

In Two Sections - Forty Pages  
The Only Newspaper Printed and Published in Hicksville

# Mid-Island Times & Levittown Times 25¢

Vol. 44 No. 27

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Friday, July 5, 1985



The 66th New York State Annual Convention of the Veterans of Foreign Wars was held at Buffalo on June 26, 27, 28, 29 and 30. State Adjutant, Joseph Gumo, reads off a Citation to VFW Delegates honoring Post 3211, Hicksville. Receiving the Award is Commander Anthony Chesak being congratulated by New York State Commander William Bossidy.



New Hicksville Rotary Club President Mr. Elie Zambaka, right, is shown above presenting the Past President plaque and gavel to Mr. Harry Peltz. (Official Rotary Photo by Joe DePaola)

## Hicksville Rotary Installs President

Mr. Elie Zambaka, President of the E.Z. Travel Agency was installed as president of the Hicksville Rotary Club for the U.S. Rotary International Year 1985-1986 in ceremonies held at the Viennese Coach restaurant. The Honorable Myron Steinberg was the installing officer. Mr. Peter Rocco, a Hicksville

Chiropractor was named Vice-President, Mr. Leo Sugarman, Secretary and Mr. Albert Levine, Treasurer.

Elected to the Board of Directors was Past President Harry Peltz, Mr. James Grossman, Mr. William Heyday, Mr. Harry Smith and Mr. Russell Marciano.

## Police Arrest Fugitive Here

A 34 year old Arlington, Texas man was arrested in Hicksville at 8:20 p.m. June 27 by Second Squad Detectives as a Fugitive from Justice.

Police in Arlington requested that Robert Shepard, a Counter-man of 1906 Pebble Creek Circle,

Arlington, Texas, wanted on a Sexual Abuse Warrant, be picked up by Nassau Police.

Shepard is presently being held in the Headquarters Detention facility awaiting the arrival of Texas authorities.

## Hicksville Swimmers At Empire Tryouts

Hicksville was well represented by the swimmers at the Empire State Games Tryouts at Timberline Park on June 27, 28 and 29.

Marianne Krysinsky, Drew Blak and Scott Epstein, who placed third in both the 100 and 200 breaststroke, were among the competitors who had to meet qualifying times.

Lorna Mund and Jeannine Sirey competed and placed in qualifying positions but withdrew because of National commitments. Lorna won the 100 and 200 back and the 100 and 200 freestyle. Jeannine won the 800 free, the 200 IM and the 400 free and was second in the 100 free.

Donald Sirey will be representing Long Island at the Buffalo Games in the 800 free and the 400 free and the 100 and 200 backstroke, the events in which he placed second and first. Kristin Mund won both the 100 and 200 butterfly and will swim both at the Games, along with the 800 freestyle.

## Suspect Arrested For Bank Robbery

Arrested by Robbery Squad Detectives Pete Blum and Henry Klosowski on June 28 was Thomas Igoe, 21 years old, who resides at 7 Woodcrest Road, Hicksville. Police say he is the man that on June 6 robbed the Westbury Federal Savings at 405 Jerusalem Avenue, Hicksville. At that time a man entered the bank, simulated a weapon and demanded money. He escaped with \$4000, none of which has been recovered.

## Defense Contract For Amperex

The Defense Electronics Supply Center has awarded a total of \$1,010,047 in contracts to Amperex Electronics Corporation, 230 Duffy Avenue, Hicksville, for the production of electron tubes.

The Defense Electronics Supply Center is a field activity of the Defense Logistics Agency headquartered at Cameron Station, Alexandria, Virginia. DESC buys and manages electronic spare parts for the Armed Forces as well as civil agencies of the Federal Government.

## Hicksville Asst. Supt. Accepts New Position

Special to Mid Island Times  
By Valerie Pakaluk

The resignation of Assistant Superintendent, Ronald L. Friedman, was accepted by the Hicksville Board of Education on June 28. Mr. Friedman, in service with the district for the past six years will be leaving in August to accept the position as Assistant Superintendent of Curriculum and Personnel in the Long Beach City School District. In granting approval, the Board commented favorably on Mr. Friedman's record in the district, wished him well, and added that he will be sorely missed.

The vacancy of Principal at Willet Avenue School, caused by the untimely death of Mr. John Maher in May, was filled by the appointment of Jack Schwartz, effective July 8. Mr. Schwartz is a newcomer to the district.

Mr. Richard Greenfield, Chairperson of Vocational and Occupational Education in the Senior High School, was called upon to defend his recommendation to transfer students from BOCES to either Levittown or East Meadow next year for vocational training. In particular the Horticulture Program was questioned. The Board had granted its approval on other vocational courses but was not sure that those students would be affected. According to Mr. Greenfield and a representative of the Levittown staff, comparisons were made by a committee and Levittown was chosen for its superior training, staff, facilities and philosophy of the program. As Mr. Greenfield stated, "the placement rate in the job market is excellent" upon graduating from the Levittown program.

Located on Hunt Road, South Levittown, the Levittown facility includes 3 buildings, a greenhouse and 3 acres of land. Their administration staff promises to extend more cooperation with attendance information than is presently available from BOCES. Since Hicksville has "cracked down" on absenteeism, attendance figures are necessary on a daily/weekly basis. BOCES figures are available on the Thursday following the school week, too late to take action on frequent student absences.

Apparently there has been some concern expressed by supporters of BOCES because of the change of policy for Hicksville students. But, as Superintendent Catherine Fenton, said, "we are comparative shopping" and "we'll continue to look for the best services, at the best price, for our students". It should be noted that the cost figures are noticeably lower at the Levittown and East Meadow programs compared to BOCES. Fenton added that if, in the future, BOCES can offer more than the present choices, they will be reconsidered.

The agenda included many personnel appointments for the 85-86 school year. One retirement was noted and that was for Marjorie Mitchell, a fourth grade teacher at Fork Lane School, with the district for 24 years. Leaves of absence (without pay, increment, or other benefits) were granted to Jeffrey Shaffer, math teacher, Junior H.S.; Penny Edwards, art teacher, Senior H.S.; and Margaret Friedlander, art teacher, Junior H.S. All cover the period September 1 through June 30, 1986.

The annual reorganization meeting was scheduled for July 2. A report on that meeting will be included in the July 12th edition of the Mid Island Times.

## Lawyer Speaks At Library

Alexander L. Kaplan, Esq. will speak at the Hicksville Public Library at 8 p.m., on Thursday, July 11. His topic will be: "Do I Need A Lawyer?" The subjects Mr. Kaplan will cover include:

- Do I need a will?
- Should I hire an attorney for real estate matters?
- What do I do if I am in an accident?
- Discussion of Small Claims court.

- Discussion of Attorneys Fees.
- Discussion of Legal Assistance Programs.
- Discussion of Matrimonial disputes.

There will be a question and answer period session in which real problems of the audience will be discussed. This program is free and everyone is invited. It will be held in the air conditioned Community Room.

## Irish P.O. Clerk Visits Hicksville



Frank Mitchell, Customer Services Representative (right) explains Hicksville postal operations to James Murphy (center) a postal clerk from Cork, Ireland. Also on the tour was Lillian Lesnick, mother of James' fiancé.

"Hicksville is quite a modern postal operation, much larger than my post office. The automation with the Optical Character Reader is quite an innovation in sorting mail," said James Murphy, a window clerk at the main post office in Cork, Ireland. He was here to visit Julia Lesnick of Hicksville. He met Julia in 1984

when she was staying with relations in Ireland.

Julia and James announced their engagement. They intend to live in Cork after their marriage in 1986.

James is 31 years old. He has worked for 10 years with the Irish Post Office and lives on a farm with his family.

## Ehmann Given Science Award

James Ehmann, a Hicksville High School graduate now of the Post-Standard, Syracuse, New York, has been named one of the winners of the prestigious American Association for the Advancement of Science-Westinghouse Science Journalism Awards for 1984.

Ehmann was given the \$1,000 award, which recognizes outstanding reporting on the natural sciences and their engineering and technological applications, for newspapers with less than 100,000 circulation.

He won for his stories, "Under the Weather," a six-part series published in January 1984. The stories detailed the whys and wherefores of weather in Central New York, explaining the geographic influences that combine to make Syracuse the snowiest center of human habitation in the United States and examining the impact of weather on the region's human and non-human residents.

Ehmann, 36, joined The Post-Standard in 1977 as a general assignment reporter. He writes the daily "Ehmann's People" column and contributes regularly to Monday's Science page.

Ehmann is the author of "Chattey's Island," published in 1982 by Ticknor and Fields, and the co-author of "To Whom It May Concern: An Investigation of Elephant Art," to be published later this year by W.W. Norton and Co.

The American Association for the Advancement of Science, formed in 1848, is the largest general scientific organization in the United States. It has 136,000 individual members and about 285 affiliated scientific and engineering societies and academies of science. The association published Science and Science 85 magazines.

The awards were presented at the National Association of Science Writers' annual banquet

May 28 in Los Angeles. He is the son of Jack and Mary

Ehmann, of Waters Avenue, Hicksville.

## Named To Bd. Insurance Assn.

Hank Garber of National Risk Managers, Ltd. in Hicksville was installed on June 11 as a member of the Board of Directors of the Independent Insurance Agents Association of Nassau County Inc. (IIAANC) and has been appointed

to direct the Association's Programs department. This association is the largest Insurance Agents Association in New York State. We congratulate him and wish him success in the coming year.

## Hicksville Bookmobile Schedule

The Hicksville Public Library Bookmobile now on its Summer schedule. Listed below are the stops and the times the Bookmobile is due at them. Please note that there are new stops added for the Summer.

Using the Bookmobile is very convenient. If you don't find what you want, you can request a book and pick it up on the Bookmobile on its next visit. The Bookmobile carries adult novels, children's books and current magazines. Add more fun to your Summer by reading. We make it easy for you on the Bookmobile.

### BOOKMOBILE SUMMER 1985 SCHEDULE

Summer Schedule Effective July 1 through August 30

#### MONDAY

9:30AM - 10:30AM - Blueberry Lane & Malone Street  
11:00AM - 12:00PM - Homebound Visits  
2:15PM - 3:00PM - Edward & Reiter Avenues  
3:30PM - 4:15PM - Appollo & Arch Lanes

#### TUESDAY

9:30AM - 10:30AM - Twinlawn & Sunset Avenues  
11:00AM - 11:45AM - Homebound Visits  
1:30PM - 2:30PM - Link & Arbor Lanes  
3:15PM - 4:15PM - Burns Ave. School (Burns Ave. & Dakota St.)

#### WEDNESDAY

9:30AM - 10:15AM - Princess Street & Oxford Place  
11:00AM - 11:45AM - Primrose & Pinetree Avenues  
1:30PM - 2:30PM - Larch Street & Cornell Lane  
3:15PM - 4:10PM - Woodland Ave. School (Ketcham Ave. & Gardenia Lane)

#### THURSDAY

9:30AM - 10:30AM - Fork Lane School (Fork & Winter Lanes)  
11:00AM - 12:00N - Homebound Visits  
1:30PM - 2:30PM - Bunker Lane (near Wishing Lane)  
3:15PM - 4:15PM - Mid-Island Plaza (near The Plaza 6 Plex Theater)

#### FRIDAY

9:30AM - 10:30AM - Dutch Lane School (Stewart & Levittown Pkwy)  
11:00AM - 11:45PM - Senior Citizen Housing (1st & 3rd Fridays)  
2:00PM - 3:00 PM - Ronald Avenue & Moeller Street  
3:30PM - 4:15PM - King Kullen Shopping Center (Broadway)

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# Fitness Forum

## Mom's fit again after 4 children

By Jack Williams

First, nature threw her a curve — a condition of the spine known as scoliosis. Next, the ballet classes that had toned her lithe 105 pounds were put on hold.

Kathy Corey became a full-time mother of four with abdominal muscles as taut as a pillow — and a back that felt like it had been pressed into duty as the Brooklyn Bridge.

She gained 25 pounds. Her spirits sagged. So did her energy.

"For five years," she said, "I did absolutely no exercise. I went back into one of my old dance classes and couldn't do one movement. It was then that I realized I couldn't go back to ballet. I'd been away too long."

But she could exercise. She could rediscover her body. She could appear trim and fit.

Slowly, after three months on an exercise program, the pounds dropped like sweat. The tummy tightened. And Corey was hooked — a born-again creature of fitness who today operates Body Firm, a Southern California health club where "body alignment" is in and intensity ("It's not how many you do, but how you do them") is out.

The scoliosis? You'd never guess. Corey, 37, is a stickler for perfect posture, a devotee of body mechanics. Without the proper alignment, from head to toe, exercise is a waste of time, she says.

Particularly all those strenuous sit-ups, leg lifts and trunk twists we do for one of the most stubborn parts of our anatomy: the abdomen.

"Probably the most common fitness complaint," she tells you, "is bulging, flabby abdominal muscles. They're the laxest muscles in the body and the most difficult to keep toned. After my fourth baby, when I went back to exercising nine years ago, it took me 12 weeks to establish the awareness I needed to do the movements correctly. My back is still curved, but stretching and lengthening exercises have eliminated the pain and made me stronger."

She knows if she overdoes it, or exercises incorrectly, the back pain will return.

"Every exercise is an abdominal exercise," she said. "Understanding the strengthening and centering of the body from the pelvis is essential for proper balance in movement."

It's best, suggests Corey, to do abdominal exercises without a slant board or foot support because they "encourage you to throw your back into it. You lose control easily."

Here's a summary of the Corey method of tummy toning:

### ABDOMINAL ROLL-UP

Sit on the heels, placing the hands behind the feet on the floor. Gently lift the hips a few inches from the heels. Draw the abdominal muscles back to the spine, contracting across the hips. The gluteus muscles are tucked under, lengthening the space from the waist to the tailbone.

As you contract, exhale from the abdominal muscles. Release the abdominal muscles, allowing yourself to inhale, pivoting from the hips to sit back on the heels.

"This movement," insists Corey, "will not only help to flatten and strengthen the stomach but will help prevent the back muscles from taking over in your abdominal exercises."

### ABDOMINAL FLATTENER

Lie on the floor with the knees bent. Tighten the low abdominals and create a wraparound feeling from the inner thigh back to the fanny muscles. Extend one leg out diagonally. Keep the knees level. Contract the upper abdominals to slowly roll the body upward toward the leg.

The rib cage draws together softly toward the navel. Place your hands on your lower abdomen. As you roll up, the natural tendency is to allow the abdominals to press out. This movement will build a bulge under the waistline.

Only by holding the contraction in the low abdominals can you achieve a flat stomach. As you roll back, feel the lengthening of the abdominals.

### ABDOMINAL SIT-UP

The key to the proper sit-up is to draw the abdominals back to the spine, anchoring the buttocks and the waist to the floor. (Don't arch your back!) The lower abdominals remain tight and flat while the upper abdominals lift the body. There should be no tension in the neck, shoulders or back.

The work is done from the abdominal muscles only. If the lower abdominal muscles are protruding, you are lifting too far, releasing the abdominals and working from the back muscles. The upper body never lifts or lowers in one piece. The movement is a roll through the head, neck and shoulders controlled by tight abdominals.

Begin to press your back from under your waistline to your tailbone into the floor by contracting the abdominal muscles. Your navel presses to your spine, and your spine presses to the floor. The gluteus muscles tighten and lift slightly as the abdominals contract firmly.

The abdomen is flat, tight and

strong, avoiding the pouching out of the low belly. Exhale as you contract, inhale as you relax.

### LEG LIFTS

Done properly, this exercise is most effective in trimming the tummy; done improperly, it can lead to back and neck strain. The difference in the results you receive comes from the proper positioning of the body.

Lie on your back. Place your hands under your seat. Extend your legs up at a 90-degree angle to your body. Gently raise your

head while pulling your upper abdominals to your back and flatten your lower abdominals back to your spine from your waist to your tailbone.

Lower your legs slowly, only as far as you can, keeping your back flat on the floor. Do not tense the upper body or use your elbows. Lift your legs up using the stomach muscles, flat and tight to your spine. Never raise the hips or tailbone from the floor — and don't swing your legs.

Remember: Don't let your back arch. And breathe.

## Senior Center Honorary Board



At a recent cocktail reception of appreciation for the Friends of the Senior Day Care Center, the Board of Directors introduced the members of the newly formed Honorary Board of Directors.

The Honorary Board Members are: Mrs. Margeen Albers, Oyster Bay Cove; Rev. Henry Brau, Pastor of Woodbury Methodist Church; Rev. Jean Butler, Asst. Pastor of Community Church, Syosset; Hon. Kenneth S. Diamond, Councilman, Town of Oyster Bay; Rabbi Daniel Fogel, North Shore Synagogue; Hon. Daniel Frisa, State Assemblyman, Brookville; Rev. Robert E. Hullstrung, Pastor of Faith Lutheran Church, Syosset; Roy E. Lawrence; Rev. John P. Martin, Pastor of St. Edward the Confessor Church, Syosset; Rev. Robert H. Platman, Pastor of St.

Bede's Episcopal Church, Syosset; and Hon. Lewis J. Yevoli, State Assemblyman, Plainview.

The Honorary Board will provide their wisdom and counsel to the working Board as it governs the operation of the Center.

This program is operated by the Senior Day Care Center serving Syosset, Jericho, Plainview and Woodbury, with partial funding through the Nassau County Department of Senior Citizen Affairs and the New York State Office for the Aging, under the Community Services for the Elderly Program.

The Senior Day Care Center serves the frail elderly in the communities of Syosset, Jericho, Plainview and Woodbury. For further information about the Center, please call 921-2730.

### JERICHO UNION FREE SCHOOL DISTRICT JERICHO, NEW YORK SCHOOL CALENDAR 1985-86

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Legend:  Holidays - Schools Closed

Opening Day of School & Orientation Day

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(20 days)					

Reminder - First Day of Classes

Elem. 8:35 - 11:45

JHS: 7:36 - 12:33

SMS: 8:42 - 1:39

Orientation: 7:00 P.M.

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## Garden Honors G.J.Fippinger

Clark Garden, Albertson, recognized one of Long Island's prominent business and community leaders at a Shakespearean Garden Gala on Thursday evening, June 20. The garden party took place outdoors in the 12-acre garden at 193 I.U. Willets Road.

Grace J. Fippinger, Vice President, Secretary and Treasurer of NYNEX Corporation, was honored by the Clark Garden Board of Directors and Auxiliary and over 200 guests. Miss Fippinger was chosen to receive Clark Garden's honor, according to Donald C. Lum, Chairman of the Board, "for her outstanding achievement as a business professional during a period of extraordinary change in the communications industry and for her selfless and devoted voluntary service to the improvement of the quality of life for the greater Long Island community of which she has been a life-long resident."

Miss Fippinger, of Hicksville, has been recognized by numerous civic, philanthropic, educational, municipal and corporate organizations for her unique abilities and contributions. She serves as a director of Pfizer, Inc., Connecticut Mutual Life Insurance Company, Long Island Trust Company, Gulf + Western Industries, and The Greater New York Fund. She was appointed by Governor Rockefeller to the New York State Women's Council and to the State Manpower Advisory Council; and at the request of Governor Carey, she served on the Economic Development Advisory Council.

The Clark Garden affair began with cocktails in the Rose Garden at its peak of bloom. Shakespearean music was performed by Grove's Consort.

The Shakespearean theme was apparent in the floral center-

pieces--each highlighted by an herb of the period. Dinner was served under a tent near the Garden's pond, decorated with floating candles.

Clark Garden is affiliated with the Brooklyn Botanic Garden. Donald C. Lum is Chairman of the Board of Directors, and Dr. Howard S. Irwin is Director. In addition to the funds raised by the Clark Garden Auxiliary through its twice a year plant sales to the general public the purpose of the

event was to raise additional funds toward the goal of making Clark Garden financially self-sufficient.

The property was given to the Brooklyn Botanic Garden in 1966 in memory of his wife, Fannie Dwight Clark, by the late Grenville Clark, who was honored as a distinguished American by the United States Postal Service through the issuance of a 39 cents stamp in March of this year.

## Picnic Pops Concert OLD WESTBURY GARDENS

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## Our Children

### Bringing up girls vs. raising boys

By Willard Abraham  
Ph.D.

**Q.** I have always heard that boys are more difficult to raise than girls, but it certainly isn't true in our family.

After three sons who never have presented any serious problems, along comes this little female who is stubborn and selfish, wants to be the center of attention, and will do practically anything to get her way.

I'll admit that she doesn't get into any real trouble, but after all, she's only 6. I'm fearful of what may lie ahead.

**A.** Ignoring your daughter's efforts to attract attention and giving rewards (through praise) when she does something at least bordering on the unselfish may be helpful.

Any generalization related to the difficulties involved in bringing up boys vs. girls is just that, a generalization that may not apply at all in one's own family. Individual needs, placement in the family, parental attitudes and personality characteristics are among the factors that might indicate whether a child will be a pleasure or a problem.

Most children are a little of both, and as time goes on parents seem to remember best the pleasurable experiences they've had with their children. Not always, of course, but we do tend to derive satisfaction from their acceptable behavior and achievements even more than from our own accomplishments.

It doesn't seem to matter whether they are boys or girls.

**Q.** Both my brother and sister brag so much about their children that I can't stand it anymore. The three of us always have had good relationships, but I'm afraid I'm on the verge of messing them up.

Their children have accomplished no more than mine. All of their children (and ours) are good students, help at home and have part-time after-school jobs, so why do they seem to have such a need to talk about their youngsters all the time? I certainly don't.

Suggestions, please?

**A.** Your family relationships don't appear to be fragile, so a request on your part that they tone down their bragging shouldn't jeopardize them.

You might preface your comments by saying something like this: "I love your children as much as you love ours, but let's talk more about other things." You might even suggest some topics of mutual interest, like movies, TV shows, books, recipes, world affairs or politics.

It really could be that they aren't at all aware that their ex-

cessive child-oriented comments bother you. So telling them might help clear the air.

You could threaten to use "equal time" to tell them about yours, but that might be a disaster. They may welcome your offer without cutting down remarks about their children.

**Q.** My husband is a boxing enthusiast, and he is doing his best to get our two teenage sons (and even our 7-year-old daughter) involved. It wouldn't be so bad if it meant just once in a while going to a boxing match with all of them, but he actually has them put on the gloves every week or so and "go at each other" and at him, too.

They don't ever get hurt, and they do seem to enjoy themselves, but I am worried just the same.

What do you think about all of this?

**A.** It actually sounds pretty healthy to me, and an example of fatherly involvement that many other mothers might welcome. More often the concern goes in the direction of limited father-child contact and communication.

Although boxing is an unusual family activity, the enjoyment and no-harm factors make it seem acceptable as it is practiced in your family.

It is apparent that because you don't share their enthusiasm you don't participate in their attendance at boxing bouts. That seems all right, too, because children seldom enjoy parental involvement based on faked interest. They usually can see through it.



