

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

Mid-Island Times & Levittown Times 15¢

Vol. 44 No. 6

USPS 346-760

Friday, February 8, 1985

\$100,000 Damages Estimated In House Fire

An early afternoon house fire on January 30, caused an estimated \$100,000 damage. The house, located at 28 Grove St., Hicksville was unoccupied at the time. It was evident, upon arrival that the fire gained considerable headway before being discovered. Seven pieces of apparatus responded under Asst. Chief William Schuckmann.

The point of origin was an electrical fixture in the basement. The fire caused a low pressure Lilco gas regulator to burst feeding the fire. Several times, tremendous blasts of heat and flames forced vamps out of the dwelling. Two alarms were transmitted during the course of the incident. No injuries were reported.



Smoke billows from house located at 28 Grove Street as firemen battle afternoon blaze. (Photo by H.F.D. Photo Unit)



Students appearing in Saturday evening's production of "Variety '85" at Hicksville High School rehearse a dance routine in preparation for this special entertainment event. The annual variety show will be presented by the Drama Club on February 9 at 8 p.m. in the auditorium. Reserved seating ticket prices are set at \$3 and \$4 and the box office in the lobby will be open at 6 p.m. Don't miss this evening of dance, music and comedy. Come to "Variety '85" and see our student stars shine.

Name Asst. Trea. Of Westminster

Linda Sottile of Bethpage, has been named an assistant treasurer of National Westminster Bank USA, it was announced today by William T. Knowles, president. Ms. Sottile joined NatWest USA in 1983. She completed the Bank's Loan Officer Development Program in June, 1984 and was

named a lending representative. She is assigned to the Bank's commercial lending office in Melville. Ms. Sottile has a bachelor's degree from Boston University, and she is presently attending Hofstra University's MBA program.

Special Supplement On Health Care

This week the newspaper is in three separate parts:

The **First Section** covers all the local happenings. This is news published nowhere else. Also included in the section are the classified ads-the largest number around.

The **Second Section** is a Health Care Supplement and it provides a wealth of information about health-related services. This is one of our special monthly sections given to subscribers at no additional charge.

The **Third Section** is called "Discovery". It contains many features, including several popular columns, opinions voiced by local readers on our Input 24-hour hotline and an original article by an area resident.

Cardiac Center Tops In State

Island Cardiac Group, located at 120 Bethpage Road, Hicksville, recently celebrated its 8th year of service to the Mid Island area. One of the most comprehensive programs in New York State, the Cardiac Group offers Cardiovascular diagnostic testing and Physician supervised, continuously monitored Cardiac Rehabilitation.

Island Cardiac Group offers Intermediate Cardiac Rehabilitation for those persons with risk factors such as Hypertension, Diabetes, Obesity, high cholesterol, cigarette smoking or family history of Heart Disease.

A new office, offering Cardiac Stress Testing, Pulmonary Function Testing, Holter Monitoring and Echocardiography, opened recently in the Syosset Medical Building, Suite 320, 175 Jericho Turnpike, Syosset.

For further information call the Hicksville location at 937-6404 or in Syosset 496-7900.

Hicksville Fire Report

December 1984	
Total Fires	50
Total Rescue Calls	61
Total False Alarms	18
Total All Alarms	129
Injured Firefighters	3
Total Alarms-January 1985	
Total Fires	56
Total Rescue Calls	61
Total False alarms	14
Total All Alarms	110

School Superintendent Reveals '85-'86 Budget

Special to Mid Island Times
By Valerie Pakaluk

Hicksville Superintendent of Schools, Dr. Catherine Fenton, revealed a preliminary budget proposal for the 1985-86 school year at the regular monthly meeting of the Board of Education, January 30.

The budget figure of \$39,963,900 would reflect an estimated tax increase of \$1.82 per \$100 assessed valuation as it now stands. The Board has scheduled a budget review meeting for Thursday, February 14 at 8 p.m. in the Administration Building. It is one of a series of hearings for preparation of the final document that will be presented to voters on May 22.

The Long Range Planning Committee has scheduled several "Road Shows" at local schools to bring their findings to the community. Evaluations of the district's future plans have been going on since September, 1983 and a consultant had been hired to add his opinions. All information acquired to date will be brought to the public for questions and answers. A February 6 meeting was held for East Street and Woodland Avenue residents. The following dates and areas have been announced for the future: March 13 - Lee Avenue/Fork Lane; April 3 - Old Country Road/Dutch Lane; May 8 - Senior and Junior High Schools; June 12 - Willet and Burns Avenue. Check with each school for exact times and locations.

An increase of 4¢ per 1/2 pint of milk was approved. The selling price is now 14¢. According to William Hall, School Business Administrator, profit margins for sellers are set by the State Education Department and the district's acceptance is merely a formality.

Michael Harman, a Special Education teacher in the Junior High School was recommended for tenure effective March 29. The Board was unanimous in its approval. Two teachers have retired from the district: Shirley Karish after 22 1/2 years, a Senior H.S. math teacher and Doris Teiber, an Art Teacher at Dutch Lane and the Senior High with 23 years experience in the district.

Several regular substitutes were appointed: Marie Guillet as a Foreign Language teacher in Italian; Gina Vitaliano, Junior H.S. Special Ed.; Josephine Buckner, Foreign Language, part time, Junior High; Carol Loschigian, Art; Alexander Short, Business Ed., Senior High. Rochelle Weiner was recalled to the math department at the Senior High School.

The next meeting of the Board of Education is scheduled for February 27 at 8:15 p.m. in the Conference Room at the Administration Building.

Gregory Museum Looking Forward To Improvements

The Gregory Museum in Hicksville is anticipating receiving the benefits of a \$150,000 Federal Historic Site Restoration Fund grant to fix up the old courthouse building occupied by the Museum. Richard Evers, assistant director of the museum, in clarifying reports concerning the grant, said that the museum will not actually receive any money in connection with the grant because the entire renovation will be channeled through the Public Works Dept. of the Town of Oyster Bay. The town will award contracts after bids are placed.

It is anticipated that renovations including, fixing the peeling paint on the exterior walls of the museum will begin in the spring. It is thought that leaking gutters are contributing to the peeling condition underneath the outer layer of the walls. A structural restoration will take place in the basement of the museum. When the building was erected 90 years ago as a courthouse, concrete was poured on a sand footing and this has caused a problem in the foundation. The renovation program will include a costly hand digging to lower the depth of the foundation footing. As part of this an excavation chute will have to be placed in one of the windows to accomplish the job.

News From Road Runners



Five members of the Plainview-Old Bethpage Road Runners Club came home from the February 2 European American Bank 5 Kilometer Run at the Nassau Coliseum with trophies. Pictured here, obviously satisfied with the results, are, left to right: Julie Shapiro (1st in the women's 40-49 age group), Jeanne Ofenloch (1st in the women's 50-59 age group), Tom Horan (3rd in the men's 30-39 age group), Liz Flahavan (3rd woman overall and 1st in the 20-29 age group), and Debi Daugherty (1st woman overall and 1st in the 30-39 age group). Ice and snow held down the entries, but didn't deter POBRRRC from its usual strong finish.

The January general membership meeting of the Plainview-Old Bethpage Road Runners Club was an especially significant one, as Club members elected a slate of officers to lead the Club in 1985 and voted approval of a long-pronged scholarship program to benefit Long Island youngsters.


The newly chosen POBRRRC officers for 1985 are President Mike Polansky, Vice Presidents Julie Shapiro and Ira Eskow, Treasurer Marvin Gardian, Secretary Howard Greenberg, and Trustees Larry Davidson, Howard Ebert, Alan End and Sam Zinn. Polansky, Gardian and Greenberg are holdover officers and the others were elected as officers for the first time.

The new POBRRRC scholarship program will include the annual award of a \$300 savings bond to a

graduating high school senior, to be chosen on the basis of his or her "service to the running community," as well as a scholarship to a one week summer running camp (approximate value \$150) for a student of any grade active in running on an on-going basis.

POBRRRC's Scholarship Committee Mike Kaye (Chairman), Bert Jablon and Sue Polansky will be making the initial recommendations of recipients of the scholarships, for approval by the Club's Executive Board and ultimately by the Club's general membership. Applicants must be recommended by a member of the Club. Applications can be obtained from Mike Kaye at 938-0139. The deadline for submission of applications for 1985 Scholarships is April 30.

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Postmaster: Send Address Change to
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Robert Morgan - Publisher. Yearly Subscription \$5.50

Last Call For Tickets

More than 375 tickets have already been sold for the 32nd annual Founders Day Dinner to be held on Thursday, February 28, at the Crest Hollow Country Club. Those who would like to attend but have not yet purchased tickets, are advised to contact Eileen Millis 822-3970, as soon as possible. Tickets are priced at \$22.50 per person.

Arlene Rudin, Vice-President of the Hicksville Board of Education, and Council Delegate from the Hicksville Senior High School PTSA, is this year's District Honored Guest. She has been selected by the Hicksville Council of PTAs for her outstanding work on behalf of the children of our district.

Also being honored are members of the individual PTA units who have been designated for their efforts in furthering the goals and objectives of PTA. Following are the honorees and their schools: Burns Avenue... Virginia Blaauwe, Anne Kessler; Dutch Lane... Sue Marchese, Martha Liban, Marge Marcado; East Street... Joan Famiglietti, Eleanor Saxon; Fork Lane... Roseann Robey, Carol Davan; Lee Avenue... Barbara Russo, Betty Grayson, Grace Russo; Old Country Road... Sue Langlois, Joan Wells; Willet Avenue... Eleanor Chambers, May Hogan; Woodland Avenue... Pat Rooney; Junior High... Jean Tobin, John Pellegrino, Helen Bergholtz; Senior High... Sue Epstein, Nancy Staron, Nancy DeSorbo; SEPTA... Robert Greenberg.

The Founders Day Dinner is held each year to mark the anniversary of the founding of the Congress of Parents and Teachers, which is the largest volunteer child advocacy organization in the world.

School Code For Tax Returns

Hicksville taxpayers preparing their tax returns should be careful to note and enter the correct school district tax code on their New York State forms. This code is used by the state to apportion state aid to the schools. The number for the Hicksville district is 273.

All resident taxpayers can help to ensure the proper distribution of state aid to our schools by using the correct number.



STILL no word from the Town on when it will consider the early voluntary retirement plan to save money by replacing workers with lower paid employees. Can it be that saving taxes is low in priority?.....**SNOW** removal in most parts of the Town was fairly good this week. The overnight snow gave workers a headstart.....**WHEN** heads of the Gregory Museum in Hicksville read in Newsday that they had just got a new \$150,000 grant they thought they had something new but it turned out to be the same one that was promised last summer.....**WHAT** ever happened to that park the Town leaders were pushing for Hicksville? The land is still there on Old Country Rd. but the park is still a myth.....**AND THAT** plan for the development of downtown Hicksville is a nightmare. Word is that a bank wanted to place a branch on Old Country Rd. off Broadway but ran into zoning difficulties and the planner of an office building on Marie and Broadway has a similar problem. Hicksville will have to get rid of the rule by political club, fake councils and neglect if it wants to progress according to many people or it could become an incorporated Village and pay less taxes and get better service. But so could Syosset, Bethpage or Jericho.....**THE CRIME REPORT** is published each week as a public service to alert residents of where crime is taking place in the area and as an aid in the Neighborhood Watch program. Anyone seeing suspicious activity should phone 911.....**CASH** and assorted jewelry was stolen from the Pensabene residence 46 Irving Street, Bethpage on Jan. 28. Burglars entered through the front door.....**BURGLARS** broke into the Labate home 179 Sycamore Ave., Bethpage on Jan. 30. Gold and diamond jewelry were stolen. The method of entry is unknown.....**THE REAR** door of the Jofa Laudromat 4288 Hicksville Rd., Bethpage was pried open between Jan. 31 and Feb. 1. Burglars entered and stole \$10 in quarters, clothing, soda and a water heater.....\$1100 in cash, a '78 Pontiac, tools and auto parts were stolen from Skyl Automotive 33 Bloomingdale Rd., Hicksville between Feb. 1 and 2. A rear window was broken to gain entry.....**BURGLARS** entered the Poulos residence 47 Circle Drive, Syosset on Jan. 29. They kicked in a rear door and stole mink coats.....A VCR and a watch were stolen from the Vogel residence 2 Center Rd., Syosset on Feb. 1. Entry was by breaking glass in a rear door.....**BURGLARS** broke into the Silverman residence 112 Fox Hollow Rd., Syosset between Jan. 29 and 30. The front door was kicked in to gain entry. it is unknown what was stolen.....**THE REAR** window of the Magelby residence 5 Flint La., Jericho was pried open between Feb. 2 and 3. Burglars entered and stole jewelry, a cable box and a bond.....**BURGLARS** entered the Guarino Associates office 410 Jericho Turnpike, Jericho on Jan. 30. They pried open a front door and stole a stereo and typewriter.....**RACHEL'S** Cookies at Mid Island Plaza, Hicksville was entered by burglars who pried open a rear door between Feb. 2 and 3. They entered and stole cash.....That's all the news for now...G.T.



Oyster Bay Town Supervisor Joseph Colby, third from left, was among the guests at the United Jewish Y's of Long Island Nassau/Suffolk Legislative Breakfast, which was hosted by the Mid-Island YM-YWHA in Plainview. Also on hand were, left to right, Jack Kulka, president of Kulka Construction Management Corporation; Alfred Levy, president of Kleartone Transparent Products, Inc.; Jack Sage, executive director of the United Way of Long Island; Percy Abrams, executive director of the United Jewish Y's of Long Island; and Jerry Krinsky, president of Krinsky Enterprises, Inc.

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Adult Ed. At Mid Island Y

The Mid-Island YM-YWHA, 45 Manetto Hill Road, Plainview, offers year round a variety of Adult Education Courses. These are continually changed and refined to meet the interests and needs of the community. The Spring, 1985 course offerings include a 5-part series discussing the Jewish Life Cycle. Entitled, "Ask the Rabbi", the lecturer will be Rabbi Gary G. Perras. Starting on Tuesday, March 26, classes are scheduled weekly from 10 a.m. to 11:30 a.m. Fee is \$25. for members of the "Y"; \$30. for non-members.

Each of the 5 sessions of "Ask the Rabbi" will be self-contained and there will be ample opportunity for participants to ask questions. Topics are: "Birth"; "Religious Education"; "Bar-Bat Mitzvah"; "Marriage"; "Death".

Rabbi Perras is presently the spiritual leader of the Manetto Hill Jewish Center, Plainview. Prior to coming to this community, Rabbi Perras held positions in several other communities along the east coast of the United States. Throughout his career Gary Perras has been especially interested in Jewish education. He has participated extensively in

curriculum development. He has taught at all levels, kindergarten through university.

Rabbi Perras is a charismatic educator with a warm personality, and a delightful wit. He has appeared on radio and on TV, and has directed films.

In each of the communities in which he previously served, Rabbi Perras has involved himself in a variety of agencies and activities. These have included at different times, the N.A.A.C.P., B'nai Brith, United Cerebral Palsy, the National Railway Historical Society, the Mayor's Council on Drug Abuse. He has also been the Jewish Chaplain of the Hewlett Fire Department.

For further information and registration details, call Dr. Martin Cooper, Supervisor of Adult Education, 822-3535, Ext. 433.

The Mid-Island YM & YWHA is an agency of the Federation of Jewish Philanthropies of New York; A Member Agency of the United Jewish Y's of Long Island, the Jewish Welfare Board, the United Way of Long Island and the Health and Welfare Council of Nassau County.

Pedestrian Struck By Auto

A Bethpage man was seriously injured when he was struck by an auto at the intersection of Newbridge Road and James Street, Hicksville at 6:53 p.m., January 29.

James Mulcahy, 68 years of 11 Hoover Lane, Bethpage was attempting to cross Newbridge Road from the west side to the east side when he was struck by a 1982 Chevrolet truck. The vehicle was operated by Thomas Loehr, 24 years of Willowood Drive, Wantagh. Mr. Mulcahy was transported to the Nassau County Medical Center in East Meadow by the Hicksville Fire Department. He suffered a fractured skull and internal injuries and was admitted in critical condition.

No charges were filed against the driver. The vehicle was impounded for a safety check.



Nassau Community College Woman's Assistant Basketball Coach Patricia Neary, left, gives some pointers to 5'6" sophomore guard Eileen Doherty of Hicksville. The Lady Lion's play their home games at the College's magnificent Physical Education Complex on the Garden City campus.



John Johnson, Dutch Lane School's Spelling Bee Champion received his certificate and T-shirt from Mrs. DeSorbe, the principal. James Weber, the school's runner-up received his letter of excellence from Ms. Katcher, the reading teacher. John will participate in the Long Island Sectional Semifinal on February 6.

Hicksville Schools Kindergarten Regis

Kindergarten registration for the Hicksville Public Schools will be held during the month of March at the Administration Building on Division Avenue for children who will be five years of age on, or before December 1, 1985. Children who will attend the following schools in September will be registered during the weeks listed below: Burns Avenue and Dutch Lane March 4 through 8; East Street and Fork Lane March 11 through 15; Lee Avenue and Old Country Road March 18 through 22; Willet Avenue and Woodland Avenue March 25 through 29.

For further information, please call the Registration Office at 933-6653.



Meals on Wheels recipients throughout Nassau were given special attention during the recent holiday season, as volunteers organized by the Visiting Home Health Services of Nassau, Inc. (VHHS), the central agency for visiting nurse services that administers Meals on Wheels throughout Nassau, distributed hundreds of gifts to the home-bound. Meals on Wheels provides a hot lunch and a cold supper five days a week to some 250 home-bound patients, delivered right to the door by a team of over 400 volunteers. Organized and administered by VHHS, the program is funded in part by the Nassau County Department of Senior Citizen Affairs.

Living gifts shown here were provided by the Syosset Garden Club. Here, Mrs. Norma Jeanne Henriksen of Oyster Bay Cove hands the gift to Lou Weiss of Plainview, center, a volunteer driver, as Herbert Diaz, Meals on Wheels Coordinator for VHHS at Mid Island Hospital in Bethpage looks on.

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Our Children

By Willard Abraham
Ph.D.

Q. If I don't go out of my mind with the constant questions of our 4-year-old, it will be a miracle. "Why," "why," "why" — it goes on and on until I just can't stand it.

Sometimes I know the answer and sometimes I don't. Sometimes he really wants to hear, it, but most of the time he's just mouthing the word to hear himself talk and getting ready for the next

question.

Your suggestions for preserving my sanity would be so welcome.

A. Answering him as often as you can and want to, keeping him occupied with puzzles, games, books and television (carefully selected and monitored, of course), and placement in a competently operated preschool whose personnel, program and facilities you thoroughly have checked out — this three-prong approach may help you survive the exploratory, questioning stage of your 4-year-old.

It is probably of little consolation to tell you that you are far from being alone and "this, too, shall pass."

Perhaps other parents of 4-year-old have pet approaches. If

they share them with me, I'll be glad to pass them on.

Q. All the publicity in recent years regarding hyperactivity and diet has intrigued me, but even more now that we have a youngster whose activity needs "toning down."

Our home is far from calm every time this 8-year-old comes through the door. It's a relief when he goes to school, but his teachers have told us that the erratic behavior continues in the classroom. He just won't sit still.

I've read Dr. Benjamin Feingold's book, "Why Your Child Is Hyperactive," and wonder whether that's the route to follow

— eliminate foods with artificial coloring and flavoring.

What do you think about that?

A. Although the research related to this approach seems to be continuing, many parents maintain it has been helpful with their children.

My own philosophy has been that any attempted solution to a child or family problem that appears to be successful and has no harmful side effects might be worth trying.

However, a vital first step to consider is this one: Check it over with your family physician who knows the child involved and can base his or her recommendations on personal knowledge.

Professional Guide

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'Tom The Tinker' At Willet School

Strange, unfamiliar music was heard recently coming from the Media Center at Willet Avenue. "Tom the Tinker" from tenth century Ireland, in typical costume and carrying mock weapons of the era, was visiting the sixth grade classes to tell them about life in the Middle Ages.

Tom is a member of The Society for Creative Anachronism, which researches Medieval Times and recreates the feasts, tournaments, and social activities of the period. Each of the members assumes a "persona" typical of the time. Explaining about the development of his own characterization, Tom demonstrated how a tinker would dress, described his limited education, his transportation (mostly by foot) as he went from village to village mending pots, the social activities in which he would participate. Students were fascinated by the clove-studded orange he carried to hold in front of his nose to mask the odor of the crowds in the market place. They were also impressed by his long cloak-

voluminous because it also served as his blanket.

For part of his demonstration Tom was assisted by Bob Williams, a sixth grader who obligingly came in costume for the occasion. The common weapons of the period—sword, staff and dagger—were put to use in a mock battle, and Bob proved to be a very agile adversary.

By the time the program was finished students decided that, although a study of life in the Middle Ages could be very interesting, living in a Medieval castle was not the glamorous, luxurious life they had pictured, and living in a village was, by our standards, no fun at all.

This program was presented through the courtesy of The Hicksville Gregory Museum where "Tom the Tinker" also serves as Mr. Thomas Daunt, Curator of the Earth Science collection. The topic was far removed from the usual scope of Museum activities, but since it was curriculum correlated, it was offered as part of the Outreach to the Hicksville Schools Program.



After the performance by "Tom the Tinker" everybody wanted to try out the "weapons". Les Spence and Jason Mandra chose the daggers.



"Tom the Tinker" plays a Medieval tune for Willet Avenue students while 6th grader Bob Williams listens.



Highlight of Tom the Tinker's visit to Willet Avenue was a demonstration of the use of mock Medieval weapons.

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POWER TEST INVESTORS LIMITED PARTNERSHIP, 175 Sunnyside Blvd., Plainview, New York 11803. Substance of Certificate and Agreement of Limited Partnership filed in Nassau County Clerk's Office on January 15, 1985. Business: Invest in and become limited partner of Power Test Realty Company Limited Partnership, and make a public offering of Partnership Interests in such Partnership. General Partner: CLS General Partnership Corp., a Delaware corporation, 175 Sunnyside Blvd., Plainview, New York 11803. Limited Partner: Mr. Leo Liebowitz, 175 Sunnyside Blvd., Plainview, New York 11803. Additional Limited Partners may be admitted. Term: Until January 10, 2085 unless sooner terminated. Capital Contributions: General Partner may accept contributions of an aggregate of \$2,000,000, representing 5,000,000 Units of Partnership Interests at \$.40 per Unit. Initial Capital Contributions of Partners: General Partner—\$1.00. Limited Partner—\$99. No additional contributions agreed to be made, but additional contributions may be made. No withdrawal of contributions except as expressly provided in Partnership Agreement. All allocations and distributions pro rata to contributions. Transfer: Units representing Partnership Interests may be transferred. Continuation of Business: Majority-in-Interest of Limited Partners may continue business upon withdrawal of General Partner.
BN 2374
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American Legion Auxiliary News

By Geraldine Seltz

The American Legion Auxiliary of the Charles Wagner Post, Unit #421, Hicksville will be having a dance for St. Valentine's Day, to be held at the Post, 24 E. Nicholas St., Hicksville on Saturday, February 16, from 9 p.m. to 1 a.m. There will be dancing, sandwiches and salads, coffee and cake, also, beer. Cost is \$7 per person. Members please come out and support your auxiliary and bring your friends as all are welcome to attend. Call Marie Gamble at We 8-2163 for any further information.

Reservations are being taken for our Department Presidents Dinner to be held on March 14, at the Merrick Park Country Club. Cost is \$14.50 each and you may call G. Seitz at 796-9411 if you plan to go.

Next regular meeting will be on Friday, March 1, at 8:30 p.m.

Ice, Snow Give Postman Problems

"The hazards of snow and ice cause numerous accidents and injuries to Letter Carriers and to other delivery people. Prevention is simply a matter of clearing, salting and/or sanding the stairway or pathway to provide safe access to the mailbox or front door," said Roger Nicnaber, Hicksville Manager/Postmaster.

The Postmaster stressed, "Ice is particularly dangerous on steps and any walking surface, especially painted wood or concrete, like stoops and porches. We will get the mail through, but we need a little help from our customers."

In addition, items such as children's toys, sleds, accumulation of wet leaves, loose bricks, broken steps and cracked walkways are contributing factors in many injuries sustained by delivery people, visitors or family members. The Postal Service urges everyone to examine their property and make any repairs as needed. The elimination of these hazardous conditions will benefit all concerned.

Pedestrian Hit By Truck

The 2nd Squad reports a serious auto accident involving a pedestrian at the intersection of Newbridge Road and James Street in Hicksville, which occurred at 6:53 p.m. on January 29.

James Mulcahy, 68 years of 11 Hoover Lane, Bethpage was attempting to cross Newbridge Road from the westside to the eastside when he was struck by a 1982 Chevrolet truck. The vehicle was operated by Thomas Locher, 24 years of Willow Wood Drive, Wantah. Mr. Mulcahy was transported to Nassau County Medical Center in East Meadow by the Hicksville Fire Department. He suffered internal injuries and is listed in critical condition.

No charges have been filed against the driver. The vehicle has been impounded for a safety check.



N.Y. Secretary of State Gail Shaffer (center) gets a comprehensive explanation of the training program conducted at Nassau County's Fire Service Academy in Old Bethpage, from Robert Lincoln (left), Chief of the Fire Service Academy, Tom Rahilly (2nd left, in uniform), Chief of the Emergency Medical Service Division, and John S. Ollvari (right, foreground), President of the Firemen's Association of the State of N.Y. and President of the Nassau County Vocational Extension Board, which governs the Nassau Fire Service Academy. The Department of State has overall responsibility for supervising Fire Prevention & Control programs throughout N.Y. State.

News From Bethpage Library

Magical Story Theater with Hal Kuebler at the Bethpage Public Library

Witches, goblins, hats that talk, and magical leaping castles! On Thursday, February 21, Hal Kuebler, a master of exciting story theater, will present his "Magical Story Theater" for youngsters and their families at the Bethpage Public Library.

