive tract. Peptic ulcers
develop only in those areas
of the gastrointestinal
tract that are bathed with
digestive juices produced
by the stomach.

4. Research shows that
peptic ulcers may be
caused by (c) heredity, (d)
regular doses of aspirin
and (e) smoking. A person
whose close relatives have
ulcers are about three
times more likely to devel-
op an ulcer. People who
use aspirin regularly have
a quadrupled risk of devel-
oping an ulcer, while ciga-
rette smokers are 1.7 times
as likely to get a peptic
ulcer as are non-smokers.

5. (b) False. Surgery is
becoming a less-accepted
treatment for most ulcers.
Acid secretion can be shut
off surgically, but the dis-
covery six years ago of a
unique prescription drug
called cimetidine has made
most ulcer surgery unnec-
essary.

6. Ulcers are found in (d)
all of the above. Ulcers oc-
curring in the duodenum,

or the portion of the small
intestine immediately
below the stomach out-

HOME HEALTH CARE

Cutting medical care cost

By ANN GONZALES

Rising hospital costs
have caused a rebirth in
the popularity of home
health-care services. Reg-
istered nurses, homemaker
companions and physical
therapists are among the
many professionals offer-
ing home health care at a
great savings over the cost
of a hospital stay.

Combined with expand-
ed hospital outpatient ser-
vices and sophisticated
portable medical equip-
ment, such professionals
make it possible for con-
sumers to receive quality
care at an affordable price.
And in addition to savings,
home health care can pro-
vide more rapid recovery,
less chance of readmit-
tance to the hospital and
improved emotional well-
being, according to the
American Medical Associ-
ation.

Although the majority of
people using home health-
care services are elderly,
there are a number of oth-
ers who can take advan-
tage of the savings and
convenience of such care:
heart attack victims, the
physically handicapped,
young mothers, children in
traction, persons with kid-
ney disease who require di-
alysis and the terminally
ill.

Deciding whether home
health care is appropriate
is a matter for the patient,
family and doctor to de-
cide. Physicians, home
care agencies, hospitals,
nursing home discharge
planners, local health de-
partments, community ser-
vice organizations and the
phone book are sources of
information.

Once you locate a source
of health care, there are
some important questions
to ask, according to the ex-
perts at Upjohn Health-
Care Services.

Does the agency have a
client bill of rights? What
is the professional reputa-
tion of the organization?
Are employees bonded and
insured?

Other questions include
what the cost will be, how
bills will be paid, whether
there are extra charges for
travel, overtime, taxes,
etc. You should also check
your health insurance
plans to see if home care
service is covered.

To make the most of
your home care services,
you will have to make
some changes in your nor-
mal family routine to ac-
commodate the patient's
needs. If such changes are
not possible or desirable,
home health care may not
be the solution.



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Test your dental IQ

By NANCY GOLDFARB

Your smile looks good so your teeth must be healthy, right? Wrong. Most people only consider the color and straightness of their front teeth when they make this judgment. But there's a lot more to dental health than that, especially now that dentistry is a highly sophisticated science.

"Myths and misinformation in the minds of patients is often at odds with the knowledge inspired by recent technological breakthroughs," says Dr. Gerald McLaughlin, teacher at Bellevue Hospital in New York and founder of the International Academy of Advanced Dentistry. The following quiz will test your dental IQ. Circle true or false.

1. Gum problems only occur in older people. — T F
2. Permanent tooth replacement is painful, costly and necessitates destruction of healthy teeth. — T F
3. Anxiety and depression can affect the teeth. — T F
4. It's the frequency rather than the amount of sugar contact in your mouth that causes problems. — T F
5. Tooth stains and discolorations can be removed or lightened. — T F

6. Wisdom teeth should be extracted as soon as they are fully grown. — T F

ANSWERS:

1. FALSE. Gum disease, known as periodontal disease, is the No. 1 cause of tooth loss. The earliest signs of the disease are red, swollen and bleeding gums. Since inadequate oral hygiene is the most frequently cited cause of this problem, keeping the mouth clean is an important preventive measure everyone should take.

2. FALSE. With the introduction of the newly developed "McLaughlin Bridge," an etched metal resin-bonded retainer, tooth replacement is now a simple procedure. Hailed as a revolutionary breakthrough, the bridge allows dentists to permanently replace missing teeth with no pain, no drilling, no Novocaine, no grinding down of healthy teeth and at only one-half the cost of conventional bridgework.

3. TRUE. Strong emotions can change the acid balance of the saliva which in turn causes increased fermentation and susceptibility to decay and infection. Special attention to your oral hygiene regimen should help counteract such problems.

4. TRUE. If you must eat sweets, eat one a day, preferably at mealtime. Each

time you eat food that contains sugar, the bacteria on the teeth break down that sugar to produce destructive acid. This acid attack on the tooth's surface lasts for at least an hour and it's this repeated exposure which results in cavities.

5. TRUE. There are two cosmetic procedures which dentists find especially effective: bleaching and veneering. Bleaching is a simple procedure in which the dentist paints a hydrogen-peroxide solution onto the tooth and then "primes" it with heat or ultraviolet light. Laminate veneers are thin acrylic shells, similar to fake fingernails, that are bonded onto teeth. Veneers are available in numerous preformed shapes and shades and your dentist can select the one that's right for you.

6. FALSE. There's no need to remove healthy wisdom teeth on the ground that they cause crowding of the lower front teeth. Recent evidence indicates that slight forward movement of the lower teeth happen naturally — starting slowly in your 20s — whether or not wisdom teeth are present. Because wisdom teeth are located so far back in the jaw, they may be more difficult to clean and so they tend to decay more easily. Therefore, if a tooth becomes impacted or infected, your dentist may decide removal is necessary.

FORMER ANOREXIC

Comeback from dread disease

By JOHN M. BOGERT

In a sense, Kirsten O'Hara had already beaten her most tenacious opponent before winning a recent high school cross-country track championship.

Kirsten, 16, blond and possessing — it would seem — everything in addition to classic good looks, suffered from anorexia nervosa.

A year prior to her winning race, the California high school junior's self-imposed starvation and excessive exercising made her too weak to even think about competition.

Medically, anorexia nervosa is extreme body emaciation caused by emotional or psychological aversion to food. Occurring mainly among young women, the condition's emotional manifestations may range from neurotic overreaction to a diet, to full-blown schizophrenic delusions resulting in abhorrence of food.

The disease affects an estimated half-million people, and in from 14 to 21 percent of the cases the sufferer's belief that "you can't be too thin" kills them.

In Kirsten's case, this conundrum — starvation in the face of plenty — could be blamed on several things.

Top among them is an obsession, rampant in her age group, to be model-slim at any cost. Other known contributors were family problems and a poor self-image. The seven-member O'Hara family has tried to piece it together with the help of psychiatrists and doctors.

But all they could be certain of was one day, a year and a half ago, a healthy member of their family started dieting, trying to diminish an already slim 128-pound, 5-foot-8-inch frame.

Liking the attention she got in her weight-conscious crowd, she dieted until her dress size plummeted from a size 11 to size 3 in three months.

Typical of anorexics, she accelerated her weight loss with heavy exercise, often running eight miles and cycling two hours in the same day.

She began getting up at night to weigh herself. Always unsatisfied with the scale reading, she'd then skip rope, a thousand turns in the darkness.

In the end, it wasn't the doctors or counselors who helped this natural athlete back from the brink.

Kirsten says the reason

she crossed that finish line first, why she now eats and studies and has a healthy outlook on life, is due to the love and understanding of her mother, her sister and her cross-country coach.

"There was a lot of denial on her part. I don't think she accepted what was wrong with her. But, having successfully dealt with my own problems, I was able to deal with hers." Mrs. O'Hara said.

"One day I took her aside and said, 'I love you and care for you very much. But you have to make a decision. You will eat and live or not eat and die.'"

O'Hara says the talk drove home the reality of the situation to the teenager, but it was running, finally, that changed Kirsten's focus away from her weight.

Running and, especially, winning gave her new self-respect.

"Everything I thought and felt about my weight was part of the illness. I knew I had a problem. I just didn't know how to deal with it. That was the sickness.

"Now, because of coach and Mom and my sister, Stacey, I feel more confident. I feel accepted and, maybe, more outgoing. And I've stopped wondering, 'What does this or that person think of me?'"

Looking back, Kirsten is astounded by the changes that have taken place in her life. Aside from running and winning and the high hopes for coming track seasons, there were other, more valuable lessons learned.

"I saw my personality go down the drain. I now know that I'd rather be heavy and outgoing than thin and shut in a hole, obsessed with food and what to eat and what not to eat.

"I can see how stupid I've been and how, by just putting myself equal to other people in my own mind, it lets my best side come out. I can't be psyched out now. I can play to the fullest, and, when I do something, even if it isn't the best, I know it is my best."

Don't be a heartbreaker

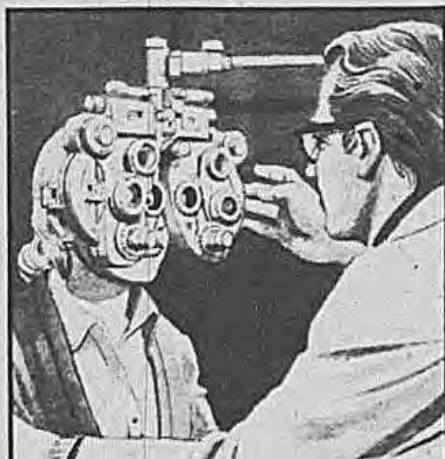


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Sebastian Polizzi, O.D.

Optometrist

Eyes Examined



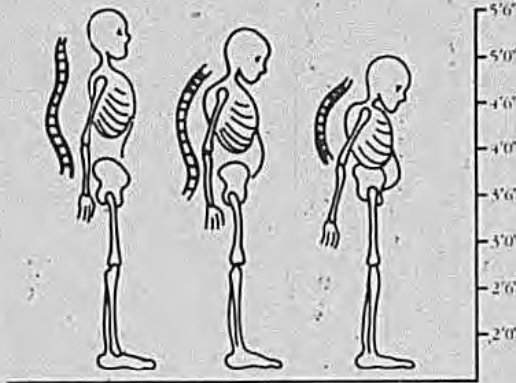
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A silent epidemic



EFFECTS OF OSTEOPOROSIS
Bone loss begins as early as age 35 and accelerates after menopause. As the skeletal system grows increasingly fragile, bone fractures, "dowager's hump" and loss of height may occur.

By DENISE DALE

Playing tennis one day, Sheila, a 41-year-old woman, fell and broke her wrist. "I knew I was out of shape but who would have guessed that I'd end up in a cast for months?" she asked.

Edith, age 59, went to buy a carton of cigarettes. On the way, she stumbled and fell. X rays showed a broken hip. She was hospitalized for almost two months.

Sarah, age 68, is 5 foot, 3 inches tall and weighs 120 pounds. A blonde, fair-skinned woman, she complains constantly about back pain. Recently, she's noticed that her dresses seem to be too long. "Maybe I'm shrinking," she remarked jokingly to her friends. In fact, she has lost 3 inches in height.

These three women have one thing in common — osteoporosis.

