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Jump Rope for Heart has just completed its fourth year with 64 schools participating in Nassau County. The event, sponsored by the New York State Association for Health, Physical Education, Recreation and Dance, raised over \$221,000 this year for the Nassau Chapter of the American Heart Association to help in the fight against heart disease. Pictured from left to right are some of the local school coordinators who made this event a huge success: Diana D'Avino, East Street Elementary School; Ned Aronin, Nassau County Jump Rope for Heart, Chairman; and Elizabeth Way, Woodland Avenue Elementary School.



Among forty-five top contributors honored by Central General Hospital for their tireless and outstanding volunteer service in 1983 are (Left-right) Joshua Groen, Dolores Spanko, Central General Hospital Director of Volunteer Services; Eileen McCarten, Hicksville; Kandy Kassan, Fay Rey, Rosemarie Attivissimo Syosset. They receive a commendation from Robert Bornstein, General Administrator.



Bill Bennett, Chairman of the VFW Scholarship Committee presented to the members of the W.M. Grouse Post at their June meeting the two winners of the 1984 Albinus A. Hanlon Scholarship Award, William Barone and Patricia Anne Chepak.

Postal Dog Sets Sights On Bites

Have you ever been attacked by a six foot dog? Have you ever seen a six foot dog? Now is your chance as the Postal Service unveils their new Dog Bite Awareness Program at the Parkway School, Manetto Hill Road, Plainview, at 10 a.m., June 21.

Plainview letter carriers Tom Coppola and Frank Bopafaglio are going to put on a unique skit to dramatize their problems with dogs. Bopafaglio will play a dog in a costume which he designed.

Babylon letter carrier Charles Wills will demonstrate dog obedience techniques used by letter carriers to handle dogs on the route.

Last year over 7000 letter carriers suffered dog bite injuries. They were not alone.... utility workers, delivery service persons and small children also became dog bite victims, many suffering permanent disfigurement.

Summer is an especially dangerous season because more doors are left open and dogs are more often left outside where they can roam free and possibly bite those they perceive as intruders upon their territory.

"Dog bites can be disastrous," said Hicksville Sectional Center Manager/Postmaster Anthony M. Murello. "The Postal Service is assisting and joining its employees in actions to recover damages resulting from dog attacks."

Recently, in one of the largest dog bite settlements in Postal Service history, a jury awarded \$300,000 in damages to a Hollywood, Florida letter carrier who was savagely attacked by a Pit Bulldog. Jean Zambory was attacked as she returned to her vehicle after delivering mail to an apartment building. The same dog had previously attacked five other people, including two police officers.

Since the attack, Zambory has been hospitalized three times for treatment of her severely injured leg. She still faces additional reconstructive surgery.

Murello reports that approximately 50 carriers from the MSC Hicksville were bitten last year and 15 so far this year. He hopes this latest dog bite awareness campaign will alert the public to the seriousness of the problem. Any community group interested in a dog bite presentation can call the Hicksville Post Office at 433-7300 ext. 50.

Board of Ed. Introduces Silent Meditation Policy

Special to Mid Island Times

By Valerie Pakaluk

At its first meeting following voter approval to reinstate a moment of silent meditation to the school district, the Hicksville Board of Education introduced its policy at the June 27 meeting. The procedure could become official in thirty days. Trustees John Ayres and Honey Singer were absent from the last meeting prior to reorganization of the Board which is scheduled for Tuesday, July 3.

The policy relating to Exercises at the Opening of the School Day reads as follows:

1. Each school day shall begin with the voluntary recitation by teachers and students of the Pledge of Allegiance to the Flag of the United States of America.

2. In each public school classroom the teacher in charge may, at the opening of school upon every school day, conduct a brief period of silent meditation with the participation of all the pupils therein assembled.

The silent meditation shall not be conducted as a religious service or exercise, but may be construed as an opportunity for silent meditation on a religious theme by those who are so disposed, or a moment of silent reflection on the anticipated activities of the day. "Participation" shall be construed to permit seated participation and not to require any pupil to stand.

3. To avoid the "routine" approach to the singing of the **National Anthems other songs, as listed below, may be used: a) God Bless America b) Columbia, The Gem of the Ocean c) America the Beautiful d) My Country 'Tis of Thee 3) Battle Hymn of the Republic

*Pursuant to Education Law 3029-a entitled, "Silent Meditation in Public Schools."

**First and last stanza of the Star Spangled Banner will be used.

The public is invited to voice opinions during the next two public meetings of the Board of Education prior to a final vote.

In other matters, tenure was approved for Mr. John Pellegrino, Department Chair for Health and Physical Education at the Junior High School. The Board also approved the following appointments: Margaret Freidlander, Junior High School Art teacher; Debra Furey-Magee, School Psychologist replacing Pat D'Ambrosio who recently retired; Joanne Schrack, Science teacher, Senior High School; Rochelle Weiner, Senior High School Math Teacher; Robyn Marx, Special Education Resource Room teacher, Dutch Lane Elementary School; Harley Thompson, Ph.D., School Psychologist replacing Dr. Moreno who is on leave of absence; Marianne Litzman, Science teacher, Junior High School.

The following employees have been recalled to service: Victoria Vrona, excused July, 1983, will be assigned as a full time physical education teacher at the Senior High School; Eugene Lovette, excused September, 1983, will be returned to his tenured position as a Health teacher at the Senior High School; Phoebe Witte, excused July, 1983, will be assigned to East Street School as an Art teacher.

The Board also voted to hire the services of Wright Risk Management, Inc., a firm located in Garden City, to represent the District in Worker Compensation cases. The previous agent, Falcon Claims, has gone out of business.

The food services contract with Educational Food Management Services, Inc. was extended for the 1984-85 school year. The Jethco firm increased its price from \$7,800 to \$8,096.40. Lunch services are available at the Junior and Senior High Schools with only milk available in the elementary schools of the district.

The next public meeting of the Board of Education will take place on Wednesday, July 18, at 8:15 p.m. in the Conference Room at the Administration Building, Division Avenue and Sixth Street.

Fire Erupts At Police Booth

At approximately 1:40 a.m., June 28, a fire erupted inside the Nassau County Police Booth "E", Round Swamp Road in Old Bethpage, directly opposite the Old Bethpage Restoration Village.

The booth was totally destroyed

The fire deemed suspicious apparently started inside the booth. Fire Investigator Steven Wenk of the Fire Marshall's Office and Detective Berg of the Arson Squad are investigating the fire. Plainview Fire Department was at the scene under the direction of Chief Sisti.



Nassau County Comptroller Peter T. King (right) and New York National Defender Steve Solaaki of Hicksville celebrate the recent victory by the Nationals which strengthened their hold on first place in the Northern Division of the United Soccer League. The Nationals are Nassau County's newest professional team and play their home games at Hofstra University Stadium.

Single Parents July Meeting

The Mid-Island Single Parent Group has scheduled the following meeting dates and topics for the month of July, according to Oyster Bay Town Councilman Howard T. Hogan, Jr.

Wed. July 11, "Summertime for Single Parents: Heaven or Havoc?"

Wed. July 18, "Dating and Dating Values"

Wed. July 25, "The Importance of Friends in the Single World"

The meeting will be held at the Hicksville Youth Council Center, 181 W. Old Country Road, beginning at 7:30 p.m. They are open to all separated, divorced and widowed parents.

The Single Parent Program is sponsored by the Town's Drug and Alcohol Control (DACA) Division of the Department of Community Services. For further information, contact DACA at 795-5943 Ext. 26.

Investigate Swastikas At Bethpage Library

The Eighth Squad is investigating an anti-semitic incident which occurred between June 24 at 4 p.m. and June 25 at 1:30 p.m., at the Bethpage Public Library, 47 Powell Avenue, Bethpage.

David Pinkwas, 54 years, the library's director discovered several swastikas spray painted on the exterior walls of the library building. There were also anti-semitic remarks.

The investigation is being conducted under the supervision of Inspector Kenneth Carey, director of civil rights investigations.

THE OFFICE

CAT

By Gabby Tabby



THERE is an anti-motorist feeling in government that is still going on. Latest is the \$17.50 for having a photo attached to a license. Anyone who knows, will admit that the state is gouging motorists for the photo and then inconveniencing the driver with long lines that could be eliminated if motor vehicle bureaus were forced to be efficient....THE TOWN is worried because the Legislature adjourned before it approved a bill to build a resource recovery plant in Old Bethpage. Residents are worried because the new facility would be bigger than the one they have been complaining about for years since it would import garbage from Huntington Township to keep going. Assemblyman Yevoli believes the plant should be situated on the Republic Airport in Farmingdale far away from residences. The Town says if the state does not act on its Old Bethpage plan it will cost \$60 million more to build it....THE POLICE REPORT is published each week as a public service to acquaint residents of where crime is happening in the area. Anyone seeing suspicious activity should phone 911....A MARLIN .22 rifle and three air rifles were stolen from the Pergament store 3901 Route 24 Bethpage between June 25 and 26. The culprit hid in the store until after closing....VANDALS broke into a residence at 1250 Central Ave., Bethpage between June 26 and 27. They entered through an unlocked front door and ransacked the house....FOUR CASES of motor oil were stolen from the A & D Shell Station on Stewart Ave., Bethpage on June 28. Entry was through the front door....GOLD Jewelry and four credit cards were stolen from the Ostrowski residence 3806 Jacqueline St., Bethpage on June 30. A rear window was pried open to gain entry....BURGLARS broke into the Falter residence 43 Kathleen Drive, Syosset on June 27. They pried a rear door open to gain entry and stole jewelry....ON JULY 1 burglars entered the Bathas home 81 Notre Dame Ave., Hicksville. They stole silverware, china, cash, camera and an oven....A VCR was stolen from the Woodland Ave. School, Hicksville between June 25 and 26. Entry was through the roof....CASH was stolen from Top L Party and Paper Co. 424 Jericho Turnpike, Syosset between June 26 and 27. Entry was through the roof....BURGLARS broke into the Sunoco Station at 257 Jericho Turnpike, Syosset on June 29. Glass in a side window was broken. Cash was stolen....CASH, magazines, cigarettes and records were stolen from Sunshine Stationery 103 Jackson Ave., Syosset between June 28 and 29. Entry was through a cellar door....That's all the news for now...G.T.

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Hicksville Star In Army Classic

David Smyth

winning a gold medal for Long Island. In 1984, Smyth traveled through the Soviet Union as a member of the National Youth Team.

The Army Soccer Classic was sponsored by the Army College Fund, in cooperation with the National Soccer Coaches Association of America (NSCAA). The Army College Fund (ACF) is a program under which qualified high school graduates can earn money for college through enlistment in the U.S. Army.

The all-star game is one element in the Army Soccer Program, a cooperative effort between the NSCAA and the ACF. Other elements in the Soccer Program include the high school soccer clinic series, a group of ten national clinics for coaches and students featuring a national-level staff; the Most Valuable Soccer Player Award, a trophy and certificate presented to the top male and female senior soccer players in high schools nationwide; and a series of soccer instructional films available to coaches through local Army recruiting offices.

More than 4,500 coaches and students from 1,800 high schools participated in Army College Fund Soccer activities in 1983.

Hicksville Group Gets U. Way Funds

United activities of community volunteers are going to mean greater human-care services from an area agency.

East Plains Mental Health Services will be sharing a record \$5,159,000 that United Way of Long Island's directors voted on June 28 to distribute to 130 affiliated community agencies and hospitals in the bimonthly area. The funds cover the next 12 months.

This year's total appropriations topped the \$5 million mark for the first time in the nineteen year history of Long Island's United Way organization. This amount is 10 percent above the \$4,690,000 allocated a year ago.

Decisions about the amount each agency will receive are based on two months hearings conducted in April and May by independent review committees of community citizens. More than 100 people from many areas of Long Island gave a combined 3,000 hours of their time to what United Way calls its volunteer citizen review. Many of them are professionals who have skills in analyzing financial, management and program operations of agencies requesting United Way funds.

Allocations are made to agencies serving both widespread areas and immediate neighborhoods. Among groups operating countywide or in both counties are Catholic Charities, American Red Cross chapters, the Salvation Army, minority agencies, YMCA, Jewish Ys, chapters of Boy Scouts and Girl Scouts, along with agencies providing family services and programs for physically or mentally handicapped youngsters and adults. Local groups typically have services for young children or elderly people and special programs organized by people living near the agency.

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East St. School Award Winners



Rebecca Hubert is shown with her plaque as this year's recipient of the Nina Plantz Award at East Street School.



Martin Macklin, left, is shown holding the John McGovern Athletic Trophy while Michael Calise, right, displays the Physical Education medal.



Lisa Dyckman and Jeanine Duncan, winners of the Physical Education Medal and John McGovern Athletic Trophy in the female category hold the school's President's Fitness banner.

In Service

Eileen M. O'Grady, daughter of James P. and Alice M. O'Grady of 12 Lily Lane, Levittown, has graduated from the U.S. Military Academy Preparatory School at Fort Monmouth, N.J.

The school is designed to assist students in meeting the strict academic and physical requirements of the military academy. Instruction is provided in English, mathematics, physical education and military training.

This summer, the preparatory school graduate will enter the U.S. Military Academy, West Point, N.Y., to begin four years of study leading to a bachelor of science degree and a commission in the Army.

Hicksville Native Gets Scholarship



Edward L. Spindel

Edward L. Spindel of Hicksville a senior at the New York State College of Veterinary Medicine at Cornell University, has been selected to receive a 1983-84 Long-Sondheimer Scholarship.

Mr. Spindel, who has received various scholarships from Cornell

is active in the Association of Avian Veterinarians, the American Animal Hospital Association, the American Association of Zoo Veterinarians and the Student Chapter of the American Veterinary Medical Association. His diverse work experience includes employment as a technician with Dr. David Graham at the New York State College of Veterinary Medicine's Department of Avian and Aquatic Medicine; as a surgical assistant to Dr. Donald Sorjonen at the College of Veterinary Medicine, Auburn University, Alabama; and as a veterinary assistant to Dr. Daniel Hannigan at the Wappinger Falls Veterinary Hospital in upstate New York.

Mr. Spindel graduated from Auburn University in 1980 with an M.S. in Herpetology and from Cornell University in 1983 with a B.S. in Wildlife Science.

A Hicksville native, Mr. Spindel presently resides in Ithaca with his wife and 19-month-old son. He has a special interest in birds and reptiles and he and his family currently share their home with a talking parrot and two cats.

This award provides a full scholarship annually for a senior veterinary student at the New York State College of Veterinary Medicine at Cornell.

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Our Children

How to recognize a gifted child

By Willard Abraham, Ph.D.

Q. Can parents tell whether their young child is gifted, or is it necessary to wait until they reach a certain age?

I know our 3-year-old is very bright, and feel I have plenty of evidence. My husband believes my evidence isn't enough, and that it's important to put off such judgments for several years.

My feelings relate to early walking and talking, the kinds of words she uses, the fact that she is beginning to learn to tell time, has started to read some parts of the books I read to her and with her — and a lot more.

I think it's important to be objective about children's capabilities, in order to have realistic expectations regarding their performance at home and in school.

He says, "Let's just enjoy her. Time will take care of telling us how bright she really is."

I'm worried that valuable time will be lost if we just wait around.

A. It doesn't sound as though you are waiting around. His point about enjoying a child is a good one, although enjoyment and learning can certainly go together.

Consideration of a child's intellectual, physical and emotional development can provide a fairly good indication of what the youngster's present and potential abilities and performance are and will be.

I'll be glad to send readers a checklist of such factors related to young children if they will send me a stamped, addressed envelope and request it.

Q. I'm angry, really angry, and I want to get something off my chest. I feel like my whole family is ganging up on me, especially my three big sons. My husband, too, but I guess I'm more used to his bullying.

I do all the cooking, cleaning up, washing, ironing and shopping, and just because they all work, they think that they have no responsibility at all beyond that.

My sons are either on full- or part-time jobs, and two of them are still taking college courses.

Maybe my age has just caught up to me, so that I'm now sick and tired of being their servant. But how can I turn things around? I really can't go on like this.

A. You shouldn't have to. You apparently have some fear of confronting them with this problem, perhaps because of the arguments that might develop. However, you might have to force yourself to do so, starting out by talking it through with the one whom you think will be most likely to understand how you feel. Then, with his help you can begin to "take on" one or more of the others.

Another alternative is to let the laundry or dishes pile up or have no meal ready once in a while. When they ask why, your reply can be that you just didn't have time, but if they had done this or that, it would have been helpful.

A third possibility is to share your problem with a member of your family (outside of these four), a person whom they respect. Without that individual saying the idea came from you, he or she could tell the four of them that things should change in your home, or your anger and resentment may cause a lot of problems for them.