Mr. Kuebler, who has been delighting audiences of children and parents for over twenty years on six continents, will bring his unforgettable and outlandish stories from around the world to vibrant life with high dramatic art, colorful props, and touches of pure magic. There will be lots of audience participation, unusual special effects, and fascinating surprises and fun for all.

"Magical Story Theater" will begin at 2 p.m. Tickets for residents of District #21, children of all ages, and their parents, are available now in the Bethpage children's room.

Bethpage Library Bus Trip to the Tackapausha Museum

How would you like to meet exotic animals, make fascinating discoveries with a microscope, enjoy an exciting encounter with natural history?

On Tuesday, February 19, The Bethpage Public Library has planned an unusual bus trip for youngsters to the Tackapausha Museum in Seaford.

On this unique outing, young people will be able to "Meet the Animals"-live snakes, guinea pigs, gerbils, flying squirrels and more. They will also learn how the animals live, hunt for food, and adapt in order to survive. A "Microscope Workshop" follows with hands-on fun in the lab and astonishing surprises galore.

The bus will leave promptly at 12:30 p.m. from in front of the library and will return at approximately 3:30 p.m. All young people in grades 2-6 in District #21 are invited to attend. \$4 per child includes all museum fees and bus fare and registration is now being taken in the Bethpage Children's Room for the limited number of places available on the bus. For information, please call 931-3907.

Help Decorate the Bethpage Public Library Valentine Mobile
Valentine fun galore-an exci-

ting decorating jamboree! Leave a message on our bright, over-sized library mobile for a special person or your favorite storybook character!

On Saturday, February 9, youngsters are invited to help decorate the attractive Valentine mobile at the Bethpage Public Library, adorn the rest of the Children's Room, and make some cards to take home too!

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

Register now at the library. For information, please call 931-3907. Academy Award winning film Classic at the Bethpage Public Library

On Saturday, February 16, the Bethpage Public Library will show the film classic, "20,000 Leagues Under the Sea" (color-128 min.)-one of the world's greatest adventure stories. School-age youngsters will have an opportunity to meet the menacing Captain Nemo, out to destroy mankind in his fantastic underwater ship, the Nautilus and to experience spellbinding excitement, compelling mystery, harrowing brushes with danger, and uncanny prophecies for the future.

A Walt Disney Academy-Award winning production, the film is adapted from Jules Verne's famous novel and stars Kirk Douglas, James Mason, and Peter Lorre. Showtime is 2 p.m. and all youngsters residing in School District #21 are invited to attend. Tickets are available now in the Bethpage children's room. For information, please call 931-3907.

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

Duffy Ave. Factory Suffers Fire Loss

An automatic sprinkler alarm summoned Hicksville Vamps to an intense fire in a gas fired oven at the DePew Co., 359 Duffy Ave. Forty firefighters and six units responded under Asst. Chief Schuckmann to the alarm on February 1, at 9:35 a.m. Shortly after a second alarm was sounded for additional manpower.

The fire was confined to the oven area and part of the roof over the point of origin. Three employees were treated at the scene for smoke inhalation. Firefighters reported several expended fire extinguishers at the scene. There was an apparent delay in Fire Department notification. A LILCO worker fell into a resin Leaching Pond outside the building. He was removed and taken to LILCO for treatment, and decontamination.

Fire officials believe a gas leak caused an explosion and fire which caused several walls to buckle. Damage was estimated at \$15,000.

Legislative Forum At School Board

On Wednesday evening, February 13, the Hicksville Board of Education's Legislative Committee will host a Legislative Forum. Guests will include local Assemblymen Fred Parola and Dan Frisa. The Forum will focus on school finance and state aid issues which are of vital interest to the community in view of the Governor's proposal to decrease the school district's state aid by more than \$300,000. A question and answer period will follow the presentations. Coffee and cake will be served, and those attending the meeting will have an opportunity to meet informally with our guest legislators.

The Forum will begin at 8:15 p.m. in the Conference Room of the Administration Building on Division Avenue. All Hicksville residents are encouraged to attend.

Swim Classes For Beginners

Beginners swim class at Bethpage High School. Registration: February 9, 9-11 a.m. For more information contact Mr. Ed Ackerman 931-2900, ext. 331.

4-H Planning Saturday Exhibit

It's that time of year again, when 4-Hers from the Mid-Island Council will be demonstrating the many new projects and crafts they have learned this year as a 4-H member.

Some of the topics to be presented are: wood finishing, food and nutrition, chick embryology, home environment, sewing, painting on glass, punch tin, and candle wicking.

It will be held, Saturday, February 9, at Levittown Hall from 10 a.m. to 2 p.m.

Our chairperson is Mary Stern. For additional information about 4-H, please call our 4-H Agent, Mrs. Mary Swartz, at 454-0904.

Hicksville Baseball Association Regis.

Hicksville Baseball Association will be holding open registration for boys and girls ages 6-17 who wish to play baseball/softball at Levittown Hall on February 9, 16, 23 from 11 a.m. to 1 p.m. Anyone signing up after open registration will be charged an additional \$10 late fee.

LEGAL NOTICE

Oxford Resources Group G

Substance of a Certificate of Limited Partnership filed with the Nassau County Clerk's Office on January 17, 1985. Name and principal office of the Partnership: Oxford Resources Group G, 175 Crossways Park West, Woodbury, New York 11797. Business of Partnership: Purchasing, leasing, financing and selling of automobiles and other motor vehicles. The General Partner and Contribution: Oxford Resources Group Etia, Inc., 175 Crossways Park West, Woodbury, New York 11797, \$9,091. Limited Partner and Contribution: Eagle Electric Mfg. Co. Inc., 45-31 Court Square, Long Island City, New York 11101, aggregate of \$900,000, \$150,000 paid on January 16, 1985, and the balance in five equal installments from February 15, 1985 through June 15, 1985 subject to acceleration as provided in the Limited Partnership Agreement. Term of Partnership: January 16, 1985 to December 31, 1997, unless sooner terminated by (a) the termination of all vehicle leases of the Partnership and the disposition by the Partnership of substantially all of its vehicles or (b) the retirement, dissolution, insolvency or bankruptcy of the General Partner where the Limited Partners do not elect to continue the business of the Partnership. The Limited Partners are to receive 99% of the profits or income in each year. It is agreed that, subject to the business needs of the Partnership, there shall be distributed to the Limited Partners, beginning within 90 days after the beginning of the 5th fiscal year of the Partnership, the lesser of (a) 50% of the income of the Partnership as reported for Federal income tax purposes and (b) all of the unreserved cash of the Partnership as of the last day of the prior fiscal year. There is no priority in distribution among Limited Partners; there is no right of a Limited Partner to substitute an assignee as contributor in its place and no Limited Partner has the right to demand or receive property other than cash in return for its contribution. No additional substitute Limited Partner will be admitted except with the prior consent of the General Partner and the execution of required documents. In the event of dissolution, retirement, bankruptcy or insolvency of a General Partner, all of the Limited Partners may agree to continue the Partnership business. SA 7663
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Your Social Security

New applicants must prove age

Q. When I first got my Social Security card I did not have to submit proof of age. I can understand why foreign-born people now are required to submit proof but do native-born Americans have to submit proof? Is this a recent change? — C.D.

A. A series of changes was made in May 1978. All applicants for original Social Security numbers, regardless of date or place of birth, must submit documentary evidence establishing their age, their U.S. citizenship or lawful alien status, and their true identity before a number can be issued.

Q. Last year I had indicated that my 1984 earnings would be \$7,500. However, I did not work the whole year and only earned \$4,500. How do I get the benefits that were withheld? — D.W.

A. In early 1985 you will receive your annual report of earnings that you must complete so it can be determined whether you received the correct amount of benefits.

If your annual reports show the Social Security Administration owes you money, a payment will be made to you. You must file your report by April 15, 1985. (The earnings test in 1984 was \$6,960 for people 65 to 70 and \$5,160 for those under age 65.)

Q. I'm a widow and am 75 years of age. I live alone. My income is \$337 from Social Security and \$570 from Navy compensation. I have no other income. Will I have to pay taxes on my Social Security income? — E.M.C.

A. Your Social Security benefits will not be taxable if your total income was less than \$25,000 and you are single.

Q. Because I failed to notify the Social Security Administration that I had moved in with my daughter, I was overpaid on my SSI benefits. I cannot afford to have my full benefit withheld to recover the overpayment. Is there any alternative? — J.P.

A. A recent change in the law, which was effective Oct. 1, 1984, limits the SSI overpayment recovery rate to 10 percent of the total monthly benefit amount.

Q. What is the maximum on Social Security payments? Also, what is the minimum? — O.D.S.

A. The maximum amount that can be paid an individual who becomes age 65 this year is \$703 a month. For a worker reaching age 62 this year the payments can be as much as \$559 a month. There is no minimum benefit.

Q. I would like to know why I have to pay Social Security. I'm working as a baby sitter and earn \$75 per week. I'm 75 years old and get Social Security from my husband. — A.V.W.

A. Even though you are in your 70s and receiving Social Security, any work under Social Security is subject to the tax, regardless of the worker's age.

Q. I would like to know if one of your children turns 18 and attends school full time, is that child still eligible for benefits until he or she graduates? — P.J.

A. Benefits can continue for all months the child attends high school full time up until he reaches age 19. In some cases, benefits can continue until the end of the school year or two months after the month the child becomes 19, whichever comes first.

Q. I was married to my deceased ex-husband from Aug. 3, 1963, until June 5, 1973. Will I be entitled to Social Security benefits on his account at age 60? — P.M.

A. No, you will not be entitled to any benefits on your former husband's account. The law requires that you must have been legally married 10 years immediately before the date the final divorce became effective.

LEGAL NOTICE

Substance of Certificate of Limited Partnership filed in Nassau County Clerk's office 1/9/85 of ANDY II - 104 ASSOCIATION, principal office c/o Rosen Associates, 333 Jericho Turnpike, Jericho, NY. Business: own, operate etc. real property. Term: 60 years. General Partner: ANDY I - 105 St. Associates Corp., c/o Rosen Associates, 333 Jericho Tpke., NY. Limited Partners (LPs) (each residing at 333 Jericho Tpke, Jericho, NY), cash contributions and percentage of additional contributions: Robert A. Rosen, \$400, 40%; Florence Rosen, \$400, 40%; Andrew H. Kaufman, \$200, 20%. LPs' contributions returned on termination or dissolution of Partnership per Partnership Agreement (PA). LPs receive pro rata share of profits. LP may not assign interest except as provided or in PA. Additional LPs admitted only with consent of all Partners. No priority among LPs as to contributions or compensation by way of income. LPs may not demand or receive property other than cash in return for contributions.
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BABYSITTER NEEDED 5 afternoons per week. Monday through Friday, 2:30 p.m. to 5:30 p.m. References. Call 741-1867. w2

MATURE WOMAN WANTED 3 days per week to pick up kindergarten boy in West Hempstead at 11:40 a.m. and care for him one afternoon per week beginning Jan. 28, 1985. Must have car. 485-0224. gc2

LOOKING FOR MATURE woman to watch infant in our Mineola home for full time working couple. Call 746-7168. gc2

HOUSEKEEPER-LIVE IN OR Out. Full time. Housework, cooking, shopping. Non-smoker. Experienced, references. Garden City. 746-4465 w7

TELEPHONE SALES EARN \$6-8 per hour. You will be calling new and established accounts with a soft sell approach. 4 hours per day, Mon. through Fri. Related telephone experience helpful. New modern bldg. located in Mitchell Field. Salary + monthly bonus. Call 222-1111. gc2

Help Wanted

SECRETARIES ENTRY LEVEL Growing Mineola law firm has several positions available. Typists/heavy dictaphone. Will train. Returnees welcome. Good benefits. Full time. Call Donna 747-4082. gc2

BABYSITTING NEEDED MON. to Fri. 2:30-5:30 p.m. Your home or mine. References. 352-8355 after 5:30 p.m. gc4

PICKING/PACKING CLERK needed. Mature individual. Pleasant new office in Mitchell Field. Full time to pack film orders for schools. Light, clean work. Call 222-1111. gc2

BABYSITTER NEEDED TO care for my children in my Garden City home. Monday and Thursday afternoon, 12:30 to 4:30 p.m. References. Call after 4 p.m. 741-4706. gc4

MEDICAL SECRETARY/ receptionist. Experienced only. Part time eves. Garden City. Send hand written reply to Box "N". Garden City News, 821 Franklin Ave., Garden City, N.Y. 11530. gc2

SECRETARIAL OPPORTUNITY. We are seeking a secretary to work in our school office. We require excellent typing, steno, organizational and communication skills to work within a unique environment. Call Personnel Department 516 747-5400. w4

CUSTOMER SERVICE REPR. Heavy phone contact. Busy collection agency. Mineola area. 742-5383. gc2

MATURE LOVING WOMAN To care for infant, your house or mine. Non smoker, english speaking, experienced with infants, references required. Syosset area. Call 496-7196. h3

PART TIME TELLERS Trainee or experienced, must have flexible days and hours. Work close to home. Excellent benefits, apply Lincoln Saving Bank, South Oyster Bay & Woodbury Roads, Plainview. FOEM/F. h2

Help Wanted

FULL TIME HOUSEKEEPER Monday thru Friday, live in preferred but can live out. General housework, laundry and cooking. Non smoker, recent references. Call 746-5297. w4

GARDEN CITY HIGH SCHOOL student wanted to iron clothing 2-3 hours weekly. Call 742-5195. gc4

LIVE IN HOUSEKEEPER WITH nursing experience to care for elderly gentleman. Excellent pay for highly experienced person. Must have references. 294-0144. w4

CHILD CARE POSITION 5 days, flexible hours, mostly afternoons. Live-in possibilities. Call 741-5141 and please leave a message. w4

JOBS JOBS JOBS If you have a pleasant voice and a bright personality, we will pay you \$5-\$10 an hour at our Garden City office. Full time or part time available. Call Joan at 741-1900 between 9 a.m.-5 p.m. gc3

PART TIME HANDYMAN Experienced, 2 days a week. Garden City Office. Must have car. Call 741-2550. Wm1

PART TIME SECRETARY Garden City adv./p.r. consultant needs bright organized person with good typing and communication skills. Non-smoker. Mon.-Fri., 9 a.m. to 1 p.m.: Some flexibility in hours possible. Convenient Franklin Ave. location near A&S. \$115/week. 516 248-4055. gc2

INSURANCE OFFICE SEEKS Mature person for diversified duties, including working with clients. Typing essential. Interesting work. Returnee welcome. Benefits. 741-8355. gc2

EXPERIENCED BUTCHER Wanted for Thurs.-Fri.-Sat. Must have counter experience. Apply on Tues.-Wed.-Thurs. only. Bill's Meat Market, 484 Hempstead Ave., West Hempstead. gc2

PART TIME SECRETARY to the Board--shorthand and typing required, 15 hours weekly including two evenings per month. Hours flexible. Salary open. Applications available at Village Hall, 494 Willis Ave., Williston Park, N.Y. 11596 or send resume to Mayor Carl F. DelVecchio c/o Village Hall. W2

AN OHIO OIL CO OFFERS High income, plus cash bonuses, benefits to mature person in Nassau area. Regardless of experience. Write M.Y. Read, American Lubricants Co., Box 426, Dayton, Ohio 45401. h2

EDITOR/WRITER Newspaper experience. Immediate opening. Excellent opportunity. Send clips, resume, salary requirements to: Box 237, Hewlett, N.Y. 11557 h2

Help Wanted

MATURE WOMAN NEEDED to care for infant 3 days per week, your place or mine. References. New Hyde Park area. Call 328-7023. w3

MATURE RESPONSIBLE woman wanted to babysit in my home in Cathedral Gardens. Approximately 3 days per week. Call for appt. 671-6463 days, 486-1131 eves. gc2

MATURE WOMAN TO BABYSIT For 5 and 3 year old, in my home. Monday-Friday, 8:30 a.m.-4:30 p.m. Own transportation, must drive children to nursery school. References required. Call 822-4497. h3

MALE TUTOR NEEDED for 4th grade boy (college student or retired teacher). Spelling, reading, math and science. Two times per week, Tues. & Thurs. 354-6681. gc4

TEACHER NEEDS Responsible sitter for my son in my Garden City home. Starting immediately. Please call after 6 p.m. 294-0526. gc4

FULL TIME-PART TIME Pleasant telephone work at our Garden City office. \$5-6 per hour. Call Dorothy at 741-1900 between 9 and 5 p.m. gc2

HARDWARE CLERK Some experience-Part time. Full time. Munders Hardware, 316 Hillside Avenue, Williston Park. W2

SCHOOL CROSSING GUARDS 2 openings, Garden City schools. For information call Lt. Gebhardt 742-9600. gc2

TELLER TRAINEES FULL TIME Local West Hempstead Bank, Pension Plan, Group Life Insurance, Blue Cross, Blue Shield, Major Medical, Incentive Savings Plan. Write: Personnel Department - GCN, Post Office Box 652, Flushing, N.Y. 11352 (please include your phone number) An Equal Opportunity Employer M/F/H. gcml

PART TIME CAFETERIA Work in an employee cafeteria in Syosset, Hicksville area. 7 a.m.-1:30 p.m., five days, no weekends or holidays. No experience necessary. Good hourly rate to start, for more information call Ms. Gray Collect 718-445-8100. h2

Situation Wanted

EUROPEAN NURSE'S AIDE available daily from 9 a.m. to 5 p.m. or live in. References. 536-1831. gc3

CHILD CARE-HOUSE- keeping. Non-smoker, Monday thru Friday, 40 hours a week. Live-in. Experienced, excellent references. Call 741-5542, 9 a.m. to 4 p.m. Wm1

Situation Wanted

CHILD CARE GARDEN CITY mother will watch your child in my home full or part time. Experienced. References. 746-1783 gc2

HOUSECLEANER AVAILABLE Experienced woman. Daytime, Monday to Friday. Good references. Call 997-3429. gc4

CERTIFIED NURSES AIDE Will work for sick or elderly, 6 to 8 hours per day, 5 days per week. Will work some week-ends. References. Call 621-3904 WM1

GERMAN NURSES AIDE Extensive experience in elderly care wishes employment in Garden City area. Own transportation, salary negotiable. 718-470-9537 gcM1

HOUSEKEEPER-SLEEP IN Available. Mon. to Fri. \$115. per week. Speaks some English. References. 481-5768 gcM1

COMPANION-MATURE LADY available several hours during the week. References. Speaks Portuguese, English, German. 997-7926 gcM1

HOUSECLEANING POSITION Wanted. Monday to Friday. References. Own transportation. Call 483-0640 gcM1

YOUNG MOTHER WILL Lovingly care for your child in my Williston Park home. Please call 747-7868. W2

EXPERIENCED MOTHER WILL babysit in my home Monday through Friday days only. Flexible hours, pleasant environment. Williston Park area. Call 741-2624. W2

MATURE WOMAN WILL Babysit evenings and/or week-ends and will do sleepover weekends. Please call after 8 p.m. 741-8149. gcml

LADY WISHES TO CARE FOR sick or elderly. Day or night. Sleep in. Excellent references. Non smoker. 437-0692 or 718 978-8742. W2

HOUSECLEANING AVAILABLE Monday to Friday, Call 486-0903 after 5 p.m. gc2

NURSING & LIGHT HOUSE- keeping available. 8-9 hours per day or night. References. 30 years in Garden City 489-4674. gcml

EAST MEADOW MOM WILL babysit in my home for infants or toddlers. Full time or part time, 5 days. Call 796-2243. Wm1

HOUSECLEANING AVAILABLE Any day, 5 hours, \$40. Experienced, references and own transportation. 486-7356. gc2

EXPERIENCED NURSE'S AIDE available to take care of elderly person full time, 6 days or 5 days. Call Lisa Moore 718 322-4794. gc4

Situations Wanted

NURSES AIDE SEEKING
full time live out position, 5 days per week. References. 486-7013 after 6 p.m. or leave message. gcf2

NURSING AIDE/COMPANION
any 8 hour shift per day. Professionally trained. Utterly dependable & trustworthy. Impeccable references with own transportation. 773-4269. gcf2

HOUSECLEANING AVAILABLE
Any day. References, experience. Call 481-5768. gcf2

HOUSEKEEPER, \$35 PER DAY
any day. Own transportation, references. 538-6128. gcf2

NURSES AIDE AVAILABLE
For live out to care for sick or elderly, 12 years Hospital Experience. Checkable references. Call after 5 p.m. 538-3911. gcf4

GARDEN CITY MOTHER
will babysit in my home. Monday through Friday. Call 747-7216. gcf3

MATURE WOMAN ENGLISH
speaking, desires housecleaning position. References and own transportation. 423-1837 after 5 p.m. gcf3

COMPUTER WORK SOUGHT
by high school senior-university trained in Fortran 77, C, PASCAL, and all related data structures. Experienced on PRIME, VAX 11 and most 6502 MICROS. Call eves. 741-2044. gcf4

NURSES AIDE SEEKS
position to take care of elderly. Monday thru Friday. Please call Eileen. 718 464-3430 or 718 479-4827 after 7 p.m. gcf3

QUALIFIED NURSE'S AIDE
will take care of sick or elderly. Have hospital experience, certificates, and excellent references including recent one. 766-5842 anytime, or 766-1559 or 485-0930 and leave message. gcf3

NURSE'S AIDE WILL CARE
for elderly gentleman or lady. Live in on weekends. Call 867-1686 after 6 p.m. gcf2

NURSE LPN ENGLISH TRAINED
Garden City resident, available for home care. 328-8839. gcf3

Motorcycle For Sale

MOPED VESPA GRANDE
excellent, original owner, \$475. 593-6765. gcf2

Cars For Sale

'77 MUSTANG II 4 CYLINDER
auto, p/s; p/b; am/fm stereo cassette. Brown with tan vinyl top. Very good condition. \$2200. 354-2692. gcf4

1983 MERCURY MARQUIS
4 door sedan, excellent condition. \$7300. Call 747-7485. gcf2

1976 CHEVY MONZA 2 DOOR
automatic, good shape. \$1050. Call 747-5502. wf4

'76 VW VAN GOOD CONDITION
original owner, sunroof, \$1900. Call 742-5149. gcf2

TOYOTA COROLLA '78 DELUXE
wagon, less than 38,000 miles. Good condition. \$3200. 742-8853. gcf2

Cars For Sale

'76 VW VAN GOOD CONDITION
original owner, sunroof \$1900. Call 742-5149. gcf2

1980 CHEVY CITATION
6 cylinder, p/b, p/s, auto, 4 door hatchback, 28,000 miles. Like new condition. \$3250. 741-7997. gcf2

1981 CORVETTE BLACK
rust leather interior, auto, 10,000 miles, every option. Mint & immaculate. Call between 8-10 p.m. 248-4068. gcf2

1974 OLDS OMEGA 6 CYL.
new tires, am/fm stereo. Excellent in and out. \$1400. 354-7922. gcf2

1976 TOYOTA CORONA
Station Wagon, air, am/fm, 5 speed \$2450. 747-2217. gcf4

1979 BUICK REGAL LIMITED
dark blue w/grey vel. int., 40,000 mi. 1 owner, 310V8 eng., a/c, P/wind., am/fm stereo, new tires, new batt. \$5,500 firm. J. Piscitelli - days, 489-5000, ext. 332. gcf2

1974 BMW CLASSIC 2002
Manual shift, am/fm cassette four speakers, original owner \$2200 or best offer. Call evenings 354-2040. hf4

1973 CADILLAC COUP DEVILLE
Excellent condition. \$1500. 747-7527. Call after 6 p.m. gcf3

1978 DATSUN B210
4 speed, excellent condition, original owner, am/fm stereo cassette \$2200. Call 294-3126 hf3

'77 CADILLAC SEDAN DEVILLE
Silver/black leather interior, 73,000 miles, full power, 8 track, runs well. \$2975. 747-8293. gcf3

VW '80 RABBIT DIESEL
4 door, 52,000 miles, excellent mechanical condition. \$3200. Like new. 775-7603. gcm1

MAZDA '82 RX7 GS1
Mint; white saddle leather interior; 29,000 miles; a/c; 5 speed, radar, alarm; wheel & rim locks; pinstripes; moon roof & original roof. Leaving country, must sell! \$10,500. 485-6053. gcm1

Real Estate Wanted

YOUNG COUPLE WISHES TO
purchase home in Mott Section. Please write Box P, Garden City News, 821 Franklin Ave., Garden City, N.Y. 11530. gcf4

RESPONSIBLE PROFESSIONAL
woman seeks one bedrm apartment or studio. \$500. Non smoker, superb references, call Ruth 922-7700, leave message. hf4

WANTED GARDEN CITY OR
Syosset/Woodbury Colonial. 3,4 or more bedrooms. Principals only. 364-1489. gcf3

GARDEN CITY COUPLE
looking to buy house in Garden City under \$200's. Any condition. Write Box "B", Garden City News, 821 Franklin Ave. Garden City, N.Y. 11530. gcf3

NICE MARRIED COUPLE SEEK
residential building lot to build their own home. All areas and lot sizes considered. Call Cindy 292-0484 or 718 343-6390 evenings and weekends. gcm1

Real Estate Wanted

MARRIED WORKING COUPLE
Seeks 2 BR apartment in Mid to Western Nassau. No basements! Weekdays call Denise 9 a.m. to 5 p.m. Fl 4-1702 or 488-5852 after 5 p.m. and weekends. wf2

HOUSE WANTED YOUNG
couple with child seeks house in East or West Birchwood, Jericho. Principals only please. Call Marty 718 454-5427 or bus: 212 736-0333. hf3

LONG TIME GARDEN CITY
resident, woman, would like small apt. or to share house in Garden City or vicinity. 741-1304. gcf2

WOMAN SEEKS 1 OR 2 BEDRM
co-op in Garden City proper. Principals only. Please call before 10 a.m. 432-8555. gcf4

Vacation Rental

FT. MYERS FLORIDA
New fully furnished waterfront condo, 2 BR, 2 baths, large screened porch, pool, tennis, golf, and dock. Available Feb. - April. Two weeks, monthly or seasonal. Call Mon.-Fri. after 7 p.m. and weekends 746-2678. hf3

