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In Two Sections - Thirty Six Pages

The Only Newspaper Printed and Published in Hicksville

# Mid-Island Times & Levittown Times 25¢

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Friday, October 18, 1985



Oyster Bay Town Councilman Thomas L. Clark, second from right, presents a citation to Stanley Wierzbicki, Jr. of Hicksville Boy Scout Troop #291 in recognition of his being presented with the rank of Eagle Scout. Wierzbicki shared his proud moment with his parents, Stanley and Helen, and Scoutmaster Dave Coumou.



Stanley Wierzbicki of Hicksville was recently awarded the title of Eagle Scout during ceremonies in his honor. Stanley, a member of Boy Scout Troop 291 of the Trinity Lutheran Church, is a 1985 graduate of Holy Trinity High School and is presently attending John Jay College of Criminal Justice in pursuit of a career in law enforcement. Pictured with Stanley, receiving a Citation in honor of his accomplishments are, left to right, Helene Wierzbicki, Assemblyman Fred Parola, Stanley Wierzbicki, Sr., Councilman Tom Clark and former Scoutmaster David Coumou.



Tracy E. Obeda, Old Bethpage, is congratulated on her receipt of a full-tuition Presidential Scholarship to the University of Scranton. Ms. Obeda, a freshman at the U. of S., was awarded the scholarship named in honor of Sondra Myers, a University trustee. From left are Mr. and Mrs. Frank Obeda; Ms. Obeda; Mrs. Myers, and Rev. J.A. Panuska, S.J., President of the University of Scranton.

## Meeting Set By Jr./Sr. H.S. PTSAs

There will be a meeting concerning the future plans of the Hicksville High School and the Junior High School which will be of interest to all parents within the Hicksville School District. On Monday, October 21, the Junior High School PTSAs has invited Dr. G. Robert Couillard, Ass't Superintendent for Educational Services, to speak at our General Meeting at 8 p.m., in Cafeteria A. Also present to answer questions will be Mr. Gerald Klein, Principal of the Junior High and Mr. Richard Hogan, Principal of the High School. Be sure to attend this informative meeting.

## Autumn Events At Library

The Autumn season is again with us and this signals the start of many special events and programs at the Hicksville Public Library.

Our Saturday cinema, October through April features an assortment of children's films every second and fourth Saturday of the month. The movie program begins at 2 p.m., and full-length feature films and cartoon favorites will be shown throughout the year. The next movie program will be on Saturday, October 26, and all are invited to attend.

For the very young movie viewer a special preschool movie time will be held the first Friday of every month at 1:30 p.m. in the Children's Room of the Library. Intended for 2½ and 3½ year old children, our preschool movie time will feature one-half hour of favorite cartoons.

On Saturday, November 16, the Leela Puppet Theatre will present "A Comical Gypsy Circus." This very special puppet program is free and all are welcome to attend.

On Saturday, November 23 at 10:30 a.m., our annual Thanksgiving Day Craft Workshop will be held for our 5 to 8 year old Hicksville children. There is a 50 cent material fee and registration will be held the week of November 4.

On Saturday, November 30 we will hold a 150th Birthday Party for Mark Twain. Six to eight year old Hicksville children are invited to come and see Mark Twain's "Prince and the Pauper" and help celebrate his birthday. Registration will be held the week of November 4.

## Lower Speed Limit Ok'd By Town Board

The Oyster Bay Town Board has adopted lower speed limits on two Town roads in Syosset and Hicksville/Jericho, according to Oyster Bay Town Councilman Howard T. Hogan, Jr.

"Following a public hearing which was held on Tuesday, October 8," Hogan said, "the Town Board has approved reducing the speed limit on Robbins Lane between Jericho Turnpike and Marlene Drive in Syosset and Cantague Rock Road between West John Street in Hicksville and Brush Hollow Road in Jericho, to 35 miles per hour."

Hogan noted that reduction of the speed limit will alleviate traffic safety concerns within the residential portions of these roadways.

## Hearing October 29 On Hicksville Zone Chg.

A public hearing has been scheduled for Tuesday, October 29 by the Oyster Bay Town Board on a request for a change of zone in Hicksville according to Town Councilman Thomas L. Clark.

"The applicants, The Kelly Organization, Inc. and John Meranzana, are seeking a change of zone from Residence 'D' to 'R-O' (Residence-Office District) for

general office use," Clark said. The building is located on the south side of Old Country Road, just east of the intersection formed by Old Country Road and Clarissa Drive in Hicksville.

The hearing has been scheduled for 10 a.m. on Tuesday, October 29 in the Town Hall East hearing room, Audrey Avenue, Oyster Bay.

## Bishop McGann To Speak At Manetto Hill Jewish Ctr.



Bishop John R. McGann

Gary G. Perris; 8:15 p.m. Bishop McGann will speak, followed by responses from several members of the clergy; 9:15 p.m. Questions from the audience.

The program will be concluded with a musical presentation on the theme of brotherhood and peace.

Because of limited seating capacity, admission to this program will be by ticket only. Tickets are free of charge and are available in The Manetto Hill Jewish Center office.

For further information, please call The Manetto Hill Jewish Center at 935-5454.

## Cabaret Night At Mid Is. Y

The Mid-Island YM-YWHA is presenting Cabaret Night, Oct. 19 from 8:30-11:30 p.m., at the "Y" 45 Manetto Hill Road, Plainview.

Laura Sands Paer will provide the songs and music for this "new outlook."

Tickets available at the door cost \$5 for members and \$6.50 for non-members.

For further information, those interested should call Laura Harris at (516) 822-3535.



**Big doings at the October 9 meeting of the Hicksville Kiwanis Club!** First, a special presentation to Mr. Charles Montana, Jr., The Kiwanis Participation Certificate in the Hicksville Chamber of Commerce American Flag Program has been presented previously to the Kiwanis Immediate Past President, Mr. James Isaac. Mr. Isaac felt that Mr. Montana should hang this award in his office since the Montana children had been so helpful to the Kiwanis Club in putting out the flags each Election Day morning. The certificate is shown with Mr. Isaac on the left, and Mr. Montana on the right. Secondly, the Lieutenant Governor of the Long Island North Division of Kiwanis, Mr. Carlos Nazario, paid a visit to Hicksville to install the Officers and Directors of the Hicksville Kiwanis Club for the 1985-1986 year. The new Officers are: President - Dr. Keith Pastuch, Vice President - Lucian Panellino, Treasurer - Charles Montana, Jr., and Secretary - Dr. Bernard Paul. Following the swearing-in ceremony, Lieutenant Governor Carlos Nazario, on the right, posed with the new President Dr. Keith Pastuch, center, and Immediate Past President James Isaac, on the left, for the official photo. (Photos by Sieg Widder)

### Co. Recognizes Local Resident

Ed Whiffen, new vehicle salesperson for East Hills Chrysler-Plymouth, Greenvale, New York, received an award for individual performance in selling Chrysler-Plymouth vehicles.

A resident of Hicksville, Whiffen has reached the Silver level of recognition in Chrysler-Plymouth's unique Sales Professionals Club.

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outstanding product knowledge and sales achievement at three performance levels - Bronze, Silver and Gold. Membership in each level is determined by points earned for sales of new cars and trucks.

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### PTSA Plans Fruit Sale

The Hicksville Junior and Senior High PTSA units are offering citrus fruit for sale as a fund raising venture.

Beginning on October 7, the sale will end on November 1. A full case of Naval oranges, 64-100 in a case, sells for \$18.00 and a half case is \$11.50. Juice oranges are \$15.00 for a full case and \$10.00 half. Red Grapefruit is selling for \$15.00 or a half case for \$10.00.

Checks should be made payable to Hicksville Senior High School PTSA and mailed to Ann Freyseisen, 33 Grape Lane, Hicksville, N.Y. 11801. Make sure to make a note of your phone number on the order sheet and check. For further information Mrs. Freyseisen can be reached at 935-8755.



Oyster Bay Town Councilman Kenneth S. Diamond presents a citation to Henrietta and Harry Bruckheim of Hicksville at a party celebrating the couple's 60th wedding anniversary. The party was given by fellow members of the Older Adult Club of the Mid-Island YM-YWHA.

### Missionary Visits Trinity Lutheran

David Birner, missionary to Papua, New Guinea, and his family will visit Trinity Lutheran Church in Hicksville on Saturday and Sunday, October 19 and 20. He will share his ministry and experiences in New Guinea during worship services on Saturday at 7:30 p.m. and Sunday morning at 8:15, 9:45, and 11:15.

Missionary Birner, his wife Lois (Hinsch), a native of Plainview, and their three children have been in New Guinea for the past 8 years.

In addition to hearing about the Christian outreach into New Guinea, a pancake breakfast

sponsored by Trinity Lutheran's youth group will be served from 7:11:30 a.m. on Sunday, October 20. Contributions from the pancake breakfast will be matched by the Aid Association for Lutherans Branch 3329, to support Birner's work.

The mid-island community is invited to join the members of Trinity in welcoming the Birner family and learning about their work overseas.

Trinity is located between Broadway and Jerusalem Avenue at 40 W. Nicholai Street in Hicksville. Call 931-2225 for more information.

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## Fitness Forum

### Learn how to shop with nutrition in mind

By Jack Williams

No need to leave the supermarket shell-shocked, blinded by the range of choices. No need to tie up your tongue trying to read labels that you need a scientific journal to decipher. No need to spend \$50 when \$35 will do.

Shopping for groceries, with its built-in margin for error and excess, is a skill that can be learned — from your personal nutritionist.

If personal fitness trainers are proliferating as an answer to an individual's unique exercise needs, can personal nutritionists be far behind?

Mary Donkersloot, a registered dietitian and self-styled personal nutrition management consultant, is earning a living by:

- Showing clients how to shop intelligently and nutritionally.
- Providing appropriate menus and recipes.
- Providing cooking instructions.
- Serving tips on weight management.

"What I do," she says, "is eliminate the guesswork."

Her target: individuals striving to change lifestyles through improved eating habits.

Being told to control one's intake of fats, sugars and animal protein is one thing; implementing it is another. That, insists Donkersloot, is where the personal nutritionist can contribute.

Donkersloot, 29, received specialized training at the University of Oregon Medical School after earning her bachelor of science degree in nutrition at South Dakota State University.

"People are more knowledgeable about nutrition today," Donkersloot acknowledges, "but many know just enough to be dangerous. I'll take a client or a group of people on a trip to a grocery store and show them how they can evaluate the choices available to them."

She started the service — Personal Nutrition Management — more than a year ago in an effort to move nutritional counseling from a clinical to a more intimate and personal setting, she said.

"When you start buying items with more bulk and fiber and complex carbohydrates instead of animal protein and convenience foods," she said, "you can reduce your grocery bills 15 to 25 percent.

"I personally try to eat 55 to 60 percent carbohydrates, 25 to 30 percent fats and the rest protein. I like to keep my protein and fat low so I can eat more food."

"One thing you have to remember is that fats have 9 calories per gram, while proteins and carbohydrates have 4 calories per gram. One ounce equals 28.34 grams."

Knowing this, you can usually determine the number of calories

in an item. For example, low-fat milk contains 5 grams of fat, 10 grams of protein and 13 grams of carbohydrate per serving. That translates to 45 calories of fat, 40 calories of protein and 52 calories of carbohydrate.

"Low-fat milk," she pointed out, "is commonly referred to as 2 percent (fat) milk. This refers to a 2 percent milk fat content by weight. As a percentage of total calories, though, the fat content is 32 percent."

Follow Donkersloot down the aisle of a supermarket and watch her pick up a loaf of bread that appears — on the surface — to be a nutritionally wise choice. After all, it is labeled whole wheat. But, Donkersloot points out, the second item on the ingredients list is wheat flour, another name for white flour.

"You're better off," she tells you, "with 100 percent whole wheat bread (minus the white flour). I also like the wheat berry bread because of the texture and fiber, although it isn't 100 percent whole wheat."

"I suggest that at least half the grain choices you make should be whole grain. If you occasionally want to choose sourdough bread — and, incidentally, there is whole-wheat sourdough — that's fine. But, to compensate, you might want to use brown rice or one-half whole wheat and one-half regular pasta at another meal. It's important for people to have the variety."

"I encourage people to look for the whole grains because, generally speaking, 20 vitamins and minerals are taken out of refined products and only four are put back in when they are enriched."

Consumers can reduce the fat in their diets, she suggests, by substituting mozzarella cheese (about 60 percent fat) for cheddar or Jack, which are about 80 percent fat. Other suggestions: hoop and farmer's cheeses, which may be as low as 20 percent to 30 percent fat.

Blue cheese salad dressings can be diluted with the addition of non-fat yogurt.

"You don't have to buy the tasteless low-calorie dressings," she said. "You can doctor up regular dressings and retain the flavor while reducing the calories and fat."

You can even prepare pizza that's low in fat, insists Donkersloot, as she shows you a package of plain pizza dough to which you can add your own ingredients.

"Add some mozzarella cheese and tomato sauce," she said, "and you can have a pizza low in calories (about 150 per serving) and fat."

"My whole philosophy is that food should look good, be good for you and taste great."

As a rule of thumb, Donkersloot

tries to get her clients to prepare foods in which the ratio of complex carbohydrates to animal protein is 5-1.

"For athletes especially, and for

all of us," she said, "complex carbohydrates are the optimal energy source, and you can easily get enough protein from this ratio."

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## Dancercise At Fork Lane

Story and Photo by A. Eichensuer

Mrs. Jane Senn has Dancercise classes every Wednesday evening at Fork Lane. It's a good way for you moms to get away for an hour or so and have fun. The classes are from 7:15 to 8:15 p.m. through November 20. A fee of \$10.00 is required upon registration.

ing.

Mrs. Senn is an experienced and an excellent instructor, and last fall held Dancercise classes for children in grades K-3 after school.

So come on moms, come out and BEND 2-3-4. STRETCH 2-3-4. Dance your way to fitness!



Madeline Senn and Lucy Antonacci bending to keep fit.

## Hicksville H.S. Swim Team News

### SWIMMING BEGINS

The annual kick-off of the Girls' High School Swimming, the Nassau County Relay Carnival, provided a successful start for the 85-86 team from Hicksville.

The teams scored three firsts! The Medley Relay of Lorna Mund, Jeannine Sirey, Kristin Mund and Gina Cusumano broke their own school record. These four young women also broke the County record in the IM Relay, and joined by Karen Karrmann, they also won the 250 Sprint Relay.

All the other relay teams from Hicksville scored. Placing fifth was the Backstroke relay of Karen Kratochvil, Diane Buys, Beth Walsh and Linda Cusumano. In sixth were the 400 Free Relay of Karen Kratochvil, Deanna Pitta, Diane Buys and Karen Karrmann, and the Novice Sprint Relay of Tara Sullivan, Jennifer Brennan, Liza Marchese, Penny Passaro and Nicole Cavatario. Two relays placed eighth, the Crescendo of Linda Cusumano, Beth Walsh, Jennifer Brennan, Karen Hooper and Denise Scavo, and the Fly relay of Deanna Pitta, Karen Karrmann, Diane Buys and Liza Marchese.

The first dual meet with Long Beach gave the edge to LB, but the team scored seven firsts with Lorna Mund in the 200 free and the 100 back (undefeated in the County for her third season), Jeannine Sirey in the 200 IM and the 100 breast (breaking both school records), and Kristin Mund breaking both the 100 fly record and the 500 free record set by her sister, Jemine, in 1981.

### Hicksville Wins One, Loses One

While the swimming of the Hicksville High School team was impressed this week, the team lost their meet to Great Neck

South, after a smashing win against Bellmore-Merrick.

The Bellmore win was very decisive, over 20 points, with winning events in the 200 Medley Relay of Lorna Mund, Jeannine Sirey, Kristin Mund and Gina Cusumano, 100 fly and 500 free of Kristin Mund, the 100 back of Lorna Mund.

At Great Neck South the girls outswam the opposing team but lost by 3 points because they had no divers. The Medley of Lorna Mund, Jeannine Sirey, Kristin Mund and Beth Walsh won the event. Also placing first were Lorna Mund in the 200 free and the 100 back, Jeannine Sirey in the 200 IM and the 100 breast, Kristin Mund in the 100 fly and the 500 free. Second place winners were Gina Cusumano in the 50 free and Helen Wittik in the 100 Breast. Diane Buys was third in the 50 free as was Karen Karrmann in the 200 free, Sheri Howell in the 100 back and Gina Cusumano in the 100 free. Karen Kratochvil's fourth place finish in the 200 IM was one of the most exciting moments of the meet.

Hicksville Wins Swim

Pentathlon

The Hicksville High School Girls' Swim team won the Long Island Pentathlon at Central Islip last week scoring over 5000 points.

Winning the high point award for individual performance was Jeannine Sirey, a ninth grader from the Junior High who won the 100 IM, the 50 free and the 50 breast. Kristin Mund, an eighth grader, won the 50 fly, placing second overall and Lorna Mund won the 50 back, placing fourth overall. The official team which also included Karen Karrmann and Gina Cusumano won individual plaques for their outstanding performances.

