

In Three Sections - Fifty-Six Pages

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The Fourth Annual Food Tasting Party was held at Burns Avenue School, Hicksville on Friday, February 10. Mrs. Grumo's kindergarten classes, Mrs. Oliveri's and Mrs. Blaaboer's second graders and Mrs. Rosol's class took part in this event. Many of the nutritious snacks served at the party were made by the children in school. All of this was a part of the Seattle Berkley Health Program. Unit on Nutrition which was introduced by Mrs. Cooley, our school nurse teacher. Entertainment consisted of the kindergarten's rendition of the song, "Alice's Restaurant" and original food riddles which were written and ready by second graders. In attendance were parents and district administrators including Dr. Fenton, Supt. of Schools, and Dr. Burke Burns Ave. School Principal. Once again a nutritious time was had by all.



On Thursday, March 7, Mrs. Ullrich's Third Grade Class of Woodland Ave. School was treated to a pizza party by the PTA because they were the winners of the Campbell's Labels for Education contest. The PTA would like to congratulate Mrs. Ullrich and her class for their hard work. They would also like to thank all the teachers and students of Woodland Ave. for their enthusiastic support which made this drive such a huge success.

This Issue

This issue consists of three sections, 56 pages. The first is the main news section which covers local news and events. The second section is the **Discovery** section devoted each week to Input calls, special feature columns, classified ads and the Reader Ratings, restaurant guide. The third section is called "A Better You" on health and physical fitness. A wide variety of subjects appear in this section which is one of 12 monthly special sections now included at no increase in subscription rate.

New Slate For H.S. PTSA

The nominating committee of the Hicksville High School PTSA has announced the following slate of nominees for the school year 1984-85. Voting will take place in the school's Little Theater on Thursday, March 22, at 8 p.m. At that time additional nominations from the floor will be welcomed.

President, Norma Goerke; Vice President, Joyce Guerriere; Recording Secretary, Pam Millet; Corresponding Secretary, Sue Epstein; Treasurer, Ann Freyisen; Council Delegate, Nancy Staron

K. Of C. Hosts Blood Drive

The Knights of Columbus Lodge No. 2520 is hosting a community blood drive on Tuesday, March 27 from 4 p.m. to 9 p.m. A Long Island Blood Services mobile will be stationed at the Knights of Columbus Hall located at Heitz Place in Hicksville for the convenience of residents.

Lawrence Roby, long time chairman of the event, noted that blood is in short supply.

"As is customary during the winter months, hospitals suffer from a shortage of blood donors," said Mr. Roby. "Everyone of us that is healthy enough to donate blood, can help alleviate the pain of others."

Donating blood is a safe and sterile procedure that takes less than one hour from registration to refreshments. The actual donation takes five to eight minutes.

Requirements for donating blood include being at least 17 years of age and weighing a minimum of 110 pounds. To make an appointment to donate blood call 935-1134.

Joint Meeting Scheduled On Improving Water

A special joint public hearing to be held by the Oyster Bay and Hempstead Town Boards is scheduled for Tuesday, March 27, to consider an application for the improvement of the water supply and distribution facilities of the Hicksville Water District, according to Oyster Bay Town Councilman Howard T. Hogan, Jr.

The meeting is scheduled for 9 a.m. and will be held at Hempstead-Oyster Bay Community Hall on Levittown Parkway in Levittown.

Hogan said that "the elected commissioners of the Hicksville Water District are seeking authorization to construct a new gravel packed deep well at a cost of \$600,000." The District, servicing residents in both the Town of Oyster Bay and the Town of Hempstead, requires the approval of both Town Boards for financing.

Hogan indicated that the regularly scheduled March 27 Oyster Bay Town Board meeting will be held in Oyster Bay Town Hall, East Building, Oyster Bay, beginning at 10:30 a.m.

Fuel Oil Company Seeks Special Use Permit

A public hearing has been scheduled for Tuesday, May 22, by the Oyster Bay Town Board to consider an application by Deuco Fuel Oil Inc., of Hicksville for a special use permit, according to Town Councilman Douglas J. Hynes.

"Deuco is seeking the special use permit to allow overnight parking of fuel oil trucks on its premises, which are located in a G-1 zone at 25 Richard Street in Hicksville", Hynes stated. "According to the application, the company operates two fuel delivery trucks."

The hearing is scheduled for Tuesday, May 22, beginning at 10 a.m., in the Hearing Room of Town Hall East, Audrey Avenue, Oyster Bay.



A job well done sums up the results of the Hicksville Rotary Club's "Bowl for Big Brothers" fund raising committee. Over \$1000. was raised in conjunction with the NY Islanders community project. Shown, left to right, are Rotarians Russell Marciano, Al Levine, August Cassella and Harry Smith. Another committee member not present for this photo was Joe Treblitz. (Photo by Joe DePaola)

Women's Group Wed. Meeting

Women for Women, a women's support group, meets every Wednesday at 8 p.m. at the Parkway Community Church, 95 Stewart Avenue, Hicksville. Join us this Wednesday, March 21

when our guest speaker will be Dr. Charlotte Podolsky, Director of Special Education Services for the Hericks Public Schools.

Additional information: 248-8303.

Letters to the Editor

To the Editor:

A letter addressed to our teachers of Hicksville:

Our tradition of some twenty two years has sadly ended - as far as written policy is concerned, but we do have our State Law on silent meditation and you have every right to continue this beautiful Hicksville tradition.

Section 3029-a of Education Law, allows you, the classroom teacher, on a voluntary basis, to conduct a brief period of silent meditation with your students. Under the law your students are not required to stand, they may be seated, and the brief period of meditation may be on a religious theme by those who are so disposed, or a moment of silent reflection on the anticipated activities of the day.

You need not worry about being sued! Our board attorney, Mr. Joseph Campanella, has advised Dr. Fenton, and as was announced by Mr. Jay Schwartz, the President of the Board, at our last public meeting, that our teachers will be totally insulated by the school district from any liability by way of judgements and legal costs of any kind. The district carries insurance, and are allowed to use its own attorney in the handling of the matter, without cost to the taxpayers in the way of legal fees and other expenses.

You have a right and a duty to comply with State Law, and a Board of Education cannot tell you to disobey the Law.

Some say what can a minute or a few moments do to make a better student? Perhaps nothing, but than again, a few moments of positive thought can just be enough to motivate a child, or inspire a thought of love and appreciation towards their teacher, because of a kind act on your part during the previous day.

The right of a child or teacher to think is very basic, and it is not easily surrendered.

Many of you may have taken comfort in practicing our past policy of silent meditation at the start of day to strengthen your resolve to get through a difficult day? Let us continue to have this "treasure of thought" as long as our State Law exists - no one need know what you meditate on, only you and God will know!

Make this practice grow silently and effectively as before. With sincere regards,

Bill Bennett,
Member of the Board
of Education

To the Editor:

Despite overwhelming community pressure to keep a moment of silent prayer or meditation in our schools, the Hicksville School Board voted it out at its February 29 School Board meeting.

Apparently the pleas of hundreds of Hicksville citizens

fell on deaf ears and one wonders why the 4 members against it, even bothered with the facade of giving the public the opportunity to plead their cause. Their minds were firmly made up before the meeting even started, and protests against their actions went in one ear and out the other.

The sad thing is the long range effect their actions will have on the children of our community. As one teacher at this meeting asked, "What will our children learn from this?" They will learn many things: They will learn that the rights of many can be taken away by the objections of one. They will learn that a cause worth fighting for should not be fought if there's a chance that they might win. They will learn that "saving money" is more important than spending it to fight for a just cause. They will learn that our elected representatives do not "represent the people", but rather "dictate" to the people what should be done. They will learn that "God" or Prayer is a taboo subject except at home or religious houses of worship. They will learn to back down when the pressure is on. Thank goodness our forefathers did not feel this way, or we would not be here today. Thank goodness minority groups fighting for their rights did not feel this way, or they would not enjoy the freedoms they have today.

Ironically enough, the actions of the board did not do away with silent prayer at all, for under New York State law, teachers may choose to observe a moment of silence, if they so desire, and a local school board cannot tell a teacher to disobey a state law.

The fight is not over yet, for in June, a referendum will be voted upon by the people, as to whether we should keep silent prayer in our schools. Honey Singer, (one of the board members opposed to this), has publically stated that she will abide by the will of the people.

Therefore, please remember to vote on this in June. Opponents hope that 2-3 months down the road this will be a "dead issue" and public apathy will prevail. Let's prove them wrong!

Phyllis Hundertmark

College Notes

Miss Michele M. Bella of Muttontown has been named to the Dean's List at The Berkeley School of Long Island in Hicksville for the past term.

Miss Bella was named from the one-year executive secretarial program, which is designed for the student seeking a thorough general secretarial preparation.

Daughter of Mr. and Mrs. Frank Bella, Miss Bella is a graduate of Holy Trinity Diocesan High School, Hicksville.

Second New Image Five Mile Run

For the second year, runners of all ages will have the opportunity to test their endurance and skill and at the same time help to support a youth organization that has been in operation for 25 years.

The second annual "New Image 5 Mile Run" is scheduled for Sunday, April 1 at 10 a.m. at Cantiague Park, Hicksville. The run is being sponsored by Ruggers Hicksville Inn and managed by Finish Line Promotions, Inc.

Refreshments will be furnished by Miller High Life, Coca-Cola Bottlers of New York, Ronzoni Macaroni, and Bellacico Bakeries. T-shirts will be given to the first 200 runners who register prior to March 23, and trophies will be awarded to the top three male and female runners in each age group.

The 5 mile run is being conducted to raise funds to support the activities of the New Image co-educational drum and bugle corps. The New Image, instituted in 1983 when the ranks were opened to male members, is an outgrowth of the award-winning St. Ignatius Girls Drum and Bugle Corps.

For the past 25 years, the Corps has rehearsed many hours each week, throughout the year, to prepare for the full schedule of exhibitions and competitions in which it participates each year across the nation and in Canada. The 5 mile run is just one of the many fund-raising activities of this non-profit organization.

Applications and more information on the run can be obtained from Ruggers Hicksville Inn, 68 North Broadway, Hicksville or by calling 931-9219. The entry fee is \$5 for pre-registration and \$6 the day of the run.



The appointment of an additional board member in the Hicksville Rotary Club was announced by club president Harry Feltz. Named to the board was Mr. Russell Marciano who is the facilities manager for Mergenthaler Linotype Corp. His term on the board of directors will extend through the current Rotary International year to June 30.

(Photo by Joe DePaola)

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The Nassau County Office of Cultural Development, Marla E. O'Brien, Executive Director, will continue their Free Sunday Afternoon Series of Chamber Ensembles when they present "Basically Bassoon", Daniel Smith, Music Director, assisted by the Ravina Chamber Ensemble, on March 25 at 3 p.m. at the Hicksville Public Library, 167 Jerusalem Avenue, Hicksville. For information call 931-1417.

Daniel Smith, bassoonist, Michael May, Pianist and Robert Wolinsky, harpsichordist, will be assisted by The Ravina Chamber Ensemble - Oscar Ravina and Joyce Flissler, violinists, Kenneth Mirkin, violist, and Diane Chaplin, cellist. They will perform works by Julius Weissenbor, Carl Jacob, Francois Rene Gebauer, Antonio Vivaldi, Gordon Jacob, Thomas Dunhill and Johann Dismas Zelenka. For information on other programs sponsored by the Nassau County Office of Cultural Development call 484-9333.



Congressman Norman F. Lent (right) was in attendance for the opening ceremonies of the Plainview-Old Bethpage Discovery Day which was sponsored by the student government of John F. Kennedy High School. Discussing the day's activities with Congressman Lent are, left to right: Jon Neveit, Kennedy Student Government President; and Burt Silverman, Vice President of the Plainview-Old Bethpage Board of Education.

"Plainview-Old Bethpage Project Outreach" was made possible by a \$10,000 grant from the New York State Office of Crime Prevention. The program is designed to foster anti-crime and community awareness activities conducted by student volunteers. Congressman Lent congratulated the Student Government of Kennedy High School for being the "only high school in New York State to be involved in such a program. The students of Kennedy High School can point with pride to their achievement. The entire Plainview-Old Bethpage community will certainly profit thanks to the efforts of these fine young men and women."

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'Same Time' Film Showing At Library

The film, "Same Time Next Year" was not shown at the Hicksville Public Library on March 9 because the library closed due to the snow conditions that day.

The Hicksville Public Library has re-scheduled "Same Time Next Year" for Sunday, March 18 at 3 p.m.

Robert Mulligan's adaptation of Bernard Slade's play, "Same Time Next Year" is about a housewife (Ellen Burstyn) and an accountant (Alan Alda), both

married, who meet once a year in the same Motel room. The film covers 26 years of this practice while they remain happily married to other people. The film is in color and lasts two hours. Rated R.

"Same Time Next Year" is the motion picture from which the new TV series will be taken. It will be shown in the Community Room. Admission is free and everyone is invited.

Podiatrist Lectures Coaches

Dr. Stuart M. Stern, Hicksville Podiatrist, presented an in-depth lecture on foot function, as it relates to athletic injuries, before the annual spring Conference of the New York State Association of Health, Physical Education and Recreation Instructors. The event took place at the Garden City Hotel on Thursday, March 8.

The all day seminar was sparked by the Nassau Division of the State Association and marked a "first" in the annals of that organization. Among the more than thirty other featured speakers before the group, Dr. Filippo A. Balboni, Director of Pediatric Cardiology at St. Francis Hospital, Roslyn, took special honors for his work with uncovering potential coronary problems in students.

Dr. Stu, as he is called by the many athletes he treats in the Hicksville area, has offices at 97 Froehlich Farm Road in Hicksville and is himself an ardent jogger and Racquet ball player.

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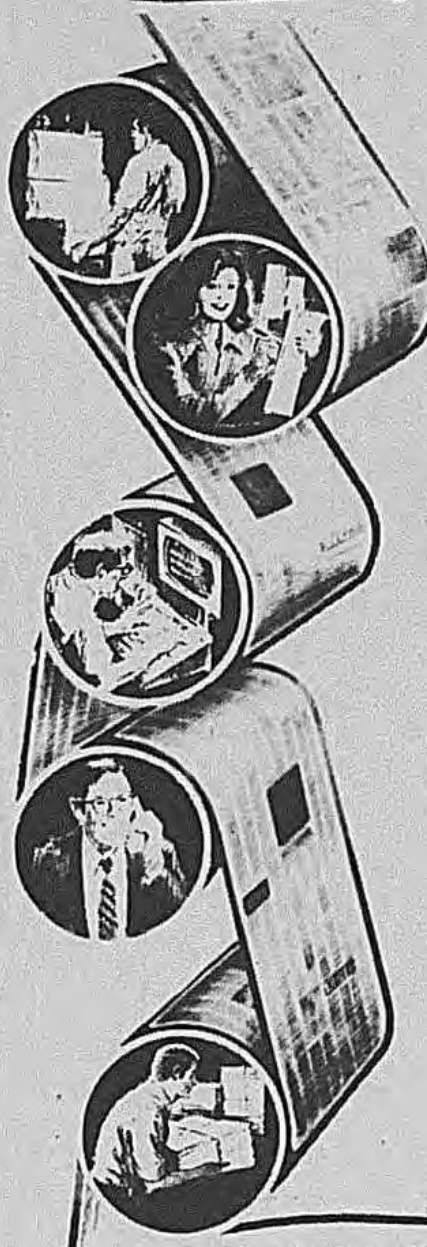
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Try to make a call on another extension in your home. If it works, the problem is most likely in your other phone.

If you don't have another extension, check to see if the wire from the phone to the wall and the cord from the phone to the handset are tightly in place and in good shape.

If you can unplug your phone, move it to another telephone outlet in your home. If it works, the problem is probably in the line.

If you can unplug your phone but don't have another telephone outlet, try testing it in a neighbor's telephone outlet.



If you've been getting a lot of wrong numbers when you dial,

the problem is most likely in your phone. There might be something wrong with the rotary dial or touch-tone pad.



If you have a problem such as static or fading conversation, try shaking the cord that connects the handset to the base. That may give you an indication as to where the problem exists. Unscrewing and then rescrewing the mouthpiece may also correct a problem.



If you've found that the service problem is in the line and we provide the wire that runs to the telephone outlets inside your home or apartment, just call our repair service and we will make the repairs at no charge to you. If you own the wire that runs to the telephone outlets inside your home or apartment, repair of that wire is your responsibility.



If the problem is in your phone or in the wire from the phone to the wall, responsibility for its repair depends on who owns the set. Phones that were originally

leased from New York Telephone are now the responsibility of AT&T. Just call the AT&T repair number that appears on your bill to arrange for repair of your phone. Those phones that were bought from New York Telephone and are still under the warranty are now the responsibility of AT&T. Repair of phones whose warranties have expired is your responsibility.

If you bought your phone from another retail outlet, you should check the repair information provided.

If you ask New York Telephone to send a repair technician to your home and we find the problem is in the set, the technician cannot make repairs and, unfortunately, you will be billed for the visit. To have your phones repaired, contact AT&T or the dealer that sold you the phone.



If after doing these checks you're still having problems, call our repair service. Our representatives will be happy to help you pinpoint the problem.

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Storytelling At Library

Do you like to tell stories? Do you like to listen to folk and fairy tales being told? The Children's Room of the Hicksville Library is pleased to announce that many children attended the February storytelling workshops sponsored by the Children's Room of the Library and learned how to tell stories. They will now tell their favorite tales at the Third Bi-annual Storytelling contest to be held on Saturday, March 31 at 2 p.m. Those who did not attend the workshops are also invited to participate in the contest. The only requirements are that all participants be in grades 3,4,5 or 6 and live in or attend school in Hicksville and have a favorite fairy or folk tale to tell. If you wish to enter please notify the Children's Room as soon as possible. Parents, friends, relatives and all who like to listen to good stories being told are invited to come and join us on that day.

Lenten Services At Trinity Luth.

A series of Lenten services will be held at Trinity Lutheran Church, 40 W. Nicholas Street, Hicksville, on Wednesdays at 9 a.m. and 7:45 p.m., called, "Stations Toward Eternity." The following topics will be covered: March 14 - "Jericho: The Launching Pad" March 21 - "Capernaum: Home Base for Mission" March 28 - "Sea of Galilee: Footsteps on the Water" April 4 - "Wailing Wall: To Be or Not to be" April 11 - "Gethsemane: Fleeting Friendship" April 19 - "Upper Room: A Wholesome Taste of Love" (Maundy Thursday) April 20 - "Calvary: Ultimate Love Displayed" (Good Friday) The Mid-Island community is invited to attend these services. Trinity is located north of Old Country Road between Broadway and Jerusalem Avenue in Hicksville.

Music Honor Soc. Recital On Mar. 21

Chapter 503 of the Modern Music Masters, the music honor society at Hicksville High School, will present a student recital at 8 p.m. on Wednesday, March 21 at the high school auditorium.

Society members performing include: Paula Neshta, Marci Meyer, flute duet; Caroline McIntyre, French horn solo; Marge McShane, Caroline McIntyre, French horn duet; Jerry Chu, xylophone solo; John Rubins, trombone solo; Joseph Zioli, trumpet solo; Janet Leone, Tina Sachs, flute and vocal duet; Elinor La, piano solo; Robert Gelb, trumpet solo; Caroline Smeltzer, Helen Wittek, flute duet; June Fulton, Maria Rodriguez, vocal with clarinet obbligato; Mary McShane, violin solo.

Officers of the honor society are John Rubins, President, Mary McShane, vice president, Harold Meltz, treasurer, June Fulton secretary, and Marge McShane historian. Thomas Buttice serves as faculty advisor.



The West Babylon "Golden Eagle" Color Guard Competition Show was held on Saturday, March 3. Jeannie Rogers, 12 years old of Hicksville came in First Place in the Solo Flag Competition for the Junior Division. Jeannie is a Color Guard in the "New Image" Drum & Bugle Corps in Hicksville and attends the Junior High School in Hicksville.

CYO Basketball

By Laura Brand
District Game
 St. Ignatius 39 St. Edwards 33
 Joe Toner scored 15, Tim Cleary 8, Jim Shinnick 6, Steve Pine 6, and Andy DeBernardo 4.
Sectional Game
 St. Ignatius 41 St. Raphael 37
 Tim Cleary and Joe Toner combined for 27 points, scoring 14 and 13 points respectively. Steve Pine added 7, Jim Shinnick 5 and Andy DeBernardo 2.
Regional Game
 St. Ignatius 37 St. Patricks 33
 Steve Pine scored 12, Joe Toner 10, Tim Cleary 9 and Jim Shinnick 6.
9th & 10th Grade
 Team #3 47 Team #4 34
 Scoring was supplied by Dan Bradley 11, Kevin Connors 8, Brian Otten 8, Steve Barker 6, John Garger 6, Brian Cleary 6, and Ray Jergerson 2. For Team #4, Larry Ziemicki led all scorers with 18 points followed by Paul O'Brien 7, Scott Parcuri 6, and Brian McCauley 3.

MAY WE HAVE THE NEXT DENTS?

MADDEN'S AUTO BODY COLLISION WORK WE 1-9777 140 Woodbury Rd. Hicksville

HEALTH TIPS FROM Dr. Gregory R. Gumberich Chiropractor

Is Winter Over Yet?

This winter has not brought us the best of driving conditions. Between the freezing rain and intermittent snow storms we have been left with icy, treacherous roads. Driving becomes a feat of challenging near-misses. More than once, I'm sure, you have glanced into your rearview mirror, only to find the car behind you come to a skidding halt merely inches from your bumper! Sometimes, however, we do not always escape those close calls and instead feel the lurching crunch of a colliding car.

Apparently uninjured, but a bit shaken and somewhat annoyed you exchange names and insurance information with the other driver. Ultimately, the matter is settled, the repairs are taken care of and the car seems to be "good as new."

BEWARE! You may have made a common but unfortunate mistake, preparing yourself for a lifetime of health problems. These sorts of accidents often cause a **WHIPLASH INJURY** and symptoms may not appear for days, weeks or even years!!! The apparently minor "fender bender" is a real problem because one often dismisses the slight "crick in the neck" as being inconsequential. In reality, even a slight bump of the car jars ones body. Unbeknownst to most people is the

fact that their head whipped forwards and back during the collision, pulling the vertebrae of the neck out of their proper positions, producing **WHIPLASH**. Neck stiffness, dizziness, nausea, pins and needles radiating into the arm or hand, blurred vision, and the feeling of fatigue are common symptoms. When these symptoms are left unattended one is setting himself up for more serious problems down the line such as reoccurring headaches, insomnia, arthritis.

A visit to a Chiropractor may be advantageous to your health. A Chiropractor has extensive knowledge of the spine and its misalignments. He can perform some simple, painless tests that will quickly reveal if your spine, muscles and the soft tissue have been hurt. He also can rectify such injuries and put you back on the road to recovery of being "good as new."

The week of March 19th, Dr. Gumberich will be giving complimentary spinal checks. If you have been in a car accident or have questions concerning your health, call his office.

Dr. Gregory R. Gumberich
 208 Guinea Woods Road
 Old Westbury, N.Y. 11568
 516-294-9494 Adv.

Bridal Showcase
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 Mon. March 26, Tues., March 27
 7 p.m.

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 (Branch Rd. 516 432 2300)
 Suffolk County Office: Brentwood: 1900 Brentwood Rd. at Merrick Ave. 516 231 5200; Deer Park 1520 Deer Park Ave. P.O. Box 8 516 242 0800; Lake Ronkonkoma: 360 Postroad Rd. 516 545 6900; Lake Ronkonkoma: Plaza 9 Office: 410 Hawkins Ave. 516 591 0111; Selden: 194 Middle Country Rd. 516 609 9200; Stony Brook: Newcourt Highway & Hallmark Rd. 516 751 8500; West Islip: 125 Sunrise Highway between Highway Lane & Utica Rd. 516 660 7 040
 All Long Island Offices open Saturday • 79th St. and Island Park offices open Sundays



Oyster Bay Town Councilman Douglas J. Hynes (fourth from left) joins members of the Mid-Island Area Irish-American Club for a ceremonial sign changing to herald St. Patrick's Day. On hand were Club President Art Anderson, Past President and Co-Founder Bob Reynolds, Co-Founder Jack Brush, and Treasurer Gerry McClosky with son John and daughter Jennifer. All of the Club members on hand for the ceremony hail from Plainview.

Entrance Exams For Post Office

MSC Manager/Postmaster Anthony M. Murello has announced entrance examinations for the following positions within the Hicksville Sectional Center. Applications will be issued and accepted from Monday March 19, 1984 through Friday, March 23, 1984 at the Hicksville Post Office Personnel Office and at all post offices with a 117 or 118 zip code.

Garageman: Starting salary \$20,839 including cost of living allowance. Anticipated vacancies over two years: ten (10). Location: Hicksville Garage. **Qualifications:** Ability to service trucks, understand written instructions and fill out forms (written test), work independently, help mechanics, be reliable and dependable.

Automobile Mechanic: Starting salary \$21,979 including cost of living. Anticipated vacancies over two years: fifteen (15). Location: Hicksville garage. **Qualifications:** Must pass written examination on automotive repair, service and maintenance. Upon successful completion of written examination applicants must also pass a practical test.

Mail processing equipment maintenance mechanic: Starting salary \$21,975 including cost of living. Anticipated vacancies over two years: Thirty (30). **Qualifications:** Must have at least two (2) years experience in mechanical, electrical, electronic and hydraulic mechanisms, as well as the ability to read and interpret schematics, blueprints, wiring diagrams and specifications. Upon successful completion of written test applicants must also pass a practical test.

Rural Carrier: Starting salary from \$5,773 to \$24,010 depending on the length and character of the route. Anticipated vacancies over two years: Ten (10). Locations of positions are limited to the following offices: Huntington, Miller Place, Sound Beach, Mill Neck, Mt. Sinai, Wading River, Oyster Bay, St. James, Brookhaven, Syosset, Shoreham, Medford, Rocky Point. **Requirement of Position:** You must use your own vehicle and maintain it at your own expense. You will be given an equipment maintenance allowance based on the daily mileage scheduled or a minimum allowance per day, whichever is greater.

All applicants will be required to take a written examination designed to test aptitude for performing the duties of the desired position. The general age requirement is at least 18 years of age. A physical examination will be required before appointment. Applicants for all of the positions must have a valid N.Y. State drivers license, demonstrate a safe driving record and must pass the road test to show they can safely drive a vehicle of the type used for the position.

All applicants must be citizens of, or owe allegiance to, the United States of America, or be non-citizens who have been accorded permanent resident alien status. All qualified applicants will receive consideration for employment without regard to race, religion, color, national origin, sex, political affiliation, or any other non-merit factor.