ST. PETE CLEARWATER AREA
2 bedroom, 2 bath condo & studio apt. available on Gulf. Private beach, pool, jacuzzi, 2 week rental. Call 516 921-5057 after 7 p.m. weekdays/weekends anytime. hf/f2

TIME SHARE TREE TOPS
Bushkill Pocono Mts. Sleeps 5, kitchen, LR, porch, includes all facilities, including indoor swimming pool, ski resort on premises and recreation area. Available Sat. evening, Feb. 16 thru Feb. 23. Call 746-5293 wf4

STRATTON/BRAND NEW
Stylesbrook multi level condo. 3 BRs, 3 baths, F/P, modern kitchen, sleeps 9. Weekly or by day. \$180 per night. Call 741-1111 business hours. Ask for Linda. wf2

TAMPA FLORIDA 3 BR HOUSE
Exclusive Beach Park section. Near water, \$600 per month. Call Mrs. Nancy Tam-Bay Realty 813 872-5533 or eves. 813 886-1847 or 516 868-1569. gcf2

SKI HOUSE JIMINY PEAK
Berkshires, 2/16 to 2/23 '85. Deluxe accommodations, sleeps 6. Fireplace, jacuzzi, walk to lifts, day & night skiing. 746-3787. gcf4

VACATION IN VICTORIAN
home. Star Lake, Belmont Vi. Central to auctions, church fairs, suppers etc. Antiquing, swimming, fishing, hiking, LR, kitchen, 2 BRs, sleeps 4. Weekly or monthly. 352-6234. gcf4

WINTER SPECIAL HILTON
Head, South Carolina. One bedroom villa, sleeps 6. 718 347-3704. gcm1

MYRTLE BEACH, SOUTH
Carolina-2 BR, 2 baths, beachfront, ocean view apartment. Amenities include 3 outdoor pools, indoor pool with exercise and sauna, tennis, putting green, patio restaurant, and security guards. Golf courses, shopping malls, theatres, restaurants and recreational facilities locally. Golf packages, weekly rentals. 516-433-9269. hf/f4

Vacation Rentals

BUCKILL FALLS POCONO MTS.
6 bedroom private home. Golf, tennis, and pool. Magnificent facilities. Major ski areas. Weekly or monthly. Call 212-357-6000 9 to 5 p.m. gcm2

50, VERMONT SKI CHALET
4 hours from New York. LR, 3 BR's, FP. Cross-country skiing on property. 485-4187. gcm5

BERKSHIRES SECLUDED
mountain-top contemporary, glass front with spectacular mountain-lake view, 3 BR's, FP, all appliances, minutes major ski, ice skate on lake, 130 miles NYC. Available week/weekends. Call Brian bus. (212) 807-3087, eves. (212) 426-1743. gcm1

NAPLES, FLA. NEAR GULF
Condo. 2 bedrms, 2 baths. Pool, tennis, rec. room; completely furnished. Rent monthly or seasonal. Also for sale. Must Sell! 747-8145. gcm1

SKI HOUSE FOR RENT
Pocono's Masthope, 4 BRs, 2 baths, 2 hours from NYC. Double chair lift, ice skating, cross country skiing, lodge with restaurant and entertainment, lift tickets included. 741-8503. wf4

SKI MT SNOW VERMONT
Beautiful fully equipped condo. Sleeps 8, 2 full baths, magnificent mountain view, F/P, balcony, large jacuzzi and sauna in condo. \$575 weekends. Pictures available. 741-1824. wf3

CANDLEWOOD LAKE, CONN.
Beautiful 4 BR contemporary with waterfront. Large LR with free-standing fieldstone fireplace. One and one half hours to L.I. Skiing nearby. Pictures available. 747-8850 eves. gcf2

MARCO ISLAND FLORIDA
Panoramic view bay and ocean. Two bedrms, 2 baths, new beautifully furnished. Private beach, pool, tennis, golf, available after April 15. Call 741-4710 or 212-581-1130. gcf3

LOOKING FOR A DIFFERENT
but affordable vacation? Why not rent our Sea Isle City, NJ condo? Located minutes from the casinos historic Cape May, and Wildwood amusements. One block to beach. Available weekdays, ends, or weekly, spring and summer. 746-5652. gcf2

SKI KILLINGTON VT
President's week, Feb. 15 to 24. Duplex chalet, 3 Bedrms, 1 bath, fully equipped kitchen, LR/fpl, deck, mountain view, five day minimum. Pictures available. 248-8618. gcf2

2 BR SKI COTTAGE
On Friends Lake near Lake George. Gore Mt. area. \$750 per season, weekly available. Call 496-8196. hf3

PROMLEY MT. VT. 3 BEDRM.
Condo, 2 baths, fireplace, sleeps 10, electric heat. On ski slope. Weekend, \$225; 5 days, \$395; week \$685. (609) 397-1406. gcm1

DAYTONA BEACH FLORIDA
Furnished oceanfront condo, 2 BR, 2 baths, pool level, washer/dryer, TV, private patio, garage. Available April 1, minimum one month, long/short term. eves. 741-0533. gcf3

Vacation Rentals

QUECHEE LAKES, VERMONT
Condo, 3 BRs, 2 1/2 baths, den, private ski lift with snow making cross country skiing, near major ski areas. Clubhouse with squash courts, indoor pool and dining facilities 536-7680. gcm1

EAST MARION LARGE
bayfront house with spectacular views of Orient Point and Shelter Island. Private beach, fully equipped, near golf and tennis. May 15- Oct. 30, monthly or biweekly. 437-3333. gcf2

SKI HOUSE FOR RENT
Ludlow Vermont. Available Washington's Birthday week of Feb. 17 thru Feb. 24 and March 24 thru March 31. 1 1/2 miles to Okemo Mt. 17 miles to Killington. 5 BRs, 2 full baths, 24' LR with fireplace and view. Cable color TV 621-6321. wf3

HILTON HEAD ISLAND SOUTH
Carolina, beachfront fully equipped oceanview apartment, terrace, large pool, tennis, restaurant, lounge, bicycles, catamarans, playground, fresh water fishing on premises. Call owner for discounted rates. 437-8034. gcm2

SO. VERMONT SKI CHALET
4 hours from New York. LR, 3 BRs, FP. Cross-country skiing on property. 485-4187. gcm5

Real Estate For Rent

GARDEN CITY HIGH RANCH
top floor apt. 3 bedrms; 2 baths; LR; DR; kitchen; washer/dryer. Fully furnished or unfurnished. \$1750 furnished or \$1300 unfurnished + utilities. Walk all. Available March 25. 294-0327. gcf2

GARDEN CITY PARK 2 BR
apartment. LR, cat-in-kitchen, suitable for business couple, newly painted. \$595 monthly. Call 746-1160. wf2

MINEOLA PROFESSIONAL
office space, 5 rooms for rent. 4 rooms as suite or individually. Ideal accounting firm or attorney. Use of conference room, library, waiting room with receptionist. Call 292-8851. gcf2

LOVELY FURNISHED ROOM
2nd floor. Share bath and cooking facilities with young professional female. Private entrance, non smoker. Vicinity of Cherry Valley Ave. and Rockaway Ave. 489-5941 or leave message. Wm1

APARTMENT FOR RENT
2 1/2 rooms; So. Westbury area, available immediately. Refrigerator/freezer, hot plate, broiler and kitchen sink. Some furniture. No pets, smokers or children. References. \$425 per month. After 3:30 p.m. and all day week-ends call 334-4576. hm1

SEACLIFF WATERVIEW FROM
every room. Charming 3 BR Colonial, 2 1/2 baths, F/P in master suite and LR, 2 decks, laundry room, 75x150. Immediate occupancy, \$2000 includes utilities. Elaine Nolan 485-7054. wf2

GARDEN CITY/HEMPSTEAD
3 1/2 spacious rooms. Walk to all. \$613 plus electric. No fee. Call Carol days 212 279-9000 or evenings and weekends 516 485-2793. Wm1

Friday, February 6, 1985

Real Estate For Rent

STUART, FLA. CHOICE 1 BR 1 1/2 bath, furnished corner condo, garden type. Professionally decorated, pool, award winning club house, golf, shopping. 5 miles to ocean, low maintenance and taxes. \$48,500. Call 326-2880. gcm2

MINEOLA LARGE ROOM IN clean, quiet home. Share bath with one male student. \$60 weekly. 742-2239. gcf4

GARDEN CITY ROOM IN REAR of popular Franklin Ave. gift shop. Ideal for small business venture. Front and rear entrance. 248-1313. gcf2

WEST HEMP/GARDEN CITY furnished room, share bath, close to stores and transportation. Ideal for quiet, professional, non smoker. Security and references required. Available Jan. '85. Call after 6 p.m. 489-5941. gcf2

HEMPSTEAD CATHEDRAL Gardens, 4 rooms, elevator building, garage \$705; 3 rooms; large terrace, walk RR. \$667; 3 room beautiful and spacious elevator building, \$618; 3 rooms, all new eat-in-kitchen, wall to wall, \$550; Large Studio, elevator building \$500; Furnished 1 BR \$425 pays all; Mineola 2 BR, eat-in-kitchen, child or singles okay, \$850 pays all; 2 BRs (king size), eat-in-kitchen, child okay, immediate \$700; New Hyde Park 3 rooms, queen size BR, eat-in-kitchen, \$650, pays all; 1 BR, walk-in-closet, furnished, \$500 pays all. Elaine Nolan 485-7054. wf2

GARDEN CITY 3 BR DUTCH Colonial, 2 baths, finished basement, \$1,600., furnished \$1,800; Bethpage 3 BR Ranch, 2 baths, 2 kitchens, finished basement, immaculate \$1,195; West Hempstead 4 BR Colonial 2 baths, 2 car, walk to all. Children, pets okay. \$1,200. Elaine Nolan 485-7054. wf2

GARDEN CITY LOVELY QUIET furnished room, nicely decorated, carpeted, private entrance, bath. Mature, non-smoker preferred. References 746-0018. gcf2

GARDEN CITY LIVING ROOM dining room, EIK, breakfast room, 4 bedrooms, 2 baths \$1400. June Michel Real Estate 1205 Franklin Ave. Garden City 248-9503. gcf2

GARDEN CITY ONE LARGE room. Beautifully furnished with antiques in lovely home. \$400 per month. 742-0878 - keep trying. gcf4

GARDEN CITY 2500 SQ. FT. 520 per sq. ft. Prestige 1461 Franklin Ave., near RR, courts, parking, common receptionist area, luxurious suite of 7 rooms (conference/library/lounge) plus secretarial area. Will divide, coop library for lawyers, D. Gaal 248-2500. gcf3

WILLISTON PARK COLONIAL home for rent, LR, DR, 3 BRs, new kitchen and bath, 2 car garage, \$950 monthly. Call 747-4831. wf2

GARDEN CITY 2 STORY 6 rooms, 3 BRs, enclosed porch, 1 1/2 baths, gas heat, desirable, walk to Country Life Station. \$1300 negotiable. Available on or about March 1. Principals only 742-0533. wf3

Real Estate For Rent

GARDEN CITY MOTHER/ daughter, professional or to share. Walk station and stores. 3 bedrooms + bath upstairs, sitting room, bath and bedroom, down. Den, LR, DR, EIK, and porch. Garage. Newly decorated. Furnished or unfurnished. 437-8825 or 328-2622. gcf3

TWO OFFICES IN BEAUTIFUL new professional suite on Franklin Ave. in Garden City. 248-1860. gcf2

APARTMENT TO SHARE two bedroom, Garden City. Must be neat, responsible, professional age 24 to 34. Walk LIRR. Very reasonable rent. 354-1612 between 6-8 p.m. gcf4

2 BR 2 BATH DELUXE APT. Mineola/Garden City line. New kitchen, bath, appliances, carpet. TV antenna, cable hook up, A/C wire, park play area, security, laundry. 5 blocks to RR 747-6522 evenings. \$1050. hf3

OFFICE SPACE FOR RENT Garden City. Two penthouse suites with patio, 10x12 suite \$700, per month with secretarial space \$900; 2nd suite 13x16 window walled \$1250, includes secretarial space. Parking available. Elaine Nolan 485-7054 wf2

GARDEN CITY PARK 2 BR apartment, LR, eat in kitchen, suitable for business couple, newly painted. \$595 monthly. Call 746-1160. wf3

GARDEN CITY TWO VERY lovely furnished rooms, private bath, parking. Mature, professional male, non-smoker. References, security. \$400. 741-1098. gcf3

GARDEN CITY ROOM for rent, lovely area. One block from station. Near Hofstra. Call eves. 741-4865 gcf2

FLORAL PARK HOUSE SHARE for student, female. Nice home, reasonable rent. References required. 212 347-7695 after 6 p.m. gcf4

WEST HEMPSTEAD COZY 2 Room studio, full kitchen, ideal one, \$400 all. Also spacious one BR in building, \$590. Call for details, Edwin M. Keusey, 745 Franklin Ave., Garden City, 747-1300. gcf2

GARDEN CITY FAMILY looking for a house in center of Garden City for June 1, 1985. Price \$200's. Eastern Section house for sale. Principals only. Write Box "S", Garden City News, 821 Franklin Ave., Garden City, N.Y. 11530. gcm1

Real Estate For Sale

FLORIDA OCEAN CONDO-minium St. Augustine Beach 2BR, 2 Bath, fully furnished. Pool, tennis, club house. \$12,000 down-11% on balance. Excellent terms-no closing cost. Ideal retirement or vacation home. Inquiry: (904) 743-5771 or write 3720 Wayland St., Jacksonville, FL 32211. gcm1

GARDEN CITY ESTATES Custom colonial; fabulous condition; LR/pl; DR; EIK, walnut paneled family room; 3 bedrooms; 2 1/2 baths; glass enclosed porch; 2 car garage; oversized plot. Principals only. \$375,000 746-8432 or 765-5469 gcf2

Real Estate For Sale

GARDEN CITY ESTATES Large side-set Colonial; 60 x 100; low taxes. 3 BRs. 2 baths on 2nd. 2 BRs + 1 bath on 3rd. Den & powder room on 1st. Extras. Asking \$309,000. 674-3770, ext. 1 (office); 294-0738 (home). gcm1

GARDEN CITY SOUTH 3 BR brick split, 2 baths, finished basement, 2 car, super-mint! \$235,000; 5 BR Cape, 2 baths, formal DR, eat-in kitchen, finished basement, \$172,500; 3-4 BR Cape, 2 baths, finished basement, low taxes \$159,900; Elaine Nolan 485-7054 wf2

GARDEN CITY CHARMING contemporary split, Central area. Large plot, 3 BR's, 3 baths, den, family room, LR, DR, EIK, 2 car garage, greenhouse, central AC. \$300,000's. Owner 741-1590. gcf2

CUSTOM STUCCO CAPE STYLE corner house. Prime North Babylon area, 3 BR, formal dining room w/ fireplace. Florida room, 2 car garage + new modern studio apartment. Many extras, must see, low taxes, \$129,900. Call 422-1667 or 746-0948. hf3

SOUTHOLD PECONIC BAY Bulkheaded, deep water canal. New contemporary. Too many amenities to list. Must see! Southold secluded. Walk to beach. Maintenance free home. Too many amenities to list. Many extras. Priced to sell. By owner. 765-3858. gcf3

POINT LOOKOUT Now's the time to discover these quality year round ocean and waterfront properties. Viewing Atlantic Ocean, Jones Inlet, and Reynolds Channel, 1 block to Meadowbrook Pkwy, 45 min. to NYC. Why hassle to the Hamptons? Start at \$290,000 up to \$765,000. Thomas A. Hug Realty 431-8000. Sales, rentals, financing. Residential, commercial, business, ocean properties. gcf3

CAPE CORAL FLORIDA two lots, lakefront, Lake Shamrock, prime location. 746-1238. gcf3

HEMPSTEAD CATHEDRAL Gardens. Co-op in elevator building. 2 BRs, 2 baths, 7 closets, \$583, monthly maintenance; \$79,000. Elaine Nolan 485-7054 wf2

GARDEN CITY 3 BEDROOM 2 baths; modern EIK, fam. rm with skylights, huge LR, with brick FP and raised hearth. Formal DR, fin. bsmt. low taxes. Priced to sell \$249,000. Principals only 746-2341. gcf4

BOCA RATON FLORIDA 2 bedrm, 2 bath condo, LR, DR, kitchen, terrace, pool, overlooking Intercoastal Waterway. Directly opposite Boca Hotel. 747-0413. gcf4

GARDEN CITY CO-OP Stewart Avenue. Sunny studio, separate kitchen, also dressing area. Walk train and stores. Low maintenance, principals only \$67,500 626-0087 gcf1

POMPANO BEACH - SEA Haven 14th St. Cswy, one bedroom, 1 1/2 baths, 8th floor overlooking canal. Furnished or unfurnished. 7 1/2% mortgage available. Possession 4/1/85. 483-9116. gcf2

Real Estate For Sale

OCEANSIDE SHERWOOD Townhouse, 3 BRs, 1 1/2 baths, eat-in kitchen, finished basement, common charges \$75, super-mint. Immediate \$150,000. Apartment For Rent-Waterfront, all new 2 BRs, eat-in kitchen, dock space included. \$850, per month. Elaine Nolan 485-7054 wf2

GARDEN CITY 3 BEDRM. 5 level contemporary split; 3 full baths; fin. rec. rm. can be converted to extra bedrm. Full bsmt; 18 x 30 ft. Family rm/DR with flp; e-i-kit; 1 car attached garage; 70 x 110 plot. Taxes \$3000; near schools & RR. Best offer over \$256,000. Rental considered. 248-6006 or 746-0302. gcf1

MINEOLA, GARDEN PLAZA Deluxe Madison II. One bedroom, newly renovated contemporary kitchen and bath; plush wall to wall carpeting; custom vertical blinds; 11 Ft. mirrored wall in living room; many extras; 24 hour security; prime location overlooking garden; walk to shopping and railroad. Principals only \$99,990. 248-6137 hml

GARDEN CITY PROFESSIONAL office space, 2-5 room office suite attached to a 9 room English Tudor house. Walk RR, court and County Seat. Available immediately. \$350,000. 292-8851. gcm1

GARDEN CITY CHERRY Valley 1 BR co-op. Modern kitchen, wall-to-wall carpeting. Principals only. \$85,500. 747-2743 or 437-9627. wf3

GARDEN CITY 6 MORE

T-W EXCLUSIVES
True Ranch-3BR. 2 full bths, rec. room, estate sec. \$247,000; **Mott Col. 3BR.** lrg. family room, maint. free \$265,000; **Historic Cottage** -3 fireplaces, unusual details, 1/2 acre, pvt. \$325,000; **Estate Col.-6BR.** 3 full bths, oversized rooms, top location, \$415,000; **Tru Landmark Turreted Tudor-5 BR.** 3 1/2 baths, incomparable details, lrg. property, 4 car garage. \$675,000; **Mineola Mott-Tudor,** living room/fireplace, ultra modern EIK, 3BR, 1 1/2 baths, \$185M **Taylor Warner,** 101 7th St. Est. 1919 516-741-4422. hf2

GARDEN CITY SOUTH 3 BR brick split, 2 baths, finished basement, 2 car, super-mint! \$225,000; 5 BR Cape, 2 baths, formal DR, eat-in kitchen, finished basement, \$172,500; 3-4 BR Cape, 2 baths, finished basement, low taxes, \$159,900; Elaine Nolan 485-7054 wf2

MARCO ISLAND FLA. FULL Condo, furnished, 2 BR, 2 baths. Golf nearby. View of bay & pool. Tennis, private beach and boat facilities. 212 581-1154 or 516 741-4710. gcap2

FT. LAUDERDALE VICINITY Excellent condition, low maintenance, 2 bedrooms, 2 baths, LR, dining ell, EIK, large Florida room, attached garage. All with hurricane awnings. In-ground sprinkler system, 3 bushel yield orange tree. City of Sunrise services. Five minutes to Inverrary golf, 20 minutes to ocean beaches. Gas heat, A/C, 60x100 plot \$69,000. Principals only 294-0291 gcm1

Real Estate For Sale

GARDEN CITY COLONIAL 4 bedrm., 2 1/2 baths, LR/pl, den and playroom, California room, borders on golf course, 1/2 acre land. Principals only. \$375,000. Walking distance to Jr and Sr high schools. By appt. Call 742-4219. gcf3

SKI HOUSE MASTHOPE MT Poconos, 3/4 acre, 2 BRs, 2 baths, loft, sleeps 8, deck, indiv. thermo., airtight wood stove, excellent skiing lodge, snackbar, tennis, pool, game room, boating, horseback riding. All in the community. \$50,500. 516 621-6410. wf3

GARDEN CITY ELEGANT 3 BR Splanch, 3 1/2 baths, family room, TV den/wet bar, central air, sprinklered and alarmed on magnificent 1/2 acre landscaped plot. Great entertainment house \$400's; 4 BR brick Tudor, 3 baths, eat-in kitchen, deck, brick 3 level patio, 2 car, \$369,000; 5 BR expanded Split, 3 baths, eat-in kitchen, 2 car, 100x150, \$325,000; 4 BR Brick Split, 2 1/2 baths, finished basement, den, 2 car, 80x100 \$315,000; 3-4 BR Ranch, 3 baths, library, finished basement, approximate acre, lushly landscaped with underground sprinklers, high \$300's; **Hempstead Cathedral Gardens - Nine Exclusives - 6 BR brick Georgian Colonial,** 3 baths, 2 half baths, new kitchen, closets galore family room, greenhouse, 100x224 landscaped plot \$330,000 High Tax write-off 5 BR brick **Manor Mansion,** 4 1/2 baths, central air, finished basement, gas heat, staff quarters, 3 car attached 1/2 acre, \$200's; 5 BR C/H Colonial 2 1/2 baths, 28' LR with FP and sunroom, 20x30 Florida room, gourmet kitchen breakfast nook, butler's pantry, finished basement, landscaped acre \$279,000; 3 BR slate roofed **Tudor** 1 1/2 baths, 24' LR, ultra eat-in kitchen, includes trash compactor, sprinklered, super-mint, 75x100, \$220,000; 4 BR Salt Box, 3 1/2 baths, large eat-in kitchen, FP, den plus screened porch, 80x130, \$215,000; 3-4 BR **Quaint French Tudor** 2 1/2 baths, new eat-in gourmet kitchen, banquet DR, master suite FP with dressing room, LR/FP, den with brick walled FP, 110x133 plush plot \$169,000; Handyman Special 3 BR slate roof **Tudor** 4 baths, den, finished basement \$165,000; 4 BR charming **Victorian** 4 baths, parquet floors, quaint sleeping porch, gas heat 70x150 \$129,900; For the Investor - legal 2 family \$95,000. Elaine Nolan 485-7054 wf2

CUTCHOGUE WATERVIEW 3 BR 2 bath Split level, LR EIK, family room. A perfect summer vacation home. \$144,900. **North Fork Soundfront farm,** 100+ acres, crop and woodland. Can subdivide. A great investment. **Marilyn Lang R.E.** Main Road, Cutchogue 734-6472 gcf2

GARDEN CITY VICINITY Cathedral Gardens; Spotless Tudor 3 bedrooms, 3 baths, modern EIK, formal DR, quiet yard, fireplace, garage, low taxes. Asks \$210,000; **Spectacular CH Colonial** 1/2 quiet acre, 4 BRs, 3 baths, bright oak kitchen, breakfast room, formal DR, sun porch, finished basement \$259,000, **Viking Homes** 538-8615, "Cathedral Gardens Own Broker" gcf2

Real Estate For Sale

GARDEN CITY
One bedroom Cherry Valley co-op. Beautiful grounds, private entrance. Wall to wall. Walk LIRR & stores. Principals only \$79,990. Call Sat. 9-5 p.m. 747-5677 gcf4

FOUR SEASON VACATION
House. 2 hours-15 minutes from Nassau County. Creampuff! 2 BRs. 1 bath Ranch with a 2 BR heated bunkhouse on 4 acres. Skiing nearby. Taconic State Park 3 minutes away. Asking \$74,500. 516-742-8043 WF4

MINEOLA PARK AREA
Charming house, brick and shingle. 2 BRs, woodburning F/P, finished basement, closed-in porch. 2 baths, close to everything. Owner. Principals only! \$140,000. Call 742-4798 WF4

GARDEN CITY LOVELY 3 BR
2 bath home, deep plot \$280,000; Darling 4 BR, 2 1/2 bath Tudor, only \$215,000; Reduced to sell! 3 BR, 2 bath Ranch; 3 BR, 1 1/2 bath home \$200's; Office Space and Small Store for Rent. Hazel C. Smythe, R.E., 131 Seventh St., (Look for Red Door) 741-4640 wf2

SOUTHOLD WATERFRONT
New Custom Contemporary on deep water. 3 BRs, 3 baths, kitchen, DR, LR with cathedral ceiling and FP, decks, central AC, 1 1/2 car garage, extras, choice location \$295,000. 621-6822 wml

CUTCHOGUE EXCLUSIVE 2 BR
expandable cape on 1/2+ acre. EIK, family room/FP, large LR/dr, enclosed porch, hot air, AC, oil. Boating and water a few steps from property. Ideal retirement area. Asking \$175,000. Wm. Smith, R.E. 734-5657 gcf2

MATTITUCK WATERFRONT
Luxurious contemporary retreat on 1.9 acre. 3 bedrooms, 3 baths, 4 zone heat, oversized garage, gourmet kitchen. Unique \$375,000; Southold 4 bedroom Colonial, 2 baths on beautifully wooded 1/2 acre. Full basement, fireplace. Owner relocating, reduced \$159,000; Mattituck Dutch Colonial, 2 store, 4 BRs, 1 1/2 baths, garage/shop. Zoned business. Good location \$150,000; Southold Hilltop building lot, picturesque view. Deeded water rights, \$60,000. Sidor Radford RE Main Rd., Mattituck, 298-8556gf2

Entertainment

D.J. DUSTY ROADS
Professional sound and performance. All occasions. Call Dusty 588-9543. gcf4

CHILDREN'S CERAMIC & Crafts
Birthday parties. Certified art teacher runs party in your home. Children take home personalized art pieces as their prize. All materials included and affordable. 742-3085. gcap4