The "bottom line" is to get relief for you. Whichever approach you feel will help you reach that goal should be considered first.

Q. The preschool teacher of our 3-year-old little girl told me the other day that she doesn't feel any educational program is needed for children that young. It all should be "motor development," she says. At this age, learning will all come through "osmosis."

That's her point of view, and I wonder what yours is.

A. Perhaps what she is opposed to is a structured academic program for young children. However, broadening their experiences, reading to them, vocabulary development through communicating with them, and art and music activities are among the many facets of a sound preschool program.

Additional areas include getting along with other children, learning to accept responsibilities, awareness of sound nutrition, and respect for their own bodies.

Muscular development is important, of course, but it certainly is not the whole picture of a sound preschool program or home involvement for young children.

Chain Snatched From Woman's Neck

A 25 year old Suffolk County resident was robbed at 12:20 p.m. in a gas station on South Oyster Bay Road, Plainview on June 27.

Daphni Sabella had pulled her auto into a gas station located at 723 South Oyster Bay Road, Plainview, and as she was pumping gas into the auto she was approached by a youth who grabbed a herring bone gold chain from her neck and ran off.

Ms. Sabella did not suffer any injuries during the incident, and was able to describe the youth only as male, black, approximately 14-15 years, wearing a red shirt and blue jeans.

Detective Roy Gier of the Eighth Squad is investigating the robbery.

Your Social Security



Fund doesn't accept voluntary payments

Q. I am 62 years old and have not worked under Social Security coverage for many years. I was covered from 1939 to 1949 and then from 1956 to 1959.

Is there any way I can make voluntary contributions now so as to increase my benefits when I claim them in about three years? — A.G.M.

A. You cannot voluntarily pay into the Social Security Trust Fund. Credit can only be given if you work as an employee in covered employment or as a self-employed person and have net profit of \$400 or more in a year.

Q. In less than a year I will be 62. I am under Social Security Disability.

Can I transfer to Social Security retirement from disability at my birthday? If so, will I receive less than now? — C.C.B.

A. Your disability benefits will continue as long as you are disabled or until you reach age 65. At that time you will automatically start getting retirement benefits. The amount will remain the same.

Q. My son died in November. He was my sole support. I am 83 years old and would like to know if I could receive Social Security

on his record. — A.W.J.

A. If your son was providing at least one-half of your support at the time of his death it is possible that you may be able to get parent benefits.

Contact your local Social Security office for more details.

Q. My physician has recommended surgery to treat a medical problem I have. I was wondering whether or not Medicare would pay for a second opinion? — Anonymous.

A. Yes, Medicare will help pay for a second opinion in the same way it pays for other services by doctors.

If you wish, you can call Medicare's second-opinion referral center for the names and phone numbers of doctors in your area who provide second opinions. The toll-free number is 1-800-638-6833.

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Litmor Publications
c/o this newspaper

VFW News



In Photo left is Comdr. Mike Cialdella. Center is Games of Chance P.P.C. Augie Barone. Right is Mr. Lipton Chairman for International Olympics for the Disabled Handicapped. Receiving a donation from VFW Post 3211 to the International Olympics for the Handicapped.

By P.P.C. Carmine A. Somma

This is the time of year our newly elected Commander Anthony Chepak is making plans with his office and our Ladies Auxiliary for the coming 1984-85 year. His officers are Sr. Vice Commander Max Bergsohn, Jr. Vice Commander Bill Schuck, Chaplain Bill Izzo, Quartermaster William Frohner, Post Advocate George Walden, Post Surgeon Joe Adessio, Three Year Trustee Mike Cialdella, Two Year Trustee Connie Steers, One Year Trustee Carmine Somma. Our newly elected Ladies Auxiliary President and her officers are President Louise Normandy, Sr. Vice President Esther Palladino, Jr. Vice President Theresa Tisdell Treasurer Carmella Vitiello, Secretary Joan Chwalisz, Chaplain Anita Stallone, Conductor Lee Pietruszewicz, Guard Dorothy Milligan.

On May 12 the Wm. M. Gouse, Jr. Post 3211 ran a Las Vegas Night and donated half of the net proceeds to the International Games for the Disabled. At their June 11 meeting, members of this post and community gathered to honor the post for these patriotic

efforts and representatives of this fund received a check for \$1,000. In accepting this donation, Mr. Lipton, Chairman for the International Games for the Disabled praised the VFW members for the patriotic efforts. Included were the committee for this project, P.P.C. William Frohner, Games of Chance P.P.C. Augie Barone and Commander Mike Cialdella.

Chairman of our Scholarship Award Committee Bill Bennett, announced that this year the Albinus A. Hanlon Scholarship Award went to P.P.C. Augie Barone's son William. He will attend Nassau Community College this fall. The second went to our newly elected Commander Anthony Chepak's daughter, Patricia who will also start college this fall. There will be another Scholarship Award given to a student graduating from Hicksville High School this June with a good scholastic record.

Nassau Quarter Midget Association is happy to announce that it will hold the Freedom 100 Race in honor of the Wm. M. Gouse Jr. Post 3211 on July 8 at Mitchel Field in Uniondale. Any boys or girls interested in midget racing

should call President of the N.Q.M.A., Bill Peacock at 516 785-4954 or write 1285 Darby Road, Wantagh, N.Y. 11793.

Our next Las Vegas Night will be held on July 14 at the VFW Hall, 320 So. Broadway from 8 p.m. to 2 a.m.

Speedy recovery to our newly elected Commander Anthony Chepak who is at Northport Veterans Hospital for some tests. Our deepest condolences to the family of Dan Hoison who was a life member of the post. He was Past Commander of Amvets Post 44 Robert Ulmer Memorial in Hicksville, Past President U.V.O. in Nassau County, held the chaplain position for the U.V.O. and was local committee man for the Republican Club. He worked for the T.O.B. Highway Department until his retirement. He was also the chairman for the Annual Memorial Day Service and Parade for the Amvets and the V.F.W. Post 3211 for a good many years.

Consultation Group Studies Suicide

The Ecumenical Consultation Center, 30 Grand Avenue, Hicksville, a non-profit counseling center established eleven years ago by the churches of Hicksville, Plainview and Bethpage, recently conducted a new program for some of the professional leaders of the community.

This program, a workshop for the clergy on the topic of Adolescent Suicide, was motivated by the staff's concern with the growing problem of adolescent depression and suicide. Depression is manifested overtly in feelings and communications reflecting hopelessness and despondency, tension, apathy, social withdrawal and talk of suicide, but also more subtly often underlies poor school performance, self-destructive and negative behavior, abuse of alcohol and drugs, or accident proneness. Recognizing that clergy are often the first professionals that a family may contact when they are worried about a family member, the Ecumenical Consultation Center staff felt that a conference in which clergy could be offered an opportunity to gain new insight into a complex problem, as well as a chance to voice their questions and concerns, would be most timely and welcome.

The workshop, co-sponsored by the Nassau-Suffolk District, Metropolitan New York Synod, Lutheran Church in America, had as its keynote speaker, Dr. Herbert J. Levowitz. Dr. Levowitz formerly the director of the adolescent day hospital at Long Island Jewish Hospital, is now a Clinical Assistant Professor of Child Psychiatry at SUNY, Stony Brook, Supervisor of Fellows in Child Psychiatry at Long Island Jewish Hospital, and serves as Psychiatric Consultant to Community House in Glen Cove, an adolescent day treatment program for substance abusers. At the symposium held at St.

Stephen's Lutheran Church on June 8, Dr. Levowitz presented an overview of the developmental tasks of adolescence; the etiologies of depressive symptomatology, indicators of suicidal danger that clergy should be alert to, as well as more helpful modes of intervention that could be utilized as clergy minister to the families worried about a depressed teenager. Dr. Levowitz also presented some reflections on the problem of depression as it emanated from a changing social milieu in which a capitalistic work ethic had as its goal the accumulation of capital and material rewards, often with little sense of social responsibility, the influence of a technological society which implicitly states that the cost effective way of doing things is best, as well as a society in which family structure has become fragile or broken down, causing individuals to feel alone and isolated. After the presentation, clergy were invited to share their questions and concerns together and a fellowship luncheon followed.

The Ecumenical Consultation Center staff, under the leadership of Rev. Dr. Theodore S. Grant, plan other programs for the professional and lay people of the community on topics of current concern in the fall. As a non-profit social service agency, the ECC offers moderate cost counseling to individuals, couples, and families of all age groups, provided by only licensed or certified professionals. There is no waiting list. In the past, the ECC has had educational programs for clergy and school personnel, groups for parent effectiveness training, for caregivers of aging relatives and for parents of leukemia victims. Staff members have worked with church confirmation groups and conducted programs for schools on topics of interest. Anyone desiring service or consultation is advised to call the Ecumenical Consultation Center at 935-4437.

Consumer's Corner

by Ron Roel

Summer Shopping Strategy

With the advent of summer, shopping takes on new dimensions as people begin outfitting their vacation homes and filling needs for outdoor equipment.

Since much of this equipment winds up being replaced every year, this purchasing can be extremely costly.

In her recent book, "Eileen Douglas' New York Inflation-Fighter's Guide" (William Morrow & Co., 1982), the WIN\$ consumer affairs reporter offers some tips on saving money on summertime shopping.

One strategy, she suggests, is to buy in bulk through "informal food co-ops." Douglas advises that you join with some neighbors or members of a community group and designate one person a week on a rotating schedule - to buy bulk quantities of items and pro-rate the costs.

Another strategy, she recommends is to visit the Nassau Farmers Market in Bethpage. This shopping bazaar houses more than 400 booths offering fresh fruits and vegetables, and all sorts of meats and ethnic specialties. It also sells paper goods, hardware, clothing, sporting equipment, knick-knacks, and much more.

"Nassau Market officials pride themselves on the deals they offer," she writes, "prices which they say attract shoppers from as far away as the Bronx."

Douglas suggests, "Anyone driving to the Hamptons or Fire Island - where resort prices for food prevail - can save with a food-buying detour to the Nassau Market. Stock up here the weekend you open your house for the summer."

The Nassau Farmers Market, which was built in 1954 and is not a landmark in Nassau County, is on Route 107 opposite the Grumman plant, three miles south of the Long Island Expressway off Exit 41. It's open Fridays and Saturdays, 10 a.m. - 10 p.m.

With bulk buying, and places like the Nassau Farmers Market, the cost of having some fun this summer won't make you lose your cool.

Ron Roel, a LI consumer specialist, is the author of "How To Borrow Money" (Simon & Schuster, 1983), and has written for Newsday and New York.

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New Hicksville Rotary President



Mr. Harry Peltz (r) new president of the Hicksville Rotary Club is shown being congratulated by District Court Judge Myron Steinberg, installing officer.

(Photo by Joe DePaola)

Mr. Harry Peltz from the law firm of McKee, Dorris and Peltz was installed as president of the Hicksville Rotary Club for the Rotary International year of 1984-85 in ceremonies held at the Linden Tree restaurant last Thursday. Named as Vice President was Mr. Bernard R. Schiel of

the Upjohn Company. Additional officers selected were Chiropractor Peter Rocco as Secretary and CPA Leo Sugarman as Treasurer. The new Board of Directors will be Milton Weinberg, Harry Smith, Edward Terrica, Russell Marciano and Joseph DePaola.

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LEGAL NOTICE
NOTICE IS HEREBY
GIVEN THAT ON THE 26TH
DAY OF JUNE, 1984, THE
TOWN BOARD OF THE
TOWN OF OYSTER BAY,
COUNTY OF NASSAU, N.Y.,
AT A REGULAR MEETING
THEREOF, ADOPTED,
SUBJECT TO A PERMISSIVE
REFERENDUM, THE
FOLLOWING RESOLUTION:
Meeting of June 26, 1984
RESOLUTION NO. 608-84

WHEREAS, the Town of Oysters Bay is the owner of a strip of property located on the westerly side of Broadway (Route 107), at Hicksville, New York, known and designated on the Land and Tax Map of the County of Nassau as Section 46, Block 629, Lot 6, which property was acquired by deed dated August 12, 1963, from Morton Weiner and Fannie Weiner, his wife, which deed was recorded in the Nassau County Clerk's Office in Liber 7194, page 299; and

WHEREAS, Island Affiliates, Inc., the owner of all of the property surrounding Lot 6 to the north, west, and south as it fronts on the westerly side of Broadway, has, through its attorney, Fred Gardner, Esq., Westbar Building 52 Elm Street, Huntington, New York, expressed its interest in acquiring Lot 6 from the Town of Oyster Bay if said lot was available for purchase or otherwise; and

WHEREAS, Frank J. Antetomaso, P.E., Commissioner of Public Works, by memorandum dated May 5, 1983, forwarded to the Town Attorney a copy of a memorandum from Robert W. Andruzz, Superintendent of Highways, dated May 3, 1983, who advised that the Highway Division has no objection to the sale of this property, and

LEGAL NOTICE
WHEREAS, an appraisal
made for the Town by Herman
Cohen, a real estate expert,
duly appointed by the Town
Board by Resolution No.
578-83, on July 12, 1983,
indicated a land value of the
subject property to be
\$6,743.00; and

WHEREAS, Fred Gardner,
Esq., the attorney for Island
Affiliates, Inc., by letter dated
February 1, 1984, advised that
Island Affiliates, Inc., has
agreed to the land evaluation
figure of \$6,743.00; and

WHEREAS, Thomas N.
Styne, Deputy Town Attorney,
by memorandum dated June
5, 1984, recommends that the
aforementioned Lot 6 in
Section 46, Block 629, situated
on the westerly side of Broad-
way (Route 107), at Hicksville,
New York, be sold to Island
Affiliates, Inc., for and in
consideration of the payment
of the sum of \$6,743.00, and
that the Supervisor be authorized
to sign a deed to said
property conveying same to
Island Affiliates, Inc., said
deed having first been
approved as to form by the
Town Attorney.

NOW, THEREFORE, BE IT
RESOLVED, That upon the
recommendation of Thomas N.
Styne, Deputy Town Attorney,
as set forth in his memorandum
of June 5, 1984, authoriza-
tion is hereby given for the
conveyance of that property
known and designated on the
Land and Tax Map of the
County of Nassau as Section
46, Block 629, Lot 6, to the
abutting owner, Island
Affiliates, Inc., and the Super-
visor be and he is hereby

LEGAL NOTICE
authorized to execute a deed of
conveyance and any and all
other documents necessary to
effectuate the sale of said
property, after same have
been duly approved as to form
by the Town Attorney; and be
it further

RESOLVED, That this
resolution be, and hereby is,
subject to a permissive refer-
endum.

The foregoing resolution
was declared adopted after a
poll of the members of the
Board; the vote being recorded
as follows:

Supervisor Colby Aye;
Councilman Mosca Aye;
Councilman Hogan Aye;
Councilman Diamond Aye;
Councilman Clark Aye;
Councilman Hynes Aye;
Councilman Venditto Absent
MIT 1708
1x7/6

In Service

Joel D. Portuese, son of Francis
R. and Dolores F. Portuese of 31
Seth Lane, Hicksville, has gradu-
ated from the U.S. Military
Academy Preparatory School at
Fort Monmouth, N.J.

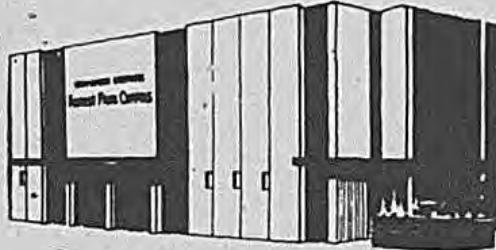
The school is designed to assist
students in meeting the strict
academic and physical require-
ments of the military academy.
Instruction is provided in English,
mathematics, physical education
and military training.

This summer, the preparatory
school graduate will enter the
U.S. Military Academy, West
Point, N.Y., to begin four years of
study leading to a bachelor of
science degree and a commission
in the Army.

Michael Schwartz

Jack Schwartz

Martin Schwartz



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Grogan-Conway Wedding

Miss Patricia Jean Grogan, daughter of Mr. and Mrs. Thomas A. Grogan of Seabury Road, was married Saturday, June 16, at a Nuptial Mass in St. Joseph's Roman Catholic Church to Joseph Conway, son of Mr. and Mrs. Joseph P. Conway of Bethpage. The Rev. Thomas McCarthy was the celebrant. A reception was held at the Stewart Manor Country Club.

The bride, given in marriage by her father, wore her mother's wedding gown of white satin, with an Italian neckline trimmed with Alencon lace. Her fingertip length veil was capped with pearls and Viennese lace.