On Tuesday, March 6 Woodland Ave. School held a Jump-Rope-A-Thon sponsored by the American Heart Association. Grades 4, 5 and 6 and two teams of adults participated in this after school activity. The Jump-Rope-A-Thon is a team event, consisting of six jumpers taking turns jumping for a maximum of three hours. Jumpers rotate in sequence, when one tires, another member begins to jump. Each team member secures pledges for each minute the team jumps. This is a national event to help raise money for the American Heart Association to help fight heart disease and to aid in research. Many thanks to all the people who pledged support of our children and parents. A very special thanks to Miss Way, our Physical Education teacher, for giving so much of her time and energy in this national event. Woodland Ave. would also like to thank the teachers and friends involved as Judges in monitoring the jumpers. Much time and effort go into preparing for this worthy and tiresome endeavor. Congratulations to all our jumpers for their great stamina and team effort.

Group of Jumpers warming up for the Jump-A-Thon.

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St. Stephen's Hosts Seminary Choir

The Lutheran Church of St. Stephen, Hicksville, is pleased to announce that the choir from the Lutheran Theological Seminary, Philadelphia, Pa., will be giving a concert at 8:15 p.m. on Saturday, April 7. Under the leadership of Dr. Robert Bornemann, this 45 member choir has sung, by invitation, at several conventions of the United Lutheran Church in America, and the Lutheran Church in America (LCA). Recently the choir sang at the 1982 Biennial Convention of the LCA held in Louisville, Ky.

While the special emphasis of the choir has been Medieval and early Reformation music, the choir has also been active in new and contemporary experiments such as singing at Town Hall in New York City, where it was featured in a performance of the Missa Lactare (Mass Joy), a contemporary setting of the Lutheran liturgy, composed by Eddie Bonnemere, a well known jazz musician.

The choir has recorded several records for Fortress Press, including Missa Lactare, Festa, Montage, and Happy the People. Rev. Dr. Roland J. Perez, Pastor of St. Stephen, said, "What a wonderful opportunity for Christians in our area to add to their Lenten preparation."

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.....

LEGAL NOTICE
DOWNTOWN DEVELOPMENT COMPANY, 180 Harvard Dr., Plainview, NY. Substance of Certificate of Limited Partnership filed in Nassau County Clerk's Office Jan. 30, 1984. Business: Purchase, own, operate, lease and sell residential real property. General Partners: Bruce Manka, 262 E. 10 St., NYC; Melvin Grossgold 264 E 10 St., NYC; Steven Lansky, 180 Harvard Dr., Plainview, NY; Barry Stein 19 Wren Dr., Woodbury, NY; Andrew Rohman 58 Donald St., East Williston, NY; Steven Smith, 679 A Closter Dock Rd., Closter, NJ. Limited Partners, Contribution and Share of Profits: Harold I. Geringer, 2697 Covered Bridge Rd., Merrick, NY; Albert W. Lian, 161 Lovell Rd., New Rochelle, NY, \$50 each, 25% each. Term: January 27, 1984 to January 1, 2001. No additional contributions to be made. No agreed upon time for the return of contributions. No limited partner may substitute an assignee in his place without the prior written consent of the general partners, except if such assignee is a member of the limited partner's immediate family or a corporation of which the limited partner owns at least 80% of the issued and outstanding stock. Additional limited partners may be admitted. No priority among limited partners. Upon the death, retirement or insanity of a general partner, the remaining general partner or partners may continue the business. No limited partner may demand or receive property other than cash in return for his contribution. SA 7218 6x3/2.9.16.23.30;4/6

News From Road Runners

Members of the Plainview-Old Bethpage Road Runners Club continued their big winter road racing season with impressive performances in the March 3 "Footrace from Oldfields to Little Cow Harbor" in Greenlawn and the March 4 Olympic Village Winter Run on the NYIT campus at Old Westbury. Both races were 4 miles long.

The POBRRC Team of John Grever (22:21), Lee Bertram (22:38), Margaret Santoli (26:01) and Nancy Grever (27:29) powered their way to first place in the team competition in Greenlawn with a combined time of 98:29 that was more than seven minutes faster than their nearest competition. Nancy also took home individual 1st place honors in the women's 30-39 age group, and Margaret won the 2nd place trophy in the women's 20-29 age group. POBRRC's Erica Gassen (32:29) took home the 3rd place trophy in the women's 40-49 age group, outstripping her POBRRC Fast Feet teammate Amada Scola to the finish line by three seconds.

Other POBRRCers successfully completing the Greenlawn run included Rich Cazakoff, Larry Davidson, Jeff Jacobs, Doris Jacobs, Ed Langholtz, Alexandra Finger, Gail Pisciotta, Sue Polansky, and Club President Mike Polansky.

POBRRC came home with 11 individual trophies from the Olympic Village Winter Run, including 1st place trophies for Tracy Boyle (women's 15-19) and Geza Feld (men's 50-59), Nancy Ackley (women's 20-29), Merridy Intonato (women's 30-39), and Julie Shapiro (women's 40-49), 3rd place trophies for Liz Flavahan (women's 15-19), Ethel Sciria (women's 30-39), and Ruth Sturgess (women's 40-49), and a 7th place trophy for Art Koppelman in the men's 40-49 age group.

Doug Nassisi (22:11), Geza Feld (23:07), and Art Koppelman (a personal best 23:52) turned in the top POBRRC times in the Olympic Village 4 Miler, with Tracy Boyle (27:15), Liz Flavahan (28:03), and Nancy Ackley (30:02) tops among the POBRRC women.

Other POBRRCers successfully completing the Olympic Village Run included Roger Loberto, Gail Pisciotta, Frank D'Oria, Jeff Michael Kaufman, Marv Glassman, George Dennis, Mike Smith, John Boyle, Ed Fishkind, and Steve Shushan. In addition, Steve Shushan's daughter Lisa completed the 4 mile distance for the first time.

Berkeley School Honors Two

The Misses Denise Barletta and Josephine Tomaselli, both of Bethpage, are among those receiving honors at The Berkeley School of Long Island in Hicksville for the past term.

Miss Barletta has been named to the President's List from the intensive secretarial program. Daughter of Mr. and Mrs. Louis Barletta, Miss Barletta is a graduate of Holy Trinity High School, Hicksville.

Miss Tomaselli has been named to the Dean's List from the word processing program. Daughter of Mr. and Mrs. Albert Tomaselli, Miss Tomaselli is a graduate of Bethpage High School.



POBRRC's winning team of (L. to R.) Lee Bertram, Margaret Santoli, Nancy Grever and John Grever are all smiles after winning the team trophy in the March 3 "Footrace from Oldfields to Little Cow Harbor." All four are residents of Syosset.



Oyster Bay Town Councilman Douglas J. Hynes and Town Clerk A. R. Ocker chat with Ellen Connors and her daughter, Kelly, of Plainview during "Plainview-Old Bethpage Discovery Day." The two Town officials discussed the recreational, senior citizen, youth and handicapped programs the Town makes available to Plainview-Old Bethpage residents. "Discovery Day" was part of a series of special programs and events designed to increase community awareness and involvement.

NINE Friday, March 16, 1984 MIDLAND TIMES

Come to Central Federal's "no nonsense" IRA/Keogh Seminar



If you have not made your IRA/Keogh contributions for 1983 or 1984, you still have time to learn the facts. Our pension experts will discuss investment opportunities in the following areas: long and short term bank certificates of deposit—insured money market accounts—mutual funds—GNMA certificates—zero discount bonds—and a host of other financial instruments.

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Time: 2 PM
Place: Central Federal Savings, Broadway & West John Street, Hicksville, New York.
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Seating is limited. Please make your reservation by phone or send in the coupon today.



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Central Federal Savings, 249 East Park Ave., Long Beach, L.I. 11561 Attn: Marketing Department



Our Children

Mod hairstyle shocks Mom

By Willard Abraham, Ph.D.

Q. I have always tried to be a "modern mother," have read books on how to communicate and understand teenagers and attended meetings with other parents interested in developing skills for good parenting.

My two teenagers have been supportive of my career and have made it easy and enjoyable to be a parent. As a single parent, perhaps I have tried even harder than some to develop a strong family unit for the three of us.

Recently, a situation occurred that caused hurt feelings for the first time between my 17-year-old son and myself.

He always has been the model son, never causing any problems, has been in gifted student programs and always has been honest with me about his friends and how he feels about things.

About a year ago I started noticing some changes in his behavior, such as wearing his hair longer, T-shirts with questionable messages on them and staying out later than usual.

I didn't say anything because I thought he might be trying to be an "individual" or, as teenagers might say, "find out what I am about."

I mentioned to him that I would pay to have his long hair styled by a stylist employed by a modeling agency if he were interested. He reluctantly agreed after I emphasized how much it would please me since I was having important guests for the weekend.

When he returned from the stylist, I was both shocked and angered. He had gotten a "faddish" haircut, short on the sides, jagged in front and on top with a long narrow tail of hair tapered to a point hanging down his neck.

I was horrified and said some things in anger that hurt him. I overreacted, and he cut the long tail off with a pair of scissors. We haven't mentioned the incident since.

We both have hurt feelings, and I don't know how to approach him.

How should I have handled this situation, and what can I do now to recover the positive mother-son relationship we had? How can parents let teenagers make "a statement," to be "individuals," when their actions might be contrary to the parents' values and expectations?

A. Peer pressure is a pretty heavy obstacle for most parents to overcome. So if his hair, T-shirt and late-hour preferences are all consistent with his friends' choices, you may have to try adapting to them.

However, you apparently recognize some important factors in a sound parent-child relationship. They include the ability to communicate and respect for individual differences.

So it may be a good time for an open, calm discussion with him based on what you and he did and why.

The values and expectations we and our children have may differ, but certain rules are important as long as we feel some responsibility for their actions. One relates to knowing where they are and with whom. Compromise is part of the picture, too, for example, in approaching weekday and weekend night hours.

Q. Our state has a new law requiring young children to be secured while riding in motor vehicles. If 4 years old or younger and weighing under 40 pounds, the requirement will be enforced.

For many years I've been disturbed whenever I see a young child standing up or unsecured on an adult lap in a moving car, knowing what terrible things can happen.

This is such a good step forward, I hope it is being followed in other states, too. Isn't it sad that parents have to be legally required to protect their children?

A. Fortunately, all parents aren't negligent about the car safety of their youngsters. Those who are thoughtless in this way provide one more example of the desperate need we have for parent education. In his book, "Future Shock," Alvin Toffler wrote that "parenthood remains the greatest single preserve of the amateur."

Many of us aren't amateurs, however. We learned a great deal from the trial-and-error approach we used on our first born!

The literature of parenthood expands every year. Spock now has been joined by Brazelton, Apgar, Ginott and many others who help provide parents with practical, objective approaches to rearing children healthfully and happily. Love is very important, but it's not enough.

GRANDPARENTS- Send in your grandchildren's photos and enter our "World's Most Beautiful Grandchildren" contest. See the Notice column in the Classified Section for more information or call 931-0012.

Your Social Security



30 quarters needed to qualify

Q. I tried to get Social Security at age 62 but I only had 25 quarters. They said I needed 30. Now I am 65. Can I file for some kind of benefit? — D.G.C.

A. You would still need 30 quarters to qualify for Social Security.

If you have limited income and resources you might be eligible for SSI.

Contact your local Social Security office for more information on this.

Q. I am a hardworking young man and father of two children. I feel at a loss at the end of each pay period when the government deducts money for Social Security. Quite frankly, I don't believe in it (the system), nor do I think I will ever live long enough to see it.

Please explain a way for me to be "exempt" from Social Security. — J.T.

A. There is no exemption in your case from paying Social Security taxes.

You should consider also that Social Security is not just a retirement program. It can pay benefits to you and your family in the event you become disabled or to your survivors in case you die.

At age 65, it also gives you hos-

pital coverage.

Q. My husband and I have lived together nearly 31 years but never married. I requested a Social Security card many years ago which was sent to me with the same Social Security number as my maiden name.

I have my doubts about drawing Social Security without a marriage license. What do you suggest? — M.G.

A. Talk it over with someone at your local Social Security office. If a valid common-law marriage can be established you will be entitled to benefits as a wife.

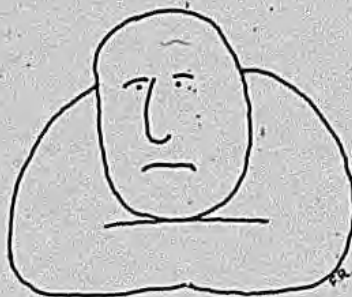
Q. I am receiving Social Security disability benefits. My wife is 48 and we have no children.

Is my wife entitled to any benefits on my account? — V.L.C.

A. No! Your wife will be eligible to receive benefits on your account when she is 62.

To be eligible prior to age 62 she would have to have a child under 16 (or a disabled adult child) in her care.

Gleeb Paul Lowney



I'm depressed.

Cheer up; everything will turn out all right; you'll feel better in the morning; look on the bright side.

I'm still depressed.

Every cloud has a silver lining; it's always darkest before the dawn; others are worse off than you; count your blessings.

I'm still depressed.

Didn't my words help you any?

They sound fine, but they have absolutely no bearing on my problems.

THE OFFICE CAT

By Gabby Tabby



WHEN IT COMES TO taxes, county governments are always for more. In Nassau Republican Purcell wants to make the 8.25% sales tax permanent. In Suffolk where the tax had been trailing Nassau, Dems want to raise it to 7.5%....**APPARENTLY** reports of the great power of Nassau Republicans and its leader, Mr. Margiotta, were long overrated. In a power struggle, Margiotta is being kept in prison for four more months than originally announced....**THE VILLAGE** of Brookville said it will wait and see whether it wants to go along with the Town on Five acre zoning for vacant land in the village. Brookville officials are unhappy that the Town gave permission to a condo to build near the land to be rezoned....**TWO JERICHO** people are now on the Landmarks preservation commission in the Town. They are Rose Hanson, a guidance counselor with the N.Y. City Bd. of Education and John Collins, who was reappointed as a member. He is with the Nassau County Dept. of Parks and Recreation....**A SENIOR CITIZEN** shellfishing permit has been raised from the lifetime fee of \$1.50 to \$5. The commercial fee (not a lifetime permit) has been raised from \$75 to \$100....**THE CRIME** report is published each week as a public service to alert 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 into the Lisadent Dental Lab, 111 Old Country Rd., Hicksville between Mar. 2 and 5. They entered through the front door and stole office and lab equipment....**THE SIDE** window of the Toale residence, 341 Hicksville Rd., Bethpage, was forced open between Mar. 1 and 6. No loss was recorded by police....**BURGLARS** broke into a house at 32 Gainsville Dr., Plainview on Mar. 7. The attempt was by breaking glass in a rear door but no entry was made....**BURGLARS** broke into the Varanio residence, 75 E. Marie St., Hicksville on Mar. 9. A TV and VCR were stolen....**BURGLARS** removed an exhaust fan to climb in the window of Jericho French Cleaners, 336 N. Broadway, Jericho on Mar. 7. Cash was reported stolen....**BURGLARS** also entered Shoetown, 335 N. Broadway, Jericho on Mar. 7. They came through the roof and stole cash and shoes....**BURGLARS** pried the vent on the roof of Pamper Cleaners, 248 N. Broadway, Jericho on Mar. 7 but no loss was reported....**OFFICER** Gary Creswell of the Second Precinct is recovering from injuries in the gas explosion at 153 Berry Hill Rd., Syosset on Mar. 6. He burned his right hand in assisting Sean Lowery, the plumber at the scene of the accident. That's all the news for now...G.T.

Library Trip To Museum

The Hicksville Public Library has arranged for a bus trip to the Brooklyn Museum and Botanical Gardens on Friday, May 11. The bus will leave Hicksville from Municipal Parking Lot #7 (behind Chroma Paint Store on Broadway between West Carl Street and West Cherry Street, north of Old Country Road). Permission has been granted for parking without a permit that day. The bus will leave Hicksville at 9 a.m. and return at 5 p.m. The cost includes

bus fare and guided tour of the Museum and Botanical Gardens. Lunch is not included. There is a cafeteria in the Museum and restaurants nearby. Reservations must be in by April 14. Pay by check or Money Order to the Hicksville Public Library. Register at the Circulation Desk. There will be no refunds unless there is someone to take your place. The cost will be \$11.50 for seniors and \$13 for adults.

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by Chris

Formerly Jens Florist

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Two More Burglary Arrests

In the continuing investigation of a Hicksville Burglary which occurred on February 22, on Alexander Avenue, in which \$105,000 cash was stolen, two more suspects have been taken into custody and charged with possession of some of the proceeds of the crime.

On March 3, Det. John Hall reports a 13 year old female juvenile turned herself in at the Eighth Precinct, accompanied by her parents. Charged with Criminal Possession of Stolen Property, she will appear at Family Court at a later date.

On March 8, Det. Sgt. Perry reports the arrest of a 16 year old student from Hicksville. He was arrested at the Eighth Precinct and charged with Criminal Possession of Stolen Property, 1st degree. He was arraigned on the charge at First District Court Mineola.

Further additional cash and items purchased with the stolen money have been recovered from other persons. These people were not charged with any Violations of law as they were unaware that the money was stolen when they received it as a gift.

LEGAL NOTICE NOTICE TO BIDDERS

The Board of Education of Hicksville Union Free School District of the Town of Oyster Bay, Nassau County, New York (in accordance with Section 103 of Article 5-A of the General Municipal Law) hereby invites the submission of sealed bids on:

BID Physical Education Equipment 1983/84:58 **BID** OPENING DATE March 27, 1984; **BID** Furniture - District Wide 1983/84:59 **BID** OPENING DATE April 2, 1984 for use in the Schools of the District. Bids will be received until 2 p.m. on the date specified, in the Purchasing Office at the Administration Building on Division Avenue at 6th street, Hicksville, New York, at which time and place all bids will be publicly opened.

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

The Board of Education reserves the right to reject all bids and to award the contract to other than the lowest bidder for any reason deemed in the best interest of the District. Any bid submitted will be binding for forty-five (45) days subsequent to the date of bid opening.

**BOARD OF EDUCATION
HICKSVILLE UNION FREE
SCHOOL DISTRICT**
Town of Oyster Bay
Nassau County
New York

Jane Wilder, District Clerk
Dated March 12, 1984
MIT 1682
1x3/16

Bank Welcomes Woodland Students



In-depth students enjoying their "cookie" snack served by the bank.



Mr. Bartholomey explaining The Lincoln Savings Bank's newest computer. Teacher, Patricia Cooney, looks on.

Woodland Avenue's In-depth Students visited Lincoln Savings Bank in order to learn more about banking, C.D.'s and interest rates.

The students raised money in a cake sale held on Founder's Day. Now, they will reinvest their capital in order to have "money-make-money."

Mr. Bartholomey, Bank

Manager, welcomed our students and personally escorted them on a tour of the bank's facilities. They toured the vault, teller's stations, auto teller, and were instructed to the newest computer equipment.

The children found their visit to be an educational experience, topped off by the serving of cookies.

Thank you, Mr. Bartholomey!

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Bethpage

Hearing Set For Office Bidg.

Oyster Bay Town Councilman Salvatore R. Mosca announced that the Town Board has scheduled an April 24 hearing date to consider an application for a change of zone in order to construct a three-story office building in Hicksville.

"The applicant, Rockwell Realty Co., is seeking a change of zone from a Residence "D" District to a Business "F" District for an irregularly shaped parcel of land located on the north side of West John Street, east of Meyers Avenue," Mosca said. The proposed building would be constructed for professional and business office use.

The hearing is scheduled for April 24 in the Town Hall East Hearing Room, Audrey Avenue, Oyster Bay, beginning at 10 a.m.

LEGAL NOTICE BROADWAY REALTY ASSOCIATES


Substance of Certificate of Limited Partnership filed in Nassau County Clerk's Office. Partnership name: Broadway Realty Associates. Business: Acquire, develop and manage real property in Bethpage, N.Y. Principal place of business: 356 Broadway, Bethpage, N.Y.

Names and residences of the general partners: Joseph Gelsheenen, 23 Walters Avenue, Cold Spring Harbor, N.Y.; Karen Box, 15A Totten Street, Bethpage, N.Y.; William Nelson, 216 Navajo Avenue, Amityville, N.Y.; Douglas Price, 600 Pine Hollow Road, East Norwich, N.Y.; John Probst, 4 Tuscan Court, Huntington Station, N.Y.; Richard G. Monaco, 3232 Gidder Lane, Bethpage, N.Y. Limited Partners: Bernard Tannenbaum, 32 E. 57 Street, N.Y., N.Y.; Richard L. Blumenthal, 488 Madison Avenue, N.Y., N.Y.; Carol Glick & Richard Glick, 205-34 Brian Crescent, Bayside, N.Y. Term of Partnership: Until December 31, 2010, unless sooner terminated as provided for in agreement. Cash capital contributed by each partner: Joseph Gelsheenen, \$31,500; Karen Box & William Melson, \$15,000; Douglas Price, \$63,000; John Probst, \$31,500; Richard G. Monaco, \$32,000; Bernard Tannenbaum, \$30,600; Richard L. Blumenthal, \$10,000; Carol & Russel Glick, \$5,000. Net profits (P) and losses (L) to be allocated as follows: Joseph Gelsheenen 15% (P) 2.5% (L); Karen Box & William Nelson 6% (P) 6% (L); Douglas Price 30% (P) 2.5% (L); John Probst 15% (P) 2.5% (L); Richard G. Monaco 14% (P) 14% (L); Bernard Tannenbaum 14% (P) 8.7% (L); Richard L. Blumenthal 4% (P) 15.8% (L); Carol & Russell Glick 2% (P) 8% (L). Partnership contributions will be returned at termination or at such time as general partners may determine.

Limited partners shall not contribute capital in excess of original contribution. No priority among limited partners. Partners have no right to receive property other than cash in return for their contributions.

BN 2366
6x2/17.24;3/2.9.16.23

Professional Guide

ADVISOR	Education
<p>Richard J. Sweeney Investment Advisor Registered S.E.C. 39 Magnolia Avenue Garden City, N.Y. 11530</p> <p>516-742-0915 SEC Reg. File No. 801.16487</p>	<p>The Tutoring Center for college bound high school students</p> <p>•Math •Biology •Chemistry •Physics •Reading •Writing •Study Skills •Test Preparation</p> <p>Rita S. Guiney, M.S. 105 Orchard Meadow Road Director East Williston, N.Y. 11590</p> <p>516-741-3513</p>
<p>Podiatrist</p> <p>Garden City Podiatry Associates Dr. Charles D. Kaplan F.A.A.F.S. Dr. Denis LeBlang F.A.A.F.S. Podiatric Surgery - Podiatric Medicine</p> <p>By Appointment 895 Franklin Avenue (516) 248-1616 Garden City, N.Y. 11530</p>	<p>"Computer Assisted"</p> <p>College Find College Admissions Counseling & Financial Aid Planning</p> <p>Frank V. Vivona, MS (516) 747-0584 Licensed Counselor Home Office</p>
<p>Dr. Todd Rotwein •In Office Treatment of Corns, Calluses, Bunions, Hammertoes, Ingrown Nails and Warts • Children's Foot Problems •Medicare-Most Major Meds •Orthotic •Housecalls</p> <p>Hempstead Professional Bldg. 131 Fulton Ave., Hempstead 11550 (Opposite A&S)</p> <p>IV 1-7414 IV 1-7900</p>	<p>ALCOHOLISM TREATMENT</p> <p>877-2300</p> <p>Breakthrough Center Alcoholism and Drug Information and Counseling "Free Consultation"</p> <p>648 Franklin Ave., Garden City, N.Y.</p>
<p>Stephen L. Pitcoff, D.P.M., F.A.A.F.S. Bruce A. Rudin, D.P.M. Pediatric Medicine and Surgery</p> <p>By Appointment 101 Hillside Ave., Suite C (516) 746-7245 Williston Park, N.Y. 11596</p>	<p>SPEECH THERAPIST</p> <p>(516) 621-0808 29 Prescott Street 741-8482 Garden City, 11530</p> <p>Lynda L. Trotta, M.A., C.C.C. Licensed Speech • Language • Hearing Pathologist By Appointment</p>
<p>STOCK BROKER</p> <p> Jerome W. Nammack III (212) 639-2400 Account Executive (516) 421-3934</p> <p>Individual's Securities, Ltd. Stocks, Bonds, Options</p> <p>91-31 Queens Blvd. 800-845-5000 Elmhurst, N.Y. 11373</p>	<p>Free Consultation</p> <p>Pauline L. Tamari, Ed.D. Speech-Language Pathologist C.C.C.</p> <p>12 Pond View Drive Muttontown, N.Y. 11791 (516) 496-3508</p>
<p>send in your card \$6.50 per week Call 931-0012</p>	<p>FINANCIAL PLANNING</p> <p>Free Office Consultation 742-5680</p> <p>Erik J. Englehardt, C.F.P., C.P.A. CERTIFIED FINANCIAL PLANNER</p> <p>1205 Franklin Ave., Garden City</p>

In Service

Marine Sgt. Keith H. Gaines, son of Lewis P. Gaines of 54 Bobwhite Lane, Hicksville, has reported for duty at Marine Corps Air Station Iwakuni, Japan.

Navy Seaman Recruit Louis E. Collazo, son of Frank and Benedicta Collazo of 42 Salem Road, Hicksville, has completed recruit training at the Naval Training Center, Great Lakes, Ill.

During the eight week training cycle, trainees studied general military subjects designed to prepare them for further academic and on-the-job training in one of the Navy's 85 basic occupational fields.

Included in their studies were seamanship, close order drill, Naval history and first aid.

Pvt. John G. Staudt, son of John W. and Anne E. Staudt of 78 Silber Avenue, Bethpage, has completed basic training at Fort Jackson, South Carolina.

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

He is a 1983 graduate of Bethpage Senior High School.

Airman Gregg J. Luchese, son of Thomas P. and Karen Luchese of 39 Barnum Avenue, Plainville, has completed Air Force basic training at Lackland Air Force Base, Texas.

The airman, who is remaining at Lackland for specialized

training in the communications-electronics field, studied the Air Force mission, organization and customs and received special instruction in human relations.

Completion of this training earned the individual credits toward an associate degree in applied science through the Community College of the Air Force.

He is a 1982 graduate of Bethpage High School.

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.....

Help Wanted - Sales

A part time permanent opening will be available in March for someone interested in selling for the expanded Discovery section of this newspaper. Some selling experience would be helpful. Salary and commission arrangement. Call Mrs. Pakaluk WE. 1-0012.