More than 5 million post-menopausal women in North America suffer from osteoporosis, yet few women know much about this painful condition which has reached epidemic proportions.

What is osteoporosis? It is a degenerative disease characterized by abnormal progressive loss of bone tissue.

Most researchers believe that a decrease in the body's capacity to absorb dietary calcium combined with lower levels of estrogen are the major causes of the disease.

Telltale signs include hip and wrist fractures, loss of height and "dowager's hump," a severe curvature of the back caused by the collapse of spinal vertebrae.

Osteoporosis is associated with most of the hip fractures that occur among women, according to the National Institute of Health. Complications from these fractures are a leading cause of death.

The American Society for Bone and Mineral Research, says the incidence

of osteoporosis has become a major public health problem.

"With our society's steadily aging population," reports an ASBMR spokesperson, "... the number of osteoporosis victims will increase, unless preventative measures are adopted by younger adults."

What can you do to prevent osteoporosis? An exercise regimen that you enjoy should be part of your daily activities. Studies have shown that exercise not only strengthens your muscles but adds bone mass as well.

Eating enough calcium-rich foods is also very important. Many experts suggest that post-menopausal women take as much as 1,400 mg. of calcium per day, which is equal to five cups of milk. While milk is an excellent source of calcium, this mineral can also be found in other foods as well, including sardines, broccoli and other leafy green vegetables, nuts, yogurt and cheese.

Although these simple measures can help protect against osteoporosis, some women are more at risk than others. Studies indicate that women with ancestors from the British Isles, Northern Europe, China or Japan are more likely to develop the disease than those of African or Mediterranean ancestry. Also, thin women, especially those of small stature, are at risk, as are women with a family history of osteoporosis. Excessive smoking and drinking also seem to have an effect.

While there is no cure for osteoporosis, women can do a number of things to slow down the bone-dissolving process and thus reduce the incidence of fractures. Physicians most frequently suggest increasing dietary calcium and vitamin D intake, an exercise program and medication to help retard bone loss in the body.

Heart Healthy Recipe

POACHED FISH

- | | |
|--------------------------------|-------------------------------|
| 2 pounds fish fillets, skinned | freshly ground black pepper |
| 2 tablespoons oil | 1 bay leaf |
| 1 small onion, chopped | 1 cup hot water or white wine |
| ¼ cup chopped celery | 2 sprigs parsley |
| 2 tablespoons lemon juice | |

In a large shallow pan, sauté the onion and celery in oil until tender. Place skinned fillets on top of vegetables, or roll each fillet, secure with a toothpick, and place on vegetables. Add water or wine and seasonings. Cover and simmer about 8 minutes, or until fish flakes when tested with a fork.

Carefully transfer fillets to a heated platter. Serve with Lemon Parsley Sauce.

Yield: 8 servings Approx. cal. serv.: 200

Heart Healthy Recipes are from the Third Edition of the American Heart Association Cookbook. Copyright © 1973, 1975, 1979 by the American Heart Association, Inc.

LEMON PARSLEY SAUCE

- | | |
|--|------------------------------|
| ½ cup margarine | 1 teaspoon grated lemon rind |
| juice of 1 large lemon (about 3 tablespoons) | 1 tablespoon chopped parsley |

Heat margarine and lemon juice in a saucepan. Add grated lemon rind. Pour over fish.

Yield: ¾ cup Approx. cal. serv.: 1 tablespoon 70

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American Heart Association

WE'RE FIGHTING FOR YOUR LIFE

PAGE 15B Friday, February 3, 1984
SPECIAL HEALTH CARE SUPPLEMENT APPEARING IN
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WATER BABIES Pee wees get in the swim



Water babies - Babies can safely learn to swim even before they can walk.

Half the Pee Wee swim class sat about a foot from the edge of the shallow end of the swimming pool. Ranging in age from 6 months to 2 years, some were so small their feet did not quite reach the pool's edge.

The other half of the class, their mothers and one father, stood in the water and recited the nursery rhyme, "Humpty Dumpty." When they got to the line, "Humpty Dumpty had a great fall," they lifted their children into the 84-degree F water.

On cue from swimming instructor Joyce Schrum at a San Diego branch YMCA, the parents, holding their babies facing toward them, began to sing. "This is the way we kick our feet, kick our feet, kick our feet, kick our feet."

Then, turning the youngsters to face away from them, they changed the song to, "Row, row, row your arms."

Kicks and "rows" completed, the parents told the young swimmers to "Close your mouth." Then they let the babies go to paddle underwater for about 3 feet to the edge of the pool. Even the 6- and 8-month-olds held their breath, kept their eyes open and reached out for the pool's edge.

"We teach the parents to teach their own babies," said Jamie Papastathis, another instructor. "Babies are more comfortable with their own mommies and daddies. Children don't go into classes with our instructors until they are about 3."

The Y program is not meant to teach the children to swim.

"These are water adjustment classes," Papastathis said. "The younger you start children, the easier they adjust to the water. We have 4-year-olds swimming across the pool, but not babies of this age."

Rebellious cries were heard occasionally during the lesson, but at the play session winding up the class, the children paddled happily in life rings until it was time to toddle or be carried to the showers.

In the beginning, mothers tend to be more fearful than the children.

"Mothers can't believe what their babies can do," Papastathis said. "Fathers are less nervous."

One of the first lessons is held out of the pool. The children are taught to sit back from the edge of the pool and wait until their parents lift them in.

Mothers almost always say their babies won't sit and wait," Papastathis said. "The babies do sit still, though."

The children are never over an arm's length from their parents, in or out of the pool. They sit near the edge only while the mothers and fathers drop into the water and wait for the Humpty Dumpty cue.

Ava Bonfante has an excellent reason for making sure her 8-month-old daughter, Ava Sophia, learns to wait to be taken into the pool.

"I have a pool in the back yard," she said. "I believe in this program. The baby loves it. She has never cried, not even the first time."

Even at 8 months, the infant knows that "Close your mouth," means her head is going to go underwater.

"I can tell by the expression on her face that she knows," her mother said.

The babies progress through three six-week Pee Wee courses with sessions held two days a week. (There also is a 12-week session of once-a-week classes held on Saturdays for the benefit of working mothers.)

By the time the infants complete the third six-week course, they are capable of sitting on the edge of the pool, jumping in and landing on a small plastic float or clutching a pole held by their parents.

Papastathis explained that even though a baby completes three six-week Pee Wee courses — or 36 lessons — it could not be expected to save itself if it accidentally fell into a pool. It might, however, instinctively go for the side of the pool or a life ring if one were handy.

Heart Healthy Recipe

LAZY BEEF CASSEROLE

- 1 pound lean beef chuck, cut into 1 1/2-inch cubes
- 1/2 cup red wine
- 1 10 1/2-ounce can consommé, undiluted
- 1/4 teaspoon rosemary
- 1/4 cup freshly ground black pepper
- 1 medium onion, chopped
- 1/4 cup fine dry bread crumbs
- 1/4 cup all-purpose flour

Put meat in a casserole with the wine, consommé, pepper, rosemary and onion. Mix flour and bread crumbs and stir into the liquid.

Cover and bake at 300°F, about 3 hours. (Or, a lower temperature and longer cooking time may be used if it is more convenient.)

Serve with rice or noodles.

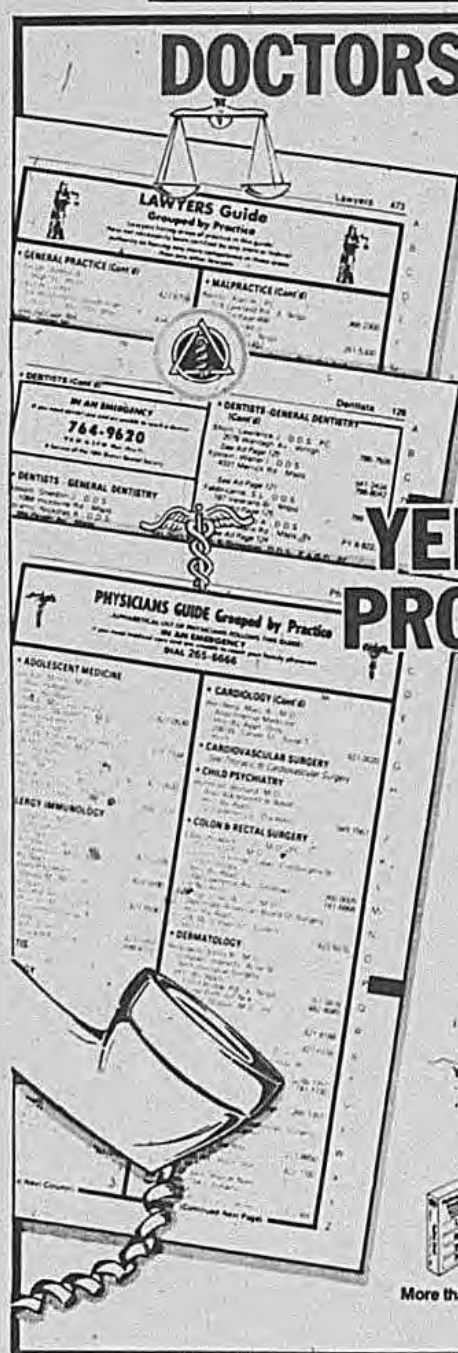
Yield: 4 servings

Approx. cal/serv.: 350 (or 450 with 1/2 cup rice or pasta)

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MAN CARE
Skin care
for men



Skin care is important for keeping a man's skin looking its best throughout the years.

By LILA JOHNSON

"It's essential for men to look as attractive as women do these days," says Hal Lightman, president of Shorell for Men, which specializes in men's skin-care products.

The business world is fiercely competitive; men are competing with women as well as with younger, possibly equally qualified men and they are looking for help, according to Lightman. There are long lines of potential "presidents" of companies waiting for that big chance and, because of our society's accent on a youthful appearance, lines and wrinkles in the face don't help secure that cherished top spot.

"For years," says Lightman, men have been told that their facial lines add character — but we know the truth. They make us look just plain old. We were at quite a disadvantage for a long time. Women got to start a beauty program as soon as they could reach the mirror, while, as teens, those boys on the baseball and football fields more than likely went unprotected against the aging rays of the sun."

Lightman learned about skin care from an expert, his father-in-law, Dr. I. Daniel Shorell, an internationally known cosmetic plastic surgeon. He found out that there is only a slight difference between a

man's skin and a woman's skin. The man's skin is slightly thicker, but basically has the same structure. "When Dr. Shorell assured me that men look older than women because women care for their skin and men don't, I decided to do something about it."

What have men been doing to their skin that women would never dream of doing? For one thing, cautions Lightman, don't slap on cologne after shaving. It may feel bracing, but it's drying. Save the cologne and after-shave (alcohol-based) splashes for below the neck.

What about a tan? It's old hat, maintains Lightman, to think that a deep dark tan makes a man look virile. Let's face it, he says, sun can only age you, especially around the eyes, where it is most damaging. And it's not just vanity, he declares, it's a question of downright good health.

From the actor who needs to preserve his looks — to the politician who has to be concerned with his image on TV — to the truck driver who travels through a half-dozen temperature changes — to the construction worker who labors outdoors every day, the message is getting through to men that sunburn is bad — and can be very dangerous.