Nancy Grogan was her sister's maid-of-honor and sang the Ave Maria. Mary Grogan, also a sister of the bride, Mrs. Carolyn (Hibner) Aylward of Fayetteville, N.C. and Mrs. Allison Powers of Rochester, N.Y. were the attendants. The maid-of-honor and attendants wore Victorian style gowns of rose taffeta.

The best man was Thomas Conway, brother of the groom. Ushers were Raymond Millet, brother-in-law of the groom, of Hicksville, Thomas Minuto of

Wantagh, and William Lavelle of Glendale (Queens). Songs and music were provided by Robert Jordan of Garden City.

Mrs. Conway, a business office representative for the New York Telephone Company in Manhattan, graduated from Garden City High School and the School of Business at the State University College at Brockport. Her father is corporate Director of Acquisitions and New Business Development at McGraw-Hill, Inc. Her maternal grandmother was the late Mary E. Fletcher who was a long time resident of Garden City and active in the affairs of Garden City Senior Citizens and St. Anne's Catholic Daughters of America.

Mr. Conway is a special representative for the New York Telephone Company in corporate communications. His father is the Director of the Bureau of Water Supply of the New York City Department of Environmental Protection.

Following a honeymoon in Jamaica and a post wedding trip to Boston, the couple will reside in Bayside.

Sutley-Hartmann Wedding

Dr. Anthony (Ty) William Hartmann of Bethpage and Dr. Lynn Marice Sutley of Allegany, New York were married in her hometown on May 27. Both the bride and groom received their Doctor of Medicine degrees from Upstate Medical Center in Syracuse, New York the previous week.

Dr. Anthony Hartmann, a 1976 graduate of Bethpage High School and a 1980 graduate of

Brown University, is the son of Mr. and Mrs. William E. Hartmann of Bethpage. He will begin a residency in Emergency Medicine at Allegheny Hospital in Pittsburgh, Pa. in July.

Dr. Lynn Sutley-Hartmann, the daughter of Mr. and Mrs. Jack R. Sutley of Allegany, New York, will begin a residency in Pediatrics at Pittsburgh's Children's Hospital at the same time.



Mr. and Mrs. Joseph Conway



Yellow Book Representative Tom Hanlon presents gift certificates to Yellow Book Map Contest Winners from Kramer Lane School in Bethpage as Principal Dr. Frank Cleone and classroom teacher Anne Fell look on. The children happily display certificate to Carvel of Bethpage and frisbee. Pictured are Rob Mandolessi and Anne Marie La Russo. The publishers of the local directory offer free maps and a map reading contest to all Nassau and Suffolk County School Districts as a creative tool for community education.



Glen Cove City Councilwoman Ann Gold (second from right), the Republican candidate for the 13th Assembly District, discusses campaign strategy with community coordinators Carol Ann Guarino of Bethpage, William Lahm (standing) of East Plainview and Robert Chertah of West Plainview. In the coming months, Gold will, with the help of her coordinators, be conducting walk-throughs of her district in an attempt to meet as many constituents as possible before the November election.

LEGAL NOTICE

BONITA TERRACE ASSOCIATES--Substance of Certificate of Limited Partnership signed and acknowledged by all of the partners and filed in the Nassau County Clerk's Office on June 1, 1984. Name and principal office in the partnership is Bonita Terrace Associates, c/o First Stratford Corporation, 410 Jericho Turnpike, Jericho, New York 11753. Its business is to purchase, own, operate, lease and sell residential real property. The term of the partnership is 60 years from the date of filing of the Certificate in the Nassau County Clerk's Office. The names and residences of the General Partners, of the Limited Partners and the cash contributions are as follows:

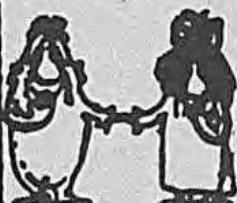
General Partners: First Stratford Corporation, 410 Jericho Turnpike, Jericho, New York 11753 and Richard H. Reiben, 15 Circle Road, Muttontown, New York 11791, cash contributions \$1,000.00 each. Limited Partner: Barbara Weiss, 2078 Edge Road, Muttontown, New York 11791, cash contribution of \$100.00

No other property is contributed and no additional contributions are agreed to be made by the Limited Partner. The General Partners may admit additional Limited Partners totaling no more than 35, upon payment of the sum of \$35,000 per unit for a total of not more than 30 Limited Partner Units. Upon contribution for a total of 30 such Units, the present Limited Partner shall have priority over any other Limited Partner(s) as to contributions or compensation by way of income. The remaining General Partner or Partners may continue the business upon death, retirement, or insanity of a General Partner. There is no right of any Limited Partner to demand or receive property other than cash for his contribution.

JNJ 7663

6x6/8.15.22.29;7/6.13

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Backyard Gardener

By Patrick Denton

Many of us have been conditioned from childhood to cherish the look and feel of a thick, soft, rich green lawn in our home landscape. Countless youngsters have spent summertime hours rolling down the comfortable cushioned slope of their front lawns.

However, in our strong desire to alter and subdue nature by growing grass plants into a thick, solid carpet, it's easy to overdo it. A lawn that is a little on the lean and mean side is actually healthier, more resistant to disease and resilient in the face of heavy traffic.

By this I don't mean to put away the lawn mower for the season, or to forget about watering and fertilizing altogether. However, a little planning in all three of these lawn care procedures can result in an attractive lawn without expending long hours of valuable leisure time each week.

Food and moisture are the key ingredients that go into a nice summer lawn. But how much? How often?

Where most of us go wrong is in the watering. Most home gardeners water too frequently, and too lightly. Brief daily squirts of water produce a weak lawn with a root system that has to stay close to the soil surface to catch those miserly doses of moisture.

It's far better to water infrequently and to give the grass a good, long drink each time. Under most conditions this means leaving the sprinkler on for an hour or more, till the water has penetrated to a depth of at least 6 inches. This can be checked by slicing into a piece of turf with a shovel or trowel. You'd only need to do this a couple of times to know how long you need to water.

The best time for watering is early in the morning. This timing gives the lawn its best chance for heading into nighttime in a fairly dry condition, which helps to avoid lawn diseases.

Mowing fairly high also helps to produce a deep, vigorous root system in a lawn. A lawn does not need to be short to look good. It's the uniform length that produces that clean sweep of rich green.

Aim at mowing to a height of about 2 inches, and mow again when the lawn reaches 3 inches. This avoids cutting of more than a third of the grass blade in any one mowing, and is easiest on the plants.

You may find that about this time the mower blades may need resharpening. Dull mower blades can split leaf tips, which then turn brown and make the lawn look diseased. And try to alter the direction of your mowing from time to time. Mowing always in the same direction can produce a lean in the lawn.

Use lawn clippings on your compost pile or in garden pathways, but scatter them thinly, no more than an inch deep at a time. Piled up, they gum together into

an evil-smelling, slimy, fly-infested mess. And don't use in the compost or garden any clippings from a lawn that has been treated with a herbicide. After any herbicide application, wait for at least three mowings before using the clippings.

College Notes

Brian P. Ednie, son of Mr. and Mrs. John V. Ednie of Friendly Road, Hicksville, received his bachelor of science degree in civil engineering from Bucknell University at the 134th annual commencement exercises on May 27.

A Dean's List student, Ednie received letters in men's varsity lacrosse in 1981 and 1982. He is a 1980 graduate of Hicksville High School.

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New York State is a great state in which to live, work and raise a family. We can be proud of our place in world commerce, industry and in the quality of our lives. But one of our greatest sources of pride is often overlooked: that being our huge forest preserves, wetland and marsh areas, and abundant fish and wildlife.

Now New Yorkers have an opportunity to help protect this unique heritage of wildlife so vital to the quality of life we all enjoy. "Return a Gift to Wildlife" is a program into which you may voluntarily contribute when you complete your state tax form. By checking off Line 18 on the long form or Line 12 on the short form, you can make a contribution to the New York State Conservation Fund. Money collected have been dedicated by the State Finance Law to the protection, management and extension of wildlife in our great state.

The Need Has Never Been Greater

Hard economic times dictate hard financial decisions. This year, the federal government has already eliminated endangered species aid, jeopardizing the restoration of a number of birds and animals native to New York. In addition, thousands of acres of grassland, wetland,

marshland and forest that are critical to the survival or extension of New York's wildlife are eliminated or disrupted each year. The New York State "Return a Gift to Wildlife" program is an important step towards a lasting solution to these problems and an investment in the future of our wildlife.

An Effective Program

Like the environment which only thrives when the whole ecosystem is addressed, the areas of work to be addressed through tax contributions are broad and comprehensive. The largest single element is earmarked for habitat protection so critical to wildlife perpetuation. A species management program will be strengthened to help maintain all species of fish and wildlife at desirable population levels for human enjoyment. A third element is the public use program which will provide increased opportunities for enjoying fish and wildlife. Lastly, the plan calls for greater awareness

development of fish and wildlife values through the creation of better educational resources and information services.

Consider the added dimension wildlife brings to your life. Won't you return a gift through a contribution on Line 18 of the long form or Line 12 of the short form of your State tax return? Your gift is tax deductible on your 1983 tax return.



Return a Gift to Wildlife

 N.Y.S. Department of Environmental Conservation

HBA Baseball Weekly Results

Boys Instructional
Director Carol Ruggiero
Hess Gas
Vigilant Associates, Inc.
The entire Hess team played very well. George Capone and Scott Schubert good offensive and defensive play. Coach: Gabe Rodriguez
Hess Gas
Carvel Cake Center
Robert Kerr good off. play for Hess, and Bill Stahl good def. play. Both teams played very well. Coach: Gabe Rodriguez
For Carvel, the coach wishes to thank the entire team for a good season. They are all winners! Coach: Joe Anic

Girls Majors

Director Leslie Mezeul
Solomon Insurance 8
Malvese & Sons 1

Malvese & Sons finished the season in second place with a record of 9 wins and 5 losses. I am proud to have managed such a super group of young ladies. To Michelle Lorio at second base, to Ginny Gilson in right field, to Stacy Leezmar and Cathy Evans at third base, to Kristina Kanawada and Rachel Albanese at first base, to Lisa Radicella at shortstop, to Christine Benigno pitching, to Lisa Poliseno and Karen Apgar catching, to Jennifer Alexander in left field, to Sharon Plotsky in centerfield, thank you and good luck! I wish to congratulate the parents for supporting the team all year. I know it meant a lot to the girls. Coach: Nick Poliseno

Girls Seniors

Director Tom Zagajski
Wagner Funeral Home 7
Hicksville Bike 4

Outstanding base running for Wagner's by Debbie DiLallo with two steals of home. Super pitching by Maria Moone with 12Ks. Great plays at SS by Tricia Reardon. Coach: Charlie Moone
Hicksville Bike 8

Center Island Pennysaver 7

Good all-around play by both teams. Diane Gargano and Kathy Campost played great defense for Hicksville Bike. Dawn Boyle, Susie Cucci, Kim Stanley and Diane Lewis led the offense, capped by Stephanie Julian's triple in a come from behind win. Coach: Jack Mullin

Boys Seniors

Director John Senise
Wickers Restaurant 7
VFW Post #3211 4

Well played game by entire Wicker's team. Each player gave 100%. Coach: Dom Notaro

Connie Mack

Director Tony Cordero
The Connie Mack A Team, sponsored by Sound Move Datsun was leading Rockville Centre 6-0 on Thursday evening, before rains came. Coach: Tony Cordero

On Monday night, under the lights, Connie Mack B, sponsored by the Elks Club of Hicksville, trounced Port Washington 12-1. An explosive second inning, led by Brian Torlincasi's huge triple into left center, Vinnie Pellizzi's chopping single, Steve Valente's line drive single, Rich Cohen's "hug the line double" and John Ono's RBI double, brought Hicksville six runs. Solid strikeout pitching by Vinnie Pellizzi and superb catching by Rich Cohen, held Port Washington to one. Exciting run down effort by John Ono. Great team effort. Coach: Pete Valente

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SAT., JULY 7

9:11PM CBS (8 Central/Mountain)

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SUN., JULY 8

9:12-7AM ABC (8 Central/Mountain)

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9:11PM NBC (8 Central/Mountain)

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EXECUTIONER'S SONG Part 1
Jones plays Gary Gilmore, the Utah convict executed by firing squad

MON., JULY 9

9:11PM NBC (8 Central/Mountain)

EXECUTIONER'S SONG Finale8:30PM ABC (7 Central/Mountain)
CHRISTOPHER LEMMON
CHARLES ROCKETJOAN SWEENEY
CHARLES NAPIER
THE OUTLAWS9:30-11PM ABC (8:30 Cent./Mount.)
CONCRETE BEAT John Getz is a sensitive human-interest columnistTUES., JULY 10
8:11PM CBS (7 Central/Mountain)

Ms. Blakely tries her hand at the late Frances Farmer's chaotic life.

WILL THERE REALLY BE A MORNING?

SUSAN BLAKELY
LEE GRANT

WED., JULY 11

9:11PM CBS (8 Central/Mountain)

KARL MALDEN
RON SILVERRUE McCLANAHAN
JACQUELINE BROOKES

JOHN MARLEY

WORD OF HONOR Hard-hitting newspaper story with Oscar-winner Malden

9:11AM ABC (8 Central/Mountain)

MONEY ON THE SIDE Three suburban house-frauds risk everything they hold dear, but are unprepared for the physical and emotional dangers they face when they turn to turning tricks "on the side."

FRI., JULY 13

9:11PM NBC (8 Central/Mountain)

THE CHANGELINGGEORGE C. SCOTT
TRISH VAN de VEREMELVYN DOUGLAS
JEAN MARSH

SAT., JULY 14

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

THE ROSE

Thinly disguised telling of the Janis Joplin Story, in which Ms. Midler makes her starring debut.

BETTE MIDLER
ALAN BATES
FREDERIC FORREST

SUN., JULY 15

9:11PM NBC (8 Central/Mountain)

FORBIDDEN PARADISEMIA FARROW
JASON ROBARDSTIMOTHY BOTTOMS
MAX VON SYDOW

TREVOR HOWARD

A South Pacific romantic adventure

sports

THUR., JULY 5

11:30PM-2:45AM NBC (10:30 C.M.)
TENNIS. Wimbledon update**WIMBLEDON TENNIS**

FRI., JULY 6

2:5PM NBC (1 Central/Mountain)

TENNIS. Men's Wimbledon semi's.

9:30-11PM ABC (8:30 Cent./Mt.)

1984 U.S. OLYMPIC TRIALS. Box-offs live from Las Vegas.

11:30PM-2:45AM NBC (10:30 C.M.)

TENNIS. Wimbledon Men's semi's.

SAT., JULY 7

9:00-2PM NBC (8:30 Cent./Mount.)

TENNIS. Live Wimbledon coverage of the Women's Singles final match.

1:20-30PM ABC (Noon Cent./Mount.)

GOLF. U.S. Senior Open Championship from the East Course of Oak Hill Country Club, Rochester, New York.

2:30PM CBS (1 Central/Mountain)

BASEBALL. Taped highlights of the Old-Timer's Classic from RFK Stadium in Washington, D.C.

2:15PM-7 NBC (1:15 Cent./Mount.)

BASEBALL. Game of the Week... California Angels at Boston Red Sox.

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Friday, July 6, 1984



DISCOVERY



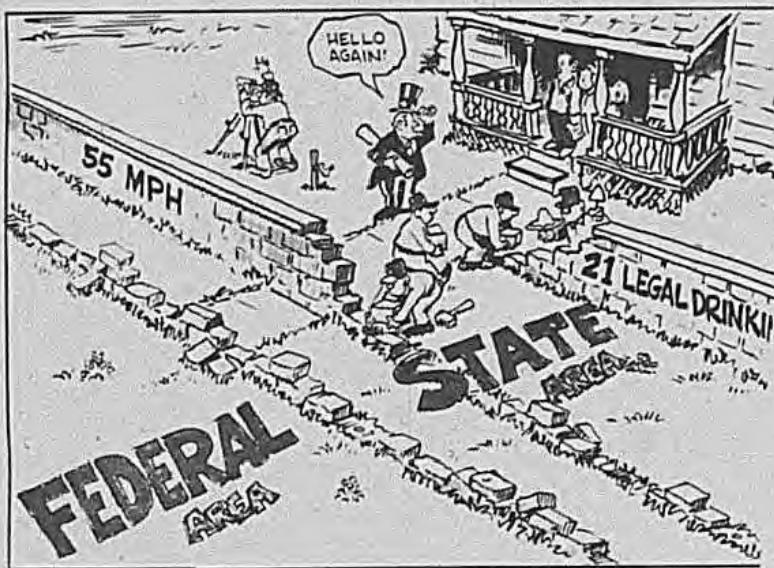
**The Electoral College:
Safety Valve Of Presidential Politics**

See Page 3



THE QUESTION OF THE WEEK

Do you think that the Federal government should force states to set a 21 drinking age by withholding highway funds?