Professional Guide

PAGE THIRTEEN Friday, March 16, 1984

ATTORNEY

John J. Sullivan

Attorney at Law
Wills • Estates
Closings • Corporations
Business Transactions
and Criminal
1639 Hillside Avenue
New Hyde Park, N.Y. 11040 (516) 775-7109

Anthony F. Iovino

Attorney at Law
1619 Jericho Turnpike
New Hyde Park, New York 11040
Negligence • Family Law
Business Law • Real Estate
(516) 328-9118 (212) 347-2229

Sperl and Reers

Attorneys at Law
Wills Estates Marital Real Estate Income Tax Business
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Williston Park, N.Y. 11596 516-742-1000

Deegan, Scibilia and Reardon

Attorneys and Counselors at Law
195 Willis Avenue
Mineola, New York, 11501
516-248-8987 (516) 294-9842 (Evenings)
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Matters, Corporate and General
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Marion C. Rice - John S. White

Peter J. Eliseo

Attorney at Law
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General Litigation
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East Williston, N.Y.
742-3341

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ACCOUNTANT

Thomas D. Musnicki

Certified Public Accountant
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Garden City, N.Y. 11530
516-747-4723

Frank W. DePietro

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Oyster Bay Town Councilman Kenneth S. Diamond joins members of the Plainview Chapter of Women's American ORT for a ceremonial sign change to help mark the organization's annual membership campaign. On hand for the occasion were, left to right, Membership Vice President Susan Zelkowitz, President Laura Martin, Special Projects Vice President Shelley Kirchenbaum and Re-Enrollment Vice President Zella Miller.

News From Bethpage Library

Storytelling Contest Gala Grand Finale at the Bethpage Public Library

On Saturday, March 31 the Gala Grand Finale of the Long Island Storytelling Contest will be held at the Bethpage Public Library. The judging and awards ceremony will begin promptly at 2 p.m.

At this time, the district school winners will tell their stories before the judges and the two all-district winners (one fourth and one fifth grader) will receive their gilded trophies presented by a representative of Citibank, 1125 Old Country Road, Plainview. Citibank will also present \$15.00 awards to each of the nine school winners. All family members and friends of the school winners are invited to the storytelling gala, along with any youngster who participated in the contest in the Bethpage District. Refreshments will be served.

The fourth and fifth graders who took part in the contest each learned a fairy or folk tale by heart that was told in their school contests. All young storytellers on the school level received certificates of participation and a coupon for a Burger King Whopper Junior, courtesy of Burger King Corporation, 4201 Hempstead Turnpike, Bethpage.

The young storytellers of Bethpage attended storytelling workshops at the Bethpage Public Library, selected stories that they liked, learned to share them with their families and friends, and generally had a good new experience and lots of fun.

For information, please call 931-3907.

"Superman" at the Bethpage Public Library

On Saturday, March 17, the Bethpage Public Library will pre-

sent a famous mini-movie "Superman" (color - 142 min.) for school-age youngsters.

Come on over and join the fun when the renowned comic-book hero, who is faster than a speeding bullet and more powerful than a locomotive, leaps to life in an action-packed fantasy adventure! Christopher Reeve plays the man of steel in this thrilling feature offering extraordinary special effects and a star-studded cast including Marlon Brando, Gene Hackman, Glenn Ford, Margot Kidder, and Jackie Cooper.

Showtime is 2 p.m. Young people residing in District #21 are invited to attend and tickets are now available in the Bethpage Children's Room.

For information, please call 931-3907.



Ron Grimaldi (c), President, Bethpage Civic Association, refers to an aerial photo of the present Bethpage Long Island Rail Road site to make a point about the Rail Road's proposed electrification plan to Senator John Dunne (L.) and Assemblyman Fred Parola. Dunne and Parola convened a special community hearing at the Bethpage High School on March 1 to solicit input from local residents and businessmen regarding Long Island Rail Road proposed changes in the location or layout of the Bethpage station. The meeting was also attended by Town of Oyster Bay Councilman Sal Mosca, Assemblyman Phil Healey and representatives of the Long Island Rail Road.

PTSA Meets March 22

PTSA General Meeting "Substance Abuse is Everyone's Problem" in the Little Theatre of the Senior High School on Thursday, March 22, at 8 p.m. presented by Hicksville Junior and Senior High School PTSA.

Mr. Harry Meyers, Superintendent from the Town of Oyster Bay Department of Community Services will present a film and speak on general substance abuse. There will also be a panel of local people including a social worker from the Hicksville Senior High School and a representative from SADD - Students Against Drunk Driving.

An invitation is extended to all sixth grade, junior and senior high school parents and students. Refreshments will be served.

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Legal Notice

125 Bethpage Associates
C/O Edward Blumenfeld,
6800 Jericho Turnpike,
Syosset, NY 11791. Substance
of Certificate of Limited
Partnership filed in Nassau
County Clerk's Office on
February 8, 1984. Term: To
December 31, 2042 unless
sooner terminated. Business:
To acquire, own and operate
real property. General
Partner: Edward Blumenfeld,
7 The Dogwoods, Roslyn
Estates, N.Y. Limited Partner
and Cash Contribution: Susan
Blumenfeld, 7 The Dogwoods,
Roslyn Estates, N.Y., \$10.00
The Limited Partner receives
99% of the profits or other
compensation by way of in-
come. The General Partner, in
his discretion, may admit or
permit the substitution of
limited partners. On the
death, retirement or insanity
of a general partner, the
remaining general partner or
partners have the right to
continue the business, and, if
there shall be no remaining
general partner, the limited
partners may appoint a
general partner who shall then
have such right.
SA 7217

6 X 2/17,24; 3/2, 9, 16, 23

LEGAL NOTICE
WEDGEWOOD REALTY CO.

Substance of Certificate of Limited Partnership filed in the Nassau County Clerk's office on January 27, 1984. The name of the partnership is WEDGEWOOD REALTY CO. The character of the partnership business is to engage in the general business of purchasing, selling, exchanging, developing, managing, financing and leasing real estate. The principal place of business of the partnership is 120 Bethpage Road, Hicksville, New York 11801. The general partners are JEFFREY P. MULLINS, 11 Little Harbor Road, Mt. Sinai, New York 11766; and PAUL J. MULLINS, 50 Meldon Lane, Albertson, New York 11507. The limited partners, their addresses and amounts contributed are as follows:

- (Listed as Names, Addresses and Contributions)
- Philip W. Lobo, 10 Blazier Road, Warren, N.J. 07060 \$58,400.00
- Lée Korn and Gloria Korn, 53 Diana's Trail, Roslyn Estates, N.Y. 11576 \$58,400.00
- Michael Weinberg, 3 Red Ground Road, Old Westbury, N.Y. 11560 \$58,400.00
- Joseph and Linda Maurelli, Box 4058 Farwell Court, LaPlata, Maryland 20646 \$58,400.00
- Roger and Linda Blake, R.R. 3 Box 296 Holly Lane, Woodstown, N.J. 08098 \$58,400.00
- Jeffrey P. Mullins, 11 Little Harbor Road, Mt. Sinai, New York 11766 and Paul J. Mullins, 50 Meldon Avenue, Albertson, N.Y. 11507 \$58,400.00
- Joseph and Arlene Torre, 612 N. Queens Avenue, Lindenhurst, N.Y. 11757 \$58,400.00
- O'Brien, Carrier & Lynch, Esqs., 99 Jericho Tpke., Jericho, N.Y. 11753 \$58,400.00
- Michael Katz, 46 Willett Road, Old Westbury, N.Y. 11568 \$58,400.00

There shall be nine shares and each share shall be equal. The above named limited partners shall contribute the amount in installments as respects each share as follows:

- a) on June 1, 1983 \$8,900.00
- b) on March 15, 1984 \$18,000.00
- c) on March 15, 1985 \$17,700.00
- d) on March 15, 1986 \$13,800.00

There will be no obligation to make additional contributions to the capital of the partnership.

TERM: Partnership shall commence on June 1, 1983, and shall continue until May 31, 2013, unless the partnership is sooner dissolved and terminated as provided by law. The contribution of the limited partners to be returned to them upon dissolution of the partnership. The general partner shall not be personally responsible for the return of the contribution of the limited partners. Operating profits and losses shall be allocated 99 percent to the limited partners and 1 percent to the general partners. Allocations of profits and losses from the sale or other disposition of the property shall be allocated 99 percent to the limited partners

LEGAL NOTICE

and 1 percent to the general partner except that profits shall first be allocated to the capital accounts until the negative capital amounts are eliminated and thereafter in accordance with cash distributions.

ALLOCATION OF CASH DISTRIBUTIONS: Distributions from operating cash flow shall be allocated 99 percent to the limited partners and 1 percent to the general partner.

Distributions of cash flow from refinancing, sale or other disposition of the property shall be allocated in the following priority and amounts:

- a) An amount equal to the limited partners initial capital, reduced by any prior distributions from refinancing, sale, or other disposition of the property; then
- b) An amount equal to the required capital contributions (pursuant to the negative cash flow guarantee), reduced by any prior distributions from the refinancing, sale or other disposition of the property; then
- c) 75 percent to the limited partners and 25 percent to the general partner; then
- d) Any negative cash capital in the general partner's capital account shall be repaid to the partnership.

A limited partner may not assign, sell, transfer, pledge, hypothecate or otherwise dispose of his limited partnership interest in whole or in part to any person or except on consent of the general partner.

The general partner shall not have the right to admit additional limited partners without the unanimous consent of the general partners.

No limited partner shall have any priority over other limited partners as to contributions or compensation by way of income.

Should both of the general partners die, retire or become insane, the Partnership shall be expeditiously terminated.

A limited partner shall have no right to demand and receive property other than cash in return for his contribution. BN2367

6 x 2/24; 3/2, 9, 16, 23, 30

Lee Ave. PTA General Meeting

On March 20, Lee Avenue PTA will hold their general meeting in the All Purpose Room at the school. This meeting is open to the general public and will begin at 7:30 p.m.

The guest speaker at this meeting will be Dr. Jeffrey L. Lubin, pediatric optometrist specializing in visual and perceptual problems of children and adolescents. Dr. Lubin will describe visually based learning problems that can hamper reading and academic performance. Many of these problems have little or no relationship to the need for glasses. There will be a slide presentation and questions may be asked by the audience. We hope you will try to attend.

Grossmans To Be Honored

On March 31, The Hicksville Jewish Center will have a cocktail party honoring Rabbi & Ruth Grossman for 25 years of service to our community.

How fortunate it is that 25 years ago a young Rabbi and his wife, with their three children were looking to relocate in New York Rabbi Grossman and our Board of Trustees negotiated a contract and the Hicksville Jewish Center hired the Rabbi they so badly needed. Twenty five years is a long time. Many congregation members have come and gone but Rabbi Grossman is still here serving all who need him.

The Rabbi and his wife have many demands on their time, and the responsibilities can be overwhelming. The door to their home is always open and they are both gracious and accommodating. Involvement in the Temple has always been above and beyond what would be expected of anyone. It is a privilege to honor our Rabbi and his wife.

Anyone from the community that would like to join us on March 31 is welcome. If you would like further information call the Hicksville Jewish Center at 931-9323. You will be told who to contact.

Workshop For Teachers

District-wide workshops have been held for all teachers of Kindergarten, first, second and third grades during the past few weeks in the Board Room at the Administration Building of the Hicksville Public Schools. A fourth grade teachers' workshop will be held at the end of March.

The workshops were conducted by Beverly S. Brown and Elayne Kabakoff, district coordinators of the elementary enrichment program. Highlights of these grade level workshops were demonstrations of techniques for the development of creative thinking skills in all children and the presentation of new ideas and methods for developing creative writing skills, beginning with kindergarten children. In addition new curriculum interdisciplinary units, written by teams of teachers last summer, were reviewed and techniques for their implementation were discussed.

The ongoing district in-service training of teachers and the sharing of new materials and ideas have been well received by the staff. Activities like this workshop series are aimed at maintaining and improving the high quality of educational programs offered by the district.

Crime Unit At PTA

Willet Avenue PTA at its next meeting on March 19, at 8 p.m. will be featuring the Nassau County Police Department's Crime Prevention Unit's presentation on home protection, with a film and question and answer period.

Willet Avenue School in Hicksville welcomes its neighbors and friends in their community to join them at this informative meeting. Refreshments will be served afterwards.

Five Receive Berkeley Honors

Five area residents are among those receiving honors at The Berkeley School of Long Island in Hicksville for the past term.

Named to the President's List from the professional secretarial program is Miss Patricia A. Becker of Hicksville; from the executive secretarial program, Miss Suzanne Sommer of Levittown.

Named to the Dean's List from the fashion marketing and management program is Miss Lauri Janko of Levittown; from the intensive secretarial program, Miss Jacqueline M. Phillips of Hicksville; from the word processing program, Miss Kathleen Hannan of Levittown.

Art Society Announces Winners

In his critique of the Independent Art Society membership show Art Director and recognized watercolorist Jim Ford complimented the group on the quality of the works exhibited, and commented in detail on his criteria for prize selection.

President Louise LaGatta presented Awards of Excellence to Al Bossong, Carolyn Clark, Russell Cruta, Mimi Doherty, and Matt Weiderich. Honorable Mention ribbons went to Eleanor Abrams, Shiri Brocette, Walter Enderlein, Gini Hillman and Al Stack. Congratulations to all.

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'MURDER ME, MURDER YOU'

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9-11PM NBC (8 Central/Mountain)

THE BORDER



JACK NICHOLSON

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9-11:29PM ABC (8 Central/Mountain)

ABSENCE OF MALICE



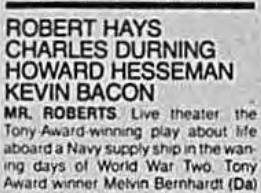
PAUL NEWMAN
SALLY FIELD

ABSENCE OF MALICE Cracking tale of an unscrupulous prosecuting attorney who manipulates an aggressive reporter (Field) into pressuring an honest but vulnerable businessman (Newman).

MON., MARCH 19

9-11PM NBC (8 Central/Mountain)

MR. ROBERTS



ROBERT HAYS
CHARLES DURNING
HOWARD HESSEMAN
KEVIN BACON

MR. ROBERTS Live theater the Tony Award-winning play about life aboard a Navy supply ship in the waning days of World War Two. Tony Award winner Melvin Bernhardt (Da) will direct the classic American drama-comedy.

TUES., MARCH 20

9-11PM CBS (8 Central/Mountain)

GETTING PHYSICAL A young lady initially becomes interested in female bodybuilding as a means of self-defense. However, while she concentrates on the building up, other parts of her life are breaking down. "Working out" doesn't work out with her family, friends and the man she loves.

SUN., MARCH 25

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

ALIEN

ALIEN "Jaws in outer space" Director Ridley Scott (Bladerunner) keeps the pace taut and the terror timely. Not for the faint of heart.

TUES., MARCH 27

9-11PM CBS (8 Central/Mountain)

TERRIBLE JOE MORAN
JAMES CAGNEY
ART CARNEY



TERRIBLE JOE MORAN Cagney, in his first telelick, is former boxing champ Joe Moran. Long past his ring days, he lives in comfortable retirement in a New York City brownstone. His loyal companion is Troy (Carney), an ex-fighter himself, who serves as Joe's cook/housekeeper.

sports
THUR., MARCH 15

11:30PM-7 CBS (10:30 Cent./Mount.)
BASKETBALL First round NCAA Championship Tournament, with teams to be announced, of course.

NCAA

FRI., MARCH 16

11:30PM-7 CBS (10:30 Cent./Mount.)
BASKETBALL First round: the NCAA Championship Tournament.

ST. PATRICK'S DAY

12 Noon-7 CBS (11AM Cent./Mt.)
BASKETBALL Second-round regional coverage... an NCAA Championship Tournament tripleheader.

3-30-5PM ABC (2-30 Cent./Mount.)

PRO BOWLERS' TOUR

4-5PM NBC (3 Central/Mountain)
SKIING The John Denver Celebrity Classic from Heavenly Valley, California, with Bruce Jenner, Bill Macatee and Mr. Denver himself.

5-6PM NBC (3 Central/Mountain)



5-6:30PM ABC (4 Central/Mountain)
WIDE WORLD OF SPORTS

SUN., MARCH 18

1PM-7 CBS (Noon Central/Mount.)
BASKETBALL Second-round NCAA Championship regional twinbill. Live.

2:30PM-7 ABC (1:30 Cent./Mount.)
PRO FOOTBALL USFL game, tba.

2:30-4:30PM NBC (1:30 Cent./Mt.)
GOLF Bay Hill and Lodge Classic.

4:30-6PM NBC (3:30 Cent./Mount.)
SPORTSWORLD Boxing highlights.

THUR., MARCH 22

11:30PM-7 CBS (10:30 Cent./Mount.)
BASKETBALL Regional semi-final of NCAA Championship Tournament.

FRI., MARCH 23

11:30PM-7 CBS (10:30 Cent./Mount.)
BASKETBALL Regional semi-final of NCAA Championship Tournament.

SAT., MARCH 24

Noon-7 CBS (11AM Cent./Mount.)
BASKETBALL NCAA Tournament regional finals. Doubleheader.

3-4:30PM NBC (2 Central/Mountain)
SPEEDWORLD Stadium Super-cross in Anaheim.

3:30-5PM ABC (2:30 Cent./Mount.)
PRO BOWLERS' TOUR

4:30-6PM CBS (3:30 Cent./Mount.)
SPORTS SATURDAY/SUNDAY

SUN., MARCH 25

Noon-1:30PM CBS (11AM Cent./Mt.)
SPORTS SATURDAY/SUNDAY

1:30PM- CBS (12:30 Cent./Mount.)
BASKETBALL NCAA Tournament regional finals. A doubleheader.

2:30PM-7 ABC (1:30 Cent./Mount.)
PRO FOOTBALL USFL game, tba.

2:30-4PM NBC (1:30 Cent./Mount.)
SPORTSWORLD World Cross Country Championships featuring runners from 50 nations.

4-6PM NBC (3 Central/Mountain)
GOLF Women's Kemper Open.

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FTC Report Mar. 1983.
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av. per cigarette by FTC Method.

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through Input, special family features, and classified ads that are
nearly as interesting as the news columns.

Friday, March 16, 1984



DISCOVERY



Faerimist--
Relics From
The Ancient Past

Page 3





THE QUESTION OF THE WEEK

Do you think that union funding of candidates in the Democratic Primary was helpful to the cause of unionism? Did it hurt candidates?



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Ground Rules
You are not limited to the above
but may talk on any subject of
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•One subject to a caller per week•

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1. Wait for the beep.
2. Confine your INPUT to one subject.
3. Limit your opinion to five minutes (make notes before calling)
4. Leave your name and telephone, or simply use a pen name. (your message can be anonymous)
5. Publishers reserve the right to edit, modify or omit any and all material.

Some Callers Think Politics Spoil Parade

Callers were divided in their opinions on whether the St. Patrick's Day Parade has been overshadowed by politics in answer to this question: "Do you think that the Annual St. Patrick's Day Parade has allowed politics to overshadow the enjoyment of the parade?"

NEEDED ATTENTION

Yes. To a certain extent the entrance of factions for and against the IRA has cast a shadow over the parade. But I believe that the parade should face reality. There are problems in Ireland, the North or Ireland in particular that must be brought to the attention of the world. There is no other way of getting the needed attention than by something in the parade focusing on it. **H.M.**

MANY OPINIONS

The parade is still strong and will continue to be the greatest event in New York. It is a parade that is open to all factions and for this reason there has to be differences of opinions among those who participate in it. We all want unity and the parade expresses a form of unity even if there is some bitterness. **R.B.**

VIOLENCE WRONG

It is a shame that factions of the IRA are using the parade to get across their wrong philosophy that anything can be won through violence. It has hurt the parade but not mortally wounded it. We will all work to keep politics to a minimum and the enjoyment of Paddy's day to the maximum. **J.D.**

STILL GREAT

There are those who would hope that the St. Patrick's parade should be banned but they always have disliked this event. In spite of many differences among the organizers of the parade and even among those who march in it the parade is still the happiest occasion in the year. There is no other parade that brings so much good cheer. Coming at the end of winter it is even more welcome. I do not like to see the IRA get into the parade but it will take more than them to ruin it for me. **N.D.**

END NEAR

The parade is hurt by the political factions. It is presently just a shadow of what it used to be and the enthusiasm is waning. Those who miss the parade are to blame. It is conceivable that there will be no parade at all within five years. There is an addition to politics too much public drinking among youth during the march. This is also doing much to bring about the end of the parade. **J.G.**

GREAT SAINT

There will always be a St. Paddy's parade so long as there are two or more Irishmen in Town. Politics has little to do with it for me. I want to see a united Ireland and an end to the rule of the north but it takes more than a parade to bring this about. On Mar. 17 the day commemorates a great saint and I want to celebrate it to the fullest. **F.K.**

POLITICAL PERIL

I don't like to admit it but I do feel that the Annual St. Patrick's Day Parade has allowed politics to dilute its enjoyment. Until recently, everyone Irish or not, looked forward to the annual event as a public exhibition of ethnic pride and millions of Americans without ancestral heritage wore the green nevertheless with almost a real sense of belonging on March 17. It is easy perhaps, for me to submerge the elements of conflict in a desire to elevate the stature of the Irish as a proud and happy people but it seems to me that this is what must be done objectively by the sons and daughters of Ireland in this country to enable the St. Patrick's Day Parade to regain its true meaning. **P.G.S.**

PAST ISSUES

RIGHT ON RED

I would like to know what the people think of the law that allows you to make a right turn on a red signal. I would like to know if they think it should be repealed and if the law was worth it for all the trouble it causes.

PRIMARIES BETTER

I think the primaries are a better way of finding candidates than the smoke-filled rooms were. They were detrimental and until a new or better way comes along, I guess the primaries will be producing our candidate.

POLITICAL VIEW

Now that this is an election year President Reagan has suddenly become very religious and makes pious speeches. But his actions, regarding the hungry and the homeless, don't bear out his Christianess. According to the White House press office he last attended Sunday church services in June of last year. There is no need to set a minute of prayer anywhere. Praying should be done in a church or at home or on the way to school. **E.S.**



DISCOVERY



Faerimist-- Relics From The Ancient Past



By Sally Moran

Most of us are familiar with the symbols of Saint Patrick's Day. Greeting cards depict leprachauns, dancing peasants, shillelaghs. Many of us wear green and greet one another with "top o' the morning." Thousands participate in parades, replete with stately Irish wolfhounds, flags imprinted with harps and "Erin go Bragh." Afterwards many of us indulge in a wee drop.

Saint Patrick? Perhaps, but many of the festivities of the day are relics of our ancient past.

Come now with Maere, an Irish colleen, celebrating the arrival of Spring in Eirann long before Phaldrig touched the shores of that fair isle...

Maere stirred upon her bed of furry skins. She looked around at her surroundings - a cozy round room, earthen floor, thatched roof, fragrant herbs. Here she lived with her parents and siblings. Every aspect of her life was designed to curry favor from the gods. Each season of the year was deeply involved with rites designed to bring fertility, health and safety.

Maere shivered as she remembered which day was dawning. Today marked the beginning of Spring. Today reflected the truce between the god of shadows, darkness and the god of warmth, light. Today the time was perfectly balanced between night and day. Already her parents were busily involved with preparation for the day's celebration. The rituals began precisely at dawn - the top- of the morning.

Last evening at nightfall all fires in the tribal dwellings were extinguished. Today at dawn a new fire was ignited. It would be used to light the twirling wands.

Mother groomed the wolfhounds and applied the bright blue dye which they would display during the procession. Father washed his hair with limestone water and dyed it blue. Mother, Maere and the colleens dressed in loose-fitting garments and plaited their hair with greens. It was so early in the year that the only plants which were green were the shamrock and the mistletoe. Since the mistletoe was reserved for the Druids, the women wore shamrocks. Green was worn to symbolize fertility - fertility of women, animals, crops.

When all were ready, they congregated for the great procession. Everyone participated in the procession. It was structured to ward off faerie spirits and to insure fertility. The procession was noisy and colorful. It wound around every dwelling, passed across the fields, and terminated near the groves of oak, hazel, or rowan. The procession formed up amid much noise, excitement, confusion. Everybody was anxious to be in the right spot. Musicians tried their instruments. Much shouting and calling added to the clamor.

The great blue-dyed wolfhounds and the leaders of the tribe placed first. The leaders carried large cudgels, swinging them at unseen beings. These cudgels were made of oak taken from the great oak forest at Shillelagh.

They were followed by the drummers and the reed pipers who created a constant rhythmic din. The loud thumping music discouraged evil spirits.

Next came the fire carriers who flung twirling flaming rods high into the air. The twirling wands of fire chased away disease and death.

Following this fearsome group, the women of the tribe marched along carrying seeds, eggs and other symbols of fertility. They led cattle, sheep and goats.

Last, but far from the least in the procession, came the harpers. The harp was a divine instrument granted to Eirann after a fierce war of the gods. It could call forth joy, sorrow, love, and, even death.

Maere joined in the joyful parade. She was clad in bright colors, wore green shamrocks in her hair. She marched in time with the beating of the drums. Maere was thrilled at the sights and sounds of this day.

Now the procession reached the field. Here, Maere watched, intrigued, as the young men danced lively, leaping athletic steps to the accompaniment of the musicians. How handsome they looked! How strong! Each gossoon (young man) leaped as high as he could. Everyone knew that the crops would grow as high as the gossoons leaped. Maere joined hands with other colleens and danced around the fire as the gossoons continued to leap around and over it. By leaping over the fire, the gossoons purified the tribe and the seeds which would be sown on the morrow.

Following the dance the feast began. Berries, nuts, bread, eggs, cheeses were passed around along with mead, barley beer and poteen. All must eat and drink heartily to symbolize the bountiful harvest expected from this Spring's crop.

As the shadows lengthened, the entire procession proceeded to the forest grove. Here the resident Druid prayed to the gods, sacrificed some small animals, and shook the mistletoe from the stately oak. Ah, the mistletoe! The mistletoe was a grand and powerful plant. It grew magically from the strength of the mighty oak. And it could never be cut except by a golden sickle...and then, only on certain magical days. Today was not one of the days to cut the mistletoe. Today the Druid must use his magic, tell the runes, and shake the mistletoe from its place on the oaktree. And when the mistletoe was loosened, it must be caught before it touches the ground. For if the mistletoe touches the ground, it meant all kinds of disaster. So, as the Druid performed his sacred rites, Maere and the others watched, tense, anxious, hardly daring to breathe!

At last the mystical greenery fell into the Druid's upstretched hands. A great cheer arose from the watchers. Now the tribe would be blessed for the season. Now all would have the luck of the Irish!

The shadows stretched into twilight. The surrounding hills were spattered with gold. Maere wended her way homeward. She pondered the events of this day...starting at the top of the morning - the parade, the music and dancing, eating and drinking, the wearing of the green. She remembered the shillelaghs, the shamrocks, the wolfhounds, the harps, the twirling batons.

Maere uttered a prayer to the sun god, Lugg, to protect her from the leprachauns, the wee people, and hoped Eirann would last forever - Eirann go Bragh.

