

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

Mid-Island Times

& Levittown Times 25¢

Vol. 44 No. 21

USPS 346-760

Friday, May 24, 1985



On Friday, May 17 the East Street School sixth grade classes culminated their Growing Healthy Science Program by dissecting calves hearts.

The children were shown by Dr. Moudula Shah how to dissect a heart and then guided by Dr. Shah the children took turns themselves. All the children in Mr. Goldsmith's and Mrs. Ellsby's classes were eager to participate and to find out what a heart really looked like. They saw the four chambers of the heart and the valves allowing the blood to flow through them.

It was an extremely interesting and educational experience and the teachers and children wish to publicly thank Dr. Shah for taking the time to come to East Street.

In photo, Dr. Shah showing Michael Mitkowlak how to dissect a heart.



The Coalition for the Re-election of Hicksville School Board candidates Bennett and Nagle celebrated with the candidates running without opposition with a party at the William Gouse Veterans of Foreign Wars Hall this past Monday evening.

Tom Nagle and Bill Bennett are obviously savoring their success in retaining their School Board seats without contention, as Bill cuts a cake during the well-attended affair arranged by Coalition co-chairpersons Mike Melody and Carole Wolf.

Among the estimated 125 guests and supporters were Town Councilman Tom Clark and School Board Trustees Jay Schwartz, Lawrence A. Moor and Daniel C. MacBride.

Mercy Tickets For 'Sugar Babies'

It's Show Time!! Mickey Rooney is coming to the Westbury Music Fair to star in that Broadway hit, "Sugar Babies." The Glen Cove, Hicksville, Syosset League of Mercy Hospital has tickets available for the

Sunday, July 14, 7:30 p.m. performance.

Come and join us for this great entertainment. But you must hurry. Tickets are going fast. For tickets call 433-8781, as soon as possible. The price per ticket is \$20.

This Issue

This issue is complete in 52 pages in three sections. The main local news section consists of 20 pages complete with all of the news and photos of the local scene. The second section is "A Better You", one of 12 monthly special sections on individual subjects of interest to readers. This issue is on health and fitness. The third section is the Discovery magazine section which contains special columns on a wide variety of subjects, local written special stories and the Reader Rating restaurant guide and the largest local classified advertising section in the area.

Student Wins \$18,000 Scholarship



Howard Katz

Howard Datz, a senior at John F. Kennedy High School in Plainview, has won a Grumman Science and Engineering Scholarship. It is worth \$18,000-\$4,500 a year for four years toward tuition at any accredited engineering college he chooses to attend.

Grumman has awarded 12 such scholarships this year to Long Island high school seniors and seniors who are dependents of Grumman employees, regardless of where they live.

Howard Katz is a National Merit Award Scholarship finalist and a member of the National Honor Society. He has won the George Washington University Engineering Medal, the Math Association of America Award and the Physics, Chemistry and Biology Olympiad competition. Howard also works part-time as a programmer.

He will study electrical engineering and computer science at Princeton.

Since Grumman began the scholarship program in 1944, over three million dollars has been awarded to over 450 students.

Memorial Day Parade Scheduled On Monday

Hicksville will honor its deceased members of the armed services particularly the community's 38 casualties of the nation's four 20th century wars, with its annual Memorial Day Parade and Services on Monday, May 27.

The Hicksville Combined Veterans Organization Memorial Day Committee, with the Henry Biel Post 46 of the Masonic War Veterans chairing the program, has announced that this year's parade will follow the traditional route down Broadway to the Hicksville High School. Parade and memorial service coordinator, Ted Plantin of the Masonic War Veterans, asks that all groups wishing to take part in the parade, form at the Sears north parking lot between 8 and 8:30 a.m., Monday, May 27.

The Memorial Day Parade will start at 9 a.m. sharp, with the Hicksville Fire Department leading off. The parade route will be as follows: south on Broadway to Old Country Road; west on Old Country Road to Newbridge Road and south to the High School playing fields.

This year's Memorial Day Services at the Hicksville High School will include as honored guests Masonic War Veterans Post 46 Chaplain, John Lillie, who will render the invocation; Pastor Douglas MacDonald of the Parkway Community Church, Hicksville's senior clergyman, who will give the Benediction, and Rev. Father Alfred Rogers of St. Ignatius Loyola Church who will close the services with prayer.

The principal speaker will be Lt. Fred Bauer of the U.S. Marine Corps. Student speakers from the Hicksville High School will be Elinor La and Paul Greenfield.

Among other honored guests for the Memorial Day Parade and Formal Ceremonies afterwards, at the high school, will be: Gold Star Mothers escorted by members of the Charles Wagner Post 421, American Legion Auxiliary. The Honorary Parade Grand Marshals are Sanford Weiss, Ex-Chief of the Hicksville Fire Department and a member of the Manetto Lodge 1025 of the Masons, and Vincent Edwards, Past Commander of the William Gouse Post, Veterans of Foreign Wars. The Memorial Day Parade's Grand Marshal will be John Ritter of the Masonic War Veterans, recipient of two Silver Star decorations in World War II who will be honored by Assemblyman Daniel Frisa of the 15th N.Y. Assembly District. Other governmental dignitaries will be Councilman Kenneth S. Diamond and Ann Ocker, Town of Oyster Bay Clerk, who will represent Supervisor Joseph Colby.

Memorial Day Sanitation Collection

The Town of Oyster Bay sanitation collection schedule will be modified for the Monday, May 27, observance of Memorial Day, according to Town Councilman Howard T. Hogan, Jr.

"Those residents who normally receive a Monday collection will have collection on Tuesday, May 28, while Tuesday routes will be collected on Wednesday, May 29," Hogan explained. "Sanitation collection will return to its regular schedule on Thursday, May 30."

Hogan noted that all Town offices will be closed on May 27, but that all park facilities will be open during the three day weekend as well as the Tobay, Centre Island and Florence Avenue Beaches.

In addition to the collection schedule modification, Hogan announced that certain commercial and business activities will be required to suspend operation between the hours of 9 a.m. and 1 p.m. on the 27th to allow for Memorial Day observances. Those businesses affected include all trades, manufacturers and mechanical employments as well as real estate.

Restaurants, grocers, delicatessens, bakeries, farm stands and fishing and bait suppliers are not affected by the closing time.

New Book Drop At Library

The Hicksville Public Library has installed a new Book Drop. It is situated a few feet from the corner of Second Street and Jerusalem Avenue at the south end of the sidewalk in front of the library. If you wish to return

books and the library is closed, the Book Drop is there for your convenience. Records, Cassettes, or Video Tapes must be returned in person at the Circulation Desk and not in the Book Drop.

Letters

To the Editor:

Assemblyman Parola's correction on May 17 of my letter in the April 26 edition of this paper is fine except that he has done so at my expense. He makes it appear that I am naive about polls and politics.

Assemblyman Parola is mistaken when he assumes: "Mrs. Sinicropi felt that 84% affirmative response to his question on source separation would bring automatic implementation of mandatory source separation in Oyster Bay Town". If only it were that simple!

Unquestionably it would be wonderful if "automatic implementation" could be the result of an opinion poll. Is anyone that naive these days? The correction about which Assemblyman Parola was truly concerned is my expression of shock and disappointment when he told me that "84% responded affirmatively but that doesn't mean anything because people will say one thing and do the other". Actually, Assemblyman Parola's letter of correction supports, rather than refutes, his shocking and negative opinion about responding constituents.

Assemblyman Parola has categorically placed all responding constituents, including me, directly into that negative classification again when he states: "I indicated to her this is not necessarily the case since responding to a poll is a different matter from actually complying with a program. Unfortunately, in areas where such source separations have been implemented, compliance falls below the levels we would wish to see."

Assemblyman Parola's interest and efforts in the state legislature in support of mandatory source separation are commendable, but both he and I know that local legislation is where the action must begin. More than three years ago I first beseeched County Executive Purcell, the Board of Supervisors, and Town of Oyster Bay officials to circulate similar questionnaires to which Assemblyman Parola has received an 84% affirmative response. For three years whenever I appear at Board meetings these local public officials express the same negative opinion as Assemblyman Parola did about all taxpayers and residents of Nassau County. Basically it appears that they feel we are uncooperative slob incapable of compliance with laws they are responsible to enact and implement for the protection of our health and environment.

It has become very clear these past three years that elected public officials do not care the least bit what people think. If they did they would not hesitate to ask and act accordingly. Reasons for choosing to believe it is impossible to gain cooperation from people who answer affirmatively in opinion polls remain to

be explained in publication by Assemblymen Parola, Yevoli, and others in the State Assembly and Senate, Local Legislators, County Executive Purcell, Supervisors Colby and Gulotta, have made no public explanation for more than three years. It seems I have waited a long time for "automatic implementation of mandatory source separation" because of elected officials' feelings about affirmative responses to polls instead of my feelings, doesn't it, Assemblyman Parola? County Assemblyman Yevoli? County Executive Purcell? Supervisor Colby?

Other taxpayers, Residents Against Garbage Expansion (RAGE), Nassau Neighborhood Network, Inc., aren't you shocked by this attitude on the part of our public officials about you? Collectively, what can we do?

Sincerely,
Mrs. Angelina Sinicropi

To the Editor:

I want to thank you for publishing articles and pictures on environmental matters. And for printing Mrs. Sinicropi's letters. She has been working over many years to get source separation of solid waste into effect in our area. I want to bring to your attention an important meeting coming up the day after Memorial Day on Tuesday, May 28 at 8 p.m. A Superfund Forum will be held at Trinity Lutheran Church, 40 W. Nicholai Street, Hicksville, at which time citizens will have an opportunity to listen to and interact with L.I. congressional leaders, representatives from the EPA, DEC and the NYS Attorney General's Office. We in Hicksville should not forget that we have the dubious distinction of having three places among the top 100 superfund sites: Hooker Chemical, Anchor Lithkemko and General Instrument with only the latter one taking action.

Two months ago I attended a Saturday morning meeting in Mr. Norman Lent's office wherein a wide range of community leaders were present. Afterwards I wrote him asking him to exercise his considerable statesmanship so that some movement could go forward with the three deadlocked parties: the TOB, the DEC and a state legislator. To date I have yet to hear from him or the three others I sent copies to: Senators Moynihan, D'Amato and Gov. Cuomo. Futility and frustration was the tone among the community leaders that Saturday morning. As you know Federal funding for environmental quality has been reduced. In NYS three people are attempting to fill the gap of not having clearly defined Federal levels of toxic pollutants: 21 monitor 526 municipal landfills and 40,000 sources of air emissions are reviewed by only 6 people as far as tests of smokestacks and permits, according to the League of

Women Voters.

In January, 1984 a newspaper carried an article entitled, "LI's Cancer Mystery" stating NYS has the highest death rate for breast cancer in the nation. Dr. Maurice Cohen, an attending gynecologist at L.I. Jewish Medical Center, "believes that the air we breathe, the food we eat and the water we drink are all contributing factors to the excessive amount of breast cancer on L.I." Of course, cigarette smoking combined with excessive alcohol consumption and poor diets can be contributing factors to cancer, but the nagging question remains: What other clinker is being thrown into the machine to bring about this horrendous fact. Everyone should be concerned. Come down and

ask questions and find out what you can do to diminish hazardous waste, protect our aquifer of precious water, and how you privately can readapt your lifestyle to preserve our environment for our children. (Even using less fertilizer on our lawns and cleaning up after our dogs will help.)

See you there.
Joan Jones

To the Editor:

I would like to take this opportunity to thank the many people in Levittown and Hicksville who helped make the 1985 Congressional Arts Competition a great success.

It is my pleasure to sponsor this competition, entitled "An Artistic

Discovery," for it allows high school students from across the Fourth Congressional District to compete against their peers for national recognition. This year, there were 56 entries from thirteen schools. The winning entry will be displayed in the Capitol in Washington, D.C.

The competition would not have been a success without the participation of the students of MacArthur High School and Hicksville Jr. High School and their teachers. I would like to thank Hicksville Jr. High School students Robyn Price and Nicky DiLillo and their art teachers Mrs. H. Shore and Mrs. Mary Stea. I am proud to announce that Nicky DiLillo received second place honors. I would also like to thank MacArthur High School students Lori Bales, Nilufer DeRici, Margaret Carucci, Margaret Cassani, Jocelyn Maier, Linda Gottesman, Debbi Goldberg, Richie Costleigh, Dara Nadelman, Patti Bortell and Elizabeth Contino and art teacher Mrs. L. Gaber for their participation in this worthwhile event.

Again, my thanks to these very special people. I look forward to next year's Congressional Arts Competition.

Sincerely,
Norman F. Lent
Member of Congress

**LEGAL NOTICE
NOTICE TO BIDDERS**

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

BID: Clock Replacement-Contract "G" Re-Bid 1984/85: \$4; **BID OPENING DATE:** June 12, 1985; **BID:** Asphalt Sealing & Resurfacing-Contract "L" Re-Bid 1984/85: \$5; **BID OPENING DATE:** June 12, 1985; **BID:** P.A., Intercom & Program System-Contract "K" Re-Bid 1984/85: \$6; **BID OPENING DATE:** June 12, 1985; **BID:** Smoke Detection & Fire Alarm-Contract "B" 1984/85: \$7; **BID OPENING DATE:** June 12, 1985; **BID:** Uniform Rental 1985/86: \$8; **BID OPENING DATE:** June 7, 1985; for use in the Schools of the District. Bids will be received until 2:00 P.M. on the date specified, in the Purchasing Office at the Administration Building on Division Avenue at 6th Street, Hicksville, New York, at which time and place all bids will be publicly opened.

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

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

**BOARD OF EDUCATION
HICKSVILLE UNION FREE
SCHOOL DISTRICT**
Town of Oyster Bay,
Nassau County, New York
Jane Wilder, District Clerk

Dated: May 20, 1985
MIT 1805
1x5/24

The Berkely Group

**Excellent Opportunities For
Training & Advancement
At Our New Home Office Location.**

Immediate Openings Available For:

- Administrative Asst.
- Secretary/Typist
- Data Entry
- Licensed Insurance Brokers
- Insurance Underwriter Trainees
- Insurance Claim Trainees
- Telephone Sales/Support

We are looking for motivated, career oriented people.
Brand new office building in Mineola.
Walk to L.I.R.R. Indoor Parking.
Full lunchroom facilities.
Broad medical plan.

Please Send Resume or
Background with Salary
Requirements to:
**Mr. Seifert, Vice President
The Berkely Group
P.O. Box 310
Mineola, New York 11501**

Travel Industry Insurance

**BEING A PART-TIME
SOLDIER
COULD HELP YOU BE A
FULL-TIME STUDENT.**

If you include college in your plans for the future, or you're already in college, and getting the money is an uphill battle, look into a nearby local Army Reserve unit.

You can make over \$11,000 for college. And without making major disruptions in your school and social life. There's as much as \$4,000 in college aid for joining. There's \$5,000 for one weekend-a-month Reserve training and two-week summer training sessions during your four college years. Plus two summer training periods for which you're paid over \$2,200. It adds up.

It's not your ordinary part-time job, either. You could wind up training in a field you might wish to continue in college. Find out. Stop by or call.

HEMPSTEAD - SGT Hardaway 483-6140 SGT Nicolliccia 483-6140
HICKSVILLE - SFC Reardon 931-6460
MINEOLA - SSG Morello 294-6114

**ARMY RESERVE.
BE ALL YOU CAN BE.**

**Mid Island Times
& Levittown Times**

Published every Friday by Litmor Publishing Corp.
Second Class Postage Paid at
Hicksville, N.Y. 11801
Telephone 931-0012 - USPS 346-760
81 E. Barclay St., Hicksville, N.Y. 11801
Postmaster: Send Address Change to
Mid Island & Levittown Times, 81 E. Barclay St.,
Hicksville, N.Y. 11801
Robert Morgan - Publisher, Yearly Subscription \$5.50

MEMORIAL DAY

To Honor Those Who Gave Their Lives



Edward Bady's effort to capture on film the fine Gregory Museum Memorial Day Exhibit at the Hicksville Public Library this past month suggests some of the loss the community has suffered in the service of the nation from World War I through Vietnam's tragedy.

By Richard Evers
Hicksville Historian

Hicksville has not waited for the Memorial Day Parade and Annual Solemn Service at the High School grounds this year in order to honor the community's war dead. For this entire month, at the Hicksville Public Library, many residents have been visiting an exhibit of photographs and materials calling the public's attention to "the last full measure of devotion" of the village's almost 40 sons and school graduates who gave their lives in the nation's wars.

The exhibition at the library has evoked memories of classmates, of sons and cousins, neighbors and friends who volunteered for, or were called to service in the Selective Service Draft, for the two World Wars and the Korean and Vietnam Wars. Prepared by the Historical Committee of the Hicksville Gregory Museum, the touching display was researched and arranged by historian Richard Evers, and includes the calligraphy of Val Conover and the photographs of Edward Bady.

The focal point is a large framed list of Hicksville's heroic dead lettered toward the end of the Vietnam War, by Junior High School Student Robert Sherwood. For the first time the community is able to see and to know more starkly who made the supreme sacrifice, and for whom the bells toll, this and all Memorial Days.

World War I's casualties from a still relatively small, old German-American community included: Joseph Barry for whom the Knights of Columbus Council is named; Charles Wagner, namesake of the American Legion Post 421, and Walter Wheeler. There is a bronze plaque dedicated to their memory in the lobby of the Junior High School with the Biblical quotation from St. John: "Greater love hath no man than this, that a man lay down his life for his friends."

World War II's 21 casualties

from Hicksville may be recalled at the Public Library in a photograph of the grave of John Haughey of the Class of 1940 who died at Hickham Field, Hawaii on Pearl Harbor Day, Dec. 7, 1941. His school mates and fellow villagers and men from outlying farms who joined him in death before the great conflict was over, and whose pictures have been on display, included: Fred Anderson Henry A. Beghart, Jr., John A. Halubowicz, Joseph Heim, John Hoda, John Looney, James Madden, Arthur Manelski, Robert Maichat, Arthur F. Noeth, William J. Pakaluk, Anthony Petrone, William Remy, Melvin Rohrbach, Ellsworth Steinert, Wallace Schaefer, Gregory Spock, John Zeiler, Raymond Zeltman, and Robert Ulmer for whom the Hicksville AMVETS Post is named.

Three names recall the cost of the dreadful Korean War to our village: Albert J. Cullen; Richard Gogan and Frank Hanson. Those who died in faithful service in the military during the years of peace are remembered as well: Lt. John Jay Entzasser, U.S. Navy pilot, killed in training exercises, and Lt. Colonel Joseph P. Waters of the High School Class of 1952. Hicksville's first graduate from the U.S. Military Academy, Waters was an Air Force test pilot of great distinction. The first USAF pilot to fly the trim International Fighter, the F5E, Colonel Waters died in an air crash in 1972.

Vietnam's long eight year struggle took the lives of 13 of Hicksville's sons and graduates, the first, Major James O'Neill, a veteran of three wars, holding his crippled aircraft on course long enough for his crewmen to save their lives. The Vietnam War's casualties were like those of World War II a cross section of our community's families: William A. Aldag, USAF, Lt. William Chomyk, USAF; Edward P. Jackson, USA; Lt. Carl N.

Kozma, USA; Joseph M. Massone West Pointer Lt. Paul C. Sawtelle, USA; Lt. Ralph Schiavone, USA; Lt. James E. Stolz, U.S.M.A.; Stanley R. Tomasovic, USA; Paul Walkowski USA; and David Stanley Wilenski USA.

So many dear faces and familiar names come to us across the years and from far-flung battlefields and resting places as we study the Library Memorial Day Exhibit. This year's parade and services on Monday are now so much more meaningful. One is reminded of Will Henry Thompson's words which evoke thoughts of the enormity of all this pain and loss:

**Fold up the banners!
Smelt the guns!
Love rules, her gentler
purpose runs.**

**A mighty Mother turns in tears
The pages of her battle years.
Lamenting all her fallen sons!**



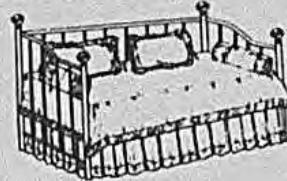
Patricia Breen, Jeralyn Fitzpatrick, Dawn McGill, Judy Wagner, Rosanne Cassidy and Mildred Joynes, all from Stenotype Institute in Hicksville, proudly display their certificates awarded to them at the Great American Cafe in Jericho for their fine efforts in the Business Skills Competition sponsored by the Nassau County MS Society.

Inventory Blow Out!

4 DAYS ONLY
SAVE 50% to 70%

On Our HUGE SELECTION of Pure Brass and Iron & Brass Beds and Daybeds with Trundles. Many Beds Priced "Below Our Original Cost"

Here are just a few examples of these terrific savings...



A White Iron & Brass Daybed with Trundle \$399
B Solid Oak Daybed with Trundle \$499

C All PURE BRASS Headboard, Footboard & Frame-Queen Only \$452
D White Iron & Brass Headboard, Footboard & Frame-Queen or King Size Only \$299

E Serta Mattress Sets
Twin Set. \$199
Full Set. \$299
Queen Set. \$399

F Two (2) Serta Twin Mattresses for your Daybed with Trundle \$100

G 4 Piece Daybed Set
Comforter, dustruffe, 2 King shams. Choose from large selection of florals, prints, solids and white or ecru eyelet \$99
H Pure Brass and Iron & Brass Beds & Daybeds with Trundles IN STOCK Sale \$399 to \$799 Values \$800 to \$1600

PLUS...Many More Outstanding Values that will save you \$\$\$!

HURRY, QUANTITIES ARE LIMITED

We will accept Cash, Check, Visa or Mastercard
No Lay-A-Way For This Sale

Shop and Compare
Our Prices are the Lowest!!!

Fri., Sat., Sun. Memorial Day Open 10-6

Design **D** Innovations

Monday thru Saturday 10-6/Sunday 12-5

8285 Jericho Turnpike • Woodbury, N.Y. 11797

(516) 367-8555

Located in the Woodbury Common Shopping Center

938-1177
Hicksville Video

Memorial Weekend Special

On Sunday

Rent 1 Movie at Regular Price

Get the Next One for 1/2 Price

Keep Movies Until Tuesday

Summer Store Hours:
Mon.-Thurs. 11-9

Fri.-Sat. 11-10

Sunday 12-6

We Will Be Closed Monday, Memorial Day, May 27

5 Bethpage Road

Hicksville (Corner Of Woodbury Rd.)

Professional Guide

PODIATRIST

All Foot Ailments - House Calls
Dr. Salvatore Scarrino
 Pediatric Medicine - Foot Specialist
 3 Claydon Rd., Corner Washington Ave.
 Garden City, N.Y. 11530
 Please Call For Appointment (516) 742-5533

Foot Specialists
Stephen L. Pitcoff, D.P.M.
F.A.A.F.S.
Bruce A. Rudin, D.P.M.
A.A.C.F.S.
 Podiatric Medicine and Surgery
 By Appointment 101 Hillside Ave., Suite C
 (516) 746-7245 Williston Park, N.Y. 11596

Dr. Todd Rotweil
 •In Office Treatment of Corns, Calluses, Bunions, Hammertoes, Ingrown Nails and Warts • Children's Foot Problems •Medicare - Most Major Meds •Orthotics - Housecalls
 Hempstead Professional Bldg.
 131 Fulton Ave., Hempstead 11550
 (Opposite A&S)
 481-7414

Maryanne Alongi, D.P.M.
 Member of the American Podiatric Medical Assoc.
 Podiatric Medicine, Foot Surgery, Diabetic Foot Care, Sports Medicine House Calls
 By Appointment 225 7th Street, Suite 105
 (516) 248-9680 Garden City, N.Y. 11530

CHIROPRACTOR

Chiropractors
Dr. Elaine Graepel Moore
Dr. Robert F. Townsend
 374 So. Oyster Bay Rd.
 Hours By Appointment Hicksville, N.Y. 11801
 (516) 933-8240 Opposite Plainville Shopping Center


Family Chiropractic Office
 541 Stewart Avenue, Bethpage, N.Y. 11714
 Opposite King Kullen
 Most Insurance Plans Accepted
DR. LORRAINE ROSE
 Chiropractor (516) 838-1155

FREE SPINAL EXAM

Michael L. Malmgren, D.C.
Emanuel J. Peplone, D.C.
 Back Pain Neck, Arm Shoulder Pain Headaches and Leg Pain are many times helped by Chiropractic!
 FAMILY CHIROPRACTIC
 92 Covert Ave. 516-352-5200
 Stewart Manor Call now for appl.

Dr. Maria L. Mazza
 CHIROPRACTOR
 (516) 796-2424
 Hours By Appointment Bethpage Professional Bldg.
 4230 Hempstead Tpke.-Suite 100
 Bethpage, N.Y. 11714
 1 block west of the Seaford/Oyster Bay Exp.

REGISTERED NURSE

Gerrianne Bodd, R.N.C., B.S.N.
 CHILDBIRTH EDUCATION ASSN.
 OF METROPOLITAN NEW YORK

 Childbirth Preparation Sibling Prep. - Breastfeeding
 The Birth Resource Center
 6 Tuxedo Avenue New Hyde Park, N.Y. 11040
 (516) 741-0375 or 741-4552

Lisa Kennedy, R.N., B.S.
 Psychoprophylactic Preparation For Childbirth
 (516) 248-5189
 A.S.P.O. Certified Lamaze Method
 172 Fordham Street Williston Park, N.Y. 11596


Anna M. Mc Coyd, A.N. B.S.
 A.S.P.O. Certified Childbirth Educator
 Small Classes in Prepared Childbirth Lamaze Method
 36 Locust Street Garden City, N.Y. 11530
 (516) 742-0908

ARCHITECT

Joel H. Cooper, AIA
 Architect
 COMMERCIAL & RESIDENTIAL
 • New Buildings - Alterations
 Design - Planning - Supervision
 16 Ann Drive, Syosset, N.Y.
 516-921-3785

Professional Services

FINANCIAL PLANNING


Thomas A. Kavazanjian
 Financial Consultant
 SHEARSON LEHMAN/AMERICAN EXPRESS
 275 Broad Hollow Road
 Melville, N.Y. 11747
 (800) 835-5501 (516) 753-3871
 Free Office Consultation

Procurement For The Collector Portfolio Management 800-872-0003
 516-933-8080
New York Coin Exchange, Inc.
 Dealer In United States Rare Coins & Stamps
JOHN J. WEBSTER (CNA) 127 North Broadway
 President Hicksville, N.Y.

MUSICIAN

Herbert Bradensten, Jr.
 Director of Music & Organist
 The Community Church - East Williston
 The Mid-Island Singers - Hicksville
 Organ Recitals Weddings Private Instruction
 Piano, Organ, Theory
 3 Ingram Drive, Hicksville, N.Y. 11801 516-938-2368

EDUCATION

The Tutoring Center
 for college-bound high school students
 •Specializing in Reading •Writing & Study Skills
 •Math •Biology •Chemistry •Physics
 •Test Preparation
 Rita S. Guiney, M.S.
 Director (516) 741-3513

PHARMACIST

Andrews Pharmacy
 Walter R. Andrews, B.S.
 "Prescriptions Are Our Business"
 All Union Plan Prescriptions Filled Here
 248-7177
 370 Hillside Avenue, Williston Park
 2 blocks e/o Herricks Rd.

STOCK BROKER

Robert S. Gerek
 of Garden City
 Offers Complimentary Financial Planning and Investment Consultation
 PRUDENTIAL-BACHE SECURITIES
 445 Broadhollow Road
 Melville, N.Y. 11747
 (516) 248-1444 716-895-8515

Theodore P. Marohn
 ACCOUNT EXECUTIVE
 Janney Montgomery Scott Inc.
 Members New York Stock Exchange
 Other Principal Exchanges
 63 East Main Street Smithtown, NY 11787
 (516) 265-6400 (212) 510-0820

Robert W. Koop
 Financial Planning and Investment Services
 DEAN WITTER REYNOLDS, INC.
 510 Broadhollow Road, 2nd Floor
 Melville, N.Y. 11747
 516-391-3455 212-517-3041

Jerome W. Nammack III
 Account Executive
 INDIVIDUAL'S SECURITIES, LTD.
 91-31 Queens Blvd.
 Elmhurst, N.Y. 11373
 (718) 638-2400 (800) 645-5006

REAL ESTATE

Jeanne De Laurentis
Kathy Ann Kreicas
 LICENSED SALES AGENTS
 Merrill-Lynch Realty/Carll Burr, Inc.
 681-2900 821-2282

MASSAGE

(516) 747-3000 Ext. 328 - Office Days - Tues. - Sat.
 (212) 347-9174 - Home
Sharon M. Kleemann
 Swedish Massage
 LIC #02612 Garden City Hotel
 Massage 45 Seventh St.
 By Appointment Garden City, N.Y. 11530

ALCOHOLISM TREATMENT

Breakthrough Center
 Alcoholism and Drug Information and Counseling
 "Free Consultation"
 648 Franklin Ave., Garden City, N.Y. 877-2300

INSURANCE


 State Farm Insurance Companies
 Home Offices: Bloomington, Illinois
Joseph J. Berardino
 Agent
 4 New Hyde Park Road Bus Phone
 Franklin Square, N.Y. 11010 516-488-3333



Harry Brody
 Sales Representative
 Auto, Home, Life, Retirement
 265 Post Avenue Westbury, N.Y. 11590
 (516) 931-6916


Kenneth R. Greenblatt
 Licensed Agent

New York Life Insurance Co.
 New York Life Insurance Life, Health, Group Ins.
 and Annuity Corp. Disability, Annuities,
 (a Delaware Corp.) Pension Plans
 100 Jericho Quadrangle, Suite 325
 (516) 934-8200 Jericho, N.Y. 11753

Professional Guide

Friday, May 24, 1985

ACCOUNTANT

Barbara Greene
CERTIFIED PUBLIC ACCOUNTANT

21 Saint James Place
Hempstead, N.Y. 11550
516-428-8382

•Accounting •Planning •Income Taxes
•Personal and Business

Cheryl Ann Malecki

Certified Public Accountant
Management Information Systems

Ralph Conti, Jr.
1501 Franklin Ave.
Mineola, N.Y. 11501
516-747-3180-Days
516-352-2175-Eves.
POB 8042-75 Monroe St.
Garden City, N.Y. 11530

ATTORNEY

John J. Sullivan

Attorney at Law
Wills • Estates
Closings • Corporations
Business Transactions and Criminal

1639 Hillside Ave.
New Hyde Park, N.Y. 11040
(516) 775-7109

Sperl and Reers

Attorneys at Law

Wills & Estates
General Practice
Real Estate
Matrimonial
Income Tax
Business

Williston Professional Bldg. No Fee Initial Consultation
105 Hillside Avenue Reasonable Fees
Williston Park, N.Y. 516-742-1000

Peter J. Eliseo

Attorney at Law

REAL ESTATE

585 Stewart Avenue, Suite 410
Garden City, N.Y. 11530
Admitted N.Y. & Fl. Bars (516) 227-2288

Tomao and Marangas

Attorneys and Counsellors at Law
215 Brown Street
Mineola, New York 11501

Negligence - Family Law
Business Law - Wills - Real Estate

(516) 746-2382

William H. Morris

Attorney At Law

390 North Broadway
Jericho, New York 11753
935-4477

Negligence • Estate & Wills • Real Estate

Charles A. McGarvey

Attorney at Law

Criminal Matters - Matrimonial - Accident Cases
Wills & Estates Real Estate

3000 Marcus Avenue Complete Legal Services
Lake Success Former Asst. D.A.
437-0182 28 Years Experience

SPEECH THERAPIST

**Speech/Language
Pathology Service**

KAREN H. COHEN* M.A., C.C.C., Director
N.Y.S. Licensed & ASHA Certified

Pediatrics/Geriatrics Population Home/Office Visits
516-364-0641

ACCOUNTANT

Thomas D. Musnicki

Certified Public Accountant

516-593-7676
516-747-4723
54 Maxwell Road
Garden City, N.Y. 11530

(516) 248-6531

Frank W. DePietro

Certified Public Accountant

•Financial Planning • Money Management
•Estate Planning • Systems Analysis
•Independent Audit • Accounting & Tax Services
1205 Franklin Avenue Garden City, N.Y. 11530

Thomas J. Fallarino

CERTIFIED PUBLIC ACCOUNTANT

(516) 931-4786
181 Old Country Road
Hicksville, NY 11801
(516) 368-8848
7 Atlas Way
East Northport, NY 11731

Andrew J. DeJoseph

Certified Public Accountant

(516) 746-2979
105 B-1 15th Street
Garden City, N.Y. 11530

Charles P. Karazia

Certified Public Accountant

53 Oakridge Lane
Albertson, N.Y. 11507
516-821-0173

John J. Marsala

Certified Public Accountant

•Personal Financial Planning
•Income Taxes

30 Rintin Street
Franklin Square, N.Y. 11010
(516) 354-1484

Byrnes & Baker

Certified Public Accountants

Est. 1913
Individual Tax Returns and
Full Accounting Services
at Reasonable Prices

288 Old Country Road
Mineola, N.Y. 11501
(516) 742-4531

DENTIST

Jeffrey S. Rein, D.D.S.

Neal Seltzer, D.M.D.

GENERAL DENTISTRY

Free Consultation
By Appointment
516-741-8202
99 Hillside Ave., Suite C
Williston Park, N.Y.

516-496-2974

Vishu S. Batheja, D.D.S.

GENERAL DENTISTRY

Free X-Rays and Exam for children
under 14 years

Office Hours By
Appointment Only
Mon. & Fri. 8 a.m. - 7 p.m.
Tues., Wed., Thurs., 8 a.m. - 11 a.m.
126 Cold Spring Road
Syosset, N.Y. 11791

PHYSICAL THERAPY

**Garden City
Physical Therapy Center**

Licensed Therapist Specializing In
Orthopedics • Rehabilitation Programs • No Fault
Sports Medicine • Workman's Compensation
CYBEX TESTING — TRAINING

520 Franklin Avenue, Garden City 248-3812

PSYCHOTHERAPIST

CHANGE...through psychotherapy, for a journey to the
heart for peace and quiet, utilizing gentle varied approaches,
including: breath, bioenergetics, gestalt,
visualizations, etc.

Luz E. Sinisterra, C.S.W.

Garden City Medical Center
520 Franklin Ave. Suite 250
Garden City, N.Y. 11530
Tel. 516 294-8914
Inquire about Insurance

Option Center For Psychotherapy

Rita Corwin, M.S.W., A.C.S.W.
Emanuel Present, Ed.D., A.C.S.W.
Sylvia Rapp, M.S.W., A.C.S.W.

Individual, Couple, Family Counseling for
Stress, Crisis, Divorce Mediation, Psychonutrition

(516) 747-1344
2 Hillside Ave., Suite E
Williston Park, N.Y. 11596
Fees Based On A Sliding Scale.
Insurance Where Applicable.

FOCUS ... WORLD OF WOMEN

Women Doctor All Problems

L. Dominique Bennett, Psy.D.

Psychotherapist, Hypnosis, Weight Loss Assured,
Clinical Nutrition Counseling,
Associate Dr. Rachlin, M.D.

Insurance Accepted Sliding Scale, \$25. per session
(516) 334-0872

PSYCHOLOGIST/Psychotherapists

**American Institute Of
Catholic Psychotherapists**

•Individual & Group Psychotherapy •Hypnosis
•Marriage & Family Counseling
•Parent Education Training

1517 Franklin Avenue, Garden City 741-0988
Sliding Scale Fees All Insurance Accepted

Treatment For:

**Binge - Eating
Anorexia Bulimia**

BRUCE D. FRIEDIN, Ph.D.

Clinical Psychologist

Syosset Office: 175 Jericho Tpke. (516) 496-7787
Smithtown Office: 39 New Mill Road (516) 381-6910



**A Counseling Center
For Families & Children**

Parent Education Programs
Sliding Fee Scale
Insurance Accepted

101 Kensington Road
Garden City, N.Y. 11530
746-1709

Douglas L. Egan, Ph.D.

Clinical Psychologist

Suite F
99 Hillside Ave.
Williston Park, N.Y. 11596
By Appointment
(516) 747-0650

Thomas J. Ferraro, Ph.D.

LICENSED PSYCHOLOGIST

Suite 99K
99 Hillside Ave.
Williston Park, N.Y. 11596
(The Professional Building)
By Appointment
(516) 248-7189

NEW AND PRE-OWNED CAR MART

**Buy Today
Drive Today....**

If you are interested in advertising here, call 931-0012 for further information and rates. One ad appears in seven paid circulation newspapers at one low rate.

The New and Pre-Owned Car Mart is published weekly as a guide to readers in finding sales and service for new or used automobiles, vans and trucks. In addition, people interested in short or long term leasing can locate rental information quickly and conveniently.

Advertisers not conforming to accepted business standards will be eliminated from this page.

DATSUN TVR PEUGEOT NISSAN
 AUTHORIZED DEALER
GLEN COVE DATSUN PEUGEOT, LTD.
GLEN COVE LEASING, LTD.
 105 Glen Street, Glen Cove • 516-671-5000
 SALES, SERVICE, PARTS LEASING
 (516) 671-5000 (516) 759-2474

JOSEF'S FOREIGN CAR REPAIR INC.
 Specializing in Volkswagen, Mercedes, and Other Foreign and Domestic Cars
STATE INSPECTION
 516-931-7575 215 Robbins Lane Syosset, N.Y. 11791

REESE BUICK
 All Make Cars For Lease
 with or without maintenance or insurance
 "Serving Long Island Over 35 Years"
 110 Jericho Tpke Mineola 746-0530

Hempstead FORD - SUBARU
 Div. of Philbrot Motors Inc.
Large Volume = Low Prices
 303 Main Street, Hempstead, N.Y. **516-481-7200**
 *VAN & TRUCK SPECIALISTS *LEASING ALL MAKES & MODELS

Tiffany Scott Cadillac, Inc.
 SALES: NEW/USED
 Large Selection On Display
 SERVICE PARTS
 Financing/Insurance On Premises
 One-Stop Cadillac Buy/Lease/Service Facility
 116 No. Franklin Street, Hempstead
 (adjacent to Garden City)
 (516) 483-6600

Master ALIGNMENT
 938-0009
 235 D ROBBINS LANE, SYOSSET
 *COMPLETE AUTO REPAIR SERVICE
 BRAKES • FRONT END • TIRES • TUNE-UP
 MAJOR BRAND TIRES.....DISCOUNTED!