For Sale

MUST SELL! MATCHING SOFA
and chairs. Marble coffee table and end tables. Lamps. Pecan dining set with breakfast. Call after 6 p.m. 489-5941 gcf2

DEN FURNITURE, BEDROOM
furniture, freezer, desk, misc. other pieces. 741-0868. gcm1

For Sale

LIVING ROOM FURNITURE
Excellent condition. Gold cut velvet Italian Provincial sofa \$200; two brown velvet chairs \$150 each; green velvet cane backed chair \$25; two glass top smoker tables with painted gold leaf base \$50 each; fruitwood French Provincial stereo with am/fm radio \$150; buy individually or \$650 entire room. 746-0527. wf2

BEDROOM & DINING ROOM
furniture, round kitchen table & four swivel chairs, chest of drawers, console stereo, lamps, rugs, sofa, desk, player piano rolls. 741-5506 after 2 p.m. gcf2

NEW BEAUTIFUL WILDCAT
fur coat, fox collar, Size 8-10. "Summer price". Real bargain. Must sell. 741-6108. gcf3

TWO PIANOS BRAND NEW
Baldwin and new Young Chang. Both 6' black. 485-8741. gcf3

CASTRO CONVERTIBLE
cocktail table and two lamp tables, two crystal lamps, 15 inch black and white TV, record player, 741-1108 eves and weekends gcf2

OVAL COFFEE TABLE
marble top \$45; two brass LR lamps, 34 high \$125; Harlequin books (275 books) like new \$85; All prices firm! Call 248-8966. wf3

ALL ANTIQUE WICKER
collection - 3 piece 1910 set: settee, chair and rocker, \$675. Other unusual pieces, chairs, rockers, table, lamp, fern stand, desk and 2 wicker bassinets, \$65 and \$125. Excellent condition and newly painted. 485-6053. gcf3

BAR HOME OR OFFICE
4 1/2 ft. high, illuminated interior, built-in shelves and storage. Teakwood. \$425. 741-4048. gcf3

LOVELY RANCH MINK 3/4
walking coat, size 8. Asking \$1500. 437-9353. gcf2

LARGE DESK BLUE OAK
with matching cabinets, \$450. Also pool table, regulation 4 1/2 x 9', \$525. 593-6765. gcf2

GIRLS LIKE NEW 6 PIECE
bedroom set, yellow & green, \$350. Dining room set, carved clover leaf table, burl, 6 chairs, 2 large leaves and pads, good condition, \$300. 742-8853. gcf2

AUTUMN HAZE MINK JACKET
size 8. \$600. 747-4762 after 6 p.m. and weekends. gcf3

DRESS FOR MOTHER OF THE
Bride. Blue-acqua, size 18. Reasonable. Please call after 5 p.m. 328-7334. wml

HAITIAN OIL PAINTING
Primitive by Prefete Duffaut, 20" x 24", with appraisal certificate. \$100. Call 741-6696 6-9 p.m. gcm1

DINING ROOM SET GOLDEN
oak, 52" round pedestal table with hand carved scroll work, 2-18" leaves, 6 spindle chairs, (\$1500. Call 516-248-2443. wml

LIKE NEW CONDITION
kitchen cabinets, white formica top, self cleaning wall oven and smooth top burners. Call 328-3076. wml

For Sale

QUEEN SOFA BED
Elegant 44 inch x 29 inch Louis XVI glass coffee table, 84" white cotton sofa, 30 yards of tapestry upholstery material, white background with multi-colored wispy flowers. Giveaway prices. Must see. 741-8838 after 7:30 p.m. & weekends. gcf2

BUNK BEDS MAPLE LADDER
and safety rail, new mattresses, built in two drawer storage, matching night stand with lamp \$400, 741-4048. gcf3

YAMAHA PS 55 KEYBOARD
less than one year old, including stand and adaptor, \$495. Selling in Sam Ash for \$680 less stand and adaptor. Call 741-3753. gcf3

KITCHEN CABINETS
Birchwood, complete with back splash and counter top, stove, hood and sink, breakfast counter. Excellent condition. \$950 all. 248-0418. gcm1

GUITAR 6 STRING FOLK
Guitar with case. Perfect for beginner or intermediate, excellent condition. Also, Kodak Ektralite #10 pocket camera with electronic flash, case, and instruction booklet. Call Anne 742-4905 after 7 p.m. wf4

OAK DINING ROOM SET
includes oval table, 1 leaf, 6 chairs, buffet, table, two corner hutches. Excellent condition. Call 294-9432. gcf4

WURLITZER CONSOLE ORGAN
with bench. Mint condition, beautiful sound, traditional style, dark wood. Owned by professional. Must sell. Excellent value at \$850. 248-7379. gcf4

MUST SELL 12X27 FT. GREEN
Antron carpet and padding; 2 years old. Maple dining drop leaf table, one leaf, 6 chairs, Hunt board server, corner hutch. Reasonable 742-4375. gcf3

WOMAN'S NORDICA SKI
boots, size 9, \$75; men's Hanson ski boots, size 12, \$50 also Caber ski boots, \$35. Rassinol skis and Look bindings, 200 cm. \$85. 746-3188. gcf4

FITCH COAT SIZE 12
top of the boot length, good condition. \$375. 742-1047. gcf4

FRENCH CONTEMPORARY
sofa, charcoal gray, 90 inch, \$225. Two antique throne chairs, excellent condition \$850 both. Small baby grand piano. German made Weser Bros. Excellent condition, \$2300. 747-6361 after 7 p.m. gcf4

COPY MACHINE-SAVIN
Copier. Copies all sizes, great for office or home. Includes all supplies. 12 copies a minute. Recently serviced, excellent condition. sacrifice \$250. or barter. Call 735-1673. hf2

BELLY BUSTERS WEIGHT
Loss Program. Weight loss without the exercise. Lose 10-29 lbs. per month. Safe, inexpensive. You will lose weight, look good and feel great. Call 369-0458. gcf3

OAK FIREWOOD TWO CORDS
\$150. also - "Minnesota Fats" pool table, all accessories included, all like new \$500. Call 488-3615. Wml

For Sale

ELECTRIC BLANKETS DOUBLE
solid mahogany drop leaf table, 63 in. X 48 in.; gold living room chair; antique mahogany end table, 22 in. x 15 deep x 28 high; down cushion chair, needlepoint upholstered; bedspreads; overcoat, Brooks Bros. brown, size 42, like new. 742-4151. gcf4

SOLID CHERRY COCKTAIL
table with drawer, 54 in x 21 in. \$75; Bentwood Rocker, dark wood, \$40; maple magazine rack, \$35; Sears console sewing machine with zig-zag, maple cabinet, \$80. Six Kary deluxe. brown aluminum storm/screen windows 24 in. x 55 in. \$60 for all. 747-1665. gcf2

KITCHEN CABINETS IN GOOD
shape. Available after Feb. 15. Walnut. Will sell to highest bidder. Call 747-6677 for more information. wf3

FRENCH PROVINCIAL DINING
room set, table and six chairs, glass-faced breakfast. Table pad included. 294-0085. wf4

Antiques For Sale

MUST VACATE BASEMENT
Clearance, through Feb. everything goes - 50% off Mineola House of Antiques 319 Willis Ave. 11:30 a.m. to 4 p.m. Tues. thru Sat. wf2

WILL THE MAN WITH THE
orange Cadillac Convertible from Garden City please contact immediately owner of Mineola House of Antiques, 319 Willis Ave. 741-1140. wf2

DINING ROOM .ND
collectibles. Must be seen. 747-6585. gcf4

Lost & Found

LOST MALE CAT WHITE WITH
black markings, scar on head. Vicinity of Broad and Cross Sts. Williston Park on January 7. Family heartbroken. Reward! Call evenings 741-3818. wf3

PLAIN GOLD WEDDING BAND
Lost Jan. 21 in Garden City, vicinity Seventh St. 785-7509. gcf4

LOST GOLD BRACELET WITH
initials M.M.C. Vicinity of Hillside and Willis Aves. in Williston Park on Saturday, Feb. 2. Reward! Call evenings 248-8924. Wml

Professional Services

MIND STRESS?
Muscle Tension? Enjoy Massage Therapy in your home by the Masseuse of the Bath & Tennis Club. Member: N.Y.S. Society Medical Masseurs. Male/Female Michael Corr 623-0540. hapi

UNWANTED HAIR REMOVED
permanently by R.N. electrologist. Strictest privacy, free consultation, by appointment only. Call Bette 484-1179. hf3

Business Opportunity

LANDSCAPING BUSINESS
50 accounts, Minimum \$25,000 gross. One set of equipment. \$5500. floral Park area. 354-3742 gcm1

Garage/Tag Sale

GARDEN CITY AFTER MORE
than 50 years of marriage must sell contents of old home. Most unique formal pine dining room. French king sized bedrm., much other old furniture and bric a brac. Paintings, pictures, antiques, many types of old wood, books, lots of misc. surprises. 14 Roxbury Rd. (off Cambridge Ave.) Sat. Feb. 16, blizzard date. Feb. 23 9-2 p.m. gcf3

Instructions

RITA LUCY'S GARDEN CITY MUSIC STUDIO
30 Years on Long Island
Lessons in your home or my studio
1/2 hour lesson \$8 & up
Piano*Guitar*Drums and Bass
Our students are our recommendation call
RITA LUCY 248-7379 gcap4

RENOWNED CONCERT
Pianist is now accepting pupils. Several full and partial scholarships available. Ian Shapinsky 485-8741. gcf3

GUITAR LESSONS, CLASSICAL
Jazz, and Rock. Music theory and arranging. Beginners and advanced. Your home or my Garden City studio. Chris Guilianelli 747-2981. gcf3

EXERCISE CLASSES
Don't want to leave your home? I'll come to you. Experienced exercise instructor for 12 years. Private or group. Call Sue Olsen 741-5368. hf3

GUITAR*PIANO*DRUMS WOODWINDS VIOLIN*VIOLA
Lessons In Your Home by working professionals
Free Guitar Rental Serving All Nassau George Schlageter
294-0994 747-7009 gcap2

Wanted

JONEL TRAINS AMERICAN
Flyer, Marklin & Ives toy trains wanted by east coast collector. Guarantee top dollar, nobody pays more! Also purchasing antiques, toys, stamps, coins. Hummels, jewelry. 516-334-4046. gcm5

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, coin 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. hml

OLD GUNS * SWORDS *
Binoculars, model engines, bamboo fly rods. Call 825-0979 or 364-2246 hf3

DOLLS WANTED
I collect dolls and other doll memorabilia - new or old. What do you have for sale? Call me at 433-3876 hf2

Wanted

STOCK CERTIFICATES/BONDS
Your old documents issued by now bankrupt companies have value to me as collectibles. Call 364-2246. hf3

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 hm3

WE BUY HARDCOVER BOOKS
Art •Antiques •Photography Hunting •Baseball •L.I. 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. tfnhm2

DINNERWARE WANTED
Bone china; service for 12 complete. Call 747-8145 gcm1

LIONEL TRAINS
Slot machines wanted by Old Westbury collector also purchasing all other toy trains and accessories. Immediate highest cash paid. House calls will be made. 334-8453. hf4

OLD, OLD PAINTINGS & ART
work wanted. Any size, any condition. Top cash paid immediately. Call anytime. 222-6215. gcm5

ANY TYPE OF ANTIQUES
Victorian furniture wanted. Cut glass, paintings, old jewelry, china, silver, trunks, linens, wicker, frames. Cash paid. Tom Cafaro, Westbury 334-4117. gcmv1

LIONEL AMERICAN FLYER
and other old toys (tin wind ups and toy soldiers, etc.) trains or accessories wanted by Garden City collector. Any condition. Immediate high cash paid. 248-4899 gcap2

TRAINS AND TOYS
Lionel Flyers, Ives, etc. Sets, pieces, accessories, Soldiers, forts, trucks, cars - wind-ups or push. Games too. Highest immediate cash paid. 581-2999. hf3

Personal

RENT-A-KID
A Community Service 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 wf4

I SIT AND THINK AND
remember the conversations of the many people who have called to inquire about Gentle Beginnings. They said they "Felt our spirit" and the fact that we care. Gentle Beginnings is trying to tear down the fences that are keeping decent, single people apart and alone. Many are alone because they just don't know where to find quality companionship in a moral setting. We are moral, totally ethical and very gentle - and we also are outgoing, with a spirit of fun. We will send our literature to you if you request it. Write to Gentle Beginnings, a new social organization at 821 Franklin Ave., Garden City, N.Y. 11530 or call 746-2724. Never any pressure or obligation. We're truly gentle, and certainly worth a call. Shonsaya Owen, Director. gcm1

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. RMG hf2

NOVENA TO ST. JUDE
Oh Holy St. Jude, Apostle & Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful mediator and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power, to come to my assistance. Help me in my present and urgent petition. In return, I promise to make your name known and cause you to be invoked. St. Jude, Pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. GG gcf2

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Oh Holy St. Jude, Apostle & Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power, to come to my assistance. Help me in my present and urgent petition. In return, I promise to make your name known and cause you to be invoked. St. Jude, Pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. MM gcf2

NOVENA TO ST. JUDE
Oh Holy St. Jude, Apostle & Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition, in return I promise to make your name known and cause 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. JV gcf2

Personal

HOLY SPIRIT WHO WHO SOLVE
All problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions, I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. T.J. hf2

HOLY SPIRIT WHO WHO SOLVE
All problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions, I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. GG gcf2

HOLY SPIRIT WHO WHO SOLVE
All problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions, I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. RMG hf2

Services

HIGHLAND PAINTING & DECORATING
Interior/Exterior Residential/Commercial Wallpapering Wood Refinishing Benjamin Moore Paints Used •All Work Guaranteed• References Upon Request For Free Estimate Call Frederick T. Couher 294-7547 gcf3

WEARING THE RIGHT COLORS
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Notice

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

We are looking for articles, not exceeding 3,000 words, on local topics, opinions, ideas, nice places to visit on Long Island, and even fiction. In our magazine section, we will try to "Discover" one new feature length article and writer per week. If you want to be published and be part of an issue of *Discovery* - you may submit your article to: *Litmer Publications*, 81 East Barclay St., Hicksville, NY 11801. a \$25.00 stipend is offered to each author accepted.

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 St., Hicksville, NY 11801

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

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, NY 11801

Please put your name and address on the back of the picture and send along a brief description

News From Hicksville Library

Looking for a career? Need help with your resume? Schedule a meeting with the Career Counselor at the Hicksville Public Library. New Saturday hours are being added to the existing Wednesday hours beginning Saturday, January 26. Call for an appointment now: 931-1417.

The Hicksville Public Library will show the film, "Lola", on Friday evening, February 8 at 8 p.m. in the Community Room. Fassbinder's tale of ambition and corruption set in a small city in postwar Germany was filmed there and is in German with English subtitles. There is no charge for admission. As with all films on the adult program, children are not admitted unless accompanied by a parent.

The Hicksville Public Library will be open on Lincoln's Birthday, Tuesday, February 12 from 10 a.m. to 5 p.m. There will be no evening hours. The library will be closed on Monday, February 18 in honor of Washington's Birthday.

VITA (Volunteer Income Tax Assistance) will be available at the Hicksville Public Library starting Monday, February 4. Volunteers are from the AARP (American Association of Retired Persons) and various local colleges. VITA is a federally funded program whereby volunteers are trained to provide tax assistance. This service is free. A flyer will be available at the library listing the days and times that volunteers will be in the library to assist.

The Nassau County Bar Association of Long Island, Inc., will provide a lawyer to speak at the Hicksville Public Library on Thursday, February 14 at 8 p.m. in the Community Room of the library. His topic will be: Business Law. These talks are very informative and the lawyers are always willing to answer questions from the audience. There is no charge for this program and everyone is invited.

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Oyster Bay Town Councilman Thomas L. Clark, center, presents a citation to Stanford Weiss on the occasion of his retirement as Commissioner of the Hicksville Water District. Weiss was honored by colleagues including fellow Commissioners, left to right, Gilbert Cusick, Nicholas Briganelli and Richard T. C. Haman at a retirement luncheon held at the Maine Maid Inn. Weiss joined the Water District in 1972 and served as secretary, treasurer and chairman.

LEGAL NOTICE

Substance of Certificate of Limited Partnership filed in Nassau County clerk's office December 31, 1984, of ROUTE 18 SHOPPING CENTER ASSOCIATES, principal office c/o Rosen Associates, 333 Jericho Turnpike, Jericho, NY. Business: own, operate and deal with real property known as the Route 18 Shopping Center, Old Bridge, NJ. Term: 60 years. General Partner (GP): Route 18 Associates, c/o Rosen Associates, 333 Jericho Tpke., Jericho, NY. Limited Partners (LPs) addresses and cash contributions: Czar 18 Investors, Inc. c/o Coudert Brothers, 200 Park Ave., NY, NY, \$55,000; Route 18 Investors, Inc. c/o Coudert Brothers, 200 Park Ave., NY, NY, \$32,500; Rudolf August Oetker, Lutterstrasse 14, 4800 Bielefeld 1, Federal Republic of Germany \$12,500. No additional contributions required but LPs have agreed to make "Capital Loans" to Partnership per Partnership Agreement (PALP's contributions returned upon termination or dissolution per PA. LP's share of profits provided for in PA. No LP may assign interest without prior written consent of GP except as provided for in PA. Additional LPs may be admitted upon consent of all Partners. No priority as to contributions or compensation by way of income among LPs if there be more than one. Upon dissolution or bankruptcy of GP, partnership is dissolved except as otherwise set forth in PA. LPs may not demand or receive property other than cash in return for contributions.

JNJ 7690

6x1/11, 18, 25; 2/1, 8, 15

Lions Blood Drive Nears

The date of February 20 is quickly approaching and the Hicksville Lions remind residents to donate blood at their annual drive at the Elks Club, 80 East Barclay Street, between 4 and 8:45 p.m.

It is very urgent to maintain the blood supply for the sick and injured. If anyone would like further information, call George Montana or Bill Ramsey at 938-3600.

Plainview Center Offers Free Exams

The Plainview Health Center offers free immunizations to school-age youngsters at their offices located at 1535 Old Country Road. No appointment is necessary during the following walk-in hours: Monday 9-11 a.m., 1-3 p.m.; Tuesday 9-11 a.m., 1-3 p.m.; Wednesday 9-11 a.m., 1-3 p.m.; Thursday 1-3 p.m. and 5-7 p.m.; Friday 9-11 a.m., 1-3 p.m. Parents wishing to use the Plainview Health Center for the physical examination required at the beginning of the school year must call 433-5200 for an appointment. Fees are charged on a sliding scale based on income.

MAY WE HAVE THE NEXT DENTS?



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V.F.W. News

By P.P.C. Carmine A. Semma
"50th Year Celebration"
V.F.W. Post 3211

William M. Gouse Jr. Post 3211 V.F.W. the Hicksville Community Service Post has served the community since 1935 is happy to announce on February 16, a 50th Anniversary Dinner & Dance to be held at Antun's Old Country Manor at 244 Old Country Rd. Hicksville, 11801 N.Y.

Chairman of the 50th Year Celebration is P.P.C. William Frohnhofner.

V.F.W. Awards Nite'

A Voice of Democracy Awards presentation will take place at the V.F.W. Hall Monday, Feb. 11, at 9 p.m.

Wm. M. Gouse Jr. Post 3211 V.F.W. Awards will be presented to 1st place Scott J. O'Callaghan, from Hicksville High School, 2nd Place to Tracie Ahern from Our Lady of Mercy Academy in Syosset. The Elementary School winners were 1st Place Lisa Entel from Woodland School; 2nd Place Kerin Knustetter and 3rd Place David Knuth both from Trinity Lutheran.

Our Chairman and Co-Chairman were our Jr. Vice Comdr. Bill Schuck and Past Pres. of Ladies Auxiliary Mary Bergsohn.

LEGAL NOTICE

POWER TEST REALTY COMPANY LIMITED PARTNERSHIP, 175 Sunnyside Blvd., Plainview, New York 11803. Substance of Certificate and Agreement of Limited Partnership filed in Nassau County Clerk's Office on January 15, 1985. Business: To acquire, own, lease and sell or dispose of real estate and personal property. General Partner: CLS General Partnership Corp., a Delaware corporation, 175 Sunnyside Blvd., Plainview, New York 11803. Limited Partner: Power Test Investors Limited Partnership, a New York limited partnership, 175 Sunnyside Blvd., Plainview, New York 11803. Term: Until January 10, 2085 unless sooner terminated. Capital Contributions: General Partner - \$1,000, Limited Partner - \$99,000. No additional capital contributions agreed to be made, but additional capital contributions may be made. No withdrawal of contributions except as expressly provided in Partnership Agreement. All allocations and distributions pro rata to contributions. Transfer: Partnership interests may be transferred only with consent of General Partner. Continuation of Business: Limited Partner may continue business upon withdrawal of Limited Partner. BN 2375 6x1/25; 2/1, 8, 15, 22; 3/1

LEGAL NOTICE

Substance of Certificate of Limited Partnership filed in Nassau County Clerk's office 1/9/85 of ANDY I - 105 ASSOCIATION, principal office c/o Rosen Associates, 333 Jericho Turnpike, Jericho, NY. Business: own, operate etc. real property. Term: 60 years. General Partner: ANDY I - 105 St. Associates Corp., c/o Rosen Associates, 333 Jericho Tpke., Jericho, NY. Limited Partners (LPs) (each residing at 333 Jericho Tpke., Jericho, NY), cash contributions and percentage of additional contributions: Robert A. Rosen, \$400, 40%; Florence Rosen, \$400, 40%; Andrew H. Kaufman, \$200, 20%. LPs' contributions returned on termination or dissolution of Partnership per Partnership Agreement (PA). LPs receive pro rata share of profits. LP may not assign interest except as provided for in PA. Additional LPs admitted only with consent of all Partners. No priority among LPs as to contributions or compensation by way of income. LPs may not demand or receive property other than cash in return for contributions.

JNJ 7692

6x1/18, 25; 2/1, 8, 15, 22

Your new neighbors just moved in...

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

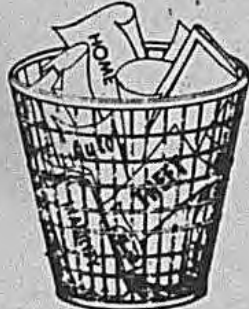
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Spelling Champs At Fork Lane

Fork Lane School is participating in a National Spelling Bee, sponsored on Long Island by Newsday. A spelling bee was held at the school recently to select a champion speller among fifth and sixth grade students. The winner was Sanjay Tewari, a sixth grader. Fifth grade student Amy Chang was selected as alternate. There will be a total of 20 sections, 10 in Suffolk and 10 in Nassau. The sectional will be held

this week in Syosset.

Congratulations to spelling whizzes Sanjay and Amy and thanks to Dr. Anne Martin, Fork Lane's Reading Teacher, for coordinating the school "Bee" and to Mrs. Virginia McLaughlin, Speech Teacher, for judging Fork Lane's contest. Good luck this week at the sectional! Now, who can spell antidisestablishmentarianism?



Fork Lane Principal Richard R. Jennett presents merit certificates to spelling champs Sanjay Tewari, left and Amy Chang.



Spelling whizzes Sanjay Tewari, 2nd left and Amy Chang are flanked by Fork Lane Reading Teacher Dr. Anne Martin, left, and Mrs. Virginia McLaughlin, Speech Teacher, prior to Syosset Spelling Bee sectional.



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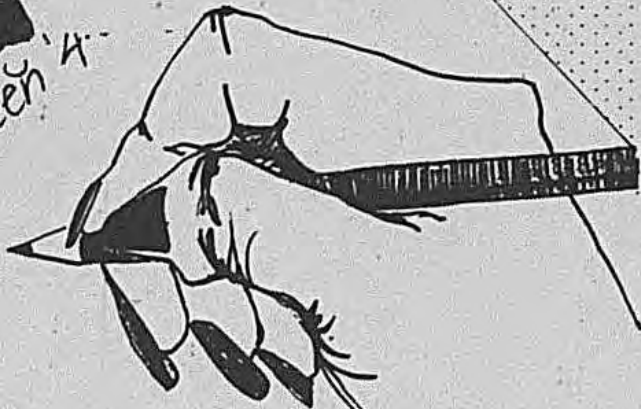
SPECIAL COVERAGE

Health Care

'85



STAY DE
CALL DE
GO TO TRIC
DR. GREEN '4



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

Friday, February 8, 1985

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 John J. Dowling, M.D., M.P.H. Comm.