What does a man need to give his skin proper care? Good skin-care strategy starts with a good deep

cleanser that produces a good amount of suds so that you can even use it as a shaving creme. Hal says that he hasn't used a product specifically designed for shaving in 10 years. He, like many men, doesn't like the menthol, the fragrance or the thickness of these lathers which don't do anything to cleanse the face. But, as Hal points out, with a foamy cleanser, "you're not changing your routine, you're simply making a product substitution. There's nothing new to get used to."

Substitute the sting of the alcohol-based liquid with a good skin conditioner which can stop razor burn smarting, protects against the elements and helps smooth away facial lines. This is a sheer, invisible lubricant with a firming agent which can easily penetrate a man's skin.

For nighttime, the preparation to use is a product which is as invisible as a daytime conditioner and one which firms and tones the skin of a man over 35. "My wife and I both use the same skin-care regimen. We both use a night creme. And before we call it a night, we watch the late news together — and the creme sinks in and starts its good work," says Hal.

For the man in your life, if you can't get him to the store to buy skin-care products, treat him to them as a no-special-occasion gift to get him started on the road to healthy, good-looking skin.

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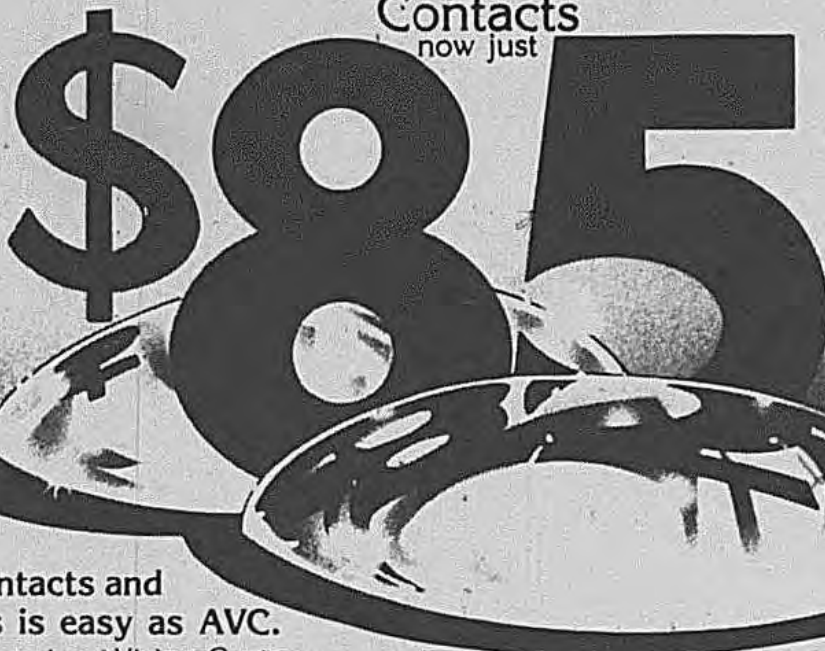
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CHILD'S PLAY
'Work' of
children.



Playtime is important to a child's development. Adults can help make sure that tots enjoy quality playtime with toys designed for each particular stage of development and skills.

By MONICA HUNTER

A wise educator once referred to play as being the "work" of children. And it is. Playing can be directly linked to development of concepts, social skills, counting, learning shapes and numbers, etc.

The kinds of toys you give your children, as well as the games you play with them, have a great effect on their responsiveness and growth.

Just as children learn through playing, parents also learn as they come to recognize what a baby needs at each stage of his or her development. Parents can be a big help by choosing toys suited to a child's personality and development.

Each child develops at his or her own individual pace. As a child develops new skills, it is time to move on to new stages in play and new toys. By playing with your children, you will be more aware of the stages of development and more able to choose the best toys for your child.

The experts at Fisher-Price offer the following playtime tips for adults:

1. Be sensitive to your baby's rhythms and plan play periods accordingly. A hungry or sleepy baby may not feel like playing. Also, be aware of your own moods. You'll want to ac-

commodate your child, but, if you are really not up to playing, avoid pushing yourself to play. Your baby will sense your frustration and be confused.

2. Choose toys that suit the area where your child will be playing. For example, certain toys are appropriate for the bathtub, others for the crib, playground or sandbox. Try to select toys that will reinforce the skills your child will practice in his or her play area.

3. Try to participate in your child's play in a supervisory way without interfering with his or her intentions. Join the fun more as a playmate than as a teacher. Children are often more interested in experimenting with their environment than with making specific achievements. Don't try to force a child to play in the same manner as an older child or adult.

The most important factor in play is to give your child a chance to experiment and discover. You can help stimulate creativity and free expression in a relaxed atmosphere... and be there to join in the fun.

Fun is important for children — and for adults — so go ahead and play with your baby for the fun of it.

For a free pamphlet of tips, "Playing With Your Baby," write to Public Relations, Fisher-Price Toys, 636 Girard Ave., East Aurora, N.Y. 14052.

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BOTANICALS Folklore goes modern



By SUSAN McKAY

Look on any drugstore shelf nowadays and you'll note the newest "magic word" in the beauty business: "botanicals." Today, extracts of herbs, trees, flowers and plants are essential ingredients in the success of new beauty-care products, from soaps and skin conditioners to shampoos and creme rinses. It's enough to make the much-maligned herbalist of folklore smile down from the heavens, now that the value of her pouch of home remedies from the garden has been proven by modern research and accepted by the modern consumer at last.

Among the many botanical ingredients now being used to enrich beauty-care products, aloe vera and jojoba (pronounced "ho-ho-ba") have emerged as the two most sought-after natural extracts. Both have long-standing credentials in folk medicine for their value as skin and hair conditioners, and recent laboratory examination of these substances has helped to explain why.

Aloe vera, a succulent herb resembling a cactus, has long, lance-shaped leaves which, when pierced, produce a gelatinous substance. On the plant itself, this substance appears to film over the leaf's wounded area, allowing the leaf to heal itself completely, possibly because of a "wound hormone" contained in the gel. On the skin, aloe vera is known to be a soothing salve for burns and skin disorders, to have sunscreen properties and to retain the skin's proper moisture content. During this century, aloe gel was used extensively

on radiation burns with excellent, though not scientifically supported, results.

Jojoba is a desert shrub. The fruit of the female plant produces peanut-size seed kernels, from which an extremely pure oil is pressed. This oil, with characteristics similar to the environmentally protected sperm whale oil, has the ability to be absorbed readily through several layers of skin, providing softness without greasiness.

The mystique surrounding both aloe vera and jojoba has had great attraction for consumers. As a result, extracts of aloe vera and jojoba are increasingly common in many skin and hair preparations. However, it's important to note that not all products contain equally high proportions of these ingredients, with some products containing them in such minute amounts that their beneficial effects may be questionable.

Richard Reever, vice president of research and development at Minnetonka Inc., makers of Village Natural, notes that the use of botanicals has changed during the last 20 years. "The way in which botanicals are being used has changed dramatically," says Reever.

"At first they were valued mainly as scents. Today we know enough about the conditioning properties of botanicals to be able to exploit them fully."

Many botanical ingredients remain in short supply. However, constant experimentation has revealed new ways of farming and processing botanicals to increase their supply and heighten their purity.

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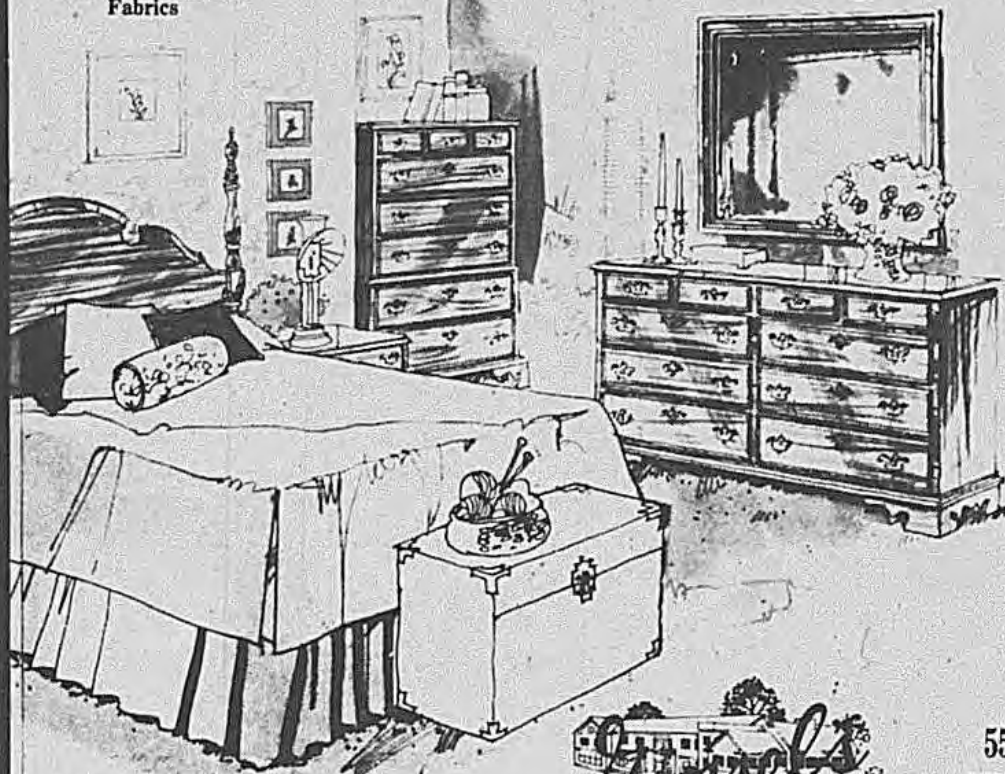
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MEN				WOMEN			
Height Feet Inches	Small Frame	Medium Frame	Large Frame	Height Feet Inches	Small Frame	Medium Frame	Large Frame
5 2	128-134	131-141	138-150	4 10	102-111	109-121	118-131
5 3	130-136	133-143	140-153	4 11	103-113	111-123	120-134
5 4	132-138	135-145	142-156	5 0	104-115	113-126	122-137
5 5	134-140	137-148	144-160	5 1	106-118	115-129	125-140
5 6	136-142	139-151	146-164	5 2	108-121	118-132	128-143
5 7	138-145	142-154	149-168	5 3	111-124	121-135	131-147
5 8	140-148	145-157	152-172	5 4	114-127	124-138	134-151
5 9	142-151	148-160	155-176	5 5	117-130	127-141	137-155
5 10	144-154	151-163	158-180	5 6	120-133	130-144	140-159
5 11	146-157	154-166	161-184	5 7	123-136	133-147	143-163
6 0	149-160	157-170	164-188	5 8	126-139	136-150	146-167
6 1	152-164	160-174	168-192	5 9	129-142	139-153	149-170
6 2	155-168	164-178	172-197	5 10	132-145	142-156	152-173
6 3	158-172	167-182	176-202	5 11	135-148	145-159	155-176
6 4	162-176	171-187	181-207	6 0	138-151	148-162	158-179

TO MAKE AN APPROXIMATION OF YOUR FRAME SIZE...