WE RENT CARS
 BY THE DAY, WEEK OR MONTH
 WOODBURY
 CHRYSLER-PLYMOUTH
 240 Jericho Turnpike Syosset, N.Y. 11791
 RENT-A-CAR DEPARTMENT
 (516) 364-3400

Wagons • Hard Tops • Sedans
North Coast Subaru
 Your Satisfaction—Our Reputation*
 * We want your Used car—Highest Price Paid!
 Buy or Lease any Make or Model * Sales—Service—Rentals
 Collision Work Done on Premises * 24 Hour Towing
 OPEN 7 DAYS A WEEK SUNDAY 11-5 P.M.
NORTH COAST SUBARU
 112 Glen Street, Glen Cove, NY (516) 676-3676

Take Command In An '85 BUICK
 8.8% GMAC Financing
 Regal Somersets
EISEMANN BUICK
 330 W. Old Country Rd.
 Hicksville 931-0900

Ferrari Audi BMW Porche Datsun Jaguar Porche Datsun Mercedes Benz
we're easy TO LEASE A CAR FROM
CONSOLIDATED Leasing Corp.
 Sales & Leasing
 At The Gateway To Garden City
CALL US FOR THE BEST DEAL OF ALL 485-8300
 306 Main Street Hempstead, N.Y.
 BMW Porche Datsun Jaguar Porche Datsun Mercedes Benz Volvo

NEW AND PRE-OWNED CAR MART

COLLEGE GRADUATES Congratulations!
 YOU DESERVE IT ALONG WITH OUR BEST WISHES FOR CONTINUING SUCCESS!

NO CREDIT NO PROBLEM YOU DESERVE A NEW CAR!!!

WOODBURY CHRYSLER PLYMOUTH is now offering a special leasing program to college grads only!

QUALIFICATIONS: 1. Must be a college graduate of a 4 year school.
 2. Must have NO derogatory credit.
 3. Must have a future letter of employment

Lease A Horizon Lease A LeBaron G.T.S.
 Lease A Laser

LEASE ANY CHRYSLER PLYMOUTH

★ No Money Down ★ No Pre-Payment Sales Tax ★ Drive A New Car For Less Than An Old One
 ★ Low Monthly Payments ★ Group Insurance Plan Available ★ Excellent Way To Establish Credit

WOODBURY CHRYSLER PLYMOUTH LEASING DEPT.
 Contact for personal appointment. 1-516-364-3400
 240 JERICHO TURNPIKE, SYOSSET, LONG ISLAND, NEW YORK 11791

Day-681-2544
 Nite-931-9099

Long Island Auto Collision
 Auto Body & Fender Repairs

LASER Frame Straightening

24 Hour Towing
 Insurance Work Handled

211 West John Street
 Hicksville, N.Y. 11801

RENT-A-CAR LEASING

- LTDs
- Tempos
- Mustangs
- 8 Passenger Club Wagons
- Commercial Vans

DAY, WEEKEND, WEEK, MONTH Also

Long Term Leasing - All Makes & Models
 We Accept Most Major Credit Cards

SYOSSET FORD
 271 Jericho Tpke.
 496-9700

Making You #1 Will Make Us Long Island's #1 Buick/AMC/Jeep Dealer

Garden Buick • AMC Corp.

293 N. Franklin Street, Hempstead
 (1 mile south of Bloomingdale's)

483-2700 AMC Corporation

AMC Jeep
RENAULT

News From Road Runners

Jim Czachor of Franklin Square completed more than 82 1/4 miles over the Syosset High School track to take home the first place trophy in the First Annual Long Island 12 Hour Ultramarathon Run on May 18, beating out Paul Soskind of Brooklyn, 75 3/4 miles, Jim Cella of Valley Stream, 74 1/2 miles, and Luis Rios of Brooklyn, 74 miles. Kay Moore of Denver, Colorado got on the track 17 minutes late, but still managed to complete 73 miles to edge out Samara Balfour of Manhattan, 72 1/2 miles, for the women's championship.

Forty endurance athletes, including twelve runners who were competing in their first ultramarathon and six women, completed the event. Early morning rains and flooding made it tough going for the first five hours, but clearing skies, and pleasant, cool weather inspired some top late efforts.

Top local finishers were Jeff Jacobs of Plainview, 5th overall, 72 3/4 miles, and Liz Flahavan of Hicksville, (3rd woman finisher, 66 1/2 miles).

The Run was administered by the Plainview-Old Bethpage Road Runners Club, with the assistance of more than 100 volunteer lap counters and other volunteer workers.

Special thanks to the Run's sponsors: Davidson Plumbing Company, David O. Balsley R.P.T., King Kullen, Dr. Lonnie S. Rattner, Oakdale Super Star Sneakers and Sports and Stanley



Local Ultramarathoners Joe Rotino of Huntington and Liz Flahavan of Hicksville head 'round the Syosset track.

Wunderlich. Thanks also go to the Town of Oyster Bay and its Parks Department, without whose "Showmobile" the Run would have been impossible.



Benjamin Waldman

Benjamin Waldman of Plainview, a senior at Plainview Old Bethpage High School, has won a Grumman Science and Engineering Scholarship. It is worth \$18,000-\$4,500 a year for four years toward tuition at any accredited engineering college Waldman chooses to attend.

Grumman has awarded 12 such scholarships this year to Long Island high school seniors and to seniors who are dependents of Grumman employees, regardless of where they live.

Waldman was a semifinalist in the Westinghouse Science Talent Search and also received honors in the National Merit Scholarship competition. He has participated in the Adelphi chemistry seminar and the Michigan State Honors Science Program. He has also taken part in the Continental Math League, Nassau County Math League, the Math Olympiad

and has received various honors in chemistry and physics.

Waldman is president of his school's Political Issues Club and is a service leader in his synagogue. He has done a paper for Westinghouse on immunological response. He has also managed a part-time job in computer programming and software development for American Para-Professional Systems.

June 18 Hearing Set On Tow Truck Lot

Oyster Bay Town Councilman Kenneth S. Diamond announced that the Town Board has scheduled a June 18, public hearing on a request for a special use permit in Hicksville.

Diamond said, "The applicant, Tomfor Transportation Corporation/Gus Riedlinger's Towing Service, Inc., is requesting a special use permit to use property in an 'H' Industrial District for a parking lot and depot for tow trucks and other commercial vehicles, temporary storage of damaged vehicles and the repair of tow trucks, in conjunction with the operation of a motor vehicle towing business." Diamond noted that, "The business is located at the west side of Charlotte Avenue, just north of the intersection of Charlotte Avenue and Old Country Road, in Hicksville."

The hearing has been scheduled for Tuesday, June 18, 1985, beginning at 10 a.m. in the Town Hall East Hearing Room, Audrey Avenue, Oyster Bay.



Culminating a two year study of the Bible, the life of Jesus, church doctrine and exploring their place in the life of the church, seven young men from Redeemer Lutheran Church received the Rite of Confirmation on Sunday, May 19. Upon being confirmed these young people now become adult members of the congregation with the right to receive Holy Communion, to actively participate in all phases of church activities and to vote on all issues brought before the congregation.

1st row, left to right: Jack Meyer, Edward Neeb, Rev. Dr. Theodore Grant, Kyle Soderlund, Michael D'Angelo. 2nd row: Arthur Scott Germer, Garrett Sneyd, Jeffrey Tschampion.



Oyster Bay Town Councilman Kenneth S. Diamond congratulates Eileen Richards following her installation as president of the newly-formed Midland Civic Association. Town Councilman Thomas L. Clark, second from right, was also on hand for the ceremony along with State Assemblyman Daniel Frisa, who was the installing officer.

Hicksville Library Summer Schedule

The Hicksville Public Library will be closed Sunday, May 26 and Monday, May 27, the observance of Memorial Day.

The library will be closed very Sunday after May 19 until Sunday, October 6.

Library hours are as follows: Monday through Friday 10 a.m. - 9 p.m., Saturday 10 a.m. - 5 p.m., closed Sundays. Children's Room

hours: Monday and Tuesday 10 a.m. - 9 p.m., Wednesday through Friday 10 a.m. - 6 p.m., Saturday 10 a.m. - 5 p.m., closed Sundays.

Spend part of your vacation days with some good books. Ask at the Circulation Desk about Vacation Loans (you may keep some books over the summer without paying any fines.)

In Service

Marine Cpl. Robert L. Keenan, son of Robert J. and Dolores Keenan of 8 Birchwood Lane, Hicksville, has been meritoriously promoted to his present rank while serving at First Marine Brigade, Kaneohe Bay, Hawaii.

Keenan received the accelerated promotion in recognition of outstanding performance, duty proficiency and demonstrated professional abilities.

Navy Petty Officer 2nd Class John C. Schmidt, whose wife, Paulette, is the daughter of Adam and Jean Arakas of 21 Ferndale Drive, Hicksville, is a crewmember aboard the guided missile destroyer USS Callaghan, which has been awarded the Anti-Surface Warfare Award for the competitive cycle ending December 31, 1984.

The Anti-Surface Warfare Award is awarded by the Commander of the U.S. Pacific Fleet Naval Surface Force, to the ship which is most proficient in training readiness, operations conducted, tactical initiatives, equipment reliability and

performance during the past 10 months.

Callaghan was specifically honored for her performance during search and salvage operations of Korean Air Lines Flight 007, and for achieving near perfect scores in shore bombardment, surface gunnery and other surface exercises. Schmidt's ship is currently deployed as part of the Constellation Battle Group operating in the Western Pacific and Indian Ocean areas.

Marine Lance Cpl. Gerard P. Humphreys, son of Edgar A. and Marilyn V. Humphreys of 45 Lawnview Avenue, Hicksville, recently reported for duty with 3rd Marine Aircraft Wing, Marine Corps Air Station, Yuma, Arizona.

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....

Midland Civics Install New Officers

The scene was festive and the mood ebullient as the Midland Civic Association met for the final meeting of the 1984-85 season. In addition to a sizeable group of members, we were honored by the presence of Dan Freese, who swore in the officers and board members for the 1985-86 season; two councilmen, Tom Clark and Kenneth Diamond; and President's of other Hicksville Civic Groups. The new executives are:

Officers: President-Eileen Richards; Vice-President-Larry Weintraub; Treasurer-Eileen Delaney; Corr. Secretary-Ellie Draycott; Rec. Secretary-Gail Gomula; Editor and Historian-Peter Costello.

Board of Directors: Two-Year Term: Gertrude Paul, Dean Ruderfer, Lou Isrealton. One-Year Term: Judy Loydd, Gloria Mann, Cathy Mantel, Richard Pfender

The program for the evening was the Neighborhood Watch by Barbara Nelson, Executive Director of the Hicksville Youth Council, who has had extensive experience in establishing this worthwhile program in many neighborhoods. Her counsel was erudit, and she was able assisted by a staff member, Carole Singer, Community Coordinator, who answered questions and distributed leaflets. It is hoped that this program will be adopted through the auspices of our Civic Assoc.

There was a lovely social hour, where cake, cookies and beverages were dispensed from a colorful flower-bedecked table. Everyone was happy, celebrating the defeat of the White Castle variance, and anticipating their role in a commitment to our work as a force for the betterment of Hicksville. We were sorry Ellie Draycott, recuperating from an illness, was not present, but her presence and participation was non-the-less felt by all as we wished her good health and a rapid return to our midst.

College Notes

Jennifer Jean Niebuhr, daughter of Mr. and Mrs. H. William Niebuhr of 5 Switzerland Rd., Hicksville, was among about 1000 students who received degrees during commencement exercises at Wake Forest University May 20.

Miss Niebuhr majored in physical education and received the B.S. degree. She was a member of the orchestra and was photograph chairman for Strings Society, women's social organization.

Jodi Di Marzo, daughter of Anthony and Carol of Gables Drive, Hicksville, has received a B.S. in accounting from the School of Professional Accountancy at Long Island University, C.W. Post Campus. Upon graduation, Ms. Di Marzo received the C.W. Post Faculty Award for Excellence in Accounting.

A member of Delta Mu Delta National Honor Society and the C.W. Post Accounting Society, Ms. Di Marzo won an Academic Performance Award during each year she attended Post and was named to the Dean's List each semester.



Roger Nienaber, Hicksville Manager/Postmaster, far right, Peter P. Goodwin, 2nd from right, USPS Long Island District Manager and Allen Kane, USPS Regional Director of Customer Services are joined by, left to right, Eugene Shakin, Director of the Huntington Chamber of Commerce, Seth Lee, Aide to Congressman Mrazek, Toni Rettallata, N.Y. State Assemblywoman, Leonard Proles, 1st Vice Chairman of the Greater Long Island Postal Customer Council and Robert Lussos, Administrative Vice President of the local Mailhandlers Union for the ground-breaking of the new Mid-Island Mail Processing Facility on Route 110 and Durrye Road. Postal operations currently performed at the Engineers Drive Annex in Hicksville will be moved to the Mid-Island in late 1986.

Gold Chain Robbed At Cantiague Park

The Second Squad reported the robbery of a gold chain valued at \$200 from a 14 year old Westbury youth.

The youth was leaving the Cantiague Park, Hicksville, at 6 p.m., May 16. Two subjects accosted the youth and assaulted him at which time they ripped the gold chain from around his neck. One suspect is described as a Male Black 15 to 16 years, 6'2", 165-170 lbs., dark complexion, small goatee, wearing maroon trousers. The other suspect is a Male Black, 15 years, 6', 130-140 lbs., dark complexion, wearing red sweater and blue jeans. Both fled on foot.

The youth sustained minor injuries.

LEGAL NOTICE

Columbia Estates Investors

120 Bethpage Rd., Hicksville, N.Y. Substance of Certificate of Limited Partnership filed in Nassau County Clerk's Office April 12, 1985. Business: Acquire, own, operate, sell or otherwise deal in real estate. General Partner: Jeffrey P. Mullins, 11 Little Harbor Rd., Mount Sinai, NY. Limited Partner, Contribution and Share of Profits: Paul J. Mullins, 50 Meldon Ave., Albertson, N.Y. \$100., 1%. Term: Until Dec. 31, 2025 unless sooner terminated. No additional contributions are obligated to be made. Contributions to be returned upon dissolution. A limited partner may not assign, sell, transfer or otherwise dispose of his interest in whole or in part to any person except by will or operation of law. Additional limited partners may be admitted. No priority among limited partners. Any remaining general partner(s) may continue the business on the death, dissolution, insanity or retirement of a general partner. A limited partner may not demand and receive property other than cash in return for his contribution. JNJ 7704 6 X 4/26, 5/3, 10, 17, 24, 31

LEGAL NOTICE

Plainview Atrium Associates, 6 Manetto Hill Mall, Plainview, New York 11803. Substance of certificate of Limited Partnership filed in the Nassau County Clerk's office April 4, 1985. Business: lease, own, operate and exploit real property, continue to acquire, own, operate and exploit real property. Name, amount of cash contribution, share of profits which each partner shall receive: General Partner: Crossroads Realty Investors, Inc., 6 Manetto Hill Mall, Plainview, New York 11803. \$1,000, 1%. Limited Partner: Howard J. Kerker, 7 Northwood Court, Dix Hills, New York 11746, \$99,000, 99%. Term to December 31, 2035, unless sooner terminated. No additional contributions may be required of the Limited Partners. Prior to termination, Limited Partners shall not be entitled to a return of any part of their capital contributions, except those distributions deemed to be a return of capital. No Limited Partner shall have the right to substitute an assignee in his place without the prior written consent of the General Partner. The General Partner may admit additional Limited Partners into the Partnership with the consent of the Limited Partners. In the event of dissolution under state law, or the removal of the General Partner, the Partnership may continue only by consent, in writing, of 51% of the Limited Partners within 60 days, and election of a substituted General Partner within such 60 day period. In the event of retirement, death or insanity of a General Partner, the remaining General Partners have the right to continue the Partnership, or, if no remaining General Partners, the Partnership may continue by consent of all of the Limited Partners and election of a substituted General Partner within 60 days of such event. No Limited Partner may demand and receive property other than cash in return for his contribution. SA 7274 6 X 5/3, 10, 17, 24, 31; 6/7

'Superfund Forum' On May 28

Local community organizations concerned about the pace of cleanup at environmental hazard sites are sponsoring a "Superfund Forum" on May 28, featuring public officials responsible for implementing the Superfund program.

The League of Women Voters of Nassau County, the Sierra Club of Long Island, and the New York Community Action Network invite all residents of the Hicksville, Syosset, Bethpage and Jericho communities to attend the public forum and to present their concerns to public officials from the Environmental Protection Agency (EPA), the state Department of Environmental Conservation (DEC), the state Attorney General's office, and to representatives of the offices of the Long Island Congressional delegation.

The public "Superfund Forum" will take place on Tuesday, May 28 at 8 p.m., at Trinity Lutheran Church at 40 West Nicholas Street in Hicksville. The church is located just west of Broadway/Route 107, just about a quarter-mile north of Old Country. The event will take place in the church school gymnasium.

The sponsoring community groups have been pressing for strong federal Superfund legislation and encourage public attendance at the event.

Residents concerned about environmental issues affecting the Town of Oyster Bay may note that Assistant Attorney General Robert Osar, whose office has been handling cleanup responsibilities at the Old Bethpage landfill and at the former Syosset landfill, will be representing the state Attorney General's office at the forum.

For rides to the event or for more information, New York Community Action Network may be contacted at 691-5565.

Open House At Nursery School

A summer program Open House will be held at the Hicksville Nursery School on Wednesday, May 29 at 10 a.m. for children from 3 to 6 years of age to fill the remaining spaces. The program runs three days a week (Tuesday, Wednesday, and Thursday) from July 2 to August 9. Parents can choose from 1/2 or full days, 3 weeks or 6 weeks. Children bring their lunch if they attend the full day.

Miss Roberta is in charge of the program and class size is limited to 20 children. Parents participate once every 3 weeks and additional counselors help staff the program.

Activities include arts and crafts, sand and water play, music stories and playgroup activities. Swimming is offered to full-day children at Levittown Parkway pool.

This is an excellent way for a young child to spend all or part of a long summer day. For summer or fall registration, call 822-5619 or 681-8246.

Young Authors At Fork Lane

Fork Lane School recently participated in the 1985 Young Authors' Contest sponsored by the Nassau Reading Council. The students' original writing was in the form of poetry or prose which had to reflect the authors' own experiences. All writing was accomplished during the school day.

The winners from Fork Lane each received a certificate of recognition as a Young Author. These students were: Grade 1: Todd Master; Grade 2: Jonathan Schwartz, Brian McKee, Jennifer Murray and Merry Senn; Grade 3: Susan Gaylord, An-Ya Wu and Kimberly Dalby; Grade 4: Melanie Vought; Grade 5: Melissa Master; Grade 6: Jennifer Tabrys, Kerri Zezulinski, Ronald Matson and Robert Van Doran.

The school judges who determined the winning entries were Mr. Richard Jennett, Principal; Mrs. Rita Bernstein, Librarian; and Dr. Anne Martin, Reading Teacher.

The Nassau Reading Council stated that this year's entries were of "exceptionally high quality". It was their pleasure and privilege to have had the opportunity to read each piece of writing.

Dr. Martin thanked the students, teachers and Principal for the fine cooperation and enthusiasm displayed during the contest. In addition, she thanked Mrs. Maureen Traxler and Mrs. Karen Blicher, the PTA parents who provided assistance.



Miss Kathleen Thomas of Miller Road, Hicksville, was conferred the degree of Bachelor of Science in Nursing from Molloy College on Saturday, May 18. Reverend John R. McGann, Bishop of Rockville Centre presided over the Convocation.

Miss Thomas is a 1981 graduate of Hicksville High School.

Beginning June 3, she will be employed by Long Island Jewish Medical Center as a Medical/Surgical Nurse.



Hicksville's Joseph Migliano (7), a 5' 9", 165 lb., 19 year old sophomore who played his high school ball at Hicksville High School, was a star infielder with the Region XV Champion Nassau Community College Lions (32-9) under head coach Joe Dondoro. Nassau has won the regional championship three of the past four years.



Fork Lane winners in Nassau Reading Council's Young Authors contest display their certificates. Judges at the school were: Mrs. Rita Bernstein, left, Dr. Anne Martin, center and Principal Richard R. Jennett, right.

Woodlands Mother's Day



Chris Boukas, Brian Scotto, Steven Tsounis, Amy Tutel, trying to make a decision on which plant to buy.



Dena Hordern, Gina Abarno, Brian Scotto with the plants they picked out for their moms.

By Fran Abarno

On May 10, Woodland Avenue P.T.A. had their annual Mothers Day Plant sale. During their lunch hour, the children had fun buying plants for their mothers and grandmas. For just 75 cents the

children had many different plants to choose from.

On May 16, Woodland Avenue P.T.A. had their monthly hot lunch. For 50 cents the children had hot dogs and chips, which they enjoyed.

American Legion Auxiliary To Meet

The next regular meeting of the American Legion Auxiliary of the Charles Wagner Post-Unit #421, Hicksville, will be held on Friday, June 7, at 8:30 p.m. Installation on new officers for 1985-86 will take place following the meeting. Installing officer will be Ruth Leger, Past Nassau County Chairman and member of Unit #421.

Officers to be installed are: Mary Sheppard-President; Joan Rizrs-1st Vice; Marie Gamble-2nd Vice; Gertrude Reichlen-Recording Secretary; Geraldine Seitz-Treasurer.

The annual Volunteer Recognition Ceremony honoring volunteers to the Northport V.A. Hospital will be held on Thursday, May 23, at the Amityville American Legion Post #1015. Attending will be Veteran Affairs and Rehabilitation Chairman, Lillian Molingri, also, Marie Gamble, Ethel Habenicht, and Gerry Seitz. Dinner will be an Italian Buffet.

On Wednesday, May 29, eight members will attend a dinner at the Plattdeutsch in Franklin Square honoring our Jr. County Chairman Julia Duffy and her staff.

The Volunteer Recognition Dinner from the Long Island Developmental Center in Melville will hold their dinner on Wednesday, June 5, at the Huntington Town House. Child Welfare Chairman Mary Sheppard will attend, also, Ruth Leger, Ethel Habenicht, Marie Gamble and Gerry Seitz who have helped on this program through the year.

Our Girl Stater has been selected. She is Judy Eng, a Junior at the Hicksville High School. The Girls State Tea is Sunday, June 2, at the Massapequa Post #1066. I will have more information on this program in the next newsletter.

Poppy Wreaths have been made for Memorial Services to be held on Sunday, May 26, at Plainlawn Cemetery in Hicksville. Also, for the grave of Charles Wagner in Holy Rood in Westbury. And for the Service following the parade on Monday, the 27th.

For the information of all, Services will be held at 2 p.m., on Sunday, May 26, at both National cemeteries, Pinelawn and Calverton, anyone may attend.

'Rose Tattoo' Library Film

The Hicksville Public Library will show the film "The Rose Tattoo" on Friday, May 31 at 8 p.m. in the Community Room of the library. This film was made in 1955. It is a first rate drama based on Tennessee Williams' play, written especially for Oscar-winner Anna Magnani. It is a story about the emotions of a group of people living on the Gulf Coast. Widow Anna Magnani lives in the past, taking great pride in her husband's love for her. Burt Lancaster carries on a crazy courtship with her and helps her overcome her object of grief - a rose tattooed on another woman's breast.

There is no charge for admission and everyone is invited. Children admitted with parents only.



IT LOOKS like the opening of LILCO's Shoreham plant will be a major issue in the Nassau County Executive race between Purcell and Matthews. Purcell believes Shoreham should open and Matthews is against it. The company believes brownouts from lack of power this summer may change some minds....**THE FEDERAL** Appeals Court for this area believes that lawyers who file suits without merit should have to pay the legal fees of both sides. Many newspapers have instituted policies of suing for damages when court cases are made out of obvious typographical errors or material printed from public documents. Most lawyers will now have to face penalties if they encourage meritless cases for accidents or other types of damages....**THE TOWN** will spend over \$300,000 to install pumps to monitor pollution from the dump in Old Bethpage. Some pollution is in ground water but no one knows how much....**THE POLICE REPORT** is printed as a public service to alert residents of where crime is taking place in the area and as an aid in the Neighborhood Watch program. Anyone seeing suspicious activity should phone 911: **BURGLARS** pried a rear window of the Mirabile residence 17 Leonard Rd., Syosset on May 15. They entered and stole a VCR, jewelry and a cable box....**A REAR** window of the Konen home 145 Wilfred Blvd., Hicksville was pried open on May 15. Burglars entered and stole cash....**BETWEEN** May 15 and 16 burglars went to the Secke residence 614 Parkside Drive, Jericho. They pried a rear door and entered. The loss is unknown....**BURGLARS** entered the Kentucky Fried Chicken Restaurant 397A South Oyster Bay Rd., Plainview between May 10 and 11. They stole cash....**BETWEEN** May 17 and 18 burglars entered the Foto Mat Booth at Jericho Turnpike and Aintree Rd., Jericho. They came through an unlocked side window and stole cash....**AND** at Mid Island Plaza between May 17 and 18 burglars entered the Foto Mat booth and stole cash. The method of entry is unknown....**BURGLARS** entered the Burger King 4201 Rt. 24, Bethpage on May 18. They pried the door but no loss was reported....**THE FRONT** door of Bob's Deli 205 Broadway, Bethpage was entered by burglars between May 15 and 16. \$150 and two cases of beer were stolen....**ASSORTED** jewelry was stolen from the Dayide residence 5 Belmont Rd., Hicksville on May 16. Entry was through a rear door....That's all the news for now...G.T.



Fork Lane PTA Executive Board officers were recently installed for the coming term by Linda Strongin, bottom right, past president. Next term's Board will be comprised of, bottom left to right: Maureen Traxler, council delegate; Lisa Amoscatto, vice president and Ginny Romano, president. Top left to right: Madeline Senn, treasurer, Aurea Zelders, recording secretary and Sharon Fusco, corresponding secretary.



Immediately following the PTA swearing in, everyone commenced to the gym at Fork Lane where a hot volleyball game took place between parents, teachers and 5th-6th graders. Warming up for the event are, left to right: Aurea Zelders, Barbara Doherty, Bob Senn and Sharon Fucao.

Access Pass To Disabled

Veterans with a 40 percent or more service related disability and veterans *eligible for an allowance from the Federal Government for a specially adapted automobile are entitled to an "Access Pass" which grants free use of state parks and state recreational facilities, according to Oyster Bay Town Councilman Angelo A. Delligatti. Delligatti said, "the pass holder may have free use of facilities for which there is normally a charge. For example, parking, camping, greens fees and swimming. "To qualify for an Access Pass," Delligatti noted, "the veteran must provide proof of disability and complete a brief application form." Certification from the United States Veterans Administration (award letter) that the veteran is rated at least 40 percent disabled will suffice. "This same certification may also be used by the handicapped veteran to obtain a lifetime beach parking pass for use at Oyster Bay beaches," Delligatti added. The pass may be obtained at the Town Clerk's office for a one time fee of \$7.50 plus a photo charge. Applications and detailed information on all benefits available to veterans, their families and dependents may be secured by visiting the local office of the New York State Division of Veterans' Affairs located at Town Hall South, 977 Hicksville Road, Massapequa, N.Y. 11758, which is open Monday through Thursday from 9 a.m. to 4:45 p.m. or by calling 798-5626.

LEGAL NOTICE NOTICE TO BIDDERS

The Board of Trustees of the Hicksville Free Public Library of the Union Free School District No. 17 of the Town of Oyster Bay, Hicksville, Nassau County, New York (in accordance with Section 103 of Article 5-A of the General Municipal Law) hereby invites the submission of sealed bids on carpeting for the Hicksville Free Public Library of said district aforementioned. Bids will be received until 2 p.m. on the 5th day of June, 1985, at the Hicksville Public Library, Jerusalem Avenue, Hicksville, New York, in the Librarian's office at which time and place all bids will be publicly opened. Specifications and bids may be obtained at the Hicksville Free Public Library, Jerusalem Avenue, Hicksville, New York. The Board of Trustees of the Hicksville Free Public Library reserve the right to reject all bids and award the contract to other than the lowest bidder for any reason deemed in the best interest of the Library. Any bid submitted will be binding for 45 days subsequent to the date of bid opening.

BOARD OF TRUSTEES OF THE HICKSVILLE FREE PUBLIC LIBRARY UNION FREE SCHOOL DISTRICT NO. 17 of the Town of Oyster Bay Hicksville, Nassau County, New York
Kenneth S. Barnes, Library Director

Submitted: May 21, 1985
MIT 1806
1x/24

HBA Baseball Weekly Results

Special Note: HBA Traveling Team

On Saturday, June 1, 10 a.m., at the Hicksville Senior High School, there will be a double-header for our opening day of Hicksville's traveling team, sponsored by Sound Move Datsun.

We at HBA, manager: John Senise; coaches: Dominick Nataro and Al Melendez, invite all to help cheer our boys on, for their first game of a hopefully victorious season.

Reminder: If you have not yet purchased tickets for the "Honor The Sponsor" Dinner Dance, on June 8, at Levittown Hall, 8 p.m.-1 a.m., call Barbara Granai, after 7 p.m., 822-7284. The cost is \$35 per couple. \$17.50 per person. Monies are due by May 30.

Featuring "Doctor Dom", the D.J., Hot smogasbord, soda, goodies, beer and door prizes will be provided. This year's dance theme is "Tropical."

Help us thank our sponsors for enabling H.B.A. to function. Hope to see you, June 8, H.B.A.

Girls Minor Standings as of May 20

Team	W	L
Cotton-Baschbaum & Assoc.	5	4
R & W Group Inc.	4	3
U.S. Life	3	3
Newbridge Caterers	2	4

Girls Majors

Team	W	L
Peter's Cleaners	4	1
Northern 5 & 10	2	3
Big Red Q-Quick Print	2	4

Girls Seniors

Team	W	L
Big Apple Juice & Drink Co.	7	1
National Westminster Bank	2	3
Thrifty Beverages	2	4
Wagner Funeral Home	1	4

Boys Minors

Team	W	L
V.F.W. Post 3211	5	1
Old Country Deli	4	2
Newbridge S/S Gulf	3	3
Discount Liquor	2	3
Lions Club	0	6

Boys Instructional Monday, May 13

Vigilant Assoc.	24
Robert Chevrolet	24

Sean Pearson had 5 hits and Boomer McVeigh had 6, trying to lead his team to victory.

Tuesday, May 14

Harbor Distributors	15
7-11 Food Store	15

7-11 Food Stores outstanding offensive players were Joe Iocco with a 3-3 and I.H.R. Robert Ilesly hit 3-3 and Steve Cowley also hit 3-3. The outstanding defensive players were Chris DeStefano-sure-fielding second base.

In a hard fought game Harbor Distributors tied 7-11 Food Store; 7-11's Joe Iocco who hit a H.R. and Robert Ilesly, Steve Cowley who had 2 RBI's. Good base running by Kevin Anderson produced 2 runs. Chris Kearney had 3 hits batting lead off. Scott Levy made a fine defensive play at first.

Boys Farms Monday, May 20

Manufacturers Hanover	7
Hi Ho Video	3

John Patricola and Joe Barrilli combined for 16 strikeouts to lead Manufacturer Hanover over Hi Ho Video by a 7-3 score. Matt Moone was 2 for 2 with 2 RBI's and Mike Moylan doubled for 3 RBI's. Excellent team defense, especially by Billy Rogers.

Saturday, May 18

F & M Deli	7
Hi Ho Video	3

F & M Deli's Mark Cullen had a home run to start the game.

Andrew Etergineoso pitched a 3 inning shutout.

Boys Minors Monday, May 13

Old Country Deli	20
Newbridge S/S Gulf	19

On Monday, May 13, Old Country Deli defeated Newbridge S/S Gulf in extra innings of a game that was a continuation of a game suspended on May 4, because of darkness. It was a very exciting game as both teams played well, saving the game for Old Country Deli with a great catch of a fly ball hit to left field was Chris Murphy. Also outstanding pitching in relief of Ed Russo, was William Ponall. Plenty of good hitting and fielding play by both sides.

Girls Majors Wednesday, May 15

Peter's Cleaners	11
Big Red Q Quick Print	6

The hitting attack for Peter's Cleaners was led by Dale Ann Linsley with 3 hits and 2 RBI's and Robin Ahern also with 3 hits and Irene Kane chipped in with a double and 2 RBI's.

Sparkling fielding plays were turned in by Michele Iorio at second base and Dale Ann Linsley at short's op. Once again the pitching trio of Kristina Kanawada, Jennifer Alexander and Kelli Connolly was superb.

Girls Seniors Thursday, May 16

Big Apple Juice & Drink Co.	16
National Westminster Bank	0

Good play and backup by all the outfielders, Colleen O'Mara, Jen Pagetti, Jen O'Hara, Christine Rivera and Diane Esposito. Jennifer Pageit had a solid triple driving in 2 runs in the first inning. Jill DiMonda and Alison Meier combined to pitch the shutout allowing only 3 base hits.

Excellent defense by the entire squad also accounted for the shut-out.

600 Visit Wagner Open House

An unique Open House at Wagner Funeral Home in Hicksville brought out 600 last weekend. According to William C. Wagner, manager of the Home.

In the course of the two days that the funeral home was open to the public, there were many tours given, questions asked and answers given, and much traffic through the newly redone and enlarged building. There were refreshments served and small gifts given out to everyone that took the time to find out about the many changes that have occurred.

There were many many comments made about the building. The comments that seemed the most common were, "It is so deceiving from outside how large the new extension is and how well the space is utilized," and "this place doesn't look like a funeral home, it has warmth and looks like anyone's house inside."

"People that didn't get the chance to visit with us this weekend," said Mr. Wagner "need only give us a call and we would certainly try to show them around the building and answer any questions they might have, at a time that is convenient for all concerned."

News From VFW Post 3211

By P.P.C. Carmine A. Somma

On May 18, at the Post Hall we had our Post Installation Dinner Dance for our newly elected Commander Max Bergsohn and his officers for the coming year, with our newly elected Ladies Auxiliary President Esther Palladino. Our newly elected Commander Max Bergsohn served with the U.S. Army during W.W.II in Italy and his Senior Vice Commander Bill Schuck and Junior Vice Commander Bill Izzo are both Vietnam veterans. Chaplain Vincent Ferrar served with the U.S. Army during W.W.II in the E.T.O. Installing officer was P.P.C. Joseph Normandy. Nominating Committee were P.P.C. Conrad Steers, P.P.C. Carmine A. Somma, P.P.C. Charles Lehle and Al Wangenheim. Post Installation Dinner Dance Chairman was P.P.C. Mike Cialdella.

Our newly elected officers of the Ladies Auxiliary are President Esther Palladino, Sr. Vice President Rita Aug. Jr. Vice President Theresa Tisdell, Treasurer Carmella Vitiello, Chaplain Anita Stallone, Conductress Lee Petruszewicz, Guard Mae Barwilkowski, Secretary Joan Chwalisz, Trustee 3 years May Bergsohn, 2 Year Trustee Eleanor Gerlach, 1 Year Trustee Ginny Burns. Congratulations to all the newly elected officers in the Post and Ladies Auxiliary for the coming year.

On Sunday, May 19, at the Eisenhower Park U.V.O. Memorial Day Service for our men and women who died for our country in all wars, and on Sunday, May 26 at Plainlawn Cemetery in Hicksville, we held Memorial Day Services.

Members of the Post and the Ladies Auxiliary will visit the gravesite of Wm. M. Gouse, Jr. in Westbury which the Post was named after. This year the annual Memorial Day Parade is chaired by Henry Biel Post #46 of the Masonic War Veterans. Assembly time will be at 8:15 a.m. and 8:30 a.m. in the north parking field at Sears and the parade will commence at 9 a.m. The route will be the same as in recent years, south on Broadway from Sears, west on Old Country Road to Newbridge Road to the Hicksville High School athletic field and the grand stand.

V.F.W. Post 945 in Westbury will hold a Flag Day ceremony. The public is invited to bring your old torn flags to 405 Maple Avenue to give them to Commander Joseph Pascarella (334-7923).

Our Chaplain Bill Izzo reports on Comrades and sisters and their families who have been hospitalized durth the month. Comrade Vernon C. Wagner, and P.P.C. Bob Obermeyer's daughter Nancy at Mercy Hospital for surgery.

Congratulations to Frank Molinari and his wife Lillian on their 46th wedding anniversary.

VFW Post Gets Ready For Memorial Day

William M. Gouse, Jr. Post 3211 V.F.W. gets ready for the Memorial Day Parade on May 27. The Scouts of Troop 3211 who are sponsored by the Hicksville V.F.W. Post 3211 will be distributing American Flags to the public courtesy of the Veterans of Foreign Wars Post 3211. Get one while they last!



Top row: John Kelly, John Johnson, III, William Frohnhoefer Quartermaster, Larry Neuberger, Robert Izzo Scoutmaster and Post Chaplain, James Weber, Anthony Chepak Commander, Todd Catanzano, Mathew Zeray.

Bottom row: Robbie Cooper, Brian Lyons, Danny Lyons, John McInerney.



Robbie Cooper, John Kelly, John Johnson, III, William Frohnhoefer Quartermaster, Brian Lyons, Robert Izzo Scoutmaster, James Weber, Anthony Chepak Commander, Todd Catanzano, Mathew Zeray, Danny Lyons, Larry Neuberger, John McInerney.



Robert Izzo Scoutmaster, Robbi Cooper, James Weber, John McInerney.



William Frohnhoefer Quartermaster, Robert Izzo Scoutmaster, Anthony Chepak Commander.



John Johnson, IV, Assistant Scoutmaster; Robert Izzo, Scoutmaster.

PAGE ELEVEN Friday, May 24, 1985 MID ISLAND TIMES

SHOP-WISE DRUG STORE
324 Jericho Tpke. Syosset
921-5260

Free Delivery

Memorial Day Sale
Fun and Sun
KICKOFF
Good through 5/30/85

Suntan Lotions 20% Off
Bain de Soleil
Aloe Sun
Eclipse
Coppertone
PreSun

Coolers - Thermos 20% Off

Foster Grant Sunglasses 20% Off

If You Live In The Area Of This Newspaper...

You Are A Newsmaker

We Want News Of:

- Engagements
- Weddings
- Club Meetings
- Sports Events
- College News
- 25th Wedding Anniversaries
- Births
- 30th, 40th & 50th Wedding Anniversaries
- Special Citations & Awards

Our Readers Are Interested In You!

There is NEVER A CHARGE for printing photos or (non-commercial) news items that have local appeal. Just write up your event, send it in. If you have any photos-Polaroid or Regular-send them along too.

Litmor Publications
c/o this newspaper

Service Directory

in all 8 of our weekly publications.