HAPPY SAINT PATRICK'S DAY!

ABOUT THE AUTHOR

Sally Moran lives in Garden City. She is a Registered Professional Nurse having earned a Masters Degree from Adelphi University. This is her first contribution to *Discovery*.

The Scales of Justice

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READER RATINGS



YOU CAN BE A RESTAURANT CRITIC - If you visit any of the restaurants selected for inclusion in this section - call WE 1-0077 at any hour and tell your ideas. We want you, the reader, to be our critic. Your message then can be printed in this space.

DINING TREAT

It is always a treat dining at the Milleridge Inn, and it remains one of our very favorite restaurants. The cuisine is hearty, traditional American food and the portions are more than generous. We love the atmosphere and in particular enjoy Milleridge Village which is a replica of an eighteenth century shopping center, complete with stocks, carriage and provisions from, The Grandma Shop. There is a Bakery and Candle Shop as well as a General Store with many items produced especially for Milleridge. My friends took me there to celebrate by birthday, we were given a very private table and I can truly say that it was one of the nicest birthday parties. After lunch we enjoyed shopping in the Village and were able to pick up unusual little items at modest prices, and one of the items we all brought home were the little loaves of bread that Milleridge is famous for.

F.D.

★★★★ MIKE McGRADY - Dec. 25, 1983

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READER RATINGS

Restaurant Guide

YOU CAN BE A RESTAURANT CRITIC - If you visit any of the restaurants selected for inclusion in this section - call WE 1-0077 at 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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To Owners of Good Restaurants:

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Where Our Readers Have The Last Word

This newspaper, and the seven other weekly newspapers associated with it, publishes the last word in restaurant 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 continuing part of the guide.

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

(Guide to Good Dining)

READER RATINGS

Restaurant Guide



GREEK SALAD

The Old Lighthouse is really humming these days. This restaurant is in the same building that housed Frank's Alibi in Hicksville for many decades, but it is completely changed both in decor and management.

While the Old Lighthouse is

getting famous in Hicksville for fish it still sports a wonderful menu of Italian food including veal scallopine. And it features Greek Salad which may be substituted on the meal for a regular tossed salad. The Lighthouse turned out to be a great experience last Thursday and we want to recommend it to all of your readers. J.S.

★★★★

quoted by Mike McGrady, Jan. 1, 1984

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Luncheon
Specials \$6.95
served with
Irish Coffee

**PLUS
Our Usual
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Complete
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• Seafood au Gratin
All Specials Served with Irish Coffee for Dessert

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• Irish Lamb Stew
or
• Seafood au Gratin

Music at the Piano Organ of all your favorite Irish Melodies by Hank Faller, Friday & Sat. Nights

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Private Dining Room Available for Parties Most Major Credit Cards

Reserve Early

READER RATINGS

YOU CAN BE A RESTAURANT CRITIC - If you visit any of the restaurants selected for inclusion in this section - call WE 1-0027 at 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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Lunch or Dinner
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MONDAY	BEEF & REEF	\$9.95
	8 oz. Shell Steak & Stuffed Shrimp	
TUESDAY	BAKED STUFFED SHRIMP	9.95
	Tender Shrimp Stuffed with Crabmeat Baked to Perfection	
WEDNESDAY	1 1/4 LB. LOBSTER DINNER	9.95
	with Drawn Butter	
THURSDAY	SURF & TURF	9.95
	8 oz. Shell Steak and 1/2 Maine Lobster	
FRIDAY & SAT	PRIME RIB DINNER "The King Of Beef"	
	Junior Cut	9.95
	King Cut.....	11.95
SUNDAY	FISHERMAN'S PLATTER	9.95
	Baked Clams, Filet of Sole, Shrimp & Scallops	

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For those festive occasions or business meetings, Barrister's can provide a private room to take care of a few or many. Please call us soon. Let us help you. 516-248-1280

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Cor. of Old Country Rd. 741-3704 Closed Sundays

READER RATINGS

FINE BIRTHDAY

We took the advice in one of your restaurant rating notes last week and went to the Benihana of Tokyo last Saturday. We want to report that it turned out very well. The occasion was a birthday party. The party of four had the Benihana special which included steak, shrimp, and lobster tail. Everyone was excited over the style of service in which the cook prepares it before your eyes.

To top things off the staff sang Happy Birthday in both Japanese and English and the Maitre D took a picture of the event. Thanks for the suggestion - we enjoyed it. J.E.

Surfside

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DINNER Starts 5 p.m.
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by Mimi Sheraton

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To Owners of Good Restaurants:
 This Is Your Chance To Join "Reader Ratings"

The Last Word In Restaurant Guides

Where Our Readers

Have The Last Word

This newspaper, and the seven other weekly newspapers associated with it, publishes the last word in restaurant 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 continuing part of the guide.

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

(Guide to Good Dining)

"You can apply to join "Reader Ratings" if your establishment has been missed, or you have not yet answered our invitation, we invite you to call Limor Publications at WE 1-9012 for more details as they might apply in your restaurant."

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\$9.95

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With Every Entree

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When accompanied by an adult
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READER RATINGS



DELICIOUS FOOD

My husband and I have had several dinners recently at the New Hyde Park Inn on Jericho Turnpike. Last Saturday we attended a dinner party there for 14 people held in one of their private dining rooms.

On each occasion the food (German/Continental) was delicious, the service excellent and prices very reasonable.

The concern shown by all the staff that everything runs smoothly is rarely found these days.

We highly recommend this charming, old-world restaurant to your readers. J.M

LUNCH AND DINNER

The Executive Restaurant is one that I go to fairly often at lunch but last week I decided that it might be just the place for dinner. I can say that the dinner menu and service was great. At lunch I am together with colleagues from the court but at night it is restful and entertaining. The food is delicious and the price includes a complete meal. Tell your readers to try it. A.T.

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Where Our Readers Have The Last Word

This newspaper, and the seven other weekly newspapers associated with it, publishes the last word in restaurant guides - a good 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."

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(Guide to Good Dining)

READER RATINGS

Restaurant Guide



Q. Recently, when four of us were dining out - two married couples - one of the husbands left the table for a few minutes. The remaining husband, left with his wife and the wife of the other, lit the

cigarette first of his friend's wife, then of his own. His wife felt that as her escort he should have lit her cigarette first. Which is correct? **R.T.**
A. As one woman was left alone,

the husband and wife remaining are, in effect, her host and hostess for the moment. Therefore it was correct for the remaining husband to light the guest's cigarette first, then his wife's.

Q. Recently, I was a guest at a club luncheon in a restaurant. Accidentally, I overturned my tomato juice. What was the right thing to do? The waiter didn't see the accident immediately. **T.L.**

A. A waiter seeing such an accident would immediately change the cloth, or if that was impossible at a long table, would

spread a clean napkin over the spilled food. As the waiter did not do this because he was busy elsewhere, at a large luncheon you could have spread a napkin over the spot yourself, without undue discussion of the incident. Everyone occasionally has things like this happen.

Q. What do you do with the wrapper on a lump of sugar when you are dining out in a restaurant? Do you put it on the tablecloth, in the saucer of your cup, or in the ash tray? **A.M.**

Q. This is one of those things for which there is no real rule. You just use common sense. I would say put it on the tablecloth, for if you put it in the ash tray it may start a fire, and if you put it in your saucer it may cause the cup to tip over when you put it back in the saucer.



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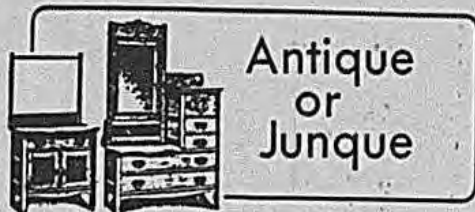
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ST. PATRICK'S DAY CELEBRATION

Friday & Saturday, March 16 & 17
 Two Days For The Wearin' O' the Green
 There'll Be Traditional Pipers, Dancers & Penny Whistle Players
 Friday Evening Dance to 3 Bands
 And o' course, well be serving the Famous dishes of old Ireland

We'll be celebrating at the Milleridge Inn call (516) 931-2201
 Rest Route 35N Northern State 4IN L.I.E. - Rts. 106-107 Jencks, NY 11753



Antique or Junque

ANTIQUÉ FURNITURE Too young to be an antique

By James G McCollam
Member, Antique
Appraisers Association
of America

Q. This little oak table belonged to my grandmother who was born in 1892. I would appreciate knowing just how old it is and how much it is worth.

A. Your table was factory-made around the turn of the century. It isn't old enough to be an antique, but it is collectible and would sell in the \$125 to \$175 range.

Q. Why do you always price items marked "Made in Czechoslovakia" so low? Have you got something against that country?

A. I hope I have no prejudices in the area of collecting. Czechoslovakia was founded in 1918, so anything bearing that mark is less than 65 years old.

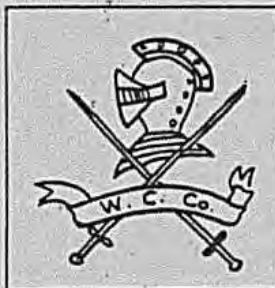
For example, the Duxer Porzellanmanufaktur was founded in

Dux, Bohemia, in 1860. In 1918, Dux became Duchov, Czechoslovakia.

For example, a figure of a donkey marked with an acorn in a triangle (the original mark) sells for over \$300. A figure of a donkey marked "Royal Dux, Made in Czechoslovakia" sells for about \$35. The first was made in the late 19th century; the second was made between 1918 and 1938.

Q. My vase is decorated with hunting dogs. It is 12 inches tall and has the attached mark on the bottom.

What can you tell me about it? I would like to know the maker, its vintage and value.



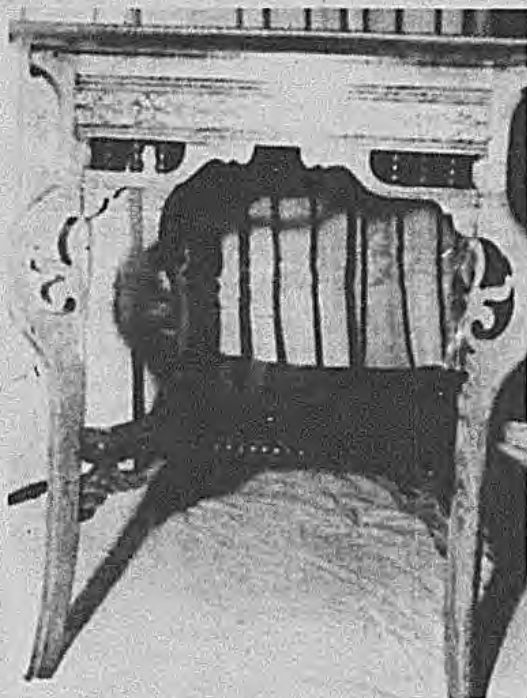
A. This was made by the Warwick China Co. in Wheeling, W. Va., during the 1890s. The company went out of business in 1951.

The value of your vase would be at least \$300.

BOOK REVIEW: "Collecting Toys — Identification and Values" by Richard O'Brien; Wallace-Homestead Book Co.; 1912 Grand Ave.; Des Moines, IA 50305; \$9.95, plus \$1.25 postage, or at your local bookstore.

This guide has prices of over 7,500 comic characters, mechanical banks, ships, trains and toy soldiers — all profusely illustrated.

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



COUNTRY ANTIQUES

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- The Collector's Stadium, Inc.
2436 Grand Avenue, Baldwin.....516-546-6601
- Garden City Antiques
Ann Madonia
657 Franklin Ave., Garden City.....516-741-1882
- Graffiti Unlimited
725 Franklin Ave., Garden City516-741-5539
- Mineola Time Between
245 Mineola Blvd. Mineola516-747-2226
- Nemeth & Son
2455 Long Beach Road, Oceanside ..516-766-0383
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Here's How

By Gene Gary



Q. Is it possible to paint corrugated fiberglass panels, such as those used for roofing and fencing? — E.M.

A. Yes, fiberglass may be painted, using paints specially prepared for such purposes.

There is a product manufactured by Chemiglas Inc. of San Diego which is called CI Brushable Resurfacer. It is an air-drying, brushable coating which is applied directly to the surface of fiberglass panels to restore the original luster and finish which may have become dulled or roughened by prolonged exposure to the weather.

This coating is designed for brush application and has flow characteristics such that, with proper application, the coating, when dried, shows no streaks, laps or brush marks. The container will contain detailed instructions for surface preparation, application, coverage and choice of colors.

Q. How can I remove green mold from steps and certain areas of the patio where the sun does not shine? Also, how can I combat this problem after getting rid of the mold? — Anonymous

A. To remove the mold caused by mildew, scrub with a solution of ½ cup trisodium phosphate and ½ cup detergent mixed with 1 quart household bleach in 3 quarts warm water. Rinse thoroughly and let dry. Then apply a good masonry sealer.

However, as the area is shaded and damp, the problem may recur.

One prevention is to eliminate moisture, if possible. Do not let water get on the patio when irrigating grass or plants nearby.

Q. I have a swimming pool, the bottom of which has become stained. I would like to know if it can be painted and, if so, what kind of paint we should use. — George J.F.

A. Solvent-thinned rubber-base paints are ideal for painting swimming pools, basements, porch floors, walks or other concrete surfaces exposed to the weather. They provide excellent resistance to alkali and water penetration and resist abrasion.

After an alkali-resistant primer has been applied, the finish coats should be used to resist exposure. Two finish coats will be more satisfactory than a one-coat finish.

For best results, always choose a quality paint and use a special masonry brush or roller to make the job easier.

Q. We are interested in installing skylights in our home.

The ceilings follow the roofline slope with vaulted ceilings. However, our heating system contains heating coils in the ceiling.

Is it possible to make a skylight installation in the ceiling without damaging the heating system? — Arnold R

A. It may be possible, but I wouldn't bet on it, not without the assurance of an expert electrician and installer who would guarantee they could find a spot in your roof for such a skylight installation without disturbing your electrical heating wires.

I have seen homes with ceiling heat which also have skylights, but the latter were installed during construction and before the installation of radiant heat coils.

Make sure you consult with the experts before attempting such an installation.

Q. Is it advisable to scrub wooden floors with suds? — Mildred J.

A. No. Never wash wooden surfaces unless they have been labeled for such care. Woodcrafters warn that even rock-hard teak soaks up water detergent, dulling the wood.

Mainly For Seniors

By John T. Watts



Dear John: A Christmas card has come back to me that I sent to Mrs. Harold Meffard in Rife, Colo. It was stamped "Forwarding order expired."

What's so unusual about that? Mrs. Meffard hasn't moved. She has lived in Rife for 40 years or more and before retiring owned a restaurant there.

We saw her last summer and she told me that a branch post office was going to be opened near her and she would have a box there instead of way downtown. Apparently that is what has happened.

Why someone in the post office couldn't write her new box number on this card will have to be explained to me. For me, this ranks right along with that order which says the carrier has to take a package back if it won't fit in your mailbox. Then you have to go down to the post office to claim it.

Economy moves? I'm sure it cost the Postal Service more to return this card from Colorado.

And they are talking about raising the first-class rate again. — Beryl W.

Dear Beryl: When the Postal Service was given more independence we didn't know it meant to ride roughshod over the public.

Dear John: We wish to add our

protest to Don's and yours concerning loud background music accompanying otherwise superb documentaries.

It is so frustrating not to be able to hear Carl Sagan, for instance, because of the loud background music. It really is anything but background. It's more like "loudground" and we're so glad to know that others find it as unpleasant as we do. Sincerely, Mr. and Mrs. Walter M. Boone.

Dear Readers: An allied problem is the indiscriminate increase of volume when a commercial comes on. This is one of our long-time complaints, but one which we don't seem to be making much ground.

Dear John: Why is it when you get old, your children and grandchildren hardly ever visit you, yet around Christmastime, they load you down with presents and love?

Shouldn't love be in store all the time? True love that is. Why is it? — E.J.V.

Dear E.J.V.: I can't really answer that, but I suspect it is because the younger generations are too busy with their own affairs.

When Christmas rolls around they maybe feel a little guilty — some of them. I hate to generalize or put all the younger folk in the same category. I'm sure there are many who phone, write or see the

old folks about every week or more. Everybody has his own problems.

Dear John: First I have a complaint. In your item about arthritis you talked as if the hands were the only problem. Mine is in my lower back. Please send me your booklet on arthritis. — Mrs. M.L.

Dear Mrs. M.L.: I'm sure if you read the column consistently you will discover that our readers have many different kinds of arthritis.

Dear John: Please send information about Dr. Childers diet. — Edna H.

Dear Edna: We have reported on Dr. Childers diet, giving all the information we have. We have nothing official and no reports from readers. Essentially it involves avoidance of the nightshade plants.

GRANDPARENTS—Send in your grandchildren's photos and enter our "World's Most Beautiful Grandchildren" contest. See the Notice column in the Classified Section for more information or call 931-0012.

Doctor's Forum

Q. I was recently told I have vasomotor rhinitis and that neither the cause nor the cure is known. After suffering for 25 years with a red nose, "cold symptoms" and coughing, I don't know what to do.

What is vasomotor rhinitis and is there anything that will help me? — L.R.

A Vasomotor rhinitis is a disorder of unknown cause in which various stimuli as diverse as changes in temperature or humidity, strong odors, environmental irritants or emotions cause changes in nasal blood flow and secretions. These changes cause the symptoms of nasal obstruction and drainage.

It is a disability which can only be diagnosed by the exclusion of all other nasal diseases, as there is no known definitive finding in vasomotor rhinitis. In patients with vasomotor rhinitis, it must be shown that they are not allergic, do not have sinus or nasal infections, do not have nasal polyps or tumors, do not have anatomic abnormalities of their nasal passages and that they have not overused nasal sprays.

Most individuals with this disorder are minimally responsive to oral antihistamines and/or decongestants, or to inhaled nasal steroids. Some find relief using nasal saline lavage.

Often, these patients overuse decongestant nasal sprays and develop rhinitis medicamentosa, an irritation of nasal membranes due to the decongestant itself, which leads to rebound congestion worse than the original problem.

Many who suffer from vasomotor rhinitis benefit from exercise, which appears to rapidly alter nasal blood flow and open the nasal passages — Dr. Stephen I. Wasserman, associate professor of medicine and director of the Allergy Division, Department of Medicine, University of California, San Diego School of Medicine.

Q. I constantly have problems with my tongue feeling like it is burning. It has nothing to do with what I eat or drink and it happens at odd times during the day and night.

What could be causing this sensation and what kind of physician should I consult? — R.L. Clewiston, Fla.

A. There is a host of conditions which can cause burning of the tongue. I am going to presume that the symptoms affect the entire tongue and that local lesions, such as ulcers, burns or lacerations, are not present.

Although nutritional deficiencies are not as common in the United States as they are in underdeveloped countries, they still occur, and often can lead to inflammation and soreness of the tongue. Deficiencies in riboflavin, niacin, folic acid, vitamin B12 and iron may cause this problem. Conditions which may lead to these nutritional deficiencies include: prior removal of the stomach, malabsorption syndromes, alcoholism and chronic blood loss. Dr. William A. Nori, 1955, San Diego School of Medicine.



LOCAL READER

CLASSIFIED ADS sure to get results

There Is Nothing Else Like Local Classified Ads From Neighbor to Neighbor

DEADLINE
TUESDAY
12 NOON

ONE AD APPEARS IN 8 LOCAL NEWSPAPERS FOR ONLY \$8.00

Garden City News • Call 294-8900

Mid Island Times • Bethpage Newsgram
Syosset Advance • Jericho News Journal
• Call 931-0012

Williston Times • Mineola Edition
New Hyde Park Herald Courier
• Call 746-0240

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

Help Wanted

PART TIME PERMANENT position will be available in March for someone interested in selling advertising for the expanded Discovery Section of this newspaper. Some selling experience would be helpful. Salary and commission arrangement. Call Mrs. Pakaluk 931-0012

IMMEDIATE

Drivers do you need a ride to work? Can provide transportation Female/male mini bus school work in Western Suffolk. A.M. and or P.M. Small vehicles. Automatic transmission. Benefits. Over 21. clean license. White Carriage. 114 Railroad Avenue. Huntington Station. hm3

DRIVE FOR LIMOUSINE Service. Must know the city and airport. Full or part time 516 921-8348 or 212 746-4670 B.L.S. Limousine Service hm3

ERA WANTS YOU. Real Estate career, unlimited potential in today's market. Full time, part time, flexible hours. Will train you to succeed. Ask for Diane. Era Caputo Realty 437-0333. w#4

REAL ESTATE INVESTMENT property sales Active Garden City office needs career oriented sales associate. Will train right person. Call Edwin M. Keusey 747-1300. gcm5

PART TIME TYPIST Syosset area. Accuracy a must. Flexible hours. Contact Mrs. Levine, Connecticut General Life Insurance 496-7840 Ext. 259 1-4 p.m. only. hm3

MOTHERS HELPER NEEDED 3:30-5:30 p.m. Mon. to Fri. 7 month old infant. Adelphi area in Garden City. Must be good with infants & have own transportation. 741-2987. gcap1

PART TIME SMALL GARDEN City consulting company. Typing, correspondence, clerical & some telephone. Very flexible hours for right person. Good English skills required. College student or returnee okay. 747-1061 gcm3

Help Wanted

SECRETARY FOR ACTIVE attractive Garden City law office. Great opportunity for bright, career oriented person. Call Kathleen at 222-6200. hifnm3

MATURE DRIVER FULL OR Part Time, male or female, Albertson, Williston Park, Mineola area. Flower shop deliveries, local area. Good driving record. Ideal position for working mother or retiree. 9 a.m. to 5 p.m. Keil Bros. 621-6328 WM3

PERMANENT PART TIME *MORNINGS *EVENINGS DAILY NEWS

Housewives, College Students, Teachers, Senior Citizens - Earn money in telephone sales. Paid Vacation, Guaranteed Salary Plus Commission, Benefits Program, Bonus. We are looking for mature aggressive adults to work from our conveniently located office, 813 Jericho Turnpike, New Hyde Park, N.Y. (corner of Lakeville Road). If you would like further information, please call for appt. between 10 a.m. and 4 p.m. 516-354-8300 hm2

ROOFING, SIDING HELPER Must be 18 yrs., have driver's license, read ruler, and use hammer. Will train further. Call 433-3537 hm3

CHILD CARE/PART TIME Seek mature woman to care for infant in my Garden City home: 5 days, 8 am to 1 pm. References, own transportation necessary. 742-9027 gcm4

LIGHT ASSEMBLY/WIRING full time/part time. Mineola area. 741-5030 WM3

HOUSEKEEPER IN EXCHANGE for room and board. Small salary. References. 364-3754 WA1

SECTYS/TYPIST - 5th AVENUE insurance company seeks secretaries with or without steno. Typing 55-60 wpm. Typing & receptionist positions also available. Statistical & dictaphone experience a plus. Returnees welcome. Call Personnel after 10 a.m. 212-399-0260 gcm3

Help Wanted

CLERK TYPIST DIVERSIFIED Experienced; self-starter. Salary open. Company paid benefits. One Old Country Road, Carle Place. 747-2330 gcm3

HOUSEKEEPER 2 OR 3 DAYS per week. Own transportation. Recent references a must. Jericho area. Call eves. only 681-2550hm4

IMMEDIATE PART TIME Permanent position available for typist. Three days a week Mon., Tues., Wed., 9 to 5. Will train for Compographic typesetting work. Keyboard same as electric typewriter. Hicksville location. Call Mrs. Pakaluk 931-0012 for Appt. hifnm4

MATURE RESPONSIBLE Person as part time gate attendant. Saturday and Sunday, 8 a.m. to 4:30 p.m., April through October, to collect admission fees and assist visitors. Call Dr. Irwin weekdays at Clark Garden in Albertson. 621-7568 WM3

CAFETERIA PERSON General duties. Mon.-Fri., 7 a.m. to 2:30 p.m.; uniforms provided. Apply in person or call 294-4734. Doubleday Bldg. Cafeteria office. 501 Franklin Ave. Garden City gcm3

BABYSITTER NEEDED 9 A.M. to 12 noon every Sunday. Please call 921-3330 hap1

HOUSEKEEPER CHILD CARE Immediate, part time permanent position; 2 p.m. - 6 p.m.; flexible weekdays in my Garden City home. References & own transportation. 741-1026 gcap1

Situations Wanted

NURSES AIDE EXPERIENCED excellent references, own transportation. Prefer Garden City area. 516 538-6764 or after 7 p.m. 538-4927 gcm4

HOUSECLEANER AVAILABLE Garden City area. Good references own transportation. Call after 3 p.m. 489-6089 gcm4

NURSES AIDE SEEKING position to care for elderly patients six days. Good references available. Call Lisa Moore 212 322-4794 gcm4

MAID AVAILABLE FROM 3 p.m. to very late evening. Garden City high school student. Own transportation. Weekends & vacations. Floors, laundry, shopping, etc. Call anytime 294-0039 gcm4

LADY DESIRES Housecleaning work. Available Mon. & Thurs. References. Garden City & Hempstead only. 481-1933 gcm4

POLISH HOUSEKEEPER Available with references and experience. Own transportation. For more information call 538-2995, ask for Eva. gcm5

Situations Wanted

YOUNG NURSES AIDE Experienced with physically handicapped and elderly. Excellent references and own transportation. Call Annette, 781-3957 morning hours. gcm5

HOUSECLEANER Desires Work Good experience and good references. Call eves. 486-2935 gcm4

MATURE WOMAN WILL babysit in your home. Call 516 747-6684 gcm3

EXPERIENCED ENGLISH Nurse seeking position for nursing or child care. Flexible hours. Call Valerie, 516 489-2289. gcm3

BOOKKEEPER PART TIME Woman seeks approximately 8 hours per week. Flexible hours. Excellent references. 516 328-2473 gcm3

WATCH YOUR CHILD IN MY home. 3 days, flexible. References. 516 483-3010 gcm3

WILL SUPERVISE AND CARE for school age children while you vacation. References. 516 676-2936 gcm5

Professional Service

MIND STRESS? MUSCLE TENSION? Enjoy Massage Therapy In your home by the MASSEUR of the Bath & Tennis Club Member: N.Y.S. Society Medical Masseurs Male/Female Michael Corr 623-0540 hap1

Typing & Word Processing Service

Professional work at reasonable rates. Serving both personal and commercial needs. Bring us your manuscript, letter, mailing list, resume, etc. Editing available. Margaret Butler 292-1521 or Catherine McKenna 489-1951. gcm5

LIFE ENRICHMENT

Offers a dynamic personal, interpersonal and social development program designed to generate more satisfying, fulfilling life experiences. Classes are interesting, productive and educationally constructive. Free introductory session. 742-4790. wms

THE PSYCHOLOGICAL SERVICES CENTER

of L.I. University offers individual couples, family or group counseling as well as psychological testing. Fees are moderate based on sliding scale. Conveniently located on C.W. Post & Brentwood Campuses. Call for further information 516 299-2881 hm3