## Eat Yourself Slim

### Trim your diet of hidden fats

By Shirley Bright Boody  
Registered Dietitian

**Dear Shirley:** I'm supposed to cut back on the fat in my diet because I have developed a heart problem. I have already cut down on margarine and salad dressings, and I always trim the fat from meats.

I've read that fat is hidden in many foods, and I would like to know about other foods that contain a lot of fat. Can you tell me?  
— Mrs. S.M.

**Dear Mrs. S.M.:** Of the 20 major sources of dietary fat, the top five most apt to have hidden fats are cookies and cakes, peanuts and other nuts, luncheon meats and hot dogs, whole milk and whole cheese products, and mayonnaise and salad dressings.

One simple way to cut down without giving them all up entirely is to simply take half portions and use them less frequently. Buy low-calorie dressings and use plain yogurt and mustards instead of mayonnaise. Use low-fat or skim milk cheeses, and avoid rich multiple-cheese main dishes. Use nuts and cheeses mostly as garnishes rather than as major ingredients. You can lower the fat in recipes for most breakfast breads, muffins and quick mixes by substituting skim milk and water for half of the suggested oil.

Check your market for low-fat or non-fat products, and use more fresh fruits and vegetables in your

menu.

**Dear Shirley:** I am a 27-year-old woman, and I have just started an aerobic dancing class in addition to my daily 30 minutes of jogging. I am trying to get into better physical shape without going on a stringent diet. I eat just about everything, but less of it.

My instructor at the aerobics class said I should be taking more of a certain vitamin because I am exercising so much. She wasn't sure which one it was, but she said she'd let me know. I'm not sure how much she knows about nutrition, so I thought I'd ask you. Is there any special vitamin that helps women who exercise a lot?  
— Cindy

**Dear Cindy:** I am glad you are getting so much exercise. It will do a lot for you. The vitamin you are referring to is called riboflavin, one of the B-complex vitamins. Recent scientific studies showed that healthy young women seem to need more riboflavin than is recommended even if they don't exercise, and that women of all ages who exercise regularly need as much as double the recommended daily allowance, which is 0.6 milligrams for every 1,000 calories, or about 1.2 milligrams per day.

You can easily include riboflavin in your diet. Dairy foods, liver, green leafy vegetables and fortified cereals are some of the best sources. One 8-ounce glass of milk will give you about one-third of the requirement. Use low-fat or skim milk to lower your fat intake.

**Dear Shirley:** I hate to cook, and I sometimes feel guilty that I use so many canned and frozen foods for my family. I find them a lot easier than fixing fresh foods, which I'm not always sure how to prepare. I do worry, though, that we might not be getting all the nutrients we need, so I give my three kids and my husband vitamins daily. Does that make up for not having fresh foods? Can you give me any tips?  
— Mrs. L.H.

**Dear Mrs. L.H.:** As long as you feed your family a wide variety of meats, fish, fowl, fruits and vegetables, dairy products and whole grains, it is perfectly all right to include some frozen and canned foods. However, try to include some fresh fruits and vegetables. Just wash, slice and serve.

Taking vitamin supplements is OK as long as you are careful not to take huge quantities. Overdoses of vitamins are especially dangerous to children. Vitamins don't provide fiber, either, so use whole grain breads and cereals along with fresh fruits and vegetables.

## Gleeb

Paul Lowmyer



I need to find myself.

Look in the mirror.

I mean, I need to know who I am.

Check your driver's license.

I'm trying to say that I need to find a meaning for my life.

Try getting lost.

Lost?

Yes, actually lost—like in a wilderness.

What meaning for my life will that teach me?

Survival.





Temple Beth Torah celebrated the B'Not Mitzvah of five women on Saturday, June 22. The women recited a portion of a Haftorah, and helped lead the Saturday morning service. Pictured, left to right, top row: Rabbi Michael Katz, Tomia Garfinkle, Marilyn Reich, Cantor Kalman Flegelman. Bottom Row: Arline Herzog, Florine Polner, Suzanne Sham.

## News From Bethpage Library

### Sign Up Now For Fabulous Children's Programs at the Bethpage Public Library

Calling all Bethpage kids-for wild and woolly adventure and prizes and surprises, come on over to the Bethpage Public Library, join the best-ever "Here Come the Bears" Summer Reading Club and sign up now for fabulous program fun.

**Predators and Other Wild Animals** by naturalist Bill Fix. Wednesday, July 10, 2 p.m. Exciting live wild animal program K-6.

**Kids and Computers** by Dr. William Steinmetz, Chairman, Dept. of Mathematics and Computer Science, Adelphi University. Monday, July 15, 7:30-9 p.m. All about personal computers in action, playing games, teaching, making pictures and music-and more. Children and parents.

**Family Film Night-"Benji"** (color-85 min.). Tuesday, July 16, 7:30-9 p.m. One of the best dog stories of all time! Children and parents.

**Fabulous Magic Show** with Craig Schwartz-Wednesday, July 17, 2 p.m. Dazzling comedy magic show. Grades K-6.

**Creatures Called Reptiles** with Jim Mershon, Assistant Director, Theodore Roosevelt Wildlife Sanctuary. Tuesday, July 23, 2 p.m. Exciting program with live snakes and crocodilians. Grades K-6.

**The Three Bears** by Howard Schneider. Wednesday, July 24, 2 p.m. Colorful puppet show. All ages.

**Hockey Clinic With The Islanders**. Thursday, July 25, 2 p.m. Rap with team reps, films, giveaways. Grades 1-6.

**Craft Fun With 4-H Bookworm Treat**. Monday, July 8, 2 p.m. Make an imaginative stuffed creature. Ages 6-12. Materials fee 75 cents. **Bargello Key Fob**. Monday, July 22, 2 p.m. Create a colorful, useful key holder. Ages 8-12. Materials fee 75 cents. **Stenciled Notepaper Fun**. Tuesday, July 30, 2 p.m. Design your own attractive note paper. Materials fee 75 cents. Grades 2-6.

Join us for more magic shows, more puppet and marionette shows, super crafts, storytimes, trips, parties and hit films such as "Snoopy, Come Home!" July 11, and "Pippi Longstocking", July 18.

Youngsters who join the "Here Come the Bears" Summer Reading Club can also read their way to fantastic prizes, surprises, and special treats in our extensive schedule of stepped-up reading incentives. School District #21 only. For further information, please call 931-3907.

.....  
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If you visit any of the restaurants selected for inclusion in this section call 931-0027 at any hour and tell your ideas. We want YOU, the reader, to be our critic. Your message then can be printed in this space.  
.....

## College Notes

Hicksville resident **Claudette C. Clark**, daughter of Mr. and Mrs. Thomas Clark of 28 Chance Street has been named to the Dean's List at St. Michael's College for the spring 1985 semester.

St. Michael's College, founded

in 1903 and headed by President Paul J. Reiss, is Vermont's largest Catholic, liberal arts and sciences institution. Located in Winooski, the four-year coeducational college has an enrollment of 1,600 undergraduate and some 500 graduate and International Student Program students.



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## Fireworks Arrest Made

Police officers James Burns and Robert Reulbach connected with the Community Project Bureau, arrested 30 year old Alan McMaugh of 3 Lewis Street, Hicksville, at 10:35 p.m. at his home on June 29. Confiscated at the house was approximately \$10,000 worth of fireworks. The fireworks were removed to the Bomb Squad for disposal. Mr. McMaugh was released on bail to appear in court July 15.

## Musical Revue At Bethpage Park

Plaza Productions, a Long Island based touring company will launch its summer schedule of events with the Rodgers and Hammerstein musical Revue, "Some Enchanted Evening." Songs from the award winning "King and I", "Carousel", "Sound of Music" are only a few that can be heard at the Bethpage Community Park on July 11, at 8:15 p.m. Admission is free.

### LEGAL NOTICE NOTICE TO BIDDERS HICKSVILLE WATER DISTRICT

Notice is hereby given that SEALED PROPOSALS for: 1985 PAVEMENT RESTORATION ON STATE, COUNTY AND TOWN ROADWAYS will be received by the BOARD OF COMMISSIONERS of the HICKSVILLE WATER DISTRICT, at the office of the Board, 4 Dean Street, Hicksville, New York, until 7:00 P.M., Prevaling Time on Tuesday, July 16, 1985, at which time and place they will be publicly opened and read.

Instructions for Bidders, Proposal Plans, Specifications and Contract Forms may be obtained at the office of the Hicksville Water District, 4 Dean Street, Hicksville, New York. A deposit of Twenty-five Dollars (\$25.00) is required for each set of documents furnished, which will be refunded to bidders who return Plans and Specifications in good condition within ten (10) days; other deposits will either be partially or not refunded.

Each proposal submitted must be accompanied by a certified check or bid bond, made payable to the "Hicksville Water District", in an amount equal to five percent (5%) of the total amount of the bid, as a commitment by the Bidder that, if its bid is accepted, it will enter into a contract to perform the work and will execute such further security as may be required for the faithful performance of the Contract.

The Board of Commissioners of the Hicksville Water District reserves the right to reject any or all bids, to waive any informalities therein and to accept the bid which, in its opinion, is in the best interest of the Water District.

### BOARD OF COMMISSIONERS, HICKSVILLE WATER DISTRICT

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By Mae - The Irish Psychic

## Honor Students At LuHigh School

Drew Kramer of Hicksville was honored as Salutatorian of the graduating class of Long Island Lutheran Jr./Sr. High School. He was also recipient of the Pro Deo et Schola, "For God and School;" this is the highest award presented at Long Island Lutheran. It is presented for demonstrating leadership and influence on school activities. Kramer was recognized as top academic student by two departments, Computer and Music. In the extra curricular area, Kramer was honored for his major contributions to the Yearbook, "Legenda", and the Backstage Club. Kramer was a member of the National Honor Society and served as senior class secretary. He will attend Drew University.

Erik Rausch, completing his junior year, was presented with the most valuable player award for his participation in the 1984-85 varsity basketball team. He was also the recipient of the 11th grade citizenship award for his achievements in that area of school activities. Julie Rausch was inducted into the National Honor Society; she has completed the 10th grade.

Kerri Dulena, also of Hicksville, was accepted for membership in the National Junior Honor Society; she has completed the 9th grade.

Joel Wenger was also inducted into the National Junior Honor Society; he has just completed 8th grade. To attain membership in the honor society, a student must meet requirements for scholarship, character, leadership and service.

The Annual Awards Banquet was hosted by the Lu Hi Family Association at the Swan Club.



Erik Rausch



Joel Wenger



Drew Kramer

## James Lupski, MD Recent Graduate

James R. Lupski, M.D., Ph.D., graduated June 6, from New York University School of Medicine at ceremonies held in Avery Fischer Hall in Lincoln Center. Dr. Lupski is the son of Helen and John Lupski of 20 Eighth Street, Hicksville and grandson of Anna and John Lupski of 84 James Street, Hicksville, and Ada Murray of 85 Notre Dame Avenue, Hicksville. Dr. Lupski is a 1975 graduate of Hicksville High School. He attended New York University Washington Square College of Arts and Sciences majoring in both chemistry and biology and earned his B.A. in 1979. While an undergraduate, Dr. Lupski was trained in genetic engineering technology at the world famous Cold Spring Harbor Laboratories which is directed by the nobel laureate James D. Watson, the codiscoverer of the Watson-Crick DNA double helix. After receiving his B.A. from N.Y.U., Dr. Lupski entered the Medical Scientist Training Program at N.Y.U. School of Medicine. This program is funded by the National Institute of Health in Washington, D.C. and was established to give medical doctors rigorous scientific training and prepare them for careers as medical research scientists. Each year only 100 students graduate nationally from the program with combined M.D. and Ph.D. degrees. Dr. Lupski received his Ph.D. degree in Molecular Biology and Biochemistry in 1984 under the direction of Dr. G. Nigel Godson, the Professor and Chairman of Biochemistry at



James R. Lupski

N.Y.U. School of Medicine. While a graduate student, Dr. Lupski published over one dozen scientific articles in refereed scientific journals. Dr. Lupski has given lectures throughout the United States and the world in his field of expertise including talks at meetings in Lahore, Pakistan; New Dehli, India; and Cologne, West Germany. Since graduating, Dr. Lupski has been appointed to a faculty position as a Research Assistant Professor in the Biochemistry Department at N.Y.U. Medical Center. He plans to return to Pakistan in February of next year to establish a molecular biology laboratory at the Punjab University New Campus in Lahore and for the future plans further clinical studies in Human Genetics.

## Roadrunners In Local Race

The Austin Drugs course doesn't appear to be a very tough one, but the heat and humidity take their toll every year, and leave everyone wondering why they finished a minute or two behind what they expected to run. This year's edition was no different.

Roland Cintron of the Bronx led almost all the way to win in 27:08 as only four runners out of a field of 412 finishers managed to break the 28 minute mark. Linda Grunert caught POBRRC's Teri Gregory at the 4 mile mark to gain a six second victory in the women's race. The McKenzie family--Gordon, Chris and son Adam--won a not surprising victory in the family team competition, and Gordon Sissons won the wheelchair division.

Finish Line Promotions and the Plainview-Old Bethpage Road Runners Club combined to provide a well organized event, with a thoroughly watered course. All in all--a pleasant Sunday morning run through the friendly streets of Plainview.

### Top Finishers

**Men: Top 5 Overall:** Roland Cintron 27:08; Robert Siegel 27:24; Ed Lucie 27:35; Jorge Aguilera 27:46; Tom Horan 28:07  
**Women:** Linda Grunert 32:34; Teresa Gregory 32:40; Margaret Dimon 33:09; Liz Flahavan 34:06; Chris McKenzie 34:16

**12 and Under**  
**Men:** 1. Lewis Kaufman 32:13; 2. Matt Winkler 33:16; 3. Ace Greenberg 37:20  
**Women:** 1. Rachel Greenberg 40:08; 2. Krista Young 40:42; 3. Kelly Connors 49:55

**13 to 19**  
**Men:** 1. Dan Duggan 29:06; 2. David Bass 30:05; 3. Richard Appel 30:27  
**Women:** 1. Pam Grever 35:34; 2. Peggy Goodrich 37:00; 3. Angelique Broushet 41:04

**20 to 29**  
**Men:** 1. Ed Lucie 27:35; 2.

Adam McKenzie 28:22; 3. Mike Gattus 28:45  
**Women:** 1. Liz Flahavan 34:06; 2. Chris Varley 35:18; 3. Lorraine Barker 37:08  
**Men:** 1. Robert Siegel 27:24; 2. Thomas Horan 28:07; 3. Jerry Miller 28:22  
**Women:** 1. Teresa Gregory 32:40; 2. Margaret Dimon 33:09; 3. Cathy Merrick 34:34  
**Men:** 1. Jorge Aguilera 27:46; 2. Daniel Badalament 28:41; 3. Arthur Koppelman 29:42  
**Women:** 1. Rosemary Riccardi 36:20; 2. Julie Shapiro 37:21; 3. Ruth Sturgess 42:45  
50 to 59



Local runners were prominent on the list of trophy winners. Pictured here, left to right, Teri Gregory and Pam Grever of Syosset and Doris Jacobs of Bethpage show off their trophies.



Hicksville's Liz Flahavan heads for the finish line.

**Men:** 1. Gordon McKenzie 30:00; 2. George Faber 30:30; 3. Ken Karcher

**Women:** 1. Chris McKenzie 34:16; 2. Doris Jacobs 54:13  
60 and over

**Men:** 1. Sol Bergman 39:08; 2. George Boecklin 39:57; 3. Leon Borden 40:04  
**Women:** 1. Althea Weatherbee 41:36

## Guitar Recital

Mr. Paul Niederauer, a resident of Hicksville, will present a Classical Guitar Recital in the Community Room of the Hicksville Public Library on Wednesday evening, July 17, at 8 p.m.

Mr. Niederauer is a 1982 graduate of Hicksville High School and was very active in the music department there. He participated in most of the musical programs during his high school career and was inducted as a member of the Modern Music Masters Honor Society as well as the National Honor Society. He also participated in the Nassau County Music Festival held at C.W. Post College during his senior year.

Mr. Niederauer is presently studying at the Hartt School of Music at the University of Hartford, Hartford, Connecticut, and will graduate in June, 1986. He is a student of Mr. Alan Sprriesterbach, and has been accepted into the Master Class playing for the world renowned classical guitarist, Oscar Ghiglia. (a former student of Andre Segovia).

He has also studied under the famed guitarist, Manuel Barrueco.

In addition to his studies, Mr. Niederauer is presently engaged in teaching guitar at several Music Studios in the Hartford area.

Besides his classical background, he has considerable experience playing in jazz ensembles, as an accompanist and in musical stage productions.



Pictured, left to right, John and Anna Lupski (grandparents), John Lupski, (father), James Lupski, Helen Lupski (mother), Ada Murray (grandmother).

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### Letters

To the Editor:  
There are times when plea bargaining serves the end of justice. But such is not the case in the alleged one percent solicitation scheme involving the Nassau Republican Party.

Plea bargaining in this instance will impose a grave injustice upon one side or the other—either the victims of a plot that involved intimidation, harassment and mental anguish, or the Nassau County GOP which has been accused of this protracted law suit since its inception in 1971.

Surely, if the GOP has been wrongly accused, the party leaders would want the matter to go to trial to establish their innocence and dispel the cloud of suspicion that has plagued them for all of these years.

On the other hand, those who brought the suit contend that the proposed million dollar settlement is too low. And not without justification. One percent of half of the annual county budgets (salary estimate) over a ten year period amounts to \$25 million channeled to the county GOP treasury! And that does not include town employees!

The proposed settlement of the suit includes the establishment of a scholarship fund for the benefit of the children and grandchildren of those who allegedly fell victim to the one percent kickback scheme. But no such settlement would be fair or equitable if it did not confirm, or put to rest, the charge which denied promotions and raises to those who refused to be intimidated.

Not to be forgotten are the county taxpayers who are victims in their own right because it was they who paid for salary increases for many who would not otherwise have been entitled to such increments were it not for their "financial cooperation."

Plea bargaining in this instance will do nothing to promote the cause of justice. It must not be allowed. This matter has been in litigation for 14 years and should be resolved in a court of law so that all of the facts are revealed to a properly concerned public.

Let justice be done.  
Very truly yours,  
Edward A. Grause

### Fulbright Scholars Visit Hicksville

For the third consecutive summer Fulbright scholars from Western Europe have come out to Hicksville and spent a day sight-seeing on Long Island as guests of Runhild Wessell, herself a Fulbright scholar to Germany in 1956. This year five teachers of English and Social Studies from Holland spent Monday, July 1, visiting the Cradle of Aviation Museum in Garden City and Sagamore Hill in Oyster Bay. They were spending a week in New York City before flying out to the University of Minnesota for a summer seminar in American Studies. Miss Wessell was ably assisted by Dr. Thomas Gardner, a retired professor from Baruch College in New York City and an active member of the Fulbright Alumni Association. Mr. Robert Sklarz, a retired Social Studies teacher also from Hicksville Senior High School, and Mr. Robert Baker of Douglaston, son of another German Fulbrighter from Levittown. Colonel Allen L. Dunlea, Fulbrighter to England, former teacher and World War II pilot with the U.S. Marines, who is now with the Aviation Museum, conducted a special tour of the Museum for the visitors.

Seeing the sights is not all the foreign Fulbrighter were interested in. They enjoyed the personal contacts with Americans and over lunch in Miss Wessell's home asked many questions about American life. Since not every one agreed, there was at times a lively discussion. This is exactly the aim of the Fulbright Program, now celebrating its 40th anniversary, to provide for an exchange of scholars in order to create a better understanding among the peoples of the world, a goal that has become increasingly important as our interdependence increases. Senator J. William Fulbright, who originated the program right after world War II and who recently celebrated his 80th birthday, is venerated by all Fulbrighters, because it has provided for the "greatest exchange of scholars the world has ever known since the fall of Constantine in 1453."

### LEGAL NOTICE NOTICE TO BIDDERS HICKSVILLE WATER DISTRICT

Notice is hereby given that SEALED PROPOSALS for: REROOF AND VENTILATION AT MAIN OFFICE will be received by the BOARD OF COMMISSIONERS of the HICKSVILLE WATER DISTRICT, at the office of the Board, 4 Dean Street, Hicksville, New York, until 7:00 P.M., on Tuesday, July 30, 1985, at which time and place they will be publicly opened and read.

Instructions to Bidders, Proposal, Plans, Specifications and Contract Forms may be obtained at the office of the Hicksville Water District, 4 Dean Street, Hicksville, New York, on or after Thursday, July 11, 1985. A deposit of Twenty-five Dollars (\$25.00) is required for each set of documents furnished, which will be refunded to bidders who return plans and specifications within ten (10) days in good condition; other deposits will either be partially or not refunded.

Each proposal submitted must be accompanied by a certified check or bid bond, payable to the Hicksville Water District, in a sum equivalent to five percent (5%) of the total amount of the bid, and a commitment by the Bidder that, if his bid is accepted, he will enter into a contract to perform the work and will execute such further security as may be required for the faithful performance of the contract.

The Board of Commissioners of the Hicksville Water District reserves the right to reject any or all bids, to waive any informalities therein and to accept the bid which, in its opinion, is in the best interests of the Water District.

BOARD OF COMMISSIONERS  
HICKSVILLE WATER DIST.  
Nicholas J. Brigandi, Chairman  
Gilbert E. Cusick, Treasurer  
Richard A. Humann, Secretary  
Dated: July 11, 1985  
MIT/820  
1 x 7/5

## THE OFFICE CAT



By Gabby Tabby

**POLICE** clamped down on fireworks this year in the area. One store owner in Syosset was caught for selling sparklers and given a summons. In Hicksville a young man was caught for setting off fireworks. But there were still sounds and explosions through the nights....**THE LEGISLATURE** adjourned without passing legislation for the return of the \$20 million taxes from Town residents this year to pay for the carting of garbage to N.J. The carting never took place but the taxpayer paid up in advance.....**AND NOTHING** was included to help rate payers over the shock of increases from LILCO because of the Shoreham debacle.....**THE CRIME** report is published each week as a community service to advise residents of where crime is taking place in the area and as an aid in the Neighborhood Watch program. Anyone seeing suspicious activity should phone 911....**BURGLARS** broke into the Decker residence 231 Baird Court, Woodbury on June 26. They entered by breaking a rear door. The loss is unknown....**A REAR** window at the Palkoff home, 5 Berring Court, Woodbury was broken on June 23. Burglars entered but the loss is unknown....**RIFLES**, a stereo and crystal were stolen from the Bird residence, 2 Waterford Way, Syosset between June 26 and 27. Entry was through a side door....**BURGLARS** entered the Friedberg residence, 51 Juneau Blvd., Woodbury between June 26 and 27. They entered by breaking glass in a side window. Jewelry was stolen....**CASH** and Jewelry were stolen from the Baruch residence, 341 Richard Avenue Hicksville on June 27. Entry was through a rear door....**AT 345 Richard Ave.**, Hicksville burglars pried the front door of the Benzin home and stole cash and a camera on June 27....**POLICE** are searching for a blonde male with curly hair about 25 who pried open the rear door of the Robinson home, 175 W. Marie St., Hicksville on June 28....**BURGLARS** kicked in the front door of the Rosenthal residence, 39 Circle Drive, Syosset on June 28. Jewelry was stolen....**GLASS** was broken in the rear door of the Minoff residence, 3 Fortune Lane, Jericho between June 29 and 30. No loss was reported....**A LAWN MOWER** was stolen from Temple Beth Torah, 243 Cantiague Road, Hicksville between June 24 and 26. Entry was through a window....**BURGLARS** pried the rear door of Liberty International, 231 Robbins Lane, Syosset between June 26 and 27. They entered and stole cash....That's all the news for now...G.T.