## Time To Mail Overseas Packages

For those with relatives in the armed services stationed overseas, or who wish to mail holiday greetings and packages to others living in foreign countries, now is the time to be making your holiday mailings, according to Hicksville MSC Manager/Postmaster Roger Nienaber.

Parcels sent to military personnel in Australia, the Far East and Southeast Asia have to be mailed by October 18 if shipped by surface mail, the least expensive form of shipment.

November is the month when most parcels shipped via Parcel Airlift Mail (PAL) should be sent. PAL packages are airlifted domestically to a gateway facility, then airlifted on a space available basis from the gateway to the APO (Army or Air Force Post Office).

Packages up to 30 pounds and 60 inches in combined length and girth may be sent by PAL. Mailers pay the regular Parcel Post rate to the U.S. exit port or from the port of entry plus a fee for air service. The air service fee is 30 cents for parcels weighing two pounds or less, 60 cents for two to three pounds, 90 cents for three to four pounds, and \$1.20 for four to 30 pounds.

November mailers can also ship military parcels by Space Available Mail (SAM). Items shipped by SAM are transported by surface means in the contiguous 48 states and flown on a space available basis from the U.S. to the overseas destination or from the overseas destination to the U.S. Packages up to 15 pounds and 60 inches in combined length and girth may be sent by SAM for regular Parcel Post rates to the U.S. exit port or from the U.S. Port of entry.



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## THE OFFICE CAT

By Gabby Tabby



DID Gov. Cuomo forget the name of the Democratic contender for County Executive on Tuesday night while he was addressing a party dinner at Crest Hollow, Woodbury? He predicted victory for the Dems in the county but in a 20 minute speech he never mentioned John Matthews....POLLS show that Matthews will not even do as well in this second time against Purcell....IN 14 years a GOP sponsored group in Hicksville known as the Community Council has never found anything to improve in Hicksville. When you are in - you're in power and must wear blinders....LOOK for a move from Suffolk County to try to break up the Long Island Lighting Co. and take over the Eastern half. But who gets Shoreham?....THE CRIME REPORT is published each week as a public service to alert residents of where crime is taking place in the area and as an aid in the Neighborhood Watch program. Anyone seeing suspicious activity should phone 911. BURGLARS broke glass in the rear door of a house located at 173 Plainview Rd., Woodbury on Oct. 7. They entered but the loss is unknown....JEWELRY was stolen from the Fisher residence 7 Evelyn Lane, Plainview on Oct. 7. Entry was through an unlocked rear window....BURGLARS pried cellar window of the Schwartz residence 38 Patricia Lane, Syosset on Oct. 7. The loss is unknown....CASH and jewelry were stolen from the Schaaf home, 14 Montclair Rd., Plainview on Oct. 8. Glass in a rear window was broken to gain entry....JEWELRY was stolen from the Paznutt residence, 9 Holyoke Rd., Hicksville on Oct. 10. Entry was through an unlocked front window....THE REAR door of the Rosenblatt residence, 7 Milben Ct., Plainview was pried open on Oct. 10. A TV, VCR, cash and jewelry were stolen....ALSO on Oct. 10 burglars broke into the Discala home, 8 Milben Ct., Plainview. They stole a camera, air pistol and a diamond stick pin....GLASS in a rear window of the Singer residence, 6 Harold Rd., Plainview was broken on Oct. 13. Burglars entered and stole jewelry....JEWELRY and a jewelry box were stolen from the Manolages residence, 22 Forest Drive, Plainview on Oct. 14. Burglars pried a rear window to gain entry....BETWEEN Oct. 11 and 14 burglars kicked in a rear door at the Faliciano residence 51 Sunrise St., Plainview. The loss is unknown....BURGLARS pried a cellar door of the Village Pet Food store 1046 Old Country Rd., Plainview between Oct. 5 and 7. They entered and stole cash....A REAR window of Land Tour Builders, 10 Jackson Ave., Syosset was pried open by burglars between Oct. 8 and 9. Checks were stolen....THE LOCK on the side door of Syosset Community Church was picked between Oct. 13 and 14. Burglars entered and stole cash....A COPY machine, TV and assorted children's dolls were stolen from Wall Consumer Products, 114 New South Rd., Hicksville on Oct. 10. The means of entry is unknown....ASSORTED tools were stolen from Century Collision, 321 New South Rd., Hicksville on Oct. 12. Entry was through a rear window....A BLACK and white TV, a VCR, turntable and assorted jewelry were stolen from the Feldman residence, 6 Harold Ct., Plainview on Oct. 7....BURGLARS broke into the Oppenheim residence 76 Crescent Drive, Old Bethpage on Oct. 14. Entry was through a side window. Assorted jewelry was stolen....That's all the news for now...G.T.

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Lady Cake Shop  
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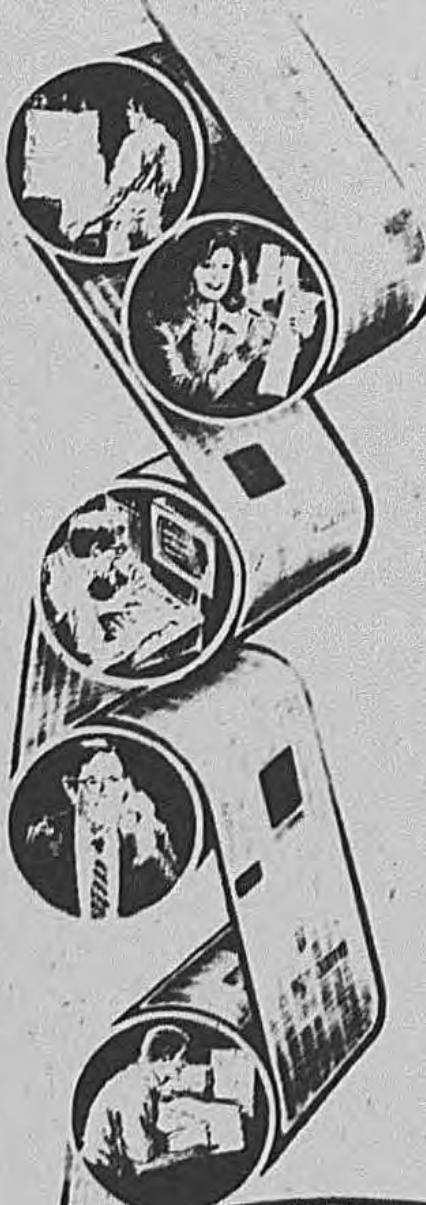
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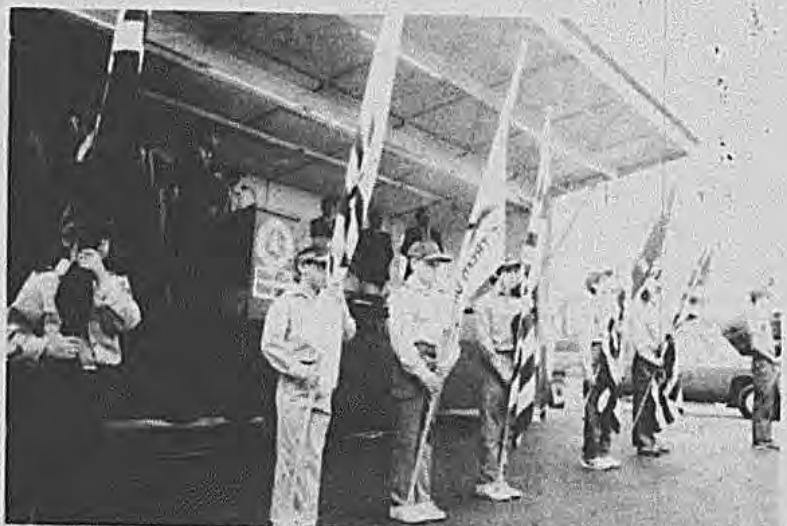
Name.....

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Town.....Zip.....

Phone No. ....

New.....Renewal.....



Boy Scouts from Troop 3211 open the 2nd Annual Hicksville Post Office Safety Fair with a history of the flag and the Pledge of Allegiance. Ray Heatherton, "The Merry Mailman", and Roger Nienaber, Hicksville Manager/Postmaster welcomed visitors who came to the post office to see the many safety and health exhibits and displays.

## Thank You, George Betancourt

George Betancourt of Plainview is certainly an example of a good Samaritan.

Last Friday, while on his way to work at Gonchor & Sput, Architects and Planners, in New York City, via the L.I.R.R. George found a payroll check issued to an employee of this newspaper.

He called our office to notify us of his find and offered to mail it to us immediately.

Our hats are off to this fine gentleman. Because of his consideration, employee Ernest Ramos, Jr. was spared a lot of time in searching for the missing check.

When told that his actions were very much appreciated, Betancourt replied, "I hope if this ever happens to me someone will return the deed in kind". So do we!

## Children Like After School

When their mother came to pick them up after work, the two children had to be coaxed to leave the classroom. Another mother said that her son can't wait for the school day to end so he can stay after. Sound too good to be true? It isn't, because these children are involved in Trinity Lutheran Church's new after-school program, P.L.U.S. (Playing and Learning Under Supervision), which is now in its third week.

Designed to meet the needs of all members of the community, this after-school Center is open from 3-6 p.m. on days when school is in session. During this time, the children (in Kindergarten through grade 6) enjoy a home-like afternoon, including snacktime, free play, time to do homework, and various craft and recreational activities.

Registration is continuous throughout the school year, and there are still some spaces available. If your child would benefit from such a program, please consider P.L.U.S. For further information about the program or transportation, contact either Susan Deming or Elsie Szecsy at 931-2225.

## New Chiropractor

Eric Scott Seigal recently received his Doctor of Chiropractic (D.C.) degree from Life Chiropractic College, Marietta, Georgia.

Diplomas were awarded by Dr. Sid E. Williams, president and founder of Life College, in ceremonies held at Atlanta's World Congress Center.

Dr. Seigal has received certification from the Composite State Board of Medical Examiners and is a Cardiac Technician. He is the son of Herbert and Janet Seigal of Hicksville.

### 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 Industrial Arts-General Shop Supplies 1985/86/87 for use in the Schools of the District. Bids will be received until 2:00 P.M. on the 1st day of November, 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: Oct. 15, 1985  
MIT 1852  
ix 10/18

### LEGAL NOTICE NOTICE OF PUBLIC HEARING BY THE BOARD OF ZONING AND APPEALS OF THE TOWN OF NORTH HEMPSTEAD

Pursuant to the provisions of Chapter 70, Article XXIV, of the Code of the Town of North Hempstead. NOTICE IS HEREBY GIVEN that the Board of Zoning and Appeals of said Town will meet at the Town Hall, 220 Plandome Road, Manhasset, New York, on Wednesday, November 6, 1985 to consider any matters that may properly be heard by said Board, and will hold a public hearing on said date to consider applications and appeals.

The following cases will be called at 9:30 a.m.

**Appeal No. 13011 - Frank Klein & Julia Bonjorno**, variance of Section 70-34 to permit the continued use of premises as a two-family dwelling; s/side of Nortema Ct. (No. 6), 118-30 e/c of New Hyde Park Rd., New Hyde Park, Sec. 8, Blk. 302 (C-22), Lot 17 (19), R-B District.

**Appeal No. 13012 - Richard & Theresa Lanese**, Variance of Section 70-31.A. to permit the addition of an attached garage to a dwelling within the required side yard setback; n/side Summit La. (No. 6), 130-64 e/c of Crest Rd., New Hyde Park, Sec. 8, Blk. 240, Lot 3, R-A District.

**Appeal No. 13013 - Garden Amusement Corp.**, conditional use under Section 70-139.G, to permit the continued use of premises as a children's amusement park; s/side of Jericho Tpk. (No. 2380), 160' w/o Armstrong Rd., Garden City Park, Sec. 33, Blk. 160, Lots 55-61, B-B District.

All interested persons should appear and will be given an opportunity to be heard at such meeting and/or hearing.

**BOARD OF ZONING  
AND APPEALS  
HARRY J. SIEGEL,  
CHAIRMAN**

Dated at Manhasset, New York  
Oct. 11, 1985  
HC 2917  
ix 10/18

## Woodland Students See Entertainment

On October 10, the children at Woodland Avenue School were entertained by Bill Strong, "Slim Goodbody's" Best Friend.

This entertaining and educational program, sponsored by the Woodland Avenue PTA,



Bill Strong, "Slim Goodbody's" Best Friend



Ms. Beverly Brown explains an activity book to 1st grade mothers Mary Adams and Sue Straus.

### LEGAL NOTICE LA GUARDIA CORPORATE CENTER ASSOCIATES

c/o Edward Blumenfeld,  
6800 Jericho Turnpike,  
Syosset, New York 11791.  
Substance of Certificate of  
Limited Partnership filed in  
Nassau County Clerk's Office  
on September 24, 1985. Term:  
To December 31, 2042 unless  
sooner terminated. Business:  
To acquire, own and operate  
real property. General Partner:  
LAG Time Associates, c/o  
Edward Blumenfeld, 6800  
Jericho Turnpike, Syosset,  
New York. Limited Partners  
and Cash Contributions: Susan  
Blumenfeld, 7 The Dugwoods,  
Roslyn Estates, New York,  
\$10.00, and Edward Blumenfeld,  
7 The Dugwoods, Roslyn Estates,  
New York, \$89.00. The Limited Partners  
receive 99% (pro-rata) of the  
profits or other compensation  
by way of income. The General Partner,  
in its discretion, may admit or  
permit the substitution of limited partners. On the  
death, retirement or insanity  
of a general partner, the  
remaining general partner or  
partners have the right to  
continue the business, and if  
there shall be no remaining  
general partner, the limited  
partners may appoint a  
general partner who shall then  
have such right.

SA 7301  
ix 10/4/11, 18, 25; 11/1/8  
SA 7300  
ix 10/4/11, 18, 25; 11/1/8

### LEGAL NOTICE LAG TIME ASSOCIATES

c/o Edward Blumenfeld,  
6800 Jericho Turnpike,  
Syosset, New York 11791.  
Substance of Certificate of  
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To acquire, own, and operate  
real property. General Partner:  
Edward Blumenfeld, 7  
The Dogwoods, Roslyn Estates  
New York. Limited Partners  
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death, retirement or insanity  
of a general partner, the  
remaining general partner or  
partners have the right to  
continue the business, and if  
there shall be no remaining  
general partner, the limited  
partners may appoint a  
general partner who shall then  
have such right.

## News From Hicksville Library

Wednesday, October 23, at 8 p.m. in the Community Room of the Hicksville Public Library, Monica Randall, author of the book, "Mansions of Long Island's Gold Coast" will present a Slide/Sound Program "Phantoms of The Hudson Valley." There is a world of mystery and make-believe along the Hudson River, where castles, sinister fortresses, gothic spires and towers stand on hilltops overlooking the Hudson river. A time of splendor, ghost stories and untold luxury. This program is free and all are invited.

\*\*\*

If you've been thinking of buying a home computer, come to the Hicksville Public Library's Community Room on Monday, Oct. 21, at 7:30 p.m. and meet Mr. Gene Pizzola. He will not only help you become computer literate, he will also guide you through the twists and turns of decision making. This program, sponsored by the Young Adult Dept., is open to everyone.

\*\*\*

The Hicksville Public Library will show the film, "All of Me," a zany comedy starring Steve Martin and Lily Tomlin, on Friday, October 18, at 3 p.m. and at 8 p.m. in the Community Room of the library. There is no charge for admission and everyone is invited. Children must be accompanied by parent.

\*\*\*

## Mid Is. Y Presents Chorale

The choral music of the Zamir Chorale, a group that has appeared in all the major concert halls in New York City and the Kennedy Center in Washington, D.C., will grace the Mid-Island YM-YWHA in Plainview, October 26, at 9 p.m.

Directed by Matthew Lazar, Zamir has represented the United States since 1967 in the Zimriyah International Choral Festival and has been featured in the renowned Israel Festival under the batons of Zubin Mehta, Carlo Maria Giulini, and Daniel Barenboim.

The Chorale has also performed throughout the United States, Canada and Great Britain.

Zamir Chorale is the second in the "Y's" Saturday Evening Showcase Series, which premiered in early October when a packed house of 500 enjoyed the songs and wit of Mike Burstyn.

Tickets cost \$6.00 for "Y" members and \$8.00 for non-members.

For further information call the Mid-Island YM-YWHA at 822-3535.

## Career Counseling Avail. At Library

Looking for a career? Need help with your resume? Schedule a meeting with the Career Counselor at the Hicksville Public Library. New Saturday hours have been added to the existing Tuesday hours. Call for an appointment now: 931-1417.

## Meet The Teacher Mid Island Singers At Woodland Ave. Seek New Members

On October 8, the Woodland Avenue PTA hosted the annual "Meet the Teacher" night at Woodland Avenue School.

An abbreviated General PTA Meeting, presided over by President JoElena Ocuto, was held at 8 p.m.