931-0012 • PI 6-0240 or 294-8900

Electrician

AN ELECTRICIAN

WHEN YOU NEED ONE
K.J. KENNY, INC.
201 WILLIS AVE., MENEOLA
PI 6-7611

*Residential Specialists
Since 1945
Trouble Calls
Promptly Answered

Home Improvements

"WROUGHT IRON"

Basement Window Guards
\$38. Installed

Scroll Designs Available
FREE ESTIMATES
Ray's Welding
681-4045

Houses Restored

Give Your Home the New Look

If your home looks tired, maybe it needs just the right touches to give it the clean new look. Whether its painting, plastering, molding or wood refinishing call me. I am a local resident and know houses inside and out.

Jim - **775-8875**

Movers

Gentle Moving Services

for the gentle touch
Residential & Commercial
Licensed & Insured
D.O.T. #1941

Piano Moving
Packing & Crating
Cartons Available
741-0454

Auto Sales/Leases

Mercedes Benz BMW Porche Audi Jaguar Volvo Datsun

Consolidated Motor Car Co., Ltd.

Sales & Leasing

306 Main Street
Hempstead, N.Y.
Nick Farrell
(516) 485-8300

AGWAY ENERGY PRODUCTS

*Fuels *Service *Equipment

Anthony G. Bouse
Long Island Zone Manager
931-0407
351 Duffy Ave.
Hicksville

Aluminum & Vinyl Siding

*Roofing *Leaders & Gutters

We will beat any written estimate
FREE Estimates
C. Ferraro General Contractors, Inc.
516-741-7215

Interior Decorating

Assoc. ASID - IDS
718-658-1323

Vivian LaSala INTERIORS

Consultation
Floor Plan
Color Coordination
Residential - Commercial

MUSIC

Paul Effman Band Instruments

We Have A Complete Line of Quality Band Instruments

Flute, Clarinet, Saxophone, Trumpet, Trombone
New & Used

Plus All Other School Band Instruments

If It Is In A School Band
Paul Effman School Music Service
Sells It, Rents It, Repairs It

921-4543
Instrument Sales-Rentals
SYOSSET

Contracting

Albert J. Contracting

Carpentry Specialists
all Phases of Home Remodeling

*Private Homes *Apartments
*Commercial Properties
Albert & Anthony
Lic#H-1835600000
516-485-1707

Exterminators

RAINBOW PEST CONTROL, Inc.

Reasonable Monthly Service

Roaches - Rodent Control

Complete Exterminating Service

742-3227

SOLID VINYL & ALUMINUM SIDING



We Welcome Investigation!

*Gutters & Leaders
*Replacement Windows
*Storm Windows & Doors
*Roofing

GARDEN CITY ALUMINUM, INC.

220 Nassau Blvd
Garden City South
485-2200

Cecile Decorators

Residential-Commercial
Slipcovers *Draperies
Upholstery *Verticals
Bedroom Ensembles

Window Treatments more....
Upholstery Shoppe
on Premises

"Custom Made Within Your Budget"
543-2242

Painting

Sal Triguera

Need A Painter?

Private Homes Our Specialty
Interior - Exterior
Painting & Paperhanging
Waterblasting

We use Quality Paints for Lasting Satisfaction
Our Exterior Work Includes Caulking, Scraping & Reputting

FREE ESTIMATES
Call **379-3551**

Ripi Recine Construction Corp.

Decks
Aluminum Siding
Kitchen Remodeling
Bathroom Remodeling
House Extensions
General Contracting
Commercial

Basements Carmine Recine
After 7 p.m. **516-694-2978**

Energy Products

Christie Win-Dor Supply Corp.

Div. of Christie Overhead Door Corp.
(40 Years In Business)

Complete Window & Door Replacement

Custom Sizes & Styles
Double Hung - Casement-Sliders
Bows-Bays - Garden Windows
"Stanley" Steel Entrance Doors - Patio Doors

All work expertly installed and guaranteed

Free Estimates
License #H080502 B
Call **248-5610**

Air Conditioner thru the Wall Installations

Windows, Doors, Skylites, Decks, Carpentry
Installations - Repairs

WILLIAM SADD GENERAL CONTRACTING
735-8854
Licensed & Insured

A & L Landscaping

Spring Cleanups
Weekly Maintenance
Creative Landscaping
Seed or Sod Lawns
Power Raking * Pruning
Tree Work Tree Spraying
Licensed
25 Years Experience
334-5543 588-0174

W.J.R. Classic Painting Inc.

Interior-Exterior
Residential - Commercial
FREE ESTIMATES

Benjamin Moore Paint, Excellent Workmanship, Restoration, paint removal, windows caulked, glazed, carpentry, leaders & gutters, paperhanging. All types, plastering, taping & spackling, sheet rock repairs. Surface cleaning. Fully Insured-Guaranteed

WALTER REED • 877-1090

Dog Training & Grooming

Professional

- Training
- Breeding
- Grooming

Our guaranteed basic obedience course makes all breeds pleasurable lifelong companions.



C & G
Oak Street K-9 Patrol Inc.
Uniondale **489-6582**
Larows from Holstra!

Fences

Maffucci-Watras Fences Inc.

ALL TYPES OF FENCES

\$ STOCKADE SALE \$
100 Ft. of Stockade Fence
Free Gate with (4, 5, 6 ft.)
Value Over \$100.00

Quality Workmanship at Reasonable Rates

747-2078 742-0238

Custom Furniture All Woods Woodsystems I

Reproductions
Antique Restorations

Custom Decks,
Deck Furniture & Fixtures
Inlays & Laminations

248-0016
Tom Tolentao
453 Emory Road Mineola

FICHTER'S LANDSCAPING

Foundation Planting

HEMLOCKS • SHADE TREES
*SODDING • TOP DRESSING
Est. 1931
Glen Cove Road, Carle Place
PI 6-1310

Maffucci-Watras Landscaping & Fences Inc.

- Landscape Design
- Weekly Maintenance
- Spring & Fall Clean-Up
- All Types of Fences
- Low Rates-Quality Work
- FREE Estimates

747-2078 742-0238

PAINTS "R" US PAINTERS

Interiors-Exteriors
Quality Work

Free Estimates
Reasonable Rates

Call For Spring "Spruce Up"
Specials on Interiors

Call Bob
516-437-5389

Painting

Interior Painting & Paperhanging

Since 1955
Fully Insured
"I take pride in my work, so will you."
Call 10 a.m. - 8 p.m.
931-4763
Call Anytime -
433-4538
Donald J. Castor

SCOLLO & SONS PAINTING

INTERIOR & EXTERIOR
High Pressure Water
Blast Exterior Cleaning
Stucco & Paper Hanging
Painting & Plastering
Fully Insured, with References
All Work Guaranteed
Free Estimates
Benjamin Moore Paints Used
957-2943

Printers

instant copy-
resumes ads
flyers letter
manuals pads
envelopes bin
forms weddin
invitations
mailing

Garden City Printers & Mailers

Office & Copy Shop
659 Franklin Ave.
Garden City
Main Office & Plant
144 Cherry Valley Ave.
W. Hempstead
485-1600
Hours 8:30-5:30 Sat. 9:00-1:00

Travel



Cruises By Quality
Cruise Specialists
FREE
Speakers - Films Available
at your location
Call 516-822-2600
441 S. Oyster Bay Road
Plainville, N.Y.

Your Service
Can Be
Listed In Our
Very Successful
Service Directory

in all 8 of
our weekly
publications.
931-0012 • PI 6-0240
OR
294-8900

Antiques Collectibles



Antique Or Junque

Fine example of
corner cupboard

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

Q. What can you tell me about this solid cherry corner cupboard? It is obviously handmade and in very good condition. I would like to know about when it was made and what it might sell for today.



A. Based on the picture and your description, I would estimate that your corner cupboard was made in the mid-19th century, someplace in the northeastern United States. It is a fine example of its kind and probably would sell for at least \$1,500.

Q. What can you tell me about my ceramic bread plate with one handle? It is 9 by 12 inches, looks like a big leaf and has one handle. The colors are mostly green with a little pink and yellow. I am enclosing a copy of the mark on the bottom.

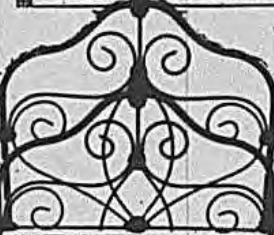


A. This bread plate is American Majolica made by Griffen, Smith & Hill in Phoenixville, Pa. It dates back to the 1880s and would sell in the \$125 to \$135 range.

Q. I thought all Belleek porcelain was made in Ireland, but an antique dealer told me that much of it was made right here in the United States. Is that true? If so, how do prices compare?

A. Thin, very translucent porcelain has been made in Belleek, Ireland, since 1857. From the 1880s to the 1920s an American version was made in this country, primarily by Willets Mfg. Co. and Ott & Brewer, both of Trenton, N.J. The fact that American Belleek was made for a relatively short time makes it more scarce than Irish Belleek. Twentieth century American Belleek is about the same price as 20th century Irish Belleek. Nineteenth century Irish Belleek is worth more than 19th century American Belleek. Regardless of vintage, Irish Belleek is finer quality.

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



AN ASTONISHMENT OF ANTIQUE BEDS

graffiti
725 Franklin Avenue
Garden City, N.Y. 11530
(516) 741-5530
Home - 741-5530

Antique & Collectibles - Directory

The Gingham Goose
325 Nassau Blvd., Garden City 516-489-3156
Mineola Home of Antiques
319 Willis Ave., Mineola.....516-741-1140
Schaub Laboratory, Inc.
Antique Photo Restoration
1602 Hillside Ave., New Hyde Park 516-352-7228

ORIENTAL RUGS
WANTED
Highest Cash Paid
For Any Size
in Condition
Oriental Rugs Cleaned or Repaired
We Also Buy Complete Or Partial Contents of Homes
GARDEN CITY ORIENTAL RUGS INC.
349 Old Country Road
Carle Place
794-8088

Syosset Fix-It Shop
Crystal Grinding
China, Porcelain,
Ceramic Mending
Museum Quality Restoration
51 Berry Hill Road
Syosset, N.Y.
921-7088
Tel. 1951
Tues. - Sat. 9-6

Come to Sell Stay to Buy
Garden City Exchange
Benefit of G.C. Public Library
Antiques & Collectibles
55 Hilton Ave., Garden City
10-4 Weekdays
10-1 Saturdays
746-9884

WANTED
OLD OIL PAINTINGS
Any Condition (even torn).
ALSO WANT Old Frames, Prints, Photographs
Autographs, Anything Old Or Antique
Highest Cash Paid House Calls
Please Phone
Sandy! **574-0216**

MINEOLA TIME BETWEEN CLOCKS
Antique & Contemporary
Grandfather Clocks
At Wholesale Prices
• Sales • Service • Parts **747-2626**
245 Mineola Blvd., Mineola, N.Y.

GARDEN CITY ANTIQUES
ANN MADONIA
657 Franklin Avenue Garden City, N.Y. 11530
516 741-1882
American and English Furniture and Accessories

Wanted - Antiques - Furniture
Jewelry, Oriental Rugs, Clocks, Hummels,
Dolls, Postcards, Silver, Bronzes, Porcelain, Glass.
Mrs. Forray
516-599-8567 516-623-8351

Jungle Adventure At Woodland

Woodland Avenue students experienced the thrills of an African safari right in the school's gymnasium.

Physical Education teacher Elizabeth Way transformed the gym into an adventure which delighted the students. The Jungle provided the students with a variety of activities which encourage physical fitness in an atmosphere of fun and excitement.

Equipment such as balance beams, climbing ropes, swinging tire, rope suspension bridge, jungle-express cable ride, cliff climb, monkey vine and river ferry (scooter) crossing were set up throughout the gym and were surrounded by colorful jungle animals and trees. The effect, coupled with jungle sounds, was terrific.

Woodland students could barely wait until their gym period. Parents, who were invited to view their child on safari, were extremely tempted to try the activities themselves.

The Jungle Adventure was fantastic and we thank Miss Way for the tremendous amount of time and effort expended on this creative and truly magnificent experience.



Partial view of Jungle Adventure



Sixth graders, front to back, Maria Raspanti, Jen Barbato, and Joe Negron using equipment.



Miss Way helping kindergarten student Zabeer Master on balance beam.



Third grader Michael Athanasiou on suspension bridge.



Third graders, left to right, Laurie Pease, David Pagano and Thomas Janicky on Giant Spider Web.



Third graders, left to right, Michael Wenner and Arthur Catanzarita on monkey vines.

BSA Flea Market Monday

Boy Scouts of Troop 291, sponsored by Trinity Lutheran Church, Nicholas Street, Hicksville, is having a Fund Raising Flea Market, Memorial Day, May 27, Rain or Shine.

Weather permitting the Flea Market will be held outdoors on the two acre playground across the street from Trinity Lutheran. In rain, we go indoors in the gym.

The playground will be divided into two sites: Crafts People-the East Side of the playground. Collectibles, Fleas/Merchandise- West Side. Even the children will have a playground area while parents shop!!

LEGAL NOTICE

MACHSON ASSOCIATES,
338 Cold Spring Rd., Syosset, NY. Substance of Certificate of Limited Partnership filed in Nassau County Clerk's Office May 2, 1985. Business: acquire, encumber, develop, hold, operate, lease, sell, dispose of and otherwise deal with residential homes in New York, and do all things necessary, convenient or incidental to achievement of foregoing. General Partner is David Machson, residing at 10 Hemlock Dr., Syosset, NY. Limited Partner and Cash Contribution is David Weitz, 10 State St. Moonachie, NJ, \$16,000. No additional contributions required. Limited Partner's income, loss and cash flow varies and is provided in agreement. Right to substitute or additional limited partners is provided in agreement. Right of limited partner to continue business on death, retirement or insanity of general partner is provided in agreement. Term: until December 31, 2025, unless extended by agreement of all partners.

SA 7277
6x5/10,17,24,31;6/7,14

KORT Authorized Chevrolet Dealer
Nassau FL 2-7200
N.Y.C. (212) 343-2787
•Service •Sales •Parts
Daily Rentals & Leasing
O.W. Puttick, Pres.
383 Jericho Tpke., Floral Park

Body Shop
Service By People Who Care!

Customized Engraving
Silverware, Silver Trays,
Gift Items

PETERFORD'S ENGRAVED PLAQUES
Special Consideration to companies,
clubs and organizations

John F. Juellich
PETERFORD'S
354-1331

936 Hempstead Tpke.
Franklin Square

Sound Upholstery, Inc.
Drapes • Slipcovers
Reupholstery &
Window Treatments

All Work Crafted by
Father & Son

282 Jericho Tpke., Mineola

PI 6-5750

Serving Garden City 37 Years

New Programs From Gregory Mus.

As part of its service to the Hicksville School District, the Gregory Museum has developed a series of "Outreach Programs" on both the Elementary and Secondary Levels. One particular advantage of Outreach is the saving in transportation costs, since even a local bus has become very expensive. Another is that larger groups can be accommodated at one time in either the school libraries or auditoriums for an assembly type presentation.

The Elementary School programs are developed by members of the Museum's Educational Committee: Rosemary Barrow, Library/Media Specialist at Willet Avenue School, and a Museum Trustee; Elizabeth Pearce, retired after many years at East Street, also a Trustee; Richard Evers, retired Jr. High Social Studies teacher, and well known as Hicksville's historian; the Museum's Program Coordinator, Joan Scancarelli, who is a specialist in Natural Sciences and Entomology; Thomas Daunt, Curator, a Geologist by Profession, and an historian by avocation.

Emphasis, as in all of the Museum's student related activities, is on stimulating students' interest in the world about them. Every effort is made, however, to correlate programs with the curriculum on appropriate grade levels. Most of the presentations are given a "test run" at Willet Avenue, then made available to other schools within the Hicksville School District, this is done without charge.

Most recent of the new events was a workshop on Insects, conducted by Mrs. Scancarelli for the Second Graders at Willet. As usual, she brought with her a fascinating collection of realia: mounted insect specimens from her trips to tropical forests, nesting places, live insects in jars, models of various types of insects for hands-on analysis, and, of course, magnificent slides.

Other Gregory Museum Outreach Programs include such diverse topics as Ecology of the Rain Forest, Hicksville and Long Island History, Long Island's Water Supply, Identification of Rocks, Minerals, Fossils, Crystals. Every effort is being made to thank the Hicksville Community for its support by enhancing and enriching the educational background of its students.



Daniel Wolchok and Michael Martello are fascinated by a fly which has just hatched. On the table are mounted insect specimens and nests supplied as part of the Gregory Museum Outreach program.



Mrs. Scancarelli of the Hicksville Gregory Museum shows mounted moths and butterflies to Michael Marcia and Daisy Delgado. Daisy points to a *Cecropia* moth. Her class will attempt to hatch some *Cecropia* cocoons supplied by the Museum.



Nancy Rojas and Mark Jovic examine a wasp nest, built tier after tier like the stories of an apartment house.



Willet Avenue third graders didn't want to miss out on the current interest in insects. Alison Koloski, Tommy D'Angelli, and Gary Miffi examine a preying mantis cocoon, well covered to contain the horde of insects that will emerge.



Spiders are not classified as insects, but as a follow-up to the Gregory Museum Insect program, Thomas Coffey brought in his pet Tarantula so the class could observe the differences. Eugenia Michalos and Michelle Bergin are glad it is well contained in the jar.

(Photos by Rosemary Barrow)

DE LATRON Construction Corp. Quality Home Improvements

- ALTERATIONS
- EXTENSIONS
- SLATE REPAIRS
- ROOFING
- GUTTERS
- REPLACEMENT WINDOWS
- SIDING & TRIM
- INSULATION

Owned & Managed by the
DeLatron Family Since 1899

Garden City, N.Y.

Rockville Centre, N.Y.

741-7722

License #H170200000 766-4930

Quality Or Quantity?



**One
Sure
Way To
Get
Results!**

When you advertise in a subscription newspaper you get quality readership. You know that EVERY copy of the newspaper has been invited into the home and three to four people will most likely read it.

When you buy quantity the only thing you might be sure of is that it has been hung on door knobs or thrown on lawns all over the neighborhood.

With our newspapers YOU ONLY PAY FOR COPIES that will be read. It is this quality that produces results. Do not waste money on wasted copies. Advertise here and get results.

get your message across... and get results! Call us right now!

•931-0012 •746-0240
•294-8900

YOU CAN'T BEAT IT!



Hicksville's Charles Wannan (#21), a 5'11", 172 lb., 19-year old freshman who played his high school ball at Hicksville High School, was a star pitcher with the Region XV Champion Nassau Community College Lions(32-9) under head coach Joe Dondero. Nassau has won the regional championship three of the past four years.



Miss Saxon's second grade class at East Street School held an expo of nature's creatures and shared it with the primary grades of the school. After a study of the interdependence, value and importance of all living things, the children selected one or two of their favorite creatures. They made detailed reports, picture studies, models and dioramas. They enjoyed learning and singing songs about their various choices. A trip to the Bronx Zoo re-enforced their interests and learning, as well as the importance of protecting all living things.



Oyster Bay Town Councilmen Thomas L. Clark, second from left, and Angelo A. Dellgatti, right, were among the presenters at the annual awards night of the Mid Island 4-H Council. State Assemblyman Fred Parola was also on hand. Among the recipients of this year's achievement awards were Paula Fritz, center, and Elizabeth Tichtner, both of Hicksville.

"Money, More Or Less, Is Always Welcome."

Ben Franklin, 1748

FRANKLIN NEW YORK TAX-FREE INCOME FUND

Given the choice, however, choose more. If you live in New York State and you're in the maximum tax bracket, surely you would welcome the \$430 you get to keep if you earn \$1,000 from a fully taxable investment. But should your choice be to keep the entire \$1,000, invest in this Fund. Because the Fund invests in New York municipal bonds, you pay no federal or state taxes on your

8.84% Double Tax-Free
20.56% Equivalent Taxable Yield

monthly dividends. So, a return of 8.84% is equivalent to a taxable yield of 20.56% for investors in the maximum combined state and federal tax bracket.

*Current distribution rate based on May 20, 1985 offering price and dividends paid during the last 12 months. The distribution rate will vary because of changes in the Fund's income and offering price. The Fund uses a commonly accepted accounting principle known as equalization. The value of your investment at redemption may be more or less than your cost.



INVESTORS CENTER INC.

43 Berry Hill Rd., Syosset, N.Y.

516-496-1040

Please send me a prospectus containing more complete information about Franklin New York Tax-Free Income Fund, including charges and expenses. I will read it carefully before I invest or send money.

Name _____
Address _____
City/State/Zip Code _____ Phone _____

Member \$8 Billion Franklin Group of Funds

Two Musicians Appear As Soloists



David Werden



Lewis Buckley

Two nationally known musicians will appear as soloists with the Hicksville High School Symphonic band at the annual Spring Concert to be held on May 30 in the school's auditorium. Lewis J. Buckley, conductor of the U.S. Coast Guard Band will guest conduct the band and perform on trumpet and David R. Werden, baritone soloist with the U.S. Coast Guard Band will perform. This announcement was made by William Gagnon, Supervisor of Fine Arts.

The United States Coast Guard Band is the official band of that service and is the only major armed forces band not stationed in Washington. The Band is stationed at the U.S. Coast Guard Academy in New London, Connecticut.

The Hicksville High School Symphonic Band is under the direction of Mr. J. David Abt. The Band will perform other selections in addition to those featuring Buckley and Werden. Also appearing on the program that evening will be the Prep Band. The Symphony Orchestra under the direction of Mr. Thomas Buttice, and the School's Choral organizations under the direction of Mr. Charles Arnold. The concert is open to the public and there is no admission charge.

David R. Werden

David R. Werden, a native of Davenport, Iowa, graduated from the University of Iowa in 1970 with a Bachelor of Music degree. He then joined the United States Coast Guard Band in New London, Connecticut, as the principal and solo euphonium, and has appeared as soloist with that organization all over the United States and in Canada. His solos have been featured on four record albums, on nation-wide public radio broadcasts, and on radio broadcasts in Europe, Japan, and Australia. His playing was heard on the soundtrack of the NBC movie "F.D.R. the Last Year."

On October 4, 1980, the British magazine "Sounding Brass" named David Werden as "Euphonium Player of the Year." To this date he is the only American to have received that honor. In September, 1981, the Tubist Universal Brotherhood

Association (T.U.B.A.) elected him for a two-year term as their Euphonium Coordinator. In 1982, the Coast Guard presented him with the prestigious Coast Guard Commendation Medal "In recognition of his high level of performance and of his work to promote the euphonium and euphonium music."

He has arranged music for band and small ensembles. Over two dozen of his arrangements have been published, and his works have been performed by groups and soloists all over the world. He has been responsible for the publication of works for euphonium by other composers including Gordon Jacob, Jerry Owen, Chris Vadala, John Boda, and James Goldsmith. He collaborated with Denis Winter to publish their Euphonium Music Guide, and has written articles for Euphonium magazine, "The Instrumentalist" magazine, and the "T.U.B.A. Journal."

Mr. Werden is a popular recitalist, and a clinician for Boosey & Hawkes. He has performed at regional, national, and international symposiums as soloist and as a member of the U.S. Coast Guard Euphonium/Tuba Quartet. He is known for his smooth interpretations and clean technique in a wide variety of musical styles. His teachers have included Robert Hartmann, Robert Whaley, John Hill, and Henry Charles Smith.

Lewis J. Buckley

Lewis J. Buckley, though born in Columbus, Ohio, considers himself a native of Florida, the state in which he grew up. He completed his undergraduate studies at the Eastman School of Music, where he was a member of the Eastman Wind Ensemble and the Philharmonic Orchestra, earned the degree Bachelor of Music in Applied Trumpet and Music Education, and was awarded the Eastman Performer's Certificate for exceptional performance on the trumpet.

Upon graduation in 1966, he enlisted into the U.S. Coast Guard Band in New London, Connecticut, serving for six years as trumpet soloist and arranger and directing the Band's Jazz Ensemble. During those same years, he earned the Master of Arts degree at Connecticut College in New London.

In June of 1975, Mr. Buckley was named Director of the U.S. Coast Guard Band. Under his leadership, the Band has made a

number of recordings, appeared often on radio and television, toured through most of the fifty states, and appeared at several major music conventions.

Mr. Buckley appears frequently as a conductor, clinician, and adjudicator at state and regional music festivals and conventions. He has studied conducting with Robert Gutter of the Springfield (Mass.) Symphony Orchestra, John Paynter of Northwestern University, and Frank Battisti of the New England Conservatory of Music.

Office Dist. Zone Change Hearing

The Oyster Bay Town Board has scheduled a public hearing for Tuesday, June 18, on a request for an "R-O" residence office district zone change in Plainview, according to Town Councilman John Venditto.

The applicants, Albert M. and Henrietta Treiman, are seeking a change in zone from 'D' residence to 'R-O' residence office district on a parcel of land located on the northeast corner of South Oyster Pay Road and Ontario Avenue in Plainview," Venditto stated. "Planned uses for the two-story building include law and medical offices."

The hearing is scheduled for 10 a.m. in the hearing room of Town Hall East, Audrey Avenue, Oyster Bay, on June 18.

MAY WE HAVE THE NEXT DENTS?



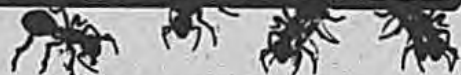
MADDEN'S AUTO BODY

COLLISION WORK

WE 1-9777

340 Woodbury Rd. Hicksville

BLISS ESTABLISHED 1882



BLACK CARPENTER ANTS CAN DAMAGE YOUR HOME

Bliss to the rescue! Black Carpenter Ants excavate extensive galleries in wood to serve as nesting places and can seriously harm your home. They're unsightly and unsanitary but they are no match for Bliss trained technicians. Ask about our PREVENTIVE MAINTENANCE PLAN: it's backed by over a century of reliability.

PHONE: 627-5588

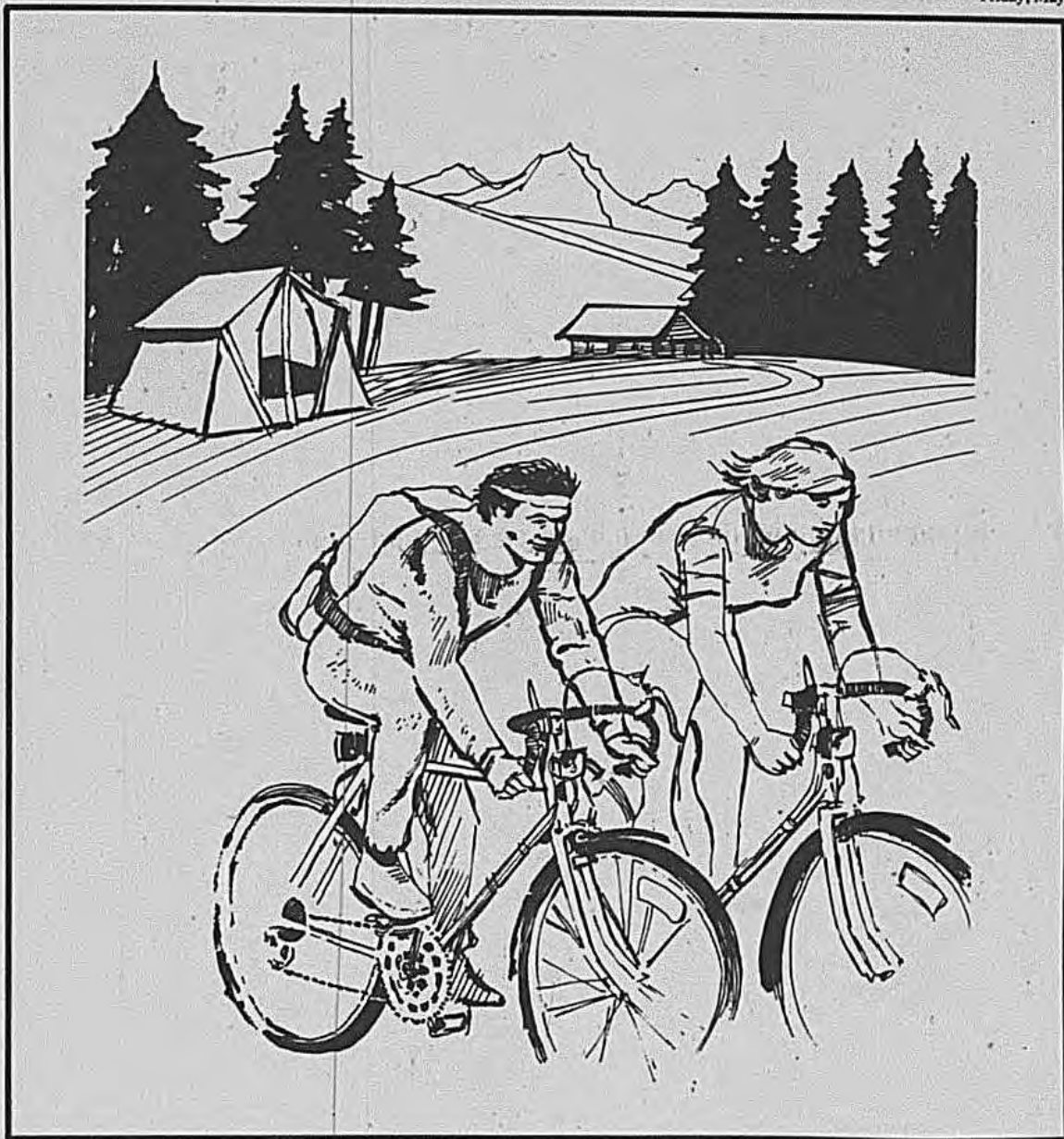
BLISS EXTERMINATORS

ONE OF THE OLDEST AND LARGEST



A BETTER YOU

Friday, May 24, 1985



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

ADVERTISERS	PAGE
Academy For Dinner Instruction	14
Alternative Recovery Program	12
Berrin & Ernie All Pro Basketball Camp	5
CS Dental, Inc.	15
Community Hospital at Glen Cove	18
Conservative LP Co.	4
Dellner Business Machines Co. Inc.	4
Garden Buick	4
Garden City Center For Psychotherapy	3
Garden City Physical Therapy Center	18
General Furniture	2
Hausling Kitchen Studies	12
Healthier Horizons	5
Jacki Spennas & Aerobic Dancing	8
Joe-Ton & Beauty Salon	9
Karl Bros. of Nassau	9
Kurt Chevrolet	11
Laces	7
Latham Bros. Lumber Co. Inc.	13
Martel-Research Enterprises	14
Minnetta Chiropractic Center	16
Minnetta Garden Center	2
Nauticus L.I.	9
Sonythe Travel	7
Virgil Nicholas M. Dr.	15
Women & Boutique	14

SPECIAL FEATURE STORIES IN THIS ISSUE	PAGE
BACKACHES: Natural remedies	3
YOUNG ATHLETES: Parental pressure can ruin sport	3
WHEEL AND DEAL: A primer for bicyclists	4
TENNIS RACKETS: Variety of shapes and sizes	5
TOGETHERNESS: Exercising in pairs makes it	6
FOOD FOR FITNESS: More is not better	7
WATER SPORT: Canoeing offers fun and challenge	8
SPORTS GYNECOLOGY:	
Caring for bodies of exercising women	10
ENJOYABLE ROUTINE: Safety tips for exercising	11
WEIGHTLIFTING: The right way to pump iron	12
DANCE: The exercise alternative	14
DRESSED TO SWEAT: Serious clothes for fitness	15

MINEOLA GARDEN CENTER

We Have All Your Gardening Needs

742-5934

Large Selection of Flowering Shrubs

- Hemlocks • Arborvitae
- Yews
- Flowering Trees
- White Birches



Annual Flowers and Vegetables Have Arrived

Sod For Instant Lawn

Lawn Ornaments to Beautify Your Garden

110 Jericho Tpke., Mineola
Next to Tudor Square

Still Time to Seed Your Lawn

SUN/SHADE

LAWN SEED MIXTURE
A superior blend of selected lawn grass seed which can tolerate the stress of both shaded and full sun areas.
• Germinates fast... within 7 days.
• Withstands heavy traffic.
• Resists drought and most diseases.
3 lbs. Covers up to 2,000 Sq. Ft.

\$1.00 Off
\$6.99 Reg. \$7.99



ADELPHI/ALL-STAR

LAWN SEED MIXTURE
HERE AT LAST is a grass seed mixture that will give you a lawn of lasting, dark green beauty. ADELPHI, the GREENER Kentucky bluegrass plus ALL-STAR perennial ryegrass which possesses a quality that provides resistance to Sod webworm and other surface insects. Germinates within 7 days.

Save \$1.00 **\$8.99** Reg. \$9.99
SINCE 1955

GRO-WELL
GARDEN PRODUCTS

Clearance SALE

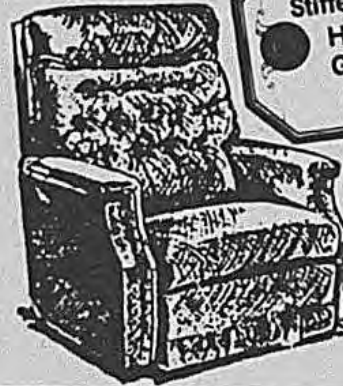
Authorized Thomasville Dealer

Orig. \$7399 NOW **\$3995!**



Clearance on All Thomasville
Also Featuring Thomasville,
Flair, Lane, Stiffel, Broyhill to name a few

Huge Savings on all Merchandise



Thomasville Lane
Stiffel La-Z-Boy
Howard Miller
Grandfather Clocks
To name a few

A comfortable classic!
Button-tufted beauty at a price to soothe your budget!

Open Every Day
But Sunday

GENERAL FURNITURE SALES

214 E. JERICHO TURNPIKE MINEOLA 746-0130

Parental pressure can ruin sport



By Allene Voisin

Dr. Thomas P. Johnson, a child psychiatrist and consultant to Little League Baseball, anticipates an increase in emotional problems among youngsters whose parents are extremely involved in their children's athletics.

But the California-based psychiatrist does not believe youngsters would be better off without parental involvement — or organized sports.

The solution, he says, is for parents to maintain a proper perspective.

"I think they should emphasize that losing a game isn't like losing World War III," he said. "They should look at it in terms of particular effort, not in the number of hits or wins and losses."

"If we're unhappy with Johnny Bench or Steve Garvey, it isn't going to bother them too much; but if we're unhappy with a child on our team or our son or daughter, there's dangerous pressure."

Johnson, a former Little League player, coach and umpire, says the problem extends beyond sports. He suggests, for example, that pressure on youngsters who play the piano, take ballet lessons or excel in school is no different. And the pressure not always is manifested overtly.

"I would be surprised if it wasn't subtle in most cases," said Johnson, who has authored numerous booklets and articles on the topic. "Most parents aren't even conscious of it."

Once the source and nature of the pressure is identified, an even bigger question remains: Why does the pressure exist to begin with?

"It's usually psychological," he

continued. "The parent is vicariously seeking gratification through his child. Once that's pointed out, however, I have found most parents very receptive." In articles presented to the American Medical Association, Johnson offers several suggestions to coaches and parents. Following are a few.

— On wins and losses: When you win, enjoy it with the team. Give the losers a pat on the back. You've all been there. Use your memory of how it felt to guide you.

— When you lose, don't let your players dim the winners' joy with excuses. The way you take the loss will give your players a sense of perspective.

— On the youngster who wants to quit: Listen to him and try to find out why. While there's little value in forcing an unwilling child to continue, encourage him, for his sake, to finish out the season. If he doesn't want to come back, recognize that he might not share the other youngsters' interest in the game. Accept it. Your success isn't tied to a child's continuing.

— On how to recognize emotional stress: In children, depression seldom presents itself as just plain sadness. Grade school-age children show depression more often in physical complaints. Also, the "I-don't-care" or "I-won't-try" attitudes may be masking the child's fear of failing.

Finally, remember that to participate, to try, is the goal. When children are able to risk being "last" or "first," all realistically can be successful.

CLOSE THE GAP IN 7 DAYS With Shaklee

Lose Weight Quickly and Safely. With Shaklee.

In just seven days we guarantee you'll "close the gap" on a few of those annoying holiday pounds. This remarkably simple plan includes luscious, creamy Slim Plan shakes and hearty, tasty Healthy 'n Light entrees.

Shaklee Slim Plan. The Product That Defies Obesity Statistics.

Proven effective in clinical studies.*



Lose weight... and be confident that it won't come back!

*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!

Products And Programs To Meet Your Needs.

Whether you want to maintain your weight or lose a lot, Shaklee offers just the right weight-control program.

FOR MORE INFORMATION CALL:

Iris Kane

HEALTHIER HORIZONS

354-6540

GARDEN CITY CENTER FOR PSYCHOTHERAPY

Licensed Clinical Psychologists

Depression - Anxiety - Stress - Phobias

Relationship Problems -

Drug & Alcohol Abuse

Shyness - Procrastination -

Loss & Bereavement

Chronic Dissatisfaction in Life -

Inability to Achieve Goals

Specializing in Individual & Marital Therapy

PSYCHOLOGICAL TESTING
INSURANCE PLANS ACCEPTED

1527 Franklin Ave.
Garden City

248-0006

A primer for bicyclists

By Nick Harder

It's been around for hundreds of years, but only recently have Americans been getting real use from it.

Its blossoming complications belie its theoretical simplicity.

It's based on one of the first and most important inventions of the human species — the wheel.

"It" is the modern bicycle, which is enjoying unprecedented popularity. Everyone seems to be climbing aboard.

The bicycle is no longer just a youngster's plaything. Its use as an instrument of transportation, exercise and enjoyment is accepted by a growing adult population.

Choosing a bicycle is neither as easy as it may look nor as hard as you may fear, say experts. While it may help to talk with experienced bicyclists before you buy, most experts agree that bicycle shop owners do a good job helping customers select the right bicycle.

Following are some guidelines from shop owners:

— Look around first. Ask questions of shop owners and bike owners.

— Decide — realistically — what type of rider you are or think you'll be with your new bike. If you're buying your first bike, you might think about a good manufacturer's bottom-of-the-line model that stresses dependability. You always can move up to a more expensive bike later.

The type of riding you plan to do — hilly or flat — will make a difference in what type of bike you get. The number of gears, the weight of the bike and other factors will enter into the selection process. Also, how many miles a week will you ride?

— How much money do you want to spend? Can you wait for a sale? If you wait, you could save as much as \$100.

— Don't buy a lot of extra equipment immediately unless you're convinced you've

researched well enough. Buy it later after you've become familiar with your new bike. If you plan on going more than a few miles at a time, particularly away from home, you may want to get an attachable bike pump and a water bottle. The pump may save you a long walk to a service facility.

— Ask about warranties. Sometimes they're provided, although, as with any warranty, there are limitations: Know what they are.

Following are a number of specific suggestions about finding the right bike for you.