Professional Services

TAX RETURNS PREPARED BY GARDEN CITY CPA Interview in your home or mine. Returns computer prepared and reviewed by second CPA for lowest possible tax. Barbara Greene, 742-1935 or 781-8838 gcm4

UNIVERSAL LIFE INSURANCE Free universal life insurance descriptive literature by mail. This is the interest-sensitive product you have heard and read so much about lately. Call 516 683-1500 Dept. J. gcm3

Cars Wanted

CARS WANTED Junk cars, \$75 and up. Late model wrecks \$300 and up. Same day pickup. Call 741-3596 wal

Cars For Sale

GETTING COMPANY CAR Selling 1981 Caprice Classic. 4.4 Liter V8 engine. 18,500 actual miles. Excellent condition, clean in and out. AM/FM cassette, P/S, P/B, Automatic, A/C. Snow tires. Original owner \$6900. Call 775-5927 wms

1972 V8 PONTIAC CATALINA 4 door, vinyl roof, 90,000 miles, automatic, PS, AC, good body, many new parts. \$950.; Call weekdays 10 a.m. - 3 p.m. or weekends. Call 621-1528 WM3

CHEVY WAGON '73 IMPALA 350 Roof rack; a/c; 9 passenger; \$525. 516 742-2396 gcm4

1973 CHEVY IMPALA 2 DOOR 100,000 miles. \$600. Call Monday thru Friday, 9 a.m. to 4 p.m. only. 746-3070 wms

1974 1/2 DATSUN 260Z Automatic trans. AC, AM/FM cassette, 67,000 miles. Excellent running. Body needs work. Best offer. Garden City 294-8073 gcm4

1983 TOYOTA CAMRY LE Excellent condition, 5400 miles, white pin stripe \$10,500. Call 746-1397 gcm5

1980 CHEVY CITATION 4 DR. Good condition. All options. \$3200. Weekends 921-7227 hms

1980 TOYOTA COROLLA 5 speed, fastback, red exterior, AM/FM stereo. Excellent body condition. \$4200 248-8357 gcm4

'82 DATSUN MAXIMA "The Talking Car". All power, all extras, excellent condition. Low mileage. \$9250. 747-2000 days; 742-8607 eves. gcm3

I WILL GIVE MY LITTLE yellow Fiat to the first person who offers me \$1900. Four door; perfect shape in & out; a/c; radio, etc. 516 931-1717 gcm3

Cars For Sale

1975 MERCEDES 240 DIESEL Automatic, PS/PB, AC, AM/FM radio, engine block heater. Very good condition. Sacrifice. 747-2539. gm3

TOYOTA 1980 CELICA GT liftback, automatic, P/B, P/S, am/fm stereo, 31,000 miles, excellent condition in and out. \$5700. 516-354-3844 gm3

1976 CHEVY MALIBU THIRD car must sell. Great running condition Station Wagon. Ideal for family. New transmission and new tires. \$1,500. Call Juliana 248-8755 evenings. gm4

'77 GRANADA LANDAU ROOF 34,000 miles, AC, PS, PB, 4 new tires. Very good condition. \$2900 516-872-3838 gm3

1980 MAZDA 626 4 DOOR silver, 43,000 miles, original owner. AM/FM, AC. Excellent condition \$4900. 742-4825 gm3

1968 FORD LTD FOR immediate sale. \$200. In good driving condition. Clean inside. Small dent outside. Excellent engine. Please call 516-877-1720 weekdays & 742-9133 weekends & eves. gm4

1969 VW BUG GOOD RUNNING condition. Classic. Asking \$975. 741-0868 or 489-1528 gm4

1976 OLDS ROYALE 4 DOOR Sedan, AC, PS, PB, AM/FM radio, 58,000 miles. Asking \$2,100; Call 484-4396 gm5

Vacation Rentals

ORLANDO, FLORIDA. 2 BR, 2 bath, furnished house. Near Epcot/Disney World. Available weekly or monthly. 746-0765 gm4

HILTON HEAD ISLAND S.C. Oceanfront. Fully equipped oceanview apartment with terrace. Large Pool, tennis, restaurant, lounge, beach bar, catamarans, bikes, fishing on premises. Golf nearby. Call 746-0281 or 914 631-3072 collect. gm3

HILTON HEAD ISLAND S.C. Beautiful 2 BR villa, fully equipped. Close to beach. Free tennis. Owner 803-681-7755 gm4

VERO BEACH AREA Ocean front condo. 2 bedrooms, 2 baths, decorator furnished, private laundry, pool, fishing, boating facilities. Call 921-0287 gm4

BUCKILL FALLS POCONO MTS. 7 bedrooms private home. Golf, tennis and pool. Magnificent facilities. Major ski areas. Weekly or monthly. Call 212-357-6000 9 to 5 p.m. gm4

NEW OCEANFRONT CO-OP apartment Amagansett, L.I. One bedroom, full kitchen, designer decorated. Weekly or daily off-season rates. Call 516-437-0949 eves. gm3

HILTON HEAD, S.C. Oceanview condo. Sleeps 4-6, pool, beach, golf, tennis. Call 212-341-3704 after 7 p.m. gm4

SHELTER ISLAND Spacious 5 Bedroom, 4 bath home on two beautiful acres overlooking Bay. Large wraparound deck, central A/C, private sandy beach. Available full or half season. Call owner 746-3445 gm5

Vacation Rentals

KIAWAH ISLAND, S.C. Beautiful 2 Bedroom, 2 full bath home on lake. Walk to ocean, tennis & golf. Perfect for family vacation. Discounted rates. 248-0825. gm3

CANDLEWOOD LAKE, CONN. Beautiful 4 bedroom house overlooking lake, large wraparound deck, 1 block from beach, central A/C, 1 1/2 hours from L.I. \$595 per week \$395. Mon. to Fri. Pictures available 747-8850 eves. gm4

MARCO ISLAND, FLORIDA Waterfront, 2 BRs, newly decorated. Pool, tennis, golf. Avail. Easter weeks, 4/16 to 4/30 516-741-4710 or 212-581-1154 gm5

BELMONT, VERMONT 4 Room Apt. in Victorian home. Picturesque village, 3 minute walk to lake, antiques, 10 minutes to Ludlow, restaurants, etc. \$325 per week 352-6234 gm5

EAST MARION LARGE contemporary ranch 6 BRs, private 150' beach, Gardiner's Bay. Summer rental. Days 481-7995 gm4

PALMETTO DUNES, Hilton Head S.C. Vacation resort with 2 golf courses; 25 tennis courts, pools, beach, boating, biking within walking distance of villa that sleeps six. 248-1694 gm4

SHELTER ISLAND 4 BEDRMS 12 acres. May 1 - Oct. 30. Call 516 747-6092 gm3

PALMETTO DUNES HILTON Head S.C. New Villa two bedrms. on lagoon, golf, tennis at your door. Close to beach March 31 to April 7, 364-0481 gm3

GREENPORT EAST MARION Cottage on lake, block from bay. Sleeps 5. Available summer. Realistic rent. 516-922-0879 gm4

EAST MARION - Large Bayfront house overlooking Gardiner's Bay Spectacular views of Orient Point and Shelter Island. 3 bedrooms, 2 baths, large deck, fully equipped. Private road and beach. Near golf and tennis. Available May thru September. Call 437-3333 gm4

LOOKING FOR A DIFFERENT but affordable summer vacation spot? Love the beach, but tired of the Hamptons? Try our cozy Sea Isle City, N.J. condo; 1/2 block to the beach. Minutes from: the casinos, boardwalk amusements, and historic Cape May with plenty of terrific restaurants. To get out of your "vacation rut", call eves. 516-746-5652 gm2

SPECTACULAR SKI HOME Southern Vermont, four hours from L.I. LR/fpl; loft; 2 baths. Cross country skiing on property. Time sharing available. Call 516-485-4187. gm4

NEW SUFFOLK WATERFRONT 2 bedroom apt. \$1200 a month in season. Dock, magnificent waterfront view. Private driveway and entrance. Near beach and restaurant. 734-6619 eves gm2

QUECHEE LAKES, VERMONT Condo, 3 BR's, den, 2 1/2 baths, own ski-lift with snow making, excellent cross country trails. Near major ski areas. Clubhouse with indoor pool, squash courts & dining facilities. (516) 536-7680. gm3

Vacation Rentals

GREENPORT EAST MARION area. Summer beachfront cottage. Private beach, tennis, golf nearby. One BR, large LR & kitchen area, large porch. Sleeps 4. Available July 15 - Sept. 1 for two weeks for one month. Call 516 621-2079 after 6 p.m. gm4

SARASOTA, SIESTA KEY, Fla. Luxury condo on beach. 2 bedrooms, 2 baths, washer/dryer decorator furnished. Two heated pools, eight tennis courts, clubhouse. Available after April 1. 433-2885 gm3

PLAN YOUR VACATION in Bennington Vermont. Weekly, weekends or monthly beginning in June. 3 BRs, 2 baths, contemporary on 10 acres. Swimming boating, summer stock, restaurants. Call 488-4317 gm4

LAUREL L.I. WATERFRONT contemporary ranch. 100' bulk-headed private dock & beach, navigable waters. 3 BRs, 3 baths, LR, FP, EIK. Furnished. Patio. Available now & summer. Days 481-7995 gm4

HILTON HEAD S.C. Shipyard Plantation, Egan, 2 BR, 2 bath villa on golf course, Pool, sauna, jacuzzi, and free tennis day and night. Close to ocean. Professionally decorated. 516 536-7680 gm3

CUTCHOGUE NASSAU POINT Vacation home, large kitchen, screened porch, huge deck. Cathedral ceiling LR with fireplace. On treed acre & boating, clamming, swimming water. Sleeps 4 to 6. Memorial Day through Labor Day. 516-868-8775 gm3

ST. PETE CLEARWATER AREA 2 bedroom, 2 bath Condo & studio apt. available on Gulf. Private beach, pool, jacuzzi. 2 week rental. Call 516 921-5057 after 7 p.m. weekdays/weekends anytime hfm4

Real Estate For Rent

FRANKLIN SQUARE Furnished Room. Private house. Non-smoker. Hot plate, refrigerator. Call 481-5869 after 5:30 pm call 485-4231 gm5

GARDEN CITY 2 1/2 ROOM apartment in private home. Wall to wall carpeting, AC. Professional woman preferred. Includes all utilities. \$550 per mo. Security & references required. By owner & Appt. only. 671-9638 gm4

FRANKLIN SQUARE SHARE with couple 2 large furnished rooms in private home. Private lower level, share kitchen/bath/washer/dryer/yard/parking. Employed, non-smoker. \$325 monthly includes all. Security/References. 486-6809 gm5

WILLISTON PARK SUBLET on Harvard St. Lots of space, close to public transportation, own bedroom, large kitchen, garage. Call days 212 210-5657 or nights 212 420-8783. Ask for Peri 5325, inc. Utilities gm5

SPARKLING COLONIAL THREE Bedrooms, family room with fireplace, lovely EIK, immediate occupancy \$1350. monthly; Lovely 3 BR Colonial, 2 baths, family room, \$1150 monthly. Taylor-Warner 741-4422 gm3

Real Estate For Rent

TWO LARGE Semi-Furnished rooms. Quiet South Westbury residential area. Private entrance bath, kitchen sink, cooking facilities. No pets, non-smoker. March 1 occupancy. Security, references \$450. includes utilities Call anytime 334-4576 hfm3

GARDEN CITY FOR RENT Half of double garage for dead storage. Available April. \$40. per month 747-4937 gm4

HICKSVILLE STUDIO two large rooms, furnished, paneled, and carpeted, with TV, refrigerator and hot plate. Private bath. Mature non-smoking business person only. Call 935-1747 hfm5

GARDEN CITY LOVELY QUIET room. Nicely furnished, carpeted. Private entrance. Mature lady, non-smoker preferred; references 746-0018 gm3

GARDEN CITY LAW OFFICE space for rent; CPA or doctors. Exclusive address, Seventh St. Will alter to suit. Receptionist to take messages; 5600 sq. ft. Call 746-6245, Fennessy Realty. gm3

GARDEN CITY ESTATES 5 BR Tudor, 3 1/2 baths, all appliances, immediate occupancy \$1600 monthly; 3 BR Colonial, 1 1/2 baths, EIK, finished basement, all appliances, new wall-to-wall, mint condition, immediate occupancy \$1500 monthly; 3 BR Colonial, 1 1/2 baths, EIK, finished basement, cozy F/P, 1 car, immediate, \$1,350 monthly; also Apartments for rent in Garden City, Hempstead, West Hempstead, from \$450 to \$925. (Some will take pets). Elaine Nolan 485-7054 gm3

WILLISTON PARK Attractive furnished studio with private bath and entrance. Utilities included. Suitable for one responsible business or professional non-smoker gentleman. Near transportation, security and references. Call PI 6-5915 between 9 a.m. and 1 p.m. or from 7 to 9 p.m. WA1

OFFICE FOR RENT IN Professional Building, 101 Hillside Ave., Williston Park, N.Y., 11596 3 rooms and bath. Paneled, carpeted, A.C., utilities, \$550, per month. 742-3644 WM3WM4

Real Estate Wanted

LOOKING TO PURCHASE ONE bedroom apartment in Garden City. Principals only. Please call 747-2560, ask for Mrs. Jo Ann Della Rocca gm4

CHERRY VALLEY TWO BDRM Apt. wanted by former Garden City resident call 676-3985 gm4

COUPLE NEEDS 2-3 BEDRM. home in Garden City or vicinity Sept. 1, '84 to June 30, '85. Need reasonable rent. Excellent references, principals only. Write Box "C", Garden City News, 821 Franklin Ave., Garden City, N.Y. 11530 gm4

RETIRED WOMAN SEEKS furnished room with kitchen privileges and near shopping. New Hyde Park, Garden City, Williston, Albertson or Mineola. Call 437-4974 between 9 a.m. and 4 p.m. gm4

Real Estate Wanted

YOUNG, SOON TO BE MARRIED couple looking for 1 bedroom apartment in Nassau County. \$450-475 including utilities with occupancy by June 1. Please call 221-3028 anytime. hfm4

SERIOUS PROFESSIONAL Male seeks clean room or apartment in Garden City. Good references. Reliable, responsible. Call Mike 747-0822 after 7 p.m. gm5

YOUNG MARRIED COUPLE desires three room apartment Hicksville area for June July occupancy. Call 935-5890 gm5

MATURE MARRIED COUPLE teachers, looking for apt. in Garden City. Garden City references avail. Call 741-1084 gm4

RETIRED WOMAN WISHES TO buy directly from owner. Reasonably priced home in Garden City only. Call after 6 p.m. 212-441-6473 gm5

COUPLE LOOKING FOR 3 OR 4 bedroom house in Garden City Estates area. Building lots also considered. Principals only. Call 775-4198. gm5

Real Estate For Sale

CLINTON CORNERS Dutchess County near Rhinebeck, Taconic and Silver Lake. Secluded 2 story all electric home, fully insulated with wood stove, fuse, \$53,000. Owner. 486-6687 WM3

ORIENT SOUNDFRONT LOT Where on a clear day you can see forever. \$135,000. Wm. Smith R.E. 734-5657 gm3

SOUTHOLD TOWN INDIAN Neck, handsome contemporary on wooded acre overlooking vineyards. Grounds & house maintenance free. Beautiful sandy beach 600 ft. from door. In perfect condition. \$225,000. Wm. Smith R.E. 734-5657 gm3

SOUTHOLD CALVES NECK Beautiful water view, sun filled ranch on 2/3 acre. 10x19 BR with full bath, two half baths, plus 2 BR/bath expansion possible in attic LR/FP, DR, large EIK, tinted jalousie sun porch, two car garage. Tastefully landscaped. Many unique features. \$195,000. Principals only 516-765-2395 gm4

PORT RICHEY FLORIDA Save \$5000 on one week special. M.D.'s widow reduces to \$50,000 a 5 year old 2 BR, 2 bath. Den, LR, DR, K, one car gar., patio on Cor. lot. Part furnished. Owner Tel. 746-1375 gm3

NORTH CAROLINA Shallotte Point, 4 plots for sale. 100 x 150 each. Sunset Beach area. Mile from golf course. \$9,000 each. Principals. Evenings and weekends 746-6399 gm5

SOUTHOLD WATERFRONT First offering. Charming salt box; 3 bedrms; LR/fpl, mint condition. Waterview from every room. \$225,000. Marilyn Lang R.E. Main Rd. Cutchogue. 734-6472 gm3

STEWART MANOR Charming maintenance free Colonial 4 BRs. LR/fpl, DR, EIK, den, one bath. Low taxes. Principals only 775-2851 gm5

Real Estate For Sale

TIANA SHORES HAMPTON
Bays, Corner building plot. One-third acre plus. One block from waterfront cove, surrounded by attractive homes. \$60,000 firm. Call 516 746-1392 between 5 and 7 p.m. gcm3

GARDEN CITY COLONIAL
4 Bedrooms, 2 1/2 baths, LR/fpl, formal DR, family room, summer porch, ultra modern eat-in country kitchen, 5 appliances, central air. Maintenance free. \$249,900 294-8025 gcm4

GARDEN CITY PRIME AREA
Colonial, brick & alum. LR/fpl, formal DR, custom built EIK, 3 bedrooms with walk-in closets, 1 1/2 baths, full basement, maintenance free and in mint cond. Principals only \$199,000 741-8385 gcm5

WESTBURY CENTER HALL
Colonial, 4 bedrms, EIK, den, formal DR, 2 car garage, 2 zone heating, bsmt; low taxes, East Meadow Schools; 22 yrs old. Asking \$195,000. Prin. only. Days 333-5681; eves 796-2402 gcm4

GARDEN CITY Stewart Avenue
Coop, sunny studio, separate kitchen, also dressing area. Walk train & stores. Furnishings avail. Very low maintenance. Principals only \$65,000. 741-1275 gcm1

GARDEN CITY Colonial
on 65 x 125'. Center hall, LR, DR, 3 BRs, modern EIK, 1 1/2 baths, fin. bsmt., large patio, enclosed screened porch. Low taxes, move in cond. gas heat, beautifully landscaped. Owner. \$187,000. Call 741-8527 gcm1

GARDEN CITY
6 More T-W Exclusives
Still 8 1/2% Mortgages

Spacious Cape living room, modern EIK, 4 bedrooms, 2 full baths, extra deep plot \$169,500; **Young Colonial** living room, dining room, new EIK, 3 BRs, screened porch, deep property \$190,000; **In-Town Living** Charming older duplex, 4 bedrooms, 1 1/2 baths, living room, dining room, family room with fireplace, English yard \$190's; **Commuter Special** Young Colonial, large living room fireplace, formal dining room, powder room, charming EIK, oversized family room, recreation room, 3 BRs, walk to everything \$225,000; **Mott Colonial** Living room fireplace, dining room, country kitchen, den + study, 3 twin bedrooms, 2 1/2 baths, \$200's; **Magnificent Contemporary** Living room fireplace, formal dining room, skylit ultra modern EIK, 2 dens, 5 bedrooms, 3 full baths, 1/2 acre, \$395,000. Taylor Warner, 101 7th Street, Est. 1919 741-4422

MINEOLA - ONE BEDROOM
Co-Op. Walk to wall carpet, new appliances. Convenient location to shops and RR. Immediate occupancy \$69,000. Call mornings 9-11 a.m. 248-6031 gcm4

GARDEN CITY
New Listings!! Mint condition, 5 BR, 2 1/2 bath lovely home on 80 x 100 electric 2 car \$285,000; 3 BR, 1 1/2 bath Colonial, mint condition \$199,000; 4 BR, 2 bath Colonial, new kitchen, low taxes \$135,500; **Furnished Summer Rentals** - also unfurnished homes and Florida Sales Too! **Hazel C. Smythe, R.E.,** 132 Seventh St., (Look for Red Door) 741-4640 wm2

Real Estate For Sale

GARDEN CITY AND VICINITY
5 BR Expanded Split, 3 baths, EIK, perfect mother/daughter on lush landscape 100X150 \$350,000; 2 BR elegant Ranch, breakfast area, den, finished basement, 75X125, suits professional \$169,000; **Hempstead Cathedral Gardens** 5 BR slate roofed Tudor, 4 1/2 baths, 2 rooms plus bath guest suite, C/A, 2 dens, sunken LR, Cathedral beamed ceilings, 1/2 acre \$350,000; 4 BR Custom Ranch, 2 1/2 baths, C/A, G.C. School District and G.C. pool, 1/2 acre plus private road \$315,000; 3 BR Elegant central hall Colonial, 2 1/2 baths, new kitchen, breakfast room, den, library, 1/2 acre, \$225,000; **Handyman Special,** 5 BRs, brick/stucco Tudor, 3 1/2 baths, den, music room, Florida room, 1/2 acre \$195,000; 5 BR CH Tudor 3 1/2 baths, large new cabineted kitchen, parquet floors, 80X120, walk to RR \$145,000; 3 BR Brick Split, 2 baths, new microwave kitchen, fabulous den, all new Anderson windows \$129,000; **Spacious Stone** Cedar Colonial, 1 1/2 baths, 25' LR, Cozy FP, den, screened porch, finished basement, closets galore \$99,500; 3 BR Dutch Colonial, 1 1/2 baths, jalousie Florida room, won't last \$85,000; **West Hempstead On Garden City Line - 4 BR** luxurious 8 year young colonial, 2 1/2 baths, CA, FP in den, loaded with extras \$225,000; 3 BR Ranch, 1 plus 2 half baths, FP, finished basement loaded with extras \$172,000; 3 BR Wide line Cape, 2 baths, country kitchen stone FP, lavish knotty pine finished basement, walk Echo Park \$149,000; **BR Tudor,** 1 1/2 baths, banquet size DR, den, finished basement plus finished attic, Florida Room, walk St. Thomas \$130,000. Elaine Nolan 485-7054. wm.

GARDEN CITY TOWN HOUSE
2 bedrooms, 2 1/2 baths, DR, LR, new modern EIK, fin. basement, laundry room, wall-to-wall carpeting, detached one car garage, plus many extras. \$125,000. No brokers. Principals only. 741-5967 after 5 p.m. gcm5

CATHEDRAL GARDENS
Brick Townhouse Luxurious 2 bedrooms, 2 1/2 baths, custom decor, central air, all appliances, indoor parking, low maintenance, must see \$105,000 **Tudor 4 BR,** 1 1/2 baths, large DR, eat-in kitchen, fireplace, walk all \$125,000; **Gorgeous Tudor** Oversized FP, formal DR, private yard, slate roof, 2 car, much more \$145,000; **Charming Brick 3 BR** 2 1/2 baths, LR/FP, formal DR, country kitchen, large den, excellent location, 1/2 acre, more! \$225,000 **Viking Homes** 538-8615 Cathedral Gardens own Broker. gcm3

GARDEN CITY BRAND NEW
Studio, Furnished, wall to wall carpet, kitchenette, private entrance and bath. Single business person preferred. Immediate occupancy \$500 month includes utilities. 741-8508 eves. gcm1

GARDEN CITY ESTATES
section, Charming Dutch Colonial 4 bedrms; 3 baths; center hall; LR; den; EIK; sun porch; brick patio; fin. bsmt; automatic sprinklers; attached 2 car garage (electric doors), \$350,000. Principals only, 516 747-3076 gcm4

Real Estate For Sale

GARDEN CITY Contemporary
LR/fpl; DR; EIK; den; 3 bedrms; 2 baths. Separate 2 bedrm, suite attached. \$275,000. **Jane Michel R.E.,** 1205 Franklin Ave. Garden City, 248-9503 gcm3

GARDEN CITY OVERSIZED
Mott Colonial, 4 Bedrooms, 2 1/2 baths, LR/FP, DR, family room/fp kitchen, breakfast room, rec. room, patio, excellent cond. High \$200's. Principals only. 742-8540 gcm4

GARDEN CITY COLONIAL
3 bedrooms, 1 1/2 baths, move in condition. LR/fpl, formal DR, modern kitchen, sunny family room, fin. bsmt. with utility room. Low maintenance house & garden. Low taxes. Walk to RR and shops \$195,000 Please call 741-2110 gcm5

CUTCHOGUE CUSTOM THREE
bedroom Ranch, 1 1/2 baths, LR, DR, family room with fireplace, 2 car garage. Maintenance free. A great retirement home. \$145,000. Exclusive with **Marilyn Lang R.E.** Main Rd., Cutchogue 734-6472 gcm3

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want mended or altered? Also other sewing needs. Reasonable prices. Call **Lorie** 248-4530 gcm3

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Catering and Experienced Professional Services for assisting with preparation, serving and cleanup, before, during and after your party. Bartenders available. Call **Kate (aka Donna)** at 489-9843 or 746-8264 wm5

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Notice

ATTENTION PET LOVERS
If you feel that you have the 'Most Precious Pet In the World' it is time to let the rest of the world know about it.
Discovery Magazine wants to show your pet to everyone in its reading area.
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Please put your name and address on the back of the picture to facilitate returns. The publishers guarantee that they will take reasonable care in returning your photo.