The parents then proceeded to their children's classrooms to meet the teachers. This event gave the teachers an opportunity to describe the planned curriculum for the 1985-86 school year and to answer questions raised by the parents. It also allowed the parents to become more familiar with the classrooms and classroom materials used by the children.

After the classroom presentations, the parents and teachers were invited to the All-Purpose Room for refreshments and informal conversation.

### LEGAL NOTICE

Notice is hereby given that the persons herein named have formed a limited partnership for the transaction of business in Jericho, Town of Oyster Bay, State of New York, and have filed a certificate and amendment in the Clerk's Office of Nassau County the substance of which follows.

The name of the limited partnership is FLI Realty Five Associates. The character of the business is investment in real estate. The principal place of business is I Jericho Plaza, Jericho, County of Nassau, State of New York.

First Long Island Investors, Inc., located at I Jericho Plaza, Jericho, New York, is the general partner. The limited partners are as follows:

William Entenmann, Islip, New York; Robert W. Entenmann, Montauk, New York; Norman Basner, Woodmere, New York; John A. Corrado, Dix Hills, New York; Fourmin Associates, Roslyn Heights, New York; Ira Waldbaum, Old Westbury, New York; Gerald Albert, Manhasset, New York; James P. Dunn, Jr., Great River, New York; Frank A. Farillo, Rye, New York; Michael J. Hegarty, Glen Head, New York; Russell H. Kittel, Oakdale, New York; Daniel D. McCarthy, Rockville Centre, New York; Ralph F. Palleschi, Lawrence, New York; Robert D. Rosenthal, Roslyn Harbor, New York; Phyllis Anikstein, Melville, New York; Eric W. Roberts, New York, New York; Gerald P. Rooney, East Norwich, New York; Jeffrey Saporita, Old Westbury, New York; Kent A. Seelig, Syosset, New York; Gary L. Siben, Bay Shore, New York; Stephen G. Siben, East Islip, New York; Marvin L. Agins, Woodbridge, Connecticut; Jaime Entenmann, Islip, New York; Denise Tompkins, East Islip, New York.

The partnership will cease to exist on December 31, 2015. The amount of cash contributed by all of the partners amounted to \$1,600,000.00. The net profits and losses of the partnership shall be allocated among the partners in proportion to their respective interests in the partnership business.

The partnership will cease to exist on December 31, 2015. The amount of cash contributed by all of the partners amounted to \$1,600,000.00. The net profits and losses of the partnership shall be allocated among the partners in proportion to their respective interests in the partnership business.

The partnership will cease to exist on December 31, 2015. The amount of cash contributed by all of the partners amounted to \$1,600,000.00. The net profits and losses of the partnership shall be allocated among the partners in proportion to their respective interests in the partnership business.

JNH 7714  
6x9/27/10/4,11,18,25/11/1

The Mid-Island Singers, formerly the Hicksville Community Chorus, invites you to join with them as they prepare their February concert. Music will include selections from "Kiss Me Kate," a group of Madrigal songs, plus selections yet to be announced.

The Chorus, under the direction of Herbert Bradensten, meets every Tuesday from 8 to 10 p.m. in the chorus room of the Hicksville Senior High School on Division Avenue. Both male and female voices are welcomed. There will be no auditions.

### LEGAL NOTICE

#### Oxford Resources Group H

Substance of a Certificate of Limited Partnership filed with the Nassau County Clerk's Office on September 24, 1985. Name and principal office of the Partnership: Oxford Resources Group H, 175 Crossways Park West, Woodbury, New York 11797. Business of Partnership: Purchasing, leasing, financing and selling of automobiles and other motor vehicles. The General Partner and Contribution: Oxford Resources Group Theta, Inc., 175 Crossways Park West, Woodbury, New York 11797, \$9091. Limited Partner and Contribution: Danbury Pharmacal, Inc., 131 West Street, Danbury, Connecticut 06810, aggregate of \$900,000, of which \$150,000 was paid on September 24, 1985 and the balance will be paid in installments from October 1, 1985 through June 1, 1986. Term of Partnership: September 1, 1985 to December 31, 1997, unless sooner terminated by (a) the termination of all vehicle leases of the Partnership and the disposition by the Partnership of substantially all of its vehicles or (b) the retirement, dissolution, insolvency or bankruptcy of the General Partner where the Limited Partners do not elect to continue the business of the Partnership. The Limited Partner is to receive 99% of the profits or income in each year. It is agreed that, subject to the business needs of the Partnership, there shall be distributed to the Limited Partner, beginning within 90 days after the beginning of the fifth fiscal year of the Partnership, the lesser of (a) 50% of the income of the Partnership as reported for Federal income tax purposes and (b) all of the unreserved cash of the Partnership as of the last day of the prior fiscal year. There is no priority in distribution among Limited Partners; there is no right of a Limited Partner to substitute an assignee as contributor in its place and no Limited Partner has the right to demand or receive property other than cash in return for its contribution. No additional substitute Limited Partner will be admitted except with the prior consent of the General Partner and the execution of required documents. In the event of dissolution, retirement, bankruptcy or insolvency of a General Partner, all of the Limited Partners may agree to continue the Partnership business.

The partnership will cease to exist on December 31, 2015. The amount of cash contributed by all of the partners amounted to \$1,600,000.00. The net profits and losses of the partnership shall be allocated among the partners in proportion to their respective interests in the partnership business.

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SA 7302  
6x10/11, 18, 25; 11/1, 8, 15

## News From Bethpage Library

### Junior Stamp Club Begins

On Monday, October 21, the season's first meeting of the Junior Stamp Club will take place at the Bethpage Public Library.

Under the guidance of Sol Hecht, stamp expert and Junior Stamp Club leader and teacher for nine years, District #21 youngsters in grades 4 and up will have an exciting time finding out about the world of stamp collecting - about history, geography, stamp values and much more. At each session, there will be stamp games, a variety of prizes and surprises, and the final session of the club will be enlivened by a gala stamp party.

The Junior Stamp Club will meet approximately every second Monday at 4 to 5:15 p.m. through the end of May. Registration is limited and is being taken now at the Bethpage Public Library. For information call 931-3907.

### Bus Trip to Historic Raynham Hall

What was it like to be a child growing up in 18th and 19th Century Long Island? On Saturday, November 2, the Bethpage Public Library has planned an exciting bus trip for youngsters to Oyster Bay's historic Raynham Hall begun in 1738.

During this visit, young people will meet the Townsends - bold sea traders, clever Revolutionary War spics, Civil War patriots. And they will meet their children on tours, in a slide show, in stories, on a mysterious historical scavenger hunt, and in hands-on colonial crafts workshops.

How did young people do homework in the 18th century? Have fun creating your own attractive quill pens, inkswells, and other items that youngsters used long ago.

The bus will leave promptly at 1 p.m. from in front of the library and will return at approximately 3:30 p.m. All young people in grades 2-6 residing in District #21 are invited to attend. \$3.75 per person includes all museum fees and bus fare. Registration is now being taken in the Bethpage Children's Room for the limited number of places available on the bus. For information, please call 931-3907.

### Youngsters to make vampire bat costumes

On Saturday, October 26, youngsters will literally turn into blood-thirsty vampire bats at the Bethpage Public Library! Boys and girls in grades 2-6 are invited to have spooky fun making a spectacular costume to enjoy on Halloween.

The vampire bat costume workshop will be held from 2:30-3:30 p.m. Youngsters are requested to bring along a bottle of white glue, scotch tape, a stapler, a few felt markers, some black and/or brown yarn (optional). The library will supply the rest.

Registration is limited, so hurry and sign up now. District #21 residents only please. For information, please call 931-3907.

### Pinochio stars in film favorite for youngsters

On Saturday, November 9, Pinochio will visit the Bethpage Public Library in the film favorite, "Pinochio in Outer Space" (color - 72 min.) to be shown for young people in grades K-6.

Poor Pinochio! The beloved puppet has misbehaved again and dreams of redeeming himself - in outer space!

### Come on over and join

Pinocchio and a fabulous extra-terrestrial friends as they find a lost city on Mars, battle monster crabs, and are swallowed by a flying killer whale. Will the Blue Fairy rescue him, or is it already too late? Excitement galore, memorable music, skillful animation - a highly recommended, colorful cartoon tale.

Showtime is 2 p.m. Tickets are available now in the Bethpage Children's Room for youngsters who reside in School District #21. For further information, please call 931-3907.

### Gala Halloween Party

On Tuesday afternoon, October 29, the Bethpage Public Library will hold its annual gala Halloween Party for youngsters. Festivities will start promptly at 4 p.m.

Boys and girls in grades 2 to 6 are invited to join the Magic Circle Costume Contest dressed as their favorite storybook characters! Following the contest, there will be prizes galore, an exciting Halloween Magic Show, and delicious refreshments.

Serving as judges for the costume contest will be Lawrence Bevan, Instructor for the Bethpage Public Library Fifty-five Alive Defensive Driving Course; Maureen Breidenbach, Coordinator for 4-H Public Information; Glen Fuhrman, Manager, Norstar Bank, Bethpage Office; Eleanor Holownia, Treasurer of the Friends of the Bethpage Public Library; Leo E. Schottland, President of the Friends of the Bethpage Public Library.

Tickets are available now at the library for all youngsters residing in District #21.

For information, please call 931-3907.

## In Service

Marine Lance Cpl. William J. Castle, a 1983 graduate of Bethpage High School of Bethpage, recently reported for duty with 3rd Marine Division on Okinawa.

He joined the Marine Corps in September, 1984.

Marine 1st Lt. John Rupp, son of Robert and Margaret Rupp of 34 Tip Top Lane, Hicksville, was recently designated a Naval Flight Officer upon graduation from the Tactical Navigation Phase at Naval Air Station, Pensacola, Florida.

During the 12 week phase, Rupp received classroom and airborne training in the T-47A, T-39D, and TA-4J training aircraft. The training flights included work in low-level high speed visual navigation, high altitude instrument navigation, low altitude ground and mountain radar navigation, and air tactical maneuvering. Training culminates with the presentation of the "Wings of Gold" of a Naval Flight Officer.

A 1979 graduate of Holy Trinity Diocesan High School, he joined the Marine Corps in May 1983.

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Friday, October 18, 1985

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# Antiques Collectibles

## ANTIQUE OR JUNQUE

A jewel  
of a box

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

Q. This jewel box was brought over from England about 100 years ago. It is veneered with a beautiful wood that I do not recognize; the drawers have fine brass pulls and the drop front is beveled glass.

Can you tell me when it was made and its value?



A. Your jewel box was made in the late 19th century and should sell in the \$500 to \$600 range. It is an exceptional antique.

The wood appears to be Circassian walnut.

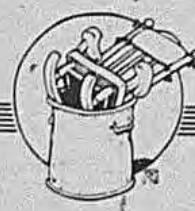
Q. The attached drawing shows the mark on the bottom of my glass cracker jar. It is also signed M.W.

I would appreciate anything you can tell me about it.



A. You have a find here! It is a Royal Flemish cracker jar made by Mount Washington Glass Co. in New Bedford, Mass., during the 1880s.

It is worth at least \$1,000 — probably more.



A. Your vase was made by the Cambridge Art Pottery in Cambridge, Ohio, during the first decade of the 20th century. 201 is the model number and the initials stand for Maude Willis who decorated the vase. It should sell in the \$125 to \$135 range.

Q. I know that sterling silver has been in use for centuries, but when was silver plate first introduced?

A. Sheffield Plate became popular around 1750. It was produced by sandwiching a sheet of copper between two sheets of sterling silver. About 100 years later, electroplating was introduced. This consists of transferring pure silver to the surface of a base metal by electric current.

BOOK REVIEW: "Price Guide to Dolls" by Robert Miller; Wallace-Homestead Book Co.; 1501 42nd St.; West Des Moines, IA 50265; \$12.95, plus \$1.25 postage, or at your local bookstore.

This latest revised edition is filled with pictures, prices and descriptions of hundreds of collectible dolls. In addition, there is a complete history of dolls and a wealth of useful information on collecting them.

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Oyster Bay Town Supervisor Joseph Colby, second from right, and Oyster Bay Town Councilman Angelo A. D'Angelis, right, join Ira Mauc, left, and Rabbi Moshe Portnoy at the ground breaking ceremony for the Young Israel of Plainview synagogue.

### News From

### Plainview Library

**Insights Into Current Issues**  
Everyday our world gets more complicated and confusing. Key statespersons can have enormous impact on particular situations. There must be some way to put the pieces of the political puzzle together.

On Friday, November 1, from 1 to 3 p.m. Barbara Krupit will lead a discussion on Insights into Current Issues at the Plainview-Old Bethpage Library. Mrs. Krupit has had these discussions for years and often clears up the issues.

If you don't follow the news, and you want to, Insights into Current Issues serves as an excellent start.

#### Long Island Mandolin & Guitar Orchestra

On Sunday, November 3, the Plainview-Old Bethpage Library will present the Long Island Mandolin and Guitar Orchestra in concert.

Unique on Long Island, and one of the few remaining mandolin orchestras in the metropolitan New York area, the Long Island Mandolin and Guitar Orchestra has played to thousands of appreciative music lovers since its founding in Levittown more than twenty years ago.

The orchestra's director is Andy DeMio. First come, first seated.

#### Fitzcaraldo

On Thursday, November 7, the Plainview-Old Bethpage Library will present the film Fitzcaraldo directed by Werner Herzog at 3 and 8 p.m.

Brian Sweeney Fitzgerald has a

preposterous dream; to build an opera house in desolate, untamed rain forest in South America, 1200 miles from the Civilized coast--and invite the great Caruso to sing there.

The film runs 157 minutes. First come, first seated.

#### A Soldier's Story

On Saturday, November 9 at 3 and 8 p.m. the Plainview-Old Bethpage library will present the film "A Soldier's Story".

A high powered, gripping tale of a black army attorney investigating the murder of a black army sergeant in a southern military camp amidst the hostility of the white officers and townspeople.

The film runs 102 minutes. First come, first seated.

#### Book/Discussion Review

On Monday, November 11, at 1 p.m., Barbara Krupit will conduct a Book/Discussion Review on "During the Reign of the Queen of Persia" by Joan Chase at the Plainview-Old Bethpage library.

On Thursday, November 12 at 8 p.m. Barbara Krupit will conduct a Book/Discussion Review on "Imaginary Crimes" by Sheila Ballantyne at the Plainview-Old Bethpage library.

#### The Middle Ages

The Plainview-Old Bethpage library is proud to present The Other Vic Theatre Company, Long Island's leading professional traveling theatre troupe in the hilariously contemporary comedy, "The Middle Ages" by A.R. Gurney (author of The Dining Room). The performance will be on Sunday, November 17 at 3 p.m.

## Sieg Widder Resigns As Chamber Director

The Hicksville Chamber of Commerce has accepted the resignation of Sieg Widder who has served as Executive Director for the past seven years.

Mr. Widder joined the Chamber in September, 1978 at the urging of Vern Wagner, Henry Brengel and Kingsley Kelly to promote Chamber policies and events. What started out as a 2 to 3 hour job has mushroomed into full time involvement. The position, it might be noted, is mostly voluntary with a small stipend to cover necessary expenses.

An employee of IBM for 38 years, Mr. Widder opted for the company's early retirement plan in June, 1975. Finding time on his hands he joined the Gregory Museum volunteer staff as an assistant to the Museum's founder Gardiner Gregory.

In addition to his affiliation with the Chamber, Mr. Widder is a past president of the Kiwanis Club of Hicksville and is currently responsible for its publicity announcements, seen in this newspaper.

Sieg and his wife Iris have been residents of Hicksville since 1953. They raised two children and have three grandchildren, all of whom live in Durango, Colorado. Their daughter Meryl and son-in-law Ron Burns are the parents of Bonnie and Sunshine while son Keith and his wife Renate have a daughter, Jessica.

According to Mr. Widder, "the last seven years have been interesting and educational but now it is time to catch up at home." As a tribute to his services, the Chamber, has granted him life time membership with the group.



Mr. Robert C. Baranaskas, President of the Ancient Age Distilling Co., Inc. was the guest speaker at last week's Hicksville Rotary Club luncheon meeting held at the Milleridge Inn. He spoke of how the beer, wine and spirits areas of the industry are constructed and regulated dependent on regional considerations. Shown above is William A. Heyday, right, Program Director, presenting Rotary's Certificate of Appreciation to Mr. Baranaskas for his efforts.

(Official Rotary Photo by Joe DePaola)

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## Our Children



### Tests can help in career choice

By Willard Abraham, Ph.D.

Q. Are there really some valid tests that can tell a youngster with some accuracy what career choice is best for him or her?

Our high school daughter has a counselor who says that there are, but I wonder about all this. Can such determination in advance be an accurate barometer of a youngster's future vocational success and happiness?

A. Some of the school counselors I have spoken to on this subject tell me that such tests, along with other factors, can be helpful in guiding a young person toward vocational preparation that may be suitable. Among those other factors may be expressed preferences of the youngster and his or her family, educational costs involved and the family's ability to meet them, and length of the preparation program.