Extend your arm and bend the forearm upward at a 90 degree angle. Keep fingers straight and turn the inside of your wrist toward your body. If you have a caliper, use it to measure the space between the two prominent bones on either side of your elbow. Without a caliper, place thumb and index finger of your other hand on these two bones. Measure the space between your fingers against a ruler or tape measure. Compare it with these tables that list elbow measurements for medium-framed men and women. Measurements lower than those listed indicate you have a small frame. Higher measurements indicate a large frame.

Height In 1' heels	Elbow Breadth
Men	
5'2"-5'3"	2 1/2"-2 3/4"
5'4"-5'7"	2 3/4"-2 1/2"
5'8"-5'11"	2 3/4"-3"
6'0"-6'3"	2 3/4"-3 1/4"
6'4"	2 3/4"-3 1/4"
Women	
4'10"-4'11"	2 1/4"-2 1/2"
5'0"-5'3"	2 1/4"-2 1/2"
5'4"-5'7"	2 3/4"-2 1/2"
5'8"-5'11"	2 3/4"-2 1/2"
6'0"	2 1/2"-2 3/4"



PAIN RELIEF

New and thriving 'industry'

By JACK WILLIAMS

Chronic pain — understanding it, relieving it and living with it — occupies a place in the forefront of contemporary medicine, inviting experimentation and begging for a universal cure.

Researchers and health professionals often mine controversial ground in search of a mother lode of relief for age-old miseries — headaches, lower-back pain, arthritis and other nagging nuisances that paralyze lifestyles and manipulate moods.

Out of their quest has emerged a pain-relief industry involving psychologists, psychiatrists, chiropractors, neurophysiologists, physical therapists and physicians. Almost all can show you figures indicating at least 70 percent of their patients have improved significantly.

Pain relief is big business, and not, according to professionals in the field, without its share of quackery and controversy.

Dr. Richard Sternbach, an internationally recognized psychologist and director of Scripps Clinic's Pain Treatment Center in La Jolla, Calif., says:

"We're in the age of the worst nonsense, the worst quackery since the turn of the century.

"People are still talking nonsense and doing strange things — taking hair samples, pushing strange diets, forms of massage and food supplements."

Such is the nature of the pain-relief industry. A variety of treatments — from the obscure to the obvious — have proved effective for some people, although clinical evidence and controlled studies often are not there to back them up.

Acupuncture — though much more widely accepted than in the past — falls into this category. "What it's good for and how it works are still uncertain," said Sternbach.

Nevertheless, the field is ever-changing, like "night and day in the last 10 to 12 years," he said. "Before, it was just drugs and surgery. Now there are techniques available that are constantly being refined, such as biofeedback and transcutaneous electric nerve stimulation." And, he pointed out, behavioral therapy is helping people to deal with their pain and to function as normally as possible.

So far, there is not one panacea, no ultimate pain-

abolishing wonder treatment to revolutionize the industry. But a Los Angeles plastic surgeon, Dr. Charles Smithdeal, is so excited by such a prospect that he wrote a novel about it.

Said Smithdeal: "I think we will perfect a treatment that stimulates the body's endorphins (pain-resisting hormones) to meet the severity of the pain — either using the body's own endorphins or duplicating them in a lab in a form that has no side effects.

"We're closer to finding it than we are to curing cancer — and we're close to both."

Sternbach, for one, fails to share Smithdeal's optimism, although acknowledging that considerable research is being conducted "to try to find out how the pain-inhibiting system works."

The abolition of pain from the human condition may be as impractical as it is impossible, cautioned Sternbach. "Pain is essential to human survival," he said. "It's nature's warning system. The few people who've been born without the capacity to feel pain have had a difficult time surviving. To abolish it would be to abolish the way the body functions."

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Choose before you need one

By JIMMY THORNTON

The selection of a good doctor who is up-to-date on modern medicine and its advances could save you money. Early diagnosis by an alert physician could head off severe symptoms that often result in lengthy hospital stays.

Select a family doctor before you have a medical problem. You could begin with a physical.

A complete physical is one that includes routine blood and urine tests, a digital rectal examination and, for women, a Papanicolaou and pelvic examination.

During the initial exam, you should ask questions about things that may be bothering you. There may be a family history of heart disease, for example, and you want to know the odds that you may be afflicted. You must have faith and trust in your doctor, so you will want to know him or her before illness or injury.

After a visit, evaluate the doctor, his or her staff, the ambience of the office and — yes — the fee structure and means of payment. Consider selecting a

doctor associated with a hospital that's associated with a medical school. Physicians who practice in a teaching environment must stay abreast of current medical knowledge and treatments.

Family, friends and business associates are good sources of information about doctors in the community.

Communicating with a doctor is important. Before you call, jot down notes if necessary to organize your thoughts. If you have several questions that you plan to ask a doctor, write them down so you are sure they are asked. A nurse may be helpful in clarifying what the doctor tells you.

If you have money problems, discuss them with the doctor. He may not waive all your fees, but it might affect the way he bills you or he may pass on free medication. Doctors often have samples sent to them by drug companies, and some physicians are happy to pass freebies along to needy people.

When you are looking for a dentist, look for one who

is prevention-oriented.

A big question confronting patients and doctors alike concerns surgery and the question of when it is absolutely necessary. Surgery is costly both in terms of dollars and the trauma that it causes a patient.

Seek a second opinion, even though it may add to your medical fees. For example, Dr. X may determine from lab tests that the patient needs an operation. The patient asks Dr. Y for a second examination. The latter finds that one of Dr. X's tests was in error — the lab had goofed. Based upon this finding, both doctors agree that the costly operation isn't necessary, that there is an alternative treatment.

While most doctors are responsible individuals concerned with the health and welfare of the community, there are the near-quacks who will perform unnecessary surgery, knowing that a government agency will foot the bill. They often prey on the poor members of our society.

PACE-SETTERS

Employee fitness programs

By LUCRETIA STEIGER

Working together can mean getting fit together.

At more and more businesses and industries around the world, employee fitness programs are shaping up. So are the employees of these companies who believe fit workers are healthier and more productive.

Consider these developments:

— Employees at Convair in San Diego set up their own recreation association by chipping in \$60,000 (from funds earned through food vending machines) to remodel a former loading dock into a well-equipped exercise gym. Then they signed up for voluntary, company-sponsored fitness programs, trained their own members as teachers and formed such a good program that it's getting international attention. The program costs their company nothing.

— At Signal Co. offices in La Jolla, Calif., employees can swim in an outdoor pool, relax in a whirlpool spa, play tennis on two courts, lighted at night, or

work out in a weight room or on a racquetball court. There's no charge for any of this, says Cheryl Patten, spokeswoman for the company, nor for employees bringing in families to use the facilities on weekends.

"It's a good way to keep employees healthy and it gives them something to do to keep physically fit," Patten says. The company built the facilities, now used by workers at all levels, before the offices opened, and started workers off with a physiologist who taught everyone how to exercise for maximum benefit.

— In a mass exercise session every morning at 7, about 800 employees at Kyocera International Inc. meet in the company parking lot in San Diego to stretch, bend and limber up before work. The light calisthenics last about five minutes and are part of the company management's philosophy that all employees, management and production workers alike, "are part of the team," according to Vice President Bill Everitt.

After exercising, employees hear short talks on

such subjects as company progress, safety, new equipment and even sporting events. Inside, smaller groups of employees exercise at 8 a.m. and at 3:15 p.m. Nobody is forced to do the exercises, Everitt says, but after the first month or so, even new employees join in.

— Tenneco Inc. employees in Houston, jog along a one-sixth mile indoor running track overlooking the city skyline on one side and a plant-filled atrium on the other. The track is atop a new facility built above a parking garage next to corporate headquarters. The joggers push magnetic cards into a computer system and punch in information about the length and intensity of their exercise sessions. At the end of the month, the computer produces an individualized report on how many calories were burned up that month.

The idea is spreading. Several times a week, Cheryl Marks, program director for the Convair Recreation Association, is contacted by local, national and international business representatives for information on setting up similar programs.

Businesses are discovering that an investment in the health and fitness of employees usually results in a happier, healthier, more productive staff.

Heart Healthy Recipe

BEEF MANICOTTI

- | | |
|--|--|
| 1 10-ounce package frozen leaf spinach | 2 tablespoons oil (1 tablespoon olive oil, 1 tablespoon oil) |
| 1 clove garlic, minced | 1 pound lean ground round |
| 1 medium onion, chopped | 1/2 teaspoon oregano |
| | 1/2 teaspoon freshly ground black pepper |

Cook spinach according to package directions. Drain and press water from spinach. Chop into large pieces.

Sauté garlic and onion in 2 tablespoons of oil for a few minutes. Brown the ground meat, breaking it up with a fork. Drain off fat. Add seasonings and spinach. Set aside.

Sauce:

- | | |
|--|--|
| 1 clove garlic, minced | 2 16-ounce cans Italian plum tomatoes |
| 1 large onion, chopped | 1 6-ounce can tomato paste |
| 2 tablespoons oil (1 tablespoon olive oil, 1 tablespoon oil) | 1 6-ounce can tomato sauce |
| 1/2 cup chopped fresh parsley | 1/2 cup red wine |
| | 1 teaspoon basil leaves |
| | 1/2 teaspoon freshly ground black pepper |

To make the sauce, sauté garlic and onion in 2 tablespoons of the oil until soft but not browned.

Add all other ingredients. Stir, and simmer, uncovered for 20 to 30 minutes, or until thickened.

Pasta:

- 12 large manicotti shells
1 cup low-fat cottage cheese or ricotta (made from partially skimmed milk)

Parboil 12 large manicotti shells until soft but not limp. Drain. Stuff with meat and spinach mixture.

Oil a shallow casserole dish and pour a little of the sauce in the bottom. Arrange shells in rows in the baking dish, filling spaces between with extra meat sauce. Spread cottage cheese over the top. Pour over the rest of the sauce and bake at 350 F. for 20 minutes or until bubbly. Yield: 6 servings. Approx. cal. serv.: 520.

Heart Healthy Recipes are from the Third Edition of the American Heart Association Cookbook. Copyright © 1973, 1975, 1979 by the American Heart Association, Inc.

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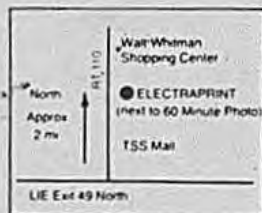
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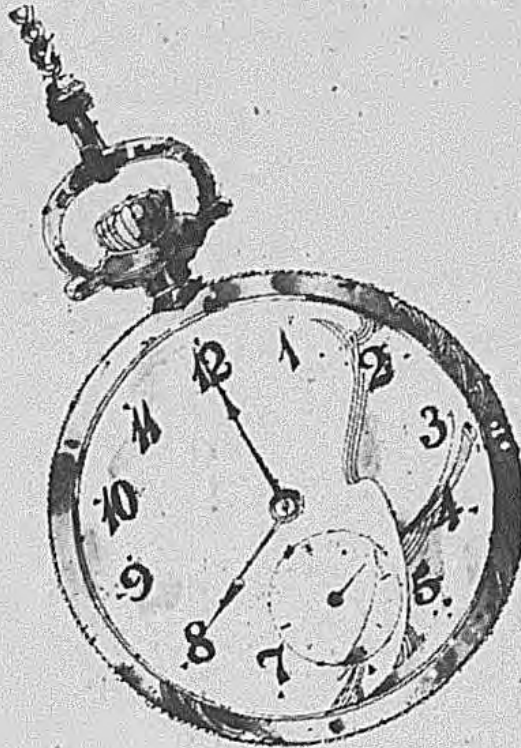
The newspaper edition that helps discover new writers, new ideas
through input, special family features, and classified ads that are
nearly as interesting as the news columns.