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You are not limited to the above

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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.

Input Callers Not Happy With Seat Belt Law

Most callers to Input are not enthusiastic over the seat belt law enacted by the N.Y. State Legislature in answer to this week's question: "What is your opinion of the new mandatory seat belt law?" Here are some of the answers:

OVERSTEPPED BOUNDS

The State Legislature has overstepped its bounds in forcing seat belts on drivers in the state. Whether seat belts are good or bad is not the question. This group of elected officials is now taking an arrogant stand that it can control the lives of the people in the state and take away freedom. What will be next after seat belts?

AIR BAGS BETTER

The seat belt law is wrong. Seat belts do not necessarily save lives. It depends on what kind of accident you have. If you are strapped in your car and run into the water you will not be able to get out especially if you are unconscious. The forthcoming air bags do not have this problem. What happened is that our politicians who are always trying to get their hand on some type of thing, mandated seat belts long before they should have in cars and the law now says that manufacturer's have to put them in and charge buyers of new cars. If air bags come we will, by law, have to have both. Politicians are butting into things that they have not the ability or information to understand.

K.T.

HAMPER VISION

Seat belts are all right and if we must wear them I will but I do believe the belt across the chest hampers turning around to look while backing out and in looking over your shoulder to see other cars. In other words they have solved one type of accident but are going to contribute to others.

R.W.

STATISTICS WRONG

If you believe all of the statistics you would have to believe that seat belts will save many lives. But I cannot believe all of the statistics because they have omitted the cases in which seat belts were of no help or actually strapped people in when they should have been able to get out.

E.V.

ABOMINATION

In regard to the recent passing of the bill whereby seat belts usage will become mandatory is a complete abomination. Basically I feel the chief tenets set forth by the English political writer John Stewart Mills states that an individual may do anything he wishes provided it does not inflict or infringe upon the benefits of society or individuals. And if we go by that criterian we can easily see why this seat belt law is obviously an abomination. It's completely unconstitutional. The government is taking on a paternalist tone, one whereby they think they know what is better for us. I think it's horrendous. This is no way to conduct a government. We are not children anymore. It seems that Albany has taken the stance where they are reattaching the umbilical cord. I think this is utterly wrong. I understand their point of view. They feel that making seat belts mandatory will cut down on the number of deaths and this is basically true. But, then again, we are infringing upon people's rights. Who actually is being injured in a car whereby someone is not wearing a seat belt? The owner of that vehicle himself. And if it is his desire not to wear a seat belt, so be it. No government has the right to force that person to do that. If the person not wearing a seat belt was inflicting a hazard on other persons, then by all means it should be mandatory and justified.

FREEDOM OF CHOICE

I don't believe we should be forced to wear seat belts in our cars. After all, we should have freedom of choice. But little by little it is being taken away. What about people who have been trapped in cars by seat belts? Three children burned to death because the mother couldn't open the seat belts in time to save them. Why not make us reassess the hazards at home where we have furnaces and gas stoves, both potentially dangerous.

L.M.

GOOD LAW

I think the new seat belt law is efficient because it can save lives. People have died from not using their seat belts.

DON'T GET STUCK

Seat belts appear to be a true safety feature. But two years ago my daughter was wearing one and it would not unlatch. We had to buy a pair of scissors to cut her loose. If there had been a fire she would have died. The government is infringing more and more on our personal rights. Seat belt wearing should be up to the individual. The state should not decide for us. Thank you.

MOTORISTS PICKED ON

Motorists beware. Once more Governor Cuomo is picking on the motorist. This time it is for not wearing a safety belt. This law will impose a \$50 fine and the possibility of a moving violation to be posted on the motorist's license for 18 months. The death penalty is virtually ignored by the Governor for persons found guilty of murder and rape. Yet the person who fails to put on a safety belt, in the eyes of the governor, is a criminal when he is only putting his own life in jeopardy.

E.S.

A NUISANCE

My car is used mostly for short trips around town and I would find it a nuisance to have to constantly buckle and unbuckle the seat belt at each stop. I think I am a reasonably good driver and am willing to take my chances on the odds of having a serious accident. But, I guess one can't argue with any legislative effort to reduce the number of deaths which statistically could have been avoided had seat belts been used. My complaint is that there are enough critical areas in the affairs of the state and the nation to warrant greater attention by our elected representatives than seat belt legislation. Between this new law, the DWI legislation and the current attempt to hold hosts responsible for the behavior of their drunken guests, can the Big Brother be far behind! I don't like the mandatory seat belt law but the fact that it will give me a better control of my two little grandchildren in the back seat will probably offset my aversion and personal discomfort.

P.G.S.

DISCOVERY

The Electoral College: Safety Valve Of Presidential Politics



PAGE VI
FALL, 1961 VOL. 6, NO. 4

By Jerome J. Niosi, Ph.D.

Every time Americans prepare to elect a President, pundits delight in explaining that we really do not elect the President; the Electoral College does. They point out how a few votes in this or that state would throw the election to other candidates, or precipitate a "constitutional crisis" by throwing the election into the House of Representatives, "or otherwise" frustrate the will of the American people.

Such comments usually accompanied by demands that the College be abolished, make the editorial pages of newspapers or magazines from October to December when the College of Electors meet in their state capitals for the formal election of the President and there will probably be additional comments when the Senate formally announces the name of the next President in January.

The Electoral College has been called many names and its doom has been prophesied as imminent. Most recently, congressional critics called it "an antiquated form of choosing our nation's leaders." Yet, for 205 years, except for its detractors and its consideration by high school debating societies, the Electoral College has withstood criticism and attempts to amend it out of existence.

Relying on the elections of 1800, 1824, 1876, the critics conclude that the College failed to register the will of the people and instead precipitated a crisis.

Yet, the Founding Fathers provided constitutionally for such eventualities and accordingly, in 1800, the House broke the tie, picking Jefferson over Burr. Jefferson was the choice of the majority of the Americans. In 1824, the House selected John Quincy Adams over the other "favorite sons." Here, too, despite pre-Jackson allegations of a "corrupt bargain", Americans did expect Adams to be the President.

The Hayes-Tilden controversy in 1876 was further complicated by two sets of electoral votes. With no constitutional remedy, Congress went outside the fundamental law and appointed an Electoral Commission to determine which set of electors should be considered official. Hayes became President accompanied by such derisive titles as "His Fraudulence".

As the United States sought to terminate the "reconstruction period", frauds had been perpetrated by both the Republicans and Democrats. The election of 1876 was characterized by the agony and chaos of that "tragic era." Nevertheless, historians have concluded that Hayes was the choice of the American people and was entitled to the office.

What occurred in those three elections was mechanical and because of amendments to the United States Constitution, can never recur. Electors for the Presidential and Vice-Presidential offices are placed on the same ballot while governors must certify the correct electoral ballots to the Senate of the United States.

Actually, there exists one case where the will of the American people indeed was frustrated by the Electoral College: the election of 1888. Cleveland received the greater popular vote, yet Harrison became the President. Four years later, however, Cleveland regained the presidency.

One "frustration" in two hundred years. This is quite remarkable, especially since the Founding Fathers had expected that the House of Representatives would elect the President "19 times in 20." But, then, they did not contemplate the development of the American party system. For all practical purposes the Electoral College has been confirming the will of the electorate for over two centuries.

But today, the Electoral College goes beyond the confirmation process.

Beyond the confirmation of the people's choice, the Electoral College today acts as the 'safety-valve' of American politics, protecting the democratic process by insuring the continuance of the two party system. The "valve" is the "unit rule"; the candidate who wins in a state takes all the electoral votes. While originally designed to reduce fraud and the manipulation of regional elections, the unit rule makes it impossible for factional parties to gain the presidency.

Fringe parties, radical groups, single issue movements can go through the motions of nomination and campaigning. They enhance the education of the electorate. They give pundits a field day for speculation, but they cannot have a major impact on the result. Only the candidate of one of the two major parties will reach the presidency.

Eliminate the Electoral College or modify the "unit rule" for "philosophic" or "democratic reasons"; and the alternatives are horrendous: multiple parties, bloc governments and regional groupings. Because every shade of opinion will seek to run its own spokesman, the splinter parties will make inevitable minority presidents elected by coalition.

Alexander Hamilton built better than he had anticipated when he successfully proposed to filter the popular vote of the people through the Electoral College. The Founding Fathers agreed.

"With no other feature of the Constitution did they express greater satisfaction than the Electoral College...." wrote Hamilton. "The mode of appointment of the Chief Magistrate of the United States" he continued, "is almost the only part of the system of any consequence, which has escaped 'without severe censure'...."

Rather than tinkering with the Constitution because of what might happen, we should be appreciative of our experience since 1787. The Electoral College has performed exceedingly well. It will continue to stabilize American politics long after its critics, themselves, have become "antiquated."

ABOUT THE AUTHOR

Dr. Jerome J. Niosi is a former superintendent of the Hicksville Schools. He was also a professor of education at Villanova University, Pennsylvania, and a dean of Biscayne College, Florida. He is now retired and lives in New Hyde Park.

Dr. Niosi has contributed several articles to *Discovery*.

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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 1-0027 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.

SIDEWALK CAFE

This week we went to a really new and fine place that I want to tell your readers about. It is called the Wine Gallery located on Hempstead Turnpike in East Meadow. What is different about the Wine Gallery is that it has a wonderful sidewalk cafe where you can enjoy the air and still eat a good meal.

The food at the Wine Gallery is exceptionally good and the price is kept at a minimum for this nice place. Our party had both beef and fish entrees and everyone marveled at the good food. We recommend it to your readers.

M.R.

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READER RATINGS



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will find the answer.

Q. Recently I called one of the
larger catering places to arrange
to hold a small luncheon six
months from now. I was told that
they would never consider anything
that near at hand unless there was a cancellation and that I
ought to give at least a year's notice. Is this true all over? B.H.
A. Probably a year's reservation
at the large catering places is
about right but that might not be
your only option. You mentioned
that it was a luncheon and it may
not have needed a great deal of
space. For something like that
you ought to contact a restaurant
that you like and see if they have
an off day and whether they could
accommodate you with a room.
Many restaurants do this and you
are better off than having gone to
a large caterer. They don't need a
year's notice either.

Q. Is it ever correct to have one's
elbows on the table when one is
eating? I was brought up to think
it is not. J.P.

A. It is not correct to put one's
elbows on the table when one is
eating but it is permissible to rest
them on the table between
courses.

Q. Is it proper to apply lipstick at
the dinner table? W.C.

A. You don't do it in anyone's
home. You may, however, apply
lipstick and a dab of powder at a
restaurant table. If you are traveling
abroad, applying cosmetics at a restaurant table is often
considered gauche. If you are
with a party of Americans, on the
other hand, you may wish to
follow your own custom in the
matter. It is wise to be discreet.

Q. My husband buries his head in
the newspaper at breakfast and
doesn't say a word to me throughout.
He just hands me the second
section. Shouldn't a husband be
expected to carry on some conversation
with his wife at breakfast?

R.T.
A. No one should be expected to
carry on a conversation at breakfast.
Many people don't really
wake up until later in the day.
Enjoy that second section. This is
not a new rule, by the way; it has
always been so.

Q. Restaurants nowadays do not
know a thing about etiquette. Last
night at a dinner they served
salad. Isn't there a special salad
fork that is supposed to be used in
restaurants? M.H.

A. Yes. The salad fork has special
cutting edge on one side of it and
is usually shorter than a regular
fork. Most restaurants are so
busy getting cutlery together if
they have a big crowd at dinner,
that they do not set out the forks
or knives right.

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AUTHENTIC PORTUGUESE

Last week I ate at Arlindo's in Mineola. It's a Portuguese restaurant. I would like to say that being in the airline industry, I've eaten in a lot of places and was quite impressed with the food and the way it was served. It was extremely clean and the prices were very reasonable. It's a cozy little place to have lunch.

Arlindo's is in a newly redecorated building that looks and feels like you are taking a trip to another world. The food is prepared very well in authentic Portuguese style which features both fish and meat dishes. It is a good experience. Thank you for the opportunity to give my rating of it.

G.D.

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H.R.

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YOU CAN BE A RESTAURANT CRITIC - If you visit any of the restaurants selected for inclusion in this section - call WE 1-0227 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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We first noticed your ad for Ming Gardens several months ago and really never got around to going to it. One reason is because there are so many restaurants specializing in Chinese food that they all seem the same. This is not so with the Ming Garden.

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Cooking Corner

Say cheese for nutrition

By Linda Susan Dudley

According to a *Business Trend* report, national cheese consumption is increasing 8.5 percent each year and will become a \$23 billion market by 1993.

That's a lot of curds and whey. What is cheese, anyway?

A lot of cheese eaters say they love the stuff, but few have much idea how it is made beyond the fact that it all begins with milk. It takes just more than one gallon of milk to produce one pound of cheese.

Cheese is the fresh or matured product obtained by draining the whey after coagulating casein, the major protein in milk. The casein is coagulated by acid from selected microorganisms and by milk-clotting enzymes added to the milk. The resulting curd is cubed, cut, heated, drained and salted.

As for cooking, all cheese dishes should be cooked at a low temperature for a short time. Excessive heat and overcooking cause fat separation, stringing and toughening of the cheese.

Here are some recipes — including several with a Latin American flavor — which feature cheese as a main ingredient.

CHILIES RELLENOS DE ELOTE CON CREMA

4 tbsps. butter
1 medium onion, finely chopped
5 whole cloves
1/4 tsp. ground cinnamon
4 cups corn (kernels from 5 ears or frozen)
2 tsps. salt
1/2 cup crema Mexicana (or sour cream)
14 ozs. (1 large pack) queso fresco (or ricotta cheese)
6 ozs. (1/2 pack) queso asadero (or Mozzarella cheese), cut into small pieces
1 1/2 cups crema Mexicana (see note below)
12 poblano chilies, roasted and peeled
3 to 4 ozs. queso Chihuahua or mild cheddar, grated

Melt butter in medium saucepan. Add onion, cloves and cinnamon. Fry over gentle heat until onion is soft but not browned. Remove cloves. Add corn kernels and salt (if using fresh corn, add 1/2 cup water). Cook over medium heat 10 to 20 minutes depending upon whether fresh or frozen corn is used. Add 1/2 cup crema Mexicana or sour cream and cook an additional 10 minutes, stirring occasionally. Remove from heat.

In medium bowl, combine queso fresco, queso asadero and 1/2 cup crema Mexicana. Stir 1/2 of the

corn mixture into the cheese mixture. Mix well and set aside. Preheat oven to 350 degrees.

Cut a small slit in one side of each chili. To remove seeds and clean, rinse the chilies carefully, leaving the stems intact. Stuff chilies well with corn/cheese mixture. The chilies should be fat but must close where they are slit open. Beat remaining crema Mexicana. Place the chilies in a shallow baking dish side by side. Pour the sauce over the stuffed chilies and sprinkle with grated cheese.

Cover the dish with foil and bake until chilies are heated through and cheese is melted. Serve the chilies on top of remaining corn mixture.

Note: *Crema Mexicana* is similar to the French *creme fraiche*. It is thick, rich and slightly soured. Sour cream makes an acceptable substitute.

Assembling chilies may seem like a long, laborious task but you can make the corn mixture and clean the chilies beforehand and refrigerate.

A topic of disagreement among Mexican cooks is whether or not the chilies for this dish should be *ceapeados*, that is enveloped in a batter. The rich filling and sauce may be too much for the batter, but some prefer the dish that way.

CHEESE MUSHROOM PIE IN A WOK

1 1/2 lbs. mushrooms, thickly sliced (2 qts.)
1/4 cup butter
6 slices bacon
1 medium onion, thinly sliced
1 1/2 cups grated Swiss cheese (6 ozs.)
1 tsp. oregano, crumbled
1/4 tsp. garlic powder
3 tbsps. flour
Pastry for double crust 9-inch pie

Sauté mushrooms in butter over high heat for 5 minutes or until tender. Drain mushrooms, reserving 1/4 cup drippings. Fry bacon until crisp; reserve drippings in pan; drain bacon on paper towels. Sauté onion in bacon drippings until soft and golden, about 2 minutes.

Combine mushrooms, reserved mushroom drippings, onion, bacon, cheese, oregano, garlic powder and flour. Roll out half of pastry into 12-inch round. Place in bottom of small metal wok. Large wok may be used, just line bottom of wok with pastry. Turn mushroom mixture into pastry-lined wok.

Roll out remaining pastry into 11-inch round and place over mushrooms. Press pastry edges

together. Cut slits in top. Bake in 350-degree oven 40 minutes, or until pastry is browned. Serves 6.