These tests or inventories may be especially useful for gifted children because they often have so many options open to them. Their situation may not be recognized by parents, teachers or the youngsters themselves, based on the thought that because they are bright they ought to be able to make vocational choices easily and logically. It is the number of possibilities that could cause frustrations for them.

Q. Our 3-year-old seems totally incapable of writing capital letters that have straight lines or rounded curves. I have struggled with him for many months and have made no progress.

He isn't dumb or anything like that, but he just won't learn.

My husband walks right out when I start these nightly lessons, so I get no support from him. I don't want

this little boy to be slow in school and an embarrassment to all of us.

What is your advice on this subject?

A. Perhaps it is in one word — relax. Some parents have a tendency to push too hard too soon before a child is ready.

Another bit of advice: How about seeking a sound preschool environment for him, where the people are well qualified, the program well planned, and the facility clean and cheerful?

I will be glad to send you a checklist for evaluating preschools, and will also provide it to others at no cost if they will send me a stamped, self-addressed envelope at P.O. Box 572, Scottsdale, AZ 85252.

Q. I am concerned about some commercials on TV that could be dangerous if young children follow

the suggestions offered.

For example, one shows a young fellow tossing a "hot bite" up in the

air and then putting his head back to let the round piece of coated fried chicken fall into his mouth. What if it should get into a child's windpipe?

A popcorn commercial does the same thing, a grown man tossing a popped popcorn up in the air and putting his head back to let it fall into his mouth. To be sure this idea gets across really well, they show the man doing this in two identical pictures on the screen at one time.

Earlier this year a cheese company had a happy young fellow walking down a path and tossing a cheese puff up and letting it do the same thing.

These objects may not always fall on the tongue where we hope they will, and young kiddos do not realize the danger that may be involved.

Another commercial had a different idea. A man about 25 or 30 years old is having an "un-ordinary" day, when most things go wrong. That part is OK. However, the next picture shows him hugging a toaster to his chest and digging out a burned black piece of toast with a fork. I had to watch this commercial a few times before I could really see that he had the electric cord folded up and was holding it against the toaster. Not all young children will think about the electric cord being plugged in before they try to dig out a piece of burned toast. I wrote to the sponsor, but they were still showing the same commercial recently.

I also wrote to the "hot bite" and popcorn sponsors. The former answered and said, "We appreciate constructive inquiries such as yours." They sent a coupon for me to redeem at a local store, but did not mention the subject matter of my letter.

There must be 10,000 or more ways to advertise products in a safe, sensible manner. I am not a creative person, but I think I could come up with hundreds of better ideas. I am 66 with no grandchildren, but I am concerned about all children, big and little.

A. Your thoughtful letter is just one more reason for parents to screen what children see on television. It isn't only violence and other unacceptable material that should be carefully monitored.

Commercials generally are not dangerous, but an occasional one may be.

## YOUR SOCIAL SECURITY

### Widow benefit may start as early as 60

Q. I married my present husband four months after his retirement. I am receiving Social Security payments on my own working record since the amount was slightly higher than one-half of his amount.

Upon the death of my husband, am I entitled to receive his full Social Security amount? — K.M.P.

A. You would be entitled to his full unreduced amount at age 65 if he had never received reduced benefits. Widow's benefits can be paid as early as age 60. The amount payable at 60 is 71 1/2% of his basic amount.

can I withdraw from Social Security and reapply at a later date and again receive Social Security? Will my benefit amount be larger because of this additional full-time work? — F.W.T.

A: The earnings limit in 1985 for people age 65 to 70 is \$7,320. For each \$2 over we will deduct \$1.

Social Security will automatically refigure your benefits after the additional earnings are credited to your record. The added earnings may result in higher benefits.

In addition, there is a special credit that adds 3 percent to your benefit for each year after 65 that you don't get benefits because of work. It is not necessary to withdraw and reapply.

Q. My husband has been totally disabled since 1978. My daughter was 18 last March. She plans to go to college in the fall. Will her Social Security benefits continue?

A: Since your daughter has attained age 18 and has completed high school she is no longer entitled to student benefits. Student benefits are now paid only to full-time high school students under age 19. Previously, some college students under 22 did receive student benefits, but these payments were phased out.

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An Ad, any ad, is only an advertisement for you when people READ it. Large numbers of copies printed and hung on door knobs or multi pages of newsprint in large out-of-town newspapers are not what count. Only readers get your message and can bring you results. The next time you are thinking of advertising something - remember that it takes readers to get your message.

And then you will know why so many more local ads are run in our newspapers than in the big papers, or the so-called saturation throwaways. Don't count door knobs - count customers.

The Answer Is Readers = Results

Call 931-0012 • 746-0240 • 294-8900

## Nursery School Plans New Classes

The Hicksville Cooperative Nursery School is planning to open an additional "Mommy & Me" class on Tuesday mornings beginning November 1. At this time, there is room for 8 children. If you are interested in this program, please come in and visit with your child any school morning between 9:30 and 12. The school is located at West Cherry St (between Nelson and Division Avenues). For more information, please call 822-9272.

The Hicksville Cooperative Nursery School is planning to open an additional afternoon class for young 4's and older 3's in January. There is room for 8 children at this time. If you are interested in this program, please come in and visit with your child any school morning between 9:30 and 12. Once-a-month parent participation is required.

## Local Soccer Star Makes Team Impact

Debbie Kenefick, a former team MVP and two-time All Catholic soccer star at Holy Trinity High School, has made an immediate impact in her first season on the college circuit, as a starting fullback for the 6-2 University of Scranton Lady Royals in northeastern Pennsylvania.

The rookie sensation, who netted her first goal in a 8-0 stampede over Stony Brook College, forecast her soccer aptitude during a brilliant scholastic career at Holy Trinity, where she captained the team to a league title in 1983 and a division championship in 1984.

Kenefick totaled 25 goals and 97 assists in high school, including 4 goals and 28 assists last

year. "Debbie has proven to be a confident, highly skilled player, who took no time at all to adjust to our advanced level of competition," said Scranton coach Joe Bochicchio. "Her speed and game sense has made me move her from the midfield to defense, where she has helped us contain some of the top Division I teams on our schedule."

Scranton, one of the top Division III teams in the nation, boasts wins over Division I Monmouth and a 3-2 overtime loss to highly regarded Hartwick College.

Debbie, an education major at Scranton, is the daughter of Mr. and Mrs. Ron Kenefick of 190 Cottage Boulevard in Hicksville.

## Fire Facts From Hicksville Fire Dept

### In Case of Fire Home Fire Escape Planning Guidelines For Your Family

Consider the facts...

- Every day in the U.S. 1500 homes burn.
- Annually 6000 people die and 280,000 are injured in residential fires.

- Home fire fatalities account for approximately 80% of all deaths by fire.

- Heating devices are the leading cause of home fires.

\*\*\*

The majority of fire deaths occur at night, while everyone is asleep. Their senses are dulled so they are not even aware a fire has started.

Adequate smoke detectors are a necessity to provide sufficient early warning in the event of a fire. If you do not already have smoke detectors in your home, contact your local Fire Department for information on the types, locations and installation of these devices.

### In The Event of a Fire, If You Are Not Prepared, You Could Lose Your Life!!!

- Smoke is a killer!!!
- 8 out of 10 fire fatalities are due to smoke inhalation,
- Smoke and heat rise!!!
- Therefore, the coolest and freshest air will be found near the floor. Stay low, crawl on your hands and knees.

### PUBLIC NOTICE

NOTICE is hereby given, pursuant to law, that a public hearing will be held by the Town Board of the Town of Oyster Bay, Nassau County, New York, on Tuesday, October 29, 1985 at 10 o'clock a.m., prevailing time, in the Hearing Room, Town Hall, East Building, Audrey Avenue, Oyster Bay, New York, for the purpose of considering a proposed amendment to the Building Zone Ordinance of the Town of Oyster Bay in the manner set forth hereinafter:

**PROPOSED AMENDMENT:** Petition of THE KELLY ORGANIZATION, INC. and JOHN MERENDA for a change of Zone from "D" Residence District to "R-O" Residence-Office District of the premises described as: ALL that certain plot, piece or parcel of land with the buildings and improvements thereon erected, situated, lying and being in Hicksville, Town of Oyster Bay, County of Nassau and State of New York, being an irregular shaped parcel of land located on the south side of Old Country Road, 70.00 feet east of the intersection formed by the south side of Old Country Road and the east side of Clarissa Drive, having a frontage on Old Country Road of 80.00 feet with an average depth of 100.00 feet. SAID property being designated on the Nassau County Land and Tax Map as Section 45, Block 44, Lot 10. The abovementioned petition and map which accompanies it are on file and may be viewed daily (except Saturday, Sunday or Holidays) between the hours of 9 a.m. and 4:45 p.m., prevailing time, at the office of the Town Clerk at Oyster Bay, Hicksville and Massapequa. Any person interested in the subject matter of the said hearing will be given an opportunity to be heard with reference thereto at the time and place above designated. TOWN BOARD OF THE TOWN OF OYSTER BAY, JOSEPH COLBY, Supervisor, ANN R. OCKER, Town Clerk. Dated: October 8, 1985. Oyster Bay, New York MIT 1851

## YOU TRAIN THEM. WE'LL HELP PAY FOR IT.

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-

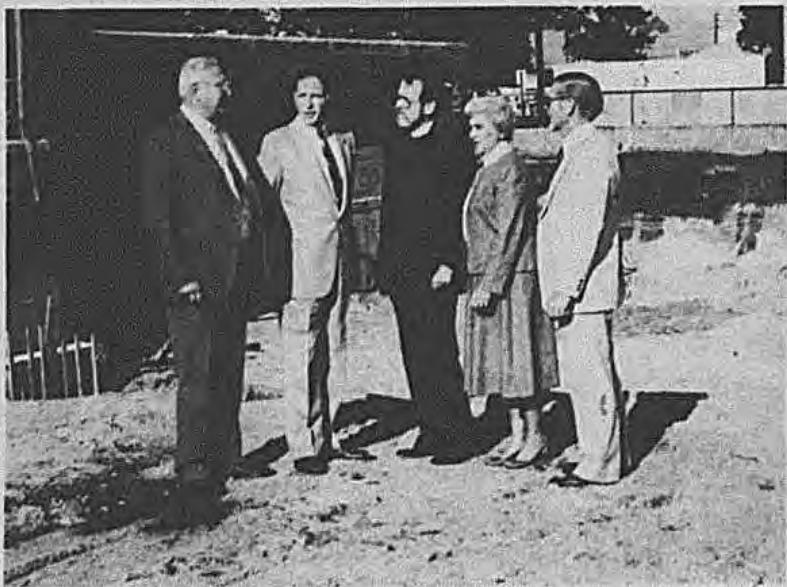
ship between business and government. It provides up to 50% of on-the-job training costs. And you may qualify for tax credits of up to 50% of the first year's salary.

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**  
PO Box 7207, Washington  
D.C. 20044



Oyster Bay Town Supervisor Joseph Colby, second from left, joins, from left to right, James A. Smith, Contractor, Rev. Dr. John H. Krahn, pastor of Trinity Lutheran Church and School, Oyster Bay Town Clerk Ann R. Ocker and Weldon Endorf, principal of Trinity Lutheran School, to check on the progress of the construction of the Trinity Lutheran Church's new facilities.

## the **COLBY** team



Town Supervisor Joe Colby (center) joins with his budget officer and comptroller in the Town computer room to discuss expanding computer use to increase efficiency and cut costs. The computer has aided in a growing number of programs to help keep taxes down.

**K  
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P**

**GOOD  
LEADERS  
for a  
GOOD  
TOWN**

They make the difference in Oyster Bay Town  
Vote Row 'B' on Nov. 5th

the  
**COLBY**  
team

## Gregory Museum In-Service Courses

Getting underway this past week at the Hicksville Gregory Museum were two of the museum's popular in-service training for courses for teachers. On Tuesday, for ten successive sessions, began "The Early History of Long Island and Its Communities." The course, a regular offering, is taught by Richard Evers, the Museum Historian. It is designed to assist teachers who are instructing in the area of the N.Y. State-mandated fourth grade social studies curriculum dealing with the history and growth of the Local Community and Long Island, or for 7th grade teachers.

A wealth of bibliographies, teacher resource materials and field trip itineraries are provided by the instructor, as well as a structured survey of the history of Long Island. Suggested techniques for utilizing the historical data and understandings in the classroom are provided, as well.

"The Early History of Long Island" course is still open to teachers and the general public interested in knowing more about

this wonderful island and its communities' early days. The course meets on Tuesdays, at 3:45, at the Gregory Museum, Heitz Place, 2 credit hours, \$60 tuition.

Also starting this past Wednesday, for 10 successive weeks, was another of the Gregory Museum's informative and relevant Earth Science courses conducted by Dr. Charles Rockwell, geologist, oceanographer and flyer. The course is "Historical Geology" in which the always stimulating instructor, this Fall, is leading the class in a consideration of the origins and evolutions of continents and ocean basins, with a study of the ancient environments in which the rock record we see was formed. Excellent films and slide photo will reinforce and enhance the course concepts.

"Historical Geology" is still open to teachers and interested persons. The course meets on Wednesdays, at 3:45 at the Hicksville Gregory Museum. Two credit hours may be earned. The course fee is \$60.

## Cancer Society Needs Volunteers

All men and women who can give at least 3 hours on Tuesdays are invited to volunteer to help at our Bingo, located at the Lion's Den in Hicksville. The hours are from 9:30 a.m. to 2:30 p.m. The funds raised at this Bingo

continue the American Cancer Society's programs in research, education and patient services. If you can help us in our fight against cancer, please call 385-9100, ext. 1330.

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through Input and special family features.

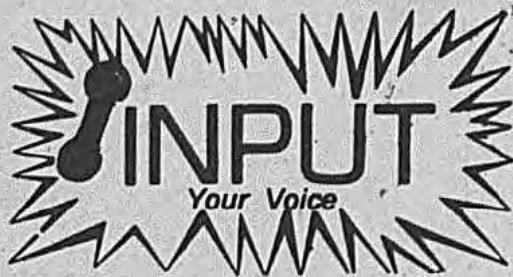


# DISCOVERY

The Dog Quiz



See Page 3



## THE QUESTION OF THE WEEK

Do you think that President Reagan did the right thing in having the Egyptian plane intercepted to apprehend the four hijackers?

**TERRORISM.**



**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 Not Interested In Seeing Congress

Callers to Input were divided on whether the Senate and Congressional sessions should be televised on live TV in answer to this question: "If sessions of the Senate and Congress were televised do you think that you would spend time watching them? Here are some of the answers:

**NOT MUCH**

I doubt that I would sit around watching the sessions for any long term unless they were dealing with a particular subject that I had some knowledge or interest in. Actually so few people would watch them that I do not think it would be worth taking up much TV time. J.R.

**EYE OPENER**

It would be a good thing if the legislative bodies were on TV. Then we could see just how hard our paid legislators work for us. Most of us would be surprised to see that half the seats are generally empty and that the so called debate is limited for home consumption and inserted in the Congressional record. The whole process would be an eye opener. L.E.

**LITTLE ON FLOOR**

It would be almost impossible for the average citizen to view enough of the Congressional sessions to form any opinion at all of what was going on. So much of the time is taken up with formalities and small issues that the floor session does not cover very much. On top of that so much of the important work is done in committee meetings that the true action of the sessions would still be missed on TV. J.W.

**DIGEST ON TV**

Rather than trying to televise all of the sessions it would be good if a number of hours per week were devoted to a digest of the actual sessions. And the sessions should be televised without a warning to the legislators so that they would not be posing for the camera and staging things to influence the local constituents. We should be able to get an idea of what is really going on with that type of setup. G.K.

**COSMETICS**

It would be foolish to try to televise Congress and I do not think that the politicians would allow it. What would happen is that we would have all types of TV stars instead of legislators making laws and the cosmetics industry would once again take over the running of the country. This would make a poor situation worse and bring the people no closer to the government. T.K.W.

**LITTLE INTEREST**

Students would be interested in seeing how Congress works if it were televised but that is the only group that would really watch the sessions. I think that TV could be used in many better ways to serve the people. M.F.

**COMMITTEES**

Most of what goes on in Congress has already been decided in committees and unless committee meetings were televised there would be little point in seeing what happens on the floor of Congress. This has never been the place that the real decisions are made. L.W.