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Kenneth S. Diamond  
Douglas J. Hynes  
Angelo A. Delligatti  
Gary F. Musiello  
Receiver of Taxes

## Susan Zweigbaum Wins Empire Trials

Syosset High School's Susan Zweigbaum wasn't quite ready to hang up her track shoes after winning the county pentathlon championship during the high school season, so she entered the Empire Games trials in the Heptathlon at Mitchell field on Saturday and Sunday, June 29-30.

The seven event test, which includes the 100-meter hurdles, high jump, shot put and 200-meter dash on the first day and the long jump, javelin and 800 meter run on the second day, was Zweigbaum's first ever. Not only did she win the event in the scholastic division with 3739 points, but she set a new Syosset high jump record of 5'4" in the process.

Because of her big victory, Miss Zweigbaum will represent the Long Island region along with the second place finisher, at the Empire State Games at Buffalo New York on August 7-12.

The six day sports festival is run on an olympic format with six regions from New York State competing in track and field, gymnastics, swimming, rowing, basketball, volleyball, marksmanship, boxing, team handball, weightlifting, judo, wrestling, etc.

The competition is divided into two major classes: scholastic, for males and females in their junior year or younger, and senior division, for athletes who are seniors in high school or older.

Miss Zweigbaum and Syosset alumnus Haidee Ganz, who qualified in both the senior shot and discus, will travel with the entire Long Island delegation to Buffalo and be housed "Olympic Village" style during their stay.

Zweigbaum, who stands a good chance to win a medal in Buffalo, said, "I've heard so much about the Empire Games that I just had to give it a try." The talented athlete concluded with, "Now that I've made it, I can't wait for the finals in August."

## Syosset Kickapoos On Winning Streak

The Syosset 1975 Girls All-Star team, coached by Bill Scher and Chuck Millar captured their fifth straight tournament championship.

**Syosset 4 Commack 0**  
Leading one nothing at the half, the Kickapoos exploded for three second half goals to win convincingly.

Lisa Vacca scored the first 2 goals on assists from Kathryn Jensen and Aileen Diamond. Bernice Leventhal fired in 2 bullets from the right wing position on feeds from Allyse Scher and Aileen Diamond to closeout the scoring.

Michelle Millar, Amy Bazarnik and Carolyn Thornton controlled the midfield and the game for Syosset.

Michelle Farraday and Kathryn turned in another shutout performance for the stingy Kickapoos.

This set the stage for a tough, physical game with a strong Island Trees team, that would follow later in the day.

**Syosset 2 Island Trees 0**  
In a clean but rough game that both teams wanted, the Kickapoos again came out on top.

A strong individual effort by Lisa Vacca gave Syosset a lead they clung on to for most of the

game.

Sara Boccafola, Karen Babur and Lorraine Halecky stopped the talented Island Trees team cold. This defensive group, along with Nancy Stipp and Marni Diamond threw their bodies in front of the Island Trees players shots, protecting the goal.

Bernice Leventhal took a clearing pass from Kathryn Jensen to ice the victory with a kick into the top of the net.

**Syosset 3 West Islip 1**  
Allyse Scher converted a centering pass from Bernice Leventhal with 45 seconds left in the game to give Syosset an exciting victory against a strong and speedy West Islip team.

Marni Diamond scored on a breakaway to ice the victory on a lead pass from Allyse.

Earlier in the game Bernice Leventhal scored on a wall pass from Kathryn Jensen. That lead lasted until midway in the second

half when West Islip tied it-the only goal the Kickapoos gave up in the tournament. That set the stage for the last second heroics by the girls of Syosset.

Laura Hollingsworth, Amy Bazarnik, and Nancy Stipp excelled in the field, thwarting numerous West Islip counter attacks.

Karen Babur stopped three on one situations with her tremendous speed and ball control.

**Syosset 4 Deer Park 0**  
Balanced scoring and strong midfield play payed off again for the Kickapoos.

Aileen Diamond scored the game winner with an unassisted goal early in the game.

Carolyn Thorntons speed and aggressiveness paid off, when she stole the ball and fed Lisa Vacca for a beautiful goal. Bernice Leventhal again scored on a kick high into the net on a pass from Aileen. Carolyn

Thornton scored on a give and go from Amy Bazarnik.

Sara Boccafola and Michelle Farraday excelled on the field, with superb displays of ball control and agility. Lorraine Halecky and Nancy Stipp shut down the Deer Park offense with determined play in the fullback position.

This win clinched first place for the Kickapoos, taking the pressure off for the last game of the day with East Meadow.

**Syosset 0 East Meadow 0**  
Although they dominated most of the game, the Kickapoos couldn't dent the defensive wall of the East Meadow team. Superb play by the East Meadow goalie stopped numerous scoring chances by Amy Bazarnik, Lisa Vacca and Allyse Scher.

Laura Hollingsworth again played a strong game in the center midfield position.

The Kickapoos outscored their

opponents in this tournament by a whopping 13 to 1 margin. This gives them a 77 to 5 advantage in their last 5 tournament championships.

Thank you Kickapoos for a Great Year!

## College Notes

Two Jericho residents have been named to the Dean's List of State University College at Oneonta for the spring semester of the 1984-85 school year, according to Dr. Carey Brush, vice president of the college.

They are: Robin Goldberg, 8 Wimbledon Ct.; and Steven Goldfarb, 22 Mulberry Ct.

# It's up to us.

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

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

## The Need Has Never Been Greater

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

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

## An Effective Program

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

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



# Return a Gift to Wildlife





# Your Social Security

## Earnings don't affect benefits after 70

**Q.** I will be 62 years old in about two months and I want to retire at that time. How much money can I make in 1985 and still receive my checks? — T.D.

**A.** There is a special rule that applies to people only in the year they retire. Under this rule, even though earnings exceed the annual exempt amount, a benefit can be paid for any month the person's wages do not exceed the monthly limit and the person does not perform substantial services in self-employment.

In 1985 the monthly wage limit is \$610 for people 65 to 70 and \$450 for people under 65.

After the year you retire the amount you earn is based on an annual amount. In 1985, these amounts are \$5,400 if you are under age 65 and \$7,320 if you are 65 to 70.

Benefits are payable after you reach 70, regardless of your earnings.

**Q.** I would like to know how worker's compensation will affect my Social Security disability checks. I am going to get a lump sum settlement. — E.G.

**A.** A reduction in the disability worker's benefit may be made for any month before the worker attains age 65 to fully or partially offset a worker's compensation benefit.

The reduction is made only if the total benefits payable to the worker for Social Security disability and worker's compensation exceed 80 percent of his or her "average current earnings" before onset of disability.

A worker's compensation lump sum settlement is prorated to reflect what the monthly payments would have been.

Social Security office they will be able to give you a better idea of the time involved.

You also should consider the possibility of direct deposit of your check. Your Social Security office can give you details on direct deposit.

**Q.** I am 72 years of age and currently am getting \$156 a month from my deceased husband's Social Security record. I remarried approximately three years ago and my current husband receives Social Security on his own account of \$756 a month.

Is there any way I can get half of my current husband's Social Security? I have never worked. — M.L.

**A.** Since you have been married to your present spouse for over one year you may be entitled to an additional Social Security payment on his record.

You should go to your local Social Security office. Be sure to take your marriage license and your husband's Social Security number.

**Q.** I have been receiving my Social Security check on the third of the month for the last two years.

This month my check did not come so I called the Social Security office and was told to call back on the 6th of the month. Since the 6th was on Saturday I called on the 8th and received the non-receipt forms, which I completed and returned immediately.

How long must I wait for a replacement check? — R.M.R.

**A.** You should receive a replacement check in approximately two weeks. However, when you report the missing check to your Social



# Let's Talk

## Communicating with teenagers

By Rev. Lee Truman

Earl Kenyon was a member of Darryl Zanuck's crew filming "Roads to Heaven" in Africa. While there, he purchased a number of shrunken heads.

On his return to Hollywood, he called a department store and asked the operator if he could speak to someone about selling the store a few of his shrunken heads.

The operator told him to wait a moment, the call was transferred and a firm, businesslike voice answered, "This is the head buyer speaking."

It always brings us up a bit short when there is a basic lack of communication. This is what I see constantly in the generation gap between parents and turbulent teenagers.

Half our nation's population is under 25, so as a nation we are very youth-oriented. But never has a nation been so bewitched, bothered and bewildered by a segment of its own population as we are by the present-day teenager. It might be possible that one-half of our population just does not communicate with the other half.

I am very aware as a counselor that this is what is taking place when I see parents throwing in the sponge and saying, "I give up."

"What are you supposed to do," said one mother, "when a child of 14 or 15 acts rebellious?" Before I could answer, she went on, "Just smile and let him think he is acting beautifully?"

Another shared with me: "Just exactly what are we supposed to do about Karen, who monopolizes the phone for hours with the person she just left at school?"

"What can you do about the son who suddenly rebels about going to school?" asked another mother, wringing her hands.

In the majority of instances the parents have not been able to communicate and do not understand what the teenager feels, thinks, values or hopes for.

To begin with, the adolescent is reaching out for what life can give, but he or she shrinks back from what life demands. At no age does the individual feel quite so insecure as during the turbulent transition years from childhood to adulthood.

Dr. Joseph Lideman has pointed out: "The adolescent at the moment wants to return to the well-loved country of his or her childhood where there has been less competition, where everything has been given to them."

"Every new state of life is a shattering one emotionally and

forces us to build some new adjustments to the broken fragments of our past, out of the previous shreds of our dear moments."

As youngsters find themselves developing physically and mentally, they also find themselves being pushed out of the protective, comfortable nest of home to play a new part in the spotlight of responsibility. When you hear tones of immense self-assurance, this is a well-known act called "whistling in the dark." The rock-sure statements about themselves only mean they are trying desperately to convince themselves.

It is a wise parent then who keeps his or her blood pressure down and meets these outbursts of self-assurance with some degree of calm understanding of what is really happening.

The teenage era is a kind of cocoon stage of development in which individuality is unfolding. It is primarily an independence of parental direction and dominance that is developing.

Teens know that the pressure is to grow up and they are moving out from their ego-centered existence to social responsibility. Doing this causes them to be very inarticulate, self-conscious, uneasy with adults, explosive and inwardly unsure of themselves.

Their biggest drive is to find some kind of meaning out of their convulsive changing world, to find approval and acceptance of themselves, their peers and people who have meaning in their lives. If this does not come in any kind of approved manner, then it will come by unapproved ways. Rebellion becomes a very live option.

A teenager's grandmother said, "I wonder if you would do me one little favor. There are two words I cannot bear to hear one more time and I wonder if you would promise me not to use them. One is 'gross' and the other is 'cool.'"

"Sure, Grandma," the teenager said, "what words do you mean?"

As I said, the first point is to make sure you are communicating with your teenager.

### LEGAL NOTICE

Notice is hereby given that an Order signed by the Supreme Court, Nassau County, entered June 17, 1985 Index #10521/85, a copy of which may be examined at the Clerk's office, Mineola, N.Y. grants me the right effective July 24, 1985, to assume the name of Sandy M. Krupski. My present name, address, date and place of birth are as follows: Stanley M. Krupski, 55 Clyde St., New Hyde Park, N.Y. born 9/16/61 in Queens, N.Y.

HC 2897  
1 x 7/5

## Geriatric by Paul Norris & Lyle Swigart

WE HAD PLANNED A LONG TRIP THIS SUMMER, BUT DUTCH HAD A RECURRENCE OF THAT DEER HUNTING DISEASE!

BUCK FEVER!

DEER HUNTING DISEASE?



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Auerbach, Evette  
Bailey, Noel Kristina  
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Barnett, Karen Lee  
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Bennett, Karen B.  
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Bernstein, Sheryl Elizabeth  
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Bloom, Andrew S.  
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Bogart, James Harris  
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Cox, John  
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Dabal, Brian  
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Friedman, Paul David  
Futterman, Rick B.  
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Garland, John J.  
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Goldberg, Michael B.  
Goldberg, Kenneth  
Goldberg, William John  
Goldstein, Robert  
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Gordon, Joseph D.  
Gordon, Seth  
Gossett, Adam A.  
Greenberg, Linda Jill  
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Kalinsky, Deborah  
Kalinsky, Jennifer  
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Simonoff, Michael Scott  
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Somerdin, Robert Steven  
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By James G. McCollam

Member, Antique Appraisers Association of America

Q. Enclosed is a picture of my Hummel figurine, "Umbrella Girl." The mark is on the picture and the number on the bottom is 152/B/O.

When was it made and what is the current value?



A. This is Trade Mark No. 6. It is the mark currently being used and has been used since 1979.

The catalog price is \$265 — one of the highest-priced single figurines being made today.

Q. I have a 13-inch baby doll with bisque head and composition body. It has brown sleep eyes and shows two teeth and a tongue.

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**BOOK REVIEW:** "The Gun Collector's Handbook of Values," by Charles Edward Chappel; The Putnam Publishing Group, 200 Madison Ave., New York, NY 10016, \$10.95 plus \$2 postage or at your local bookstore.

This is the latest (14th) edition of a reference book that has been an outstanding source of information about gun collecting for almost 50 years. It is not just a price guide; it is the history of the development of small arms from the 14th century to modern times.

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**HBA Baseball Weekly Report**

On Saturday, August 17, we will be having our annual picnic. This year it is at Eisenhower Park, in the Apple Section at 8 a.m. (enter Hempstead Turnpike, parking field #2).

There will be prizes for the kids. We need a headcount, if interested please call Tom O'Hara 822-8620.

Lets all get together and have a "ball."

Grand Slam! Brian Tower had a great homerun. Paul Cochran had solid hits all day. Chris Iorio made an important lead runner out by a tag. Michael Baglieri hits his first double and scored with quick base running. Andrew Hoenig and Joe Maniachi made good relays from the outfield to hold Robert Chevrolet with singles.

**Farms**

Manufacturers Hanover	5
F & M Deli	4

In a thrilling come from behind victory, Manufacturers Hanover defeated F & M Deli 5-4 for the Tournament Championship. The Mets scored 4 runs in the bottom of the fifth inning after trailing 1-0. In the top of the sixth and behind 4-1, Manufacturers Hanover loaded the bases on 2 walks and an infield hit, (Joe Barile, Billy Rogers, and Matt Moore), for their clean-up hitter Chris Lentz.

**Wednesday, June 26**

Cardinals	5
F & M Deli	4

Chris promptly lined a hard hit ball up the middle of the field for a grand slam home run. Going into the bottom of the sixth, the never-say die F & M Deli loaded the bases with 2 outs and their clean-up-hitter at bat. With the count 2-1, Stephen Foesy, F & M Deli's slugger lined a ball that looked like the winning hit. Only a game-saving play by pitcher Joe Barile to knock the ball down and recuperated to make a throw for a force at second base, saved the day, and the game for Manufacturer's Hanover. Much credit must go to Manufacturers Hanover for their big win and to F & M Deli for their excellent play and tremendous sportsmanship in a very tough loss.

**Girls Majors**

Peter's Cleaners	1
Northern 5 & 10	0

As you might expect in a 1-0 game it was marked by one defensive gem after another by both teams. For Peter's Cleaners, Kelli Connolly had seven put outs at first base, Michelle Iorio at second had 3 put outs and 2 assists with one of each coming on a double play, Irene Kane had 2 put outs at third, Kristina Kanawada and Jennifer Alexander each struck out 2 batters and pitched 3 shut out innings. The final heroine was Debbie Gardner whose RBI single scored the only run of the game, in the bottom of the sixth inning.

I would like to thank my coaches Dennis Connolly, Dan Iorio and Jim Alexander who worked tirelessly in support of the team and contributed so much to the girls' championship season.

**H.B.A. Final Standings**

Team	Girls Minors	W	L
U.S. Life		10	3
Cotton-Baschbaum		9	5
Newbridge Caterers		4	9
R & W Group		4	10

Team	Girls Majors	W	L
Peter's Cleaners		8	6
Northern 5 & 10		7	7
Big Red O-Quick Print		6	8

Team	Girls Seniors	W	L
Big Apple Juice & Drink Co.		8	4
Ntional Westminster Bk		7	5
Wagner Funeral Home		5	7
thrifty Beverages		4	8

Team	Boys Farms	W	L
Hi Ho Video		8	4
Manufacturers Hanover		4	4
F & M Deli		6	5
Goldman Brothers		3	5
West Village Carvel		4	7

Team	Boys Minors	W	L
Old Country Deli		10	6
V.F.W. Post 3211		10	6
Discount Liquor		9	7
Newbridge S/S Gulf		8	8
Lions Club		3	13

Team	Boys Majors	W	L
Hicksville Bike		10	5
Dukes		9	6
L.I. Trust		6	9
Hicksville Elks #1931		5	10

Team	Boys Seniors	W	L
Malvese Construction		13	0
Antuns Caterers		5	7
Wickers Restaurant		4	8
Soloman Ins.		3	10

As most of you know we do not keep standings for our Instructional League's. Therefore their sponsor's are not recognized as often during the season. Without them, our young children, H.B.A.'s future, would not exist. Here they are:

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- Boys Instructional
- Harbor Distributors
- Robert Chevrolet

Harbor Distributors' Chris Chase hits his first home-run.

**News From Plainview Library**

"Hair"  
The Plainview-Old Bethpage Library is once again proud to sponsor the Plainview Players in their presentation of the Broadway show, "Hair".

"Hair", directed by Bruce Grossman will be presented at the Plainview-Old Bethpage Senior H.S. on Thursday, July 18, Friday, July 19, Saturday, July 20, and Sunday, July 21 at 8:30 p.m. Advanced sales tickets are \$3 and the door price is \$4.

For more information call 938-0077 extension 23 or 44.

Board Meeting  
The Board of Trustees of the

Plainview-Old Bethpage Library will hold a regular business meeting on Wednesday, July 24, at 7:30 p.m., in the Staff Room of the Library.

**Summer Drama Workshop**

After a five week workshop session the Summer Drama Workshop will present a performance incorporated of what they have learned under the direction of Macey Levin.

The performances will take place at the Plainview-Old Bethpage Library on July 26, 27, 28 at 8 p.m.

These performances are free. First come, first served.



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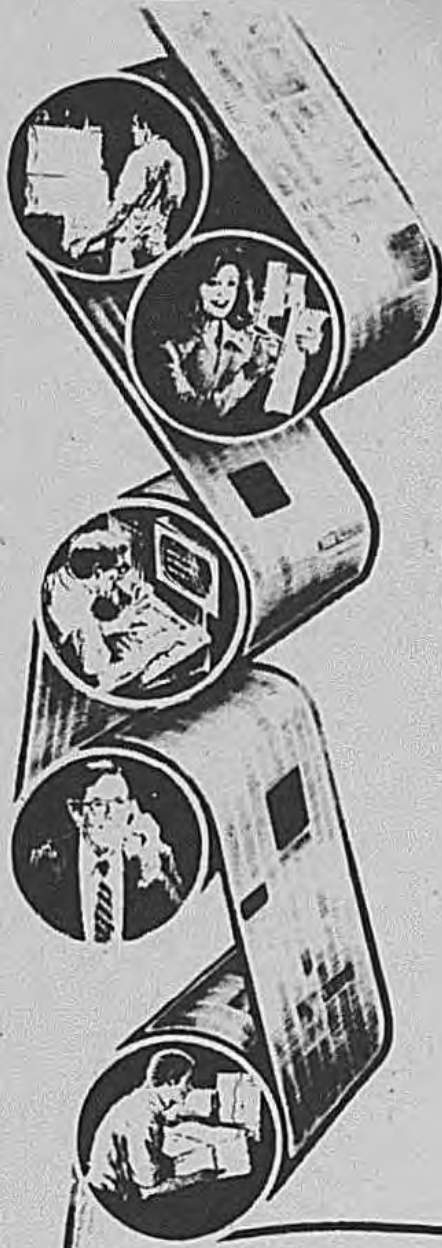
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## Busy Year At OCR School



Mrs. Lois Kent, our music teacher, conducts the orchestra during our final concert of the school year. (Photo by Diana DePalma)



Jessica Fandecone and Christy Sell perform a violin duet for the concert. (Photo by Diana DePalma)



Jackie DePalma, Shannon D'Amico, Lauren Giacopino, Crystal Colangelo, Louis Sell, Eddie Rivolve and Donny Bonafazio perform in the fourth grade chorus. (Photo by Diana DePalma)



Mrs. Pat McMahon explains the anatomy of a tooth to Edward Chu, Elisei Perez, Christopher Ialey and Melanie Laplante in the PTA's "Visit to a Dentist" program. (Photo by Dr. Dan McCann)



Mrs. Nancy Murphy demonstrates various medical equipment with kindergarten student Elisei Perez in the PTA's "Visit to a Hospital" program. (Photo by Dr. Dan McCann)



Matthew DePalma and Thomas McMahon participate in the "Well Relay Race" during OCR's Field Day. (Photo by Diana DePalma)



Our baton twirlers entertain OCR's honored guests on Grandparents Day. (Photo by Diana DePalma)



Principal Dr. Daniel McCann presents Kevin Kolm with his diploma during pre-kindergarten graduation exercises. (Photo by Peggy Theis)

## News From Amer. Leg. Aux.

An Executive meeting of the American Legion Auxiliary was held on Monday evening, June 17 at the home of newly elected President, Mae Sheppard. The next regular meeting of the American Legion Auxiliary of the Charles Wagner Post, Unit #421 Hicksville will be held at the Post 24 E. Nicholas Street on Friday, July 12 at 8:30 p.m.

Volunteers to the Northport V.A. Hospital attended a picnic on June 19 given by the Out Patient Clinic. A very nice day was had by all. Gertrude Reichlen has joined our group of volunteers for this program.

Awards were received by Mae Sheppard, Gerry Seitz, Marie Gamble and Ruth Leger at the Volunteer Recognition Dinner from the Long Island Developmental Center held at the Huntington Town House on June 5.

Please try to attend the next meeting on July 12.

## Memorial Flag

Effective June 27, 1985, the burial flag of Sgt. Leonard Arnold 8th Air Force, World War II, is flying on the Kennedy Memorial flag pole.

## College Notes

Dr. Richard A. Shick, dean of the School of Business Administration Canisius College has announced that a Hicksville resident has been named to the Dean's List for the Spring 1985 semester.

Named to the Dean's List was Tom Szymanski, a junior, of Greenbriar Lane, a graduate of Hicksville High School and the daughter of Edith and Frank Szymanski.