— Bicycles vary in style and purpose. Decide what kind of riding you think you'll do. If it's trail riding, you may want to get a multispeed bike of medium to light weight. If it's mostly casual street riding or "cruising," you may want a firmer bike called — appropriately — a cruiser. Or you may want a mountain bike.

— The weight of the bike can mean a good deal, say experts. Ask yourself how necessary an extremely lightweight bike is to you. Will it benefit you or can you make-do with a heavier — perhaps sturdier — bicycle?

Most dealers and bike owners enjoy having a quick-release or knock-off wheel, especially on the front wheel. It makes for easier storage, locking and repair.

Once you've purchased a bicycle, don't forget to take care of it. Bike shop owners say they appreciate the repair business, but they like to see customers read the maintenance and repair manuals.

For some expert help in anything to do with bicycles, you may want to contact a local association or a group that goes on outings frequently. Most bicycle dealers will be happy to help you contact these groups.

THIS WEEK-END SAVE MORE ON YOUR NEW BUICK AT:

BRAND NEW 85 BUICK
SKY HAWK

- Includes •20 Liter L-4 Engine
- 4-Speed Transmission
- Electronic Fuel Injection
- Rack & Pinion Steering
- Power Front Disc Brakes
- Steel Belted Tires •Deluxe Wheel Covers
- Full Length Operating Console
- Delco Pushbutton 2000 Series •AM Radio with Dual Speakers
- Plus All Other Factory Standard Equipment



\$6495

GARDEN BUICK
AMC CORP
516 483-2700
283 N. FRANKLIN STREET
HEMPSTEAD, N.Y.

SALE SALE SALE

BRAND NEW 85 BUICK
CENTURY

Equipped with Automatic Transmission • Power Steering & Brakes • White Wall Tires • Delco 2000 Radio With Dual Speakers • Body Side Molding • Plus All Factory Standard Equipment



\$8595

BRAND NEW 85 BUICK
REGAL

Equipped with: • Automatic Transmission • Power Steering & Brakes • Radial Tires • Delco 2000 Radio With Dual Speakers • Side Window Defogger Outlets • Plus All Factory Standard Equipment



\$8695

BRAND NEW 85 BUICK
ELECTRA

Air Conditioning • Fuel Injected, 3.8 Engine • Overdrive Automatic Transmission • Power Steering • Power Brakes • Steel Belted Tires • 55/45 Seats • Power Windows • Power Seat • Side Window Defogger • AM/FM Stereo Radio • Dual R.V. Mirrors • Tinted Glass

\$12,995



1985 Buick Electra Sedan

THE 85s **out of this world**

TENNIS RACKETS Variety of shapes and sizes

By Gregg Howard

If you're an amateur tennis player, you probably wish that your game more closely approximated the power-packed games of tennis pros.

If you get beyond wishing and decide to take action, you might consider purchasing lessons or a new racket to help improve your game.

To select lessons, you can rely on recommendations of friends or meet with the pros at health and racket clubs to find someone you're comfortable with.

To select a racket, you'll have to wade through a bewildering variety of shapes, sizes and materials.

In the days of standard-size wooden rackets, about all a player had to be concerned with was whether the racket could stand up to bicycle rides to and from the tennis courts. He didn't have many options.

"High technology and attention to the needs of tennis players at all levels have created new sizes and materials for rackets," says

Sally Kooser, director of tennis marketing for Wilson Sporting

Goods Co., makers of the midsize Aggressor racket.

The market lately has been dominated by larger rackets and rackets with graphite as a primary frame ingredient, according to Kooser.

"A midsize racket made with graphite has been the premier racket lately, but the intermediate player may not be interested in paying the 100 percent graphite price, usually more than \$100 and sometimes up to \$350," Kooser says.

Also, a 100 percent graphite racket may be too stiff and cause elbow problems for a person who only plays tennis occasionally.

For more flexibility and a lower price tag, check out rackets with frames that combine graphite with other elements.

Because such modern materials do not warp, you can forget about old-fashioned presses to keep a new racket in shape, according to *Businessweek* magazine. However, you should consider an inexpensive racket guard — a stick-on polyurethane covering for the top of the frame. Graphite is more



RACKETS - Bob Breckenridge, tennis professional shows the variety of tennis racket sizes available.


vulnerable to abrasion than wood or aluminum, and a new racket quickly can acquire a beat-up look if it scrapes the court too often as you reach for low volleys.

As for racket size, the standard-size head (85 to 75 square inches) comprises only about 10 percent of the total tennis racket market, Kooser says. The large-head (100 to 110 square inches) and midsize (85 to 95 square inches) rackets split the remainder of the market pretty evenly.


"The average player couldn't


pass up the larger hitting surface offered by the large-head rackets introduced in the early '70s," says Kooser. The large-head rackets dominated the market during the late '70s and early '80s, but the midsize now is growing at a faster rate.


Before purchasing a new racket, ask whether a pro shop or sports store will let you test a demonstration racket on the court. This will help you be certain that you like the feel of the newer rackets.



Some Camps Offer You Contact With Top Pro Players... Some Camps Offer You Top Instruction... We Offer You Both!








BERNARD KING AND ERNIE GRUNFELD

★ ★


of THE NEW YORK KNICKS Present "THE BERNIE & ERNIE ALL PRO BASKETBALL CAMP"





at
St. Paul's Academy in Garden City
For Boys 9 - 18
August 11-16 1st Session
August 18-23 2nd Session

- Excellent instruction from top professional, college & high school coaches.
- Guest lecturers will include: Rory Sparrow, Louis Orr, Trent Tucker, Jeff Ruland, Albert King, Mike O' Koren and others.
- Excellent indoor & outdoor facilities
- Top Competition
- All campers will receive camp uniform, free Converse t-shirt & a photo with Bernard & Ernie.
- Spacious dorms
- Campers can commute
- Games & practices will be video taped for later use.
- No more than 8 campers per counselor.
- Emphasis on skill development, teamwork & good sportsmanship.
- One on one, two on two & foul shooting tournaments with trophies to the winners.
- Full canteen open all day
- Licensed athletic trainer on duty
- Weight training, physical conditioning, swimming, nightly basketball films and more.
- All members of championship team will receive a free pair of leather Converse basketball sneakers.

Bernard & Ernie WILL BOTH BE Present Every Day



**For More Information:
Call: 212-308-2846
Or Write To:
Bernie & Ernie All Pro Basketball Camp
Box 1305
Roslyn Heights, N.Y. 11577**

TOGETHERNESS

Exercising in pairs makes it fun

By Robert Ferrigno

Working out often is described in solitary terms — the long-distance runner staring fixedly into space as the miles pound past or the introspected weightlifter, totally focused on his steady breathing and his straining muscles. These are powerful images, real "Wide World of Sports" images, but they are not necessarily the only options for the fit life.

While the joys of solitary exercise are great indeed, working out with a partner offers other images, just as interesting and compelling: a couple running down the beach or two people lifting weights together, exhorting each other to push themselves a little harder, a little further.

Working out with a partner can restore the social balance to exercise and frequently prevents fitness from becoming yet another isolated activity devoid of fun and spontaneity. A workout partner also can provide the needed motivation on those foggy mornings when you don't really want to get out of bed and run around the park.

One reason why health spas have become so popular is that they offer the opportunity for people to exercise in groups, to meet

and socialize and still get a workout.

This may be one reason aerobic classes are so popular, not just for what happens during the class, but what can happen afterward. Shared experiences set the stage for greater intimacy.

Recognizing this, many spas emphasize the social aspects of their facilities as much as their weights and exercise bicycles. They feature juice bars, Jacuzzis, saunas, and the opportunity to go on ski trips and other outdoor adventures.

Everyone knows that a health spa is a great place for single men and women to meet, but sweat and sexy leotards aren't only for the single.

Many married couples have discovered that exercising together offers them unique advantages as couples: the opportunity for shared experiences, greater intimacy and more energy.

For them, working out together not only has kept them healthier, but has kept their marriages healthier, too.



SPECIAL 'BETTER YOU' SUPPLEMENT APPEARING IN Garden City News, Williston Times Mincola Edition, New Hyde Park Herald Courier, Mid Island Times, Bethpage Newgram, Jericho News Journal & Syosset Advance

Memorial Day

ALL DAY
Cooking Demonstration -
May 25

Conservative
P Gas

Div. National Propane Corp.

20 lb
Refills

Only \$9.00



TENT SALE



Broilmaster's Traditional Features

- Redwood front shelf, temperature indicator and potato/warming rack are all standard equipment.
- Unlimited burner adjustment
- Permanent "lava rock" coals.
- Matchless Spark Lighter - Offered as an optional factory installed deluxe feature.
- Cast Aluminum Construction - Lid and bottom casting carry a 6 YEAR LIMITED WARRANTY.

VISIT US AT -
69 Denton Ave. So.
New Hyde Park, N.Y.
352-6500 212-343-7100

18th St. & Merril Ave
Wyandanch, N.Y.
643-7711

915 W. Main St.
Riverhead, N.Y.
727-2424
744-8822

624 Perillon Rd.
J. Ronkonoma
588-8788

Great New Reasons

- to visit us at our Plant
- Now open 6 days
- Now available - Parts for most Bar-B-Ques
- Check your Bar-B-Que
- Fill your tank • It's the time
- Many other Makes & Model Grills

Again This Year
Gas level Indicator

Installation is so simple. The device installs easily in hoop retainers of gas grills designed to hold propane tanks.



Make your move today.

From the high-performance Jet Chef 4020 to the economy-priced Silver Chef 2212, Jacuzzi has a quality grill for every pocketbook. Take time out to visit your Jacuzzi dealer today for a complete demonstration. Discover why prime time is any time when you own a gas grill from Jacuzzi.

WE CARRY A FULL LINE OF
JACUZZI GAS GRILLS

FOOD FOR FITNESS

More is not better



By Carol Roberts

If, as the saying goes, "you are what you eat," nowhere is this more evident than in the gym or on the playing field, according to Diane Wakat, Ph.D., a physiologist and developer and health services director of Fortunate Life Center, a program of nationally franchised weight-control centers. In her work with Fortunate Life clients, as well as through her research in human physiology, Wakat has observed and documented the importance of the nutrition-exercise link.

"No matter if you're a three-times-a-week jogger or an Olympic contender, what you do and don't eat does make a difference both in how well you perform and how well you feel," says Wakat.

What is unique about exercise? How is it different from other activities? It's different because exercise uses more energy and increases body temperature. These two facts may alter the amount and balance of the six categories of essential dietary nutrients: carbohydrates, proteins, fats, vitamins, minerals and water (fluid balance).

— **Carbohydrates.** "Carbohydrates are an exerciser's best friend," says Wakat, "because in converting carbohydrates to energy, the body requires less oxygen per calorie and produces much less waste for the kidneys to excrete."

It's important, however, to distinguish between types of carbohydrates. Complex carbohydrates, found in whole grains, fruits and vegetables, give a sustained level of glucose, a type of sugar. Simple sugars, found in candy bars, may bring one's energy level up quickly, but may drop it down even quicker.

Wakat recommends that those who exercise regularly should receive 50 percent or more of their daily calories from complex carbohydrates.

As for athletes who train intensively, Wakat recommends a daily diet high in carbohydrates, rather

than loading up on carbohydrates before athletic events.

"Carbohydrate loading is of no advantage to people in events lasting fewer than 90 minutes, and actually may detract from the performance of weightlifters, joggers and sprinters," says Wakat. In addition, carbohydrate loading seems to lose its effectiveness if done more than three to four times a year, and there still is a question of potential long-term damage to the heart.

— **Proteins.** In healthy individuals, the amount of protein eaten daily should equal 12 percent to 15 percent of total calories. For regular and intensive exercises, the amount of protein needed is based on many factors, including the intensity of the activity and the amount of muscle development desired.

According to Wakat, there is mounting evidence that endurance-type exercises may increase the need for protein — especially for one or two of the essential amino acids. For an increase in muscle mass, more than the Recommended Daily Allowance of protein may be necessary. "However," Wakat warns, "too much protein can lead to dehydration (because water is needed to excrete waste nitrogen), fatigue and a subsequent drop in performance."

— **Fats.** With vigorous exercise and the ingestion of additional calories each day, it is likely that a proportion of those calories will be dietary fats. "A healthy intake of fats is 20 to 30 percent of total calories," says Wakat.

— **Vitamins.** Vitamins act primarily as coenzymes in the body helping to produce energy from ingested food. An increase in the amount of calories expended every day may increase the need for certain vitamins to maintain the high energy level needed for exercise. Athletes who exercise intensively, therefore, may need vitamin supplements, especially water-soluble vitamins. "However, megadosing with vitamins can be dangerous," warns Wakat, "and can lead to vitamin toxicity."

— **Minerals.** Women engaging in consistent, high-intensity exercise must make sure to have enough iron and calcium in their diets. Insufficient iron can lead to sports anemia, a condition characterized by deficient hemoglobin levels and low iron storage.

Calcium is an important component of every woman's diet because it helps ensure healthy, strong bones. "Unfortunately," Wakat states, "many women have a prejudice against dairy foods because they 'have too many calories.'" There also is preliminary information that, for some women, long-distance running causes cessation of menstruation and subsequent reduced estrogen production. This may lead to bone density loss.

Smythe Travel AGENCY INC

Airline Tickets At Airport Prices
Computerized - But Still Personalized

Want more mileage from your travel agent?

Then leave all the planning to us. As a member of the American Society of Travel Agents (ASTA), we're uniquely qualified to help you. We'll go over all your travel options with you, then take care of all the details—right down to reserving rental cars, even theatre tickets. We'll save you a lot of time and aggravation. Best of all, most of our services are free. So next trip, travel smart...start with us!

741-3366

132 SEVENTH STREET

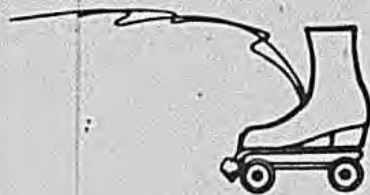
("Look For The Red Door")

GARDEN CITY

Open Monday thru Sat. from 9 - 5 p.m.



LACES



Roller Skating

3345 Hillside Avenue
New Hyde Park • 742-8162

SPECIAL 'BETTER YOU' SUPPLEMENT APPEARING IN

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

THANKS

to You

DELLCORT

CELEBRATES!!

"20" Years in Business

With A
20% Sale
(Off Manufacturer's Suggested List Price)
SALE: From June 1 - 30, 1985

- CANON • WANG • NORELCO • IBM SELEC. III
- Electronic Typewriters
 - Word Processors
 - Calculators
 - Personal Computers
 - Ribbons - Supplies
 - Dictation Equipment
- Typewriter Repairs

Dellcort Business Machines Co., Inc

Call or visit our Showroom

119 Hillside Avenue
Williston Park, N.Y. 11596
(516) 741-6655

SERIOUS FUN

There are all kinds of tough, serious exercise programs around. But most people drop out after a couple of sessions.

Jacki Sorensen, a fitness professional, originated Aerobic Dancing in 1969. Her programs are **serious** exercise that works with all the fun you need to stick with it.

Put some Serious Fun into your life.



Call:
For the time and place most convenient for you.

Bellmore	Hempstead	Garden City
East Bay Temple 2569 Merrick Road T Th 7:30 a.m. W F 9:00 a.m. 781-2042	St. Paul's Greek Ch. 110 Cathedral Avenue T Th 9:00 a.m. M W 6:00 p.m. 248-0827	Ethical Humanist Society 38 Old Country Road T Th 9:00 a.m. M W 7:00 p.m. T Th 7:30 p.m. 354-3657
VFW Hall 2400 Bedford Ave. M W 7:05 p.m. 796-8713	Syosset Midway Jewish Ctr. 330 So. Oyster Bay Rd. M W 9:15 a.m. 671-7345 T Th 7:00 p.m. T Th 8:15 p.m. 364-9215	Garden City Jewish Center 168 Nassau Blvd. M Th 9:00 a.m. W F 9:00 a.m. M Th 6:00 p.m. 354-3657
Floral Park St. Elizabeth's Ch. 6 Harvard Street M F 8:45 a.m. M Th 6:00 p.m. 328-3666	Community Church 36 Church Street T Th 8:00 a.m. 676-6807	

WATERSPORT

Canoeing offers fun and challenge



CANOING - A growing number of people are taking up canoeing as a sport, whether to compete in races or to paddle lazily down a quiet stream.

By Eric Jude

Canoeing is a sport not easy to define.

It can mean one person paddling lazily down a quiet stream, relieved to be away from the frantic, competitive world. Or it can mean intense, dedicated training and racing for prize money or pride.

The 1984 Summer Olympics showed one side of the competitive world of canoeing. The world's most rigorously trained paddling teams assembled in Los Angeles to race in specialized craft with only a slight resemblance to recreational canoes.

Only a small number of paddlers make the Olympics, but growing numbers of canoeists are taking up some form of canoeing as a sport.

Marathon canoe racing, which takes place on flat water, may be sponsored by individuals, local canoe clubs, statewide organizations or other groups.

When the rules for such races are determined by the sponsors, the races are called unsanctioned. The rules for types and sizes of canoes to be entered may change from one event to the next, or for the same event from one year to another. When marathon canoe races follow rules established either by the United States Canoe Association or the International Canoe Federation, the races are called sanctioned.

Canoe Triathlons. Triathloning, a form of racing that involves three separate challenging sports — often running, biking and canoeing — may be the fastest growing sport in the United States.

In 1983, 1,000 triathlons were held, involving 250,000 triathletes. It's a young sport, with the average age of male participants being 33 and of females, 25.

Triathlon races come in several varieties. Sprint triathlons are fairly short races, while long triathlons make competitors go the distance. A typical triathlon, the Western Mountain Triathlon in Missoula, Mont., included 8 miles of running, 23 miles of biking and 8 miles of canoeing.

Triathlons sometimes are conducted as individual races and sometimes as team or relay races. Some top triathlons have cash purses, but most competitors enter to test their endurance or simply for the love of sports.

White-water racing. Besides marathon or flat-water racing and triathlons, competitive-minded canoeists always can try their hands and paddles at white-water racing.

Canoe clubs operate all over the country to help canoeists meet other people with similar canoeing interests. Clubs teach canoeing, sponsor races, give advice on local river conditions and organize trips.

You may find yourself going into canoeing on its simplest, most relaxed level — a paddle down a quiet local river — and getting hooked enough to try white-water, racing, long-distance touring or canoe camping.

For more information on all aspects of canoeing, contact the American Canoe Manufacturers Union, 439 E. 51st St., New York, NY 10022.

Know 'lats' and 'abs'?

In bodybuilders' language, "lats" are the latissimus dorsi muscles, which extend from behind the armpits down to the center of the back.

"Abs" are the abdominal muscles, which can be developed into distinctive block patterns.

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

NAUTILUS long island

Athletic Training Centers For Men & Women
 We Are Physical Fitness

50 Clinton St., Hempstead
 Hempstead Plaza Complex

NAUTILUS/LONG ISLAND is the Island's oldest and largest Nautilus center by far. 2 full circuits, 26 machines, 39 stations in all! Plus out of circuit equipment. Nobody else is even close!

Personalized & Supervised Training
Serious Athletes & Fitness Enthusiasts
Choose the Only Serious Fitness Center

We offer the ultimate in training for strength, flexibility, cardiovascular conditioning, weight loss or gain, and the prevention of athletic injuries.

summer Rates Now Available

come on in...Or Call 483-7555

First On L.I.!

derma magic Non Surgical Face Lift

Only At **Joe Dan's Beauty Salon**



Imagine! For only \$20.00 per treatment we can make you **TEN YEARS YOUNGER!** The skin care treatment is called **THE NON SURGICAL FACE LIFT**, and it contains All Natural Ingredients - No Chemicals Used.

After we apply this miraculous formula to your face and throat, you will relax and luxuriate for 20 minutes. The results are startling!



Usually this will last indefinitely if three treatments are given the first month, and one treatment per month is given thereafter.

YOU OWE IT TO YOURSELF TO LOOK YOUR VERY BEST

CALL NOW FOR AN APPOINTMENT 483-2411

5 Hilton Ave Hempstead
 (across from A & S)
 Mon., Wed., Thurs., Sat. till 5 p.m.
 Fri. till 7
 CLOSED TUESDAY

PAGE 9B Friday, May 24, 1985

KEIL BROS. of Nassau, Inc.

Florist - Greenhouse - Garden Center

"Where Quality Comes First"

Spring Gardening SPECIALS

Newly Arrived Shipment

Wide Selection of

- Flowering Annuals & Vegetables in Market Packs
- Hardy Perennials
- Jackson Perkins Roses Bursting With Color

- Beautiful Hanging Baskets
- Fuschia, Impatiens, Begonias,
- Geraniums, Portulaca, Verbena

and many more to choose from



Beautiful Garden Greenery

PLANTS & SHRUBS

Since 1855

GRO-WELL

Garden Products

• Tomato & Vegetable Dust

10 oz. \$3.99

• Rose & Flower Dust

10 oz. \$4.39

WEED & FEED

The improved product will control undesirable weeds such as DANDELION, ANTSWEED, CHICKWEED and many others as it feeds the lawn helping to establish grass growth and allowing it to be on areas valued by the owner.
 16 oz. Bag (covers 1,000 sq. ft.) \$12.99



15,000 Sq. Ft. (3 Bags) \$24.99

10,000 Sq. Ft. (2 Bags) \$16.99

5,000 Sq. Ft. (1 Bag 18 lbs.) \$8.99

Major Credit Cards
 Hours: 9-6 p.m.
 Mon. thru Sat.
 Sunday 9-5 p.m.

1083 Willis Avenue, Albertson 621-6328

Garden City Physical Therapy Center



Licensed Therapist
Specializing In

- Orthopedics
- Rehabilitation Programs
- No Fault
- Sports Medicine
- Workman's Compensation

CYBEX TESTING

TRAINING

520 Franklin Ave., Garden City
248-3812

SPECIAL 'BETTER YOU' SUPPLEMENT
Appearing in Garden City News, Williston Times/Minneapolis Edition, New Hyde Park Herald Courier,
Mid Island Times, Bethpage Newsgram, Jericho News & Sisseton Advance

SPORTS GYNECOLOGY Caring for bodies of exercising women

By Jack Williams

When women began to bare arms, legs and sweat glands in the war against lethargy — otherwise known as the exercise revolution — a whole new beachhead was established in the field of medicine:

Sports gynecology. Obstetricians and gynecologists mobilized their expertise like a troop of Army medics to address the needs and mend the bodies of the exercising woman. And Dr. Mona Shangold, assistant professor of obstetrics and gynecology at Cornell University Medical College in New York, became a regular contributor to magazines such as *Runner's World* and *Fit*.

She also assumed the directorship of the Sports Gynecology Center, established by New York Hospital and Cornell Medical Center.

Following are some of Shangold's observations on a wide range of subjects concerning exercising women, including menstrual irregularities, iron deficiency, vitamin supplements, pregnancy and the use of anabolic steroids.

Amenorrhea — This term, denoting the cessation of normal menstrual periods, has surfaced frequently in regard to the heavily exercising woman, particularly long-distance runners with minimal body fat.

"Any woman with this condition should be thoroughly evaluated and should undergo some blood tests. Fifty to 60 percent of serious competitors have this condition," Shangold said.

Women with menstrual irregularities or amenorrhea often do not produce estrogen and progesterone, two hormones that can protect the body from diseases that include osteoporosis (premature thinning of the bones), according to Shangold.

"Once osteoporosis occurs, it's irreversible," she said, "so women with estrogen deficiency should take estrogen pills to replace what their bodies are not making."

Calcium supplements also are advisable, suggested Shangold, especially for exercising women with low estrogen levels and women with lactose deficiency, which renders them allergic to dairy products.

"Postmenopausal women need 1,500 milligrams of calcium per day. You can get 300 in a glass of milk, about 250 in 8 ounces of yogurt and 250 in a slice of Swiss or hard cheese."

Should your diet fail to supply these needs, take supplements such as calcium carbonate, said Shangold. "It has a higher percentage of calcium (40 percent) than calcium gluconate or lactate, which contain 10 percent."

Iron Deficiency — Much more common among women athletes than amenorrhea, this condition can be alleviated with more meat, poultry and fish in the diet and iron supplements, said Shangold.

"Iron deficiency can impair your ability to get rid of lactic acid," she said. "When the body needs iron, it recruits it from the bone marrow and the liver before getting it from the red blood cells. When iron is removed from the red blood cells, you have anemia."

"The average woman needs 18 milligrams per day and takes in 12. The average man needs 13 and usually gets it because he consumes more calories," Shangold said.

One way to ensure that the body absorbs more iron from dietary sources is to add orange juice, she said. "That increases absorption because of the acidity. The citric acid converts the iron into a form that is more readily absorbed."

You're better off taking iron tablets than vitamins containing iron, she said, because you absorb less iron if the tablet contains other minerals.

Anabolic Steroids — Some of the effects of these strength-enhancing drugs are reversible, noted Shangold. Some are not.

A woman taking such drugs, derived from the male hormone testosterone, risks getting an enlarged clitoris, a deep voice, acne and, perhaps, male-pattern baldness, said Shangold.

"Blood clotting and liver damage are other effects," she said.

Pregnancy — There is much uncertainty concerning exercising while pregnant. Shangold notes that many anecdotal reports of women who have run throughout pregnancy are encouraging, but points out that such reports fail to provide adequate evidence of the safety of this activity.

"Obstetricians remain cautious, she said, "because of some alarming findings in animal studies."

Such studies have shown that strenuous, repetitive and prolonged exercise in some animal species has been associated with stunted fetal growth, premature and still births.

"We don't know how much blood is diverted from the pregnant uterus during exercise, nor do we know how much can safely be diverted from the pregnant uterus without harming the developing fetus," she said.

Her advice: Slow down during pregnancy. Avoid prolonged and strenuous exercise.

SUMMER PICNIC CONCERT

with the
NEW YORK POPS
SATURDAY, JUNE 22, 1985



Gates Open: 6 P.M.
Concert Begins: 8:00 P.M.

A musical feast under the stars presented by
The New York Pops Orchestra and Skitch Henderson
for the benefit of



Pack up your favorite picnic dinner and treat the entire family
to an evening of relaxed summer fun at Old Westbury Gardens.

RAIN DATE: JUNE 23, 1985
General Admission* \$50, 16 and under \$10
*All contributions tax deductible to the extent allowed by law

Advance ticket sales only.
For information
call (516) 759-0643

By Janet Gordon

Whether you're a weekend athlete or a competitive long-distance runner, knowing proper exercise safety precautions will help you avoid injuries.

Today, too many people suffer from "exercise burnout" and sports-related injuries because they throw themselves into an exercise regimen without adequate preparation.

Judi Sheppard Missett, founder of Jazzercise, an international dance fitness program, believes that instead of being a "sweat and suffer" ordeal, an exercise routine should be a way of life — an enjoyable part of life.

In the Jazzercise program, students are taught exercise safety precautions. Here are 10 recommended safety tips:

— Check with a doctor before engaging in any exercise regimen.

— Know your limitations. If the last time you had a good exercise workout was, well, you can't remember that far back, don't expect

to get back into shape overnight. Even experienced athletes should beware of overexertion. Your body is the best indicator of your limitations — listen to it carefully.

— Pace yourself. Don't exercise too vigorously. "Pain does not necessarily mean gain" is a good exercise motto to adopt.

— Proper ventilation and clothing are important. Wear non-restrictive attire that makes you feel comfortable. Fresh air is good, but cold drafts should be avoided. Upon completion of a strenuous workout, put on warm clothing to allow the body to cool down gradually.

— Learn to prevent back injuries. Exercises that concentrate on the abdominal muscles require

extra safety precautions for people prone to back problems. While doing these exercises, flattening the back to the floor will relieve unnecessary strain on the back. In order to keep the lower back on

the floor, bend the knees and tuck in chin to chest gently without reducing your airflow. When doing any forward bending movements, always remember to keep the knees relaxed.

— Stretch out and warm up. Before you start working out, it is important to loosen and limber up your muscles. You'll avoid injury and enjoy the physical movement more.

— Bouncing stretches are too harsh. Bounce-stretch movements create tensions and shortening of muscles, which may result in injuries. Instead, hold at a slow stretch for 15 seconds to elongate the muscle.

— Cardiovascular routines (past continuous movement) should not come to a screeching halt. Keep moving to allow the heart to gradually slow and recover. If you suffer from nausea or vomiting after

exercising, you either are exercising too vigorously or cooling down too quickly. Be sure to have a more gradual and longer cool-down period.

— Learn to breathe properly. The correct way to breathe while exercising is in through the nose and out through the mouth. Be sure that while you are exercising, you are not too breathless to talk to a friend. A good signal that you aren't breathing properly is extreme breathlessness lasting for more than 10 minutes after immediately finishing exercise.

— Learn to relax. Exercising should be an enjoyable experience. It is one of the most important methods of relieving stress that we know today. Have fun!

Hole-in-one odds

If you're an average golfer, when you tee off on a par-3 hole the odds against your making a hole in one are 42,952-to-1. — CNS

KORT CHEVROLETS INVOICE SALE*

Friday, May 24 to May 31



1985 ASTRO VAN

BRAND NEW
V/6, Auto. with O/D, P/S, Stabilizer Bar, 1,350 lb. Pay Load,
Gauges, 2 Seats
Freight Inc.

\$9,089



BRAND NEW

1985 MONTE CARLO

Tinted Glass, P/Wind., A/C, Rear/Defog, Sport Mirrors,
Auto., W/W, Rally Wheels
Freight Inc.

\$10,043



1985 CAPRICE CLASSIC

BRAND NEW
A/C, Tinted Glass, Remote Mirror, Auto. with O/D, W/W,
Rear/Defog., Delco Stereo
Freight Inc.

\$10,583

*SELECTED MODELS ONLY-INVOICE SHOWN ON REQUEST.

KORT CHEVROLET

383 Jericho Tpke., Floral Park (516) 352-7200

SPECIAL "BETTER YOU" SUPPLEMENT APPEARING IN
Garden City News, William Times Minneola Edition, New Hyde Park Herald Courier,
Midland Times, Belpage Newgram, Jericho News Journal & Sunset Advance

WEIGHTLIFTING

One of the most obvious aspects of the fitness craze has been the trend toward bodybuilding.

With the development of a host of nationwide exercise emporiums, more and more men are trying to shake the 97-pound-weakling image and develop into the next Arnold Schwarzenegger. And women are participating, too, making trips to the gym and coming away with biceps that arm-wrestling champions might envy.

But don't think that such accomplishments are as simple as a half hour or so on the machine at your favorite spa.

"Your average businessman doesn't have the time to train for three hours a day, and that's what it will take to do the most good," says Jeff Miller, weight coach for the track team at United States International University in San Diego. Miller also is a member of the National Strength and Conditioning Association.

"It's not necessary or even advisable to work out every day, but you never want to train less than three days a week. Six times a week would be the maximum, though some body parts like the abdomen and calves can be worked every day without harm. But you wouldn't want to train some other body parts six days a week."

While isokinetic machines have come in favor with the average businessman who has little free time, dedicated bodybuilders frown upon such mechanical equipment, according to Miller.

Manufacturers (of such equipment) claim that 15 minutes on

The right way to pump iron

their machine is all you need to build up your body. But the gains in working with free weights have been proven to be superior even though most people would rather spend their time at other things."

Miller adds that bodybuilding is only one of three areas that involve lifting weights.

— Bodybuilding is for those who are trying to create a physique, something the businessman or woman would get into," Miller says.

— "In power lifting, the goal is to become as strong as you can through the dead lift, bench press and squat lift.

— "Actual weightlifting is for the serious competitor, the Olympic athlete."

What would be the regimen for a possibly overweight, middle-aged businessman who wants to become involved in bodybuilding?

"As with any exercise program, you should see your physician first," Miller says. "You'll probably start with something like riding a stationary bicycle, to get the cardiovascular system in shape first.

"As far as lifting is concerned, start with light weights and high repetitions. Get advice about your diet, bicycle a lot and get in shape first.

"The only way to succeed is to progress to heavier weights. By increasing weight, you develop strength."

Bodybuilders who are improving their physique for a specific sport, rather than simply their ap-

pearance, also must concentrate on what they need for improvement in their performance.

"For football linemen or shot putters, doing 25 repetitions is ridiculous," says Miller. "They need explosive force and have to work longer to build up the body. Baseball players today are getting into higher repetitions, since they don't need explosive force but do need endurance to last through a long season.

"People are realizing that lifting weights can benefit everybody. It used to be that weightlifters were considered freaks, but now, men and women who don't lift weights in sports are considered the freaks."



"It is our belief that everyone reading this knows someone who is experiencing a drinking problem!"

WE CAN HELP THAT PERSON!



ALTERNATIVE RECOVERY PROGRAMS

(FORMERLY BREAKTHROUGH CENTER)

AT LAST —

A selection of professional treatment services for alcoholism where employees **AVOID HOSPITALIZATION AND DO NOT**

- Lose time from work
- Use vacation days
- Use up sick days
- Separate from their families

FAMILY SERVICES

An Initial Discussion and Evaluation of an Alcohol or Drug Problem Concerning a Family Member is Available at **NO COST** and with Complete Confidentiality.

Call Now For An Appointment with our Caring Professional Staff **(516) 877-2300**

648 Franklin Avenue

Garden City, N.Y. 11530

THE ULTIMATE EUROPEAN KITCHEN



600 units to choose from.

Hastings
KITCHEN STUDIO

NEW YORK CITY:
9:00AM to 5:00PM MON-SAT
201 East 57th Street
N.Y.C. 10022 / 212-755-2710

GREAT NECK:
9:30AM to 5:30PM MON-SAT
THURS till 8:30PM
404 Northern Boulevard
Great Neck, N.Y. 11021
516-482-1840

Natural remedies

By Mike Baker

Contrary to public opinion, backaches are not a normal result of the aging process.

There is a myriad of causes for backaches, many of which can be corrected easily without paying steep medical bills. One such cause is the furniture in your home, particularly the bed.

A soft mattress that "gives" a great deal is a likely source of back trouble. Without proper support, the spine may become unaligned. Soft chairs can cause the same result. If your bed is too soft, buy a new one. If you can't afford this, stick a board between the mattress and bedsprings.

One major cause of backache among women is high heels or platform shoes. Such shoes distort the posture and the spine, putting

strain on lower back muscles.

Some people with backaches discover after paying huge medical bills that one leg may be shorter than another, straining back muscles. Lie on the floor and see if your feet touch each other in perfect alignment. If one leg is shorter, spinal adjustment very often can eliminate the disparity.

Don't engage in a lot of unnecessary bending. Stoves, counters and tables that are too low should be replaced.

Bending and lifting result in a large percentage of backaches. People should keep the burden in front of them, bend their knees, and lift with their arms and legs, not with their lower back. Many people have thrown their backs out carrying the laundry or groceries off to one side, causing one

to lean sideways. Keep the spine straight. Carry the burden in front of you.

The two most important causes of backache, according to some experts, are a lack of exercise and an improper diet. It may be hard to believe that an unbalanced diet may cause such a problem, but scientific tests have proved that the addition of a nutritional balance often can eliminate backache quickly and completely.

Many backaches result from allergic reactions to certain foods and can be eliminated when the food is no longer eaten. When protein, calcium and magnesium as well as other nutrients are balanced, backaches disappear.

A study at Baylor University found that frequent doses of vitamin C relieved low back pain. Vi-

tamin E and manganese have been shown to work as maintenance vitamins, helping to keep ligaments and back muscles in top form.

It must come as no surprise that exercise can eliminate back problems. Healthy back muscles aid the spine, helping to keep it straight and in place. Sit-ups are recommended for strengthening back muscles.

When driving long distances, stop often to relax these muscles. The same is true at work. Get up and walk around every hour or so.

While these suggestions from the Good Earth Journal can be used to keep back problems from developing, if pain persists, go to a doctor. Health is too precious a commodity to take lightly.



Super catalog savings On Pressure Treated Lumber

Build your own deck with
genuine Wolmanized wood from LATHAM BROS.

OUR LOW PRESSURE TREATED PRICES

SALE DAYS ONLY

.40 CCA TREATED	6'	8'	10'	12'	14'	16'
2x4 #1 Com.	—	\$ 3.96	—	\$ 5.40	—	\$ 7.38
2x6 #1 Com.	—	5.89	—	8.46	—	11.95
3/4x6 #1 Com.	—	5.44	—	7.77	—	10.35
2x4 #2 Com.	—	2.70	\$ 3.48	4.38	—	6.90
2x6 #2 Com.	—	4.95	5.31	7.02	\$ 7.38	9.36
2x8 #2 Com.	—	6.48	—	9.90	—	12.42
2x10 #2 Com.	—	8.91	—	13.05	—	17.58
2x12 #2 Com.	—	12.90	—	17.73	—	23.65
4x4 #2 Com.	4.32	5.76	8.82	10.17	—	—
4x6 #2 Com.	—	10.90	12.60	—	—	20.43
6x6 #2 Com.	10.04	15.57	—	—	—	—
1x4 #2 Com.	—	1.66	2.07	2.48	—	—
1x6 #2 Com.	—	2.75	3.42	—	—	—

All Green Wood is Not Alike

Catalog Already Mailed
Come In For Yours
If You Have Not
Received One ...

LATHAM BROS.

Lumber Co. Inc. *Since 1848*

YOUR HOME ENERGY CENTER

MINEOLA

303 Roslyn Rd. (516) 747-8090
Hours: Mon.-Thurs. 7:30-5pm,
Fri. 7:30-8:30pm, Sat. 8-4pm

PORT WASHINGTON

100 S. Bayles Ave. (516) 883-0480
Hours: Mon. - Fri. 7:30-5pm, Sat. 8-4pm

CATALOG SALES
In Progress
Now To June 17th

SPECIAL 'BETTER YOU' SUPPLEMENT APPEARING IN
Garden City News, William Times Minnoda Edition, New Hyde Park Herald Courier,
Mid Island Times, Bridgeport Newsgram, Jericho News Journal & Street Advance

- Does your child dislike reading?
 - Does he/she understand what they read?
 - Have you tried years of remediation with no real results?
- TRY US-AMAZING CHANGES in just weeks.
We Do make a difference!



The Academy For Direct Instruction

Announces
Summer Registration
Classes Run July 1-Aug. 15

Pre K-Adult

Enroll your child in the most successful Reading Program available
Research has proven that children enrolled outperform their peers
who receive instruction from other programs

More than tutorial at less than tutorial prices: Actual Courses of study in

- READING • COMPREHENSION
- MATH • SPELLING • VOCABULARY

Register Now: Call (516) 352-3630
or (718) 225-2565

- *Placement testing & registration appt. necessary
- *Deadline June 14
- *Parents Day - Observe what we do
- *Programs designed with built-in incentives for the "turned-off student"
- *Small homogenous groups

10 Campbell St., Parkville School,
New Hyde Park

The exercise alternative

By Don Tennessee

If you've been meaning to start an exercise program but just can't stomach the thought of jogging 3 miles a day or lifting weights, you may have an alternative.