Friday, February 3, 1984



DISCOVERY

Too Late For Liberation



See Page 3



THE QUESTION OF THE WEEK

Do you think President Reagan will have an easy victory in his bid for re-election?

After you've fixed up my image problem with women, Maureen...

Yes, Dad?

I want you to go clean up your room



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Most Input Callers Think Telephone Breakup Mistake

Callers to Input this week did not think much of the breakup of the telephone companies in answer to this question: "Do you think that the breakup of the telephone company will result in lower phone bills or better service as proponents of the lawsuit promised?"

NO REASON

No. There was no real reason for the government to spend all of that money to change a company that was giving good enough service. The rates seemed high but the government already had agencies to look into that and force needed changes. The breakup will cost the taxpayer twice as much

J.T.

TAXPAYERS PAY

It is hard to find anyone now who wanted the telephone company to be broken up. But there were plenty of people advocating that back before the government instituted one of the costliest lawsuits in history. It appeared that the taxpayers have to pay for the mistakes of the politicians and those groups that complain when they really do not know what they are talking about.

COMPETITION

It will be a long time before everyone realizes the value of limiting the power of the AT&T. This company now has to compete as the rest of us do to make money. There will be no more monopoly protection to help the company out. But presently it will push some rates up. In the long run the competition will bring them down.

F.R.

FIX IT

One of the rules of government should be that if a thing is not broken do not fix it. The telephone company was working well but then some government lawyers decided to fix what was not broken. The result is that it will cost us more for this unneeded intervention.

P.M.

BAD IDEA

The breakup of the telephone company is the most stupid idea anyone ever had. We had a good system. They should have left it alone. Now you have to know if the trouble is in the telephone, in the wire. It was very nice when all you had to do was pick up the phone and call service and man would come and fix your phone. The government will have a lot more trouble dealing with all these companies than they had with just one. This whole thing was just an ego satisfaction for politicians who can now claim that they broke up the telephone company.

NOTHING LOWER

I don't think the breakup of the telephone company will result in lower phone bills. Nothing today is lower - nothing goes down. I don't see service improving either. It will be new, that's all we can say. Today all consumer products are advertised as "new". Generally when they're new, they're not as good as old. I hope it's not a wrong number for people who will have to pay for service. I hope this is one time when the customer doesn't get it in the well-known "end".

H.S.

AGAINST MONOPOLY

I am completely in accord with the breakup of the telephone company. I don't think it's a question of claims made by proponents of the lawsuit for lower bills or better service. The final decision was undoubtedly arrived at within the frame-work of the Sherman Act of 1898 which condemned as guilty "every person who shall monopolize or attempt to monopolize". Certainly, the telephone company was, at least in effect, a monopoly which unwittingly or not acted in restraint of trade by stifling competition. I am sure that the immediate effect will be a tendency during the adjustment period for phone bills to increase - what medicine doesn't have a bad taste! But, competitors have already made their presence known more forcibly in the marketplace and they mean to secure and hold a greater percentage of the communications business with price, quality, innovation and service the essential ingredients of their effort. Frankly, I don't think prices will ever come down but competition will at least keep the lid on. As to service, I don't recall anyone making a claim to improvement in that area as a result of the breakup. If anything, I believe there will be a momentary diminution due to the company realignments but that too will eventually be straightened out. I remember when General Motors made the only electric refrigerator, the Frigidaire. Somehow, a lot of other people got into the act and the consumer benefitted. I am sure we will benefit here too.

P.G.S.

PAST ISSUES

NO POLITICAL HELP

Rev. Jesse Jackson's success in getting Lt. Goodman freed from Syria will not make him a prime presidential contender but he must be considered as the best possible running mate for Walter Mondale, the leading Democratic runner. The Rev. Jackson's success shows that dialogue works better than confrontation. President Reagan's sabre-rattling has 1) alarmed many of American friends and allies in Europe; 2) it has adversely affected the possibility of a nuclear arms limitation talks with the Soviet Union. Incidentally, Reagan is the master of double-speak or news-speak. He called the MX missile a peacekeeper. No wonder everybody is getting nervous about his foreign policy.

D.W.

COMMANDMENTS

Last week a caller quoted one of the ten commandments "Thou Shalt Not Kill" as his argument against capital punishment. However, he should read the Bible, Exodus 21, verse 12 which says "anyone who hits a man so hard that he dies, shall be put to death". This was God's law to Moses concerning people. There were other crimes listed for which a man should be put to death.

G.R.

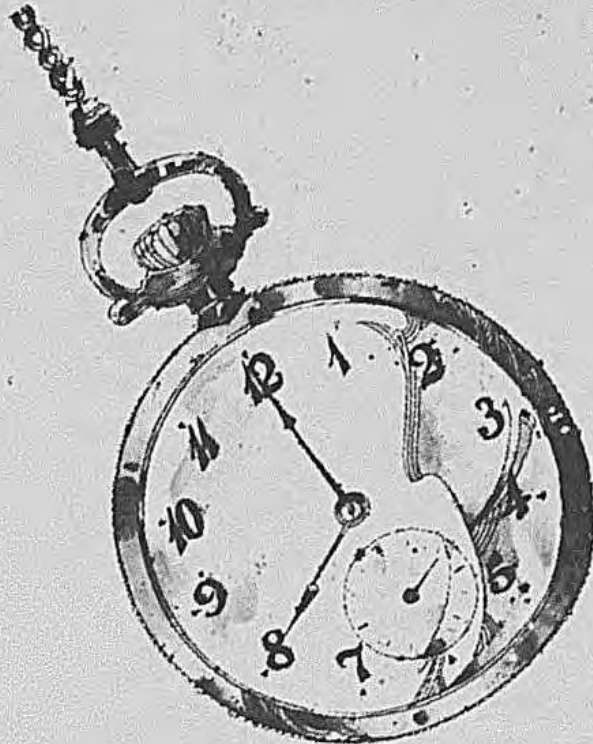
MURDER

To clarify the caller's reference last week to the commandment "Thou Shalt Not Kill", they should be advised that killing and MURDER are completely different things. Murder is not an acceptable thing in the commandments.



DISCOVERY

Too Late For Liberation



By Gail Parker

I have reached another plateau in my life -- my 40th birthday. According to all available statistical data and studies, I am in my prime. Everything is supposed to have fallen into place by this stage of the game. The chosen path has been determined. There is clarity of purpose and direction.

It is 4:35 p.m. I am sitting here at work just daydreaming for a few minutes; the boredom and monotony is closing in on me. I am thinking about all this alleged "liberation" that is supposed to be going on in our society and searching for a tangible explanation of its existence. Is it myth or reality? Has it been a positive force in women's lives or merely a sham?

How tired I am working in the 9-5 rut -- stuck in a boring, dead end secretarial job not a career. Yet, being raised as a casualty of the 50's genre, I was programmed to aim for the best and most rewarding career a woman could aspire to -- wife and mother. A job was merely a stopgap until marriage. College was a place most girls went to get an M.R.S. degree. There was no emphasis on long term planning or goals. I was caught in the middle of this reformation. At that time; there were no illusory spoon fed goals and aspirations on expanding horizons. My ambitions and drive were deterred and redirected.

How do we define liberation? To me, it represents total autonomy with no restrictions -- freedom to pursue a goal or purpose without any ties or bonds to hinder us. We are free to be ourselves, assert our convictions and improve our lives.

I take another cigarette and wonder if it is truly liberating to have acquired a compounding of functions and obligations and a diminished amount of leisure time. Our mothers had time to bake cookies, do the marketing and laundry, go to the pool in the afternoons and prepare gourmet extravaganzas for their husbands. They complained and had gripes then but today's woman has far more to contend with if she is employed. Her responsibilities and obligations are not as clearly defined. Her day is just starting when she returns home at 5:00 ...

It is equally disturbing to me how "career homemakers" are consistently being pressured both by the media and society to generate new aspirations, transcend their own development and take additional risks to thwart off the stagnation of being domestically incubated. With all this concentrated emphasis on new challenges, women may find it difficult to reflect with pride in the manner of running their homes.

Perhaps, a kind of pseudo liberation exists for the mature woman who initiated a career years ago and who was "selfish" enough to better plan her own destiny. She will not have to descend on the sparse job market today and be forced to compete with applicants 1/2 her age, possess impressive credentials and the absence of obsolescent skills.

It is now 18 years later. I have done what was considered right and proper for the times in which I was raised. What was looked upon as wrong and unacceptable -- the right to be selfish -- is now an acceptable privilege. An entire society's value system has been altered and it is now too late to be selfish. I am back where I started so long ago without the benefit of having completed my education or accumulated experience in a professional capacity. Yet, I still retain a great deal of drive and ambition but options and opportunities appear to be non-existent.

How tired I am of all this "liberation". The average woman has undertaken multiple assignments and bitten off more than can be handled successfully. Isn't "liberation" supposed to free and un-complicate rather than compound responsibilities?

Additionally, the 40+ woman has the stigma of middle age to contend with along with the impact of technological change and dealing with her own obsolescence.

ABOUT THE AUTHOR

Gail Parker has been a resident of Jericho for the past 12 years. She does free lance writing, primarily about environmental issues. This is her first contribution to Discovery.

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READER RATINGS



NEW SEAFOOD RESTAURANT

A beautiful new Surfside Restaurant has come to New Hyde Park and we are proud to have such a restaurant in our midst. We were there for dinner last week and enjoyed our dinner immensely. I had broiled blue fish; my partner had the lobster tail with crabmeat stuffing. Dinner was served with baked potato and fresh vegetables, and a substantial crisp salad. An individual loaf of bread was served with plenty of butter. Incidentally, it was a joy not to have to worry about parking as there is plenty of parking space. I heartily endorse this restaurant and feel your readers would find it outstanding. I would also like to point out that while seafood is their specialty, meat is also on the menu. H.P.

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READER RATINGS

Restaurant Guide



START THE WEEK
For a really fine way to start off the week we went to TR's in Williston Park. This small oldtime restaurant certainly gives you a fine Sunday brunch including steak and eggs.
Also included are unlimited mimosa and Bloody Marys. Many places featuring Sunday brunch stint on the food and drink that it is a pleasure to go to a restaurant that has something unlimited at no increase in the check. TR's is really a nice friendly place to go and we recommend it completely. S.M.

Outstanding Food
We have gone to a number of Italian restaurants because there are a great number of them. But we keep returning to Iannone's in Hicksville.
This is a small but good restaurant that had outstanding Italian food by any standard. The pasta is perfect and the veal is the tenderest and best prepared in this area.
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READER RATINGS

Restaurant Guide



Elegant

I have heard that Choungs Restaurant was very beautifully decorated and expensive, well I went last night and there is one word that can describe the entire restaurant - it is *Elegant!* Decor, food and service was so perfect that when I received the bill I said to myself what a small price to pay for such a delightful experience. G.D.