**NOT NECESSARY**

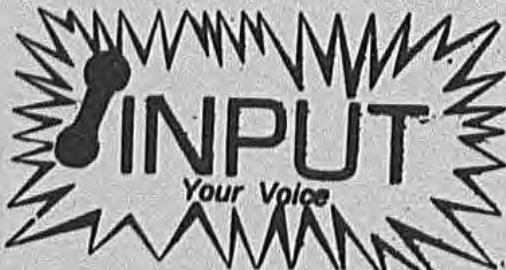
As a general practice, I don't think I would spend much time watching sessions of the House and Senate on TV. I am retired but I try to use every minute of my time in some useful fashion. Therefor, with a full program of activities and responsibilities involving the family, community and charitable affairs, house and garden, health matters, finances and hobbies, there really is no time just to sit in front of the screen to watch and listen to our lawmakers earning their keep and doing their thing. Hopefully we have voted the right people in to do these jobs and they should not require second guessing on our part every moment they spend in session. However, this doesn't say that I disapprove of the introduction of television to the proceedings - I think it's a great idea and its time has come. Not only does it make Congress aware of the fact that the public may be watching and evaluating their efforts and conduct but it does provide that latent ability for their constituents to be more closely informed on vital issues if they choose to do so. Certainly, it could be a key element in the process of government in critical and momentous legislation where the public and Congress both could benefit from instantaneous exposure on television to the pressures pro and con in both chambers and I would welcome those opportunities to witness the action. P.G.S.

**GOOD IDEA**

I think it would be interesting to observe sessions of the Senate and Congress on T.V. I see it as an opportunity to learn more about our government, its decisions, and the people directly involved with those decisions. If these sessions were televised, many viewers including myself, would watch them. It is something worthwhile to see and something which affects us all. C.P.

**COULD BE BORING**

Frankly I don't think enough people would understand televised sessions of our government in action to make it worthwhile for a major network to carry. Remember the U.N. sessions that used to be on TV? They were so boring and I doubt that the everyday workings of the legislature would be any different. R.W.



# DISCOVERY

## The Dog Quiz



By Marjorie Wolfe

October is "Adopt A Dog Month". On October 21 the ASPCA will hold a black tie affair and pet lovers Brooke Shields, Pegeen Fitzgerald and Bill Beutel will be among the members of the dinner-dance committee.

How much do you know about "man's best friend"?

1. What was the name of Richard Nixon's cocker spaniel?
2. What's a "tie"?
3. What breed of dog is said to have the best eyesight?
4. What was the name of William Powell and Myrna Loy's dog in the "Thin Man" series?
5. Name the president, who, ever conscious of the need for exercise, circled the south lawn of the White House with beagles. Him and Her on chain leashes--and the press in tow?
6. What is SINA?
7. Who was Annie's dog in the Broadway show of the same name?
8. Name the black sheep dog which was presented as a gift to President and Mrs. Reagan from Kristen Ellie, the March of Dimes poster child.
9. Name the 1985 "Yuppie Puppie".
10. Which president endeared himself to the nation's dog lovers by saying in a radio address: "The Republican leaders have not been content with attacks on me, or my wife, or my sons. Noa. they now include my little dog Fala. Well, of course, I don't resent attacks, and my family doesn't resent attacks, but Fala does resent them."
11. Who was Laika?
12. What is meant by the expression, "Every dog has his day"?
13. Who was Cerberus?
14. What was the Checkers speech?
15. What president owned the dog, Charlie?
16. What, according to Charles Schultz, is a warm puppy?
17. What famous dog was featured in the 1949 movie, "The Sun Comes Up"?
18. Name the first dog in the Kennedy Administration who once mistook Jacqueline Kennedy's ankle for a fire hydrant.
19. What dog managed to knock Pat Nixon to the ground three times in his first day in the mansion, and also managed to chew up a corner of the rug in the Oval Office?
20. What's Ornstein's Law?
21. What is a Cynologist?
22. Who is Garfield?
23. Name the Queen who kept as many as 83 dogs at one time in Buckingham Palace, and could call them all by name.
24. Some months after Gerald R. Ford became President, his daughter Susan, and the White House photographer, David Kennerly, gave him a golden retriever. What was his name?
25. Top pet at the White House in President Carter's Administration was a cat, Misty Malarky Ying Yang. In addition, a black and white

mutt once posed on the South Lawn with a veterinarian as part of a campaign against dog diseases. What was the dog's name?

26. Name the dog in the TV series, "The People's Choice".

27. Rumor has it that Leona M. Helmsley (The Park Lane Hotel) will open a plush hotel for dogs in Manhattan. What will the hotel be named?

### ANSWERS

1. Checkers
2. During the mating act, when the male dog is unable to free himself from the female, this is called a "tie".
3. Greyhounds
4. Asta
5. LBJ
6. (the) Society for Indecency to Naked Animals
7. Sandy
8. Lucky
9. Cavalier King Charles Spaniel
10. President Roosevelt
11. The world's first space traveler. Russian scientists sent the small animal aloft in an artificial earth satellite in 1957.
12. Expression used when something pleasant happens to a person, especially one who has been having bad luck.
13. The three headed dog of Greek mythology.
14. Mr. Nixon, running mate to Dwight D. Eisenhower, addressed the nation to explain an \$18,000 gift from a group of California business men. "I just want to say this, right now. No matter what anybody says, the family intended to keep Checkers."
15. John F. Kennedy
16. Happiness
17. Lassie
18. Charlie, a Welsh terrier
19. King Timahoe, a red Irish setter
20. Nobody ever puts out a sign that says Nice Dog.
21. A dog Behavior specialist.
22. The country's best known pet--the comic strip feline
23. Queen Victoria
24. Liberty
25. Grits
26. Cleo
27. The Bark Lane (Sorry! Couldn't resist it!)

### ABOUT THE AUTHOR

Marjorie Wolfe lives in Syosset. She teaches business courses in the Plainview School District. She is a frequent contributor to *Discovery*.

# DINING GUIDE

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Your Host Angelo

## READER RATINGS



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



### STEAK LOBSTER

Barrister's in Mineola is a new clean restaurant that always seems to be a nice place to go. We have been there several times and always found that the Barrister took care of us well. On Thursday we had the surf and turf dinner which gives you just enough steak and a half of lobster so that you can enjoy the best of two worlds.

In addition to the main entree they have a nice salad bar at the Barrister which allows you to eat as much of that fare as you wish. And the main course is served with potato and vegetable. We think that a \$10 price for a meal like we had is one of the best buys on L.I. and it is at a nice restaurant to boot. G.R.

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Cannelloni • Spinach Lasagna

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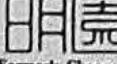
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 Cathy Urbach Pennysaver 9/28/84

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## READER RATINGS

### YOU CAN BE A RESTAURANT CRITIC

If you visit any of the restaurants selected for inclusion in this section call 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.

### EARLY AMERICAN

One of our favorite restaurants over the years has been Maine Maid Inn on Jericho Turnpike in Jericho. The Colonial Building, built in 1789 filled with authentic Early American antiques, the cozy fireplace, the Tiffany lamps, all make for a delightful ambience in which to have a leisurely, relaxing dinner with the best possible food.

We dined there Wednesday night starting with a cup of excellent soup. One dinner consisted of the special of the day. Lobster tail with shrimp and clams in a delectable sauce, served with a choice of baked potato or linguine. My choice was the Bass almondine served with fresh peas, carrots and corn. A mixed salad with a choice of dressing, and Cafe espresso made for a memorable dinner.

Every time we dine there we say it couldn't be better, and, would you believe it is! E.H.

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### TELL THE WORLD

You do not have enough endorsements in your paper for Iannone's in Hicksville. This restaurant is superb in its Italian food. I have gone there for many years and I can tell you that it always meets top quality standards. Last evening we had a wonderful veal parmigiana dinner complete with a cheese cake dessert and coffee.

I will tell you truthfully that the food served in Iannone's is as good as I have ever had even in my own mother's home. She was a real Italian cook who started in the morning and worked all day to give us a fine dinner. Tell more people about Iannone's and you will be doing them a favor. R.T.

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## READER RATINGS

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### IMPORTANT DISCOVERY

We had a delightful Japanese luncheon at The New Asahi Tokyo Japanese Restaurant in Glen Cove, and felt we had made an important discovery.

Our luncheon consisted of a warm, rich miso soup, salad, shrimp Tempura, which was coated with the lightest coating, fresh vegetables also batter coated, rice and a pot of tea.

This was a first experience with Japanese food and my companion and I enjoyed it so much we are looking forward to a repeat performance real soon. M.D.

### Fine Meal

Last week we went to the LaCisterna restaurant in Mineola and were delighted with the meal.

The LaCisterna is a beautifully decorated restaurant with a fine large dining room set in a restful and inviting style. The service is good and the food is well worth a return visit.

We had veal marsala for one dinner and bass for the other. The veal was fresh and tender and the marsala sauce was exceptionally well done. The bass was fresh and flavorful. Starting off the meal we had salad and soup which also rated high. We were very satisfied with the visit and want to recommend it to your readers.

H.G.

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## READER RATING

### TRUE CLASS

A restaurant that is in the true class is Devins. It is one of the newer ones in the area but it is a welcome newcomer.

The classic design and decor of Devins is a delight to visit. And, as is needed in all restaurants that are truly good, the food is excellent. The menu includes a full listing of the best in Northern Italian and classically fine foods including fresh fish entrees.

Our party of four went there last week. I was the hostess and I enjoyed hearing the great compliments of our guests. The compliments included the excellent attentive service. I shall always go to Devins when I have guests who I want to enjoy a good meal.

M.C.R.

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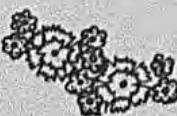
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## READER RATINGS



Q. Who is served first at table and when is the proper time to begin eating? F.P.G.

A. The hostess is not served first unless she is the only lady at the table or is alone with her husband and children. If Grandmother or even a young girl guest is present the dishes are first presented to her after inspection by the hostess. When the hostess is serving from in front of her place, with or without the aid of a servant, she is served next to last and her husband last. For her to serve herself earlier will mean her food will be cold and her filled plate in the way.

After several people have been served, urged by the hostess, guests begin eating so their food will not be cold. And, except at breakfast, the polite husband waits until his wife has been served before beginning to eat. Q. Is it considered bad manners to take anything to drink to your lips while there is still food in your mouth? B.C.J.

A. Yes, because this may leave particles of food in the beverage or leave an unattractive smear on the glass. Your mouth should be empty before you take anything to drink. Certainly you should avoid the effect of "washing down" food that is already in your mouth. It is amazing how many people are guilty of this breach of etiquette.

Q. Recently I was a guest at a club luncheon in a restaurant. Accidentally, I overturned my tomato juice. What was the right thing to do? The waiter didn't see the accident immediately. T.L.A. A waiter seeing such an accident would immediately change the cloth, or if that was impossible at a long table, would spread a clean napkin over the spilled food. As the waiter did not do this because he was busy elsewhere, at a large luncheon you could have spread a napkin over the spot yourself, without undue discussion of the incident. Everyone occasionally has things like this happen.

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## Cooking Corner

### CHICKEN IN LIME WITH PEANUT GINGER SAUCE

Chicken marinade:

4 large half chicken breasts  
boned, skinned, defatted  
and cut into 1/4-inch pieces

1/4 cup lime juice

Few drops Tabasco sauce

Hot Ginger Dressing:

2 tbsps. low-sodium soy  
sauce

1 1/2 tbsps. each rice vinegar  
and red wine vinegar

1 1/2 tbsps. fresh ginger,  
coarsely chopped

1 tsp. dry basil

1 tsp. Sun Yuen Hing (wild  
pepper also known as pink  
pepper)

1 tbsp. water

2 tbsps. honey

1 clove garlic

1 twist of lemon

1/2 cup peanut oil

Accompaniments:

1 tbsp. sesame oil

1 cup shiitake mushrooms,  
stems removed, sliced thin

1/2 cup Hot Ginger Dressing

2 tbsps. fresh, natural peanut  
butter

1 tbsp. arrowroot diluted in  
about 2-3 tbsps. water

1/2 cup each scallion and red  
pepper, cut into 1-inch  
long strips

Combine chicken marinade  
ingredients and marinate 2 hours.

Make dressing: Put all dressing  
ingredients in blender container  
and blend at high speed until  
smooth. Then slowly add 1/2 cup  
peanut oil, continuing to blend  
until smooth. In heavy skillet heat  
1 tablespoon sesame oil, drain  
chicken breast and stir-fry 2 to 3  
minutes. Cover and let simmer  
several minutes until almost done.  
Add shiitake mushrooms, 1/2 cup of  
dressing and peanut butter and let

it come to simmer. Thicken with  
arrowroot. If too thick, add 1/4 cup  
chicken broth. Blanch red peppers  
and scallions and sprinkle over  
top. Serve immediately.

Makes 4 servings, 275 calories  
each.

Serve this delicious casserole  
with saffron rice, black beans and  
a green salad garnished with  
orange slices.

### WINTER PORK AND FRUIT RAGOUT

3 lbs. lean boneless pork, cut  
into 1-inch cubes

2 dozen dried apricot halves

1 cup dark seedless raisins

1 cup dry red wine

1 cup red wine vinegar

3 tbsps. chopped fresh dill

3 tbsps. chopped fresh mint

1 tsp. ground cumin seed

1 tsp. freshly ground black

pepper

1 tbsp. dried thyme

Salt to taste

1/2 cup best quality olive oil

4 shallots, peeled and  
minced

1 cup dry white wine 1  
qt. chicken stock

2 bay leaves

1/4 cup honey

In large bowl combine pork  
apricots, raisins, red wine, vine-  
gar, dill, mint, cumin seed, pepper,  
thyme and salt. Cover and mari-  
nate, refrigerated, for 24 hours.  
Stir occasionally.

Remove pork and fruit mari-  
nade. Reserve fruit in small bowl.  
Reserve marinade separately. Pat  
pork dry with paper towels. In  
large skillet, heat olive oil and  
saute meat, few pieces at a time,  
until well browned. With slotted  
spoon transfer pork to deep cas-  
serole.

Drain oil from skillet, add shal-  
lots and saute over medium heat 5  
minutes. Add reserved marinade

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and bring to boil, scraping up any browned bits remaining in skillet. Cook several minutes, until slightly reduced, and add to casserole.

Preheat oven to 350 F. Stir in apricots, raisins, half of white wine, half of chicken stock, bay leaves and honey; mix well. Set over medium heat, bring to boil, cover, and set on middle rack of oven.

Bake for 1 hour 15 minutes. Uncover casserole and add additional wine or stock if meat seems too dry. Bake, uncovered, for another 30 to 45 minutes, or until meat is tender and sauce is rich and thick. Makes 6 to 8 portions.

This delicious, quickly made casserole looks as good as it tastes.

#### QUICK CRANBERRY-ORANGE UPSIDE-DOWN CAKE

1 cup canned whole cranberry sauce  
½ cup brown sugar  
2 tbsps. grated orange rind (orange part, or zest, only)  
1½ cups all-purpose flour  
¼ cup granulated sugar

1 tsp. baking powder  
½ tsp. baking soda  
½ tsp. salt  
½ tsp. vanilla extract  
5½ tbsps. butter, softened  
½ cup orange juice  
1 egg

Preheat oven to 350 F. Grease 9-inch round cake pan generously with butter. Combine cranberry sauce, brown sugar and 1 tablespoon grated orange rind and mix well. Spread mixture evenly in prepared pan; set aside.

In mixing bowl, stir together flour, granulated sugar, baking powder, baking soda and salt. Add vanilla, butter, orange juice and egg, and beat until batter is thoroughly blended and perfectly smooth. Pour over cranberries and bake about 45 minutes, or until toothpick inserted in center of cake comes out clean. Remove from oven and let cool in pan about 5 minutes, then turn out onto serving plate, fruit side up. If any cranberries stick to pan, scoop them out and spread on cake. Serve warm, with whipped cream, if you wish.

Bake crust 5 to 6 minutes at 375 F before filling.

#### TROPICAL LIME SORBET

¾ cup sugar  
1 cup water  
1 tbsp. gelatin  
1½ cups dry white wine  
1 cup freshly squeezed lime juice  
2 tbsps. creme de menthe, plus 2 tbsps. to glaze sherbet glasses  
1 egg white, beaten until stiff with ¼ tsp. salt

Mix sugar with 1 cup water and boil for 10 to 12 minutes to make syrup. Soften gelatin in bit of cold water and pour boiling syrup over it, stirring until gelatin has completely dissolved.

Add wine, lime juice and 2 tablespoons creme de menthe. Mix together well and freeze in glass bowl until mixture is mushy but not solid. (If you have ice cream maker, follow manufacturer's instructions.)

Fold in egg white beaten with salt until mixture is smooth and uniform and return to freezer until frozen to desired consistency.

Coat inside of rims of chilled

sorbet or dessert glasses with remaining creme de menthe, add sorbet and serve.

Serves 6.

#### LIME AND MELON SOUP

1½ cups cantaloupe  
1½ cups honeydew melon  
½ cup freshly squeezed lime juice  
1 tbsp. fresh ginger root, finely chopped  
1 tbsp. vodka  
1½ tbsps. wine vinegar  
½ tbsps. sugar  
½ cup chicken broth  
¼ cup sour cream  
Thin lime slices, for garnish  
Fresh parsley sprigs, for garnish

In large glass bowl, combine cantaloupe, melon, lime juice, ginger, vodka, vinegar and sugar and chill for an hour or longer.