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## HBA Baseball Seeks Volunteers

Hicksville Baseball Association's drive for volunteers is still going on.

Below there is a list of board positions and their obligation. If you are at all interested please call: Tom O'Hara 822-8620.

### Officers Duties and Responsibilities

**Executive Vice President:** Assist President. In President's absence, preside over Executive Board and general meetings. Supervise and direct all sponsorship activities. Maintain records and contacts with the Sponsors. Responsible, in conjunction with Dir. of Tournaments, for obtaining and overseeing the disbursement of all awards and trophies. Liaison between the Treasurer, Dir. of Concessions and Trustees concerning monthly financial statements. Act as Parliamentarian at Exec. Board and general membership meeting.

**Second Vice President:** Assist Vice President. Responsible for social committees. Oversee the social activities i.e., the Annual Dance, Opening Day, Awards Dinner, etc.

**Treasurer:** Account for all monies both income and expenditures. Pay all bills with Exec. Board's approval. Maintain all receipts. Present monthly budget reports. Present annual budget to the board in Jan. meeting and final budget report in October.

**Secretary:** Takes the minutes of all meetings. Read the minutes at all meetings. Keep attendance records. Obtain a permit for the use of Levittown hall for meetings.

**Director of Tournaments:** Enter all-star teams in suitable competition. Attend all pre-tournament meetings with Directors. Provide all-star managers with necessary

tournament forms. Assign fields to directors.

**Dir. of Fields & Grounds:** Obtain and maintain permits for all fields. Liaison between Town of Oyster Bay and between School Districts and Association. Supervise and direct daily maintenance of fields.

**Dir. of Equip. and Uniforms:** Determine and purchase all equipment. Maintain and disburse, supervise collection and storage of equipment and uniforms.

**Directors of All Divisions:** Organize and oversee all activities of his league. Responsible for the proper functioning of his/her league. Uphold policies of HBA and Little League Baseball Rules. Schedule with Dir. of Tournaments and Player Rep. all schedules. Select team managers with Board approval. Supervise league tryouts. Maintain current roster of all team members. Collect all equipment and uniforms for Dir. of Equipment. Submit weekly standings of teams in league.

Select all star players for league tournament, etc.

**Director of Publicity:** Prepare all articles for publication i.e. notice of meetings, socials, league standings, etc.

**Director of Concessions:** Maintain purchase and sale of all concession materials. Provide monthly statements to the Treasurer. Set up schedules for concession operation during games and tournaments.

## New Doctor

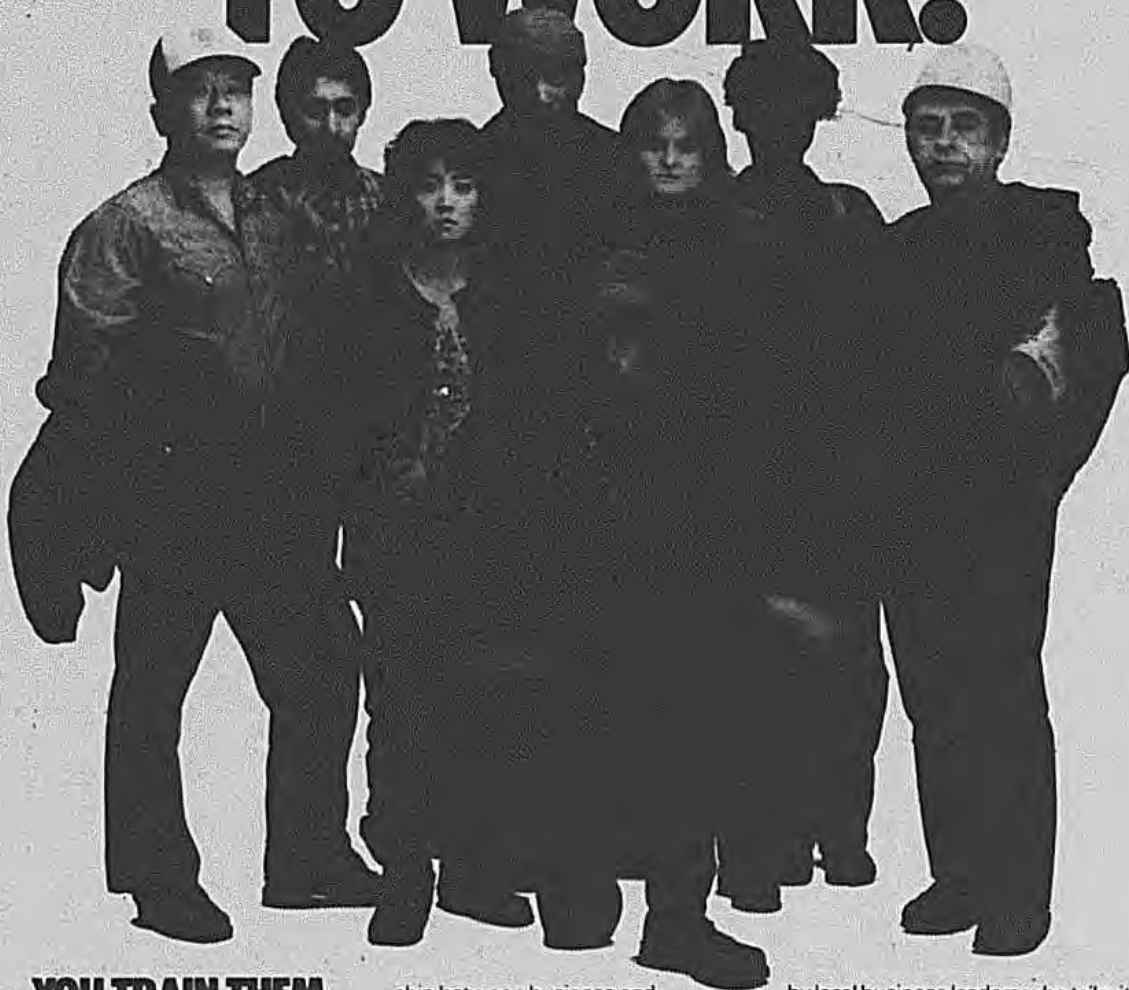
Mr. and Mrs. Herb Seigel of Hicksville are pleased and proud to announce the graduation of their son, Dr. Eric Scott Seigel.

Many of Eric's friends flew to Georgia to join him and all his family at graduation.

A gala champagne cocktail party was held at the World Congress Center, Atlanta, Georgia.

Dr. Seigel graduated from Hicksville High School in June, 1979.

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Now there's a program that shares training costs when a business hires and trains the jobless. It is called The Job Training Partnership Act.

This program establishes a partner-

ship between business and government. It provides up to 50% of on-the-job training costs. And you may qualify for tax credits of up to 50% of the first year's salary.

The program is administered by local Private Industry Councils—organizations made up in the majority

by local business leaders who tailor it to meet specific local needs.

Put the Job Training Partnership Act to work now. Write:

## National Alliance of Business

P.O. Box 7207, Washington, D.C. 20044

### 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 **Smoke Detection & Fire Alarm Systems 1984/85:60** for use in the Schools of the District. Bids will be received until 2:00 p.m. on the 15th day of July, 1985, 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: June 28, 1985  
MIT 1 X 7/5



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, July 5, 1985



# DISCOVERY

**Is Marathon Running For Everyone?**



See Page 3

# INPUT

Your Voice

## THE QUESTION OF THE WEEK

Do you think that some type of retaliation would be appropriate against Lebanon and the Amal militia?



**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.

## Callers Mixed In Rating Of Hostage Situation

Callers to Input were divided in their assessment of the handling of the hostage situation in answer to this question: "What do you think of the handling of the hostage situation by the Reagan administration?" Here are some of the answers:  
**AS GOOD AS POSSIBLE**

Except for a few final shots by Pres. Reagan which might have held up the release of the hostages I think that the handling of the situation was as good as could be expected under the conditions. This was a case in which we did not know whom we were dealing with and a case in which we were afraid of losing many American lives so the amount of action that could be taken was limited.  
**N.E. END OF ROPE**

I think that Reagan handled the situation quite well. We did not assume the stance that Jimmy Carter did that whatever they said would be considered because they went on and on with the Iranian crisis. I believe they knew that they could only go so far with the Reagan administration and that was when they decided to get rid of the hostages and let them come home.  
**J.E. MORE NEUTRAL**

There are those who believe that we could have sent top level delegates to Lebanon to negotiate the release with Israel and then work for the release of our own people. I believe that this would have been effective. It would have made us appear more neutral in our dealings with both factions. We are presently perceived as an enemy of Lebanon. We do not have to swing to the opposite poll to make friends with the Arabs but we should take time to prove that Israel is its own boss and that we do not necessarily condone every act of the country.  
**K.E.**

**DOING ALL RIGHT**  
I think that the Reagan Administration has done and is doing the best job it could under the circumstances. I wish the administration had been able to pull off a miracle but the cards were stacked against them. At the outset, the U.S. was dealing with religious zealots who were irresponsible terrorists outwardly owing allegiance to no specific government and prepared to destroy the hostages, the aircraft and even themselves if their demands were not met - demands for action over which we had no direct control nor responsibility. They played upon the soft side of our national character which regards the lives of our citizens as deserving priority consideration under any circumstance. Why didn't they just threaten to bomb the daylights out of Israel by a direct confrontation to obtain the release of the 700 Shiite captives who everyone admits are being held illegally. The Administration also had to contend with the day-to-day diet of TV fare designed to build public program acceptance through their news releases about the fate of the hostages, playing into the hands of the Shiites who suddenly became a new focal point with their Lebanese political leader Nabih Berri mediating on behalf of the high-jackers. The formal Lebanese Government has yet to be heard from so we don't have that political focal point at which to direct punitive action in any form to respond to this definite breach of international relations. Should we force Israel to capitulate - and what guarantee would that constitute toward the unconditional release of our captive citizens! And, what would Israel expect from us as a quid pro quo. No one in the world wants a military solution - every country would be the loser. What about the Arab world - where is their sense of international responsibility! The whole thing is a no-win situation and I think that the Reagan Administration has no choice but to play it cool, take the brick-bats from any source including hostile media, wear down the adversaries and force them to make direct moves to accomplish their aims.  
**P.G.S.**

**NO SAFEGUARDS**  
In a free internationally active society like ours, it is impossible to impose restrictions which have any significant impact on limiting travel abroad. In fact, there is really no strong set of safeguards that can be established. Only through public awareness of "travel at your own risk" and a government policy which once and for all establishes precisely the consequences of any terrorist action can we begin to deal effectively with this problem.  
**J.P. DEBACLE**

I think the Reagan Administration has made a complete debacle of the hostage situation. It shouldn't have gone this far. I think that as soon as this happened the administration should have done something.  
**E.L.**

**ADEQUATE**  
I think the administration handled the hostage situation adequately. If it didn't, where was it inadequate or in error and what were the unfortunate results? In positive terms all the hostages were returned with, I believe, our maintaining our national honor. Certainly there was no loss of prestige and perhaps we even increased it. We did not make any concessions to the terrorists. We must now turn to the source of the atrocity and make sure there is no repetition of these horrors. I believe it is our unwaivering support of Israeli imperialism, its war against Arabs, and the uprooting of their homes that has turned into such a frenzy that reduces them to marauding beasts.  
**A.L.B.**

**PAST ISSUES**  
**TWO FAMILIES**  
It bugs me that you put down that people can call about what they want to talk about other than the Question of the Week. Last week you printed about a dog barking but I have called in many times that I think it is terrible that neighbors do not state that they have 2 and 3 family homes and as Citizens of Nassau they should be paying taxes on these homes. They are raking the money in and are not paying the taxes that they should as citizens of this community. It is being dishonest and I think you should print this not about the poor little dog barking. What can that cause? A little barking makes a little noise.



# DISCOVERY



## Is Marathon Running For Everyone?



By John K. Mulvey

Every year thousands of runners send in their applications to the New York Road Runners hoping to be admitted to the now famous New York Marathon. Only about half of all the applicants are admitted. Maybe the 16,000 or so who are rejected are better off and will feel a lot healthier on the Monday following the N.Y.C. Marathon. The marathon distance as all runners and road racers know, is 26 miles, 385 yards. Should every runner and/or jogger attempt to run a marathon? I believe that the answer is no and I will attempt to prove to you why I feel this way in the remainder of this article.

I have participated in sports for the last 32 years of my life. I am currently 42 years of age. I have also coached sports at all levels from Little League through High School for the last 22 years and am currently the head track and field coach at Lehman High School in the Bronx, N.Y.C. Once I became the track coach six years ago, I decided to take up running upon the encouragement of the late Chairman of the Physical Education department at Lehman, Richard Sanders. Since I am a competitor by nature, I decided to join the Long Island Road Runners and have entered many races during the last 6 years, including 2 marathons in 1980.

To complete a marathon is a great athletic achievement. The runner who accomplishes this feat must have a great deal of discipline, perseverance, stamina, endurance and will power. But is it worth the accomplishment if you can hardly walk for several days after running a marathon? What kind of a toll do you think this race takes on your body, especially your feet, knees, hips, and other joints? The constant pounding of running for 26+ miles on concrete roads or highways may do damage to the above parts of your body unless you are built just right for marathon running.

Let us look at the top modern day world class marathon runners. Almost all of the top 5 male American marathon runners are between 5'6" and 5'9" tall and weigh between 130 and 140 pounds. (1) The average American male on the other hand weighs at least 2 1/2 times his body height in inches. So the average man weighs about 30 to 40 pounds more than the world class marathoner.

The top female elite marathon runners average height is 5'7" and their average weight is 115 pounds. (2) Most American women are at least 20 to 25 pounds heavier than their world class female counterparts. This additional weight increases the average marathon runners chance for injury to his joints, etc.

Biomechanically the Salazars and Benolts are built just right for marathon running. Since they are rewarded rather handsomely for running marathons they have the best coaches, doctors and physical therapists. Even with the correct build, etc. they too incur injuries. A la Joan Benolt's arthroscopic knee surgery 17 days before last year's Women's Marathon Olympic Trials and Salazar's series of minor injuries that caused him to do poorly in 1983 and 1984.

If you weigh 30 to 35 pounds more than your body height in inches and suffer from any of the following ailments such as: flat feet, fallen arches, hammer toes, pronation, bowed legged, thin legs etc., I think that you should think twice about running a marathon. I suffer from most of the above maladies and still managed to run 2 marathons in 1980.

I finished my 2nd marathon (N.Y.C.) in 1980 in a great deal of pain and didn't accomplish my goal of breaking four hours. In fact, I developed chondromalacia of both knees and had to seek medical assistance. I wore horseshoe knee braces on both knees for almost a year whenever I participated in sports or running. If you are able to run marathons and remain injury free afterwards, continue to do so. But if you have had any of the injuries that I have suffered why not run the shorter races that the Long Island Road Runners sponsor? As a running colleague of mine, Roger Whelan said recently, the 10K is my marathon "P.S. I'm still running but I won't run anything beyond a 10K because I feel that it takes too much of a toll on my body."

(1) *The Runner*, August 1983, pp 68-69.

(2) *The Runner*, August 1983, pp. 68-69.

### About The Author

John Mulvey, a Syosset resident, has been a sports writer for CYO Basketball for the last five years. He is a teacher and coach in New York City. This is his first contribution to *Discovery*.

# DINING GUIDE

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## READER RATINGS



### NEW RESTAURANT

The Portuguese Restaurant Arlindo's on Mineola Boulevard, Mineola, is a real winner. The arched entrance to the restaurant makes you feel as though you are entering a retreat back in the ages. The decor is beautiful inside with a bright and new appearance.

While we were there a local artist was working on a hand painted mural that takes up a full wall of the restaurant.

Featured on the menu are fish and meat dishes with a distinct Portuguese flavor.

We were well satisfied with the food which included shrimp cocktails paella (a combination of many fine fish treats including lobster, mussels, shrimp and scallops.) The service was very good and Arlindo, the owner, personally thanked us for being among his guests. We highly recommend this restaurant. T.R.

**YOU CAN BE A RESTAURANT CRITIC** If you visit any of the restaurants selected for inclusion in this section-call 931-0027 at any hour and tell your ideas. We want you, the reader, to be our critic. Your message then can be printed in this space.

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**READER RATINGS**



Q When you have to use your handkerchief at the dinner table, should you excuse yourself and leave the table, or should you excuse yourself and turn your head to use the handkerchief without leaving the table? N.J.

A. You turn your head slightly, use your handkerchief as quietly as possible, and do not excuse yourself.

Q. I was taught never to reach for anything at the table that wasn't directly in front of me, but this rule seems very much relaxed nowadays. What is your opinion? J.H.

A. Reaching at table is now preferred to asking neighbors to pass things one can well take up himself, but one should not have to rise out of his seat or reach in front of others.

Q. Tipping has always bothered me. I know there are many facets to it but why do I have to tip at all? J.C.

A. The answer to this is obvious if you think about it. If you want any control at all over what type of service you are going to get, you should be able to give more or less according to how you have been treated.

Many people may not know it but waiters generally get a very low wage scale, some below minimum wage because tips can be expected to balance to scale and they do depend on between a 15 percent and 20 percent tip to make the job worthwhile.

Q. I feel a little awkward in reading a menu to ask the waiter what the entree includes. Is it correct to ask?

A. By all means, ask. Generally if the menu does not state that the potato and vegetable are included, the price is a la carte. But not always. So ask. The waiter will tell you and that is his job.

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**READER  
RATINGS**



**BETTER PLACES**  
It had been several months since we visited Weigel's Place on Herricks Road, Mineola. We were glad we came back. The restaurant has developed into one of the better places on Long Island for moderately well presented food. We had a first rate dinner there last week and we made haste to call in the fact that it was so good. The service is courteous and prompt and the decor is clean and open. It makes you want to stay on as long as possible at the long wooden bar running down the side of the building. Weigel's Place should be enjoyed by more people and we hope this will get in the paper to tell everyone about it. L.R.

**FINE RESTAURANT**  
A fine small Italian Restaurant that turns out good food is what we found at the Italian Garden Restaurant last week. This good storefront type restaurant has excellent veal and fine shrimp scampi. Last week we went there for dinner and found that it is a cordial, fine place to eat in a restful atmosphere. The service is fast and efficient. The quality is as good and sometimes better than the best restaurants around. The Italian Garden is in a shopping center at 348 E. Jericho Turnpike, Mineola. It is a restaurant that all your readers should visit. They will like it and the cost is not high. E.R.

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### OLD LANDMARK

We have forgotten that we wanted to go to that new restaurant, the Davenport Press, which has been around as a printing shop but never a restaurant, for many years.

They must have performed a miracle to change the old Davenport Press building on Main Street, Mineola into a restaurant. But let me tell you it is a good one.

There are several large intimate rooms. The large one we were in contains a real fireplace. There is a long bar at one end of the building. The menu is a good one. We had prime ribs that were juicy and tender with an appetizer called "Davey Jones Locker". It contained different types of seafood, shrimp, oysters and other choice pieces. We recommend the Davenport Press.  
 R.H.

**YOU CAN BE A RESTAURANT CRITIC** - If you visit any of the restaurants selected for inclusion in this section - call WE 1-0027 at any hour and tell your ideas. We want you, the reader, to be our critic. Your message then can be printed in this space.

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PAGE 7A Friday, Jan. 5, 1985

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

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

### (Guide to Good Dining)

You can apply to join "Reader Ratings"! If your establishment has been missed, or you have not yet answered our invitation, we invite you to call Litmor Publications at WE 1-0012 for more details as they might apply to your restaurant.

## READER RATINGS

**SPLENDID JAPANESE**  
 A splendid Japanese Restaurant is open in Woodbury. We found it last week after seeing it advertised several times.

The setting of the Kokura II is exceptional. The huge house is decorated with a skylight roof and a garden setting.

We had the finest steak tempura and wonderful wild rice. It was served by waitresses in authentic Japanese costume. The entire ambiance of the restaurant is one of elegance and quietness although it seemed to be filled to capacity last Friday when we where there.

K.R.

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# Cooking Corner

## The foods of Northern Italy

By Verne Palmer

**FERRARA, Italy** — The menu began with salmon and caviar and didn't deviate from its briny origin for the next three courses.

Shrimp salad served in a goblet with a crayfish garnish followed, and hard on its heels came a medley of seafoods that included baby clams, sardines, sea bean salad, tuna, caviar, mussels and squid.

The fourth course continued the parade: eel, more crayfish, sole, flounder, squid — both deep-fried and grilled — scallops and a by-now-desperately-needed change of pace, a tray of fresh raw vegetables.

The dessert course came, thankfully, without a fin in sight.

It was not my favorite meal in

eight days of exploring the gustatory delights of Emilia-Romagna, the culinary heart of Northern Italy, but it may be the one I'll remember the longest.

To one reared on the image of Italy as the land of pasta, *parmigiano* and pizza, it came as a real eye-opener.

Seafood is, as a matter of fact, Italy's second most important staple. Most of the country's provinces have seacoasts, and each year Italians pull nearly 700 million pounds of fish from the waters of the Tyrrhenian and Adriatic seas — not to mention huge quantities of shellfish and crustaceans.

Still, pasta is king in Italy, and

that's what I'll recall with greatest fondness — rich, eggy pasta served firm and chewy (when Italians say *al dente*, they mean it) in an endless succession of sizes and shapes.

In the economically depressed and sparsely settled south (origin of most of America's Italian immigrants and hence its image of Italian cuisine) the pasta is most typically round, purchased dried and served as a main course with a rich, spicy sauce.

In the more prosperous north the pasta is flatter, richer, freshly made and served as just one course of a multi-course meal.

Lunch is the main meal of the day throughout most of Italy, and in Emilia-Romagna most of the region's businessmen close shop from 1 p.m. to 4 p.m. to savor it.

Meals typically consist of anti-pasto followed by soup, pasta, a meat main course with vegetable side dish, dessert (fruit and cheese or pastry) and coffee or espresso.

The guiding rule for these meals is *quanto basta!* (until there is enough), and it takes a full three hours to do them justice.

If you're intrigued by the nuances of Northern Italy cuisine, try the following.

### TORTELLINI WITH RAGU BOLOGNESE

Filling:

2 1/4 cups finely chopped cooked chicken (3 single breasts, boned and skinned, and poached in stock for 15 minutes)

1/2 cup freshly grated imported Parmesan cheese

2 egg yolks, lightly beaten

1/4 tsp. grated lemon peel

1/4 tsp. ground nutmeg

Salt and freshly ground black pepper

1 double recipe pasta dough (recipe follows)

6-8 qts. water

Salt

Ragu Bolognese (recipe follows)

Mix chicken, cheese, egg yolks, lemon peel and nutmeg in large bowl until thoroughly combined. Season with salt and pepper. Break off one-fourth of pasta dough, keep the rest moist by covering with foil or damp cloth.

Roll out dough on floured board until paper thin, then cut into 2-inch rounds with biscuit cutter or small glass. Place 1/4 teaspoon of chicken mixture in center of each round. Moisten edges of each round.