CHEESE-STUFFED EGGPLANT PARMESIANO

1 large eggplant, about 2 lbs.
2 eggs
1/2 cup half-and-half
1 tbsp. minced parsley
1/4 tsp. garlic powder
Salt and pepper
2 cups seasoned fine dry bread crumbs
Oil for frying
1/4 pt. ricotta cheese
1 cup grated mozzarella cheese
1 cup grated Monterey Jack cheese
1 tsp. basil
1/2 tsp. thyme
Tomato sauce (recipe follows)
Freshly grated Parmesan cheese

Slice eggplant lengthwise, as thin as possible. Mix 2 eggs, half-

and-half, parsley and garlic powder in wide shallow bowl. Season to taste with salt and pepper. Spread bread crumbs in another wide shallow bowl.

Dip eggplant slices in egg mixture and then in bread crumbs. Sauté in oiled pan over medium heat 2-3 minutes on each side or until tender and golden brown. Drain on paper towels.

Divide cheese mixture evenly on eggplant slices on bottom of greased large baking pan. Carefully fold breaded eggplant slices over to enclose cheese mixture. Bake, uncovered, in 350-degree oven for 30-35 minutes. Transfer to serving platter.

Pour warm tomato sauce over cooked eggplant and sprinkle with freshly grated Parmesan cheese. Serves 6.

Tomato sauce: Combine 1 (15 oz.) can tomato puree, 1/4 cup water, 1 tsp. basil and 1/2 tsp. thyme in saucepan. Heat through. Makes 2 cups.

FROM OUR KITCHEN



OLIVIA &
PAUL BENSEN



In the last couple of years, almost all large supermarket chains in this country have started carrying sheets of an all-purpose fillo and strudel pastry that serves admirably for preparing both Greek and Middle-European dishes — and for a variety of other purposes, as well.

You will find boxes of the sheets in the frozen-food section, usually among the picnics and frozen baked desserts. They are generally packed in 1-pound boxes, each containing about twenty 14-by-18-inch sheets. To use them, simply defrost, remove the number of pastry sheets you need and return the rest, well sealed, to the freezer. They will keep for up to two months frozen or for about a week in the refrigerator.

Our recipe for today uses fillo pastry as a wrapping for poached fish with mushrooms, cream and shallots. The dish is then baked until the fillo is golden brown and crisp. The creamy filling and the fish make a wonderful combination with the light pastry crust. Any white, firm-fleshed fish will be fine for this recipe.

POACHED FISH IN FILLO PASTRY CRUST

1 cup dry white wine
3 slices lemon
1 tsp. Greek seasoning (optional)
1 lb. filleted fish
1 (10 oz.) pkg. fresh spinach
1 lb. fresh mushrooms
1 stick (1/4 lb.) butter
2 tbsps. chopped shallots
1/2 cup freshly grated Parmesan cheese
1/4 cup heavy cream
2 tbsps. fresh dill, chopped
2 tbsps. fresh lemon juice
Salt and freshly ground black pepper to taste

In high-sided frying pan, bring wine, lemon slices and Greek sea-

sioning to simmer. Slide fish in; add enough water to almost cover fish. Cover pan and poach for approximately 10 minutes until fish is firm and cooked through. Remove fish and drain.

Meanwhile, clean spinach and remove stems. Steam in covered saucepan until wilted and soft. Drain thoroughly, chop and set aside in mixing bowl. Clean and finely chop mushrooms. In large, heavy frying pan, heat 4 tablespoons butter over medium heat. Add shallots, stir and add mushrooms. Sauté until nearly all moisture has evaporated. Add mushroom mixture to spinach, along with Parmesan, cream, dill, lemon juice and salt and pepper. Mix well.

Preheat oven to 375 F. Melt remaining 4 tablespoons butter and brush some of it over bottom of large, shallow baking dish. Lay two sheets of fillo dough in pan so that they hang over edges. Brush some of remaining melted butter over sheets where they cover bottom of pan. Follow these with four more sheets, two at a time, brushing more butter on each layer. Do not butter sections of fillo that overhang edges of pan.

With your fingers, flake fish fillets apart, checking to be sure that there are no bones, and lay fish in strip lengthwise down center of fillo sheets.

Next, pile spinach mixture on top of fish, patting it down evenly. Fold two of overhanging edges of fillo from one side of pan over spinach mixture. Brush with butter, then fold over two edges from other side, and continue until all edges are folded over, brushing with butter each time. Brush top layer of pastry with butter, tuck in any loose ends of dough and bake at 375 F for 30 minutes, until golden brown on top. Allow to cool slightly before serving. Serves 4.

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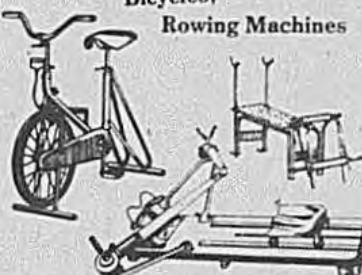
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2 dr. hardtop, 2.2 liter, 4 cyl
engine, 5 speed transmission,
power steering, power brakes,
P/S, P/W, many factory
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Front wheel drive, 3.8 liter, 4 cyl
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WEST

MON-FRI 9-9
SAT 9-10

SUN 9-10

Here's How

By Gene Gary

Q. A year or so ago, I remember seeing an article on preserving iron bars.

I have solid-core iron bars installed on my doors and windows and they are starting to rust. Can you recommend a cleaner and a good acrylic paint to use for years of maintenance-free care?

I believe your column included the use of an applied varnish. — J.P.

A. Wash the iron bars with a detergent and water solution to remove any dirt or grease, then let the bars dry.

Sand the surfaces lightly so that paint will adhere well, concentrating on smoothing out rusting areas. Prime the bare metal with a primer recommended for the paint you choose.

One of the recommended brands is Rustoleum Speedy Dry Automotive primer. Two recommended rust-resistant paints are De-Rust and Rustoleum. However, you can paint with one or two coats of a gloss or semigloss enamel that is especially made for wrought iron.

For your choice of an acrylic paint, I suggest you be guided by the advice of your paint dealer. One thing is sure — whichever paint you choose, follow carefully the manufacturer's instructions on the container.

Q. In one of your past columns, you answered a question about removing stains from marble. My problem is somewhat on the same line, but a little different.

We have a beautiful marble coffee table that is highly polished. Members of the family placed the square-bottom type vinegar bottle on the table while eating fish and chips. Now, in all the places the vinegar touched the table, there are spots and square marks, not stains, but white marks that are dull in an otherwise polished surface.

I purchased a marble polish from a dealer which did not do a thing, and the dealer has no other suggestions. I now have to keep a cover on the top of this beautiful table, as it looks so bad. Can you help me? — Marjorie G.T.

A. Small scratches or acid etching from fruit juices, vinegar, iodine or other acid substances can be removed by a light wet sanding with No. 100 sandpaper. Use it with parallel strokes.

Then polish with a marble hand-polishing powder (supplied by marble dealers) on a damp cloth to remove the etching.

A clear marble sealer recommended by the marble supplier will protect the surface from

water spotting or stains that might etch the polish. A coat of hard white spray wax or rubbing wax on top of the sealer will give added protection.

Q. What do you recommend using to prevent tarnish on copper and brass products? Are shellac or spar varnish the only solutions? — A.L.V., Pauma Valley, Calif.

A. Lacquer is the product most often used on brass or copper surfaces to prevent tarnishing. After thorough cleaning, this can be applied. Waxing will also help.

Q. Isn't a swimming pool a dangerous thing to have in the back yard? — Archie R.

A. It can be, but doesn't need to be if proper precautions are taken. Properly installed and supervised, the backyard swimming pool presents the safest environment in which to swim.

With such an increase in water-related activities in the nation the last decade, it is even more important that we all know how to handle ourselves in water. The backyard pool is the perfect place to learn and practice swimming. Moreover, pool covers, automatic alarms, fences, self-locking gates and other safety devices reduce the chance of an accident.

It is highly important that access to the swimming pool area be well walled or fenced to keep straying toddlers from falling into a pool which is otherwise unattended.

compiled it will go on. Last list was dated March 1984, so new one won't be for a while.

But speaking of arthritis, it is a joy when we get letters like the following:

Dear John: I have arthritis in back of my knees and have been using a cane for some time.

Someone told me to try vinegar and honey, but it did not help.

My sister-in-law, read about the grape juice and Certo and told me about it, but could not remember the amount of each to take.

So I started taking one glass of grape juice with two tablespoons of Certo — and believe me, it has helped. What I would like from you is the right amount of each per dosage.

Also, it is the first time in eight months I could go out without my cane. I am enclosing a self-addressed, stamped envelope and a small donation. Only wish it could be more but I have been unemployed since this happened to me. — Joanna

Dear Joanna: Thank you for your beautiful letter. I might point out that some people do get relief from the vinegar. It all depends on your constitution. Also, some people don't get help from anything.

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and information.



TWEEN 12 & 20

(I'm 20) and I live with my mother who has been divorced for five years.

Mother works a 40-hour week and receives \$150 from my father every month for my support. I clear \$150 a week and I give my mother \$75 a week for my room and board. That leaves me \$75 per week for my lunches, clothes, gasoline, insurance, car payments and general expenses.

I'll be 21 in two months and at that time my father will stop paying for my support.

When that happens my mother is saying that I will have to pay \$100 per week for my room and board. That would leave me only \$50 per week for my expenses and that is not enough to pay for my necessities.

I love my mother but I think she is ripping me off. Do you agree? She also reads your column so she said she would abide by your decision.

Oh, yes. My mother is not a candidate for the "poor farm." — Lela.

Lela: One hundred dollars per week for room and board (child and parent) is much too much. Mom should be happy with the \$75 you now pay. Personally, I think that is a bit much.

Dr. Wallace: I'm 16 and write to a friend who is in the Navy.

This boy is just a friend and we are not romantically involved. My mother doesn't open my letters from him but she insists on reading them after I have read them first.

Naturally, my mother gets all the mail first so she is well aware of my "Navy" letters. I know that I could have his letters sent to a friend's house but I hate to bother my friend.

Do you think my mother should be reading my mail? — Patty.

Patty: I see nothing wrong with Mom reading your letters if you want her to read them, but she is

Dr. Wallace: My parents think I'm lazy because I like to take a short 30-minute nap every afternoon around 4.

I'm not lazy, Dr. Wallace. I do all of my chores, take care of my horse, get good grades and am active in my church.

I wish I didn't have to take a nap most every day but if I don't get my nap I get a headache. I'm really not lazy — am I? — Rhoda

Rhoda: You are not lazy. It's perfectly normal for some teens to tire during the day. It's just that a teen's body is changing rapidly — a part of maturing.

You sound like a super teen. Maybe all teens should take a 30-minute nap daily.



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

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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 appointment between 10 a.m. and 4 p.m. 516-354-8300 hyl

PART TIME SECRETARY
Diversified position for experienced, self motivated individual. Good organizational and secretarial skills required. \$5 per hour. Non-smoker, returnees O.K. Call between 1 and 3 for interview. 516 496-9600. hyl

HOUSEKEEPER WANTED
one day per week. Local Garden City office. Approximately 2 hours 747-2000 gcjl

INSURANCE AGENCY IN NEW HYDE PARK needs ass't. bookkeeper and typist. Full time, 9-5 benefits. Previous insurance experience required. Call anytime 488-7500 gcjl

MINEOLA LINGERIE SHOP seeks part time help. Experience a plus. Please call for an appointment 741-3339 gcjl

DENTAL OFFICE Garden City needs office manager/receptionist. Part time. Dental experience necessary 746-4510 gcjl

FULL TIME MEDICAL SECTY. Wanted. Busy Garden City practice. Call Mrs. Body. 747-1500 gcjl

FULL/PART TIME Real Estate person. High earning potential, congenial office, convenient hours, licensed or will train. Interviews confidential. J.K. Realty, 15 Netherwood Dr., Albertson 747-1573 wjy2

Help Wanted

SHOP APPRENTICE FOR newspaper printing plant in Hicksville. Approx. 30-35 hours per week. Call Mrs. Pakaluk 931-0012 for appl. hfnjyl

BABYSITTER NEEDED FOR 1/2 year old boy a few hours daily. Pool pass. Call 352-0557 gcjl

STUDENT FOR CARE OF TWO Children, ages 8 and 11, pool pass and car desirable. June 25-29, July 9-13, July 23-Aug. 3; 8:15 a.m. to 6:15 p.m. 326-1671 eves. gcjl

TIRE MOUNTER GENERAL Service man. Firestone, 212 Jericho Tpk., Floral Park, 354-8956. gcjl

AUTO MECHANIC Experienced. Excellent starting salary plus incentive. Come in for interview. Firestone, 212 Jericho Tpk., Floral Park. 354-8956 gcjl

CHILD CARE NEEDED IN Garden City home for a six month old infant. Applicant must be reliable, experienced, and a non-smoker. 5 days per week, 8:30-5:30 p.m. starting Nov. References and own transportation. 741-2144 gcjl

CHILD CARE AND LIGHT Housekeeping. 2 year old plus 2 school age children. East Williston area. Start September from 7:30 a.m. to 3:45 p.m. Must have references. 741-6798 wjy4

MATURE WOMAN TO AIDE elderly lady. Friday, Saturday and Sunday evenings from 7 p.m. to 7 a.m. References, own transportation. Hewlett. Write to: Williston Times, P.O. Box 37-0, 105 Hillside Ave., Williston Park, NY 11596 wjy4

CHILD CARE NEEDED Affectionate & reliable woman to care for 5 year old and 1 month old in our Garden City home. Light housekeeping. Mon. - Fri. 7 a.m. to 6 p.m. Live-in optional. References required. 352-6387. gcjl

Help Wanted

HOUSE SITTER JULY 11 - 30 Split level, central a/c, large private yard, modern appliances. Near Adelphi. 483-1147. gcjl

PART TIME CLERK TYPIST Flexible hours for filing, answering phones and light typing. Mineola office 516 248-2110. gcjn5

CHILD CARE FOR INFANT beginning September 1 day per week. Williston Park area, must be reliable, non-smoker, references, own transportation. Please call 248-4238. wjy3

REAL ESTATE AGENTS wanted for busy office. Full time only. Will train responsible, reliable persons. Retiree okay. High commission plus bonuses. Smythe 741-4640. gcjl

BOOKKEEPER WITH Secretarial skills. Steno a plus. Afternoons. Flexible hours. \$16 742-5030. gcjl

THE TALBOTS IS A SPECIALTY retailer of quality women's clothing with 41 stores and a nationwide catalogue business. We are seeking individuals to work both full and part time positions. Previous sales experience is desired. Please call Jim Reidy at 747-2600 to set up an interview appointment, or drop by the store at 1142 Franklin Avenue, Garden City. We offer a pleasant working environment, a competitive salary and excellent benefits. We are an equal opportunity employer. gcjl

YEAR ROUND WEEK-END Service aide 7 a.m.-3:30 p.m. For interview call Syosset Schools 921-5500 ext. 219. hyl

HOUSEKEEPER SPANISH Speaking preferred. Call Willits 516 248-4570 or 248-4444. wjy3

TYPIST NEWSPAPER COPY fast, accurate, knowledge of computerized keyboard or key punch preferred. 4 day week 474-9799 Thursdays, other days 374-9200 gcjl

CHILD CARE NEEDED Affectionate and reliable woman to care for 4 month old in our home. 3 or 4 days per week. 8 a.m. to 6 p.m. starting Sept. 1st. Days should be flexible. Non-smokers only. Reference required 294-8592 gcjl

STENO/TYPIST Mature, neat looking for secretarial work in the Hicksville/Jericho area. Legal, Insurance, etc. Call 822-7691 hfnf

LIVE IN HOUSEKEEPER or Saturday day worker. Experienced. 483-2497 after 5 p.m. gcjl

MINEOLA, EAST WILLISTON, Roslyn or Garden City. 6 days a week. Regular housekeeping work. Call 248-1843 wjy1

Situations Wanted

CHILD CARE AVAILABLE Sat. and Sun. days. Please call after 1 p.m. weekdays 741-8149 gcjl

CERTIFIED NURSES AIDE will work for sick or elderly, 6 to 8 hrs. per day, 5 days per week. Will work some weekends. References 621-3904 or 747-7140 wjy4

NURSES AIDE DESIRES WORK European experience. Live in or out. Quiet, pleasant person, easy to get on with. 538-1831 gcjl

MATURE CERTIFIED AIDE seeks position to care for sick or elderly. Will live in or out. Excellent references. 481-5281. gcjl

RESPONSIBLE MAN LOOKING for employment full time in shoe stitching. Call 485-8135, ask for Fernando. gcjl

HOUSEKEEPER AVAILABLE Mon.-Fri. Own transportation. Garden City, Mineola, Hempstead. Call 489-4551 4-10 p.m. gcjl