For Sale

ETHAN ALLEN CLASSIC
Manor DR table, twin pedestal, 42" wide, 64" long with 2 18" leaves. Excellent condition. \$575. 747-4604 gm3

WHEELCHAIR Everest & Jennings, standard size. Excellent condition \$125 746-7485 gm5

FOR HOME OR OFFICE TWO
Mahogany bookcases, 4 1/2 ft. tall, 5 ft. wide, 3 sections each, glass doors, adjustable shelves, \$50 each. Two upholstered Danish arm chairs, \$35 each. Fine walnut chifferoni, 33 in wide, 5 drawers, center guides, dustproof construction, plus standing mirror, \$75. 481-8668 gm3

REDECORATING - MUST SELL
Complete living room: Two 4ft. French Provincial sectional sofas with two side chairs, matching fabric. Two end tables. Reasonably priced! Like new. Evenings and weekends 496-3224 hap1

COSCO HIGH CHAIR \$15
Deacon's bench toy chest \$40; Century car seat \$30; Hedstrom stroller \$50. 741-4048 gm3

CUSTOM SOFA With Matching love seat and ottoman; pecan armoire, king-sized headboard, mattress, spring and frame. Custom quilted spread with matching drapes and shade. Fifty yards Florida green carpet. All in perfect condition. 741-1189 gm3

PENNSYLVANIA HOUSE D/R
Table with 4 Captain chairs, \$200.; Wrought iron glass top dinette table with 5 chairs \$100.; Marble top cocktail table \$150.; Wedding dress, size 7 (Complete) \$150.; All in excellent condition. 741-2493 WM3

EARLY AMERICAN Gold & brown tweed Herculon love seat & chair with pine wood trim. In good condition. **TWO Ethan Allen square pedestal** cocktail tables 488-4172 gm3

ROGERS SIX PIECE DRUM SET
Zildjian cymbals; Ludwig snare. Very good condition. New Heads. \$600 or best offer. 516 747-4473 gm3

12 CU. FT. UPRIGHT FREEZER
Used 2 months. \$200.; 48" round redwood table \$60.; 4 pairs of white 60" shutters in un-opened cartons \$70. Call 248-0712 WM5

CROSS COUNTRY SKI BOOTS
brand new, all leather. Mens size 8 1/2-9. 742-8766 gm3

J.C. PENNEY FREEZER
18 cubic foot. Very good condition. Locking device. \$225. Call after 4 p.m. 667-5668 hfm5

DINING ROOM TABLE
solid 2 inch dark pine; 4 high back chairs; 42 x 65 closed + 2 leaves, \$450. Pine Bed, triple dresser with hutch; 2 night stands, \$350. Pl 6-2020 gm4

VERTICALS FOR BAY WINDOW
and dining room window, floor to ceiling length. Silver chrome color, 2 yrs. old; Modern Modular living room 8 pcs., velvet burgundy, 1 coffee table, 1 end table, both chrome and glass; 1 floor lamp, 1 table lamp both chrome. Everything must go. Excellent condition. Syosset 938-7990 hm3

ALBERTSON MOVING SALE
Call 484-1568 gm4

For Sale

LIGHT PINE DR SET
Table and 4 ladder back chairs, hutch with glass top. Great buy. Please call 747-0310 ask for Patty R. gm4

HUTCH - DARK PINE, Upper
glass doors, 36 in. \$160.; Bar/Server, Walnut \$135; Occasional Chairs, French Provincial \$225 pr. Call evens. & Sat. 541-2817 gm4

ORIGINAL ART DECO BR SUITE
Twin beds, vanity with mirror, 2 dressers, 2 night tables and highboy \$600. 741-7368 gm4

KARASTAN LIGHT BLUE
wool carpeting; approx. 100 yards Good condition. Call 516 747-5554 GCM4

ESTEY PIANO SMALL STUDIO
upright, Action reworked recently. Ideal for musician. \$600. 292-9453 GCM4

USED WOODEN KITCHEN
Cabinets. Approx. 10-12 feet. \$300. Fair condition 352-6234 gm3

FULL DELUXE Custom Kitchen
Includes wood cabinets, kitchen aide compactor and dish washer, Thermadore cook top, Tappan self-cleaning double oven, Amana refrigerator, Elkay stainless steel sink and faucets with instant hot. \$3,500. 499-3558 gm3

OFFICE FURNITURE
6'x2 1/2' walnut conference table with collapsible legs, 4 straight chairs, 2 arm chairs metal frames. Excellent condition \$275 firm. Evenings 516 354-7449 gm4

ETHAN ALLEN ANTIQUE
Pine Dining Room. End extension trestle table with 2 leaves, deacons bench, two high back catkin side chairs, two high back catkin arm chairs. Like new. \$1550. 742-2817 gm5

GRAND PIANO Good Cond.
Ivory keys \$500. Call 248-9794 gm5

ANTIQUE WICKER Collection
Two turn of the century three piece sets: couch, chair & rocker \$695 & \$895. Plus matching accessory pieces: lamp, tables, fern stand. White, fully restored. 485-6053 gm5

MAGNIFICENT STEINWAY
console piano Louis XV design, walnut case and matching embroidered bench. Owner pianist - professor of music Adelphi University. Perfect piano for beginning or intermediate student. Purchase includes 4 free introductory half-hour lessons in your home. \$5250. Afternoons or evens, call 516 248-1513 gm4

ORIENTAL RUG Indian Hand-
woven, 10' x 18', 100% wool, beige background. 328-6684 after 5:30 p.m. gm5

MINK JACKET FINGERTIP
length. New, female skins. Asking \$1300. Early a.m., late p.m. 746-8264 or 489-9843 gm5

MAHOGANY SECRETARY \$325
Frigidaire upright freezer \$185; Oak bookcase with speaker opening \$10; Quart canning jars 10 ea. 747-8173 gm5

SOHNER PIANO Good Condition
New keys \$500 746-5307 gm5

STEARNS & FORSTER BED Full
size. Top of the line. Almost new. Was in storage. Value \$700 - my price \$300. 248-1978 gm5

For Sale

LIVING ROOM SOFA Green
Italian Provincial 90 inches, matching drapes, fruitwood tables, lamps, gold leaf mirror, 36" x 50" Noritake China, Simone patters, Bikes, Ross 20". Excellent condition. Evens. 248-4531 gm3

TRAMPOLINE FOR SALE
Good condition. 747-8976 evens. gm3

REMODELING - SELLING GE
Frost free refrigerator, Copper-tone, with ice maker \$150.; Kitchen Aide dish washer \$50; Both for \$175. Also Beautiful crystal chandelier, suitable for formal DR. 775-5927 wal

INTELEVISION SET WITH SIX
Cartridges, \$85; "White" sewing machine with antique cabinet \$100. 354-9181 wal

NEW UNUSED RCA VCR
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YOUNG FEMALE TIGER Striped
Cat. Almost one year old. Spayed, very cute 747-0537 gm5

Pets For Sale

AFRICAN GREY PARROT
One year old, Tame, talking. New cage. \$325. Call 746-1783 gm5

Wanted

TRAINS & TOYS-LIONEL
Flyers, Ives, etc. sets, pieces, accessories, soldiers, forts, trucks cars - wind-ups or push. Games too. Highest immediate cash paid. 581-2999 hm5

HOUSEHOLD ITEMS. Furniture,
sporting equipment, bric-a-brac, etc. Donate or sell on consignment at gigantic Garden City Nursery School Garage Sale, April 7. For consignment information, call 222-0343 or 248-2603. For donations call 747-6095 or 483-7977 gm5

DO YOU HAVE OLD COINS??
U.S. or Foreign. I will pay a good price. Coin collecting is my hobby. Call me at 223-4236 hap1

LIONEL, AMERICAN FLYER
and other old toys; (tin wind-ups & toy soldiers, etc.), trains or accessories wanted by Garden City collector. Any condition. Immediate high cash paid. 742-7843 gm3

WANTED WANTED WANTED
Mr. Lerman buys for immediate cash old paintings, silver, oriental rugs, bronzes, Hummels, clocks, furs, coin and stamp collections. Diamond and gold jewelry. One piece or complete contents. 342 Central Ave. Lawrence. 516-295-0880. gm3

Wanted

BABY CARRIAGE MUST BE
clean. Preferably pram. Please call 248-6232 after 6 p.m. on Saturday/Sunday gm4

DOLLS WANTED
I Collect Dolls and other Doll Memorabilia • New or Old •

What Do You Have For Sale?
Call me at 433-3876 hm5

OLD GUNS - SWORDS
Binoculars, Cameras, Bamboo Fly Rods. Call 825-0979 or 364-2246. hm3

WANTED
OLD OIL PAINTINGS/PRINTS
Any Size & Condition. Also: Old pocket watches, clocks furniture, linens, oriental rugs, antique trunks and sewing machines. Metal figurines, antique books & magazines. Also need violins, banjos, mandolins, pianos. Will pay cash and pick up immediately. Call Sandy 574-0216. hmy5

WE BUY HARDCOVER BOOKS
Art • Antiques • Photography • Hunting • Baseball • L.I. History • Illustrated Books • Mysteries & Many other topics. We do not buy school books. Call Jim or Harvey 486-9427 Once Upon A Time Books hm1

JUNK CARS \$75. AND UP
Late model wrecks \$300 and up. Same day pickup. Call after 3 p.m. 741-3596 wal

Instructions

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By experienced teachers from local schools. Elem. High School & college subjects. Reading & L.D. Specialists. 489-1929 or 681-9665. gm4

Garage/Tag Sale

VENDORS WANTED Berry Hill
PTA Flea Market. March 31 10 a.m. to 4 p.m. For more information call Janet 921-3298; Carol 364-3140 hm5

GARDEN CITY SATURDAY
March 17 9 am to 6 pm 225 Cherry Valley Ave. (bet. 14th & 15th Sts.) Bedroom furniture, lamps, kitchen utensils, luggage, gift items, etc. Come browse! gm3

WANTED WANTED WANTED
Mr. Lerman buys for immediate cash old paintings, silver, oriental rugs, bronzes, Hummels, clocks, furs, coin and stamp collections. Diamond and gold jewelry. One piece or complete contents. 342 Central Ave. Lawrence. 516-295-0880. gm3

Garage/Tag Sale

WE ARE TWO TALENTED PEOPLE
Who Want to Run Your Tag or Estate Sale Please call Anytime for Free Appointment • 623-7315 Sales by Al & Marie hap4

VENDORS WANTED
H B Thompson PTA Flea Market March 24, 1984, 10 a.m.-5 p.m. For more information call Ina Barella, 496-3469; Ina Kaplan, 681-0769 hm5

TAG SALE GARDEN CITY
Must sell contents of Victorian home. Wonderful 19th century desks; Victorian marble-topped dresser, assortment of handsome antique rockers, collection of old steins. Many old dolls, including two beautiful bisques (one black), much antique china, glass, silver, pewter and Wedgwood. Walnut dining room, bedroom pieces, circa 1920, three unusual music cabinets, interesting oak chairs and cabinets, bookcases, antique clock, wicker chair, linens, books, trunks. Something for everyone! 105 9th St. Sat. March 24 (snow date, 31st) 9-2 p.m. Absolutely no previews. gm4

HOUSEHOLD ITEMS: CHINA,
furniture, Ceramics, Kitchware, Wilton cake decorating supplies, jewelry, old magazines, comics, Gucci accessories, toys, games, bric-a-brac. March 17 (blizzard date March 24) 10-3 p.m. 16 Osborne Road, Garden City gm3

GARDEN CITY SAT. MARCH 17
Rain date, March 24, 10-3 p.m. Patio furniture, weight bench, cameras, records, tapes, books, movie projectors, lawn mower, leaf blower, gas edger, other odds and ends 58 Wellington Road (south of Nassau Blvd. RR station). gm3

GIANT GARDEN CITY GARAGE
Sale Sat., April 7, 10 a.m.-4 p.m. Garden City Nursery School, 50 Cherry Valley Ave. (near pool) Consignments & Donations by over 100 families. gm4

ST. PAUL'S SCHOOL BAZAAR
Treasures old & new Sat., March 17, 10 a.m. to 5 p.m. Sun., March 18, 12 noon to 5 p.m. 295 Stewart Ave., Garden City gm3

FLEA MARKET
Saturday, April 7, 10 a.m. to 4 p.m. Hillside Methodist Church, Hillside Ave., (between Marcus & Herricks Rd., in New Hyde Park) Table rental \$12. Call 437-7580 Brass giftware, chocolates, toys, bric-a-brac WA1

ANTIQUES & COLLECTIBLES
auction Saturday, March 24, 7 p.m., viewing 6 p.m. Hillside Methodist Church, Hillside Ave., (1/2 mile west of Herricks Rd., New Hyde Park). Limoges vases, Indian basket, Ruby glassware, pine cupboard, Oak rocker WM4

GIANT INDOOR 100 FAMILY
GARAGE SALE Saturday, March 24, 10 a.m. to 3 p.m. Collectibles, Usables, Sponsored by Friends of the Garden City Band, Lutheran Church, 420 Stewart Avenue, Garden City gm4

More Classifieds
On Page 18A

Garage/Tag Sale

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Auction

PUBLIC AUCTION ADVANCE NOTICE

Partial contents of four estates. Saturday, March 24 6 p.m. Viewing 1:30 p.m. Masonic Temple, 18 W. Nicholas St., Hicksville, NY. **Alan Davidson**, auctioneer. N.A.A., N.Y.S.A.A. Featuring Victorian Trumeau Mirror, 19th century furniture, oak curved glass china closet, old porcelain, including Meissen, Royal Vienna, Royal Dux, cut crystal, oriental rugs, sterling silver, collectibles, more. Call for further information (516) 922-6489 hm3

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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 in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately without mentioning the favor, only your initials. Thank you Holy Spirit. M.F. hm3

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 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. K.K. hm3

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Notice

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Dinner — California style

By Toni Griffio

VENTURA LIMESTONE LETTUCE WITH TOASTED PINE NUTS AND RASPBERRY VINAIGRETTE

1/4 cup pine nuts
Vinaigrette:
1 tbsp. olive oil
1 tbsp. oil
1 tsp. raspberry vinegar
1/2 to 1 small shallot, minced
1/2 tsp. Dijon mustard
1 tsp. whipping cream
Salt and finely ground pepper to taste
2 heads limestone lettuce or butter lettuce, broken into bite-size pieces
2 Belgian endive, thinly sliced (one to line salad bowl)
2 ozs. enoki, or white mushrooms, roots cut off
1 small head radicchio, torn into bite-size pieces
Garnish:
8 cherry tomatoes, sliced in half

Preheat oven to 350 F. Toast pine nuts in oven 5 minutes or until lightly browned. Prepare vinaigrette, by mixing all ingredients with whisk or in blender until well combined. Place limestone lettuce, endive, mushrooms and radicchio in salad bowl. Garnish with cherry tomato halves and toasted pine nuts. Pour approximately 1/4 cup raspberry vinaigrette over and toss. Taste for seasoning and serve. (Vinaigrette can be kept up to 1 week in refrigerator.) Salad may be prepared up to 4 hours ahead except addition of dressing, which should be kept in refrigerator until 1/2 hour before serving.

Makes 2 generous servings.

Note: Limestone lettuce now is grown hydroponically all year in Southern California. Its taste is closest to butter lettuce, with a pronounced, sweet buttery flavor. It also has less waste. In combination with ruby red radicchio, Belgian endive and thin enoki mushrooms, the salad greens are out of the ordinary. Sweet, acidic raspberry vinaigrette accents the salad, and toasted pine nuts add a crunchy finish. If necessary, substitute butter lettuce for limestone and red cabbage for radicchio.

GRILLED LEMON-MUSTARD CHICKEN

Marinade: 1/4 cup lemon juice
1/2 tsp. finely chopped lemon zest
1/4 cup Dijon mustard
1/4 cup finely chopped fresh herbs — any combination

of rosemary, thyme, basil, oregano and parsley
1/4 tsp. salt
1/4 tsp. coarsely cracked pepper
2 large whole chicken breasts, skinned, boned and halved
Garnish:
Parsley sprigs
Lemon slices
Fresh herb leaves used in marinade

Combine marinade ingredients in small bowl. Mix well. In large shallow non-aluminum dish, arrange chicken pieces and pour marinade over them. Marinate 2 to 4 hours in refrigerator. Prepare barbecue (mesquite preferred) for medium-heat grilling. Remove chicken from marinade and grill 3 inches from flame 7 to 10 minutes on each side (or use broiler). Place on individual plates or on platter surrounded by parsley sprigs, lemon slices and fresh herb leaves. (May be prepared up to 4 hours ahead through marinating/refrigerating chicken breasts.)

Makes 2 generous servings.

Note: Recommended California wine: This flexible dish works equally well with Chardonnay, Cabernet or Zinfandel and can be served with a crisp, refreshing Fume Blanc in the summer.

SAUTE OF JULIENNED GARDEN VEGETABLES

2 medium carrots, peeled and julienned
2 medium stalks celery, peeled and julienned
1 tbsp. unsalted butter
1 tbsp. oil
1/2 medium red onion, thinly sliced
2 small zucchini, julienned
1/2 to 1 medium clove garlic, minced
1/4 tsp. salt
Dash coarsely cracked pepper
1/2 tsp. chopped parsley

Immerse carrots in pan of boiling water and boil 1 minute. Drain and set aside. Immerse celery in pan of boiling water and boil 30 seconds. Drain and set aside. Heat butter and oil in large skillet until hot. Add onion and saute over medium heat 3 to 5 minutes or until soft but not brown. Add carrots and celery and continue sauteing another minute. Add zucchini and saute another 2 minutes or until cooked but not soft. Add garlic, salt, pepper and parsley. Mix well. Taste for seasoning and serve immediately.

Makes 2 generous servings.

The World's Most Beautiful Grandchildren



This is our precious granddaughter Kimberly, born June 10, 1983. Kim lives with her parents Betsy and Bob Karmen in Hicksville. We love having them visit.

Betty and Bob Schnell
Williston Park



I am enclosing a picture of my grandchildren whom I think are simply beautiful. I am not prejudiced, of course. Jimmy Lima is three and a half, and Michelle Lima is one and a half. They live in Hicksville.

Bea McCarthy, R.D.H.
So. Farmingdale



Here's Michael Nichols, ready for his Baptism. Mom Karen and Daddy Jim are sure proud of him and so are Nana and Pop Luncau of Hicksville. Michael lives in Plattsburgh, New York.

The Luncaus,
Hicksville



TWEEN 12 & 20

think it's better to love than fight — Rodger.

Teens: The vast majority of teen girls refuse to mix alcohol or drugs with their own driving, but almost half still ride in cars driven by friends they know to be "under the influence" at the time. Those are several of the findings of a new reader-response survey just published in Seventeen magazine.

According to the magazine's survey report, 79 percent said they never "drive after drinking." In addition, 87 percent said they haven't ever driven "under the influence of drugs." However, they are not so careful when it comes to being passengers. Approximately half (48 percent) of the respondents said they "ride with drivers who have been drinking or taking drugs."

Apparently, most girls do try to steer clear of dangerous drivers on some occasions. Sixty percent said they have at some time "refused to ride with someone (they) felt was a dangerous driver."

The survey results are based on approximately 1,000 reader responses to a questionnaire that appeared in the magazine. The questionnaire focused on teen girls' driving habits in general.

In addition to the information on drinking and driving, 50 percent of the respondents said they "frequently exceed the speed limit by more than 5 miles an hour," but only 5 percent "frequently run red lights." More than one out of 10 (11 percent) have played "dare" games in a car or have been involved in drag racing.

Even though 21 percent of the respondents said they have been "in a serious car accident," most still do not use their seat belts on a regular basis. Only 20 percent said they "always" use a seat belt. Another 35 percent said they "sometimes" do. But almost half (45 percent) said they "never buckle up."

Now, girls, you know why your parents are concerned about who you go out with and who will be driving. As a parent, I always felt more at ease when my teenage daughter was driving than when she was a passenger, regardless of who was behind the wheel.

Dr. Wallace: I'd like to comment about teen couples kissing at school. I'm a 15-year-old boy and we have a lot of "hallway lovers" at our school.

Our school handbook says kissing is not allowed on school grounds, but at our high school the rule is not enforced.

Let's say that we all

Rodger: I agree, just as long as the students don't have to "fight" through the "lovers" to get to class on time.

Dr. Wallace: Hi, my name is Debbie and I'm 12 years old. I have a very large problem and I'd like you to give me the solution.

My parents are divorced and both have remarried. I live with my mother and I love her dearly, but I don't much care for my stepfather.

On the other hand, I really like my stepmother and I love my dad, but not as much as I love Mom.

Both my real parents have told me that I can live with the parent of my choice. With the information I have given you, do you think I should stay with my mom or move in with my dad? — Rachel

Rachel: Stay with Mom. Moms have a way of making days brighter. Tell her about your concern and forget about it. Mom will know what to do.

Dr. Wallace: I'm 17 and going steady with a 19-year-old guy. My problem is that when I want to go out with my friends, I have to call him and tell him who I'm going out with, where we are going and what time I plan to be home. Then he checks up on me just to make sure I haven't lied to him.

I like this guy and we have fun when we are together, but I'm tired of him playing detective. Help! — Connie

Connie: Seventeen-year-old single girls should be responsible to their parents and not overprotective boyfriends.

Discuss the situation with your boyfriend and tell him that you no longer want him playing detective and that if he cannot trust you, it's time to part ways.

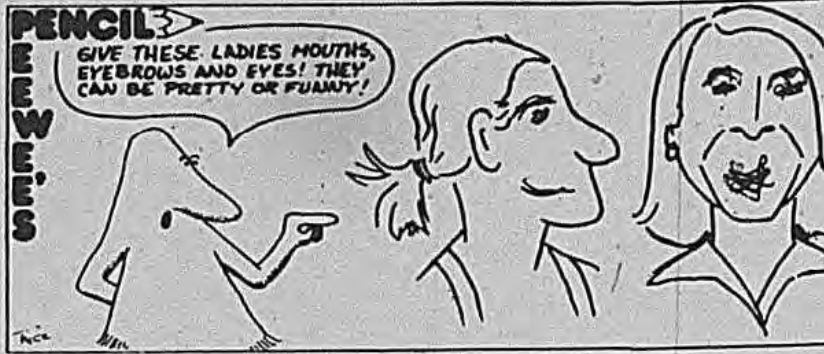
Dr. Wallace: Mike and I have gone steady three times previously, and each time we broke up because he found another girl. Each time we got back together he discovered he really cared for me more than the new girlfriend.

At present, he has just broken up with his latest "heartthrob" because he says he missed me.

I do care for this guy more than any guy I've ever dated. My question is this: Should I go back with this guy? All my girlfriends are telling me no. What do you have to say? — Patty

Patty: If dating this guy steadily on and off is more enjoyable than dating other guys, then go back with him. At least you won't be surprised if he wants to break up because he has found another "true love."

JUNIOR EDITION



Aunt Tilly's Corner

As I'm writing these words to you, the snow is tumbling down. Can it be possible spring is coming next week? I think all the little birds that are supposed to come back to our area at this time of year must be quite confused. And do you know something, I'm confused, too! Isn't winter ever going to end!

Your friend,
Aunt Tilly

P.S. This week's coloring contest winners are Scott Gruberger and Robert Geramita. You'll both be hearing from me soon, boys!

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Mail your entry (just clip out cartoon) to this newspaper at:
105 Hillside Avenue
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Points On Pets

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



Q. Our 6-year-old beagle has foul-smelling breath and discolored teeth.

A. Do veterinarians do dental work on dogs? If so, how often should a dog's teeth be examined?

Most veterinarians routinely do dental work on both dogs and cats.

Discolored teeth usually are caused by the deposition of a soft material called plaque. Plaque forms on the enamel surface of the teeth, usually at the gum margin. Plaque is produced by the combined action of bacteria, saliva, putrefying foodstuffs and digestive enzymes. Once plaque is established, mineral salts from saliva are deposited on it producing calculus, or tartar. The longer the condition is left untreated, the thicker the tartar becomes.

The most common cause of bad breath in dogs is the accumulation of plaque and tartar. Plaque and tartar also lead to separation of the teeth from the gums and eventual tooth decay.

Although very important to the health of a dog, routine teeth care often is overlooked by most owners. Most teeth and mouth disorders can be prevented by yearly prophylactic dental cleaning.

Regular cleaning of the teeth with toothpaste, powder,

mouthwash or antiseptic gel will help prevent tooth disease. However, this is a chore that many dogs will not tolerate and many owners cannot discipline themselves to do regularly.

The chewing of large bones seems to decrease the amount of plaque and tartar buildup. Dogs should be allowed to chew only large leg bones. Small bones splinter easily and produce sharp pieces that can injure the mouth or digestive tract.

Dogs chewing large bones too vigorously occasionally can fracture teeth. Therefore, the dog should be observed frequently while chewing on bones. If chewing becomes too vigorous, the bone should be removed.

Most teeth problems can be prevented by proper diet and regular prophylactic teeth care.

Q. What is colic in a horse? It seems that all our horse-owning

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- ④ OIL
- ⑧ GAS
- ⑧ COAL
- ②④ BRIQUETTE

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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.

- ④ OIL
- ⑧
- ⑧
- ②④

KEEP STEEL WOOL PADS OUT OF SIGHT YET STILL AT YOUR FINGERTIPS.



BY CHRISTOPHER & JANICE NYERGES
RECYCLING

Putterin' Pete

By FRYE



A PLASTIC PAINT GUARD WORKS FINE IF YOU REMEMBER TO CLEAN IT EVERY TIME YOU MOVE IT. HAVE PLENTY OF PAPER TOWELS HANDY!

HEALTH & FITNESS

HEALTH & FITNESS

HEALTH & FITNESS



Three local physical fitness stories - See Page 3

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Williston Times (plus Mineola Edition)
Mid Island Times (Hicksville)
New Hyde Park Herald Courier
Bethpage Newsgram
Jericho News Journal
Garden City News

Friday, March 16, 1984

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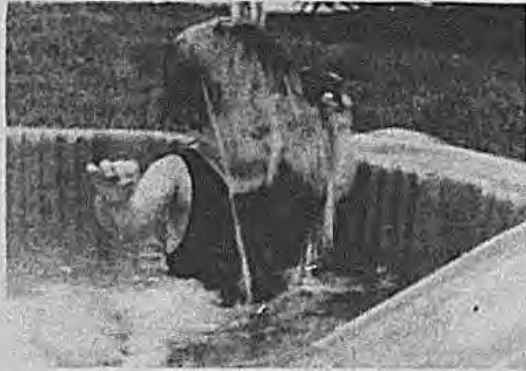
Physical Fitness Is For Everyone

Running Is Sport For All Ages

Today fitness is for everyone! No longer are physical activities geared exclusively for the young and strong. Keeping in shape is now for people of all ages, both sexes and every occupation as a key to good health. Moreover, it can also be great fun!

In this special section three unusual stories are told of local people in pursuit of fitness. One is a baby starting to swim before she can walk. Another is a blind young man hiking the Appalachian Trail in order to help other blind people. Still another is a mature man whose age is no barrier to becoming a marathon runner.

Swimming Program For Babies Only



Megan Strong takes a lesson.

Last June, Megan Strong, then ten months old, had her first lessons in swimming before she was able to walk. Megan lives with her parents in Mineola. She is the granddaughter of Lucy and Paul Petrillo of Williston Park.

For eight Thursdays in a row, the little girl was taken by her mother, Christine, to a special

"One" at the YWCA in Queens. There were twenty youngsters in the program ranging in age from three months to a year. Each baby was accompanied by a parent, usually a mother, but there were two exceptions. One came with a dad, another with a grandma.

Continued On Page 18



If the weather is good, Joe Abbondandolo, 60, of Hicksville, runs the seven miles from his home to the Long Island Trust Co. office in Garden City. Or he may run home from the office to Hicksville.

Abbondandolo started to run when he was a student at Roslyn High School and successfully tried out for the track team. Ever since, he has simply kept it up. Today, he runs at least eight miles a day through Cantiague Park near his home.

"There's a regular course there, all neatly laid out and marked," he said, "but I don't usually run on it. It's about one-mile long and I run further than that. Besides, if you're going to run, you might as well use the

Continued On Page 18



Mike Conway and Tessa.

Handicap Does Not Stop Fitness

Michael Conway, who lives in New Hyde Park and grew up in Garden City, ended his 100 day hike of the Appalachian Trail in August. He was the first blind person ever to do so.