"Dance.
That's right — dance. There are a lot of advantages to dance as a form of exercise, according to Bonnie Johnston and Jason Martin of the School of Performing and Visual Arts at United States International University in San Diego. "Dance stretches your imagination and your physical goals," says Johnston. "It's fun."

Martin likes dance as an exercise because it requires no extra equipment, "just something to sweat in." He says you can work out at home or in a hotel room, making it convenient for business people who spend much of their time away from home.

"The best form of exercise is something you will do consistently," Johnston says. She suggests getting some type of professional advice, possibly from dance exercise books, exercise records or videocassettes, when beginning a dance program. Beginning dance classes of all kinds are routinely offered from local parks and recreation departments and YMCAs.

Increased strength, flexibility, endurance and cardiovascular conditioning can result from a consistent dance regimen. "Dancing tones up muscle tissue without the bulk of a weightlifter," says Martin. "By pushing your body a little, everyday movements and

activities become easier."

As dance professionals, Johnston and Martin advise caution in selecting a dance class to attend. "Many people teaching dance and aerobics classes are unqualified," says Johnston.

She encourages people to observe an instructor before attending a class. "Ask yourself, how aware is the instructor of his students? Is the instructor doing the workout for himself or for the students?" Finally, she says not to be embarrassed to ask a teacher about his dance background.

An integral part of dance conditioning is stretching, Martin says most dance injuries occur because of improper stretching techniques before and after a workout. Here are some tips about stretching:

— Start from the head and neck, working your way down to arms, stomach and legs. Work muscles and joints.

— Stretch muscles, don't throw them. Move slowly, concentrating on one muscle group at a time.

— Keep body alignment straight. Avoid movements that cause muscle tension or lower back pain.

— Don't exercise on a full stomach.

Thirty minutes of stretching should be done before getting into the strenuous portion of a workout, say Martin. "An early evening workout is preferable as exercise acts as a natural appetite suppressant."

NEED ENERGY

Are you one of the MILLIONS of AMERICANS who are looking to change their lives?



Do you suffer from FATIGUE, LONELINESS, mild DEPRESSION, or ANXIETY? Then learn from the startling results of a new survey, that you are NOT ALONE!

Discover the secret of a new ENERGY SOURCE and mental uplift without drugs, exercises, or special diet.

You will be able to overcome depression and anxiety, and develop the energy you need—regardless of age—in order to hold a second job, go to night school, or just ENJOY more of LIFE...including SEX! Send for the amazing new book, "How to Have NEW ENERGY and a NEW OUTLOOK" today! For \$5 you can start a new life. Mail the coupon below NOW! Don't go another day feeling dragged out or depressed. Find the JOY of renewed VITALITY for the rest of your life!

YES! I want to feel new energy and vitality in my life. RUSH me the book, "How to Have NEW ENERGY and a NEW OUTLOOK" postpaid.

I enclose \$5.00 cash, cash, check, or money order. (No C.O.D.'s)

Mail to: Medi-Research Enterprises, 34 Pell Terrace, Garden City, N.Y. 11530

Name _____

Address _____

City _____

Ant. _____

State _____

Zip _____

the FIGURE flatterers

from Seascamp

Naturalwear offers a variety of breastforms that will make you look and feel natural. Bras in a wide variety of styles to suit your fashion taste and comfort.

Specialists In:

- All Figure Problems
- Post Mastectomy
- Women's Supports

Extended Sale
20% - 50% OFF
on Selected Swimsuits
Valid Thru May 31



fashions by CAMP®

Gift Certificates Available

Hours: Mon. to Fri.

10 to 5

Sat. 10 to 3 p.m.

Women's Boutique

151 Hempstead Tpke.
West Hempstead, New York
Suite 202

292-1320

Sale Ends 5/31/85

DRESSED TO SWEAT
**Serious clothes
 for fitness**



TIME OUT - Designer Bonnie August takes a breather wearing her checkerboard leotard made of polyester, spandex and cotton.

By Monica Perez

Gyms and health clubs are fast replacing singles' bars as today's most popular meeting places. An estimated 12,000 commercial health and racquet clubs have mushroomed across the country, grossing about \$6 million annually. These days, getting the body fit and keeping it there is big business.

An important part of the fitness frame of mind is having an active wear wardrobe that works as hard as you do. Clothes for aerobics or weightlifting should be made of fabrics, such as nylon and spandex, that move with the body and offer support where needed. The man-made fibers used in today's workout clothes not only make them sleek, comfortable and quick drying, they're also fashionable.

The Fiber Information Center, a service of the Man-Made Fiber Producers Association, advises reading a garment's label for fiber content and care instructions before buying. Polyester, nylon, acrylic and spandex are more durable than natural fibers because they're almost always machine washable, quick drying and non-shrinkable. Because they have greater stretch and recovery than natural fibers, man-mades stay neater looking longer, even after an exhausting exercise session.

Bright colors seem to generate a special kind of energy and are extremely motivating during exercise. One of the hottest active wear looks for spring, according to Dolfin, a popular sportswear manufacturer, is prints. The com-

pany is manufacturing vivid prints on polyester tricot, using a new dry-print colorfast process. Mixing and matching colorful patterns is creating exciting new fashion variety in functional sports clothes this season.

Texture also is making news in workout clothes. Designer Bonnie August creates interesting effects in her new crinkle sportswear, made of crunchy nylon and polyester. In body wear, she uses stretchy lace to create ultrafeminine lace leotards. They may look delicate, but when made with a blend of nylon, polyester and cotton, they combine comfort with hardworking functionality.

A trend that reflects everyone's concern about keeping fit is that body wear is becoming more serious in its appearance, according to the information center. Necklines and backs of leotard tank styles are higher than in past seasons, reflecting customers' preference for wearing a bra for greater comfort during vigorous exercise.

Styles with low backs now have tabs at the shoulders to keep bra straps in place. Leg lines are high cut to better show off the definition of muscles in newly toned thighs.

Support tights are becoming increasingly popular, especially among women who don't have to wear them. Made of 84 percent nylon and 16 percent spandex, this super-stretchy material gives firm support to legs so they tire less easily and look great. The fabric is durable enough to resist tears that can occur during strenuous movement, but sheer enough to be worn as cool weather pantyhose.

**DR. NICHOLAS M. VIRGILIO
 CHIROPRACTOR**

"Health Through Chiropractic"

**Corrective & Preventive
 Professional
 Health Care For The
 Entire Family**

MODERN TECHNIQUES FOR:

- Headaches
- Sports Injuries
- Sciatica
- Disc Disorders
- Low Back Pain
- Nutritional Counseling

MOST INSURANCE PLANS ACCEPTED

(516) **354-3651**

HOURS BY
 APPT.

1840 LAKEVILLE RD., NEW HYDE PARK

(3/10 OF A MILE NORTH OF HILLSIDE AVE., EXIT 33 I.I.E., EXIT 25S NORTHERN STATE)

**Mercedes Benz
 Specialists**



Service - Parts
 Sales - Accessories



Diesel Inc.

- Diesel Tune-Ups
- Diesel Engines Rebuilt
- Bosch Fuel Injection Systems
- Rebuilt Injection Pumps & Nozzles
- G.M. Diesel
- V.W. Dasher Diesel
- Original Equipment Replacement Parts
- Parts & Labor Guaranteed
- Premium Diesel Fuel
- Unleaded Premium

All Work Guaranteed

Chris Gregoriou

**We Service
 European Imports!**
 676 Hempstead Tpke.,
 Franklin Square



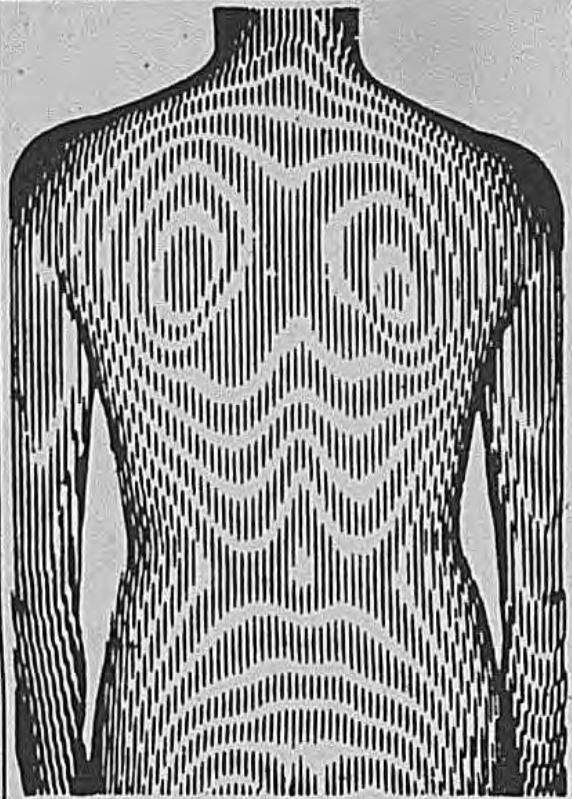
110-112 Octane

486-1003

24 Hour Road Service

SPECIAL 'BETTER YOU' SUPPLEMENT APPEARING IN
 Garden City News, Williston Times Mincola Edition, New Hyde Park Herald Courier,
 Mid Island Times, Bethpage Newsgram, Jericho News Journal & Syosset Advance

FREE SPINAL EXAMINATION



Public Service Offer

FREE
BACK
SCHOOL

For Those With Frequent
Low Back Pain

**Reserved
Sessions**

Call Today For Appointment
Emergencies: 360-7951

Includes:

- **FREE** Low Back Evaluation Tests
- **FREE** Consultation With Doctor
- **FREE** Personalized Rehabilitation Program
- **FREE** Training For Recommended Regimen
- **FREE** Instructional Manual
- **FREE** Progress Evaluation

ASSOCIATED WITH ONE OF THE COUNTRY'S LARGEST VASCULAR DIAGNOSTIC CENTERS

Mineola Chiropractic Center

746-3135

341 Mineola Blvd., Mineola
(Between Jericho Tpke. & Hillside Ave.)

OFFICE HOURS: MON.-FRI. 9AM-8PM, SAT. 9AM-2PM • CALL FOR APPOINTMENT

Part Two of the Mid Island Times, Syosset Advance,
Williston Times, New Hyde Park Herald Courier,
Bethpage Newsgram, Jericho News Journal
and The Garden City News

The newspaper edition that helps discover new writers, new ideas
through input and special family features.

Friday, May 24, 1985



DISCOVERY

You Have To Have A Sense Of Humor
And Other Things

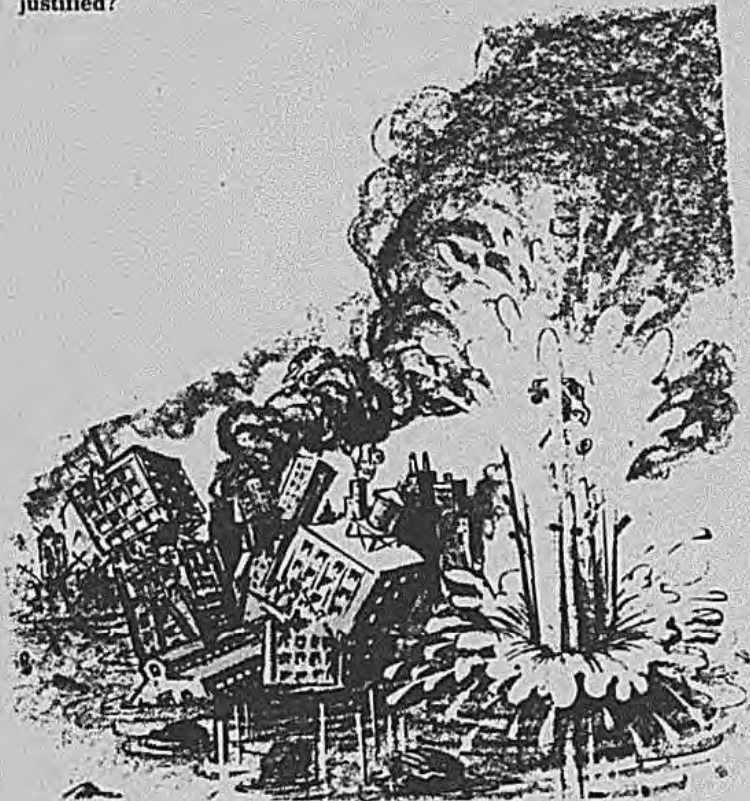


See Page 3



THE QUESTION OF THE WEEK

Do you think the handling of the "Move" eviction in which 11 people and 60 houses were demolished in Philadelphia was justified?



**Call 931-0027
24 Hrs. a Day
Ground Rules**

**You are not limited to the above
but may talk on any subject of
interest to readers.**

•One subject to a caller per week•

Simply dial 931-0027-24 Hours a Day and follow these simple rules:

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

Most Callers To Input Would Separate Refuse

Most callers to Input say they would separate trash from garbage if it would mean lower taxes in answer to this question: "Would you separate trash from garbage if it meant lower taxes for you?"

IMPORTANT

Yes. I would separate regular food garbage from cans, paper, plastics, etc. if it meant that we could save money on landfill operations. I understand that the landfills are overtaxed and that there is little space left. If the garbage that would go back into the earth were put in the landfills and would finally turn back into the environment, things like metal and paper could be recycled and save the costs of trucking them and putting them in landfills. I would do this even if it didn't mean lower taxes because it is important. **B.R.**

SHORT TERM ANSWER

The answer to your question of whether I would be willing to separate garbage from other items such as metal and paper is yes. But this would not be a long term answer to this problem. The recycling idea by which garbage and discarded items can produce power is the answer. The only holdup is whether it will put out a toxic residue. In some countries in the world they say they have mastered the problem. As a temporary measure I would separate garbage but the long term solution has to come soon. **C.G.**

LABOR COST

I don't believe that separating garbage by metals, etc. would save any taxes and I do not believe the politicians when they say that it will. Regardless of what form it is in it will require some labor and this is where the cost lies. Whoever says that you can save money by separating the garbage should have to prove it before any such plan is forced on the overworked public. We were taken in with the recycling of newspapers because the money generated from their sale barely pays for the extra handling. **J.E.**

BACK TO EARTH

Yes. We should separate garbage from other waste material. It will keep our landfills from being ruined. The garbage can go in landfills and become part of the soil so at least the landfills used for that will not be a problem. **J.W.**

NEED MORE DETAILS

I do not believe the general public knows enough about this situation to comment on whether they think separating garbage will be of benefit in the overall problem of garbage disposal and landfills. The political leaders who think this is a solution should give us more details on why this would work, if it would. **K.E.**

EXTREME GROUPS

Once again the people who have espoused the idea that the way to solve problems is to go backwards are clamoring for a solution of this type. The truth is that recycling trash can provide us with electricity and the real answer to the trash problem is to get recycling plants running as soon as possible. Actually we are wasting resources in not using this source of energy. Most of our plants have been stalled here by political pressure and little actual knowledge. Too many small extreme groups block our progress. **B.W.**

ABOUT TIME

Yes. It is about time that the public join in the fight to hold down the overused landfills that are being cluttered with non-biodegradable items. These items should be separated and different means of disposal for them should be made. Then our landfills would last longer. **G.E.**

KEEP "AS IS"

To answer this one, let's start with definitions. The dictionary defines Garbage as "discarded animal and table matter from a kitchen; refuse". Trash is described as "any thing worthless or useless; rubbish" with "Rubbish" zeroing in on the problem as "worthless, unwanted material that is rejected or thrown out; debris, litter, trash". Garden City lumps them both together as "Refuse" but gives a more generous definition of Garbage including in addition to kitchen waste: "paper, cardboard, magazines, food cans, bottles, rags, etc." Garden City's "Rubbish" is material clearly defined under Trash as anything worthless or useless including such items as tree branches, leaves, hedge clippings, ashes, wood, metals, crockery, dirt, small stones, paint cans, etc. Grass clippings and newspapers are treated separately. Frankly, I believe the Village has done a good job of separating the garbage from the trash by definition as well as in scheduled pickups and, with most residents observing the distinction between the two, the chances are that an efficient collection system reflects itself in minimum expense to the taxpayer. So, generally speaking, we already do separate trash from garbage but if there is one leak toward greater cost and therefore higher taxes, it develops from those residents who are careless about packaging their "Refuse" or who try to beat the system by putting out trash on garbage days and vice versa. But, I think our refuse collectors are equal to the challenge and generally able to handle those occasional irregularities. **P.G.S.**





DISCOVERY

You Have To Have A Sense Of Humor And Other Things



By Patrice Barry

A Sense of Humor and Other Things

Have you heard about this marvelous new credit card? It's the latest thing in plastic, and a boon to anyone not satisfied with other accounts. It's called a Ha-Ha account. Honestly, let me tell you how I found it!

Everything started when I lost my sense of humor. I remembered having it, even showing it—often. My lips would part, and a delicious curve would curl up the edges. My throat would giggle, then laugh, and my body would shake with glee. My face would radiate at the absurdities of life and other people. My relatives marvelled at the letters I wrote; my clever lines "made their day". Then some strange events occurred.

First I received my statement from a well-known credit card for purchases I never made nor received. It should have been easy to laugh at the \$2,000 charge for furniture from some store in the depths of Brooklyn. My cheerfully hysterical phone call and letter produced a computer, which uncovered a counterfeit card with my name and number. No problem, the computer assured me, all would be corrected, mechanically and eventually. Meanwhile, the Debit Computer never checked with the Credit computer, which never cleared with the Finance Charge computer. Thus my subsequent billing began to resemble a jigsaw puzzle. Drastic action was required. I cut up my plastic card and mailed it back. The Mailing computer sent back a new card with a new number. Then the Billing computer liberally sprinkled all my legitimate purchases between the old and new accounts. Now I could boast of two credit card statements charging me with \$2,000 for furniture never seen by these human eyes!

I was once so proud of that piece of plastic. Now it will never be the same. Like a divorce, a split from one's first credit card cannot be simply "laughed off". A first love is a first love.

The next fiasco made me miss my lost sense of humor even more. Our hot water heater sprang a leak, flooding the basement. Trustingly, I called a well known department store, to order a new hot water heater. Such faith did I have, that I did not even go "in person". I was secure, telephoning with my credit card number from said store.

My sense of humor returned; the order went beautifully. The mix up occurred when the delivery truck and installers arrived at the same time. The handymen did not know how to remove the old heater, nor how to install the new one in the space provided. They suggested we get a builder to expand our house. I could feel a migraine coming on. The new heater never left the truck. Everyone just left; my leak stayed.

Forcing a smile, I called the store. That was when I learned that Ordering was one department. Delivery was another. Installation was a third, and so on, down each secretary, clerk and manager—each having nothing to do with the other! I cancelled the entire order. However, all these transactions were billed separately on that credit card; therefore, the entire charge system tacked on a myriad of fees to my statements from then on, including our old trusty finance charges, since I obviously did not pay the original bills—for a heater I never saw! In fact, I was even billed with a maintenance agreement, adding stupidity to absurdity!

I did not cut up that card. After numerous letters, phone calls, and time spent, trying to regain a zero balance, I decided to frame that credit card, to remember a faded romance with a store I once cherished.

My sense of humor returned once more as I planned for a great vacation to a Caribbean Island. This time I charged on a card publicized by celebrities in TV ads. What could be better! Then riots broke out on the island. When they did not cease, I cheerfully panicked, called to cancel the trip, and stopped the extra check I had sent (worry-wart that I am), for extra insurance, just in case we could not go.

I now await the statement from that well-publicized credit card to see if we were ever credited back with that big expense. However, my bank statement came in the mail. I was debited for the amount of the check. I was also debited for the cost of stopping said check!

Alas, either a credit card or a computer is out to get me! Do I have a persecution complex? You bet I do! All the phone calls, letters, and postage expenses have reached a mysterious computer who keeps confusing my life! The total spent on this nonsense would probably pay for the Shoreham debacle! But I will not give up! I will regain my sense of humor, even though I have been charged with furniture I did not get, a hot water heater I never saw, and insurance and a trip to a country I never reached. Finance charges have multiplied like bunnies. But I am undaunted. Somehow, I will clear these mistakes and return to clean records on all three pieces of plastic.

Meanwhile, all three accounts are in limbo; I will not use them. I may be David fighting Goliath, but I will conquer any computer. No machine will vanquish my normally sunny spirit. Imagine this happening to me, who pays every bill upon the return mail. Obviously, I will find my lost sense of humor upon reviewing the mirth of a machine destroying my liberty and freedom. I feel that ability to laugh returning already!

I didn't even flinch yesterday when my dishwasher sprang a terminal leak...And last week, when my oven lost its heat control function, I even managed a weak smile...And just today, when my car had to be towed away for major surgery, I waved gaily to the mechanic. You see, my sense of humor has returned.

Which brings me to my latest credit card. It's the best one yet! At last I can enjoy my former pleasures of fun and frolic and laughter. I can even laugh at people who cry. I am cured. I am at peace. This marvelous credit card was offered to me the very first day at a special vacation hotel on a beautiful lake. Now I can happily lean back against my padded cell—victorious against computers, plastic, bills, phones, and other unfair credit cards. Me—I am having a ball. Credit my brand new Ha-Ha account!

ABOUT THE AUTHOR

Patrice Barry lives in Syosset and teaches in a Long Island public school. She is also a free lance writer whose works have appeared in several publications, including *Discovery*.

DINING GUIDE

Don't Stay Home On The Range/ Head For

DALLAS RIBS

The Home of the famous Gourmet Baby Back Ribs
2045 Jericho Tpke. New Hyde Park
437-9131

Super Tuesday
All The Juicy Barbecue Beef Ribs You Can Eat **\$9.95**

Wednesday FREE
Pitcher of Beer Wine or Sangria With Dinner Entree

Thursday Special
Children Under 10 Dine FREE when accompanied by parents

DALLAS RIBS
2045 Jericho Tpke. New Hyde Park
TAKE \$1.00 OFF ENTREE
When Accompanied by guest who pays for entree of equal or greater value
\$1.50
Valid for lunch, Tues. thru Fri. Credits included.
(516) 437-9131
Not valid with other offers. Expires May 30.

Try Our Homemade Fried Chicken and Apple Fritters

Hours: Open Tues. thru Thurs., 12 noon to 10 p.m.
Friday - 12 noon to 11 p.m.
Saturday - 2 p.m. to 11 p.m.
Sunday - 2 p.m. to 9 p.m.

Ample Parking on Premises. All Major Credit Cards Accepted.

READER RATINGS

DELIGHTFUL TREAT

A luncheon party for seven at Edmund's in Garden City proved a delightful gourmet treat recently. The atmosphere was gracious and relaxing and the service was prompt and attentive. For the luncheon there was a choice of soup, and a salad bar that was really diversified. The spinach salad was so outstanding most of us went back for seconds. Then the waitress brought a cart with a variety of hot foods to the table. You are encouraged to sample a little of everything. With coffee, a pastry cart came with a wide variety of mouth-watering desserts, including a delectable fresh fruit salad, for persons who are counting calories. H.P.

... Turn Of The Century Atmosphere
Enjoy Fine Food & Spirits
Serving Lunch-Dinner
and Sunday Brunch
Open 7 Days A Week

dial **746-8373**
Late Night Snacks and Sandwiches

Williston Park, NY
Daily Specials

17 HILLSIDE AVE.,
WILLISTON PARK, NEXT TO N. WILLISTON RAILROAD STA.

Mike McGrady - Newsday

DEVINS

126 Seventh Street, Garden City
(1 Block East of the Garden City Hotel)

Devins features the perfect combination of superb food preparation, professional concerned service and an atmosphere unsurpassed for graciousness.

Excellent Continental Specialties With The Finest American Standards

SENSATIONAL SUNDAY BRUNCH

Devins has the complete, elegant, full service Sunday Brunch. A choice of champagne or mimosa, home-baked bread basket with imported preserves, coffee service and complimentary fruit course appetizer

ALL INCLUDED IN THE PRICE OF THE BRUNCH ENTREE

Reservations 248-3740

Outstanding Piano Entertainment at the Edwardian Bar Wednesday through Saturday Evenings

Major Credit Cards Honored - Jackets required for dinner

Italian Garden

Restaurant

741-1720

346 E. JERICHO TPKE., WHEOLA

EST. 1975

SEVENING THE FINEST IN NEAPOLITAN & AMERICAN FOOD

Fine Wines & Liquors
THE DISTINCTIVE "Roman Room"

Member of DINERS CLUB
AMERICAN EXPRESS
VISA

AVAILABLE FOR PRIVATE PARTIES AND BANQUETS

(516) 334-3222
Valet Parking

Lunch & Dinner
Closed Sundays

San Remo

Ristorante

795 Old Country Road Westbury, N.Y.

*N.Y. Times

4 Chef Hats, Barbara Rader
EST. 1975

MANDARIN/HUNAN SZECHUAN CUISINE

Smorgasbord Dinner Monday thru Thursday

SEVEN DIFFERENT MAIN ENTREES
Includes - Soup
Sesame Chicken, Spring Roll
Plus Wine Cordial & Dessert

LUNCH SMORGASBORD
10 Dishes
Includes Soup
Egg Roll & Dessert

Adults **\$10.50**
Children (under 12) 6.50

ALSO REGULAR MENU AVAILABLE
IN HOLIDAY PARK SHOPPING CENTER,
117 N. EAST OF WOODBORO PLAZA

(516) 623-5100
1654 Merrick Road
Merrick, N.Y.

PEKING PALACE

NOBODY KNOWS FROM BAR MITZVAHS LIKE JOHN PEEL.

John Peel has come of age as the Prime Restaurant on Long Island for your Bar Mitzvah reception. We'll show you our banquet rooms (you might even want to ask about our outdoor patio overlooking the pool) and take care of all the preparations for up to 300 guests. We offer you a wide variety of menus. And if we haven't got one to suit your taste, we'll create one under your supervision.

Call our banquet manager today and find out why John Peel gets as many "Mazel Tovs" as the Bar Mitzvah boy.



The Prime Restaurant On Long Island

At the Island Inn, Old Country Rd. (next to Roosevelt Raceway) Westbury, Long Island (516) 228-8430
Your guests are always welcome at the convenient Island Inn.

25th Anniversary Celebration
Early Seating Special
Full Dinner for A La Carte Price

POMPEI

Northern Italian Continental
Private Party Room Available
From 20 to 70 people

401 Hempstead Avenue West Hempstead 485-8620
486-9871

Mon.-Fri. till 6
Sat. & Sun. till 5
Does not include holidays

Willy Ruech's NEW HYDE PARK INN



OPEN DAILY FOR LUNCHEON & DINNER
FL 4-7797

Banquet Facilities • We do not accept Credit Cards
Alternate QUEENS NUMBER 718-343-7380
Call

214 Jericho Tpke. & South 3rd St., New Hyde Park Closed Tuesdays

READER RATINGS



17 Years of Fine Italian Cuisine

Iannone's Restaurant

Party Facilities Available From 20 to 200

All Major Credit Cards
382 W. JOHN ST. (Just West of Broadway) HICKSVILLE 931-8058
Private Rooms Available

Specializing in Complete Dinners And Our Own Family Recipes
Open 7 Days for Dinner Lunch - Mon. thru Fri.

Edmund's Showcase Restaurant

THE FINEST IN CATERING

Featuring French Service on Wheels Music and Dancing Every Weekend

For Reservations... Please Call 294-0271

Edmund's Showcase Restaurant
825 Franklin Ave., Garden City

Lello Ristorante

"A Fine Balance of Northern and Southern Italian Specialties... Polished and Sophisticated."

NY Times Mini Sheraton
Private Room For Parties
65 East 54th St., N.Y.C.
212-751-1555

Los porches
The Finest Spanish Classic Cuisine

Our 9th Anniversary

EVERY SUNDAY CARLOS CASTILLO & HIS GUITAR Singing Romantic Love Songs
THE GREAT EVE MARGARET Singing Wednesday Evening


150 Steamboat Road, Great Neck
Call for Directions 482-0190 482-9062
Major Credit Cards Accepted • Ample Free Parking

We are not on the main highway - but it is worth your time to discover us!
Open 7 Days for Dinner Lunch-Monday thru Friday

NORTH SHORE'S FINEST DINING

GEORGE WASHINGTON MANOR

"George Washington ate here — he liked it, so will you."



GEORGE WASHINGTON MANOR
Open 7 Days — Lunch & Dinner
Accommodations for Private Parties
1305 Old Northern Blvd. • Roslyn
Opposite Roslyn Clock Tower
(516) 621-1200

REMSEN'S
Garden Restaurant

An Enchanting Place For Eating, Drinking and Romantic Enjoyment.

We Serve A Super Sunday Brunch Noon - 3:00 p.m.

Open 7 Days For Lunch And Dinner



450 Wheatley Plaza • Greenvale
At the corner of Northern Blvd. & Glen Cove Rd.
(516) 621-8451 Exit 39N, L.I.E.

One of America's famous old Inns



A restaurant in the classic American Tradition Milleridge traces its' origins back to the very settlement of Long Island.

Milleridge Inn & Village
Rt. 106/107
(516) 931-2201
Jericho, N.Y. 11753
Exit 41N, L.I.E.
Exit 35N, N.S.



931-2201

Monarch Catering
 Lunch 11:30 - 3 p.m.
 Mon. - Fri. Open for Dinner -
 Friday nights 6 - 9 p.m.
 Music and Dancing 8 to Midnight
WHY WAIT? DINE & DANCE
 Banquet & Meeting Room Available **486-1484**
 220 North Franklin Street Hempstead, N.Y.

Villa Portofino
 Elegant Setting For Northern Italian
 & French Cuisine
 Open for
 Lunch and Dinner
 Cocktail Hour
 Your Hosts
 Carlo & John
 Catering
 Available
 Up To
 100 People
 39 Mineola Blvd., Free Limousine Service in
 Mineola 741-3704 The Mineola-Garden City area
 Closed Sundays For Lunch Or Dinner

Barbara Rader 9/6/82
 Cathy Urbach Pennysaver 9/28/84
MING garden
 Formerly Cheong's Garden of West Hempstead and Chi Ling
 Gourmet of Cedarhurst
**THE FINEST IN
 MANDARIN, SZECHUAN,
 HUNAN and CANTONESE**
 Open 7 Days for Lunch & Dinner
 Business Lunch Served Daily
 Take Out Service
 Private Party Room Available
 Gift Certificates Available
 MAJOR CREDIT CARDS ACCEPTED 200 Garden City Plaza, Garden City
 at Roosevelt Field **248-9790**
 (Opposite Macy's & Neiman's)

The New
**COLONIAL
 INN**
 Now Under
 New
 Ownership
 Dinner Menu
 16oz. Shell Steak - 9.95 prime cut,
 broiled to perfection at as close to
 one pound as possible.
 Stuffed Pork Chops - 8.95
 Center cut, with
 Apple & Raisin Stuffing
 Shrimp in the Basket - 7.95
 batter dipped and deep
 fried to a Golden Brown
 Broiled Filet of Flounder - 7.95
 broiled in a delicate
 white wine and butter
 sauce
 Chicken Marsala 7.95
 sauteed in delicate white wine,
 farm fresh butter, topped with
 mushrooms
 Broiled Bay Scallops 8.95
 prepared in the manner that best
 suits its flavor.
 Colonial Burger - 5.25
 broiled burger served
 with choice of
 french fries or
 onion rings.
 Daily Lunch
 and Dinner Specials
 Sunday Brunch
 12 - 3 p.m.
 Open Daily to 1 p.m.
 288 Jericho Tpke.,
 Mineola **746-5691**

**READER
 RATINGS**
OUTSTANDING RESTAURANT
 For the first time my husband
 and I went to Pappas Restaurant
 on Willis Avenue in Williston
 Park. The service was excellent
 and the food was quite out-
 standing. They have a complete
 menu and the price, we thought,
 was very reasonable. We were
 thoroughly satisfied and quite
 happy that there's another good
 restaurant in Williston Park. Try
 it - you'll love it!
ONE OF THE LARGEST
 The Maine Maid is one of the
 largest restaurants around here.
 They have a complete menu. If
 you like good food you'll like the
 Maine Maid. It is one of the best
 restaurants around and I should
 think everyone would want to go
 there. C.P.

**Rex II
 Italian
 Restaurant**
 Northern & Southern Style
 Complete Luncheon
 from 11:30 to 2:30
 Sat. & Sun.
 Dinner From
 4 p.m.
 70 COVER
 AVENUE
 STEWART
 MANOR
 Am. Exp.
 VISA, MC,
 Closed
 Mondays **488-7592**

Four of the Most
 Tasteful Places in America
Patrick's Pub
 252 NORTHERN BLVD., LITTLE NECK 423-7600
 Serving Delectable Food & Drinks • Noon - 3 A.M.
 Folk songs & Ballads Weeknights & at Sunday Brunch
HARP & MANDOLIN
 291-01 NORTHERN BLVD., BAYSIDE 224-4300
 CONTINENTAL MENU • OYSTER & CLAM BAR
 Special Steaks, Veal & Fresh Fish • Noon - 2 A.M.
Kenny's Cafe & Claddagh Grille
 A STYLISH CAFE AND IRISH PUB
 729 So. Oyster Bay Rd., Bethpage 516-433-3338/516-931-9013
The Claddagh Gift Shop
 252-24 NORTHERN BLVD., LITTLE NECK 224-3500
 (next door to Patrick's Pub)
 Crystal, China, Jewelry, Sweaters, Books, Art Fashions.
 Has to be seen. Nothing like it in New York. Come in & browse

Franina
 Lunch & Dinner
 Full Cappuccino Bar
 Reservations Suggested
 Superb Italian Cuisine
 with Many
 Specialty Dishes
 We honor most
 Major Credit
 Cards
 58 W. Jericho Tpke., CLOSED MONDAY
 Syosset, N.Y. **496-9770**

**Dario's
 Piccola Trieste
 Restaurant**
 Seatings - 1:30 p.m.
 4 p.m. 6:30 p.m.
 Serving Northern Italian
 Cuisine
 Your Host: Dario
 Served in Manhasset
 for 15 Years
 205 Hempstead Tpke
 West Hempstead
485-3555 -3557
 Hours: Closed Monday
 Lunch: Tues. to Fri. 12-3 p.m.
 Dinner: Tues. to Thurs. 5-10 p.m.
 Fri. & Sat. till 11 p.m.
 Sunday 3-9:30 p.m.

READER RATINGS

Q. I'm not Italian, but I enjoy Italian food. However, I'm not sure of the proper way to eat spaghetti. Some of my friends simply use a fork. Others press a large spoon (held in the left hand) against a fork (held in the right hand) while twirling the spaghetti

A. In Italy both methods are used. The difference is regional. But then again in Italy Pizza is eaten with a knife and fork! Our own preference is for the fork, no spoon, system.

Q. Help! What does someone do who enjoys eating out, but is constantly on a diet and has absolutely no will power?

A. One solution might be eating in a Chinese restaurant. The food is low in fat, desserts are simple and the usual beverage-green tea with no cream or sugar-has no calories at all! Another good idea might be choosing a restaurant with a big salad bar-a delicious and nutritious way to take the edge off an over-eager appetite.

Q. My wife and I both work and we like to try new restaurants. In some places we find the service is inadequate. What does a patron do who wished to summon his waiter, but finds the waiter has "disappeared" for a long interval?

A. He might try to get the attention of a waiter not assigned to his table, asking him to find his "missing" colleague.

Imperfect service is a common complaint by those who dine out. Even the best restaurants have difficulties of this kind once in a while.

If you find a restaurant has excellent food but is lacking in fine service a word to the manager (or to "Input") might be helpful in correcting the problem.

THE EXECUTIVE RESTAURANT



Delicious Fish

Fresh From The Sea!

Treat yourself to our seafood specialties... prepared on the spot, exactly to your order! Reserve now.

ALSO WE HAVE GREAT
ZUPP DE PASCA LEG OF LAMB
FRESH HAM PRIME RIBS
LONG ISLAND DUCK PLUS OTHER DELICIOUS ENTREES

COMPLETE DINNER MENU
ALSO ALA CARTE LUNCH SERVED DAILY
HAPPY HOUR DAILY 4 TO 7 PM

Free Hot and Cold Hors D'Oeuvres
CATERING FOR PARTIES LARGE & SMALL

121 Mineola Blvd. Mineola 248-2686
Parking Across St. behind Office Bldg.
HANK FALLER & HIS ORGAN
Wed., Fri., & Sat. evenings



Mahoney's Hillside Restaurant

Since 1946

STEAK • CHOPS • SEAFOOD A SPECIALTY!

LUNCH & DINNER SPECIALS DAILY

CATERING AVAILABLE

Open 7 days • Sunday 12 to 9 p.m. **294-6404**

We Honor Major Credit Cards

6 HILLSIDE AVE. WILLISTON PARK



CATERING TO BANQUETS WEDDINGS & PARTIES

Koenig's RESTAURANT

CONTINENTAL CUISINE

86 SO. TYSON AVE. FLORAL PARK, L. I.

Your Home Away From Home!

TELEPHONES: (516) 354-2300 • 354-9566

Manero's

352 JERICHO TURNPIKE SYOSSET 921-1690



The Best Kept Secret In Syosset

"The Meat Shop at Manero's"

We are locally owned and family operated. Not affiliated with any other Manero's.

Sunday thru Thursday Prime Rib Dinner **\$9.95**

Break For Lunch At Manero's

- Daily Specials
- Business Luncheons Served
- Private Party Rooms Available
- Luncheons, Dinner & Showers



Disappointed

in the quality of the meat you have been buying?

Don't you wish

you could buy the same meats finer restaurants use, while having it cut and freezer wrapped to your specifications!

Come

and see the meat surgeons at Manero's. No appointment necessary. We still cut meat the old fashion way!



Featuring The Finest:	We Specialize In:
Aged Beef	Prepared Foods
American Lamb	Filet Roasts
Nature Veal	Rack of Lamb
Domestic Pork	Ribs of Beef
	Veal Roasts
	Crown Roasts

Open: Mon.-Thurs. 9-7
Fri.-Sat. 9-9
Sunday 11-6

You Call We Deliver
Call: 921-1690 921-1990



Open 7 Days We Accept Reservations
All Major Credit Cards ★★★ 1/2

★★★ Florence Fabricant
9/30/84 - N.Y. Times

Makino-Se

COMPLETE JAPANESE RESTAURANT
Formerly Wawa Wong Chinese Restaurant

LUNCH • DINNER
TATAMI ROOM
(Business Meeting)

SUSHI BAR
Japanese Room

ONE OF THE BEST
COOKS FROM JAPAN!