HOUSEKEEPER AVAILABLE 5 days, Mon.-Fri. Experienced and references. Own transportation. Call 379-0201. gcjl

YOUNG WOMAN LOOKING for housekeeping position. Live in or out. 4 days 201-866-4158 gcjl

LADY WISHES Housekeeping work. 6 days. Mon. to Sat. References, own transportation 485-3082 gcjl

BABYSITTER AVAILABLE PT or FT in my Bellrose home. References available. Call 212-479-9014 wjy1

BABYSITTER AVAILABLE Full or part time or my Williston Park home, starting in September. References. 747-0368. wjy4

RESPONSIBLE GARDEN CITY 9th grader seeks part time job as mother's helper. Has Garden City pool pass and references. Call 746-6282 gcjl

BABYSITTER Mother's Helper available. Sacred Heart Academy sophomore. Loves kids. Experienced babysitter. Call Jennifer 248-7314 gcjl

HOUSECLEANING AVAILABLE Monday-Friday. References Call 516-481-1933 gcjl

LADY DESIRES LIVE-IN housekeeping position. References. Plain cooking, cleaning & laundry. Call 481-0209 after 6 p.m. gcjl

HOME HELP OR COMPANION available. Sleep in. 516 481-3888. gcjl

Situations Wanted

HOUSEKEEPER AVAILABLE Mon-Thurs, day or night hours. References and own transportation. Work done "your way". Ask for Dana, 747-3867 after 5 p.m. gcjn5

FRENCH CANADIAN GIRL wishes to improve her English by taking mother's helper job for summer. For information call 248-5926 or call Canada direct 514 669-4020. gcjn5

EXPERIENCED HOUSE-KEEPER, 5 hours. \$40. Call 486-4537 anytime. gcjn5

CLEAN HOUSES AND Apartments. Experienced. Please call Toni 483-2786, 12 noon to 8 p.m. gcjl

RELIEABLE WOMAN WILLING to do general housekeeping. Flexible hours. Washing, ironing, cleaning etc. References. Interested in Willistons, Mineola, Albertson, New Hyde Park and Garden City areas. 248-1843 after 3 p.m. Wjl

PLANNING A PARTY?? Back again (3rd year). Garden City college girl available to set up, serve and clean up so you can relax and enjoy your party. Bartender available. Reasonable rates. 248-2450 gcjl

CLEAN HOUSES OR Apartments. Good experience. Please call Lopez 538-9774 gcjl

NURSE'S AIDE With References looking for sleep-in position with geriatric patient. Will also be a companion 489-1253 from 11 a.m. to 5 p.m. gcjl

HOUSEKEEPER OR Babysitter available. Garden City or vicinity. References and own transportation. Call 481-5692 gcjl

HOUSECLEANER DESIRES work. Days Mon. to Sat. References and own transportation. 483-0173 gcjl

PROFESSIONAL WOMAN Desires to house or pet sit for summer. Very responsible with references. Call 294-9094 early a.m. or late p.m. gcjl

HOUSECLEANING BY DAY any day, Mon.-Sat., Garden City preferred. References. 538-6016 after 5 p.m. Ask for Miriam. gcjl

LADY DESIRES Housecleaning. Good Experience. References if needed. Call Aracely, 481-3380. gcjl

BABYSITTER AVAILABLE for pool or evening hours. Transportation and pool pass. Call 747-7216. gcjl

HOUSECLEANING MON. TO Fri. References. Call 489-6428, ask for Conchy. gcjl

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1968 PONTIAC GTO Convertible
350 engine. Good condition. Call
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Exhaust, and front tires. AM/FM
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Black in excellent condition. A
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Mint Condition. 327/350 hp; 4
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must be seen. Fully customized,
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1969 FORD MUSTANG MACH 1
302, 4 BBL, 3 speed, mags, good
condition. Must see. Asking
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'79 LINCOLN MARK V
Original owner, cream with
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1975 CADILLAC SEDAN
Very good condition. \$2200
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Biarritz. Best offer over \$3500.
Newly re-built engine & trans-
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1950 BUICK SPECIAL
Hatchback. Restorer's dream.
Come see and make an offer. 8
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Hempstead, 481-6290. gejy2

1982 DATSUN HATCH XE PKG.
Silver, automatic, electric sun
roof, 2 tone paint, 19K, 4 door,
a/c, am/fm, like new. Original
owner \$7195 766-2463 gejy4

'78 TOYOTA COROLLA
Excellent condition in/out, 5
speed, 4 door, great M.P.G.
am/fm, 67k, \$2190. Call 621-6410
hujy3

1974 BMW 2002 MAROON
sun roof, new am/fm cassette;
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Roadster. P/S, P/B, A/C, 4
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Bars, Kerkier header, Mint
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mileage. Excellent condition. Call
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1964 HARLEY DAVIDSON
Sportster, 900cc, \$2500. Call 516
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12 FT. ALUMINUM BOAT
oars, anchor and roof rack; 7½ hp
outboard. Needs slight work.
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ing docking available. Available
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1½ baths, deck, FP, washer/
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SOUTHOLD 100 FT. Waterfront
Bright clean, beautifully
furnished 3 bedrooms, 2 baths,
modern kitchen with dishwasher,
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Resident manager. Summer rates
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Country Cottage available July 1.
2 bedrooms, sleeps 4 to 5, scenic
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water. A quality vacation at \$400
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Island Club. Furnished 2 BR, 1½
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SOUTHOLD TWO BEDROOM
house, fully equipped. Washer/
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Available July, Aug., or Sept.
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EAST HAMPTON SPRINGS Area
1 minute walk to beach, lovely 2
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Extra large master bedroom in
custom house, lovely area, 14
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St. George's Club. Luxuriously
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Private patio. Sleeps 6. Pool,
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Condo 3 BRs, den, 2½ baths,
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furnished home, 2 BRs, 2 baths.
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2 BR convertible, 2 baths, fully
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club. Available weekly/monthly
Call 352-0703 wjy1

VERMONT 2 MINUTES TO
Star Lake. Antiquing, swimming,
fishing. Living room, 2 BRs,
kitchen, sleeps 6. \$275 weekly.
532-6234 or 802 259-2947 gejy4

Vacation Rentals

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
htfnjy2

SOUTH VERNON CONTEMP.
4 hours from N.Y. located on the
famous Battenkill river. Fantastic
trout fishing and canoeing. Golf
and tennis. 485-4187 gejy1

CANDLEWOOD LAKE, CONNECTICUT
Beautiful 4 BR contemporary with
waterview and wrap-around deck.
One block from private beach.
Central AC. 1½ hours from L.I.
\$595 per week, \$395. Mon-Fri.
747-8850 eves. Pictures available
gejy4

MONTAUK HOUSE 3 BR
August rental only. Walk to
beach. Call days 354-0111 or
nights 352-8524. Wjy2

AMAGANSETT DUNES
200 ft. to ocean. 3 double BRs,
1½ baths, all appliances. Stone
patios, new deck. July and Aug.
including fall months. 267-6312;
575-6567; 741-4347. gejy2

JAMESPORT 3 BR FAMILY
home. Walk to private beach.
Tennis and boat dock nearby.
Available July and August by
weekly or monthly. Call 248-4552
after 7 p.m. gejy2

GREENPORT COTTAGE
on Gardiners' Bay. Sun deck,
beach, swim, fish, tennis, golf.
Weekly or monthly. 516 928-0624,
gejy2

MATTITUCK EXCELLENT
family vacation. 2 BR cottage,
sleeps 6. Walk to beach, tennis.
Weekly or monthly. Call 549-4967
or 298-4777 after 5 p.m. gejy2

BUCKLILLY 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. gejy3

MATTITUCK EXCELLENT
family vacation. 2 BR cottage.
sleeps 6. Walk to beach, tennis.
Weekly or monthly. Call 549-4967
after 5 p.m. gejy2

MT. SNOW Southern Vermont
Beautiful new condo available.
Sleeps 8, near lake and champion-
ship golf course. Jacuzzi and
sauna in unit. Swimming pool,
tennis. Available for short or long
term rental 741-1824 gejy3

CAPE MAY NEW JERSEY
Victorian mansion. Large apart-
ment sleeps 6. Next to beach and
mall \$350 per week. Call 609-884-
5832 or 516-868-1569 eves. gejy3

Mobile Home For Sale

MOBILE HOME CATSKILLS
near Hunter Mt., 2½ years old,
14 ft x 56 ft. 2 BRs, \$13,000. Call
9-5 p.m. 516 223-2042. Eves. 516
485-5796. gejy4

SULLIVAN COUNTY MOHICAN
Lake Retreat. Swim and fish.
Mobile home plus ½ acre plus
gazebo, water plus septic tank.
Asking \$15,000. Owner. 516
328-7278. Wjy4

Real Estate For Rent

FLORAL PARK VILLAGE
Luxurious apt., 2 family, 1st floor.
Huge 5 rooms, 2 bedrooms,
LR/FP, den, use of yard and
garage. Convenient railroad.
Available July 1984. \$785,
742-7089 or 741-0337. gejy2

GARDEN CITY/W. HEMPSTEAD
Large, spacious rooms for rent.
Private bath, separate entrance.
Non-smoking professional
gentleman preferred. Security a
must. Call after 6 p.m. 489-5941
gejy2

GARDEN CITY LOVELY QUIET
furnished room, nicely decorated,
carpeted. Private entrance, bath.
Refrigerator. Mature woman,
non-smoker preferred.
References 746-0018 gejy3

GARDEN CITY Exclusive Mott
Colonial. LR/spl. DR, modern
EIK, den, 3 bedrooms, 1½ baths.
Newly done wood floors, all
appliances, garage. \$1550 per
month. References and security
For app't. Degen Realty 109
Seventh St. 248-4540 gejy3

GARDEN CITY 2½ ROOMS
with bath, private entrance.
Includes utilities \$485 per month.
Call after 7 p.m. 741-0807 gejy4

CHERRY VALLEY Apartments
3½ rooms, 2nd floor. Near RR,
bus, shopping. \$690. Available
now 742-7380 gejy4

GARDEN CITY Unfurnished
house, 2-3 bedrooms. \$1275 per
month; Garden City Unfurnished
house, 5 bedrooms, 4 baths.
\$2500 per month. Call Broker
248-2226 or 248-1878 gejy1

GARDEN CITY 2-3 BR Dollhouse
FP, walk RR, immediate \$1275;
Floral Park studio, all new \$550;
Hempstead Cathedral Gardens 2
BRs, closets galore \$700; 1 BR,
elevator A/C, \$620; 1 BR, closets
galore \$590; 2 studios, elevator
building \$435; West Hempstead 1
BR, walk RR \$600; Elaine Nolan
485-7054 wjy1

GARDEN CITY EXCLUSIVE
Expanded ranch, 3 bedrooms, 1½
baths, den, fireplace, garage, all
appliances. \$1350 per month
Degen Realty 109 7th St. 248-4540
gejy1

ONE FURNISHED ROOM
for rent business man preferred.
Oyster Bay area. Call anytime
922-6237 hujy4

GARDEN CITY 7TH STREET
Apartment House: 3½ rooms
\$670 immediate, 4 rooms (2
bedrooms) \$740 July occupancy.
Owner 482-5455 or 746-1889 gejy2

SUMMER RENTAL Garden City
Estates - available June to Sept.
Large 2 bedroom, 2 bath
furnished home. Just redecorated
354-5624 or 741-6733 gejy3

1000 SQUARE FEET
Available immediately in newly
renovated Dutch Colonial profes-
sional building. 3 offices, 2 with
fireplaces, AC, ample parking.
\$675 per month. 377 Jerusalen
Ave., Hempstead. Call 481-7190
days. gejy3

FRANKLIN SQUARE \$800 per
month. Three bedrooms. Call 516
922-1792. gejy3

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TO BUY, SELL
TRADE OR RENT**

WANT ADS

Real Estate Wanted

FAMILY LOOKING FOR Garden City home. Minimum three bedrooms. Flexible occupancy date. Principals only. Please call 354-4213. gjy1

SINGLE Professional Woman looking for 2½-3½ room apt. in the Williston Park, New Hyde Park and surrounding areas. Must be reasonable rent. Call anytime 877-2518. wjy4

RETIRED WOMAN TEACHER non-smoker, desires unfurnished apartment with one or two bedrooms, call anytime 483-8472 or 483-5435. gjy2

GARDEN CITY HOMEOWNER seeks 3-4 bedroom home for in-laws. Will pay all cash. Close at your convenience. Principals only 486-1534. gjy2

PRESENT GARDEN CITY Family wants to purchase Ranch or Hi-Ranch, in Garden City. Principals only. Please call 747-2330 ask for Mrs. Auer. gjy2

GARDEN CITY Estate Resident seeking 4 bedroom, 2½ bath, large plot in similar area. Will consider market value exchange. Principals only. 741-2987. gjy3

PRESENT NEW HYDE PARK family wants to purchase Dorchester Cape in the "Oaks" section of New Hyde Park. Close at your convenience. Principals only. Please call 354-2558. References upon request. wjy1

MATURE PROFESSIONAL Woman looking for one or two room apartment. Private owner, no brokers. \$400. Days 481-7191, evenings 741-6038. gjy3

WANTED BY WORKING mother and child, furnished studio or basement until the end of 1985 school year in Garden City. \$500-\$550. Excellent references, very quiet and refined; light cooking only. Call before 12 p.m. 294-7641. gjy2

COUPLE WITH BABY ON WAY looking for 3 or 4 bedroom house in Garden City area. \$170,000-\$200,000. Principals only. Call 829-9474 after 6 p.m. gjy2

DUKE UNIVERSITY FEMALE graduate student seeking female non-smoking roommate to share two bedroom apartment in Durham beginning August. Call evenings 921-8569. hly3

Real Estate For Sale

ORIENT PRIME SOUNDFRONT lot, 1+ acre, terrific views. \$185,000. Cutchogue Lovely 3 bedroom ranch, private area, deeded boating rights. Room for pool or tennis court. \$150,000. Marilyn Lang R.E., Main Rd., Cutchogue 734-6472. gjy1

NASSAU POINT BRAND NEW 3 bedroom, 2 bath ranch \$195,000. For pictures and information call Garden City neighbor Bob Gillespie 741-1739 or 324-2536 Wetmore Realty, 477-0798 or 267-8810. gjy1

GARDEN CITY OLD WORLD Charm. Solid stone/brick/slate Mott. Warm chestnut fireplace/stairs/moldings. New oak EIK, 3 bedrooms, 1½ baths, coved ceilings, plaster walls, hardwood floors. Tax under \$2500. Move in condition \$265,000 747-0825 gjy4

Real Estate For Sale

GARDEN CITY AND VICINITY Estates 4 BR Colonial, slate roof, 1½ baths, new EIK, thermo windows throughout, finished basement, great wood detail, move in condition \$315,000; Western 3 BR brick split, 2½ baths, EIK, den with sliding doors to raised terrace plus FP, finished basement \$275,000; S-6 BR brick Tudor, reduced \$30,000, 3½ baths, EIK, finished basement, new gas furnace, 2 car, walk Adelphi. For quick sale \$245,000, 2 BR expandable Cape, 2 baths, formal DR, finished basement \$179,000; Garden City South 3 BR brick Split, 2 baths, lavishly redone, new skylighted kitchen, burglar alarmed, reduced \$229,000; Hempstead Cathedral Gardens decorator's delight, beautiful 3 BR, CH Colonial mansion, 2½ baths, central air, 2 fireplaces, 25 years old, burglar alarmed, underground sprinkler, park like plot \$350,000; Garden City Line 4 BR custom Ranch, 2 baths, C/A, GC School Dist, and GC pool, ½ acre plus private road \$315,000; 4 BR Dutch Colonial 100 years plus 12' ceilings, all updated, plus professional suite 100x270, lushly landscaped in doctor's row, reduced \$195,000; 3 BR spacious Colonial, one plus two ½ baths, finished basement, 2 car, 84x184 grounds in cul-de-sac \$179,000; 4 BR High Ranch, 2½ baths EIK, plus Mom's 3 room apt. needs cosmetics \$139,000; 3 BR classic grey stone Colonial, 1½ baths, slate roofed, FP, family room, finished basement, walk RR, Estate sale \$130,000. 3 BR English Tudor, 2 new baths, all new interior, 120x140, 2 car \$129,900; 4 BR High Ranch, 2 bath, ideal mother/daughter, mint condition \$129,000 Elaine Nolan 485-7054. gjy1

OAKDALE DEEP Waterfront 126 ft. sea wall on Connetquot River. Custom 4 bedroom, 2 bath, huge family room, fireplace, 2 car garage. Magnificent views \$295,000 Exclusive Broker 775-2327 gjy1