Wonderful View

The winter time is a wonderful time for lunch at the Coral House in Baldwin so we went there last Thursday - and we were right. The Coral House is located on a lake which can be seen from inside the restaurant. We had a delicious luncheon and stayed at the table for over an hour in relaxing comfort. The menu has many things for a good luncheon and our party of six had a number of the different entrees. Everyone was delighted with the quality of the food and I was elected to call in to recommend this good restaurant to your readers. T.L.

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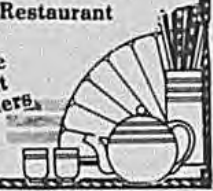
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**READER
RATINGS**



**YOU CAN BE A RESTAURANT
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any hour and tell your ideas. We
want you, the reader, to be our
critic. Your message then can be
printed in this space.

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good restaurant. We often see it
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there before. Please recommend
this to your readers. T.Y.

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Mike McGrady - Newsday July 1982
"Seafood seems to be the strong suit at Estoril Granada. One
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Barbara Rader - Newsday
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Alexandra G. Greeley - Long Island Life, November 1982
"Portuguese residents in Mineola have opened up
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guides - a paid listing of many prominent selected
restaurants in this area. While many of them have been
rated by the great, and near great food connoisseurs, our
readers will have the last word through "Reader Ratings".

Through a special 24-hour phone system, readers will be
asked to call in their assessment of each restaurant they
visit. Consensus ratings (good or bad) will be published as a
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READER RATINGS



If you have Questions about etiquette or dining out you may call them in to WE 1-0027 and we will find the answer.

Q. What kind of glass is best to buy for wine?

A. There are white and red wine glasses, but today you may buy an "all purpose" wineglass, such as a ten-ounce tulip shaped stem goblet that is suitable for the serving of any wine, including champagne.

The glass would be thin, sparkling clean, with its rim smaller than the base of the bowl.

Q. I've seen people holding their wineglasses to the light, twirling the wine around inside, and performing what look like mysterious ceremonies with wine. What's it all about?

M.L.A. Wine lovers will gaze with intense concentration at the color of the wine, holding the glass to the light. They hold white-wine glasses by their stems (so as not to remove the chill from the wine). They will often cup their red-wine glasses in the palm of their hand, to warm its contents, and they will swirl the wine around a bit to sniff its bouquet to the fullest. They will take a tiny sip, to test its taste on their taste buds.

Recently we ate at Pappas Restaurant which is very nice. I saw a couple there who were having clams on the half shell. After eating the clams, they lifted the shell and drank the juice. I'm very fond of clams and I like the juice. Is this the correct thing to do? I've never seen it done before but since both are delicious I'd like to know the proper thing to do.

In the case of clams served in the half shell, it is acceptable to drink the juice from the shell. It certainly would be wasteful to throw it away.

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EDITOR'S NOTE: Criticisms of restaurants called in are sent on to the managements in special memos. Restaurants receiving too many substantiated criticisms are dropped from these pages.


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****Mike McGrady - Newsday Dec. 25, 1983

"The fish here is properly fresh, and the meat is properly aged, and great care is taken in their presentations. Here, I must pause to compliment the service.....No matter how good the main dishes, the desserts are better"

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Cooking Corner

Something hearty from a kettle

By Michael Grant

The kettle hasn't changed much in 5,000 years, nor the fire beneath it, nor the essence of heartiness, though some fine-tuning has occurred with the cultivation of vegetables and spices and supermarkets.

Kettles now produce a heartiness beyond the dreams of the ancient hunters, whose expectations, trudging through the dark toward home, went no farther than wildebeest, stewed with a grubby tuber or two and, hopefully, a little salt.

In modern kitchens, drawing on exotic harvests, kettle recipes can become positively sophisticated. The recipes here will be simpler, for reasons of economy, time, an unwillingness to import Mediterranean rockfish for authentic bouillabaisse and, most of all, a conviction that plain cooking tastes best.

Some kettle cooking — Pine Bark Fish Stew, for example, or Corn Chowder — takes very little time and can be (in fact should be) done on the same evening it is to be served. Other recipes, taking longer, may be done on the weekend and kept in the freezer until the right night comes along.

As for economy, kettle cooking has always favored cheap cuts. Brisket runs \$1.19-\$1.29 a pound, seven-bone roast hovers around a dollar, beans are poverty grub, and chicken, when you cut it up yourself (learn today, if you don't know how) is 50-odd cents a pound.

PINE BARK FISH STEW

- 6 slices bacon
- 3 large onions, rough-chopped
- 1 (28-oz.) can tomatoes
- 3 lbs. fresh fish fillets (cod, snapper, sea bass)
- Salt
- Black and red pepper (cayenne)
- 1 (6-oz.) can tomato paste
- 4 cups water
- 3 tbsps. butter or margarine
- 1 tsp. Worcestershire sauce
- 1 cup ketchup

Fry bacon until crisp and remove from pan. Brown onions slowly in drippings. In kettle, heat to boiling tomatoes and tomato paste and cook 4 to 5 minutes. Add onions, drippings, water and butter or margarine. Cook 10 minutes.

Check fish for any small bones, cut into serving-sized pieces, and add to kettle; season well with salt, black and red pepper (¼ tsp. or more), Worcestershire sauce and ketchup. Simmer until fish is

tender, then break bacon into pieces and add to stew. Heat through.

The recipe says this will serve 6 to 8 persons. Six will never finish it. Eight may, if they are all desperately hungry. Otherwise, halve the recipe. Or invite 16.

(This recipe is from the "Country Cooking" cookbook, compiled by the editors of Southern Living magazine. Good cookbook, great recipe.)

BRISKET SOUP

- 3 lbs. beef brisket, cubed
- 8 cups water
- 1 tbsps. salt
- 6 medium potatoes, cubed
- 1 large onion, rough-chopped
- 1 (28-oz.) can tomatoes
- 3 to 4 stalks celery, rough-chopped
- 2 cups chicken broth or bouillon
- Pepper and red pepper

Buy a whole brisket, about 6 pounds, and on the lean side. Use half of it for this batch and freeze the other half for a second batch.

Cook brisket, covered, in salted water until tender, about 2 to 2½ hours. Skim off foam once or twice. You may peel the potatoes before cubing, if you like to throw away vitamins. Add potatoes, onion, celery, tomatoes, corn and black and red pepper to taste. Simmer, covered, until vegetables are done, stirring occasionally. Season to taste. Serves 12.

CHICKEN POBLANO

- 2 chickens, about 3 lbs. each
- 8 cups water
- Salt
- 1 (3 oz.) can La Victoria Mole Poblano Mix

This is a spicy Mexican invention enriched by a hint of chocolate. The Poblano Mix is found in the spices or canned chilies sections of most supermarkets.

The recipe here is developed from the recipe off the Poblano Mix can that calls for one scrawny (2½-pound) chicken. This much mix will accommodate a lot more.

Cut up chickens and simmer in lightly salted water until tender. Remove chicken; pour off 2 cups broth (use this in Brisket Soup). Stir Poblano Mix into remaining broth; stir, simmer until hot and slightly thickened. Add chicken; heat through. Serve with soft corn tortillas. Serves 4 to 6.

POT ROAST

- 1 chuck roast (7-bone, blade, etc.), about 4 lbs.
- 4 medium carrots, quartered
- 3 stalks celery, rough-chopped
- 1 large onion, rough-chopped

- 1 large green pepper, cubed
- 3 medium potatoes, cubed
- 1 can mushroom soup
- 1 pkg. onion soup mix

Pick a meaty roast. Trim off excess fat. Put the roast in a deep baking dish or Dutch oven. Combine the soup and soup mix and spread over roast. Strew vegetables over, cover closely with foil, and bake in 350-degree oven for 1½ hours. Serves 4 to 6.

PINTO BEANS

- 2 lbs. dried pinto beans
- 8 to 9 slices bacon
- Water
- 1 large onion, finely chopped
- ¼ tsp. red pepper (cayenne)
- 1 tsp. salt
- Black pepper

The day before, pick over beans for rocks. Rinse beans, soak overnight in water to cover. Give them plenty of water; they soak it up.

Chop bacon, put in kettle with water to barely cover. Boil over high heat until water evaporates and bacon starts to sizzle. Add onions and spices and cook, stirring, to wilt onions. Add beans and the water they soaked in; add more water if necessary to just cover beans. Simmer until beans are done, about 2 hours.

This makes a mess of beans, but they taste even better a day or days later, and the last of them can always go into burritos, mashed with a little chorizo.

LESLIE'S CORN CHOWDER

- 6 medium potatoes, cubed

- 1 large onion
- 3 stalks celery, chopped
- 1 lb. lean bacon, chopped
- 1 can corn
- 2 cans unsweetened condensed milk
- 1 cup parsley, chopped
- Garlic powder
- Salt and pepper

Simmer vegetables in water to cover until done. Fry bacon until well done but not too crisp. Add corn, bacon, parsley and milk to vegetables. Season to taste with garlic powder, salt and pepper (be liberal with the pepper). Heat through. If too thick, add water. Serves 8.

JIM PRICE'S CORNBREAD

- 1 can creamed corn
- 1½ cups cornmeal
- 2 eggs
- ½ tsp. baking soda
- 1 tsp. salt
- ¾ cup milk
- ½ cup shortening
- ½ cup grated cheese
- 1 small can diced green chilies or 1½ cup Salsa Suprema

There is no better cornbread recipe. Just ask Jim Price.

Preheat oven to 400 degrees. In oven, heat shortening in black (cast-iron) skillet until smoking hot. Mix cornmeal, soda and salt. Mix together eggs and milk and add to cornmeal. Add creamed corn, chilies and half the cheese and mix. Carefully pour hot oil into batter and mix well. Pour batter into very hot skillet and bake 30 minutes. Sprinkle with rest of cheese. Serves 6 to 8.

FROM OUR KITCHEN The basics of omelet creation

By Olivia and Paul Bensen

BASIC OMELET

- 2 to 3 large eggs
- 1½ tpsps. butter

Mix the eggs lightly with a fork. If desired, the whites may be beaten separately, until they begin to froth, and then mixed with the yolks. This will produce a fluffier, plumper omelet.

Heat a 7- to 8-inch omelet pan over high heat, and melt the butter in it. The pan should be hot enough to make the butter sizzle at once, but do not allow the butter to brown.

As soon as the butter has melted, pour in the eggs and stir briskly with a fork, constantly shaking the pan. When you can see the track of the fork through the eggs, they have set. This will take less than a minute. Remove from heat.

At this point, place any filling to be used in the center of the eggs. Raise the handle of the pan and gently slide the omelet toward the opposite side of the pan. With a fork, fold the edge of the omelet closest to the handle over the center. Fold the other side of the omelet over the center.

Transfer the omelet to a heated serving dish by turning the pan upside down over the dish.

If you are making more than one omelet, the first ones may be kept warm in a 200 F oven until the last one is done.