Fold circles in half and press edges firmly together. Shape into little rings by stretching tips of each half circle slightly and wrapping ring around your index finger. Gently press tips together.

Tortellini are best if cooked at once, but they may be covered with plastic wrap and refrigerated for a day or so.

Bring water and salt to boil in heavy pot or kettle. Drop in tortellini and stir gently with wooden spoon for a moment to make sure they do not stick to one another. Boil, stirring occasionally, for about 8 minutes, or until tender. Drain into large sieve or colander. Serve with ragu bolognese or in hot beef or chicken stock.

Makes about 80, enough for 8 to 10 servings.

### HOMEMADE EGG PASTA

1 1/2 cups unsifted all-purpose flour  
1 egg  
1 egg white  
1 tbsp. olive oil  
1 tsp. salt  
Few drops water

Pour flour into large mixing bowl or in heap on pastry board, make a well in center of flour and in it put egg, egg white, oil and salt. Mix together with fork or your fingers until dough can be gathered into rough ball. Moisten any remaining dry bits of flour with drops of water and press them into the ball.

To make pasta: Knead dough on floured board, working in a little extra flour if dough seems sticky. After about 10 minutes, dough should be smooth, shiny and elastic. Wrap in wax paper and let dough rest for at least 10 minutes before rolling.

Divide dough into two balls. Place one ball on floured board or pastry cloth and flatten with your hand into an oblong about 1 inch thick. Dust top lightly with flour.

Using heavy rolling pin, start at one end of oblong and roll out lengthwise away from yourself to within an inch or so of far edge. Turn dough crosswise and roll across its width. Repeat, turning and rolling dough, until it is paper thin. If dough begins to stick, lift carefully and sprinkle more flour under it.

Makes about 3/4 pound.

### RAGU BOLOGNESE

(North Italian Meat Sauce)

1/4 lb. smoked ham, coarsely chopped (about 1 cup)

1 cup coarsely chopped onions

1/4 cup coarsely chopped carrots

1/2 cup coarsely chopped celery

4 tbsps. butter or margarine

2 tbsps. olive oil

3/4 lb. beef round, ground twice

1/4 lb. lean pork, ground twice

1/2 cup dry white wine

2 cups beef stock, fresh or canned

2 tbsps. tomato paste

1/2 lb. chicken livers

1 cup heavy cream

Pinch of ground nutmeg

Salt and freshly ground black pepper

Combine chopped ham, onions, carrots and celery on cutting board, and chop into very small pieces. (This mixture is called a *battuto*; when cooked it is a *sofritto*.)

Melt 2 tablespoons of butter or margarine over moderate heat in heavy, 10- to 12-inch skillet. When foam subsides, add *battuto* and cook, stirring often, for 10 minutes, or until lightly browned. With rubber spatula, put *sofritto* in heavy, 3- to 4-quart saucepan.

Heat 2 tablespoons of olive oil in same skillet, and lightly brown beef and pork over moderate heat, stirring constantly to break up any lumps.

Pour in wine, increase heat and

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Continued From Page 10

boil briskly, still stirring constantly, until almost all liquid has cooked away. Add meat to soffritto in saucpan, and stir in stock and tomato paste. Bring to boil over high heat, then reduce heat and simmer, partially covered, for 45 minutes, stirring occasionally.

Meanwhile, over high heat, melt 2 more tablespoons of butter or margarine in original skillet, and

when foam subsides, add chicken livers. Cook for 3 or 4 minutes, or until firm and lightly browned.

Chop chicken livers into small dice, set aside and add to sauce 10 minutes before it is done. A few minutes before serving, stir in cream and let heat through.

Taste ragu and season with nutmeg, salt and pepper. Serve on pasta.

Makes about 2 1/2 cups.

## From Our Kitchen



Olivia and Paul  
Bensen



## Chinese salads for simmering days

By Olivia and Paul Bensen

In China, salads are a popular hot-weather dish. In some provinces, such as Hunan, where the summer is long, hot and humid, the traditional provincial cuisine includes a variety of salads that are believed to have a cooling effect.

Some favorite ingredients for Chinese salads, not often found in American or European salads, include Chinese green leeks, white radish (Chinese turnip), bok choy, Chinese celery, Chinese yard-long beans, bean curd (tofu), green bean noodles, agar-agar and jellyfish. All of these can be found at the larger Oriental food stores, and several are generally available in large supermarkets.

Chinese salads often include as well a number of ingredients more familiar to salad bar habitués in this country: bell peppers, bean sprouts, carrots, cucumber and shredded chicken or ham.

Two excellent salad dressings from Hunan Province appear in Henry Chung's "Hunan Style Chinese Cookbook." We never have been able to improve on Chung's recipes for Rich Hot and Sour Dressing and Thin Hot and Sour Dressing.

Many Chinese salads, especially those that include meat, seafood or chicken, call for noodles (*mein* in Chinese). You may want to experiment with the several varieties of noodles available in Oriental specialty stores — but the dried noodles available in every supermarket also will do very nicely.

When you're preparing the dressing for any of today's salads, taste the dressing at each step, balancing flavors as you go along, to be sure that the final result will be pleasing to you in combination with the salad's ingredients.

Any one of these Chinese salads makes a delicious, light, hot-weather meal. They also add an unusual touch when served as part of a non-Oriental dinner.

### RICH HOT AND SOUR DRESSING

- 2 tbsps. sesame seed paste (or crunchy-style peanut butter)
- 2 tbsps. soy sauce (or to taste)

- 2 tbsps. vinegar (or to taste)
- 1 tbsp. hot red pepper oil
- 1 tsp. hot red pepper powder
- 1 tsp. black pepper
- 1 tsp. sugar (optional)
- 1 tsp. sesame oil
- 2 tbsps. vegetable oil
- 1 tbsp. finely minced fresh ginger
- 1 tbsp. finely minced garlic
- 1 tbsp. finely minced scallions
- 1 tbsp. white wine
- 1 tsp. hot mustard (optional)
- 1/4 tsp. salt
- 1-2 cups chicken broth

Mix together all above ingredients.

### THIN HOT AND SOUR DRESSING

- 2 tbsps. soy sauce
- 4 tbsps. vinegar (or to taste)
- 2 tbsps. sesame oil
- 1 1/2 tbsps. hot red pepper oil
- 1 tsp. brown sugar (optional)
- 2 tbsps. vegetable oil
- 1 tbsp. finely minced fresh ginger
- 1 tbsp. finely minced garlic
- 1 tbsp. finely minced scallions
- 1 tbsp. white wine
- 1 tbsp. minced Chinese parsley (optional)
- 1-2 cups chicken broth
- Salt to taste

Mix together all ingredients.

### CHINESE CRAB SALAD WITH CUCUMBER

- 2 tbsps. rice wine vinegar
- 2 tbsps. soy sauce
- 1 tbsp. dark sesame oil
- 1/2 tsp. sugar
- 1 cup crab meat, carefully picked over
- 1/4 cup thinly sliced scallions
- 3 cups peeled shredded cucumber (cut cucumbers into 1/4-inch-thick slices, and cut slices into thin strips)

Mix together all dressing ingredients, toss crab meat, scallions and cucumbers in dressing until well coated. Serve chilled. Serves 4 to 6.

### SILVER THREADS AND CUCUMBER SALAD

- 2 ozs. Chinese vermicelli (bean threads)
- 1 cup peeled shredded cucumber
- 1 1/2 cups thin hot and sour dressing (see recipe above)
- 2 tbsps. minced scallions
- 1 tbsp. dark sesame oil

Soak bean threads in hot water 30 minutes. Drain and drop bean threads into boiling water for 5 minutes. Drain and rinse well under cold water.

Place in shallow serving bowl, top with shredded cucumber and cover evenly with dressing. Garnish with scallions and sesame oil. Serves 4 to 6.

### SPICY CUCUMBER SALAD

- 2 medium cucumbers
- 1 tsp. soy sauce
- 1 tbsp. white vinegar
- 1/4 tsp. sugar
- 2 tbsps. sesame oil
- 1/4 tsp. Tabasco sauce
- 1/2 tsp. salt
- Freshly ground white pepper to taste

Peel cucumbers and slice in half lengthwise. With a metal spoon, scoop out seeds and soft insides. Slice cucumbers into very thin half-moon-shape slices. Combine rest of ingredients and mix together well. Toss with cucumber slices and chill at least 30 minutes before serving. Garnish with freshly ground white pepper to taste.

## VEGETARIAN VIEW

## Gourmet cookbook

By Diane Savage

### MUSHROOM BAKED EGGS

- 2 medium onions, chopped
- 2 cloves garlic, minced
- 1/4 lb. mushrooms, sliced
- 6 tbsps. butter
- 8 eggs
- Oregano
- Basil
- Cayenne pepper
- Salt and black pepper
- 1 cup (packed) grated cheddar cheese

Preheat oven to broil. Sauté onions, garlic and mushrooms in large skillet with butter over medium heat until onions are golden and most of the liquid has evaporated. Spoon mushroom mixture into an 8-inch square pan. Make 8 slight indentations and drop in eggs. Sprinkle each egg with seasonings to taste.

Place eggs under broiler for several minutes and watch closely. When they are almost done, remove from broiler and cover with grated cheddar cheese.

Return to broiler until cheese is melted. (Be careful not to let cheese burn.)

Serves 4 to 5.

### SESAME RICE

- 3 cups water
- 1 1/2 cups short grain brown rice
- 1 tbsp. butter
- 2 tbsps. chopped cashews
- 3 tbsps. butter
- 1/2 cup sesame seeds
- 1/4 tsp. cayenne pepper (or more to taste)
- 1 bay leaf, crumbled
- 1/2 tsp. salt
- 1/2 lime
- 1 tbsp. rose water (optional)

Bring water to boil. Add rice and once again bring to boil.

Reduce heat to simmer and simmer until liquid is absorbed (35 to 45 minutes). While rice cooks, sauté cashews in 1 tablespoon butter until golden brown, stirring frequently. Remove from heat and set aside. Heat 3 tablespoons butter. Add sesame seeds, cayenne and bay leaf and fry until seeds are golden brown, stirring frequently. Combine cashews and

sesame seeds and stir into hot cooked rice. Add 1/2 teaspoon salt, or to taste, mix thoroughly. Sprinkle with juice of 1/2 lime and rose water, if desired.

### LEMON LOAF

- 2 tbsps. butter
- 1/2 cup honey
- 2 large eggs, beaten
- 1/2 cup milk
- 1 1/2 cups whole wheat pastry flour
- 1 tsp. baking powder
- 1/4 tsp. salt
- 1 tsp. (rounded) grated lemon rind
- 2 tbsps. lemon juice
- 1/2 cup chopped walnuts
- 2 tbsps. lemon juice
- 3 tbsps. honey

Preheat oven to 325 F. Mix butter, honey, eggs and milk in large bowl until smooth and creamy.

Sift together whole wheat pastry flour, baking powder and salt.

Slowly add dry ingredients to creamed mixture, mix well, then add grated lemon rind, 2 tablespoons lemon juice and chopped walnuts.

Spoon into standard-size buttered loaf pan and let sit in warm spot for 20 minutes. Bake at 325 to 350 F for 1 hour. Cool for 10 minutes in pan, then turn out onto cooling rack for 10 minutes. Place loaf on plate. Perforate top by punching holes with fork. Spoon mixture of lemon juice and honey onto top of loaf. Allow loaf to absorb juice. Chill for 2 to 3 hours. Slice very thin.

Serves 8 to 10.



# Microwave Magic

By Desiree Vive



Did you get enough calcium in your diet today? If you're a woman between the ages of 18 and 34, chances are you didn't. According to the National Dairy Board, only one-third of all women in this age group consume the adult Recommended Daily Allowance on any given day.

Why are young women likely to skimp on calcium-rich foods? Many are weight-conscious, and a lower calorie intake usually means less calcium intake, as well. Dairy foods, our leading source of the mineral, often are shunned because of the calories involved.

But remember that your body cannot produce its own calcium, and a steady supply is necessary to ensure normal functioning of nerves, blood and muscles. If you don't get enough from the foods you eat, your body will "steal" the mineral from its only available source: your bones.

A long-term calcium deficiency can lead to osteoporosis (literally, "porous bones"), a crippling disease that affects over 15 million Americans — most of them women. In fact, one in four women over 60 suffers from the disease.

Because their bones are smaller and less dense, and because they tend to consume less calcium, women are eight times as likely as men to develop osteoporosis. The condition takes many years to develop, but once the damage is done, it is irreversible. Osteoporosis — weak, brittle bones — cannot be cured.

What can you do to take care of your bones now, so they will serve you well in later life? Make sure that your diet provides a regular and plentiful supply of calcium. A normal adult needs at least 800 milligrams per day. The regular foods you eat, plus two glasses of milk, supply roughly this amount.

If you don't like milk, try adding more cheese, yogurt and dark green, leafy vegetables to your diet. Hard cheeses, such as Parmesan, are richer in the mineral than are soft cheeses.

And make time to take regular exercise, which will strengthen your bones — and burn off all those calories!

The following microwave recipes are rich in this important mineral. "Bone up" on calcium now, and your bones will stand the test of time.

## EASY MACARONI AND CHEESE

- 1 cup uncooked macaroni noodles
- 2 tbsps. flour
- ¼ cup minced onion
- 2 tbsps. chopped fresh parsley
- ¼ tsp. each salt and pepper
- 1 cup milk
- ¾ cup water
- 3 tbsps. butter or margarine, cut in small pieces
- 1 cup shredded cheddar or process American cheese

Toss together macaroni, flour, onion, parsley, salt and pepper in

a 1½- to 2-quart glass casserole. Stir in milk and water and dot top with butter.

Cover and microwave 4 minutes on HIGH (100 percent power); stir. Reset microwave to DEFROST (30 percent power) and continue cooking 12 to 14 minutes longer, stirring every 4 minutes. Macaroni should be just tender.

Fold in cheese, replace cover and let stand 5 minutes to allow macaroni to finish cooking and melt cheese. Stir again before serving.

Serves 3 to 4.

## 3-CHEESE POTATOES

- 6 slices bacon
- 1 medium-size onion, chopped
- 2 cups shredded cheddar cheese
- 1 cup cream-style cottage cheese
- 3 tbsps. minced fresh parsley
- ½ tsp. curry powder
- ¼ tsp. each salt and pepper
- 6 cups cubed potatoes
- ½ cup fine dry bread crumbs
- ½ cup grated Parmesan cheese
- 3 tbsps. butter or margarine, cut in small pieces
- Paprika

Separate bacon slices and arrange in single layer over bottom of a 13x9x2-inch glass baking dish. Cover loosely with paper towels and microwave 6 to 7 minutes, or until bacon is cooked and crisp. Drain on paper towels, let cool, then crumble. Set aside.

Sprinkle chopped onion over bacon drippings and microwave about 6 minutes, stirring every 2 minutes. Onion should be tender and translucent.

Stir in cooked, crumbled bacon, cheddar cheese, cottage cheese, parsley, curry powder, salt and pepper. Blend well, then fold in cubed potatoes.

Cover with plastic wrap and microwave 8 to 9 minutes, stirring every 3 minutes, until potatoes are just tender.

Remove plastic wrap and sprinkle bread crumbs and Parmesan cheese over top of casserole. Sprinkle lightly with paprika and microwave 3½ to 4 minutes longer. Let stand 2 to 3 minutes before serving.

Serves 6 to 8.

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.

**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.

## The World's Most Beautiful Grandchildren



This is our little ray of sunshine and the apple of our eye, one year-old Kevin Matthew Wohl. He is the son of Glenn and Cathie (Clark) Wohl of Meadow Lane and grandson of Earl and Allicemay Clark of Dartmouth Drive and Wes and Helen Wohl of Wilfred Boulevard, all of Hicksville.

Allicemay Clark  
(Doting Grandma)  
Hicksville



Lisa Anne is our first grandchild, born July 5, 1984. Grandparents are George and Jeanne Kiraly and Phil and Ann Vallone of New Hyde Park. Parents are Richard and Karen Kiraly of West Hempstead. Mrs. George Kiraly  
New Hyde Park

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## Here's How

By Gene Gary



Q. I have squeaky floorboards under the carpeted living room floor and the tiled kitchen floor. I understand it is not difficult to eliminate squeaky boards under a carpet, but what about squeaky boards under a tiled kitchen floor?

Can you suggest anything to help me with my problem? — Mrs. W.A.L.

A. You can correct this problem without disturbing the present floor covering only if the floors can be reached from the underside, such as a crawl space between the foundation or from a basement area. The problem is usually caused when the sub-flooring dries out and shrinks away from floor joists. It then creaks when you walk on it.

If you attack the problem from below, you will need to locate the critical spots that creak. Have someone stand on the spot that creaks while you locate it from below. Then drive the thin edge of a roofing shingle between joist and sub-floor where gaps occur.

Loose flooring nails or floorboards rubbing together also can cause persistent squeaks. Screws can stop them. Use 1/4-inch round-head wood screws if finished floor is laid directly on sub-floor. If finished floor is laid on sleepers, use 2-inch round-head wood screws, and work close to joists. Pre-drill

screw holes before driving screws and tighten them while someone stands on the floor above.

If you can't get below the squeak, attack it from above with a magnet, nails and screws. Of course for this process you will have to remove carpeting, tile or any other floor covering.

Move the magnet along cracks; when it "pulls," you are over a nail driven through flooring into a joist. Drill small holes at an angle through the flooring and into the joist. Then drive and countersink nails, below the surface of the floor, and fill the holes with matching wood from your drillings. If nails don't stop the squeak, drill lead holes just slightly smaller than thin 1/4-inch wood screws, and a larger hole for screw heads. Countersink screws all the way into the joist, then fill with a wood plug.

Q. I hope you can help me with a few problems. I just moved into a mobile home. The previous owner applied contact paper over wallpaper in both bathrooms. I would like to remove it without damaging the wallpaper or wallboard.

They also painted the toilet a light green. Some of the paint is coming off. How can I remove it? — K.A.S.

A. To remove the outer layer of contact paper, use a hair dryer set on high heat. Hold it about 1 inch from the paper, starting at the edges. When the paper is hot, the adhesive should soften so you can pull the paper away from the surface. After removing the contact paper, you will need to remove the under layer of wallpaper, because it will be damaged by the previous layer of contact paper. You can either remove this layer of paper or, if it is still firmly adhered to the wall, you can wallpaper over it.

If this layer is to be removed, try steaming it with one of the new wallpaper strippers. Two new types, which require less moisture, are Savogran Wallpaper Stripper and Dif Wallpaper Stripper.

You should be able to remove the paint on the toilet by using a wash-away paint remover, available at your local paint dealer.

Q. We are having a problem with ants in our dishwasher. Several others in our area are having the same problem. We are able to control them in other areas of the house but this has us baffled. Can you help? — B.N.

A. The best way to control ant problems is to start by spraying with an insecticide outside the house, around the foundations and even the entire yard area. You might also spray door and window frames. You can do this yourself or call on a professional exterminator. Suitable insecticides and spraying equipment should be available at your local nursery.

After spraying outside, I would recommend spraying some areas inside, particularly in the kitchen area where food particles are found. Remove dishes and spray the cupboards as well as around baseboards. The best way to control ants after spraying is to make sure that absolutely no food particles are left on countertops, floor surface, etc. This would include pre-rinsing all dishes before placing them in the dishwasher to make sure they are free of food that will attract these persistent pests.

disabled and am receiving Supplemental Security Income.

I have no other support. I regularly receive a questionnaire from the Social Security Administration every year or so. I received a questionnaire July 15 and had an appointment July 27 at the Torrance office.

I was 64 years old June 22, 1982, and I was told at the office that I now have to sign up for my Social Security benefits. I have worked since 1940 or 1941 to 1958 on my own. I will be 65 on June 22, 1983.

Do I have to sign up for my Social Security benefits at age 64? I will not be able to receive my full benefits at age 64. Can Social Security do this?

I have only 30 days to sign up for my benefits or be thrown off S.S.I. — S.P.

Dear S.P.: That last is a tricky question. You'd better get some legal advice. If you sign up now you probably will get benefits as of age 62 and probably some retroactive payments. Ask if you can sign up effective with your 65th birthday.



## TWEEN 12 & 20



By Robert Wallace, E.D.D.

Dr. Wallace: I am 19 and my boyfriend is 21, and we have been dating for three months. My problem is that he treats me like dirt and constantly compares me to his ex-girlfriend — she dresses better, kisses better, laughs more, is more intelligent, drives a nicer car.

To make matters worse, he doesn't keep his word. Several times he has made a date but didn't show up. Sometimes he is rude when we are on a date, and several times he has called me stupid — and a lot of people heard him say it.

I try to forgive Tony because I really like him and he is the most handsome guy I've ever dated. Mom says to end my relationship with him but I find it hard to give him up. What do you think I should do? — Brenda

Brenda: As usual, Mom is right. This guy is a jerk. Dump him immediately, if not sooner.

Dr. Wallace: My girlfriend has lost a lot of weight lately. She hardly eats and I think she has anorexia nervosa.

What causes a person to get anorexia? — Becky

Becky: We've done several columns on anorexia nervosa (self-starvation), but the seriousness of this eating disorder dictates that we continually inform our new readers.

The symptoms are: voluntary starvation, preoccupation with food, low self-esteem and perfectionist tendencies. Experts say the incidence of anorexia is increasing. Studies indicate that one girl in 200 between the ages of 12 and 18 has anorexia.

Needless to say, any person suspected of being anorexic, no matter how early it is suspected, should be directed to professional medical assistance.

Dr. Wallace: There are self-help organizations for almost everything — Alcoholics Anonymous, Overeaters Anonymous and Families Anonymous. I am a cocaine user and would like to quit. Is there such a thing as Drugs Anonymous? If so, where can I find out about it? — Pete.

Pete: There are two self-help groups that I am familiar with: Cocaine Anonymous and Narcotics Anonymous.

Please check your telephone book for the nearest chapter. The national telephone number for Cocaine Anonymous (users) and

Coc-A-Non (families and friends of users) is (213) 839-1141.

Dr. Wallace: My sister and I love our father but he constantly tells lies. For example, he will tell us a girl was found dead from an overdose of drugs. When we press him for facts, he admits he lied, but only because he wanted to scare us so we won't do drugs.

We tell him that lying is wrong, but he says if he is lying to help us, then it's OK. What do you say? — Billy.

Billy: There are times when telling "white" lies is acceptable — even desirable (telling a terminally ill patient he will recover if the patient says, "I'm going to recover, aren't I?").

But the majority of the time, honesty is the best policy.

Dr. Wallace: My brother has one more year of school before he graduates, but he wants to quit. The reason? He isn't very smart and his grades reflect that fact. Also, he thinks the teachers like to teach only the smart kids and he says that the teachers would like to see him quit. I think this is terrible. What do you think? — Gloria

Gloria: Music instructors enjoy working with Beethovens; coaches like to teach Olympic hopefuls, and schoolteachers take pleasure in guiding gifted students. But they also get a thrill from encouraging other students to work at achieving their potential.