GARDEN CITY EXCLUSIVE Spectacular brick & alum. contemporary. LR/fpl, DR, modern EIK, 4 bedrooms, 2½ baths, large family room, patio, 2 car garage. Every amenity \$325,000 Degen Realty, 109 7th St. 248-4540 gjy1

CUTCHOGUE NASSAU PT. Brand new 3 bedroom, 2 bath contemporary ranch \$195,000. Orient To Mattituck Waterfront lots available from \$85,000 up. Wm. B. Smith, R.E. 734-5657 gjy1

GARDEN CITY ESTATES Tudor, 4 BRs, 2½ baths, \$245,000; Mott Colonial, 3 BRs, 2½ baths, and 3 BRs, 1½ baths Tudors \$260's; Gorgeous expanded Ranch, 5 BRs, 2 baths, 2 car \$290,000; Truly beautiful 4 BRs, 3 baths Colonial, electric 2 car, \$350,000; 5 BRs, 3 baths, mother/daughter Split, large plot 2 car \$300's. Hazel C. Smythe, 132 Seventh St. (Look for Red Door) 741-4640. wjy1

GARDEN CITY JUST REDUCED Center Hall Colonial, 5 BRs, 3½ baths within walking distance of RR and stores. On Locust St. \$440,000 Principals only. No Brokers 742-9178 gjy1

Real Estate For Sale

ADIRONDACKS BLUE MT. Lake. Custom built 18 year old home on one acre. Spacious ranch, DR & LR with fireplace, large country kitchen, 3 BRs, 2 baths, 2 car garage. Lakefront property for dock. Spectacular view. \$125,000 Principals only 516 354-1451. gjy2

GARDEN CITY WIDELINE Center Hall Cape Brick. Convenient location to school bus and train. LR/FP, DR, EIK, 3-4 BRs, den, 2 full baths, enclosed porch, semi-finished basement, 2 car garage 85x125' \$285,000 Principals only 326-9190. gjy2

GARDEN CITY ESTATES Colonial 4 BRs, 1½ baths, LR/FPL, DR, EIK, den, maintenance free. Principals only \$15,000 747-1883 gjy1

GARDEN CITY 3 MORE T.W. EXCLUSIVES STILL 9% MORTGAGES

LARGE CAPE - Living room, dining room, ultra modern eat-in-kitchen, 5 bedrooms, 2 full baths, finished basement, 2 car \$182,500 **SOUTHERN NIGHTS** - Magnificent maintenance free Colonial, living room/fireplace. Dining room/fireplace, library, ultra modern eat-in-kitchen, powder room, laundry on 1st. 4 oversized bedrooms, 2 full baths, finished basement, convenient location, \$400's. **NEW COLONIAL** Custom built on ½ acre. Living room/fireplace, large foyer, dining room, space age eat-in-kitchen, large family room, powder room, maid's room and bath, 4 bedrooms and 2 full baths, \$595,000. TAYLOR WARNER 101 7th St. Est. 1919 516 741-4422

GARDEN CITY MOTT AREA Wide fine custom built stone/shingle, slate roof. Colonial cape on 80x150 nicely landscaped grounds. LR/fpl, DR, 6 oversized bedrooms, 4 baths, plaster walls, central air, lovely 12x26' heated Florida room, large dry basement, two sun decks, two patios, gas heat, low taxes. Ideal mother/daughter or professional. Owner relocating. Low \$300's. Principals 248-3983 gjy2

SHELTER ISLAND Architect's own residence. Two acres on Gardiner's Bay. Principals only. \$495,000. 542-7700 or 294-8888. gjy2

GARDEN CITY TUDOR Newly decorated LR/fpl, formal DR, new EIK, new ½ bathroom, den, sitting room, 3 bedrooms, new bath, fin. 3rd floor, new gas furnace and hot water heater. Deck, 2 car garage, low taxes, all appliances. Principals only. Asking \$759,000 742-0740 gjy4

EAST MEADOW 4 BR Colonial Splanch. A-1 condition, 2½ baths, large den, new kitchen, DR, LR, brick patio, fully air-conditioned & security alarm system. Principals only. \$180,000 516 579-7495. gjy3

GARDEN CITY ESTATES 6 BR Tudor, excellent condition. Looking for speedy closing. Principals only. 742-1642 gjy3

GARDEN CITY Western Section Newly decorated Colonial, 3 BRs, 2 baths, EIK, playroom. Low taxes \$175,000. 352-8290 Principals only. gjy3

Real Estate For Sale

GARDEN CITY ESTATE Section Dutch Colonial, 4 BRs, 3 baths, center hall, LR, DR, den, new EIK, porch, patio, attached garage. \$350,000 Principals only 747-3076 gjy2

GARDEN CITY ESTATES Expanded Ranch, 4 BRs, modern eat in kit, LR, DR, Den, screened patio, fin. bsmt. \$245,000, 741-1845 gjy2

GARDEN CITY WASHINGTON Ave., near courthouse. Center hall Colonial, 4 Bedrooms, 2½ baths, LR/Fp, DR, eat in kitchen fin. basement, gas hot water heat, 2 car garage. Ideal for professional. Principals only. \$239,000. 248-0845. gjy1

36' X 24' DOUBLE MOBILE home located in Clearwater, Florida being sold at sacrifice. Buy now, save when winter comes. Immaculate, nearly new and furnished. Large screened in porch, carpet, living room, two bedrooms, two full bathrooms, EIK, central AC, newly installed heat pump. Walking distance to banks, 120 stores. Located in beautiful park with clubhouse and swimming pool. Fishing nearby. All aluminum, insulated. Taxes \$70 per year, utilities about \$50 per month, park rent \$160 month. Many closets, hook-up for washer/dryer. Adult park, ages 30 and up. No children except for visits. Asking \$25,000. Can't be duplicated for less than \$30,000. No broker's fee. We purchased home new for our mother. She lived there only two months and left to marry. In winter months this home can be rented for \$700 per month. Photos available Call Mrs. Owen 516-747-4861 gjy1

STEWART AVE. CO-OP Sunny studio, separate kitchen, also dressing area. Walk train and stores. Low maintenance. principals only. \$67,500. 741-7387 gjc5

GARDEN CITY Estate Section Gracious Center Hall Dutch Colonial, 4 BRs, 2 baths, LR/FPL, DR, large EIK, family room, sun room, finished basement, expansion attic, large cedar closets, beautiful molding, 2 car garage, lovely street \$365,000 assumable 8½% mtge. Principals only 248-5233 gjy1

GARDEN CITY & VICINITY Cathedral Gardens Just Listed Tudor. Original woodwork, fireplace, sun room, formal DR, modern EIK, 2 car gar. Won't last! \$137,000. Col 3-bedrooms, 1½ baths, den, fpl, must see! \$159,900. Spacious Center Hall Tudor 3 bedrooms, 2½ baths + 2 bedroom, 1 bath guest, sundeck. Huge family room, LR/stone fireplace, lovely yard, perfect for large family or professional. Call now! \$198,000. Barnes Ranch 4 bedroom, 2½ bath, central air, fpl, den, gorgeous fin. bsmt, ½ acre on Garden Cityline. Garden City School, Garden City Pool. Cathedral Gardens price!! Bring your checkbook! \$315,000. Viking Homes 538-8615 Cathedral Gardens Own Broker. gjy1

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Real Estate For Sale

STEWART MANOR 3 BR Colonial, LR/fpl, formal DR, new den, eat in kit, 1½ baths, vinyl siding, large plot, low taxes. Principals only. \$195,000, 328-6323. gjy2

GARDEN CITY LONELY HOME used to parties, laughter, good friends. Please move in my newly painted interior. \$265,000 Principals only, 747-0825. gjy2

CHERRY VALLEY APT. ONE BR Modernized 117 Apt. C-1, 15th St., Garden City 9-5 p.m. Call 747-5552 after 6 p.m. gjy3

NEW HAMPSHIRE Across from "Golden Pond". Waterfront, winterized 3 BR, 1½ bath chalet. Rec. room, screened porch, free standing fireplace, skylight, deep lot. Principals only 516 741-8730 or 603 279-6139. gjy2

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FLORIST NEAR SCHOOL Hospital, catering, busy store. Heavy wire service volume, nets 20K. price 66K/16K down. Owner's illness, won't last! Hurry An Acme Exclusive 516 747-8732 bjj2

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J & J HOME IMPROVEMENT Specializing in: Sale & Installation of Solid Vinyl Insulated, Replacement Windows Gutters: Repaired, cleaned, installed Painting Interior • Exterior Carpentry Guaranteed Workmanship Licensed Free Estimates 541-9654 • John or Joe gjc1

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THE WOOD DOCTOR MAKES
House Calls! Is your dining room set moaning? Chests of drawers looking ill? Kitchen cabinets feeling out of sorts? Let the Wood Doctor restore beauty, utility and health to your precious pieces. Restoration repair, French polishing, he does it all in your home with pride and skill. Let him attend to the health of your wooden loved ones. Ask for the Wood Doctor 798-2311. gejy1

HANDYWORK Small Carpentry light plumbing and electric work. Custom mini blinds installed, telephone and telephone extensions installed. Fencing, cable extension. Other odd jobs. Call Paul 354-5417 after 5 p.m. gejy4

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Business. Interior-Exterior painting to your specifications by a perfectionist. Over 10 years experience of quality workmanship. References. Free estimates. Chris Ruane 516-269-4916 gca4

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F. Thomas Coulter 294-8025 evens.
gca2

For Sale

ITALIAN TRIP LAND Arrangements. 15 days, 6 cities, first class hotels, deluxe motor coach, all inclusive tour. Must sell. \$800 742-2310 gejy1

ROSEWOOD BEDROOM SET Seven pieces. Also mahogany drop leaf table. 747-7216 gejy3

GLASS TOP TABLE 42X70 Chrome base, 6 rattan chrome chairs. Tasteful, like new, bought for Hampton weekend home. Asking \$900. Call 742-4346 Wjy4

COUCH 7' CONTEMPORARY Walnut frame, light blue naugahide, excellent condition. Chair also in burnt gold. Both for \$350. Custom country brick 274 pieces, earth colors, jumbo size. Originally \$80 each. \$90. Call 747-6166. Wjy4

HAMMOND ORGAN CONSOLE model. Must see, like new! 2 keyboard, automatic finger-foot cords, stereo-Leslie speaker, drum rhythms, synthesizer instrument sound, bench seat, music books included. \$999. Call 352-7054 Wjy4

COUCH WITH MATCHING Love Seat and Chair. Herculon covered \$200. Call after 5 p.m. 741-3228 Wjy4

ANTIQUE WALNUT BED AND dresser/mirror, red marble top. Wood ironite ironer. Kitchen table & 4 chairs. Zenith stereo with auxiliary speakers 742-9546 gejy4

ITALIAN PROVINCIAL COUCH and club chair (print) and coffee table. Reasonable 354-0620 gejy4

PORCH/PATIO FURNITURE White wrought iron: aqua cushions. Love seat, 2 chairs, end tables \$90. 775-4528 evens, weekends gejy4

GARDEN CITY HOTEL Artifacts extensive collection. Victorian four poster bed. Sheridan love seat 747-0825 gejy4

SIX PIECE DINETTE SET One table with leaf, 4 chairs, highback with cane, hutch. Moving, must sell. Excellent condition. Call 489-9084 gejy1

LAWN FURNITURE 6 Chairs, 2 small tables, heavy metal, needs paint, but sound. Ask \$75 lot. 742-7112 weekday evenings. gejy1

MUST SELL REDECORATING 2 loveseats, lemon color, by Drexel. 2 matching floral high back chairs. Excellent condition. Best offer 747-8145 gejy1

IBM SELECTRIC II Typewriter Excellent condition. Best offer. 549-2146 days; 248-8755 evens. gejy2

For Sale

TWIN BED WHICH INCLUDES Colonial frame (no sides) box-spring and mattress. Complete \$99; dresser with mirror, 36x18, \$75; Formica coffee table \$10; Velour Lazy Boy recliner, rust \$75; Octagon wooden table, 48x24 \$40; Pine step talbe, 3 draws, 22x30 \$40; 3 piece Colonial couch, rocker and chair \$200; wing back chair \$30; Sleeper sofa 66x32 \$75; 2 black vinyl chairs \$35; 4 bar stools \$15 each. Visetti portable sewing machine \$40; Colonial Sears sewing machine desk \$125; 10,000 BTU A/C \$40; small refrigerator/small freezer, 21½x50 high \$75 Penney's Washing machine \$75. Call 746-5559. Wjy1

FRENCH PROVINCIAL SIX Piece Bedroom Set. Double bed, vanity with mirror, chair, night table, large bureau and mirror. Best offer accepted. 746-3908. gejy3

ELECTRIC CHAR-B-QUE GRILL with table \$25. Coffee table, marble top, 18 in. wide x 48 in. long \$25; Two vanity figurine lamps, \$25 pair. Love seat, blue upholstery \$75. 437-0482 gejy3

GE GAS DRYER Automatic sensor control. Excellent condition \$160. Call 746-4509 gejy3

FINE CHINA ROYAL CROWN Derby. Red Aves, service for 8 plus serving pieces. Brand new. Also Marion Brown water color painting. Please call 742-3623 wj1

ETHAN ALLEN MAPLE BR SET King size headboard, twin beds, dresser/matching mirror, chest on chest, one night table and chair. Mint. Leather recliner, mint condition 354-2245 after 6 p.m. gejy2

ZENITH COLOR CONSOLE 23 Inch. TV-Contemporary all wood cabinet. Excellent condition. \$75. 516-222-2728. gejy3

MOVING MUST SELL Complete Mahogany Bedroom, Oriental Formal Dining Room, Italian Provincial Living Room, will consider all offers. 731-3623 hjy1

4 PIECE GREEN SECTIONAL LR Set. All in excellent condition. "It needs a cozy home". Call 248-1843 after 3 p.m. only. Wjy1

HUTCH PRO RACER BMX Bicycle. Set up for racing. Components by C.W., Ame, S.R., Araya. Sacrifice. \$200. 741-8479, ask for Todd. gejy3

DREXEL CONTEMPORARY Dining Room Set. Bevel glass table, china, server and six cane chairs. Rattan and Glass dining room table and six cane chairs. Two brass and Glass etageres. All four years old. 483-7217. gejy3

CRYSTAL CHANDELIER 5 Tiers top tier 18" in diameter, over 1400 crystals, 18 bulbs. Ideal for dining room \$375. Call 424-1775 wjy2

REDECORATING 2 63" NAVY floral sofas, 10 years old. \$250. each. Call 248-9470 Wjy2

TWO PHONES AT \$15 A PIECE Push bottom; good condition. 248-5197. gejy2

For Sale

COLONIAL DOLLHOUSE 7 Rms. 27½" long x 16" wide. All handmade furniture. \$352-9840. gejy3

FIREPLACE EQUIPMENT- Screen, log holder, basket for wood, antique bellis and stand with shovel, pick, tongs and brush. Also over one cord of wood, cut and seasoned. Call 49-9017 hjy3

HAMMOND ORGAN. Moving To Florida. Monarch 1600-16522M. all rhythm. 2 keyboards, auto-vari 64, auto accompaniment. Leslie speakers. Originally \$7800. Sell for \$3000. 997-5897 gejy2

WROUGHT IRON PATIO furniture. 3 piece sectional sofa, 2 arm chairs, 3 glass top tables. Multi floral fabric cushions reverse to lime green vinyl. All good condition. \$300. Call 775-5250. gejy2

DECORATIVE VINTAGE Detroit Gas Stove, 2 sets china, table lamps, LR chair, antique-look double bed. Double dresser with mirror, silverware storage chest, brass log basket and andirons. 248-0348 gejy2

REDECORATING MUST SELL entire kitchen. Wood cabinets, S/S refrigerator Whirlpool 25 cu. ft., Caloric eye level stove. Kitchen-Aid dishwasher - all Harvest gold. Gold leaf pp mirror, RCA console TV 21". Chrysler Air temp air conditioner 10,000 BTU, 2 bikes, one 20" girls new and one Apollo 3 speed boys 775-2659 gejy1

DORY FIBERGLASS BOAT 1979 Amesbury, 14 ft. great for fishing. Call days FL4-6172 or evens 669-5993 hjy2

ANTIQUE OAK LIBRARY Cabinet. 15 individual glass front units (3 stacks of 5) with triple width cap and base forming (1) impressive piece of furniture. Asking \$1750. 742-7873 gejy2

Pets For Adoption

GERMAN SHEPHERD MIX male about 2½ years old needs home. Wandered into our construction yard, so we gave him a job as watch dog, but he's too affectionate and lonely and wants people around. Really nice dog, not vicious but he'll guard whoever he becomes attached to. Give him a try. Too nice to put to sleep. Call Al Owen, 8 a.m. to 6 p.m. 481-6290 gejy2