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Friday, February 8, 1985 2B

SPECIAL HEALTH CARE SUPPLEMENT APPEARING IN
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 Mid Island Times, Jericho News Journal, Bethpage Newsgram & Garden City News

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Brookhaven Memorial Hospital Patient Information 101 Hospital Rd., Patchogue 11772	654-7100 654-7102	Mercy Hospital Patient Information 1000 N. Village Ave. Rockville Centre 11570	255-0111 255-2501
Brunswick Hospital Center, Inc Patient Information 366 Broadway, Amityville 11701	789-7000 789-7485	Mid-Island Hospital Patient Information 4295 Hempstead Tpke. Bethpage 11714	520-0222 520-2297
Central General Hospital 888 Old Country Rd., Plainview 11803	681-8900	Nassau County Medical Center Patient Information Hempstead Tpke., East Meadow 11554	542-0123 542-2211
Central Islip Psychiatric Center Carlton Avenue, Central Islip 11722	234-6282	Nassau Hospital Patient Information 259 First St., Mineola 11501	663-0333 663-2244
Central Suffolk Hospital 1300 Rosnape Ave., Riverhead 11901	369-6000	North Shore University Hospital Patient Information Community Drive, Manhasset 11030	562-0100 562-4480
Community Hospital at Glen Cove St. Andrews Lane, Glen Cove 11542	678-5000	Peninsula Hospital Center 51-15 Beach Channel Dr., Far Rockway 11691	(212) 945-7100 11691
Deepdale General Hospital 55-15 Little Neck Pkwy., Douglaston 11362	485-6265	Pilgrim State Hospital Brentwood 11717	231-8000
Eastern Long Island Hospital Manor Place, Greenport 11944	477-1000	St. Charles Hospital Belle Terre Rd., Port Jefferson 11777	473-2800
Franklin General Hospital 900 Franklin Ave., Valley Stream 11580	825-8800	St. Francis Hospital 100 Port Washington Blvd., Roslyn 11576	627-6200
Freeport Hospital 267 So. Ocean Ave., Freeport 11520	378-0800	St. John's Episcopal Hospital 327 Beach 19th St., Far Rockway 11691	(212) 471-8100 11691
Good Samaritan Hospital Patient Information 1000 Montauk Hwy., W. Islip 11795	669-6670 957-4005	St. John's Smithtown Hospital Patient Information Route 25A, Smithtown 11787	360-2000 360-2110
Hempstead General Hospital 800 Front St., Hempstead 11550	560-1200	Smithtown General Patient Information Smithtown Blvd., By-pass & Rte. 111 Smithtown 11787	979-4000 979-4024
Huntington Hospital 270 Park Ave., Huntington 11743	351-2000	South Nassau Communities Hospital Patient Information 2445 Oceanside Rd., Oceanside 11572	536-1600 536-1600 Ext. 265
Long Beach Memorial Hospital, Inc. 455 East Bay Drive, Long Beach 11561	432-8000	South Oaks Hospital (The Long Island Home) 400 Sunrise Hwy., Amityville 11701	264-4000
Long Island Jewish—Hillside Medical Center Patient Information New Hyde Park 11042	(212) 470-2000 (212) 470-5000	Southampton Hospital 240 Meeting House Lane, Southampton 11968	283-2600
Lydia E. Hall Hospital 320 W. Merrick Rd., Freeport 11520	378-8500	Southside Hospital Patient Information Montauk Hwy., Bay Shore 11706	435-3000 435-3362
Manhasset Medical Center Hospital 1554 Northern Blvd., Manhasset 11030	627-9000	Syosset Community Hospital Jericho Tpke., Syosset 11791	496-2600
Massapequa General Hospital Patient Information 750 Hicksville Rd., Seaford 11783	454-3456 454-3201	University Hospital Stony Brook 11790	689-8333
Meuser, John T. Memorial Hospital No. Country Rd., Port Jefferson 11777	473-1320	Valhalla Administration Hospital Middleville Rd., Northport 11768	201-4499

Courtesy of YELLOW BOOK 1984 Community Information Section

Health Related Agencies

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NASSAU COUNTY DEPT. OF HEALTH

Provides therapeutic and preventive personal health services and also monitors and works to preserve and improve the environment for residents.

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

The following services are maintained by the Department:

Information and Referral Service

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Communicable Disease Control Program

Investigates disease outbreaks, incidents of food poisoning, distributes vaccines to physicians, assists school and physicians with public health problems 535-2532

Environmental Health Division

Works to control all actual or potential environmental hazards to public health.			
Air Pollution Control	535-3232	Residential Environment	535-3678
Food & Beverage Control	535-3681	Water Pollution Control	535-3602, 535-3642
Radiological Health	535-3313	Water Resources	535-3325
For information call			535-3693

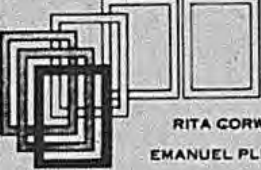
Home Health Services

Provides on a part-time basis, professional nursing care, physical, speech and occupational therapy, medical, social services, and nutrition service (when requested by a physician). For information call 535-3522

Area Offices

Freeport 460 N. Main St., Freeport	378-8620	Mineola 160 Old Country Rd., Mineola	535-3566
Glen Cove Family Practice Building 11 Trubee Pl., Glen Cove	758-0916	Plainview 1535 Old Country Rd., Plainview	420-5241

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RITA CORWIN, M.S.W., C.S.W., A.C.S.W.
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**For Further Information and Free Brochure Call:
538-9770**

Continued from Page 3 Office of Public Health Nutrition
Consultation on food service, diets, patient education, food buying and storage, eating practices **535-3373**

Public Health Education
Consults with community groups, prepares and distributes pamphlets to the public.
For information call **535-3344**

DRUGS & ALCOHOL

Alcoholics Anonymous Meetings
Garden City—Garden City Community Church, Stewart Ave., Sunday 8 pm (Step), 8 pm (Closed Discussion), 8 pm (Young People); Tuesday 7:30 pm (Beginners), 7:30 pm (Young People), 7:30 pm (Closed, Non-Smoking), 8:30 pm (Closed Discussion); "Saturday Night Discussion", Church in the Garden, 68 Osborne Road, Saturday 8:30 pm (Closed Discussion). Hand in Hand, Gay Group, 38 Old Country Road, Friday 7:45 pm (Step), 9 pm (Open Discussion).
Garden City East—Nassau Community College, "Do It Sober Group", Tuesday 11 am (Closed), Thursday 11:30 am (Open Discussion).
For additional meeting places and times call **(516) 794-1144 or 292-3040**

Alcoholism Information Center—L.I. Council
Voluntary health agency—information, consultation and referral service free of charge.
1505 Kellum Place, Mineola 11501 **747-2606**

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

Families Anonymous Meetings
Anonymous self-help group for families of drug and alcohol abusers and related behavior problems. Meeting places in Amityville, Garden City, Glen Cove, East Meadow, Massapequa, East Rockaway, New Hyde Park, and Hicksville
For information call **334-1611, 796-4770, 354-3006, 747-3580**

Family Service Association of Nassau County
Individual and family therapy for drug abusers and their families. Sliding scale fee. Hours: Mon., Tues. & Thurs. 8:30 am-9 pm, Wed. & Fri. 8:30 am-5 pm
Dr. Salvatore Ambrosino, Exec. Dir. 129 Jackson St., Hempstead **485-4800**

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

Mercy Hospital Family Counseling Service
Out-patient program for individuals and family members of those suffering from alcoholism. Individual, group, family, educational services. Call for information about hours. Sliding scale fee based on ability to pay—Medicaid and Medicare accepted.
Kathleen Shanley, CSW, Coordinator
393 Front Street, Hempstead 11550 **483-3377**

Nassau County Department of Drug and Alcohol Addiction
Confidential help for residents and their families with drug-alcohol related problems.
175 Fulton Avenue, Hempstead 11550 **560-1973**

**Topic House
Nassau County Department of Drug and Alcohol Addiction**
A residential, drug free treatment facility for individuals whose drug and alcohol problems are serious enough to warrant in-patient services.
1425 Old Country Road, Bldg "L", Plainview 11803 **420-5136**
Courtesy of YELLOW BOOK 1984 Community Information Section

HANDICAPPED

Able/Disabled — Social Recreation Group
Persons with disabilities, 18 years and older, meet every other Thursday evening 7:30 pm to 10 pm at Eisenhower Park Special Recreation Building. Socialization, table pool, games, ping pong, refreshments and special events.
For further information call **437-7763, 248-6534; 378-4081**

**ANCHOR
Town of Hempstead Department of Parks and Recreations**
(Answering the Needs of Citizens with Handicaps through Organized Recreation.) Provides social and recreational opportunities for mentally retarded, brain-injured, physically handicapped and emotionally disturbed Town of Hempstead residents aged 6 and up. Activities include field trips, special events, athletics, bowling, organized games, music, arts & crafts, recreational swimming at Echo Park Pool, Teen Drama Workshop and Teen Club. Summer camp for handicapped.
Joseph Lentini, Coordinator Lido Beach Town Park 11561 **431-3900 Ext. 218**

Choice Magazine Listening
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Doris Fields, Editor
Choice Magazine Listening, Dept. Y, P.O. Box 10, Port Washington 11050 **683-8280**

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

Easter Seal Society of Long Island
Serving all persons with handicapping conditions on Long Island regardless of age or disability. Educational, recreational, and referral service. Focus on stroke patients, adults with disabilities. Equipment loan service, Residential Camp, Scoliosis, Summer Speech.
Nancy Behrman, Long Island Director
734 Walt Whitman Road, (Suite 400) Melville 11747 **421-2200**

Human Resources Center
A private non-profit organization dedicated to providing educational, vocational, social and recreational opportunities for the severely disabled.
Abilities Inc. conducts programs of work evaluation, training, job development and career placement for the disabled.

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DO YOU
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LOSE
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One out of every five Americans is overweight. To find out if you're a member of this group, try the "pinch" test. Using your thumb and index finger, grab some flesh just above your waist. If you can pinch more than an inch, it's time to look in the mirror... a full-length mirror.

If you don't like what you see, do something about it!

HOW CAN YOU LOSE WEIGHT?

Push yourself away from the table and take a walk! The only way to take in your belt, or to slip into those designer jeans, is to eat LESS and exercise MORE!



Beware of crash diets, diet pills and so-called wonder foods that promise quick weight loss. Most do not work, and some can be dangerous.

WATCH THOSE CALORIES!

Calories are units of food energy which your body needs to function properly. But, if you take in more food than your body can use, the extra calories are stored as FAT.

Use this rule of thumb to determine your body's daily energy needs:

MEN—multiply desired weight by 16.
 (150 lbs. x 16 = 2400 cal.)

WOMEN—multiply desired weight by 14.
 (100 lbs. x 14 = 1400 cal.)

If you're very active, you can probably take in more calories and still maintain your weight. Exercise will help burn off extra calories.

WHAT ARE DESIRABLE WEIGHTS?

Look at the Weight Table below. You should stay within the weight range indicated for your height and build throughout life. Growing older doesn't have to mean growing wider!

25 and over - Indoor Clothes				25 and over - Indoor Clothes					
MEN	SMALL FRAME	MEDIUM FRAME	LARGE FRAME	WOMEN	SMALL FRAME	MEDIUM FRAME	LARGE FRAME		
Height in shoes	FRAME	FRAME	FRAME	Height in shoes	FRAME	FRAME	FRAME		
Feet	Inches			Feet	Inches				
5	2	128-134	131-141	138-150	4	10	102-111	108-121	118-131
5	3	130-136	133-143	140-153	4	11	103-113	111-123	120-134
5	4	132-138	135-145	142-156	5	0	104-115	113-126	122-137
5	5	134-140	137-148	144-160	5	1	106-118	115-129	125-140
5	6	138-142	139-151	146-164	5	2	108-121	118-132	128-143
5	7	138-145	142-154	149-168	5	3	111-124	121-135	131-147
5	8	140-148	146-157	152-172	5	4	114-127	124-138	134-151
5	9	142-151	148-160	155-176	5	5	117-130	127-141	137-156
5	10	144-154	151-163	158-180	5	6	120-133	130-144	140-159
5	11	146-157	154-166	161-184	5	7	123-136	133-147	143-163
6	0	149-160	157-170	164-188	5	8	126-139	136-150	146-167
6	1	152-164	160-174	168-192	5	9	129-142	139-153	149-170
6	2	155-168	164-178	172-197	5	10	132-145	142-156	152-173
6	3	158-172	167-182	176-202	5	11	135-148	145-159	155-176
6	4	162-176	171-187	181-207	5	0	138-151	148-162	158-179

LOSING POUNDS—HOW MANY AND HOW FAST

To lose a pound, you must trim 3500 calories from your diet, or burn off 3500 calories through exercise.

So, to lose a pound a week, eat 500 fewer calories a day (skip dessert!) or exercise vigorously for an hour. A diet/exercise combination works best.

Keep in mind that weight lost slowly and steadily is more likely to stay lost than weight taken off very quickly. So, try to lose only one or two pounds per week.

IF YOU'RE MORE THAN 10 POUNDS OVERWEIGHT,
 OR HAVE A MEDICAL PROBLEM,
 SEE YOUR DOCTOR BEFORE BEGINNING ANY DIET.

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

**Long Island Center for Independent Living
 for the Disabled**

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

**Mill Neck Manor
 Lutheran School for the Deaf**

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

**Nassau County Department of Health
 Physically Handicapped Children's Program**

Provides financial assistance and monitors treatment and rehabilitation services for children under the age of 21. Medical eligibility is based on diagnosis confirmed by the Health Department; financial eligibility is based on determinations made by the Department of Social Services. If not eligible through DSS, applicant may be eligible for benefits under a "supplemental" program for physically handicapped children. Orthodontal program 535-3443
 240 Old Country Road, Mineola 11501 535-3446

**Nassau County Medical Center
 Rehabilitation Center**

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

Nassau County Office for the Physically Handicapped

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

New York State Commission for the Blind & Visually Handicapped

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

Training for Handicapped, Inc.

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

United Cerebral Palsy Association of Nassau County, Inc.

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

Visually Impaired Program Center

Recreational, cultural and educational programs for visually impaired adults of Nassau County. Hot meals-contributions voluntary. Meets Thursday 10 am-2 pm at St. James United Methodist Church, St. James Place, Lynbrook. Volunteers will provide transportation where possible. Additional services include: counseling, rehabilitation, reading material in Braille and large-type print; sound recordings. Sponsored by Catholic Charities.
 For information contact: Marie Paluseo 593-4800
 Courtesy of YELLOW BOOK 1984 Community Information Section

MENTAL HEALTH

Adelphi Social Services Center

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

Staffed by social work faculty members, social workers, graduate and undergraduate students and consulting psychiatrist, psychologists and family therapists. Individual, group and family counseling. Special programs for women in transition, rape victims and their families, post mastectomy women, Alzheimer's support services, physically disabled young adults, learning disabled adolescents and adults. Sliding scale fee based on ability to pay.
 Women to Women Hotline (breast lumps) 248-8888
 Refugee Assistance Program 483-1210
 Adelphi University School of Social Work, Garden City 11530
 Louise Skolnik, Director For appointment call 741-5700

Association for Children with Learning Disabilities

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

Catholic Charities Community Life Center

Family counseling, mental health therapy and counseling, psychiatric evaluation and treatment, psychological testing, Spanish speaking consultant and counseling, geriatric consultation. The Center "reaches out to the hard-to-reach." Home visits, when appropriate, are available. (Sliding scale fees, Medicaid, Major Medical Ins.) Serving South Nassau.
 Hours: Mon., Fri. 9 am-5 pm; Tues., Wed., Thurs. 9 am-9 pm.
 Marilyn V. Viggiano, CSW, Regional Administrator
 110 Main Street, Mineola 11501 248-7100

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 West Hempstead, N.Y. 11552

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has been accredited by

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 of The American
 Speech-Language-Hearing Association
 in

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Accreditation acknowledges that this facility operates in accordance with stringent national standards and offers quality clinical care. It is recognized by the Joint Commission on Accreditation of Hospitals, the Commission on Accreditation of Rehabilitation Facilities and various State Agencies. We are Medicare participants.

Services Provided:

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- Audiological Evaluations
- Hearing Aid Evaluations and Hearing Aid Dispensing
- Hearing Aids Discounted, Repairs and Service, Supplies

SUFFOLK OFFICE:

Arthur Podwall, Ph.D & Associates
 Smithtown Commons
 267 East Main Street
 Smithtown, New York 11787
 360-3222

NASSAU OFFICE:

Syosset Speech & Hearing Center
 Syosset Medical Building
 175 Jericho Turnpike
 Syosset, New York 11791
 364-1234

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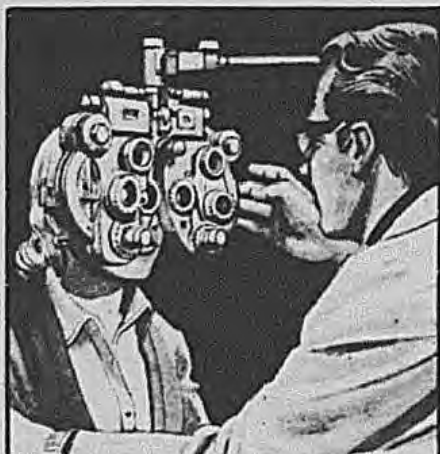
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MENTAL HEALTH (cont.)

Family Life Center

A non-profit, non-sectarian agency providing marriage and family counseling, information and referral, and family life education groups on a sliding scale fee. Groups include parenting, stress management, assertiveness training, and self-esteem.
Hours: Tuesday-Thursday 10 am-4 pm, evenings by appointment.
101 Kensington Rd. (Garden City Community Church), Garden City 11530 746-1709
Ann Mallouk, CSW, Director

Family Service Association of Nassau County

Family counseling services for people who live and/or work in Nassau County. Individual and family therapy, family financial counseling, senior financial counseling, divorce mediation, bereavement center; senior citizen services; special programs for parents and/or youth and families in crisis. Hours: Mon., Tues. & Thurs. 8:30 am-9 pm, Wed. & Fri. 8:30 am-5 pm.
Dr. Salvatore Ambrosino, Exec. Dir. 129 Jackson St., Hempstead 11550 485-4800

Jewish Community Services of Long Island, Inc.

(Outpatient services to all Nassau-Suffolk residents)
Individual, family and group counseling, walk-in center, psychological testing, psychiatric services, consumer education, drug abuse unit, family life institutes. Staffed by psychiatrists, psychologists, and professional social workers. Qualified volunteers welcome to perform various non-professional services.
Hours: Monday & Wednesday 9 am-9 pm, Tuesday, Thursday & Friday 9 am-5 pm
50 Clinton St., Hempstead, Lawrence Weissberger, CSW, Sr. Casework Spvr 485-5710
175 Jericho Tpke., Syosset, Marsha Lehrman, CSW, Director 364-8040

Little Village School & Day Treatment Program

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

Lutheran Community Services, Inc.

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

Middle Earth

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

The Nassau Center for the Developmentally Disabled

A voluntary agency serving Nassau County providing for children and adults excluded from other programs and identified clinically as suffering from autism, pervasive developmental disorders, chronic organic brain syndromes and/or mental retardation. Complete clinical diagnostic and treatment procedures for social, intellectual, and emotional disorders. Residential, psychiatric, psychological, social, educational, remedial, rehabilitative, child care, residential placement.
Special educational procedures and supportive clinical services. Full day activities for adults and children. Clinical services available to families.
Benjamin Hirsch, Ph.D., Exec. Director Hatem R. Al-Chalabi, M.D., Medical Director
72 South Woods Road, Woodbury 11797 921-7650

North Shore Child Guidance Center

Mental health services to children, adolescents, and their families. Clinical services include psychodiagnostic assessments, individual, family, and group therapy, chemotherapy, parent counseling, crisis intervention, short-or-long term therapy, Early Childhood Study Center. Services tailored to meet the needs of a particular community. On-going educational counseling groups (Adoptive Parents, Single Parents, etc.).
Special Adolescent Services Unit:
(Comprehensive services for youthful offenders and other adolescents and their families who are experiencing emotional, educational and vocational problems).
Full array of clinical services for Spanish-speaking families. Staffed by psychiatrists, psychologists, psychiatric social workers, and social service assistants.
Marion Levine, ACSW, Executive Director Sheldon Golub, M.D., Psychiatric Director
Main Office: 48 Old Country Road, Roslyn Heights 11577 626-1971
1495 Northern Boulevard, Manhasset 11030 627-6671
Westbury Branch: 183 Grant St., Westbury 11590 333-3990

North Shore University Hospital

Outpatient Psychiatric Clinic:
For residents of northern Nassau County. Crisis intervention; individual short and long-term psychotherapy; marital, family and group therapy; chemotherapy; psychological testing when indicated. Diagnostic and referral services. Sliding scale fee based on ability to pay—third party insurance and Medicaid accepted. Staffed by psychiatrists, psychologists, and psychiatric social workers. Hours: Monday-Friday 9 am-5 pm, by appointment after 4 pm.
Stephen Bauer, M.D., Chief of Outpatient Services 662-4735

South Nassau Communities Hospital Mental Health Clinic

For Nassau County residents only. Service to persons over 18 years, younger people seen only as part of family therapy. Outpatient services include individual and group psychotherapy, family and marital counseling, relaxation therapy, chemotherapy. Biofeedback for migraine and tension headaches. Psychiatric and psychological evaluations, diagnostic services as prelude to treatment. Special interest in persons with problems of bereavement or life threatening illness. Special groups for cancer patients and their families. Counseling for rape victims and for families requiring help because of child or spouse abuse (no age limitation for these programs). Therapy for families going through separation and divorce. Staffed by psychiatrists, psychologists, clinical social workers. Medicaid, Medicare and private insurance accepted.
Stephen Alper, M.D., Chief of Psychiatry Helen Hurewitz, ACSW, Clinic Director
Oceanside Clinic: 2485 Oceanside Road, Oceanside 11572 536-1600 Ext. 350
Hargale Clinic: 2949 Long Beach Road, Oceanside 11572 764-8664
Open Evening and Weekend Hours

Continued On Page 9

SPECIAL HEALTH CARE SUPPLEMENT APPEARING IN

Williston Times/Mineola Edition, New Hyde Park Herald Courier, Syosset Advance,
Mid Island Times, Jericho News Journal, Bethpage Newsgram & Garden City News

MENTAL HEALTH (cont.)

Continued From Page 6

Runaway Youth Coordinating Council (RYCC)

Individual and family crisis and short-term counseling; emergency housing and food; information and referral; advocacy; case management services are provided to runaway/homeless/maltreated youth and their families. Services also available to youth and families in an attempt to prevent family difficulties from developing into runaway, homeless, or maltreatment crises.
Office Hours: Monday - Friday 9 am-5 pm **24 HOUR HOTLINE** **489-8066**
80 North Franklin Street, Suite 200-204, Hempstead 11550

TRI—The Rehabilitation Institute

Comprehensive vocational rehabilitation services for the emotionally handicapped aged 16 and older. Enables individuals to return to the community as competitive workers. Intensive program of vocational evaluation, training and job placement. Psychiatric, psychological and social services at no cost.
Louise Friedman, Associate Director
Edmund C. Neuhaus, Ph.D., Director 223 Jericho Tpke., Mineola 11501 **741-2010**
Sheltered Workshop 971 Stewart Ave., Garden City 11530 **222-2092**

Variety Pre-Schooler's Workshop

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

West Nassau Mental Health Center—Elmont Family Counseling Service

For residents of Franklin Square, Elmont, New Hyde Park, Floral Park, Garden City Park, Bellerose (Nassau), Mineola, Stewart Manor, North Valley Stream, Garden City, Garden City South.

Individual and group therapy for children and adults, joint and marital counseling. Consultation, diagnosis, psychological testing. Sliding scale fees, Medicaid or Medicare.
Hours: Monday, Friday 9 am-5 pm; Tuesday, Wednesday, Thursday 9 am-9 pm, (also Saturday 9 am-2:30 pm Franklin Square only).
Roger P. Feldman, M.D., Medical Director
Reinholdt Van Dyke, Jr., ACSW, CSW, Executive Director

West Nassau Mental Health Center Elmont Family Counseling Service
365 Franklin Avenue 90 Meacham Ave., Elmont 11003 **437-8060**
Franklin Square 11010 **437-6050** *David Ackerman, Coordinator*

Woodward Mental Health Center

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

All programs are based on a treatment plan for both the child and the family by the Medical Director and Psychiatrist, and implemented by a clinical staff of psychologists and social workers... fully qualified professionals. Hours: Monday-Friday 8:30 am-5 pm
Nina L. Sloan, Executive Director *John Price, M.D., Medical Director*
201 West Merrick Road, Freeport 11520 **379-0900**

Courtesy of YELLOW BOOK 1984 Community Information Section

MENTAL RETARDATION & DEVELOPMENTAL DISABILITIES

Association for Children with Down's Syndrome, Inc.

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

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

Association for the Help of Retarded Children

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

169 Wheatley Road, Brookville 11545 **626-1000**
Vocational Centers: *Milton Levine, Director* **546-7700**
230 Hansa Avenue, Freeport 11520 **293-1111**
115 East Bethpage Rd., Plainview 11803

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

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

Courtesy of YELLOW BOOK 1984 Community Information Section

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

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

American Cancer Society, Long Island Division, Inc.

Services for patients and their families; information; referral and guidance; group counseling; limited financial assistance; free loan of sickroom equipment; transportation within certain areas; speech therapy for laryngectomees, rehabilitation visitation programs for mastectomy, laryngectomy, and colostomy patients. Laryngectomy and colostomy clubs in both counties. Public education programs for adults and youth; film showings; speakers; distribution of literature; cancer detection and smoking withdrawal clinics. Programs for health professionals. Research through Cancer Prevention Study II to find environmental and lifestyle causative factors in cancer. Memorial plaques. Volunteers for neighborhood units, the above services, bingo, and thrift shops.
John B. Dibeler, Exec. Vice Pres. *Cancer Information Service* **430-1892**
535 Broadhollow Road, Melville **420-1111**

American Diabetes Association - Long Island Chapter (NYDA)

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

American Heart Association

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

Continued On Page 10

WORK DAY TIPS!

Hidden in the simple activities you do every day are great opportunities for you to exercise and feel refreshed:

- Use the stairs if you're only going 2 or 3 flights.
- Eat a light lunch—avoid soda, sweets and other "empty" calories—and then take a walk.
- If you can, walk to work or ride a bicycle, instead of driving or taking the bus.
- If you drive to work, leave your car at the far end of the parking lot. It will give you a chance to stretch your legs.
- If you take a bus to work, try getting off several blocks before your stop... the walk will perk you up.

START TODAY!

Begin an exercise program today and stick with it! It won't be easy when you first start, but as you begin to look better and feel better, you'll find you can't live without regular exercise!



But, if you're over 35, have a medical problem, or have been inactive for a long period of time, see your doctor before beginning any exercise program.

If, while exercising, you experience nausea, trembling, extreme breathlessness or pain in the chest—STOP IMMEDIATELY. If you have difficulty recovering, check with your doctor at once.

FREE YOURSELF OF CONSTANT WORRY FOR THE SAFETY OF YOUR LOVED ONES.

If you're like most people with aging parents or relatives who live alone, you're constantly worried and anxious about their safety and well being. Now, you can free yourself of that constant mental anguish. "LIFELINE" is the answer. "LIFELINE" lets you take positive steps to meet ANY emergency. It is similar to a distress 'call button' on a hospital bed - and it alerts any person whom you designate AT ONCE...and help is on the way. Now, at last, handicapped people and the elderly who live alone can rest assured that in case of ANY emergency, help will be on the way...and the cost? Just pennies a day. Get all the facts on how you can help your loved ones...and yourself of anxious worrisome days and nights.