The only time I ever heard teachers wish a student would leave school was when the student was a disruptive disciplinary problem.

Dr. Wallace: I'm a jogger and like to jog in the morning before I have my breakfast. My mother thinks I should eat before I run but I feel too tired when I run after a meal. Who is right, Mom or I? — Jill.

Jill: Most doctors agree that one should jog in conditions that are best suited to and most comfortable for the jogger. In your case, it would be better for you to jog before breakfast. But regardless of when you jog, drink lots of fluids. According to Dr. David Bachman, "Begin every run with at least two glasses of cool water." It keeps fluid levels in proportion, making allowances for perspiration.

## Mainly For Seniors

By John T. Watts



### Cancer vaccine may come in future

Dear John: I understand there is a new vaccine for cancer. I saw something of the sort in the paper.

If there is, why haven't they made it available to us?

I'm no hypochondriac, but I'm terribly, terribly afraid of cancer. From all of the things I've read about it, it must be awful. — Jeanne L.

Dear Jeanne: There is no available vaccine for cancer. What you read was a story holding out hope and expectation that there will be such a vaccine before many years.

Many medical scientists apparently are working on it, as well as on possible cures.

Cancer is a terrible thing, but there is always hope. I have known 10 cancer victims personally. Seven of them are still alive. I have also known about others who were told they had three or four months to live and lived several years.

One friend, who recently fell victim to cancer of the pancreas, told me his philosophy.

"Nobody's got any guarantee," he said. "I don't see any 105-year-old people walking around in my neighborhood."

The thing with cancer — like most other diseases — is early detection, Jeanne. If you or your spouse begin to show uncharacteristic loss of appetite or a tendency to sleep an abnormal amount of time, go to your physician and find out what the trouble is. Loss of get-up-and-go is another clue.

Don't be afraid to have X-rays and any tests called for. Cancer, if it's there, won't go away just because you choose to ignore it.

The sooner it's detected the sooner treatment or surgery can begin. Many important strides have been made in this regard.

Dear John: I have been living alone since 1969, am



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**WEEKLY NEWSPAPER PLANT**  
In Hicksville seeks permanent, part time addition to busy Art Dept. Typing, type specs, ad layout exp. helpful eyes, & Saturdays, approx. 20 hrs a week. Call 931-0012 for appt. hifnj4

**CHIROPRACTIC ASSISTANT**  
wanted. Willing to train. hours: Monday, Wednesday, Friday 3-8 p.m. Clerical skills required. Call 352-5200. hj1

**HOUSEKEEPER MOTHER'S**  
Helper, wanted approximately 4:30-8 p.m. weekdays. Some child care, 3 year old boy. Near LIE, Exit 35 (Herricks area). Own transportation. 365-8139. wj2

**SECRETARY FOR LAW OFFICE**  
Steno required. Williston Park area. Call 741-1276. wj1

**ATTENTION SMALL BUSINESS**  
owners. 1 man copier dealer must raise cash. If you are looking for an inexpensive used copier call me and lets make a deal. 735-1673 h14

**MOTHER'S HELPER**  
in Syosset area. 12 hours a week, 3 afternoons/1 morning. Help care for a 16 month old. Call 496-2213. hj2

**PART TIME SECRETARIAL**  
position for 1 man insurance office in Syosset. Tuesdays and Thursdays. 10 to 4. Call 921-4008. h14

**SALESPERSON LARGE**  
moving firm. Will train person with previous sales experience. We supply leads. Great opportunity. High potential. Salary plus. Call 741-8048. h14

**BABYSITTER NEEDED**  
to care for three children. Western Section. Weekdays & weekends. Experienced and responsible. Please call 437-9262. gcjy1

**7-11 CLERK MIDNIGHT Shift**  
three nights. Also part time days available. Apply in person 159 Atlantic Avenue, Garden City Park. gcjy4

### Help Wanted

**MINEOLA WORKING MOTHER**  
will seek responsible baby sitter for toddler, in the fall, 3 to 4 days per week. 294-9366. wj3

**TEACHER SEEKS MATURE**  
woman to care for two young children in my Garden City home. Occasional part time for July & August. Full time beginning Sept. Call early AM 248-0171. gcjy4

**REAL ESTATE SALES**  
person for Hicksville, Bethpage, Levittown, Plainview areas. Hours to suit. Confidential interview. Ask for Irene 935-5959. h14

**P/T POSITIONS AVAILABLE**  
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**CHILD CARE WANTED 4 Days**  
per week for July and August. Ages 12 yr. old and 9 yr. old. Supervision plus pickup and drop off for summer activities. Must have car available and Garden City pool pass. Call days 222-8475 or eves 747-5578 gcjy4

**STUDENTS INTERESTED IN**  
working for the Garden City School District for the summer please call Mr. Bernard Heinisch, Garden City Schools at 294-3027 or stop in for application. Ages-17 up. \$3.75 an hour hj1

**BABYSITTER WANTED**  
my house or yours for two boys, 3 1/2 and 1 1/2 years. Two days per week, 10 hours per day. References a must. Prefer person from Williston Park or vicinity. Call 248-0170. hj1

**MUST FIND A LOVING**  
mature woman to care for my 2 year old by September 1. Live out position. 5 days per week. Be part of our happy home. Call 248-8398. References. gcjy2

### Help Wanted

**SYOSSET SENIOR LADY**  
needs help cleaning, shopping etc. Two part time days a week, days, hours flexible. Prefer non-smoker with own transportation. Call 433-8208. h14

**OFFICE ASSISTANT PT**  
9-1 5 days. Modern, congenial pleasant, busy small Woodbury office needs someone good with figures, types, willing to learn varied office work. Returnee welcome. 367-3320. h14

**IN THE FALL, MINEOLA**  
Working Mother will seek responsible babysitter for toddler 3 to 4 days per week 294-9366/wj4

**MATURE BABYSITTER AVAIL.**  
Highly experienced with children of all ages. Overnight also. Will do light housework if desired. Excellent recent references. Call after 4 p.m. 489-9198 gcjy4

**FULL TIME BABYSITTER**  
needed to care for our 7 year old son in our Malverne home. Call weekdays eves after 6:30 or weekends 596-0130. References please gcjy4

**FULL TIME BABYSITTER**  
Needed. Loving, responsible. 2 children 4 and 7. East Williston. Full time, part time etc. Call 947-6275 wj3

**WE ARE LOOKING FOR LOCAL**  
people to cover meetings in Bethpage, Syosset, Williston Park and New Hyde Park areas to write up reports for publication in our newspapers. Call 931-0012 for information and appointment. h14

**LOVING ADULT TO CARE FOR**  
2 charming children in our East Williston home. Full time beginning August. References and own transportation a must. Call 248-9124 wj4

**HIGH SCHOOL STUDENT**  
wanted for part time file clerk at Garden City agency. Call Rich Nocella at 294-0200 gcjy1

**SUMMER POSITIONS**  
Students (college, H.S. Grads) and teachers. Full time summer work. Starting rate \$6.25 per hr. Select hours. Car necessary. Corporation scholarships available. Great resume' experience Call 10-2 p.m. only. 596-0850 gcjy1

**DOGGIE DAY CARE CENTER**  
Wanted for beautiful miniature Schnauzer, Master will drop off at 9 a.m., pick up at 5 p.m. Central Garden City vicinity. Call before 9 a.m. or after 6 p.m. 746-5762 gcjy1

**GARDEN CITY HOUSEKEEPER**  
Wanted, 2 or 3 days per week. Own transportation. Includes ironing. Days flexible, 5 hours per day. 742-8607 gcjy1

### Help Wanted

**TEACHER SEEKS MATURE**  
responsible woman with flexible schedule to see 3 children off to school plus light housekeeping. Mon-Fri. 7:30-10:30 a.m. plus occasional full days. Call 742-0870 gcjy3

**LIVE-IN HOUSEKEEPER**  
3 adults. East Williston. 248-4290. References required. gcjy1

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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 h14

### Situations Wanted

**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. gcjy1

**MALE NURSE'S AIDE**  
seeks part time position, two to three mornings a week. Call Charles, before 12 noon. 789-8360 gcjy3

**WOMAN FROM POLAND**  
40 years old, seeks position as housecleaner after 5 p.m. and Sundays. Call from 8 p.m. to 11 p.m. 481-1182. gcjy3

**LADY DESIRES HOUSECLEAN-**  
ing position. Mon.-Sat., days. References. Call 483-0173. gcjy3

**GOOD HOUSECLEANER**  
looking for day work, any day. References. Please call 2-5:30 p.m. 489-0839 gcjy3

**RELIABLE WOMAN SEEKS**  
housecleaning position. Own transportation, good references. Garden City only. 354-2904. gcjy3

**PART TIME NURSE'S AIDE**  
available. 15 years experience Holy Patterson Home. 538-7152. gcjy2

**BOOKKEEPER F/C, PT,**  
bank rec., write-ups, payroll taxes, 1-2 days per week. Mature, non smoker. 486-0257. gcjy2

**HOUSEKEEPER**  
experienced, five hours per day, \$40. Garden City preferred. Own transportation. References. 486-2888. gcjy2

**RESPONSIBLE ADULT**  
willing to watch your child during weekday hours. 354-7382. gcjy1

**HOUSECLEANER AVAILABLE**  
References, own transportation. Will clean house or apartment. Call between 5 & 9 p.m. 483-2152 h14

### Situations Wanted

**WILL BABYSIT FOR WORKING**  
mother in my home. Well experienced. References upon request. 334-8487 gcjy1

**WILL CARE FOR SICK OR**  
elderly. Light housekeeping, days. Excellent references. 718 740-9625. gcjy2

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part time position. Mornings 2 to 3 days a week. Call Charles before 12 noon 789-8360 gcjy4

**MOTHER'S HELPER**  
available. Intelligent, responsible patient with children. Full or part time. Call 481-5516. gcjy1

**NEED A MOTHER'S HELPER?**  
English girl available July and Aug. Experienced, references available. Garden City or Floral Park vicinity. 354-3942. gcjy1

**GIRL SCOUT - MATURE,**  
competent, seeks position as Mother's helper/babysitter in Hemlock Park, Garden City area. Call Caron 741-5346 gcjy4

**RESPONSIBLE WOMAN**  
looking for house cleaning job, five days. References: own transportation. 483-1378 gcjy1

**HOUSEKEEPER AVAILABLE**  
Excellent references & experience. Call between 4 and 7 p.m. 481-1809. Ask for Frankie. gcjy1

**CERTIFIED NURSE'S AIDE**  
wants live out position 5 days week, or live-in on weekends. Call 718 467-0927 or 718 525-4619. Experienced woman, good references. h14

**YOUNG GIRL FROM WALES**  
seeks work in child care or mother's helper. Prefer live-in. 489-8840 gcjy4

**HOUSECLEANING AVAILABLE**  
weekdays. References, own transportation. 741-1084 after 5 p.m. gcjy2

**EXPERIENCED NURSE'S AIDE**  
to take care of elderly. References available 887-2939 gcjy3

**HOUSEKEEPER AVAILABLE**  
3-4 days per week, 9-2 p.m., \$40. Own transportation. References. Call 481-4995. gcjy3

**ENGLISH GIRL AU PAIR**  
housekeeper. Salary negotiable. Live-in. Driver's license. References available. 671-1860. gcjy2

**HOUSEKEEPER AVAILABLE**  
Available 5 days, 5-6 hours daily. Call any day after 3 p.m. Call 485-7147 gcjy3

**CERTIFIED NURSE ASSISTANT**  
seeks part time eves to care for patients in Garden City, Westbury, East Meadow vicinity. Excellent references. Call Lorraine 485-5866. gcjy1



**Situation Wanted**

**NURSES AIDE SEEKS**  
Position to care for patients;  
live-out; days or eves. References  
718-217-4907 gcy3

**HOUSEKEEPER AVAILABLE**  
Monday to Friday, live out.  
References. Call 489-6252 gcy3

**Car Wanted**

**WANTED USED CARS**  
Foreign and domestic. Prompt  
professional service. Highest  
prices paid. Jon-Tar Motors Inc.  
826-5611. gcs3

**Car For Sale**

'84 DATSUN 300 ZX  
Immaculate. Dark grey, T-tops,  
leather, digital, 5 speed. Only  
2700 miles. Loaded. \$17,300.  
334-5746. gcy2

1964 CLASSIC BUICK SKYLARK  
V-8, 2 door hardtop, yellow with  
black interior, good condition.  
Call after 7 p.m. Mon. & Wed.  
741-8820. gcy2

1970 MERCURY MONTEGO  
good transportation, clean  
interior, low on gas, mechanically  
good, new parts, body needs  
work. Asking \$300. Call 248-7997  
after 5 p.m. wj2

MERCEDES BENZ 1958, 220 S  
Sedan good condition, 59,000  
miles, excellent car for everyday  
use. \$2450. Call 741-0806 gcy3

'71 VOLKS SEMI AUTOMATIC  
good for local travel. \$500. Also,  
'74 Volks, \$1500, 747-0115. gcy2

1966 VOLVO 1800S  
Collector's item. Needs restora-  
tion. Best offer over \$1000. Call  
249-2157. h3j

1979 PEUGEOT 604 LOW MILES  
loaded. Standard. Asking \$4800.  
Call 496-2092. h3j

1977 CADILLAC WHITE  
4 door deVille. Original owner,  
AC, tilt wheel, red leather  
interior, full maintained. 56,000  
miles. \$3500. 248-2878. gcy2

1983 MITSUBISHI SAPPORO  
Moving. Burgundy with tan inter-  
ior. 5 speed, AC, Am/fm radio  
tape deck with 6 speakers. Low  
mileage, excellent condition.  
\$7500. 741-8152 gcy1

1974 FORD MAVERICK  
Needs body and engine work.  
\$500. Call 741-4310 ask for Jean  
wj4

1973 AMC HORNET STATION  
Wagon, trailer hitch, P/S, A/C,  
good running condition. Just  
right for local commuting. Asking  
\$995. Call 433-0735. h3j2

DATSUN '1979, 210 SEDAN  
excellent condition, regular gas.  
57K miles. Must sell \$1550. Call  
eves 326-8222. h3j2

1982 OLDS CUTLASS SUPREME  
excellent condition inside and  
out. Fully equipped. \$5900. Call  
742-8043. gcy3

1977 THUNDERBIRD  
original owner, excellent condi-  
tion. \$1650. 742-7241. gcy2

'78 VOLVO WAGON 4 SPEED  
AC, AM/FM, rack, good condi-  
tion. \$4750. Call 483-7977 after  
June 24. gcy2

**Cars For Sale**

1983 CHEVY CHEVETTE  
2 door, 5 speed transmission,  
tinted windows, rear defroster,  
fully undercoated, deluxe interior,  
whitewall radial tires, 18,000  
miles. Like new, \$3,800. Call  
775-2151 wj3

DATSUN '81 210 HATCHBACK  
28,000 miles, '5 speed, air  
conditioning, am/fm plus snow  
tires, excellent condition \$4800.  
Call 486-0898. h3j3

CHEVY '82 CAPRICE CLASSIC  
4 door; V-8, 34,000 miles, 2 tone,  
cloth interior, am/fm radio, p/s,  
p/b, p/w, power locks, cruise,  
tilt, immaculate. \$6975. Call  
437-4836 gcy3

HONDA CIVIC 1500 '82 SILVER  
5 speed, 2 door, am/fm cassette  
stereo, original owner; garaged.  
Mint condition; 30,000 miles.  
\$4600. Call 294-9649 after 4 p.m.  
gcy1

1980 DIESEL VOLKSWAGEN  
Rabbit, 4 door, hatchback. Excel-  
lent. Extras, 746-5293 wj1

1977 MERCURY COUGAR 4  
Door; p/s, p/b, am/fm radio; a/c;  
64,000 original miles. Good condi-  
tion. Asking \$2000. Call 747-0226  
after 7 p.m. weekdays. gcy1

1982 VOLVO GLT GOLD  
Leather, 5 speed overdrive, sun  
roof, AM/FM cassette, all power.  
\$10,800. Call 742-3610 gcy1

1969 FORD STATION WAGON  
\$100, needs repair. 481-4039 gcy1

1982 OLDS REGENCY Brougham  
Excellent condition 4 door,  
loaded. 38,000 miles, original  
owner \$8500. 292-8851 gcy4

1976 BUICK CENTURY 2 Door  
Silver V8, P/S, P/B, A/C,  
AM/FM cassette stereo. Original  
owner 70,000 miles. Very good  
condition \$1900. 775-4523 wj4

1982 CHEVY IMPALA Good  
condition, power steering, power  
brakes, air conditioning. Nine  
passenger, good tires \$5500. Call  
921-4907 h3j4

1978 TOYOTA COROLLA 2 Dr.  
Vinyl top, 4 speed stick, excellent  
condition, low mileage \$2200.  
Call 433-3523 h3j4

1979 VOLVO 245 DL Station  
wagon. Auto transmission, seats  
seven. A/C, Am/Fm stereo,  
cassette deck, roof rack, low  
mileage. Best offer. Call 741-1443  
gcy4

**Motorcycle For Sale**

1984 HONDA AERO 125 Scooter  
Auto, low mileage, mint condition  
great MPG \$850 neg. Call  
746-2639 wj4

**Boat For Sale**

COX BOAT TRAILER  
for medium sized boat. Tandem  
axle. Very good condition.  
484-0562. wj2

1980 MARINE TRADER 32 FT.  
Sedan, 80 HP Diesel, low hours.  
Just reconditioned. Greenport  
shipyard. \$39,500. Owner Call  
488-5875 or 477-0740 gcy3

**CLASSIFIEDS**  
**A GREAT INVESTMENT**

**Real Estate Wanted**

COMMUTER HUSBAND NEED:  
1 Bedrm. + bath. (non smoker).  
Reasonably priced. Immediate  
occupancy until mid August.  
Garden City or surrounding  
areas. Please call collect (201)  
884-9267. Many references avail-  
able. gcy2

GERMAN WOMAN  
with daughter desires rooms' in  
Garden City home. Willing to do  
housework to reduce rent.  
248-2046 after 6 pm. gcy3

YOUNG COMMUTING  
professional couple seeking  
apartment Westbury/Hicksville  
vicinity. Call 333-4524 after 7  
p.m. h3j2

GARDEN CITY HOME OWNER  
seeks 3-4 BR, 1 1/2 bath home for  
relatives. Handyman special  
okay. Will pay all cash. Close now  
and move at your convenience.  
Principals only. 486-1534. gcy3

ONE BEDROOM APT.  
Garden City, New Hyde Park,  
Franklin Square area. Sought by  
medical student couple. We are  
quiet, dependable, neat. Need by  
July 15. Call 689-7534. gcy3

GARAGE SPACE NEEDED  
for antique car. 7' door clearance  
required. Please call after 6 p.m.  
488-3715. wj3

**Vacation Rentals**

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.  
gca1

BERKSHIRES SECLUDED  
mountain top contemporary,  
mountain/lake view, 3 BR, all  
appliances, fpl., deck, beach,  
boat, tennis. Call Brian, week-  
days, 212 807-3087. gcy1

CLEARWATER FLORIDA  
2 BRs, 2 baths, condo, pool, golf,  
clubhouse, newly furnished, all  
conveniences. No pets, no  
children, 25 min. to Tampa  
Airport. Min. 6 months lease \$800  
per month plus utilities, one  
month security. Avail.  
immediately. Call 437-7433. gcy3

BROMLEY MT., VERMONT  
3 bedrooms Condo, Tennis,  
swimming, Alpine Slide, Mt.  
rafting, golf. \$275. per week \$115  
per weekend 609-397-1406 gcy4

NAPLES FLORIDA NEAR GULF  
condo, 2 bedrooms, 2 baths, pool,  
tennis, rec. room, completely  
furnished. Rent monthly or  
seasonal - ALSO FOR SALE.  
Must sell 747-8145 gcy4

GREENPORT COTTAGE On  
the beach. Sundeck, beach,  
swimming, fishing, golf, tennis.  
Weekly/monthly. Call after 6  
p.m. 928-0624 gcy4

VERMONT FALL FOLIAGE  
Ludlow, VT. 4 BRs, 2 baths,  
family room, LR with FP, cable  
TV and panoramic view. Sept.  
and Oct. \$350 per week. Also 2 1/2  
room apt. with deck and view,  
sleeps 4. 621-6321 wj4

**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. h3j2

FALMETTO DUNES HILTON  
Head, S.C. Vacation paradise.  
Discounted rates. 2 BR, 2 bath  
villa. Golf. Within walking  
distance of beach and pool.  
248-1694. gcs1

POCONOS SAW CREEK  
new ranch, 3 BR, 2 bath,  
furnished, sleeps 8. Private  
community. Indoor and outdoor  
pools and tennis, jacuzzi, teen  
center, restaurant. Horseback,  
lake. \$325 week. Also weekend  
and mid week special 621-6410.  
h3j3

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. gca4

LONG BEACH YOUNG 3 BR  
Ranch, 2 baths, partially furnis-  
hed, 1 car, 2 blocks from beach,  
July 15 to Sept. 15. \$5000. Elaine  
Nolan 485-7054. wj1

MARTHA'S VINEYARD  
sunsets. Oceanfront 3 BR, 2 bath,  
full equipped kitchen, deck.  
\$2025 per 2 weeks. Kronig  
Realty, 617 693-0394. gcy2

HILTON HEAD BEACH &  
Tennis Resort, So. Carolina.  
Condo 1 BR on ocean, fully  
equipped, terrace, pool, tennis,  
restaurant, lounge, bicycles, fish-  
ing etc. Golf nearby. For sale or  
rent. Call owner 326-1954 or  
328-2928. gcy2

POCONOS LAKE ARIEL  
2 BR Chalet with loft, Golf,  
tennis, horseback riding, boating,  
water skiing, fishing. Pools and  
lakes, clubhouse with restaurant  
and lounge. 1/2 hour from  
Scranton shopping district. \$350 a  
week. \$250 Monday through  
Friday. 352-2130 wj1

AMAGANSETT DUNES PRIME  
Location, 150' ocean. Season or  
monthly. 3 BRs, 1 1/2 baths, cat-in  
kitchen, washer/dryer/dish-  
washer, large deck. 741-4347 or  
575-6567 or 267-6312. Marty,  
wj1

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.  
h3j1

ORIENT POINT 4-5 BEDROOMS  
2 baths, charming older Colonial  
home, newly redecorated. Fire-  
place, waterviews, spacious  
grounds, one block to beach. \$750  
per week, \$2500 per month July  
or Aug. 862-8722 or 323-2657.  
gcy1

VERMONT IS WONDERFUL IN  
The Summer. Try something  
new. Rent our modern, full  
convenience chalet. Can accom-  
modate a small or large family.  
Large deck overlooks Stratton Mt.  
lake nearby with use of canoe.  
Swimming, antiquing, summer  
theater and much more. Call after  
6 p.m. 294-9799 gcy1