In blender or food processor, puree melon mixture. Add chicken broth and sour cream and blend again until smooth. Refrigerate, covered, for 30 minutes or longer.

Serve in chilled bowls. Garnish each with floating lime slice topped by sprig of parsley.

Serves 4 to 6.

## From Our Kitchen



Olivia and Paul Bensen

### The illustrious lime

Whether squeezed into a frosty gin and tonic, frozen in a refreshing sorbet or blended into a light salad dressing, lime juice adds a tart note of coolness that makes both the mind and the palate forget the heat of summer.

Limes, like all citrus fruits, are a major source of vitamin C. The British navy, under the Merchant Shipping Act of 1894, ordered that each seaman be given regular doses of lime juice while on board ship to avoid the endemic outbreaks of scurvy that long had plagued English sailors. Wags in Australia and the United States began calling the British seamen "limeys," and the nickname soon was applied to all Britons, mariners and landlubbers alike.

The English sailors probably accepted the nickname with good humor, since their weekly 1-ounce lime juice rations were served with generous portions of rum to preserve the lime juice and make the tart liquid more palatable. By the 1920s scientists had learned that lemons contain several times the level of vitamin C found in limes, and the British navy substituted lemon juice as the active ingredient in their sailors' anti-scurvy potion. The name "limey" stuck, however — perhaps "lemony" just didn't have the same ring.

Florida raises the majority of limes sold in this country. The most common type is the Tahiti lime (also called the Persian lime). The smaller Key lime, which becomes harder to find in stores the farther you travel from Florida, is smaller, and more yellow than green in color. Today's

recipe for Key Lime Pie is best with Key limes, of course, but Tahiti limes may be substituted. As a rule of thumb, expect to get about 2 tablespoons of juice from a good-sized Tahiti lime and about 1 tablespoon from a Key lime.

Today's recipes highlight the cooling and refreshing quality of freshly squeezed lime juice.

#### KEY LIME PIE

½ cup juice from Key limes  
1½ tbsps. grated Key lime zest (use the outer, greenest part)  
1 can sweetened condensed milk  
4 egg yolks  
1 crumb crust (recipe follows)  
1 pt. heavy cream whipped with a few drops vanilla extract

Add lime juice and zest to condensed milk and blend well. Beat in egg yolks and continue to beat until mixture thickens slightly. Pour into baked crust and bake 10 minutes at 350 F, or until filling has set. Refrigerate and top with whipped cream.

#### CRUMB CRUST

1½ cups graham cracker crumbs  
½ cup ground almonds  
6 tbsps. butter or margarine  
¼ cup sugar

Blend ingredients together until mixture is uniform — crumbly, but malleable. Press into pie pan in ¼-inch layer, spreading evenly over bottom of pan and up sides.

#### HOMEMADE PEANUT BUTTER

1 lb. raw or roasted peanuts  
1-2 tbsps. vegetable oil  
Dash salt, if desired

Place ½ of peanuts in blender. Add little of oil and dash of salt, if desired.

Start covered blender at low speed and grind peanuts into small pieces. Switch blender to high after few minutes, adding more oil for creamier peanut butter. Repeat with remaining peanuts.

Grind each batch 5 to 10 minutes. Add desired amount of chopped peanuts, mixing in thoroughly with wooden spoon, for chunky peanut butter.

Store in jar with tight-fitting lid and refrigerate. Stir with knife before each use.

Makes 1 pound.

#### PEANUT BUTTER RAISIN SPREAD

1 cup peanut butter  
1 cup raisins  
2 tbsps. wheat germ  
¼ cup honey

Stir together peanut butter, raisins and wheat germ until well blended. Gently stir in honey. Spread on whole wheat bread or toast.

Makes about 2½ cups.

#### PEANUT BUTTER PANCAKES

2 eggs  
2 cups whole wheat flour  
½ tsp. salt  
3 tbsps. baking powder  
½ cup honey  
½ cup peanut butter  
2 cups milk  
1 tbsp. vegetable shortening or oil

Crack eggs into bowl and beat lightly. Set aside.

Measure flour, salt and baking powder into sifter. Sift over eggs, then stir to blend.

Add honey, peanut butter and milk, stirring after each addition. Batter should be smooth.

Lightly oil large heavy skillet or griddle. Place over medium heat until hot.

For each pancake, pour ¼ cup batter onto heated skillet. When top side of pancake bubbles and edges look dry, flip with spatula to brown other side.

Serve with honey, molasses or 1 cup maple syrup blended with ¼ cup peanut butter.

Makes about 24 4-inch pancakes.

#### COCO-NUT BALLS

1 cup chunky peanut butter  
½ cup honey  
½ cup instant non-fat dry milk powder  
14 graham crackers  
3 tbsps. wheat germ  
1 cup shredded toasted coconut

In medium-size mixing bowl, combine peanut butter, honey and milk powder; stir just until blended.

Place graham crackers between two layers of waxed paper and crush with rolling pin. Or whirl in blender, five at a time, until crushed.

Stir graham cracker crumbs and wheat germ into peanut butter mixture until well blended. Roll teaspoonful of mixture between palms to form small ball, then roll in coconut. Repeat with remaining dough.

Place on serving platter and cover with plastic wrap. Chill until ready to serve.

# Microwave Magic

By Desiree Vives



## Converting your favorite recipes

Say you have a favorite recipe, and you want to try preparing it in your microwave. Just how do you go about converting a conventional recipe for microwave use? Here are a few tips:

Microwave cooking is moist cooking. Conventional recipes which call for a good amount of liquid — sauces, soups, most casseroles, etc. — will adapt well to the microwave. But if the food to be cooked is very dry, or if a crisp, brown crust is essential, you'd do best to stick to the conventional method.

When you do choose a recipe to convert, remember that microwave time will generally be from one-quarter to one-half of conventional cooking time. Check often to avoid overcooking. Rotate dish and stir if food seems to be cooking unevenly.

Microwave time will depend on several factors: the amount of liquids, sugar and fat in the recipe (these heat faster), the size, shape and amount of food to be cooked, and the power level of your oven.

Microwave ovens range in power from as low as 300 to as high as 1,000 watts. A compact oven operates at 450 to 550 watts, while a full-size microwave usually operates at from 650 to 750 watts. If your oven is a smaller model with a lower wattage, you'll need to cook foods longer, or at a higher setting than you would with a full-size model.

Remember that microwave time increases with the volume of food to be cooked. Four potatoes will take almost four times as long to cook as one potato.

Always cook with microwave-safe utensils, and use less salt and seasonings than you would with the conventional recipe, adding more just before serving if necessary.

Cut foods to be microwaved into uniform pieces, and cut smaller than you normally would, to ensure rapid and even cooking.

When converting a casserole or meat dish with a gravy or sauce, reduce the amount of liquid by one-quarter to one-half in order to achieve the consistency of the original recipe. Microwave cooking will not evaporate liquids the way conventional cooking would, and if you don't reduce liquid ingredients, you could end up with a watery fiasco.

Many microwave dishes are cooked until almost done, and then left to stand for several minutes while their own heat finishes the cooking process. When trying a delicate cream sauce or egg dish in your microwave for the first time, check often to avoid overcooking, and remove when it looks almost done, letting stand several minutes before serving.

Most poultry will microwave in one-half to one-third conventional time, and most poultry recipes adapt extremely well to the mi-

crowave method.

Tender meats may be microwaved at HIGH (100 percent power in a 650- to 750-watt oven), while less-tender meats should be microwaved at 50 percent power for longer periods of time. Microwaving will extract more fat from meats, and you may need to spoon some of it off to avoid greasiness.

Remember to add quick-cooking ingredients toward the end of cooking time. Cheese will become tough and stringy when overcooked in the microwave, so shred or cut in small pieces and add during the last few minutes.

Many vegetable dishes adapt very well to microwaving. Vegetables retain their color and nutrients, and will cook to perfection with little or no added liquid. Chop in uniform size for even cooking.

When converting a conventional recipe for use in your microwave, the name of the game is trial and error. Think of it as a grand experiment. If the dish turns out well, you've got another recipe to add to your microwave repertoire. If not, it's back to the drawing board. Remember the old chef's maxim: "If at first you don't succeed — fry, fry again!" Good luck!

If you're not in the mood to experiment, try the following microwave-tested recipe.)

### CHICKEN SANTA MONICA

1 (8-oz.) can\* stewed tomatoes, with liquid  
1/4 cup water  
1/2 cup uncooked regular white rice  
1 small onion, chopped  
1 clove garlic, minced  
1/4 tsp. each salt and pepper  
1 1/2 lbs. chicken thighs and drumsticks, skinned  
1/2 tsp. each paprika and dried, crumbled oregano leaves  
1 tbsp. chopped fresh parsley  
1 (10-oz.) package frozen green peas  
Grated Parmesan cheese (for garnish)

Combine tomatoes, water, rice, onion, garlic, salt and pepper in 2-quart glass casserole. Stir to blend.

Add chicken pieces, arranging with thickest parts toward outside of dish. Sprinkle paprika, oregano and parsley over top.

Cover and microwave at HIGH (100 percent power) 15 minutes, rearranging chicken pieces and rotating dish after 8 minutes.

Stir in peas, replace cover, and microwave on HIGH (100 percent power) 10 to 15 minutes longer, or until chicken is tender. Let stand, covered, 3 to 5 minutes. Sprinkle with Parmesan cheese and serve. Serves 4.

## Wine Talk



### Wine should be enjoyed with friends

By Dan Berger

Wine in its most refined setting is a social beverage, one that nearly cries out to be discussed. Yet it should be discussed by people of like minds, who understand what the beverage is all about.

I feel fine wine should not be revered, placed on a pedestal where it is all but unapproachable. It should be shared with friends and savored for what it is, good or great. Even a poor, older wine that shows a hint of what it once was can be fun with the right crowd.

Great wine sipped by a single person in privacy is like a great painting locked up in a private vault, a classical soloist performing music for an audience of one.

Indeed, the appreciation of a fine wine is, for many people, inexorably and symbiotically linked to the people it accompanies. The more I enjoy the company at a dinner party, the more I am likely to appreciate the food and the wine.

Charles Mara of Syracuse, N.Y., one of the nation's most astute wine merchants and a wine lover of great répute, said it best.

"Don't drink good wine with people you don't like," said Mara. "You won't like it. Your mood affects your palate. I've been out with people I didn't like and we've had 1964 Richebourg from the Domaine de la Romanée-Conti, and it didn't taste good."

"I know the wine was OK, but I wasn't enjoying myself, so the wine didn't show as well as it should have."

The setting can set the tone. One of the greatest bottles of wine I ever had was a 1973 Zinfandel from Sebastiani — but it was years ago, at a special dinner at the fine restaurant Au Relais in Sonoma, Calif., and I was on my honeymoon. Recently at a series of dinners with friends, I was served some fine wine — a bottle of 1958 Charles Krug Special Selection Cabernet Sauvignon, a 1964 Chateau Pichon-Lalande, a 1963 Heitz Cellar Pinot Noir, a 1975 ZD Chardonnay, a 1982 Shafer Vineyard Reserve Cabernet.

The wines were all amazingly rich and satisfying — and one reason for that, I contend, was the warmth of the company I was in and their willingness to briefly chat about the wine we were having. The discussion wasn't pontifical. We liked the wines, we said so and we moved on to other subjects.

These may not have been the greatest wines ever made, but it is clear that all of them, young and old, hewed to a standard of greatness that never changes, a standard that people refer to when speaking of Beethoven's Ninth Symphony, a Brooks Brothers suit, a Rolls-Royce, a piece of Waterford crystal.

A great wine changes over the years, transmutes into a more elegant, refined drink, and drifts into decadence and finally decay. But as such wine changes, we change more. Our palates grow; we appreciate more subtlety, seek less obvious tones.

And as we change, we should grow with the best wine. Those who fail to grow, who fail to appreciate the complexity in older wine, are doomed to fall behind the development great wines will attain in time. And one way to discover the beauties and failings in older wine is to chat openly about it.

A friend noted, for example, that great older red wine often loses its varietal character. That is, in some old red wines it is not really possible to identify just what the wine is. But many older wines attain such glorious complexities that experienced wine lovers care not what it is supposed to taste like; they merely appreciate the fact that it is great wine.

This was certainly the case with the 1963 Heitz Pinot Noir. It was wonderful, even though it didn't really taste like Pinot Noir. Yet no one quibbled, because the wine had become so complex — retaining its youthful color and fruit aromas — that although it didn't smell or taste like definitive Pinot Noir, it was still a wonderful experience.

(It is true, of course, that not all old wine is great. A wine may achieve a certain level of finesse early in its life and then time may rob it of its youthful zest, leaving behind only a thin skeleton of its former interest. This happens faster with white wines than it does with red, but red wine can be stripped of its formidable nature faster than the "experts" can predict.)

Moreover, not all wines reveal themselves to be classics early in their life. The '75 ZD Chardonnay is a case in point. Few saw the potential for this wine when it was released at \$3.75 a bottle. Yet the wine has developed into a marvelous tapestry of what Chardonnay can yield.

One of the more enjoyable pastimes of avid wine collectors is finding an inexpensive wine their friends have missed, but one they perceive to have the potential to reach this point of elegance. These are the ugly duckling wines that achieve swan status to the amazement of those who tasted the wine early but failed to agree with the discoverer, and failed to stash away any of the bargains.

## Here's How

By Gene Gary



## Stains on concrete a common problem

Q. Can you please tell me how to get rust stains off cement? I enjoy your column. — Mary B.

A. This is a common problem and I'll be happy to repeat instructions that we have carried several times in this column.

For grease and oil stains on concrete surfaces, first scrub the stains with benzine or grease solvent. Then mix one part sodium citrate with six parts of water and six parts of commercial glycerine. Add sufficient whiting powder to form a thick paste.

A coat of this paste should be kept on the stain for one week and new paste added when it dries out. Then flush the dried-out second layer away and the stain should be gone.

But you ask about rust stains. The formula and the procedure are the same as above, but if a rust stain still remains, make another paste of one part sodium citrate crystals to six parts of water and

add sufficient powdered whiting to form thick paste. Heavy layers of this spread and dried on the rust stain should remove it.

However, because concrete is porous, it may be impossible to completely remove these stains. But this treatment should lighten the stains or discoloration. Repeat three or four times if necessary.

Q. I've learned a lot of good information from reading your column and hope you can help me with a toughie.

Our carpeting, which is a man-made fabric, shows the ravages of steam cleaning. It has a matted-down look instead of the normal pile.

I've been told that a good scrubbing with a short-toothed rake will bring back some of its glory. Do you agree or is there a better way? — Manny K.

A. Much depends on the type of carpeting you have.

It sounds as though, in the cleaning process, the carpet got too wet. I would recommend going over a small area with a long-handled stiff brush, to see if this test improves the appearance. I doubt, however, if the original pile can be restored completely.

Q. Does mixing turpentine with a gloss or semigloss paint affect the gloss? Is it better to use turpentine in thinning for a first coat or is "seed oil" preferable? — G.R.M.

A. Adding turpentine or mineral oil to a glossy paint results in losing the gloss. Raw linseed oil (less the paint manufacturer specifies otherwise on the paint container) is preferable for thinning paint. There also are special products at large paint stores for thinning oil-base paints.

Q. I recently purchased enough semigloss tile to cover my cement patio. Would thinset be OK to use?

There is a roof over the patio but some rain can be blown in and I've been told that in time, the moisture would cause the tiles to come loose. Please give me your advice.

A. When laying tile on grade or below-grade cement floors, you should use moisture-resistant adhesive. Be sure your tile is suitable for an exterior area.

Detailed instructions for laying floor tile, much too long to carry here, are available at all stores that sell flooring tile.



## TWEEN 12 & 20

By Robert Wallace, Ed.D.

all major areas of study.

Take your parents' offer and attend MSU. Who knows what changes can be made in two years. Your parents could change their minds and allow you to pursue a career that you desire, not what they have planned for you.

Wise parents give direction. The rest either don't care or make unrealistic demands.

Dr. Wallace: I'm a 17-year-old girl and I'm very concerned about the quality of movies currently being produced.

Anonymous: It's very important that you do feel remorse. That way, you won't do it again.

If you prefer to write a letter to clear your conscience and pay for your theft, do it.

Dr. Wallace: I am 13 years old and had been having a lot of problems with my mother. Last week my mother put her arms around me and asked me if I would like to have a little private talk with her about our lack of communication.

After a 30-minute chat we solved all of our differences.

I know my mom reads your column so I'd like to say, "Thank you, Mom, for being so understanding. I love you." — Nancy

Nancy: It's easy to become a parent. It takes wisdom and lots of love to be a good one. Your mom qualifies as a good one.

Dr. Wallace: My parents are both in the hotel business and they want me to follow in their footsteps. They had me enroll (and I was accepted) at Michigan State University because MSU is recognized as having the outstanding curriculum in hotel management.

My problem is that I don't want to study hotel management. I want to be a math or science teacher, but my parents won't hear of this. In fact, they told me if I didn't take hotel management, they would not pay for my college education.