Mike is the son of Marge Conway, manager of Garden City's American Express Vacation Store Office on Franklin Avenue, and he was accompanied by his two friends, Noel Siminero and Tessa, a guide dog.

By his long trek Mike raised money for the Guide Dog Foundation to provide other people with dogs. To date \$23,000 has been raised.

It is not the first time Mike has hiked the Trail. While a student

at Garden City High School he did so. Then, three years ago, he went blind from diabetes at the age of 21.

A native of Garden City, Mike attended Homestead and Stewart Schools, Garden City Junior and Senior High Schools. In high school he was active in soccer and wrestling. Later on he served as a Garden City volunteer fireman. Then Mike enrolled at Adelphi where he is majoring in sociology and is a Dean's List student.

Mike, Noel (and no doubt Tessa) enjoyed their 875 mile walk which began in New Jersey and ended at Maine's Mt. Katahdin. At one point Mike had a problem with his hip and

Continued On Page 7

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BACK PROBLEMS

Sit up and take notice

Backaches are the second-largest pain problem today in our society, second only to headaches, says the U.S. National Center for Health Statistics. But don't panic — experts seem to agree that basic exercises can relieve, eliminate and even prevent lower-back pain.

The most common cause of backaches is poor posture caused by weak abdominal muscles. Other causes include stress and tension, muscle spasms caused by trauma, slipped or ruptured discs, pregnancy-childbirth, childhood diseases and birth defects.

Every exercise program is not necessarily good for your back. Without proper strengthening of the back and its associated network of muscles, many exercises and sports actually can cause back problems.

"How To Relieve Your Aching Back" (Bantam, 1979), by Dona Z. Meilach, written in consultation with Dr. John R. Lake and Judi Sheppard Missett, founder of Jazzercise, recommends a daily program for the back. The routine consists of a warm-up session and three basic strengthening exercises.

In order to obtain maximum benefits from these exercises, they must be done consistently. An ideal situation incorporates one session when you wake up and another at bedtime, with a maximum of 15 minutes per session.

Exercise on a padded floor or a firm mattress. Begin every exercise by pressing the entire length of your back flat against your exercise surface.

THE WARM-UP ROUTINE

1. Lie on the floor, knees up, feet on floor, hands at sides.
2. Slowly tighten and relax your muscles. Begin with your toes, then calves, thighs, up to your abdomen, buttocks, chest. Work up to your jaw. Tighten each muscle group, then relax and go onto the next.
3. Reverse.
4. Limber our neck by turning your head from side to side slowly.
5. With your back against the floor, inhale and exhale slowly five times.

EXERCISE 1

(Designed to strengthen back and abdominal muscles.)

1. Raise one knee slowly to your chest as you count to five. Hold for five counts. Lower the leg to the floor as you count to five.
 2. Repeat with the other knee.
 3. Repeat with both knees together.
- Repeat this exercise several times, but work at your own pace.

EXERCISE 2

(Designed to strengthen lower back, hips, abdomen and thighs.)

1. Lie on floor, knees up, feet on floor, hands at sides.
2. Contract your buttocks muscles very slowly and tightly. As you feel your pelvis tilt up and your lower back pressing flatly against the floor, push your feet against the floor. Suck in deeply as you contract your abdominal mus-

cles. Hold five counts. Relax. Repeat.

3. Contract and tilt your pelvis, follow through by lifting your lower back 1 inch off the floor. Contract and hold for the count of five. Slowly recline to floor for the count of five. Relax. Repeat.

EXERCISE 3

(Hamstring stretch)

1. Slide one knee toward your face as close as possible. Slowly hold for the count of five.
2. Extend your leg upward with pointed toes. Slowly lock your knee and feel the hamstrings stretch. Hold for count of three.
3. Slowly bring knee down and slide the leg to the knee-bent position, both to the count of five. Repeat with the other leg.
4. Return to the warm-up position.

Here are some additional tips to relieve an aggravated back:

- Sit in a good chair that has a slight tilt and supports the middle of your back.
- Sit with knees bent and uncrossed.
- Take frequent breaks from sitting throughout the day.
- Bend your knees when lifting objects to avoid strain on your leg muscles or your back.
- Hold objects close to your body when lifting.
- Avoid wearing high-heeled shoes that tip your body forward.
- Avoid carrying a sack of groceries or baby on one hip or standing with your weight on one leg.
- Learn correct posture. To measure correct posture, stand with your head, heels and derriere touching the wall. Pull in your stomach muscles and tighten buttocks until you come as close as possible to touching the small of your back to the wall. It may feel awkward, but many experts say this is your correct posture.

Stadium suppers

Once only an Ivy League custom, tailgate parties have caught on all over the United States. Don't let your event be spoiled by spoiled food on the tailgate of your station wagon.

"Even in cool weather, bacteria can grow in perishable foods, especially meat and poultry," says Stanley Green, a senior microbiologist at the U.S. Department of Agriculture. "And if people eat contaminated foods, the foods could cause vomiting, stomach cramps and diarrhea."

Green says preventing food poisoning is easy. Keep hot food hot, cold food cold and all food clean.

Check the seal on an insulated bottle to make sure it's in good condition so bacteria can't penetrate. Wash the container with soapy water and pour in boiling water to sterilize it. Put your hot food in the container immediately after you sterilize it. This way the temperature of the food doesn't drop as much as it heats the container and the food will stay hot for several hours.

A BETTER YOU - SPECIAL SUPPLEMENT
 Appearing in Garden City News, William Times/Miracle Edition,
 New Hyde Park Herald Courier, Mid Island Times, Belpage Newsgam,
 Jericho News Journal & Syosset Advertiser

Athletes seek path NUTRITION to the top

If a person really is what he eats, as the saying goes, then athletes, with all their record-breaking and gold-medal performances, must be the healthiest eaters of all. Or so it was assumed.

Now, with the growing interest in sports medicine, specialists are finding that the adage isn't holding up. And, they say, some common practices among competitors, coaches, trainers and weekend athletes either aren't necessary or aren't healthy.

"Athletes are the biggest prey to food fadism, probably even bigger than the general public," says Patty Beckwith, a hospital dietitian and former consultant to Olympic teams.

"They hunger for success. They are looking for that elixir to give them that gold medal. Athletes are convinced that certain foods are going to make them win and other foods aren't."

Dr. Nathan Smith of the University of Washington says: "The world of athletes is a fabulous world of myths and superstitions. If one vitamin tablet is good, they think 14 will be fabulous."

However, the two specialists say there is no magic food or diet behind athletic prowess and stamina.

An athlete, whether an Olympic swimmer or junior high school wrestler, needs the same diet as everyone else — a solid one. Well-rounded meals, the specialists say, should supply the athlete with ev-

erything he or she needs to keep in shape during training and compete at his best when the time comes.

The only difference is that the athlete in training needs more food to supply the energy for daily workouts and ensure a ready store to draw upon for a game, race or meet.

Beckwith and Smith offer these general guidelines, some of which counter conventional ideas.

— A high-protein diet isn't necessary for the athlete. The type of energy the athlete draws upon is glycogen, stored in muscle and largely the product of unrefined carbohydrates. Some studies even suggest that a high-protein, high-fat diet hinders the replenishment of glycogen once it has been depleted.

— Honey, if used before an event, should be eaten only in moderate amounts. It can cause cramping or diarrhea if too much is taken.

— Water should be drunk regularly during workouts and competitions, Smith says, regardless of whether the athlete thinks he needs it. "Thirst is no reliable indication of water need," Smith says.

Water replenishes lost body fluids more rapidly than other liquids, including special beverages manufactured for the athlete. The denser the liquid, the more slowly it replenishes the body's lost fluids.

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HEALTHY FEET

Put your best foot forward

Will, perseverance — even the strength of Superman himself — won't get an athlete very far on a pair of aching feet.

Healthy, comfortable feet are essential for optimal performance and pleasure in any sport. It is not surprising, then, to find a growing number of professional and part-time athletes across the United States seeking the aid and advice of podiatrists. Why? Those athletes with healthy feet want to keep them that way; those with painful foot disorders want relief.

Foot maladies such as corns, calluses, bunions and heel spurs, considered painful annoyances to the non-athlete, can be devastating to the active person. What can an athlete do to get his feet in shape and keep them that way?

TO STRENGTHEN THE FOREFOOT. Pick up pencils or marbles with your toes and walk back and forth across a room six times a day. Roll your arch over a strong bottle or can three times a day.

TO STRENGTHEN TOES. Walk barefoot on your tiptoes back and forth across a room four times, then stand on a thick book with your toes extending over the edge. Turn the toes downward to grasp the edge of the book and then touch the floor. Begin with 10 and gradually increase by 10 until you reach 50.

WEAK ANKLES AND ARCH. Walk around a room three times a day on the outer edge of your feet with your toes slightly curled under.


TO STRENGTHEN FEET AND LEGS. Sit on the floor with your legs apart. Take your left hand and grab your right foot and pull it back and release. Then take your right hand and do the same with your left foot. Repeat six times.

Sit on the floor and cross your legs. The foot on top should be pointed up and down and circled around like the hand of a clock for 10 seconds. Then reverse your legs and do the same thing with the other foot.

TO INCREASE CIRCULATION. Sit on a chair and put your feet straight out in front of you and lift them as high as you can and then lower them slowly. Do one leg at a time and then both legs together, if you can. If it creates any pain in your back, do not continue.

Sit on the floor with legs bent slightly outward and bend your foot back toward your knees as far as you can. Repeat six times, alternating feet.


THE ANYWHERE EXERCISE. Sit on a chair with a straight back and remove your shoes. Extend your legs in front of you and move your feet back and forth as far as they will go. Do this at least five minutes twice a day, more often if possible.



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HUMOROUS

Running t-shirt Ten Commandments

By Jan Thiessen

You've spent hundreds of dollars searching for the perfect running shoe.

You've spent hundreds of hours reading running magazines.

But if you haven't researched the role of the T-shirt, you'll never be a decent runner.

Proper use of the T-shirt is more important than oxygen uptake, stride length, interval training or carbohydrate consumption.

You are what you wear. Unfortunately, the various "bibles" of running ignore the Ten Commandments of the T-shirt.

THOU SHALT NOT WEAR A RACE SHIRT ON THE DAY OF THAT RACE.

It's rumored that Alberto Salazar did this once — and finished next to last at a charity fun-run.

The mystery of why wearing a race-day shirt turns your knees to macaroni is not quite clear.

At most races, shirts are handed out after the finish. But in some cases, they're mailed in advance or given at the registration desk before the start.

In these cases, you must put temptation behind you. A T-shirt knows whether it's too early to be worn.

THOU SHALT NOT WEAR A HALF-MARATHON SHIRT IF THY LONGEST RUN TO DATE IS DOWN TO THE LIQUOR STORE.

Here again, the shirt just knows. Wearing an illicit shirt stolen off your neighbor's clothesline causes injuries ranging from mild shin splints to loss of all your toes.

THOU SHALT NOT WEAR A 10K SHIRT IN A HALF-MARATHON.

There are two reasons for this: — Your central nervous system will somehow sense that you should be running 10k pace, not half-marathon pace. You'll collapse just past the nine-mile marker.

— You'll look like a nerd. Corollaries to the Third Commandment: Never wear a half-marathon shirt in a marathon. Never wear a marathon shirt in a 100-mile run. For that matter, never run 100 miles.

THOU SHALT NOT WEAR A DISCOUNT-STORE SHIRT THAT SAYS, "I LUV RUNNING."

Even if it was a gift from your 8-year-old daughter, the humiliation of wearing such a thing just isn't worth it.

My father-in-law, who's been running seriously for more than 20 years, was forced to go out on Christmas day several years ago in a gift sweatshirt that said Run-runrunrunrun, or some such. Coming home, he was bitten by his own dog who mistook him for a tourist.

THOU SHALT, WHENEVER POSSIBLE, WEAR SHIRTS FROM RUNS OF YEARS GONE BY.

You'll impress everyone with something that says "Boston Marathon — 1953." You'll also im-

press people by wearing any marathon T-shirt in a 10k.

THOU SHALT NOT WEAR THE SAME T-SHIRT FOR ETERNITY.

The reason for this should be clear to anyone who's ever set foot in a high school locker room. But don't laugh. This is a tough commandment for some people.

Imagine a mile-a-day type who somehow finished a half-marathon, motivated strictly by the vision of the T-shirt he'd receive at the finish line.

Now that he has it, he refuses to take it off. He wears it day after day after day after. ... Passing him on the street reminds you of running past the camel enclosure at the zoo. Or near the Love Canal.

THOU SHALT NOT WEAR THY TRENDY, PALE-PURPLE BILL RODGERS SINGLET.

Save it for running around your neighborhood. It'll enhance your reputation.

THOU SHALT NOT LEAVE THY T-SHIRT DRAPED OVER THE BUSHES WHILE RUNNING.

It won't be there when you get back.

THOU SHALT NOT RUN IN A MARLBORO T-SHIRT.

Tacky, really tacky. Budweiser Light shirts are perfectly proper, though.

THOU SHALT LET THY CONSCIENCE BE THY GUIDE ON THE THORNY QUESTION OF WHETHER TO WEAR A NIKE T-SHIRT WITH NEW BALANCE SHOES.

Handicap

Continued from Page 3

checked into the emergency room of a nearby hospital, but that problem did not stop him.

In October, Mike's alma Mater, Garden City H.S. presented him with an award as an outstanding alumnus at Homecoming Day ceremonies. The students, in turn, have raised more money.

The Guide Dog Foundation was started in 1946 by the now defunct Forest Hills Lions Club. The main headquarters is a 7-acre facility in Smithtown, but it has branches as far away as Israel and California. It takes 2 years to breed and train the dogs (Golden Retrievers and Labradors) and each animal has an approximate 8-year "working life."

Mike feels that having a companion like Tessa has done wonders for his own self sufficiency. He wants to give someone else the same opportunity to expand horizons.

Donations to the Guide Dog Foundation in Mike's name may still be sent to: American Express Vacation Store, 988 Franklin Avenue, Garden City, N.Y. 11530 Attn. Marge Conway. Checks should be made out to the Guide Dog Foundation.

Page 7B Friday, March 16, 1984

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SPORTS INJURY

The eyes have it



By Anne Hardy

Up to now it has been difficult for eyeglass wearers to be good sports. Wearing specs when you're catching a ball, biking, jogging or touching your toes can mean dropped, broken or twisted eyeglass frames. And it's hard to get to first base when distracted by slipping and sliding eyeglasses.

An easy and comfortable solution to these problems are frames with a spring-hinge mechanism built into the temple of the frame.

Spring-hinge frames adjust to any impact and absorb shock without falling apart. Uniform distribution of the frame weight prevents irritating, slipping down the nose. There is virtually no strain on the head or pressure at the back of the ears, as gentle tension at the temple keeps the frame firmly in place.

Spring-hinge frames also are virtually accident proof. They withstand bending if you stuff them into your exercise equipment tote or if you fall asleep and roll over on the pillow with them on. The latest spring-hinge frames are fashionable, as well — they look as good on a social occasion as on a squash court.

George Rich, president of Starline Optical Corp., reports that parents have been pleased with the ultimate cost saving that durable spring-hinge frames can mean for active sports-playing youngsters who seem to need new frames as often as they do sneakers.

Rich notes that executives in meetings find spring-hinge glasses practical for someone who is "hard" on his glasses, stretching out the frame by putting it on top of the head or taking the glasses on and off by the temple during concentrated meeting times.

Since you need not take as much care protecting your eyeglasses, they are more easily worn during sports activities, contributing to the eye protection essential in several sports.

In racquet sports alone over 3,200 people suffer eye injuries every year, and some of those injuries are serious, according to the American Optometric Association, the professional organization of 21,000 optometrists.

Sports that may be particularly hazardous to the eyes include racquetball, tennis, squash, badminton, golf, archery, fencing and any sport with a projectile.

There are two ways to prevent

eye injuries: wear eye protective equipment whether or not prescription eye wear is needed, and play defensively.

Eye protective equipment available includes: sturdy eyeglass frames with industrial-strength impact-resistant lenses; padded bridges, rubber bridges and headband attachments; sports goggles able to hold either prescription or non-prescription lenses.

Doctors of optometry caution contact lens wearers that, while contacts afford some extra protection to the eyes, they are no substitute for eye protective

equipment. Such equipment should be worn over the contacts.

The AOA recommends the following tips on playing defensively for such popular sports as racquetball, tennis and basketball.

Racquetball enthusiasts face the greatest risk from the opponent's body and racket. To play defensively, you should be visually aware of the opponent's position at all times. To avoid eye injury from the ball, players should not look back as the opponent hits the ball.

In tennis, the greatest risk is from the ball. Therefore, having the vision skills to follow the ball, judge its speed and get into position to hit it not only helps to score a point but also to protect the players' eyes. A complete optometric examination can help you understand the state of your vision and what can be done to help improve your sports performance.

In addition, tennis players can help avoid eye injury by using only one ball during warm-up and controlling their temper. Several tennis players have suffered serious eye injuries from being hit by a ball fired in anger or frustration after the loss of a point.

In basketball, eye injuries are most likely beneath the basket, where arms, elbows and fingers are flying in rebound attempts. Some players have taken to wearing protective goggles to reduce injuries.

Athletes who suffer a blow to the eye should seek immediate care at a hospital emergency room. Although some may see stars or spots or notice a change in their vision, damage may not be immediately apparent to the victim. Prompt attention can be vitally important, particularly in treating a detached retina.

BICYCLING

Pedaling away to fitness

Bicycling, in combination with a sound diet and adequate sleep, is an excellent way to achieve your maximum fitness level. Benefits include increased energy, aerobic conditioning, strengthened muscles, decreased stress, improved weight control and better psychological well-being. And bicycling is an exercise which can be continued for a lifetime.

Following is a four-week bicycling fitness plan prepared by the Bicycle Federation, a Washington, D.C.-based national non-profit organization.

All fitness programs have four basic steps:

— Warm-up exercises for three to five minutes. Stretch calves and legs to relax your muscles and help prevent injuries.

— Aerobic activity. Bicycling over mileage listed in accompanying chart.

— Cooling down for five minutes. Stretch and walk so leg muscles do not cramp.

— Heart rate check. After cooling period make sure your heart has had sufficient time to recover. If your rate is still high, then do more stretching and walking. Several excellent books containing heart rate charts are available for aerobic programs.

As with any exercise program, it is a good idea to have a physical examination before beginning.

The new riders' training schedule concentrates on covering mileage rather than time. For the beginning cyclist, covering a certain number of miles may be easier than riding for a set time period.

The more experienced bicyclists' training schedule lists recommended riding times in minutes.

Try to schedule your rides for the same time each day, preferably in the early morning. In bad weather, exercise indoors for a comparable period of time.

FIRST WEEK. Concentrate on developing a good smooth pedal stroke and ride 15 minutes at a moderate pace. Do not force the pace.

SECOND WEEK. On Sunday, Tuesday and Thursday, include two periods of hard riding, three to five minutes in the middle of your ride, separated by five minutes of easy riding. This is called "interval training."

THIRD WEEK. On Tuesday and Thursday include five-minute periods of hard riding, separated by five-minute rests of easy riding. Try not to stop on two-hour rides,

and ride shorter rides at a moderate pace.

FOURTH WEEK. Ride long rides at your own pace but try not to stop. See how many miles you can ride. Do intervals on Tuesday and Thursday using the same procedure as for the third week. On Wednesday try three-minute intervals with a three-minute rest in between.

This bicycling plan is geared toward achieving a maximum aerobic fitness level and maximum strengthening of leg muscles. Adapt this plan to suit your own needs and time requirements.

When you start your program, establish a goal of distance and/or time. You should start noticing that you stop less often and go farther in the same amount of time. Once exercise becomes routine, there are several ways to challenge yourself. Try to either cover the same distance in less time or a longer distance in the same time. Either way will increase your speed and endurance.

Training Schedule For New Riders

Weeks	Miles Per Day	Miles Per 5-Day Week	Miles On A Weekend
First	2-5	10-25	5-10
Second	4-7	20-30	10-20
Third	6-9	30-45	20-40
Fourth	8-11	40-55	40-60

Training Schedule For Experienced Bicyclists

Days Of The Week	1st Week	2nd Week	3rd Week	4th Week
Sunday	60	60	60	60
Monday	15	15	15	15
Tuesday	35	60	60	60
Wednesday	15	30	15	30
Thursday	60	60	60	60
Friday	15	15	15	15
Saturday	60	60	120	120
	(minutes)	(minutes)	(minutes)	(minutes)

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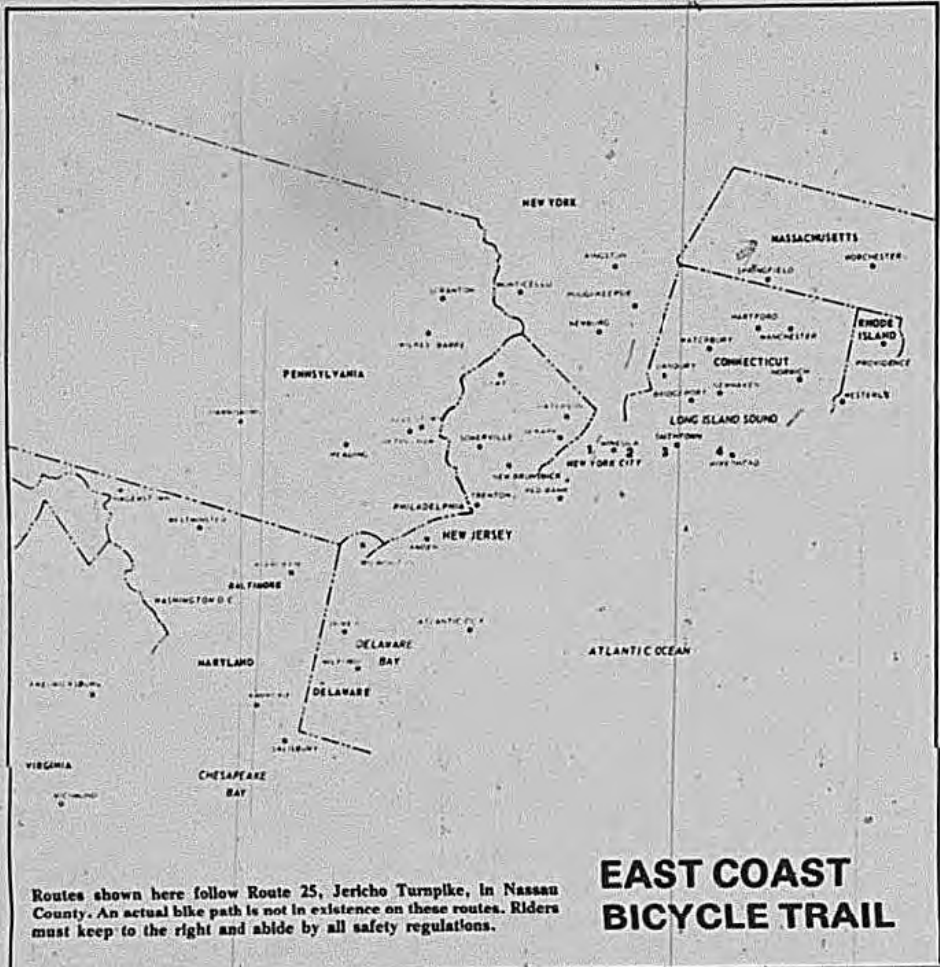
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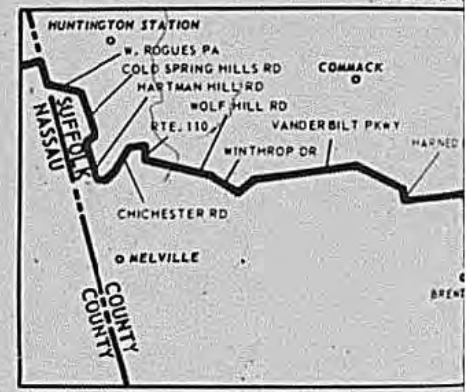
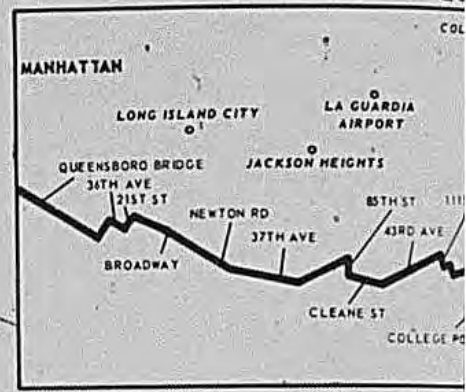
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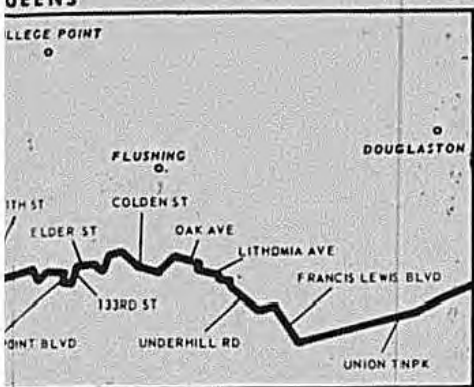
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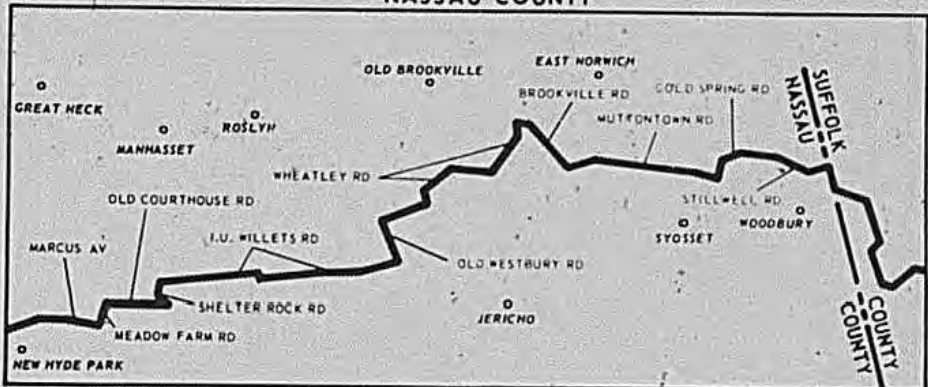
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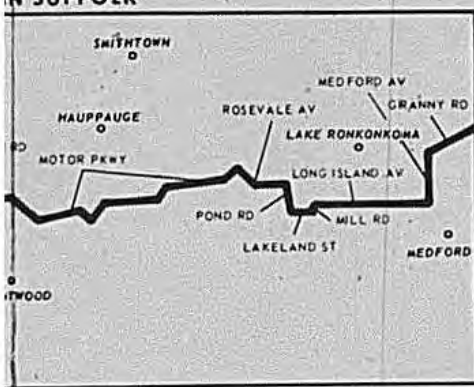
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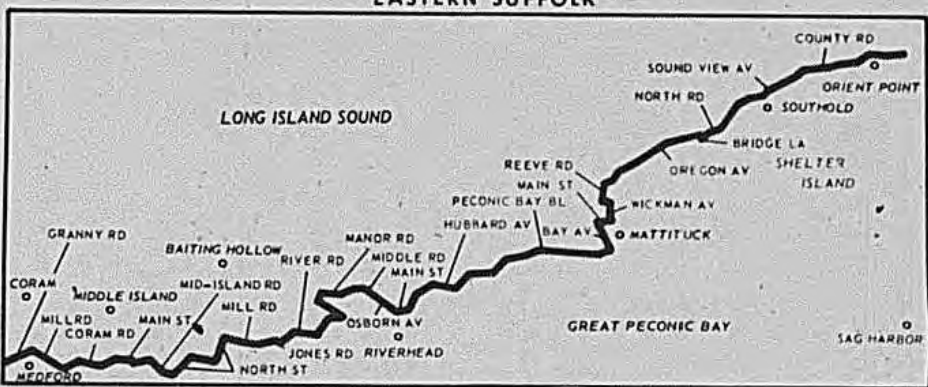
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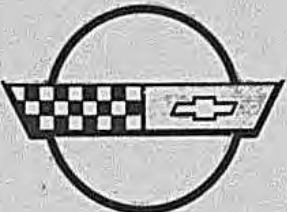
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SPORTS MEDICINE

Preventing sports injuries

By TRENT HUNTER

Given the large number of people who engage in recreational sports today, a certain number of injuries is unavoidable. But with some attention to safety measures and basic first aid, the seriousness of many injuries can be lessened.