**Vacation Rental**

SOUTHAMPTON LGE. NEW  
3 BR, contemporary on 2 secluded  
acres. Separate master suite, 27  
ft. x 30 ft. cathedral LR, country  
kitchen, DR, 2 1/2 baths, a few  
minutes walk to private Peconic  
Bay beach. Aug. 1 through Labor  
Day \$3500. 746-4314. gcy3

SHELTER ISLAND FURNISHED  
3 BR, 2 bath, all electric kitchen,  
waterview, ramps for disabled,  
available Aug., Sept. & Oct.  
747-6092. gcy2

HILTON HEAD S.C.  
1 bedroom village, sleeps 6,  
beach, pool, tennis, golf nearby.  
718 341-3704 eves. 718 990-6161  
ext. 6203 days. gcy2

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. h3j2

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 gcy2

EAST MARION BAYFRONT  
2 BRs, 1 bath villa, beautifully  
furnished, linens & utilities  
included. Tennis, pool, pvt.  
beach, marina, golf. Available  
Aug. 2 wks or one month. Owner  
488-5875 or 477-0740. gcy3

HAMPTON BAYS E. QUOGUE  
W. Hampton, reduced summer  
rentals, weekly, and monthly  
rates. The Real Estate Store Inc.  
653-5570 or after 6 p.m. 747-8996.  
wj1

HILTON HEAD ISLAND SOUTH  
Carolina, beachfront fully  
equipped oceanview apartment,  
terrace, large pool, tennis,  
restaurant, lounge, bicycles,  
catamarans, playground, fresh  
water fishing on premises. Call  
owner for discounted rates.  
354-3313 gca3

ADIRONDACK LAKE RESORT  
Duplex, directly on lake, 2 BRs,  
complete kitchen, living room,  
deck, recreation room, boat. 20  
min. north Lake George, on  
Friends Lake. \$275 per week. Call  
742-1675 or 518-494-3878. h3j4

HAMPTON BAYS 2 1/2 ROOM  
deluxe efficiency suite on the bay.  
Private beach, pool, marina,  
health club and sauna, game  
room. Maid service 292-0484  
gcy2

CANDLEWOOD LAKE CONN  
Beautiful 4 BR contemporary with  
waterview and wrap around deck.  
One block from private beach.  
Central A/C, 1 1/2 hours from L.I.  
\$420 per week. July & Aug. \$640  
per week; \$420 Mon.-Fri.  
747-8850 eves. Pictures available.  
gcs1

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 gcy2



**Vacation Rental**

**WESTHAMPTON BEACH**  
home with pool, 3 BRs, 2 baths, LR/fpl., DR, EIK, weekly or bi-weekly. Call 741-1443 eves or 212-285-2281 weekdays. gcjn4

**JAMESPORT HOUSEKEEPING**  
cottage for rent, 100 yards from private Peconic Bay beach, 2 BR's, TV. Weeks of June 30, July 14, Sept. 1, \$400. Call 536-4192 gcjv1

**LYME NEW HAMPSHIRE**  
Charming furnished 4 BR farmhouse on 10 wooded acres, near swimming pond and Dartmouth College. \$200 per week. Call eves 741-6807. gcjn4

**MATTITUCK RANCH**  
rights to L.I. Sound. Beach and tennis court, \$500 plus security. Discount on entire season rental. 722-3458. Ask for Anna. wjn4

**SOUTHOLD PRIVATE LANE**  
3 BRs, screened porch, brick patio, washer, dryer, dishwasher, walk to beach (L.I. Sound), outdoor shower, fully equipped. July \$2,200. Call 741-3847 or 212-887-5818. wjn4

**WILMINGTON VERMONT**  
year round home, sleeps six, 4 1/2 hours from Long Island. Minutes to golf, lake, tennis, antiquing, excellent restaurants. Families only. 868-5823 eves or weekends. gcjn4

**EAST END**

20 minutes from Southampton, waterfront, bulkhead and sandy beach. Magnificent views. Pool, landscaping, 5 BRs, secluded, \$900 for season to 10/13, \$4500 per month. 589-6756 eves., 722-4052 weekends. gcjn4

**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. 10, \$450 weekly. 621-2079. gcjn4

**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. wjn4

**SHELTER ISLAND**  
waterview, lovely 5 BR home, central a/c, steps to private sandy beach and boating. Available full season or monthly. Owner. 746-5088. gcjn4

**Real Estate For Rent**

**SPACIOUS GARDEN APT.**  
upstairs, in Glen Oaks. One BR, new EIK, LR, minutes from Garden City. Express bus to Manhattan. Near shopping. \$625 per month pays all. Owner. 437-8825. gcjy2

**GARDEN CITY APARTMENT**  
to share - own bedroom, own bath, kitchen, DR, sunken LR, furnished or unfurnished. Female non-smoker preferred. \$600 mo includes heat/hot water. Call 742-3848 leave message. gcjy3

**GARDEN CITY 2 ROOM APT.**  
furnished in lovely private home. \$450 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. gcjy2

**Real Estate For Rent**

**NEW HYDE PARK HOUSE**  
for rent, 3 BR, 1 1/2 baths, LR, DR, EIK, den, basement, garage, yard. Slide street. Good schools, \$1150 month plus utilities. 2 months security. Available Oct. 1. Call owner 201 647-2632 (home) or 201 647-0180 ext. 4200 (business). hjy3

**MINEOLA LARGE FURNISHED**  
room for rent in private home. Very good location, near all transportation, convenient to all. Near hospitals and LIRR. References. Call eves, 742-4857, after 10 a.m. weekends. gcjy2

**MINEOLA LARGE 2 1/2 ROOMS**  
unfurnished, near all. Available July 1. \$500. 248-0674. wjy3

**3 BR APT. IN WILLISTON PARK**  
Near RR. New kitchen, \$900 plus utilities. 742-1151 after 6 p.m. hjy2

**GARDEN CITY VIC/Cathedral**  
Gardens, 2 1/2 room newly decorated apt. Private entrance, quiet cul-de-sac, full kitchen, w/w carpet, furnished or unfurnished, convenient location. Non-smoking preferred. \$600 per month includes utilities. 292-0484 gcjy2

**LYNBROOK FURNISHED/**  
unfurnished, 3 BR, first floor, new kitchen, parking, walk all. \$750; Hempstead Cathedral Garden City Line, large 2 BR, elevator building, closets galore, walk RR \$800; First floor, 1 BR, walk all. \$650; All new 2 BR, EIK, \$750 plus; Floral Park, 1 BR, new EIK, \$600 all; Franklin Square new large studio \$475 all; West Hempstead, 3 BR, EIK, walk pool, \$1100 plus; Garden City Park, 2 BR, EIK, walk RR, \$650 all; Oceanside, 3 BRs, EIK, \$1050 plus; Elaine Nolan 485-7054. wjy1

**RIDGE L.I. LEISURE KNOLL**  
Adult Community, 2 BRs, 2 baths, c/a, recreational facilities, unfurnished, immediate occupancy, \$700 month plus utilities. 627-9171. gcjy2

**BEAUTIFUL FURNISHED**  
large studio type room in Garden City home. Private entrance and bath. Parking space, utilities. Modified cooking facilities. Mature business person, non smoker. References and security required. \$300 per month. 741-8032. gcjy2

**SHARE SOUTH SHORE OCEAN**  
home. Enjoy peaceful summer rest at private beach. Only 30 minutes from Garden City. Available for refined woman. References required. \$250, weekly 889-2953. gcjy2

**STEWART MANOR MINT. COL.**  
aluminum sided, LR/fpl., DR, 1 1/2 baths, 2 BRs, private yard, gas heat. Immediate occupancy, near stores and RR. Asking \$1200. Tulp Realty 354-0500. gcjy2

**GARDEN CITY STEWART AVE.**  
apt. newly decorated. 2 BRs, working fireplace, one block RR, very secure, most convenient location. Negotiable. 747-7887 days. 294-6744 eves. gcjy1

**GARDEN CITY 7th STREET**  
3000 sq. ft. - will divide, in newly renovated building. Ample free parking and walk RR. For more details contact Fennessy Realty 746-6245. gcjy1

**Real Estate For Rent**

**HOUSE FOR RENT NEW HYDE**  
Park, 3 BRs, 1 1/2 baths, EIK, C/A, garage, finished basement \$1450 plus. Elaine Nolan 485-7054. wjy1

**CHERRY VALLEY APARTMENT**  
One bedroom, newly decorated, \$750 per month 334-3174 gcjy4

**ONE BEDROOM APARTMENT**  
Cherry Valley. Partially furnished. Priced to sell. Rental considered. By owner eves only 483-5325 gcjy4

**WILLISTON PARK & VICINITY**  
2 rooms, utilities, RR, \$395; 3 rooms, wall-to-wall, utilities, RR \$500; 3 1/2 rooms, clean, BR, utilities \$550; 4 rooms, utilities, new kitchen \$750; 7 rooms (house) washer, garage, yard, \$1200. Realty Group Ford, 369 Hillside Ave., Williston Park, NY 248-2192 wjy1

**SYOSSET STUDIO Apartment**  
newly furnished, pvt. entrance, \$550 per month. All utilities. Call eves and weekends 921-5161 gcjy4

**Mtge. Financing**

**SSMORTGAGE MONEYS**  
Commercial & Residential, 1st, 2nd, 3rd mortgages and Bridge loans. No income - no credit check. 3 day closing. Brokers and attorneys invited and protected. J.B. Kimberly & Assoc. 496-3768 hjy1

**Real Estate For Sale**

**GARDEN CITY ESTATES SECT.**  
9 room, 2 level Ranch, separate quarters, ideal mother/daughter, 3 1/2 baths, gas heat, walk RR, schools, finished family room, immaculate condition, immediate occupancy \$335,000 Owner 747-3520 or 201 728-1879 keep trying! gcjy1

**GARDEN CITY SOUTH**  
Dormered cape, M/D, mint condition. First flr., LR, dining area, kit; 2 BR's, full bath. Second: LR, dining area, kit, 1 BR, full bath, fin. bsmt. w/w w/c cedar closets. One car garage; finished in yard; patio. \$179,990. Principals only. 742-4396 gcjy2

**BEAUTIFUL HIGH LOT**  
nearly one acre. Build your dream house and have L.I. Sound waterview, private beach rights. Owner 298-5166 gcjy4

**GARDEN CITY WESTERN**  
Section, 3 BR, one bath, formal DR, recessed radiation, wood paneling first floor. Charles kitchen and formica cabinets. Near RR. Asking \$195,000. 248-5914 Principals only gcjy4

**WILLISTON PARK Herricks SD**  
Cape, mint condition, new bath, Andersen windows, finished basement, garage, newly decorated. Many extras. Principals only \$210,000 248-7173 hjy4

**NEW HYDE PARK 4 BR CAPE**  
with separate basement apt. plus Florida Room. Pool with deck, many extras. Can also be used as Mother/daughter with separate basement apt. Mint cond. \$205,000 firm! Principals only Days 718-498-2855. Eves 516-775-0237 or 326-2493 wjy4

**Real Estate For Sale****OUR EXCLUSIVES!**

**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 \$525,000; 6 BR Tapestry Brick Georgian Colonial 3 baths plus 2 halves, family room, 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 LR, vaulted beamed stairwell, attached 3 car, landscaped 1/2 acre, thousands under market value. Make offer: 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; 5 BR, C/H Colonial 2 1/2 baths, gourmet kitchen, 20x30 Florida room, 2 fireplaces, den, approx. acre overlooking golf course \$289,000; 3 BR Split 2 1/2 baths, new Cherrywood kitchen, new burner, sliding glass doors to railed covered terrace 125x130 park-like plot, 2 pools with waterfalls, finished basement with dark room, all updated in mint condition \$250,000; 3 BR slate roofed Tudor 2 1/2 new baths, 24' LR with fpl., ultra EIK includes trash compactor, new Andersen windows throughout, indoor gas barbecue, deck, 75x100 fenced garden. Super mint, \$220,000; 3 BR slate roofed brick Tudor, 1 bath and 2 half baths, eat in new kitchen, bay window, LR, den, 4 zone new furnace, new windows \$175,000; 3 BR slate roofed Colonial Brick Tudor, 1 1/2 baths, new kitchen, breakfast room, 2 fireplaces, finished basement, new gas hot water furnace, sliding glass doors to den and patio, new wall-to-wall throughout, plus assumable mortgage \$149,900; 4 BR Colonial 1 1/2 baths, den fpl, 2 car 75x125 walk RR sacrifice \$125,000; 3 BR TownHouse 2 1/2 baths, 24' LR, EIK, C/A, finished basement, owner financed \$125,000; West Hempstead Cathedral Gardens 4 BR Greystone English Tudor, slate roofed, "Castle", 4 baths, sunken beamed LR with fpl, large kitchen and breakfast area C/A, parquet floors, finished basement Asking \$395,000; 4 BR large 4 level Split, 2 1/2 baths, EIK, den with build-ins, roofed patio with 5 room office suite, suitable professional \$295,000; 6 BR Ranch 2 1/2 baths, finished basement, solar heated inground pool, Andersen windows, intercom, skylite, brick BBQ, owner will hold 2nd mortgage \$270,000; 3 BR Tudor 1 1/2 baths, EIK, arched sunroom den, 2 car detached \$180,000; Elaine Nolan 485-7054 wjy1

**CUTCHOGUE FANTASTIC**  
location, one acre. Complete privacy, yet near the village, 3 BR Cape. Pristine condition, many extras. Owner 734-5305. gcjy1

**MINEOLA 3 BR COLONIAL**  
2 baths, eat in kitchen, LR with FP, DR, sun porch, 2 car garage. Principals only \$170,000, 746-4859. wjy2

**EAST MARION BIRDWATCHER'S**  
paradise. Newly renovated, 3 BRs, fpl. 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). gcjy2

**WEST HEMPSTEAD CUSTOM**  
Ranch, 3 bedrooms, LR, full DR, large EIK, central A/C, ceramic tile floor, brand new wall to wall, detached garage. Park-like grounds. Mint condition \$169,900 Principals only. 486-0910 gcjy4

**MATTITUCK LAUREL 3 BR**  
2 baths Ranch, LR/FP, DR, eat-in-kitchen, Wooded plot near beach. \$145,000. Call 736-3116 or 298-8721 gcjy3

**GARDEN CITY ESTATES**  
Whitehall Blvd. Unique, very large expanded ranch; corner; 1/2 acre; 4 baths; 31 ft. LR/fpl; 30 ft. country kit, formal DR, family rm, maid's rm, 5 BR's on second floor. Gas heat. Walk to everything. \$595,000. Principals only. 746-2526 gcjy2

**SOUTHOLD-PECONIC**  
300 ft. to private sandy bay beach. Private lane & beach with mooring rights. 1/2 acre with towering pines. Year round energy efficient; 3 BR home, brand new spacious EIK, overlooking garden with mature plantings. Large LR/high ceiling & fpl, separate DR, fin. bsmt./wood burning stove, det. gar. By owner. \$225,000 Call 734-6727 gcjv1

**Real Estate For Sale**

**WILLISTON PARK UNIQUE**  
Colonial, Herricks S.D. 6 rms, 1 1/2 baths, finished basement, alum. siding, 2 car garage. \$209,000. Call 294-3126 wjy1

**NAPLES FLA 1969 MOBILE**  
home, LR, kitchen, dining area, 2 BRs, 1 bath, Florida room, furnished, a/c, carport, tool shed. \$18,500, in Naples Estates. Clubhouse and pool. Call 489-4743 after 6 p.m. gcjy1

**CUTCHOGUE FANTASTIC**  
location, one acre. Complete privacy, yet near the village, 3 BR Cape. Pristine condition, many extras. Owner 734-5305. gcjy1

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**FRANKLIN SQUARE SCHOOL**  
District #17. Mint 4 BR, brick wide-line Cape. 50x125; gar., fin. bsmt; Fla. room; central air, low energy & taxes. Prime location. \$168,500. Principals only 437-4382 gcjy2

**GARDEN CITY CENTRAL**  
Section-Prime location, numbered street, 6 BR's, Col., 3 1/2 baths, + many extras. Move in condition. \$640,000. Owner. 746-1166 gcjy2

**NASSAU POINT WATERFRONT**  
home. Dock & tennis court. 4 bedrooms, 3 baths. Spectacular view. 734-5365 gcjy4

**GARDEN CITY ESTATES**  
Section-Elegant custom built home. 4 BRs, 2 baths, LR/fpl, DR, EIK, den with outside entrance, fin. bsmt. bar, 80 x 100 with patio and room for 500 ft. extension; 1 car garage. \$385,000 Owner-Broker. 746-5445 gcjv1



**Real Estate For Sale**

**WILLIAMSBURG VA COLONIAL** large 3 BR, townhouse in beautiful Seasons Trace. Great investment. Presently rented until Feb. 1986. LR/fpl., DR, EIK, large master BR, 2 1/2 bath. \$77,900 owner. 248-4382. gcjy3

**GARDEN CITY PRESTIGIOUS** landmark. 20 min. midtown Manhattan. Solid brick, Mediterranean Colonial, 150x150, 15x60 front terrace/awning, 7 BRs, 5 baths, 12x30 CH circular front staircase with 4x8 window leading to tremendous 2nd floor landing; back staircase. Ultra mod. Spanish stucco kitchen, mid room, lge. Anderson windows, leaded glass windows, island range, elec. barbecue pit, oak cabinets, 2 wall ovens, dishwasher, refrig., a/c, large formal DR/fpl., extra lge. formal LR/fpl. lge. fam. rm. off kitchen, lge. master BR with spacious bath. Carpeted fin. bsmt. with lge. kit/laundry room. Paneled office, tool room and large playroom. All amenities. Circular driveway; professionally landscaped, auto sprinklers, outside ground floodlights. Complete insulated and energy efficient. Totally restored. \$725,000. 212 532-2705 ext. 211 (9-5) Eves & weekends 516 481-9208. gcjy3

**GARDEN CITY GRACIOUS** 5 BR, 5 bath Georgian Estate Colonial has been restored and updated with no expense spared. Some noteworthy features include Magnificent center hall, a new gourmet kitchen, 4 zone gas heat and central a/c. Offered at \$595,000. Fennessy Realty, 746-6245. gcjy1

**GARDEN CITY CENTRAL** Section-Executive ranch; 5 BRs, 2 baths, LR; DR; new e-i-kit; screened terrace, huge bsmt, 2 car garage, all appliances, central air, 2 zone gas hot water heat. Sprinklers, landscaped 80x125 property; low taxes. Redecorated in and out. Move in condition. Asking \$335,000 (possible rental with option to buy). Principals only. 486-1534. gcjy3

**RELOCATION FORCES OWNER** To offer custom Dutch Colonial quality home, 5 BR on one acre in Woodbury. Mother/daughter or professional. Principals only. \$349,000 Call 921-6652 or 718-271-1053 eves. hjy3

**GARDEN CITY ESTATES** all in \$200's. 3 BR Dutch Colonial, large 5 BR, 2 bath Split; Gorgeous 5 bedroom, 3 bath expanded Ranch; 3 BR, 2 bath, large plot Colonial; 7 BR Mansion \$500's; Many Many more...Also furnished and unfurnished Rentals. Hazel C. Smythe, R.E. (Look for Red Door) 132 7th St. 741-4640 wjy1

**NEW HYDE PARK 3 BR** Colonial Cape, LR, DR, EIK, den, 1 1/2 baths, basement, garage. Near transportation. Side street. Good schools. \$197M. Principals only 201-647-2632 eves, 201 647-0180 ext. 4200 Bus. hjy3

**GARDEN CITY WESTERN** Colonial; 4 BR, LR/fpl, formal DR; 1 1/2 new baths, new cherry-wood EIK, central A/C, basement family rm; 60 x 125; low taxes. Principals only. \$310,000. Call 328-3183 gcjy3

**Real Estate For Sale**

**GARDEN CITY ESTATES** Brick Col., 3 BRs, 2 1/2 baths, formal DR, LR/fpl., new cherry kit, new fam. room with skylight & ceiling fans. Walk to schools \$348,000. Principals only. 747-8533. gcjy2

**SAG HARBOR REDWOOD** 2-3 bedroom cottage, 1 bath, sun porch, garage, fireplace. In waterfront community. Attractive setting. \$135,000. 725-0558. gcjy2

**RIDGE NY RETIREMENT** Community. Private house. Westport model. 2 BRs, 2 baths, FP, patio. Near clubhouse and churches. Low \$100's Principals only. 821-9146 gcjy1

**PRESTIGIOUS WEST LAKES OF** Boca Raton Florida. Adult community. Double wide modular home on lake. 2 BRs, 2 baths, large living room, dining area, kitchen. All appliances, large screened-in porch, carport and shed. Newly painted, new roof, new heating/air conditioning/hot water tank. \$100./month maintenance. Clubhouse, pool, etc. \$52,000. (518) 963-4119. wjy1

**STEWART MANOR 3 BR** Colonial Duplex. Fireplace, formal DR, new EIK, finished basement, new gas boiler & more. By owner \$169,500. Call 488-5329 gcjy2

**GARDEN CITY EASTERN** Section; Side hall Colonial; sunroom, living rm, formal dining rm, wall to wall carpeting, large kitchen/dinette, 3 BRs, ceramic tile bath, stairs to expandable attic, basement laundry room with full bath (shower), washer/dryer and shelving, aluminum siding, stucco garage, '90 taxes, walk to railroad. \$225,000. Principals only by appointment. 746-1771 gcjy4

**GARDEN CITY WESTERN SEC.** Colonial, 3 BRs, 1 1/2 baths, LR/fpl. lge. family room, lge. EIK, DR, laundry room on 1st floor, finished basement. Much more. \$295,000. Owner. Principals only. 775-1183. gcjy3

**SOUTHOLD RANCH IN** private community with Marina. 4 bedrooms, EIK, enclosed porch \$138,000; Mattituck Spanking new Ranch, 3 bedrooms, EIK, DR, fpl, deck, attractive area \$145,000; Jamesport Waterview Ranch. Deeded beach rights, 2 bedrooms, LR, DR, deck, private community \$138,000; Peconic Dutch Colonial, 3.75 acres 5 bedrooms, large DR/remodeled kitchen, outbuildings. Many possibilities \$185,000 Sider-Radford Realty 298-8556 gcjy1

**SOUTHOLD BAYFRONT** Exclusive. Lge 2 story Col in excellent condition 240 ft. of the most breathtaking waterfront on Peconic Bay. One plus acre in a quiet and remote setting. Please call for more information on this spectacular property. Southold A most extraordinary 4 bedroom Dutch Colonial. LR/fpl, formal DR, kitchen with delightful dining area, family room, 2 car att. garage. Carriage house in rear. 1 1/2 plus acre in prestigious area. Walk to Bay Beach. Fantastic buy at \$265,000. William B. Smith R.E. 734-5657 gcjy1

**Real Estate For Sale**

**BUILDING LOT FOR SALE** Plainview, prestige Washington Ave. 1/2 acre zoning .63 acre. \$135,000. Call anytime 741-2365. hjn4