Since I can't pay for a steak dinner, let alone for my higher education, I either wind up in the hotel business or I don't go to college.

Right now I'm leaning toward going to work and forgetting about college for the near future. What would you suggest? Please hurry, I'm running out of time. — Ken

Dr. Wallace: My grandmother told me that the buffalo used to be the most important animal in North America and that there were millions and millions of them running around wild.

What happened to them? Are there any more buffalo alive today? — Teddy

Teddy: Grandmother was right. At one time in the 1800s, over 60 million buffalo (bison) roamed the North American plains and provided native American Indians with food, clothing and shelter.

But after 1850, soldiers began to slaughter the buffalo to force the Indians to leave their homeland. Many slaughtered animals were left to rot where they were shot and killed.

By 1900 the great herd of buffalo was nearly extinct. Legislation was passed to protect this wonderful beast and today buffalo are increasing in numbers. Presently there are over 4,000 roaming the range.

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## Mainly for Seniors



I live in deadly fear of breaking a bone as I understand older people are much more susceptible to doing just that. I suppose our bones get more brittle as we grow older.

Is anything being done along these lines? — Hazel P.

Dear Hazel: Yes, but that doesn't mean you can quit being careful.

One out of 50 people 65 and older breaks a bone each year due to osteoporosis. This condition alone accounts for an incredible 1.3 million fractures each year, and that rate is expected to rise to 1.7 million annually by the year 2000.

The American Academy of Orthopedic Surgeons reports that after 60 years of age, two of every 100 people will fracture a hip and the hospital stay will average 24 days. It is estimated that the annual cost of hip fractures alone is close to \$1 billion.

The average person consumes only about half of the needed calcium daily, making Americans prime candidates for broken bones and poor healing. And we all lose some bone mass as we grow older.

While there is a normal process of bone renewal, after the mid-30s more calcium is lost than replaced so the bones become thinner. Between the ages of 45 and 75, women lose 30 percent of their skeletal structure. By the time a woman is 80, she may have lost half of the bone mass in her spine.

Alternatives to traditional casts and crutches were discussed at a recent fracture repair symposium held in New York and sponsored by Bristol-Myers/Zimmer in cooperation with the Orthopedic Research and Education Foundation.

Many of the new directions in fracture repair were aimed at getting the patient out of the hospital and back on his feet rapidly. The savings associated with reduced hospitalization are enormous.

For example, using moveable X-ray equipment and television cameras for guidance, surgeons can slide a nail into a break from above the fracture site through to the fracture — allowing the patient to walk the morning after surgery.

Ramon Gustilo, M.D., who heads the department of orthopedic surgery at the Hennepin County Medical Center in Minneapolis and is a clinical professor of orthopedics at the University of Minnesota Medical School, explains that the nail technique, known as "closed intramedullary nailing," restores the normal alignment of the bone.

Michael W. Chapman, M.D., professor and chairman of the department of orthopedics at the University of California at Davis, uses injectable bone grafts to lengthen legs that heal shorter than their original length after serious fractures. The patient's own bone material is used in one operation of two to three hours.

To help prevent brittle bones, adults should increase their calci-

## Heart Healthy Recipe

### APPLESAUCE-RAISIN BREAD

1 cup applesauce  
½ cup oil  
½ cup sugar  
1½ cups flour, sifted  
1 teaspoon baking soda  
½ teaspoon salt  
1 teaspoon cinnamon  
½ teaspoon cloves  
½ teaspoon nutmeg  
1 egg, slightly beaten (or 2 egg whites or egg substitute equivalent to 1 egg)  
1 cup raisins

Mix the applesauce, oil and sugar.

Sift in the flour, baking soda, salt, cinnamon, cloves and nutmeg. Mix well after each addition.

Add the slightly beaten egg and the raisins. Mix, then pour into a greased and floured 8 x 4-inch loaf pan. Bake at 325°F. 1 hour and 20 minutes, or until done.

Yield: 1 loaf (16 slices)

Approx. cal./serv.: 1 slice = 180

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

Ken: Your first two years of college will be filled with general courses that will apply to almost

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HANDYMAN PAINTING AND electrical experience needed. Must have own tools. Reasonable rates. College student o.k. 489-5941  
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BOOKKEEPER TO WORK Part time, about 20 hours per week. Must know double entry, general ledger systems. Permanent work, experience required. Write Box X100, Litmor Publications, 81 E. Barclay St., Hicksville, NY 11801  
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DO YOU ENJOY COOKING? Would you like to earn top dollars while working in the comfort of your own home for just a few hours a day. Please call 747-2254 or 248-8745.  
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MOTHER'S HELPER after school and weekends. Stratford School vicinity. 248-6356gen1

PART TIME AMBITIOUS people needed to work for TY Rental Co. in a Nassau area hospital. Various days and hours. weekdays and weekends. 326-1277  
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IMMEDIATE SHIPPING CLERK machine parts distributor-picking, packing, shipping and receiving. Some experience preferred. Salary and full medical coverage. Braberry Sales Corp., Williston Park. 248-4363  
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TELEPHONE SALES REP. \$10 per hour potential. Ad sales for charity journal. Assertive voice. Call 485-5900. Danny. geo2

MATURE LADY WITH CAR wanted in my Garden City home. Monday-Friday, 7 a.m. to 8:30 a.m. to see off daughter to school. Come back at 3:30 p.m.-6 p.m., cook dinner and clean up. Call Therese at 212-269-1860 Mon.-Fri. 9-5 p.m.  
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PROCESSING CLERKS PART time: Garden City Financial Service Organization has P/T positions available. Flexible morning hours. Duties include sorting, collating and general office work. \$5.50 per hour. Call 10 a.m.-3 p.m. 228-6100  
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SCHOOL CROSSING GUARDS needed. Garden City Schools. For information call Lt. Gebhardt 742-9600.  
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SCHOOL BUS MECHANICS Top pay plus benefits. North Shore area. Call 883-6711.  
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TYPIST, CLERICAL WORK excellent typing, 9:30 a.m., 5 days per week. \$5.50 per hour. Franklin Square area. Call Shirley 354-9100.  
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GAL FRIDAY BA ENGLISH Secretary Certificate. No smoking 5 days, 10 a.m.-2 p.m.. References. Start at \$9 per hour. Send resume to Box "Z", Garden City News, 821 Franklin Avenue, Garden City, N.Y. 11530.  
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SECRETARY BRIGHT well organized, self starter. Small Human Services Agency. Good typing, filing skills, some steno. Front desk position. Returnees welcomed. 9 a.m.-5 p.m. Good benefits. Salary \$12,500. To \$14,000. Resume to: L.E.C.S.A.-370 Old Country Road, Garden City, N.Y. 11530. 742-4876.  
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GAL FRIDAY BA ENGLISH Secretary Certificate. No smoking. 5 days, 10 a.m.-2 p.m.. References. Start at \$8 per hour. Send resume to Box "N", Garden City News, 821 Franklin Avenue, Garden City, N.Y. 11530.  
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CHILDCARE WOMAN MID 20'S to early 50's to care for our 5 year old girl and 3 year old boy in our Williston home Mon.-Fri., 9 a.m.-5 p.m. Must be loving. Recent references required. Call 248-5189.  
ho3

REAL ESTATE SALES Garden City office, is seeking alert, congenial salesperson to service Garden City and surrounding towns. For appointment: call Mrs. Degen-248-4540  
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LIVE-IN COMPANION for elderly lady. Cheerful apt. in Port Washington. Own room and bath, light housework. Call 922-0461, weekends or after 7 p.m.  
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HAIRDRESSER FOR PARTNERSHIP to share responsibilities. Garden City following essential. Call after 6 p.m. 692-7487  
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PART TIME TAKE INVENTORY in Garden City stores. Daytime hours. Car necessary. Write phone number, experience to:  
ICC 518, Box 527, Paramus, NJ 07653  
gen1

FULL OR PART TIME Help needed in Williston Park and Greenvale. Great for mothers with school age children. Flexible hours, starting salary \$4.50 and up. Roy Rogers Family Restaurant. Call or stop in for application. Williston Park 746-8614-Greenvale 621-9457.  
wo3

CHILD CARE NEEDED FOR 2 girls in my Garden City home. Mon.-Fri. 8:30-5:30 p.m. Starting immediately. Reference required. 747-7921.  
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CHILD CARE LIVE-IN OR OUT Light housekeeping, 2 children in my Rockville Centre home. Flexible schedule. Good salary. Starting end of October. 536-7250 geo1

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DISPATCHER SCHOOL BUSES North shore area. Call 883-6711.  
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BABYSITTER WANTED for flexible weekend hours in East Williston. \$4 per hour. References essential. 746-6207.  
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FULL TIME STOCK POSITION available. Retail wine and liquor shop in Garden City. 486-3383 ask for Mike.  
geo3

MARS PHARMACY PART TIME College student. 747-2259.  
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MATURE WOMAN/College Girl needed to drive 14 year old girl from Garden City to horse stable in Melville, 2 or 3 afternoons per week, approximately 3:45 to 6:45 p.m. Once there you would be free to shop, study, etc. Salary + mileage. 746-3358 eves, 718 274-1616 days.  
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SEC. EXECUTIVE ASSISTANT for female executive. Need support person with knowledge of music (accordion preferred), writing skills and management ability for small 50 year old firm distributing accordions internationally, publishing music and trade magazine. Will train right person. Opportunity for advancement and management position. Send written resume, state salary requirements and phone number, to PO Box 608, Mineola, N.Y. 11501.  
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PART TIME EARN \$50-\$200 a week at home for a growing alarm company. Call Rich, 741-1194, 7 days.  
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HOUSEKEEPER AVAILABLE Garden City area. Per diem. Daily 9 a.m. to 3 p.m. Experienced. references. Call 829-6632  
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**GARDEN CITY LARGE** comfortable room for mature businessman. Non-smoker, non-drinker, no cooking. Telephone interview; references and security a must. 742-2728 gen2

**OYSTER BAY SHARE HOUSE** on dead-end street. \$500 per month pays all, very nice house. 921-7650 ext. 259 gen2

**SMITHHAVEN AREA NEW** 2 room apt. full kitchen and bath, private entrance, w/w, walk to Mall. Immediate. No pets. \$500 includes all. 724-5455. gen2

**GARDEN CITY COLONIAL** 3 BR, 1½ baths, new EIK, LR/fpl., DR, den, finished basement, large property. \$1600 per month plus utilities. Call owner 741-4706. gen2

**HEMPSTEAD-GARDEN CITY** Line, first floor, 3 room Garden Apt., full kitchen, recently redecorated, remodeled. Reply PO Box 1684, Mineola, N.Y. 11501. gen2

**WILLISTON PARK 4 ROOM APT** Middle age working couple. Security 746-6750. wn2

**WILLISTON PARK & VICINITY** 3 rooms, 1st floor, utilities \$475; 3 rooms, private entrance, RR, \$500; 3 rooms, new kitchen, garage \$650; 4 rooms, new kitchen, bath, w/w, \$700; 5 rooms, 1st floor, fpl., w/w, \$500. **Realty Group Ford**, 369 Hillside Ave., Williston Park 248-2192. wo3

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**Real Estate For Sale**

**GARDEN CITY ESTATES AREA** Custom ranch, walk to RR, 3 BRs, 2 baths, large kitchen, 2 car garage, finished basement, W/W, LR fp, DR, \$345,000. Owner 747-2766. geo4

**OLD WESTBURY 3 BR STEP** saver Brick Ranch, tiled roof, 3½ baths, c/a, finished basement, 20x40 heated pool, 2 cabanas, kitchen, bath, professional greenhouse, alarmed, 2 car, Jericho S.D., in zoned 2 landscaped acres. \$925,000; **Elaine Nolan** 485-7054. wo3

**GARDEN CITY ESTATES** Charming expanded ranch in beautiful treed property with separate deeded lot, 2 BRs, 1 bath up, 3 BRs, 1 bath down. Country kitchen, glass enclosed garden room. LR/DR with large picture window. Lovely furnished basement. Large patio, gas heat. \$359,000. By owner 248-1336 geo3

**NEW HYDE PARK-HERRICKS** first showing, elegant three BR, two full bath Cape, LR, large formal DR, EIK, finished basement, garage, beautifully landscaped. Walk to all. \$225,000. Call 294-0013 principals only. wo4

**CHERRY CALLEY CO-OP** One bedroom on 2nd floor, w/w carpeting; upgraded electric, mint condition. Excellent location. Walk to RR & Stores. Principals only. 248-3846. geo3

**Real Estate For Sale**

**GARDEN CITY BRICK/ALUM.** Colonial, 3 BRs, 1½ baths, LR/fp, DR, EIK, many extras. Desirable North East location near Courthouse, RR, shopping and Winthrop University Hospital \$267,000. Princ. only. 742-4151 geo3

**GARDEN CITY MOTT SECTION** Center hall colonial, LR, DR, EIK, 3 BR, 2 baths, fireplace, central air, gas heat. Professional location. 741-3793 Priced at \$295,000. geo3

**GARDEN CITY CONTEMPORARY** Split, 4 BRs, 3½ baths, LR, DR, new kitchen, family rm with fireplace; den, newly finished basement. Immaculate, move-in condition. Principals only. \$310,000. Call 248-9813 geo3

**ST CROIX U.S. VIRGIN ISLANDS** Beautiful studio condo, completely furnished, includes maid service, kitchenette, balcony, A/C, palm trees and more. Unbelievably low sacrifice at \$25,900. 742-5550. geo2

**ATTENTION HUNTERS STEAL** this! 50 acres in Adirondack foot hills. Only 220 miles from the city. Deer, pheasant, trout, even some big game. Two bedroom trailer with generator only \$22,500 firm. Owner financing. Call 367-9717 leave message. geo3

**HAMPTON BAYS CUSTOM** built, waterview, walk to bay, 1 mile to ocean. LR/FP, cathedral ceiling, DR, kitchen, 3 BRs, 2½ baths. Asking \$250,000. Principals only. Call after 4 p.m. weekdays, all-day on weekends 728-2999 geo3

**GARDEN CITY ESTATES** Expanded ranch; 4 BRs, 2½ baths, den/fpl, EIK, walk to Stratford School and RR. Available immediately. Reduced to \$285,000. Call 248-0448 geo4

**SOUTHAMPTON/NOYAC** Waterview of Little Peconic Bay. 2 year old, contemporary only steps to beautiful private beach. Deck overlooks bay and sunsets. 4 BR, 2 baths, full basement, sleeping loft, fireplace, oak floors, many cabinets and closets, all appliances. Private community \$189,000 or \$195,00 with 22 FT sailboat. Weekends 725-2807 weekdays 938-3304 geo3

**GARDEN CITY ESTATES** Whitchill Blvd. Very large expanded ranch designed for gracious living and entertaining, huge country kitchen with glass sliding doors overlooking large beautiful patio and garden. 14 oversized rooms, including 4 full baths, 3½ LR/FP, formal DR, family rm, maid's room, 5 BRs on 2nd floor, gas heat, slate roof, walk to everything, mint condition. Reduced to \$570,000. Owner 746-2526 geo4

**GARDEN CITY TRUE CENTER** hall Colonial, 4 BRs, 2½ baths, LR with wood burning fireplace, formal DR, large EIK, 18x24 den, fin. bsmt with dark room.