"LIFELINE" is the answer.
Call or write TODAY!

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At Syosset, Inc.**

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Woodbury, N.Y. 11797

**516-921-3900
718-762-3245**



SPECIAL HEALTH CARE SUPPLEMENT APPEARING IN
Williston Times/Mineola Edition, New Hyde Park Herald Courier, Syosset Advance,
Mid Island Times, Jericho News Journal, Bethpage Newsgram & Garden City News

CARDIAC REHABILITATION

*Over 400,000 survivors of heart attacks are discharged from U.S. Hospitals each year.

*A good majority of these patients with adequate Cardiac Rehabilitation now return to gainful employment and productive life.

Cardiac Rehabilitation Helps:

- To increase exercise tolerance
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We have one of the largest, modern and well equipped Cardiac Rehabilitation centers on Long Island.

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 Hicksville, N.Y. 11801
 Telephone: 938-6400

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Also available: PULMONARY REHABILITATION for patients with EMPHYSEMA, BRONCHITIS, ASTHMA, CYSTIC FIBROSIS.



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15 St. Paul's Place
 Great Neck, New York 11021

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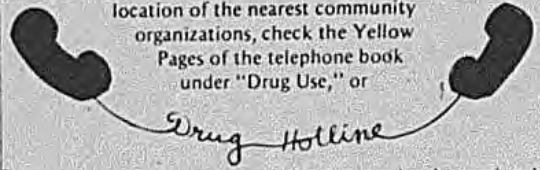
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SPECIAL HEALTH CARE SUPPLEMENT APPEARING IN
 Williston Times/Mineola Edition, New Hyde Park Herald Courier, Syosset Advance,
 Mid Island Times, Jericho News Journal, Bethpage Newsgram & Garden City News

REACH OUT... AND HELP SOMEONE

Do you know someone with a drug problem? Anyone who misuses drugs has a drug problem and needs help.

Nearly every community has a drug hotline or drug counselors. To find the telephone number and location of the nearest community organizations, check the Yellow Pages of the telephone book under "Drug Use," or



contact your local or regional substance abuse agency.

Also, most schools and many employers have confidential drug counseling services. Whatever the source, get help immediately.



Remember: anyone can have a drug problem, even YOU.

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American Lung Association of Nassau-Suffolk

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

Arthritis Clinic—South Nassau Communities Hospital

Patients of all ages referred by private physicians. Affiliated with Arthritis Foundation. By appointment only—Clinic meets Thursdays 8 am-11 am. **Michael S. Roat, M.D., Director**
 2445 Oceanside Road, Oceanside 11572 538-1600 Ext. 140

Birthright, Inc. of Nassau-Suffolk

Counseling to girls and women who are distressed by pregnancy. Non-profit, non-sectarian. Offers, at no charge, pregnancy tests, layettes, maternity clothes, baby equipment, housing, and referral to reduced medical fees. Birthright offers a positive alternative to abortion.
 Office open Monday to Friday 10 am-2 pm & 6 pm-10 pm. 24 hour answering service for information. Fully staffed by volunteers. Offices also in Manhasset, Islip and Smithtown.
Geraldine Edmonds, Director 1839 Wantagh Ave., Wantagh 785-4070

CACHS (Council of Agencies to Coordinate Homebound Services)

A non-profit coalition of 40 agencies in Nassau County which use volunteers to visit the homebound of all ages.
 P.O. Box 67, Westbury 11590 For further information 334-5580
 Homebound Help Line: Weekdays 9 am-4 pm 535-3410

C.A.L.M., Inc.—Childbirth Association for the Lamaze Method

A non-profit, non-medical organization approved by the N.Y. State Board of Education who believes it is every woman's right to give birth with dignity. Accomplished through education and training in small classes which meet for six sessions during the last two months of pregnancy. Expectant fathers or substitute coaches are welcome. Extensive take-out library.
Janet Wolin, Nassau County Coordinator
 12 Stone Lane, Levittown 735-6318

Cancer Volunteers of America

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

Coalition for Abused Women

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

Compassionate Friends—L.I. Chapter

Self help organization offering friendship and understanding to bereaved parents and siblings. Monthly meetings, newsletter. Promotes public awareness concerning bereavement and grief.
Angela & Peter A. Purpura, Chapter Leaders
 P.O. Box 151, Sea Cliff 11579 788-9758

Cystic Fibrosis Foundation

Non-profit voluntary health agency providing information and supportive help to parents and families of a child with cystic fibrosis. Referral for medical assistance; public and professional education; research support. CF Diagnostic and Treatment Centers at Long Island Jewish-Hillside Medical Center (New Hyde Park) and Good Samaritan Hospital (West Islip).
Yofan J. Wolf, Assoc. Director
 450 Jericho Tpke., Mineola, 11501 748-0088

Epilepsy Center of Nassau County - EPIC Health Center

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

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

Family life groups which focus on parenting skills and counseling for parents, teenage parents, and families with children in foster care. No fees. Hours: Monday-Friday 9 am-5 pm (some groups meet in the evening).
Dr. Salvatore Ambrasio, Exec. Dir. 131 Jackson St., Hempstead 485-1818

Feingold Association of New York, Inc.

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

Friends of Hospice

Non-profit, community-based organization which helps educate the community on the concept of Hospice. Office maintains comprehensive and detailed information on Hospice programs in Nassau County as well as other services of value to seriously ill people (e.g. home nursing, telephone hotlines, estate planning and insurance coverages, transportation, volunteer/companion programs, and patient/family support groups). Also maintains county Speakers' Bureau listing of people who speak on Hospice and related topics. Lending library with Hospice materials available.
Sandra Levine, Project Director
 1845 Northern Blvd., Manhasset 11030 627-6376

GASP of New York (Group Against Smoking Pollution)

GASP is an environmental action group specifically concerned with the problem of air pollution caused by tobacco smoke. It is an organization of volunteers with objectives to educate the public concerning the adverse physical effect of second-hand smoke on the nonsmoker, to seek and support legal ways and means to protect the health and rights of nonsmokers in public places and to provide information on smoking cessation programs.
Rhoda Nichter, President Box 101, Old Bethpage 11804 538-0080

Industrial Home for the Blind Pre-School Vision Screening Program

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

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We tried to duplicate this formula by purchasing the individual ingredients elsewhere

By the time we matched up 25% of POSITRON's ingredients, we had counted 24 bottles at a cost of \$69.18, and it meant taking 31 pills per day.

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Friday, February 8, 1985 12B

SPECIAL SERVICES (cont.) Continued From Page 11

National Association of Patients on Hemodialysis and Transplantation (NAPHT)

NAPHT is a non-profit voluntary organization, dedicated to promoting the interest and welfare of the kidney patient. It functions in all areas of the renal field and educates both the public and patients about kidney disease, care and rehabilitation.

Sheldon Kaufman, DDS, President
2635 Pettit Ave., Bellmore 11710 221-7441 24 HOUR HOTLINE 433-8658

Long Island Mastectomy Rehabilitation Club

For information call 437-0543

The Nursing Sisters Home Visiting Services, Inc.

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| Help after hospital discharge | Help with colostomy care, catheter care |
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| Help with sick room equipment | Social service assistance |
| Review of medications, Wound dressings | Special therapy |
| | Treatment, Injections |

Overeaters Anonymous Meetings

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

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

Weekly daytime discussion classes for mothers of infants, toddlers and pre-schoolers. Designed to help mothers become more aware of, and effectively handle the needs of children, family and self. Excellent child care while mother attends class. Modest fee charged. Information brochure available. Introducing new mother/infant class. Request special flyer.

Bethpage—Plainedge Community Center, Northedge School, Stewart Ave. and Hempstead Tpke. Monday and Friday 9:30 am-11:30 am or 12:30 pm-2:30 pm.

Manhasset—Congregational Church, Northern Boulevard. Classes Tuesday and Thursday 9:30 am-11:30 am or 12:30 pm-2:30 pm.

Valley Stream—Willow Road Elementary School, Willow Road and Catalpa Drive, Wednesday 9:30 am-11:30 am or 12:30 pm-2:30 pm.

Paula Montalvo, Director For information call 333-0181

Planned Parenthood of Nassau County

Birth control education, information and medical services for all who need and want them. Medical services by individual appointment. Pregnancy testing walk-in hours. All related information provided. V.D. and cancer screening. Sliding scale fee based on ability to pay.

Rose Brown, Executive Director 107 Mineola Blvd., Mineola 742-0144
535 South Franklin Street, Hempstead 11550 483-3033

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

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

225 Community Drive, Lake Success 11020 829-4510

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Age Page

Accidents and the Elderly

Accidents seldom "just happen," and many can be prevented. Accidental injuries become more frequent and serious in later life. Thus, attention to safety is especially important for older persons.

Several factors make people in this age group prone to accidents. Poor eyesight and hearing can decrease awareness of hazards. Arthritis, neurological diseases, and impaired coordination and balance can make older people unsteady.

Various diseases, medications, alcohol, and preoccupation with personal problems can result in drowsiness or distraction. Often mishaps are expressions of mental depression or of poor physical conditioning.

When accidents occur, older persons are especially vulnerable to severe injury, and tend to heal slowly. Particularly in women, the bones often become thin and brittle with age, causing seemingly minor falls to result in broken hips.

Many accidents can be prevented by maintaining mental and physical health and conditioning, and by cultivating good safety habits. For example,

Falls are the most common cause of fatal injury in the aged. Proper lighting can help prevent them. Here's what you can do:

- Illuminate all stairways and provide light switches at both the bottom and the top.
- Provide night lights or bedside remote-control light switches.
- Be sure both sides of stairways have sturdy handrails.
- Tack down carpeting on stairs and use nonskid treads.
- Remove throw rugs that tend to slide.
- Arrange furniture and other objects so they are not obstacles.
- Use grab bars on bathroom walls and nonskid mats or strips in the bathtub.
- Keep outdoor steps and walkways in good repair.

Personal health practices are also important in preventing falls. Because older persons tend to become faint or dizzy when standing too quickly, experts recommend arising slowly from sitting or lying positions. Both illness and the side effects of drugs increase the risk of falls.

Burns are especially disabling in the aged, who recover from such injuries more slowly.

- Never smoke in bed or when drowsy.
- When cooking, don't wear loosely fitting flammable clothing. Bathrobes, nightgowns, and pajamas catch fire.
- Set water-heater thermostats or faucets so that water does not scald the skin.
- Plan which emergency exits to use in case of fire.

Many older people trap themselves behind multiple door locks which are hard to open during an emergency. Install one good lock that can be opened from the inside quickly, rather than many inexpensive locks.

Motor vehicle accidents are the most common cause of accidental death among the 65-to-74 age group, and the second most common cause among older persons in general. Your ability to drive may be impaired by such age-related changes as increased sensitivity to glare, poorer adaptation to dark, diminished coordination, and slower reaction time. You can compensate for these changes by driving fewer miles, driving less often and more slowly, and driving less at night, during rush hours, and in the winter.

If you ride on public transportation:

- Remain alert and brace yourself when a bus is slowing down or turning.
- Watch for slippery pavement and other hazards when entering or leaving a vehicle.
- Have fare ready to prevent losing your balance while fumbling for change.

138 Friday, February 6, 1985

SPECIAL HEALTH CARE SUPPLEMENT APPEARING IN
 Williston Times/Mineola Edition, New Hyde Park Herald Courier, Syosset Advances,
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*Evaluation of Shaklee Slim Plan: One-Year Follow-Up Study of 38 Employees. Dr. James Whittam, Forrest C. Shaklee Research Center, Hayward, California.

Healthy 'N Light. Great For What You Get. Better For What You Don't. Freshest ingredients, fewer calories, low cholesterol, low fat, less sodium and just 15 minutes from package to plate!

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for any
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A: Call 877-2300 for a CONFIDENTIAL appointment at your convenience day or evening.

Q: What treatment is available without hospitalization?

A: Call 877-2300 for a CONFIDENTIAL appointment at your convenience - day or evening.

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**Dr. Elaine Moore &
Dr. Robert Townsend
Family
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- Sciatica
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- Whiplash INJURIES
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 - Relief of Muscular-Skeletal Problems

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(opposite Plainview Shopping Center)**

**Q: Do you know the
symptoms of high blood
pressure?**

A: Very often none!

It's hard to believe that over 35 million Americans can have a dangerous disease... very often without a symptom. But that's what high blood pressure (hypertension) is like. A hidden illness, yet one of the easiest to detect—and to treat.

What is the danger of high blood pressure?
Untreated, it can affect your brain (stroke), your vision, heart (infarction), blood vessels and kidneys.

Who can get high blood pressure?
Anyone. Regardless of age, sex, genetic background or race. However, some people are more vulnerable than others.

Does age affect blood pressure?
Yes. Under 50, hypertension is more common in men. Over 55 or 60, it is more common in women. But more males die from complications than do females. Almost half the American population over 60 has high blood pressure.

What about sex and high blood pressure?
Males are more likely to have hypertension under 50 years of age and women after 60, but it occurs in both sexes at all ages.

Does it run in families?
Yes. If a member of your family has high blood pressure, be sure to get yours checked.

Is race a factor?
All races are susceptible. But statistics show that blacks may be affected at an earlier age and may have higher levels.

How about cholesterol level and blood pressure?
The risk of heart disease increases if both high blood pressure and high cholesterol are present. Your doctor can test your cholesterol level and interpret the results.

For all ages, both sexes and all races.
Hypertension may be associated with being overweight.

(Your doctor would know if you are.) And it's aggravated by high salt intake.

What can be done about high blood pressure?
Fortunately, plenty. First, have regular checkups. Only your doctor can diagnose hypertension, but you can help lead it off. Moderation is the key. Reduction in weight, cholesterol, salt intake, stress, anxiety and smoking is the method.

Your doctor has available a wide range of blood pressure-controlling medicines which are among the marvels of modern medicine. Together with improved lifestyles, they have helped cut the incidence of one type of fatal stroke in half and reduce deaths due to heart attacks by one-fourth. (In certain cases surgery may be called for.)

(Obviously you can't be your own doctor. You need a support system. We call it...

Partners in Healthcare
You are the most important partner.

Only you can take the first step and seek the advice of your physician. And it's you who must decide to accept the guidance and counseling of your physician, nurse and pharmacist. When medicines are prescribed, only you can take them as directed.

Your doctor interprets the warning signs, orders your tests, and makes the diagnosis. Your physician also prescribes the best medication for you among those available—considering each drug's characteristics and monitors your progress.

All those who diagnose, develop and distribute medicines complete the partnership—bringing research brings you essential medicines for a wide range of diseases.

DISTRIBUTED BY THE NASSAU COUNTY DEPARTMENT OF HEALTH



**"Bob, don't
you know what
you're doing to
your lungs?"**

For years, your friends have been telling you to stop smoking. In five days, we'll show you how.

The 5-Day Plan to Stop Smoking will be offered free of charge at five New York locations February 10-14, and at other metropolitan locations in March and April. Developed and presented as a community service by Seventh-day Adventists, this smoke-cessation program has helped more than 10 million persons become nonsmokers.

The five 90-minute sessions will be hosted by Seventh-day Adventist churches and centers below without fee or obligation.

This Valentine's Day, give yourself and your loved ones a real Valentine, by becoming a non-smoker.

Call 1-800-832-2210 for further details, or to pre-register.

Do your lungs a favor, Bob. On us.

Long Island

85 Long Island Expressway,
New Hyde Park 7:30 p.m.

184 No. Ocean Ave., Patchogue - 7:30 p.m.

New York City

111 East 87th Street - 7 p.m.

232 West 11th Street - 6:30 p.m.

12 West 40th Street - 12 noon - 1 p.m.

**Offered Free of Charge -
As a Service to the Community
Call 1-800-832-2210**

**Seventh-Day
Adventist Community
Health Services
P.O. Box 1029,
Manhasset, N.Y. 11030**

SPECIAL HEALTH CARE SUPPLEMENT APPEARING IN
Williston Times/Mineola Edition, New Hyde Park Herald Courier, Syosset Advance,
Mid Island Times, Jericho News Journal, Bethpage Newsgram & Garden City News

HOW IMPORTANT IS EXERCISE?

Exercising regularly may be the single most important thing you can do for yourself... if you want to live better, and maybe even longer. Your body was built for activity... It thrives on exercise!

WHY SHOULD I EXERCISE?

There are lots of good reasons for exercising. YOU know how you FEEL. EVERYONE knows how you LOOK. Regular exercise can make you LOOK and FEEL better! And:

- It's fun!
- It can be done anytime, anywhere!

WHAT ARE THE BENEFITS?

- Regular exercise improves your heart, lungs and other parts of your body.
- Regular exercise helps relieve emotional and nervous tension.
- Regular exercise plays an important role in weight control.



A brisk 30-minute walk will burn up 150 calories a day. In a year's time that could mean **15 pounds!**



Amazing New Health Drink! Pure Water

Experts recommend drinking 8 glasses of water a day for good health. And, that's healthy advice, if you're drinking pure water.

The problem is that ground water contamination and chemical pollution are making it nearly impossible to get pure water from your municipal water system or your own well.

A drinking water purification system from Pure Water for your home, solves the problem. You get clear, fresh tasting, pure water made right in your own home. It's nature's original health drink.

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158 Friday, February 6, 1985



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Professional Trained Staffs Offer Three Classes For People Of All Ages

.....Our head instructor, Master Chen Chang-ling, is a highly regarded disciple of the living Legend Grand Master Liu Yen-chaio who founded the renowned WU . TANG (Martial Arts Forum)

1. Martial Arts: Suggested Age Group 16 to 40 years (Self-defense)
2. Fundamental Martial Arts For Children: Suggested 7 to 15 co-ed
3. Tai Chi Chu An: Physical Fitness Program for all ages

Every Sat., 9 a.m. at
38 Old Country Rd., Garden City (Next to Water Tower)

For Registration Details come in before classes start at 8 a.m.

Or Call 931-5077 or 747-2825 Between 6 p.m. & 9 p.m. weekdays
Schelnuk Corporation, P.O. Box 634, Plainview, N.Y.

SPECIAL HEALTH CARE SUPPLEMENT APPEARING IN
Williston Times/Mineola Edition, New Hyde Park Herald Courier, Syosset Advance,
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Mahoney's



Hillside Restaurant

VALENTINE'S DAY IS FEB. 14



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12 to 3 p.m.

Soup & Salad Bar
Shrimp on Salad Bar
Sunday thru
Wednesday

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Having A Baby Can Be A Wonderful Experience

At least it should be. At The Community Hospital at Glen Cove, we believe childbirth is a special, loving time for families, and we support that belief with our services.







- Prepared childbirth courses for mother and father (or coach)
- Refresher courses for experienced parents
- Open Obstetrical Suite—even for Caesarian births—for couples who have taken our prepared childbirth course
- Private labor rooms with TV and shower
- Birthing Room
- Latest in equipment for mother and child safety and comfort
- Rooming In
- Bright, brand new nurseries
- Champagne dinner for mother and father
- Sibling visiting hours
- Open visiting for fathers
- Child care lessons
- Baby photos
- Free gift packages

At Community Hospital, we offer individualized care in a warm, supportive environment. If you want your baby's birth to be everything it was meant to be, remember The Community Hospital at Glen Cove. Here, having a baby can be a wonderful experience.
If you'd like more information about Community Hospital or would like a physician referral, write to Community Relations, The Community Hospital at Glen Cove, St. Andrews Lane, Glen Cove, NY 11542, or call 676-5000, extension 2140.

HOW TO BRUSH YOUR TEETH

Follow These Rules for Toothbrushing

- BRUSH DOWN ON THE UPPER TEETH FROM THE GUMS TO THE BITING EDGES. 
- BRUSH UP ON THE LOWER TEETH; ALSO FROM THE GUMS TO THE BITING EDGES. 
- BRUSH THE CHEWING SURFACES. 
- BRUSH THE INNER AND OUTER SURFACES OF ALL TEETH. DO A THOROUGH JOB, CLEANING EACH AREA TEN OR MORE TIMES. 
- BRUSH YOUR TEETH AFTER EACH TIME YOU EAT & ESPECIALLY BEFORE BED. And remember

BRUSH YOUR TEETH THE PROPER WAY AND YOUR SMILE WILL SHINE EVERYDAY



NASSAU COUNTY DEPARTMENT OF HEALTH

Physical Therapy at ISLAND HUMAN PERFORMANCE CENTRE



120 Bethpage Road
Hicksville, N.Y. 11801

Island Human Performance Centre is fully staffed and equipped for long term treatment of physical disabilities and chronic illnesses, such as arthritis, chronic backache, chronic pain, stroke, orthopedic injuries and neuromuscular disorders. Our patients are well cared for by qualified Physiatrists (Rehabilitation Doctors), Rehabilitation Therapist and RN's. An individualized rehabilitation program will be developed for you by a team of professionals. Consultative services can be arranged with Neurologists and Orthopedic Doctors.

PULMONARY REHABILITATION

Patients suffering from asthma, emphysema, bronchitis, and cystic fibrosis, etc. greatly benefit from pulmonary rehabilitation. Our program is supervised by highly qualified Pulmonologists and therapists.

Intermittently Monitored Cardiac Rehabilitation

Available for patients with coronary heart disease, risk factors such as high blood pressure, obesity, and diabetes. (Cardiac Rehabilitation for high risk patients, such as patients with recent heart attacks, is offered at Island Cardiac Group, 120 Bethpage Road, Hicksville, N.Y. 11801. Telephone: 516-938-6400)

Please call for further information and appointment



516-681-8000

No primary medical care will be offered at the above centers. Physician referrals appreciated.

Major Medical and Medicare Insurance may fully or partially cover the service.

AFFILIATED WITH CARDIOPULMONARY TECHNOLOGIES, INC.

High Blood Pressure Facts

What is high blood pressure?

Your blood pushes against your blood vessels as your heart beats. Sometimes this push is too great. Then high blood pressure results.

High blood pressure can cause a stroke...or a heart attack...or kidney disease.

Who can get high blood pressure?

High blood pressure is a common problem. Anybody can have it. Young and old, men and women, relaxed people and tense people...anybody. If you are over 40, you have a bigger chance of having high blood pressure.

How can you tell if you have it?

You can't tell by yourself if you have it. You can feel good, or feel bad. But the way you feel does not tell you. There is only one way to find out. Have a doctor or nurse check your blood pressure.

Can you control high blood pressure?

High blood pressure usually cannot be cured. But you can control it. You can bring your blood pressure down to normal. How? By treatment-every day. Then you can lead a normal, active, healthy life.

If you have high blood pressure, see a doctor. The doctor can help you control your blood pressure. You may be given pills to take every day. The doctor may ask you to do other things. Like losing weight. And using less salt.

The doctor may also ask you to stop smoking. Or maybe to exercise more.

Be sure you know just what the doctor asks you to do. Ask questions to be sure. Millions of people control their blood pressure. You can, too.

FACTS ABOUT HIGH BLOOD PRESSURE

High blood pressure can cause strokes, heart attacks, and kidney disease.

You usually cannot tell if you have high blood pressure. So have a doctor or nurse check for it. Anybody can have it.

You can control high blood pressure. When it is controlled, you can lead a normal, active, healthy life.

Be sure to understand the doctor's treatment. Then follow the treatment every day. For life.

Tell your family and friends about your treatment. They can help.

Remember, millions of people control their high blood pressure. You can, too.

TIPS TO HELP YOU CONTROL YOUR HIGH BLOOD PRESSURE

Usually, high blood pressure will not go away, or be cured. You need to stay on your doctor's treatment. Every day. Do not stop your treatment unless the doctor says to stop. Be sure of what the doctor says.

Some people only take their pills when they feel bad. Some take them when they feel good! Both ways are wrong. Follow your treatment every day. No matter how you feel.

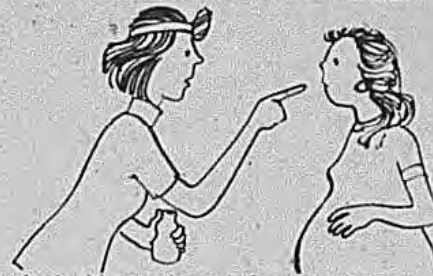
The doctor may ask you to do other things besides take pills. Maybe cut down on salt. Maybe lose weight. Do not decide by yourself which things you will do. Do all the things the doctor asks. Most of all, the pills.

Tell your family and friends about your treatment. They can remind you to take your pills. Or cook meals with your diet in mind. It's a fact—they can help you control your blood pressure.

If you stop treatment, your blood-pressure will go back up. If you start treatment again, your blood pressure will go back down again, so keep trying until you get your blood pressure under control. Then keep it there...for life.

IF YOU HAVE HIGH BLOOD PRESSURE Treat it for life. Do it for yourself and all the loved ones in your life. Prepared By Nassau County Department of Health

★ WARNING: PREGNANT WOMEN ★



DO: check with your doctor before you take any medicines on your own — even aspirin. Drugs can cross the placenta and affect the developing fetus.

DON'T: take unnecessary chances. Drug use during pregnancy can be a serious health problem. Play it safe and take only those drugs approved by your doctor!



GLENGARIFF NURSING HOME

POPLAR HILL

THE GLENGARIFF HEALTH CARE CENTER

Dear Friend:

Long Island's North Shore "Gold Coast" has for years been the choice of those who could afford to live well: In a beautiful, natural setting overlooking Long Island Sound, the Glengariff Corporation, a dozen years ago established the unique Glengariff Health Care Center as a 162 bed long-term care facility on part of the renowned Pratt estate . . . It has no peer.

So successful has it been, that Glengariff has restored and enlarged the nearby original Pratt Mansion, preserving the authentic architecture of a remarkable Landmark slate-roofed Norman chateau, retaining its former name "Poplar Hill." It is a 100-bed Health Related Facility situated on ten acres of awe-inspiring wooded land. This is an unparalleled environment; the very first such exciting facility to open in Nassau County in nearly a decade.