OMELET FILLINGS

1 cup diced cooked potato (left-over baked or boiled ones are fine), sautéed with 2 tablespoons chopped onion in 1 to 2 tablespoons of butter until crisp and brown. Add salt and pepper to taste.

1 medium tomato, finely chopped, sautéed with 2 tablespoons sliced scallions in 1 tablespoon butter until thickened. While cooking, add 1 tablespoon chopped fresh parsley and a pinch each of basil, thyme, oregano and dill.

1 cup fresh mushrooms, sliced, sautéed with 2 sliced scallions in 1 tablespoon butter until liquid has evaporated and mushrooms are soft. Add salt and pepper to taste and stir in a heaping tablespoon sour cream and 1 teaspoon sherry.



**Antique
or
Junque**
By James G. McCollam
Member, Antique Appraisers
Association of America

Antiques Collectibles

This violin not a Strad



Q. My antique violin is labeled, "Antonio Stradivari, Cremona, Made in Czechoslovakia." Can you tell me its value and where I might sell it?

A. Stradivari made violins in Cremona, Italy, over 200 years ago. They are the most valuable of all antique violins.

Yours is a copy or a fake made after 1918. Czechoslovakia didn't exist until after World War I.

Q. What can you tell me about my Hummel figurine No. 171 (sketch of mark attached)? It is a little girl with a broom.



A. This is the "Little Sweeper" with the Crown Mark (Trade Mark No. 1). It was made between 1934 and 1950 and currently is selling for about \$200.

Q. I have read in your column that any china made after 1890 was marked "Made in France" or whatever the country of origin.

Wasn't any china made prior to 1890 marked that way?

A. I never say "never," but it is highly unlikely. It was customary to mark ceramics with the name of the city where it was made.

One good example was Limoges, France. Prior to the passage

of the McKinley Tariff Act of 1891, the manufacturers of fine porcelain in Limoges were more interested in publicizing their city than in promoting their country. Until 1891, Haviland china was marked "Limoges, France." When the McKinley Tariff Act was amended in 1901, it was marked "Made in France."

Q. Why would a factory-made pressed-oak kitchen chair be worth as much as a solid-walnut cane-bottom chair that is twice as old? I note that you have priced both in the \$100 to \$150 range.

A. You are right! Both chairs should not be worth the same. However, if collectors are willing to pay over \$100 for a pressed-oak chair, I have to report that. Personally, I would rather have one cane-bottom walnut chair than a whole set of pressed-oak chairs.

BOOK REVIEW: "Porcelain of the 19th Century," by Antoinette Faye-Halle and Barbara Mundt; Rizzoli International Publications Inc.; 712 Fifth Ave.; New York, NY 10019; \$85 plus \$3 postage, or at your local bookstore.

For this kind of megabucks you

should expect something exceptional. Well, you won't be disappointed. This book is nothing less than spectacular! It is the first to survey the whole development of porcelain in Europe from the Napoleonic era to the revolutionary Art Nouveau. It covers the elite Sevres, Meissen, Copenhagen, Limoges and many of the less well-known producers of Holland, Italy and Spain. The illustrations are exquisite — many in color. The result is a lavish book that is a unique contribution to our understanding of 19th century porcelain.

BOOK REVIEW: "Collecting Clothing," by Sheila Malouff; Wallace-Homestead Book Co.; 1912 Grand Ave.; Des Moines, Iowa 50205; \$14.95, plus \$1.25 postage, or at your local bookstore.

Vintage fashions right up to the 1960s are priced and illustrated. This easy-to-use guide will be an instant best seller and a valuable reference for everyone interested in clothing of the past.

Send your questions about antiques with picture(s), a detailed description, stamped, self-addressed envelope and \$1 per item to James G. McCollam

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Here's How

By Gene Gary



Heat tiles to remove mastic

Q. Friends have told me that old mastic and plaster can be removed from the back of ceramic tiles by heating the tiles in an oven. Is this correct? — Dick J.

A. It is true — most of the time. Since ceramic tiles are fired at temperatures in excess of 2,000 F, they can be heated without damage.

The theory of what you were told is that the heat will cause the backing to become tacky. When the tiles have cooled, the adhesive and plaster are easier to crack off because of the shrinkage, but be careful that you do not also crack the tiles.

To repeat, this procedure works most of the time.

Q. About 20 years ago, we added a bathroom, using Marlite for the walls, including the shower stall. When the walls of the shower gave out, we had that portion tiled. Now we would like to redo the walls in the remainder of the bathroom.

Our question: Can we paint or

wallpaper over the Marlite? Or do you have other suggestions? — H.T.L.

A. Paper should be satisfactory over Marlite.

First go over the surface with an electric sander, using coarse sandpaper to roughen the slick surface. This permits the paper to adhere better.

After sanding, size the walls with sizing available at paint dealers.

In a bathroom, I would recommend using a canvas-back vinyl-finish paper and add some white glue to the wallpaper paste or a special adhesive additive.

In rooms where moisture will be present, do not use ready-paste wallpaper.

Q. We have put the self-stick paper on the inside of our kitchen cupboards. Now we would like to remove the paper and paint, but the glue is difficult to remove.

We have tried acetone and turpentine, but it still is a time-con-

suming scraping job. Do you have any suggestions? — Mrs. R.E.F.,

A. Often heat will do the trick. Try going over the surface with a hair dryer, working on a small area at a time. This should soften the glue and the paper can be torn off.

The opposite method used to remove floor tiles is to go over the surface with dry ice, which makes the adhesive brittle. It might work on self-stick paper.

Q. The glass in our windows has some scratches on it. Is there anything to help cover these? — W.C.C.

A. Sorry, but there is no way that I know to cover scratches in glass or to remove the scratches. Sometimes, to fill small holes in window glass, clear nail polish can be used.

Replacement of the panes is the only solution for eliminating the scratched glass — if you cannot learn to live with it.

and Certo (I do not know in what proportions), Mrs. A.S.B.'s diet and nightshade foods.

Most, if not all physicians will tell you that arthritis is not affected by diet. One would expect them to know. Is the source of this information hearsay or is there a good body of evidence to indicate that these dietary "prescriptions" are of value?

Frankly I am skeptical but am willing to give this a try. My one concern is the elimination of vitamin C by not eating nightshade foods (I am allergic to citrus fruits). Taking vitamin C as a supplement would help, but is it the vitamin C that is being eliminated by not eating nightshades?

Tomatoes, green peppers and potatoes are all good sources of C. — M.H.

Dear M.H.: I have no opinion on the nightshade foods, but then I don't have much of any arthritis. The little I had was knocked out by two or three treatments of Certo.

That seems to be the main point of those opposing the eating of nightshades — that it allegedly is bad for arthritis sufferers.

Dear John: I wholeheartedly agree with your campaign against loud commercials. They are an invasion of my rights. If I have settled for a certain volume an outsider should not be able to change it at their discretion.

Let's keep the pressure on the broadcasting companies. Maybe we can get a law passed which will regulate the volume to be consistent. I'll get others to write to you on this point. — George J.

Dear George: Bravo!

Mainly For Seniors

By John T. Watts



Dear John: Today we know that it is healthy, normal and desirable for older men and women to maintain sexual intimacy as a special part of their relationship. In fact, "The Starr-Weiner Report on Sex and Sexuality in the Mature Years" revealed that 97.1 percent of those surveyed (healthy men and women over 65) are interested in sex.

However, older men often experience problems which can lead to impotence. Conditions such as hardening of the arteries, prostate trouble and diabetes can be responsible for physical impotence. An estimated 10 million American men are chronically impotent, about half of them because of a physical problem that can be usually treated and corrected.

The belief that impotence is psychological or a normal part of the aging process, supported until recently by medical opinion, is discounted by recent clinical evidence. The treatment of impotence is one of the most rapidly developing areas of modern medicine. Advances in diagnostic techniques and treatment of procedures have restored normal sexual function to tens of thousands of impotent men.

A major advance has been the development of a penile prosthesis which is implanted within the body and stimulates a natural erection. More than 600 urological surgeons are performing this procedure; over 12,000 men have had the implant and regained the ability to lead a complete, normal life.

On behalf of our client, American Medical Systems, I would like to offer you additional information in the hope that a discussion of advances in the diagnosis and treatment of impotence could change the lives of your readers who are affected by it.

Enclosed is a fact sheet on impotence and a sample of a general information brochure available to readers free of charge, by writing P.O. Box 9, Minneapolis, MN 55440. I will be happy to supply additional information and can provide you with names of physicians you may contact who are experts in the treatment of impotence. — Constance P.

Dear Constance: We'll see if our readers want to go into this subject more. Maybe it's time men's concerns should be given a little more attention.

Dear John: As a sufferer of osteoarthritis and a new reader of

Doctor's Forum

Q. I've been fighting a yeast infection for almost a year and a half, and the medications don't seem to provide a permanent cure.

Should I use a vinegar douche? Sometimes the infection goes away, and returns within two weeks.

I've been taking monistat and sultrin cream; can you suggest anything stronger? — M.G.

A. When a vaginal infection becomes persistent, a careful medical examination is required.

Vaginitis is generally divided into three types: those due to yeast, trichomonas (a parasitic organism), or so-called "non-specific vaginitis." The diagnosis is made by the physician, who takes a small swab of the vaginal discharge and examines it carefully under the microscope.

It goes without saying that if a patient has a non-specific vaginitis and is treated for yeast infection, her symptoms will not abate. Therefore, if your infection is to be successfully treated, you must be certain that yeast is the cause. For example, the sulfa cream that you have been using has no effect on yeast infections.

When a yeast vaginitis recurs frequently, there are a number of possibilities which must be pursued. Current fashions include the wearing of very tight slacks or jeans, and these can encourage yeast infections.

A second possibility is that the patient's sexual partner also has a yeast infection which must be treated with local medication, or reinfection of the female is likely.

On occasion, repetitive vaginal yeast infections are due to seeding from the gastrointestinal tract, and oral treatment may be required along with local vaginal suppositories or creams.

Finally, individuals with diabetes mellitus have frequent vaginal yeast infections, and it is worthwhile to investigate this as a possibility.

When these measures are taken, it is quite likely that your yeast infection will be controlled. — Dr. Robert Resnik, associate professor of reproductive medicine, at the University of California, San Diego School of Medicine.

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Personal

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Oh Holy St. Jude, Apostle & 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. Amend. Say 3 Our Fathers, 3 Hail Mary's, 3 Gloria's.** Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. D.B.D.B.

NOVENA TO ST. JUDE

Oh Holy St. Jude, Apostle & 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 & cause you to be invoked **St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Mary's, 3 Gloria's.** Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. E.B.W. GCF1

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NOVENA TO ST. JUDE

Oh Holy St. Jude, Apostle & 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 & cause you to be invoked **St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Mary's, 3 Gloria's.** Say for 9 consecutive days. Thank you for answering my prayers. M.B.D. WF1

Personal

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 even and inspite 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 without mentioning the favor, only your initials. Thank you Holy Spirit. S.D. WF1

Notice

HAVE YOU A HIDDEN TALENT

that has yet to be discovered in print?