Completely new heating unit. Asking \$455,000. Call owner 741-8343. geo3

**PECONIC NEW CONTEMPORARY** ranch, sound view and pond view. Walk to beach. Wooded acre. 4 BRs, 3 full baths, large deck, 2 car garage, A/C, all appliances, full bsmt. First class all the way. Possible owner's financing. \$259,000. Princ. only. 765-1165 geo3

**Real Estate For Sale**

**GARDEN CITY MOTT AREA** custom colonial on 80x150, field-stone/shingle, slate roof, 10 spacious rooms, 4 full baths, high ceilings, plaster walls throughout, hardwood oak floors, closets galore, central A/C, gas heat, large dry basement, 2 sundecks, 2 patios, nicely landscaped, low taxes. Ideal M/D or professional. \$359,000. Principals only. 248-3983 geo2

**SOUTHOLD ONE OF A KIND** new huge 2½ story contemporary on prime wooded acre, 2300 sq. ft., 3 BRs, 2½ tiled baths, large LR/fpl, formal DR, large den, oak flooring throughout, skylights, Anderson windows, landscaped, front and rear decks, beach rights, 2 zone heating, large tiled entrance foyer, full basement. Asking \$235,000. Contact Builder 732-5785. geo3

**GARDEN CITY WESTERN** Colonial, 3 BR, formal DR, EIK, newly insulated, gas, walk to RR, stores. Taxes \$1400. New re-wiring, new driveway, mint, principals only. \$204,000. Call 352-4669 geo1

**GARDEN CITY COLONIAL** LR, DR, modern kitchen, den/fp, laundry rm, 4 BRs, 2½ baths, large plot, central air conditioning. \$315,000. June Michel 248-9503 geo3

**GARDEN CITY SPACIOUS** custom cape on 66x110, 4 king size BRs, 2 full baths, modern eat-in-kitchen, formal DR, large LR/FP, finished basement, patio, new gas heat, low taxes. Principals only. \$299,000 Call 483-1516 geo2

**CUTCHOGUE FANTASTIC** location, one acre. Complete privacy, yet near village, golf and beach. 3 BRs, 2½ baths, custom Walter Uhl design. Just reduced. Owner 734-5304 geo2

**ST. PETERSBURG BEACH-FLA.** Penthouse condo; beautifully furnished; 5 rms; 2 baths. Balcony overlooking bay & Gulf. Rec. rm, sauna; pool, boat docks; shopping nearby. \$140,000. Call 746-6458 or 783-6877 geo2

**MATTITUCK WATERVIEW** Home, 3 BRs, very well maintained in residential area. Unobstructed views. Reduced to \$165,000. **Southold**: Ranch in private community with marina and beach. 2½ BRs, EIK, LR, and Florida rm. Thoughtfully landscaped. \$149,000. Greenport: Tidy 3 BRs, house, 2 baths, convenient to church, school and shopping. \$110,000. Mattituck: Business zoned dwelling. Large house with FP, on route #25. \$129,000. **Sidor Radford Realty** 298-8556 geo3

**GARDEN CITY WESTERN SECTION** Colonial, aluminum sided, 3 BRs, DR, EIK, 1½ baths, 40x100, large deck, low taxes. Walk to RR. Princ. only. \$227,000. Call 354-6386 geo2

**400 ACRES IN DELAWARE** County: 2 miles frontage, open fields, woods, and streams. Five room house, will subdivide into 65 acre parcels. 746-2918 or (914) 236-7131 geo2

**GARDEN CITY COLONIAL** LR, DR, modern kitchen, den/FP, laundry rm, 4 BRs, 2½ baths, large plot, central air conditioning. June Michel 1205 Franklin Ave, Suite #402, Garden City, NY Call 248-9503 geo3

**Real Estate For Sale**

**GARDEN CITY C/H BRICK-** Alum. Colonial. Built for builders own use. Maintenance free. 4 BRs, 2½ modern baths, large family room with attached deck. Extra height finished basement with wet bar, C/A, inground sprinklers, electric eye, 200 amp. service. \$438,000. Call 294-0650 geo4

**GARDEN CITY MINT** Condition, expanded ranch on 3/4 acre. Prestigious section. Enormous designer kitchen, fam. room with spl. and French doors leading to lovely patio and in ground pool + cabanas. Master bedroom and two full baths on main floor, 3+ bedrooms and bath up. Full basement and 2 car electric eye garage. In ground sprinklers and security system. \$500's. Principals only. Call 746-2918. geo2

**OPEN HOUSE SOUTHOLD** Saturday, Oct. 19 and Sunday, Oct. 20, 10 a.m.-4 p.m., 2 BR, 1 2 bath, ranch with attached 2 car garage. This quality home offers an EIK, DR, F/P, central vacuum, laundry rm., all appliances, underground irrigation and deck. Priced to sell. \$164,900. Directions: Bayview Ave., to Pine Neck Rd., left on Pine Neck to Oaklawn Ave. Extension, go right to Gagen's Landing, go right on Gagen's Landing around curve to "Open House" sign. **Albertson Real Estate** 765-3800 geo3

**GREENPORT FIRST OFFERING** Mint condition, 2 family, 11 spacious rooms. Walk to town, great investment opportunity. \$165,000. **Southold**: Sound front, charming 2BRs cottage, country kitchen with fireplace. Tucked away for privacy. \$200,000. **Marilyn Lang Real Estate** 734-6472 geo3

**GARDEN CITY BEAUTIFULLY** secluded Center Hall Georgian brick Colonial; LR/fpl, large family rm/fpl, formal DR, large modern EIK, 4 BRs, 3½ baths, fin. bsmt; 3 car garage. On large plot + many extras. \$575,000. Call 741-6150 geo2

**GARDEN CITY HOUSES TO** Please every taste! From a cozy 3 BR Colonial with large family rm with fireplace for \$200,000, to millionaires mansions from \$475,000 to over \$1,000,000. We have them all!! **Hazel C. Smythe, R.E.**, 132 7th St., (Look For Red Door) 741-4640 geo3

**GARDEN CITY PRIME** Estates, picture perfect Colonial, modern EIK, oversize DR, LR/fpl, sunny den, family room, 3 BRs, luxury bath with whirlpool, new gas heat, sprinklers, walk to RR, low taxes, \$359,000. Principals only. 747-8139 geo2

**ORIENT VILLAGE DOLLHOUSE** waterview, many extras, must see! Reduced for quick sale. First reasonable offer gets it. Principals only. 742-4360 or 323-2661 geo2

**MINEOLA GARDEN PLAZA** Large 2 BR, 2 bath, upgrade, w/w, kitchen cabinets, tile baths, top floor corner, extras, a/c, new appliances. Close to RR and town. \$133,000, owner 742-8442. geo2

**GARDEN CITY 1 BR CO-OP** all new contemporary, \$175,000. Must be seen. Principals only. 742-1421 after 4:30 p.m. geo2

**Real Estate For Sale**

**GARDEN CITY LOCATION** Location, Location, 5 BR ideal C/H Colonial, 3 plus 2 half baths, new kitchen, paneled den, finished basement, loaded with charm and built-ins, 90x100, designer's plot \$595,000; 5 BR C/H brick Colonial, 3½ baths, EIK, 2 fpls., C/A, finished basement/wine cellar, 2 car, \$535,000; 4 BR C/H Colonial, 3 baths, bed/bath suite first floor, C/A, 2 car, \$498,000; 6 BR, 3½ bath Victorian Colonial on numbered street, \$450,000; 6 year young 4 BR, 1 ½ bath Colonial, EIK, C/A, den with fpl., 1st floor laundry, patio, \$425,000; 4 BR Ranch, 2 baths, Florida room, finished basement, \$385,000; 4 BR Expanded Ranch, 2½ baths, den, finished basement, 3 zone heat, deck, \$299,000; 3 BR, C/H Colonial, 2 baths, EIK, jacuzzi porch, C/A, \$298,000; 4 BR brick Cape, 2 baths, L shaped DR, 100x100 \$289,000; 3 BR custom Split, 2½ baths, EIK, new windows \$279,000; 4 BR Ranch, 1 ½ baths, EIK, den, \$269,000; 3 BR Ranch, 2 baths, EIK, 70x100, \$255,000; 3 BR North East Split, 2 baths, EIK, den, needs TLC, \$235,000; 2 BR Co-Op, 2 baths, \$663, maintenance, \$219,500; 1 BR Co-Op, first floor, \$94,500; Garden City South, 3 BR Colonial, 1½ baths, EIK, finished basement, \$229,000; 3 BR Tudor, EIK, fpl., \$212,000; 4 BR Expanded Ranch, 2 baths, EIK, front porch, walk all, \$210,000; **Our Exclusives**: Hempstead Cathedral Gardens, 5 BR brick, slate roofed Southern Colonial, 3½ baths, 3 dens, finished basement, C/A, great entertainment house on landscaped grounds, \$525,000; **On the Garden City Line**, 5 BR C/H Colonial, 2½ baths, 2 fpls., den, 20x60 Florida room, 1 acre, overlooking golf course, "Charming Oldie", \$298,000; 4 BR Column Colonial 2½ baths, 20 years young, 2 car on 3/4 lush acre, \$295,000; 4 BR, 2 baths, English Tudor, screened in porch, all natural wood parquet floors, 2 car, dead end street, \$275,000; 3 BR Split, 2½ baths, raised covered terrace, 125x130 park-like plot, 2 pools/waterfalls, finished basement/dark room, updated mint condition \$250,000; 3 BR slate roofed Colonial Brick Tudor, 1 ½ baths, new kitchen, breakfast room, 2 fpls., finished basement, sliding glass doors to den and patio, plus assumable mortgage. \$149,900; 4 BR English Tudor, 2 baths, EIK, Florida room, \$125,000; 3 BR Quaint Colonial 1½ baths, den/fpl., finished basement, \$124,000; 3 JB Townhouse, 2½ baths, 24' LR, EIK, C/A, finished basement, pets okay, \$125,000; West Hempstead, 4 BR large 4 level Split, 2½ baths, EIK, den with built-ins, roofed patio with 5 room office suite, suitable professional \$295,000; 3 BR brick Ranch, 2½ baths, EIK, finished basement, C/A, alarmed, \$289,000; 3 BR Split, 1½ baths, finished basement, 65x110, \$165,000; **Elaine Nolan** 485-7054. wo3

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**Personal**

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

**Notice****GRANDCHILDREN**  
MOTHERS • FATHERS

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

We will, as space allows, print the pictures as part of our magazine feature - and as a reward, we will send you the printed clipping, in permanent form, for you to keep. To enter the contest, simply send a small (preferred) photo to: **Discovery Magazine**, 81 East Barclay St., Hicksville, NY 11801

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

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

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

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

To enter the contest, simply send a small (preferred) photo to: **Discovery Magazine**, 81 East Barclay St., Hicksville, NY 11801

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

**NOTICE**

**HAVE YOU A HIDDEN TALENT**  
We are looking for articles, not exceeding 3,000 words, on local topics, opinions, ideas, nice places to visit on Long Island, and even fiction. In our magazine section, we will try to "Discover" one new feature length article and writer per week. Each writer will be reimbursed a stipend of \$25.00

If you want to be published and be part of an issue of Discovery you may submit your article to: Littmor Publications, 81 East Barclay Street, Hicksville, NY 11801

**PET LOVERS....**

If you feel that you have the "Most Precious Pet in the World" it is time to let the rest of the world know about it.

Discovery Magazine wants to show your pet to everyone in its reading area.

To nominate your pet as the "Most Precious Pet"

Send in a photo to: **Discovery Magazine**, 81 East Barclay St., Hicksville, NY 11801

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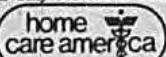
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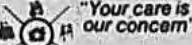
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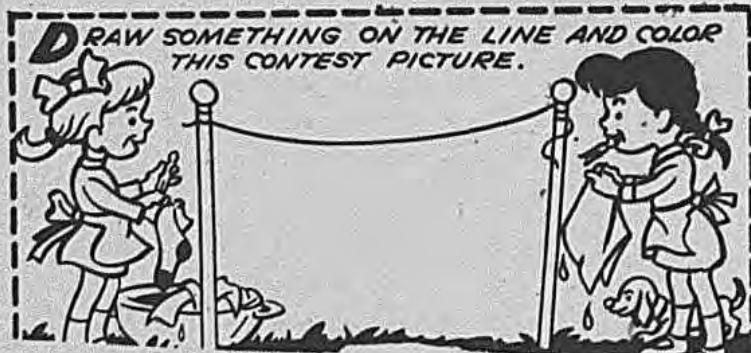
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## JUNIOR EDITION



### Aunt Tilly's Corner

The other day a little girl I know, three years old, had an interesting conversation with her mother. She said she did not like the word "sandwich". Mom was a bit puzzled since my young friend has always liked her food-including sandwiches. So she asked the little one why she didn't like "sandwich". Quick as a wink the youngster replied, "because I don't like sand in my shoes and I also don't like witches." Mother thought--and I agree--that was a great answer for a three year old!

Aunt Tilly

P.S. This week's coloring contest winners are: Tara Gavigan and Erika Staab.

#### 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, October 25, 1985
3. Paint, watercolors and crayons must be used on the above.
4. Decision of the judges will be final.

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

105 Hillside Avenue  
Williston Park, N.Y. 11596

## ZIG-ZAG

THE ORIGINAL WORD MAZE PUZZLE

### ...BOARD

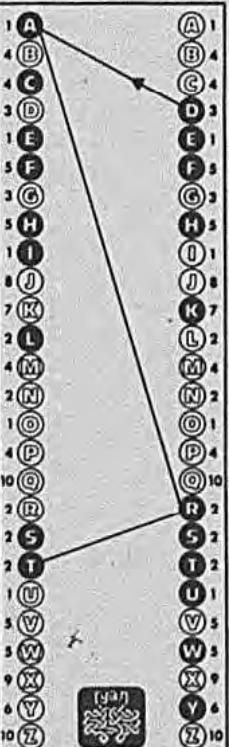
ALL WORDS TO BE CONSTRUCTED PERTAIN TO THE ABOVE TOPIC. TO YOUR ADVANTAGE ONE WORD HAS ALREADY BEEN TRACED. YOU MUST TRACE THE THREE REMAINING WORDS, USING ONLY THE LETTERS DESIGNATED BY THE DARKENED CIRCLES. WORDS MAY BEGIN AND END FROM EITHER COLUMN BUT EACH LETTER CAN ONLY BE USED ONCE.



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

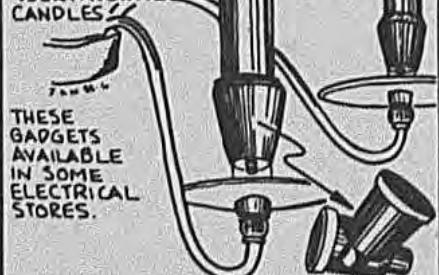
GIVEN BELOW ARE THE POINT VALUES FOR EACH WORD. YOUR WORDS MUST CORRECTLY MATCH THESE POINT VALUES.

1	DART
2	SWIM
3	KATE
4	DAVE
5	RYAN



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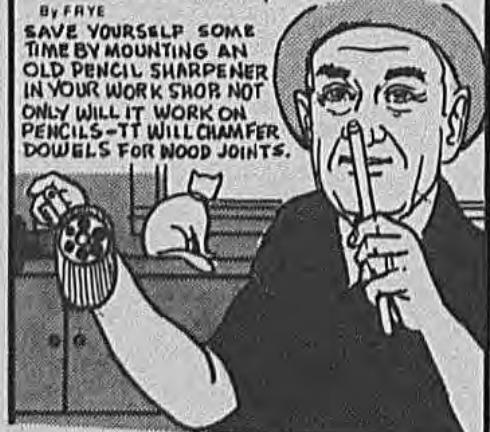


BY CHRISTOPHER & JANICE HYEROS  
**RECYCLING**

## Putterin' Pete

BY FRYE

SAVE YOURSELF SOME TIME BY MOUNTING AN OLD PENCIL SHARPENER IN YOUR WORK SHOP. NOT ONLY WILL IT WORK ON PENCILS - IT WILL CHAMFER DOWELS FOR NOOD JOINTS.



### Points on Pets

#### Welcoming a new kitten aboard

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

Q. Our children recently obtained an orphaned kitten from the local animal shelter. We do not know the exact age or source of the kitten.

For what and when should we have the kitten vaccinated?

A. First, you should ask the authorities at the animal shelter, if the kitten was given any medications, vaccinations or anti-parasitic drugs while under their care. They probably can estimate the age of the kitten fairly accurately, or you can ask your veterinarian.

Next you should take your new kitten to a local veterinarian for a complete physical examination and vaccinations. He or she can evaluate the general health of the kitten and check it for both external and internal parasites.

Most veterinarians recommend vaccinating kittens for pauleukopenia (FPL), rhinotracheitis (FVR), calicivirus (FCV), feline pneumonitis (FPN) and rabies. A vaccine against feline leukemia recently became available -- your veterinarian can help you decide if this would benefit your cat.

The first injection for pauleukopenia should be given shortly after weaning, as early as 6 weeks of age. Revaccination at two- to three-week intervals until the cat reaches 16 weeks of age often is recommended. This is especially true for

kittens in high-risk situations where prior history is unknown.

Vaccines for rhinotracheitis and calicivirus often are combined with pauleukopenia vaccine and given as a single injection. Usually two injections are given, the first at 9 to 10 weeks of age and the second at 14 to 16 weeks.

Generally, rabies vaccines cannot be given to cats younger than 12 weeks. If a kitten is given rabies vaccine before it is 3 months old, it should be revaccinated at approximately 6 months.

All cats should be revaccinated for pauleukopenia, rhinotracheitis, calicivirus, pneumonitis and rabies at 1 year and annually thereafter.

Queens who have not been vaccinated within a year should be given a rhinotracheitis, calicivirus and pauleukopenia booster before being bred. Live virus vaccines should not be given to pregnant queens because of possible harmful effects to the unborn kittens. However, queens not vaccinated before being bred can be vaccinated for many of the harmful diseases of cats if killed vaccines are used.

Booster injections are a good precaution before boarding a cat or taking it to its first show of the year. Pauleukopenia, rhinotracheitis and calicivirus vaccines should be given four weeks prior to any potential exposures.

Vaccines are highly effective in preventing certain infectious diseases of cats. However, failures oc-

casionally do occur, usually due to improper handling and storage of vaccines, incorrect administration of the vaccine or inability of the cat's immune system to respond to the vaccine. Usually if a cat already is infected with a disease, vaccinating it will not alter the course of the disease.

Vaccination program recommendations do vary from locality to locality because of the difference in prevalence of diseases in different areas. Your veterinarian is the best person to advise you regarding your particular cat.