Finest Quality of
Japanese Cooking

1532 Union Tpke
New Hyde Park
326-2299



"Alpine Garden Restaurant"

Specialties From The Alpine Region. Four Course Dinner (Soup, Salad, Entree-choice of 3, Dessert-choice of 3) at a price of **\$10.95**

Presenting!

Tuesday	Italian Cuisine	Your Host: Chef-Owner Franz
Wednesday	Austrian Cuisine	
Thursday	French Cuisine	

A complimentary glass of wine (of your choice) will be served with your Entree, as well as a Free cup of Coffee, Tea or Sanka

Reservations Are Appreciated
Our Regular A La Carte Menu, Including A Complete Wine List is Available

Lunch: Tuesday thru Friday Noon to 3 PM
Dinner: Tuesday thru Saturday from 5 PM
Sunday: From 4:30 PM

Northern State Pkwy	11 Franklin Avenue Franklin Square Just South of Hempstead Tpke 354-3397 Subject to Change Without Notice
Jencho Tpke	
Hempstead Tpke	
Alpine Garden Franklin Ave	

To Owners of Good Restaurants:

This is Your Chance To Join "Reader Ratings"

The Last Word In Restaurant Guides
Where Our Readers
Save The Last Word

This newspaper, and the seven other weekly newspapers associated with it, publishes the last word in restaurant guides - a paid listing of many prominent selected restaurants in this area. While many of them have been rated by the great and near great food connoisseurs, our readers will have the last word through "Reader Ratings".

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

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

(Guide to Good Dining)

READER RATINGS

Aegean East Restaurant

Country Greek and Gourmet Cuisine

Early Dining
Specials



Sunday - Thursday
4 - 6:30 p.m.

Includes: Soup, Greek Salad, Entree, Dessert & Coffee

\$10.95

Choice of Entrees -

CHICKEN MELINTZANA - Marinated boneless breast of chicken rolled w/eggplant & cheese in a Greek wine sauce

MOUSAKA - Layers of fresh eggplant, potatoes and ground lamb in a light tomato sauce with bechamel sauce.

ATHENIAN STYLE FILET OF FLOUNDER - stuffed w/spinach and feta cheese in a light garlic sauce

Special Lunch Menu Available 11:30 a.m. - 4 p.m.

Open 7 Days
392 Woodbury Road
Hicksville, N.Y. 11:30 - 10 p.m.
11 p.m. Weekends

935-8685



Aren't you smart...
You Found **MORE...**
For Less
DINNER FOR TWO \$10.95

WEEKDAYS TH. MIDNITE
FRI. & SAT. TH. 7 P.M.

COMBINATION
• SHRIMP
• STEAK
• CHICKEN
TOSSED SALAD PLUS LINGUINE OR RICE

STOP SEARCHING
BRUNCH-LUNCH SAT.-SUN. 12 PM-3:30 PM
• DOUBLE COCKTAIL • STEAK & EGGS w/FRIES
• OMELETTES w/FRIES • QUICHE w/TOSSED SALAD
• FRENCH TOAST w/HAM OR BACON
• STEAK TIDBITS w/FRIES • BAKED ROLLS & BUTTER **\$7.95**
• PLUS COFFEE & DESSERT

GET ACQUAINTED NITES
HAPPY HR. MON-FRI 4-7 LIVE DJ WEDNESDAY 9 PM-1 AM BAR
DRINKS \$1.00 LIVE MUSIC FRI & SAT "TRIPLE PLAY" 10 PM-3 AM

CATERING **RIPPLES**
823 OLD COUNTRY RD. WESTBURY
(ACROSS FROM GOLF COURSE) **927-9666**

DINING GUIDE

Peter's
Cocktail Lounge - Light Dining
Piano Bar

381 Jericho Tpke.
Floral Park, N.Y. 11001
(516) 354-7728

Appearing at the Piano
Wed. thru Sat.
LENNY DELL

Kitchen Hours -
Sun. - Thurs. 6 - Midnight Fri. & Sat. 6 - 1 a.m.

READER RATINGS

TOP FAVORITE

After many years we tried the Westbury Manor last week. It has been under several owners but it still remains its royal splendor. We decided on the Piano lounge at the Manor and found it to be a wonderful respite from the hustle and bustle of many restaurants. Although there were a number of other people there the atmosphere was paced for relaxation. The food at Westbury Manor did not disappoint us either. The menu features full dinners with everything from appetizer through dessert. Some members of our party had beef, some veal and some fish. All were well pleased with the food, price and ambience. We recommend the Westbury Manor highly. G.W.

Gaston Restaurant
Serving Traditional Country
French Cuisine for over 25 Years

Featuring Complete Dinners
Including -
Appetizer, Entree, Dessert and Coffee
from \$11.50

Featuring Appetizers -
Creme Delice - Coquille St. Jacques
Onion Soup Gratinée - Baked Clams

Entree Selections In
Beef - Veal - Poultry - Seafood

644 Woodfield Rd.
W. Hempstead

Open 5 p.m.
483-2622
CLOSED MONDAY

PAGE 9A Friday, May 24, 1985

"The perfect place for the perfect affair"

The Coral House

OVERLOOKING SCENIC MILBURN LAKE

for Dining

American-Continental
Menu
SUNDAY BRUNCH
COCKTAILS
LUNCHEONS, DINNERS
FOR YOUR DANCING & LISTENING PLEASURE
WE FEATURE THE MUSIC OF AL LYLES
WEDNESDAY THROUGH SUNDAY
INCLUDING
SUNDAY BRUNCH

Special
Weekday Dinners
FROM 3PM
TUESDAY THRU FRIDAY
SOUP, SALAD, ENTREE,
POTATO & VEGETABLE,
DESSERT & BEVERAGE \$9.95

CATERING FOR ALL OCCASIONS
WEDDINGS • ANNIVERSARIES
BAR MITZVAHS • BUSINESS MEETINGS
FASHION SHOWS • ORGANIZATIONAL
LUNCHEONS & DINNERS

70 MILBURN AVE. BALDWIN, N.Y. • (516) 223-6500
(Between Merrick Rd. and Sunrise Hwy)

HOME ENTERTAINING

JORDAN LOBSTER
FARM

Serving Seafood Industries
7 Days Since 1938

When the occasion
calls for
Something Special
Call on the
Specialist -

30,000 lbs. Live Maine Lobsters
Shrimp/Clams/Scallops
Fillet/King Crabs/Steamers

Reynolds Channel,
Island Park, N.Y.
Under the
Long Beach Bridge
889-3314

JERICO, N.Y.

Maime Maid Inn
Luncheon • Cocktails • Dinner
American Traditional Cuisine Circa 1770

935-6400
East of Routes 106-107
On Jericho Tpke.

Facilities For Executive Meetings
& Private Parties

KENNY'S CAFE
&
CLADDAGH GRILLE

Catering For
Small Groups

Open 7 days for
brunch, lunch, dinner

Special Brunch
Saturday & Sunday

Something well
worth travelling to!

729 South Oyster Bay Rd. Bethpage
(Exit 43 of L.I.E. 1 block south of Old Country Rd) 433-3338

An Old-Fashioned Fellow

111 Jericho Turnpike
Jericho, New York 11753
(516) 333-6611

Luncheon - Dinner
- Sunday Brunch

Join Us For Our
Mid-Week Special
Every Tuesday & Wednesday
Evening
Complete Dinner \$9.95

Includes: • Choice of Soup du jour
or tossed garden salad
Choice of Entree:
• Seafood di zuppa
• 16 oz. Sirloin Steak
• Seafood Brochette
• Potato du jour

Reservations Suggested
333-6611

Catering Available
Major Credit Cards Accepted

"Worth A Trip From Anywhere"

Wiegels Place

Wiggle On Down To Wiegels"
A Unique Tavern - Restaurant

Continental Dishes plus American Favorites...
Daily Blackboard Specials

Open For Lunch & Dinner Steaks & Seafood	Sat. & Sun. Brunch from 12 to 4 SUN. Dinner from 5 to 9	Join Us For Our Happy Hour Specials from 4 to 7	Special Businessmen Luncheon and Daily Specials
--	--	---	---

100 HERRICKS ROAD, MINEOLA, N.Y. 11501
TELEPHONE 746-3713

READER RATINGS

FINE SEAFOOD
Our party of four had dinner at Estoril Granada, on Mineola Boulevard in Mineola. Seafood seems to be their specialty. We asked the waiter for suggestions and he thought we would enjoy Carne Porco Alentejana, this consists of pork and clams in a delicate brown sauce. It was a happy choice. The other couple ordered the Caldeirada, which is the Portuguese version of Bouillabaisse. Our friends heartily endorsed their choice. If you are hankering for something unique and delicious, I think you will enjoy Estoril Granada. We enjoyed the ambience of the restaurant and found the service excellent. G.W.

Surfside RESTAURANT

Superbly prepared dishes from Sea & Land in an exquisite setting.

Early Bird Complete Dinners 7 DAYS A WEEK	Mon. thru Friday ALL COCKTAILS \$1.95 Until 6 p.m. Sunday 1 to 4 p.m.
Complete Dinner Specials Served from 5 p.m.	Complete Luncheon Served Mon.-Fri. 12-3 p.m. Catering for All Occasions Luncheon & Dinner Parties

FRESH SEAFOOD DAILY • ALL MAJOR CREDIT CARDS • CATERING AVAILABLE
2056 Hillside Avenue, New Hyde Park, L.I. (516) 328-0090

Walk through this archway...
Into Old World Charm

Early Bird Special
COMPLETE LOBSTER DINNER 5 to 7:30 PM \$10.95

Arlindo's Continental Restaurant

Portuguese - Spanish Cuisine

OPEN FOR LUNCH & DINNER 7 DAYS A WEEK

241 Mineola Blvd. Mineola 248-7711

Lee's Tea Garden

82 Hillside Ave., Williston Park

Cantonese Szechuan Restaurant

Special 11:30 - 3:30
Complete \$3.50 up.

Hours: 11:30 - 9 p.m.
Fri. & Sat. 11:30 - 10 p.m.
Closed Tuesday

747-4040

Take Out Orders

La Cisterna

Northern Italian Cuisine with Roman Speciality

Start your evening with a cocktail in our newly redecorated bar area, redesigned for your comfort and dining pleasure.

•Special Nature Veal
•Fresh Fish
•Lobster
•Chicken Speciality
•Homemade Pasta
•Featuring Fettuccine Matriciana

Your Host Angelo

109 Mineola Blvd., Mineola
746-9474 or 248-2112

Can't Dine Out?

Take-Out

...elegant dining in your home
Continental Cuisine....

Your Place Or Mine

280 Hillside Ave. Williston Park 248-1891

One of The Ten Best -
Walter Kaner - Daily News

Northern Italian • Continental Cuisine

Ristorante San Giorgio

611 Old Country Road, Westbury 516-997-6677

* Open Monday thru Friday Lunch & Dinner
Saturday - Dinner Only
Sunday's Catering Exclusively Yours

Garden City's Oldest Restaurant
Under One Continuous Management

THE MONA LISA

SUNDAYS

Full Dinner Menu Served from 1 - 9 p.m.

Weekly Sunday Roast Special
"Early Bird Special 20% Discount"
(Expires Sept. 4)

On Entire Check
On all checks paid by 5 p.m.
(Cash Only)
(Except Mother's Day & Easter)

Your Host Kent Hanson

636 Franklin Ave.
Garden City
CH 8-8884

Luncheon Specials Daily



Cooking Corner

Traditional dishes a Dutch treat

By Verne Palmer

Tucked away in the heart of Pennsylvania's Mennonite farm country is a 200-year-old stone farmhouse.

It sits beside a small rural road miles from Highway 283, the arterial link between Harrisburg and Philadelphia. There's nothing to differentiate it from its neighbors and, in fact, to many of those neighbors it is simply the Groff family farm.

Life on the farm proceeds much the same as it does on other farms in the area. The fields are tilled, the livestock cared for, fruits and vegetables are "put up" in due season, breads, rolls and egg noodles are made daily and a steady stream of homemade sausages, hams, pork loins and beef roasts make their way into the farm's smokehouse.

The difference is apparent only at mealtime. The 75 people who sit down to eat in the Groff dining room are not members of the family or even relatives — in fact, some have traveled as far as 15,000 miles to dine at the Groff Farm Restaurant.

The dishes visitors enjoy there are traditional Pennsylvania Dutch — one of what proprietor Betty Groff describes as two pure ethnic cuisines in America (Creole being the other).

Groff said Pennsylvania Dutch cuisine is more than 200 years old, and "hasn't changed much in all those years."

A typical meal includes at least two main dishes, and if it's a special occasion there are a minimum of three — usually a chicken, meat and oyster dish. In addition

there is an endless stream of vegetable side dishes, starches, relishes and desserts — before, during and after the meal.

Meals at the farm traditionally begin with Cracker Pudding and Old-Fashioned Chocolate Cake. "The appetite is bigger at the beginning of the meal, so why not enjoy a little dessert?" Groff said. The desserts are passed around the table throughout the meal and a fresh assortment follows it.

In addition to the traditional smoked meats, cured hams and pork sausages, Pennsylvania Dutch cuisine takes its individuality from such delights as noodle pot pies, *schnitz und knepp* (dried apples and dumplings), oyster fillings, black raspberry and shoofly pies and endless relishes.

A sampling of recipes selected by Groff as especially representative of Pennsylvania Dutch cuisine follows.

CRACKER PUDDING

- 1 qt. milk
- 2 egg yolks
- ½ cup sugar
- 2 cups broken saltine crackers (not rolled into crumbs)
- 1 cup grated coconut (fine or medium shred)
- 1 tsp. vanilla extract
- 2 egg whites, stiffly beaten

In heavy 3-quart pot or Dutch oven, heat milk almost to boiling point. In bowl, beat egg yolks and sugar together until frothy and light. Gradually add to hot milk. Reduce heat to medium.

Crumble crackers into milk (1 package of crackers makes 2 cups). Stir constantly until mixture comes to boil. Add coconut and stir until pudding bubbles thickly. Remove from heat and add vanilla. Fold in stiffly beaten egg whites. Serve warm or cold.

If you want to make this fancy, top with meringue and bake until golden brown.

Serves 6 to 8.

CHICKEN STOLTZFUS

- 1 (5 lb.) roasting chicken, cleaned, giblets removed
- 1½ qts. water
- 1 tsp. salt
- ½ tsp. pepper
- Pinch saffron
- 12 tbsps. butter
- ½ cup flour
- 1 cup light cream or ½ cup each milk and evaporated milk
- ¼ cup finely chopped fresh or ¼ cup dried parsley
- Pastry Squares (recipe follows)
- Parsley for garnish

Put chicken in 6-quart kettle. Add water, salt, pepper and saffron and bring to boil. Reduce heat to medium and simmer, partially covered, for 1 hour. Remove chicken and cool enough to debone. Strain stock. Reduce stock to 4 cups.

Remove skin and bones from chicken and cut meat into bite-size pieces.

Melt butter in pot in which chicken was cooked and mix in flour. Cook over medium-low heat until golden and bubbling. Add 4 cups chicken stock and cream, stirring constantly. Cook over medium-high heat until sauce comes to boil. Simmer until thickened and smooth. Reduce heat and add chicken pieces and chopped parsley. Serve hot over pastry squares.

Pastry Squares

- ½ cup lard or vegetable shortening

- ¼ cup butter
- 3 cups all-purpose flour
- 1 tsp. salt
- About ¼ cup ice water

Cut lard and butter into flour and salt with pastry blender, or mix by hand, until it forms crumbs. Sprinkle ice water over crumbs with one hand, while tossing them lightly with other hand. Use only enough water to hold dough together.

Press dough into ball and put on lightly floured surface. Divide into 2 or 3 parts. Roll each part ¼ inch thick to fit ungreased cookie sheet. On cookie sheets, cut dough into 1-inch squares with pastry wheel or sharp knife. Bake in preheated 350 F oven for 12 to 15 minutes, until lightly browned.

Arrange pastry squares on heated platter. Spoon chicken on top.

Note: These may be made beforehand. Store in airtight container.

SHOOFLY PIE

- 1 unbaked 9-inch pie crust
- Crumb topping:
- 1 cup flour

- ¼ cup light brown sugar
- ¼ cup vegetable shortening
- Liquid bottom:
- 1 tsp. baking soda
- 1 cup boiling water
- 1 cup golden table molasses
- ¼ tsp. salt
- Whipped cream or ice cream (optional)

Combine flour, brown sugar and shortening in bowl and cut with pastry blender or rub together until it forms fine crumbs. While preparing liquid, put unbaked pie shell in preheated oven at 350 F for about 5 minutes. (This prevents bottom from getting soggy.)

To make liquid, dissolve soda in boiling water in bowl. Add molasses and salt and stir to blend well. Pour liquid mixture into prebaked pie shell, and sprinkle crumb topping evenly on top. Bake in preheated 375 F oven for 10 minutes. Reduce heat to 350 F and bake 30 minutes longer until center does not shake when it is moved.

Serve warm with whipped cream or ice cream, if desired.

These pies freeze very well.

From Our Kitchen



Olivia and Paul
Bensen



BEEF WITH MANY VEGETABLES IN BLACK BEAN SAUCE

- ½ cup plus 6 tbsps. peanut oil
- 1 medium eggplant, sliced lengthwise ¼-inch thick, then cut into strips ½-inch wide, salted liberally 20 minutes before cooking
- ½ cup chicken broth
- 2 tbsps. cornstarch, dissolved in 2 tbsps. soy sauce
- 2 small zucchini, sliced
- 1 cup broccoli flowerets
- 1 medium carrot, cut into thin strips
- 4 dried Chinese mushrooms, soaked 20 minutes in hot water and drained (see note)
- 1 (8 oz.) can whole water chestnuts, drained and sliced
- ½ green pepper, cut in thin slices
- 1 cup shredded Chinese cabbage
- 1 tbsps. chopped garlic
- ½ tsp. cayenne
- 1 heaping tbsps. black bean paste (see note)
- ¼ tsp. red pepper
- 1 tsp. hot oil (see note)
- 1 tbsps. sesame oil (see note)
- 1 lb. lean beef (flank steak or another lean cut), sliced very thin
- 6 medium scallions, thinly sliced, greens included
- 8 ozs. canned straw mushrooms, drained (see note)

In wok or deep, heavy frying pan, heat ½ cup of peanut oil until very hot. Add eggplant, all at once, and cook, tossing frequently with long-handled spatula or wok tools, about 10 minutes, until eggplant strips start to brown. Toward end of cooking time

eggplant will change in texture, becoming crisper and stickier, and less slippery. Remove and drain in colander, pressing down firmly with spoon to remove excess oil and moisture. Set aside.

Empty and clean wok, wiping dry with paper towels.

In small bowl, mix chicken broth and cornstarch dissolved in soy sauce.

In wok, heat 4 tablespoons oil until very hot. Add zucchini, broccoli, carrot, Chinese mushrooms, water chestnuts and green pepper. Stir-fry 5 minutes until vegetables become somewhat limp. Add Chinese cabbage and continue to stir-fry another 3 to 4 minutes, until vegetables begin to brown. Remove vegetables to bowl. Clean and dry wok as above.

Heat remaining 2 tablespoons oil until it begins to smoke. Add and quickly stir-fry (for about 3 seconds) garlic, cayenne, bean paste, red pepper, hot oil and sesame oil. Add beef and stir-fry for 2 to 3 minutes until beef is cooked through and glazed. Add eggplant and chicken broth mixture. Stir-fry for 1 to 2 minutes more until eggplant is thoroughly mixed with beef and almost invisible.

Add reserved vegetables, scallions and straw mushrooms and stir-fry briefly until bubbling and heated through.

Serve with boiled rice.

Serves 4 to 6.

(Note: Available at Oriental markets)

Microwave Magic

By Desiree Vivea



Quiz: June 16, 1985 is: a) National Armadillo Day; b) the anniversary of the founding of Consumers for Better Sit-Coms Alliance; c) the birth date of Boy George; d) all of the above.

If your answer was *any* of the above, wrong, wrong, wrong, June 16, as every dutiful son and daughter knows, is Father's Day. (Actually, it might be Boy George's birthday, too, for all I know.)

If you flunked the quiz, take a red felt pen to your calendar and mark the date with a large circle so you won't forget it again. Then give yourself 20 lashes for filial negligence. (Shame on you!)

If you knew that June 16 was Father's Day, and were clever enough to see through my little trick questions, pass go and collect 200 brownie points.

Father's Day comes but once a year, and one day to honor dear old Dad for all those years of care and attention hardly seems enough. What can you do to let your old pater know how much you love and appreciate him? (Please, not another tie.)

This year, fix a special microwave-easy breakfast in bed for your dad. Wake him up with a hearty Canadian Breakfast Bake and tasty Walnut-Streusel Coffee Cake. Guaranteed, he'll love it. After all, how often does he get breakfast in bed?

Add a cup of hot coffee or a steaming mug of Gourmet Hot Mocha Chocolate and a glass of juice. Serve on a tray with fresh flowers, and don't forget the Sunday paper.

What the heck — go all out, and bring him his slippers, too. Dad deserves it.

CANADIAN BREAKFAST BAKE

- 1 (12 oz.) pkg. frozen hash brown potatoes
- 1/2 cup milk
- 1/2 cup sour cream
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 2 tbsps. chopped chives
- 2 tbsps. chopped bell pepper
- 4 slices Canadian bacon
- 4 eggs
- 1/4 cup grated cheddar cheese
- Dash paprika

Place potatoes in 8x8-inch square glass baking dish. Microwave, covered, 6 to 7 minutes, or until defrosted and partially cooked.

To potatoes, add milk, sour cream, salt, pepper, chives and bell pepper. Stir to blend well.

Arrange Canadian bacon slices, overlapping as needed, down center of dish. With back of spoon, make two indentations in potatoes on either side of bacon. Crack 1 egg into each "nest", cover.

Microwave on MEDIUM (50 percent power) for 5 minutes, or until eggs are almost set. Sprinkle tops of eggs with grated cheddar cheese, then lightly dust with paprika.

Replace cover and microwave 1 to 2 minutes longer, until eggs are just set and cheese is melted.

Let stand, covered, 1 minute before serving.
Serves 4.

WALNUT-STREUSEL COFFEE CAKE

- Cake:**
- 1 1/2 cups all-purpose flour
 - 1 1/2 tps. baking powder
 - 1/4 tsp. salt
 - 1/2 cup butter or margarine, at room temperature
 - 1/2 cup sugar
 - 1 egg
 - 1 tsp. grated orange or lemon rind
 - 1/2 tsp. vanilla
 - 1/4 tsp. ground cloves
 - 1/2 cup milk

- Topping:**
- 3/4 cup all-purpose flour
 - 1/4 cup brown sugar
 - 1 tsp. cinnamon
 - 1/4 cup butter or margarine, at room temperature
 - 1/4 cup chopped walnuts

To prepare cake, combine flour, baking powder and salt, blending well with fork.

In medium-size mixing bowl, cream together butter and sugar; beat in egg, then add orange or lemon rind, vanilla and cloves.

Stir in milk, blending well, then add dry ingredients, little at a time, beating until smooth.

Turn batter into 9-inch round glass baking dish. Set aside.

For topping, combine flour, brown sugar and cinnamon, stirring with fork to blend.

Cut in butter until mixture resembles coarse crumbs. Add chopped walnuts, tossing with fork, and sprinkle mixture evenly over top of batter.

Microwave 6 minutes, rotating dish 1/2 turn after 3 minutes. Let stand 2 to 3 minutes before cutting and serving. May be served warm or cold.

Makes 1 9-inch coffee cake.

GOURMET HOT MOCHA CHOCOLATE

- 1 cup semisweet chocolate bits
- 2 tbsps. instant coffee granules
- 1 cup water
- 1 tsp. vanilla
- 1/2 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 4 cups milk
- Whipped cream and chocolate shavings (optional)

In large glass bowl, combine chocolate bits, coffee and water. Microwave 3 to 4 minutes, or until chocolate is completely melted.

Stir in remaining ingredients except whipped cream and chocolate shavings. Blend well and microwave 5 to 6 minutes longer.

Serve hot, garnished with whipped cream and shaved chocolate, if desired.

Serves 4.

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.

The World's Most Beautiful Grandchildren



This is Frankie, 5; Michael 2 1/2; and Heather 3 1/2 months. Proud grandparents are Joan and Tom Koudakis and great grandparents, Henry and Mabel Perduto. Parents Joann and Frank Williams reside in Hicksville.

Joan Koudakis
Hicksville



This is our grandson, Christopher James Mulrain, born October 3, 1984; a real "buster!" The proud parents of this young man are Andy and Ann Mulrain. Ann is with the Garden City Recreation Department.

Rita J. McTeran
Andrew and Marilyn Mulrain

CONSUMER CONFIDENCE

All Advertisers Listed Below Have Agreed To The Following Statement:
"All work performed and materials sold will be of the same, or better, quality than agreed upon in advance. With the customer or advertiser will make any and all adjustments without additional charge to the buyer."

Embassy CAR CARE CENTER

- Auto Upholstry & Tops
- Auto Seat Covers



746-3346
388 Jericho Tpke., Mineola

H. Bennett & Son Moving

- 3 Men plus big truck \$26.00 per hour
- 2 Men plus small van \$18.00 per hour

Call Now!!!
212-779-4538 212-779-4965

K's AUTO Foreign & Domestic

ALL WORK GUARANTEED
N.Y.S. INSP. STATION

REPAIRS & SERVICES

CARS & MOTORCYCLES
74 WILLIS AVE.,
MINEOLA
Mineola Shop
746-8887

23 Hr. Towing
747-0747



Here's How

By Gene Gary



Acid a good stain remover

Q. We recently completed the construction of a natural stone fireplace at our mountain home.

In the process of construction, the face of the stone retained some stain from the cement used for bonding. Can you recommend any method for removal of the cement stains from the stone? — J.P.

A. Wash the stone surface with a fiber brush and a solution of muriatic acid (one part acid to 10 parts water). Use a wooden or glass container and pour the acid carefully into the water.

The acid is highly corrosive. While working, wear old clothes and rubber gloves and wear goggles to protect your eyes.

Allow the solution to remain on the stone only 2 or 3 minutes, then flush off with plenty of clear water.

Remove all traces of the acid by washing with a solution of 1 pint of ammonia in 2 gallons of water, then rinse with clear water.

Because muriatic acid is dangerous, handle this operation with extreme care.

Q. We are replacing a window

glass in metal sash. Should I apply a coat of good priming paint before replacing the pane? A friend advises this, but if so, what kind of primer should I use?

A. Priming a metal sash with a quality steel primer will retard rust. Rust forming on metal surfaces causes putty to loosen its bond from the metal. Priming the metal also will provide a roughened surface, which will make for good adhesion to the putty.

When the primer is dry, apply an even coat of puttying or glazing compound on the inside of the sash and the molding against which the glass will rest.

Your friend was correct.

Q. We would like to construct our own patio and currently are considering natural brick.

Is this a desirable patio surface, and is it one that we can install ourselves?

A. Yes, but adequate preparation is essential. A sand bed is best so that the bricks can be level. Laying the bricks in interlocking patterns works well and makes

the surface appearance interesting.

When the brick is laid out, sweep dry cement into the cracks, then water down the whole surface. This sets the cement and the bricks are fixed into position. Breakage also is minimized and you should not have the problem of grass or weeds growing between the bricks.

Healthy Recipe

MEXICAN CHICKEN SOUP

- 1 3-pound frying chicken, skinned and cut into serving pieces
- 2 cups canned tomatoes
- 1 clove garlic, minced
- 1/2 cup chopped onion
- 1/2 cup canned mildly hot California chilies, diced (or 1/2 cup for a milder flavored soup)
- 2 cups cooked, drained pinto beans or garbanzos

Place chicken pieces in a large saucepan. Add enough water to cover. Cook until tender, about 25 minutes.

Remove chicken pieces from the broth and put in the tomatoes, garlic, onion and chilies. Slide chicken meat off the bones and return meat to the broth. Add beans and simmer about 15 minutes.

Yield: about 2 quarts
Approx. cal./serv.: 1 cup = 190
1 tortilla = 60

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

Dear Ann: The leaflet is on the way.

Dear John: I have been reading all the articles on itching, because I went through a rough period. I found that when I eliminated sweets I did not itch as badly.

Also, get some Atarax from your doctor. I take it daily and have found it to be excellent. What a wonderful feeling to sleep through the night and to not have to splash rubbing alcohol all over me to stop the itching. — L.

Dear L: We have a lot of people with itching and apparently a lot of remedies.

Dear John: Please send info on arthritis, especially the cures I've read about in your column such as sea water, vinegar and honey and Certo formula. — B.B.

Dear B.B.: In the first place, there is no "cure" for arthritis, only remedies that can put off the pain for a long time — we hope forever.

I have at no time claimed these remedies were cures.

As to sea water, I have printed nothing about its curative virtues. As to the columnist who does, his theory is that all the elements of the earth come from the sea. This might be true, but that doesn't mean it will cure anything.

DO YOU HAVE A SERVICE to advertise? Our Service Directory is sure to bring results. Call 931-0012 • 294-8900 or 746-0240 for rates and information.



By Robert Wallace, Ed.D.

Teens: What does it take to make it to the top in the modeling world? More than just a pretty face, says *Seventeen* magazine's models editor, Robin Jewell.

"(Models) don't have to be so pretty they break the mold," Jewell reveals in a special feature on modeling in the magazine's March issue. "But," she adds, "they must have that 'something' that makes the camera love their face."

According to Jewell, there also are certain physical attributes that even a pretty face needs in order to be a *Seventeen* model. "Our models must be at least 5-foot-6-inches tall," she explains, "and they should look healthy, not bone-thin." Models who work for the magazine usually are between 14 and 19 years old.

If you think the camera loves your face, what's the best way to start on a modeling career? Jewell advises contacting a local modeling agency — provided you meet the height and age requirements. She also suggests trying to join the teen board of a local department store, as they often do fashion shows, which is great experience.

While the idea of being a teen model may seem glamorous, Jewell warns that modeling is a difficult and demanding profession. "Modeling is a tremendous amount of hard work," says Jewell, a former model. "It also involves a lot of self-discipline. There are no more hot fudge sundaes."

Many potential models do not know how to sit for a portrait. Actually, it's as easy as one, two, three. According to makeup artist Arnold Pipkin, a natural makeup look is the key to a pretty picture.

Frosted eye shadows, cream blush and heavy under-eye concealer will detract from the face, he says. Instead, use translucent face powder and matte-finish eye shadow to create a natural look. In addition, be sure to choose a hairstyle that is simple. Avoid ribbons, combs or additional accessories. "It's more important to call attention to your expression," Pipkin adds.

The next step is to select an appropriate outfit. "Wear something you feel good in," Pipkin suggests. To focus attention on the face, keep jewelry to a minimum and stick to clothing with a simple neckline.

The final step — and biggest challenge — is flashing a smile that looks natural rather than forced. Pipkin advises against the

standard "cheese." Rather, he suggests, think pleasant thoughts — maybe about a new heartthrob.

"The key to looking good is feeling good," he concludes. "Keep it simple and natural to make the beauty of the picture last."

Dr. Wallace: I don't know where to turn. I know that my daughter is smoking marijuana and I don't know what I should do to convince her to stop. I know that you only answer questions from teens but will you make an exception? — Mother

Mother: I'll answer this because I receive hundreds of letters annually asking the same important question.

Every teen has traits that are peculiar to that particular individual, but the following suggestions should help parents cope with a teen who is experimenting with illegal drugs:

— Gather up-to-date facts on marijuana and other drugs so you can help your teen become well informed about their effects — physical, social and emotional.

— Ask your teen about drug use, and discuss it openly.

— Talk about the undesirable behavioral changes and health problems that go along with the use of marijuana and other drugs, rather than making simple, judgmental statements.

— Take a firm stand that drug use must stop completely.

— Be prepared and willing to get professional help and/or treatment.

Dr. Wallace: I am 17 and so is my boyfriend. I like him very much but I'm tired of his rude behavior. Whenever I'm trying to explain something he interrupts or cuts me off.

I've told him many, many times to stop this behavior but he continues to do it. This really hurts my feelings. Please, tell me what I can do to make him listen to me. — Debby.

Debby: Your boyfriend cuts you off because he really isn't listening to you. That's also why he won't stop being rude when you mention it to him.

Spend \$1 and mail a card

to your boyfriend. Maybe he reads that he is rude by constantly interrupting, it will sink in. If he still continues to interrupt, give him some time to think about it. Break up until you are convinced he has better manners.

Mainly For Seniors

By John T. Watts



Dry eyes? Try vitamin A

Dear John: I have a suggestion for Mrs. Pete who suffers from dry eye syndrome, as I do.

I remembered that vitamin A is for eyes so I purchased vitamin A (10,000 milligrams) and take my daily vitamin A. This might be just what Mrs. Pete needs. — Reader

Dear Reader: Sounds logical. Hope she sees it.

Dear John: I just read your article it seemed to describe exactly trouble I am having. I take Motrin now and am active but still have muscles that sometimes lose all feeling — my leg just goes limp and gives away.

I would like for you to send me the article you wrote on arthritis and leg cramps. Would your Certo and honey and vinegar help? — Ruth P.

Dear Ruth: I've had no evidence of that. The accepted treatment is quinine. However, I got a letter today from a woman who swore

that she just pinched her upper lip for a short time and the cramps went away.

Dear John: The person who complained of itching all over can stop it quickly, I believe — and for good. Take a raw onion, cut off the end and rub the body with it. If this doesn't work I sure would like to know, as I have never seen it fail.

Raw onions are also good for snakebites. Crush the onion and put it right on the bite.

I am part Cherokee Indian. If this fails to help the party that has the itching, please let me know. — S.J.S.

Dear John: For the reader who was troubled with itching, a blood test might be in order as itching is one symptom of iron deficiency. Please send me your arthritis leaflet and the diet one of your readers developed that ended her pain. — Ann



LOCAL READER

CLASSIFIED ADS sure to get results

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

DEADLINE
TUESDAY
12 NOON

ONE AD APPEARS IN 8 LOCAL NEWSPAPERS FOR ONLY \$9.00

- Garden City News • Call 294-8900
- Mid Island Times • Bethpage Newsgram
- Syosset Advance • Jericho News Journal • Call 931-0012
- Williston Times • Mineola Edition
- New Hyde Park Herald Courier • Call 746-0240

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

Help Wanted

CLEANERS WANTED flexible hours. PT. Herricks School District. For information call 741-7800 ext. 116. hmy4

TELEPHONE CLERICAL FULL Or Part time, returns welcome, salary plus paid holidays and benefits. Garden City vicinity. Call Eleanor 741-8048. hmy4

ADVERTISING SALES PART time. Permanent position in good location selling for weekly newspaper publications. Some experience helpful but willingness to work important. Salary and commissions. Approx. 20 hours per week. Call for appt. 931-0012

FT/PT TELLER POSITIONS available in our Garden City and Lynbrook offices. Please call or apply in person Fidelity NY, 1000 Franklin Ave., Garden City, 746-8500 Ext. 362. gcm54

RELIEF BOOKMOBILE DRIVER Chauffeur Class 3 driver's license required. Call Hicksville Public Library 931-1419 Monday-Friday 9 a.m. to 5 p.m. hmy5

RECEPTIONIST WANTED for pediatric office in W. Hempstead. Mature person who enjoys communicating with people. 3 1/2 days including Sat. except summer. 538-7433. gcm54

CHILD CARE MATURE loving individual needed to care for two young children. Two evenings per week in my New Hyde Park home. References required. Own transportation helpful. Call 352-1073. wj2

HIGH SCHOOL GRADUATES (over 18) or college students. Spray helpers for summer. Healthy outdoor work. Parr and Han. n. Call for appt. 931-1203. hmy4

FULL TIME & PART TIME positions available. Full time starts at \$4 per hour if you qualify. Apply in person McDonalds of Syosset, 571 Jericho Turnpike, Syosset 921-6120. hmy4

Help Wanted

DRIVER SCHOOL BUS, CLASS II and vans, 1984-85 school year. Syosset Central School. Dist. Call 921-5500 ext. 236. hmy4

HOUSEKEEPER/CHILD CARE 5 1/2 days, live-in, own apt. Recent references. Salary based on experience. Call 248-4437 between 9-30 a.m.-4-30 p.m., Mon.-Fri. gcm54

MOTHER'S HELPER WANTED 4 days per week July and Aug. Must have car and Garden City Pool pass. Call 747-5578 after 5 p.m. gcj2

MATURE GARDEN CITY AREA Resident who loves gardening (no lawn mowing) for 8-12 hours, flexible, a week. Weeding, pruning, tilling, tending and caring for 1/2 acre flower and vegetable garden. References. Call after 6 p.m. 248-0539. gcm5

CLERICAL WANTED TYPING essential, general office duties. Full time. Garden City Park area. 775-3939. gcm54

SCHOOL VAN DRIVERS P.T. AM or PM routes available. Guaranteed hours, excellent as 2nd income, will train. Pt. Washington Call 883-6711. hmy3

BABYSITTER NEEDED for 3 month old infant in East Williston. Full time, 8:30 a.m. to 4:30 p.m., Monday thru Friday. Your home or mine. Starting Aug. 1, 1985. Call 294-7614. wj1

LIVE IN DOMESTIC 40 HOURS per week. Take care of 1 year old child and general household work. Must speak and cook Chinese. References. 326-1375. win1

INSTRUCTORS PART TIME Scandinavian languages, interior decorating, folk dancing. \$12 per hour. Garden City Adult School. Call 294-3020, 8 a.m. to 4 p.m. gcm54

LEGAL SECRETARY EXPERIENCED litigation, dictaphone, benefits, large prestigious law firm. Send resume P.O. Box 750, Hempstead, NY 11550. gcm54

Help Wanted

GARDENER CARETAKER Permanent, Monday-Friday, 7:30 to 3:30 Syosset area. Cal 921-6575. hmy4

PERMANENT PART TIME For busy Garden City newspaper office. 4 days week, Mon., Tues., Thurs., Fri. Approx. 24 hrs. Good telephone attitude, general office and clerical work. Call Mrs. Pakaluk 931-0012 for appt. htfmy4

BABYSITTER WANTED FOR infant in our North Syosset home. Mature warm person, 3 days per week. Light housekeeping. References required. Call 496-4058. hmy4

MACHINISTS EXPERIENCED Engine, lathe, grind, mill, drill press, own set up. Immediate, permanent, full time. Mineola. 747-2666. gcm54

PART TIME CLERK TYPIST immediate. Williston Park firm needs bright and responsible person with pleasant phone manner and good typing skills. Should have good figure aptitude and willing to learn computer. Excellent salary. Call 746-7750.