Poplar Hill will afford the resident an elegant ambiance of old world charm, with state-of-the-art health care provided by an organization recognized since 1972 as preeminent in its field. For the past ten years, Glengariff has consistently been accorded full accreditation by the Joint Commission on Accreditation of Hospitals, and has received glowing reports from the New York State Department of Health. Glengariff directors are associated with the American College of Health Care Administrators. Poplar Hill, like Glengariff will be owner managed. Applications for room reservations are now being accepted.





Share with us a truly creative, enriching experience. Call for appointment.

Cordially,
The Glengariff Management

DOSORIS LANE, GLEN COVE, LONG ISLAND, N.Y. 11542-0071 • 516 676-1100
A DIVISION OF THE GLENGARIFF CORPORATION

WHAT SHOULD YOU EAT?

It'll be easier to stick to your diet if you balance and vary your food choices. Do this by choosing foods from these four, basic groups:

	THE MILK GROUP	milk, cheese, yogurt, other dairy products
	THE MEAT GROUP	meat, fish, eggs, beans, or other high-protein foods
	THE FRUIT & VEGETABLE GROUP	fruits and vegetables rich in Vitamins A and C
	THE BREAD & CEREAL GROUP	whole grain, enriched breads and cereals





Remember to eat foods from each of these groups every day. But, choose low-calorie foods and stay within your calorie quota.

WHAT ABOUT SNACKS?

If you must eat between meals, save part of your calorie allowance for snacks. Nibble on carrot sticks, celery or apples. If you're thirsty, try tomato juice, unsweetened fruit juice or ice cold water.




OTHER WEIGHT CONTROL TIPS

- Drink black coffee or tea, with no sugar. 
- Eat slowly! It will make smaller amounts of food more satisfying. 
- Say "NO" to gravies, creamed dishes, fried foods and alcohol. 
- Drink lots of water. Thirst is often mistaken for hunger. 

BE MORE ACTIVE!

Exercise will help burn off fat, firm up muscles and smooth down bulges. A brisk, 30-minute walk will burn up 150 calories a day. In a year's time that could mean 15 pounds!

Use this list of activities to plan your own exercise program. 



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MEDICINES AND YOU



Tired? Tense? Have a headache?
Got a cold?
You know what to do. Take a pill.

RIGHT?

NOT necessarily!

Have you ever stopped to think about why you are taking medicine, or if you really need it? Anyone — regardless of age, sex or income — can misuse drugs. Even YOU!

So, be in the know. Learn what drugs *can* and *can't* do for you. That knowledge can be your best protection against drug misuse.

WHAT MAKES A DRUG A DRUG?



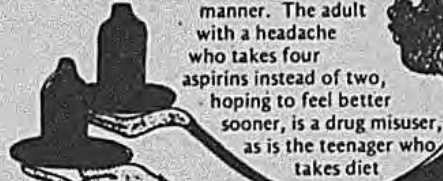
Basically, a drug is a chemical substance, either natural or man-made, which can affect the way your body or mind functions. Most drugs fall into one of two categories: prescription or over-the-counter.

PRESCRIPTION DRUGS can be obtained only with a doctor's order because they must be tailored to a patient's individual medical needs. To be safe, such drugs must be used according to the doctor's directions. Their continued use should be re-evaluated regularly.

OVER-THE-COUNTER DRUGS can be obtained without a doctor's prescription. To minimize any unusual reactions, you should take them according to the manufacturer's instructions. Common over-the-counter drugs include aspirin, cold symptom relief medicines and laxatives.

MEDICINES CAN HELP YOU AND HARM YOU

That's right! The same medicine that can help you can also cause harm. Drug misuse occurs when you don't take medicines in the correct



manner. The adult who takes four aspirins instead of two, hoping to feel better sooner, is a drug misuser, as is the teenager who takes diet

pills to stay awake while cramming for an exam, or the elderly person who, instead of seeing a doctor when ill, uses a friend's prescription.

Taking the time to think about the role drugs play in your life can make all the difference between helpful drug use and harmful drug MISUSE.

Before doctors prescribe any drug, they must weigh its benefits and potential dangers and should discuss these with you: Similarly, when you use over-the-counter drugs, you should consider the advantages and disadvantages. First, read the label information carefully, discuss it with your physician or your pharmacist, and then decide if you really need the drug.



Certain prescription drugs, such as tranquilizers, sedatives, and pain-killers, are called psychoactive drugs. They can affect the way you think, feel and act. These drugs can cause particular problems of their own, especially if used over prolonged periods of time. Their continued use should be re-evaluated regularly.

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SPECIAL HEALTH CARE SUPPLEMENT APPEARING IN
Williamson Times/Minneapolis Edition, New Hyde Park Herald Courier, Stouset Advance,
Mid Island Times, Jericho News Journal, Bohagage Newsgram & Garden City News

Is alcohol causing problems?

We can help even those who don't want help.

There's no need to wait.

Someone you know has a problem with alcohol or drugs. But you've tried everything. Everything you know. What do you do? Try something you don't know. It's called Intervention. And it works!

What is Intervention?

For years we believed that an alcoholic or addict would have to "hit bottom" before he or she could really admit to the problem. But now, with the Intervention process, the person in trouble can be helped to realize that there really is a problem. And a solution!

You've tried everything.

The person is ill—not bad—with a treatable disease. So with Intervention available, there's no need to wait for things to get worse. Over 90% of Interventions result in the person getting into treatment.

Free information session.

Every week we have a free information session where you can get the facts. And talk with professionals about the person you know. So if you really want to help someone—all you need is the willingness to call us for help. Together we'll do everything possible to help the person you know.



Certified by the State of New York

Special people caring for special people. With love.

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Test Your Health Knowledge

Friday, February 8, 1985 20B

How much do you know about the foods you eat, about drugs and about health care?

Try these statements out. Are they true or false? The correct information—the answers are at the end—may help you maintain a healthy life.

True or false?

1. Milk is for kids. Adults should avoid milk and milk products because of their high fat content.

2. Aspirin is the drug most doctors prefer for treating arthritis.

3. People over 65 make up 11 percent of the population but take 25 percent of medicinal drugs.

4. In the past, women were urged to limit their weight gain during pregnancy to 15 pounds, but now a total weight gain of 25 to 30 pounds is usually recommended.

5. Orange juice loses up to half of its vitamin C content if kept in the refrigerator for more than 24 hours.

6. Enemas are a good way to maintain "regularity" without drugs.

7. Stroke deaths and heart disease fatalities are on the rise in the United States.

8. Skin cancer is the most prevalent form of cancer but has the highest survival rate—95 percent.

9. There's as much caffeine in a cup of tea as in coffee.

10. Oysters "hoard" bacteria. Now let's see how you did.

1. False. While some adults may want to avoid cream and whole milk, they should include skim and lowfat milk and milk products in their diets because they are excellent sources of calcium. Many adults, particularly women, are deficient in calcium, a condition that may lead to dowager's hump and broken bones.

2. True. Aspirin remains the "drug of choice" for treating arthritis. At high doses, as directed by a physician, aspirin not only offers relief from pain but reduces inflammation.

3. True. If you're in this group, make sure you know what each drug is that you take, what it's for, and exactly how to and when to take it.

4. True. Doctors today may say don't smoke, don't drink and don't take unnecessary drugs during pregnancy, but they are less restrictive than in the past

about eating. That's because if a woman's caloric intake is too restricted in pregnancy, she may not get enough protein, vitamins and minerals to adequately nourish her unborn child. The National Academy of Sciences recommends that pregnant women eat 150 more calories a day in the first trimester than when they were not pregnant, and 350 more calories a day in the rest of their pregnancy.

5. False. Orange juice—fresh, canned or from frozen concentrate—will maintain its vitamin C content for several days under refrigeration.

6. False. Too many enemas, like too many laxative drugs, can lead to dependence.

7. False. Between 1972 and 1982, stroke deaths declined 42 percent and heart disease fatalities 27 percent. Better detection and treatment of high blood pressure are believed to have contributed to these declines.

8. True. About 400,000 cases of skin cancer occur each year. Most are of the squamous cell or basal cell type, for which the cure rate is 95 out of 100—highest among all the cancers. However, malignant melanomas, arising out of moles, are highly dangerous—so watch for tell-tale changes in the color of moles.

9. False. A cup of tea averages 30 to 60 milligrams (mg) of caffeine. While instant coffee averages about 65 mg per 5-ounce cup, percolated is 80 mg and drip method coffee is 115. Most colas are 35 to 45 mg in a 12-ounce can.

10. True. Oysters and other bivalve mollusks concentrate bacteria and other impurities and they feed by filtering water. This concentrates impurities—as is the reason shellfish should not be taken from polluted waters. People with damaged or diseased livers should avoid the risk of raw shellfish entirely.

How did you do? Seven correct is passing. The questions and answers were based on articles in FDA Consumer magazine. Subscriptions are available for \$17 a year from the Superintendent of Documents, Government Printing Office, Washington D.C. 20402.

A free reprint of the FDA Consumer article, "For Treating Arthritis, Start with Aspirin," is available by sending a postcard to FDA, Consumers HFE-88, 5600 Fishers Lane, Rockville, MD., 20857.

★ ATTENTION: SENIOR CITIZENS ★



DO: ask your pharmacist for "easy-to-open" containers, if there are no youngsters in your home.

DO: call your doctor or pharmacist, if you missed taking your medicine at the prescribed time.

DON'T: take additional doses to make up for what you missed unless approved by your doctor or pharmacist; you may do more harm than good.

SPECIAL HEALTH CARE SUPPLEMENT APPEARING IN

Williston Times/Mineola Edition, New Hyde Park Herald Courier, Syosset A. Mid Island Times, Jericho News Journal, Bethpage Newsgram & Garden City News

Health Care At Home

The Home Care Program of the Nassau County Department of Health is designed to help families take care of certain disabilities or illnesses at home. Home Health Services include the following:

Professional Nursing Care on part-time, intermittent basis.

A public health nurse carries out the physician's plan and his orders for the patient. She provides treatments, injections and dressings, and instructs patients and families to assume care between her visits. She reports progress periodically to the physician and coordinates nursing care with other therapy that patients may require.

PHYSICAL THERAPY

Under the doctor's orders qualified physical therapists provide rehabilitative services for the patient. They arrange for equipment and teach the family how to help. Instruction is given on the use of braces, crutches, canes and wheelchairs.

SPEECH THERAPY

Qualified speech pathologists provide speech and language evaluation and therapy for a variety of communication disorders.

OCCUPATIONAL THERAPY

Services are designed to return each individual to his optimal potential for self-care and independence.

How Payment is Made For These Services

MEDICARE

If you are 65 years of age or older, your home care fees may be paid by the Medicare program. The Health Department is an approved agency participating in the Medicare program.

Details on Medicare are included in the Medicare handbook, which you may receive by calling at your nearest Social Security office.

MEDICAID

Fees will be paid by the Nassau County Department of Social

Services (535-2200) if the patient is registered for Medicaid with that department and has a current identification number. If not registered call 535-5280.

VETERANS INSURANCE

The Veterans Administration will pay home care fees when the V.A. has specifically and individually authorized the treatment. Further information is available from the New York Regional Office (212) 620-6901.

OTHER HEALTH INSURANCE


Private insurance plans may cover home health services. Individual health insurance contracts should be reviewed for possible coverage and information concerning coverage should be requested.

HOME CARE SERVICES

Home Care Services may be arranged by a physician, patient, or family member by phoning the Nassau County Department of Health at 535-3524.


Dept. of Health.

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Yellow Book Guides, with listings according to specialty: Restaurants, Schools, Wedding Supplies & Services; or grouped by practice: Physicians, Lawyers, Dentists. Find it easy. Find it fast. In your Local Yellow Book.



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EXERCISE CHART



Activity	Calories Burned (Per Hour)
Walking 3 mph	250-315
Bicycling 5 mph	240-300
10 mph	360-420
13 mph	600-660
Climbing stairs	125-200
Using a typewriter (manual)	100-125
Using a typewriter (electric)	95-110
Dancing	250-450
Jogging 5 mph	450-550
Skiing (cross-country)	350-550
Tennis (singles)	400-480
(doubles)	250-325

Doing calisthenics	250-450
Bending, stretching	175-275
Bowling	200-250
Making leaves, gardening (weeding)	250-325
Scrubbing floors	200-250
Washing dishes	125-200
Skating (fast)	360-420
Swimming	650-700

• NOTE • The calorie range given for each activity takes into consideration differences in weight, since some people use more calories than others doing the same activity.

No matter what your job, if you want to WORK better, LOOK better and FEEL better, you need more or different exercise. So... make these exercises a part of every working day!

1. TO IMPROVE CIRCULATION ... While sitting down, raise your legs from floor. Hold legs out straight—feet together—and move your feet in a circle. Lower your legs and repeat the exercise five times.

2. TO LOOSEN TENSE MUSCLES ... Bend the head forward (with chin against throat) as far as possible. Bring the head slowly back as far as possible. Repeat the whole exercise 10 times.

3. TO RELAX ... Sit in an upright position and relax. Breathe evenly and slowly, filling the chest with air each time. Repeat 15 times.

4. TO STRENGTHEN LEGS ... Slowly rise from a sitting position without the help of your hands until you are standing erect. Sit down and repeat the exercise 20 times.

5. TO TIGHTEN STOMACH MUSCLES ... While sitting, draw stomach in and lean forward. Place head and hands on knees. Return to a sitting position and repeat 10 times.

6. TO TONE LEG MUSCLES ... Sit in a chair, near the front edge. Hold onto sides of chair. Lift knees alternately as though you're peddling a bicycle. Continue for 2 minutes.

7. IF YOU'RE ON YOUR FEET ALL DAY ... While standing, rise up and down on your toes. Then rock back on your heels. Repeat often during the day.



SPECIAL HEALTH CARE SUPPLEMENT APPEARING IN
 Williston Times/Milneola Edition, New Hyde Park Herald Courier, Sonnet Advance,
 218 Friday, February 8, 1985, Midland Times, Jericho News Journal, Bethpage Newsgram & Garden City News

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You Pay Only \$49⁰⁰ Over Plus *100⁰⁰ Commission.
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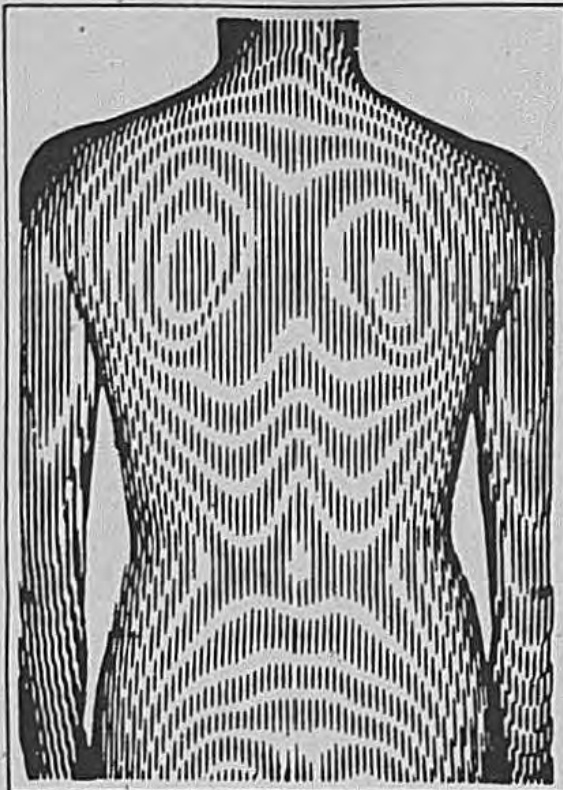
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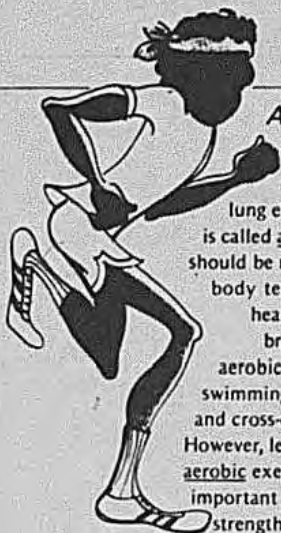
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238 Friday, February 8, 1985

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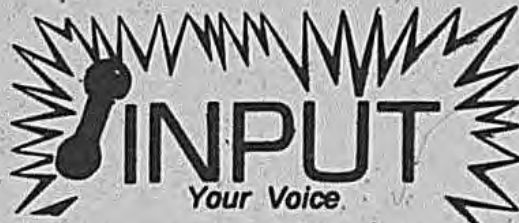
DISCOVERY

Geopolitics The Guide
To National Policy



Friday, February 8, 1985

See Page 3



THE QUESTION OF THE WEEK

It has been suggested that Social Security increases be held back in the next budget to help the budget deficit. Is this an idea you agree with?



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Input Callers Mixed Reaction To Sharon-Time Magazine Case

Callers to Input were mixed in their answers to the question: "Which side do you think won in the Sharon vs. Time Magazine lawsuit?" Here are some of the answers:

BAD CASE

This case should have never been allowed to be brought before the courts. Sharon is a public figure, has done many things in the service of Israel and therefore he is fair game for reporters. He did prove that Time was wrong in where it concluded he had a role in the Lebanon massacre, but since Sharon was on the inside in the government it would be expected that he could know what was in a report. But did that mean there was no truth to him having a role? I think we still do not know. J.F.

RIGHT VERDICT

I would be sorry if the lawsuit was taken as a vindication for Sharon in all of the things he has done and a reason for him to take charge of the government of Israel. He is not the right leader for the country at this time and it would be too bad if this lawsuit proved to help him politically. I think the verdict is probably right. Time was wrong but not malicious. K.T.

SHARON VINDICATED

I think that Sharon vindicated himself and the Israeli government. He had Time acknowledge that it was wrong and he got a court to declare that Time was not telling the truth. On the cash award it is only because he is a public figure that Time got off the hook but they far from won this case. G.R.

WORLDWIDE PUBLICITY

This case was a flagrant abuse of the legal process. It was a forum for Sharon to get worldwide publicity. He knew that Time had made a technical mistake in naming the appendix where the statement against him was supposed to be found. But this was sort of a propaganda event to obscure the real issue of whether he could have done something to prevent the slaughter. We will never know the answer. The dramatics of Sharon trying to say that because he was accused of a shortcoming that it was an indictment of all of the Israeli people was a good way to get people on his side but it was far from the truth. There was no indictment of the Israeli people because many thought Sharon did not act properly. It was an indictment of Sharon, that was mitigated by the trial. It was clearly seen by the Israeli government's investigation of Sharon that they did not share blame for anything he had done. J.W.

TIME POOR

Yes, Sharon came out the victor. And this will be a lesson to all news media that anything does not go. Sharon was clearly libeled and the court found this. Whether any money was awarded did not change the libel. Time came out poorly as a magazine that did not print the truth.

DISCOURAGED SUITS

It was very hard to tell exactly what was going on at the Sharon-Time trial. We had to see, listen or read about it in the media and it was often apparent that the writers were against Sharon winning because it might bring down wrath by many other people each day for other things thought to be libel. He did win this one but at the same time discouraged poorer or less financed people from bothering to sue. D.W.

BOTH LOST

I read Time Magazine only occasionally but my immediate reaction upon learning about Ariel Sharon's libel suit against the publication was that fundamentally he didn't have a leg to stand on. My recollections according to the news releases at the time that the massacre had taken place in Lebanon were that he could not have avoided personal responsibility. As a key figure in Israel and as a world figure, his behavior, whether or not premeditated, lacked even a modicum of visible concern for the people who were being slaughtered. If one were to judge every piece of reporting, written or oral, that appears as a public communication, it would be difficult to say whether it was defamatory or a truthful and unbiased statement of the facts. Actually, I believe that the jury may have followed this line of reasoning when they rendered their opinion that the article was false and defamatory but cleared Time of malice. Frankly, I think that Time won a victory of sorts despite Sharon's public statement upon his return to Israel that his main aim was not to win money but to "prove to the world that Time Magazine lied" and that he had succeeded. Underneath the whole exercise was undoubtedly Minister Sharon's intent to capitalize politically on the outcome. However, based upon an accusation by an Israeli member of Parliament that Sharon had broken a law of the country by raising money in the U.S. to pay for the cost of the suit (about \$1 million), one would question whether he had indeed won anything. In a broader sense, the press in this country may have lost something when future lawsuits of a similar nature will opt to use this case as a precedent. P.G.C.





DISCOVERY



Geopolitics The Guide To National Policy

By Jerome J. Niosi, Ph.D

Thoughtful people everywhere breathed more easily as they savored the exciting prospects of the successful conclusion to negotiations between the United States and the Soviet Union. The relationship between the two great powers has been dismal ever since the WWII alliance crumbled giving way to the Cold War and international competition for the domination of the world.

During the post war decades, people as well as nations drew sides: the Americans were "good"; the Russians, "bad". Within the United States, Americans divided ideologically and emotionally on the appropriate responses to the international activities of the Soviet Union.

In many ways, this post war period was unnecessarily distressing, and, at times, marked by hysteria. This was to be expected. In the forties, Americans were only beginning to emerge from the cocoon of isolation. How does the world's most powerful nation use its massive influence for the beneficent rebuilding of the devastated areas of Europe and Asia? It was a novel opportunity for idealists and pragmatists.

Those who desired to recreate the world in the American tradition clashed with the pragmatists who saw in Soviet communism the greatest threat to the freedom of man. Most Americans were caught up in the subsequent and often acrimonious debate on the nation's foreign policy.

In an anarchic system of sovereign states, international negotiations are both delicate and sensitive requiring long periods of quiet diplomacy. But in an "open" society, such quietude is virtually impossible. Armchair strategists will inevitably fill the time and space available with instant analyses using a "scorecard of wins and losses."

This is indeed unfortunate. The best decisions are based on the fixed requirements of geography and politics-geopolitics, a concept first expounded in 1904, and repeated in 1917 and 1942, by Sir Halford Mackinder in his incisive monograph, "The Geopolitical Pivot of History".

Mackinder saw the world made up of two major geographical areas: a World-Island - Europe, Asia and Africa - dominated by the USSR and a lesser island - North and South America - dominated by the United States. A further comparison, moreover, notes that the World Island is complete in natural resources, an area twice the size of the other, and containing seven times the population. For these reasons, Mackinder developed the geopolitical rule: "Who rules East Europe, commands the Heartland; who rules the Heartland commands the World Island; Who rules the World Island, commands the world."

No one maintained control over the Heartland until the Russian Revolution. After WWII, the USSR emerged as 'the greatest land power on the Globe', commanding the 'greatest natural fortress on Earth.' Meanwhile the area dominated by the United States became increasingly dependent on outside sources for its sustenance and defense.

Faced by the expansive fervor of the Communist ideology, the erosion of wartime alliances, and the inability of devastated countries to defend themselves, the United States developed its policy of 'containment', outlined by "X" in an article entitled, "Sources of Soviet Conduct", in "The Foreign Affairs Quarterly", of July, 1947. The anonymous author turned out to be the State Department's foremost expert on Soviet affairs, George Kennan.

Kennan maintained that the United States and the Soviet Union were permanent "rivals"; they could never be "partners". He contended that the United States could have "no faith in the possibility of a permanent, happy existence". He recommended that Soviet pressure, therefore, be contained "by the adroit and vigilant application of

counterforce at a series of constantly shifting geographical and political points."

Accepting this thesis, the United States erected military and diplomatic defenses around the entire Eurasian landmass--a kind of "dike" to protect the free world. Wherever the communists probed a potential weakness, the full force of the free world, backed by the superior power of the United States blunted the attempt.

For example, when the USSR engineered the control of Czechoslovakia, the West countered with the North Atlantic Treaty Organization. When it threatened the Balkans, the United States proclaimed the Truman Doctrine. Meanwhile, the Marshall Plan rehabilitated the devastated areas of Europe frustrating infiltration attempts at subversion. Confrontation over Berlin became the symbol of the West's determination to protect itself.

The situation in the Middle East was equally critical: "If we lose this, declared John Foster Dulles referring to the area's 230 billion barrels of oil reserves, "the rest of the world could not come close to making it up." To prevent the loss of western Europe without war, Eisenhower, at the request of its chief executive, landed Marines in Lebanon.

Containment was less successful in Asia. Until the recent "opening", China was lost when the Nationalists were compelled to retreat to Taiwan. An uneasy truce prevails in Korea punctuated by a brief ray of recent sunshine.

In Southeast Asia, the failure to understand geopolitical implications of containment at the seventeenth parallel, fueled a national debate of immense proportions forcing a humiliating withdrawal by the United States.

In the western hemisphere, the Soviets were successful in Cuba; they lost in Grenada and now meddle in Central America. The national debate over Nicaragua and El Salvador although less severe than that over Vietnam is unfortunate. Why would not the geopoliticians in the Kremlin seek to place its influence on America's doorstep? Why should any American geopolitician accept such a presence?

The communists, observed Kennan view capitalism as "bad", something to be destroyed. Based on that conclusion and the assumption that its leadership is always right, and with no compulsion to hurry, they have no compunction about retreating in the face of superior force. But the long range objective remains the same.

The cool, firm posture of the United States and its growing strength coupled with the will to use it, have encouraged the Russians, in the words of George Kennan, to "discover the benefits of conciliation and arbitration".

Geography is immutable. For all Americans it is essential to watch the lines on the global map: Where those lines emanating from the heartland of the world island reach across the trade lanes sensitive to the United States, it is time to be alert. This is the lesson of history which must be learned well, now, or we may be compelled to learn that lesson again and again.

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 is a frequent contributor to *Discovery*.

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READER RATINGS



YOU CAN BE A RESTAURANT CRITIC - If you visit any of the restaurants selected for inclusion in this section - call WE 1-0027 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.

Irish Cooking
 I had a delicious lamb stew last weekend at "Patrick's Pub" in Little Neck. Everything was great!
 I also had leek soup and finished my dinner with wonderful Irish coffee.
 My wife had a fish dinner and her plate was clean! She also enjoyed dessert and Irish coffee.
 We wanted to find out whether "Patrick's Pub" was as good as the "Harp & the Mandolin". It was every bit as good. There is nothing like good Irish cooking!
 T.M.