We are looking for articles, not exceeding 3,000 words, on local topics, opinions, ideas, nice places to visit on Long Island, and even fiction. In our magazine section, we will try to "Discover" one new feature length article and writer per week. If you want to be published and be part of an issue of **Discovery** - you may submit your article to:

Litmor Publications,
81 East Barclay Street,
Hicksville, N.Y. 11801

GRANDCHILDREN MOTHERS-FATHERS

You've heard Grandma and Grandpa bragging about their wonderful grandchildren, and it is now time to give credit where it is due. Send in their photos - and nominate them to be the

'World's Greatest Grandparent or Grandparents'

We will, as space allows, print the pictures as part of our magazine feature - and as a reward, we will send you the printed clipping, in permanent form, for you to keep. To enter the contest, simply send a small (preferred) photo to:

Discovery Magazine,
81 East Barclay Street,
Hicksville, N.Y. 11801

A few words about Grandpa and/or Grandma will help the judges. Remember, if you want the photo returned, please write the name and address on the back.

GRANDPARENTS... HERE IS YOUR CHANCE!

You have been telling everyone you meet that you have the 'World's Greatest Grandchildren' You've been carrying pictures around with you and finding people to look at them. We have a better answer!

Each week we will run photos Of the World's 'Most Beautiful Grandchildren' (in the eyes of the grandparents) and for each photo selected, we will send, as a prize, a permanent version of the way it appeared in the newspaper for you to keep.

To enter the contest, simply send a small (preferred) photo to: Discovery Magazine 81 East Barclay Street, Hicksville, N.Y. 11801

If you want the photo returned, you must print your name and address on the back.

We're Honored.

That a greater percentage of subscribers renewed their subscriptions in 1983 than to any daily newspaper in Nassau County.

This is the prize we cherish

READERS = RESULTS
(our secret ingredient)

Litmor Publications



The World's Most Beautiful Grandchildren



This is our beautiful granddaughter, Katelyn Boguski, seven and one half months old.

Joan McKeown
Syosset



This is a recent picture of our grandson William Cotter who will be 3 in February. Will lives in Wayne, Pennsylvania with his parents Judy and Byron and 5 year old brother Byron III. He attends nursery school and we are very proud of him.

Jean and Bill Vassalotti
Garden City



Here are our two lovely grandchildren (left) Keith and (right) Scott. Their parents are William and Kathy and they live in New Hartford, New York.

Mary and Henry Elchinger
Williston Park



TWEEN

12 & 20



By Robert Wallace
Ed.D.

Dr. Wallace: I'm a 19-year-old guy and a convict in an Indiana prison. I feel obligated to tell my story. I hope it helps my fellow teens. It comes from the heart and from painful experience.

I started getting involved with drugs at the tender age of 12 and abused them regularly until the day I was arrested. Presently, I am spending six years of my life behind bars for a crime I hardly remember committing because I was drugged to the limit.

Actually, I'm really fortunate to be in prison. First, I am finished with drugs and second, I'm convinced I would not be alive if I had been on the "outside."

Most young people get involved with drugs because it's the thing to do or because their friends are involved. Teens, if you are involved — get out. If you are thinking about trying drugs — don't.

I don't want to see any of you coming to live with me. — J.K. No. 25622, Plainfield, Ind.

J.K.: Thanks for caring about your fellow teens. Your message will help.

Dr. Wallace: This certain guy comes into my dad's store (I work there after school and on Saturdays) every day and bugs me with his dumb jokes. To make matters worse, he acts like he likes me.

I'd like to tell him to bug off because he is a real creep but he happens to go to our church so I have to keep my mouth shut.

What can I do to keep him out of the store and away from me? — Dorothy

Dorothy: If his boy is spending money, then listen to his dumb jokes. The customer is always right!

But if he is a freeloader, have your father politely inform him that his body is no longer welcome in the store.

Dr. Wallace: My problem is Janet and her desire to chase boys.

Janet is my best friend (we are 14) but every week she likes a different boy. I told her I was tired of the way she is acting and all she could say is, "I'm sorry, but I can't help myself."

It's not that I can't get any guy that I want because I can. It's just that no guy should come between best friends.

I'd like your opinion, please. — Shirley

Shirley: You are either a little possessive or a little envious. Possibly both.

Dr. Wallace: I am a high school teacher and my students and I read your column regularly.

I would appreciate your opinion about correct behavior and manners between girlfriends and boyfriends in the hallways and on school property.

I am so tired of "locker leaners" and kissing in the halls. The students who do it see nothing wrong with it.

Am I old-fashioned? I think it degrades the school. Other than holding hands, I think other endearments should be in private. What do you think?

I hope you agree with me — and that the exhibitionists ponder what you say. — A.T.

A.T.: There are kisses and there are KISSES. I wouldn't lose any sleep over a fast "peck," but the long, medium or even short passionate kisses are taboo at school or anywhere in public. When it is allowed, the school does have a tarnished image, but not nearly as tarnished as the image of the two lovers involved.

Dr. Wallace: We are two 12-year-old girls and we like two 12-year-old twin brothers very much (kinda' like boyfriends and girlfriends), but we have a problem.

They constantly tease us and call us silly names. What can we do to get these brothers to like us? — Clara and Connie

C. and C.: Don't do anything. The twins do like you.

Most 12-year-old boys who care for girls start by teasing and calling the girls silly names. Everything is on course and your romance seems to be blossoming.

Dr. Wallace: I am 13 years old and one of my teachers thought that I threatened her physically, but I didn't. Because of what happened, I was transferred to another school.

In today's mail I received a letter from the Board of Education informing me that my name has been cleared and that I may return to my old school if I so desire.

I've got a lot of friends at my old school but I feel more comfortable at my new school. If you were me, would you return or stay? — Eric

Eric: I would stay in the new school. Making new friends might be one of the better things that will happen to you.

JUNIOR EDITION

TWO LARGE ANIMALS ARE IN MY TV ACT. NUMBER 1 HAS A TRUNK AND NUMBER 2 HAS A LONG NECK. PRINT IN THEIR TWO NAMES ON THE LINES BELOW AND COLOR THIS CONTEST ENTRY.

WIN A PRIZE!



NO.1

NO.2

Aunt Tilly's Corner

As I'm writing to you this week we are in a new month: February. It will still be cold and gray since February is a winter month. But we will all be cheered up by three holidays.

First there is Lincoln's Birthday. He was our sixteenth president, the man who led the nation during the Civil War and freed the slaves.

Then there is Washington's Birthday, in honor of the Father of Our Country.

Sandwiched in between is Valentine's Day, in which people tell other people how much they love them.

What is your favorite holiday for February? Be sure to write and let me know.

Your fond Aunt Tilly

P.S. This week's coloring contest winners are Mr. Allen and Lisa Johnson.

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, February 10, 1984
 3. Paint, watercolors and crayons must be used on the above.
 4. Decision of the judges will be final.

Mail your entry (just clip out cartoon) to this newspaper at 105 Hillside Avenue Williston Park, N.Y. 11596

Points On Pets



By H.P. JANS D.V.M.

Q. I've heard of riboflavin (B-2) being used to dissolve cataracts in small (toy) dogs. Does it work for regular and large dogs and what amount would be given? Would other vitamins be involved? Thank you. — D.L.

A. At this time there is no scientific evidence that riboflavin (or any other product) will dissolve cataracts in dogs or other animals including man.

Veterinarians and other scientists have been conducting laboratory and clinical research for many years attempting to find a drug to dissolve cataracts. Many different drugs have been touted as being effective by various people but when valid studies were conducted the drugs did not affect the cataracts.

You may want to check with your veterinarian about the possibility of cataract surgery for your dog. If your dog needs surgery I would recommend that. Cataract surgery is usually successful in dogs.

Q. I have a cat that has a bad habit of jumping up on our car. How can we break him of this? We scold him and also use a rolled newspaper, but he still does this. Thank you for your help. — A.U.

A. I know of no way to stop the cat from going up on your car. A customized cover for the car may be the only solution. As long as the cat has access to the car and because of the cat's nature to seek out high places there is no way to change this type of behavior.

Q. I have a white female spayed cat, and about every three or four months she gets a sore eye almost like pink eye in a human. In fact, I have been using some medication which a doctor prescribed for my husband and it clears her eye but my doctor said not to use it on the cat as it could make her blind.

Could you recommend any medication for her? She is a high-strung cat and I don't want to take her to the veterinarian unless I have to. — L.L.

A. Many different eye disorders can cause an eye to

become inflamed and appear pink or even red. Some of these conditions hardly bother an animal while others may actually cause blindness and one can only guess what your cat's problem might be without examining her.

As a general rule it is not a good idea to use eye medication originally prescribed for one patient on another (whether from man to cat or even from cat to cat).

Eye examinations are generally readily tolerated by cats and dogs and it is likely that your veterinarian can examine and diagnose the condition without stressing your cat. A proper diagnosis and proper treatment should solve your cat's problem.

CHUCK

RUMP

PLATE

LOIN

BEEF CUTS

ZIG-ZAG

THE ORIGINAL WORD MAZE PUZZLE

BEEF CUTS

ALL WORDS TO BE CONSTRUCTED PERTAIN TO THE ABOVE TOPIC. TO YOUR ADVANTAGE ONE WORD HAS ALREADY BEEN TRACED. YOU MUST TRACE THE THREE REMAINING WORDS, USING ONLY THE LETTERS DESIGNATED BY THE DARKENED CIRCLES. WORDS MAY BEGIN AND END FROM EITHER COLUMN BUT EACH LETTER CAN ONLY BE USED ONCE.



EACH PUZZLE HAS A DIFFICULTY RATING (ABOVE) FOUR STARS SIGNIFY THE HIGHEST DEGREE OF DIFFICULTY.

GIVEN BELOW ARE THE POINT VALUES FOR EACH WORD. YOUR WORDS MUST CORRECTLY MATCH THESE POINT VALUES.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10

1	A	1	A
2	B	2	B
3	C	3	C
4	D	4	D
5	E	5	E
6	F	6	F
7	G	7	G
8	H	8	H
9	I	9	I
10	J	10	J
1	K	1	K
2	L	2	L
3	M	3	M
4	N	4	N
5	O	5	O
6	P	6	P
7	Q	7	Q
8	R	8	R
9	S	9	S
10	T	10	T
1	U	1	U
2	V	2	V
3	W	3	W
4	X	4	X
5	Y	5	Y
6	Z	6	Z

GROW POTATOES IN OLD TRASH CANS.

GREAT IF YOUR SPACE IS LIMITED. FILL CAN ABOUT 1/2 FULL OF SOIL. PLANT POTATO SETS. WHEN PLANTS GROW PUT MORE SOIL ON TOP. CONTINUE TO BUILD LAYERS AS PLANTS GROW. UNTIL THEY ARE ABOUT 4 FT. WHEN TIME TO HARVEST, JUST EMPTY OUT TRASH CAN.



BY CHRISTOPHER & JANICE NYERGES
RECYCLING

Putterin' Pete

BY FRYE

SOMEDAY YOU'LL BE GLAD YOU PHOTOGRAPHED NEW CONSTRUCTION DETAILS THAT LATER WERE HIDDEN SUCH AS DRAINS, PLUMBING AND WIRING. TAKE NOTES AND STORE WITH PHOTOS AND BLUEPRINTS.