FULL TIME TELLER experience only. New Hyde Park commercial bank. Must be neat, personable and accurate. Salary open. Call 437-1000 for appointment. wmy4

COLLEGE STUDENTS SUMMER positions. Local branch of national firm has FT/PT openings. Car necessary. \$6.25 to start. Corporate scholarships available. All major may apply. Call for appt. 12-5 p.m. 596-0850. gcm54

REAL ESTATE CAREER The opportunity to get as much from your job as you put into it, and one of the most comprehensive training programs in Real Estate today. Consider an interview with ERA Caputo, New Hyde Park. Call Maria 437-0333. wmy4

CHILD CARE for kindergartener, 12:45 to 5:15 p.m. 5 days, occasional full days. Own transportation, references. 747-6406. gcj1

PART TIME WAREHOUSE help weekday afternoons. Approximate time 3-6 p.m. Working papers required. Braberry Sales Corp. 369 Willis Avenue, Williston Park. Call 248-4363. hmy5

HANDYMAN FULL OR PART Time, must have flexible hours & excellent references. Experience necessary. Call 292-8851. gcm54

CHILD CARE WANTED My New Hyde Park home. Reliable, mature person. Starting September. Teacher's calendar for nursery school child. Call 437-9135 after 4 p.m. hmy4

Help Wanted

DRIVER SCHOOL BUS CLASS 2 license or will train. Start \$6.30 per hour, 30 hours guaranteed. Blue Cross plus benefits K & S Transportation Corp. 921-2381. hmy4

GENERAL FOREMAN Electrical/Electronics. Will supervise all electrical/electronics fabrication and assembly work for aerospace production facility. Salary range \$40,000 to \$50,000 yearly. Mail resume to Florida Design & Engineering, 115 Coral Way East, Suite D, Indiantonic, Florida 32903. Telephone 305 773-2558. hmy5

LEGAL SECTY-GARDEN CITY law office. Word processing, sten. dictation machine and some litigation experience required. Salary commensurate with experience. Excellent benefits. Call 718-855-9545. gcm54

GROUNDSKEEPER ONE YEAR of satisfactory experience in grounds and maintenance work. Syosset School District Call 921-5500 ext. 219. hmy5

REAL ESTATE SALES person for Hicksville, Bethpage, Levittown, Plainview areas. Hours to suit. Confidential interview. Ask for Irene 935-5959. hmy5

CASHIER/GAS STATION full time, part time, mature and reliable. Syosset area. Call 234-4700 Mobil Oil. hmy5

BABYSITTER NEEDED with own transportation, every Saturday night 5:30 to approximately midnight, and occasional Monday night to care to two toddlers. Must have recent references. Call 433-6055 before 4:30 p.m. Hicksville area. hnj2

HOUSEKEEPER CHILD CARE Mature, warm, responsible person to care for four month old. Sleep in 5 days, own room. Start June 17. References. Call 294-0677. hnj2

Situation Wanted

EXPERIENCED NURSES' AIDE to care for elderly patient five days. Good references. Please call any time 718-322-4794. gcj1

COLLEGE STUDENT (MALE) wishes summer employment in office setting starting June 17. Hardworking, conscientious, some typing, willing to do odd jobs and learn new jobs. Experience in office procedures. Good references. Call Michael 294-8900. gctfnj1

GARDEN CITY HIGH SCHOOL Junior wishes mother's helper position for summer. Experience with children. Garden City pool pass, 746-3068. gcm5

HOUSECLEANING MON-SAT. Any time. Good references. Call 481-8171. gcm54

Situations Wanted

NURSES AIDE LIVE IN Light housekeeping, experienced woman, very good, references on request. Call 718 782-5303. hnj1

BABYSITTER SEEKS POSITION even and weekends, Jr. High School student. Has had experience. Estates area. 746-0976. gcj1

HOUSEKEEPER MON-FRI. Experienced. Excellent references. Own transportation. Call 538-9674 after 7 p.m. gcm54

MATURE BABYSITTER available, Mon., Wed., Sat. & Sun. overnight and vacations. Highly experienced with children of all ages. Will assist with homework, cooking and do light housework, typing if desired. Excellent recent references. Please call after 4 p.m. 489-9198. gcj1

MATURE WOMAN WILL babysit evenings and weekends and do sleep overs on weekends. Please call after 8 p.m. 741-8149. gcm5

HOUSECLEANING AVAILABLE Mon. to Fri., 9-3 p.m. References and own transportation. 483-6125. gcj2

HOUSEKEEPER WILL CLEAN your home. Call days after 6 p.m. 483-9552. gcj2

CLEANING PERSON AVAIL- able. European background. Experienced. References. Call after 5 p.m. 483-3010. gcm54

HOUSECLEANING ANY DAY 8 a.m.-1 p.m. References, own transportation. 489-3589. gcm54

EUROPEAN NURSE'S AIDE available daily from 9 a.m. to 5 p.m. or live in. References. 536-1831. gcm54

HOUSEKEEPER AVAILABLE all days, references and experience. Call 538-8453. gcj1

MATURE EXPERIENCED Nurses' aide will take care of sick or elderly, 5 days per week or nights. Light housekeeping. Excellent references. 718 776-0253. gcm5

LIGHT HOUSEWORK or nurses' aide or companion. Prefer Garden City. References. 481-3888. gcm5

KATHERINE GIBBS/LASELL Graduate desires position as administrative assistant/executive secty. Extensive Manhattan work experience. Please reply to P.O. Box 8147, Garden City, N.Y. 11530. gcm54

DOG WALKER JR. HIGH School student will walk your dog after 3:30 p.m. weekdays. Any-time weekends. Experienced with dogs. Garden City Estates & Western sections. Reasonable. 741-5116. gcm5

Situation Wanted

SOCIAL WORKER GRAD Student, looking for family with spare room, Adelphi Univ. area, starting late August. room and board in exchange for work. Andrew Young, 21 Sandown Rd. Chester, New Hampshire, 03036. Call 603-887-3868 gcm5

EUROPEAN WOMAN LOOKING For position as companion/aide with light housekeeping. Full time days; references. Call Jeannette, 741-6347 gcm5

CLEANING WOMEN mother and daughter, will clean your house eves. 6:30-11:30 p.m. Very reliable, references. Garden City only. 486-1386. gcn1

NURSES' AIDE SEEKS Live out position to care for sick or elderly, 3 years experience. References available. Can be contacted at 486-3410 Sun. and Mon. only. gcm5

HOUSECLEANER AVAILABLE References, weekdays, Garden City area, experienced. 485-7935. gcn2

ENGLISH NANNY AVAILABLE Monday through Friday, live out; excellent references. Call after 7 p.m. 671-1860 gcn2

REFINED DEPENDABLE young Irish girl seeks housecleaning on daily basis. Call 747-7216. gcn2

HEALTH CARE AIDE SEEKS live-in position, full time, with elderly lady. Experienced, good references. 718-845-5523 gcn2

HOUSE CLEANER AVAILABLE Own transportation, excellent references, experienced & reliable. Call after 4 p.m., ask for Denise, 741-2869 gcn2

Cars For Sale

1973 HONDA CIVIC excellent running condition. Rebuilt engine, new brakes, \$575. Call eves. 735-5640. hmy4

1970 CHEVELLE MALIBU Never abused. Body good. Engine good. Needs some work. \$800. 516-248-0712 wjn2

1977 FIAT FULLY EQUIPPED a/c, radio etc. Great shape in and out. \$2000. 931-1717. gcn2

MUSTANG 1965 EXCELLENT condition, 44,000 original miles. 6 cyl., automatic \$4500. 742-8249. hmy5

1972 CLASSIC MERCEDES Benz, 280SE, Gold, excellent condition. 921-3050 or 921-8053 after 6 p.m. hmy5

1979 PONTIAC GRAN LEMANS good running condition, good body, high parkway mileage, good tires, new battery, \$1995. 536-1256 or 483-4215. gcm4

1977 FIREBIRD FORMULA 400 PS, PB, AC, AM/FM, Chapman lock, good tires. Excellent running condition. 57,000 miles. Asking \$3800. After 5 p.m. 718-793-7026. gcm5

1975 CHEVY CHEVELLE 4 Door, new trans., runs well. \$450. Call 741-2135 wmy5

1981 CADILLAC COUPE DE-Ville. Fully equipped with leather interior, Cabriolet roof, tilt wheel, power trunk, lighted visors and more, 1 owner. Asking \$8,500. Call 747-5554 wmy5

Cars For Sale

1977 BUICK SKYLARK \$670. Body is good. Engine needs some work. Call after 5:30 p.m. 489-0502. gcm5

'81 CUTLASS SUPREME 2 door, V6. 32K miles. PW, AC, AM/FM cassette with equalizer, cruise, immaculate in and out. \$5995. Days 742-5413 eves. & weekends 294-6029. gcm5

TWO DATSUNS: 1981 MINT Cond. in and out, am/fm stereo, great mpg, original owner \$3350; 1979 55K miles, custom interior. Good condition, regular gas \$1900. Call 328-1816. hmv4

1979 PONTIAC PHOENIX Black/tan top, excellent condition AC, auto, AM/FM, steel belted radials, 44,000 miles. \$2800. 747-8664. gcm4

1980 CAMARO BLACK with white interior, T-Tops, am/fm stereo, a/c, 6 cylinder, garaged. Excellent condition. \$5200. 746-7917 after 6 p.m. gcn2

MERCURY '81 MARQUIS White, full size, 9 passenger, roof rack, all power, cruise, tilt, AM/FM, stereo cassette, Michelin tires, 43,000 miles, mint condition. \$6250. Call 248-0636 gcmv4

1958 MERCEDES BENZ 220S sedan. Good condition; 59,000 original miles. Call 741-0806 gcm5

1979 CUTLASS SUPREME brown/tan, am/fm stereo, PS, PB, AC, PW, tilt wheel. Excellent condition. \$3750. Call after 6 p.m. 747-8145. gcm4

1978 CHEVY CAPRICE 4 DOOR V8. AM/FM, P/S, P/B, A/C, 114,000 miles. Excellent mechanical/body condition. \$1,775. Call 742-1036 wmv4

1978 FIAT SPIDER Convertible, super mint. Loaded with custom extras. Red/Black. Must see \$5000. 265-4182 eves and weekends. gcm4

1971 KARMAN GHIA convertible. Yellow, am/fm, no rust, excellent in and out. \$2850. PR 5-6018. gcm4

1982 CHEVY IMPALA 9 passenger, power steering, power brakes, air conditioning, low mileage, immaculate condition. \$6300. Call 921-4907 hmy4

NEW MERCEDES BENZ 1/24 scale model, 500 SL convertible, gasoline powered, lots of fun for the entire family. Specially priced. Call for information. Nick Farrell. Consolidated Motor Car, 485-8300 gcm5

'84 DATSUN 300 ZX- SILVER leather/digital package; T-Top; 13,500 miles. Must sell \$14,500. Call 746-7072 weekends or 212-685-9051 gcm5

1981 HONDA ACCORD Hatchback, 5 speed, blue, 79,000 miles, am/fm stereo cassette, excellent condition. \$3800. After 6 p.m. 747-5820 gcn2

1980 FORD Fairmont Black, grey, 4 speed stick, bucket seats, 61,000 miles, excellent condition. \$1900. After 6 p.m. 747-5820 gcn2

1977 MGB MAROON WITH Gold trim, interior/exterior and convertible roof in excellent condition, 65,000 miles, am/fm, stereo cassette player. \$2600. Call 663-2835 eves. gcm4

Car For Sale

1977 CHEVY MALIBU CLASSIC 2 door, P/S, P/B, A/C, good running condition, clean in and out. \$1,600. Call 741-5931 wmy5

1980 YW DASHER STATION Wagon. Diesel, 4 speed, blue, A/C, cruise, dealer maintained. 35 to 40 miles per gal. fuel filter system, snows. Excellent condition. Super car \$2,900; Negotiable. 248-4176 win2

1968 ROVER TC2000 1,000 miles on new engine, 4 speed, 4 door sedan, AC, black leather interior, excellent throughout, \$5500. 741-3791. gcn1

1980 ASPEN STATION WAGON 4 door, good condition, less than 50,000 miles. \$3100. 741-2056 after 6 p.m. gcn1

1978 BUICK LESABRE CUSTOM 4 door, 2 tone blue, V-6, 63K, good condition. \$2850. 487-3854 days, 747-3770 eves. gcn1

TRIUMPH '77 TR-7 5 SPEED sun roof, am/fm stereo cassette/equalizer/power booster; magnesium alloy wheels. Looks and runs great. \$2800 negotiable. 248-4057. gcn1

1984 BMW 318I LEATHER and power package, sun roof, auto, trans., 15,000 miles. Priced to sell. 877-1128. gcn1

Car Wanted

WANTED USED CARS Foreign and domestic. Prompt professional service. Highest prices paid. Jon-Tar Motors Inc. 826-5611. gcn3

WILL BUY USED OR JUNK cars for \$75 and up. Late models, wrecks for \$300 and up. Same day pick-up. Call after 3 p.m. 747-4170. wj3

Boat For Sale

MINT CONDITION 1983 Hyostream 15 ft. with 115 1982 Evinrude, 20 hours or under on all equipment. Galvanized trailer included. Call Matthew Days Mon-Sat. 681-5844 or evenings & Sunday. 921-4186. hjn1

BUY FULL OR PART Interest 32' cruiser, sleeps 4, new '81, excellent condition with marina berth Gardiner's Bay; Owner 488-5875 or 477-0740 gcn2

Vacation Rentals

ORIENT POINT 4-5 BEDROOMS 2 baths, charming older Colonial home, newly decorated. Fireplace waterviews, spacious grounds, one block to beach. \$6000 season or \$2500 per month July or Aug. 862-8722 or 323-2657. gcn1

BERMUDA TIME SHARE SUITE available July 27 to Aug. 3. Sleeps 4. All hotel services, pool, tennis, beach. 742-7095. gcn1

SOUTHOLD 4 ROOM APT. in private house. Walk to village, one block from private beach. Monthly, \$1450. 741-2798 between 9 a.m. - 7 p.m. gcn1

BELLPORT L.I. WATERFRONT 2 BR cottage overlooking harbor. Walk Fire Island Ferry, village shops, golf course, and tennis courts. Boat ramp on grounds. Available full season or monthly. Weekends and evenings after 8 p.m. 741-2110. gcn1

Vacation Rental

GULF OF MEXICO NEW fully furnished 2 BR, 2 bath luxury condominium at Madeira Beach. Magnificent view from spacious private balcony, swimming pool, jacuzzi, sun deck, private beach, etc. Call 227-2288 week days. hfnjn2

ADIRONDACK LAKE FRONT Duplex, directly on lake, 2 BR, complete kitchen, living room, deck, recreation room, boat. 20 min. north Lake George, on Friends Lake. \$275 per week. Call 742-1675. hmv5

GREENPORT ON GARDINER'S Bay. Beachfront cottage, deck, private beach and tennis. Near golf course. One BR, large LR, efficiency kitchen, porch, sleeps 6. Available July 27 through Aug. 17. \$450 weekly. 621-2079. gcm5

STRATTON VT. NEW TRAIL- Side Condo. 1 BR, sleeps 4, golf, tennis, horseback riding, sports complex with pool, 4 hours from New York \$80 per day. 367-9122 wmv5

NASSAU POINT CUTCHOQUE Charming 3 BR ranch, porch, patio, AC, washer, dryer. Aug. 3-17, \$1000; Aug. 17-Labor Day \$1200; Sept. 7-Oct. 5 \$1400 + utilities and security. 354-5417 eves or 734-5494. gcm4

POCONO'S FAWN LAKE Resort (Masthope). New 3 BR, beautiful lake with beach, restaurant, picnic area with barbecues, olympic outdoor pool, indoor pool, free fishing, boating, tennis, handball, shuffleboard and bocce. \$400 per week. Monday through Friday \$300. 437-8295 or 781-0448. gcm4

MONTAUK POINT 3 BR RANCH fully furnished, walk 1 block to ocean, wrap-around deck. Available only August 25 to Sept. 3. \$750. Call a.m. 354-0111 or p.m. 352-8524. wmy4

BERMUDA LOVERS exclusive St. George's Club. New luxurious furnished 2 BR, 2 bath, private cottage, sleeps 6. Club-house, pool, tennis, private beach club, daily maid service. Golf and all Bermuda's attractions nearby. Daily or weekly, option to buy. Call Mr. W. Meyer 516 574-0211. gcn1

OCEAN CITY MD NEW bayside condo, 1 1/2 blocks to ocean, 2 BRs, 2 baths, 2 decks, a/c, pool, sunset view. \$400 per week. 938-0965. gcn1

BERKSHIRES SECLUDED mountain top contemporary, mountain/lake view, 3 BR, all appliances, fpl., deck, beach, boat, tennis. Call Brian, weekdays. 212 807-3087. gcn1

HAMPTON BAYS 3 BR RANCH in ground pool, ocean 2 miles. \$9000 per season or monthly. Owner 579-4186. gcn1

NAPLES FLORIDA NEAR GULF condo. 2 bedrms., 2 baths, pool, tennis, rec. room; completely furnished. Rent monthly or seasonal. Also for sale. Must Sell 747-8145. gcm4

CAPE COD BREWSTER enjoy the sunsets in this spacious and secluded 2 BR contemporary waterfront home with own private beach. Swimming, sailing, fishing. Modern kit., fpl., color TV, washer/dryer, sleeps 6. Available weekly July 20 to Sept. 28. 201 635-5014. gcn1

Vacation Rental

NORTH FORK ON PECONIC Bay 2 BR, 2 baths, private deck, maid service, \$3500 July, \$3500 Aug. Also 2 and 3 room efficiencies weekly, monthly, seasonal. 722-3458. gcm4

MATTITUCK CHARMING large 2 BR cottage at Peconic Bay. Lovely furnishings, LR/fpl, DR, EIK/eating porch and beautiful enclosed airy sun porch. Nicely treed grounds, picturesque view, 100' to Peconic Bay and private sandy beach w/swimming area and area to moor boats. Available weekly or monthly June through Sept. Call 741-6508. No pets please. gcm5

DANIA FLORIDA CITY OF Antique shops and Jai Alai, 5 minutes from Ft. Lauderdale airport & beaches. Newly furnished and carpeted home. Spacious LR & DR; 2 BRs, 1 1/2 baths, Florida room; large kitchen. Immaculate. Photos available. \$250 per week plus security, includes electric, water, gardner and extras. 486-0602 gcn2

MATTITUCK LAUREL 3 BR nicely furnished ranch house with large redwood deck. 400 foot private road to beach on Peconic Bay. Available July 7 to Aug. 7. \$3000. 488-2544 eves. gcm5

HILTON HEAD SO. CAROLINA 2 BR, 2 bath condo, sleeps 6, terrace on beach, pools, tennis courts, golf nearby, maid service, restaurant, \$500 weekly. Call 212 986-0730 days or 616 433-2266 evenings. wjn3

STRATTON MT. VERMONT Lovely brand new multi-level styles Brook condo, 3 BRs, sleeps 8, walk to sports center-tennis, pool, golf, privileges at Stratton Country Club. \$135 per night. 741-1111, Att: Linda Mastrocco. wmy4

ST. PETE CLEARWATER AREA 2 BR, 2 bath condo and studio apt. available on Gulf. Private beach, pool, jacuzzi, 2 week rental. Call 921-5057 after 7 p.m. weekdays/weekends, anytime. hfnjn1

MYRTLE BEACH S. CAROLINA 2 BR, 2 baths, beachfront, ocean view apartment. Amenities include 3 outdoor pools, indoor pool with exercise and sauna, tennis, patio restaurant, and security guards. Golf courses, shopping malls and recreational facilities locally. Golf packages, weekly rentals. Call Debbie Rose, Apt. A430, Myrtle Beach Resorts 1-800-845-0837. hfnjn2

SHELTER ISLAND FURNISHED 3 BR, 2 bath, all electric kitchen, waterview, available June, Aug., Sept. & Oct. 747-6092. gcn2

EAST MARION ON GARDINERS Bay, Artist's beautifully furnished 2 BR condo. Private beach, swimming pool, tennis, marina, walk to golf. Available June-Sept. Owner 488-5875 or 477-0740 gcn2

EAST HAMPTON 3 BR HOME 2 bath, beautifully decorated, nestled in wooded area of Clearwater Beach. Fantastic lower level includes Jacuzzi, sauna, bar, Decks galore, Olympic size pool. Walk to private beach with marina. Season, \$12,000. Monthly rates available. Call eves. 326-1184. gcm4

Vacation Rental

CUTCHOGUE NASSAU POINT
4 BRs, 2 baths, 1 acre, 3 blocks to water, full summer season, 212 267-3320, 9-5 p.m., 516 326-2930 after 7 p.m. gcmv4

HAMPTON BAYS WATERVIEW
50 yards to bay. Modern glass and sky lit, 4 BRs, 2 baths, 22' LR, family room, great kitchen, extra large decked pool available. June, July, Sept. By the week or month. 367-9122. wmv4

GARDINER'S BAY 1 BR CONDO
Sleeps 4, right on Bay overlooking Shelter Island. Private beach, deck, tennis. \$500 weekly, minimum 2 weeks. Call between 9 and 5 p.m. 589-5222. gcmv5

LUDLOW VERNONT 4 BR 2
Baths, family rm, 24' LR w cable TV, fireplace and mountain view. 5 minutes to lakes and recreation. \$600 per month, \$350 bi-weekly or \$200 per week. Available June, July, Aug. & Sept. Call 621-6321 wjn2

POCONOS LAKE ARIEL
2 BR Chalet with loft. Golf, tennis, horseback riding, boating, water skiing, fishing. Pools and lakes, clubhouse with restaurant and lounge, 1 1/2 hour from Scranton shopping district. \$350 a week, \$250 Monday through Friday. 352-2130. wmy4

LUDLOW VERNONT 4 BR 2
Baths, family room, 24' LR with cable TV, fireplace and mountain view. 5 minutes to lakes and recreation. \$600 per month or \$350 bi-weekly. Available June-July, Aug. & Sept. 621-6321 wmv4

HILTON HEAD BEACH & Tennis Resort, So. Carolina.
Condo 1 BR on ocean, fully equipped, terrace, pool, tennis, restaurant, lounge, bicycles, fishing etc. Golf nearby. For sale or rent. Call owner. 326-1954. gcmv5

BELMONT VERMONT
Victorian home on Star Lake, sleeps 6, available weekly or monthly. Central to restaurants, golfing, swimming, fishing, etc. 516 352-6234 or 802 259-2947. gcmv2

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. gcmv5

CANDLEWOOD LAKE CONN.
Beautiful 4 BR contemporary with water view and wrap-around deck. 1 block from private beach. Central A/C. 1 1/2 hours from Long Island. \$420 per week, July and August \$640 per week, \$420 Monday to Friday. 747-8850 evenings. Pictures available. wjn1

HILTON HEAD SO. CAROLINA
Golf and tennis paradise, 2 BR, 2 bath villa, within walking distance to beach and pool. 248-1694. gcmv2

TWO BEDROOM COTTAGE
on Friend's Lake (near Lake George). Boat and private dock included. \$275 per week, May-September. Call 496-8196. hjn2

WESTHAMPTON BEACH
modern 2 BR cottage like apartment. Walk to town. Season rental \$4500, 378-4789 or 288-6780. gcmv2

Vacation Rental

SHELTER ISLAND
water view, lovely 5 BR home, central A/C, steps to private sandy beach and boating. Available full season or monthly. Owner. 746-5088. gcmv5

HUTCHINSON ISLAND
Stuart, Florida. Beautiful ocean front condo. 2 BRs, 2 baths, 2 week minimum. Heated pool, completely furnished. Call 938-0386. wmv5

SO. VERMONT CHALET
4 hrs. from New York. Golf, tennis, canoeing, fishing, rent for month or weekly or weekends. Call after 6 p.m. 485-4187. gcmv5

EAST MARION LARGE BAY-
front house, spectacular views of Orient Point and Shelter Island. Private beach, fully equipped, near golf & tennis. Available Aug.-Oct. monthly or bi-weekly. Call 437-3333, weekends 477-1113. gcmv2

MT. SNOW VERMONT
Beautiful full equipped town-house condo, sleeps 8, 2 full baths, large jacuzzi room & sauna in condo. Free tennis and pool on premises. Championship golf course, magnificent lake, superb dining in town. Pictures & video tape available. Call 741-1824 gcmv2

GARDINER'S BAY EAST
Marion Charter 32' live aboard cruiser, sleeps 4, for week, month, full season, with marina berth. Owner 488-5875 or 477-0740. gcmv2

WESTHAMPTON BEACH
home with pool, 3 BRs, 2 baths, LR flr., DR, EIK, weekly or bi-weekly. Call 741-1443 eves or 212 285-2281 weekdays. gcmv4

HAMPTON BAYS 4 BR 2
baths, large deck, family only, no pets. Available month of July \$2700 including utilities. 354-7218. gcmv2

Real Estate Wanted

FORMER LOCAL RESIDENTS
(family/2 children) eager to purchase home in Garden City before September. Will be happy to paint/fix. Price range approximately \$225,000-\$250,000. Principals only. Please call collect 201 884-9267. gcmv5

PROFESSIONAL COUPLE WITH
child wishes to purchase ranch or split level house in Garden City. Minimum 3 BRs, 2 baths. 486-0910. gcmv4

FORMER GARDEN CITY
family desires to rent furnished house in Garden City mid June to mid July. 741-2516. gcmv5

GARDEN CITY HOME OWNER
seeks larger 3-5 bedroom, 2-4 bath Colonial or Tudor in central or estate sections of village. Minimum property 80x100. Will pay all cash. Close now, move at your convenience. Principals only 486-1534. gcmv5

YOUNG FAMILY WISHES
to purchase home in Estates or Western sections of Garden City. 50% cash available. Immediate contract. Please call after 6 p.m. 829-9474. gcmv5

Real Estate Wanted

OUT OF STATE HOME OWNER
with family needs minimum 3 BR house to rent in Williston Park or surrounding areas. Anytime after June 15. No brokers. 248-2875. Wmy4

NEED STORAGE
Williston Park, Albertson, Mineola and Garden City Park areas. Approximately 500 sq. ft., dry, no heat, access once per day. 294-8562. wjn1

ROOM WANTED IN GARDEN
City, Franklin Square vicinity. College student working for summer seeks room. \$100-\$150 per mo. References available. 483-2107. gcmv1

YOUNG FAMILY SEEKING
home in Garden City 3 BRs, mid-upper \$200's. Principals only. Call after 6 p.m. 488-1922. gcmv1

WOMAN CURRENTLY
residing in Williston Park looking for a 2 1/2 to 3 1/2 BR apt. in Williston Park, Albertson, Mineola, New Hyde Park, Floral Park or Garden City. Call 877-2518. wjn1

YOUNG MARRIED COUPLE
Needs apartment to rent in private home. Garden City, Stewart Manor, Franklin Square, or Floral Park vicinity. Needed July 1 for occupancy. Please contact Greg Senken days 212-697-8800, eves. 516-437-8244. gcmv2

Real Estate For Rent

GARDEN CITY DESK
Office space available. Stewart and Franklin. \$250-\$350 per month 746-0522. gcmv4

LOVELY FURNISHED
Garden City home available to rent July and Aug. 1985. Call 741-8732. gcmv1

GARDEN CITY CHERRY
Valley, 3 rms, walk to train, newly painted. \$750 month, no fee. 627-8830. gcmv5

MINEOLA WALK TO RR
village, hospital, schools, 4 BR, 2 bath, EIK, screened porch, garage. Very clean, just renovated, immediate occupancy. \$1250. Call after 5 p.m. 741-0442. gcmv5

LARGE FURNISHED ROOM
for rent in private home. Very good location, convenient to all. Near Hospital and LIRR. References. Call eves. 742-4857 after 10 a.m. weekends. gcmv4

FURNISHED W. HEMPSTEAD
Home available to rent mid-June to mid-July of month of September. Call evenings, let phone ring at least 10 times. 292-0582. gcmv2

WILLISTON PARK & VICINITY
2 1/2 Rms, clean BR, utilities \$450; 3 Rms, utilities, private entrance, LIRR, \$550; 4 Rms, first floor yard, parking \$700; 5 Rms, King BR, formal D/R, utilities \$800; Realty Group Ford, 369 Hillside Ave., Williston Park, 248-2192. wmy4

GARDEN CITY 2 ROOM APT.
basement, furnished in lovely private home. \$550 includes utilities. Private bath. Also one large room, \$100 per week. Walk to train, bus and stores. No smoking. 742-0878 prefer early a.m. calls, keep trying. gcmv2

Real Estate For Rent

GARDEN CITY LOVELY
Quiet room; nicely furnished; private entrance, bath. Mature, non smoking lady preferred. 746-0018. gcmv1

WEST HEMPSTEAD/GARDEN
City. Lovely furnished rooms, share bath, conveniently located. Available June, 1985. Professional mature men. References and security. \$75 per week. 489-5941. wjn1

WEST HEMPSTEAD 3 ROOM
Apt., 2nd floor. Includes full size rooms, EIK large bath with tub and stall shower. \$675 per month with heat. Owner, no fee. 483-8919. gcmv4

GARDEN CITY STUDIO WALK
RR. \$500 pays all; Hempstead Cathedral Gardens, Garden City Line. Large studio, closets galore, walk RR. \$515 plus electric; Legal 2 family 3 rm, all new 2nd floor, \$600 pays all; Large 3 rm, walk all. \$600 plus electric. Large 1 BR, walk RR. \$668 plus electric; First floor large 3 rm, walk RR; stores \$650 plus utilities. Elevator bldg. 2 Brs, closets galore, walk RR. \$815 plus elec; East Meadow legal two family, first floor, 3 BRs, 2 baths, EIK, garage, Barnum Woods S.D. \$1,150 pays all; Lynbrook furnished 2 BR, walk all, parking, \$550 plus utilities; 3 BR furnished, new kitchen, 1st floor, walk all, parking, \$750 plus electric. Mineola 2 BR, separate entrance W/W, closets galore \$700; Sea Cliff Waterview, 1st and 2nd floor of 3 BR Colonial, 2 1/2 baths, 2 flrs, 2 decks, immediate occupancy \$1600, pays all. Many, many more. Elaine Nolan 485-7054. wmy4

HOUSE TO SHARE
(Franklin Square) with working couple. Your own private two large rooms on lower level, furnished and carpeted, huge closet, share large kitchen and bath, washer/dryer, back yard, parking, beautiful neighborhood pool. Prefer business woman, child okay (terrific schools) July 1st occupancy. \$395, plus nominal utilities and security. References. Evenings 486-6809. hjn2

MANHASSET HILLS 3 BR
Splanck, 2 baths, F/P, C/A, 1 1/2 car, park like grounds, Herricks S.D. \$1800; West Hempstead 2 BR dollhouse, F/P, \$850 plus heat. Elaine Nolan 485-7054 wmy4

GARDEN CITY STEWART AVE.
apt. newly decorated, 2 BRs, working fireplace, one block RR, very secure, most convenient location. \$1195. 747-7887 days, 294-6744 eves. gcmv1

MANHATTAN BEAUTIFUL
Large 2 1/2 room apartment, furnished impeccably. Sublet now through July 14. \$1000 includes everything. 485-8741. gcmv2

NEW HYDE PARK
newly decorated one bedroom apartment. Kitchen, bath, wall to wall carpeted bedroom. \$500 per month, includes utilities. Quiet neighborhood. Mature male non smoker required. 741-3263. wjn1

GARDEN CITY CHERRY
Valley Apt., 1 BR, second floor, w/w carpet, new kitchen, walk RR. Immediate occupancy, extras \$780 month. 201 429-3572 days, 516 747-0006 eves. gcmv5

Real Estate For Rent

WEST HEMPSTEAD LOVELY
cheery basement apartment. Furnished. Full kitchen, living rm, large bedrm with AC. New full bath. Own thermostat. \$550 mo. includes all. Walk all. Short term okay. 292-0582. gcmv4

SMALL OFFICE
Professional building, 101 Hillside Avenue, Williston Park. Three windows, private bathroom \$395 per month including utilities 742-3644. wmy4

GARDEN CITY STUDIO
female, share bath, hot plate and refrigerator. Private entrance. Walk to RR and village. \$500 per month. Call eves. 746-3124. gcmv1

MINEOLA ROOM IN CLEAN
Quiet cheerful home. Share bath; male student. Security + 2 weeks rent in advance. 742-2239. gcmv1

GARDEN CITY PRIVATE
Office for rent, beautiful view overlooking downtown Garden City. Perfect second office \$400, per month. 747-6893. gcmv4

Real Estate For Sale

GARDEN CITY 5 MORE T-W EXCLUSIVES

Comfortable Living, 5 BR split, central air, LR, DR, modern kitchen, den, rec. room and patio...\$275,000. **Center Hall Colonial,** brick, cedar shake, completely renovated. LR/flr. formal DR, den, new kitchen, 4 BR, 2 baths, powder room on first. Magnificent landscaped grounds, 2 car...\$325,000. **Estate Section,** Brick Colonial, gorgeous new kitchen, adjoining family room with skylite. LR/flr., beautiful DR. 3 BR, 2 1/2 baths, paneled rec. room...\$365,000. **Estate Colonial,** LR/flr, DR, EIK, 6 BR, 3 1/2 baths, 2 car garage, oversized property, maintenance free...\$365,000. **Young Colonial,** LR, DR, family room, extra large property, gas heat, 2 car attached garage...\$225,000.