Auction

SATURDAY JULY 14 9:30 P.M. Cruise on Long Island Sound, weekends, airplane trips, lunches/dinners, etc. \$10 per person includes late supper, auction catalogue. Temple Beth Torah, 243 Cantague Road, Westbury, opposite West Gate, cantague Park. hjy2

Entertainment

MUSIC FOR ALL OCCASIONS by experienced D.J.'s. 741-7429 after 6 p.m. or 212 894-9531 days. gejy2

Entertainment**MASTER MIX D.J.**

"Turn your own backyard into a Disco" Music for all occasions (from 40's & Up) Light Show, Mobile Dance Floor w/tent. Call 516 938-1519 or 516 935-7754 hjn5

Antiques Wanted

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 Avenue, Lawrence 295-0880 res1

Wanted

WE BUY HARDCOVER BOOKS Art • Antiques • Photography • Hunting • Baseball • L.L. History • Illustrated Books • Mysteries and many other topics. We do not buy school books. Call Jim or Harvey at 486-9427. Once Upon A Time Books hjv3

DOLLS WANTED

I Collect Dolls
and other Doll Memorabilia
• New or Old •
What Do You Have For Sale?
Call me at 433-3876 hjv3

1950'S PAPER DOLLS Tootsie toy dollhouse 1930's. Old dolls/1930's. Vogue's Gennys and clothes/1950's. 12 in. Storm Trooper from Star Wars. Old Santas 747-0825 gejy4

TRAINS AND TOYS

Lionel Flyers, Ives, etc. Sets, pieces, accessories. Soldiers, forts, trucks, cars - wind-ups or push. Games too. Highest immediate cash paid. SMI-2999 hjv3

STOCK CERTIFICATES/BONDS

Your old documents issued by now bankrupt companies have value to me as collectibles. Call 364-2246 hjv1

OLD GUNS • SWORDS Binoculars, camera, bamboo fly rods. Call 825-0979 or 364-2246 hjv1

CAR LOOKING FOR STORAGE of undetermined duration. Private locked space preferred. Call Anne 746-3515 hjv1

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 hjv1

OLD OIL PAINTINGS WANTED any condition (even torn). Also, old frames, pocket watches, used jewelry, clocks, linens, rugs, furniture, antique trunks, and sewing machines, figurines, coins and stamp collections, old autographs, books and magazines. Also need violins, banjos, mandolins, pianos. Will pay cash and pick up immediately. Please call Sandy 574-0216. hjv4

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. 248-4899 gejy4

**CLASSIFIEDS
GET RESULTS!**

Garage/Tag Sale

GARDEN CITY SAT. JULY 7
9-2 p.m. 6 Kenwood Rd. Infant items, carriage-stroller, play pen, bassinet, toys, housewares, jewelry, linens, clothing, brass lamps, carpets, electric guitar and much more. No previews. geiy1

GARDEN CITY SAT. JULY 7
9 to 11 a.m. Rained out last week. More items will be added. Toys, household, tools. 116 Hilton Ave. Please, no early birds. geiy1

GARDEN CITY SAT. JULY 14
9.2 p.m. 156 Brixton Rd. Three families. Furniture, TV, fans, sewing machine, new double bed mattress and box spring, toys, household items, auto accessories and much more. No previews. gejy2

GARDEN CITY FRIDAY JULY 13
9:30-2 p.m. Crib, playpen, tricycles, toy chests, furniture, typewriter, books, toys, household, kitchen items, much more. Rain date. Sat. July 14 8 Tremont St. gejy2

Instructions

TUTOR - MEDICAL STUDENT
with teaching experience will tutor Jr. High and High School students in Algebra and the sciences. 747-0295 gejy1

TUTOR FOR HIGH SCHOOL & College
students in chemistry, math and physics by well qualified B.S. graduate. Regent's tutoring experience. Very modest rates and flexible hours. Prepare for upcoming finals and Regents exams. Stephen 485-4947 gejn3

EXPERIENCED TEACHER
Tutoring elementary and Special Education students. Master's in Reading. Call 483-6368. gejy2

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30 Years on Long Island
Lessons in your home
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tennis game at the same time. Two former GC varsity players will teach finer points of game. Very reasonable rates for all ages including adults. Call Andres 328-3014 or Bijan 488-5020. gejy3

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Qualified swimming instructor available. Current WSI & lifeguard certificate. Hours negotiable. Call Kathy 437-9095
gejy4

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students in all levels of Chemistry Math & Physics by a well qualified, experienced B.S. graduate. Very modest rates and flexible hours. Prepare for summer course exams, all of you August Regents. SAT, Stephen 485-4947 gejy1

Personal

NOVENA TO ST. JUDE

Oh Holy St. Jude, Apostle & Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition, in return I promise to make your name known & cause you to be invoked St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Mary's, 3 Gloria's. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. A.M.

RENT-A-KID
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Sponsored by the
Williston Park Outreach Project
If you have any Odd Jobs
Lawn and/or Garden Work
We Will Send You A
Responsible Youth

Call Mon-Fri 747-5690 wjy1

HOLY SPIRIT YOU WHO SOLVE
all problems, who light all roads so that I can obtain my goals. You give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever and inspite of all material illusions, I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately without mentioning the favor, only your initials. Thank you Holy Spirit. A.M. gejy1

Professional Services

**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. hjy1

Notice

**GRANDCHILDREN
MOTHERS-FATHERS**

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

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

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

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

Notice

**GRANDPARENTS...
HERE IS YOUR CHANCE!**

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

Each week we will run photos of the World's

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

To enter the contest, simply send a small (preferred) photo to:

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

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

**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.

To nominate your pet as the "Most Precious Pet" - send in a photo to Discovery Magazine, 81 East Barclay St., Hicksville 11801. Please include a self-addressed stamped envelope and your name and address on the back of the picture to facilitate return. The publishers guarantee that they will take reasonable care in returning your photo.

After your "Precious Pet" appears in Discovery, you will be sent a laminated commemorative reproduction of the photo as it appeared in Discovery and your local newspaper.



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Doctor's Forum

What makes feet ache?

Q. When I wake up in the morning, my feet hurt until I walk around for a while, then they are fine. This has been bothering me for about four months.

What could be causing this pain in the mornings? I am 68. — F.Y.

A. There are many things that can cause feet to hurt in the mornings. Perhaps the most likely one, in your case, is simply "wear-and-tear" arthritis. This could be exacerbated by poor-fitting shoes or unusual stress or exercise.

Other less likely causes would include diseases of the nervous system or metabolic abnormalities such as diabetes.

I would recommend a complete evaluation from your family physician or internist. If the evaluation is negative, an evaluation by a podiatrist or orthopedist might well be helpful. — Dr. William Norcross, assistant clinical professor of community and family medicine at the University of California, San Diego School of Medicine.

Q. Is there a link between ulcerative colitis and cholangitis? Also, what are the chances that either of these conditions will lead to cancer? — M.H.

A. There is a link between ulcerative colitis and cholangitis.

Cholangitis is one of the recognized "extra-colonic" manifestations of ulcerative colitis although it is rare.

Probably fewer than 1 percent of patients with ulcerative colitis suffer clinically significant cholangitis. In patients without ulcerative colitis who suffer cholangitis, the cause is usually an infection which occurs because of partial blockage of the bile ducts by stones, tumors or scarring. In ulcerative colitis, infection is probably not important. We do not know the cause.

Some patients with cholangitis and ulcerative colitis have a special type of cholangitis, sclerosing cholangitis, which is a chronic scarring process in small and large bile ducts. Patients with this type of cholangitis are at risk for bile duct cancer.

Because this disease is very rare and only recently recognized, we do not know how likely cancer is to develop. As a guess, probably fewer than 10 percent of patients with this disease de-

velop bile duct cancer.

We know much more about the chances of patients with ulcerative colitis developing cancer of the colon. The risk of cancer depends upon how much of the colon is involved and for how long.

In patients with involvement of the entire colon, the risk of colon cancer in the first 10 years is low, less than 3 to 4 percent.

However, every 10 years thereafter the risk of developing cancer is about 10 percent. This is the main reason why physicians check yearly for cancer in colons of patients who have had ulcerative colitis for over 5 to 10 years. This is done either with air-contrast barium enema X-ray or colonoscopy.

Regular checkups are important for every patient with ulcerative colitis, whether or not the disease is active. — Dr. William Hardison, professor of medicine at the University of California, San Diego School of Medicine.

Q. What exactly is keratosis, and is there any way to prevent or moderate the condition? — T.N.

A. A keratosis starts as a small, raised, almost scab-like spot with a yellowish, brownish or gray appearance.

The most common cause of a keratosis is sun exposure. This is called an "actinic" keratosis. Actinic in Greek means sun.

The best way to prevent or moderate the development of actinic keratoses is to avoid excessive sun exposure. This is especially true if you are a light-skinned, red-haired individual who sunburns easily.

There are other forms of keratoses on the skin. The most common other type is seborrheic keratosis. These can occur in both sun and non-sun exposed areas of the body. These develop as one gets older and the tendency to get these may be inherited.

Both actinic keratoses and seborrheic keratoses can be removed by simple surgical procedures, or they may be frozen with liquid nitrogen. Keratoses that occur in sun-damaged skin should be examined by a dermatologist, since a percentage of these may develop into skin cancer after many years. — Dr. Joseph Walter, assistant professor of medicine.

San Diego School of Medicine.

Antiques Collectibles

A \$400 'Kiss'

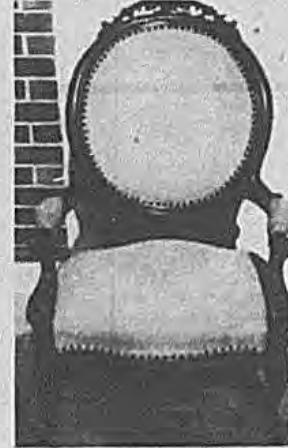
By James G. McCollam
Member, Antique
Appraisers Association
of America

Q. What can you tell me about my Hummel figurine? It is No. 311 "Kiss Me" (a little girl holding a doll). The mark on the bottom is enclosed.



A. This is Trade Mark No. 3 and was used from 1960 to 1972. Currently this figurine is selling for about \$400.

Q. Last year we purchased this chair from an antique dealer. Can you provide an estimate of its value and vintage?



A. Your chair is an exceptionally fine example of Victorian French Revival. It was made during the third quarter of the 19th century and should be worth about \$500 or \$600.

Antique & Collectibles - Directory

Bonmark Books
182 Old Country Rd., Hicksville (516) 938-9000

M. Kazem
827 Franklin Ave., Garden City...516 294-6520

Kacer Enterprises
P.O. Box 763, New Hyde Park516 352-1258

The Gingham Goose
325 Nassau Blvd., Garden City 516-489-3156

and new prices. This is not just a price guide, it is a complete handbook of Oriental antiques. Each category is profusely illustrated and articulately described. It covers the entire field of Orientalia.

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



BOOK REVIEW: "Price Guide to Oriental Antiques" by Sandra Andacht, Nancy Garthe and Robert Mascarelli; Wallace-Homestead Book Co., 1501 42nd St., West Des Moines, IA 50265; \$19.95, plus \$1.50 postage, or at your local bookstore.

This is a brand-new edition of the original book with new items

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JUNIOR EDITION

WIN

ADD ALL THE SINGLE NUMBERS ON THE RHINOCEROS AND COLOR THIS CONTEST ENTRY.



WRITE THE TOTAL HERE

Aunt Tilly's Corner

Last Saturday afternoon I attended a lovely wedding. The couple met in an unusual way.

A young widow discovered one evening that her home had been broken into, so she sent for the police. The officer who responded to the call fell in love with her and she with him.

The wedding reception was held in a beautiful spot in Pennsylvania overlooking the Delaware River and while I was there I made the acquaintance of Erica, the five year old flower girl. She is the daughter of the bride and she now has a new Dad. Luckily, she loves him and he loves her. Erica had a great time at the wedding. She enjoyed the music and the wedding cake especially. She also liked to feed the ducks who were floating in the canal running alongside the river.

By the way, the wedding ceremony took place in a church located in "Washington Crossing." It was in this place that George Washington crossed over the river with his men to surprise the British during the American Revolution.

P.S. This week's coloring contest winners are Ann Johnson and Bill Hackett.

Points On Pets



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

Q. We have recently purchased a beagle puppy.

We are confused by all the different types of dog foods on the shelves at our grocery store. What is the difference in dry dog foods and canned dog food?

There seems to be quite a variation in prices of dog foods. Are the more expensive ones really better?

A. The first commercial dog food dates prior to 1900. James Spratt, a lightning rod salesman of Cincinnati, Ohio, became the first manufacturer of commercial dog food when he concocted "dog cakes" composed of blended wheat meal, vegetables, beet root and meat.

The first canned dog food was introduced in 1922.

The first commercial pet food association, the Society of Pet Food Industry, was formed in 1935.

During the past 50 years the pet food industry has developed dramatically. The major types of commercially available dog foods today include dry, canned and semi-moist foods.

In addition, your veterinarian has a variety of prescription diets for special situations. Examples of these include canned foods for elderly dogs, obese dogs, dogs with kidney problems, dogs with heart problems, pregnant dogs and just weaned puppies.

All dogs require proteins, carbohydrates, fats, vitamins and minerals in correct amounts and ratios for their particular state and physical conditions.

Dry dog foods, as their name implies, contain a relatively low percentage of moisture. The primary source of energy in dry dog foods is carbohydrate provided by cereal grains. Whenever dry dog foods are used, it is imperative to have plenty of clean fresh water available at all times.

Canned dog foods are at the opposite end of the scale from dry dog foods in terms of moisture content. The canned meat varieties of canned dog foods contain primarily meat, poultry and their by-products. Most canned meats also contain some soy flour, vitamins and minerals to make them balanced rations. Canned rations contain both meats and cereals. Cereal grains, such as corn or barley, supply the carbohydrate. The protein is derived from meat, meat by-products, poultry and soybean meal.

Semi-moist dog foods first appeared in grocery stores in the 1960s. They are intermediate between dry and canned dog foods in amount of moisture content.

RULES

BOYS AND GIRLS:

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

Here's all you have to do:

1. Contest is open to children 4 to 12 years of age.
2. Entries must be received by Friday, July 13, 1984.
3. Paint, watercolors and crayons must be used on the above.
4. Decision of the Judges will be final.

Mail your entry (just clip out cartoon) to this newspaper at:

105 Hillside Avenue
Williston Park, N.Y. 11596

ZIG-ZAG

THE ORIGINAL WORD MAZE PUZZLE

WORDS MEANING WELL-MADE

ALL WORDS TO BE CONSTRUCTED PERTAIN TO THE ABOVE TOPIC. TO YOUR ADVANTAGE ONE WORD HAS ALREADY BEEN TRACED. YOU MUST TRACE THE THREE REMAINING WORDS, USING ONLY THE LETTERS DESIGNATED BY THE DARKENED CIRCLES. WORDS MAY BEGIN AND END FROM EITHER COLUMN BUT EACH LETTER CAN ONLY BE USED ONCE.



EACH PUZZLE HAS A DIFFICULTY RATING (ABOVE). FOUR STARS SIGNIFY THE HIGHEST DEGREE OF DIFFICULTY.

GIVEN BELOW ARE THE POINT VALUES FOR EACH WORD. YOUR WORDS MUST CORRECTLY MATCH THESE POINT VALUES.

1	HEAVY
2	RUGGED
3	FIRM
4	STOUT
5	WELL-MADE



TM

Large wood spools make good dog houses.

1. Take off the four nuts and remove the bolts that run through the center of the spool.
2. Nail the curved slats from the center of the spool to the top, rounded edge of the spool halves.
3. Set this structure on a flat wooden base. Add a front overhang and a scrap of roofing.



THESE ARE THE SPOOLS THE PHONE COMPANIES USE. FIND A SIZE THAT FITS YOUR DOG.

BY CHRISTOPHER & JANICE NYEROS RECYCLING

Putterin' Pete

BY FRYE



IF YOUR WATER PRESSURE HAS SLOWED TO A TRICKLE IT MAY BE BECAUSE OF CORROSION STOPPAGE IN THE MAIN SERVICE PIPES INTO YOUR HOUSE, PARTICULARLY IF THEY ARE OF OLD, GALVANIZED IRON. IT'S A ROUGH JOB, BUT IF YOU ELECT TO REPLACE THEM YOURSELF, CONSULT YOUR PIPE DEALER. HE CAN HELP WITH THE INFORMATION ON HOW TO INSTALL NEW, ANTI-CORROSION PIPES.

WELL-MADE