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

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RESTAURANT REVIEW

Food ★★★½ Ambiance ★★★½
 Service ★★★ ★★★½

By Janine

Manero's is a charming restaurant. It is located on the eastern end of a strip shopping center on the south side of Jericho Turnpike. It features a long, narrow lobby with a rather large bar area set off to the right. To your left along the long hallway is the retail meat shop in which the meat is displayed. Straight ahead is the big, lovely main dining room. It contains oak pieces with a charm all their own, beautiful stained glass, soft, gentle lighting, formal appointments, etc. It is a room that is much more than comfortable. It is really lovely.

As we sat down and ordered cocktails, a basket of delicious garlic bread was placed on our table - a definite plus for the meal. One of the entrees was the la carte Delmonico Shell Steak at \$16.95. All a la carte entrees are served with a fresh garden salad and choice of potato or rice or vegetable du jour. The steak was cooked perfectly as ordered and was extremely tender, lean and delicious. I opted for the complete dinner which was a superabundant amount of food. The first course was a baked clam appetizer which consisted of two clams stuffed with a moist, seasoned bread stuffing. Next came the garden salad with a choice of dressing. Also placed on the table was a nice portion of french fried onion rings. Then there was a choice of potato, vegetable of the day and my entree, the barbecued baby spare ribs. Dessert and beverage were also included - all for \$13.95. The spare ribs that were served were a huge portion done in a very piquant sauce. They were absolutely delicious.

On the evening of our visit, only waiters were in attendance, and the waiter who was assigned to our table was very experienced in the business of service. He was a sheer delight. He backed off when we were not quite ready to order, and appeared magically when we were. He made proper suggestions, paced the food with finesse, and certainly helped make our meal a huge success.

Manero's menu boldly declares that they are committed to excellence and quality. The beef served is either top choice or prime. The seafood is the freshest available, and all vegetables are also always fresh. Manero's claim is that they are a tradition dedicated to excellence.

The restaurant is open 7 days a week. It is open from Monday thru Saturday for lunch and dinner and on Sunday for dinner only. They do accept most major credit cards.

CONCLUSION: A tradition dedicated to pleasing their patrons. Great, great, great!

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9/30/84 - N.Y. Times

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OLD TAVERN

I never see many things about Wiegel's Place in your paper although it is one of the best you have.

This restaurant and bar is son of in the setting of an old tavern. But the service is great and the food is top notch. They serve everything from a sandwich to a full meal. We have been there often and find it to be a good place. Some of your readers might not know how to get there although it is easy enough. Just take Herricks Road a little past the Garden City line and you will see the red brick building housing this restaurant. Put this in the paper please. J.T.

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OOO Cathy Urbach

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Sylvia Carter, Newsday - 8/18/83

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READER RATINGS



TOP RATED FOOD
Choung's Restaurant always has top-rated food whenever we go there. Last week we had Taiwan chicken and another dish, Oceana, a wonderful combination of all types of seafood.
Choung's has ways of preparing food that do not compare with any other Chinese Restaurant in this area of the country. We have always been very well satisfied with Choung's. The prices are within reason for the extra quality and attention that the restaurant gives.
The decor is magnificent and makes dining at Choung's a worthwhile experience. The restaurant is located next to Garden City in Roosevelt Field. H.T.

JAPANESE RESTAURANTS
There are a number of good Japanese Restaurants now on Long Island. Last week my wife and I visited one that you had listed in those pages in the paper.
We were both glad we picked the Ashai Japanese Restaurant at Village Square Glen Cove. We had tempura beef and chicken terriyaki. It was a real treat. Some restaurants rush you through the meal but we were able to sit and enjoy everything at the Ashai Restaurant. The decor is authentic and the service could not have been better. The price was fair for this special occasion and we want to recommend it. B.R.

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READER RATINGS



A. In a restaurant we often frequent they do everything right except one thing. A waiter always comes over with the special of the day but never tells us the price. Now we do not quibble about a few pennies but often these specials are much higher priced than the other regular items. Don't you think the restaurant should tell us the price when making the suggestion?

A. We think you are right and we have checked several restaurants and they say that they either have a blackboard, a menu insert or the waiter is told to give the prices. Unfortunately since you only gave the initials we have no way of knowing which restaurant you are referring to or we would contact them. You may show this column to the manager and perhaps he will change his system.

Q. I thought it was standard fare to get at least two vegetables with an entree but last week at the [name omitted] restaurant we were charged extra for vegetables. Is this right?

A. A number of restaurants have changed to charging extra for vegetables, particularly fresh ones, but the safest way is to look at the menu and ask the waiter. Sometimes there are extra vegetables and they are the ones that are given an added charge. But there are some restaurants that charge for every item individualy.

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Cooking Corner

By Antonia Allegra

For ultimate flavor, no matter how fish is to be prepared, the tendency is to overcook it. The key to good tasty fish is *not to overcook it*. Figure on about 10 minutes per inch of thickness of whatever fish is to be cooked. Then, when a fork can slightly flake the fish, stop the cooking.

SEAFOOD CHOWDER

- 8 cups bottled clam juice — no preservatives
- 1 cup dry sherry
- 1/2 cup brandy
- 1/4 cup minced shallot
- 1 tbsp. minced garlic
- 8 fresh parsley stems
- 4 bay leaves
- 4 medium potatoes pared and cut into 1/4-inch dice
- 2 ozs. salt pork (without rind) cut into 1/4-inch dice
- 3 slices bacon cut into 1/2 x 1/4-inch pieces
- 2 cups finely chopped onion
- 1 1/2 cups chopped celery
- 1 tbsp. dry thyme
- 1/2 cup all-purpose flour
- 3 cups heavy cream
- Course salt
- Freshly ground white pepper

Tabasco sauce

- 1 cup cooked shrimp, cleaned and broken
- 1 cup cooked crabmeat
- 3/4 cup haddock or cod cooked, cleaned and flaked
- 1/2 cup clams, minced

In large saucepan, heat first seven ingredients over high heat to boiling, reduce heat to low, simmer uncovered (15 minutes), skimming occasionally. Strain through sieve with dampened double cheese cloth; keep warm.

Boil potatoes in lightly salted water until tender (5 to 8 minutes) then drain. Set aside. In large, heavy saucepan, cook salt pork and bacon over medium heat until fat is rendered and pork and bacon are crisp (about 8 minutes). Add onion and celery and saute, stirring frequently until tender (about 8 minutes). Add thyme and saute 1 minute. Make roux: Stir in flour and cook, stirring constantly, over low heat 5 minutes. Do not brown flour.

Gradually stir clam broth mixture into roux over low heat, then heat to boiling over high heat. Reduce heat to low and simmer, uncovered, 20 minutes, skimming surface periodically.

Note: Chowder can be prepared up to 24 hours in advance up to this point — refrigerating pota-

Continued On Page 13

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toes and cream separately.

Stir in cream and potatoes and heat to boiling. Season to taste with salt, if necessary, and enough white pepper and Tabasco to give chowder good peppery taste.

Just before serving, stir in all seafood. Heat until seafood is hot. Ladle into warm soup bowls and garnish with chopped parsley. Makes 12 servings.

DAVID PTAK'S FISH IN MAYONNAISE MARINADE

Ptak notes that this marinade works with any type of fish and that it will be successful for barbecuing or oven-baking (10 minutes per inch of fish thickness in a 350-F oven). Not recommended for broiled fish.

- 4 tbsps. (½ stick) butter, melted and cooled
- ¾ cup mayonnaise
- Salt and pepper to taste
- Pinch ground cloves
- Pinch ground ginger
- 2 lbs. firm fish, in steaks or filets

Mix butter with mayonnaise and seasonings. If too runny, add bit of mayonnaise. Carefully coat fish with prepared mayonnaise, using hands to turn fish in marinade. Let

coated fish rest at room temperature ¼ to ½ hour.

To barbecue: Let charcoal die down more than for searing meat. Cook fish slowly over low fire. Do not overcook fish.

To bake: Preheat oven to 350 F. Place coated fish in baking pan and bake 10 minutes per inch, squeezing lemon over after baking.

SHARK KEBABS

Marinade:

- ½ onion, finely chopped
- 1 bottle Worcestershire sauce
- ½ cup brown sugar
- 2 lbs. shark filet (soupin shark preferred)
- 2 bell peppers, peeled, seeded and cut into pieces
- ½ lb. mushrooms
- 1 onion, cut into chunks
- 1 basket cherry tomatoes

Combining marinade ingredients and puree in blender. Cut shark filet into bite-size (1-inch) cubes and place in glass bowl. Cover with marinade and let rest 6 hours in refrigerator. Then alternate marinated shark, bell pepper pieces, mushrooms, onion chunks and cherry tomatoes on skewers. Grill over medium fire until fish is white and flakes.

Makes 4 servings.

Microwave

By Desiree Vivea

BACON-CHEDDAR POTATOES

- 6 slices bacon
- 4 medium-size baking potatoes
- 2 tbsps. butter or margarine
- ½ cup milk
- 1 tsp. dried parsley
- ¼ tsp. freshly ground black pepper
- ½ cup shredded cheddar cheese

Microwave bacon 5 to 6 minutes (as directed above); remove from oven and set aside.

Scrub potatoes, prick with fork, and arrange in circle on paper towel in oven. Microwave 13 to 15 minutes, turning and rearranging after 5 minutes, until potatoes are fork-tender.

Cut potatoes in half. With spoon, carefully scoop cooked pulp from shells. Place in mixing bowl, along with butter, milk, parsley and pepper. Mash well until smooth, then spoon back into potato shells. Crumble cooked, cooled bacon over each, then sprinkle evenly with shredded cheddar cheese. Place potato halves on serving platter and microwave 4 to 5 minutes longer or until heated through. Let stand 3 to 4 minutes before serving. Serves 4 to 8.

FRENCH BACONION SOUP

- 4 slices bacon, diced
- 4 cups thinly sliced onion
- 1 medium-size clove garlic, minced
- 6 cups water
- 1 cup tomato juice
- 6 beef-flavor bouillon cubes, or 2 tbsps. beef-flavor instant bouillon crystals
- 4 tbsps. lemon juice

- ¼ tsp. freshly ground black pepper
- 4 thick slices French bread, toasted conventionally and buttered
- 4 slices Swiss cheese
- Parmesan cheese
- 4 sprigs fresh parsley

Place bacon in 3-quart glass casserole and microwave 4 minutes, or until bacon is crisp. Remove with slotted spoon and set aside to drain on paper towels.

Stir onion and garlic into bacon drippings. Cover and microwave 6 to 7 minutes, until onion is translucent and tender, stirring every 2 minutes.

Add water, tomato juice, bouillon, lemon juice and pepper. Stir to blend well and microwave, covered, 8 to 10 minutes, stirring after 4 minutes. Bouillon should be completely dissolved.

Pour hot soup into four individual ovenproof bowls, and top each with slice of bread, then slice of cheese. Microwave 2 minutes longer until cheese is melted and bubbly. Sprinkle lightly with Parmesan cheese, and garnish with crumbled bacon and parsley. Serve hot.

BRUNCH CASSEROLE SUPREME

- 4 medium-size potatoes, cooked, peeled and sliced
- 4 hard-cooked eggs, sliced
- 6 strips bacon, cooked and crumbled
- 3 tbsps. minced fresh parsley
- 1 cup light cream (or evaporated milk)
- 1 tsp. flour
- ¼ tsp. each salt, pepper and paprika
- ½ cup dried bread crumbs
- 2 tbsps. butter

The World's Most Beautiful Grandchildren



Please enter this picture of my two youngest, beautiful grandchildren, Regina and Jane.

M. R. Stuart
Bethpage

Arrange one-third of potato slices on bottom of 8-inch glass casserole. Top with one-half of sliced eggs, and one-half of bacon. Sprinkle with 1 tablespoon parsley, then repeat procedure. Sprinkle with 1 tablespoon parsley, and top with remaining one-third of potato slices.

In small bowl combine cream, flour, salt, pepper and paprika. Pour mixture over potatoes and sprinkle with remaining parsley.

Combine butter and bread crumbs in small dish and microwave, stirring every 30 sec-

onds, until golden brown. Sprinkle over top of casserole. Place casserole in oven and microwave, covered, for 5 minutes. Let stand for 5 minutes to distribute heat (since casserole is layered and should not be stirred). After standing time, microwave 2 minutes longer, then serve hot.

Makes 6 servings.

Recipes in this column are tested in 625- to 700-watt microwave ovens. Foods are cooked on HIGH (100 percent power) and uncovered unless otherwise specified.

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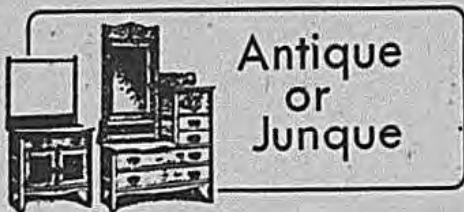
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Antique or Junque

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

Key-wound Seth Thomas an import

Q. This Seth Thomas banjo clock is marked "Made in Germany." I thought that Seth Thomas clocks were all made in the United States.

What can you tell me about its vintage and value?



A. Seth Thomas clocks now are made by The General Time Corp. The electric models are made in the United States and key-wound clocks are imported from Germany.

Your clock was made between 1940 and 1975. It now would sell for \$300 to \$400.

Q. Every once in awhile I hear people talking about Geisha Girl china. Just what is it? I don't think that I ever have seen any.

A. Geisha Girl was an inexpensive porcelain made in Japan for export in the late 19th and early

20th century. It was decorated with geisha girls, children, butterflies, etc. It is being widely reproduced today.

Typical prices for authentic pieces are: large urn — \$175; cup and saucer — \$25; chocolate pot — \$85; hair receiver — \$35.

Q. I have a baby doll 22 inches tall with the enclosed mark. It also is marked No. 327. What can you tell me about the maker, vintage and value?



A. This doll was made by Armand Marseilles in Koppelsdorf, Germany, during the early 20th century. It would sell for from \$700 to \$800 in good condition.

Q. I hardly ever see any old radios at antique shows. It seems to me that early radios would be a popular field for collectors.

Are they worth anything and are there very many being sold?

A. Old radios are collectible. They should be in reasonably good

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condition and in working order. However, the prices are on the low side. For example, Atwater Kent is probably the most sought after, but an early 1920s Model 12 sells for only about \$250 in fine condition.



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Here's How

By Gene Gary



Get advice from window suppliers

Q. I live on the waterfront in a 20-year-old two-story building. The windows in my building are metal, crank out and are badly in need of replacement due to rusting and corrosion.

I am wondering if I should replace them with wood windows or if I should go with aluminum or anodized windows. Also, can I just call a window place for recommendations as to someone to do this work, or do I need a general contractor to do the whole job?

We are talking about 15 windows, most of them not standard size and having wire-glass in them. Any help or advice you could give me would be greatly appreciated. — M.C.

A. Your waterfront location tends to cause more hardship on metal window casings than if you lived in a drier climate. However, today there are some very good metal products on the market that should wear well with proper upkeep.

The choice between wood frames and metal window casings is really a matter of personal preference.

I suggest that you talk with a couple of qualified window sup-

pliers for their recommendations. You will find a number listed in the Yellow Pages.

A good supplier can provide you with either standard window frames or custom frames to fit your present window openings. They can handle installations as well as provide the product.

You probably should consult more than one supplier for both recommendations on window treatments and price quotes.

Q. Please tell me how I can clean fiberglass awnings? They are badly in need of cleaning. I've had them on the windows over 10 years. — M.R.

A. You could use a solution of trisodium phosphate and bleach, 1 cup of each mixed with 1 gallon of warm water. Scrub the awnings with a stiff brush, then rinse well.

There also are several good commercial cleaners on the market for fiberglass.

Check large paint stores or household supply stores (one such product is "Gel-Gloss," manufactured by T.R. Industries, P.O. Box 1533, Sywood, CA 90262).

Mainly For Seniors

By John T. Watts



Dear John: I'm a senior, too, 71 years old, and everyone still takes me for 50 years old because I realize the most precious possession people can have is good health. So I work at it and take good care of my body.

It's great to feel good all the time. Since I have been studying nutrition books and magazines for over 30 years I have a good knowledge of the subject.

Most degenerative diseases are caused by toxic wastes in the body, by deficiencies, by smoking, drinking, excessive tea, coffee and soda pop, lack of walking and exercise, using drugs to excess, a poor diet, lack of raw foods, fruits and vegetables, air pollution, water pollution, lack of proper sleep and rest, bad health habits, and a lifestyle people do not want to change, so they have to "pay the piper."

We cannot expect to abuse a piece of machinery and have it run properly. The body is a piece of machinery that needs care and maintenance. Our arteries get clogged up with cholesterol and calcium deposits, particularly in the neck or brain.

Most seniors are very deficient in potassium so vinegar and honey are very good. The mixture is rich

in potassium, which keeps the body supple and also helps to dissolve calcium deposits. But it must be natural apple cider vinegar aged in wood and natural unheated honey, which can be purchased at health food stores. Just take two teaspoons of honey to two of vinegar and add hot water.

For a cold refresher in summer, add a small amount of hot water, then cold water, and chill in the refrigerator. The heart can benefit from the honey and vinegar as it needs a lot of potassium.

Magnesium and potassium orate by bromelain (pineapple enzyme), combined into a capsule by a famous German doctor, helps to unclog the arteries when taken one hour before meals or two hours after meals. This is recommended to help circulatory and heart problems, and this could help dizziness if that is what's causing it.

I have just helped myself and a friend, 87 years old, and what an improvement in three months. I can hardly believe the changes in him. He looks 10 years younger and his dizziness and clogged-up brain are almost back to normal.

Lecithin — a nutrient that is very important for everyone, and the myelin sheath and nervous

Q. With the last big rain we had, a bad roof leak developed that seeped in through the wall and down into the wall-to-wall carpeting and pad. Mildew set in and an odor developed.

We pulled the carpet back and set up a heater to dry it out. Now it is dry but the mildew smell still persists.

What can we do to get rid of the odor before we put the carpet back? We did not take up the pad, but let it just dry where it was on the floor. — R.C.

A. The carpet and padding both should have been taken up, or rolled back and spread out to dry when the moisture was first noticed.

It is almost impossible to remove the mildew odor from the padding, so this should be replaced, and the floor thoroughly cleaned before new padding is installed, using a solution of household bleach on the bare floor to kill the mildew. The carpet also should be cleaned, preferably by professional carpet cleaners, to remove all traces of mildew.

However, there are cleaners and preventatives available at paint stores and household departments that you might try if you do not wish to go through the more thorough process.

system — helps people who smoke and multiple sclerosis victims. It also helps prevent pneumonia.

Arthritis — requires a cleaning of the toxins in the body by herbs or various ways found in health stores or by fasting. A person should go to a competent nutritionist or doctor who specializes in nutrition. After cleansing, get plenty of raw juices, raw and steamed vegetables and fruit, and eat a good diet, plus all the minerals and vitamins.

The trace minerals are very important, cod liver oil, vitamin C complex, calcium, etc. We need additional hydrochloric acid as a rule, as it decreases with age. I got rid of bad arthritis in my hand after three weeks, taking one Betaine tablet after meals. — Genie

Dear Genie: We are greatly indebted to you for your observations.

Speaking of nutritionists, one I know urges that a person take a spoonful of pure lemon juice in a small glass of warm water every morning before eating breakfast to help screen impurities.

Anyone who wants to try a very, very rigid diet that includes cod liver oil will find it in our arthritis leaflet. It is available by sending a stamped, self-addressed envelope to Mainly for Seniors. Donations, of course, are always welcome to help with the printing and handling costs.

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TWEEN 12 & 20



By Robert Wallace, Ed.D.

Drop him a letter and let him know that you no longer care to go steady, and wish him luck. Don't waste your time informing him that you know about his new girlfriend.

If he should call, be "too busy" to talk.

Dr. Wallace: My mother is like Jekyll and Hyde. She is very nice or she is horrible. She tells me I am super-intelligent (I have a high I.Q.) but if I should drop something by mistake, she calls me stupid.

I am overweight and I try to diet but it's hard. Sometimes my mom will tell me that I'm beautiful and other times she calls me a big, fat slob with an ugly pass.

My father and mother were divorced three months ago and since then Mom and I have had many terrible fights.

I had a younger sister but she died four years ago. Mother is now saying, "Poor Mary died. Why couldn't it have been you instead?"

I really do love my mother but I'm getting tired of fighting with her. I love my father, too, but I never see him anymore. He has remarried and is living in England.

Please help me. Anything you do will be appreciated.

April: Mother appears emotionally drained over her divorce. Her cruel remarks to you are unwarranted and uncalled for.

But don't strike back when she is in this mood. Instead, smile, tell her you love her and go to your room. Before long, Mom should realize she is wrong and apologize.

Mother does love you but can't seem to consistently show that love. Hopefully, time will be a cure for Mother.

Dr. Wallace: I am 17, and last Saturday night I was out rather late and didn't get to bed until after 2 a.m. Because of that I overslept and did not go to church.

Now my dad is very upset and has grounded me for two months. Not for coming home late, but for missing church.

Do you think this is fair, especially since I love going to church? — George, Elgin, Ill.

George: Since this obviously was not a regular occurrence, no punishment was necessary.

Dr. Wallace: Bobby and I met at a roller-skating rink and started dating occasionally at the rink. Jan used to be Bobby's girlfriend but they broke up a

week before Bobby and I met. Last night Jan came by the rink and told me she was going to beat me up. Her mother also was there and swore at me.

Please tell me what to do. I'm scared and I can't tell my parents because I'm not allowed to date because I am only 13. — Kathy

Kathy: Inform your parents what is happening. Jan has a problem but her mother appears to be emotionally unstable. Your parents will know how to solve your dilemma.

Meeting Bobby at the skating rink does not necessarily constitute a date. Please — do as I say.

Dr. Wallace: I am one of millions of teens who suffer the teen curse — acne. I've used all the so-called cures but my condition is no better.

Please tell me where to turn. My parents do not have a lot of money. — Ray

Ray: Dr. James Fulton of the Acne Research Institute in Newport Beach, Calif. (a non-profit foundation dedicated to increasing the public's awareness about acne), has established an ACNE Helpline.

Please call 1-800-235-ACNE (in California, 1-800-225-ACNE) and all your acne questions will be answered. The institute will also send you free booklets on the causes and treatments of acne.

Dr. Wallace: I am a cat lover and I have three lovely cats as pets. One of our cats was hit by a car but we got her to a veterinarian and he saved her life.

When we were leaving the veterinarian's office, he said my cat had another eight lives left. Why do cats have nine lives? — Robert

Robert: Ancient Egyptians worshipped cats and regarded them as supernatural creatures. Because the Egyptians placed great emphasis on the family trinity (father-mother-child) they considered three a sacred number. As a mark of honor, they began to associate the number, times itself, with cats — three-times-three — which formed the basis for the belief that cats have nine lives.

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JUNIOR EDITION



Aunt Tilly's Corner

Some time ago I had a young visitor in my home. He was not quite two years of age and just learning to walk. Just a few weeks ago his parents were a bit worried that he was slow in learning words, but now they are concerned no longer. He is learning to speak all at once, it seems. In fact, he is beginning to say some simple sentences. Maybe his grammar isn't always perfect, but he was surely expressing "a complete thought!" (which is what a sentence is) when he told me where his father was one day. "Daddy down," was the way he put it, meaning "downstairs".

I enjoyed having my young guest and hope he will be back before too long for another visit.

Love,
Aunt Tilly

P.S. This week's coloring contest winners are: Robert Lambrecht and Alexis Kuchlins. You'll both be hearing from me soon!

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Points on Pets



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

Q. When should a mare pass her afterbirth following foaling? Our 13-year-old quarter horse mare did not pass her afterbirth until 12 hours after giving birth to her last foal. The mare did not seem ill in any way. Both she and the foal are doing well now.

Should we have called a veterinarian to examine the mare?

A. Although the fetal membranes, afterbirth or placenta, usually are expelled from the foaling mare within 30 minutes to three hours after parturition, it is fairly common for mares to retain their fetal membranes for eight to 12 hours without any indication of illness. It usually is considered abnormal for mares to retain their fetal membranes longer than 12 hours following foaling.

Following birth, the mare's uterus continues to contract for several hours. During this period the fetal membranes usually separate from the wall of the mare's uterus. Many mares show signs of abdominal pain or colic during this time.

Many mares that retain their placentas do not exhibit such pain. These mares often eat,

drink, suckle their foals and generally appear to be very content during this early period following foaling.

Retained placenta usually is easily diagnosed. The afterbirth usually can be seen hanging from the mare's vulva. Generally, a veterinarian should be called to examine any mare that has not passed her placenta within three hours following foaling.

Treatment often involves the use of oxytocin in very carefully calculated doses at very specific times, the use of antibiotics, tetanus antitoxin, antihistamines and steroids. Of course your veterinarian should prescribe the appropriate treatment after carefully examining your mare.

If the placenta is retained longer than 24 hours some veterinarians recommend manual removal of it. This is a job for the veterinarian. Laymen never should try to remove the placenta from a mare. Retained placenta in the mare usually is caused by prior infection of the uterus.

Mares bred on the ninth day of foal heat have retained placentas more often than mares not bred on foal heat. Excessive breedings during one heat or the breeding of

infected mares or infected stallions may precipitate retained afterbirths. Anything causing infection of the uterus predisposes mares to retained afterbirth.

Retained placenta in the mare usually is not serious if treated promptly. You should keep your mare in clean foaling quarters and call your veterinarian if the placenta is retained longer than three hours.



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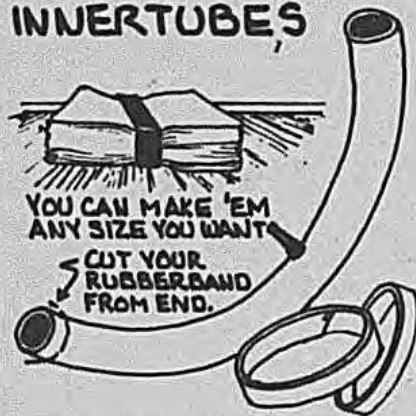


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