**GARDEN CITY CENTRAL** Section-Col; all brick; 5 BRs, 3 fpls; 3 baths, new EIK, fin. bsmt; open terrace; DR/corner butch. Charming. Taxes \$4450. Property 75 x 245 \$439,000. Owner, 294-0789 gcjy1

**GARDEN CITY 4 BEDROOMS** 1 1/2 baths, Colonial, excellent condition. Western section. Alum siding, office attached, finished basement. Underground sprinkler system. Principals only \$295,000. 248-5914 gcjy4

**ROCKVILLE CENTRE NORTH** Immaculate Dutch Colonial. 3 bedrooms, 2 baths, EIK, LR/fpl, formal DR, study, den, fin. basement. Hewlett Schools, low taxes \$240s. Principals only. Must see 766-0950 gcjy4

**GARDEN CITY Eastern Section** Colonial, 3 bedrooms, family room/fpl, sun room, patio, finished basement, central A/C, gas heat. Immediate occupancy \$200,000 Principals only 741-1098 gcjy4

**GARDEN CITY EXCLUSIVE** Center hall Mott Col; brick & slate; 3 plus bedrms. 2 1/2 baths, LR/fpl, DR, den; EIK, fin. bsmt; gas heat. Immaculate. \$295,000. G.C. & Vic. West Hempstead-Exclusive; immaculate Cape; 4 x 2; LR, DR, magnificent den; rec. rm. oversized property with patio. Walk to worship. \$230,000. Gar-City Realty, 747-3382 gcjy1

**GARDEN CITY CHARMING** Barnes expanded ranch. Beautifully landscaped one acre lot, 3 BRs, library/bedrm, 3 1/2 baths, F/P, Florida rm, finished basement, wet bar, Central A/C, humidifier. Separate water heater Automatic undergrnd sprinkler system, 2 car garage with electric eye. High \$300,000. Owner. 212-861-8988 Wk days. gcjy3

**HAMPTON BAYS 3 BR** 1 1/2 baths, cul-de-sac, walk to Village \$105,000; Hampton Bays summer cottage, 2 BR, 1 bath, walk to Peconic Bay. \$79,500. Cit Bank Mortgage Power, the Real Estate Store, Inc. 653-5570 or after 6 p.m. 747-8996. wjy1

**GARDEN CITY ESTATES** Expanded ranch, 4 BRs, 2 1/2 baths, den/fpl, taxes \$2800. Plot 60x110. Prin. only. Reduced to \$299,000. Call 248-0448 gcjy3

**Business Opportunity**

**FRANKFURTER TRUCK FOR** sale. Meets all Board of Health requirements. Can be seen in operation. Call Al 931-4170 evenings. hfnjy2

**Professional Services**

**MIND STRESS??** Muscle Tension? Enjoy Massage Therapy in your home by the Masseuse of the Bath & Tennis Club. Member: N.Y.S. Society Medical Masseuses, Male/Female. Michael Carr 623-0540 hyl1

**Lost & Found**

**LOST FEMALE CAT "BECKY"** is beige/tan/white. "Becky" is a house cat with no collar and has a sinus problem. She lives in Williston Park and was last seen Sunday June 9 on Broad St. Please call 742-5429. wjy1

**LOST RECENTLY GENTS** Omega wrist watch. Received as presentation in 1964 when leaving Ireland. Enscribed on back. Reward for finder. Call 747-7960. hjy1

**LOST LADIES READING** glasses in maroon case. Probably Seventh St. vicinity. Call 248-2450 gcjy2

**LOST 7 INCH GOLD ROPE** bracelet Sat. June 22, between 1:30 and 3 p.m. on Seventh St. near Franklin Ave. Reward. Call 248-0436. gcjy3

**LOST MONDAY BROWN** leather tool case with tools. Lost vic. Garden City-Stewart Manor-New Hyde Park. Reward. 437-9156. gcjy3

**LOST MALE WHITE TERRIER** West Highland. Goes by the name of "Happy". Last seen Wednesday June 26 in the vicinity of New Hyde Park RR station. Call 352-6500 ext 455. wjy4

**Instructions**

**TUTORING IN PHYSICS AND** Math. Experienced Graduate student; Guaranteed results. Reasonable rates Call. 516-741-6807 ask for Paul after 6 p.m. gcjy3

**PIANO LESSONS FOR EARLY** beginners. Student in preparatory division of the Mannes College of Music is now accepting early beginners for music theory (computerized) and piano. Call 354-5378. gcjy1

**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 gcyl

**PRIVATE TUTORING; English,** Reading, learning disabilities, Iris Tschamplon, N.Y.S. certified, English-Special Education, 63 Transverse Rd., Garden City, NY 11530 741-5346 gcjy1

**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 gcj2

**Garage/Tag Sale**

**MULTI FAMILY 76 & 78** Hampton Rd., Garden City (off Stewart Ave) July 19 and 20. 10-3:30 p.m. Furniture, bookcase with doors, books, cookbooks, chest, tires, elec. & plumbing parts. Dishes and much more. gcjy3

**Garage/Tag Sale**

**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

**GARDEN CITY GARAGE SALE** 256 CLINTON ROAD JULY 13 9-4 p.m. (between Pell Terrace and Kingsbury Road). Piano, sewing machine, typewriters, and much more. Rain or shine. gcjy2

**GIANT TWO FAMILY Yard Sale** Saturday July 13 9-3 p.m. Rain date, Sat. July 20. 54 Miles Ave., Albertson Housewares, jewelry, collectibles, antiques, glassware, linens and more. Something for everyone. gcjy3

**GARAGE AND TAG SALE** Garden City Friday and Saturday, July 5 and 6. 10-4 p.m. Rain or shine. 135 Tanners Pond Road. Many great buys. Baby items, toys, much more! gcjy1

**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

**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. hfnj3

**OLD OIL PAINTINGS WANTED** any condition (even torn). Also: old frames, pocket watches, used jewelry, clocks, linens, rugs, furniture, antiques, trunks, and sewing machines, figurines, coin and stamp collections, old autographs, books, magazines. Also need violins, banjos, mandolins, pianos. Will pay cash and pick up immediately. Please call Sandy 574-0216. ha4

**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. gcjy1

**DOLLS WANTED** I collect dolls and other doll memorabilia - new or old. What do you have for sale? Call me at 433-3876. hyl1

**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. hyl1

**LAWN SWEEPER WANTED** Must be able to attach to rear of tractor. Please call 364-9828 hjy4





**Personal**

**NOVENA TO ST. JUDE**  
Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition, in return I promise to make your name known and cause to be invoked. St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail 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. E.B. gcj1

**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. C.C. hj1

**NOVENA TO ST. JUDE**  
Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition, in return I promise to make your name known and cause you to be invoked. St. Jude, pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. A.B. hj1

**NOVENA TO ST. JUDE**  
Oh Holy St. Jude, Apostle and Martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful and intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depths of my heart and humbly beg to whom God has given such great power to come to my assistance. Help me in my present and urgent petition, in return I promise to make your name known and cause you to be invoked. St. Jude pray for us all who invoke your aid. Amen. Say 3 Our Fathers, 3 Hail Marys, 3 Glorias. Say for 9 consecutive days. Publication must be promised. This novena has never been known to fail. Thank you for answering my prayers. C.C. hj1

**Services**

**GUTTERS CLEANED**  
Repaired, replaced. Painting and other handyman jobs. Call and ask for Joe 735-6349. Licensed. hj1

**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. gcj2

**SCOTT MILLER**  
**Landscape Maintenance**  
Weekly maintenance, spring to fall. Cleanups, lawn chemicals, tree and shrub trimming, shrub planting, thatching, lime, seed, fertilize. 333-7260. gcj3

**SNAKE-IT-OUT**  
24 hour drain and sewer service. Low cost. 486-8053. gc4

**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. gc3

**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. wj3

**5 SAVE \$ DISCOUNT RATES**  
Interstate, local, commercial moving. Florida, California, Arizona, Texas, New Mexico, New Jersey, Connecticut, Pennsylvania, Carolinas, Georgia and all parts USA. Call 741-8048. hj1

**VINCENT NASO**  
**Professional Painter & Decorator**  
Interior\*Exterior \*Paper Hanging\*  
Over 30 years experience, neat, clean. Excellent work. 100% guaranteed. Call Anytime 328-0028. ha3

**WALLS "R" US**  
Painting and wallpapering. Paneling and bookshelves. General handyman. Free estimates. Satisfaction guaranteed. 486-7345. gc4

**CARPENTRY QUALITY WORK**  
performed on all types of carpentry from basements to attics. Free estimates. Call Mike anytime. 489-8840. Thank you. gcs1

**BUILD WITH BRICK**  
Stoops\*Fireplace\*Patios \*Driveways\*And All Types of Brick & Stone Work Quality Workmanship at Reasonable Prices \*Satisfaction guaranteed\*

**WINDOW WASHING**  
Reasonable rates, sparkling results. \$3.50 per window. Call for free estimate. 796-1544. gcj1

**Services**

**SKYLINE IMPROVEMENTS**  
\*Carpentry\*  
\*Roofing\*Aluminum Siding Soffit & Trim Treatment Wood Shingles & Shakes All Types Of Wood & Door Replacements \*Sash Cords Replaced\*Structural Repairs & Renovations Custom Formica Work Outdoor Wood Decks  
Expert Work References Reasonable Prices\*Free Estimate Insurance Estimates Written Call FRED 654-2610 or 931\*1155 ws2

**UNIQUE PARTY SERVICE**  
With a Personal Touch By Shella Professionally Coordinated Parties Complete Service-Home, Office Dinner Parties\* Cocktail Parties All Occasions For Consultation...Call 354-5298 gcs1

**CARPET CLEANING & FLOOR WAXING.** Circular dry foam method. Rated very highly by Consumers Report. Emergency service available. Call Konrad at 621-5587 or Mike at 423-6244. gcj3

**PAINTING**  
Exterior Interior Benjamin Moore Paints Reasonable Prices Free Estimates Jimmy Mac 248-7314. gc2

**CARPENTER**  
Cabinets, bookshelves, doors, windows, ceiling, paneling, additions. Excellent finish work. Call John, 248-8163. Siding roofing and slate repairs. Call Frank, P.Y. 6-7638. LIC #18300240000. gcj2

**NASSAU CONTRACTORS**  
**JAMES F. MENTZ**  
**GENERAL CONTRACTOR**  
Carpentry \* Alterations Slate Roof Repairs Roofing \* Gutters \* Leaders Kitchens \* Attics \* Basements Lic. #401750000 593-2933. gcj4

**"FRED WILL FIX IT"**  
**PAINTING**  
Interior & Exterior Repair Sash Cords & Windows Clean Out Gutters General Handyman \*Satisfaction Guaranteed\* Call Fred Lee 794-7405. gc5

**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. All work done on word processor. Fast delivery. \$9 per hour. Reply Box M, Garden City News, 821 Franklin Ave., Garden City, NY 11530. gcs1

**For Sale**

**KITCHEN SET 36" x 60"**  
Butcher Block 2" beveled top table, solid chrome base, 2 walnut cane side chairs and 2 walnut can arm chairs. Value \$650. Want \$350. Call 352-1340. wj4

**For Sale**

**10' X 24' POOL**  
Steel wall with braces, top rail and filter. \$50. Call 741-5323. wj1

**WESTINGHOUSE 22 CUBIC FT**  
side by side refrigerator in white. \$400. 30" self cleaning electric range, Westinghouse, in white \$300. Both immaculate, excellent. 248-9344. wj2

**DANISH MODERN COUCH**  
and love seat, with leopard upholstery, loose zippered pillows all wood with rattan on each side. Also Danish chair, loose zippered pillows, red. All excellent. 781-3608. gcj3

**RALEIGH SUPER RECORD 10**  
Speed men's bike; used twice; metallic blue. Warranty; sacrifice \$120. Call 328-3074. gcj3

**PIANO-TENT-OAK DESK**  
Upright piano, cut down player, \$200. Solid Oak desk, 60 x 32 x 29 high, \$150. Canvas tent, sleeps 6. \$115. Call 746-1527 after 7 p.m. gcj3

**BRAND NEW PACKAGED 18**  
Piece bedroom ensemble. Satin look dusty rose; antique white lace trim. King size bedspread/comforter; lined drapes; lace panels; shams; pillows etc. Value, \$900. Selling \$600 firm. Call 741-3524. gcj3

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**COUCH WITH RATTAN TRIM**  
excellent, \$335. Electrolux with power nozzle, excellent, \$60. Call 775-6202. gcj1

**CUSTOMIZED DINING ROOM**  
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**For Sale**

FEDDERS 6,000 BTU 8 AMPs 115 Volts Air Conditioner. Good condition. \$50; 19" twin blade electric mower rear bagger \$50. no cord. 354-6430. wjy3

SLIDE/MOVIE SCREEN 50 in x 50 in, \$35; ladies golf clubs & bag, Spalding starter set, \$40, leaf blower, elec. power mount, \$40; outdoor clothes line, aluminum, 2 inch center post, new, \$45; Oshkosh wardrobe trunk, \$35; various lamps. 742-4151 gcy1

3 SPEED BIKES \$50 EACH One Buick Electra mag rim with new Michelin tire, \$75. 746-6783. gcy1

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BRIGGS & STRATTON 22" gas lawn mower, \$30. Parker gas blower & vacuum sweeper \$60. 741-1959. gcy2

LAWN MOWER BRIGGS & Stratton, works good, \$25; boy's bike, 17 inch Sting Ray, very good \$25. 742-2396. gcy2

★ **Display Classified** ★

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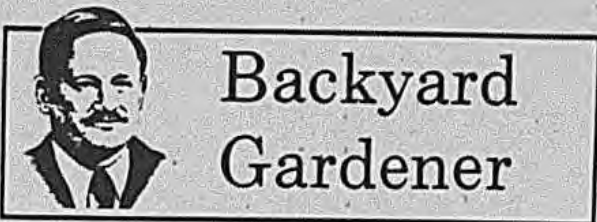
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**Backyard Gardener**

**A good time to root cuttings**

By Patrick Denton

July is a good month for rooting all sorts of cuttings. In warm soil temperatures, roots develop fast for establishing new plants.

Stem tip cuttings of houseplants, vines and shrubs, set into pots and placed in a warm, sheltered spot out of direct sun, will root quickly. Taking cuttings at this time is an especially good way of increasing our houseplant collection and producing gift plants for friends.

During the summer many home gardeners like to set most of their houseplants outside in the garden or on patios, decks or balconies to give them a good fresh-air plumping-up session — a sort of rejuvenating vacation that will set them up for another endurance marathon indoors for the fall and winter.

Placed outside in a suitable location and kept well watered and fed, many of these houseplants will put on quite a lot of new growth that will need frequent pinching and cutting back to keep the plants shapely and compact. The parts cut off might be used to make new plants.

Some of the more popular houseplants easily propagated by stem cuttings are poinsettia, hibiscus, impatiens, fibrous begonias, flowering maples, wandering Jew, pothos, hoya and all kinds of geraniums and ivies.

Zonal, regal (Martha Washington) and ivy geraniums all are easier to overwinter indoors as young plants. For this reason, I try to take cuttings of all of them each summer, to replace their parent plants as well as to extend our collection.

Regal and ivy geraniums winter best in cool but frost-free temperatures and bright light — conditions not always easy to find in our homes. Small plants are easier to tuck into such rare spots than large, unwieldy ones.

I also find small poinsettia plants easier to cover at night or place in a dark cupboard than mammoth ones. This short day treatment with long, uninterrupted night darkness is necessary during the fall for the bracts to color at the tops of the plants.

House ivies of all kinds are most pleasant to look at when they are kept rejuvenated by bringing along new plants from cuttings. Ivies are also a lot of fun to play with. New plants, for example, can be trained over a wire hoop stuck into the pot. Just untangle a coat hanger for this.

There also are available small houseplant trellises in wood or plastic that are very attractive and most convenient.

Ivies with very small leaves can

even be trained into decorative shapes — animals, for example — if you have an artistically inclined wire bender in the family. That's a project for which I'm conscripting our strong-armed 15-year-old resident artist this summer.

Several popular succulent-leaved plants are ridiculously easy to propagate, especially at this time of year. Thanksgiving, Christmas and Easter cactus, orchid cactus and jade plant all are very easy. It's just a matter of removing a section or pad and inserting it shallowly in light, sandy soil.

Jade plants, if a bit of stem is taken along with a pad or cluster of pads, root well in water, as well. One could have a farmful of these plants without much trouble. Ivies, impatiens, fibrous begonias, ivy geranium and pothos also may be rooted in water prior to potting them.

Whether you are rooting cuttings indoors or outside, it's important to keep them out of hot sun but in warmth. The rooting medium also must be kept evenly moist but not wet.

Next week, more about making cuttings and inducing them to form roots for the creation of a new plant.

**Heart Healthy Recipe**

**CHICKEN DINNER IN THE POT**

- 2 chicken breasts, split and skinned
- 4 medium-size potatoes
- 2 large carrots
- 1/2 pound fresh green beans, or 1 10-ounce package frozen
- 1 large onion
- 1 tablespoon dried parsley flakes
- freshly ground black pepper
- 1/2 cup dry sherry

Place chicken breasts in a large, heavy ovenware pot. (An enamel-coated cast-iron pot is best.) Peel potatoes, slice 1/2 inch thick and place on top of chicken.

Peel and quarter the onion. Peel carrots, quarter lengthwise, and cut into 2 inch lengths. Cut ends off the green beans, or separate frozen beans, and place in the pot with onions and carrots. Sprinkle contents of pot with parsley flakes. Season lightly with pepper. Pour sherry over all and cover tightly. Bake at 300° F for 2 hours, or until vegetables are tender.

Yield: 4 servings  
Approx. cal/serv: 310

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

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# JUNIOR EDITION



## Aunt Tilly's Corner

Most of the young readers of this column have finished school and are enjoying their vacation. I'm sure you have wonderful plans for the summer, and so do I.

I intend to go away to the country for a week or so. I'm going to get together with friends in New York City. We'll eat out in a fancy restaurant and go to the theatre afterwards.

Now you must write and tell me what you're doing during the vacation time. I'd love to hear from all of you and maybe some of your letters and pictures can be published in the paper.

Your friend,  
Aunt Tilly

P.S. This week's coloring contest winners are Joseph Rumore and Karl Lenihan. You'll both be hearing from me soon.

### RULES

#### BOYS AND GIRLS:

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

Here's all you have to do:

1. Contest is open to children 4 to 12 years of age.
2. Entries must be received by Friday, July 12, 1985
3. Palm, 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  
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## ZIG-ZAG

THE ORIGINAL WORD MAZE PUZZLE



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. YOU MUST CORRECTLY MATCH THESE POINT VALUES.

- 9 HOSE
- 11
- 12
- 13

A	1	A	1
B	4	B	4
C	4	C	4
D	3	D	3
E	1	E	1
F	3	F	3
G	3	G	3
H	5	H	5
I	1	I	1
J	8	J	8
K	7	K	7
L	2	L	2
M	4	M	4
N	2	N	2
O	1	O	1
P	4	P	4
Q	10	Q	10
R	2	R	2
S	2	S	2
T	2	T	2
U	1	U	1
V	3	V	3
W	5	W	5
X	9	X	9
Y	6	Y	6
Z	10	Z	10

## Points on Pets

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



### Heartworms a serious threat to dogs

Q. We recently moved to a Southern state after having lived in the north for over 20 years. Our neighbors told us that we should give our dogs preventive medicine for heartworm disease.

How do dogs get heartworms? Is this something we will need to continue for the entire lifetime of our dogs?

A. Heartworm disease is an example of one of the most interesting interrelationships between worms, insects and mammals. Heartworm disease is spread between dogs by mosquitoes, and can be explained as follows.

A mosquito bites an infected dog. While biting the dog the mosquito ingests circulating microfilaria from the dog's bloodstream. The heartworm microfilaria incubate in the mosquito's body for a period of two to three weeks and then migrate to the mosquito's salivary glands.

Whenever the mosquito bites another dog, infective heartworm larvae are injected into the tissues just beneath the dog's skin. The infective larvae then migrate through the dog's body to the

major blood vessels of the heart. This migration stage usually lasts for two to four months.

The larvae then develop into adult worms in the heart and start discharging microfilaria into the dog's bloodstream. This stage takes approximately two months to develop. It is interesting that the migrating infective larvae rarely end up anywhere else than in the heart.

The heartworm larvae must pass through the mosquito to be infective. Blood from one infected dog injected into another dog will not cause the disease. The entire life cycle of the heartworm takes several months to complete.

Tests for heartworm disease rely on detecting microfilaria in the bloodstream. Therefore, tests for heartworms should be performed every six months if the status of the dog is unknown.

Heartworm disease causes problems for the dog because of blockage of the right side of the heart, which literally fills up with worms.

The best cure for heartworm disease in dogs is prevention. Small doses of a drug that keeps

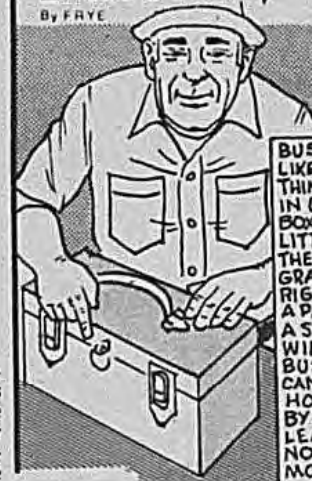
the infective larvae from developing into adults can be given. This must be done daily throughout the mosquito season and continued for two months following the mosquito season. In warm climates, the medication must be given throughout the entire year.

These drugs usually can be administered in the dog's food. Heartworm disease medication should be given only under the supervision of a veterinarian. Your veterinarian can advise you regarding whether your particular dog should be on preventive medication for heartworms.

NOZZLE  
HYDRANT  
PUMP  
HOSE  
FIRE EQUIPMENT

## Putterin' Pete

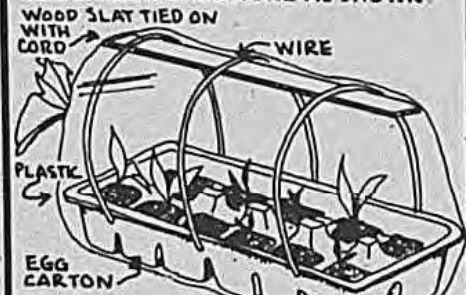
By FRYE



BUSY LITTLE FINGERS LIKE TO INVESTIGATE THINGS LIKE WHAT'S IN GRAMP'S TOOL BOX. RIGHT? BUT LITTLE KIDS CAN HURT THEMSELVES WITH GRAMP'S SHARP TOOLS. RIGHT? NO NEED FOR A PADLOCK AND KEY. A SPLIT KEY RING WILL DO THE TRICK. BUSY LITTLE FINGERS CAN'T FIGURE OUT HOW TO UNDO IT. BY THE TIME THEY LEARN HOW, THEY'RE NOT INTERESTED ANY MORE. RIGHT?

## EGG CARTONS CAN DOUBLE AS MINI-GREENHOUSE

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