TAYLOR-WARNER
101 7th St. Est. 1919 516-741-4422

OTSEGO CO. N.Y. 200 ACRE
Farm; 8 miles Cooperstown. Mod. ranch, overlooking creek & valley. 4 BRs, 2 1/2 baths, DR, LR, lge. stone flr; second house, barns. Good hunting, 30 minutes airport; 15 minutes LaGuardia. \$175,000. Call 315-858-1628 or 516-746-2884. gcmv2

GARDEN CITY CENTRAL SECTION-Col., all brick, 5 BRs, 3 flrs, 3 baths, new EIK, fin. bsmt. open terrace, DR/corner butch. Charming. Taxes \$4450. Property 75 x 245 \$439,000. Owner, 294-0789. gcmv1

GARDEN CITY ESTATES SECTION. \$385,000. Original owner, custom built expanded ranch; 4 BRs, LR, DR, EIK, flr, 2 baths, TV rm, fin. bsmt., 1 car garage, near everything; OHW heat, 80 x 100 plot. Owner-Broker. 746-5445. gcmv1

BALDWIN CUSTOM FIELD- Stone and brick on cul-de-sac; 9 rms, 2 1/2 baths, park like 1/2 acre; 2 car, Florida rm, in-ground heated Gunite pool, monitored fire and burglar alarms; 2 kitchens, possible M/D. Walk to churches, RR. Mini. Principals only. Asking \$240,000. Call 223-7971. gcmv1

Real Estate For Sale

SOUTH HUNTINGTON SOUTH Of Jericho Turnpike, School Dist. #13. Beautiful 3 BR Ranch, full LR, DR, EIK, bath and mud room on 1st floor. Giant finished basement with outside entrance. Has full bath with vanity rm, plumbing for 2nd kitchen, Easy Mother/Daughter. Deck, new roof, new cesspool, much more. By owner \$139,000. Call 423-3089 before 6 p.m. htfmy4

SAG HARBOR WATERFRONT Quality built house, 4 baths, 3 fpls; 2 kitchens, 1 garage. Bulkheaded waterfront + separate buildable waterfront lot. Great views. Asking \$500,000 Ron Jones R.E. Shopping Cove Mall, Main St. Sag Harbor, 725-2250 gcmj4

SOUTHOLD WATERFRONT New custom contemporary on deep water inlet. 200 yards to Peconic Bay across from Shelter Island. 3 BRs, 3 baths, kitchen, D/R, L/R, with cathedral ceiling and F/P, decks, C/A 1 1/2 car garage. Extras. Choice location \$295,000 Call 621-6822 wmy5

GARDEN CITY CO-OP Stewart House; 6 rms; 3 baths, large foyer, utility rm, garage. Prime location. Approximate monthly cost, \$1100. \$240,000. Owner. 587-4903 gcmj5

EAST MARION WATERFRONT Ship/shape vacation home. 2 story vinyl siding, 3 BRs, 2 baths, EIK, 3 decks, garage, full appliance and furnishings. Lakefront with spectacular Bay view. Must see. Principals. \$179,500. Call 765-1392 or 734-5534 wmy4

MATTITUCK NORTH FORK Double dormered Cape Cod, boat mooring, deeded beach rights, 8 rooms, fin. bsmt. (4 bedrooms, 2 baths), double garage, 5 appliances. \$175,000. Owner Broker, 298-4738. gcmj4

GARDEN CITY WESTERN SECTION. Maintenance free Dutch Colonial; 60 x 125; 2 car gar; newly fenced yard, 3 zone oil heat 4 BRs, 2nd flr; maid's rm in bsmt; 2 1/2 baths, LR, fpl, lge. DR; lib; lge modern kit, with window seat eating area, lge. sunken family rm w/23' screened porch off F.R. Extras, low taxes. Principals only. \$350,000 Call 775-8599 gcmj5

MONTAUK BEAUTIFUL oceanfront Studio Co-op with private terrace. Furnished, pool etc. Asking \$66,000. cash price. Owner. 742-2838 wmy5

FRANKLIN SQUARE/GARDEN City South, wide line custom brick maintenance free Cape, LR/fp, formal DR, new EIK, 4 bedrooms, newly decorated. Prime area. School District #17. Garage. \$179,000. Principals only. 483-7727. gcmj4

SAG HARBOR VILLAGE 4 BRs, 2 bath farmhouse, circa 1900. \$132,500. Available with extra buildable 1/2 acre lot and two outbuildings for \$167,500. Ron Jones R.E. Shopping Cove Mall, Main St. Sag Harbor, 725-2250 gcmj4

SOUTHOLD-NEW 3 BEDROOM 2 bath contemporary; landscaped acre; six zone irrigation system; 2 car garage; decks; heated jacuzzi; fireplace; oak floors. Picture perfect. \$160,000. Owner. 283-4120 (office); 734-7171 home. gcmj2

Real Estate For Sale

PECONIC NEW contemporary Ranch, waterview, wooded acre, 4 BRs, 3 baths, large decks, 2 car garage, a/c, all appliances. \$259,000. Call 765-1165. gcmj4

RIDGE RETIREMENT Community; private house, 2 BRs, 2 baths, fireplace, patio, good location. Near churches. Low \$100's. Prin. only. 821-9146 gcmj4

SAG HARBOR VILLAGE 1/2 acre building lots. \$35,000 each. Only three available. Ron Jones R.E. Shopping Cove Mall, Main St. Sag Harbor, 725-2250 gcmj4

SOUTHOLD WATERFRONT Picturesque expandable Cape in a casual setting-deep water docking at your doorstep. Please call for details. Southold: Superbly built 4 Br. Cape with distinctive appearance. Partial waterview. Ideal family home near village & schools. Asking \$225,000. Wm. B. Smith R.E. 734-5657 gcmj4

GARDEN CITY CHARMING Barnes Ranch. Beautifully landscaped, large lot, 3 BRs, Library/BR, 3 1/2 baths, Florida room, finished basement, wet bar, underground sprinklers, 2 car garage/electric eye, high \$300's. Owner 212-861-8988 weekdays before 11 a.m. gcmj2

SAG HARBOR VILLAGE Fine older house, 4 BR's, 2 baths, porch. Handsome mature trees, rock fence, garage-workshop. Studio building + 3 separate 1/2 acre building lots. Whole package available at only \$229,500. Ron Jones R.E., Shopping Cove Mall, Main St. Sag Harbor, 725-2250 gcmj4

GARDEN CITY WESTERN SECTION; walk to RR & churches; corner split; 3 BRs; 1 1/2 baths; LR/fpl; DR; kitchen; den; bsmt; central a/c; 2 zone oil heat; 1 car garage. \$275,000. Principals only 488-4796 gcmj3

MANHATTAN FABULOUS Sunny decorated furnished one bedroom off 5th Ave. in 80's. Luxury doorman bldg. Perfect pied a terre of for a graduate. Asking \$270,000 furnished or \$255,000 unfurnished. Positively no brokers. Eves. 212-753-9267 gcmj4

FLORIDA ST. AUGUSTINE Shores. 2 BR condo, waterfront, w/w carpet, refrigerator, washer/dryer. Swimming pool, tennis, monthly maintenance \$75. Sacrifice at \$54,000. Call 741-6320 days, 354-5064 eves. gcmj5

SAG HARBOR 2 ACRES + in established community. Heavily wooded. Asking \$48,000. Ron Jones R. E., Shopping Cove Mall, Main St. Sag Harbor, 725-2250 gcmj4

MONTAUK SURF CLUB CO-OP 2 BRs, cathedral ceiling, deck, directly on the beach, tennis courts, pool, furnished. \$160,000. Call 484-0561 wmy5

SOUTHAMPTON YEAR ROUND 5 BR cape on 4 acres. Large country kitchen. DR, LR* den, 2 baths. Currently being used as a small horse farm. 2 car garage, 4 horse stable with tack room, and 2 small storage buildings. Estates section. \$550,000. 1-516-283-3029 or 1-516-283-9119. gcmj5

Real Estate For Sale

MINEOLA CO-OP NEW kitchen, bath, wall-to-wall, walk in closets, all new appliances, security parking, walk RR. \$365. maintenance. Sacrifice \$108,000; Rockville Centre 2 BR, 2 bath Co-Op, Terrace, elevator building, low maintenance, walk RR. \$135,000; Elaine Nolan 485-7054 wmy4

ROSLYN-SEARINGTOWN Herricks S.D. Lovely Colonial on 1/4 acre. LR with F/P, formal DR, new Oak EIK, family room, study, powder room. 3 BRs, 2 baths, central A/C. \$350,000. Principals only. 484-0561 wmy5

GARDEN CITY EXPANDED Custom split, corner Washington & Willow Sts., 5BRs, 3 baths, 100 x 150; possible M/D. Asking \$300,000. Call 248-3735 gcmj2

CUTCHOGUE WATERFRONT 3 BR, kitchen, DR, one bath, porch overlooking deep water creek. Bulkheaded. Spectacular views. Call after 6 p.m. 734-5421. gcmj5

GARDEN CITY UNIQUE modern 2 BR, 2 bath co-op apt, low maintenance. Principals only. \$299K. 746-7992 gcmj5

EAST MARION BIRDWATCHER'S Paradise. Newly renovated, 3 BR's, FP, on private wooded one half acre, 75' lakefront. Great views! Bay beach rights. \$215,000 Terms 516-477-1245 or 212-989-0558 (leave message). gcmj1

NEW HYDE PARK 3 BR 2 Baths expanded Cape. Herricks 4.8D. \$185,000; Elaine Nolan 485-7054 wmy4

SAG HARBOR-NORTH HAVEN Private waterfront community. 4 BRs, 3 baths Colonial beautifully landscaped acre. Water-views. Across road from private beach. Mooring rights. Lovely year round vacation home. Asking \$295,000. Ron Jones R.E., Shopping Cove Mall, Main St., Sag Harbor, 725-2250 gcmj4

SUN CITY FLORIDA Between Tampa & Sarasota, 2 BR, 2 bath condo villa. Garden view, screened patio, AC, beautiful clubhouse, all activities, plus golf, swimming & tennis. \$35,000 813-634-5525 days or 813-634-2234 evenings gcmj2

GARDEN CITY EASTERN SECTION. Center hall Colonial on private 1/2 acre. 4 BRs, 2 1/2 baths, lge LR/fpl, fam. rm, formal DR, EIK, sun porch, fin. bsmt, 2 car detached gar., \$440,000. Write to Box "D", Garden City News, 821 Franklin Ave., Garden City, 11530 acj1

GARDEN CITY CENTRAL Section-Col; all brick; 5 BRs, 3 fpls; 3 baths, new EIK, fin. bsmt; open terrace; DR/corner hutch. Charming. Taxes \$4450. Property 75 x 245 \$439,000. Owner. 294-0789 gcmj1

MALVERNE 3 BR C/H BRICK Stone Colonial, 1 1/2 baths, 10x18 den with built-ins, 55x125, walk all. \$180,000; Lovely 3BR Cape, 2 baths, 2 kitchens, new furnace, great mother/daughter, School Dist. 13, \$168,000; Elaine Nolan 485-7054 wmy4

WILLISTON PARK 6 ROOM House, A-1 condition, 3 BRs, 1 1/2 baths, dining area, finished basement, garage. \$160,000. Call 746-0724 wj2

Real Estate For Sale

SOUTHOLD CHARMING 4 BR Cape, 2 baths, woods, mooring rights, private, low taxes, just reduced, \$135,000. Mattituck M/D high Ranch, 10 rms plus 2 baths, all appliances, one half acre, \$149,000. Mattituck Chalei, 4 BR, kitch, DR, LR/FP, financing available, \$137,800. Mattituck Waterfront beach, gracious 3 BR home, parklike setting, very private, year round enjoyment, one acre plus, this house has it all! \$275,000. Sidor-Radford Realty, 298-8556 gcmj4

SOUTHAMPTON SAG HARBOR 2 BR, 2 bath duplex, condo, deck, close to Village and Marina. Sacrifice \$122,000 owner 212 753-9267. gcmj4

GARDEN CITY 3 BR RANCH 3 baths, EIK, professional suite, estate setting on 1/4 lush acre \$625,000; 3 BR Barnes Ranch, 3 baths, library, C/A, finished basement, landscaped acre \$425,000; 5 BR Split, 3 baths, EIK, F/P, 2 car, plus professional suite, 100x150, \$325,000; 3 BR Brick/Slate roofed Tudor, 2 1/2 baths, F/P, reduced for quick sale \$249,500; 3 BR Colonial, 2 baths, den with F/P, reduced to \$229,900; Hempstead Cathedral Gardens, Scarlett's Dream Home! Dramatic marble entry leads to sweeping stairway, 5 BRs, 3 1/2 baths, sunken family room with wet bar, all amenities at \$575,000; An Exclusive 6 BR, Tapestry Brick Georgian Colonial, 3 baths plus 2 halves, family rm, central vac, elegant gardens, 100x225 sprinklered park-like plot suitable tennis court \$375,000; 5 BR, brick slate roofed English Tudor Mansion, 4 1/2 baths, C/A, sunken beamed L/R, vaulted beamed stairwell, attached 3 car, landscaped 1/2 acre, \$365,000; On The Garden City Line, 4 BR Column Colonial, 2 1/2 baths, 20 years young, 2 car on 1/2 lush acre \$295,000; 3BR Slate Roofed Tudor, 2 1/2 new baths, 24' LR with fpl., ultra EIK includes trash compacter, new Andersen windows throughout, indoor gas barbecue, deck, 75x100 fenced garden, Super mint! \$210,000; Estate Sale, 3 BR slate roofed brick Tudor, 2 baths, EIK, fpl, fin. bsmt. \$115,000; 2 BR Ranch, new bath, 9' ceilings, 60x144, business or residential, \$112,000; West Hempstead 3 BR greystone English Tudor slate roofed Castle 3 BRs, 4 baths, sunken beamed L/R, with F/P, large kitchen and breakfast area, C/A, parquet floors \$395,000; 4 BR large 4 level Split, 2 1/2 baths, EIK, den with built-ins, roofed patio with 5 room office suite, suitable professional \$275,000; On the Garden City Line 6 BR Split, 3 unique baths, EIK, finished basement, ideal for the large family \$260,000; 3 BR brick Split, 2 1/2 baths, gourmet kitchen, den, brick patio, walk RR, Super Mint! \$190,000; Elaine Nolan, 485-7054 wmy4

GARDEN CITY ESTATES Section. One of a kind! Custom expanded Ranch, walk RR, schools, 5 BRs, 2 full baths, glass sun porch, CH, LR/FP, DR, new ultra modern EIK, all new appliances, den first floor, fin. basement, laundry room, brick patio, immaculate condition. Principals only \$345,000. Call 747-7192 gcmj2

EAST MARION WOODED Waterfront hideaway, 3 BR, LR/FP, dining area, kitchen, bath, mint condition, a perfect retreat. Terms possible, \$215,000 Mattituck 100 year old Victorian, 3 BRs, LR/FP, EIK, DR, 1 1/2 baths on one acre. \$150,000. Marilyn Lang R.E., Cutchogue 734-6472 gcmj4

MINEOLA MINT 5 BR BRICK and aluminum Tudor, DR, large LR, finished basement, garage, 1 1/2 baths, \$187,000. Owner 747-0480 gcmj2

GARDEN CITY ESTATES Charming expanded Ranch, 5 BRs, 2 baths, LR/DR, EIK, finished bsmt, Florida room, economical FHW, near schools, LIIR. All appliances, W/W, landscaped large shady property with private patio. Suitable professional expansion. Owner. \$375,000. Days 212-661-2608, evenings & weekends 516-248-1336 gcmj2

GARDEN CITY ESTATES 3 BR. Split on 80 x 100 ft. property; LR/fpl; DR; ultra modern c-i-kit; paneled fam rm; separate laundry rm; full bsmt; 2 1/2 baths; wall to wall carpet throughout; 2 car att. electric eye garage; and new Andersen windows. New gas heat and hot water units; in ground sprinkler system. Mint inside and out. Principals only. \$359,000. Call 248-8920 gcmj1

Real Estate For Sale

GARDEN CITY PRESTIGIOUS Landmark, 20 min. midtown Manhattan. Solid brick; Mediterranean Colonial; 150 x 150; 15 x 60 front terrace/awning; 7 BRs, 5 baths, 12 x 30 CH circular front staircase with 4 x 8 window leading to tremendous 2nd floor landing; back staircase. Ultra mod. Spanish stucco kit; mud rm; lge. Adnerson windows; leaded glass windows, island range, elec. bar-b-que pit, oak cabinets, 2 wall ovens, dishwasher, refig, a/c. Large formal DR/fpl, extra lge formal LR/fpl, lge. fam rm off kit; lge master Bedrm with spacious bath. Carpeted fin bsmt with lge kit/laundry rm. Paneled office, tool rm & lge playroom. All amenities. Circular driveway; professionally landscaped; auto sprinklers; outside ground floodlights. Complete insulated & energy efficient. Totally restored. \$725,000. 212-532-2705 ext 211 (9-5). Eves & weekends 516-481-9208 gcmj2

GARDEN CITY VICINITY Cathedral Gardens-Just listed Victorian; charming 9 rms; wrap a round porch, 2 fpls, mod. oak EIK, formal DR; office with separate entrance. Excellent location for professional office space. Must see! Our exclusive! \$159,900. Viking Homes, 538-8615. Cathedral Gardens Own Broker. gcmj4

GARDEN CITY CENTRAL Executive ranch; LR, DR, new EIK, 3 BRs, 2 baths down; 2 Bedrms up. Screened terrace, high bsmt, new appliances, 2 car garage, central air, underground sprinklers, landscaped. Redeclared in and out. low taxes. \$335,000. Principals only. Owner. 486-1534 gcmj2

GARDEN CITY ESTATES SECTION. One of a kind! Custom expanded Ranch, walk RR, schools, 5 BRs, 2 full baths, glass sun porch, CH, LR/FP, DR, new ultra modern EIK, all new appliances, den first floor, fin. basement, laundry room, brick patio, immaculate condition. Principals only \$345,000. Call 747-7192 gcmj2

EAST MARION WOODED Waterfront hideaway, 3 BR, LR/FP, dining area, kitchen, bath, mint condition, a perfect retreat. Terms possible, \$215,000 Mattituck 100 year old Victorian, 3 BRs, LR/FP, EIK, DR, 1 1/2 baths on one acre. \$150,000. Marilyn Lang R.E., Cutchogue 734-6472 gcmj4

MINEOLA MINT 5 BR BRICK and aluminum Tudor, DR, large LR, finished basement, garage, 1 1/2 baths, \$187,000. Owner 747-0480 gcmj2

GARDEN CITY ESTATES Charming expanded Ranch, 5 BRs, 2 baths, LR/DR, EIK, finished bsmt, Florida room, economical FHW, near schools, LIIR. All appliances, W/W, landscaped large shady property with private patio. Suitable professional expansion. Owner. \$375,000. Days 212-661-2608, evenings & weekends 516-248-1336 gcmj2

For Sale

OWN YOUR OWN BUSINESS two heart rate stress vending machines on location. Sacrifice \$550 each, originally \$1500 each. Call 681-7650. hjn1

For Sale

SIDEBBOARD 60x36x16"
traditional mahogany, 3 center drawers, side cupboards. Very good condition. \$85. 328-1950. gcmj4

MOVING MUST SELL
deluxe pool table, Brunswick Madison 4 1/2 x 9 ft. Beautifully restored and refinished. Accessories included. \$4250. 997-3594 6-8 p.m. gcmj4

MOVING MUST SELL 220 VOLT
11,900 BTU GE air conditioner, used one season, \$200. Sears dryer, \$100. GE, top of the line washing machine, \$100. Mahogany silver cabinet, beautifully carved \$75. Early American dry sink, \$50. Two aluminum picnic tables 46" and 42", 6 chairs, \$70 all. Early American bench \$50. 746-2341. gcmj1

UPRIGHT FREEZER, MAPLE
desk, gold colored rug 9x15, walnut desk, wrought iron table and six chairs, bumper pool table, 746-8626. gcmj5

SYNTHESIZER CRUMAR-
Stratus ST 4 - Separate organ/synthesizer controls, modulation joy stick, interface capability, mixer, unique functions, carrying case, \$500. 248-9867. gcmj4

PINK RUG-3 PIECE RATTAN
Furniture; electric lawn mower, 2 ladder back chairs, love seat with cover. 742-4798. wmy5

5 FT ROUND GENUINE
redwood picnic table and 4 benches. Excellent condition \$50 firm. Cash and carry. 741-2470. hjn2

BEDROOM SET LIKE NEW
2 night tables, dual king size bed, 6 ft. dresser and Armoire \$1300. One queen size brass head board \$175. 2 end tables with glass tops \$35 each. 921-4026 after 6 p.m. hbm4

ORIENTAL RUG 9 X 12'
Deep red, hand knotted, good condition. \$1900. Call 741-5167 or 747-2527. gcmj2

TABLE-MAHOGANY PEDES-
Tal, 2 leaves. New-\$650. Evenings 997-6041. wmy5

GLASS JALOUSIES
with screens, in good condition. Total of six pieces (4 window panels, 2 doors) 23 in x 73 in. \$150. 294-6895. gcmj5

TEAK JR. CHINA CABINET
36 inch wide, perfect condition \$80. End table, \$35. 742-2952. gcmj4

DISHES FRANCISCAN
"Desert Rose" 8 dinner plates, 12 cups and saucers, 2 tumblers, 2 bowls, perfect condition. \$90. 742-2952. gcmj4

ETHAN ALLEN FURNITURE
84 in. sofa, 6 loose cushions with two arm cushions, solid dark blue with light blue lines, excellent \$300. large rust corduroy club chair, excellent, \$100. Classic Manor narrow curio, mint, \$325. 422-6698. gcmj1

PROFESSIONAL TYPE SUPER 8
sound movie camera, \$550. Honeywell audio slide projector, power light 4 bulb flood light bracket, Smith-Victor compact sealed beamed movie lights. Honeywell strobe light model 480 with recharger. \$175 takes all. 248-7762 after 6 p.m. gcmj4

For Sale

CAMP TOP FITS 8 FT PICK-UP
cushions, table, stereo, speakers, curtains and screens. Excellent condition. \$850. 248-0857. gcmj5

CHINA SHELLY, "FLO-BLUE"
cups and saucers, etc., corner china cabinet. By appointment only. Call after 6 p.m. 741-3756. gcmj5

OUTDOOR LOUNGE CHAIRS
Solid wood with cushions. \$40. Call eves. after 6 p.m. 294-9748. gcmj5

HOSPITAL BED MANUAL
Excellent condition. \$500. 352-6181. gcmj5

KOOL VENT ALUMINUM
canopy, 15'11" x 9'7". Excellent condition. \$600. Lawn furniture, 6 pieces. \$200. 488-2616. gcmj5

RATTAN AND WICKER
white sofa and 4 chairs. \$700. 485-4985. gcmj5

6' SLIDING GLASS DOOR
Andersen. Excellent condition. \$195. 747-2217. gcmj4

MUST SELL PATIO FURNITURE
China cabinet, artificial flk; kitchen set, kid's school desk, L shape bar, 3 stools, recliner, chandeliers, console stereo, two decessers, two hutches & desk. Two bikes, 91 in. French Provincial sofa with galley, like new. Call 741-2798 bet. 9-6 p.m. gcmj1

PROM-SPRING FORMAL-
Graduation long gowns for all these occasions. Striking pink taffeta, size 10, \$45; beautifully patterned light green cotton, size 6, \$45; white off-the-shoulder cotton, size 12, \$30; chic blue satinish straight line, size 12, \$45; vibrant royal blue taffeta, size 12; jewel turquoise taffeta, size 12, \$45. Call 354-1808 week days. gcmj1

TWO LOUNGE CHAIRS
green plaid, \$50 each. Fruitwood credenza, \$85. marble oval coffee and end tables \$75, other pieces. All in very good condition. 489-5941. wjn1

BEDROOM SET SPANISH
Style, queen size bed with mattress & box spring, ladies dresser & mirror, chest on chest, 2 night tables. Best offer. 248-4033. gcmj2

ANTIQUE WICKER UNUSUAL
Collection, 3 piece white porch set, settee, chair, rocker, \$675. Five piece Art-Deco set with original finish, \$845 + chaise, \$375; desk \$295; fernery and small dressing table chair, \$75 each. All in mint condition. 485-6053. gcmj1

LIVING ROOM SET
Couch and love seat, 2 end tables, one cocktail table, solid oak, 2 lamps, all excellent condition, best offer. Call 9-5 days, 549-4561 eves. 747-4293. gcmj1

RETIRING TO FLORIDA
Must sell. Oval smoke glass dinette table with 6 swivel chairs; danish modern dining room table with pads; sofa and matching chair, occasional tables, other items. 742-1843, 1-9 p.m. gcmj1

MAC GREGOR GOLF CLUBS
registered, 1, 3, 4 woods and 9 irons. Used once. \$150. Call 354-3122. wjn1

For Sale

CANOPY BED FULL SIZE
Pennsylvania House, maple. Complete with all bedding. Like new, \$500. Four rock maple swivel bar stools with padded red seats. Cost \$850, sacrifice \$350. Call 747-1665. gcmj2

BEAUTIFUL 1950 MAPLE
dining room, nutmeg, open hutch, buffet, table, 6 chairs, \$1200. Call after 7 p.m. Mon., Tues., Thurs. 746-1492. gcmj2

LADIES GOLF CLUB STARTER
set. Woods and irons. Brand new, still in box. \$100. 741-5323. wjn1

FURNISHINGS BEALE MAPLE
buffet, china, table, chairs, maple kitchen set, oak bed, bookcase, dresser, desk, maple desk, dresser, night table, pine bed night tables, dresser, chest, lamps, more. 437-4251. gcmj1

Services

TREE STUMP & ROOT
grinding. Any size, front or backyards. Special rates for contractors. Free Estimates. Insured, licensed. Jerry 483-8494 or 483-2687. gcmj2

NASSAU CONTRACTORS
JAMES F. MENTZ
GENERAL CONTRACTOR
Carpentry • Alterations
Slate Roof Repairs
Roofing • Gutters • Leaders
Kitchens • Attics • Basements
Lic. #401750000 593-2933. gcmj4

HAVING A PARTY?
We will make it one to remember. We will supply bartenders, waitresses and waiters for your party. For more information call Party Line at 775-3230. gcmj5

SCOTT MILLER
Landscape Maintenance
Weekly maintenance, spring to fall. Cleanups, lawn chemicals, tree and shrub trimming, shrub planting, thatching, lime, seed, fertilize. 333-7260. gcmj3

VINCENT NASO
Professional Painter & Decorator
Interior • Exterior
Paper Hanging •
Over 30 years experience, neat, clean. Excellent work. 100% guaranteed. Call Anytime 328-0028. hmy3

EXECUTIVE SECRETARY
15 years' experience. Letter Perfect Freelance Typing Service. Large or small typing projects. Manuscript, correspondence typed from handwritten notes, draft papers or tapes. Expert editing. All work done on word processor. Fast delivery. \$9 per hour. Reply Box M, Garden City News, 821 Franklin Ave., Garden City, NY 11530. gcmj1

BUILD WITH BRICK
Stoops • Fireplaces • Patios
• Driveways • And All Types of Brick & Stone Work
Quality Workmanship at Reasonable Prices
Satisfaction guaranteed
no job too small - Waterproofing
Estimates 538-3813
Lic. #H1735940000 gcmj4

A & L PAINTING
Interior/Exterior
Free Estimate
Call LEWIS
489-3385
gcmj5

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. Coulter
294-7547. gca3

PAINTING-INTERIOR
Reasonable Rates
Free Estimates
No Job Too Small
Call Anytime
C & K PAINTING
718-274-6719. gcmj4

DO YOU OR YOUR LOVED
ones need help with medical insurance claims? Experienced with Medicare and private insurance companies. Mrs. S. Fajans 538-8974. gcmj2

P & S SHINGLE/ROOFS
Free estimates, reasonable prices
Call Phil or Steve. 741-3847
evenings. wmy4

SKYLINE IMPROVEMENTS
• Carpentry •
• Roofing • Aluminum Siding
Soffit & Trim Treatment
Wood Shingles & Shakes
All Types Of
Window & Door Replacements
• Sash Cords Replaced • Structural
Repairs & Renovations
Custom Formica Work
Expert Work References
Reasonable Prices • Free Estimate
Insurance Estimates Written
Call FRED 654-2610 or 931-1155. wjn2

GUTTERS CLEANED
Repaired, replaced. Painting and other handyman jobs. Call and ask for Joe 735-6349. Licensed. hbj1

ATTENTION LADIES
Expert alterations and restyling at reasonable prices. Call Rosa 741-6226, 9-5 p.m. or 489-0502 eves. gcmj4

PAINTING
Exterior Interior
Benjamin Moore Paints
Reasonable Prices
Free Estimates
Jimmy Mac
248-7314

WINDOW WASHING
Reasonable rates, sparkling results. \$3.50 per window. Call for free estimate. 796-1544. gcmj1

CARPENTER
Cabinets, bookshelves, doors, windows, ceiling, paneling, additions. Excellent finish work. Call John, 248-8163. Siding roofing and slate repairs. Call Frank, PY 6-7638. LIC #18300240000. gcmj2

THE CUISINE SCENE
Fine catering for all occasions. We prepare food, serve, clean up, at home, the office, anywhere. Takes outs to full service. References available. Call Susan 742-1956. gcmj2

LAWN MOWER
Repair Service
Free pick-up and delivery
Free Estimates
Reasonable Rates
354-3742. gcmj5

Services

UNIQUE PARTY SERVICE
With a Personal Touch
By Sheila
Professionally Coordinated Parties
Complete Service-Home, Office
Dinner Parties • Cocktail Parties
All Occasions
For Consultation... Call 354-5298. gcmj1

LADIES RELAX AND ENJOY
Your Next Party!
Catering and Experienced Professional Services for assisting with Preparation, Serving and Cleanup, before, during and after your party. Bartenders Available. Call Kate (aka Donna) at 248-1545 or 746-8264. wmy4

BRICKWORK MASONRY
NBA Contracting
(formerly Norman Anderson)
Fireplaces, Patios, Driveways
Waterproofing
40 Years Experience
Free Estimates
516 489-7040 718 465-1389. gcmj4

Professional Services

MIND STRESS??
Muscle Tension? Enjoy Massage Therapy in your home by the Masseur of the Bath & Tennis Club. Member: N.Y.S. Society Medical Masseurs. Male/Female. Michael Corr 623-0540. hvj1

Pets For Sale

REGISTERED TOY PODDLE
for sale. Black, male, 2 years old. Call 747-8371. gcmj4

Antiques For Sale

LIBRARY TABLE WALNUT
Carved. 2 ft x 3 ft. dark brown marble top. Victorian, 19th century. \$500 firm. 741-4489. gcmj1

Instructions

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. rci2

RITA LUCY'S GARDEN CITY MUSIC STUDIO
Piano Violin Viola Guitar
Theory, Harmony
College Preparation
All ages and all levels
The best in music education
30 years in area
248-7379. gca1

PERSONAL MATHEMATICS
tutor for grammar or high school student facing exams. Bucknell University math major. \$9 per hour. References. Will meet your schedule. Ed Benack 294-8241. hmy4

Garage/Tag Sale

GIANT BLOCK GARAGE SALE
Sat., June 1, 10 a.m. to 4 p.m. (Rain date June 8). New attic fan, furniture, housewares, many old and new items. Concord Ave./Lafayette St. in Williston Park, (North of Hillside Ave.). wmy5

Garage/Tag Sale

GARDEN CITY 51 Hilton Ave.
May 17&18 - 9-4 p.m. Books, housewares, appliances, office equipment, furniture, etc. Rain date May 24&25. gemy5

MINEOLA 53 JEFFERSON AVE
off Roslyn Rd. Sat. June 1, 10-5 p.m. Rain date, June 2. Something for everyone. gcn1

FLEA MARKET-ST. ANDREW'S Church, Campbell Ave., Center St., Williston Park, Saturday, June 8, 10 a.m.-4 p.m. Tables available-Donation \$15. Cut-off date for tables, June 1. Further information call 741-5543 wjn1

2 TALENTED PROFESSIONALS
want to conduct your house or estate sale. Specialists in liquidating contents and insurance/estate appraisals. Call 623-7315 for free consultation. Sales By Al & Marie ha2

SYOSSET MAY 18 & 19, 10-4 p.m., 12 Honey Drive (off Convent Road) oil paintings, antiques, musical instruments, stove, typewriter, ping pong table, collectibles, many items, no previews. hmy3

GIANT NEIGHBORHOOD YARD Sale, June 1, 9-2 p.m., Mitchell Field, NCC area (off Stewart Ave) Follow signs to playground on Wheeler Ave. Many families moving. Rain date, June 8. gemy5

GARDEN CITY BARGAINS
Multi-family garage sale-furniture, collectibles, sport equipment, china, clothing. June 1, 9-2 p.m., rain date June 8. No previews. 64 Harvard St. (off New Hyde Park Rd.). gemy5

GARDEN CITY MAY 24 & 25, 9-4 p.m. 37 Huntington Rd. Household items, books, clothing, fabric, jewelry, canning jars, wooden desk, 20" girl's bicycle, etc. No previews. gemy4

GALA TENT ANTIQUE SHOW
at Muttontown, Sat., June 1, 10 a.m.-6 p.m. (Rain date June 8). Unitarian House, Northern Blvd. 25A (one half mile west of Route 106). Donation \$2 with ad. 60 quality dealers. Super luncheon. for information call 868-2750 gcyj5

STEWART MANOR 167 DOVER Pkwy. Sat. May 25, 9-3 p.m. Something for everyone. gemy4

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 and cause you to be invoked. St. Jude, Pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hall 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. A.D. wmy4

CLASSIFIEDS
do the talking for you

Personal

HOLY SPIRIT YOU WHO SOLVE
all problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you 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. D.M. wmy4

HOLY SPIRIT YOU WHO SOLVE
all problems, who light all roads, so that I can obtain my goals. You who give me the divine gift to forgive and forget all evils against me and that in all instances of my life you are with me. I want in this short prayer to thank you for all things and to confirm once again that I never want to be separated from you ever in spite of all material illusions. I wish to be with you in eternal glory. Thank you for your mercy towards me and mine. Say for 3 consecutive days after which the favor requested will be granted even if it appears difficult. This prayer must be published immediately. Thank you Holy Spirit. M.J. gemy4

Wanted

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. hm5

CASH PAID FOR JUKE BOXES
taxidermy, stained glass, toy peddle cars. Ask for Bill 826-3054. hmy4

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. gcyj1

STOCK CERTIFICATES/BONDS
Your old documents issued by now bankrupt companies have value to me as collectibles. Call 364-2246. hjn1

DOLLS WANTED
I collect dolls and other doll memorabilia - new or old. What do you have for sale? Call me at 433-3876. hjn1

TRAINS AND TOYS
Lionel, Flyers, Ives, etc. Sets, pieces, accessories, soldiers, forts, trucks, cars, windups or push. Games too! Highest immediate cash paid 581-2999. hjn1

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. htfjn2

Wanted

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. hyl1

OLD GUNS - SWORDS,
binoculars, model engines, bamboo fly rods. Call 825-0979 or 364-2246. hjn1

Notice

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

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

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

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

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. Each writer will be reimbursed a stipend of \$25.00

If you want to be published and be part of an issue of Discovery you may submit your article to: Litmor Publications, 81 East Barclay Street, Hicksville, NY 11801

GRANDPARENTS... HERE IS YOUR CHANCE!

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

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

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

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

ATTENTION PET LOVERS....

If you feel that you have the 'Most Precious Pet in the World' it is time to let the rest of the world know about it.

Discovery Magazine wants to show your pet to everyone in its reading area.

To nominate your pet as the "Most Precious Pet" send in a photo to: Discovery Magazine, 81 East Barclay St., Hicksville, NY 11801



Spouse troubled by undomestic wife

By Willard Abraham Ph.D.

Q. I was brought up in a home where my mother was a homemaker and seemed to love every minute of it. My wife is exactly the opposite, believing that all of that (even sewing on a button) is menial labor and far beneath her. In fact, she frequently ridicules other women who even only occasionally get involved in household activities.

I'll admit that she does put in a lot of time on her job, but so do many other women. She doesn't give that as an excuse. It's just that she doesn't like the home activities.

The reason I'm concerned is because I'd like our children to grow up knowing that keeping up a good home can be enjoyable for both men and women.

I've often offered to help out by cooking and baking (it probably could be a lot of fun), but the answer is usually, "No way," "Forget it," or just plain, "No." She prefers bringing home prepared food or having all of us go to a restaurant.

Your suggestions would be so welcome.

A. It sounds like you're trying to remake your wife in your mother's image, and the strong odds are that it won't work. Not only that, but your efforts can lead (if they already haven't) to much unhappiness for all of you.

So perhaps it is best to back off, and think more of the capabilities and interests she does have. If you really might enjoy the kitchen scene, once in awhile you could involve yourself in it and take your children along with you. A nice surprise may evolve as your wife notices the enjoyment shared by you and them.

Q. No, I don't have any serious problems with our own kids, but the issue is our neighbor's youngsters - and the parents themselves.

They are nice enough in all ways except one, and that is their belief that running around in the house "in the buff" is a healthy thing to do. When I say they don't wear a stitch, that's exactly right; nothing at all - Mom, Dad and three kids including an adolescent son and two little girls.

Maybe we're a little prudish, but it just doesn't strike us as the way our children should see a family live.

I've never brought up the subject to them (guess I'm just too embarrassed) and my husband hasn't, either. He disposes of the whole thing by saying it is none of our business.

I think it is, but perhaps he's right. What do you think?

A. I suppose that out of consideration for your family and other neighbors they could pull down the shades or blinds, but that might deprive them of sunshine, air and a view of the outside. You could do the same, of course, but that's punishing yourselves, perhaps unnecessarily.

So there are two other possibilities: (1) A friendly comment to them if either of you can bring yourself to offer it, stressing a desire for them to use shades or blinds on the side of their house facing yours, or (2) adopting your husband's live-and-let-live attitude.

Q. Most parents are quite thoughtful regarding the health and safety of their children, but two situations I recently encountered in grocery shopping have worried me.

They involved young children temporarily abandoned in grocery carts while their parents searched for items on shelves some distance away. The little ones could have toppled so easily as they leaned over or reached toward colorful boxes or shelves near them.

Maybe I'm just being overly concerned, but I do worry when I see such parental neglect or thoughtlessness.

If you agree that this matter deserves attention, I hope you'll share it through your column.

A. Yes, I do agree, and feel that prevention and constant vigilance are parents' responsibilities, whether the children are at home, in an automobile or on a grocery shopping excursion.

I don't know whether it's one of Murphy's Laws or someone else's, but the thought that "if anything can go wrong, it will" occurs to me.

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....

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



Aunt Tilly's Corner

Recently I helped bring a group of children to the Bronx Zoo. The trip was long and tedious, but when we finally arrived at the Zoo we all had a grand time.

Later I asked the youngsters what their favorite animals were. I got very interesting answers. One girl wanted to be a bird so she could fly to the top of the Statue of Liberty. Another girl, who imagined that bears are gentle creatures (which they certainly are not) thought it would be fun to have one as a pet.

Two boys picked members of the ape family as their favorites; one chose a gorilla and the other boy a chimp. For some unknown reason one girl liked skunks and a boy preferred buffalos. I had to disagree strongly with the boy who wanted a boa as a pet—I can't imagine curling up next to one.

My own choice would be a kuala or panda. I can't decide which. What is your favorite animal?

Aunt Tilly

P.S. This week's coloring contest winners are David Slinisi and Alyssa Gillego.

Points on Pets



Skin problem is chronic disorder

Q. Our 11-year-old dachshund has thick, blackened skin under her front legs (in what would be called armpits in a human). She has had this problem for quite a while, but it has just recently begun to bother her. Apparently the thickened skin itches.

What is causing her discomfort? What can we do to correct the problem?

A. One of the most likely causes for the thickened black skin in the axillae of your dachshund is a condition called *acanthosis nigricans*. This usually is a chronic disorder and dachshunds are affected more often than other breeds.

Acanthosis nigricans is characterized by increased pigmentation of the skin, hair loss and thickening of the skin. Initially the skin is swollen, the hair thins, and brown, blue-gray or black pigmentation appears. Eventually, the skin thickens, forming deep folds. Affected areas may have a greasy appearance.

Although the condition itself does not cause itching, seborrhea and secondary infection may cause moderate to severe itching. The condition progresses until it involves the legs, flanks and chest. Lesions usually are more severe in fat animals.

The cause of *acanthosis nigri-*

cans is not fully understood. Endocrine imbalances involving the thyroid, pituitary and adrenal glands are suspected of being involved, as are malfunctioning ovaries and testicles.

The frequent appearance of lesions in areas where friction is common suggests this also may be a contributing factor. However, most authorities believe that friction alone will not cause the disease.

Many authorities believe that decreased production of the thyroid-stimulating hormone by the anterior pituitary gland is a major causative factor. Ovarian and testicular tumors cause signs similar to those seen in *acanthosis nigricans*.

Treatment usually involves long-term medication with thyroid drugs, corticosteroids and antibiotics. Shampoo and ointments effective against seborrhea also are often recommended.

Following examination and diagnosis, your veterinarian can recommend the best treatment for your dog. Usually *acanthosis nigricans* cannot be cured, but it can be controlled in most cases.

Q. Our male cat has a spraying problem. Is there any way to control this very annoying trait? We

RULES

BOYS AND GIRLS:

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

1. Contest is open to children 4 to 12 years of age.
2. Entries must be received by Friday, May 31, 1985
3. Paint, watercolors and crayons must be used on the above.
4. Decision of the Judges will be final.

Mail your entry (just clip out cartoon) to this newspaper at:
105 Hillside Avenue
Williston Park, N.Y. 11596

ZIG-ZAG

THE ORIGINAL WORD MAZE PUZZLE

FIGHTING AIRPLANES

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



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

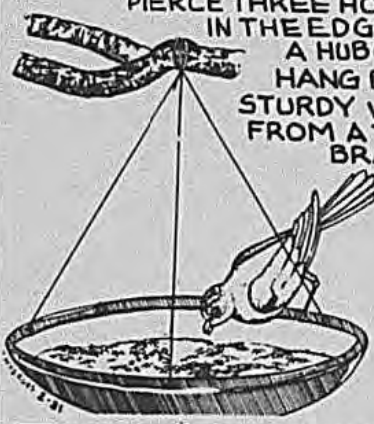
GIVEN BELOW ARE THE POINT VALUES FOR EACH WORD. YOUR WORDS MUST CORRECTLY MATCH THESE POINT VALUES.

4	ZERO
4	
4	
4	

4	
4	
4	
4	

AN OLD HUB CAP MAKES A GOOD BIRD FEEDER.

PIERCE THREE HOLES IN THE EDGE OF A HUB CAP. HANG BY A STURDY WIRE FROM A TREE BRANCH.



BY CHRISTOPHER & JANICE NYERGES
RECYCLING

Putterin' Pete

By FRYE



AMATEURS ARE INCLINED TO DISCARD A PIECE OF SANDPAPER WHEN IT BECOMES CLOGGED. 'ACE' PUTTERS USE A WIRE SUEDE BRUSH TO REMOVE SANDING PARTICLES, ADDING SOME TURPENTINE TO CUT THE GLAZE, IF ANY. AT TODAY'S SANDPAPER PRICES, IT PAYS TO GET FULL USE FROM EACH PIECE.

SPITFIRE (4)
MUSTANG (4)
ZERO (4)
YAK (4)

FIGHTING AIRPLANES