The knee is one of the most susceptible and frequently injured body parts. According to Dr. Fred L. Allman Jr., president of the American Orthopaedic Society for Sports Medicine, the vulnerability of the knee is in its basic structure.

The knee generally is unprotected, exposed to jarring tackles or jars on a hard surface. Allman explained. "It is also asked to make twists and turns at the same speed as the feet. That sometimes causes problems. Injuries such as torn cartilage and ligament tears have sidelined scores of recreational sports athletes as well as professional superstars."

There are numerous factors which may be included in a program designed to prevent knee injuries, including proper conditioning, wearing of protective equipment, playing on playing facilities that do not have obstructions and which are smooth and non-

hazardous, coaching techniques, proper care of an injury once occurred, complete rehabilitation following injury, and evaluation of the athlete after a return to participation following injury.

Many of the 208 bones in the skeletal system are also prime targets for serious injury. Bone fractures are the most common type of injury and usually occur from a direct blow. A bone fracture produces a lot of pain as attached nerve endings rub each other and against the bone. Often blood vessels sever, and if the bone penetrates the skin and is exposed to air, an infection may begin quickly.

Pain usually is the tell-tale sign of a bone fracture. Sometimes a "snap" can be heard as the fracture occurs. The individual must, as in the case of a knee injury, keep weight off it and see a doctor. The fracture must be straightened and set to properly heal, which takes one to six months.

No tendon in the body is subjected to as much pressure in exercise as the Achilles tendon; a rupture of this tendon occurs frequently among athletes, especially with runners.

Improper warm-ups, leaving the tendon tight

and inflexible, is a major cause of rupture. A sudden

change in direction or acceleration can strain or tear the tendon.

Rest is sufficient remedy for this injury only if the injury is mild. In more severe injuries or complete disruption, surgery is often necessary.

In summer months, heatstroke is a serious problem. So serious, in fact, it can often lead to death. Perspiration is the body's method for cooling itself down. It is the blood volume in the capillaries, veins and other vessels near the surface of the skin that allows perspiration. Heatstroke develops when the normal body temperature of 98.6 degrees F increases uncontrollably. The rise in temperature occurs when extreme dehydration sets in, triggering a steady decrease in blood volume throughout the body.

When the blood volume decreases, the brain directs the reduced supply to the internal organs, shutting off supplies to the vessels near the skin surface. When that happens, perspiration ceases and the body temperature may rise to 110 degrees F. The individual then becomes unconscious.

Until a doctor arrives on the scene, the individual should be cooled as rapidly as possible. Rubbing ice on him is a good method. Those applications should stop when the victim awakens.

The following are warnings of heatstroke that should not be taken lightly:

- Lungs and muscles start to ache and have "burning" sensations.
- Breath shortens and is labored.
- Mouth is parched.
- Vision is blurred.
- The victim may have dizziness or nausea.

All physical exertion should be halted at the first sign of any of these conditions. The dehydration, which usually occurs during exercise in warm weather - gradually is removed by drinking liquids and resting. This is also how to prevent dehydration from occurring in the first place.

In order to safely exercise in the heat, an individual needs to become acclimated to the environment. To become acclimated, the athlete needs to work in the heat in graduated practice sessions and to replace salt and water as they are lost.

A BETTER YOU - SPECIAL SUPPLEMENT

Appearing in Garden City News, Williston Times/Mineola Edition, New Hyde Park Herald Courier, Mid Island Times, Bethpage Newsgram,

TENNIS

Protect racquets from the cold

By Leslie Shorn

As the temperature drops, avid tennis players either brave the cold outside or move to warmer settings at indoor clubs. Staying in shape for spring is important to players, but so is keeping their racquets in top condition. Some precautions are advisable to preserve racquet life during the winter.


"Avoiding temperature extremes is the key," says Jim Metzger, product manager for the Rossignol Ski Co. of Williston, Vt. "In very cold weather, many racquet and string materials become hard and brittle, which can cause strings to break or frames to warp. This is particularly true of the new popular oversize frames which require higher string tensions."

Rossignol has applied its knowledge of ski equipment to research

and developing an understanding of tennis racquet technology and cold weather.

"If you are the type to shovel snow off the courts this winter and play outside, there is a chance that your racquet's frame could become warped or a string could break," says Metzger. "Because aluminum alloy is a high-strength material known for its durability and lightness, aluminum frames usually hold up the best and are capable of enduring more abuse."


"Those who play indoors during the winter should be careful with a racquet that has just been outside in the cold," Metzger warns. "Playing indoors with a cold racquet can cause string breakage. Wait for the racquet to regain room temperature before playing." He recommends insulated bags to transport racquets.



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HAIRSTYLES

Stay in shape and look great

By Janet Gordon



Looking and feeling good go hand in hand these days. With health clubs becoming increasingly popular meeting and mixing places, and people concentrating on total inner and outer beauty and well-being, looking frumpy while keeping fit has become all but obsolete.

Gone are those ugly old gray sweats and plain white canvas sneakers. "In" are fashionable designer warm-up suits and professional athletic footwear.

Also gone — and not a moment too soon — is that stringy and drab runner-banded ponytail once considered the only hairstyle option for fitness-minded women. Today's woman has a variety of styling aids and hair accessories to choose from to create pretty hairstyles designed to withstand the rigors of exercise.

According to the experts at Goody, a hair accessory manufacturer, an absorbent cotton terry sports band is perfect for jogging, aerobics or tennis. For short styles, the band can be pulled across the forehead and under bangs to keep stray locks and perspiration away from eyes. For long hair, pull hair into a high ponytail, wrap the sports band around the ponytail, then around the forehead under front bangs.

Bike riders and hikers wanting a casual, attractive yet functional look might find the answer in a perky off-to-the-side ponytail or high matching pigtails, one on each side. Thread ribbon through a long back braid or matching side braids for another smashing but practical style. Coordinate the colors of your hair accessories with your hiking or exercise apparel — and you're really a sight for sore eyes — and sore muscles!

Both combs and barrettes look great on either long or short hair. They can be pulled back and

clasped on both sides to keep stray strands in place, and pretty hand-painted combs and hand-crafted barrettes enhance any fashion look.

In addition to choosing the right style and accessories, good-looking hair depends on the care you give it. After any vigorous exercise routine, shampoo and condition your hair and comb it properly. Hair is most fragile when wet, explain the Goody experts, so use a wide-tooth comb or brush with widely spaced ball-tipped bristles to gently detangle. To shape short- to medium-length hair, round and half-round brushes are ideal.

People on the go should always carry grooming accessories for spur-of-the-moment exercising jaunts so they'll never get left looking like something the wind blew in!

— A SPORTING FOOD PLAN outlining the serious athlete's nutritional needs with sample menus for 3,000- to 4,500-calorie diets.

You can obtain any of these leaflets by sending a stamped, self-addressed, business-size envelope to: International Banana Association, 40 W. 57th St., Suite 1900, New York, N.Y. 10019.

To obtain all four leaflets, place two 20-cent stamps on a self-addressed, business-size envelope and mail to the above address. — CNS

For more information on safe food handling, write: FSIS Public Awareness, Room 1163-S, Washington, D.C. 20250. — CNS

After-meal exercise

A brisk 20-minute walk about an hour after a large, rich meal will cut down on the calorie impact of the eating splurge and help maintain your weight, says Self magazine.

"You use excess calories faster by eating and exercising than if you were to exercise alone — say in the mornings, before breakfast," says David Levitsky, an associate professor of nutritional sciences at Cornell University. This is because your metabolism shoots up when you eat. Add exercise and the metabolism goes up another notch, putting your body in high calorie-burning gear.

This is no license to go on an eating binge, but it does help erase the calories from small indulgences, the magazine reports. — CNS

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BODYBUILDING

Balancing femininity and muscularity

By Jack Williams

Two bags of groceries bulged under each arm. Two healthy biceps quivered under each sleeve. And up the stairs to her second-floor apartment bounded Linda Howard.

Soon she would be in the sanctuary of her living room-cum-gym, a lady subjecting her 120-pound body to its daily dose of barbells and dumbbells.

At one time she was a 155-pound, self-proclaimed physical wreck with a chronic colon ailment, assigned to a life on drugs by doctors who told her there was no cure.

"I eliminated the problem and the doctors," she says. A 38-year-old divorcee with two grown children, she is a devotee of competitive bodybuilding, a boon, she says, to both her health and confidence.

Howard, who started lifting weights about two and one-half years ago, takes ample time for training — as much as six hours a day. "Blood-and-guts" workouts, as she calls them. "I have no mercy."

She and her bodybuilding colleagues are not simply products of the fitness craze content with thrice-weekly workouts on gleaming, color-coordinated machines in friendly, carpeted health spas. It is not enough to firm and tone — they want more than that.

The serious bodybuilder often trains in cold, austere surroundings where, instead of piped-in stereo music, the sounds of free weights crashing and iron meeting iron echo off bare walls. For every serious woman, there are dozens of men, some of whom look on with disapproval.

The female bodybuilder — especially the competitive one — remains in a distinct minority, part of an emerging subculture. She is a constant source of controversy and confusion, an unfeminine freak in the eyes of skeptics, developing her muscles beyond the limits many people find acceptable.

"Sometimes I ask myself how far I want to go," says Howard, examining her muscles in her living room mirror. "When I started, I didn't want to go this far. But you have to in order to compete."

"If the only way to win is to look like a sex change, that's where I draw the line. I won't sacrifice my femininity for a contest."

Femininity? It's a consideration women bodybuilders take as seriously as muscularity. Most say there is a point in their development beyond which they will not go.

The newness of the sport is such that judging often is inconsistent, leaving women in doubt as to how far they should go. Sex appeal and beauty ("T and A," say the skeptics) sometimes win out over

sharply defined muscle.

At present, there is a place in women's bodybuilding for both — the softer, sleeker but impeccably toned figure and the exceedingly muscular.

"You go the way your body dictates," says Howard. "I'll never be smooth and sleek. I'm not streamlined. I'm muscular."

At the other end of the spectrum is Michele Tierney, 29, who would like to redo women's bodybuilding in her image: soft, glamorous, sleek and sensual.

"It's the overly muscular women who are killing the sport," she says in between her twice-daily workouts.

"The majority of women aren't going to get into it if they see people who look like freaks," Tierney says. "Most women can't get that 'cut up' but they don't know it."

Tierney, while not rippling with musculature, is an example of what serious weight training and strict dieting can do for a woman. Her body fat content has been measured as low as 9 percent (a fraction of the average for women), the better to show off the definition of her muscles.

Unlike male bodybuilders, women are graded in competition on freestyle posing. It accounts for one-third of their score, along with compulsory posing and symmetry.

Some women incorporate dance movements of gymnastics into their routines, giving competition a dimension the purist finds intolerable.

Laura Reid, 23, won an in-house Family Fitness Center contest in the lightweight division with a routine that was much more movement than muscle.

"This isn't a beauty contest!" one spectator loudly protested with the announcement of Reid's victory.

For Reid, a lithe 112-pounder who supplements her 90-minute weight-lifting sessions with 40 miles of running per week, posing is almost an end in itself.

"It's the best part of it," she said. "If everything were based on muscles, I wouldn't have a chance. I don't have the potential to get that big."

Pills to lose weight

If you're interested in losing weight by using body wraps or pills, you should write to the Consumer Information Center, Department 595L, Pueblo, Colo. 81009. Ask for About Body Wraps, Pills and Other Magic Wands, a free pamphlet that, in part, says to "spend your money on a good, balanced, lower-calorie diet and a pair of shoes to run or walk off some of those pounds."

The center also will send you a copy of the Consumer Information Catalog, which lists more than 200 free and moderate-cost federal consumer booklets. — CNS

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Comfort in motion

If you're involved in an exercise program, whether you just bought an exercise record or videotape or have joined a fitness center, knowing what to wear will make you feel more comfortable and better motivated to achieve your workout goals.

Judi Sheppard Missett, a professional dancer and founder of Jazzercise, a dance fitness program available in every state in the United States, throughout Canada and in 15 foreign countries, has some tips on workout wearables that will help you feel fit and have more fun.

LEOTARDS:

Most women want leotards that can be worn with a bra, says Missett, so look for a good neckline that will cover the breast and bra strap areas. The most popular styles of leotards are sleeveless, tank and cap sleeves.

Avoid wearing long-sleeve leotards. These may be too warm and uncomfortable during a good workout.

Want to feel like you just lost 10 pounds but haven't? Wear a "mitred" leotard. Their curved stripes will create an optical illusion of slimmness!

LEOTARD ALTERNATIVES:

Those who choose not to wear leotards should wear non-restrictive clothing. A good choice is a lightweight warm-up suit. Be sure to try these on before you buy them — bend, stretch and lunge in

them to ensure proper fit.

Make sure you have ample room in the crotch and rear areas and around the waist. Nothing is more uncomfortable than a tight elastic waistband.

Try not to throw on any old thing for exercising. If you wear bright colors, you'll feel that way, too.

TIGHTS:

Proper-fitting tights are very important. Since you'll be wearing tights under your leotard, adequate leg length is vital. Since tights tend to shrink during the laundering process, purchase tights one size larger than your usual size.

Select tights made by a reputable manufacturer. If you try to save a few cents by buying a less-expensive brand, you may wind up with poor quality and fit.

If you get a run in tights, don't sew them. Instead, put nail polish on the run; this temporarily will remedy the situation until you can purchase a new pair.

Be sure to trim your toenails before you put on tights to avoid runs in the toe box.

UNDERGARMENTS:

The ideal undergarments to wear while exercising are lightweight, comfortable and have an easy stretch providing some support and control, says Dolores O'Boyle, vice president of operations for International Playtex intimate apparel. Test the fabrics of bras and panties before they are purchased.



CHIROPRACTIC OUTLOOK

Dr. Patricia A. Walston
Chiropractor

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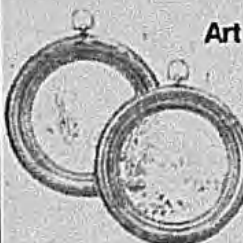
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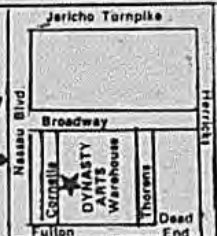
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CRUISES

Fit for fitness buffs

By Jeannie Block



Vacation cruises for fitness buffs? No way.

At least, that's how it used to be. Today, more and more people serious about physical fitness and diet are joining the voluminous ranks of those who find cruising to be the most complete vacation. After all, what else offers such a complete blend of excitement, romance, luxury, carefree days and the ability to visit many different exotic ports on a single trip?

The changing attitude about cruising among fitness buffs reflects a growing awareness by cruise lines that they had been missing a large potential market — people with active lifestyles — who eschewed cruise ships because they considered them a haven for gluttony and sloth.

To make ships attractive to this group, a number of actions were taken, including expanding exercise facilities, installing the newest type of exercise equipment and emphasizing highly organized exercise programs. And if you make a stop or two in port, you can double your fitness pleasure with an array of activities from hiking to horseback riding to scuba diving.

Although choosing a cruise that will keep you fit while having fun takes some careful planning, now there are "shipshape" packages to suit every taste and budget.

"The newest luxury liners are built with fitness in mind," says David Lawton, cruise director for Holland America's luxury ocean liners.

For example, a highlight aboard Holland America's MS Nieuw Amsterdam is a gymnasium with 15 different types of exercise equipment. The ship also has a television in every stateroom; you can play an exercise videocassette or

take a class in your cabin by tuning in to on-deck instruction. For winding down, there's nothing like a sauna followed by a soothing massage.

As another example, the Royal Cruise Line spent \$20 million to refurbish the 25,500-ton Royal Odyssey before putting it into service primarily for American passengers. It features a one-eighth-mile running track, a deck tennis court, indoor and outdoor pools and a gym loaded with equipment.

Several lines offer organized activities, including calisthenics, walks around the deck and aerobic dancing. Many popular sports such as golf, volleyball, pingpong, shuffleboard and skeet shooting also are available. And don't forget the disco — a great way to work off dinner, especially if you choose the second sitting.

The average cruise ship passenger consumes as much as eight pounds of food daily, according to Lawton. Not to worry, though; most dietary needs, including low-calorie, low-sodium and vegetarian meals, can be met aboard.

Some special meals must be arranged in advance of sailing, but some requests can be met on a day-to-day basis with a little advance notice. If you have exceptionally strong willpower, you can eat at the noon buffet or order from the dining room menu. There usually is a fine selection of salads, fruit, fish and other low-calorie items available.

The beauty of a cruise is that you can choose the pace of your vacation. You can be gluttonous or careful, active or lazy. But no matter how you approach it, the bright warm sunshine, cooling evening breezes, unusual sights and pampering always will be recalled fondly.

Contact a travel agent for more information.

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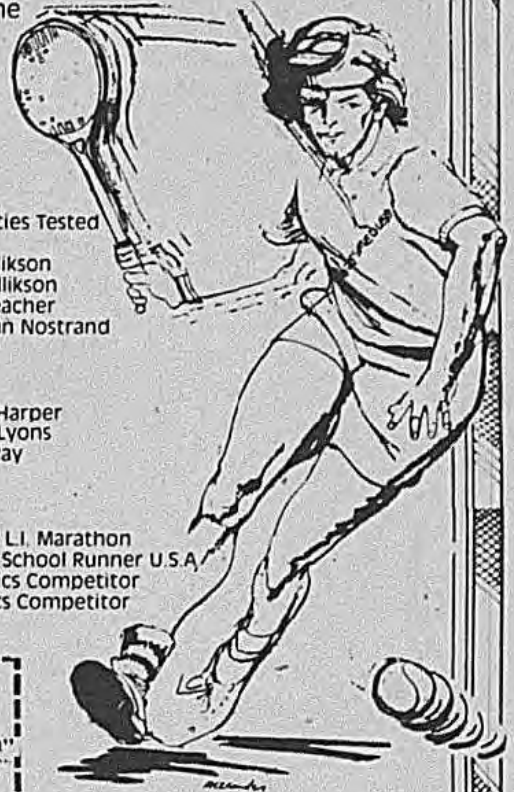
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Swimming

Continued from Page 3

Every lesson was an hour long and the time was evenly divided between gym and pool activities. The first thirty minutes were spent in the gym. Here the babies were shown how to exercise their arms and legs. They were encouraged to crawl through a material-covered tunnel (some-what resembling a "Slinky" toy). They were placed on top of giant beach balls, their feet dangling, and gently rocked. The purpose of all this play was to strengthen the little people's muscles, get them used to exercise, and above all develop the attitude that physical activity is fun. The babies were always encouraged in their play by their mothers and the two YWCA instructors, but never forced to do anything against their will.

The second half hour of the lesson was spent at the pool - not a toddler pool, incidentally, but a regular adult pool. Here the babies were held at the edge of the water and encouraged to splash with their feet. They were held up in the water and shown how to blow bubbles and make pulling motions with their arms. Mothers and babies went down the slide together, landing in the pool. Babies were gently splashed with water. The tots were placed on a styrofoam float and pulled around the pool by their mothers. The moms also jumped off the side of the pool into the water, holding their babies, and some parents swam across the pool holding their babies with one arm. All these actions were repeated many times, always to the count of "One, two, three!" The tots soon realized something exciting would happen at the word "three!" When, at the end of the course, the mothers submerged themselves and their babies under the water for a few seconds, not one child cried. Apparently each one instinctively knew enough to hold his or her breath!

When the hour long lesson was over, the babies were taken to a special dressing room, dried off with a towel and given new diapers to replace the wet ones. The tots were then dressed and taken home.

Christine Strong feels "Diaper Dipper One" was a good program and she would like to have Megan take the follow-up course sometime soon. She believes the main benefit of the program is that it introduces the concept of swimming before the child has been conditioned to fear the water.

RUNNER

Continued from Page 3

opportunity to look at different things each day. Sometimes I'll run through the park or just through the streets around Hicksville. On Sundays, I'll meet a friend up in Port Washington and we'll run through the North Shore where we can test ourselves against hills and backroad conditions."

All this running around has made Abbondondelo a mini-celebrity around Long Island Trust where he is a messenger in the mall room at Kellum Place. He entered his first marathon about twelve years ago, qualifying to run 26-miles through the streets of Boston, Mass. In the now legendary Boston Marathon.

It took him four and a half hours to finish the race, but even just finishing that grueling test of perseverance and dedication is an accomplishment most Sunday morning joggers find hard to envision.

"Since that first marathon, I have tried to enter as many as I could," Abbondondelo said. "I've run in the New York Marathon; the Earth Day Marathon in and around Eisenhower Park in 1975; Newsday's Long Island Marathon from Eisenhower Park to Jones Beach and back; the Cross Island Marathon from Port Jefferson to Patchogue; the Long Beach Marathon and others. The real trick in running a marathon is to find the best way for your own body to take the punishment."

For Abbondondelo, that means running to build your tolerance to pain, forgetting about the actual running while still maintaining control, and constant training. He tries to average about eight miles a day but runs between 13 and 15 miles each Saturday and Sunday. All together, he averages about fifty to seventy miles a week, 52 weeks a year.

His involvement has earned him numerous prizes and trophies. In 1975, he won in his age group in the Cross Island Marathon, a 16-mile round trip race between Port Jefferson and Patchogue along Route 112; in 1977, he placed third in a nine-mile race at Eisenhower Park and first in his age group in a five-mile race there which he ran in a little over 33 minutes. He is equally proud of simply having finished the longer marathons, averaging about four and a half hours to cover the 26-mile races in Boston, New York and Long Island. One reason is that to enter the marathons, you have to qualify, a process which is becoming increasingly more competitive as organizers limit the number of competitors while more and more runners try to enter.

Abbondondelo's home life hasn't been affected by his avocation. "My wife, Sophie, and I have been happily married for 35 years so I guess running can't hurt," he said. "But," he added, "running is not contagious. My two sons, Steven, who's married and Joe, who still lives at home, go jogging once in a while but they aren't really runners."

Abbondondelo has 25 years of tenure with Long Island Trust, having worked for the Bank of Westbury for 12 years before it merged with the Trust Company. He was born and raised in Roslyn and after high school became a gunner with the U.S. Air Force during World War II. His plane was shot down by enemy fighters during a bombing raid on German industry; he was wounded and waited out the war in Stalag Four, a P.O.W. camp in Austria.

After the war, he returned to Long Island and worked with his father who was a subcontractor involved in the Levittown development. Eventually, he went to work for the Port Washington National Bank which later merged with Meadowbrook Bank. Later on, he moved over to the Bank of Westbury.

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SAILBOARDING

Wind and waves make wet fun

By Rebecca Malden

There's a sport making waves from coast to coast, and even floating its way into mainland lakes! Called sailboarding or windsurfing, it is being featured for the first time in the 1984 Summer Olympics.

This sport can be enjoyed by everyone from the 10-year-old water sprite to the senior citizen seeking moderate outdoor exercise to the most competitive pro.

The sailboard's hull is reminiscent of the surfboards made famous by California teenagers in the '60s. But the 1980s windsailing version utilizes a sail to harness the wind. This craft, no longer dependent upon the waves alone for propulsion, provides its rider with greater ability to guide and control the board. Consequently, it can be taken farther out in the ocean and used on inland lakes.

It doesn't require a large financial investment or an excessive amount of strength and stamina to get started in the sport, says Illan Aaron, president of Freeboard Sailing International Ltd., a sailboard distribution firm.

A former sailboarding champion, Aaron says the sport enables its enthusiasts to firm up, trim down and enjoy fresh air and sunshine.

And, if you choose to devote sufficient time to the sport to become

advanced, it provides keen competitive opportunities through races and regattas held at local levels nationwide.

"A sailboard can be used on any moderately large body of water, providing there is a little wind," says Aaron.

"Whether you head off to the lakes or surf, it's very simple to transport your sailboard. "It can be easily strapped to a multipurpose automobile roof rack. And a sailboard requires very little storage space when not in use. During winter, many board owners 'dock' their windsailing equipment in their basement, garage or an oversize closet."

To get started in the sport, sailboarding schools are in operation throughout the United States, usually through sailboard dealers. Classes often consist of a combination of on-land instruction using a machine called a simulator, which enables students to become accustomed to the feeling of riding the waves — without so much as getting their feet wet. The land instruction is generally followed up with some in-water supervision.

Total cost of the classes can run approximately \$50.75. According to Aaron, with as little as six hours instruction, beginners can start to feel confident on their board during ideal conditions — calm water and wind.

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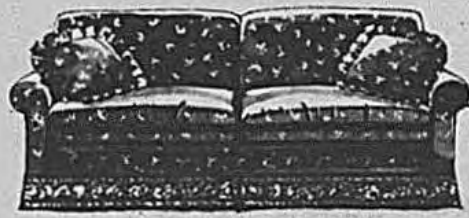
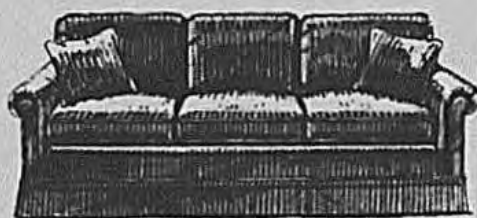
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